

# VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



DECEMBER 2010  
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# CONTENTS

## 8 Best Lift Ticket Deals

## 10-11 Backcountry Skiing the Mild Side

## 12-13 Extreme Sugarbush

## 16-18 Vermont Sports Annual Holiday Gift Guide

## 19 Skida Hats

## 20 AT and Telemark Boots and Bindings

### DEPARTMENTS

**4 Editor Commentary**  
Wildlife Spotting

**4 Out & About**  
Anticipating an  
Exciting Nordic Season

**5 Retail Junkie Superstar**  
Fighting Maturity  
Since 1973

**6 Sports Medicine**  
Ice Is Nice

**7 18 & Under**  
Gabe's Semester in Ecuador

**22-23 Reader Athletes**  
Hannah Kearney and  
Michael Damata

**24-26 Race Results**

**26 Vermont Sports  
Business Directory**

**28-30 Race Results**

**On the cover:** Sarah Schlein of Norwich, VT, a UVM medical student graduate, enjoying a powder day in the backcountry of Mansfield State Forest.  
Photo by Peter Wadsworth.

## THIS MONTH ON VTSports.COM

### TRAIL AWARDS



Each year, the Vermont Trails & Greenways Council honors those who have made significant contributions toward the establishment and improvement of land and water-based trails. Find out who won awards such as Project of the Year Award, the Community Enhancement Award, and the Muddy Boots Award at [www.vtsports.com/articles/trail-awards](http://www.vtsports.com/articles/trail-awards)

### CROSS-COUNTRY SKIING IN ITALY'S MARTELL VALLEY

BY JUSTIN BECKWITH



A Nordic ski coach from the Green Mountain Valley School in Waitsfield, VT, finds that rollerskiing up the Martell Valley in Italy's Sud Tirol Region becomes a Zen-like experience. Read about Beckwith's account of training in Italy with his GMVS team at [www.vtsports.com/articles/cross-country-skiing-italy-s-martell-valley](http://www.vtsports.com/articles/cross-country-skiing-italy-s-martell-valley).

### GREEN RACING PROJECT—LETTER FROM FINLAND

BY TIM REYNOLDS



Tim writes from Muonio, Finland, where he's training with Craftsbury's Green Racing Team. They started skiing October 26, on snow leftover from last year. Read the entire letter at [www.vtsports.com/articles/letter-finland](http://www.vtsports.com/articles/letter-finland).

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**EDITOR  
COMMENTARY  
BY  
KATE CARTER**

## WILDLIFE SPOTTINGS

Last month's column by John Morton, "A Wildlife Bonanza," got me thinking about the wildlife I've seen in my 20-some years in Vermont. During my time in the woods hiking, mountain biking, snowshoeing, and cross-country skiing, I have seen plenty of critters, from mice to moose and everything in between. I am intrigued by wild animals, and when I see them in their natural habitat I'm always left with the feeling that I truly am just a visitor on this earth, passing through on my journey to the mysterious unknown.

Once, while skiing down the Haul Road at Trapps, as I approached the junction of the Hareline trail, I saw, appropriately enough, a snowshoe hare. I wasn't as startled by his presence as I was by his size. He, or she, I have no idea which, was huge, with ears like canoe paddles. I must have appeared to him/her a ghastly creature with four long, very narrow appendages, and he/she rose up, turned tail, and bounded off into the woods. Now I know

where the term "high-tailed it outta there" comes from.

Another time, on Timber Lane at the Mansfield Touring Center, I skied right past Lefty the resident moose. The shot of adrenaline I got when I realized how close I was to Vermont's largest animal caused me to high-tail it outta there and I flew down the trail like Bjorn Daehlie sprinting for the finish at the Albertville Olympics.

In the late 90s, while mountain biking in Southern Vermont, I came upon a black bear and her two cubs. All critters promptly scattered, but none as fast as I. It's really amazing what adrenaline can do for you.

One misty fall evening, I experienced a double-hitter. I was mountain biking through Little River State Park with my friend Jeannette. We came around a corner and saw a bear just as he, or she, another sexual unknown, saw us, turned, and ambled into the woods, tail low to the ground, obviously not all that impressed

by our presence. About 20 minutes later, we came around another corner and there stood a moose in the middle of the road. She, obviously a she, didn't change her pace, and simply kept her course. We stopped and watched, and when the coast was clear, continued on, marveling at the unlikely chance of seeing a bear and a moose in one evening.

In the Northeast Kingdom I watched a fisher chase a rabbit. Though the rabbit didn't stand a chance, he/she used cunning and evasive tactics to escape. I did not stick around to see how it ended, but I knew it was a classic example of nature at work.

I've never seen a catamount or a bob cat, and I sure would love to. I've seen foxes, coyotes, snapping turtles, an otter, hawks, a bald eagle, loons, and scarlet tanagers. So how could it be that I'd never seen an owl? I've heard them hoo-hooting back and forth at 3 a.m., but I'd never actually seen one. Until last week.

I was walking my dog on the rec path in Shelburne Bay, when Phoebe ran into the woods, stopped at the base of a tree, and growled. All I could think was "Pork!!" and called her to me. Good girl that she is, she came promptly, and that was when I glanced up and saw the owl perched high in the tree. We observed each other for awhile and I memorized its features and

marking. When I got home I looked up owls in my *Sibley Guide to Birds* book and decided it was a barred owl. The barred owl, with its big circles around its eyes, looks similar to the spotted owl, which lives in Mexico, and therefore was clearly not the owl I had spotted.

Seeing animals in Vermont's backcountry is certainly, for me, a fringe benefit of living here. I hope that as our state's population grows, the animals don't feel pressured to leave. It just wouldn't feel the same, walking, hiking, or skiing through a forest that animals had abandoned.

## VERMONT SPORTS GOES GREENER

Starting with this issue, *Vermont Sports* is now being printed by the Concord Monitor, in Concord, NH. Out of numerous printing companies we considered, the deciding factor that tipped the scales in favor of the *Monitor* is their green business ethics. We are happy that *Vermont Sports* is now being printed on recycled newsprint, using water-based inks. ☑

—Kate Carter



**OUT &  
ABOUT  
BY  
JOHN MORTON**

## ANTICIPATING AN EXCITING NORDIC SEASON

This winter should be a "barn burner" for Nordic skiing enthusiasts here in the Northeast. By nature, skiers are more likely to participate than to spectate, and thanks to NENSA, the New England Nordic Ski Association, there are more events throughout the winter than ever before. But even devoted citizen racers will give up a day or two of training to watch the world's best competitors if they happen to be racing in the neighborhood. This winter will provide several exciting opportunities.

The first chance to see future Olympians in our own back yard will be the World Junior Biathlon Trials, held at the

Vermont National Guard's Ethan Allen Range in Jericho, VT. During the final four days of 2010, America's top biathletes under age 21 will be skiing and shooting for the chance to represent the USA at the World Junior Championships in Nove Mesto, Czech Republic. Our junior program has been improving, and it is likely that at least a couple of the athletes competing in Jericho will be serious contenders for the Sochi Winter Olympic Team in three years.

2011 begins with the U.S. Cross-Country National Championships at Black Mountain in Rumford, ME, January 2-8. The Chisholm Ski Club has a

long and impressive history of developing world-class Nordic racers and holding first-class competitions. Recent improvements to their impressive lodge, the start/finish stadium, the team waxing rooms, and the parking area promise to make the 2011 Nationals even better than previous major events hosted at Black Mountain. The schedule will include a variety of distances and starting formats in both skating and classic techniques. Because of the relatively short race loops which frequently return to the stadium, Black Mountain is a terrific venue at which to see America's best cross-country skiers vying for the coveted title of National Champion.

In February, the world comes to Aroostook County, ME. On the first weekend of the month, athletes from more than 20 nations will compete in the seventh World Cup of the season at the Nordic Heritage Center in Presque Isle. Many of the athletes who competed in last winter's Vancouver Olympic Games will descend upon Northern Maine for three weeks of racing and training. Hundreds of local volunteers will conduct the events and make the international visitors feel welcome. School children throughout the region have been studying the participating nations and will be cheering for foreign athletes whom they have been following on the internet.


The third week in February, Biathlon World Cup number eight takes place in Fort Kent, ME, host of a very successful, similar event back in 2004. Biathlon is among the most popular televised sports in Europe, typically drawing audiences comparable to Monday Night Football here in America. Last winter, American Tim Burke achieved a breakthrough by garnering enough points in the early World Cup events to wear the coveted yellow jersey, a distinction awarded to the

current World Cup leader. Never before in Nordic skiing had an American achieved that stature. It will be especially exciting to watch Tim and his teammates competing on their home turf.

For a change of pace from the national and international scene, during the final weekend in February, I recommend traveling to Middlebury College's Ricketts Ski Touring Center at the Breadloaf campus in Ripton, VT, for the Bill Koch League Festival. Named in honor of '76 Olympic silver medalist Bill Koch, who grew up in Guilford, VT, the annual BKL Festival is a joyful celebration of youthful exuberance on snow. You'll see the entire spectrum, from tiny Michelin men shuffling along in puffy snowsuits to lycra-clad middle schoolers who flash across the fields with flawless technique.

Finally, the second week in March, the University of Vermont hosts the Nordic events of the 2011 NCAA Championships at the Trapp Family Lodge in Stowe. The competitions will feature a new race course that not only meets international standards, but also provides significantly better viewing opportunities for spectators, while at the same time eliminating inconveniences for recreational skiers. In recent years, athletes from eastern and mid-western colleges have shown progress against the traditionally powerful universities from the Rocky Mountains and Alaska, who recruit many of their top athletes from Europe. If you can't make it to the Biathlon World Cups in northern Maine, you can experience a taste of the international flavor at the NCAA's in Stowe. ☑

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](http://www.mortontrails.com).



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# FIGHTING MATURITY SINCE 1973

I was driving home after work through the Bolton flats corridor recently on a golden, sun-soaked late fall evening, flipping through the radio stations, trying to find a decent song to unwind to after a day that had wound me up. At 5:15 in central Vermont, finding a listenable tune isn't always easy, and this particular evening was no exception. After scanning through the frequencies for a few minutes, dodging car commercials and mindless DJ babble, I settled on a classic rock station that had just started a commercial-free block of golden, guitar-soaked classic rock.

*American Girl* by Tom Petty and the Heartbreakers came on. Even though I've heard that song so many times I can sing it backwards in French while standing on my head, and I don't even speak French, it was better than *Free Bird*. I turned up the volume and set the cruise control. With that familiar opening riff blasting through my factory speakers, I settled into the drive home and got ready to sing along. Halfway through the song, during Mike Campbell's guitar solo, I was feeling better, and when looking around, I noticed that the trees, which a week earlier were still brightly colored, had all turned to goldenrod, burnt orange, and rust. The lush green summer coat was a faint memory; it was the final stand of this year's leaves, before fading into a flat, dull hue, while clinging desperately to their branches before detach-

ing and falling to the ground. Winter was about to move in.

Before I knew it, I was on my way back to work the next morning, drinking coffee and listening to VPR. During the *Writer's Almanac*, I looked around and noticed a totally different scene in the valley from the prior evening. The sky was gray, the fog was low, and it was raining. The temperature was hovering in the mid-thirties. A storm had settled in overnight, and according to the Eye on the Sky weather report, snow had fallen in the higher elevations. Although I couldn't see through the thick valley fog, the rust colored treetops were now covered with a white frosting.

Snow in the mountains means that without a doubt, some folks made their first turns of the season. I wasn't one of them, but I was sure that a few of my favorite fellow coworkers were. As it turns out, I was right. Bart, Philip, Land Beaver, and Trimtram all made it out for early morning "dawn patrol." When I got to work, they were all exuberant when relaying the story. Sure it was raining at the bottom, but it was sick! Sure only the top of the mountain had snow, but it was sick! Sure there was only a feeble layer of wet slop covering loose rocks, fallen rust-colored leaves, and dirt, but it was sick! That is the kind of unbridled enthusiasm ski shops need. I'm glad we have someone to perpetuate it.

There was a time, not too long ago it

seems, when I would have been up there with them. I would have waxed my rock skis the night before. I would have set my alarm clock for 4 a.m. I would have immediately jumped out of bed when it went off. But these days, alas, it is a different story. I may set my alarm with every intention of getting out of bed at four in the morning, but as soon as it goes off, I immediately kill it and go right back to sleep. It's a shame, I know.

So what happened to my unbridled enthusiasm? When did I lose my desire to get up at four in the morning, trek out in the rain, hike a mountain only to ski the top half, then hike to the bottom and go to work? I wish I knew. Concerning getting up at four in the morning, here is how a typical conversation with Bart goes:

Bart: "It's supposed to snow tonight. If there's enough, we're meeting at Mad River at 5 a.m. Wanna come?"

Me: "Yeah, maybe. How much is enough?"

Bart: "An inch or two. You know, enough to slide on. But they're saying it may snow up to five inches! Sick!"

Me: "5 a.m. you say? Sounds great! There is a 100-percent chance I'll be there. But there's only a 50-percent chance of that, so if it's 5:01 a.m. and I haven't showed up, don't wait for me."

My unbridled lack of enthusiasm might have something to do with that Tom Petty song. Back when I had a lot

## RETAIL JUNKIE SUPERSTAR BY RYAN JAMES LECLERC



more enthusiasm, if any classic rock song came on the radio, I immediately turned it off. This was back in the nineties and 2K, when I was listening to modern music and couldn't bear to listen to any dinosaur rock. Nowadays however, I'm not only listening to classic rock again, I'm turning it up. And I'm listening to the *Writer's Almanac* on VPR and turning that up too, although not because I enjoy Garrison Keelor's voice at a loud volume, but because my hearing is starting to go. Yes, I'm getting older, that is a fact, but I also may finally be growing up. I've been fighting maturity since 1973 and have been winning, but now perhaps, I'm losing. But I'm not ready to throw my hands up just yet, so the next time my alarm goes off at four in the morning, I'm getting up. It'll be sick! ☞

*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 Mckaylyn. You can reach him at ryanleclerc@hotmail.com.*

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**SPORTS  
MEDICINE**  
BY  
PETER LOESCHER, MD

## ICE IS NICE

I spend a healthy portion of my working life thinking about, talking about, and treating patients with inflammation. I see athletes of all shapes, sizes, ages, genders, and abilities in my office, and most of them come to see me because something hurts. Usually the pain they are feeling is due, at least in part, to inflammation. The inflammation may be from an acute injury, or it may be chronic and longstanding. Whatever the underlying cause, inflammation tends to cause pain and swelling, and can take much of the joy out of training, sports, recreation, and daily activities, and can even make it hard to sleep restfully.

