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# VERMONT SPORTS MAGAZINE

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MARCH 2011  
VOLUME XX | NO. V

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outdoor adventure  
MEDIA



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Photo by Brian Mohr/Emberphoto.

**On the cover:** Jossi Wells performs a back flip at the Dew Tour at Killington.  
Photo by Curtis Savard

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## THIS MONTH ON VTSPO RTS.COM

### \$150K FOR NEW MTB TRAILS

The United States Forest Service, through its partnerships with the Vermont Mountain Bike Association and the Vermont Youth Conservation Corps, will be allocating \$154,000 towards trail improvement activities that will include developing increased mountain bike access in the Green Mountain National Forest. Read more at <http://www.vtsports.com/articles/vermont-mountain-bike-trails-get-154000-stimulus-money>

### DISPATCHES FROM VERMONTREAL

Each year, Local Motion of Burlington organizes group rides from Vermont to Montreal. Andy Berisford of South Burlington shares his first-person account of riding from the Green Mountain State to the beautiful Quebec City. Read more at <http://www.vtsports.com/articles/local-motions-vermontreal-tour-first-person-report>

### NORTHEAST KINGDOM CYCLING CENTER OPENING IN DERBY

The mission of the center is to promote and support cycling in the Northeast Kingdom. The Kingdom Cycling Center at IROC will offer parking and use of the facility for \$5 per day per rider. Read more at <http://www.vtsports.com/articles/northeast-kingdom-cycling-center-open-iroc>

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**PUBLISHER  
COMMENTARY**  
BY  
SKY BARSCH GLEINER

## WITH A LITTLE HELP FROM MY FRIENDS

The first time I went cross-country skiing, I rented a pair of classical skis, probably meant for racing, that I took to some wooded trails in Groton. With a group of girlfriends—adventurous, but clueless—I followed a friend of a friend on the powder-laden trails. I was dressed in a non-wicking cotton sweatshirt and some old track pants; and used short, downhill poles—all in sheer oblivion. Worse, one of my friends was on skis that, unbeknownst to us, were skate skis.

Needless to say, most of the pictures from that day are of us on the ground, face planted or otherwise covered in powder. I was cold, frustrated, and if not for the company of people who like to laugh, I would have ditched out after a few minutes. I have one photo, however, that my mom keeps on her fridge. In the few seconds I was able to steady myself, someone managed to capture me with a

huge smile on, cheeks rosy from the cold, hair crazy from the wet snow and exertion. My frustration was tempered with the beginnings of a passion.

Today, I find myself whizzing around the trails, at a molasses pace compared to “real” skiers, but Olympic pace compared to my beginning days. I even (barely) finished the Craftsbury 25k tour in 2009! My 2002 self would never have believed this day would come.

Now I am appreciative of what Nordic skiing provides: a chance to get some sun on my face in the deepest of winter, heart-pumping exercise that beats off the winter blues, time in nature, and an affordable way to spend time with my husband, friends, and dog. Its benefits are immeasurable to me, and I’m thankful I stuck with it to get to this point.


But what did it take to get here? Encouragement and advice from those who were more experienced. They helped

me spend more time on skis, and gave me suggestions for great trails to check out, where exactly to plant the pole and better techniques for going up and down hills. I improved as I skied with better skiers, who were faster, braver and could ski for longer periods of time. (It also took my now-husband telling me on our first ski date that I was using downhill poles.)

That’s exactly the kind of encouragement and advice I want to provide with *Vermont Sports*. I realize there are many new and budding athletes who read this magazine, and I hope to give them what they need to get to the next level. Peter Bronski does a great job with this in his piece, Big Mountains, Little Snowshoes. These are snowshoe hikes around the Northeast that little ones can tackle, but not at the expense of boring their parents. Peter (who is the proud new father to his second little one) gives great

information—like elevation, how long the hike is, and exactly where to begin. Leslie Wright, an impressive cyclist, shares tips for getting your bike tuned up for the season. It’s excellent, authoritative information that a newbie or an experienced cyclist can use.

We still strive to provide new and useful information for the most seasoned athletes—such as in Brian Mohr’s exhilarating piece on avalanches in the Northeast. Brian and his wife, Emily Johnson, are two backcountry experts, and though they live right in Moretown, they’ve traveled around the world. They provide a local as well as worldly perspective on the danger of avalanches and how you can educate yourself.

No matter where you fall on the outdoors scale—whether you’re clipping on skis for the first time, or flying down the powdery backcountry, there’s something in this issue of *Vermont Sports* for you. Consider us your encouraging, authoritative friend, here to help you get to the next level. 

—Sky Barsch Gleiner



**OUT &  
ABOUT**  
BY  
JOHN MORTON

## GROWING EVIDENCE THAT LANCE DOPED

Seven years ago, I wrote a column in *Vermont Sports* entitled, “I Want to Believe in Lance.” At the time, the U.S. cycling icon was poised to win an unprecedented sixth Tour de France, but the publication of L.A. Confidential by David Walsh and Pierre Ballester, accused Armstrong of using performance enhancing drugs. Lance vehemently denied the accusations stating repeatedly that “neither he, nor any of his U.S. Postal Service teammates had done anything illegal.” Another frequent Armstrong retort to the nearly constant questions from the press about doping was, “I have been tested

hundreds of times and I have never failed a drug test.”

I should state here for the record, that I believe in the concept of “innocent until proven guilty.” All of us received a vivid reminder of that concept not long ago when several Duke University lacrosse players were accused of sexually abusing a female entertainer, whom they had hired for a party. Encouraged by a voracious media and an overzealous prosecutor, many of us convicted the athletes in the court of public opinion, only to learn later that the entertainer had fabricated her story and the athletes were innocent.

Having said that, I am tired of athletes who stridently maintain their innocence until faced with overwhelming evidence against them, when they suddenly become repentant and admit to “making bad decisions.” In general, successful athletes are not stupid people, especially where sports performance is concerned. Many are very sophisticated about training regimens, nutritional supplements, equipment refinements, etc. It is difficult for me to believe, with the possible exception of a few teenaged, East German swimmers back in the ‘60s, that top athletes aren’t fully aware that they are doping when they inject themselves with something to improve their performance.


If you want to give Lance Armstrong the benefit of the doubt, what he stated in an interview I saw on television, is probably true. According to a recent expose in *Sports Illustrated*, Lance may have had access to a new drug called HemAssist, created to treat victims of trauma and severe blood loss. Since the drug was still in trials, and thus not yet on the banned list, Lance could technically state that he and his teammates had done nothing illegal.

It is also reasonable to assume that anyone as dominant as Lance Armstrong was in international cycling, is going to generate some envy and bruised egos. Consider the team dynamics of the Tour de France. A group of the world’s best riders ally themselves behind a “favorite” whom they protect and pace to the victory. Certainly the motivation for most of these journeymen cyclists is to someday earn that coveted distinction of favorite, and win the Tour themselves. According to the *Sports Illustrated* article, a significant number of Armstrong’s former teammates and support staff are coming forward, relating what they heard or observed. Could this all be a result of envy and jealousy, or is it perhaps an overdue

sense of conscience and a desire to assuage their guilt.

Perhaps the most noteworthy recent development is the involvement of Jeff Novitzky, the FDA’s investigator responsible for bringing to justice several participants in the BALCO illegal performance enhancement case. As a result of Novitzky’s work, several people went to jail, including multiple, Olympic medalist, Marion Jones. In addition, a congressional sub-committee was motivated to hold hearings on the use of steroids in Major League Baseball. San Francisco Giants slugger and home run king, Barry Bonds, is still under investigation for perjury. The fact that Novitzky has turned his attention toward Armstrong, suggests that the investigator suspects that the famous cyclist is hiding something.

This entire situation is especially tragic because, since his recovery from cancer, Lance has done so much to raise awareness and funding for cancer treatment. There is no doubt that the millions raised through Armstrong’s Livestrong Foundation have significantly advanced research into the causes and possible cures for cancer. Equally important, as a cancer survivor himself, Lance has inspired people around the world who struggle with the disease.

In conclusion, I suspect Lance did what he thought he had to do to win, and in the long standing culture of the Tour de France, that meant unethical performance enhancement. To his credit, he was careful how he answered the constant accusations, and he probably didn’t actually lie. My guess is, if he admitted his youthful lapse of judgment, in the heat of battle, so to speak, and vowed his continued commitment to fighting cancer, the majority of sports fans would accept his confession and be grateful for his help in the search for a cure. 

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).

# VERMONT SPORTS

## COMING NEXT MONTH

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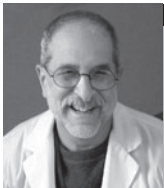
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## SPORTS MEDICINE

BY  
ROBERT RINALDI, DPM

# RUNNING SHOES FOR EVERY BODY

The running shoe industry attempts to convince us that its annual tweaking of shoe models is making a difference in our ability to run longer, stronger, and with less injury. Actually, I feel that these annual changes are always born in the marketing department and keep up with current fashion trends. Each year some changes are made, but they are not very substantial.

### ANALYZING YOUR BODY MECHANICS

Recommendations by any provider for athletic shoes should be based on findings gathered from examinations that include a gait analysis and range of motion study. The gait analysis provides information on the strike of the foot to toe-off or propulsion. The range of motion study yields information regarding

- the degree of pronation and supination
- any leg length discrepancy
- dorsiflexion (a motion that entails moving the foot up toward the body) of the foot on the ankle, and
- the ability to inwardly and externally rotate the leg on the hip.

