

NEWS FROM THE OUTDOOR COMMUNITY > INJURY IN THE OLDER ATHLETE > CALENDAR OF OUTDOOR EVENTS > CLASSIFIEDS

VERMONT SPORTS MAGAZINE



APRIL 2011
VOLUME XX | NO. VI



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Publisher & Editor
Sky Barsch Gleiner
publisher@vtsports.com

Art Direction & Production
Shawn Braley
braleydesign@mac.com

Advertising Sales and Classifieds
Tristan Von Duntz
advertising@vtsports.com
(802) 454-1737

Reader Athlete Editor
Phyl Newbeck
phyl@together.net

Calendar Editor
Jessica Smetana Joy
calendar@vtsports.com

Project Coordinator
Josh Gleiner

Advertising Sales and Classifieds
advertising@vtsports.com
(802) 754-2997

This month's contributing writers
Lisa Densmore, Chris Keller, Ryan Leclerc,
John Morton, Phyl Newbeck, Robert Rinaldi,
DPM, Leslie Wright

This month's contributing photographers
Lisa Densmore, Jim Fredericks, Bob LoCicero,
Steve Messier, Curtis Savard

Editorial and Production Office
Vermont Sports Publishing LLC
19 High St., Orleans, VT 05860
(802) 754-2997 (office and fax)
(802) 279-0077 (mobile)

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Abby and Gracie at Ticklenaked Pond in Ryegate, VT. Photo by Randy Loso.

On the cover: Stout catches air—and the title of *Vermont Sports*' 2011 Funniest Adventure Dog. Photo by Jim Deshler.

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PUBLISHER COMMENTARY BY SKY BARSCH GLEINER

MUDDY PAWS

Each year around this time, I face the impossible task of keeping the mud at bay.

We live on a dirt road and have a dirt driveway, which leads around the house to the basement/garage. Our dog door is right next to the garage door, so each time our dog goes out, she tromps right through some of the worst mud on our property. On her way in, she prances through the now-melted "cursticles" that had formed on the car wheel wells.

After picking up mud and silt, she traverses the area next to the wood pile, where she picks up all the little pieces of bark and dirt that slide off the firewood. By the time she's upstairs and hits the laminate flooring, she's collected an array of earthly material any geologist would be impressed with. The mess isn't her fault, of course, it's poor human design, but we don't have a better place for the dog door.

We've tried everything to keep the house clean during mud season. We've even tried to teach Mesa, an intelligent Brittany, to wipe her feet when she gets to the top of the basement stairs (don't laugh, we're desperate). Nothing has

worked. Much of my time in April is spent sweeping and mopping the path from the basement door to our bed. I also spend a lot of time in April washing our sheets and comforter, because when Mesa climbs in bed for the night, or during the day for a nap, all her dirt comes with her.

But as I have learned, the company of a great dog is worth any mess, big or small. Which is why in January, despite knowing better, we brought home Siena, a German Shorthaired Pointer puppy. (We first tried to adopt an older dog, but it didn't work out). Now there are two sets of muddy, sandy footprints in the kitchen, dining room and living room, and I probably should be washing the sheets every night. So to add to the mud, we have puppy training pads, chewed up pieces of paper, and the scattering of a dozen dog toys. I'll admit that I won't be winning any Good Housekeeping awards this spring. That's fine though. I was never in the running even before I had dogs.

I think about how much joy, love, and companionship I receive from our two girls, and it's easier to deal with

the constant sweeping and mopping. For instance, as I sat down to write this column, Siena hopped onto my lap, licked my face, and then curled around and fell asleep with her chin in my elbow. When I want to go for a walk in the woods, but I know the coyotes or black bear have been around the yard, Mesa comes with me and makes me feel much safer. When I spend nights alone while my husband is working an on-call shift, I know that these two would literally tear apart an intruder. When I need some motivation on a tough hike, I watch our dogs bound with ease, and I try to feed off their energy.

It is in honor of this companionship and friendship that we devote the April issue of *Vermont Sports* to dogs. Our annual Adventure Dog Photo Contest will not disappoint. The entries were, again, amazing!

We also have an interesting feature about the DiPietros, a family from Jericho that tracks wounded deer with dachshunds. This volunteer service not only helps hunters feed their families, but it ensures that the deer are found quickly after being wounded and do not



suffer for long. This family also happens to be one of *Vermont Sports'* wonderful distributors. Each month, Tom and Chris DiPietro deliver *Vermont Sports* to some of our most popular locations in Chittenden County.

In other *Vermont Sports* news, our new and improved website is on its way (if it hasn't gone live by the time you read this). We are very excited to be working with Northeast Kingdom Information Associates of Glover to redesign and revamp our site. We'll have more events, more race results, and an easier-to-search website.

Stay tuned!

—Sky Barsch Gleiner

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SIGN IN

Editor's note: With this issue, we are introducing a new department called "Sign In." This will be a place for news and updates from the outdoors community, from new books by local authors to new records to news from outdoor clubs and organizations.



Chuck Patterson catches a wave on skis made by Starr Surf Skis, a Vermont company. Photo by Mike L. Jones

VERMONT SKIS TACKLE JAWS

Colchester company Starr Surf Skis made big waves recently, when Chuck Patterson skied the world-famous Jaws swell off Maui Starr Surf Skis. Yup, you read that right—he skied it. Company founder Jason Starr tells us that not only did Patterson ski Jaws, but he did it with panache, carving giant slalom-style arcs down the 40-foot face of the wave. "Gliding into a 40-foot, clean open-faced wave has a lot of the same characteristics that you find when dropping off a cornice into a steep chute with fresh snow," Patterson said. "Aside from the surface being water, it's almost the same feeling," He said. "Once you let go of the rope and glide down the face making turns to stay in the pocket, it's totally addictive." Congratulations to Patterson for his achievement, and Starr for creating such a unique product, helping to push the limits of outdoor sports.

CONTINUED ON NEXT PAGE



Eli Enman catches air on his way to breaking the record for the Catamount Trail Backcountry Race. Photo by Steve Messier.

NEW RECORDS SET AT CATAMOUNT TRAIL ASSOCIATION BACKCOUNTRY RACE

Eli Enman of Huntington set a new record of 1:30:30 for the Catamount Trail Backcountry Race on March 13 when he won the race for the second year in a row. Kate Crawford of Essex set a new women's record with 2:05:22. The two record-setters climbed 2,300 vertical feet from Trapp Family Lodge to the Bolton Nordic Center. Congrats to both!

WORDS OF WISDOM

Two *Vermont Sports* contributors recently released new



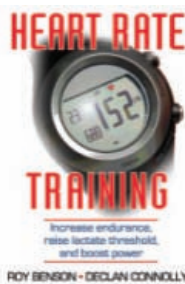
fitness-related books. *"Run Like a Girl" How Strong Women Make Happy Lives* by Mina Samuels and *"Heart Rate Training,"* co-authored by University of Vermont professor and exercise physiologist Declan Connolly, will hit the shelves in March.

Samuels writes about how participating in sports (team and individual) go far to balance the stress of life. But there are often roadblocks to women participating in sports—whether its equip-

ment designed for men, a lack of other women to hike, run, or climb with, or how advice from a spouse or partner can be more frustrating than helpful, even when it comes with best intentions. Too often, Samuels writes, women give up because of one of these, or other, factors.

Samuels combines statistical data, scholarly research, and her own experiences, making for an engaging read that will have most women nodding their heads in agreement and inspired to keep pursuing the sports they love. Seal Press, 288 pages, \$16.95.