When I ask patients what they have tried to help ease their pain, I am constantly amazed at how few have done any regular, systematic icing of their injured areas. I also find that of those who are using ice therapy, many are using ice incorrectly, and either not getting maximum benefit from it, or actually doing harm with their techniques. This, then, is a brief tutorial on when to ice, how to ice, and what to ice (and what not to ice).

Ice therapy (or cryotherapy) decreases swelling and inflammation after injury to body tissue. It is beautiful and elegant in its simplicity—it is inexpen-

sive, safe, and effective for treating inflammatory pain. When done correctly, it is side-effect free, and it can speed recovery from injury. It should be used after acute injury to muscle, tendon, ligament, or bone. It is also effective for chronic conditions like osteoarthritis, and should be used after activity or at the end of the day when arthritic pain is high.

Ice therapy works by limiting blood flow to the area being iced. The body recognizes areas of injury through a complex array of chemical signals, and responds by increasing blood flow to the injured area. At the same time, blood vessels become dilated and more permeable, allowing inflammatory cells to exit the vessel and release chemicals to begin the healing process. This process creates both swelling and pain. The pain comes in part from the swelling, and in part from the chemicals themselves. The pain from inflammation has an important function—it tells the brain that we are injured and to rest the area until better. So why should we want to impede this important process from doing its thing? Shouldn't we rather promote inflammation so as to expedite healing?

The truth is, after acute injury such as an ankle sprain, there is plenty of bleeding and inflammatory response

to promote healing, with or without icing. Long term healing will not be compromised, and short term relief will be greatly enhanced, if ice therapy is employed quickly and frequently after injury. For chronic conditions, daily inflammation is actually unhealthy and damages tissue. In osteoarthritis, inflammation softens joint cartilage and speeds up the rate of wear and tear and joint breakdown. If a tendon is chronically inflamed, as in rotator cuff or Achilles tendinosis or tennis elbow, the injured tendon will lose elasticity, become scarred, thickened, weakened, and prone to rupture. Daily icing will not only decrease pain, but will decrease the severity of these negative effects of inflammation.

Icing should be done in 10-minute intervals. Exceeding 10 minutes of continuous icing will not only put the ice at risk for skin injury (frostbite), but it will be counterproductive. Small nerves tell blood vessels when to dilate and when to constrict. Cold therapy sends a signal to nerves which causes vasoconstriction, decreasing blood flow to the area being iced. After 10 minutes, however, the icing causes the nerves to become sluggish, and the blood vessels open up again and blood flow is actually increased. Vessel permeability is also increased, and swelling and pain will actually get worse. Ten minutes on, thirty minutes off is a good rule to follow for ice therapy.

Immersion therapy is a great technique for icing—a bucket of ice water or cold plunge will effectively cool any immersed body part. Depending on the body part in need, this technique is not always convenient. Ice massage is an easy alternative. A Styrofoam cup full of ice makes a nice tool for this. A plain ice cube or ice chunk will work in a pinch. In the winter, I like a Ziploc bag

full of snow. Keep two ziplocs and an ace bandage handy, and you will always be ready for your cryotherapy. Commercial gel packs are handy, but can get very cold (colder than ice), so beware of frostbite, especially if gel leaks out of the package. A moist cloth between the gel pack and skin is protective (a dry cloth will be insulating and will limit cold transmission to skin).

Ice therapy should be applied ASAP after an acute injury. It should be continued in 10 minute increments with 30 minutes in between several times per day for at least 72 hours. For chronic conditions, ice after activity or workout, and again before dinner or bed—two or three 10-minute ice sessions per day are ideal. Athletes should not ice before training or playing. This will increase stiffness and risk of further injury. A general rule of thumb—heat before play, and ice after.

One caveat—for chronic back and neck pain—whatever the cause, ice tends to be counterproductive. Heat is generally much more helpful and therapeutic for chronic pain and stiffness in the back and neck. Acute lifting injuries and muscular strains of the back may be helped by icing, although often the injured tissue is too deep to realize much benefit from icing the overlying skin.

So get prepared for the great winter sports season. Do your strength work, build your cardiovascular base, work on your balance and flexibility, cross train and enjoy every minute of the outdoor activity and exercise that our Green and White Mountains and snow-filled winters provide. But if injury befalls you this year, remember to utilize the oldest, safest, cheapest, and best treatment that there is—apply snow or ice to affected area twice an hour, and if still sore, call me in the morning... [7]

**Josh Kahan. Father, computer company owner, Ironman**

### Josh avoided surgery and got back to competing



Josh Kahan had just three miles left to run in an Ironman triathlon being held under the hot Kentucky sun when he ruptured two tendons in one ankle. Normally, surgery would be the solution, but his Sharon Health Center sports medicine provider offered new hope—platelet-rich plasma therapy (PRP).

PRP is simple injections of the healing components of your own blood into injured joints. Two PRP treatments later and Josh was back to racing. He did two half-Ironmans and two full Ironmans last year, and planned to do the same this year—pain-free. “I’m ecstatic,” says Josh. “To me, it’s been an incredibly positive experience. It saved my season.”

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Peter Loescher is a board-certified family practitioner and sports medicine physician at the Sharon Health Center in Sharon, VT, an affiliate of Gifford Medical Center. He completed a residency in family practice at Dartmouth Hitchcock Medical Center and a fellowship in sports medicine at the University of Oklahoma and Eastern Oklahoma Orthopedic Center, Tulsa. He is the sports medicine director at The Cardigan Mountain School and provides medical coverage at many local athletic events. When not at the office, he can be found running, biking, and skiing the byways and trails of northern New England. You can reach him at [PLoescher@giffordmed.org](mailto:PLoescher@giffordmed.org).

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# GABE'S SEMESTER IN ECUADOR

18 & UNDER  
BY  
CHRIS KELLER



In many respects, Gabe Allen is a typical 16-year-old guy. He plays on his school's soccer team, has been involved in theatrical productions, and plays trombone in a jazz band, all run-of-the-mill activities for kid his age. But when the year comes to a close, the junior at Montpelier High School will have one thing on his resume that most teenagers lack—a semester mountaineering and whitewater rafting in Ecuador.

While his peers are spending their days cooped up in classrooms, Gabe is trekking through Amazonian jungles, climbing peaks in the Andean Highlands, and receiving an eclectic education in topics ranging from knife making to the healing properties of herbs. The five-month trip is sponsored by Kroka Expeditions, a wilderness education program based in New England, and is divided into two parts. The first few weeks are spent on a farm in Marlow, NH, where the students camp outdoors and learn how to live sustainably. The remainder of the trip is spent in South America, where the group learns about indigenous culture and culminates their trip with an attempt to summit Mount

Cotopaxi, the world's largest active volcano.

"Gabe had done a couple summer programs with Kroka before, which included rock climbing in the Adirondacks and saltwater canoeing in Maine," Stephanie Allen says of her son's inspiration for enrolling in the semester abroad. "I think he also wanted to do something more challenging," she adds. "He wanted to see the world and have an adventure."

A look at the trip's blog proves that he got just that. Along with 12 other eager teens, Gabe inaugurated his semester of independence on Kroka's bucolic 75-acre property in Marlow. Besides waking up at 5 a.m. for early-morning jogs and completing a variety of chores, the group spent the first few weeks taking classes on topics such as succession-based forestry and touring local farms, where they sampled homegrown local food. In between their preparations for the trip to Ecuador, the young adventure-seekers satiated their thrill-seeking desires by mountain biking, rock climbing, and navigating class four rapids on the Deerfield River.

As leaves started to cover the ground and the season's first frosts signaled the impending arrival of winter, the Kroka team left the cold New England weather behind for Ecuador's tropical climate. Their first weeks were spent touring indigenous communities, learning about Latin American culture, and doing work projects in rural villages. During this time, the kids also got a taste of the land's challenging terrain. Among the excursions they undertook were 14-mile hikes through the jungle, cata-rafting down the headwaters of the Napo River, and ascending the 13,000-foot Mount Paschoa. Gabe himself probably summarized the ruggedness of the group's travels best. In a letter to his parents, he wrote, "I'm sitting here in a hut in Ecuador after hiking for a few days. It feels like a five-star hotel."

The summit of Mount Cotopaxi will mark the culmination of the group's immersion in Ecuadorian culture. Although the colossal peak, standing nearly 20,000 feet high, represents a formidable challenge, the teenagers' most difficult task might be their attempt to climb Antisana, another peak in the

Andean highlands. Ecuador's fifth-highest volcano at 18,875 feet, Antisana is widely regarded as one of the country's most technically challenging climbs. The group will undergo mountaineering schooling before they ascend the peak to give them the skills necessary to complete their journey.

Gabe has always had an intimate relationship with the outdoors, says his mother. "He's really a very skilled camper. He can go out and start a fire in any conditions without matches and those kinds of things," she says. "The confidence of being able to take care of himself outside of civilized life has been really important to him."

An adventure-filled semester in a foreign country certainly proves that. □

*Chris Keller is a senior at Montpelier High School. He runs cross-country and track & field and is a member of his school's outdoor club. By writing this column, he hopes to share with you stories about teenagers who take their passion for the outdoors to another level. If you have any ideas for potential candidates for this column, feel free to email him at [keller@mpsvt.org](mailto:keller@mpsvt.org).*

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# VERMONT'S BEST LIFT TICKET DEALS

BY PAUL McMORRIS

## BOLTON VALLEY

If you're currently a bona fide college student, you can score a Triple Major College Pass—valid for the season at Bolton, Jay Peak, and Mad River Glen for \$399. If college days are a distant blur, your best bet for a deal here is to purchase Bolton tickets online at [liftopia.com](http://liftopia.com), at up to 63 percent off the rack rate. Flamboyant types can dress up in full Santa regalia on December 19 to ski and ride for free.

## BROMLEY

If you plan to ski here more than once, but not enough days to justify a season pass, their \$69 Sun Mountain Club Card is the best deal. The card is good for one lift ticket and \$10 off additional tickets (for the cardholder) purchased throughout the season. Tuesdays are \$49 lift and full sit-down lunch days, while Fridays are for families. Every adult who purchases a ticket on Fridays can purchase up to three junior tickets for only \$15 each.

## BURKE MOUNTAIN

There's a \$45 Vermont resident full day and \$20 Sunday afternoon rate in effect here. Their other good deal is the \$69 Kingdom Sampler Card, which includes one lift ticket, one XC trail pass, one summer trail pass, one night campsite rental, and 10 percent discounts at their campground, Tamarack Grill and the Carriage Motel. Oh, and if you have Canadian dollars in your wallet, Burke accepts them at par; but don't try to pay for a Vermonter ticket with loonies.

## JAY PEAK

This year the daily lift ticket rate for Vermont and Clinton County, NY, residents and valid season pass holders

from other mountains is \$49. If you don't make the residency criteria, how does a 581 Card work for you? In exchange for \$99, card holders get one lift ticket and the ability to purchase subsequent tickets for only \$50. Dependents' cards for the kids are only \$5 each.

## KILLINGTON

Skip the ticket booth and head directly to the lifts with a \$79 Express Card. Your linked credit card is charged the discount rate of \$39.50 midweek/\$63 weekends. Interested in free ski and ride lessons this season? Killington's the place to go beginning with December 10 followed by World Snowboard Day on the 19th. Just call 800-923-9444 for reservations and you're set. During January, if you purchase a lift ticket, the friend you bring along gets a free lesson with a reservation. Vermont/NH resident days, tentatively will return on Tuesdays and Wednesdays—call before you go for the latest details.

## MAD RIVER GLEN

Purchase their \$139 Mad Card by December 15 in exchange for three transferable any day lift tickets, two for the price of one person lessons and get \$5 off additional lift tickets purchased (max one per day). January 25, the last Tuesday in January, is their annual \$3.50 Roll-Back-the-Clock lift ticket day.

## MIDDLEBURY COLLEGE SNOW BOWL

For \$30 midweek and \$44 weekends/holidays, this is once again the best everyday lift ticket value in the state—no cards, costumes, or online pre-purchase required.

As usual, Vermont ski areas are serving up a smorgasbord of lift ticket deals and discount days this season. Keep in mind, as you peruse these tempting cash-saving offers, they are valid during non-holiday periods and are subject to change. Always check your resort of choice's website or information line before heading out to take advantage of a discount day. Many resorts are now offering website-only weekly specials and substantial discounts for pre-purchasing tickets online. Here are a few of the best ones out there this season:

## MONT SUTTON

Okay, this Eastern Townships area is not in Vermont but it's close enough to literally walk across the border to ski; and they are running a five dollar lift ticket 50th Anniversary Day on December 17. That's five dollars Canadian!

## MOUNT SNOW

Pick up their \$79 FANfare Card before hitting the slopes to save 50 percent midweek, 25 percent on the weekends, and 10 percent during holiday periods. On a daily basis, online ticket buyers save five percent. And don't forget May 28, that's right May 28, for a free Peace Pipe Jam on the hoarded snow piles leftover from the winter months at Carinthia.

## OKEMO

There's plenty of action here for the budget-minded, beginning with free learn-to-ski/ride packages November 29 through December 24. Equipment rental, beginner lesson, and lower mountain lift ticket are absolutely free, but participants must call for reservations: 802-228-1600.

Everyday lift access is free for the first hour of every day and all surface carpet lifts are free, all the time. Off-price ticket days include a number of offerings. December 19 is Okemo Cares and Shares Food Drive Day. Bring at least three non-perishable food items and purchase a ticket for only \$35. Tuesdays are \$39 Ladies' Days. Tickets must be purchased online 48 hours in advance. Wednesdays are \$39 VT/NH resident days. Thursdays are \$39 buy-tickets-online days, again 48 hours in advance. February 7 is for football fans. Pay the combined score of both teams in the Super Bowl; low score equals a



great ticket deal. April 1 is Fools Food Drive Day. Bring three non-perishable food times and buy a lift ticket for just \$10.

