

VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



NOVEMBER 2010
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On the cover: Brennan Severance of Granville, VT, climbs a ski trail in the Mad River Valley for an early season ski run.
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**PUBLISHER
COMMENTARY**
BY
SKY BARSCH GLEINER

VERMONT SPORTS CHANGES HANDS

Dear Readers,

I'd like to introduce myself as the new owner of *Vermont Sports* magazine.

As the longtime reader athlete editor, I've had the honor of interviewing cancer survivors, record setters, moms and dads who juggle full-time jobs with parenting and marathon training, and other inspirational athletes. I have been touched by the incredible determination, dedication and enthusiasm of our outdoors community.

When the opportunity arose to purchase the magazine, I had doubts as to whether I could or should be doing this. While mulling over the decision, I thought about athletes who compete in 50-mile runs, century rides, or thru-hike the Appalachian Trail. How do they do it? They practice, set goals, stay educated, train, and most importantly, they don't give up when challenges arise.

Could I apply that mindset to running a magazine? Absolutely! So here I am, on the course and putting one foot in front of the other. So far, so good.

I want to thank everyone who has helped make this transition as smooth as possible. I've had the overwhelming support of my family, friends and colleagues, and without that, I probably wouldn't have taken this leap. I'd also like to thank Kate Carter, our editor, Shawn Braley, our designer, and our many contributors and vendors, for their enormous amount of help and enthusiasm.

I'd also like to thank our advertisers – past, present and future. With our economy still lagging, we especially appreciate their continued business. When an advertiser buys an ad, they are not just buying print space; they are supporting this forum for our community.

Advertising pays our editors, writers, photographers, printing costs, distribution, website maintenance, and a whole lot more, and allows this magazine to be free to our readers. When you stop in the many businesses who advertise here, please let them know you appreciate their support of *Vermont Sports*.

Finally, I'd like to dedicate my first issue to my dear friend Than Durgin. Than passed away this summer after a long, extremely tough fight with cancer. He was the epitome of a *Vermont Sports* reader – a snowboarder, mountain biker, hiker, boater – passionate about life, passionate about being outside. Earlier this year when he took a turn for the worse, he sent an e-mail explaining the bad prognosis. Instead of sitting at home feeling sorry for himself (which would have been completely understandable), he said, "And what am I doing? I'm going

snowboarding tomorrow – my sister's picking my father and me up, leaving her dog here, and we're driving up at 6 a.m. Amen."

When you're done reading this issue, I hope you hit the trails, woods, slopes, roads, whatever you can, depending on our unpredictable November weather, and honor your passion for the outdoors. Get outside and breathe that crisp Vermont air, and don't let a single moment go to waste. ☐

– Sky Barsch Gleiner

Please join me, the *Vermont Sports* staff, contributors, family and friends from 6 to 8 p.m. on November 10 at the Reservoir Restaurant and Tap Room in Waterbury for a *Vermont Sports* relaunch party, with appetizers and door prizes, and cash bar. Check our website for the latest details.



**OUT &
ABOUT**
BY
JOHN MORTON

A WILDLIFE BONANZA

One of the constant pleasures of my work designing trails is the thrill of observing wildlife. Here in the Northeast, the flash of a white tail deer bounding off through the underbrush or the heart-stopping thunder of a ruffed grouse taking wing from almost underfoot is nearly a daily occurrence. Somewhat less frequent, and therefore more exciting, are encounters with hawks, owls, wild turkeys, and occasionally moose. Although I have seen evidence of bear and coyote, I intentionally make plenty of noise in the woods when I'm working, so I've rarely stumbled across those animals in the wild.

Not long ago, however, my wife Kay and I enjoyed a wildlife bonanza. Pete Karns, a former biathlon teammate of mine from 40 years ago, and his wife Jeanine, invited Kay and me to join them at their cabin on Raspberry Strait, which carves a channel between Kodiak and Afognak Islands, about 250 miles southwest of Anchorage, AK. Kodiak Island is noted as the site of the nation's largest Coast Guard station, the epicenter of some of the world's best fishing, and the home of the impressive Kodiak bear. Kodiak bears are a variety of grizzlies that, thanks to an abundant food supply, grow to frightening proportions. Although I

had lived in Alaska for a decade years ago, I had never made it out to Kodiak, so Kay and I were both thrilled to accept the Karns' invitation.

Pete and Jeanine met us at the Kodiak airport for the short drive to the municipal boat harbor. Although there were a few pleasure boats tied to the docks, most of the slips accommodated commercial fishing boats, even a couple of the crabbers made famous in the television series *The Deadliest Catch*. Pete and Jeanine's boat was a 30-foot twin-hulled aluminum cabin cruiser designed for fishing. It was powered by twin diesels which could skim the boat over calm water like a hydroplane, or make a manageable, if not bone-jarring two-hour trip through the chop from Kodiak harbor back to their cabin on Raspberry Strait.

Pete Karns was the best American biathlete of his era. In addition to several national championships, he finished 14th in the individual event at the Sapporo Olympics, and was key to the relay team's impressive 6th place result. Even when we served in Alaska together, Pete was as successful at fishing as he was in biathlon. If anything, his passion for fishing had intensified through the years. The morning after our arrival, we were on the boat, headed into the Shelikof Strait in search of silver salmon.

The abundance of wildlife was inspiring. As we motored to one of Pete's fishing spots, he diverted close to an outcropping of rock nearly obscured by noisy sea lions. Some slid into the water as we approached, but the belligerent bulls held their ground and barked defiantly. Moments later, shiny backs broke the surface not far from the boat. We had been discovered by a pod of Dahl porpoises. Looking like smaller versions of orcas, with distinctive, white and black markings, they frolicked in the bow wake of the boat.

Later, adrift in a large bay surrounded on three sides by rugged hills, some still displaying remnants of last winter's snow, while fishing the bottom for halibut, we were surprised by a loud "whoosh," perhaps 50 meters from the boat. A couple of fin back whales casually arched through the surface, spouting as they entered the bay from the Shelikof Strait.

After a few days of fishing, Pete announced it was time to look for bears. With the pink salmon run just ending and the silvers about to arrive, every beach or rocky shoreline where a stream poured into the surf was a possible bear viewing site. Using Pete's small inflatable dingy from the anchored fishing boat, we explored a couple of ominous locations littered with salmon remnants, huge patches of matted grass, and impressive piles of bear scat.

Finally, cruising beyond the surf we spotted a Kodiak grizzly ambling down a beach. By the time we anchored and deployed the dingy the bear had wandered out of sight behind the dunes, according to Pete, and headed for the hills after detecting our presence. Since the dingy was too small for all four of us, Pete was going to drop me on the beach before returning for our wives. As we struggled to negotiate the surf at the mouth of a stream, the bear came plunging, like a freight train from behind the dune, straight toward us. I was sure we were goners, but Pete smiled calmly as the bear pounced on a salmon less than 50 yards from us. It was all part of his Alaskan wildlife experience. ☐

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.

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COLONEL JACOB DAVIS WOULD BE PROUD

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



There are some businesses, such as apple orchards and football stadiums, that are busy in the fall. Our shop is not one of them. On a given day in mid November, there's a good chance the ghost of Colonel Jacob Davis, the original settler of our little city, will walk through the front door before a living customer will.

As a way of drumming up some business during this slow time, I've suggested planting a few apple trees outside our front door and installing a JumboTron on the side of the building to broadcast NFL games, but apparently, because both would compromise the historic integrity of our location – the JumboTron, for example, would need to be bolted to the building, which would compromise its historic bricks and mortar, thus rendering them unhistorical – the downtown zoning committee won't approve it.

And even though we carry all sorts of fantastic merchandise that is geared towards the cooler weather, shorter days, and bone-chilling rain, such as cozy merino wool sweaters, shiny headlamps, and waterproof/breathable rain gear, we simply don't experience the droves of customers, as we do during bike or ski season, that flow in like football fans at a playoff game.

There's an inevitable gap due to a seasonal paradox where it's too late in the season to buy a bike – even if it is a 70-percent-off crazy closeout super special – and it's too early in the season to buy a pair of skis or snowshoes. So, as employees, all we can do is wait it out, which means a lot of organizing, reorganizing, taking long coffee breaks at the coffee shop, taking short naps in the camping section, etc., until the business kicks back in when the snow starts to fly, or three weeks before Christmas, whichever comes first. Fortunately this fall, there have been a few highlights that have lifted our spirits during these slow days. One was a milestone involving a beautiful baby girl, and the other was a milestone involving an 11mm wrench.

The beautiful baby girl is Indy Rae, the 13-month-old daughter of Bart, one of my favorite fellow coworkers. Indy Rae is an amazing baby who looks a lot like her dad, only with more hair. If she has inherited his staggering athletic talent, she'll be tele skiing by next winter and winning mountain bike races to the top of Mount

Mansfield next summer. She's probably a natural at her dad's beloved game of Beer Pole, but hopefully she won't discover that talent for another 20 years. As far as her personality, I'm hoping she gets more of that from her lovely mom. Bart quite often gets irritated with certain people, namely me, and he'll say it's because I deserve it. I'll admit he's not the only person who has ever felt that way – I am special after all – but I don't need another person around who shares this sentiment.

Whether or not I irritate her was probably the last thing on her mind the other night as Indy reached a milestone in her life while at the shop, which, according to the boss, was a first since we opened for business 35 years ago. Right on the sales floor, in front of a small group of folks including her mom, the boss, and Philip, one of my other favorite fellow coworkers, who filmed the moment, Indy took her very first steps. She did a great job, and even though she was a bit wobbly, she managed to avoid knocking over nearby displays of cozy merino wool sweaters and shiny headlamps. After five minutes, she was already walking straighter and with more control than many of us do after one too many games of Beer Pole. A few minutes later, she was heading for the door.

Another glorious shop moment, which was also a first, as far as I know at least, occurred recently with Snack, one of our younger generation whippersnappers, and one of my very favorite fellow employees. While working on one of the 70-percent-off crazy closeout super special bikes that we recently purchased from a shop that went under, he discovered another use for the 11mm wrench. If you're one of the six or seven people who have read this column before and are reading it again, you may recall a column I wrote last year where I described the glorious day when I finally discovered, after 25 years of wrenching on bikes, the purpose of the 11mm wrench, which is for tightening the fender bolts on a Columbia 5-speed tandem. Strangely enough, I wasn't even at the shop when this breakthrough occurred. Snack however, was at the shop when he made his discovery, and even though it took me as many years as Snack has been alive to figure out the purpose of the 11mm wrench, he discovered, so early into his wrenching career, that it is also used to tighten the

seat rail clamping bolts on a 70-percent-off crazy closeout super sale bike.