Any finding that is not within normal limits will potentially affect the athlete's running or walking gait. Many times abnormal findings can be treated with an athletic trainer or a physical therapist. Often, specific running shoes can

enhance the first lines of treatment and actually prevent injury. I am interested in the shoes that could be used as part of the armament for preventing or treating athletic injury caused from faulty biomechanics.

### THE SHOE STABLE

Now that you know your biomechanical needs, I have a stable of shoes for which I understand the biomechanical attributes. This puts me in a position to be able to recommend shoes specifically to the athlete based on foot type, body type, or biomechanical pathology.

Most people hyperpronate, and for this reason shoes that would work best to meet the needs of this foot type top the list. My favorite running shoe remains the ASICS 2160. The shoe is versatile, comfortable, lightweight, and fits nicely to most feet. Other shoes in this category frequently recommended are the New Balance 850, Saucony's ProGrid Guide and Pro Grid Omni and the Mizuno Inspire.

If you are in need of more shock absorption, the ASICS produces the Nimbus and Cumulus which work well with the foot that needs more shock absorbing qualities. In this category the NB 1080 is outstanding, and well liked most probably because of its exceptional fit. Mizuno

Rider works well and would also be a good choice.

Not all runners are trim, slim and of a small build. These folks require a shoe that will carry more weight. Most running shoes are designed for females under 150 pounds and males under 175, but the ASICS Gel Evolution and the NB 1012 fills in the need for these heavier runners. These are designed to accept more gravitational forces without losing designed function.

For trail running, we have so many wonderful running trails that I think the Salomon XA PRO 3-D was designed with Vermont in mind. Not a cheap shoe, but it offers superb traction, comfortable fit and Gortex to keep our feet dry and warm. New Balance purchased Dunham shoes and has taken their expansive knowledge of biomechanics and design into the Dunham shoe. Dunham makes slip-on and laced models that are comfortable, easy to wear, with waterproof or water resistant uppers that offer enough fashion to fit into the office. The Dunham's heavy-duty work boot may be an American classic and now has the added New Balance engineering.

All the major running shoe companies will be launching minimalist models probably by spring. What began as a fad inspired by Chris McDougal's book, "Born to Run," has become a serious movement in running. Research is still ongoing, but I feel it will conclude that the forefoot or mid-foot strike running style is more efficient, reduces impact shock transported to the foot, ankle, knee and hips. Current concepts are that this will keep runners on the road longer with less injury. Vibram and Nike may have been the first to move into the area but NB will be introducing the NB 101 into the retail shops very soon and it looks to me to be the most thoughtful and best designed. The shoe

protects the metatarsal heads and crucial surrounding anatomy with outstanding shock absorption. The NB 101 may be the first minimalist shoe to date that takes into consideration the importance of controlling of hyperpronation.

### FINAL WORDS

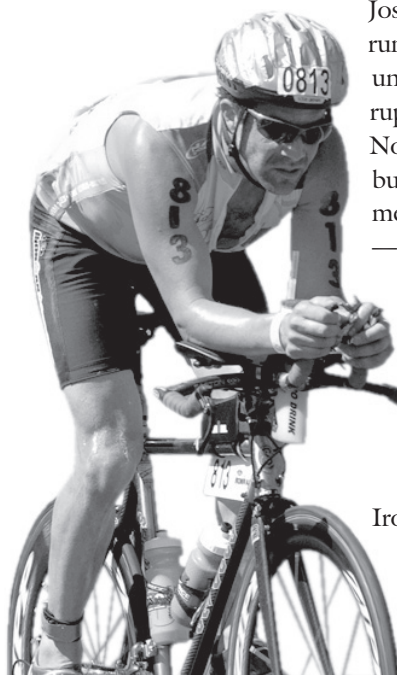
You've read these words before. We are blessed with some fantastic running shops here in Vermont. These shops truly care about your ability to continue to enjoy injury-free running. I recommend SkiRack in Burlington, Onion River in Montpelier, and Stateline Sports in West Lebanon, N.H.

You should be keeping your shoes current and by that I mean you should not be running on any model for more than six months or 300 to 400 miles, whichever comes first. The inner foams begin to oxidize even with little or no use, and they lose their designed function. Buying discontinued shoe models is not a good idea. They may be new to you, but they may have been sitting on the warehouse shelves for months and months.

I have just returned from an American Academy of Podiatric Sports Medicine seminar in Florida. We discussed at length barefoot running and forefoot strike. Research is ongoing and not yet conclusive but the august body present concluded that barefoot running could lead to serious trauma injury. We have all seen this happen in our practices throughout the country. Forefoot strike running is another matter. Though no position has yet been taken by the Academy it is felt that this style of running is more efficient and less injurious to the lower kinetic chain as it offers greater shock absorption. I will continue to report on this subject in the future. □

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



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## MUSCLES NOT MOTORS GEAR GUIDE

BY  
RYAN JAMES LECLERC



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



### FISCHER S-BOUND 98 AND 112

When the first Fischer S-Bound skis came out many years ago, Fischer became one of the early pioneers of a new category of wider, lightweight backcountry skis that featured significant sidecut in their profiles for more natural downhill turns. No, they weren't as efficient on packed snow as the beloved E99s, which excel when traveling from point A to point B over rolling terrain in more or less a straight line, but when pointed downhill, the S-Bounds turned easier and were a lot more fun. The early S-Bounds had a lot of good things going for them and a few not so good things, one of which was the lack of good uphill grip due to the combination of a full metal edge and a negative waxless pattern. Over the years, Fischer has made a lot of tweaks to improve uphill grip, but they've continued to use a negative pattern, and consequently never quite matched

the solid grip of a molded, positive wax pattern. Finally, Fischer has developed two new S-Bounds, the aptly named S-Bound 98 (98-69-88 sidecut) and the S-Bound 112 (112-78-95 sidecut) that feature a positive wax pattern called the Offtrack Pattern which is inserted into the ski's midsection. This process of inserting the pattern allows the base of the glide zones to remain sintered, which means the skis can be hot waxed for optimum glide because the material is porous. Another exciting improvement to the new S-Bounds, and an industry first for backcountry skis, is the use of rocker technology. Unlike traditional cambers, the tips of the skis actually rise upward when pressured, resulting in smoother turns with greater stability and downhill control. If all these new technologies sound like fangdangled, whizbang, gobblygook to you, don't worry, the E99 is still in production. S-Bound 98: \$349.95, S-Bound 112: \$395 [www.fischerskis.com](http://www.fischerskis.com)



### CAMELBAK POWDERBAK VEST

Whether you're cruising around on your Fischer S-Bounds or your Marquettes, or doing any active wintertime activity for that matter, it is important to stay hy-

drated. The only problem is that water likes to freeze when it's cold. Camelbak has tackled this issue of wintertime hydration with the innovative Powderbak. Designed to be worn as a midlayer, it is a lightweight and breathable vest with an integrated reservoir pouch that encapsulates a 72-ounce bladder. Chafe-free compression fabric conforms to the body as well as stabilizes and supports the weight of the water. Your own body core temperature keeps the water in the liquid form while you're out playing in the crisp winter air, and an insulated pad provides additional comfort for your human back. \$100. [www.camelbak.com](http://www.camelbak.com)



### MARQUETTE BACKCOUNTRY SKIS

If you've spent years and years searching for the perfect tool for out-the-backdoor wintertime exploration, your search may have come to an end, right here in the middle of this gear column. Take a deep breath and check out the Marquette backcountry skis. "Skis" is a bit of a misnomer as they are more like 70 percent skis and 30 percent snowshoes. Made of bombproof molded polypropylene and

manufactured in Michigan, they are wide and short and provide excellent stability and flotation in deep snow, but unlike snowshoes, they glide. The scale pattern on the bottom gives grip on the hills—not snowshoe crampon grip, mind you, but better grip than the waxless pattern on your backcountry skis—making them ideal for cruising through rolling terrain. The threaded brass inserts allow for any 75 mm backcountry binding to be mounted and when paired up with a good 75 mm backcountry boot, you'll have all the control you need to bust out some sweet turns when you point them downhill. \$179. [www.marquette-backcountry.com](http://www.marquette-backcountry.com)

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## RETAIL JUNKIE SUPERSTAR

BY  
RYAN JAMES LECLERC

I'm not a big fan of air travel, but for retail junkies like me who get the privilege of attending industry trade shows such as Interbike in fabulous Las Vegas, and Outdoor Retailer in scrupulous Salt Lake City, it is a necessary evil. I understand that life isn't always a day at the beach, so when I'm flying coach wedged between a loud passenger with a long story and a large passenger with a pointy elbow, I know that I just have to suck it up. To better deal with the inevitable unpleasantness, I head to the nearest airport bar before boarding and chase a Dramamine tablet with three beers. This works great for eliminating motion sickness, which I am prone to, as well as blacking out a good chunk of the ride, assuming I make it to my seat.

With a Dramamine tablet and three beers in my system, I was on a plane this past January with two of my favorite fellow coworkers, Bart and Philip. We were flying to the Outdoor Retailer Winter Market in glorious Salt Lake City, a place so glorious, the beer doesn't need to be any stronger than 3.2 percent alcohol and the urban sprawl and brown layer of smog hovering in the valley doesn't need to get anyone down. We went out there for four days of very hard work and came back with a vast amount of knowledge and wisdom that is paramount to the ongoing prosperity of our business. Us-

# SUPERSTARS OF OUTDOOR RETAIL 2011

ally the boss is with us, but this year he couldn't come along, which was a shame and we missed his company greatly. Fortunately however, his credit card did come along, so we were reminded of him every time we used it. It suffices to say, and I'm sure it warms his heart, to know that we were reminded of him quite often.