Connolly co-authored *"Heart Rate Training"* with Roy T. Benson, an exercise scientist and distance-running coach. The book takes the guesswork out of training and explains how, when, and why heart-rate monitors should be incorporated into training and conditioning programs. "The biggest problem with most exercise programs," according to publisher Human Kinetics, "is that they are not based on a person's unique body shape, size, physiological response, and, most important, current level of fitness. To get the most out of a program you need to make your effort individualized, and the easiest way to do that is to track your cardiac response to your body's movement of choice." Connolly and Benson's book should help you learn how. Human Kinetics, 240 pages, \$18.95.



HONORING FREESKIER RYAN HAWKS

Vermont native Ryan Hawks died in an accident while competing in the North American Freeskiing Championships in Kirkwood, Calif., on March 1. The death has hit the Vermont ski community hard, as the 25-year-old grew up skiing at Mad River Glen and skied with the Diamond Dogs Freestyle Team at Sugarbush. Sugarbush released a statement extending deepest sympathies to Hawks' family. Diamond Dogs founder Kevin Wry said, "Ryan was the guy who showed up early to take runs before the program started and skied until the lifts closed. He had an incredible enthusiasm for the sport."

VERMONTERS CLINCH VICTORIES

Susan Dunklee, a Barton native and biathlete, placed 15th at the Open European Championships in Ridnaun, Italy, in February. She posted the ninth best skiing time in her field and performed best out of the women competing from the United States. This stellar performance follows a 10th place at the International Biathlon Union Cup in Altenberg, Germany, in January.

Cassidy White, an 11-year-old from Danby, won her division twice this year in the New England Sled Dog Club races. White races a three-dog team in the four-mile junior division for the 2010-11 season, and her mom tells us that next year, she'll be competing at the Can-Am level, making her one of the youngest to compete in that division. She hopes to one day compete in the Iditarod.

Hannah Kearney won the season title for the World Cup. The Olympic gold medalist from Norwich clinched the title while competing in March in Sweden.

GIBBS NAMED SKI VERMONT MARKETING DIRECTOR

Jason Gibbs, former press secretary to Gov. Jim Douglas and Commissioner of Forests, Parks & Recreation, has been named the marketing director of Ski Vermont (the Vermont Ski Areas Association). The Montpelier-based Ski Vermont is a trade organization that represents the Alpine and Nordic ski areas in marketing, public relations, and governmental affairs. Gibbs, a skier, snowboarder, and snowboard instructor, replaces Kathy Murphy, who was hired as the chief marketing officer of Vermont. Congrats to both!

GOING TO THE DOGS

April is our annual dog issue, so we found it fitting to mention that the Green Mountain Dog Club is celebrating the 60th anniversary of its Dog Show in July at the Tunbridge Fairgrounds, as part of four days of dog showing. On July 14 and 15, the Woodstock Dog Club is holding its show, and on July 16 and 17, it is GMDC's turn. The show is an official American Kennel Club event and expects to draw 700

entries and more than 100 breeds. And this show isn't just for purebreds—mixed breeds are welcome to compete in the AKC Obedience and Rally. Entries close at noon on June 29. For more information, visit www.akc.org.

KUDOS TO VERMONT'S OUTDOORS

The Montreal Gazette gave some great ink to visiting Vermont. The title, "There's More to Enjoy in Vermont in Winter Than Just Skiing," suggested visitors try snowshoeing, ATVing, ice skating, ice fishing, sledging, dog sledding and horseback riding. In fact, seven of the 10 recommendations for nonskiing Vermont activities were outdoor activities. Très bien! ☐

Do you have news you'd like to share with the outdoors community? E-mail us at editor@vtsports.com.





RETAIL JUNKIE SUPERSTAR BY RYAN JAMES LECLERC

GONZO AND ME

When I was in fifth grade, after years of pleading and fussing, I finally got my first puppy. And it wasn't because Pop finally gave in to my impassioned requests for a canine nor was it intended to comfort my grief after having found yet another one of our poor felines on the side of the road flattened, stiff, and stone-cold dead. It was because my Mom, who was an ally in my fight for a dog, took advantage of a situation that Pop himself created, and in which he could make no protests when we brought the puppy home.

Pop decided one day, despite Mom's clear refusal to do so, to purchase a motorcycle. It was a foolish thing to do, but even more foolish was that instead of driving it to our neighbor's house and parking it behind their tool shed, he drove it home and parked it directly in front of the garage, audaciously drawing attention to his manly triumph over repression. I can still hear the unmistakable sound of the motor in the distance getting louder and louder as it came closer and closer, but unlike all the prior motorbike noises that would pass by and then fade away, this one grew louder still until our windows vibrated. When the motor cut out, there was a quiet stillness in the air that hung like a quilt as my sister and I exchanged glances with Mom, who instead of storming outside and berating Pop, calmly told us to get ready to go for a drive. There were no words exchanged as we got in

the car and drove away, leaving behind a bewildered and somewhat deflated Pop standing next to his shiny new Honda Shadow with its orange gas tank and 750cc, liquid-cooled, 52 degree, V-twin engine that was still warm.

Forty-five minutes later, we arrived at a farmhouse at the end of a long dirt road with a sign out front that read "Free Puppies." After playing with the litter for a while, we chose the one that was the most bashful and least rambunctious. The owner tried to convince us to take two, saying that our chosen one was most certainly a bit shy and would most certainly adjust better with a sibling. Mom replied that she didn't want to push her luck and that if she were to take two dogs home, her husband would most certainly be gone. At least that is how we remember it, and that is how we came to name our new pup Gonzo.

Gonzo was my best friend, he was my hero, and he was my trusty companion who led the way while I delivered newspapers to the neighborhood in the cold, dark early mornings before school. I grew up with him by my side, and even though he wasn't in the car when I got my license, or with me in the auditorium when I graduated high school and college, his dog hair was. He loved us unconditionally and never let anyone down. Finally, when he reached nearly 100 dog years, he traded in his collar for a halo.

I haven't gotten a dog since, but will

someday when I finally have a backyard to let it run around in. In the meantime, there are a lot of dogs in my life who I've come to know and love, and I'd like to mention a few of them, as well as rate them using the following scale:

One Skunk: This is the rating given to a dog that smelled strongly of skunk when adopted. The former owner mentioned that it had recently been sprayed by a skunk and that the odor would eventually dissipate, but it never did. The dog was never one to obey any commands and never really bonded with anyone, and when it was finally brought to the vet, it was discovered that it was in fact a skunk.

Four Stars: Greatest dog ever.

Five Stars: Greatest dog ever plus one.

Gonzo: A Malamute Husky/Border Collie mix and my first and only dog to date. Rating: Five stars.

Gus: Mom's current dog whom she rescued from a shelter. The jury is still out as to what the heck he is, but according to a few good sources, he's a Border Collie/Whippet. He has a wide white stripe on his head and a stare that will melt your heart. He loves to sprawl out on your lap and as long as Mom doesn't leave the house—he has severe separation anxiety—he is as mellow as a cup of mulled cider. Rating: Four stars.

Chui: My mom-in-law's four-year-old Yellow Lab. His heart is huge, bigger even than his brain, and sure, he may eat one of your socks or a frozen "poopsicle"

now and then, but he is super sweet and we all love him to pieces. Take him for a walk, scratch his behind, and give him a marrow bone, and he's a good as gold. Rating: Four stars.