## STOWE

For a deal here, your best bet is to visit [liftopia.com](http://liftopia.com) for an opportunity to purchase a lift ticket at up to 16 percent off retail. Their \$75 Stowe Points Card permits holders to buy daily tickets for \$63, accumulates points for purchases at the mountain, and is redeemable for free lift tickets and a variety of discounts.

## STRATTON

Their direct-to-lift \$69 X2 Card is back, which offers \$30 off midweek tickets, \$20 off weekends tickets, \$10 off holiday tickets, and the first day is on the house.

## SUGARBUSH

Again, it's another spring-for-a-card deal in order to purchase discount tickets. In this case, the Sugar Direct Card is \$99 in exchange for one free lift ticket, 25 percent off midweek and 20 percent weekend tickets, as well as various discounts around the mountain.

## SUICIDE SIX

Consider Tuesdays here for a "two fer" lift ticket special. If you're in college or the military, ask for your price special at the ticket window. ☐

*Paul Morris 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](mailto:Paul.McMorris@valley.net).*

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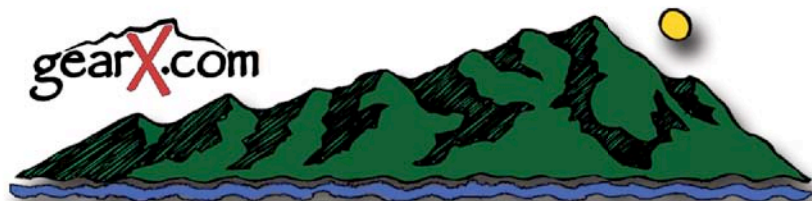
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# Backcountry Skiing the Mild Side

TEXT AND PHOTOS BY DAVID GOODMAN

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I will travel far in search of a great steep backcountry powder run. But I also love a day of going fast and light in the backcountry. Using lighter gear and moving effortlessly over rolling terrain makes me feel like I'm flying through the mountains. And there's no better place for ski touring on the mild side than the central and southern Green Mountains.

Here are a few of my favorite moderate ski tours in the Greens. These are perfect for skiers who are just getting started backcountry skiing, or for skiers who just enjoy skiing (mostly) ungroomed snow in the mountains without big climbs and descents.

For more details on these and other tours, see my new book, *Best Backcountry Skiing in the Northeast: 50 Classic Ski Tours in New England and New York*, published by AMC Books ([www.backcountryskiing.info](http://www.backcountryskiing.info)).

### ROOT BEER RIDGE

Root Beer Ridge lies in the heart of the Green Mountain National Forest, just outside the picturesque village of Weston. It travels through a beautiful forest that teems with life. I've come across snowshoe hare bounding across the trail in front of me, the deep tracks of a moose that continually criss-crossed our ski tracks, and I've seen bear scratchings on numerous trees high on the ridge. I was just one more creature probing the forest, exploring and enjoying this intimate landscape.

The Root Beer Ridge Trail was the inspiration of Stanton Allaben, who founded the Viking Nordic Center in nearby Londonderry in 1970. American cross-country skiing was in its infancy, and Allaben, together with his twin brother, Lee, decided to open some ski trails around Londonderry. The brothers gave the trails colors instead of names, and put out a coffee can for donations. As the Viking Nordic Center website recounts, "Given that it was the early '70s, they didn't get much money but did get a few marijuana joints."

Allaben also loved to venture into the backcountry. He was an ardent conservationist and headed the local chapter of the Sierra Club in the 1970s. He told me that he didn't see any contradiction between his different skiing pursuits. "I was often asked why I, as a ski touring center owner, would want to create trails on public land that could be viewed as competition," he said. "I had several reasons for doing it: I enjoyed being outdoors and finding a good route for a backcountry trail." He added, "From a political standpoint, I wanted to hold the U.S. Forest Service to their claim that they manage the forests for multiple use, not just logging. At times it was a battle."

Allaben, together with U.S. Forest Service ranger Nort Phillips, cut the Root Beer Ridge Trail around 1982. When I contacted him to inquire about the trail's history (he is now an artist living in North Carolina), he was pleasantly surprised to hear that it still existed. He said he came up with the name after a hot day of

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trail clearing, when he exclaimed to Phillips, "I sure could go for a nice cold root beer float about now!" He chuckles about the name, "We knew skiers would be perplexed about it."

From Moses Pond Road near Weston, the trail climbs steadily but comfortably to the top of Root Beer Ridge. The Peru Peak Wilderness of the Green Mountain National Forest lies beneath you. This is a fine vantage point to survey the mountain landscape of southern Vermont. You pass through birch and spruce hollows and get the distinct sensation that the forest is alive here. The ridge finally tapers off, and a gradual descent begins. There are some fun swoops; most of the downhill is long and gentle.

### MOOSALAMOO TOURS

The Moosalamoo National Recreation Area comprises 16,000 acres within the Green Mountain National Forest. The area received federal designation in 2006, driven partly by the tireless efforts of Tony Clark, owner of the Blueberry Hill Inn. Both the Long Trail and the Catamount Trail traverse this area, which is bounded on the north by VT Route 125 and on the south

by VT Route 73. With its broad lakes, open meadows, and scenic mountain ridges, Moosalamoo has a variety of ski tours to suit any winter traveler's tastes.

The Norske Trail is a backcountry ski trail that starts opposite the Middlebury College Snow Bowl and ends near the Rikert Ski Touring Center. It is a fun, gentle, four-mile downhill ski tour through a beautiful mixed forest.

One of the gems of the Catamount Trail is the four-mile section between the Rikert Ski Touring Center and the Blueberry Hill Cross-Country Ski Center. It features skiing on both backcountry and groomed trails, with a scenic midpoint at the beautiful open white expanse of the Sugar Hill Reservoir.

Finally, there is the seven-mile tour along the flanks of Romance Mountain. This tour encompasses the Halfdan Kuhnle Trail at the Blueberry Hill Cross-Country Ski Center, the highest groomed ski trail in Vermont. From Romance Clearing high on the mountain, you have beautiful views of the Green Mountains and a long, twisting descent. This is a picturesque ski tour on a high-elevation trail where you can enjoy feeling "out there" without being too far out. ¶

David Goodman's newest book, *Best Backcountry Skiing in the Northeast*, is the 20<sup>th</sup> anniversary edition of his first skiing guidebook. He writes and skis from his home in Waterbury Center, VT.



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PHOTO CREDIT: JAY BEYER



# Extreme Sugarbush

BY PETER BRONSKI



Sandy Macys for Sugarbush.

Enter the words “church” and “Vermont” into a Google image search, and chances are you’ll bring up page after page of stereotypical, iconically beautiful white-steepled houses of worship, set against the forested, rolling mountains of the Green Mountains. But die-hard skiers looking for some of the best extreme skiing the East has to offer know a different kind of church—the church, located high over the shoulder of Castlerock Peak at the Sugarbush ski area. As you ride the Heavens Gate lift, you’ll see it to your right, perched between Lincoln and Castlerock peaks.

In this context, “the church” is a 30-or-so-foot cliff with a short apron of snow before you plummet into the trees. With enough skill—or enough stupidity—(YouTube clips provide ample evidence of both) you can huck The Church, and experience the kind of in-bounds extreme skiing normally reserved for bigger mountains out West or abroad.

There are other such areas on the mountain, though the Church is the only one that’s talked about in magazines, or that locals will openly discuss. It’s just one reason SKI magazine recently rated Sugarbush #1 in the East for terrain variety. That variety

has certainly satisfied the likes of John Egan, the resort’s resident extreme skier emeritus.

## THE RESIDENT EXTREMIST

Egan came to the valley in 1976, and though he’s skied some of the biggest and baddest lines on imposing peaks all around the world, he’s chosen to call Sugarbush his home mountain. That speaks volumes. Chances are you’ve seen him in a Warren Miller flick, or a magazine, or a commercial. And on the slopes at Sugarbush.

He told me the story of a ski writer who came to

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town from Mammoth, CA. The writer simply couldn't understand how Sugarbush skiers claimed to be skiing "this radical stuff," Egan explained. Then Egan's 6-year-old son asked if he could huck off a 30-foot piece of frozen ice. The writer spun around in just enough time to see the young tike take to the air, then stomp the landing. "Then she got it," Egan says.

There's plenty of terrain to keep the likes of Egan satisfied. "The Paradise area off of Heaven's Gate," he explains, "there's so much good skiing, all steep, with some drops, either on or next to the trails. The narrow trees we have are harder skiing than some of the narrow chutes you find out West. It takes a pretty calm, cool, collected person to fly through that stuff."

Egan's favorite line on the mountain? "Castlerock lift line," he says without hesitation. It has cliff drops, and is spicy enough to keep the attention of any extreme skier. In fact, that's a major factor for why the ski run hosts the Castlerock Extreme Challenge, which is part of the Ski the East Freeride Tour.

### SLIDE BROOK BASIN

Then there's the 2,000-acre expanse separating Lincoln Peak from Mount Ellen known as Slide Brook Basin. During summer, the broad swath of mountainous, forested wilderness is off-limits as critical wildlife habitat, especially for black bears. But during winter, when the bears are hibernating, the terrain opens up to adventurous skiers.

The resort, in a sense, considers the terrain neither open nor closed. You ride the North Lynx Triple to North Lynx Peak. Make a right off the chair, and watch for an open slot in the trees on your left. A traverse leads to glade run after glade run. Most fall away into the depths of Slide Brook. Each one is tempting, and it helps to have a Sugarbush guide who knows where to go and where to score the

best snow. (Called a Slide Brook Outback Tour, they last 2.5 hours, run twice per day, and feature two guides per tour who specialize in Slide Brook.)

All routes pop out onto German Flats Road, where you can flag down the Mad Bus, a Mad River Valley shuttle, and catch a free ride back to the main Lincoln Peak base area. Unless you ski Slide Brook as I did, during "shoulder" season, when the shuttle wasn't running. I ended up out onto the road and had to shoulder my skis on my pack and hoof it three miles in ski boots along the side of a paved road back to my start.

### THE LINCOLN LIMO

Lastly, there's the Lincoln Limo, which is unique because it's cat skiing. In the East. The cat comes from Ski Cooper in Colorado, and when skiers find it in the East, their first reaction is often one of "I can do that here?" Yes you can, and it comes in two flavors.

During the core ski season, Sugarbush uses the snowcat for first tracks powder skiing the morning after a big dump. Instead of spinning the lifts, you and a few of your closest friends (or perfect strangers, if you don't have enough folks to fill the cat) get a private ride to the top of the mountain, from which you have your pick of lines and access to untracked powder before the mountain opens to the rest of the world. The powder cat ran about a dozen times last season, and roughly 20 the season before that.

Then there's the second flavor—spring cat skiing on Mount Ellen after the mountain closes for the season. Imagine renting the cat for the day, and having the mountain literally to yourself—no lifts running, no one else skiing. It's just you, up to 11 close friends, a barbecue lunch arranged by the resort at the base of the Upper FIS ski run, and a snowcat available to help you log more or less as much vertical as you can manage to squeeze into a day. Pretty sweet. Plus, at \$1,800 for the day for the cat (which equates to \$150 per person), it'll cost you a fraction of what a similar experience might elsewhere.

Whether you're looking for hard core extreme skiing, "extreme-light" with a touch of guiding, or a unique cat skiing experience with cushy service, Sugarbush delivers. ☐

Peter Bronski ([www.peterbronski.com](http://www.peterbronski.com)) is an award-winning writer whose work has appeared in more than 70 magazines, and a frequent contributor to Vermont Sports. He recently relocated from Colorado back to his native New York, and is excited to ski more of what the East has to offer.



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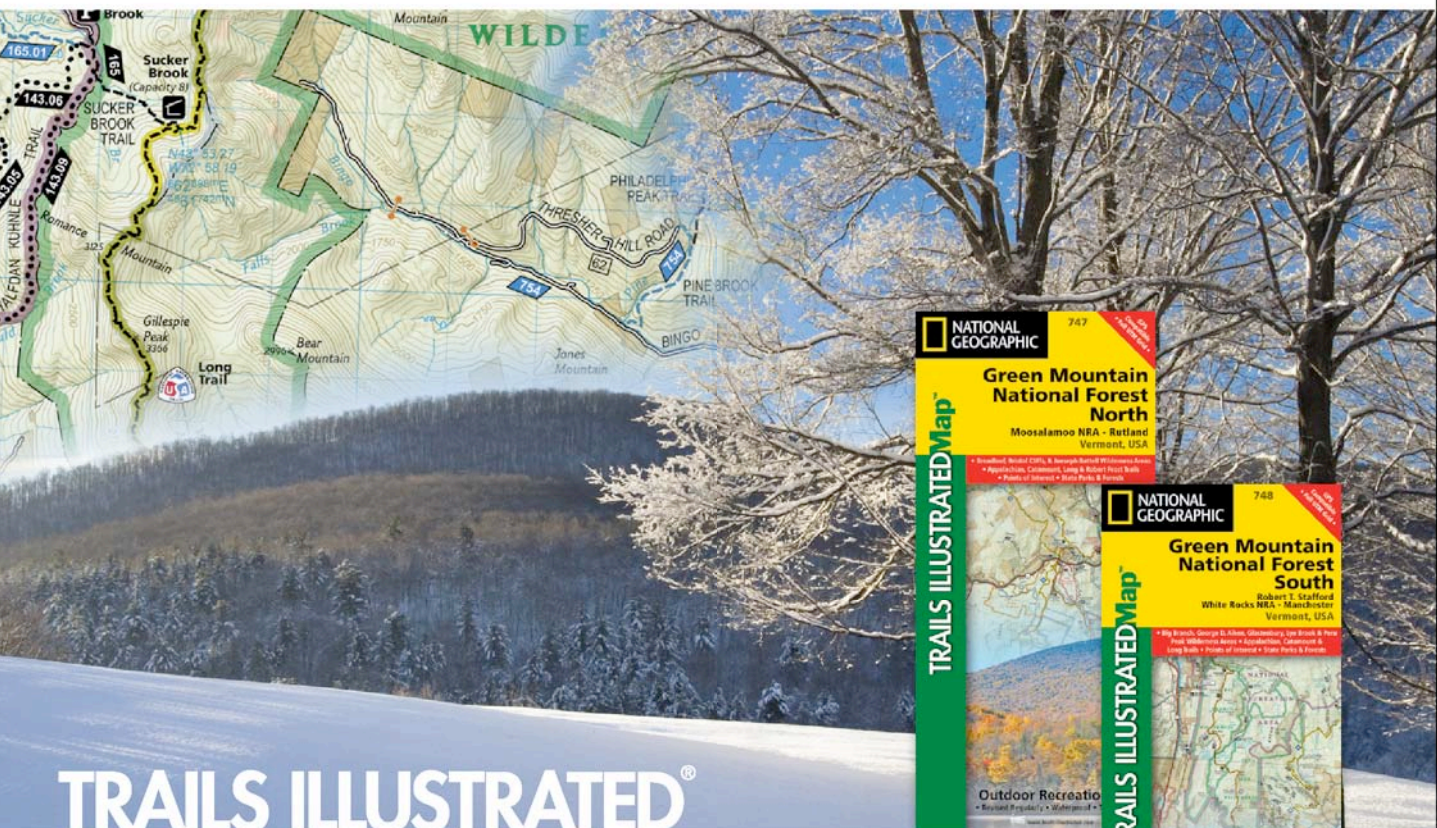
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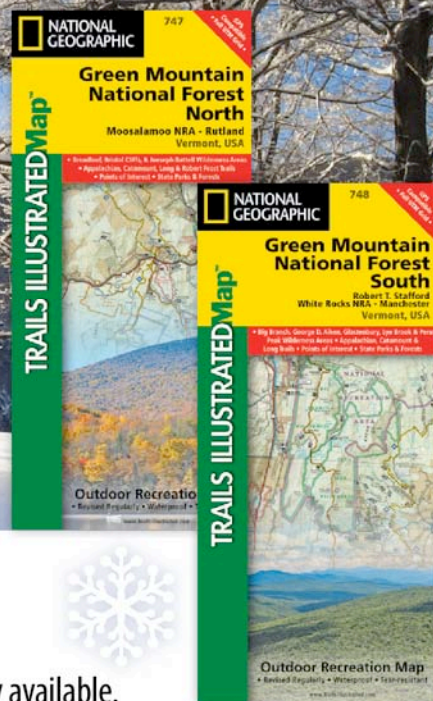