The first day of very hard work was the On Snow Demo at Solitude Mountain where overnight, fifteen inches of fresh Wasatch powder had fallen making it ideal for the very hard work of testing multiple pairs of brand new tele skis. Unfortunately we don't sell a lot of brand new tele skis to our customers anymore, but it is still important for us to test them so that when we are selling a pair of ski socks to our customers, and we are asked how well they perform when skiing in fresh Wasatch powder on a brand new pair of tele skis, we'll be able to provide a knowledgeable answer. Forming the necessary knowledge required to provide a knowledgeable answer to questions such as these doesn't come easy, so we had no choice but to take many runs on many different pairs of skis, which, as you can imagine, is very hard work. So hard in fact, that by mid afternoon, my legs were so tired that I was unable to ski another run and by the following morning, my back was so stiff, I was unable to put on my socks without an epic struggle. That morning, my feet had nev-

er seemed so far away from my hands. Reaching them to slip on my socks felt like standing on my tiptoes with my arm fully extended, fishing for a spare key hidden on a tall shelf.

Bart and Philip, who worked even harder at the demo than I did and skied until the lifts closed, mentioned that the disgraceful state of my body after the demo day may have had something to do with my current lack of fitness. I disagreed, declaring that it was completely due to my current lack of fitness. I hadn't managed to squeeze in a lot of epic powder days before the trip and on top of that, I'm not 36 anymore. But, as stiff and sore as I was, there was no time for whining as there was a lot more hard work ahead at the show which continued for another three full days.

If you've never been to an outdoor industry trade show, imagine hundreds of vendors with elaborate booths displaying their amazing products while similar looking outdoorsy folks stream in and out. Imagine '80s extreme skiing legend Glen Plake, with his signature mohawk standing tall, schmoozing. Imagine the Hot Chilly's long underwear model strutting back and forth on a short catwalk. Imagine a dude cruising around the show floor on small boards with two wheels, called Freeline skates, under each foot. Image me trying out Freeline skates and failing miserably, tweaking my sore back, and being told by the

Freeline skate dude that the Hot Chilly's long underwear model was a natural at it. Imagine a guy wearing an abominable snowman suit, a lousy cover band playing current pop hits, a PR rep with a microphone, a long line of dealers leading to a keg of beer, and a dealer frantically pulling pennies one at a time out of a fish tank full of ice water in hopes of winning a sleeping bag.

Imagine Bart, Philip and I in this scene, with a clear mission of gathering vast amounts of knowledge and wisdom, walking from one end of the show floor to the other, making appointments and meeting appointments, discussing sales strategies with sales reps, product flaws with product engineers, marketing ideas with marketing directors, all the while searching for free beer. It is very hard work, and the boss would be happy to know that we didn't slack off that much despite his absence. When it was all over, I was so exhausted from all the hard work at the show, and so sore and stiff from all the hard work at the demo, that when I got to the airport bar, I only needed to chase my Dramamine tablet with two beers. And as a gesture to the boss of my appreciation and understanding of the significant expense of sending all of us to the show, I bought the two beers with my own credit card. ☞

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# FAST AND FINISH



**18 & UNDER**  
BY  
CHRIS KELLER



What can you do in 14/100ths of a second? Bat an eyelash? Watch a leaf rustle in the wind? Catch a snowflake on your tongue? Not many people can claim to have accomplished much in this fleeting amount of time. It's a moment so brief and inconsequential that, in the grand scheme of things, we barely remember it was there. On Jan. 26, however, 14/100ths of a second took on an agonizing significance for alpine skier David Polson: it was the difference between what would have been a sixth straight victory on the high school racing circuit and what was his first loss of the season.

Notwithstanding his razor-thin first loss, Polson, a junior at Mount Mansfield Union High School in Jericho, has been tearing up the ski slopes all winter. With two races to go until the Northern Vermont Athletic Conference District meet, Polson had cruised to victory in all but two of his races, with one of those losses due to his falling at the finish. "I blew out and fell right next to the finish," he

said. "We thought I hurt my hip, but fortunately it turned out to be a minor injury. I still have to rest up for Districts, though."

Polson's winning streak is all the more impressive given his difficulties last year. "This has been the best season I've had so far as an alpine ski racer," the 17 year old from Jericho says. "I was really happy about winning my first five races. To be honest, I wasn't expecting to do this well because last year I had quite a bit of trouble. I finished maybe 50 percent of the races. Something happened: I can handle the speed more and I'm more consistent. It's been a great season."

Despite his obvious talent and potential for individual achievement, Polson cites the success of his high school team as one of his primary goals. "Individual and team success kind of go together. Excelling personally makes the team do better. If I had to choose, though, I would want to go with the team success because everyone gets to share the glory." As an experienced leader of a team with

lots of potential, Polson is excited at the prospect of his team doing well in the championship races at the end of the season. "We have four pretty solid finishers on the boys' team, but you need four boys to finish each race in order to get a score. We've only done that twice this season, but both times we won. When all the skiers finish we do really well," he says.

Polson got hooked on downhill skiing at an early age and that enthusiasm for the sport morphed into an outlet for his competitive energies. "When I was really young—I think I started at the age of 4—my dad dragged me up on the

ski hill. I always liked being the first one down the trail. Our coach would say 'Okay, we're going to ski down this trail,' and I would always try and be the first one down. I'm really competitive. I like doing well and beating kids."

Like any standout, athlete Polson knows that his sheer competitiveness won't win races for him. He understands the mental focus required in a short, intense sport like skiing and applies that to his races. Despite his will to win and clear skill, this keen self-awareness might be his greatest asset as a competitive athlete. "Ski racing is just one of those sports where you can be good at it, but you can have a bad day and not do well. I try and stay as positive as I can. Fast and finish—those are two words that always go through my head." ¶

*Chris Keller is a senior at Montpelier High School. He competes in varsity cross-country and track & field and likes hiking, and listening to music as well. He hopes to share with you, the reader, the passion for the outdoors and other sports that Vermont youth such as him feel. If you know someone age 18 or under who would be a good candidate for this column, e-mail him at [kellerc@mpsvt.org](mailto:kellerc@mpsvt.org).*

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# BIG MOUNTAINS for LITTLE SNOWSHOES

TAKE YOUR FAMILY ON THESE  
**5** KID-APPROVED  
WINTER HIKES

BY PETER BRONSKI

PHOTOS BY  
JEB WALLACE BRODEUR

If you have kids and you like to climb mountains, then you know this dilemma well: to pick a mountain and a route engaging enough and challenging enough to keep an adult's interest, but one that's also short enough (distance, height, or both), mellow enough, and otherwise accessible enough for the little ones (whether they're riding in a pack or snowshoeing under their own power).

With the following itineraries, it's a problem solved. Leave your crampons and ice axe at home (ditto for the skis), strap on a pair of snowshoes, grab your trekking poles, and take your children to new heights on these modest peaks with inspiring views.

## STOWE PINNACLE, VERMONT

While hard core skiers, mountaineers and ice climbers set their sites on Mount Mansfield and Smugglers Notch, turn your attention instead to Stowe Pinnacle, a rocky outcrop above its namesake village, set against the backdrop of the Worcester Range. A short snowshoe brings you up through a stunted fir forest and out onto an open ledge, where you're rewarded with a panorama of Vermont's highest peak looming just across the valley. Begin at the trailhead on Upper Hollow Road in Stowe. It's 1.4 miles and about 1,500 vertical feet to the 2,651-foot summit.

## CASCADE MOUNTAIN, NEW YORK

Widely considered the easiest of the Adirondack High Peaks, Cascade requires relatively little effort with a very big payoff. From its bald, rocky summit, you'll have 360-degree views of the Adirondack wilderness, with the MacIntyre Range to west-southwest, Mount Marcy and the rest of the Great Range to the south, Giant of the Valley to the







southeast, Hurricane to the east, and Whiteface to the north. Begin at the trailhead on Route 73 just west of Cascade Lakes. It's 2.4 miles and not quite 2,000 vertical feet to Cascade's 4,098-foot summit.

### **MOUNT EVERETT, MASSACHUSETTS**

The southern Taconic Range's Mount Everett, the second-highest peak in Massachusetts, holds much appeal: Guildler Pond, the highest natural body of water in the state; the Appalachian Trail; scenic Race Brook Falls, popular with ice climbers during winter; a rare old-growth dwarf pitch pine forest on its summit; and views across Massachusetts, Connecticut and New York. Begin at the gated winter road closure of the Mount Everett Road near Guildler Pond. Follow the AT for a little over one mile and about 900 vertical feet to the 2,624-foot summit.

### **MOUNT CARDIGAN, NEW HAMPSHIRE**

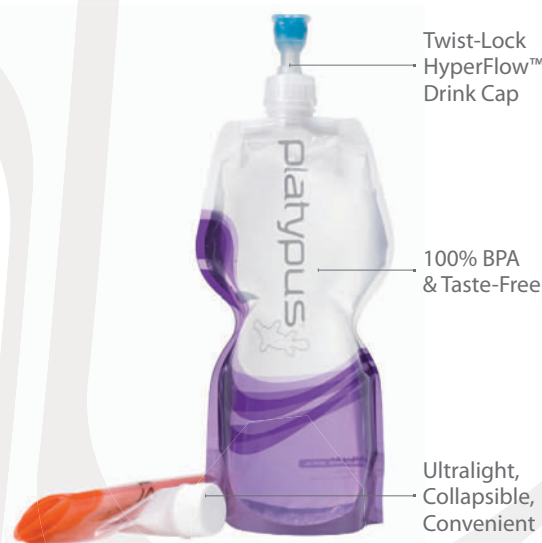
The Appalachian Mountain Club's Cardigan Lodge—and a nearby sledding hill—provides the perfect family-friendly jumping off point for granite-domed Mount Cardigan. The southeast facing bowl formed by Cardigan and Firescrew, a subsidiary peak, naturally capture oodles of snow, and the summit offers expansive views as far as Camels Hump in Vermont and Pleasant Mountain in Maine. From the AMC's Cardigan Lodge, follow the Holt trail to the Holt-Clark cutoff to the Clark trail. It's about two miles and 1,800 vertical feet to the 3,155-foot summit. To complete a 5.5-mile loop, continue north over the summit and follow the Mowglis trail to Firescrew, then descend the Manning trail to Cardigan Lodge.

