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VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



September | October 2010
Volume XIX | No. XII

vtsports.com



Vermont Sports



miVermontSports

AN INSIDER'S GUIDE TO
GREAT FALL FOLIAGE
**HIKING, BIKING,
AND PADDLING**

WONDERFUL WORLD
OF WOOL

THRU-HIKING THE
LONG TRAIL

WORLD-CLASS SCULLING
WITH VERMONT FLAVOR





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Hikers enjoy the panoramic view of Mount Mansfield, from Spruce Peak in Stowe. Read about more places for great fall foliage hiking on page 10. Photo by Kate Carter.

On the Cover: Paddlers check out the fall foliage along Monkton Pond. For more good fall foliage viewing from a boat, go to page 10. Photo by Alden Pellett.



**EDITOR
COMMENTARY**
BY
KATE CARTER

CH-CH-CH-CH-CHANGES...

Change is good, right? A lot of people adopt that optimistic opinion, especially when something changes unexpectedly, and they're not exactly happy about it, yet they know opposition will get them nowhere. Instead of resisting, they go for the positive attitude—the glass-half-full or the silver-lining mind-set—to help make the adjustment. When change catches you by surprise, or is downright shocking, it can be difficult, if not impossible, to embrace. The “change is good” mentality, though Pollyannaish, helps you move forward, even if it means going down a road you never knew was there.

When you voluntarily make changes, it's usually because you don't like how things are, or you're bored, or the grass is greener somewhere else. That's when change can be fun. Don't like the color of the bathroom? Go turquoise! Tired of oatmeal for breakfast? Have a crepe! Need a new sport? Try standup paddleboarding!

This month at *Vermont Sports*, we're making a few changes. Some are voluntary, some not so much. For the voluntary, you may have noticed the new photo of me in the upper left corner of this page. About time, isn't it? I finally remembered to hand my camera to a friend while we were on top of Spruce Peak in Stowe, where the views are stunning, by the way. I highly recommend the hike up Sterling ski trail to the summit of Spruce Peak during fall foliage. It's not a difficult hike, and the rewards are tremendous at the top. As my friend noted, “I could hang out here

all day!” For more great fall foliage hiking, see pages 10-11. Anyway, said friend took a photo of me that I actually like, so here it is. The previous one was shot in 2005, and even though I don't look a day older, it was time for a change, and now you all know what I look like in 2010.

The next change we are making is less voluntary and more a response to the times, which are a-changin' in case you didn't know. After much waffling, crunching of numbers, merging of columns, and grinding of teeth, we have decided to combine the September and October editions into one issue, the very one you are now reading. This is a one-time occurrence. We will see how it goes before we decide if we'll do it again next year. September and October have traditionally been slow months for us, and by combining them we have a chance to take a break, regroup, and get ready for the busy winter season. At this time we don't have plans to combine any other issues, but you never know, that could change.

I like to take this time to wish everyone a happy, healthy, prosperous, and sunny fall, with lots of invited changes. And even though the changing of seasons is inevitable, and I am truly sad for summer to end, I have to admit October is awesome. I'll see you again in November, when, if anything, the landscape will have undergone a significant transformation. Could be we will say the same for *Vermont Sports*. ▢

—Kate Carter

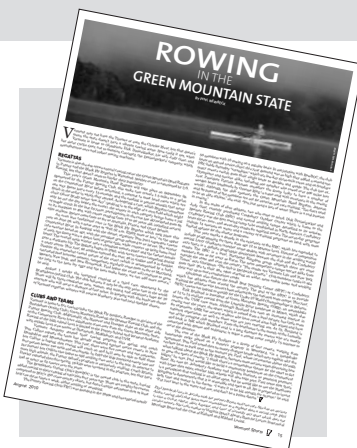
To the Editor,

The article “Rowing the Green Mountain State” (August, 2010) unfortunately missed Vermont's largest rowing club, dismissing it as the “Hanover and Dresden” clubs, neither of which currently exist.

In fact, the Upper Valley Rowing Foundation has well over 100 members, about half of whom—including officers and board members—are Vermonters. I suppose it could be argued that the Connecticut River is technically in New Hampshire, so rowing on it is not really “in the Green Mountain State.” That interpretation, though, would also disqualify most of the other clubs that were featured in the article!

UVRF is an all-volunteer club that organizes both sweep and sculling programs for all abilities. The fleet of over 70 shells includes about 50 privately owned boats, and an array of club-owned sculling boats that are available to members of all abilities and weight ranges. There is now either indoor or outdoor storage available for members who own their own boats.

Rowers are pretty much con-



stantly on the river all season, some learning, some out just for the wonderful exercise, and others training for Master's rowing competitions. Good times are had by all. Each July, we hold a (tremendously amusing) club relay regatta in which former Olympians can be found sharing a boat with rank beginners, all of whom attempt to retrieve floating watermelons or rubber duckies from the river.

Anyone in the greater Upper Valley who's interested in rowing at any level should check out www.UpperValleyRowing.org.

Lynn Fisher
Bridgewater, VT



**OUT &
ABOUT**
BY
JOHN MORTON

AN OUTDOOR RECREATION PARADISE

Last month, I read Bill McKibben's new book, *Eaarth*. It impressed me enough to devote my August column to thoughts stimulated by the book. Under normal circumstances that would have been enough, but recent newspaper headlines and NPR commentaries have kept the book on my mind.

In Russia, daytime temperatures reaching 104 degrees Fahrenheit have contributed to conditions that have spawned more than 250 wildfires consuming more than 500,000 acres and blanketed much of the country in toxic smoke.

Unusually heavy rains in northwest Pakistan have created the worst flooding in that nation's history. About 1,300 people have died and as many as 13 million have been affected by the rising waters. Bridges, roads, schools, homes, and entire villages have been destroyed in the path of the flood.

Closer to home (relatively speaking) the Petermann Glacier in northwest Greenland recently calved off an iceberg four times the size of Manhattan. This iceberg, as it melts over the next four years, will release the amount of water that flows down the Hudson River in four years! In other words, for those who doubt McKib-

ben's appraisal of the world we currently inhabit, just read the newspaper.

There is a silver lining, however, in this otherwise ominous cloud. One of the changes we will probably encounter before too long is the increased cost of travel. Those of us who have enjoyed skiing in Montana, hiking in Colorado, or paddling in northern Quebec may have to find our recreational adventures closer to home. The good news, which we often take for granted, is that we live in an outdoor enthusiast's paradise.

For starters, few locations in North America have a more distinct four seasons than northern New England. Our summers are warm enough for swimming and boating, while our winters are still cold enough for skiing and skating.

In addition, we have a favorable topography for most outdoor sports: a smattering of mountains, lots of gently rolling hills, and not too much flat ground. I could never understand how Jim Ryan maintained his motivation to become one of the world's best runners, when most of his training was on flat roads separating endless corn fields.

We have a wide array of recreational opportunities almost out our back doors.

Here's a sample. Every Tuesday evening, Joe Defner, Thetford Academy's cross-country running coach, hosts a fun run on the school's 5K course. No entry fee, no pre-registration, just show up before 6 p.m. to get your name on the list. If I were in decent shape, I could jog to the school from my house, do the 5K, and jog home.

On a recent, spectacular Sunday morning, my wife Kay suggested we put the canoe in the river. It's about 10 minutes from our home to a boat landing where the Ompompanoosuc joins the Connecticut. Our Lab, Rosie, loves the canoe, and the paddling never gets boring as she shifts from one gunnel to the other, spotting birds. Speaking of birds, bald eagles are back on the Connecticut River and are they ever impressive from a canoe!

Kay and I sort of met on a hike more than a decade ago, and sometimes if the weather cooperates we return to Cube Mountain in Orford, NH, as an outdoor anniversary celebration. This year's hike was perfect: a warm, clear day, no bugs, a nice breeze, and beautiful views on the top. Cube is a 20-minute drive from home.

Last weekend, daughter Julie and her partner, Ericka, wanted to try out their new road bikes. Kay, son Blair, and I

joined them on a terrific loop on the New Hampshire side of the river, down toward Hanover, then north on Route 10 through Lyme, then back to the East Thetford bridge. The starting point is less than 10 minutes from home.

In the winter, it's even better. We can see the Dartmouth Skiway in the New Hampshire hills to the east. Even with the bone-jarring frost heaves, it's less than a 20-minute drive. We have a pond just down the hill from the house for skating, and the surrounding woods are laced with trails for cross-country skiing.

Bill McKibben has made a believer out of me. I know we're in for some dramatic changes, probably within the next decade. But the good news is that those of us who love the outdoors, and are fortunate enough to live in Vermont, will probably be able to enjoy our traditional activities with only modest adjustments for years to come. ▢

John Morton is a former Olympic biathlete and Nordic ski coach. He lives in Thetford Center, VT, where he designs Nordic ski trails. You can reach him through his website, www.mortontrails.com.

WHISKEY SHOTS AND MOSQUITO HAWKS

My brother-in-law Patrick and I hiked Worcester Mountain recently on a hot and muggy August afternoon and ended up seeing something spectacular.

Patrick is heading off to work in South Africa for two years, and this was our chance to spend some good brother time before he's gone for a good long time. We chose Worcester Mountain because it's a great hike that is close to home and is just grueling enough for a solid workout, but not too grueling. Patrick is still healing from a torn Achilles tendon and although he is recovering nicely he didn't want to push it. A torn Achilles is a pretty serious injury that takes six to eight months to fully heal, and it had been just about eight months and he was just about fully healed, but not yet fully healed.

After climbing the steep section of sparkling mica-flecked rocks that have settled into place after what must have been a magnificent tumble thousands of years ago, we came upon the more exposed rock anchored deep into the mountain, with thick bands of quartz that burst like Oreo filling and stretch upward, leading the way to the ridgeline. It was a spectacular sight, but not the spectacular sight I was referring to earlier.

When we reached the summit we sat down to take in the view and eat our lunches. I had taken a small flask of whiskey just in case Patrick's Achilles started to bother him and as it turns out, it was bothering him just enough to warrant a wee nip. My creaky knees, which sound

like heavy wooden doors swinging on rusty hinges, were bothering me just enough, so I took a wee nip, too. It's true that taking a shot of whiskey after a good hike isn't very scientific, but it does help with the aches, and with the cool breezes at the top providing relief from the hot temperature and humidity, and a beautiful view of the surrounding mountains and valley floors soothing our eyes, we were feeling pretty good.

It didn't take too long for us to notice a spectacle that neither of us had ever witnessed in our lifetimes, and I promise the whiskey had nothing to do with it. After all, we had each only taken a single sensible gulp and although it was quite hot it wasn't so hot as to foster hallucinations. At least I don't think it was. So assuming we were fully lucid, we saw, swarming around the mountain top in erratic flight paths, narrowly averting collisions with each other, hundreds and hundreds of dragonflies.

Twisting and turning, hovering, darting up, then down, then backwards, they didn't appear to be doing anything other than simply enjoying flying. You could hear the very faint yet steady hum of the fluttering of their wings, like the sound of cards being shuffled, that would increase slightly when one would do a close fly-by of our heads.

After a few minutes a particularly large dragonfly landed on my leg and stared up at me with its two huge eyes like ornamental garden globes. I stared back and remained as still as I could while

I reached for my camera. Just as I was about to aim the lens at the jumbo crayon-sized insect perched on my leg, its mouth started to open. I was pretty sure dragonflies don't bite, but not being completely convinced that it wasn't about to take a big chunk out of my leg, and it would have been a big chunk, I twitched and it flew away. I instead took a picture of the sky in hopes of capturing a few dragonflies in flight as evidence of what we had seen. It wasn't a picture that will win awards, but you can make out at least 10 blurry black objects suspended in the air like UFOs in a grainy photograph from the sixties. It was a surreal experience. Patrick and I could have stayed up there all day, and the dragonflies wouldn't have minded, but eventually we had to head down the mountain. The dragonflies stayed behind.

Aside from the spectacle of the dragonflies, I saw another remarkable sight in the sky this summer. It was on my mother-in-law Leigh's birthday, and it was she who noticed it first. We were relaxing at a camp on Harvey Lake, just north of Mosquitoville, when suddenly she yelled "Look!" and pointed to the sky. High above were no fewer than forty hawks, slowly drawing large invisible circles in the blue sky, their wings making only slight adjust-

ments and their beaks glinting in the sun. To some folks, hawks represent visionary power and guardianship, but to Leigh, they represent a connection to her best friend Karen, who died many years ago. We all took it as a sign that Karen, who loved hawks, wanted her to know that she was thinking of her on her birthday and wishing her well.

As far as dragonflies go, I asked Leigh what they might represent, and she handed me a book that explains these sorts of things. It said that dragonflies, sometimes known as mosquito hawks, are estimated to have been around for over 180 million years, and that if a dragonfly shows up in your life, you may need to gain a new perspective or make a change. Patrick is moving to South Africa for two years, which, if nothing else, is a huge change that will bring an abundance of new perspectives, and my life is always changing. As a result I gain new perspectives every day, so the omen of a dragonfly sighting may not apply to us, at least not right now. However, the book didn't mention what it may mean if hundreds and hundreds of dragonflies show up in your life, so I will take it simply as a reminder that hiking is one of life's great joys and that whiskey should always be enjoyed in moderation. ☞

Ryan James Leclerc has worked in retail longer than you. Although he has recently made the move from the sales floor to the office of Onion River Sports, he likes to reminisce about the good old days using the present tense narrative. He lives in Burlington with his lovely wife Mckalyn. You can reach him at ryanleclerc@hotmail.com.

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BY
RYAN JAMES LECLERC




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**SPORTS
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BY
ROBERT RINALDI, DPM

TOENAIL AILMENTS

Toenails are subjected to repeated micro trauma from sport activities that can cause them to become deformed and painful. Court sports, field sports, and running are at the top of the list of sports most likely to be associated with toenail injuries.

INGROWN TOENAILS

Shoe abrasion can cause the great or large toe to become impinged, irritated, and then infected on the inside or medial border. At first, the excess chronic pressure results in redness and some slight discomfort. The problem can quickly escalate to infection on the medial border. The pain will intensify to a distinctive and alarming point. The toe itself will become hot, swollen, and very red. Pus from infection will be present in a small abscess at the tip of the toe where the nail and skin meet. The obvious solution is to relieve the pressure by cutting the nail and at the same time draining the small pocket of pus.

Don't stop there! Continue your first aid care by applying a germicidal ointment. Too often Neosporin is used for this purpose, but the germ populations have become so resistant to antibiotics and antiseptics that Neosporin has little value except for perhaps softening skin.

Providine Iodine Ointment is a germicide ointment that gained popularity in the medical community some 30 years ago for burn treatment. It is easily found in any pharmacy and is a good choice for treatment of ingrown toenail infection, a problem that is all too often recurring, and can become chronic as the skin fold remains swollen. When this happens, the only definitive solution is a minor in-office surgery, called a partial radical matrixectomy, which is the removal of all or part of the nail, done with local anesthesia. The procedure should be painless and will have you walking comfortably in less than 24 hours.

SECOND TOE TRAUMA

The second toe is usually the longest toe on the foot, which makes it susceptible to trauma at its tip. The nail plate will lift from its bed and subungual bleeding will occur. These nails seldom become infected, but often become deformed, thick, and discolored. They usually offer no greater problem than cosmetic. This same condition may affect the fifth or small toenail as well.