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We are pleased to present the Vermont Sports annual Holiday Gift Guide. The goods we recommend on these pages were reviewed by members of the VS editorial staff (Jules Older, Brian Mohr, Ryan James Leclerc, Josh Gleiner, Sky Barsch Gleiner, and Kate Carter) and are their picks for most interesting, impressive, and thoughtful gifts for people who spend time in the outdoors. We hope this guide will give you some fresh ideas for holiday gift giving and also inform you of new products on the market. Most items are available at your local sports specialty store. We have also included Web addresses to help you locate them.

—Seasons' Greetings from Vermont Sports!

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—JO



### BRUNTON RESTORE

A wonderful gift for the outdoors person who likes electronic gadgets, this 6 inch by 3 inch, 7.2-ounce solar-powered charger will easily fit in a jacket pocket, and has adapters for USB and Mini USB plugs. Cell phone or mp3 player run out of juice on your last run down the mountain? Boost it back to life on your next ride up on the lift! The solar panels alone will partially charge batteries in 15-30 minutes, and will fully charge either device in an hour. \$120. brunton.com.

—JG



### DRIFT HD WEARABLE ACTION SPORTS CAMERA

You've heard about the sick drops, the monster airs, the sweet lines, but like that elusive golden trout that your Uncle Charlie allegedly caught and then released, there is no hard proof that these glorious moments actually occurred. Give your loved one or your favorite gear columnist a Drift HD170 Action Camera so he or she can capture 170° of all that thrilling, hair raising, spine tingling action, and then replay it for you in high definition. \$329. driftinnovation.com.

—RJS



### SUUNTO T3 WATERPROOF WATCH AND HEART MONITOR

Here's the watch for your favorite athletic geek. Or geeky athlete. It's impervious to water, has an easy-use monitor, is fun for the inner engineer (and because of a poor handbook, frustrating for the outer dummy), and includes every useful/geeky function you can think of. \$130-\$150. suuntowatches.com.

—JO



### DEUTER SPEED LITE 10 DAYPACK

Any fast-moving minimalist will appreciate this super-lightweight daypack. Features include two main pockets (one can hold a water bladder), a generous zipped pocket at the top, and side mesh pockets for easy access to snacks, gloves, maps, and the like. Volume is 10 liters, or 600 cubic inches; weight is a mere 300 grams or 11 ounces. \$53. deuteroutdoor.com.

—KC

## PACKS & PURSES



### CAMELBAK DELANEY PLUS

With packs, you can go big or you can go light. This one is so light it defines minimalist. The Delaney Plus holds just the bare essentials, yet lets the athlete in your life hydrate as she perambulates. Around \$40. camelbak.com.

—JO



### HAIKU TO-GO BAG

A hip and functional tote bag always makes a great gift for that on-the-go woman on your list, so if you're feeling hip and functional yourself, give the Haiku To-Go bag. It is made from a washable faux-leather pebbled suede material and has a moisture-resistant cordura lining, so it is ideal for everyday use. It has seven separate pockets designed to carry waterbottles, cell phones, and the rest of her very important stuff, and it is available in as many colors. \$74. haikubags.com.

—RJS



## AT HOME OR AWAY



### AEROPRESS

The coffee aficionados in your life will appreciate the ingenious little AeroPress. By applying gentle air pressure to a small batch of totally immersed coffee, the AeroPress produces one to two incredibly tasty cups of coffee (or up to four shots of espresso) at a time. The coffee is micro-filtered for a grit-free cup, and it takes less than a minute to brew. The AeroPress is also durable, cleans up quickly and easily, making it ideal for camping and travel. \$30. aerobie.com.

—BM



### MSR MUGMATE COFFEE/TEA FILTER

Know one of those helpless coffee junkies who appreciates good coffee and who needs his cup of good coffee in the morning or else. Get him the MSR MugMate filter and get it today! It turns any coffee cup into a portable coffee maker and best of all, it is reusable, so those wasteful paper filters can be avoided. It makes a delicious cup of coffee when you're camping and traveling or at home when you don't feel the need to brew a large pot. \$16.95. cascadedesigns.com.

—RJS



### AQUAPAC WET & DRY BACKPACK

In the Northeast, it seems that getting wet is an inherent risk taken in outdoor adventures, and no one likes putting their wet clothes in their backpack with the fresh, dry ones. Aquapac solves this by creating a lightweight (1 pound, 7 ounces) backpack that has a separate waterproof compartment inside the pack, which is, itself, also waterproof! Large enough for at least a weekend outing (25 liters), canoeists and kayakers will be unlikely to leave home without it. \$85. aquapac.net.

—JG

### KELTY POP DUO

There's nothing wrong with a little comfort while camping or hiking. This handy pack has a hot/cold, waterproof cooler on one side, storage on the other, and in the middle, a folding flat surface for serving your lunch. You could use the flat top for more than food—like for card games or a writing surface. Carry this bag with the handles, or clip the D-rings to your pack for a longer hike. \$47.95. kelty.com.

—SBG



### AQUAPAC WATERPROOF CAMERA CASE



If you are looking for a gift for someone who is into snorkeling, SCUBA diving, or boating activities, this waterproof camera case will save him or her the cost of buying expensive disposable underwater cameras that take lousy pictures. The airtight case will fit almost any handheld camera, keeping it dry down to at least 15 feet underwater. It even works with digital video. What's more, the case is backed by a three-year warranty that includes the contents of the case, should it fail. \$55. aquapac.net.

—JG

## STOCKING STUFFERS



### PRIMUS PRIMETORCH 101

For situations where a headlamp feels like overkill, the PrimeTorch is a versatile solution. At half an ounce, this tiny LED flashlight can shine the light on something up to 26 yards away. Good to minus 40 degrees, the water-resistant light comes with smart accessories: AAA battery, neck strap, head strap, and a clip that allows easy attachment to just about every surface. Great to throw in your pack or keep in your glove box for emergencies. Literally fits in the palm of your hand, so you don't have to worry about it taking up space. \$25. primuscamping.com.

—SBG

### PLATYPUS SOFTBOTTLE

Everyone you know should have at least one Platy SoftBottle. They are green, clean, ultrapackable, and BPA free. The hand-held SoftBottle fits in most drink holders and round or flat pockets, and when empty, rolls up so you can stash it anywhere you want. When full, it even stands up all by itself. Holds 0.5 liters (17 ounces). \$6.95. Add the hyperflow drink cap for \$6.95. platy.com.

—KC



### EAGLES NEST OUTFITTERS HI-FI SPEAKER CASE

Make someone smile with this small music package, which consists of speakers built into a carrying case. It measures 7 inches by 4 inches by 1.5 inches and is compatible with iPods and most portable music devices. Store the iPod safely inside while playing or transporting. The speakers are on the outside, and their clarity is surprisingly good. Perfect for impromptu parties and those times when you're sick of listening to the car radio. \$24.95. eaglesnestoutfittersinc.com.

—KC



### ICESPIKES

Nothing cuts short the hiking and running season like ice. With Icespikes, you can keep on going, no matter what the weather is. Icespikes are screws specially designed for durability and bite that screw into the soles of your footwear, giving them unparalleled traction. They are easy to install using the Icespike installation tool or a variable-speed drill, and when you don't need them anymore, simply unscrew them. One set includes 32 screws which are good for an average of 500 miles. Great for walking, too! \$24.99 with tool; \$16.99 without. Icespike.net.

—KC

GIFT GUIDE CONTINUED ON NEXT PAGE



## BODY COVERINGS



### BABY BANZ

Here's a gift for the youngest members of the family... one they'll thank you for when they're grandparents. Baby Banz is in the protection racket. Or rather, they give protection from racket. Their hats, sunglasses, swimsuits, sunscreen, and earmuffs shield the lil' outdoorsman from harsh rays and loud sounds. And they're all designed with kids in mind. <http://usa.babybanz.com>.

—JO

### IBEX GLOBAL WOOL PANTS FOR MEN AND WOMEN

Not sure what to get your Cousin Lenny, your Aunt Susie, or your daughter Betty's new boyfriend Clarke? How about a nice pair of itch-free merino wool pants? They are soft to the touch, winter warm, and will last forever. They offer a relaxed fit with a boot cut and just the right amount of stretch for moveable comfort. A perfect balance of performance and style, the Global pants will always be appropriate whether worn for snowshoeing or fine dining. Just about anyone would appreciate them, especially your favorite gear columnist. \$180. [ibexwear.com](http://ibexwear.com)

—RJS



### MOUNTAIN HARDWEAR TRANSITION JACKET (MEN AND WOMEN)

It can be tough to find the right jacket for aerobic winter sports, but the Transition meets the challenge of insulating, while wicking sweat away. It's close fitting, with eight percent elastane, so it moves with the active body instead of restricting it. The soft inside and brushed taped seams prevent chafing, and the soft-shell exterior stands up to wind and sheds water. Thumb loops are a nice touch, as is the MP3 player pocket with a small, interior slot for headphones. Whoever gets this jacket will look good and feel great! Machine washable. \$160. [www.mountainhardwear.com](http://www.mountainhardwear.com).

—SBG

### POLARMAX MOUNTAIN SKINS

Polarmax base layers are as soft, smooth, and warm as the belly of a snowshoe hare. They're easy to care for, too. And sexy! What more could any active outdoors person want? Made of 90 percent Acclimate Dry and 10 percent Spandex, they wick, dry quickly, don't stink, other garments slide easily over them, and they stretch in every direction, so they're sure to accommodate any fit-challenged body. One color only: black, for men and women. Zip mock, \$60. Tights, \$60. [polarmax.com](http://polarmax.com).

—KC



### OR REMOTE GLOVES

There's nothing better than a fresh pair of waterproof and well-insulated gloves for all of your skiing, winter hiking, and climbing adventures. As long as you keep yourself warm and especially active, these gloves will stand up to even the coldest weather Vermont dishes up. Featuring leather palms and fingers, wrist straps and forearm drawstrings, these are the perfect gift for those who really appreciate happy hands. \$149. [outdoorresearch.com](http://outdoorresearch.com).

—BM



### BOLLE KING SUNGLASSES

King shades rule! Not only are they stylish, they are so lightweight you hardly know they're on your face. The wrap-around frames are made for wide faces and high cheekbones and come in a many different color combinations, with or without polarized lenses. Scratch resistant, durable, and will hang on for any sporting activity. \$99. [bolle.com](http://bolle.com).

—KC

## PUBLICATIONS & MEMBERSHIPS

### TRAILS ILLUSTRATED MAPS

National Geographic publishes Trails Illustrated Outdoor Recreation Maps, and their two latest ones cover Vermont's Green Mountain National Forest. Numbers 747 (north) and 748 (south) include most of the southern half of the state, and all of the GMNF. The maps are beautiful to look at and handle, are waterproof, tear-resistant, GPS compatible, and incredibly comprehensive. Contour intervals are 50 feet; approximate scale is 1:70,000; 1 inch equals 1.1 mile. A must-have for any map lover! \$11.95. [trailsillustrated.com](http://trailsillustrated.com).

—KC

### BEST BACKCOUNTRY SKIING IN THE NORTHEAST

Local author David Goodman spent the past three years revising his best-selling book, *Best Backcountry Skiing in the Northeast, 50 Classic Ski Tours in New England and New York*. The one-of-a-kind book describes 50 of the best backcountry ski tours in Maine, New Hampshire, Vermont, and the Adirondacks. The routes range from easy kick-and-glide tours to challenging climbs that lead to classic downhill powder stashes. Includes description, topographic maps, and photos. Published by Appalachian Mountain Club Books. \$19.95; paperback. [outdoors.org](http://outdoors.org).

—KC

### FOREVER ON THE MOUNTAIN

Add Vermonter James Tabor's name to the short list of great mountain disaster book authors. His *Forever on the Mountain* is more exciting than most novels and better researched than many doctoral dissertations. The subject is the 1967 disaster on Alaska's Denali, where seven young climbers died. Tabor makes the complex plain. Here's his take on the effects of altitude: "In other words, up high, the dumber you get, the smarter you may think you're becoming." Published by W.W. Norton & Co. \$26.96; hardcover.

—JO

### VERMONT SPORTS

This is the bible for any fit, active, outdoors enthusiast who lives in Vermont or comes to Vermont to recreate. \$25/year brings it to your mailbox. [www.vtsports.com](http://www.vtsports.com).