### **MONT MEGANTIC, QUEBEC**

Set within one of Quebec's flagship provincial parks, and featuring an astronomical observatory on its summit, Mount Megantic is out of this world...in more ways than one. The mountain is a winter wonderland caked with snow, and public viewing sessions running through the end of this month at the observatory and AstroLab add a fun science element to snowshoeing in the great outdoors. Begin at the Discovery and Visitors Center at the park entrance, and follow the Mont Megantic trail 3.1 miles and 1,600 vertical feet to the 3,625-foot summit. Or, for less than \$20 Canadian per person, have the park's shuttle drop you off on the summit, leaving you just the downhill snowshoe back to your car at the base. ▢

*Peter Bronski is an award-winning writer and frequent contributor to Vermont Sports. With a 2-year old and a 7-month-old, he's quickly becoming an "expert" at family-friendly snowshoeing.*

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# PSST! IT'S MARCH. Is Your Bike Ready?

BY LESLIE WRIGHT



**S**o you may not have done the most thorough job servicing your beloved bicycle at the end of last season. OK, maybe you didn't do anything.

Jim Wood knows the deal: "You get a good ride in. You're beat. You throw your bike in the shed or garage and forget about it."

Any memory of the squeaks, grinds or shifting problems you were having melts away like early season snowflakes on blacktop. Wood, a mountain biker who works at Earl's Cyclery & Fitness in South Burlington and other experts agree—spring is the time to make it up to your bike.

Tuning your bike before you get on the road or trail is important. Experts say a tune pays off in many ways from ensuring your safety to preventing costly repairs. There's also the simple pleasure of riding a properly maintained bike.

Safety is the biggest reason for a tune. What you don't know could hurt you. If you aren't sure what a properly adjusted brake looks like, you could be in trouble when the rider in front of you suddenly stops. Proper maintenance can also save you money in the long run. Neglecting a worn chain may mean you wind up replacing a whole lot more than just the chain, says David Porter, owner of Winooski Bicycle Shop in Winooski.

"Especially now with up to 10 and 11 speeds on bikes, people have a really hard time with how fast their chains wear out. I have a fair amount of customers who don't get more than 2,000 to 2,500 miles out of a chain," Porter says. "If you take a chain past the red zone of its limits, it starts to wear out the cogs in the back and the chain rings."

DIY tuning is possible with the right tools, a bike stand and a place to



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People are  
**amazed**  
 at what they've  
 been **lacking**  
 in terms of per-  
 formance once  
 they get it tuned."

—Matt Lyon of Earl's Cyclery



work. If you don't have your own shop, it might be best to leave it to the mechanics who do this for a living. Matt Lyon, assistant service manager at Earl's, says if your bike hasn't been tuned in a while, even if you think it's running smoothly, a tune is a good investment.

"People are amazed at what they've been lacking in terms of performance once they get it tuned," Lyon said. At Earl's tunes range from \$75 for a basic tune to \$200 for a major overhaul. How much work a bike needs is a function of how many miles it's ridden and when it was last maintained.

A basic tune should include:

- frame cleaned
- drive train cleaned and lubed
- all the major parts of the bike checked for wear including the brakes, tires, hubs, headset and bottom bracket
- wheels checked to see that they are true—that is without wobbles
- gears adjusted
- tires inflated

Here are some tips for keeping your bike in good shape throughout the season.

■ Clean your bike often. Cleaning can be the best preventative maintenance

because you may see problems, like a frayed shifting cable, before they become breakdowns, says Porter.

■ Use bike specific lubricants. Don't use motor oil, chain saw oil or WD-40 to lube your chain. If you do, "you won't be pedaling for long. You won't be shifting for long either," says Lyon who has seen all of the above on chains.

■ Don't over-lube your chain. "I see more over lubrication of chains than under lubrication. People think lubricant is holy water," Porter says. "If you lubricate your chain every time you ride it's just a mess. You get all that lubricant and all the dust it attracts all over your components."

■ Keep your tires properly aired up. "Ninety percent of the flat tires I see are due to under inflation," Porter says. Invest in a floor pump.

Taking care of your bike is worth it, the experts say. Starting the season off with a tune up is a great way to get rolling. ☐

*Leslie Wright is a writer and rider based in Addison County. She admits to riding her bikes hard and putting them away gritty.*

## And ... Is Your Body Ready?

Getting your bike ready for the season is only half the equation. You've got to get yourself ready.

Andy Bishop of Williston is a former pro cyclist on both the road and the mountain bike and a four-time Tour de France rider. He says get out and work-out.

"Personally, I much prefer to exercise outdoors, so to me cross-country skiing and snowshoeing are great ways to keep up a reasonable level of aerobic conditioning," Bishop says.

And don't neglect your core. Abdominal strength is key to having power on the bike and can help alleviate some of those aches and pains of riding, he says. Still, getting on a bike—either a spin bike at the gym or your own bike on a trainer—is important.

"In general, you still have to keep that muscle memory of the legs turning," Bishop says.

### HERE ARE TWO INDOOR WORKOUTS HE RECOMMENDS:

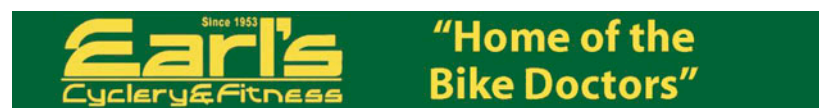
#### Aerobic conditioning workout 1 hour (2 times per week)

10 minutes: warm up, easy spinning  
 5 minutes: increase power level one step, keep cadence at 95-100 RPMs  
 5 minutes: return to easy spinning  
 5 minutes: increase power level one or two steps, keep cadence at 95-100 RPMs  
 5 minutes: return to easy spinning  
 Continue stepping up power at 5 minute intervals followed by 5 minutes easy. Keep RPMs steady at 95-100.  
 10 minutes: warm down, easy spinning

#### Anaerobic interval workout 1 hour (1 times per week)

10 minutes: warm up, easy spinning  
 20-30 seconds: increase resistance so you are working very hard, keep cadence at 95-100 RPMs  
 3 minutes: easy spinning  
 Repeat six to 10 times with two to three minute rests in between.  
 10 minutes: warm down.

—Leslie Wright



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# CODE WHITE

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STORY BY BRIAN MOHR AND EMILY JOHNSON  
PHOTOS BY BRIAN MOHR/EMBERPHOTO



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**A**lthough snow avalanches in the Northeastern backcountry rarely make headlines, they can be a very real threat in many steeper backcountry ski lines and winter climbing routes.

And as increasing numbers of skiers and climbers frequent avalanche-prone areas in the Northeastern backcountry, the need for improved awareness, education and reporting is essential. Fortunately, most avalanches are relatively minor events in remote areas that rarely see the track of a skier or winter traveler. However, some avalanches—although limited generally to steep stream gulleys, landslide paths and alpine terrain—can be incredibly dangerous, destructive and even lethal.

“Northeastern avalanches are especially dangerous because there is a general misperception that avalanches are not a real problem here,” says Brennan Severance, a former Mad River Glen ski patroller who has climbed and skied extensively throughout North America, the Arctic and the southern Andes. “There’s a lot of terrain in the Northeast that is as avalanche-prone as many other steep alpine environments on the planet.”

Personally, we have witnessed—from a safe distance—some of the largest and most powerful avalanches of our lives right here in the northeast—in New Hampshire’s White Mountains and in Quebec’s Parc de la Gaspésie, especially. One in particular started on a very warm day in April back in 2001. Snow

was melting fast within Mount Washington’s Ammonoosuc Ravine, and by 1 p.m., stress fractures were appearing in the snowpack near the top of ravine’s largest gully. By 3 p.m., water from underneath the snowpack was gushing out through these fractures, and sometime that night, countless tons of snow, ice and rock let loose in one great avalanche that swept the ravine and tore into the forest below—snapping and tossing twenty to thirty year old birch and conifer trees like toothpicks. The next morning, the swath of cleared forest left behind by this avalanche left us in awe. We’ve also encountered a great variety of small-to-medium size avalanches in the High Peaks of the Adirondacks, on Maine’s Katahdin and in the steeper notches and hardwoods glades of Vermont’s Green Mountains. Most of the time, however, in most of the places we ski in the Northeast—which tend to be thickly forested and only moderately steep—we have the luxury to worry little about the threat of avalanches.

If there is one thing that nearly all avalanches have in common, it is that they can be avoided. A great start is understanding the dynamics of avalanche terrain and identifying weak layers in the snowpack, and being aware of what could trigger an avalanche. Avalanche education and training is also a good idea. The American Institute for Avalanche Research and Education sanctions three levels of avalanche awareness, safety and rescue training courses,





and a number of Northeastern-based guiding outfits and outdoor programs offer these courses throughout the winter season. Spending time with a highly experienced ski or mountain guide (or a highly experienced skiing/climbing partner) can also be a great way to develop your avalanche skills. And numerous books detailing avalanche safety and rescue protocol are also well worth a good study (see box).