Levi and Cady: Levi is Land Beaver's "full blooded Puerto Rican scrounge hound" who is most likely a Border Collie/Golden Retriever mix. He enjoys chasing frogs, eating garbage, and canoeing. Cady is Scotty's Border Collie/Mutt-next-door mix who likes barking, wallowing in the mud, and running away from you. Levi and Cady regularly join us on our mountain bike rides and backcountry ski adventures, and even though they almost always disappear, after 30 minutes or so of yelling their names, they always come back. Levi rating: Four stars. Cady rating: Four stars.

Grizzly Adams: Chuck and Chinch Bug's brand-spanking-new puppy. Supposedly, he is a purebred Chesapeake Bay Retriever, but I'm convinced he's an Ewok/Buffalo mix. Rating: Four stars. Well, it looks like we have a five-way tie for second place and a clear winner.

Congratulations to Gonzo. ☑

Ryan James Leclerc used to be single and used to work on the sales floor of Onion River Sports. He is now married and works in the office of Onion River Sports. The creative license he procured in a back alley allows him to occasionally narrate from the past as though it were the present.



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INJURY IN THE OLDER RUNNER

Age not only slows down the cardiovascular system, resulting in a slower pace, but the added candle on our birthday cakes makes us more prone to injury.

Running puts a lot of stress on feet and legs. The average runner is increasing the gravitational forces on joints as much as 10 to 12 times. The slower runners have the highest levels of impact. Just walking will cause these levels to be close to double body weight. A 60-year-old athlete has put a lot of miles on the "old dogs," just walking around, let alone training.

There are 26 bones and 33 joints in each foot that can show signs of age with arthritis and dysfunction. Joint stiffness is the number one complaint of the older runner, followed by muscle and tendon stiffness. Adipose (fat) tissues on the bottom of the feet normally atrophy with age, and this causes the weight-bearing bones to be exposed to increased punishment. This triad of joint stiffness, muscle/tendon stiffness and loss of fat pads is the prime cause of injury in the older runner. Plantar fasciitis leads the way as the number one presenting diagnosis. Achilles tendonitis is not too far behind as a cause of sidelining the veteran. Tendonitis of the peroneals and the posterior tibial tendons are common injuries. Metatarsal head bursitis is common and very disabling.

JOINT STIFFNESS

No remedy exists for arthritis. There is little real research into the benefit of taking glucosamine, but the general consensus is that it is helpful as it may provide some needed elasticity to the ligaments within each joint, and if true, this will be helpful in reducing stiffness associated with arthritis. I am a firm believer that just plain water is helpful as well. This subject is a complicated issue and may be an article all by itself, but older individuals fail to consume enough water. Water is essential for the function of muscles, tendons, and joints. Take glucosamine if you'd like, but begin to increase your water intake to at least 64 ounces per day as well.

PLANTAR FASCIITIS

Most people hyperpronate, and this causes the plantar fascia to over stretch with each step. The result of this increased stress results in inflammation and reduced ability to work efficiently as a windlass mechanism (a controlled hitch or hoist) in the foot. After rest and a period of non-weight-bearing, the plantar fascia contracts but then must stretch rapidly at first step. Because it is inflamed, this initial stretch is difficult and painful. Controlling hyperpronation, with appropriate shoes and intrinsically posted orthotics, is essential for the older athlete.

ACHILLES TENDONITIS

There are many causes of A.T., but in the older athlete, this often naturally follows chronic plantar fasciitis. Longer warm-up followed by easy stretching is helpful, but controlling hyperpronation remains an important key.

PERONEAL AND POSTERIOR TIBIAL TENDONITIS

These tendons and associated muscles course on either side of the ankle and help with ankle stability. The older athlete may be in good shape for moving forward, but when entropy sneaks up, these athletes lose the agility necessary to move over uneven surfaces. Often this results in peroneal tendonitis and even posterior tibial insufficiency. The key prevention is ankle agility exercise done several times per week.

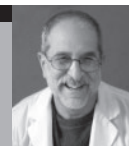
LOSS OF PLANTAR FAT PAD

There is no way to prevent this from occurring with age, but running shoes can supplement the need without a problem. Keep your running shoes fresh. Never let more than 300 to 400 miles accumulate on a shoe. I have found that the older runner is often the more frugal runner but going "cheap" on the most im-

portant piece of equipment in your bag can cause injury and keep you sidelined.

I see many athletes well into their 70s. The best of them workout at least six days per week, pay attention to core strength with weight training, vary

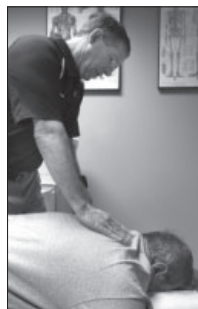
**SPORTS
MEDICINE**
BY
ROBERT RINALDI, DPM



their workouts, and most important, they warm up slowly, methodically, and for a long time. One vet told me that some days the warm-up was the workout. I will be 70 in April and I know what he means. ☐

Robert Rinaldi is a board-certified podiatrist and podiatric surgeon on staff at the Gifford Medical Center in Randolph. He is a fellow and a founder of the American Academy of Podiatric Sports Medicine. He is a former nationally ranked runner, having completed 25 world-class marathons. You may reach him at Gifford Medical Center, (802) 763-8000 or at rrinaldi@giffordmed.org.

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18 & UNDER
BY
CHRIS KELLER

FAIRWAYS AND FRISBEES

Disc Golf Attracts Few, but Dedicated Youth Players

"PING," a sound like pennies dropping in a bucket rings through the thick summer air at Wrightsville Beach.

The last of the beach-goers have climbed into their minivans and left, leaving a trail of dust as they roll out of the dirt parking lot. Dusk begins to settle, and four solitary figures navigate through a wooded section in the park; their task is made more difficult by the receding daylight as the sun dips below the treetops.

A tall gangly member of the group, holding a disc-like object in his hand, brings his arm back and then whips it forward like a slingshot. For a fleeting second, the disc flies straight and true, but just as he thinks he might have had a decent throw, it hooks to the left and careens into a brush pile on the side of the fairway. That novice Frisbee-thrower was me, in my first frustrating, yet oddly addicting, attempt at disc golf.

For those of you who were like me before I started working at Wrightsville, and have only a vague idea of what disc golf is and why it's considered a sport, allow me to enlighten you.

According to the Professional Disc Golf Association website, disc golf is played

much like traditional golf, except you use flying discs as opposed to a ball and clubs. Like its cousin ball golf, the objective of Frisbee golf is to complete each hole in the fewest number of strokes possible. Disc golf courses typically use elevated metal baskets as targets (or, in the case of Wrightsville, wooden poles with metal buckets on top). Courses consist of nine to 27 holes; each hole is assigned a par of about three to five throws, and courses range in length from 4,500 feet to more than 9,000 feet. Players complete the course in order, keeping track of the number of throws taken on each hole. The player with the least number of throws is the winner.

Disc golf is a thriving sport in certain parts of the country, but until fairly recently, it has been somewhat stagnant in the state of Vermont, especially with the state's youth population. "Young people is one demographic that has not yet become significantly involved with the Green Mountain Disc Golf Club," says GMDGC president Dave Frothingham. "There are a few courses at Vermont high schools, but not many kids have come out to tournaments."

Despite the low number of teens who patronize disc golf courses, Brooks Cur-

ran, a junior at Harwood Union High School, cites a friend his age as his main motivation for picking up the sport.

"My friend Ollie (Oliver Redding) played with his older brothers, and he played a big role in getting me into it," the 16-year-old from Waitsfield says. "It got kind of competitive with Oliver and his brothers and I wasn't very good, then but we're a lot better now. The year before last we played a lot—at least a couple times a week."