There may not have been as much rejoicing upon this ground-breaking discovery as was the case when Indy Rae took her first steps, but the moment was equally monumental, in my opinion at least, in the history of the shop. I like to think that Colonel Jacob Davis, may he rest in peace, would be happy to know that monumental moments like these are still occurring here today, 223 years after he built his log cabin on the west side of the North Branch. He'd also be happy to know that there won't be

a JumboTron or any apple trees coming to our historic little street, and therefore the historic integrity of the little town that he named, as was fashionable at the time, after a city in France, remains intact. ¶

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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SPORTS MEDICINE

BY
ROBERT RINALDI, DPM

TIME FOR TREADMILL TRAINING

Winter is fast approaching and so are some days that are not so conducive for running outdoors, especially here in New England. December, January, and February can offer some stellar days for running outside, but reality is most days are not outside training days, so many runners turn to the treadmill. Slipping on snow and ice is damaging to lower leg muscles and can result in muscle soreness and substantial Achilles tendon injuries. Though the treadmill does not offer an injury-free form of running, it can help you maintain winter fitness and turn in some good finish times in the early spring races.

VARIATIONS ON THE THEME

The key to inside treadmill running is to emulate being in the outside world, on a trail or road, where the surface conditions are never consistent. Even on the most level roads, every step is just a little different. Unless you are working out on a track, every foot strike is varied. The treadmill, on the other hand, offers only two variables: speed and pitch.

The treadmill will drive a steady, unrelenting course and this can be the injuring factor. When running outside with varying terrain, muscles stresses will also vary. The leg and foot extensors will work hardest when accelerating on the uphill side of the course. Conversely,

the leg and foot flexors will work hardest to control downhill speeds, along with a continued firing of the extensors. There are a few treadmills that offer a bed that declines as much as three degrees, but the increased cost may not be worth the feature.

The older treadmills had a hard track bed that accepted no shock. Today, manufacturers produce softer surfaces with some spring, cushion, and shock absorption. If you are going to workout in a gym and are considering a membership, take a close look at their equipment. The treadmills should have softer surfaces and the ability to adjust the speed and incline. Google treadmill manufactures' stats; find out the advantages to their models. If you're serious about training indoors in winter, choose a membership at a gym that will offer you equipment that will not result in injury.

HOW TO RUN ON A TREADMILL

Start every workout very slowly – slower than normal – then ramp up your speed gradually. Try running at any given pace for two minutes, no longer, then increase the incline one notch before increasing speed. As you get to a faster pace and higher pitch begin to decline the ramp bed a notch. There is very little benefit inclining past 10 degrees. Vary between 1 and 10 degrees but never run complete-

ly flat. You will get used to reaching the dashboard for adjustments. The object is to vary pace and pitch as much as possible. Variations of speed and pitch are the two most important ingredients in successful treadmill running.

Be mindful of footbed positioning. Too often the treadmill runner will select a stance that is close to the dashboard and this can lead to poor body mechanics and an arched back, resulting in low back stiffness, even injury. A tall person should use a treadmill that has a longer footbed to accommodate a longer stride length.

Gym treadmills are usually set up with a TV that is above eye level and this can be a problem for the serious distance runner. If you are going to use a TV or monitor, position it lower rather than higher, so you have a normal head and neck position. Pay close attention to your own normal head position while running outside, and try to emulate it on the treadmill.

TREADMILL OWNERSHIP

If you decide you want a treadmill at home, do some internet research, where you can easily compare all the features. Then go visit a showroom that has several models from different manufacturers. The employees should be knowledgeable about all their treadmills' features.

Like all exercise equipment, treadmills should fit the user. For example, many treadmill have weight limits or short beds. These would not be suitable for heavy or tall people. Also, the horsepower that drives the unit can be a de-

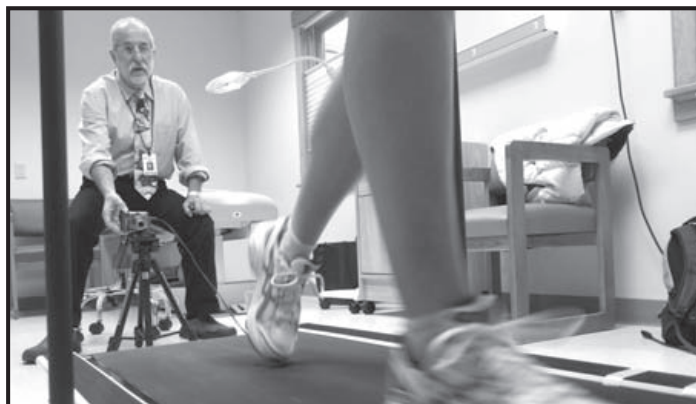
termining factor with maintenance. Find out how much service each treadmill will require.

Ownership is more than just an investment in equipment; it makes a contribution to your life. I purchased our Landice treadmill in 1983 and it has made considerable contributions to my wife's and my health and wellbeing. At the time there were several world-class and Olympic runners who frequently visited our home in Connecticut, staying for more than just a few days, and this forced us to purchase professional-grade equipment. Back then, the Landice was top of the line and it has served us well.

Though I recommend outside running on sunny winter days, the treadmill in our home gym offers the convenience of a workout before the sun wakes up and shines. A sunny Vermont day in winter may not begin till mid-morning. Training in your own home gym will not offer any socialization and to some this may be an important factor in ownership verses gym membership.

SUMMARY

Deciding to purchase a treadmill is a big step, and will entail weighing many factors. Shop hard and gather information on the internet, visit showrooms, try equipment with a full, complete workout, then make a decision based on experience. You will want maintenance-free equipment. Our Landice has lived with us for 27 years. Once in awhile it gets a once-over dusting, but it has offered in return miles and miles of carefree training. ¶



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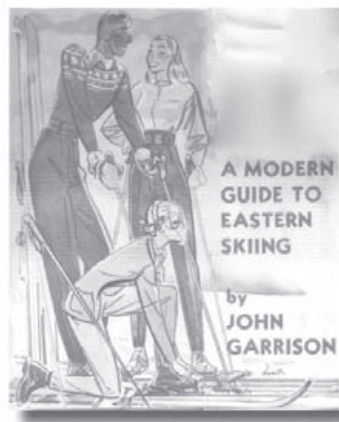
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Robert Rinaldi is a board-certified podiatrist and podiatric surgeon at the Gifford Medical Center in Randolph, VT. He is a fellow and a founding member of the American Academy of Podiatric Sports Medicine, and a podiatric consultant to the Dartmouth College track and cross-country teams. He is a former nationally ranked long-distance runner, having competed in 25 world-class marathons. You can reach him at Gifford Sports Medicine and Surgery Clinics in Randolph, VT, or at the Sharon Health Clinic in Sharon, VT, (802) 728-2490 or (802) 763-8000 or at rrinaldi@giffordmed.org.

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THE OTHER SIDE OF THE STORY

18 & UNDER
BY
CHRIS KELLER



The lunchtime banter in the Montpelier High School cafeteria provides the passive observer with the rare opportunity to delve into the mind of a teenager. Amidst the clatter of trays and shuffling of feet, topics of discussion range from the football team's upcoming game to how long it took people to finish their Advanced Placement homework. But one of the most common subjects, and one that's becoming increasingly more popular, is video games.

Adolescent boys will talk nonstop about the latest edition of *Halo* or *Call of Duty*, throwing out such terms as *killfeed*, *prestige*, and *gamertag*. Most of this language is foreign to me. Granted, most of the kids at MHS are fairly well-rounded individuals, so a kid who can spend an hour talking about his most recent exploits on his Xbox very well might be a starting midfielder on the soccer team. But their mild obsession underlies one of the most irksome trends in today's society: the fact that kids are spending more time in front of the TV than they are outside.

According to the 2007-2008 National Health and Nutrition Examination Survey, 17 percent of kids ages 2-19 are obese. This trend shows no sign of reversing itself either: rates of childhood obesity have been rapidly increasing since

1976. This column, however, is aimed at showcasing the other side of the story.

A month ago, I was a regular reader of *Vermont Sports* magazine. Now, I'm lucky enough to be writing a monthly article about Vermonters under the age of 18, who are doing something interesting in the outdoors world – kids who are proving that our country's youth are more spirited than they are sedentary.

Staying active has always been a high priority in my own life. Since my freshman year in high school I've competed in varsity cross-country and track & field, and played an active role in my high school's outing club. Being immersed in the world of outdoor sports comes naturally to me. I've also had the opportunity to work as a stringer for the *Barre-Montpelier Times Argus*; one of my favorite assignments was interviewing the top Vermont finishers at the 2010 Vermont City Marathon.

I don't claim to be an outdoors guru like some of the more experienced correspondents to *Vermont Sports*, but, like them, I have a passion for the outdoors that I hope to share with you, the reader. If you have any ideas for potential candidates who I could interview for this column, please e-mail them to keller@mpsvt.org.

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GET IN SHAPE FOR SKIING: SIMPLE TRAINING TIPS

BY BILLIE MUNRO AUDIA

Anip in the air, crunching leaves under foot, and the need to don a fleece all mean ski season is just around the corner. It is exhilarating – at least for us passionate winter sports enthusiasts – and this season, by following a few simple training tips, you can be in snow-sport shape when you hit the slopes.

This article offers insight from top-level snow-sport coaches and instructors, highlights exercises to target sport-specific muscles, and describes the four elements of snow sport conditioning – cardio endurance, strength training, plyometric exercises, and balance work – so you may incorporate them into your pre-season workout routine.

CARDIO ENDURANCE

"Recreational skiers may easily increase their on-the-snow performance by maintaining a regular cardio fitness routine in the off-season," advises Bill Reichelt, head alpine ski coach at the University of Vermont. "Activities such as hiking, playing soccer, or cycling on a regular basis increase an athlete's endurance levels, which will improve any skier's performance," Bill says. His advice is simple: "Be active: get out and do stuff during the pre-season."

Cycling seems to be a popular choice for many skiers and riders who want to maintain cardio fitness. Paul Borghini, a PSIA Level 3 ski instructor at Okemo Mountain Resort in Ludlow, suggests, "A good way to keep fit during the summer is to get on a bike and ride. Fast." The endurance training and leg strengthening that cycling promotes will bode skiers well when they hit the slopes.