Bacterial infections of the toenails can lead to serious health problems, especially in people who are diabetics or have peripheral vascular disease. Nail infections should not be overlooked or taken

lightly. Athletes should inspect their feet daily, looking for cuts, bruises, and infections.

FUNGUS INFECTIONS

Most adult athletes will eventually contract fungal toenail infections. The nail bed suffers from repeated trauma, and this will result in injury to the very small blood vessels that enrich the nail plate. The end result over a period of time will be an unhealthy attachment of the plate and bed. This opens a pathway or corridor for the invasion of fungus organisms. The nail will become deformed, flaky, and emit an unpleasant odor. Often the deformity of the nail plate will complicate and exacerbate the incidence of bacterial infections. Fungus infections can be successfully treated with oral medications, but usually fail to respond to topical medications. Presently no topical medication has reached the distinction of curing the problem, but research is ongoing.

Treating fungus toenails can be problematic. At-home care and trimming the nail is very important and can be the cornerstone to delay the progress of the condition. When the at-home care becomes a burden or the problem becomes complicated with bacterial infection, the simplest solution may be removing the nail with matrixectomy. This procedure will permanently remove the nail. The remaining nail bed will quickly evolve to a hard thick skin-like covering that will protect the bony structures within the toe. Cosmetically, the result is usually a better, more

normal looking toe than one with a fungus nail. The procedure is painless, and the recovery is rapid. The great or large toe will take a few days of recovery before the comfortable return to athletic activities is possible.

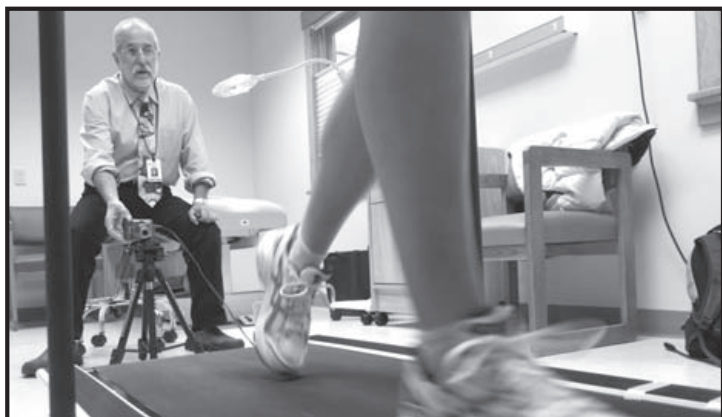
DIRECT TRAUMA

Traumatic injuries are the most painful toenail injuries and are always the result of something heavy hitting the nail, such as being stepped on. This happens often in basketball, soccer, rugby, and lacrosse. The immediate pain is intense and the resulting bleed under the nail creates a pressure and throbbing that is unrelenting till it is relieved.

In a more subtle way, the nail can be lifted from its bed when the shoe is too short and the toe hits or rubs against the toe box. Long-distance runners can have this problem when socks become wet and the friction point increases, causing a small but constant pull on the nail plate with each step. Be sure your shoes fit properly and use socks made from micro fibers that reduce friction points when wet. You can find these socks in any sports shop.

DON'T MESS AROUND!

If you are having repeated problems with your toenails bring them to a podiatrist. No other medical professional commonly sees and treats these conditions. The ingrown, infected, or fungal nail can become a serious health issue. ¶



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VERMONT SPORTS

AROUND THE STATE

ESSEX

The Green Mountain Athletic Club's annual **Common to Common 30K** takes place on September 18. The race begins at Essex Common and goes to the Westford Common and back, through scenic farm country. It's a great marathon or half marathon tune-up, or you can just race long without hitting the wall. More info: Steve Eustis, 802-878-4385, common2common@gmaa.net.

BURLINGTON

September 12 is the date for the Olympic-distance **Burlington Triathlon**, which consists of a .9-mile swim, 22.5-mile bike, and 6.2-mile run. The race begins at 8 a.m. at North Beach, with the swim portion in Lake Champlain. The cycling route is on the Beltway and is flat and fast. The race concludes with a run from North Beach out the bike path and ending at Burlington High School. More info: Rayne Herzog, 802-985-4410, info@racevermont.com, www.racevermont.com.

CHITTENDEN COUNTY

The **VT Brevets Fall Classic 200K** on September 25 takes in the best of Vermont dirt road cycling in the northern Champlain Valley. The route is a mix of paved and dirt roads that lead to the shoulders of Mt. Mansfield and Camel's Hump, then drops back down to Lake Champlain for the return to Burlington. It includes six major climbs (approx. 9,000 feet elevation gain/loss), five covered bridges, 128 miles on quiet paved and dirt roads, scenic views, and the chance to see early fall color at the higher elevations. More info: Mike Beganyi, 802-310-3546, <http://littlecirclesvt.com/vt-brevets-fall-200k/>.

MIDDLEBURY

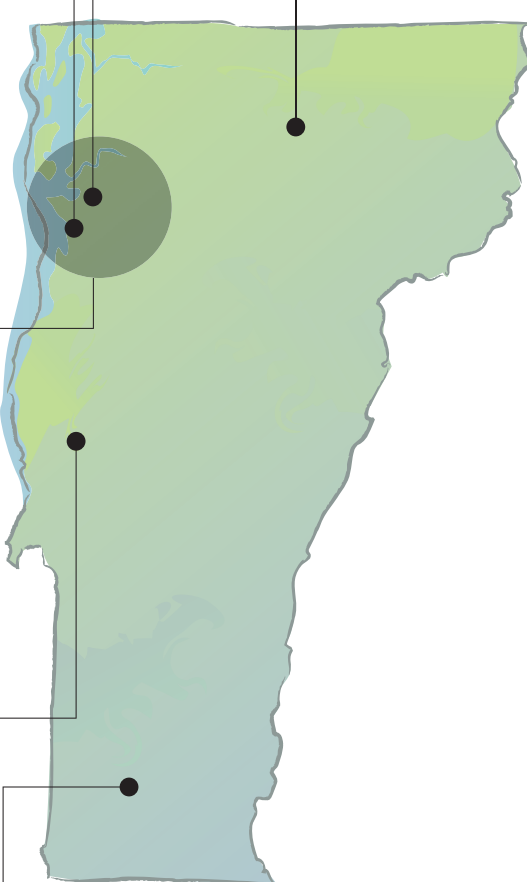
The fifth annual **Kelly Brush Century Ride** on September 11 is a fully supported 100-mile ride through the Champlain Valley, beginning and ending at the Middlebury College Alumni Football Stadium. Riders may participate as individuals, riding 25, 50, or 100 miles, or as teams, either splitting the 100 miles or riding the entire course as a team. The event supports the Kelly Brush Foundation, which raises awareness about ski racing safety, provides adaptive sports equipment for those with spinal cord injury, works to advance research on spinal cord injury, and supports the U.S. Disabled Ski Team. More info: <http://kellybrushfoundation.org/>.

STRATTON MOUNTAIN

The Grace Cottage Hospital's Sixth Annual **Tour de Grace** is September 11. It's a mostly downhill bike rally from Stratton Mountain Resort to Grace Cottage Hospital in Townshend, and it raises money to support the hospital. Start the 19-mile ride at the Stratton Mountain Resort base lodge parking lot anytime between 8 and 10 a.m. The route is well marked, and busses transport bikes and riders back up the hill to Stratton. More info: Mary Gyor, 802-365-9109, info@gracecottage.org, www.gracecottage.org.

CRAFTSBURY

This is the inaugural year for the **Three Lakes Tour**, which takes place on September 18. Participants can scull, canoe, or kayak on three Northeast Kingdom lakes: Willoughby, Crystal, and Big Hosmer, all in one day. Proceeds benefit the Green Mountain United Way. More info: smallboats@craftsbury.com, www.craftsbury.com.



LAKE GEORGE, NY

On October 2, you can join other cyclists for a scenic and inspirational ride around Lake George during the height of fall foliage, while supporting the **Leukemia & Lymphoma Society**. The route has supported rest stops, with bicycle mechanics on hand. 60-mile and 25-mile rides are also available. Entry fee includes the pre- and post-ride activities. More info: Mike Kramer, 518-461-2721, michaelwkramer@yahoo.com, www.peakseasoncentury.com.

THIS MONTH ON VTSPORTS.COM

GET UP & MOVE!

BY ELIZABETH DAVIS



With more than 50 percent of the United States' population being overweight or obese, you'd think that more Americans would exercise. But they don't. That's why the Farm Family owners of Cabot@Creamery Cooperative want everyone to "Get Up and Move!" Find out more about this special project at www.vtsports.com/articles/get-move.

COLORFUL ROAD BIKE RIDES

BY KIRK KARDASHIAN



It's estimated that Vermont has 18 billion trees, so nearly any bike ride in the fall will be a foliage bike ride, however, with the help of bike shop owners in different parts of the state, we've compiled a few special routes that are sure to please the leaf peeper in you. Check them out exclusively at www.vtsports.com/articles/colorful-road-bike-rides.

GOLF TOURNEY BENEFITS KILLINGTON MOUNTAIN SCHOOL ATHLETIC FUND

BY KIM JACKSON



Killington Mountain School is consistently ranked among the best five-month ski academies in the country. The school will host its 24th Annual Golf Tournament on September 24 at Killington's Green Mountain National Golf Course. Monies raised will help to support the school's athletic fund, which ensures that KMS student-athletes have the resources and facilities they need and deserve. To find out more about the tournament and how to register as a player, go to www.vtsports.com/articles/golf-tourney-benefits-killington-mountain-school-athletic-fund.



Wonderful World of WOOL

BY BRIAN MOHR AND EMILY JOHNSON

Prized for its naturally insulating, odor-free, breathable, moisture-resistant, and elastic properties, merino wool is fast becoming a clothing staple among dedicated athletes and active outdoors people. Considering that Vermont once boasted a merino sheep population nearly one million strong, it's surprising there isn't a herd in Vermont today that supplies merino wool to any of the major outdoor apparel manufacturers. However, with consumers increasingly wary of oil-derived synthetic fabrics, perhaps we'll see merino sheep farming on the rise again in Vermont. In the meanwhile, most manufacturers source their merino wool from environmentally and socially responsible producers in New Zealand, Australia, and Spain. From boxer briefs and bike shorts to cozy hoodies, it's easier than ever to be dressed in merino from head to toe. Here are a few layers that will help you ease into the cooler seasons ahead.

Emberphoto.com



IBEX MEN'S EL FITO 3/4 BIKE KNICKERS
\$130, ibexwear.com

Dedicated cyclists who haven't given the El Fito knickers a try are truly missing out on a versatile piece of clothing. Featuring a built-in chamois, superior wool comfort, and weather-resistant soft-shell fabric across the knees, these knickers are the perfect choice for those cooler or rain-prone days when shorts alone don't cut it. You will ride comfortably in these knickers in snowstorms down to 25F and under the summer sunshine into the 70F range.



IBEX M/W HOODED INDIE
\$92, lbex.com

The new Indie hoody, made for both men and women, is a highly functional lightweight base layer that offers warmth and comfort without the bulk. Its attached hood and nine-inch centered front zip make temperature regulation around the head and neck easy. Wear it as a base layer or second layer when there's a nip in the air.



DARN TOUGH 1/4 SOCK MESH
\$15, DarnTough.com

This low-cut running- and cycling-specific sock is another example of how Vermont's Darn Tough has essentially perfected the art of merino wool socks. These are constructed with extra padding around the toe and heel, an open mesh top that allows the foot to breathe, and extra elastic support around the arch, all of which makes for an incredibly snug and blister-free fit.



SMARTWOOL WOMEN'S TML LIGHT SPORT KNIT HOODY
\$150, Smartwool.com

Known originally for its comfy, high-quality merino wool socks, Smartwool has also earned a reputation among runners, cyclists, and Nordic skiers for its well-designed merino wool base layers. This fall, Smartwool is expanding its product line with the launch of its Thermal Midlayers (TML) category of insulating merino-wool layers. These garments are designed to be worn over a base layer, yet have enough style to wear out on the town. The Light

Racevermont.com 2010 Race Schedule

Shelburne ½ Marathon May 8 8:00am
Limit of 250 racers. Post-race lunch included.

Racevermont.com T3 June 20 8:00am
1.2 mi swim, 56 mi bike, 13.1 mi run

Sprint Triathlon July 3 8:00am
500 yd swim, 15.6 mi bike, 5K run

Sprint Triathlon July 24 8:00am
500 yd swim, 15.6 mi bike, 5K run

Sprint Triathlon Aug 14 8:00am
500 yd swim, 15.6 mi bike, 5K run

Sprint Triathlon Aug 28 8:00am
500 yd swim, 15.6 mi bike, 5K run

The Burlington Triathlon Sept 12 8:00am
(Olympic Distance - USAT Sanctioned) .9 mi swim, 22.5 mi bike, 6.2 mi run

Cider House Run/Walk Sept 26 11:00am
2 or 4 mi run, 2 mi walk (12 and Under FREE with Reg. Adult)

Shelburne Farms 5K Oct 3 8:30am
12 and Under FREE with Reg. Adult

Shelburne ½ Marathon Nov 7 8:00 am
Limit of 300 racers. Post-race lunch included.

For more info call Rayne 802-316-7142 or email rayne@racevermont.com



Photos by
SkiPix.com, LLC.

Racevermont.com

Sport Knit Hoody is a warm, lightweight sweater featuring a cozy hood, a kangaroo pocket, and a casual, stylish fit. It's as comfortable on a sunset bike ride as it is while paddling a canoe on a breezy afternoon.



SMARTWOOL PHD GRADUATED COMPRESSION LIGHT SOCKS

\$39, smartwool.com

By combining compression sock technology with merino wool, Smartwool is taking high performance socks to a whole new level. Special stitching patterns in this full-length sock apply compression from the toes to calf, which aids circulation, prevents excess swelling during exercise, and speeds recovery. The PHD socks also feature an extra layer of wool around critical impact zones under the foot, as well as a mesh zone atop the foot to help moisture evaporate. Without a doubt, these are some seriously smart socks.



BUFF WOOL BUFF

\$30, buffwear.com

Bufs are a highly versatile and tubular accessory that looks and functions primarily like a neck warmer, but can be used in a great variety of ways. While most Bufs are made with 100-percent polyester microfiber, a new line of 100-percent merino wool Bufs are now available. You can wear the Buff as a neck warmer, a head-band, or as full head protection. Some women swear by them as a simple, comfortable, lightweight wool top. And in a pinch, you could even get away with wearing a Buff as a simple skirt.



DALE OF NORWAY MEN'S MERINO WOOL 180, SHORT SLEEVE

\$65, daleofnorway.com

A short-sleeve wool shirt could well be the most versatile article of clothing to own. On extended trips, it's nice to have a layer

that remains odor-free and comfortable to wear for days, if not weeks, at a time, with only an occasional rinse in freshwater. Dale of Norway, which has been a world leader in the development of wool products for over 130 years, has a new line of lightweight merino base layers in men's and women's styles. These layers feature simple designs down the sleeves that mimic traditional patterns from Dale's Norwegian sweater designs. Work up a sweat, jump in the river, hang the shirt out to dry, and wear it again the next day.



KOMBI MEN'S ROVER 1/4 ZIP

\$40, kombi.com

Known widely for their gloves and mittens, Vermont-based Kombi now offers a full collection of more affordable performance base layers in a two-layer blend of merino wool and polyester. Featuring merino wool around the neck and under the arms, the Rover 1/4 Zip is a versatile, mid-weight layer that functions equally well as a base layer or second insulating layer when it really cools down. Several solid and two-tone color options are available.