Ultimately, nothing prepares you better for safely navigating avalanche-prone terrain than building on your avalanche awareness with first hand experience in the mountains. Practice using your avalanche beacon, probe and shovel—bare essentials when traveling in avalanche-prone terrain—and practice some more. As you spend more time observing the interaction between the

weather and snow, interacting with the snow surface and carefully testing the stability of steep snow slopes, your personal ability to stay and feel safe in the mountains will improve.

Still, as many seasoned avalanche educators will tell you, “The more you know, the more you don’t know.” The mountains are full of surprises, so it is best to leave a healthy margin for error or miscalculation when it comes to avalanche safety. There are some slopes we simply avoid altogether, no matter how safe or stable the conditions may be, because something inside us tells us not to trust them. Listen to your instincts. For nearly every slope that you suspect of being unsafe, there are always others that are arguably just as much fun to explore while enabling you to get home safely. ☐

## REGIONAL AVALANCHE RESOURCES

**AdventureSkier.com** – [www.AdventureSkier.com](http://www.AdventureSkier.com)

**Adirondack Backcountry Skiing** – [www.adkbc.com](http://www.adkbc.com)

**American Institute for Avalanche Research and Education** – [www.avtraining.com](http://www.avtraining.com)

**Avalanche.org** – [www.avalanche.org](http://www.avalanche.org)

**Chauvin Guides** – [www.chauvinguides.com](http://www.chauvinguides.com)

**Cloudsplitter Guides** – [www.cloudsplitterguides.com](http://www.cloudsplitterguides.com)

**Haute Gaspesie Avalanche Center** - [www.centreavalanche.qc.ca](http://www.centreavalanche.qc.ca)

**Mount Washington Avalanche Center** – [www.mountwashingtonavalanchecenter.org](http://www.mountwashingtonavalanchecenter.org)

**National Avalanche Center** – [www.fsavalanche.org](http://www.fsavalanche.org)

**Petra Cliffs** – [www.PetraCliffs.com](http://www.PetraCliffs.com)

## HONORING AN OUTDOORSMAN

*Vermont Sports* would like to honor the memory of Tom Smith, a Vermonter who died while ice climbing in the Huntington Ravine on Mount Washington. Feb. 24 marked the 20th anniversary of his death. We ask that you take avalanche threats seriously and enjoy your adventures with safety in mind.

*Vermonters Brian Mohr and Emily Johnson log 100-plus days each season skiing the wide variety of terrain of the Northeastern backcountry. They own Ember Photography ([www.EmberPhoto.com](http://www.EmberPhoto.com)), contribute regularly to the skiing media, and publish [www.AdventureSkier.com](http://www.AdventureSkier.com).*

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# 2011 VERMONT SPORTS' SUMMER CAMP GUIDE



Photos courtesy of Grafton Ponds Outdoor Center

## ADVENTURE, WILDERNESS AND OUTDOOR SKILLS

### Coutts-Moriarty Camp

Six weeks of camps starting June 26 for boys and girls ages 3 to 15. Offering a six sided 30-foot tall rock climbing tower, high ropes course, archery, kayak, canoe, fishing, swimming, craft room, full woodshop, wood carving, survival skills, gardening, outdoor cooking, nature explorations, field and court sports, and much more. Our kitchen is focused on trying to be local, organic and natural as possible. **Year founded:** 1930. **Director:** Annie Brueck. **Tuition range:** \$65-\$340. **Contact info:** 490 4-H Road, Derby, VT 05829. (802) 673-5638, [www.couttscamp.org](http://www.couttscamp.org), [programs@siskinea.org](mailto:programs@siskinea.org).

### Craftsbury Outdoor Camp at Hosmer Point

A new residential camp at a facility with a long tradition of summer fun! Since 1974, this campus in the beautiful Northeast Kingdom of Vermont has hosted coed camps for kids aged 9-15 seeking adventure and making great memories with new friends. Newly reorganized, Hosmer Point campers will enjoy many of the same enduring camp traditions—as well as helping to establish new ones! Each week campers select from one of three focus areas: Waterfront Activities and Sculling; Adventure Challenge Excellence (wilderness skills and exploration); or Farm Design and Build. These focuses are augmented with lots of fun electives: running, soccer, basketball, mountain biking, archery, arts & crafts, theater, tennis, rock climbing, and fitness. Check out the website for complete details and enrollment. **Year founded:** newly reorganized, winter 2011. **Staff/camper ratio:** 1:4. **Director:** Jon Hammond. **Tuition range:** Around \$2,000

for 14-day session (scholarships available). **Contact info:** Craftsbury Outdoor Camp at Hosmer Point, P.O. Box 249, Craftsbury Common, VT 05827, [www.hosmerpoint.com](http://www.hosmerpoint.com), [info@hosmerpoint.com](mailto:info@hosmerpoint.com), (802) 586-2090.

### Grafton Ponds Outdoor Center

Campers are introduced to the surrounding outdoor world, while participating in environmentally based camps, including mountain biking, canoeing, and hiking, while learning to be responsible stewards of the environment. **Year founded:** 1998. **Staff/camper ratio:** 1:6. **Director:** Bill Salmon. **Tuition range:** \$250. **Contact info:** Grafton Ponds Outdoor Center, Grafton, VT, (802) 843-2400, [www.graftonponds.com](http://www.graftonponds.com).

### Night Eagle Wilderness Adventures

Located in the Green Mountains, Night Eagle is a primitive summer camp for boys ages 10 to 14. Campers develop an authentic sense of personal accomplishment and learn to rely on their own ingenuity while they live in tipis, go canoeing, hiking, and backpacking, and learn and practice wilderness skills. The summer camp community fosters cooperation, rather than competition. Two-week, three-week, and six-week sessions available. **Year founded:** 2000. **Staff certification:** Red Cross Lifeguard, Professional Rescue, WFR, RN. **Special accreditation:** ACA. **Staff/camper ratio:** 1:4. **Director:** Bruce Moreton. **Tuition range:** \$625-\$800 per week. **Contact info:** Night Eagle Wilderness Adventures, Cuttingsville, VT, (802) 773-7866, [www.nighteaglewilderness.com](http://www.nighteaglewilderness.com).

### Roaring Brook Camp for Boys, Bradford, VT

Roaring Brook specializes in providing instruction in outdoor sports and skills, and Vermont crafts. A 650-acre forest preserve provides a pristine setting for boys seeking a fun and exciting camp experience. Activities include: rock climbing, ropes course, tyrolean traverse, survival training, orienteering, swimming, kayaking, canoeing, fishing, fly-tying, woodworking, leatherwork, blacksmithing, archery, marksmanship, and fitness. Self-reliance, resourcefulness and will-to-achieve center the camp's philosophy. Two, four and six week sessions. Four- and six-week campers enjoy a canoe trip and backpack trips. **Year founded:** 1965. **Camper to staff ratio:** 3:1. **Accreditation:** ACA. **Tuition range:** \$2,100 to \$5,400. **Directors:** Thayer and Candice "Core" Raines. **Contact info:** 300 Grove St. Unit 4, Rutland, VT 05701 (800) 832-4295 [www.roaringbrookcamp.com](http://www.roaringbrookcamp.com).

### South Burlington Recreation Teen Adventure Camps

Join our Adventure Staff and challenge the great outdoors in these one-week camps full of Outdoor Ultimate Recreation (co-ed, ages 12 to 15). Each week will include hiking, biking, kayaking, team building and a special trip. The specific make-up of each week is derived from the cooperative planning of the campers and counselors. No two weeks are the same! One week camps run Monday through Friday, June 20 to August 19, 8:30-4:30 p.m. Check out our website for the weekly themes and special trips, as well as all our other summer camps.

We're pleased to share these wonderful camps that fit in with our editorial mission—getting outdoors, being active, being challenged, and getting or staying fit. The following are camps in our region with a focus on the outdoors and/or sports, and we cover kids as well as adult camps. Whatever type of experience you are seeking, you're sure to find mountains and streams of summer fun at any of the camps described here. If specific camp dates, or other details are not included in the descriptions that follow, you can find them at each camp's web site.

### ABBREVIATIONS

ACA=American Canoe Association AHA=American Heart Association CPR=Cardiac Pulmonary Resuscitation LGT=Life Guard Training NORBA=National Off Road Bicycle Association RN=Registered Nurse SOLO=Stonehearth Open Learning Opportunities WFA=Wilderness First Aid WFR=Wilderness First Responder WEMT=Wilderness Emergency Medical Technician WEA=Wilderness Education Association.

**Year founded:** 1998. **Camper to staff ratio:** 1:6. **Special certifications:** CPR, First Aid, Wilderness experience. **Tuition range:** \$180/resident, \$216/non-resident, per session. **Director:** South Burlington Recreation Department. **Contact info:** 75 Dorset Street, South Burlington, VT 05403. (802) 846-4108, [www.sburlrecdept.com](http://www.sburlrecdept.com), [recreation@sburl.com](mailto:recreation@sburl.com).

### Sugarbush Adventure Camps

The Sugarbush Adventure Learning Center offers single day to week-long camps and clinics for ages 3-73, with special kid's, family and women's programs. Led by world-famous athlete and coach, John Egan, our Adventure Camps blend mountain biking, hiking, naturalist tours, zip-lining, swimming, overnights on the mountain and tons more fun. Also, check out our highly-regarded Intro to Downhill Biking program, which includes bike/helmet/pad rental, lift ticket and two hours of patient coaching. **Prices:** \$107-399. **Contact:** Melanie Hall, 800-53SUGAR, [www.sugarbush.com](http://www.sugarbush.com), [mehall@sugarbush.com](mailto:mehall@sugarbush.com).