As with any cardio program, the key is to increase duration and intensity gradually so you build up your endurance in a paced manner. "The preferred cardio-building activities for snow-sport athletes are Spinning and cycling, as those activities both increase cardio endurance and recruit quad and hamstring muscles," advises Jen Muzzey, who coaches several collegiate skiers and is a master personal trainer at the River Valley Club in Lebanon, NH.

STRENGTHENING EXERCISES

Dry-land practice is what ski teams do in the pre-season, and it includes both endurance training and strength-building exercises. One of the key strength-building drills that the UVM alpine ski team athletes do is the sled push. As Coach Reichelt confesses, "The athletes dread it during practice, but come racing season they appreciate the outcome." He should know, as he has coached over 40 NCAA All-American skiers during his 10 years at UVM.

In the sled push drill, athletes use their lower body strength to push the weighted sled forward in an explosive burst of power. The intervals are varied to assist with lactate tolerance. This drill conditions the racer to be able to blast out of the starting gate and power down a slalom or GS course with maximum strength and minimal muscle fatigue.

As for us recreational skiers who simply want strong legs for a full day out on the slopes, there are strength-building exercises for us, too. "Recreational skiers will notice an increase in skiing performance by doing simple eccentric (muscle lengthening), isometric (muscle hold), and concentric (muscle squeezing) drills such as walking up a hill backward, which is both concentric and isometric, and walking downhill in a tuck position, which is both eccentric and isometric," explains Bill Knowles, director of iSport Training at the Vermont Orthopedic Clinic's sports training and sports rehabilitation center in Killington. Knowles has trained Olympian snow-sport medalists such as Hannah Kearney, Hannah Teter, and Shannon Bahrke. As he puts it, "The higher the skill level of the athlete, the more specific the conditioning needs to be," so for the athletically minded recreational skier to see results requires less pre-season effort than for the Olympian or collegiate-level skier. Good news for us recreational skiers!

Knowles further explains, "Eccentric strength is the ability to resist forces that pull us down – forces such as gravity." So, at the most basic level, eccentric strength allows us to walk and run, countering gravity's force, and at its most extreme level, eccentric strength allows us to execute an explosive lift off.

Alpine racing demands the skier execute an explosive lift-off action with every turn, so eccentric training drills are a must. This is one reason Jen Muzzey incorporates power clean lifts into the training routines she develops for ski racers because, as she explains, "Power cleans specifically prepare the body for an explosive lift-off momentum, which is necessary in downhill racing."

As Knowles attests, "The more eccentric strength you have in your lower body, the more effective you will be in resisting gravity while carving a turn." Doing the old-stand by wall sit and wall squat exercises will improve eccentric, isometric, and concentric lower body strength and provide the weekend warrior with noticeable results.

Drills targeted specifically to improving core strength are also a key part of most snow-sport conditioning programs. To increase abdominal strength and core stability, Coach Reichelt prefers drills using medicine balls and crunches. Medicine balls are simply weighted balls that come in different sizes. For a recreational skier with decent abdominal strength, a good core exercise is the Russian twist, where you sit on the floor with your knees bent and feet flat, hold the medicine ball out in front of you and recline back so that your body is angled in a V-shape. Then, keeping your lower body still, slowly twist your upper body to the left and gently touch the medicine ball to the floor, then do the same thing to the right, and ensure you are constantly engaging your abdominal muscles.

PLYOMETRIC EXERCISES

Pre-season plyometric exercises are also a key component of any snow-sport con-

TRY THIS AT HOME!

Any recreational skier with a racing background will remember doing wall squats to strengthen quadriceps, hamstrings, and back muscles. Bill Knowles of the Vermont Orthopedic Clinic at Killington has perfected this exercise by adding the use of an exercise ball (a.k.a. Swiss ball or physioball).



The drill: Position the exercise ball between your back and the wall, assume a skiing position and slowly – within 2 to 3 seconds – squat down, while pressing against the ball, then slowly move back up to the standing position. Repeat multiple times for 30 to 60 seconds to complete one “run.” Rest for 30 to 60 seconds. Decrease the up/down time to 1 second to mimic mogul skiing. Take a healthy 8-12 runs to get started and increase to 12-16 runs just before ski season starts.

Knowles advises, “To increase the intensity of this exercise, hold a medicine ball or dumbbell in your hands or do the exercise as a single leg squat, alternating legs each run.” For inspiration, complete this exercise while watching ski clips on YouTube. Here’s a great one of the incredible Bode Miller in Turin, when he skis practically the entire course on one ski: www.youtube.com/watch?v=_Faa87IQhk.

Photos courtesy Bill Knowles, Vermont Orthopedic Clinic.

conditioning program, as they will improve strength, agility, and balance. Plyometrics – or plyos – are specialized, high-intensity training exercises designed to improve sport-specific strength. Plyos load a muscle with maximum force in the shortest possible time, invoking an explosive muscular contraction.

However, not all plyometric exercises are created equal. For example, jumping rope is a relatively easy plyo, while single-leg bounds up the bleachers are very challenging. Coach Reichelt has his athletes perform one-legged hops up and down bleachers and lateral bounds up and down the bleachers, which are very intense plyos.

While these types of plyos will certainly garner results for all levels of skiers and riders, more moderate plyos appropriate for a recreational skier’s pre-season routine include side-to-side hops over a stick laid on the ground (start with 2 sets of 8 to 10 reps); and lateral jumps up onto and down from a stationary box (start with 2 sets of 8 to 10 reps on each leg).

Chan Morgan, a Ford Sayre Ski Council racing coach and a former NCAA All-American ski racer also incorporates plyos into the J5 racers’ dryland training. “We keep the junior racers curious while dialing in motor skills with fun plyos and endurance work, including dry-land slalom courses, beeps testing, and obstacle course work.”

Morgan explains, “For the beeps testing drill, an athlete runs back and forth between two lines set approximately 25 yards apart, with the beep sounds indicating when they should start running in the other direction. Then, we decrease the time lag between beeps and those who don’t make it to the line before the next beep are out.”

If you are just beginning a plyometric routine, it is a good idea to start with the moderate exercises and to be sure you are landing safely, which means landing on your entire foot so you lessen joint impact, and also try to avoid any knee twisting motion.

BALANCE EXERCISES

Borghini considers skiing and riding to be all about balance, which is a skill that any athlete may improve with training. He suggests the simple exercise of standing on one foot with your eyes closed to improve balance, which is much easier said than done.

Knowles advocates using balance training equipment, such as the Vew-Do board or a BOSU balance trainer to improve balance capabilities. Improved balance immediately translates into better on-the-snow performance because maintaining balance while skiing and riding is key to falling less, and as Knowles says, “Falling less is a good thing.”

Hopefully, by incorporating these conditioning tips into your pre-season routine you will increase your endurance, strength, and balance and be able to hit the slopes in stellar shape this season. ☐

Billie Munro Audia boasts more than 45 ski days a year since relocating to the Upper Valley from the San Francisco Bay Area three years ago. In addition to freelance writing, she enjoys being a mom, a lawyer, a sprint-distance triathlete, and a member of the Okemo Mountain Resort Ski Patrol. To learn more check out www.zermattlegal.com.




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VERMONT SKI AREA IMPROVEMENTS

BY PAUL McMORRIS

*Just keepin' it clean, green and mean,
Yoh, a sliding scene bro;
Working the best with what we got
You know what I mean?*

A rapper might sing these lyrics about the current slate of Vermont ski area improvements for this season. In today's economic climate, ski areas have concentrated on maintaining their extensive infrastructures rather than seeking financing for grandiose headline projects like what went down in the 90s.

However, a number of ski areas did reinvest significant funds in their operations during the off-season, and unfortunately we did have one casualty due to bankruptcy proceedings. Here's a look at the notable changes to look for this season:

ASCUTNEY MOUNTAIN

Although they gave it a good run since they bought the property at, ironically, a bankruptcy auction in 1993, the family Plausteiner was itself foreclosed upon over the summer. At press time, it looks like the ski area will be mothballed, at least for one season, until a new lessee or owner steps up -- hopefully with deep pockets -- to run the place. Stay tuned.

BROMLEY MOUNTAIN

How's a brand spankin' new Prinoth Bison winch-cat for grooming the steep pitches, along with an AEBI mountain mower to keep the trails shipshape year round sound? Arriving customers will certainly appreciate an improved drop-off area, promising smoother traffic flow this season. The rental shop will be sporting 300 new sets of Head rental skis, while the ticket booths will be utilizing comprehensive Siriusware software to speed the ticketing process. All told, Bromley invested \$675,000 over the summer.

BURKE MOUNTAIN

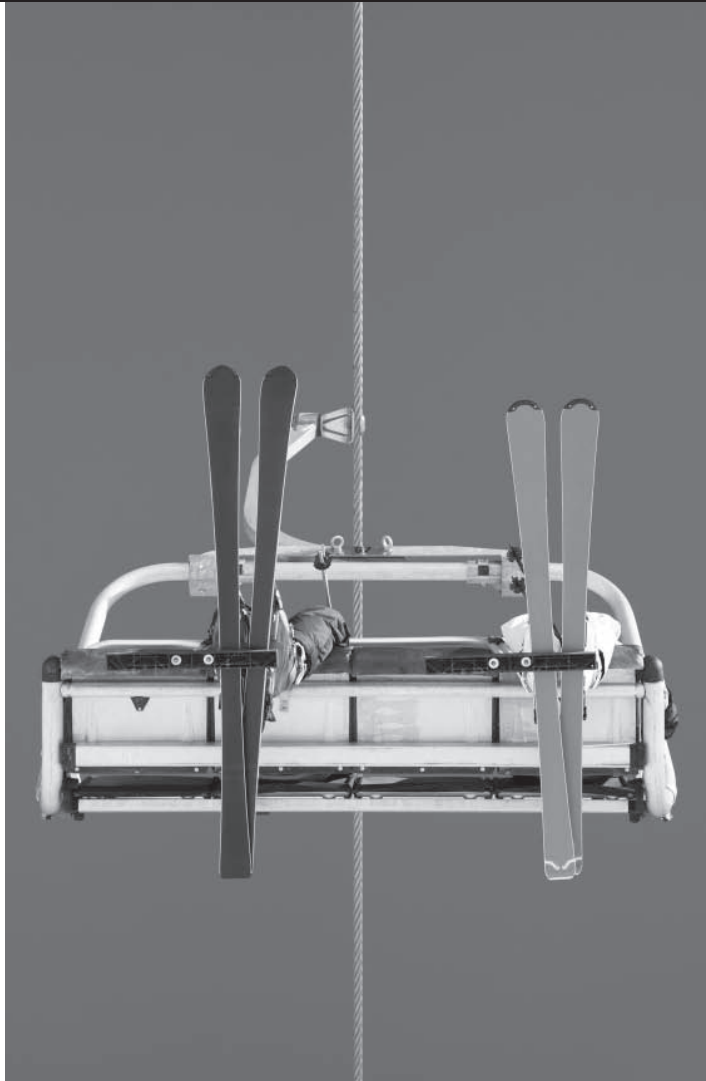
While nothing major is in the works for this season, there is a glimmer of hope on the future horizon. The Burke Mountain Operation Company received partial findings by the state on their Act 250 Master Plan application. In the years ahead, the Master Plan includes provisions for 155 acres of additional ski terrain, three new lifts, snowmaking expansion, and of course, residential real estate development.