I/O BIO, M/W CONTACT LOOSE TIGHT

\$64, io-bio.com

I/O Bio is a new merino wool brand launched by its Australian parent company, Michell Wool, which, since 1870, has been sourcing some of the finest merino wool on the planet. Spinning their own "low-torque" yarn, I/O Bio claims to have the softest merino available, and you will likely agree that this wool is as soft as they come. Their 3/4 length Contact Loose Tights are the perfect solution to the problem of socks and layers bunching up in your ski boots, and they are also a great option to wear as leggings for running, stretching, yoga, or just an evening of relaxation by the fire. Another I/O Bio layer worth mentioning is their new, full-body, one-piece Pilot Suit. [7]

Brian Mohr and his wife, Emily Johnson, contribute regularly to Vermont Sports, New York Times, Outside, Vermont Life and many others. They feature their adventures in their ongoing slideshow series, Wild People, Wild Places. You can learn more about their work at www.EmberPhoto.com.



"This was my first Ibex piece and the beginning of an addiction."

-The Ascendinator from Hamilton, MT on the Scout 1/2 Zip Pullover

WWW.IBEX.COM

An Insider's Guide to Great Fall Foliage Hiking, Biking, and Paddling

BY PHYL NEWBECK



Jeb Wallace-Brodeur

Tourists from near and far will be filling their gas tanks and driving through Vermont admiring the palette of colors that residents enjoy every autumn. Luckily, readers of *Vermont Sports* are pluckier than those who need an internal combustion engine to see the sights. They know that some of the best ways to admire the views require muscle, not motors. Below are some of the best foliage hikes, bike rides, and paddling adventures recommended by experts across the state.

BY FOOT

Heinz Trebitz of the Ottauquechee section of the Green Mountain Club recommends that those looking for views should hike a section of the **Rivendale Trail System**, which includes the towns of Vershire, W. Vershire, and Fairlee, VT, and Orford, NH. The trail is 36 miles long and goes from Flagpole Hill in Vershire to Mount Cube in Orford. One of his favorite legs is a four-mile stretch that starts at a trailhead parking area on Bloodbrook Road in Fairlee and heads west to a ridge overlooking Middlebrook Valley. Trebitz describes the hike as one that has plenty of hardwoods, partly open meadows, and nice views. Trebitz also recommends a hike which starts across from the fishing access at Lake Morey in Fairlee and climbs up to **Eagle's Bluff**. The trail can be turned into a four-mile loop by following signs to the Hulburt Outdoors Center and returning on the road next to the lake.

Mike Chernick, director of the GMC's Northeast Kingdom section found it difficult to restrict himself to just one hike, but eventually settled on the **Bald Mountain's Long Pond Trail** in Westmore, VT. The trail crosses some streams and travels through an open hardwood forest and a sub-alpine spruce-fir forest before finally reaching a rocky summit. There is a rebuilt fire tower at the peak that provides spectacular views. The hike is two miles long and has an elevation gain of 1,250 feet.

Down at the Bennington section of the GMC, Bill Lyons reported that his new favorite foliage hike leads to **Eph's Lookout** just south of the border. The lookout can be accessed from Massachusetts Ave., North Adams, MA. Lyons said the lookout is roughly three miles from the starting point and has stellar views of the Green Mountains and Mount Graylock. A shorter, but equally beautiful hike is **Harmon Hill** which can be reached going south from Route 9 in Woodford on the Long Trail. From the lookout on Harmon Hill, there are views of Bennington and Mount Anthony.

BY ROAD BIKE

Leslie Carew, co-touring chair of the Green Mountain Bike Club (full disclosure: I'm the other co-touring chair) recommends a ride the club calls **Cabot Sampler**. This 45-mile ride passes along the shores of both Lake Caspian and Lake Eligo and includes a stop at the famous Willie's

General Store in Greensboro. Start in Cabot and ride north on Routes 215, 15, and 16 to Greensboro Bend. Take a left on Bend Road and follow that to Greensboro. Go right on the E. Craftsbury Road, and in E. Craftsbury go left, coming out on Route 14. Go south to Hardwick and pick up Route 15 east to Walden. Go right on the South Walden Road back to Cabot. Carew considers the section through the town of Craftsbury to be particularly scenic.

Lou Bresee of Lake Champlain Bikeways is partial to a ride the organization calls **Moosalamoo Meander**. The 42-mile route starts at the parking lot of Shaw's in Middlebury and travels along the shore of Lake Dunmore as far south as Forest Dale before heading back north through Ripton. In addition to the great scenery there is a swimming hole at Middlebury Gorge on the return trip and the opportunity to get off the bike and hike part of the Moosalamoo Region of the Green Mountain Nation Forest. There are two stores along the way which are suitable for refueling.

Joe Cook of the Putney Bike Club recommends yet another 42-mile loop (apparently a popular length) which begins at the **Common in Townsend** and proceeds north through Windham and Chester before heading back down on Route 35. There are two potential lunch stops along the way in Grafton and Chester. Cook notes that there is a

short dirt section and some hills, but traffic is generally light. "The gradual descent along a brook and open fields into Grafton is spectacular," he said, "and the long descent down Windham Hill Road reminds one of earlier times."

BY BOAT

Cathy Frank and Margy Holden are the authors of *A Kayaker's Guide to Lake Champlain*. Their recommendation for northern Lake Champlain is a paddle along the **Missisquoi Delta**. Frank said that in the fall the water is clear and there are no problems with blue-green algae. Paddlers can put their boats in at Louie's Landing off Route 78 in Swanton. On a windy day, Frank recommends taking the river towards Swanton and Dead Creek. On a calm day, paddlers can venture onto the "Almost Great Lake" and paddle around two islands. In both cases, there are plenty of wildlife to be seen and beautiful colors.

On the southern part of the lake, the two are partial to paddling south of Crown Point, but note that the prime access points are currently closed for bridge construction. In addition, foliage season coincides with duck hunting, which is a popular activity in that area. For that reason, Frank suggests those interested in exploring the southern part of the lake should put their boats in at **Arnold Bay** in Panton and paddle up to Button Bay or even as far as Kingsland Bay. Frank said the Vermont side of the southern end of

the lake has more deciduous trees than the New York side.

Jane Yagoda of True North Kayak Tours is partial to a paddle that begins at the Kingsland Bay fishing access on Hawkins Road in Ferrisburgh. From there, paddlers can take **Little Otter Creek** as it winds through a marshy area, teeming with plants and animals. When the creek emerges onto Lake Champlain, paddlers can travel the shoreline, admiring the patterns in the rocks and stopping for lunch at Kingsland Bay State Park or the town beach in Ferrisburgh. Yagoda also enjoys a paddle up the **Lamoille River** from a put-in on Bear Trap Road in Milton that features spectacular cliffs and hardwoods.

Jim Walker of Battenkill Canoe recommends the **Somerset Reservoir** in Windham County, which he describes as "isolated and well forested." The

Reservoir can be accessed off Route 9 near Wilmington. Although Walker praised the entire 40 miles of the Batten Kill as scenic, he suggested a three-hour paddle starting from the Rochester Bridge in Arlington and heading down to New York. That section passes under a covered bridge in West Arlington and provides a mix of mountain views and pasture land.

So there you have it. Leave the internal combustion engines to the tourists and admire Vermont's foliage up close and personal.

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She intends to use all three methods to admire the foliage this fall. Phyl is also a skater, skier, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

MORE INFO

Hiking

Cross Rivendell Trail, www.crossrivendelltrail.org
Green Mountain Club, www.greenmountainclub.org

Road Biking

Green Mountain Bicycle Club, www.thegmbc.com
Lake Champlain Bikeways, www.champlainbikeways.org
Putney Bike Club, www.putneybicycleclub.blogspot.com

Paddling

A Kayaker's Guide to Lake Champlain, www.kayakinglakechamplain.com
True North Kayak Tours, www.vermontkayak.com
Battenkill Canoe Ltd - www.battenkill.com

For more scenic and inspirational fall foliage road bike rides, go to This Month on Vtsports.com feature story by Kirk Kardashian, Colorful Road Bike Rides, at www.vtsports.com/articles/colorful-road-bike-rides



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Sports medicine physical therapist
Golfer, basketball player, volleyball player

Paul Hecht, MD

Foot and ankle specialist
Cyclist

Charles Carr, MD

Knee and shoulder specialist
Golfer, snowboarder, skier, scuba diver

Pete Peterson, PA-C, ATC

Sports medicine physician assistant and athletic trainer
Rugby player, cyclist, kayaker, hiker

John Nutting, MD

Shoulder specialist
Cyclist, rower, runner, skater, windsurfer, skier

Kristine Karlson, MD

General sports medicine physician
Olympic rower, cyclist, cross-country skier, runner

John-Erik Bell, MD

Shoulder and elbow specialist
Cyclist, skier, runner

Michael Sparks, MD

Knee specialist
Runner, climber, cyclist, skier

Kirsten Gleeson, PT

Sports medicine physical therapist
Cross-country skier, runner, cyclist

Not pictured: Steve Vincente, PT
and Jeanne Wainscott, PA-C, ATC

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GREEN RACING PROJECT

BY
TIM REYNOLDS

RACE ORGANIZING AND THE LESSONS WE'VE LEARNED

The summer months so far have seen the successful completion of 10 running races hosted by the Green Racing Project at Craftsbury, and I have to say, organizing races is harder than you might think. We've learned a lot being on the other side of the start and finish line; in other words, we've made plenty of mistakes this summer as rookie race organizers. That being said, with almost a dozen races under our belts, things are running pretty smoothly now as we begin to hand the reins over to the more experienced winter timing crews and take our spots in the starting line where we feel much more at home.

Here are a few tips and lessons learned for all the other first-time organizers out there:

Too many signs are better than too few. Don't be stingy with the arrows when setting up the course. You might think the 5K loop is clearly marked because, well, you're the one who's laying it out—you know how it goes. But remember that the hard-charging racer doesn't stop to contemplate confusing signage. Their logic is dulled with physical effort, and they will turn at first instinct. There's nothing worse than having your runners get lost on course, especially in the second installment of a summer-long series.

Hand timing won't fail you. As young and allegedly tech savvy Generation Y organizers, it might seem sweet to try out new timing systems and software to simplify results. It streamlines the process and the math, and you can have results finished within seconds after the race. Or, it can take hours. If even the slight-

est decimal is miscalculated in the equation—you'll be shooting trouble. Keep those stopwatches running on the side, too.

Make distance markers exact. In a 15K trail race, you might think it's okay to roughly post distances out the course. You're wrong. Make that middle 5K long and the final 5K short, and you'll hear about it as soon as folks catch their breath after the finish. You thought it would be pleasant for racers to see those final Ks tick away more rapidly, but they want exact knowledge while they are on course, no exceptions.

Don't keep racers waiting for awards. Unless you've got a fine buffet of burgers and ice-cold beer (which all summer races should have) don't linger with the awards. Get those results finished and those awards handed out; otherwise you may lose most of your podium and age-group winners. Oppositely, if you're a racer and don't have anything to hurry off for, stick around and you may get lucky with a prize, because you're the only racer in your age group left around.

Leaving the course up for a day or two after is OK. I don't think it happens a lot, but sometimes runners mix up dates and show up on Sunday morning for yesterday's trail race. They'll appreciate still being able to check out the long loop with excessive arrow signs, even though they missed the race. So if you're exhausted after those hurried awards, take a load off and clean up later.

DOR only keeps things exciting. If you are hosting a first-time event and really want to have ab-

solutely zero inclination as to how many runners to expect, keep the registration to day of race only. That way, you'll really be surprised come race morning. There might be 10 runners, or there might be 60. You could spend the whole morning scrambling around for more waivers, more water cups, and more snacks at the finish. But, on the bright side, you'll know those marketing efforts were very successful.

Put results online ASAP. Despite what we recently enlightened college graduates may think, runners in the 60+ age categories can access the Internet. They know when results aren't up, and they will find your email. Despite their many years, they might be the most impatient to pour over race results online. Don't dally with those "e-results" as old-timers may call them. Get those times posted, and quick, or put a filter on your inbox to trash complaints.

If you're not too discouraged by these lessons learned the hard way, then check out the final events of 2010 at www.craftsbury.com in the late fall and early winter. I promise by then we'll be wearing numbers, too, and standing on the starting line where we belong. ☐

Tim Reynolds races for the Craftsbury Green Racing Project, an Olympic development cross-country ski program based at the Craftsbury Outdoor Center. His work at the Center has involved organizing running and biking races all summer long. Check out his team at www.greenracingproject.com.

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gear guide

BY RYAN JAMES LECLERC

The gang and I recently finished a post-work mountain bike ride in the dark and had to resort to a style of riding we call Brail Trail. As we were making our way out of the woods, a realization hit me just like the low-hanging branch that soon followed: light season is here. If you're a biker and you don't have a high-powered light system, you're missing out, so please allow me to enlighten you with three excellent options for nighttime riding.



PRINCETON TEC PUSH

If you commute on your bike, good for you, but if you give it up later in the summer or fall just because it's dark after work, shame on you. All you need is a high-powered bike light, and you can keep commuting until the snow flies, or heck, even while the snow flies, if you happen to be one of those super hardcore, diehard types. See and be seen, and keep on riding with the all-new Push by Princeton Tec, a sleek self-contained bike light ideal for nighttime commuting. The Push delivers 100 lumens of light using a single Maxbright LED to illuminate the road ahead, plus it features unique side-light tubes that emit flashing red light resulting in a 260 degree sphere of luminosity that makes you visible from the front as well as the side. Combined with a rear flasher, which is highly recommended and in some states required by law, you can be confident that motorists will see you regardless of the direction they're coming. The Push can switch between high, low, or flash modes, and the side flash feature can be disabled when not needed. At the low setting, the 105 gram Push provides 63 hours of burn time using three AAA batteries. \$49.99. www.princetonotec.com.



LIGHT & MOTION SECA 1400

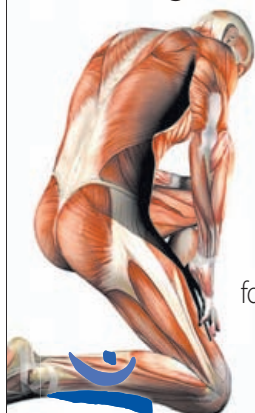
Mountain biking is another activity that doesn't need to be compromised simply because the sun starts to set at a disheartening hour. As long as you've got a super-high-powered rechargeable light system, your post-work rides can continue until the snow flies, or heck, even while the snow flies if you're just plain crazy. If riding into a snowstorm in the dark is your thing, good for you, but if you don't have a light that is powerful and also waterproof, shame on you. The Light & Motion Seca 1400, with a maximum light output of 1400 lumens, is both super powerful and waterproof, and at just 500 grams it is also lightweight. Built with L & M's all-new BiConic reflector, the Seca 1400 features an improved beam pattern which sculpts the light for a better center punch down the trail, while offering improved peripheral and foreground illumination. The Seca 1400 charges in only 2.5 hours and allows you to manage your battery life with multiple settings: low (10 hours of run time), medium (5 hours), and high (2.5 hours at 1400 lumens!), as well as flash mode and race mode, which skips the medium setting and toggles between low and high. Stick it on your handlebar or attach it to your helmet with the included mounts and light up the trail like a search and rescue helicopter. \$699. www.bikelightingsystem.com.