One thing that makes disc golf more appealing than ball golf is that it's accessible to everyone, regardless of age, location, or economic status. Most courses are free to play on, and those that require fees have fairly nominal ones. Numerous courses are scattered throughout the state, and the only equipment you need is a multi-purpose disc, which can be purchased for a reasonable price at most sporting goods stores. It was this convenience factor that Curran also cited for why he started to play disc golf. "I mostly got into disc golf because Sugarbush got a course which is five minutes from my house, so I can go up and play whenever I want," he says. "I also got into it just because it was inexpensive."

The fact that disc golf is open to everyone from rookies like me to advanced players such as Brooks (who won his first tournament, sponsored by the GMDGC, at Johnson State College last fall) is great—it gives the sport a universal aspect that encourages all to join in. But don't let Frisbee golf's welcoming persona fool you into thinking it's not intense: the sport has a refined, competition-based side of which many disc golf enthusiasts, Brooks included, partake. The GMDGC sanctions numerous tournaments throughout the year for various divisions and sponsors a points

series that awards players points for playing well in tournaments. At the end of the year, the club members with the most points are awarded prizes. Similar leagues exist throughout the country.

"I started playing competitively a few years ago," Brooks says. "They send you out in groups, and you play with people who are about your same ability level. They have an amateur category and a pro category."

Brooks says disc golf is, "a fun experience, because you get to meet a lot of new people. Some of the people you meet are relaxed and others are wicked intense about rules. Most of them are relaxed. I play in state junior competitions. How competitive I am really depends on how I'm playing. At the end of last year, I got really competitive because I won a couple tournaments."

For you aspiring disc golf players out there, Frothingham cites the following locations as the best courses for new players: Center Chains DGC in Waterbury Center, White River DGC in Randolph, Oxbow DGC in Brandon (at Oxbow Union High School), Base Camp Outfitters in Killington, and Wrightsville Dam DGC in Middlesex. And make sure to take the advice of Brooks, a battle-hardened disc golf maestro: "Have fun with it. Go get your friends into it. Just go and have a good time. You can be intense about it, but it's kind of your own choice." [E]

Chris Keller is a senior at Montpelier High School. As a summer employee at Wrightsville Beach, he makes somewhat laughable attempts at playing disc golf. He also enjoys competing in varsity track and field and cross-country for Montpelier and helping to run the MHS Outing Club.



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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.



MUSHER'S SECRET BARRIER WAX

Unlike most humans, dogs are not fond of wearing shoes. Eating them maybe, but not wearing them. Nonetheless, it is sometimes a good idea to try to protect a dog's paws, especially in the wintertime, when they are exposed to salt and are prone to ice and snowball buildup. Dog booties are a great idea, but many dogs downright refuse to wear them. If you've

ever put dog booties on a reluctant dog, then you may have witnessed a waltzing weimeraner, a sashaying Shiloh shepherd, a boogying beagle, or a tap dancing Tibetan terrier. A great alternative to booties is Musher's Secret, a dense, organic, food-grade barrier wax that is applied directly to your dog's paws, forming a semi-permeable shield that protects from hazards, while allowing perspiration to escape through the toes. Simply apply a thin coat on the pads and between the toes, and within seconds, the non-toxic and non-allergenic wax dries and is ready to protect your pup's paws. The amount of outdoor exposure will dictate how often you need to reapply, but generally, once a week will do. And although they're not averse to wearing shoes, Musher's Secret is also great for horses. \$6 (60 grams), \$14 (200 grams), \$22 (1 pound). www.musherssecret.net



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it with your best friend's favorite kibble, pull the drawstring, and you're ready to roll without the worry of stray kibbles rolling around in your pack or on the floor of your car. Made with a recycled polyester outer shell and a guaranteed waterproof liner, the Quencher Cinch Top also doubles as the perfect travel water bowl. Available in two sizes to suit your dog's build, appetite, and thirst, the machine washable Quencher Cinch Top allows you to have a ready-to-go meal when its meal time, which as far as your dog is concerned, is absolutely any time. \$19.95. www.ruffwear.com



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can be less than ideal. The Highlands Dog Bed, at a mere 14 ounces, can be compressed to a packable 12" x 5" in its stuff sack, taking up little room in your backpack or your dog's dog pack. It still provides a comfortable place for the old boy to bed down that doesn't impinge on your limited sleeping space. Machine washable and made with a water-resistant, quick-dry shell that is durable enough to hold up to claws and camping debris, the Highlands Dog Bed is filled with high-loft Thermore insulation and has four stake-out loops to secure it to the ground and for hanging to dry, which as far as your dog is concerned, is absolutely not necessary. \$74.95. www.ruffwear.com

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HOW CAN IT BE APRIL AGAIN?

**OUT &
ABOUT**
BY
JOHN MORTON



April again? Already? I think the annual dog issue is a terrific idea. I love our yellow lab, Rosie, but I'm afraid I covered most everything in last year's article. Well, maybe not everything. Rosie's now 10, that's 70 in dog years. We still take her on hikes and cross-country skiing outings, which she loves, but we have to be mindful of the distance. We are very fortunate to have groomed trails nearby, where the landowner welcomes dogs. In fact, on a recent outing, he overtook us on his grooming machine, stopped to chat, and fished a small Milkbone out of his pocket for Rosie before he resumed his grooming. That gesture represents a deep affection for dogs, which for very legitimate reasons are not welcome at all ski centers.

If the conditions are right, packed powder, dry snow and not too many long, fast descents, Rosie can still handle ski tours up to 10 kilometers or so. The down hills are the issue, since, in spite of her advancing age, she remains determined to be first. If Kay and I pick a trail that includes several significant descents, which Rosie still attacks with abandon, for the days following the outing, we have a stiff, slow dog. I guess that says something

about our priorities, if we choose mel-low ski trails so that we won't wear out our loyal, four-footed companion. It also says something about our dog, who values the joy of tearing down a ski trail enough to tolerate stiff, sore muscles for a few days thereafter.

Of course an obvious alternative is to simply leave her at home while Kay and I go ski the more challenging trails. Most dog owners will recognize that this is simply not an option. The highlights of Rosie's days are her outings, whether the mile round trip out the driveway for the morning paper or an afternoon cross-country ski tour. In fact, if the day begins to slip away while Kay and I become too absorbed in what we are doing, Rosie will let us know that it's time for some exercise outing. And she's always right, we always feel refreshed after a break outdoors.

Another characteristic seems to be appearing with her maturity is a limited tolerance for juvenile behavior from other dogs. Perhaps because she was separated from her litter quite early, Rosie has always been more people oriented. She diligently watches people, paying close attention to their activities and cues. In contrast, she has never been particularly

fascinated with other dogs. On outings where other dogs are present, she will reluctantly participate in the obligatory, mutual sniff greeting, but she no longer has much interest in a subsequent game of chase. If a persistent, younger dog yips and jumps at Rosie to get her to play, one forceful bark from the old girl lets the youngster know she's not interested.

I believe I read somewhere that a dog's sense of smell is 70 times more acute than a human's! It is hard for me to imagine what it would be like to have a sense of smell 70 times more powerful. I'm not sure I would even want to try it. It does explain however, why Rosie covers about twice the distance we do on any outing, constantly diverting from our route to chase down another exotic odor. I can only imagine that the melting and thawing snow in springtime produces an olfactory banquet for her that is beyond description.

Rosie is also remarkably committed to her schedule. Although there are plenty of times that she exhibits amazing patience, she also has a phenomenal internal clock. Kay and I typically rise sometime around 6 a.m., but if we oversleep, we can be assured of a nuzzle from the

side of the bed indicating that it is time to get up, and more importantly, to feed the dog. Regardless of the events of the day, whether it included an exciting and stimulating hour of plunging her nose in the snow along a wooded trail or simply lying on the living room rug, protecting the front porch from being overrun by red squirrels, Rosie will let us know, almost to the minute, when it's six o'clock, her suppertime.