JAY PEAK

Here's where the big bucks, \$13 million of them, were spent last summer on a variety of on-mountain and base area improvements. On the mountain, look for 100 new snowmaking tower guns that will cover previously hard-to-reach trails and the popular novice Grammy Jay trail. For beginners and little ones, a new 250-foot covered Sun Kid moving carpet has been installed. The new carpet is two and half times longer than the old beginner carpet.

Hockey anyone? In the base area, in addition to a new 220-slot parking garage, a major NHL-sized indoor ice rink is up and running, complete with 700 spectator seats and not one, but four, locker rooms. Skating lessons as well as opportunities for curling will be available.

Ticket wise, Jay has installed a new RFID ticket reading system at the lifts so customers don't have to bumble around for



a paper ticket to board. The RFID cards are secured inside a pocket and can be loaded with multiple day tickets.

The base area is jam-packed with new creature comforts from luxury suite lodging to dining venues, topped off with a spa and fitness center with massages and treatments offered to soothe all those tired ski and ride muscles. Watch for a new hotel with an indoor water park to open next season.

KILLINGTON

Lots of vital infrastructure improvements here, focusing on snowmaking, trail regrading on the Bittersweet/upper Great Eastern junction and lower Bunny Buster. Lift-wise, there's a new control room and electric drive for the popular Superstar Express lift.

More snowmaking firepower has been added, most notably fan guns in the high traffic base areas of Superstar and Snowshed. Over at South Ridge, a new energy efficient cooling system has been installed in the pump house. And boring but important: the snowmaking pump interiors have been coated to reduce friction and the energy required to move water through the 88 miles of pipeline.

Up top, the Peak wooden walkway leading to the summit has been rebuilt, and over at Bear Mountain, the popular Stash terrain park will be sporting new exciting features this season.

MAGIC MOUNTAIN

Rest assured "the magic" will be back this season. Mountain crews and Friends of Magic volunteers have been busy over the summer renovating the snowmaking air and water pipelines, mowing trails and working on the lifts. As with last season, Magic plans to operate on a Friday through Monday and holiday week schedule.

MIDDLEBURY COLLEGE SNOW BOWL

Look for a new glade running between the Lang and Cameron Trails. Speaking of the Cameron, it's been widened to accommodate more traffic.

MOUNT SNOW

With the most fan snowmaking guns in North America, this operation has been busy improving their behind-the-scenes snowmaking system. They strive to open the mountain with top-to-bottom coverage in the early season.

OKEMO

Say it ain't so, Okemo. The mountain, once a bastion of legendary Pomagalski Platterpull ground lifts during the '60s and '70s has jettisoned its sole remaining one, the Snow Star Poma in the Galaxy Bowl Learning Area. Look for a new moving carpet in this area.

Up on the mountain, a new dual turbocharged 500 horsepower Prinoth BR 500 grooming machine will be pushing the snow around and smoothing it into corduroy surfaces this season. And, if all goes well, a new 3,100-foot steel-tracked Mountain Coaster ride, screaming down the hill at 25 mph, will be keeping families entertained over at Jackson Gore, year-round.

SMUGGLERS' NOTCH

Speaking of skiing and riding diversions, Smuggs has added a three-hour zip line and rappelling adventure course. Like Okemo's coaster, this attraction will operate year-round. Mountain Coasters and zip line adventures are the latest new thing being installed by ski areas throughout North America and Europe as non-weather-dependent profit centers.

STOWE MOUNTAIN RESORT

The big news here is off-snow over at Spruce Peak. The performing arts come to the mountain with the December opening of the 420-seat Spruce Peak Arts Center. The center will stage theatrical productions, concerts, dance performances, films, lectures, art shows, and even showcase comedians on a year-round basis. This should prove to be an excellent apres-ski attraction for visitors and locals alike.

STRATTON MOUNTAIN

Two new Prinoth BR350 grooming machines will be cruising Stratton's trails this season, while the addition of new snow guns will help keep things white when nature doesn't cooperate. In the base area, a new warming hut has been built near the tubing area, with a bonfire area to chase away the cold.

SUGARBUSH

Major snowmaking pipelines have been replaced at both Lincoln Peak and Mount Ellen to insure more efficient snowmaking operations throughout the season. In the Lincoln Peak base area, Phase 2 of the revitalization project is expected to be completed before the season kicks off. Look for a new entrance plaza and two new lodges: the Schoolhouse will house children's programs and the main 14,500 square-foot lodge will house all skier and rider services. ¶

Paul McMorris of Taftsville, VT, skis over 100 days per season and has covered skiing and riding for many national and international publications for over two decades. You can reach him at Paul.McMorris@valley.net.

Skis for the Backcountry, Sidecountry, and Groomers

BY BRIAN MOHR AND EMILY JOHNSON

With their ever-widening dimensions, rockered (early rise) tips and tails, and reduced sidecuts, the latest downhill-oriented ski designs are making it more fun than ever to ski the softer snows of the Northeast's resorts, side-country zones, and backcountry. An emerging trend this year is the availability of these design features across a wider variety of skis, including many mid-fat and lighter-weight skis. Thus, you don't need to be lugging around big boots and big skis to enjoy the benefits of the latest and greatest ski technology.

The latest skis are also more compatible than ever with both AT (alpine touring/randonee) and telemark bindings (gone are the days of a dedicated telemark or AT ski), with their reinforced binding mount areas, options for inserts, and more. In general, there is also a greater-than-ever variety of ski designs on the market today. Here's a short list of the skis we feel are especially well suited to the backcountry-oriented northeastern skier.

ALL PURPOSE

This category features skis that are versatile enough to be your one-and-only, go-anywhere skis. They excel in a wide variety of snow conditions and terrain.

G3 JAM, \$540 125/95/114

genuineguidegear.com

G3's new Jam is an excellent choice for emerging backcountry skiers (male or female) interested in exploring the great variety of northeastern snow conditions and terrain. It's light and nimble enough to be driven comfortably by mid-weight two- or three-buckle telemark or AT boots, and its slightly rockered tip makes it especially easy to turn and maneuver in powder and softer snow conditions. The Jam is also priced affordably enough to be attractive to skiers not used to paying big money for high-quality ski equipment.

ICELANTIC SCOUT, \$540 160/110/130

icelanticboards.com

Yes, the Colorado-made Scouts are short – available in only one length, 143cm – but these skis have the ability to transform your backcountry skiing like few, if any, skis on the market. It's a quick-turning, all-snow capable, unique-dimensioned ski that offers light- to moderate-weight skiers unprecedented control in Northeastern snow conditions. Although the Scout can handle speed remarkably well in most snow conditions, it performs best when skiing with precision and control in the steep, narrow, and technical confines of the Northeastern backcountry. The Scout is likely one of the most maneuverable skis on the market. Its shorter length and relatively light weight also make it a joy for touring and exploring.

K2 COOMBACK/K2 GOTBACK, \$825 135/102/121

k2skis.com

While the Coomback was designed with more aggressive, primarily male skiers in mind, and the Gotback for less aggressive, primarily female skiers, both share virtually the same dimensions, rockered-tip design, wood-core construction, and snow-shedding, hydrophobic top sheet material. Light and nimble enough for touring with mid-weight boots, but capable of handling all manners of snow, terrain, and speed with grace, these are truly versatile skis for the Northeast and beyond. The Gotbacks are also available in shorter lengths, down to 143cm.

VOLKL NANUQ, \$825 130/94/113

volkl.com

The Nanuq is true to Volkl's reputation for its well-constructed, stable, and high-performing skis. This mid-fat ski, now in its second year, is a touch on the heavy side for its dimensions, but you'll appreciate its stability and control in tricky snow conditions. This is a great choice for backcountry-

inspired skiers who spend most of their ski time riding lifts and are looking for a one-ski quiver.

BACKCOUNTRY TOURING/ SKI MOUNTAINEERING

These are skis for those who place a higher priority on touring performance than downhill performance, or for skiers with more technical pursuits in mind, including ski mountaineering and randonee racing.

BD DRIFT (BD STARLET), \$700 136/100/122 (134/100/121)

bdel.com

Designed for smooth skiers dedicated to backcountry touring and ski mountaineering, Black Diamond's new Drift and Starlet are geared respectively to skiers who are more aggressive, primarily male, and lighter weight, primarily female. They feature plenty of sidecut for tackling firm-snow conditions with ease, and a slightly rockered tip for extra control in soft snow conditions. They are relatively lightweight, and have a carbon-wrapped, paulownia wood core, making them a great dedicated-backcountry ski for skiers of all abilities. A reinforced core in the binding mount area make them especially well suited to the extra torque generated by telemark bindings.

MADSHUS ANNUM, \$340 109/78/95

madshus.com

Just a couple of years after K2 Sports acquired Karhu USA from its former Vermont owner, the brand has been laid to rest. However, the popular Karhu XCD line, including the XCD Guide, has been given new life under the Norwegian-based Madshus brand – also owned by K2 Sports. The Annum is virtually identical to the former Karhu XCD Guide, with its waxless base, full-length edges, moderate sidecut, and powder-friendly dimensions. This is essentially the same ski used by New Englander Dave Watson when he skied from the heights of Pakistan's K2 in the summer of 2009, and it's a ski that's as fun to ski on springtime corn in the big mountains as it is out the back door after dinner.