NITERIDER MINEWT.250 CORDLESS

If you're a commuter who mountain bikes or a mountain biker who commutes and are looking for one light to do it all, good for you, but if you think that finding an affordable light that is great for both is easy, shame on you. Fortunately, you're reading this column, and you're about to discover the NiteRider MiNewt.250 Cordless. With an internal lithium-ion battery that can be charged in 4.5 hours through either the wall or your USB port at the office, the MiNewt.250 has a commuter's needs in mind. With an ultrabright LED bulb capable of blasting 250 lumens at its highest setting, it also has the necessary light output required for cruising singletrack. It also delivers exceptional light quality thanks to the Borofloat glass lens that maximizes light transmission and has an efficient reflector resulting in a superior beam pattern. The 190 gram MiNewt.250 Cordless makes managing your battery life easy with a low-battery indicator, a flash mode, and three light levels: low (4.5 hours of run time), medium (3.5 hours), and high (2.5 hours at 250 lumens). A quick release mount for both your handlebar and helmet lets you choose from whence the light will shine. \$129. www.niterider.com ¶

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Thru-Hiking the Long Trail

TEXT & PHOTOS BY
ELI BURAKIAN



This year marks the 100th anniversary of the Long Trail. Originally envisioned by James P. Taylor, construction of the ridgeline trail began in 1910. Traversing the Taconic Mountains in southern Vermont and stretching northward along the spine of the Green Mountains, the Long Trail marches relentlessly from the Massachusetts border to the border of Canada. Including six miles

of approach paths, the 278-mile trail affords the best tour possible of Vermont. It reaches the summits of all five 4,000-foot mountains: Killington, Mount Abraham, Mount Ellen, Camel's Hump, and Mount Mansfield. The southern 100 miles is shared with the Appalachian Trail, which follows the Appalachian mountains from Georgia to Maine. According to E. Schlimmer, author of *Thru Hikers Guide to America*, the Long Trail is the hardest long-distance hiking trail in America, in terms of vertical elevation gained per mile traveled.

Sections of the Long Trail are readily accessible by the day-hiker, but I, like hundreds of other backpackers each year, felt the desire to attempt the trek in one straight shot. What better way to get intimate photos of the state's natural environment than to spend three weeks immersing myself in the mountains? Although most attempt the trek from the border of Massachusetts to the border of Canada during the summer season, I chose a different approach.

Starting in North Troy near the border of Canada, I began hiking on September 28, with a goal of reaching North Adams, MA, on October 15. As the climate in northern Vermont is often up to three weeks ahead of that near the southern border, I was hoping to start just before the peak of fall foliage and follow the progression southward, extending what

many people in Vermont agree is the shortest, yet most breathtaking season.

Within 24 hours of beginning the hike, snow was falling. Luckily for me, it was just a light dusting, and instead of becoming a hindrance, the snow treated me to a world of many beauties: yellow, green, red, and orange, framed by a sparkling white luminescence. With hot days, cold nights, storms, and fog, snow, hail, and rain, weather is certainly a defining characteristic of a thru-hike of the Long Trail. Another is the terrain.

For nearly 100 years, Long Trail thru-hikers have been climbing vertical slabs of rock, while summiting Mount Mansfield, Vermont's tallest peak. They've been leaping the three-foot gaps between ledges, with over 50-foot drops coming down the other side. They've encountered endless roots, streams, log bridges, mud pits, and various other methods the thick New England forest uses to waylay the unprepared wanderer. Yet, one would be hard-pressed to find a thru-hiker who would say it all wasn't worth it.

At one point during my journey, I connected with my father to spend a few days on the trail for a little father-son bonding. As I looked up the ledge and saw my father's knees moving in odd directions, I realized we were in for a long day. My dad's fear of rocks, and a few unlucky falls, had instilled in him a trepidation that I'd never seen in him before. He

feels good.



Left: A lone hiker gazes off of Mt Mansfield toward the town of Stowe.
 Upper right: Dinner at a shelter on the Long Trail.
 Lower right: A long exposure ghosts a hiker on a foggy day amongst a landscape of rock cairns in the White Rocks National Recreation Area.

persevered for the rest of the day, and after a very long walk in the dark down a ski run at Smugg's, during which time he made small steps, so small at times that I swore he was moving backwards, we finally made it to the vehicle. His journey ended sooner than he would have hoped, but he freely admitted he now had a new appreciation for the Vermont landscape.

Later that night, while eating at The Shed in Stowe, he called my mother to tell her the story. It was loud in the restaurant and my mother asked him if he could move to a quieter place. He said that he actually could not. After hanging up, my father, in his characteristic "glass is half full all the time" attitude, said his adventure on the Long Trail, although short-lived, was one he'll never forget.

I've lived in Vermont for most of my life, yet no prior experience showed me in such obvious ways how truly amazing the Vermont landscape is. During one particularly resplendent day on Burnt Rock Mountain (which is my favorite new discovery in Vermont), I looked to the east and south where the hillsides virtually exploded in a fiery display of sugar, red, and mountain maples, along with birch, beech, and aspen, together displaying hues from the brightest yellow to the deepest red. I stood there, thinking, knowing, that this day must be the peak of fall foliage!

I looked up and saw over a thousand Canada geese (what a gander!) headed south in military formation. To the west, the late-day sun shone on Lake Champlain, shining like a diamond. And at that point I realized Vermont, and America's oldest maintained long-distance hiking trail, was treating me to a privileged view, one of a state whose history is intimately entwined with its people, yet whose environment has bucked the trend of modern America. For when the Long Trail was created, the majority of Vermont was deforested, yet 100 years later, that same percentage is covered by the mixed forested landscape through which I was wandering.

There were blisters, cold nights, and mud-drenched socks. My housemate, planning on joining me for week, instead hiked for only a day, gave me the swine flu, quickly departed, and left me wandering in the woods like a drunken zombie sailor. But the joys of the scenery, physical accomplishment, and many other small pleasures, such as hiking into the Inn at Long Trail and imbibing a much needed Guinness, more than made up for the endured hardships. By the time I arrived in North Adams, I was greeted by my dogs, and a few minutes later by my wife, and I really felt I had experienced Vermont in a unique way. I was given a glimpse into a Vermont I knew existed, yet didn't truly appreciate until the Long Trail gave me an intimate view. ▢

Eli Burakian is a photographer who lives in Windsor, VT, with his wife Julia and his two dogs. He recently published a book, Moosilauke—Portrait of a Mountain. In addition to wandering the New England landscape searching for memorable images, he has photographed a number of books for Globe Pequot Press. He teaches photography and Lightroom, and shoots weddings as well. You can visit his website at www.burakianphotography.com.



WORLD-CLASS SCULLING WITH VERMONT FLAVOR

BY DIANA WHITNEY



The Green Mountain Head Regatta has been a Vermont classic since 1981. For many New England scullers, this Putney race now holds a prime spot on the fall racing calendar, which also includes the prestigious Head of the Charles in Boston.

Sculling is a whole-body endurance sport that combines power and finesse: the best scullers possess formidable strength and flawless technique. Imagine propelling your way upriver in a 27-foot-long carbon-fiber shell that measures only 12 inches wide. Add two unwieldy 9-foot oars, and then face backwards, and you have some idea what it takes to maneuver a sculling boat. It's a little like balancing on an aquatic tightrope while doing power cleans.

A LOT AT STAKE

Since its inception, the Green Mountain Head has welcomed only single and double sculls. The Connecticut River is wide and deep in Putney, protected by the hills of Vermont and New Hampshire. But there are few places for boats to launch and land, so the start and finish are in the same place, and the format is a three-mile stake race (row upriver 1.5 miles, round the stake, row back). Regatta creators Peter and George Heller liked paying tribute to Thomas Eakins' painting "Turning the Stake" (1872), which captures the glory days of sculling. Back in the nineteenth century, sculling was a sensational spectator sport, drawing crowds of 40,000 to watch and bet on stake races.

Today's Green Mountain Head attracts about 325 athletes and a few hundred spectators. Everyone parks in a giant cornfield that is cut down early for the occasion. Prizes are local maple syrup, bags of apples from nearby Green Mountain Orchards, and gallons of apple cider. Scullers feast on a post-race luncheon of traditional Vermont fare, such as cheddar cheese, fresh bread, apples, and doughnuts.

Race founder George Heller sums up the allure of the GMH. "The river and the foliage are beautiful in late September," he says. "The prizes are good and the competition is strong, but the atmosphere is laid back." Heller has raced in every Green Mountain Head in the double since 1982. Last year, at age 85, he took a year off.

Heller remembers the first GMH as a cold morning, with ice on the water. "We had rustic equipment," he laughs. "We painted milk bottles and floated them in the middle of the river. We had a big clock and somebody would read off the times. Twenty minutes... one... two... three... But we never made any mistakes."

Sixty competitors came that first year, but good news travels fast in the close-knit sculling world. Soon, world-class athletes arrived to rig up their boats in the Putney cornfield. Olympic gold medalist Xeno Muller and World Champion single-sculler Jamie Koven have both been regatta winners, along with various U.S. National Team members. Allegedly, two female silver medalists from the 2009 Worlds raced at last year's GMH. Once, legendary Harvard coach Harry Parker traveled to Putney to race the single. Event organizer Graeme King, a renowned wooden boat-builder whose shop is a stone's throw from the river, remembers Parker being surprised at the stiff competition. "That certainly was an eye-opener!" he said when he finished," remembers King.

THE 2009 GMH

Last year's regatta fell on a rainy day—a sodden contrast to the golden Septembers of years past. While the river was a sculler's paradise—flat water, no wind—the rain complicated parking in the newly mown cornfield. Putney School rowing coach Kristin Dawley put the local towing station on alert the night before. "We've had to tow Boston Saabs out of the deep Vermont mud," Dawley laughs.

But a little mud didn't slow down the racers. Former World Champion Jamie Koven dusted off his sculling shell and returned to Vermont for some competitive fun. Koven now rows out of NYAC in New York, where he's in training for a triathlon. "I didn't win," he shrugged. "But it's my first time racing in the single in awhile." Koven placed 4th overall in the men's open single, clocking a time of 19:53, 32 seconds behind overall winner Michael Sivigny (19:21). Then he switched boats and won the men's open double (with partner Erik Winters) in a smoking time of 18:08—the fastest time on the course for the day.

On the women's side, Emily Dreissigacker traveled to Putney fresh off a summer at the World Rowing Under-23 Championships. The Green Mountain Head is a family tradition for this soft-spoken Dartmouth rower. "I've been doing the race since I was a little girl," she says. "Even before I could row, I was coming to the GMH with my parents." This year, Dreissigacker won the women's open double with her partner, Anne Holmes, in a time of 20:10. She also placed 6th in the women's open single in 21:55, less than a minute behind overall women's winner Gevvie Stone (20:59). Meanwhile, Emily's mother, former Olympic sculler Judy Geer, won her age group in the women's single in a time of 23:31; her father, Olympian Dick Dreissigacker, placed 12th in his age group in 22:08.

Novices enjoyed the regatta alongside elite athletes. Dorcas Wonsavage and Kelley Dole from the Upper Valley Rowing Foundation in Hanover, NH, chose the GMH for their first sculling race ever. Wonsavage and Dole started sculling as partners in the double last summer, with Buzz Congram as their coach. Wonsavage is a former Olympic cross-country skier, and Dole is a middle-school teacher and mother of three who describes herself as a "New Hampshire lake girl."

"I love the nostalgia of being out on the water," says Dole. "It's a return to the childhood playground of messing about in boats." Both women saw the GMH as a "good, entry-level race," and they liked the casual nature of the Putney venue. "Traditionally, sculling is an elitist sport, but here you park in a corn-field," says Dole. She and Wonsavage raced the women's Masters double in a time of 24:18 and plan to return for another go.

The 2010 Green Mountain Head Regatta is coming up on Sunday, September 26th at 10 a.m. in Putney. Save the date! ☐

Diana Whitney is a freelance writer and yoga teacher in Brattleboro, VT. Her parenting column, Spilt Milk, runs in the Rutland Herald and the Brattleboro Reformer. She's a regular commentator on VPR and writes for the Boston Globe and Pilates Style. A former competitive sculler and rowing coach, Diana has raced the Green Mountain Head several times, but she now prefers running and Ashtanga yoga.

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VS: Your job title sounds interesting, what does it mean?

JS: GD makes guns for the military or other clients. Each gun system has a program manager. For a while I was just on one gun, a development gun, but now I'm currently on the joint strike fighter, F-35. It's a 25mm Gatling, as well as a Gau-19, a 50-caliber Gatling gun.

VS: Do you test the guns?

JS: We get to test all of the guns at the Ethan Allen firing range in Jericho. Burlington is where all the stuff is designed, and then all of our production is in Saco, ME. The Army orders them, we build them, test them here at the range, then we ship them up to Saco to be boxed up, cleaned up and packaged, and they go off to where they're supposed to go. That whole process takes years. We have to get all the parts from our vendors, they all have to come in at the right time and meet certain specifications. It's a big, long process.

VS: How did you get into this line of work?

JS: When I was at Castleton I was in the digital media program. I got a job working in the IT side of things, for Computer Sciences Corporation, which was the company that GD outsourced its IT to. So I was in the same building as the program managers. At that point, all I would do was fix computers. So I was working on a computer for a program manager, a pretty high level guy, and he just started grilling me about what I wanted to do with my life. I said someday, I want to have your job. And maybe about six months later he opened up a position and asked me to apply.

READER ATHLETE



JEREMY SHORTSLEEVE

Age: 33

Residence: South Burlington

Family: Wife, Danielle;

chihuahua, Tito

Occupation: Program planner for General Dynamics

Primary sport: Hand cycle racing

VS: How did you get into hand cycle cycling?

JS: I got in my motorcycle accident in 2005 and that's how I got hurt. I got my first hand cycle in the summer of 2007. I went on a few rides with other people who had hand bikes in Burlington. I met a few people who had done the Vermont City Marathon. It just kind of grew from there. Once I did my first race, VCM in 2008, I got third, and that was the same year that the record was set for hand cycling there. That fall I did another race, and I ended up beating the guy who got first place at VCM. After that, I knew I was able to go fast, and I became totally addicted.

VS: What is the race you are most proud of?

JS: Probably this year at Vermont City. It was my third race there, and it was probably my fifth marathon. I broke the record set in 2008.

VS: What was your time?

JS: 1:34. I did pretty well. It was a very good day.

VS: You've done the Kelly Brush Century Ride (held Sept. 11 this year). How far did you go, and what's the course like?

JS: Normally I wouldn't do that ride

because my fall marathon is at that time, but I got married last fall, so I didn't really train for the marathon. I needed something else to do, and Kelly Brush isn't a race, it's a fundraiser, so I thought I would do it. I ended up doing the whole 100 miles. It was very, very tiring. It was very tough. A lot tougher than I thought it would be. It goes up some pretty nasty hills. It kind of brought me down to earth. I won the VCM that year, and I went out thinking I'd do the 100 miles and it would be no problem, and it absolutely destroyed me. I finished in eight and a half hours. It took me probably a month and a half to recover.

VS: Will you do it again this year?

JS: Probably the 25-mile distance, because I have the Adirondack Marathon coming up, and I couldn't recover in time if I did the longer route. The Adirondack Marathon is an extremely, extremely demanding race. For the first six, seven, eight miles, you're literally going up a mountain. It is absolute hell.

VS: Where do you train?

JS: I train primarily on the Burlington Bike Path and the other streets that are kind of linked to the bike path. It's 18 to 19 miles to Colchester and back; I'll probably do that three to four times a week. I try to average 100, 110 miles on the bike each week.