## CYCLING/BIKING

### Catamount Camps for Kids

Catamount offers a variety of co-ed and girl's only mountain bike camps for kids who want to improve their off-road riding skills. Camps are organized by age, with half day and full day offerings. All camps include bike handling skills, safety, and mechanics. Other camps offered include cross-country running and ecology conservation camps. **Year founded:** 1994. **Staff/camper ratio:** 3:20 or 2:15, depending on program. **Director:** Eric Bowker. **Tuition range:** \$120-\$230. **Contact info:** Catamount Outdoor Family Center, Williston, VT, (802) 879-6001, [www.catamountoutdoor.com](http://www.catamountoutdoor.com).

### Catamount Mountain Bike Camps for Adults

Catamount offers coed and women's-only mountain bike day camps. Both offer skills and challenges for men and women who want to improve their riding abilities. **Year founded:** 1994. **Staff/camper ratio:** 2:15. **Director:** Eric Bowker. **Tuition range:** \$80. **Contact info:** Catamount Outdoor Family Center, Williston, VT, (802) 879-6001.

## NIGHT EAGLE WILDERNESS ADVENTURES

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## Coyote Hill Mountain Bike Camp

Coyote Hill Mountain Bike Camp offers a wide variety of overnight camps and day programs for juniors and adults of all ages and abilities. Skills and mechanics clinics are taught by former professional mountain bike racer Tom Masterson, his wife Gabriela Formankova, and other experienced staff. Coyote Hill has a trail network that includes miles of singletrack, doubletrack, dirt roads, a challenging freeride park, dirt jumps, lots of exciting downhill, a pump track, and a traveling downhill camp. Lodging includes rooms in the farmhouse, cabins, and a bunkhouse, with hearty homemade meals. Overnight camps include all meals, snacks and lodging. **Year founded:** 1996. **Staff certifications:** WFA, CPR, licensed NORBA coaches. **Special accreditation:** Vermont Camping Association. **Staff/camper ratio:** 1:4. **Director:** Tom Masterson. **Tuition range:** \$225-\$995. **Contact info:** P.O. Box 212, Bradford, VT 05033, (802) 222-5133, [www.coyotehillcamp.com](http://www.coyotehillcamp.com).

## Dirt Divas

Dirt Divas, a five-day mountain bike program for middle school girls, is designed to cultivate confidence, courage, and leadership through outdoor adventure and a supportive, girl-centered environment. Dirt Divas will be in Morrisville, Stowe, Montpelier, Hardwick, Glover, St. Johnsbury, and Burlington. No equipment or mountain biking experience required. **Year founded:** 2001. **Staff certifications:** WFA, WFR, CPR. **Staff/camper ratio:**



**1:4. Director:** Nadine W. Budbill. **Tuition range:** Income-based sliding scale. **Contact info:** (802) 229-2976, [www.girlsmove-mountains.org](http://www.girlsmove-mountains.org).

## RUNNING

### Craftsbury Running Camps

For more than 30 years, runners of every level and all ages have come to Crafts-bury for expert coaching, camaraderie, healthy food, and an unmatched natural environment. Runners learn technique, training schedules, racing tips, nutrition, biomechanics, and more. Hiking, swimming, canoeing, and kayaking are also available. Check the website ([www.craftsbury.com](http://www.craftsbury.com)) for the most current news and more information. **Year founded:** 1976. **Staff/camper ratio:** 1:7. **Director:** Lynn Jennings. **Tuition range:** \$950 for seven-day camps **Contact info:** Crafts-bury Outdoor Center, Crafts-bury Common, VT, (802) 586-7767, [www.craftsbury.com](http://www.craftsbury.com), [stay@craftsbury.com](mailto:stay@craftsbury.com).

### Gold Medal Running Camp

The camp designed for high school aged runners, ages 14-18, preparing for the fall cross-country season. Our goal is two fold. First, we jumpstart their running by giving them some rigorous training. Second, we want to make them smarter runners. Our meetings discuss topics like race strategy, weight training, aqua running, nutrition, and more. **Year founded:** 1969. **Staff/**

**camper ratio:** 1:8. **Director:** Barry Harwick. **Tuition range:** \$490-\$515. **Contact info:** 12 Reservoir Rd., Hanover, NH 03755, (603) 646-2540, [Barry.Harwick@Dartmouth.edu](mailto:Barry.Harwick@Dartmouth.edu).

## SCULLING

### Craftsbury Sculling Camps

The first rowing camp in North America, after over 35 years of operation the Crafts-bury Sculling Center remains one of the definitive training locations for scullers. Programs offer a complete exploration of the sport: technique, training, boatman-ship, rigging and more. The program includes three daily scheduled on-water sessions, technical video review, and a variety of land sessions such as core strengthening, yoga, ergometer review, and evening activities. Check the website ([www.craftsbury.com](http://www.craftsbury.com)) for the most current news and more information. **Year founded:** 1976. **Staff/camper ratio:** around 1:5. **Director:** Norm Graf. **Tuition range:** \$585-\$1350 (three-day to seven-day camps) **Contact info:** Crafts-bury Outdoor Center, Crafts-bury Common, VT, (802) 586-7767, [www.craftsbury.com](http://www.craftsbury.com), [stay@craftsbury.com](mailto:stay@craftsbury.com).

## TENNIS

### Tamarack Tennis Camp

Tamarack Tennis Camp offers tennis, soccer, hiking, climbing, and other great

sports activities for co-ed kids ages 10 to 15. For more than 40 years, Tamarack has been offering superior tennis instruction to all ability levels. Set in the beautiful White Mountains, it is a great place to spend your summers. More than just a tennis camp, Tamarack offers a unique supportive family environment with a wide range of sports and activities. **Directors:** Chuck Weed, Wren Miller, T.J. Martin. **Tuition range:** \$2,525 to \$3,450. **Contact info:** 111 Easton Valley Rd., Franconia, NH, 03580. (603) 823-5656, [www.tamarackcamp.com](http://www.tamarackcamp.com). [tamaracktenniscamp@gmail.com](mailto:tamaracktenniscamp@gmail.com).

## TRIATHLON

### Green Mountain Multisport Camp

Come join The Sustainable Athlete for three days of fully coached and supported swim, bike, and run workouts, from June 9 through 12. This camp is focused on long course adult athlete development, those looking to compete in half and full distance triathlon. Male and female participants will receive hands-on coaching in all three sports; drill training coupled with motivation to push new personal boundaries. The Middlebury Inn will serve as evening accommodations, included in camp tuition. **Year founded:** **Certifications:** USA Triathlon Coaches. **Staff/camper ratio:** 1:4 **Director:** Doug Welling. **Tuition:** \$650. **Contact information:** 105 Weed Way, Brunswick, ME 04011, (802) 989-1692, [www.thesustainableathlete.com](http://www.thesustainableathlete.com).

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**VS: How did you become a Mountain Host at Stowe?**

ER: Honestly, I think it's because there was an opening for someone who could fit into a size small jacket. I was teaching downhill skiing for two school programs when I ran into some friends who were working as hosts. They dragged me over and I was hired that day. That was 23 years ago. About eight years later, John Higgins, the cross-country manager, recruited me and I've been at the cross-country center ever since.

**VS: What do you do there?**

ER: I arrive before the center opens and check with Jeff, the head groomer to see what trails I should look at. I check those out and get a general sense of the conditions. Once the guests arrive, I help them pick out a route and tell them what's groomed and where the skiing is good. Sometimes I give them a mini lesson. Then I go back out and ski the trails so I can help folks who might need directions and answer any questions they might have.

**VS: Sounds like you spend a good deal of time out on skis. Do you know how much you ski on a typical day?**

ER: I ski every trail at least once so I think I do roughly 30 miles a day. I'm usually out there for five and a half hours.

**READER ATHLETE**



**VS: What do you like best about working at the touring center?**

ER: It's really great to be able to help people learn how to use the equipment and to point them to trails that they'll enjoy. It's nice when they come back at the end of the day and tell me what a good time they had. There are people who come year after year, and I think they're happy to see that I'm still there.

**VS: Do you prefer classic or skate skiing?**

ER: I definitely prefer classic because if you have the right skis and the right technique it's totally effortless. Skate skiing requires a great motor or a great dog if you're skijoring. Unfortunately, Timber is about to turn 13, so we don't do that anymore.

**ELLIE REDDINGTON**

**Age: 77**

**Residence:** South Burlington

**Family:** Timber (dog) and Minnie Mouse, Taiga Marie, and Joseph (cats)

**Occupation:** Retired, volunteer Mountain Host at Stowe and Flynn Spirit  
**Primary sport:** Nordic and Alpine skiing, road biking

**VS: Do you still find time to ski on your own outside your work days?**

ER: I get out two to three days a week for either Nordic or Alpine depending on the conditions. Sometimes I'll start the day on my Alpine skis and then head down to cross country when the snow on the mountain gets skied off.

**VS: I understand you also snowboard. Is there any kind of snow sport you don't do?**

ER: I really don't snowboard very much or very well. I think I was 64 when I decided to try it because it looked like fun. It was something new to learn.

**VS: When did you move to Vermont?**

ER: I moved here in 1968. I grew up in Massachusetts but my father's family was from Vermont and upstate New York. The first time we drove through here when I was a child I vowed I would live here someday.