MOVEMENT LOGIC X, \$1040 127/88/115

movementskis.com

Swiss-based Movement's Logic-X is one of the lightest high-performance backcountry skis on the market. It's especially nimble and quick-turning in hard-packed conditions commonly found in alpine environments. When driven by more advanced skiers, it holds an edge very nicely through medium-radius turns in mixed snow condi-

tions. With a relatively narrow, 88mm waist, it will leave some skiers wanting more in deep or thick snow conditions, but if going touring and light, fast, and high are a priority, then this is the ski.

BIG POWDER/BIG SNOW

Skis in this category excel in soft and deep snow conditions. To reach their full potential, these skis should be driven with bigger boots by skiers with solid downhill skiing experience. At the same time, however, their wider dimensions make them an excellent quiver ski for dedicated backcountry skiers who prefer a mid-weight boot, but would like more floatation in low- to medium-angle terrain.

DYNAFIT STOKE, \$800 125/105/119

dynafit.com

Dynafit has broken into the backcountry-oriented powder skiing market with the release of its new Stoke. Relatively lightweight for its dimensions, it features a paulownia wood core, a rockered tip, solid skin attachment points, and inserts for Dynafit bindings. This is a dream ski for all but the hardest-charging and heavier-weighted backcountry powder skiers.

FAT-YPLUS E-MOTION, \$750 144/112/130

fat-yplus.com

Billed as a women's specific big-mountain ski, this beautifully constructed ski – hand-made in Colorado – is no less than a high-performance, powder-hungry ski designed with light- to mid-weight skiers in mind. Much happier in more open terrain and soft snow conditions than in narrow and crusty Eastern tree lines, this is a more traditionally cambered ski that excels in everything but Eastern hardpack snow conditions.

VOILE CHARGER, \$595 137/112/126

voileusa.com

Affordable and made in the USA, Voile has followed up on last year's release of its much-loved and powder-loving Drifter, with the release of the slimmed-down Charger. Featuring the same lightweight aspen-wood core construction and rockered tip design as the Drifter, the Charger comes with about 10 percent less surface area all around, and a more skin-track friendly waist. The Charger offers unprecedented control in untracked powder and soft snow conditions, and for stronger skiers, can cope sufficiently in any snow condition. In the shorter lengths, this ski is an excellent choice for exploratory ski touring in the backwoods of the Northeast. [7]

Brian Mohr and his wife, Emily Johnson, of Moretown, VT, photograph for a wide variety of publications, manufacturers, and organizations throughout the outdoor industry. They publish *AdventureSkier.com*, and organize their own *slideshow* series that features their ongoing skiing adventures. You can learn more about them at *EmberPhoto.com*.



MUSCLES NOT MOTORS

gear guide

BY RYAN JAMES LECLERC

Whether you're a snowboarder or snowshoer, mountain hiker or mountain biker, Nordic skier or Nordic walker, you need gear. Each month, I review, right here, three items that I personally feel are especially cool. Here are my picks for this month.



MSR LIGHTNING AXIS SNOWSHOES

MSR snowshoes have been made in the USA for over a decade and are known for being reliable, lightweight, and easy to use. These qualities have made them extremely popular with serious mountaineers and casual backyard rompers alike. Ever since the release of the original Lightning models five or six years ago, the line-up has remained virtually unchanged, until now. For 2011, MSR decided it was time to step it up, and that is exactly what they have done, introducing new, highly innovative, game-changing technologies that take simplicity and efficiency to a new level.

The first new innovation, found on the Lightning Axis model, is Axis Gait Efficiency Technology, which allows the user to adjust the bilateral position of the bindings in relation to the frame. With up to eight degrees of adjustment in either direction, the bindings can compensate for the foot's natural toe-in or toe-out position, resulting in perfectly parallel snowshoe alignment when walking, which accomplishes two important things: one, it pre-

vents the edges of the frames from hitting mid-step and two, it enables a smoother, more efficient stride.

A second innovation is the SpeedLock Binding, which is possibly the simplest snowshoe binding ever designed. Once an initial "set in and forget it" adjustment is made to fit the wide, angled toe strap to your regular snowshoeing boots, all you need to do is slide your foot in, twist your foot slightly to center, and tighten the heel strap. Your boot is now securely held in place and isn't going anywhere. No ratcheting buckles, no loops of nylon webbing, no problem.

Finally, the Flotation Tails, which were formally exclusive to the Denali and Evo models and attach to the frames for increased flotation in deep snow, have now been developed for the 2010-11 Lightning models. Unfortunately, the new flotation tails are not compatible with your older model Lightnings. Please don't kill the messenger. \$239.95. www.cascadedesigns.com.



ROTTEFELLA XCELERATOR NORDIC RACE BINDINGS

The brand new Rottefella Xcelerator bindings, at a scant 170g per pair, are the lightest racing bindings on earth. Forty percent lighter than the older R4 and totally redesigned, the Xcelerator bindings are available in both classic and skate. Featuring a radically different toe bar clamping mechanism, the Xcelerators use a beefy, single pivot aluminum lever with two hooks that latch to the boot's toe bar at the edges, rather than in the middle, for an unsurpassed clamp engagement. Additionally, the Dual Flexors are integrated into a single cartridge for trouble free removal and replacement. The Xcelerators are exclusive to the NIS system, where the bindings simply slide and lock onto a factory-bonded plate rather than needing to be drilled into the ski and screwed and glued. This system allows the user to move the binding forward and backward from the balance point to improve performance in different snow conditions. Despite all the high tech innovations, the Xcelerator bindings are still compatible with your older NNN Nordic boots! Feel free to praise the messenger. \$109.95. www.rottefella.no.



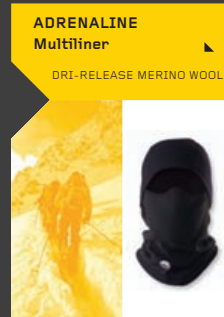
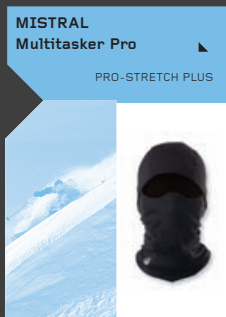
CRISPY MOUNTAIN LEATHER 3-PIN BOOTS

If you are still upset with me about the MSR flotation tail incompatibility, maybe this will turn you around. In this modern world with all its whiz-bang electronic contraptions and confounded loud music, where newfangled plastic ski boots have become the norm for backcountry skiing, you can still purchase fine-quality traditional leather 3-pin boots. Forget scouring every ski swap in the land this fall and get yourself a brand new pair of Crispy Mountain boots and take your beloved Asolos or Merrells, which after 25 years of use have as much support as a wool sock, and nail them to the side of the barn. Sure, you'll have to deal with the inevitable leather boot break-in period, which turns your feet into blistered, bloody stumps after the first few days of use, but you know that is the price you have to pay for traditional quality that will last for another 25 years, and besides, it only takes the first three or four years of use before they are perfectly worn in, just like your fine quality, traditional leather Brooks bicycle saddle. \$149.95. www.alpinasports.com. [7]

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Trina's Clinic

BY ELIZABETH BASSETT
PHOTOS BY KATE CARTER

Place: Mt. Mansfield Touring Center

Time: Friday afternoon, late March, parking lot nearly empty.

Two sixty-something women sit on the snow, giggling. Two more, a decade or so younger, skate toward them, skis tangling as they circle flags planted in the snow. One falls and struggles on the flat ground to get up without poles. They tag their sitting teammates, who, like bear cubs, roll to their feet and speed off, arms and skis flying. A hundred yards away, in a spray of snow, they stop and sidestep over four poles lying on the snow, then sprint toward the next relay exchange.

Welcome to Trina's Clinic, a Friday afternoon ritual for dozens of women, most of middle age. Trina Hosmer is absent on this day. She's at the World Master's Cross-Country Ski Championships in Falun, Sweden, where she will win gold, silver, and bronze medals.

In an e-mail to the clinic Hosmer wrote:



When I last competed for the U.S. Ski Team in 1974 (yes, 36 years ago), the World Championships were also in Falun. I remember the courses as being very tough, with lots of climbing. I found out that topography does not change over the years – the hills are still there! But what can change are results. If you keep doing something long enough the medals will come. I was most fortunate to win gold, silver, and bronze medals, yes, a complete set.

When she arrived at the University of Vermont in the 1960s, Trina Barton Hosmer had never been on skis. A nationally ranked 1,500-meter runner, she learned to ski from her boyfriend, and now husband of 42 years, Dave Hosmer.

"In the pre-Title IX era there were no women's cross-country ski teams," Hosmer says. "It was not until 10 years later, around 1980, that Dartmouth established the first team. Sometimes we would ski, unofficially, at the end of the carnivals. Ten to twenty women would race for time after the men finished the 'real race'."

Within four years of graduation, at the 1972 Sapporo Winter Olympics, Hosmer finished 41st in the 10 kilometer classic race.

Flash forward several decades. Trina and Dave Hosmer retired to Stowe after academic careers at the University of Massachusetts. Several friends approached Hosmer.

"Karen Goodhue, Sally Howe, and Sue Emmons are all great athletes," Hosmer says, "and they wanted to ski better. They had never learned the basics. Clinics abound for children and men, but older women never had these opportunities and they are hungry to learn."

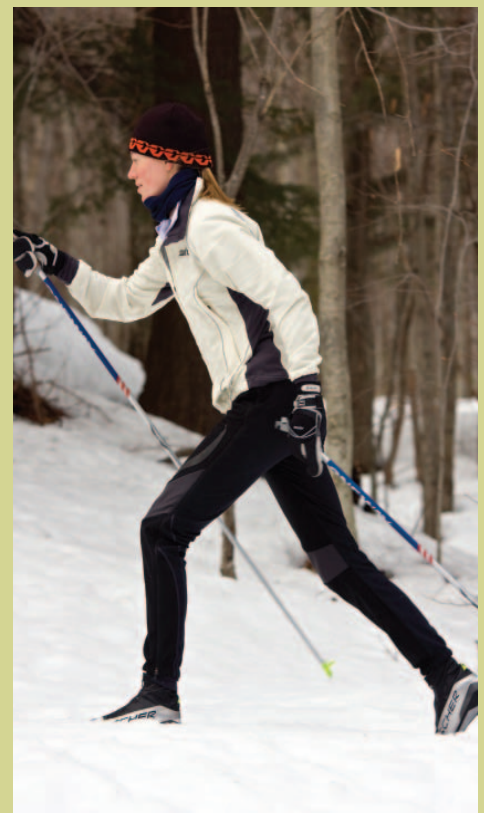
That hunger is on display every Friday afternoon from dry land training in October through skiing at the end of March. The original threesome has grown to more than 30. "I love teaching the clinic," Hosmer says. "I see such a huge improvement so quickly – I see the looks on their faces when they get it."