Just like this April dog issue surprised me by reappearing so quickly, it seems impossible that Rosie has been with us 10 years already. It provides both a heart-warming reminder of all the enjoyment she has provided to our family over the past decade, as well as a resolution to make her remaining time with us as fruitful as possible. ▢

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

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Road rider and hill-climbing specialist Charles McCarthy understands that racing all out, up hill, isn't for everyone. He happens to be good at it, holding the course record up Appalachian Gap in the Allen Clark race, completing the grueling 6.2 miles in 24:27 last October.

"I do get that question a lot: 'You are paying to do this?'" says McCarthy.

McCarthy and 1,148 others did pay last season for the chance to enter a hill-climb race to pit themselves against each other and the momentum-killing pitches of some of the steepest stretches of pavement in the Northeast.

For the past two seasons, riders like McCarthy, who love to climb, have had a way to see how they stack up against fellow competitors in the Bicycle Up Mountains Points Series, which tracks results in a series of nine races, and at the end of the season, crowns the Northeast hill-climbing champion.

The longest race in the series is just 9.4 miles, but distance can be deceiving.

The vertical climb ranges from 1,600 for Appalachian Gap (6.2 miles) to 4,720 feet for Mount Washington (7.6 miles). Add up the total vertical for all nine races and you get 27,318 feet—that's Mount McKinley with a Mount Washington stacked on top.

The races in Massachusetts, New Hampshire, Vermont, and New York happen from June through October. They comprise some of the toughest climbs in the Northeast, including Mount Washington, Mount Equinox, and Whiteface.

It might as well be Bicycle Up Mountain Pain Series. Cranking up stupidly steep grades hurts.

"You have to go into it knowing this is really going to hurt," says McCarthy, 31, a school teacher from Lincoln, who last year was the top Vermont-er in the series (placing fourth overall). "There's no comfort zone. There's no reprieve or anything. You can stop when you cross the finish line. In a road race, there are plenty of times you can sit in the pack."

The series was the idea of a builder and bicyclist from West Glover, Keone Maher. Maher was racing hill climbs and thought, Why not connect the dots or climbs and crown the Northeast hill-climbing champion? Maher also started the Burke Mountain Bike Race hill climb, which is part of the series.

BUMPS got underway in 2009, and with the exception of Mount Greylock, all of the races were in existence before the points series started. Hill climbs draw a mix of competitors, from McCarthy a top amateur road and mountain bike racer to riders in their 70s. The entrants skew older and male with 40 percent falling in the 40-to-50 age bracket, says Maher. There's even one competitor who rides his bike to each event from his home in Amherst, Mass., and he's in his 70s.

Riders are scored based on their best five results. Those who complete fewer than five races are not likely to score high in the series. The most difficult climbs are more heavily weighted in points. The first year, 940 riders scored points and last year 1,149 scored points, meaning they competed in at least one of the races. Last year, 77 riders completed four or more races, seven men and one woman earned Ironman honors for finishing every race in the series.

Marti Shea of Marblehead, Mass. has dominated the women's field both years. She was the top woman in every climb she entered last year, including both Mount Washington races. (The series includes two Mount Washington races.) She set re-

Add up the total vertical for all nine races and you get 27,318 feet—that's Mount McKinley with a Mount Washington stacked on top.

cords on Ascutney and the Allen Clark. She also holds the record for Equinox and Greylock. While she only got on a road bike about five years ago, the strength and conditioning coach is not new to competition. Shea, 48, was a distance runner who earned a berth at the Olympic Trials and ran for Nike.

While pain is the common denominator, every climb is unique Shea says.

"Some come at you right away, like Mount Washington and Ascutney. Others are more gradual and you get into more of a rhythm," Shea says. "All the climbs are so different you can't prepare the same way. They all have different personalities and you can't use the same strategies on all of them."

Shea is quick to point out that the pain of each race isn't what she remembers, which is probably why she and other racers keep competing in hill climbs.

For McCarthy, it's the laid back, friendly (compared to elite road racing) competition that holds appeal.


"I'm not saying I'm going to the hill climbs to have a beer afterwards, but we're having a picnic with a bunch of like-minded people who like to ride in the mountains. There's just this one part that's a lot of pain." ☞

Leslie Wright is a writer and rider based in Addison County.

BUMPS HILL-CLIMB SERIES 2011 RACES

Whiteface, 3,522 ft.	June 18
Okemo, 2,200 ft.	June 25
Mount Washington,	
Newton's Revenge, 4,720 ft.	July 9
Ascutney, 2,300 ft.	July 23
Equinox, 3,300 ft.	Aug. 6
Mount Washington	
Auto Road Race, 4,720 ft.	Aug. 20
Burke, 2,096 ft.	Sept. 3
Mount Greylock, 2,860 ft.	Sept. 10
Appalachian Gap,	
Allen Clark, 1,600 ft.	Oct. 2

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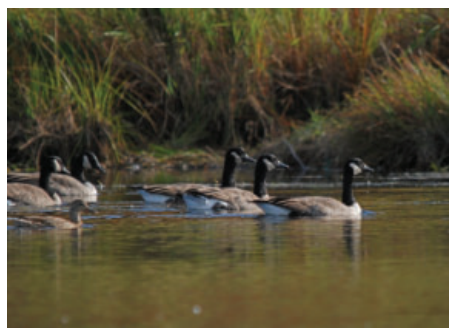
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Predict the Weather With Clues From Nature

STORY AND PHOTOS BY LISA DENSMORE



In April, the itch to get outdoors needs a good scratch, yet spring notoriously brings some of the most extreme weather in Vermont. It might be sunny and 70 degrees when you head out on that long-anticipated first bike ride of the year, only to find yourself in a deluge at mile 15, with 15 miles to go. And with a strong La Nina this year, the rain might very well turn to snow.

Weather seems more erratic than a decade ago when it was simply getting warmer. Blame it on climate change. Blame it on The Weather Channel. Blame it on sun spots. Regardless of the cause, the weather has certainly gotten weirder lately, but you can predict it with a fair degree of accuracy, at least for the next 24 to 48 hours, if you are observant. Mother Nature provides many clues to the weather.

Weather is the state of the atmosphere at a given moment. You don't need radar, satellites, or computer-generated models to read the sky. Your naked eye works just fine. Simply look up. The type and elevation of the clouds above you are a result of the current weather pattern and tell you what's coming.

Anyone who has spent time outdoors probably knows the difference between a cumulus cloud and a stratus cloud. Likewise, they know low, dark clouds mean precipitation is coming soon, if it isn't already falling. Cumulus clouds that build to an anvil shape warn of an impending thunderstorm. High wispy stratus clouds are harbingers of bad weather, but not for 12 to 24 hours. And when the wind whips up, a front is approaching, which also means something wet or frozen is going to fall from the sky.

In addition to reading the sky, you can also observe animal behavior and watch plants and other aspects of nature for clues to incoming weather. Some old wives tales are surprisingly accurate. Others get lucky now and again:

Judge the distance of an approaching thunderstorm by counting the time between the thunder clap and thCount slowly, "One one-thousand, two one-thousand, three one-thousand ..." so that each one-thousand equals approximately one second, then divide by five. In other words, for every five seconds, the storm is one mile away.