VS: Do you have anyone you credit as a mentor?

JS: That would be Patrick Standen. He's the founder and president of the Northeast Disabled Athletic Association. He came to visit me in the hospital. He didn't even know me. When you get into an accident and

you're not going to walk any more, that's pretty traumatic. I think the hospital might call him when someone is going through that, because he's well-spoken and so intelligent. He's been in a chair for a long time, and he came to me and told me life wasn't over. When I got out of the hospital in August, we got a hold of each other. I went on a ride with him on his bike on the Burlington Bike Path. I was actually outside, I was doing stuff. I wasn't sitting in my house feeling sorry for myself.

VS: Why is competing so important to you? What do you get out of it?

JS: I don't know. I like winning! I've always been sort of competitive; I played sports in high school and college. But honestly, I've gotten more competitive as I've gotten older. The hand cycling—I'm just very competitive. I think it's because I've been fortunate enough to be somewhat good at it. I know I can win, I know I can be competitive, and that makes me want it more. I think that might be it. Also, all the other sports I played in high school were team sports. This is just me. Whatever work I put into it, I get out of it.

VS: How did you get into cross-country skiing?

JS: I have my own cross-country sit ski the Kelly Brush Foundation gave to me through a grant. You sit on it, and it's two skis and two poles. My wife and I go to Catamount Outdoor Family Center at least once a week. I get to be in the woods. It's little things like that—I know it sounds corny, but I can't just get in my wheelchair and go in the woods behind my parents house anymore. This allows me to be in the woods—it's pretty cool.

VS: What are your future goals?

JS: A lot of racing that I do now is local, but there's another echelon. The U.S. Hand Cycling Association has a series where you apply and you get a license and you can actually race in these sanctioned cycling races, with some of the elite hand cyclers in the U.S., if not the world. So I'm going to do a couple of those, maybe two or three. And then, the sky's the limit. There's the Paralympics. There's all that stuff. ☑

—Sky Barsch Gleiner

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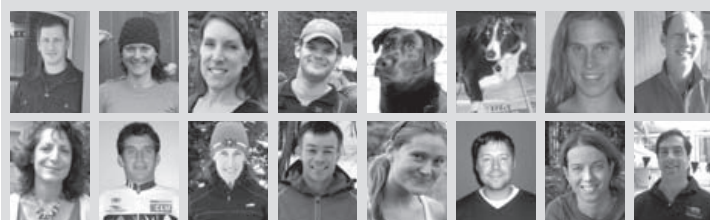
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VS: You have a variety of outdoor interests. Why do you like being outside so much?

JL: My first love for being outside is through my profession. My undergraduate and Master's degrees are in ecology. Also, I like to seek solace in the outdoors and to be quiet. I need to get exercise, and I'm not really capable of enjoying exercise inside, so I'm always trying to find a way to be in the woods.

VS: What have been some of your favorite backpacking experiences?

JL: In the Northeast, our favorite place to backpack is in the Adirondacks, so we spend a lot of time over there. One of the most challenging trips was carrying packs over the great range. It was spectacular. My favorite was spending two months backpacking in Nepal and that was just amazing and my favorite of all our trips. That was our honeymoon.

VS: You have an interesting engagement story, too.

JL: We got engaged while backpacking in Patagonia. As far as scenery goes, that was spectacular, but it's busy. In Nepal it was really quiet when we were there. We walked town to town and got much more of a cultural experience. We did the Annapurna Circuit which is a specific route, then we went to Everest (to base camp).

VS: What are some of your favorite snacks to take on a long backpacking trip?

JL: Snacks are always changing but we love g.o.r.p. and hummus, but we definitely always have a favorite treat—Toblerone!

VS: Why do you enjoy mountain biking?

JL: I love the fact that you're in the

READER ATHLETE



JANE LAZORCHAK

Age: 32

Residence: Waitsfield

Family: Husband, Peter; daughter, Adeline Mae, 6 months

Occupation: Biologist

Primary sport: Mountain biking and telemark skiing

woods. I love to be on a bike, period. I am not a runner, that's never worked for me. But I love being in the woods, for the shade, you get to see the varying conditions, the hardwood and softwood forests. Plus, you have to be so focused. It enables you to clear everything out of your mind. If you aren't focused, you might be doing an end-o. If you want to really think about something, road cycling is good for that, but it's just so much more about the miles. Mountain biking, you really can't think about anything else except for the present, what's right in front of you. It's just a lot more fun.

VS: Where do you like to ride?

JL: I love the Hinesburg Town Forest. It's so great, and the reason it came first to mind is I just had a great ride there with some girl friends. Since having a daughter, it's been hard to coordinate with friends. The Hinesburg Town Forest is wonderful. The Fellowship of the Wheel built some nice trails there, and it's all mapped out and easy to find your way around.

VS: Do you have any favorite bike tours?

JL: For our honeymoon, we had just finished trekking in Nepal, and we were riding buses in Thailand, and just didn't like traveling that way. We went back to Bangkok and bought everything we needed for bike touring and traveled around that region of the world by bike. Since coming back here, we're sort of addicted to it. One of our best bike tours last year—it was great because we had amazing weather, literally, we didn't get a drop of rain—was from New Hampshire into Maine and Quebec. We love to bike tour. In addition to that, every year we do the Vermont 50 mountain bike race. I've tried a few mountain bike races, but I don't like them as much. The Vermont 50 is so long, it's not really a race, it's more of a camaraderie experience. I also like the Onion River Century, a road bike ride.

VS: You credit your husband for energizing your outdoor pursuits. How has he influenced you?

JL: Peter is my best friend and the hardest thing about having a kid is it's been hard to get out together. We've always done everything together and

now, one of us can get out. When I met him, I was not as driven as I am now. He is an amazing athlete, and being with him, it's not about competition, but he drives me to push myself.

VS: Is there an outdoor pursuit you haven't tried yet, that you want to?

JL: We rode our bikes on the bike ferry the other day and we were admiring the kite boarders. Maybe some day...

VS: What's your favorite piece of sports equipment that you own?

JL: My mountain bike—Santa Cruz Juliana! Love it!

VS: What do you do for the state as a biologist?

JL: I work at the Fish and Wildlife Department. Largely, I conserve land that preserves habitat for threatened or endangered species.

VS: As a vegetable gardener, what is your favorite thing to grow?

JL: Even though they are cheap to buy, I love growing potatoes because it is like a treasure hunt to dig them up.

VS: You trade in your fat tires for telemark skis in the winter. What draws you to that sport?

JL: I was a downhill skier when I met Peter, and Peter is a telemark skier. If you're a good skier, at some point you look for a challenge. Telemark skiing is challenging, and it allows you to explore other places that you can't get to with regular skiing. My first year, we started climbing Mad River after work to go night skiing. Here in Waitsfield we like the Camel's Hump area. It gets you off of the mountain and into the woods, looking for your own terrain. ☐

— Sky Barsch Gleiner



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BIATHLON

ONGOING

Mondays and Wednesdays (thru Oct. 31), 5-7PM, Biathlon Training, Youth/Junior, Ethan Allen Firing Range, Jericho Center, VT, John.jpmad2003@yahoo.com, www.eabiathlon.org

CANOE/KAYAK/SCULL

SEPTEMBER

- 11-12 Women's Kayak Excursion on the Connecticut River, Bradford, VT, Bonna Wieler, 802-333-3549, bonna@boldpaths.com, www.boldpaths.com
- 18 Three Lakes Tour, 7AM, scull, paddle, or kayak three NEK lakes (Willoughby, Crystal, Big Hosmer), smallboats@craftsbury.com, www.craftsbury.com
- 26 Green Mountain Head Regatta, 10AM, Putney, VT, www.rowgmh.com

CROSS-COUNTRY SKIING

DECEMBER

- 11-12 NENSA Introduction to Performance Skiing and Racing Technique, Stowe, VT, info@trappfamily.com

CYCLING

SEPTEMBER

- 3-6 Green Mountain Stage Race, Friday—Prologue Time Trial, Saturday—Circuit Race, Moretown, Sunday—Road Race, Fayston, Monday—Criterium, Burlington, Waitsfield, VT, Gary Kessler, Gary@gmsr.info, www.gmsr.info
- 11 Grace Cottage Hospital Tour de Grace, Stratton Mtn. to Townshend, VT, Mary Gyor, info@gracecottage.org
- 11 Kelly Brush Century Ride, Middlebury, VT, Joyce Wallace, joycewallace@kellybrushfoundation.org, www.kellybrushfoundation.org
- 11-12 200-Mile Length of Vermont Bike Trip with Brattleboro section of the GMC, Derby Line, VT, Joe Cook, jfcook@gmail.com
- 12 Onion River Sports Bike to Brunch Series: On the Rise Bakery in Richmond, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriversports.com
- 18 13th Annual Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century, Chrystal Lake, Barton, VT, Ellen Bowen, 802-873-3285, ellen.bowen@orleanscountycitizenadvocacy.org, www.orleanscountycitizenadvocacy.org
- 19 Tour de Farms, Shoreham, VT, Nancy Schulz, nancy@vtbiked.org, www.vtbiked.org
- 25 VT Brevets Fall 200K, Burlington, VT, Mike Beganyi, 802-310-3546, mike.beganyi@gmail.com, <http://littlecirclestv.com>

OCTOBER

- 2 Peak Season Century Ride, 100 miles & 60 miles, Lake George Village, NY, Mike Kramer, 518-461-2721, michaelwkramer@yahoo.com, www.peakseasoncentury.com
- 3 Allen Clark Memorial Hill Climb, 6.2-mile time trial up Ap Gap, Waitsfield, VT, Peter Oliver, 802-496-5538, peter@gmsr.info, www.achillclimb.org
- 3 2nd Annual Spectrum Ride, 10K, 20K, 50K, 100K, So. Burlington, VT, Monica Taylor, 802-660-0580 x330, mtaylor@spectrvmvt.org, www.spectrumvt.org/home/ride

ONGOING

Tuesdays (thru Sept. 30), 5:30PM, Claremont Points Race Series Bike Race, 1/3-mile oval, 40- and 60-lap races, Twin State Speedway, Claremont, NH, John Lambert, 603-477-4848, John@ClaremontCycle.com

CYCLOCROSS

SEPTEMBER

18-19 Green Mountain Cyclocross Weekend, Catamount Outdoor Family Center, Williston, VT, www.catamountoutdoor.com

ONGOING

Wednesdays (thru Oct. 13), Wednesday Night Cyclocross Series, Catamount Outdoor Family Center, Williston, VT, www.catamountoutdoor.com

DUATHLON

SEPTEMBER

- 12 Pine Hill Park Duathlon, 5K trail run, 10K mountain bike, 10AM, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, cindiwight@comcast.net, www.rutlandrec.com

MISCELLANEOUS

SEPTEMBER

- 24 Green Mountain Senior Games—All-State Games, Castleton, VT, John Pelton, 802-394-7782, jnpltn@myfairpoint.net, www.greenmountainseniorgames.org
- 24 The Leukemia & Lymphoma Society's Light The Night Walk, Church St., Burlington, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.lightthenight.org/unity

OCTOBER

- 2-3 15th Annual Northern New England Sled Dog Trade Fair & Seminars, Hopkinton Fair Grounds, Contoocook, NH, Lucille Murphy, questions@mainemadedogsleds.com, www.mtnridge.com, www.mainemadedogsleds.com
- 2-3 Women's Fall Escape, Great Glen Trails, Gorham, NH, Mary Power, mary@greatglentrails.com, www.greatglentrails.com
- 10 Boot Cancer Fitness Challenge, St. Albans, VT, Lisa Durocher, info@bootcancer.org, www.bootcancer.org

ONGOING

Mondays and Wednesdays (thru Nov. 10), 8:45-10AM, Fit to Excel Women's Strength and Conditioning Boot Camp, MMU High School track area, Jericho, VT, John Stawinski, MA, ATC, CSCS, 802-922-5924, John@InjurytoExcellence.com

Monday through Friday, 2:45-5PM, Team Vermont Weightlifting (Olympic Lifts), Essex Middle School, Essex, VT, Chris Polakowski, 802-879-7252 (eves.), 802-879-7173 (days)

Wednesdays, 6-9PM, Dodge Ball League, Racquet's Edge 2, Essex Jct., VT, Jen, 802-879-7736 ex. 134

Thursdays, Greater Burlington Fencing Club & Open Fencing, Youth & Adults, 6:30-9PM, Burlington, VT, Ann Miller, 802-865-1763 or Dale Rodgers, 802-878-2902

Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rogers, 802-878-2902

Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

SEPTEMBER

- 18-19 Wrench & Ride Women's Mt. Bike Camp, Sugarbush Resort, Warren, VT, Mary Simmons, msimmons@sugarbush.com, www.sugarbush.com
- 26 Vermont 50, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.com

ONGOING

Weekends and weeklong Coyote Hill Mountain Bike Camps (thru Oct. 15), for juniors and adults, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com

PILATES

ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winooski, VT, Nancy, 802-864-3785

Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

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LET'S GET OUTSIDE

CALENDAR OF EVENTS

SEPTEMBER

- 4 Fight For Air 5K Walk/Run Hillclimb for American Lung Association, Bolton Valley Resort, VT, Ron Douglass, 802-876-6860, rdouglass@lungne.org, www.lungusa.org/associations/charters/new-england/events/climb/
- 11 Maple Leaf Half-Marathon and 5K Fun Run, Manchester Center, VT, Lynn Grieger, 802-362-2810, lynn@lynngrieger.com, www.manchestertvmapleleaf.com/
- 11 Citizens 5K Cross-Country Run, Williston, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 11 Stowe 2010 Trail Race Series: Trapp Cabin 10K, Stowe, VT, Cynthia Needham, cynthia@smartsience.org
- 11 Vermont Remembers Run IV 10K & 1K Kids' Run, 8:30AM, Camp Johnson, Colchester, VT, 1LT Annaliese Baumer, annaliese.baumer@us.army.mil, www.runvermont.org
- 12 GMAA Archie Post 5 Miller, Burlington, VT, Russ Cooke, archiepost@gmaa.net
- 18 Citizens 5K Cross-Country Run, North Beach, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 18 GMAA Common to Common 30K, Essex, VT, Steve Eustis, common2common@gmaa.net
- 19 Dog Run Dog 10K/5K Race for Dogs and People, race, run, or walk, with or without a dog, Norwich, VT, Paul Gardner, doginfo@dogrundog.com, www.dogrundog.com
- 19 5th Annual IDIC 15K/5K Run/Walk & Kids' Fun Run, Killington Rec. Field, Killington, VT, Sarah Rasmussen, 802-236-1988, serasmussen@comcast.net, www.idic15race.com

- 19 Mad Dash 5K, 10K, 4-Mile Fitness Walk, Kids' Fun Run, 10AM, Waitsfield, VT, Caitlin Welter, pathdash@gmail.com, www.madriverpath.com
- 25 Footrace at Fort Ticonderoga 5K XC, 10AM, Ticonderoga, NY, Jeff Greer, 518-321-2855, jeffreygreer@gmail.com, http://duanecrammond.net
- 25 13th Annual Run for J.U.M.P 5K & 1K Kids' Fun Run, Burlington, VT, Suzie Crews, slcrews1@msn.com, www.jumpvt.org
- 26 Cider House 2-Mile Run/Walk, Shelburne Farms, Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 26 Downtown 10K, Church Street, Burlington, VT, Susan Criscuolo, 201-638-9646, susancrisculo@hotmail.com
- 26 Vermont 50 Ultra Run, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.com
- 26 Trail Around Middlebury TAM Trek, Middlebury, VT, Joni Osterhaut, info@maltvt.org