Linda Prescott had cross-country skied for four decades before joining the clinic. "When I turned 60 I realized that the strength of my youth was not going to last forever. In Trina's Clinic I have learned that good technique allows me to go far and fast with my 'maturing body,' using less energy," Prescott adds, "Trina is an inspiration of grace and skills. She skis with such joy and intensity that you cannot help but be drawn to her enthusiasm to make each of us the best skier we can be."

Mary Stone joined the group after a quarter century of skiing. "During those first two hours I learned so much about technique that there was no question of where I would be every Friday afternoon." After three years Stone's skiing has become more efficient and faster. Many of the women enter at least a few races each year. Stone says, "Trina has encouraged us to enter races in order to have a training goal. I want to test the techniques I've learned."

World-class triathlete Donna Smyers, whose laurels include a 2009 age-group win at the Ironman

feels good.



MORE INFO:

Trina's Clinics are \$75 for the season (October through March). The fee includes \$50 for the program and \$25 for membership in the Stowe Nordic Outing Club. There is a \$50 facility use fee for the winter if you don't have a Nordic pass for the Mount Mansfield Cross-Country Center. To register, fill out the SNOG membership application (www.stowenordic.org), checking off Trina's Women's Training Program and return by November 15, 2010. Weekly communication about the program is done through e-mail, so be sure to fill out your email address with the application. For more information about the program contact Trina Hosmer, 802-253-0810, or hosmer@oit.umass.edu. Any woman may try a Friday session with out charge to see if the program is right for her.

World Championship in Kona, says, "It's good for me to work hard at skiing and to place in the middle of the pack." A highlight for Smyers and others is the Montpelier car pool. "I've met so many great women carpooling every Friday. It's like a party start to the weekend," she says, a sentiment echoed by others. Prescott adds, "The commute is an important part of the experience. The fun starts at 2:10 at the Montpelier Park and Ride."

Hosmer's leadership extends beyond athletics. Clinic member Lexi Shear lost her husband in a bike accident last summer. Hosmer wrote to clinic members: "I have always felt the reason this group works so well, besides our love of skiing, is that we all really care about each other. This will be our year to support Lexi in any way we can so she can join our Friday sessions." On a gray September day under a fine drizzle, more than a dozen women gathered to hike White Rocks with Shear.

"Trina is a true inspiration," says Moira Durnan who, with Carol Van Dyke, substitutes when Hosmer is out of town. "I feel honored to help her whenever I can."

Durnan is not alone in her admiration. Cindy Sprague calls Hosmer a fantastic role model and Deborah Rubin adds, "Trina has given me the confidence to know that if I keep working and training I can continue to improve my times and my technique and stay fit into the next decade. I think she is the sort of athlete that we should see on the cover of *Sports Illustrated*."

Elizabeth Bassett lives in Charlotte where she thrives in the outdoors. She is the author of Nature Walks in Northwest Vermont and the Champlain Valley (Full Circle Press) and contributes to numerous publications. She savors her Friday afternoons in Trina's Clinic and is hopeful that one day she will share the success of her fellow skiers.



feels good.

SKATING IN OVALS ON ICE

BY PHYL NEWBECK



There is no Olympic oval in Vermont. In fact, the state's only rink designed for speedskating, a 250-meter outdoor oval at Catamount Family Center in Williston, shut down for good in 2007 after a decade of use that was diminished over time by the warming winters. But all is not lost for those who prefer their blades long, unrocked and minus a toe pick. There is a vibrant short track speedskating community based in Rutland.

The Green Mountain Speedskating Club (GMSSC) was founded by Winthrop "Tuck" Cantrell and the late Herb Painter in the 1970s to "develop and introduce beginner skaters to a recreational and competitive level." Initially based in northwestern Vermont, the club had dedicated sessions at Leddy Park in Burlington for many years. These days, under the tutelage of long-time coach Dave Manfredi, the group skates at the Spartan Arena in Rutland, a rink which is affiliated with Castleton State College. The only other local club, an Upper Valley group called the Montshire Skating Club, existed in the early 2000s, but recently disbanded and recreated itself on the other side of the Connecticut River as the Granite State Speedskating Club.

GMSSC ice time isn't the most consistent, but the club manages to book two or three sessions each week which are attended by four to fifteen skaters. Skaters range in age from nine to senior citizens. Manfredi is gratified that a number of young girls have joined the club and is mystified at the failure of their male counterparts to do the same. "Maybe it's because of the tights," he speculated.

The Spartan Arena is suitable for short track speedskating competitions. A big fundraising drive allowed the club to buy 30 mats to line the walls and prevent injuries. The mats have sleeves in which advertising can be placed. In 2008, the club hosted the Green Mountain Short Track Speedskating Championships. It was the first Vermont meet in two decades, and Manfredi was pleased to have 44 competitors including skaters from New York, Massachusetts and Pennsylvania. Castleton hockey players volunteered at the event, setting up the blocks and cleaning the ice. Manfredi is hoping to host another competition in late 2010 or early 2011, and expects even better attendance.

In its heyday, the GMSSC featured some avid racers. One of its original members, Ellie Reddington of South Burlington, remembers the club holding sanctioned short track meets at Leddy Park on a regular basis in the late 1980s, and traveling with other club members to meets in Massachusetts and New York. Manfredi recalls the Leddy races as being well attended with skaters from New York and New England competing. Some GMSSC skaters raced on the national level, with two traveling to an international competition in Germany in 1997. In the mid 1990s, Don Gallegos and Joe Franz won national marathon titles in the senior division (the 50K distance for Gallegos, with multiple 25Ks and a 50K for Franz); Reddington won the grand master division two years in a row in both distances; and Franz won the senior division of the national long track championship.

In addition to weekly dedicated sessions at Leddy, the club used to hold some sessions at Jackson Arena in Stowe, and later at Cairns Arena in South Burlington. In 1996, the GMSSC was able to get ice time at Gutterson

LONG TRACK VS. SHORT TRACK

For those unfamiliar with the sport, long track speedskating is done on a 400-meter oval, with skaters racing in sets of two – not against each other, but for the fastest time. In contrast, short track speedskating can be done at any indoor rink with skaters competing head to head on a 100-meter loop. While long track skaters need no protective gear, short trackers wear helmets, gloves, knee pads, and shin and neck guards. Their boots are made of harder material and their blades are set for counterclockwise movement and are fixed, in contrast to the more centered free-heel "clap skates" favored by long track racers.

Arena at UVM. The once vibrant club began to wind down in the late 1990s as evidenced by back issues of the Amateur Speedskating Union's magazine, *The Racing Blade*, which ceased reporting on their activities.

Several years ago, a group tried to get dedicated sessions at the Ice Center in Waterbury, but that endeavor was short-lived. Other Vermont rinks, such as Cairns Arena, allow speed skaters at public sessions, but don't believe there are sufficient numbers to warrant separate sessions. In contrast to the Spartan Arena, which takes up their ice from March to July, Cairns has public sessions throughout the summer, although hockey camps sometimes supplant those sessions. Skaters wanting to try their luck at long track speedskating must travel to Lake Placid, something club members do with some regularity over the course of the winter.

At 68, Carvel Bevans of Stowe is one of the older skaters at the Spartan Arena. He grew up skating on natural ice and picked up hockey at the age of 40. Finding that the sport was hard on his back, Bevans tried speedskating at 64. Despite the fact that it involves tight turns performed in a regimented fashion, Bevans said he loves the freedom of being on the ice. He travels to Rutland once a week for the dedicated sessions, as well as going to public sessions at Cairns. "You can't speed at a public session," he said, "but you can work on technique. With just a few tweaks you can improve your ability and speed."

Manfredi admits that he has had a difficult time promoting speedskating. "It's a very difficult sport to grow," he said, "but we get a shot in the arm every four years from the Olympics." ▮

Phyl Newbeck lives in Jericho with her partner Bryan, two cats, and her sadly neglected Viking Marathon long track speed skates. Many moons ago she helped found the short-lived Central Park Speedskating Club and was briefly Vice President of the GMSSC in the early 1990s. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

To find speedskating sessions at the Spartan Arena, visit www.csc.vsc.edu/spartanarena/calendar.htm or contact Dave Manfredi at 802-747-1496.

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READER ATHLETE



WAYNE WARNKEN

Age: 43

Residence: Burlington

Family: Wife, Megan Munson-Warnken; three sons, Marc, 7, Fisher, 5, Luca, 1½

Occupation: Family Physician
Primary sport: Parenting (and running)

VS: You're a marathoner. How many have you run?

WW: I think it's about 25. I try to count them all on my 20th mile of each marathon, and I think it is 25. I started doing marathons in my early 20s. The Chicago Marathon was my first – and that was my fastest it turns out. I've done the Vermont City Marathon every year that I've lived here, so I've done that six times. I'm going to do the New York City Marathon in November. I'm excited about that. But I love the Vermont City. I can just jog from my house to the start, I love seeing people I know on the course, and I love the course.

VS: Are you a consistent runner?

WW: For a while, I had some injuries that kept me from running marathons. Eventually I decided I wanted to get back into doing them. When I was in medical school, I didn't own a car, so I'd either run or bike or rollerblade to my rotations. When I was in my internship year, I was living in Portland, OR, and I wanted to do the Portland Marathon, but I wasn't getting a lot of exercise. I was eating a lot because the drug company reps were bringing in a lot of food. I ended up gaining a significant amount of weight and wasn't getting any sleep. It was a deadly combination. But I did the marathon – in 4:45.

VS: How do the different places you've lived – California, Oregon, Colorado, Washington – compare to the Burlington area?

WW: In Burlington you have the ability to be active with your family without getting into a car. We go a lot of places by running or walking. We bring the Chariot (child carrier) to carry our stuff. There are different sport programs we participate in – the YMCA, the Catamount 5K series. We're huge fans of that. And the Intervale is close by. I've lived in a lot of great,

wonderful places, but Burlington just kind of has it all, plus a vibrant, athletic community. I have a number of friends who are really active and it's great – our paths are always crossing. I see so many people being active, it encourages me to keep working hard and push my performance.

VS: Do you have a specific race that stands out as your favorite?