Red sky at night, sailors delight. Red sky in the morning, sailors take warning. The redness of the sky is caused by the sun's rays reflecting off dust particles when there's little or no cloud cover. As our weather typically comes from the west, a red sky as the sun sets in the west means a high-pressure system (good weather) is coming. A red sky as the sun rises in the east means the high-pressure system has passed to the east. A storm system may be approaching, especially if the sky is deep, fiery red, a sign that it contains a lot of water vapor. However, if the air is polluted, all bets are off. Air pollution can cause red skies both morning and evening regardless of the weather pattern.

Geese won't fly before a storm. Some people believe that geese, which are large, heavy birds, have a harder time taking off when air pressure is low because the air is slightly thinner. More likely, they simply sense the impending storm and stay put. Other waterfowl do the same, as do seagulls, which cluster on sheltered beaches.

If the bubbles in your coffee gather in the center of your cup, the day will be fair. Java forecasting relies on the way air pressure affects the surface tension of coffee in a mug. It must be strong, brewed coffee to have enough oil in it to work, and the mug must have straight up-and-down sides. Stir your coffee, creating bubbles. If the bubbles amass in the middle, you're in a high-pressure system that is making the surface of your coffee slightly convex. (Bubbles are mostly air so they migrate to the highest point.) It's going to be a beautiful day. If the bubbles form a ring around the sides of the mug, you're in a low-pressure system, making the surface of your coffee slightly concave (lower in the middle). Rain is likely.

Bugs disappear an hour before a storm. Mosquitoes and black flies are thickest from about 12 hours to one hour before a storm hits, then they take cover. If the bugs stop biting, put on your raingear. Bees stay close to the hive, too, when the weather is going to get worse.

Springs flow faster when a storm approaches. Low barometric pressure associated with an approaching storm can cause a natural spring to flow out of the ground faster.

Ponds appear muddier when a storm approaches. Low-pressure can cause ponds to look cloudier because muck from the bottom rises toward the surface due to a higher volume of marsh gases.

Caves give off cold air when a storm approaches. If you stand in front of a cave when a low-pressure system approaches, you feel cold air rush out. However, this is not the only time a cave "breathes out." If the temperature

outside the cave is warmer than the temperature inside the cave, the cold air will rush out as it naturally attempts to equalize with the warm air.

Hair gets curlier as humidity rises. Hair can get wavier or curlier as humidity rises because hair tends to contract (curl) when it's wet, and relax (straighten) when it's dry. Canvas, hemp and other natural fibers do as well. However, wood does the opposite, expanding when wet and contracting when dry. If your axe has a wooden handle, the handle feels looser in fair weather and tighter if rain is coming. The higher humidity preceding the storm swells the wood.

Songbirds sing louder just before a storm. Maybe. Some people believe in the opposite theory, that songbirds become quiet just before a storm. It depends on the species. Unless you really know your birds, this is an unreliable method of weather forecasting.

Sound travels farther when a storm approaches. High humidity and increased wind from the approaching low-pressure system both help carry sound waves farther.

If the wind dies suddenly, it's about to pour. Often called the calm before the storm, if the wind has blown steadily for the last few hours and clouds are developing, then suddenly it all stops, take cover. You've got only moments before it pours.

If smoke rises in a straight column from your evening campfire, expect a fair day tomorrow. On a calm night, smoke rising vertically means a high-pressure system is upon you. On the other hand, if campfire smoke stays low to the ground, then disperses, a low-pressure system has arrived, and you could get wet.

Count cricket chirps to tell the temperature. If you count the chirps of a cricket for 14 seconds, then add 40, you can figure out the air temperature in Fahrenheit. For example, if you hear 20 chirps, it's 60 degrees outside. Crickets are correct within a degree or two more than 75 percent of the time. Close enough.

Deer migrate to a lower elevation when the weather is about to worsen. All hoofed animals, such as deer, sheep, cows, and moose, head for sheltered valleys when a storm

approaches. If you notice ungulates in the lowlands, hopefully you are already wearing your raincoat. The storm is virtually upon you.

If you see a circle around the moon, it will rain or snow soon. A halo around the moon, which is caused by cirrostratus clouds, means a warm front approaches. Expect precipitation, but it might take two to three days to arrive.

What about rainbows? We usually associate rainbows with clearing weather, but that's not always true. If a rainbow appears on a cloudy day and does not

form a smooth curve, blustery weather approaches. If you see a double or triple rainbow, lucky you! The weather is going to be gorgeous, at least for now, though rain is on its way. Perhaps that has nothing to do with the rainbow. It's just the normal spring weather in Vermont. ☔

Lisa Densmore is the author of seven books, including Backpacker Magazine's Predicting Weather (*Globe Pequot*, 2010) and Hiking the Green Mountains (*Falcon Guides*, 2009). www.DensmoreDesigns.com

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Charging through snow, leaping through water, catching tennis balls—there's nothing that these adventure dogs can't do! With so many wonderful entries, judging seemed impossible, so we left it up to the experts. Thanks to our judges for making tough calls: Caitlin Welter from Pale Morning Media; Anne Ward, director of operations at the Central Vermont Humane Society; the staff of Zuke's Natural Treats for Dogs and Cats and Penelope Barsch, award-winning photographer and owner of three very cute dogs.

A big thanks to our sponsors—Pale Morning Media, a marketing firm that represents some of the best outdoor gear companies, and Zuke's Natural Treats for Dogs and Cats. First place winners will receive a Kelty Cosmic Down 20 sleeping bag AND an Aquaproof Aquapac Compact Camera Case thanks to Pale Morning Media. Second place winners will receive \$25 worth of natural dog treats from Zuke's.

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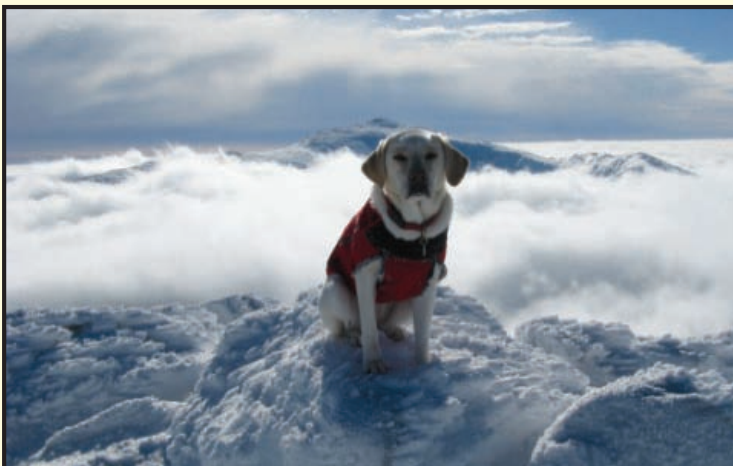
FIRST PLACE: HERSHEY FOX

This photo of Hershey, a 5-year-old chocolate lab from Schuyler Falls, N.Y., takes the win for the category of best looking. And who could argue with that gorgeous face? Hershey is pictured here cruising on a boat along Lake Placid. Rebecca Fox is the owner and photographer.



SECOND PLACE: JACKSON

Jackson is a 2 and one-half year old “all American mutt.” This photo was snapped at the Waterbury Reservoir, “a favorite spot for the family to swim with the pups on hot summer afternoons,” says owners and photographers Maria and Jim Fischer of Waterbury Center. While Jackson loves cooling off, he also loves being active—backcountry skiing, mountain biking and stealing bones from his little sister, Stella.



THIRD PLACE: ELLA

Ella, a beautiful Labrador retriever, takes third place for her pose atop Mount Adams in New Hampshire (that’s Mount Washington in the background). Ella is owned by Donna Dearborn and Wally Kangas of Chester, and it was Donna who grabbed this great shot!