**VS: Have you always been an athlete?**

ER: I was considered a very weird child because I wasn't a proper little girl. I wanted to be outside and play sports, although there weren't many options at the time. I started playing softball when I was eight and a neighbor gave me my

first bat. By eating my lunch in seven minutes flat, I could play twice a day; at recess as well as gym class. By the time I was in college I was playing Class A ball. I also played field hockey and basketball and hiked a lot and swam. In college I actually taught senior lifesaving for gym credit because the instructor they had didn't have the qualifications. I started skiing when I was a child on a hill near my house, and I was hooked.

**VS: In the summer you're out on your bike a lot. Do you mountain bike as well as road bike?**

ER: I haven't mountain biked as much lately because I don't have as many people to ride with. When my great nephew comes to visit, we go out on the trails together. I spend more time on my road bike, about 1,600 miles a year, because there are more people to go out with.

**VS: What else do you do in the summer?**

ER: Recently I've taken up kayaking. My goal for this summer is to learn to roll. I took a boat-making class a few years ago, and I want to get that vessel out on the water more often.

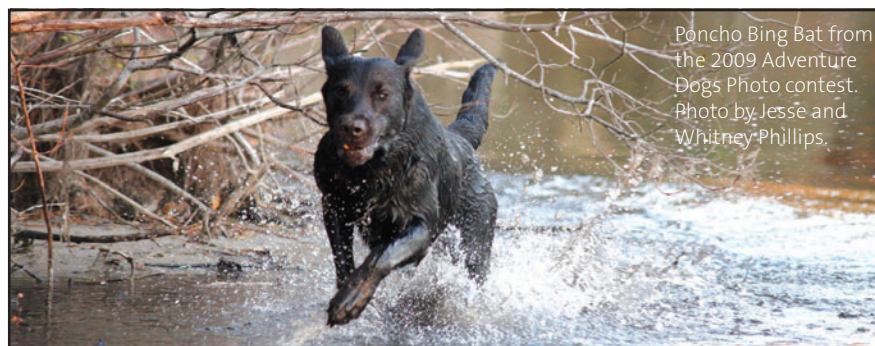
**VS: It seems as though with all those sports you would have competed in triathlons.**

ER: I started doing summer triathlons when I was 50 and they were fun, local, friendly races. I haven't done one in awhile. I was a competitive speed-skater, so I also did a number of winter triathlons, but there aren't that many around here anymore. The best one I did was up in Ottawa along the canals.

**VS: What's the secret to still being an athlete at 77?**

ER: Keep doing what you love to do. It helps to have friends who like to do the same things. ☐

—Phyl Newbeck



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**VS: How long have you been a snowshoe racer?**

EH: This is my fourth season. The truth is I'd never even heard of this sport until I was getting fitted for some running shoes in New York and the salesman told me they were going to branch out into running snowshoes for the winter. Something clicked, and I thought it would be really cool to do. I hate running on roads in the winter; I'm always afraid of getting hit by a snowplow or a big SUV. I went home, did some research and found the Western Massachusetts Athletic Club and their race series. I did a race in Bennington that year, and I was hooked and bought my first pair of racing snowshoes.

**VS: How hard was the transition from "regular" running?**

EH: It's one of the most difficult athletic endeavors I've ever tried. The first time out all I did was a stutter step; not even running. But your body quickly adapts and before I knew it I was really comfortable.

**VS: What is it about snowshoe racing that you find so appealing?**

EH: Just being in the snow and out in the woods makes me feel extremely fulfilled.

**VS: Have you experimented with different types of snowshoes?**

EH: I race on Dion snowshoes. They make great shoes and the company provides great support at races.

**VS: Do you ever go out in the woods in your snowshoes just to hike?**

EH: I have never been on a snowshoe hike. I've never even gone on a winter hike in the snow. I've always wanted to run. I love to find little obscure trails in the woods but I like to run on them. I'd never even owned snowshoes before I started racing.

**VS: What other kinds of races do you do?**

EH: I only got into running four or five years ago and I immediately gravitated toward trail running. I enter as many trail races as I can. It's the best train-

## READER ATHLETE



## EDDIE HABECK III

**Age:** 33

**Residence:** Williamstown

**Family:** Son, Edward Habeck IV, 9

**Occupation:** Associate Director of Admissions at Norwich University

**Primary sport:** Snowshoe racing

ing for snowshoe racing. My longest race was the Vermont 50k. I did it in 2008 and finished in 16th place. That was a really good finish for me because I'm not a long distance runner.

**VS: Do you also do regular road races?**

EH: Roads are for cars. I want some change of scenery. I do some road races, but I'd rather do trail races.

**VS: When did you move to Vermont?**

EH: I moved here two-and-a-half years ago. I was running a family business in New York and commuting eight hours round trip every weekend to be with my son. I moved here to be closer to him.

**VS: Have you gotten him into snowshoe racing?**

EH: He's done two kids races so far. One of my favorite events is the annual race at Smuggler's Notch. I entered him in the kids division and he came in second to a girl. I was worried about how he'd react to that but he said he didn't mind that he lost because he came in first in his age group.

**VS: You don't have a military background. How did you end up at Norwich?**

EH: I actually went to Norwich as an undergraduate. When I moved here I didn't know what kind of business I wanted to get into so I decided to start my career at a place I was familiar with. I love working here. It's a great environment and I'm extremely happy to be part of the

university. I've gotten Norwich to host a snowshoe clinic, and they've asked me to be a consultant on student snowshoe races.

**VS: How do you find the time to practice?**

EH: It's definitely hard. I work full-time and have a pretty demanding job that requires travel, and I want to spend my weekends with my son. I try to get out before or after work which means that in the winter I'm out with a headlamp at 5 a.m. or 5 p.m., but I actually like running on the trails in the dark.

**VS: What was your most memorable race?**

EH: My most memorable snowshoe race was the Pittsfield Half Marathon

in 2009. It was my second year at that distance, and I really love the course. It's exceedingly challenging. Conditions were really good that day, and I finished third which was my best finish ever. It's an amazing race so just finishing feels very satisfying. Another memorable race was the U.S. National Championship last year. That was the highlight of my life; the biggest and most prestigious event I've taken part in. It was a true honor to be there but it was really tough because I was working full time and in graduate school and didn't have much time to train. I was surprised at how few Vermont athletes were there, even though it was so close (Syracuse).

**VS: Do you think snowshoe racing will become more popular here?**

EH: It's a shame there aren't that many races in Vermont. Running snowshoes aren't that expensive so it's an easy sport to get into but I suppose most Vermonters already have a winter sport. It's growing in popularity in New Hampshire and Massachusetts, and I'd like to see it grow here. One of the challenges is convincing people who already have a winter sport to venture out and do something different. ☐

—Phyl Newbeck



**If you know someone who would be a good Reader Athlete, please send your suggestion to our Reader Athlete editor  
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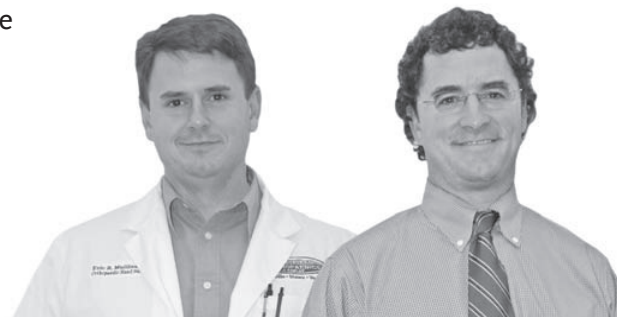


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All events in Vermont, and area code (802), unless otherwise noted.

Event listings are free in print and online, when you upload your event to [www.vtsports.com](http://www.vtsports.com). Before uploading, you must register with the site (free!) and request "Event Poster" status (also free!). We will approve your Event Poster status within 24 hours, usually less.

### ALPINE SKIING and SNOWBOARDING

#### MARCH

- Every Sat. Bolton After Dark, \$19 Night Skiing, Bolton, [rthompson@boltonvalley.com](mailto:rthompson@boltonvalley.com)
- 2 & 9 Night Rider Series, Bolton, [rthompson@boltonvalley.com](mailto:rthompson@boltonvalley.com)
- 9 & 11 NCAA Downhill Ski Championships, Stowe Mtn. Resort. The best collegiate skiers from all over the country will convene to compete for the national team title. [info@trappfamily.com](mailto:info@trappfamily.com)
- 11 Ski and Ride with the Point, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 12 Hope on the Slopes, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 19 Burton Stash Gathering, Killington, [thobbs@killington.com](mailto:thobbs@killington.com)
- 20 & 26 Cabot Days, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 26 Pond Skimming, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 26 K-Town Showdown #4 (Rail Jam), Killington, [thobbs@killington.com](mailto:thobbs@killington.com)

#### APRIL

- 2-3 Bud Light Bear Mountain Mogul Challenge, Killington. This annual competition heats up Sat. as 200 amateur bumpers battle it out for top honors. The top 32 men and 16 women return to compete in a head-to-head competition Sun. Participants run a dual course with sudden death format; only winners advance. [thobbs@killington.com](mailto:thobbs@killington.com)
- 3 Closing Day at Bolton Valley Resort, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 16 Sunshine Daydream Ski & Music Festival, Killington, [thobbs@killington.com](mailto:thobbs@killington.com)
- 23 Pond Skimming, Killington, [thobbs@killington.com](mailto:thobbs@killington.com)

### AT/TELE/BC SKIING

#### MARCH

- Thurs. (through Apr. 3) Tele Thurs., Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)
- 5 Bolton to the Barns, Bolton Valley, Breck Knauft, [breck.knauff@vyc.org](mailto:breck.knauff@vyc.org)
- 6 Telemark Tour Marsh Billings Nat'l Park, Woodstock, Strong Intermediate, Lynn Fisher, [fisher.lynn@gmail.com](mailto:fisher.lynn@gmail.com)
- 6 Ski to the Clouds presented by Maxiglide, Gorham, NH, Kelly J Evans, [kelly@greatglentrails.com](mailto:kelly@greatglentrails.com)
- 12 Magic Mtn Rando Race, Londonderry, NERandoRaceSeries@gmail.com
- 13 4th Annual Catamount Trail Challenge, Trapp to Bolton Backcountry Race and Tour, Stowe, Catamount Trail Association, [info@catamounttrail.org](mailto:info@catamounttrail.org)
- 26 Bromley Mtn Rando Race, Peru, NERandoRaceSeries@gmail.com

### CLASSES

#### MARCH

- 5-8 9 a.m.-5 p.m. AIARE Level 2 Course: Analyzing Snow Stability and Avalanche Hazard, Pinkham Notch, NH. Provides backcountry leaders the opportunity to advance avalanche knowledge and decision making skills. Includes introductory and prerequisite components for Level 3 Certificate. \$450 includes all technical equipment. Does not include lodging, transportation, personal gear, meals, and skis or skins (skis & skins can be rented). Andrea Charest, [andrea@petracliffs.com](mailto:andrea@petracliffs.com), [www.araining.org](http://www.araining.org).