—KC

### TRAIL ASSOCIATION MEMBERSHIPS

*Giving an individual or family membership to a trail association is a nice way to connect with a community of like-minded sports enthusiasts, and also supports an organization that takes care of the trails you and your loved ones enjoy so much.*

**Catamount Trail Association:** Individual memberships are \$35; family memberships are \$50. Members receive the Catamount Trail Rewards Booklet, which contains \$1,000 worth of coupons for discounts at 30 crosscountry centers, 8 downhill ski resorts, ski shops, health-oriented businesses, lodges, and restaurants. Members also receive discounts on CTA events and merchandise, and free guided tours. The money from membership is used to maintain and conserve the 300-mile Catamount Trail. [www.catamounttrail.org](http://www.catamounttrail.org).

**Green Mountain Club:** Individual memberships are \$40; family memberships are \$50. Membership supports an organization that works to conserve and protect natural resources and hiking opportunities throughout Vermont, including the Long Trail. Members receive 10-percent discounts on items in the GMC bookstore and Packbasket, which includes over 80 books of interest to hikers, as well as discounts on admission to most GMC events, educational workshops and lectures, and the James P. Taylor Winter Lecture Series. [www.greenmountainclub.org](http://www.greenmountainclub.org).

—KC





# HATS OFF TO SKIDA!

STORY BY DORCAS WONSADAVE  
PHOTOS BY DENNIS CURRAN

If ever there were a reason to grin about winter, it's seeing someone ski by wearing one of Corinne Prevot's Skida hats. Bright bubbles, fantastasmic flowers, popsicle swirls, and sparkling explosions of color, her hats and neckwarmers can be seen on snowy ski trails all over the world and at elite ski events such as the U.S. Senior Cross-Country Ski National Championships, the Nordic World Cup circuit, and the Alpine Europa Cup tour. From the elite athlete, who must wear team-issue clothing, to the fans of winter, who want to step outside of the catalogue image, a distinctive Skida hat is a way for each person to express his or her spirit and personality.

With her years of experience on both trail and slope, Corinne knew what skiers wanted. She grew up alpine skiing and racing with her family at little Ski Roundtop, near York, PA, where they live. Her father, Roger, was an alpine racer at Burke Mountain Academy and then Williams College. Her mother, Margie, skied cross-country at St. Lawrence University. But with three kids, it was easier to keep track of them on a small alpine mountain, so Corinne and her brothers spent weekends on the slopes and winter vacations at Burke Mountain. Corinne started at Burke Mountain Academy when she was in 8th grade, and graduated in 2009. She now skis for the Middlebury College Nordic ski team.

The idea for the first Skida hat came during a fall Nordic ski training camp in West Yellowstone, MT. "I had found some fun hats in a ski shop," Corinne says. "They were cool and colorful, but were too big for my little head. I imagined all the stylish possibilities if I had my own collection. Who doesn't coordinate their outfits when exercising?"

When she returned to Burke she found some lycra fabrics at a local craft store and played around with different designs until she made one that fit well and looked great. She made a few more, and a few more for her friends on the Burke Mountain Academy Nordic Team, and before she knew it, she was in business. As the BMA team travelled around the eastern and national race circuit, the hats advertised themselves, and skiers would come up to Corinne and ask her to make a hat for them.

Orders quickly began coming in from skiers all around New England. Corinne and her mother had a production line going at the kitchen table. Almost all of the work is done on a sewing machine, except for the gathering at the top, which is done by hand, and they could make about 15 hats in two hours.


"We were not very efficient, but we had fun!" says Corinne. As more orders were submitted, she decided to turn her hobby into a full-fledged business. The name Skida appealed to her because, "I liked the simplicity of the word, and it is the old, traditional Swedish word for 'ski'." The first store to sell her hats was just down the road from the mountain—East Burke Sports. Then, through her connections with friends and family, stores from Idaho to Maine began carrying her creations.

What makes Skida hats unique are the wildly bold and colorful patterns. But there is no secret source for her material (yet). "The Internet has been my primary source for fabric," says Corinne. "I have visited some of the fabric distributors' warehouses in New York City to hand-pick some prints. Ordering fabric online is often just a big surprise. The pictures shown on the websites are not always accurate and it's always exciting when a big fabric order comes in. When we come by a good print, we try to get a lot of

it before it is sold out. Guy-friendly prints are often hard to find and we are always scouting for them. We always commend the men willing to make a bold statement while sporting a brightly colored Skida hat," she adds.

While Corinne focuses on studies and skiing at Middlebury, mother Margie takes care of most accounting, sending prepared fabrics to sewers, and shipping orders. Professional seamstresses now do the sewing. But once she finishes school, Corinne has more plans for Skida.

"My dream is to see Skida expand into different geographical areas, new markets, and demographics beyond the Nordic skiing community of New England. Last year at Middlebury I took a class on Entrepreneurship during the short January term. I was able to get feedback and input from classmates and mentors. I also met a lot of Middlebury alumni who run their own businesses and they offered great advice and support. This coming January term I get to lead this class with two other students. This short term will give me the opportunity to help other students develop a business idea using what I've learned from my own development and experience with Skida."

Corinne smiles, too, when she sees her hats ski by. "I love to see one of my hats on someone in a place that I would least expect. This summer I was grocery shopping in Ketchum, ID, and I walked by a woman wearing a Skida headband." 

*Dorcas Wonsavage, now a Masters racer, skied cross-country at Middlebury College. She and her husband, Paul Wonsavage, D.D.S., and their son Max live in Hanover, NH.*

See for yourself what everyone is grinning about. Visit [www.SkidaSport.com](http://www.SkidaSport.com). In addition to the Nordic hats and headbands Corinne now offers fleece-lined hats, neck-warmers, and the Skida Bandana. Her creations can also be found at the following sporting goods stores in Vermont, as well as shops in New Hampshire, New York, Wisconsin, and Idaho.

Clearwater Sports, Waitsfield  
East Burke Sports, East Burke  
Mountain Cyclopedia, Ludlow  
Onion River Sports, Montpelier  
Oxygen, Stowe  
The Start House Ski and Bike, Woodstock  
The Village Sport Shop, Lyndonville  
Stowe Ski Resort, Stowe  
Equipe Sports, Stratton

feels good.



# AT and TELEMAR BOOTs and BINDINGS

BY BRIAN MOHR AND EMILY JOHNSON

Once again, this year's crop of Alpine touring and telemark boots and bindings is more impressive than ever. After several years of hopping along, Rottefella's New Telemark Norm telemark binding is now gaining some real momentum. The NTN design offers step-in convenience, release-ability, a nearly resistance-free touring mode, and unparalleled control for more aggressive telemark skiers. On the binding front, options for AT bindings are more numerous than ever, and nearly all telemark bindings now feature a flip-of-the-switch tour mode, offering skiers the same resistance-free uphill performance that AT-skiers have enjoyed for years. With boots, flex and touring comfort continues to improve across the board, and the addition of tech-fittings on many AT boots simply opens up more options for skiers.

Below is a selection of boots and bindings that are more suited to downhill-oriented off-piste and backcountry adventures here in the Northeast.

## AT BOOTS

### Black Diamond Prime/Swift

**\$600; 7 lbs. 4 oz. (Prime) 6 lbs. 11 oz. (Swift); bdel.com**  
The new Prime (and women's Swift) is BD's latest mid-weight AT boot, and it seems to be a great choice for the following: skiers who like to spend long days covering lots of ground while earning their turns in the mountains; and skiers who simply don't need or care for the power and support of a larger, four-buckle boot. Featuring tech-fittings, a power strap, a cozy and thermo-formable liner, and a very-flexible walk mode option, don't be surprised to find these on your feet well into your après-ski festivities.

### Garmont Luster

**\$740; 6 lbs. 11 oz.; garmontusa.com**  
The women-specific Luster is back again this year as a powerful, downhill-oriented boot that is also suitable for backcountry touring. It would be wise to ease into long tours with these boots, however, as they are a far cry from your grandpa's slippers. For the descent, the Luster offers excellent control, power, and boot-to-ski sensitivity. Other highlights include tech fittings and a thermo-formable liner.

### Dynafit TLT5 Mountain

**\$750; 5 lbs. 6 oz.; dynafit.com**  
The tech-fitted TLT5 Mountain is a more affordable (and heavier by 8 oz.) version of the carbon-equipped TLT5, both of which feature only two buckles and a power strap. Still, these boots can drive a ski at least as well as most three-buckle boots, yet they are light and comfortable enough to tour with, endlessly. Dynafit has built its reputation on high performance, touring-oriented performance, and the TLT5s are just the latest addition to their line of top-notch backcountry tools.

## TELEMAR BOOTs

### Scarpa TX Pro

**\$690; 7 lbs. 4 oz.; scarpausa.com**  
Scarpa's been hard at work in partnership with Garmont and Crispi, developing a better NTN experience for skiers, and the TX Pro is one of Scarpa's latest NTN-compatible boots. It's a relatively powerful, but smooth-flexing four-buckle boot that is also compatible with tech-fitted AT bindings. While most skiers will find the TX-Pro (and the NTN, generally) to be a bit overkill for extensive backcountry touring, more aggressive skiers will enjoy the power and control offered by the TX-Pro and NTN package.

### Garmont Priestess (NTN)

**\$710; 7 lbs. 8 oz.; garmontusa.com**  
The NTN-compatible Priestess is a powerful, mid-weight, three-buckle boot that is a great choice for lift-served and backcountry skiers alike. Featuring a comfortable walk mode, a power strap, a thermo-formable liner, and an exceptionally nice flex, the versatile Priestess makes NTN technology accessible to female skiers.

### Black Diamond Trance

**\$600; 7 lbs. 3 oz.; bdel.com**  
If you are not looking for an NTN-compatible boot, but you are looking for something versatile, like the Garmont Priestess, consider the BD Trance. This is another powerful and very comfortable mid-weight, three-buckle telemark boot that, with good technique, can handle nearly all types of terrain and snow conditions with authority.

## AT BINDINGS

### G3 Onyx/Ruby

**\$550; 3 lbs. 2 oz. (w/brakes); genuineguidegear.com**  
Last year's release of the Onyx represented the first non-Dynafit binding that is compatible with the four-pin tech-fit system that many AT and NTN boots now feature. Although it is approximately 50 percent heavier than most Dynafit bindings, the Onyx is significantly lighter than most alpine-style AT plate bindings, such as the Marker Duke, Fritschi Freeride, and Fritschi Eagle. With the Onyx's ski-pole friendly levers and plenty of practice, switching from ski to tour mode and back is no sweat. Other highlights: optional brakes and ski crampons; and you can buy extra base plates and use one set of bindings for multiple skis.

### Fritschi Freeride Pro

**\$500; 4 lbs. 13 oz.; dynafit.com**  
For those craving a powerful binding for lift-served skiing and don't mind a few extra pounds of gear on the feet when climbing, the new Freeride Pro is a great new option. Compatible with ski crampons, the Freeride Pro is a fully releasable binding similar in function to the high-end alpine bindings on the market. Featuring a wide, 80mm chassis, it provides an ideal platform for driving today's widest skis. Switching in and out of tour mode is simple, and an updated and efficient toe-pivot location makes up for a bit of its heft.

## TELEMAR BINDINGS

### Rottefella NTN

**\$400; 4 lbs. 1 oz.; rottefella.com**  
The NTN is the latest in telemark binding technology, and after its second full season on the market it seems to be gaining momentum. The NTN eliminates the need for the cumbersome 75mm duck-billed telemark toe, while offering releasability, step-in convenience, a free-pivot touring mode, and excellent control. Users can purchase extra NTN binding plates for other skis, and move the main body of the NTN binding from ski to ski with ease. Also, with tech-fittings, NTN boots can be combined with a tech-fitted AT binding for fixed-heel skiing. Many aggressive telemark skiers find the NTN to be the most powerful telemark binding on the market, but its bulk and less-than-ideal touring performance still have many dedicated backcountry skiers hesitating to use it.

### Voile Switchback

**\$280; 3 lbs.; voile-usa.com**  
After several years of testing the variety of telemark-touring bindings on the market, we've consistently found Voile's Switchback to be the most hassle-free and reliable telemark binding for those who spend most of their skiing time earning their turns in the backcountry. Other pluses: the Switchbacks have virtually no icing issues with the tour-mode mechanism; they're made in the USA; and they are ski crampon compatible (with Voile's ski crampon).

### Voile 3-Pin Cable Binding

**\$85; 1 lbs., 13 oz.; voile-usa.com**  
For gentle skiers, lighter-weight skiers, and for lighter-weight ski/boot combos, this is an incredibly versatile and affordable telemark binding. The 3-Pin Cables feature an adjustable cable that can be cut and fit to any boot size, removed during the ascent for reduced climbing resistance, and replaced for the descent for added control and boot-to-ski retention. They match up well to light to mid-weight (two or three buckle) and leather telemark boots with a standard 75mm three-pin telemark toe. They are the perfect compliment to your favorite pair of rock skis, waxless backcountry touring skis, or to your dedicated backcountry powder boards. ☑

Brian Mohr and his wife, Emily Johnson, of Moretown, VT, have shaped their lives around their skiing adventures. They publish *www.AdventureSkier.com*, and their *slideshow series*, *Wild People*, *Wild Places*, will feature several shows in Vermont this December and January. You can learn more about their work at [www.EmberPhoto.com](http://www.EmberPhoto.com).



It's for when the only soundtrack you need is you.

Out here, the only music you need is your skis in the snow, and your lungs keeping time. That's why it's good to layer up in SmartWool. It works with your body, keeps it warm and dry—and makes it so when you're doing the things you love to do, you always stay in tune.

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**Annie**  
Skate Skier,  
Gardener &  
Killer Cook

BASELAYERS > ACCESSORIES > SOCKS



feels good.



**VS: Congratulations on your gold medal! What has life been like since winning gold?**

HK: After winning the gold, I got to stay in Vancouver and cheer on Team USA. I finished up the World Cup season and returned home to Vermont. I got to throw out the first pitch at a Red Sox game, speak at Vermont high schools, and answer some very nice fan mail. By May, my life had returned to its normal training schedule.