OCTOBER

- 2 NH Marathon, 10K, 5K Health Walk & Craft Show, Bristol, NH, Everett Begor, 603-744-3335, littletown@metrocast.net, www.nhmarathon.com
- 2 12th Annual Stark Mountain Hill Climb, 10AM, Mad River Glen, Fayston, VT, Dot Helling, 802-279-8199, ultradot@myfairpoint.net, www.startmountain.org
- 3 Shelburne Farms 5K, Shelburne Farms, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 9 The 5 Town 5K Run/Walk and Tot Trot, Jerusalem Schoolhouse, Starksboro, VT, Susan Pare, 802-453-5052, runlong@gmavt.net, http://scpschool.org
- 9 GMAA Art Tudhope 10K, Shelburne Beach, Shelburne, VT, Jessica Bolduc, 802-658-1753, tudhope@gmaa.net, www.gmaa.net
- 16 Leaf Chase 10K, Pine Hill Park, Rutland, VT, Cindi Wight, 802-

- 773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org
- 17 GMAA Green Mountain Marathon, South Hero, VT, Jessica Cover, gmm@gmaa.net, www.gmaa.net
 - 30 The Kingdom Challenge 1/2 Marathon and 5K, Lyndon Town Offices to Lyndon School, St. Johnsbury, VT, Kelly Urie, thekingdomchallenge@yahoo.com, www.thekingdomchallenge.com

NOVEMBER

- 7 Racevermont.com Half-Marathon (Fall), Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 25 GMAA Turkey Trot 5K, UVM Field House, Burlington, VT, Anne Bliss, turkeytrot@gmaa.net, www.gmaa.net
- 28 13th Annual Turkey Lane Turkey Trot and Louise Roomet Memorial Walk, Hinesburg, VT, Colin McNaul, saratogalives@yahoo.com

ONGOING

- Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
- Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com
- Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT
- Wednesdays, 6PM (thru Sept. 15), Craftsbury Outdoor Center Summer Trail Running Series, Craftsbury Outdoor Center, Craftsbury, VT, Tim Reynolds, 802-586-2328, www.craftsbury.com
- Wednesdays, 6PM, Hardack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266
- Wednesdays (thru Nov. 12), 6PM, Sportshoe Center Group Runs, So. Burlington, VT, Kara Bolton, 802-862-5666, karab@sportshoecenter.com, www.sportshoecenter.com
- Wednesdays (thru Sept. 29), 6:30PM, Randolph Fun Runs, Three Stallion Inn, Randolph, VT, Hannah Barden, hannahbarden@gmail.com
- Thursdays, 5:30PM, Skirack Trail Runs at Red Rocks Park, Burlington, VT, Will Skolochenko, 802-658-3313
- Thursdays (thru Oct. 14), 3:30-6:30PM, Great Glen Fall Trail Running Series, Gorham, NH, Eli Walker, Eli@greatglentrails.com, www.greatglentrails.com
- Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Arnell, 802-377-9906, ramey2001@yahoo.com
- Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com
- Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com
- Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SKI, SKATE, SNOWBOARD SWAPS

OCTOBER

- 9-10 Smugglers' Notch Ski & Snowboard Club Ski & Snowboard Sale (drop-off Friday, 4-8; sale Sat. 9-5 and Sun., 10-3), Champlain Valley Fairgrounds, Essex Junction, VT, Travis Widger, director@snsct.com, www.snsct.com

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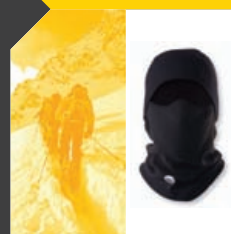
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SWIMMING

ONGOING

Mondays, 5:30PM, Open Water Swims, Waterbury Reservoir/Little River State Park, Waterbury, VT, sponsored by QT2 Systems, John Spinney, spinney21@hotmail.com

Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512

Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21

Daily, Masters Swim Practice, call for times, Upper Valley Aquatics Center, White River Junction, VT, Barbara Hummel, 802-296-2850, www.uvac-swim.org

Tues. & Thurs., Edge Swim Club practice, Age Group Teams, 6-7:30PM, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Tues. & Thurs., 8:30-9:30AM, Masters Swimming at The Swimming Hole, coached from the deck, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

TRIATHLON

SEPTEMBER

- 12 Josh Billings RunAground Triathlon, bike 27 miles, paddle 5 miles, run 6 miles, Great Barrington, MA, Patty Spector, patty@joshbillings.com, www.joshbillings.com
- 12 The Burlington Triathlon, .9-mile swim, 22.5-mile bike, 6.2-mile run, North Beach, Burlington, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com



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Sept 25 - Schroon Lake, New York

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2-Person Marathon Relay
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Schroon Lake, New York

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Archie Post 5 Miler, UVM
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Common to Common 30k, Essex
Scenic run through the farm country of Essex and Westford
Saturday, September 18 at 8:30 am

Art Tudhope 10k, Charlotte
Fast, scenic run through the Charlotte apple orchards on Lake Champlain
Saturday, October 9 at 9 am

GREEN MOUNTAIN MARATHON, South Hero
Beautiful run along the shores of Lake Champlain
Sunday, October 17 at 8:30 am

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RACE RESULTS

GMAA 31st ANNUAL ROUND CHURCH WOMEN'S RUN August 21, 2010 Richmond, Vermont

10K Race

Women 13 & Under

1 Althea Devereux Jericho 51:23

Women 14-19

1 Bryanna Allen Westford 1:04:07

Women 20-29

1 Leslie Kaufman Burlington 49:06
2 Iryna Baklanava New Haven, CT 50:16
3 Michelle Weissman So Burlington 50:21
4 Tammy Crossman Vergennes 51:35
5 Sarah Reid Burlington 52:03
6 Mary Neffinger So Burlington 55:48
7 Jenna Allard Williston 58:02
8 Erin Kilrain Burlington 59:57
9 Bridget Bonaccontro Starksboro 1:03:26
10 Kate Keough Burlington 1:04:16
11 Patricia Cilwik Burlington 1:12:16

Women 30-39

1 Liz Hollenbach Burlington 41:49
2 Megan Valentine Jericho 43:07
3 Jennifer Carlson Jericho 44:37
4 Elzy Wick Burlington 45:12
5 Chris Napolitano Burlington 46:28
6 Rachael VanWagner Jeffersonville 47:31
7 Mares Chayer-Randall Hinesburg 48:19
8 Joanne Grogan Fairfax 48:36
9 Sandy Alexander Fairfax 48:54
10 Liz Staples Fairfax 48:56
11 Thao Nguyen Williston 49:51
12 Meg Allison Moretown 49:58
13 Mary Pigeon Fairfax 50:20
14 Carrie McAdoo Cambridge 51:07
15 Stacy Bockso Northfield 51:38
16 Beth Tarallo Panton 51:44
17 Jess Voyer Essex Jct 52:22
18 Martha Caswell Burlington 52:31
19 Sarah Humphreys Colchester 52:45
20 Sara Phillips Bolton 53:52
21 Sara Mitchell Milton 54:59
22 Christy Pilsucki Hinesburg 55:13
23 Jennifer Kennelly Williston 55:35
24 Debbie Safran Starksboro 56:15
25 Vicki McLaughlin Charlotte 56:19
26 Sarah Hoff Richmond 56:20
27 Erin Borick So Burlington 56:31
28 Kaylene Cobell Burlington 56:43
29 Anne Clegg Jericho 57:01
30 Sarah Manning Walpole, NH 57:02
31 Lindsay Whitey Burlington 57:20
32 Megan Cannella Winooski 57:46
33 Michelle Berthiaume Colchester 57:47
34 Rhonda Forcier Essex Jct 59:09
35 Diana Butler Milton 1:00:02
36 Amy Renner Richmond 1:00:07
37 Julie Motch Waterbury Ctr 1:00:13

38 Kelley Hackett Waterbury 1:02:27
39 Tori Prouty Bristol 1:03:27
40 Christine Lybarger So Burlington 1:03:35
41 Jami LaCroix Essex Jct 1:03:36
42 Rebecca Mathis Essex Jct 1:04:22
43 Lisa Basile Burlington 1:07:30
44 Patti Daniels Grand Isle 1:07:31
45 Renee Ross Waterbury 1:07:40
46 BethAnn Rainey Williston 1:09:37
47 Niki Spencer Westford 1:09:38

Women 40-49

1 Anne Bliss Burlington 41:17
2 Jessica Cover Richmond 42:44
3 Kathy Provencher Waterbury Ctr 43:15
4 Noreen Sila Underhill 44:01
5 Kate Morris Shelburne 45:16
6 Carolyn Stames Morrisville 45:36
7 Lisa Rollins Burlington 47:55
8 Jackie Marino Burlington 48:20
9 Theresa Wolbach So Burlington 48:33
10 Lisa Malabar Colchester 49:19
11 Meghan Hess Charlotte 51:28
12 Jean Hess Jericho 51:32
13 Mary Regele Morrisville 51:51
14 Rachel DiGiammarino Huntington 51:58
15 Terri Hallenbeck St George 54:14
16 KK Harvey Stowe 54:20
17 Kelly Collar Moretown, VA 54:55
18 Beth Eliason Ripton 55:22
19 Carol Norton Burlington 55:47
20 Stephanie Lynch Fairfax 55:55
21 Wendy Blackman Starksboro 56:12
22 Kathy Granai Colchester 56:18
23 Christa Kemp Richmond 56:59
24 Cath Burns Richmond 57:00
25 Maureen Murphy Hinesburg 57:05
26 Robin Miller Colchester 58:46
27 Colleen Wise Underhill 1:02:34
28 Jode Risorin Perkinsville 1:02:43
29 Beth Rickstad Westford 1:04:06
30 Jane Worley Walpole, NH 1:05:53

Women 50-59

1 Donna Smyers Adamant 44:07
2 Melanie Benson Morrisville 45:29
3 Sue Emmons So Duxbury 45:46
4 Ruth Blauwiekel Colchester 48:49
5 Holly Rainville West Bolton 49:59
6 Karen Allen Burlington 49:59
7 Carlie Krollick Charlotte 50:33
8 Shevonne Travers Grand Isle 53:05
9 Rose Bergeron Essex 55:48
10 Sheryl Teague Barre 59:58
11 Janet Nunziata Shelburne 1:02:33
12 Cyndy Cross Barre 1:07:33
13 Wendy Gould E Montpelier 1:30:30

Women 60-69

1 Jeanne-Yvonne Tucker Colchester 45:30
2 Barbara Vinall Wallingford, CT 58:30
3 Susan Bradt Burlington 1:09:40
4 Betty Rose Montpelier 1:30:31

5K Race

Women 13 & Under

1 Feora Leveillee Essex 23:57
2 Eleanor Devereux Jericho 29:51:00
3 Isabel Vivanco Burlington 33:54
4 Brenna Wagner Essex 34:18
5 Sydney Cooney Jericho 35:20

Women 14-19

1 Jenna Griffith Chelsea 22:17
2 Hannah Braman Chelsea 24:55
3 Jasmine Braman Chelsea 24:55

4 Jodi Emerson Chelsea 26:00
5 Marie Bouffard 26:27
6 Amanda Kaminsky Hinesburg 29:57
7 Christine Hallock Jericho 35:41

Women 20-29

1 Amy Stewart Stowe 20:20
2 Orla Walsh Burlington 20:37
3 Elizabeth Bouchard-Hall Jay, NY 20:54
4 Kate Crawford 21:13
5 Anna Blackwell Lincoln 22:40
6 Cynthia McCormack 23:00
7 Natalie Diblasio Burlington 24:09
8 Sherrill Lathrop Chelsea 24:32
9 Charlotte McKorkel 29:14
10 Jordan Zahn 29:30
11 Megan Keough Burlington 29:37
12 Katie Hjort 31:26
13 Lindsey Wignall Essex 31:49
14 Martha Ware Burlington 32:15
15 Melissa Branco St Albans 32:16
16 Lily Chan Williston 32:22
17 Stephanie Curtis Greensboro Bend 32:35
18 Kellie Campbell Georgia 34:17
19 Lindsey Smith Chelsea 34:19
20 Sarah Tremble So Hero 35:38
21 Marissa Canfield Underhill 42:33
22 Mary-Margaret Larson Milton 45:54

Women 30-39

1 Sarah London 19:48
2 Kate Adams No Ferrisburg 21:30
3 Susan Skalka Burlington 22:28
4 Nicole Codling 24:18
5 Kimberly Wilson So Burlington 24:23
6 Katie Barbic Williston 24:49
7 Treva Southworth 25:02
8 Jessica Phelan Williston 26:02
9 Erin Phelan Milton 26:05
10 Tara Cohen Fayston 26:24
11 Danielle Howes Moretown 27:20
12 Dominique Lascelles Lakefield, ON 27:41
13 Erin Oalcian Westford 28:10
14 Michelle Lacroix Bakersfield 28:25
15 Shannon Dickerson 28:28
16 Sara Ardren Essex Jct 29:27
17 Greta Kemmer Jericho 30:40
18 Abby Hallcock 31:02
19 Stacy Chery-Myers 31:37
20 Michelle Spaulding Fairfax 32:26
21 Jessie Angus Essex Jct 32:31
22 Sybil Mitchell Essex 32:32
23 Anna Davis 32:33
24 Michelle Love 33:33
25 Holly Finnegan Williston 34:03
26 Brandy Wagner Essex 34:18
27 Carmen George Burlington 34:27
28 Elizabeth Minadeo Essex Jct 34:28
29 Sarah Davis Essex 34:29
30 Hope Reilly St Albans 34:38
31 Stephanie Davies Hinesburg 35:44
32 Yvonne Eastman 36:30
33 Jennifer Corrigan-Drury Fairfax 36:31
34 Kristen Lavigne Lincoln 37:17
35 Tawnya McDonald Williston 37:28
36 Julie Ferris Georgia 40:13
37 Nathalie Lascelles Essex Jct 46:21

Women 40-49

1 Lori Hennessey 22:50
2 Maryann Martinez 22:53
3 June Golato 23:05
4 Amy Finn 24:34
5 Jenifer Tuck 25:39
6 Michele Morris 25:42
7 Sandy Eells 26:13
8 Ellie Bouffard 26:28

9 Dorrie Bruso Essex Jct 27:42
10 Julie Plovnick Winooski 27:43
11 Wendy Hildebrand Shelburne 28:16
12 Catherine Lozier Jericho 29:04
13 Veronica Paquette Williston 29:16
14 Lonnie Poland 30:07
15 Karyn Vogel Essex 30:28
16 Paula Coli Westford 30:43
17 Katherine Long 30:49
18 Julie Rivers Williston 30:51
19 Meg Handler Hinesburg 31:20
20 Lisa Cox So Burlington 31:42
21 Virginia Kittell 31:43