MOST ATHLETIC



FIRST PLACE: TSUBA

William Kramer of Hollis, N.H., took this stunning photograph he calls "Reflections of a Malamute." Tsuba, the malamute, is owned by Cam Brensinger, and this photograph was taken on Salisbury Beach in Massachusetts. Brensinger owns NEMO equipment—a manufacturer of outdoor gear (how fitting!).



SECOND PLACE: ELLA AGAIN!

This was one popular pup with our judges. Here she is on the Webster-Jackson Trail near the summit of Mount Jackson in Crawford Notch, N.H. The four-year-old lab has hiked all 48 of the 4,000-footers in the White Mountains—in winter!



THIRD PLACE: HERSHEY FOX AGAIN!

The brown babe is captured here again on Lake Placid.



MOST HUMOROUS



FIRST PLACE: STOUT

We weren't sure whether to laugh, or be amazed by Stout's action in this shot! This border collie/German shepherd mix "plays fetch in his sleep," says owner and photographer Jim Deshler of Jericho. That's one amazing—and funny—dog.



SECOND PLACE: POGO AND BUDDY

Pogo and Buddy are two adventure dogs who can't hide their mud and dirt. The two bichons can fit into the bath tub together, and when they poked their heads above the tub, owner Marci Selig Smoger snapped this adorable shot. We're especially happy to honor Pogo in our contest, because we learned he passed on a few months ago after a tough battle with liver cancer.



THIRD PLACE: CRABBE

Crabbe of Derby takes the third place prize for funniest. As if a little dog cruising through deep powder isn't enough, his owner, snowboarder Rob Boskind says Crabbe is "the world's most incorrectly proportioned dog." Adds Rob, "He loves playing in the snow whenever we got some freshies!"



Deer Tracking DACHSHUNDS

SMALL DOGS ARE A BIG HELP FOR HUNTERS

STORY AND PHOTOS BY PHYL NEWBECK



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Musket, an 11-year-old wire-haired dachshund, might not look like a formidable match for the forests and fields of Vermont, but the 22-pound canine has an extremely high success rate tracking wounded deer.

In New York, an organization called Deer Search has a Hall of Fame for dogs who have found more than 100 deer. If Vermont had a similar organization, Musket would qualify—he has 148 finds to his name.

Musket belongs to Chris and Tom DiPietro, two of Vermont's licensed deer trackers. The DiPietros, of Jericho, admit that not everyone expects to see a dachshund when they call for a leashed tracking dog. "You're going to track with that little thing?" is a common reaction. There are only 22 licensed trackers in the state, and many of them use beagles, bloodhounds, Labs and German shepherds. But the DiPietros—as well as Sally Marchmont, a tracker based in Fletcher—swear by their dachshunds, in part because the dogs make great house pets as well as tracking dogs.

A FAMILY AFFAIR

Tracking deer really is a family affair for the DiPietros. Tom was the first in the family to become licensed for that task. Chris followed five years later, and within a year, their son Tom Jr., known as TJ, became licensed as well. TJ's wife, Laura DiPietro, isn't a licensed tracker, but she's been joining the family on outings with Avi, a 3-year-old wirehaired dachshund in tracking training.



Photo by Dan DiPietro

At first blush, it might not seem like that big a deal to be following a short-legged dog in the woods, but Chris begs to differ. "The first few years I was exhausted," she said. "You're running behind the dogs, bouncing off trees and under things. Eventually we realized we had to train to be in shape for tracking season." Soon Tom was running marathons and the entire family now competes in sprint triathlons.

Tom used to be an avid hunter, often going out with beagles. These days, he's had to give up hunting since there simply isn't time to hunt and track, but he'll never give up bonding with his canine companions. "I've had a lot of dogs," he said, "but I've never had a dog like Musket."



The dachshund clan is clearly part of the household. Avi lives with TJ and Laura, but Musket, Scout, and Filou (who didn't make the cut as a tracker) each has their own place on the couch. As Tom puts it: "There's an incredible bond between you and your dog."

SERIOUS BUSINESS

For Tom, a retired IBM worker who runs his own lawn care and plowing company, tracking is serious business. He keeps meticulous records with spreadsheets showing how many deer the dogs have tracked, how long it took to find the wounded animal, if it was found, and what condition it was in. When the deer is found, photos are taken of the animal, the hunter and at least one of the trackers. Every year, Tom puts together a display board with the photos and brings it to a table that he and Chris keep at the Yankee Sportsman's Classic. In 2010, the family went out on 53 calls and found 23 deer. Their success rate was five for nine during youth weekend. In total, Tom has gone on almost 400 tracks, and notes that Musket's success rate would be even higher if he hadn't refused some of the calls that come in late.

Tom's spreadsheet shows how the likelihood of finding a deer decreases dramatically the longer it takes a hunter to call. Avi and his brother Scout are still learning the ropes, but Musket is well known around the state. Tom remembers picking up a hitchhiker who asked him, "Aren't you Musket's father?"

"Nobody remembers our name," quips Chris, "but they remember Musket."

TRAINING AND THE LAW

Trackers are prohibited by law to charge for their work, but the DiPietros say many people offer tips or gifts of gratitude. For instance, a grandmother whose family has called a few times starts baking for the DiPietros as soon as they are called, and even made a dog-themed throw for their new couch. Often, the family refuses to take any money, but when they do, they'll only accept enough to cover gas for their travels. On Laura's first successful track, the hunter expressed gratitude because he would be able to feed his kids meat during the winter. Needless to say, an offer of a tip was refused.

What does it take to turn a dog into a tracker? Tom and Chris trained their dogs by first dragging a deer hide for them, and then picking the hide up and moving it. That's followed by leaving a trail of droplets of blood, followed by an "aged" trail—waiting a half day before letting the dogs try to follow it. The dogs always get a reward for a successful track.

The couple started training Avi and Scout almost before the pups opened their eyes by leaving a blood trail toward their food dish. In addition, the dogs are acclimated to some of the things they'll experience in the field. When the puppies were young, they'd tag along on tracks to get adjusted to the smells in the woods. Tom took them out on four-wheelers since those are often needed to get to where the tracks start, and he even fired a gun so they wouldn't bolt at the sound of it.

The statute allowing leashed dog trackers in Vermont is only 15 years old. Previously, the law was strict about forbidding the hunting of deer with dogs, so this carved out an exception for trackers with the provision that the dogs be on leash at all times. To help educate hunters about their service, Tom works with the state's hunter education program. The law is very strict on what trackers can and cannot do; for instance, they must call the Vermont State Police before entering the woods and again when they leave.

By law, dogs can track bear as well as deer, but not moose. Musket has shown no interest in bear, but Petey, Sally Marchmont's wirehaired dachshund, tracked down a bear this year.

Even if they just stick to deer, the DiPietros do their share of driving, including trips as far as Alburgh, Ferrisburgh, Hardwick, and Northfield. They wouldn't have it any other way.

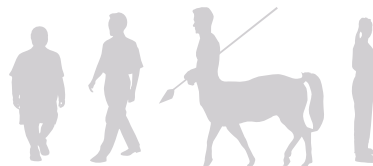
"We love to watch the dogs work," said Chris, "and they love to do it." □

Phyl Newbeck lives in Jericho with her partner Bryan and two cats, Benji and Elway. Although neither cat is trained as a tracker, they do enjoy watching live deer on the property ... from a distance. She is the author of "Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving."



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VS: How did you get your name?