**VS: How did you celebrate your win?**

HK: The day after my Olympic event I did a lot of interviews and appearances. That night I received my medal and met my extended family at the Proctor and Gamble house for a lovely reception. The day after that, I arrived home to Vermont after the games—on my 24th birthday—and I was greeted by a parade and lots of local support as well as numerous cakes, which was a great way to celebrate.

**VS: When did it really sink in that you are a gold medal Olympian?**

HK: When the medal was placed around my neck, the idea became a reality, but I'm not sure it will ever lose the surreal feeling. Being a gold medalist is absolutely incredible, and I am grateful everyday.

**VS: You come across as someone with a great attitude and a good head on your shoulders, making it really fun for us at home to cheer for you. How do you manage to stay grounded?**

HK: First of all, thank you very much. I have stayed in touch with my roots by continuing to live in the same house that I grew up in. I am very much a part of the wonderful community that is the Upper Valley. I think it is important to be thankful for the support and opportunities I have had throughout my career.

## READER ATHLETE



No one wins a gold medal without serious assistance.

**VS: How do you handle dealing with all of the sponsorship offers, interview requests, appearances, etc.?**

HK: It is in my nature to organize, so I don't find it too difficult to balance the business side of my life with the athletic side. I have a wonderful agent, Erica MacConnell with Ken Sowles' athlete management company in Burlington to help me manage my schedule and possible interest.

**VS: What Olympic events did you enjoy watching?**

HK: I've always thought that figure skating epitomized the winter Olympics, so I enjoyed men's figure skating finals. It was very cool to see American Evan Lysacek take the gold.

**VS: How did growing up in Vermont influence your skiing career?**

HK: The cold, icy winters built character and made me a technically good skier. There were very few powder days to distract me from training and as kid, you must be passionate about skiing to make it through the days of freezing rain in January.

## HANNAH KEARNEY

**Age:** 24

**Residence:** Norwich

**Family:** Dad, Tom; Mom, Jill; Brother, Denny

**Occupation:** Professional skier

**Primary sport:** Freestyle skiing

**VS: What are some of your favorite places to spend time in your home town?**

HK: Norwich has a great network of trails and the fire tower at the top of Gile Mountain is a highlight. The Norwich Inn has good food and their own brewery. Dan and Whit's General Store is a classic, and their motto is, "If we don't have it, you don't need it."

**VS: You had knee surgery at Dartmouth-Hitchcock Medical Center. How did that help you get back on the slopes?**

HK: DHMC used a piece of my own hamstring to replace my torn ACL so that I could be active again. Recovering from the knee surgery taught me how my body functions, and helped me train specifically for the sport of mogul skiing. I had a goal to complete recovery and return to competition, which gave me a purpose and strong motivation.

**VS: We featured your mother, Jill Kearney, a few years back as a reader athlete. How has she impacted your athletic career?**

HK: I would not have an athletic career if my mom had not encouraged/forced me to try every activity available. She bribed me into soccer and track and field, but it didn't take long before I was

hooked. She and I both signed up for freestyle skiing at the local hill when I was seven years old. I was too young and shy to venture out on my own. She has made more financial and time sacrifices for me than I will ever fully understand.

**VS: Are other family members athletic?**

HK: My dad played college football and coached my brother's hockey and baseball teams. My brother currently plays Division 1 college hockey for Yale University.

**VS: Can you name a few regions or resorts that you love skiing at, and why?**

HK: Jay Peak in northern Vermont is my favorite mountain. I grew up skiing there with my family and I appreciate the relaxed vibe of the resort as well as their glades and snow fall.

**VS: What is your favorite way to relax after a challenging competition?**

HK: I like to go out to a good meal with my teammates. We travel to numerous European and Asian countries, so there is always new cuisine to try.

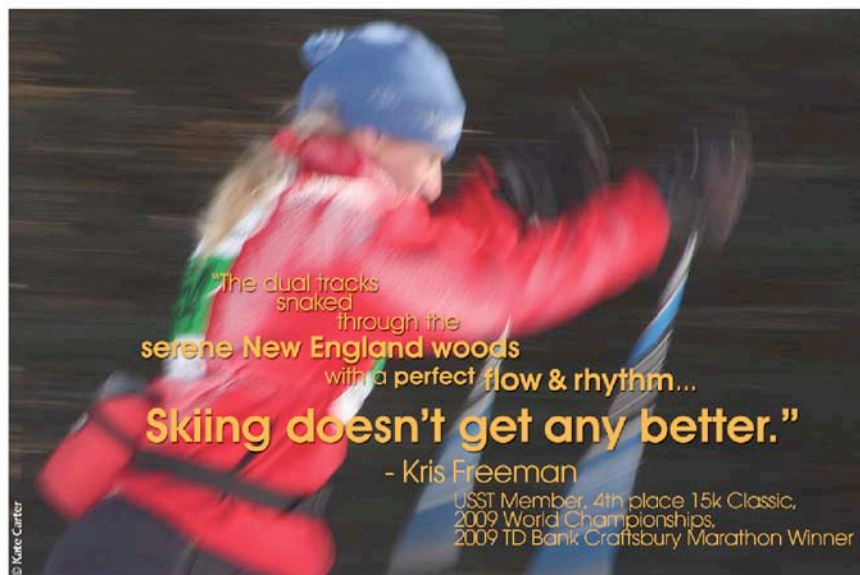
**VS: What are some activities you enjoy during your "off" time?**

HK: I really like to cook and eat. Food is a necessary and endlessly interesting part of my life. I also like to watch as many of my brother's hockey games as possible. He is a senior at Yale University.

**VS: You played the trumpet in high school. Do you still pursue music in any way?**

HK: I still have the trumpet in my attic and occasionally I play the National Anthem, but that is the full extent of my music capabilities. ¶

— Sky Barsch Gleiner



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- Kris Freeman

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**VS: When did you begin road biking?**

MD: I started road biking about five years ago. A friend that I met in the Valley got me into it. I started with a used bike and then I bought a new bike about three years ago, and really got into it. It has been a natural progression. I just love going out and doing long rides, just being outside in Vermont—it is amazing. I just got back from a ride. Today it was wet, and I was going through the gulf I could smell the gulf and see the stream, it had this little mist to it. I like that when you're climbing.

**VS: You seem to do a lot of gap rides. Which ones have you done?**

MD: I've done Route 17, the Appalachian Gap. There's also a good gap ride, it's called Around the Block, where you start off by going up the Middlebury Gap, down to Middlebury and then through to Lake Dunmore, and then come up The Brandon Gap, and then down the gap into Rochester. Another gap I did was Smugglers Notch. I did it with my friends in the spring, and it was actually closed so it was really nice. It was pretty cool; there was still some snow on the side and ice on the rocks. It was pretty neat that you didn't have to worry about any cars. I want to do it again this spring. I don't even know if I'd want to try it when the road is open to cars, it seems like it could be a little tight.

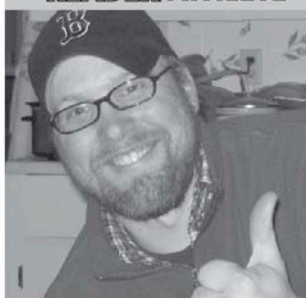
**VS: Which gap is the hardest for you?**

MD: For me personally, the hardest gap is coming up Route 17—the Appalachian Gap—the back way, from Huntington. That's pretty hard.

**VS: How do you keep going when your legs are screaming?**

MD: I had brain cancer in 1993, and I guess for me, being a cancer survivor is a big part of it. When it's really, really hard, I just think: "I survived cancer: I can do this." For me, that's a good motivator. Also, you have to train your brain to accept challenges like that. And I enjoy that pain too. I like all that stuff. It maybe doesn't feel good at the time, but

**READER ATHLETE**



**MICHAEL DAMATA**

**Age:** 35

**Residence:** Warren

**Family:** Single

**Occupation:** Snowmaker and landscaper

**Primary sport:** Road biking and skiing

at the end it feels good to have completed it.

**VS: In the winter, you ski a lot. Is this also a new sport for you?**

MD: I started skiing in the eighth grade. I always wanted to ski and there was a ski program that went to Blue Hills which is a little mountain in Massachusetts where I learned to ski.

**VS: How did you get into tele skiing?**

MD: I worked at Sugarloaf in Maine, and I learned there. It's just a fun way to go. It's different than regular skiing, it's kind of like dancing.

**VS: You're a snowmaker at Sugarbush. How does it make you feel when you see people skiing on snow you helped create?**

MD: It's great. Snowmaking is a hard job, but when you're working with your crew and everything is going right and all the snow is really nice and you come up in the morning, it's a great feeling. It's really nice when skiers come up to you and tell you how nice the snow is and that they appreciate it.

**VS: It's an overnight job, right? What are your hours?**

MD: I work weekday nights 7 p.m. to 7 a.m.

**VS: How do you get to your location on the mountain?**

MD: We mostly use the snowmobiles. We use the lifts sometimes, too. If weather's bad we'll use the Snowcats.

**VS: Is it ever scary?**

MD: Sometimes on a clear night when there's a full moon and the snow just falling, it's perfect. Other times it could be snowing plus you've got the snow guns on and it's pretty low visibility. That's a different situation.

**VS: What's your favorite trail at Sugarbush?**

MD: Probably Rim Rum to Elbow. I real-

ly like Elbow. It's an intermediate trail, so it's not too steep but it stays interesting because it has a few different pitches on it. I like the varied terrain.

**VS: What do you like about living in the Valley?**

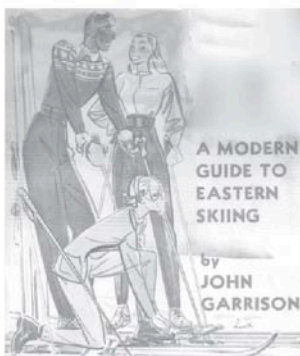
MD: I like living in the Valley because it's so close to many different types of recreation. You have good road riding, good skiing, you're not too far from the Long Trail. Last night I got home at five and wanted to go for a road ride, but I didn't really have time, so I went out and hiked into Sunset Rock, which is a mile or so from my house.

**VS: What are some of your other hobbies?**

MD: Fly fishing and beer making. I like fly fishing because it's kind of like the opposite of doing road biking or skiing, it's more like relaxing in the outdoors. I like the idea of catching a fish but you're trying to do it the hardest way, using flies. [7]

— Sky Barsch Gleiner

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# PREVENT WINTER SPORTS INJURIES



CVMC Physical Therapist and National Ski Patrol member Linda Helms shares a list of tips to help adults and children avoid winter sports injuries, as recommended by the American Academy of Orthopaedic Surgeons:

- Never participate alone in a winter sport.
- Keep in shape and condition muscles before participating in winter activities.
- Avoid participating in sports when you are in pain or exhausted.
- Drink plenty of water before, during, and after activities.
- Warm up thoroughly. Cold muscles, tendons and ligaments are vulnerable to injury.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding.
- Check that equipment is in good working order and used properly.
- Know and abide by all rules of the sport in which you are participating.
- Take a lesson (or several) from a qualified instructor, especially in sports like skiing and snow boarding. Learning how to fall correctly and safely can reduce the risk of injury.
- Pay attention to warnings about upcoming storms and severe drops in temperature to ensure safety.

## PREVENT HYPOTHERMIA AND FROSTBITE

- Wear several layers of light, loose, water and wind-resistant clothing for warmth and protection. Layering allows you to accommodate your body's constantly changing temperature.
- Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Seek shelter and medical attention immediately if anyone is experiencing hypothermia or frostbite. Make sure everyone is aware of proper procedures for getting help, if injuries occur.