WW: I would say my favorite race right now is the Catamount 5K running series because I love running on the trails and I love that they encourage kids to exercise and that they have races for people of all ages. One of the biggest thrills I've had so far is having my kids get turned on to running. Now my seven-year-old can run a 5K. I'll be running the race, and I'll look back, and he's not that far behind me. This summer was a great turning point for him.

Another one of my memorable events is the Craftsbury Ski Marathon. I'm consistently one of the last people – I ski in touring gear, not the fast racing skis. I still have so much to learn about cross-country skiing. It's a great event, and I'm just grateful to be out there.

VS: What do you enjoy about competing?

WW: I really like the thrill of getting a faster time and pushing it up a notch. I've only started competing again this summer because so much of my training has been running with the Chariot and pushing my kids in it. I wasn't running very fast, I wasn't pushing the pace. So now I'm really cognizant of my times and I look at the results in the races, and I've got a long way to go. For as much running as I do, I place sort of in the bottom third or halfway in my age group and I'd like to get that up higher. I enjoy just running faster than I think I can. Now I think competing is definitely helping me to lose weight. I have a bet with my brother – the first person to get to 180 pounds has to buy the next marathon entry. I'm doing that for my health, and being active for the kids to be inspiring for them.

VS: What drew you to family practice?

WW: I like the generalist perspective. I like working with diversity in people and socio-economic status. I like working with kids to elderly people, so I like working with all stages of life. I think that with family practice, especially in Burlington, you have the advantage of being near a big academic center like the University of Vermont, and still have a small-town feel. And in the past, I was able to run and do some home visits.

VS: We have a childhood obesity problem. Based on your experience, do you think this is more because of the way we eat, or for lack of exercise?

WW: I think it's a combination of things. There was an article recently where

Burlington was one of the healthiest cities, and I think that's because of a variety of things. There's a huge push to get kids more active – you have Girls on the Run and the Mini Milers program; you've got Catamount and all the ski programs and the YMCA. I think in general, I definitely agree that the environmental climate of what food choices are available to kids tends to promote a high calorie intake. I've always thought that medicine is important, but having the infrastructure to have access to healthy foods is incredibly important. You hear about schools cutting out gym. That's very concerning on a societal level. When I see people in the clinic, and they're talking about losing weight, I know it's extremely difficult. I struggle with it. I think if it's hard for me to lose weight with the interests I have, it must be really difficult for someone who doesn't have these interests.

VS: What are some easy ways to be healthy as a family?

WW: I'm a big fan of exercising early with your child. Just get out for a walk or jog with the Chariot with them, and as they get older, continue to evolve to include them. I like to lift the kids up in the air to do calisthenics. We're always walking somewhere, playing soccer, playing tag. And nutrition is tremendously important. I try to make healthy smoothies with vegetables from the Intervale. I try to present it in a palatable way. The kids don't always drink it, but when they do, I've added fresh, healthy foods to their diet.

VS: Why did you join the board of City Market Co-op?

WW: I've been on the board for a year-and-a-half. I love City Market. They're an economic generator for Burlington and they have a great program – Food for All – people who have food stamps get 10 percent off their bill. I really like their mission; it's a great organization to work with. It definitely stimulates parts of my brain I haven't used before. [7]

– Sky Barsch Gleiner

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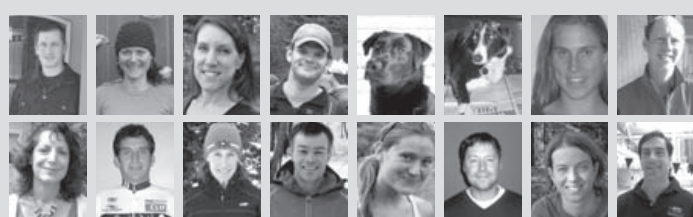
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VS: What's the best part about your job?

CW: It's the community. I get to be a part of my community by what I do through programming and staff. That's definitely the part I love the best. I am incredibly fortunate that I love what I do for work.

VS: Why do you think it's important for a city/town to have a recreation department?

CW: I have a great quote that I keep above my computer that says, "The measure of a community's social and mental health is its recreation department." We provide leisure opportunities for youth and adults. Play is so important for your mind and your body regardless of your age, plus it is a way for the community to connect. We are fortunate to have a healthy scholarship line plus an additional scholarship fund in the community called the Evelyn K Bartenstein Fund that makes it so that any city child who wants to participate in a program has the opportunity regardless of his or her finances.

VS: If you could add any program to your department – with an unlimited budget – what would it be?

CW: This answer doesn't have all the details figured out, but I have always wished I could run a wellness program that picks up youth around the city and takes them to parks for physical activity in a non-threatening manner for no cost. Transportation is an issue for a lot of families. We would encourage parents to join us and I'd have all the enthusiastic, dedicated staff I'd need every day to offer a variety of physical activity options at the park, and hopefully someday at our renovated community center at Giorgetti Park. This park would give us access to an indoor gym, trails, open playing fields, ice arena, and a skate park. The key is great staff who would motivate the kids and adults so that they wanted to come as many days as possible. The bus would also be able to run throughout the city and pick up kids for practices and games so that they could fully participate in our leagues, even if a parent is not able to get them to practice.

READER ATHLETE



CINDI WIGHT

Age: 42

Residence: Rutland

Family: Husband, Keith, and three children: Josh, 15; Molly, 13; Emily, 11

Occupation: Rutland Recreation Director

Primary sport: Ice Hockey

VS: What's one of Rutland's best-kept outdoors secrets?

CW: What Rutland has that's unique is everything is within a 15-minute drive. In Burlington, you can't drive 15 minutes and be on the slopes. Here, we can be on the slopes, we can be in the lakes, we can be on world-class mountain bike trails, we can be hiking on the Long Trail. That's the best kept secret of Rutland – we have access to everything.

VS: How did you get introduced to ice hockey?

CW: When we first moved to Middlebury in January 2000, I was working at a fitness center, and someone was putting a poster up – she was looking for women-only hockey games. I talked to some people who I played basketball with about hockey, and they said I should give it a try. Someone lent me equipment and I bought skates – I figured I could always use the skates even if I didn't like the sport – and all it took was one time. I was definitely using the pads for controlling the fall and the boards for stopping. But one thing about ice hockey, it's incredibly addictive. I warn the adults I coach, I tell them, "This is a highly addictive sport, you're going to love it." And the cool thing about women in hockey is a lot of women start as adults so it's not something that's hard to get into as an adult – it's not like all the other women have been playing their whole lives.

VS: How competitive is the group you play with, Rutland Cutting Edge?

CW: We're about a D-plus to C-minus kind of division. We're not a high-end team. We'll travel and play teams from Brattleboro, Manchester, Burlington, Waterbury, and a team out of Saratoga. We're competitive in that we all want to win. But we don't necessarily have the skill level. But the past two years we had a regular coach and we've actually had winning seasons. Before that, we were amazed when we would win a game.

VS: How did you become a level-four USA hockey coach?

CW: You have to take each of the levels one by one. To get certified for level four, you spend a weekend – I went to Massachusetts – and they had top-level coaches from New England and respected nutritionists, exercise experts, and the like. Then you have to follow up by writing an essay, summarizing the sessions.

VS: Who is your favorite professional hockey team?

CW: I don't do the professional thing. I like to play to much! I'm not a watcher, I like to play or I like to coach.

VS: You recently got back into triathlons. How's that going?

CW: When we were out in Washington State for nine years, I was doing triathlons. I recently started doing some

here – the sprint ones are so fun. The energy is great, there's a variety of fitness levels so there's a lot of support. I did the Lake Dunmore one this year, too, which is about double the length of a sprint triathlon. To me, exercise is all about fun, so as soon as it seems like work, I think, "I do enough work, it should be fun."

VS: What's your favorite leg?

CW: Definitely not swimming. I'm an efficient enough swimmer that I won't drown, and I get through it. I like the road biking and running the same – I enjoy both. Running I tend to do a little better. But I recently got clipless pedals, so I'm hoping that will help me improve on the bike.

VS: What athletic accomplishment are you most proud of?

CW: This is really hard to pick just one so I'll give you three. Playing on the University of Rochester Division III soccer team in 1986 and winning the National Championship; finishing my one and only marathon in (I believe) 2003; still being able to get up on a slalom water ski each summer.

VS: Do you ever have trouble finding the time to do all that you do?

CW: This summer was a challenge fitting in two swims, two weight sessions, three runs, three bikes, one hockey game, one rest day, plus keeping the house going as my husband and two girls left on a six-week road trip. I get up early and take advantage of that time and frequently use a lunch break during the peak season. I don't do well saving any exercise to the evening as I frequently have work obligations and I'm not as motivated in the evening. It helps that I have a saint for a husband who understands that I am a happier person when I exercise, and children who understand that it is just who mom is, that she can't be still. [7]

– Sky Barsch Gleiner

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THIS MONTH ON VTSPORTS.COM

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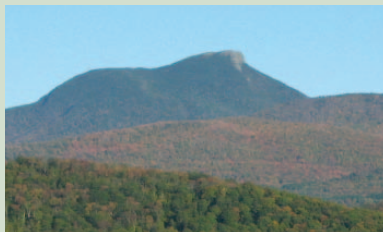
Megan Walsh of Rootwise Herbs and Skye Nacel of Mocean365 have teamed up to create a bottled energy tea called Mocean Maté (pronounced Motion Matay). The Morrisville, VT, residents started with a base of yerba maté, a stimulating plant native to South America, and infused it with an additional organic herbal blend for stamina, endurance and immune system support. To learn more about this new business and where to buy Mocean Maté, go to www.vtsports.com/articles/mocean-maté-new-made-vermont-energy-tea.



THE NORDIC GEM OF THE NORTHEAST

BY TERRY RYAN

Camels Hump Skiers Association, located on a unique mix of public and private lands in Huntington, is a small non-profit dedicated to winter recreation. It has about 35 kilometers of trails, often distinguished as the southern and northern networks. Generally, the northern trails are hillier, more challenging, and more suited to classic Nordic technique. The southern group are somewhat easier and wider, and more suited to skating technique. Read about the revival of this non-for-profit Nordic ski club at www.vtsports.com/articles/nordic-gem-northeast.



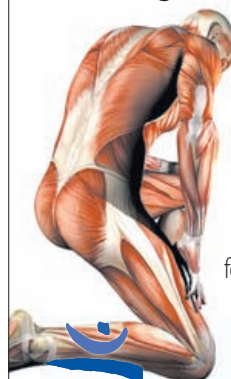
GREEN RACING PROJECT: LET IT SNOW!