22 Deirdre Donovan Burlington 31:52
23 Jennifer Gregg Williston 32:54
24 Simone Puskar Milton 32:58
25 Lynn Reagan Williston 33:21
26 Peggy O'Neill-Vivanco Burlington 33:55
27 Kathy Perry Essex Jct 33:56
28 Lauren Cooney Jericho 34:08
29 Cookie Braman Chelsea 34:15
30 Lisa Denton St Albans 35:01
31 Kris Gleason Essex Jct 35:29
32 Kelly Begin Colchester 35:38
33 Kelli Langlois Fairfax 35:53
34 Jennifer Hyder Jericho 36:12
35 Julie Ruegsegger Jericho 36:13
36 Amy Cole Essex 37:03
37 Nancy Spier Jericho 38:16
38 Lea Cassidy Hinesburg 38:18
39 Sandy Cunningham Huntington 38:37
40 Angela Cote Richmond 44:03
41 Tres Crady Burlington 45:24
42 Kimberly Corder Essex Jct 46:11
43 Tina Cassidy Colchester 51:23

Women 50-59

1 Debbie Weiner Montreal, QC 22:33
2 Patti Fischer No Fayston 24:55
3 Randi Brevik Jericho 26:33
4 Sandra Griffith 26:35
5 Penni Avery 28:15
6 Kathy Schneider Underhill 28:24
7 Jill Hartman St Albans 28:38
8 Anne McLaughlin Richmond 30:04
9 Pat Suozzi Williston 31:12
10 Carma Stark Westford 31:40
11 Kelly Circe Colchester 32:25
12 Linda Retchin Shelburne 32:53
13 Dianne Sweeney Essex Jct 33:29
14 Barbara Robinson Essex Jct 34:48
15 Anne Maloney Westford 35:24
16 Jennifer Poutre Underhill 37:30
17 Susan Chapman So Burlington 43:03
18 Cathy Molloy Leicester 43:17
19 Rebekah Tolle Underhill 44:59
20 Meg O'Donnell Shelburne 45:28
21 Tish Orr Shelburne 45:31
22 Beth Singer Richmond 45:52
23 Wendy Burds Williston 45:53
24 Renee Berrian Waitfield 47:46
25 Deb Jones Waitfield 47:47

Women 60-69

1 Vera Nichols 29:21
2 Hideko Furukawa Essex Jct 30:44
3 Margaret Lipscomb Greensboro Bend 35:28
4 Nancy Bradford Underhill Ctr 38:33
5 Lindsay Hart Middlebury 38:59
6 Gail Kemmer Jericho 45:38

Women 70 & Over

1 Betty Lacharite Winooski 32:34
2 Sylvia Weiner Montreal, QC 38:25

KINGDOM SWIM

July 8, 2010
Lake Memphremegog
Newport, Vermont

10-MILE SWIM

Women—Non-Wetsuit

1 Rondi Davies New York NY 3:56:49
2 Tobey-Anne Saracino Rye NY 4:14:28
3 Kelly Parker Indian Hrbr Beach FL 4:16:27
4 Marcella MacDonald Andover CT 4:27:36
5 Kate Radville Arlington MA 4:38:33
6 Charlotte Brynn Stowe VT 4:42:16
7 Holly Geldhauser Alexandria VA 4:46:19
8 Jan Dik Buxford MA 4:49:50
9 Sydne Didier Amherst MA 4:52:31
10 Elaine Howley Waltham MA 4:54:41
11 Erin Cammann Andover MA 5:03:24
12 Lynn Thornton Harvard MA 5:03:39
13 Kimberly Plewa Rahway NJ 5:04:24
14 Lauren Tharud Brookline MA 5:04:45
15 Alison Deern Buffalo NY 5:08:37
16 Laura Gould So Burlington VT 5:11:17
17 Alicia Markey Newark DE 5:11:24
18 Jennifer Dutton Wayland MA 5:25:32
19 Lori Carena Brooklyn NY 5:25:33
20 Maria MacGreggor Brighton MI 5:38:37
21 Margaret Bolster Westport NY 5:49:42
22 Amanda Hunt Naperville IL 5:51:07
23 Katie Krebs Allston MA 6:01:12
24 Patricia Clark Worcester MA 6:08:45
25 Alison Carey Midland TX 6:14:52

Men—Non-Wetsuit

1 Joseph Sheehan Buxford MA 4:03:05
2 Glenn Mills Chester MD 4:07:14
3 David Dammerman Saratoga Spgs NY 4:16:53

4 Gil Sharon Westborough MA 4:17:00
5 Andy Weinberg Middlebury VT 4:23:19
6 John Humenik New York NY 4:26:57
7 Bill Shipp Mitchellville MD 4:28:54
8 Kevin Joubert Towson MD 4:32:11
9 Davis Lee Newburyport MA 4:33:38
10 Mike Koenig Buxford MA 4:33:52
11 Max Kukuy Washington DC 4:38:13
12 Steve Belletete Littleton MA 4:40:47
13 Paul Goudreau Lexington MA 4:41:57
14 Greg O'Connor Natick MA 4:44:09
15 Hendrik Meerman Scotts CA 5:00:35
16 Tommy Gainer Swampscott MA 5:02:42
17 James Brooks Falmouth MA 5:15:56
18 George Hunihan Milford CT 5:22:25
19 Andy Barter St Johnsbur VT 5:22:39
20 Vinnie Hunihan Chicago IL 5:40:45
21 Matthew Parks Brighton MA 5:42:09
22 Zane Zeeh Buxford MA 5:43:46
23 Steve Tavella Brattleboro VT 5:43:46
24 Mark Mershon Evanston IL 5:46:52
25 John Gosman Wading River NY 5:49:09

Women—Wetsuit

1 Bethany Williams Landaff NH 4:35:40
2 Danielle Dugan No Andover MA 5:39:00
3 Laurie Ann Schuler Brielle NJ 6:23:29

Men—Wetsuit

1 Rob Madell NY NY 5:17:12
2 Michael Goolkasian Ipswich MA 5:21:45

3-MILE SWIM

Women—Non-Wetsuit

1 Christine Walsh Boise ID 1:16:32
2 Kirsten Thompson Acton MA 1:16:33
3 Emma Lyons Brookline MA 1:18:13
4 Jessica Gerhart Wolcott VT 1:18:33
5 Barrett Wright Newport RI 1:22:51
6 Ali Hall San Francisco CA 1:23:02
7 Stacey Mehringer Reading MA 1:23:12

8 Shannon House Newport VT 1:23:44
9 Alison Meehan So Elktion MD 1:24:03
10 Jennifer Schoenberg Harvard MA 1:25:34
11 Hilary Roper Stowe VT 1:25:41
12 Karen Hutchins Brighton MA 1:25:47
13 Leigh Dorsey Belfast ME 1:25:49
14 Jennifer Kimmich Stowe VT 1:25:57
15 Louree Houston Newport VT 1:26:46
16 Courtney Kaup Bolton VT 1:28:13
17 Alexis Ressler So Burlington VT 1:28:33
18 Beth Kirkpatrick Westford VT 1:29:33
19 Heather Healy Newburyport MA 1:30:20
20 Kimberly Halpert Acton MA 1:30:30
21 Theresa Peck Plymouth NH 1:31:10
22 Barbara Lysy Hudson NH 1:31:20
23 Amy Rosen Swampscott MA 1:32:49
24 Louise Golec Norwich VT 1:33:50
25 Paula Yankauskas Hyde Park VT 1:34:43
26 Sue-Ellen Booher Warren VT 1:35:18
27 Barbara Hummel Woodstock VT 1:35:42
28 Debra Perry Burlington VT 1:38:13
29 Kimberly Edgar Lebanon NH 1:38:41
30 Mary Lipman Ipswich MA 1:41:47
31 Deanna Pomfret No Andover MA 1:42:50
32 Sarah Schoolcraft Duxbury VT 1:43:15
33 Kristen Banholcraft Allston MA 1:44:18
34 Gael Gilmore Centerville MA 1:44:21
35 Deborah Lewis Candia NH 1:44:32

Men—Non-Wetsuit

1 Tim Walsh Naugatuck CT 1:12:48
2 Phil Schoepke Stowe VT 1:16:41
3 Bruce Mohl Meredith NH 1:21:55
4 Mark Wright Hall MD 1:25:28
5 John Doty Westford VT 1:25:29
6 Geoffrey McCullen Lincoln NE 1:25:31
7 Saul Delage Frankfort IL 1:26:01
8 Peter Stuart Derby VT 1:30:42
9 Jonathan Moore Newburyport MA 1:30:54
10 Brian Shiner W Lebanon NH 1:32:53
11 Jim Birmingham Waterbury VT 1:35:54

12 David Stuart Fairfield CT 1:36:03
13 Doug Smith Newburyport MA 1:38:30
14 Mike Burke Lancaster MA 1:42:55
15 Ted Chitambar Newport VT 1:42:55
16 Rick Phillips Wimberley TX 1:44:31
17 James Cowhig Newburyport MA 1:47:45
18 Anthony McGinty Rosendale NY 1:51:58
19 Donald Mahler Hanover NH 2:10:55
20 Bill Brown Vineyard Haven MA 2:13:37

Women—Wetsuit

1 Elaine Scholtz Campton NH 1:25:44
2 Rosemary Shea Westford VT 1:25:40
3 Mary-Alice Tully Newburyport MA 1:29:59
4 Doris Berg Madison NH 2:03:55
5 Judy Graham-Garcia Newmarket NH 2:06:29

1-MILE SWIM

Women—Non-Wetsuit

1 Alicia Burnett Niskayuna NY 24:21
2 Catherine McNiff Rockport MA 27:15
3 Danielle Graham Essex Jct VT 27:32
4 Kim Donovan Carlisle MA 28:55
5 Claire Cayot Newburyport MA 33:49
6 Lauren Heyl Newburyport MA 34:15
7 Kristin Barwin Essex Jct VT 36:08
8 Pilar Burnett Niskayuna NY 36:36
9 Krista Terry Radford VA 36:48
10 Sheri Taylor Chestnut Hill MA 41:09
11 Dasa Lipovsek Cambridge MA 42:18

Men—Non-Wetsuit

1 Andrew Kirkpatrick Concord MA 24:34
2 Dave Perkins Beverly MA 25:34
3 Jeremy Smith Jacksonville FL 33:08
4 Kingsley Boyd Newport Ctr VT 35:40
5 Jesse Tatum Derby Line VT 41:26
6 William Payne Wayland MA 43:07



RACE RESULTS

LAKE DUNMORE INTERMEDIATE TRIATHLON August 8, 2010 Branbury State Park, Salisbury, Vermont

.9-Mile Swim, 28-Mile Bike, 6.2-Mile Run.

Top 5 Men

1	Brett Nichols	Brookline MA	2:05:00
2	Gered Dunne	White River Jct VT	2:08:38
3	Gary Snow	Shelburne VT	2:08:55
4	Jeremy Davis	Carbondale IL	2:11:35
5	David Connery	Shelburne VT	2:11:57

Top 5 Women

1	Jessie Donovan	Shelburne VT	2:19:49
2	Kristie Timmer	Long Beach NY	2:20:17
3	Kebby Holden	San Diego CA	2:30:40
4	Amy Miner	So Burlington VT	2:30:47
5	Dot Martin	Montpelier VT	2:32:32

Men 14-19

1	Jordan Fields	So Woodstock VT	2:27:23
2	Barry Morgan	St Paul MN	2:41:17

Men 20-24

1	Nick Pasco	Glens Falls VT	2:13:43
2	Ike Tucker	Colchester VT	2:21:52
3	Brent Doscher	Weare NH	2:28:01
4	Charles Carpenter	Hanover NH	2:37:59
5	Corey RobinSon	Brandon VT	2:41:07
6	Kyle Przekaza	Northfield VT	2:52:27
7	Joshua Michaud	Cambridge MA	3:27:24

Men 25-29

1	Paul Noone	Worcester MA	2:12:32
2	Kevin Bouchard-Ha	Jay NY	2:14:28
3	John Garth Cummin	Brooktondale NY	2:32:12
4	Matthew Puzas	Henniker NH	2:32:26
5	Taylor Thomas	Weymouth MA	2:36:17
6	James Horstmann	Havertown Pa	2:39:04
7	Nicholas Java	New York NY	2:45:12
8	Jonathan Berliner	Weston CT	2:52:18
9	Stephen Rawlings	New York NY	2:53:11
10	Michael Kraus	Cambridge MA	3:04:19
11	Dave Turro	Rutland VT	3:22:23

Men 30-34

1	Lucas Moore	Wolcott VT	2:12:28
2	Chris Coffey	New Haven VT	2:12:49
3	Gary Coffey	Lebanon NH	2:16:51
4	Cory Coffey	Vergennes VT	2:17:36

5	Chris Koerber	Fitzwilliam NH	2:22:54
6	Benjamin Kennedy	Ipswich MA	2:25:27
7	Chas Lyons	E Middlebury VT	2:27:26
8	Dylan Dearborn	Albany NY	2:33:59
9	Adam Bensle	Brookline MA	2:34:06
10	JaSon Gori	So Berwick ME	2:36:51
11	Jacob Akers	Portland ME	2:44:08
12	Liam Murphy	Salisbury VT	2:44:30
13	Martin Courcelle	Colchester VT	2:45:20

Men 35-39

1	John Dunbar	Putney VT	2:16:07
2	Brad West	Rockville Centre NY	2:16:54
3	Julian Underwood	Woodstock VT	2:22:32
4	Adam Osekoski	Huntington VT	2:22:46
5	Joe Marinucci	Moultonborough NH	2:23:16
6	Terrance Collins	So Hero VT	2:24:25
7	Ray Webster	Hinesburg VT	2:26:29
8	David Van Mullen	So Burlington VT	2:39:33
9	Peter Friedman	Weatogue CT	2:40:05
10	Christian Rodrigu	Hollis NH	2:44:15
11	Jeff Wallis	So Burlington VT	2:46:46
12	Andrew Powers	Richmond VT	2:54:20
13	Michael Kidder	Alexandria VA	2:54:54
14	Mark Smith	Hanover NH	2:56:08
15	Jeff Zahr	Fiskdale MA	2:56:40
16	JaSon Pelletier	Milton VT	3:02:17

Men 40-44

1	David Nottoli	Cambridge MA	2:26:18
2	Thomas Gessner	Grantham NH	2:26:51
3	Daniel Miller-Ars	Middlesex VT	2:30:46
4	John Waldron	Riverside CT	2:33:03
5	Douglas Lord	Unionville CT	2:34:50
6	Jeffrey Kauffman	Stowe VT	2:36:11
7	Derek Hilton	Alfred Me	2:42:33
8	Stephen Leeret	Hopkinton MA	2:47:24
9	David LoutzeNHeis	Cambridge MA	2:48:01
10	Mark Alderman	Rutland VT	2:50:42
11	Eric CleaSon	Woodstock VT	2:54:40
12	Daniel Steines	Lexington MA	2:56:42
13	Peter Ansel	Hope Valley RI	3:01:46
14	JaSon Bellingham	Manchester Ctr VT	3:02:36
15	Alex Lewin	Cambridge MA	3:04:26
16	Robert O'neil	Hinesburg VT	3:10:31
17	Patrick Marsh	Stamford CT	3:15:49
18	Angelo Marinakis	So Hero VT	3:20:13

Men 45-49

1	William Adams	Hanover MA	2:24:43
2	Steve Winslow	Manlius NY	2:26:30
3	Scott Meuser	Exeter PA	2:27:11
4	Michael Gayda	Peru VT	2:28:09
5	John Pescatore	New Haven CT	2:32:32
6	Richard Racanelli	Melville NY	2:33:35
7	Ron Chevrette	Hooksett NH	2:45:28
8	Devon Fuller	Brandon VT	2:51:44
9	Don Welsh	Albany NY	2:53:38
10	Paul Menichelli	Underhill VT	2:58:15
11	John Spence	Clifton Park NY	3:01:52
12	Brian Furtak	Glastonbury CT	3:04:59
13	Moss Linder	Townsend VT	3:05:45
14	William Waryas	Lebanon NH	3:06:14
15	Glen Kriekenbeck	Seattle WA	3:06:44
16	Brian Jerome	Brandon VT	3:15:44