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## RACE RESULTS

### BURLINGTON TRIATHLON September 11, 2010 Burlington, Vermont

#### 0.9-mile swim, 22.5-mile bike, 6.2-mile run.

<b>Men 14 and under</b>		
1 Conner Gorman	Charlotte VT	2:39:47
<b>Men 15-19</b>		
1 Chad Naro	Concord NH	2:07:34
2 Dylan Hadden	Colchester VT	2:17:15
3 Jeff Lyons	Acton MA	2:21:34
<b>Men 20-24</b>		
1 Ike Tucker	Colchester VT	2:06:10
2 Steven Vargo	Shaftsbury VT	2:07:49
3 Harry Cawley	Stowe VT	2:18:50
4 Dean Kelly	River Edge NJ	2:25:03
5 Keith Brunner	Charlotte VT	2:27:28
6 Jeffrey Whitmore	Burlington VT	2:37:35
7 Andre Bolduc	Burlington VT	2:56:33
<b>Men 25-29</b>		
1 Gered Dunne	White River Jct VT	1:55:16
2 Jason Frank	Burlington VT	1:58:12
3 Benjamin Ware	Burlington VT	2:14:38
4 Christopher Foster	Cambridge MA	2:20:45
5 Gregory Rawson	New Haven CT	2:25:58
6 Timothy Cleary	New Haven CT	2:26:00
7 Roy Belcher	Worcester VT	2:26:23
8 Tradd Davidson	Concord NH	2:29:19
9 Howard Chang	New Haven CT	2:29:26
10 Alexander Cavin	Boston MA	2:40:53
11 Sam Werbel	Norwich VT	2:42:08
12 Douglas Pereira	New Haven CT	2:49:34
<b>Men 30-34</b>		
1 Jason Baer	Burlington VT	1:58:29
2 Zachary Kramer	Colchester VT	2:01:37
3 Travis Voyer	Jericho VT	2:06:15
4 Jeff Alexander	Shelburne VT	2:10:55
5 Chris Shaffer	Newport VT	2:12:29
6 A Menno	Montpelier VT	2:17:57
7 Eric McCarthy	Essex Jct VT	2:18:01
8 Mark Purpura	Florham Park NJ	2:18:08
9 Martin Courcelle	Colchester VT	2:25:48
10 Andrew Ikalaso	Pembroke MA	2:27:30
11 Rick Ikalaso	Delmar NY	2:28:30
12 Patrick Wood	Burlington VT	2:30:37
13 Tyler Mann	Baltimore MD	2:31:29
14 Kevin Thorley	Colchester VT	2:31:36
15 Jonathan Beckwith	Cornish NH	2:33:53
16 Chris Thompson	Sunapee NH	2:37:52
17 Rick Michalek	Claremont NH	2:40:52
18 Michael Aftowski	Southington CT	2:47:53
<b>Men 35-39</b>		
1 Eric Darling	Shelburne VT	2:02:49
2 Brian Joslin	Waitsfield VT	2:11:15
3 Michael McRae	Northampton MA	2:14:25
4 Mark Brislin	Georgia VT	2:16:04
5 Sean Harvey	Walpole MA	2:23:33
6 Anthony Monahan	Brooklyn NY	2:33:30
7 Chris Hebert	So Burlington VT	2:37:41
8 Matthew Higgs	Colchester VT	2:54:48
<b>Men 40-44</b>		
1 Warren Cornwall	Burlington VT	2:01:40
2 Benoit Robert	St-Hubert QC	2:04:52
3 Randy Lee Kelley	Plattsburgh NY	2:07:01
4 Ed Hamilton	Shelburne VT	2:08:00
5 Paul Maxted	So Burlington VT	2:15:34
6 Michael Monahan	No Attleboro MA	2:16:04
7 Steven Urish	Burlington VT	2:18:44
8 D MacDonald	So Burlington VT	2:19:48
9 M Doubleday	Hatfield MA	2:21:48
10 Jonathan Kovar	Concord NH	2:24:15
11 Sean McManis	Colchester VT	2:25:14
12 J Owen Banks	Colchester VT	2:26:44
13 Alex Lewin	Cambridge MA	2:39:29
14 Chris Franzen	Essex Jct VT	2:58:54
<b>Men 45-49</b>		
1 Eric Griffin	So Burlington VT	2:08:05
2 Matt Gallagher	Burlington VT	2:13:04
3 Gary Tebbetts	Shrewsbury MA	2:17:40
4 John T Braun	Charlotte VT	2:23:37
5 Jeffrey Barnett	Marblehead MA	2:26:16
6 Lee Weltman	Burlington VT	2:31:42
7 David Harris	Morrisville NY	2:32:12
8 Greg Mernick	Shelburne VT	2:34:47
9 Alex Werba	Plymouth VT	2:37:28
10 Robert Hyams	Charlotte VT	2:37:37
11 Clark Waterfall	Hopkinton MA	2:38:00
12 J Saunders	Litchfield NH	2:38:57
13 Will Shelton	Northampton MA	2:56:57
14 Patrick Standen	Burlington VT	3:56:06
<b>Men 50-54</b>		
1 Victor Nuovo	Shelburne VT	2:06:28
2 Charlie Tipper	Burlington VT	2:16:56
3 Tim Duff	So Burlington VT	2:24:26
4 Stephen Gulick	Burlington VT	2:29:29
5 William Payne	Wayland MA	2:38:51
6 Mitchell Shifrin	Holliston MA	2:55:33
7 Rick Strumple	No Andover MA	2:55:46
8 Dave Riester	Essex Jct VT	2:56:44
<b>Men 55-59</b>		
1 Dhyam Nirmegh	Huntington VT	2:19:28
2 Grant Orenstein	Calais VT	2:32:09
3 Thomas Cavin	Boston MA	2:58:04
<b>Men 60-64</b>		
1 Mike Mason	Northfield VT	2:16:36
<b>Men 65-69</b>		
1 Bert Allen	Pascoag RI	2:28:37
<b>Women 15-19</b>		
1 Emily Healy	Summit NJ	2:42:51
<b>Women 20-24</b>		
1 Brittany Nunnink	Waitsfield VT	2:26:03
2 Laura Lui	River Edge NJ	2:39:46
3 Sarah Miller	Burlington VT	2:49:50
4 Natalie Hamblin	Nantucket MA	3:01:05
5 Letty Krueger	Burlington VT	3:01:30
6 C Thompson	Nantucket MA	3:23:56
<b>Women 25-29</b>		
1 Lindsey Stahl	Essex VT	2:26:58
2 Phoebe Kittredge	Burlington VT	2:27:20
3 Kathryn Hurd	Greenwich CT	2:34:58
4 Jaquelin Hubbard	Beverly MA	2:35:46
5 Diana Francis	New Haven CT	2:38:58
6 Brett Harris	Albany NY	2:48:01
7 Sarah Comois	Burlington VT	2:49:59
8 Elisabeth Garvey	Hinesburg VT	3:00:05
9 Lydia Gensheimer	New Haven CT	3:03:06
10 Corrie Parker	Colchester VT	3:41:24
<b>Women 30-34</b>		
1 Jill Smith	So Burlington VT	2:24:05
2 Isabelle Dickens	So Glens Falls NY	2:24:19
3 Phoebe Mott	Hinesburg VT	2:31:43
4 Kristen Courcelle	Colchester VT	2:34:52
5 Roxanne Gignoux	Hinesburg VT	2:36:30
6 Sarah Katz	Concord NH	2:37:38
7 Amy Starble	Burlington VT	3:00:05
8 Sarah Ham	New Haven CT	3:03:06
9 Stephanie Howell	Essex Jct VT	3:04:14
10 Mylene Bourdais	Montreal QC	3:05:21
11 S Tobrocke	Plattsburgh NY	3:16:42
12 Kristy Hart	Colchester VT	3:23:40
<b>Women 35-39</b>		
1 Kristine Guthrie	Burlington VT	2:29:48
2 Clarice Streets	Fairfax VT	2:45:42
3 Marci White	Randolph VT	3:04:12
4 Lisa Gardner	Cuttingsville VT	3:07:48
5 Nadine Lugassy	Essex Jct VT	3:14:40
<b>Women 40-44</b>		
1 Stacey Spillane	Shelburne VT	2:16:18
2 Heidi Underwood	Kattskill Bay NY	2:18:20
3 Sarah Pribam	Shelburne VT	2:22:30
4 Tracey Koehler	Norwich VT	2:27:03
5 Chris Kogut	Charlotte VT	2:28:53
6 Ian Kelley	Essex Jct VT	2:42:52
7 Jennifer Hulse	Stowe VT	2:45:34
8 Kathy Mai	Plainfield VT	2:50:46
9 Theresa Hoffmann	Danby VT	2:56:10
10 Janet Pelletier	Cuttingsville VT	3:12:29
11 Dawn Ellis	Newark DE	3:32:01
<b>Women 45-49</b>		
1 Shari Bashaw	St Albans VT	2:32:08
2 Cheryl Elinsky	White River Jct VT	2:37:14
3 Karen Newman	Old Greenwich CT	2:38:02
4 Ann Greenwald	Norwich VT	2:52:33
5 Jill Nye-McKeown	Burlington VT	2:58:55
6 Amy Karibian	Southbrough MA	3:27:08
<b>Women 50-54</b>		
1 Jane Kolodinsky	Burlington VT	2:45:43
2 Wendy Matthews	Queensbury NY	2:54:19
3 Terry Healy	Summit NJ	3:01:24
4 Nancy Lines	So Burlington VT	3:15:20
5 Marjorie Meyer	So Burlington VT	3:19:48
<b>Women 55-59</b>		
1 Linda Hallinger	Washington VT	2:42:59
2 Lynne Caulfield	Dummerston VT	2:58:26
<b>Women 60-64</b>		
1 Jeanne Tucker	Colchester VT	2:22:42





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## RACE RESULTS

### AUTUMN ANNUAL 5K October 31, 2010 Morse Farm, Montpelier, Vermont

#### Overall Men

1	Grace Brigham	Montpelier VT	20:49
2	Carrie Bartlett	Bedford MA	21:36
3	Sarah Pribram	Shelburne VT	21:57
4	Rose Kent	Bethel VT	21:57
5	Jessica Cover	Richmond VT	22:02
6	Holly Gordon	Montpelier VT	22:55
7	Sue Hackney	Montpelier VT	23:15
8	K Monstream	Burlington VT	23:38
9	Joanne Grogan	Hinesburg VT	24:04
10	Colette Kelly	Montpelier VT	24:32
11	A Thornton-Kelly	Montpelier VT	25:03
12	Count Tess	Burlington VT	25:04
13	Abby Weissman	Lincoln VT	25:10
14	Holly Rainville	W Bolton VT	25:17
15	Alicia Bryer	Etna NH	25:50
16	S A-Donaga	Hinesburg VT	26:30
17	Helen Lanthier	St Albans VT	26:41
18	Erika Bruner	Berlin VT	26:52
19	Jeanne Ellis	Montpelier VT	27:05
20	Sandy Beynonn	So Burlington VT	27:26
21	Sarah Jarvis	Montpelier VT	27:37
22	Suzanne Grocki	So Burlington VT	28:39
23	Ashley Steere	Winooski VT	28:39
24	Jessica Chenette	Montpelier VT	28:56
25	Abbie Bartlett	Waterbury Ctr VT	29:28
26	Laura Moore	Barre VT	29:41
27	Amy Brewer	Berlin VT	29:42
28	Georgina Gahagan	Montpelier VT	29:43
29	Cettina Costaglio	Worcester VT	30:46
30	Loralyn Leblanc	Montpelier VT	31:23
31	Sophia Webb	Hinesburg VT	31:43
32	Colleen Katin	Worcester VT	31:48

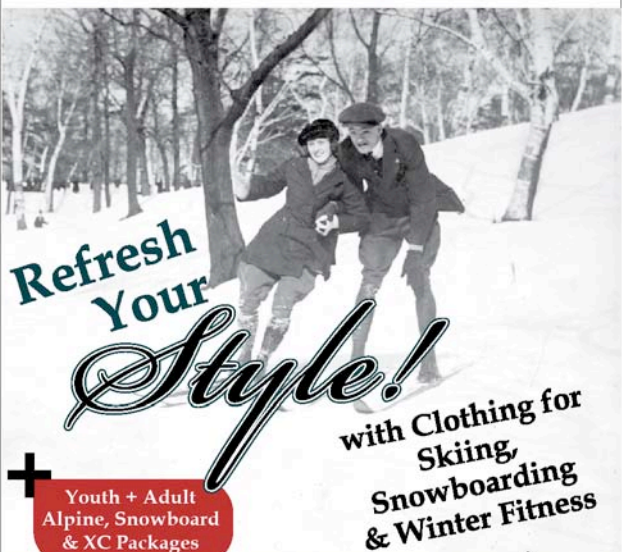
33	Maria Crist Bravo	Burlington VT	32:51
34	Jessie Alfaron	Middlesex VT	33:21
35	Sandy Colvin	Montpelier VT	33:30
36	Erika Mitchell	E Calais VT	33:40
37	Jen Pia-Needleman	Montpelier VT	36:11
38	Kelly Ault	Middlesex VT	37:38
39	Aaliyah Preston	Graniteville VT	37:54
40	Erin Preston	Graniteville VT	37:54

#### Overall Men

1	Eric Morse	Berlin VT	17:01
2	Gered Dunne	White River Jct VT	17:11
3	Greg Hagley	Lebanon NH	17:53
4	James Donegan	Hinesburg VT	17:55
5	Damian Bolduc	So Burlington VT	18:09
6	Eric Darling	Shelburne VT	18:42
7	Eddie Habeck	Williamstown VT	19:44
8	Mike Bessette	St Albans VT	20:31
9	Chris Andresen	Montpelier VT	20:34
10	Nick Pettersen	Plainfield VT	20:41
11	Alex Geller	Waterbury VT	20:57
12	Chris Bernier	Waterbury Ctr VT	21:04
13	Tim Noonan	Montpelier VT	21:07
14	Steve Messisil	Jeffersonville VT	21:13
15	Chris Bedell	So Burlington VT	21:14
16	Alex Blackwood	Castleton VT	21:42
17	Richard Boisseau	St Johnsbury VT	21:47
18	John Valentine	Roxbury VT	21:55
19	Kirby Gordon	Montpelier VT	22:53
20	Bob Stack	Montpelier VT	22:53
21	Ben Field	Montpelier VT	22:58
22	John Hackney	Montpelier VT	23:06
23	Bill Holland	Montpelier VT	23:08
24	Michael Philbrith	Montpelier VT	23:10
25	Jeff Prescott	Montpelier VT	23:28
26	Greg Gerdel	Montpelier VT	23:44
27	Michael Hill	Bedford MA	24:27
28	Nathan Kakalec	So Burlington VT	24:49
29	Robert Kakalec	So Burlington VT	24:49
30	Jordan Wilson	Northfield VT	25:09
31	Roy Belcher	Worcester VT	25:24
32	Jase Roberts	Bolton VT	25:26
33	Bailey Pearson	Middlesex VT	26:28
34	Oliver Hackerson	Montpelier VT	27:18
35	M M Warnken	Burlington VT	27:22
36	Wayne Warnken	Burlington VT	27:37
37	Carson Beard		27:45
38	Tom Cherette	Montpelier VT	28:56
39	Michael Chernick	Montpelier VT	30:03
40	Michael Travis	Worcester VT	30:28

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# RACE RESULTS

## HALF VERMONT JOURNEY TRIATHLON August 29, 2010 Branbury State Park, Salisbury, Vermont

1.2-mile swim, 56-mile bike,  
13.1-mile run

### Top 5 Men Overall

1	Mike Wynn	Queensbury NY	4:18:06
2	John Spinney	Waterbury VT	4:20:02
3	Chris Coffey	New Haven VT	4:26:45
4	David Connery	Shelburne VT	4:28:11
5	Andy Powell	Marcellus NY	4:29:11

### Top 5 Women Overall

1	Angie DeFilippi	Colchester VT	4:50:28
2	K Montgomery	Wallingford CT	4:56:34
3	Mariana Lara	Stowe VT	5:01:04
4	Mary Guertin	Monson MA	5:01:07
5	Jill Herrick	Belchertown MA	5:08:17

### Men 14-19

1	Jim Petersen	Hudson NH	5:47:31
2	Matthew Merritt	Pembroke MA	7:00:43
3	Arthur Wilkins	Madison CT	7:22:03

### Men 20-24

1	John Macdonald	Burnt Hills NY	6:03:02
2	Harrison Cawley	Stowe VT	6:09:35

### Men 25-29

1	Tyler Garvey	Burlington VT	4:46:01
2	Kevin Coyle	Hudson MA	4:48:20
3	K Bouchard-Hall	Jay NY	4:50:13
4	Benjamin Ware	Burlington VT	5:13:30
5	Patrick Ely	New Haven CT	6:01:58
6	Christopher Panza	Saranac Lake NY	6:14:13
7	Stephen Rawlings	New York NY	6:20:26
8	Justin Shepard	Dorchester MA	6:43:10