BY TIM REYNOLDS

The ski trails at Craftsbury have gotten their first dusting of the season – not snow, but a thick layer of leaves that blankets the trails from water bar to water bar. Winter is on its way and it's a sure sign of transition for skiers. All the members of the Green Racing Project are busy taking care of the minutiae before the whirlwind that is the racing season sweeps us off our feet. Tim Reynolds' Green Racing Project now appears online at www.vtsports.com/articles/let-it-snow.



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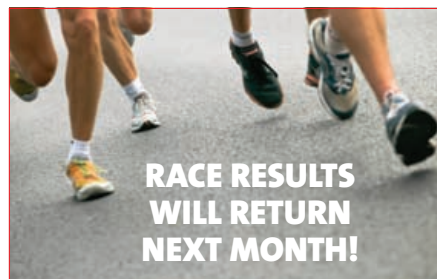


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CROSS-COUNTRY SKIING

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- 11-12 Introduction to Performance Skiing and Racing Technique, Stowe, VT, info@trappfamily.com
18-19 TD Bank Eastern Cup Series Openers: Saturday, 1.2K skate sprint, all classes; Sunday, classic mass start, 5K for J2s, 10K for women and men, Craftsbury Outdoor Center, Craftsbury, VT, www.craftsbury.com

JANUARY

- 8 Tour de Trapp (1st Annual) 40K, Trapp Family Lodge Cross-Country Center, Stowe, VT, 802-253-8511, info@trappfamily.com, www.trappfamily.com
8 Catamount Trail Association Women's Day Clinic, Trapp Family Lodge Cross-Country Center, Stowe, VT, Joanne Hanowski, jhanowski@psshift.com, www.catamounttrail.org
9 Vermont Ski Museum Antique Classic, 2.5-mile race on antique gear, Trapp Family Lodge Cross-Country Center, Stowe, VT, 802-253-8511, info@trappfamily.com, www.trappfamily.com
16 Tour de Stowe, Trapp Family Lodge Cross-Country Center to downtown Stowe, VT, 802-253-8511, info@trappfamily.com, www.trappfamily.com
23 Race to Slayton Pasture Cabin, Stowe, VT, Trapp Family Lodge Cross-Country Center, Stowe, VT, 802-253-8511, info@trappfamily.com
29 30th Annual TD Bank Craftsbury Marathon 50K/25K and 25K Tour, Craftsbury Outdoor Center, Craftsbury, VT, www.craftsbury.com, www.trappfamily.com

CYCLOCROSS

NOVEMBER

- 7 'Cross in the Glen Cyclocross Series, 10AM, Great Glen Trails, Gorham, NH, Kelly J Evans, kelly@greatglenhills.com, www.greatglenhills.com
14 20th Annual West Hill Shop Cyclocross Race & Vermont State Championships, Putney, VT, Jim Sweitzer, 802-387-5718, jim@westhillshop.com, www.westhillshop.com
14 'Cross in the Glen Cyclocross Series, 10AM, Great Glen Trails, Gorham, NH, Kelly J Evans, kelly@greatglenhills.com, www.greatglenhills.com

FIRST AID/FIRST RESPONDER

NOVEMBER

- 20-21 SOLO Wilderness First Aid, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org
20-21 SOLO Backcountry Search and Rescue Course, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org
20-21 SOLO Wilderness First Responder Recertification, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org

To have an event listed in our events calendar, your event must be posted on our website at www.vtsports.com, and you must register on the site. From the home page, click on "Events" in the navigation bar and then on the event page, click the red "Add a New Event" button on the right of the page. Follow the instructions from there and be sure to select "I wish to be an event poster." Your registration should be approved within 12 hours, usually sooner.

- 20-23 SOLO Advanced Wilderness First Aid, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org

DECEMBER

- 11-19 SOLO Wilderness First Responder Class, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org
11 EMT WILD Day, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org
11-15 Wilderness EMT Module, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.org

MISCELLANEOUS

JANUARY

- 9 Lake Morey Winterfest, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, Deb_williams@alohafoundation.org, www.alohafoundation.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

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

RUNNING

NOVEMBER

- 7 Racevermont.com Half-Marathon (Fall), Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
20 Castleton State College Turkey Trot, Castleton, VT, Steven Hagemann, steven.hagemann@castleton.edu



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34th ANNUAL MIDDLEBURY TURKEY TROT SUNDAY-November 21, 2010

5 km and 10 km Races

Medals to Male/Female Race Winners
Draw Prizes - 30 turkeys (and passes, certificates)
Race Gift for each runner

Check-in Registration:

10-11:30am - Municipal Gym
94 Main St. Middlebury

More info and forms: Tom Anderson
802-388-8100 x 205

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CALENDAR OF EVENTS

- 20 Westford Turkey Trot 10K Run, 2-Mile Walk/Run and 50-yard Dash (ages 5 and under), 10AM, Westford, VT, Peg Rodgers, 802-878-2902, rogerswsc@myfairpoint.net
- 25 Barton's 9th Annual Thanksgiving Day Turkey Trot, 9AM, Barton Memorial Building, Barton, VT, Robin Robitaille, 802-525-3689, runnek@myfairpoint.net
- 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

JANUARY

- 1 First Run Burlington 5K & Kids' Half-Mile Fun Run, Memorial Auditorium, Burlington, VT, Joe Connelly, 802-863-8412, joe@runvermont.org, www.runvermont.org

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, lffreeman@firstinfitness.com, www.firstinfitness.com

Tuesdays, 5:15 PM, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT

Wednesdays, 6PM, Hard'ack 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

Thursdays, 5:30PM, Skirack Trail Runs at Red Rocks Park, Burlington, VT, Will Skolochenko, 802-658-3313

Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, rameyj2001@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

NOVEMBER

- 6 Onion River Sports Nordic Ski & Snowshoe Swap, Montpelier, VT, 802-229-9409, thefolks@onionriver.com, www.onionriver.com

SNOWSHOEING

JANUARY

- 29 Tubbs Romp to Stomp Out Breast Cancer Snowshoe Series, Stratton, VT, romptostomp@tubbssnowshoes.com

SWIMMING

ONGOING

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., 6-7AM, Edge Swim Club practice, Age Group Teams, 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



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David Edson, PT

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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 Jeannee Wainscott, PA-C, ATC

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November 6, 2010, 9am

Montpelier High School
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Kids Fun Run at FirstRun

January 1, 2011, 10:30am

Memorial Auditorium,
250 Main Street, Burlington

½ mile Fun Run

9:30am race day registration,
or register online beginning 11/24

Costumes encouraged!

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Complete details at www.RunVermont.org  RunVermont

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Thursday, November 25 at 11 am

Race day registration at
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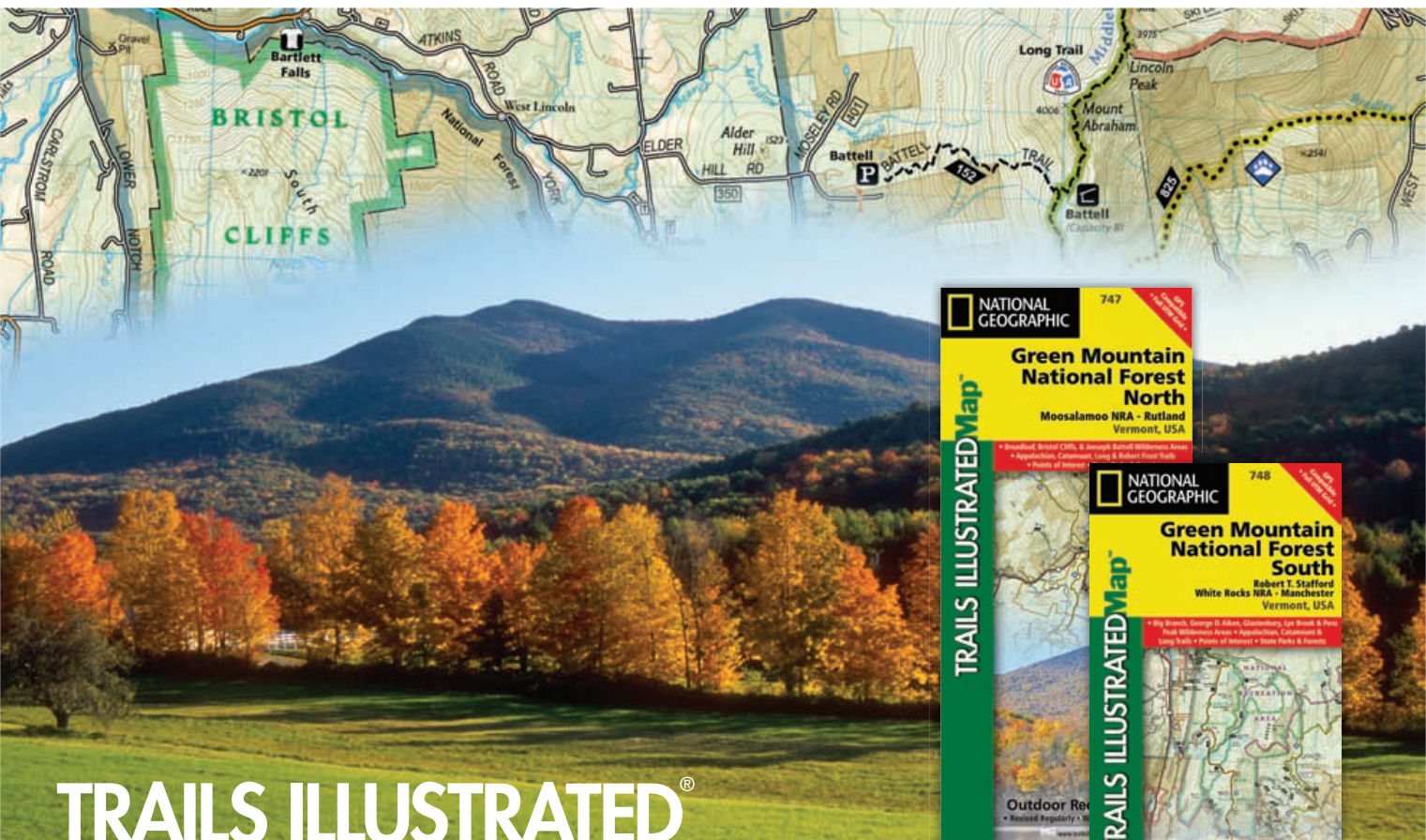
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