Men 50-54

1	Victor Nuovo	Shelburne VT	2:20:31
2	Steve Hare	Middlebury VT	2:22:50
3	Jeffrey Schumann	Salisbury VT	2:25:33
4	Chuck Landry	Plainfield NH	2:28:18
5	Daniel Muldoon	So Hadley MA	2:35:22
6	Robert Kenney	Springfield VT	2:38:51
7	Timothy Duff	So Burlington VT	2:39:43
8	Sky Foulkes	Jamaica VT	2:39:49
9	Paul Abraham	Milford NJ	2:42:29
10	Geoffrey Withofer	Wellesley MA	2:43:17
11	Kurt Kenney	Brandon VT	2:44:05
12	Doug RobinSon	Brandon VT	2:54:53
13	Terrence Ryan	Huntington VT	2:57:23
14	Daniel Poor	Woodbury CT	2:59:27
15	Carl Howard	Bronx NY	2:59:53
16	Steven Willis	New York NY	3:14:11
17	Harry Miller	Weston MA	3:14:12
18	Andrew Campbell	Norwich VT	3:35:13

Men 55-59

1	Grant Orenstein	Calais VT	2:50:28
2	John Martin	Montpelier VT	2:50:28
3	Thomas Cogbill	Cable WI	2:52:14
4	Edward Mahoney	Deerfield NH	2:52:50

Men 60-64

1	Mike MaSon	Northfield VT	2:35:32
2	Michael Libuda	Enfield NH	2:43:22
3	Stephen Watson	Middlebury VT	2:46:46
4	Peter Bonneau	Keene NH	2:48:39
5	John Valentine	Roxbury VT	2:53:19
6	Fred StapeNHorst	Montpelier VT	2:53:26
7	Roger Salmons	Fairport NY	3:06:09

Men 65-69

1	Bert Allen	Pascoag RI	2:41:49
2	Leonard Kershaw	Elizabethtown NY	3:36:00

Men 70 And Over

1	Ed Tucker	Colchester VT	3:15:48
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Women 15-19

1	Danielle Pedersen	Waldorf MD	2:54:49
2	Bailey Furtak	Glastonbury CT	3:22:58

Women 20-24

1	Susan Horstmann	Havertown PA	2:43:52
2	Mary Stewart	Ripton VT	3:01:49
3	Christine Natoli	Somerville MA	4:10:04

Women 25-29

1	Bonnie Hart	Portland Me	2:46:38
2	Catherine Markesi	Weymouth MA	2:48:00
3	Rebecca Gutwin	Colchester VT	2:49:13
4	Cindy Bennett	Newbury NH	2:50:35
5	Kristy Albee	Kenduskeag ME	2:59:23
6	Jacqueline Goular	New York NY	3:05:24
7	Maureen Horstmann	Newtown Square PA	3:08:37
8	Katherine Ziemer	Puerto Rico NH	3:17:45
9	Krin Chase	Laconia NH	3:23:07
10	Kelly Maloney	Puerto Rico NH	3:23:17

Women 30-34

1	Christina Kennedy	Ipswich MA	2:46:00
2	Eirette Santiago	Hollis NH	2:53:58
3	Eleni Lacombe	Melbourne Australia	2:57:30
4	Kristen Courcelle	Colchester VT	2:57:35
5	Alison Aiken	Richmond VT	3:00:34
6	Auben Van Meter	Lebanon VT	3:03:14

Women 20-24

1	Brittany Nunnink	Waitsfield VT	1:24:51
2	Kathryn Kirkpatrick	Shelburne VT	1:32:55
3	Jessica Osgood	Burlington VT	1:39:45
4	M McAndrew-Davis	Cuttingsville VT	1:40:58
5	Emily Sarah Conley	Stowe VT	1:43:10
6	Lauren Veit	Easthampton MA	1:45:38
7	Anna Rehm	Shelburne VT	1:45:56
8	Amy Joy Boerman	Shelburne VT	1:49:23

Women 25-29

1	Christine Crowe	No Troy VT	1:22:39
2	Elissa Rehm	Worcester MA	1:22:54
3	Phoebe Kittredge	Burlington VT	1:24:04
4	Lindsey Stahl	Essex VT	1:24:37
5	Roxanne Gignous	Hinesburg VT	1:31:14
6	Katie Elizabeth Jewett	Burlington VT	1:32:38
7	Ashley Grove	Stowe VT	1:37:37
8	D Marie Lafaille	Jeffersonville VT	1:38:09
9	Elizabeth Garvey	Hinesburg VT	1:41:23
10	Sarah Comois	Burlington VT	1:44:39
11	Roxanne Carlie	Watertown NY	1:50:55
12	Ashley Stuart	Watertown NY	1:50:55
13	Bridget Lynn King	Burlington VT	1:50:47

Women 30-34

1	Kathleen Lanphear	Waitsfield VT	1:29:32
2	Kate Adams	No Ferrisburg VT	1:30:51
3	Kristen Ardell	So Burlington VT	1:32:10
4	Phoebe Mott	Hinesburg VT	1:32:51
5	Casy Lebowhl	The Woodlands TX	1:34:50
6	Elizabeth Sanner	Morrisville VT	1:40:16
7	Stephanie Howell	Essex Jct VT	1:45:11
8	Kari Callahan	Jeffersonville VT	1:47:37
9	Kelly Wagner	Burlington VT	1:51:31
10	Jennifer Patterson	Warren VT	1:54:14
11	Tara Bandy	Colchester VT	1:56:11

7	Anne Starvish	Salisbury VT	3:04:19
8	Rebecca Skaar	Hayward Mn	3:05:00
9	Jennifer Cubino-B	Burlington VT	3:11:32
10	Jaime Bernstein	Hartland VT	3:23:37

Women 35-39

1	Amy McKee	Washington DC	2:38:24
2	Marabeth Stormann	Manchester NH	2:46:54
3	Ann-Marie Stearns	Bethel VT	2:51:51
4	Marsha Wykes	West Lebanon NH	2:52:17
5	Ligh Samuels	Williston VT	2:52:18
6	Tanya Benosky	Shelburne VT	2:54:17
7	Bonnie Underwood	Woodstock VT	2:58:08
8	Trista Soh	New York NY	3:01:18
9	Deirdre Smith	New York NY	3:04:24
10	Marybeth Lennox	Rutland VT	3:13:17
11	Jennifer Colman	Cambridge MA	3:18:23
12	Hylah Patton	Charlotte VT	3:20:02

Women 40-44

1	Brooke Jette	Middlebury VT	2:38:37
2	Suzanna Smith-Hor	Strafford VT	2:47:34
3	Chris Kogut	Charlotte VT	2:47:48
4	Lauren Cady	Fairfax VT	2:48:05
5	Sonya Monterose	Laconia NH	2:54:39
6	Amanda Drake	Moretown VT	3:02:12
7	Heidi Higgins-Cut	Waterbury VT	3:08:16
8	Chiri Wight	Rutland VT	3:13:33
9	Nancy Saperstone	Wellesley MA	3:29:04
10	Amy Dickinson	Montpelier VT	3:32:29

Women 45-49

1	Kelly Hulshult	Salem NH	2:40:04
2	Carla Chandler	Plainfield NH	2:49:21
3	Lynne Ainsworth	Loudon NH	2:50:21
4	Karen Newman	Old Greenwich CT	2:50:48
5	Muriel Saliba	Hooksett NH	2:57:13
6	Joy Dubin Grossman	So Woodstock VT	2:58:27
7	Cheryl Andreesen	Kingston NH	2:59:57
8	Virginia Morse	Wethersfield VT	3:02:37
9	Janet Hiser	Roxbury CT	3:15:21
10	Susan Maydwell	Keene NH	3:20:10
11	Mary Beth Ryan	Rexford NY	3:20:24
12	Gabrielle Crandal	Somers CT	3:27:18
13	Suzanne Conroy	Dracut MA	4:00:30

Women 50-54

1	Patricia Mcgill	Millbrook Ontario	2:44:36
2	Judy Heddy	Bennington NH	2:58:27
3	Pamela Fales	Boonton NJ	3:04:37
4	Lynn Kapusta	East Brunswick NJ	3:08:25
5	Karen Casper	Ballston Lake NY	3:20:23
6	Virginia Touhey	Clifton Park NY	3:37:47

Women 55-59

1	Nancy Thurrell	Meredith NH	2:58:42
2	Ginger Lambert	Middlebury VT	3:14:59
3	Cathy Petz	Danbury CT	3:32:05
4	Jan Cogbill	Cable WI	3:42:25

Women 60-64

1	Jeanne-Yvonne Tuc	Colchester VT	2:39:05
2	Vicki Mcloskey	Henniker NH	3:49:59
3	Diane Wagner	Elizabethtown NY	3:55:06

Women 65-69

1	Manya Hult	Madbury NH	3:11:39
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RACE RESULTS

RACEVERMONT.COM SPRINT TRIATHLON III August 14, 2010 Shelburne Bay, Shelburne, Vermont

Swim 500 yards, bike 15.4 miles, run 3.1 miles.

Men 14 & Under

1	Hayden M Kjellere	Charlotte VT	1:27:51
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Men 15-19

1	Ben Lustquarten	Burlington VT	1:13:10
2	Daniel Kuzio	Moretown VT	1:19:05
3	Matthew Solomon	Vermont VT	1:20:10
4	Peter Giraud	Charlotte VT	1:31:08
5	Peter Kuenne	Shelburne VT	1:45:26
6	Jared Heath	Charlotte VT	1:52:56



RACE RESULTS

**BRAMBLE SCRAMBLE
5K/15K/30K TRAIL RACE**
August 21 2010
Catamount Outdoor
Family Center,
Williston, Vermont

5K RACE

Women 35-44	
1 Sarah Dunn	22:30.9
2 Liz Snyder	25:07.6
Women 45-54	
1 Linda Longenbach	43:25.2
Men 17 & Under	
1 Mark Munson-Warnken	43:57.3
Men 18-34	
1 Joseph Aloï	29:54.3

Men 35-44	
1 Ted Pearcy	27:38.5
15K RACE	

Women 18-34	
1 Liz Hollenbach	1:21:18.5
2 Antonia Opitz	1:34:28.1
3 Helen Smith	1:36:13.3
4 Molly Leitch	1:40:15.0
5 Laura Schutz	1:48:53.7
6 Jenna Allard	1:02:20.7

Women 35-44	
1 Virginia Kittell	1:27:33.3
2 Kimberly Boyarsky	1:35:12.8
3 Pat Harmeyer	1:35:15.7
4 Andrea Vogl	1:39:59.6
5 Audree Frey	1:40:16.9
6 Lucy Jones	1:49:33.8
7 Colleen Wemple	1:15:13.3
8 Deborah Jasinski	1:15:13.7

Women 45-54	
1 Jennifer Sorrell	1:34:10.0
2 Lori Hennessey	1:40:15.9
3 Zoe Erdman	1:43:49.5
4 Kathy Hudson	1:52:15.5
5 Yuen Chun	2:06:55.2
Women 55 & Over	
1 Nancy Comstock	1:43:01.0

Men 17 & Under	
1 Brendan Copley	1:10:23.0
2 Andrew Feeley	1:23:13.5
Men 18-34	
1 Noah Brautigam	1:06:42.9
2 David Dodge	1:07:07.2
3 Sam Hobbs	1:19:15.9
4 Andrew Bilodeau	1:29:08.1
5 Micah Galland	1:47:49.5
6 Justin Turner	2:00:46.7
7 John Tarcza	2:07:25.1

Men 35-44	
1 Daniel Scheidt	1:15:42.3
2 Stefan Ricci	1:18:38.4
3 Ian Kelley	1:23:51.4
4 Eric Gildemeister	1:25:49.2
5 Mike Bessette	1:26:38.1
6 Michel Caron	1:26:50.9
7 Kyle Darling	1:28:32.9

Men 45-54	
1 Sam Davis	1:15:33.0
2 Tony Fletcher	1:19:05.3
3 Tom Weaver	1:20:02.6
4 Stephen Messier	1:20:04.1
5 Kort Longenbach	1:22:57.3
6 Bryce Stearns	1:23:23.4
7 Mike Skinner	1:24:41.7
8 Gary Lagasse	1:27:03.8
9 Jim Bentlage	1:27:17.1
10 Eric Dague	1:30:14.5

11 Scott Nichols	1:31:25.7
12 Phil Bolen	1:31:46.6
13 John Streker	1:32:50.7
14 Chris Cote	1:33:04.4
15 Bill Burnett	1:39:50.0
16 David Estes	1:40:17.8
Men 55 & Over	
1 Dhyam Nirmegh	1:16:27.9
2 Jack Manning	1:28:52.8
3 Jeff Comstock	1:44:17.4
4 Van Talmage	2:00:46.0

30K RACE

Women 18-34	
1 Serena Wilcox	2:36:32.2
2 Rose Modry	3:07:31.1
3 Courtney Kaup	3:09:07.7
4 Lindsay Simpson	3:15:07.6

Women 35-44	
1 Karin P. Ward	3:09:09.2
2 Kelly Wilson	3:15:40.7
3 JJ Boggs	3:33:09.0
4 Heather Furman	3:33:26.7
5 Kristin Lundy	3:50:05.2
6 Sara Paradis	

Women 45-54	
1 Jennifer Supple	3:30:02.4
2 Joy Peterson	3:30:11.0
3 Penny Stearns	3:34:33.1

4 Ellie Bouffard	3:40:17.4
Men 18-34	
1 Eric Eley	2:29:54.3
2 Ross Saxton	2:40:26.1
3 Eric Allard	2:42:59.7
4 Adam Bunting	2:46:32.9
Men 35-44	
1 Binney Mitchell	2:17:48.3
2 Martin Ladouceur	2:23:13.0
3 Todd Achambault	2:36:14.5
4 Greg Veltkamp	2:42:30.9
5 Jeff Padgett	2:45:47.3
6 Troy Headrick	2:48:14.7
7 Greg Bergeron	2:49:23.2
8 Jon Floyd	2:53:17.1
9 Jack Cary	3:19:02.5
10 Wayne Warnner	3:54:59.8
Men 45-54	
1 Tom Cardinal	2:52:55.1
2 Neil Wheelwright	3:04:34.6
Men 55 & Over	
1 Pascal Cheng	2:49:00.7
2 Ken Schatz	3:00:50.5
3 Zeke Zucker	3:07:07.7
4 Clement Choy	3:58:00.4
5 Carter Smith	3:23:08.1

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2 side zippered front pocket
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Photo: Ryan Bonneau

Peak Season CENTURY

Join us on Saturday,
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for the ride of your life
...and so many others.

\$100 Registration Fee gets you:

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- fully supported ride with maintenance and rest stops
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250

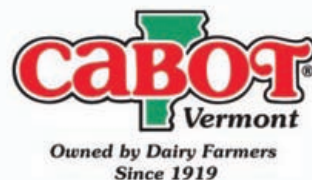
It's a ride you can feel good about, too. All proceeds from the
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For more information contact:

Garry Olsen: 518-527-8256 • golsen4@nycap.rr.com
Mike Kramer: 518-461-2721 • michaelwkramer@yahoo.com

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