### Men 30-34

1	Jason Baer	Burlington VT	4:31:37
2	John Flannagan	Cohasset MA	4:45:44
3	Ralf Egl	Enfield CT	4:52:12
4	Tom Stephenson	Southport NY	4:58:48
5	Cory Coffey	Vergennes VT	4:59:13
6	Jeff Alexander	Shelburne VT	5:18:17
7	Chas Lyons	Essex Jct VT	5:20:18
8	Matthew Burleigh	Essex Jct VT	5:51:11
9	Kamen Yotov	Brooklyn NY	5:59:52
10	Daniel Sebens	Beverly MA	6:20:49
11	Michael Coryer	Annisville PA	6:36:35
12	Eric Hannett	Fitzwilliam NH	6:51:41
13	Paul Blair	Somerville MA	7:30:01

### Men 35-39

1	Peter Schneider	Shelburne VT	4:30:52
2	Todd Smith	Scottsville NY	4:35:42
3	Mike Barton	White River Jct VT	4:39:20
4	Tyler Sperry	So Burlington VT	4:43:56
5	J Underwood	Woodstock VT	4:55:16
6	Gregory Labelle	Peabody MA	5:16:35
7	William Simms	Plymouth MA	5:16:57
8	Eric Azoulay	Laval QC	5:25:14
9	Robert Macneal	Hanover NH	5:45:58
10	Robert Macneal	Hanover NH	5:47:03
11	Jeff Wallis	So Burlington VT	5:54:40
12	David Malsheke	Plantsville CT	6:01:31
13	Michael Whipple	Yarmouth ME	6:05:25
14	Damien Chicarilli	Norwalk CT	6:09:55
15	Joseph McGuigan	Medford MA	6:16:02
16	Kevin Carvey	Groton VT	7:40:20

### Men 40-44

1	Bruno Commier	Sutton QC	4:51:47
2	Paul Randolph	Newtown Square PA	4:57:06
3	Yoram Ben-Shaul	Watertown MA	5:12:08
4	D Miller-Arsena	Middlesex VT	5:13:13
5	Tom Bircher	Grantham NH	5:25:50
6	J Castonguay	Feeding Hills MA	5:52:46
7	Mark Alderman	Rutland VT	5:52:49
8	Eric Gleason	Woodstock VT	5:59:33
9	Kevin Adams	Walden NY	6:08:10
10	Ronald Richards	Corinth NY	6:33:26
11	Bryan Blair	Chappaqua NY	7:32:03

### Men 45-49

1	Doug Guertin	Monson MA	4:39:23
2	Chip Martin	Waterbury VT	4:56:39
3	Kevin Moloney	Monson MA	5:04:30
4	Andrew Novis	Newtown MA	5:25:53
5	James Dinulos	Hanover NH	5:28:00
6	Bob Valley	Clermont FL	5:30:44

7	Bj Paik	New York NY	5:33:23
8	Gerry Valentine	Brooklyn NY	5:52:22
9	J Patrick Kennedy	Cohasset MA	5:58:48
10	Scott Raymond	Saranac Lake NY	6:07:39
11	Thaddeus Wojcik	New York NY	6:27:29
12	Jeffrey Merritt	Pembroke MA	7:28:31
13	Joseph Bazzinotti	Kingston MA	7:55:17

### Men 50-54

1	Victor Nuovo	Shelburne VT	4:41:08
2	Jim Sonneborn	Morristown NJ	4:52:57
3	Michael Zackin	Sudbury MA	4:58:29
4	Steve Hare	Middlebury VT	5:03:09
5	Richard Webber	Southampton MA	5:20:44
6	Mark Mulder	Allendale NJ	5:32:18
7	Thomas Brown	Altona NY	6:13:21
8	Ralph Borseth	Rutland MA	6:29:07
9	P Cunningham	New Milford CT	6:38:25
10	Paul Aloe	Port Washington NY	6:47:30

### Men 55-59

1	William Romito	Belchertown MA	5:44:11
2	Leonard Tremblay	Winooski VT	6:25:13
3	Jim Snyder	Wilbraham MA	6:42:13

### Men 60-64

1	Steve Bradley	Casselman ONT	5:18:03
2	Steven Pressman	High Falls NY	5:44:39
3	Ron Devce	Peabody MA	6:14:55
4	John Izzo	Salisbury VT	6:46:30

### Men 65-69

1	Stephen Mitchell	Malta NY	7:13:06
2	Leonard Kershaw	Elizabethtown NY	7:29:33

1	Becca Constantine	Florence MA	7:33:58
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1	Julie Heaphy	Norwalk CT	5:19:38
2	Rebecca Gutwin	Colchester VT	5:43:37
3	Jessica Palmer	Long Valley NJ	6:11:27
4	Rebecca Cushing	So Dartmouth MA	6:14:52
5	Jacquelin Hubbard	Beverly MA	6:29:04
6	Rebecca Wojtecki	Albany NY	6:35:01

### Women 20-24

1	Carly Johnson	Yorktown Heights NY	5:33:02
2	Georgia Duff	Washington Depot CT	6:21:44
3	Kristen Kelly	Shrewsbury MA	6:23:36
4	Phebe Mott	Hinesburg VT	6:29:04
5	Carrie Coryer	Annisville PA	7:12:06
6	Laura Tarbell	Concord NH	7:32:52

### Women 25-29

1	Angela Rice	Agawam MA	5:34:32
2	A-M Vranceanu	Arlington MA	5:35:33
3	B Underwood	Woodstock VT	5:58:59
4	Joann Yanami	Brooklyn NY	6:02:21
5	Tanya Benosky	Shelburne VT	6:16:34
6	Erika DeGeorge	Saco ME	6:23:48
7	Erin Whipple	Yarmouth ME	6:31:05
8	Robyn Hannett	Fitzwilliam NH	7:13:18
9	Christina Nash	Malta NY	7:36:27

### Women 30-34

1	Allison Quinlan	Hampton NH	5:46:45
2	Rachel Butler	Lake Placid NY	5:52:44

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### BIATHLON

#### ONGOING

Thursdays, Biathlon Winter Race Series (Jan. 6 thru Feb. 17), 4:30PM, freestyle, under lights, beginners welcome, Ethan Allen Biathlon Range, Jericho Center, VT, John Madigan, [jpmad2003@yahoo.com](mailto:jpmad2003@yahoo.com)

### CROSS-COUNTRY SKIING

#### JANUARY

- 1 Mount Hor Hop, Lake Willoughby State Park, Westmore, VT, Mike Kiser, [kiser52@comcast.net](mailto:kiser52@comcast.net)
- 8 Tour de Trapp (1st Annual) 40K, Trapp Family Lodge Cross-Country Center, Stowe, VT, 802-253-8511, [info@trappfamily.com](mailto:info@trappfamily.com), [www.trappfamily.com](http://www.trappfamily.com)
- 8 Catamount Trail Association Women's Day Clinic, Trapp Family Lodge Cross-Country Center, Stowe, VT, Joanne Hanowski, [jhanowski@pshift.com](mailto:jhanowski@pshift.com), [www.catamounttrail.org](http://www.catamounttrail.org)
- 8 Winter Trails Day, Smugglers' Nordic Ski and Snowshoe Adventure Center, Smugglers' Notch Resort, Jeffersonville, VT, Zeke Zucker, 802-644-1173, [zzucker@smuggs.com](mailto:zzucker@smuggs.com), [www.smuggs.com](http://www.smuggs.com)
- 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](mailto:info@trappfamily.com), [www.trappfamily.com](http://www.trappfamily.com)
- 16 Tour de Stowe, Trapp Family Lodge Cross-Country Center to downtown Stowe, VT, 802-253-8511, [info@trappfamily.com](mailto:info@trappfamily.com), [www.trappfamily.com](http://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](mailto:info@trappfamily.com), [www.trappfamily.com](http://www.trappfamily.com)

23 Get Out and Backcountry Festival with the Catamount Trail Assoc., Bolton Valley Nordic Center, Bolton, VT, Jim Fredericks, 802-864-5794, [jfredericks@catamounttrail.org](mailto:jfredericks@catamounttrail.org), [www.catamounttrail.org](http://www.catamounttrail.org)

29 30th Annual TD Bank Craftsbury Marathon 50K/25K and 25K Tour, Craftsbury Outdoor Center, Craftsbury, VT, [www.craftsbury.com](http://www.craftsbury.com)

30 NENSA Women's Day, Bolton Valley Nordic Center, Bolton, VT, Abby Weissman, [abby@nensa.net](mailto:abby@nensa.net), [www.nensa.net](http://www.nensa.net)

#### FEBRUARY

4-5 UVM Winter Carnival, Trapp Family Lodge, Stowe, VT, [info@trappfamily.com](mailto:info@trappfamily.com)

27 Stowe Derby, 16K from the summit of Mount Mansfield to the town of Stowe, classic, freestyle, and Derbymeister divisions, Pascale Savard, 802-253-7704 ext. 22 or 802-253-9216, [stowederby@teammmsc.org](mailto:stowederby@teammmsc.org), [www.stowederby.com](http://www.stowederby.com)

### FIRST AID/FIRST RESPONDER

#### DECEMBER

11 EMT WILD Day, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, [Deb\\_williams@alohafoundation.org](mailto:Deb_williams@alohafoundation.org), [www.alohafoundation.org](http://www.alohafoundation.org)

11-15 Wilderness EMT Module, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, [Deb\\_williams@alohafoundation.org](mailto:Deb_williams@alohafoundation.org), [www.alohafoundation.org](http://www.alohafoundation.org)

11-19 SOLO Wilderness First Responder Class, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, [Deb\\_williams@alohafoundation.org](mailto:Deb_williams@alohafoundation.org), [www.alohafoundation.org](http://www.alohafoundation.org)

#### JANUARY

8-16 Wilderness First Responder with Aerie Backcountry Medicine, SCA Center for Conservation Service, Charlestown, NH, Lew Shelley, [lshelley@thesca.org](mailto:lshelley@thesca.org), [www.thesca.org](http://www.thesca.org)

### MISCELLANEOUS

#### JANUARY

9 Lake Morey WinterFest, Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, [Deb\\_williams@alohafoundation.org](mailto:Deb_williams@alohafoundation.org), [www.alohafoundation.org](http://www.alohafoundation.org)

#### ONGOING

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 ext. 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

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## RUNNING

### 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

### DECEMBER

31 First Night Montpelier 5K, 3PM, Pavilion Building, Montpelier, VT, Ann Bushey, 802-229-6288, busheya@wssu.org or Sandy Colvin, buckman43@comcast.net, www.cvrunters.org

### JANUARY

1 First Run Burlington 5K & Kids' Half-Mile Fun Run, Memorial Auditorium, Burlington, VT, Joe Connolly, 802-863-8412, joe@runvermont.org, www.runvermont.org  
 15 Winter Wild Uphill Series #1 (run, snowshoe, ski uphill, then come back down), Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, recreation@nl-nh.com, www.winterwild.com  
 19 Team in Training Information Meeting, Fleet Feet, Essex Junction, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org  
 22 Team in Training Information Meeting, Fletcher Memorial Library, Ludlow, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org  
 25 Team in Training Information Meeting, Courtyard Marriott, Burlington, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org

### FEBRUARY

5 Winter Wild Uphill Series #2 (run, snowshoe, ski uphill, then come back down), Ragged Mountain, Danbury, NH, Chad Denning, 603-748-1070, recreation@nl-nh.com, www.winterwild.com  
 19 Winter Wild Uphill Series #3 (run, snowshoe, ski uphill, then come back down), Pats Peak, Henniker, NH, Chad Denning, 603-748-1070, recreation@nl-nh.com, www.winterwild.com

### ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226  
 Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com

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 Wednesdays, 6PM, Hard'ack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266

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, ramey2001@yahoo.com

Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com

Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mikedesanto@gmail.com

Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

## SNOWBOARDING

### DECEMBER

11 Rails 2 Riches, Killington, VT, thobbs@killington.com, www.killington.com  
 18 K-Town Showdown #1 (Rail Jam), Killington, VT, thobbs@killington.com, www.killington.com

### JANUARY

15 K-Town Showdown #2 (Rail Jam), Killington, VT, thobbs@killington.com, www.killington.com  
 20-23 Dew Tour multi-sport event, featuring snowboard and freeskiing superpipe and slopestyle, Killington, VT, thobbs@killington.com

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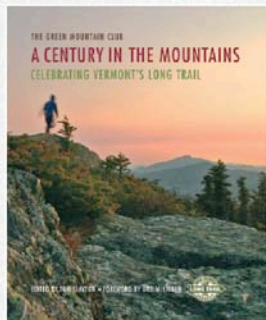
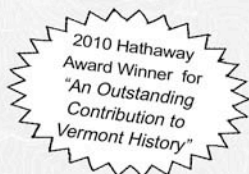
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## SNOWSHOEING

### JANUARY

29 Tubbs Romp to Stomp Out Breast Cancer Snowshoe Series, Stratton, VT, [rompstomp@tubbssnowshoes.com](mailto:rompstomp@tubbssnowshoes.com)

### FEBRUARY

- 6 10th Annual Northern Vermont Snowshoe Race and Family Snowshoe Festival, Smugglers' Nordic Ski and Snowshoe Adventure Center, Smugglers' Notch Resort, Jeffersonville, VT, Zeke Zucker, 802-644-1173, [zzucker@smuggs.com](mailto:zzucker@smuggs.com), [www.smuggs.com](http://www.smuggs.com)
- 12 Fight for Air: Bolton Valley Snowshoe Shuffle 5K/10K Bolton, VT, Brynn Wikgren, [bwikgren@lungne.org](mailto:bwikgren@lungne.org)

## 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](mailto:cbrynn@theswimmingholestowe.com)  
Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21  
Daily, Masters Swim Practice, call for times, Upper Valley Aquatics Center, White River Junction, VT, Barbara Hummel, 802-296-2850, [www.uvac-swim.org](http://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](mailto:cbrynn@theswimmingholestowe.com)  
Thursdays, 6PM, Ongoing Swim Practice at First in Fitness (coaching available), Berlin, VT, John Spinney, [john@qt2systems.com](mailto:john@qt2systems.com)

## TELEMARK SKIING

### DECEMBER

26 Telemark Clinic with Dickie Hall, Stowe Mountain Resort, call Umiak Outfitters, 802-253-2317. [www.umiak.com](http://www.umiak.com)

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