#### APRIL

- 2 Ski Mountaineering in the Alps: Verbier Haute Route Trip, Chamonix to Zermatt, Burlington, Andrea Charest, [andrea@petracliffs.com](mailto:andrea@petracliffs.com)

### CYCLING

#### APRIL

- 10 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, Mandy Wisell, [mandy@bike29.com](mailto:mandy@bike29.com)

#### JUNE

- 1-5 Tour de Kingdom, Derby. The 5th annual tour has expanded. Wed, Thurs, and Fri. offer guided rides with longer, shorter, faster, and slower options. The weekend offers a Double Century Challenge, a timed, mass-start event drawing serious riders from around the Northeast. Shorter, more recreational options also available. Phil White and Julie Gunn, [bike@orleansrecreation.org](mailto:bike@orleansrecreation.org)

### MISCELLANEOUS

Ongoing (Sun. through Apr 10), 4:30 to 6 p.m. Unicycle Riding, Montpelier. Ride indoors with the Montpelier Unicycle Club. All abilities welcome, some unicycles provided. Bring a helmet. Bill Merrylees, [bmerrylees@u32.org](mailto:bmerrylees@u32.org)

#### MARCH

- 5 Family Snow Day, Gorham, NH, Kelly J Evans, [kelly@greatglentrails.com](mailto:kelly@greatglentrails.com)
- 5 Winter Wild Uphill Series #4 Mount Sunapee, Newbury, NH, Chad Denning, [recreation@nl-nh.com](mailto:recreation@nl-nh.com)



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## APRIL

8 Fly Fishing Film Tour presented by Middlebury Mountaineer, Middlebury, Jesse Haller, jesse@mm.com

## NORDIC SKIING

## MARCH

6 6th Annual Tour de Blueberry Hill - Goshen, Goshen, Jody and Rick Biddle, jodyatsea@yahoo.com

CONTINUED ON NEXT PAGE

## GMAA Upcoming Races

### Kaynor's Sap Run 10K, Westford

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- Lucy Ann (snowboard student carrying 4 A/P subjects)



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## CALENDAR OF EVENTS

10&12 NCAA Nordic Ski Championships, Stowe, The best collegiate skiers from all over the country will convene to compete for the national team title. [info@trappfamily.com](mailto:info@trappfamily.com)

12 New England Ski Museum's Bretton Woods Nordic Marathon, Omni Mount Washington Resort, Bretton Woods, NH, Amy, [staff@skimuseum.org](mailto:staff@skimuseum.org)

12-13 Ski with a Naturalist, Gorham, NH. Free with trail pass. 10:30 am - noon. Mary Power, [mary@greatglentrails.com](mailto:mary@greatglentrails.com)

### MARCH

12 Carl Johnson Memorial Ski-a-Thon, Gorham, NH, Mary Power, [mary@greatglentrails.com](mailto:mary@greatglentrails.com)

12 Vermont Specialty Food Day, Bolton, [info@boltonvalley.com](mailto:info@boltonvalley.com)

### APRIL

2 Spring Rendezvous at Trapp Family Lodge. Just when you thought that winter would be over, late season skiing is just shaping up. If the trails at lower elevation don't meet the muster, then there is still lots of quality snow on the upper trails at the Slayton Pasture Cabin. Details available in March. Stowe, [www.trappfamily.com](http://www.trappfamily.com), [info@trappfamily.com](mailto:info@trappfamily.com)

## RUNNING

### MARCH

26 Spring Fling 5K/10K, Shelburne, Rayne Herzog, [rayne@racevermont.com](mailto:rayne@racevermont.com)

27 Kaynor's Sap Run, Westford, Steve Eustis, [saprun@gmaa.net](mailto:saprun@gmaa.net)

### APRIL

23 33rd Annual GMAA Rollin Irish Half Marathon, Essex Junction, Randi Brevik, [rollinirish@gmaa.net](mailto:rollinirish@gmaa.net)

### MAY

1 Middlebury Maple Run - The Sweetest Half, Middlebury, Sue Hoxie, [sue@addisoncounty.com](mailto:sue@addisoncounty.com)

7 Sunshine Run, Brandon, Sue Hoxie, [shoxie0327@yahoo.com](mailto:shoxie0327@yahoo.com)

7 2nd GMAA Partners Race, 5 miles, Jericho, [partners@gmaa.net](mailto:partners@gmaa.net)

### JUNE

12-30 Thurs., 3:30-7 p.m. Great Glen Spring Trail Running Series, Gorham, NH. A weekly trail running race series for all abilities and ages. Racers can run/walk the long, short or mini courses. Awards for top 3 in each category. Prize raffle for competitors who complete 6 of 8 weeks. Mary Power, [mary@greatglentrails.com](mailto:mary@greatglentrails.com)

14 Racevermont.com Half Marathon, Shelburne, Rayne Herzog, [rayne@racevermont.com](mailto:rayne@racevermont.com)

15 Shires of Vermont Marathon, Bennington, David Durfee, [info@shiresofvermontmarathon.com](mailto:info@shiresofvermontmarathon.com)

21 Dandelion Run, Derby, Phil White and Julie Gunn, [run@orleansrecreation.org](mailto:run@orleansrecreation.org)

## SKATING

Ongoing (Jan 3 - April 1) Nordic Skating in Vermont, Underhill, This is not an organized event but a reference to the list-serve where Nordic skaters inform each other about continuously changing ice conditions on Vermont lakes. Messages tell when and where it is possible to skate. Jan de Vries, [jdevries@together.net](mailto:jdevries@together.net)

## SNOWSHOEING

### MARCH

13 Granite State Snowshoe Championship, Gorham, NH, [acidoticRACING@hotmail.com](mailto:acidoticRACING@hotmail.com)

19 Moonlit Snowshoe w/ AMC, Gorham, NH, Kelly J Evans, [kelly@mt-washington.com](mailto:kelly@mt-washington.com)

## SWIMMING

### ONGOING

Tues. and Thurs. 6-7 a.m. coached Masters Swim Workouts, Sports and Fitness Edge, Williston, Danielle Graham, [pedergraham@yahoo.com](mailto:pedergraham@yahoo.com)

Thurs., 6 p.m. Ongoing swim practice. First in Fitness, Berlin. Free group-style coaching. guaranteed to make you swim faster with less energy and have a major emphasis on triathlon and open water specific protocols. John Spinney, [john@qt2systems.com](mailto:john@qt2systems.com)

## SUGARBUSHadventureGAMES



RUN to the river

PADDLE to the shore

PEDAL to the mountain

SKI to the finish

saturday, april 2

SUGARBUSH KIDS' TRIATHLON

sunday, april 3

THE SUGARBUSH TRIATHLON -

a four-event triathlon, open to individuals and teams.  
(Run, Kayak/Canoe, Cycle, XC Ski)

Online registration deadline is March 31, 2011 (\$40).  
USPS registration must be postmarked by March 26, 2011 (\$35).  
For more information, visit [sugarbush.com/events](http://sugarbush.com/events)

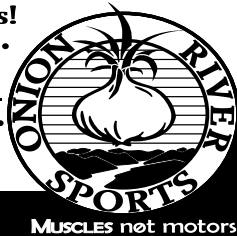


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# VSMC's 19<sup>TH</sup> Annual 5K Run/Walk

to benefit

## KIDS on the MOVE

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**Saturday, April 30, 2011**

**Vermont Sports Medicine Center  
5 Albert Cree Drive, Rutland, VT**

8-9:30am Registration

10am – Kids Fun Run

5K Run/Walk Immediately after Fun Run

*Free T-shirts to First 100 Pre-registered Participants*

To pre-register or for more info, contact VSMC's Susan MacLennan at  
802.775.1300



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## CVMC Opens New Aquatic Wellness Center



**The new center includes:**

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- **Wound Clinic**
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Hannah Kearney

2010 Olympic Gold Medalist and  
World Champion freestyle skier



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Hannah Kearney (Olympic Gold Medalist and World Champion freestyle skier) chose Dartmouth-Hitchcock for laser vision correction and her orthopaedic and sports medicine care. Dartmouth-Hitchcock is pleased to provide financial support for Hannah Kearney's training and travel in connection with her paid endorsement.