B: I'd like to say it's because I'm so good at blazing a trail, but the truth is my first humans named me for the white stripe on my forehead. Here, I suppose it makes me a Long Trail dog.

VS: How did you end up with your current humans?

B: I think I overwhelmed my first humans with my apparently over-exuberant nature. Come to think of it, that's how my buddy Zeke got thrown out of his first home, too. Glen Highland Farm, a Border collie resettlement agency, hooked me up with my present humans who thankfully thought that plowing through a foot of powder would be a good use of my energy.

VS: Have your people been taking you out on the trail with them, and letting you use that energy?

B: They're pretty good about that. We've had some awesome backcountry ski days together. At one point, the snow was so deep I actually let them break trail for me. Sometimes the humans go to places that don't allow dogs, and I have to stay home. They make sure they don't get back too late, so they can give me some



WAGGER ATHLETE

quality time. Personally, I think they feel a little guilty when they go out without me, so I milk that to my full advantage.

VS: What are some of your favorite trails?

B: I really like going out on the Catamount Trail. There are some nice sections that aren't too far from our house. We go out on some of the trails near Mount Mansfield, as well.

VS: What do you like best about backcountry skiing?

B: It's not that I'm not a social dog, but

BLAZE

Breed: Border collie

Age: 3

Residence: Winooski

Family: Viola Chu, Tom Kennedy, Zeke (Border collie), Pika and Fiddler (cats)

Primary sport: backcountry skiing

it's cool to be out in the woods with so few distractions, both human and canine. It's enough to make me forget that I live in the city.

VS: Border collies aren't as common in Vermont as Labs and other retrievers. Why do you think more people don't share their homes with Border collies?

B: I have no idea. I see those other breeds on the trail with their humans and the people are all spread out. I would never allow that to happen. Humans aren't sheep, but they can still be herded and it's important to keep them in close proximity to one another. It's not safe to leave them out on the trail on their own. They've only got two legs and can't move that well.

VS: What about your legs and feet? Do you pick up a lot of snow when you're out in the winter?

B: No. My humans are very smart. They put a wax called Musher's Secret on my feet, and I never pick up big snowballs between my toes like some other dogs I've seen.

VS: What do you do after the snow melts?

B: My people like to go hiking, which is also a lot of fun. I like that when the snow melts, I get to eat all the great things that were frozen in the snow all winter.

VS: Where do you like to hike?

B: I think the Camels Hump area is my favorite because there is a lot of variety. I'm also very fond of the Long Trail.

VS: Do prefer hiking in snow or on dry ground?

B: You've skipped one option. When there's no snow on the ground I get to play in the water, and I think that's what I like best. I love to check out beaver ponds. My humans call me "Swamp Thing."

VS: Do your humans keep up with you?

B: They're good people, but I have to be honest, they're a little on the slow side. They're particularly bad on icy trails, which are so much fun to scoot down. They stop and contemplate their next step, while I just skitter on down. On the other hand, I've seen other humans who are much slower than they are, so I can't really complain. Besides, they carry treats and this really cool portable water bowl, so they're very useful to have along.

VS: Tell us about the cats you live with. Do you tolerate them?

B: They sleep a lot, so I don't really mind them. The main advantage is that I get their food when they're not looking, and cat food is so much more exciting than dog food.

VS: So is there truth to the rumor that you drink cat food-flavored water on the trail?

B: I'm not ashamed to admit that's true. Sometimes I'm having such a good time when we're out on a hike or a ski that I don't want to take the time to drink water. I mean, there are places to go and scents to sniff and branches to drag. But my humans dissolve some cat food in water for me and it tastes so good that I'm willing to take a break and drink.

VS: Would you like your humans to get some real sheep for you to herd?

B: Definitely. One of my humans knits, but that's the closest I get to them. I was bred to herd sheep and sometimes I wonder if I've missed my calling. On the other hand, I think I do a good job of keeping the humans together on the trail. True, they're not sheep, but sometimes I pretend they are when they're too far apart, and it's almost as good as the real thing. Please don't tell them I said that. ☐

—Phyl Newbeck

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VS: I understand you've summited Camels Hump more than 100 times. Does it ever get old?

S: Oh no! Every day is an adventure. There are always new sights and new smells and new branches to carry. We go up different trails, too, and that keeps it interesting.

VS: Can your humans keep up with you?

S: Now that I'm older, they can, but I'm okay with that; my ego isn't bruised. Besides, they've done so much for me that I'd never leave them behind. I'm a Chessie, you know, and we're very loyal. I like to keep one human in front of me and one in back so I can keep tabs on them.

VS: Is there one hike that stands out above the others?

S: Once we went up in such deep snow that the blazes on the Forest City Trail weren't even visible. Obviously that wasn't a problem for me, so I helped my humans get to the top. When we got there, we found some hikers who said they had to rely on something called a GPS to stay on the trail. Dogs don't need those kinds of devices.

VS: So do you like to hike in the snow?

S: Sure. Snow, dirt, grass, mud—any surface is good, but ice kind of freaks me out. I just like to be outdoors and moving around. Climbing up mountains is my favorite, but I'll hike just about anywhere.

VS: I'm told you're quite the swimmer, as well.

S: Chessies aren't very fast in the water, but we are strong. My humans are a bit fussy about when they'll go in, but for me, temperature isn't important. I'll

WAGGER ATHLETE



SADIE

Breed: Chesapeake Bay retriever/Labrador mix

Age: 10

Residence: Huntington

Family: Aimee Motta and Joe Perella

Primary sport: Hiking and swimming

swim any month of the year, if I can find open water—33 degrees or 90 degrees, it doesn't matter. I just love the water.

VS: As a retriever, do you like to fetch things?

S: Sure, but I don't do wimpy sticks like some dogs. I go for big branches. I like to chase balls too.

VS: You were diagnosed with Immune Mediated Hemolytic Anemia. Can you tell me a little bit about illness?

S: IMHA occurs when the immune system flushes out healthy red blood cells. Nobody really knows how it happens, but it's very dangerous because those red blood cells carry oxygen to your tissues, which is vital for survival. I could have died from it, if my humans hadn't found out.

VS: How did they know you were sick?

S: This is a little embarrassing, but it's

because they watched me piddle. They could see my urine change from yellow to red. It's a good thing I got sick in the winter because it wouldn't have been as noticeable if there hadn't been snow on the ground.

VS: How did you get better?

S: I was put on a regimen of prednisone. We started at 120 milligrams a day, with declining doses every month. My humans also gave me Chinese herbs. Boy, did they taste awful on their own, but with cottage cheese or yogurt, they weren't all that bad. The problem is that prednisone makes you very thirsty so I was drinking a lot and had to piddle a lot. My poor humans had to get up two or three times a night to let me out. I heard one of them say she thought she knew what parents of newborn children went through. The other thing that made me healthy was acupuncture. My humans said I looked like a porcupine, but since there was no mirror in the examining

room, I can't verify that. It was tough standing still for 20 minutes at a time while they stuck pins in me, but the humans insisted it would be good for me, and I trusted them. In seven months I was back to my old self, but then we had another problem.

VS: What was that?

S: It turns out I had a degenerative spinal cord, so I had to have even more acupuncture, but this time it was the electro-stimulation variety. I was in such bad shape that my humans had to carry me up and down the stairs, but by the third treatment, I was okay. It's been eight months, and I think I'm as good as new. I have to admit that since I've been through a lot, I'm probably a bit more of a pain to my people. Sometimes I'll sit in the kitchen and beg for food. They never let me get away with that before, but in one year's time, I've had more than 30 vet visits, so they cut me some slack. Don't get me wrong, Marv, Julie, Patty, Betsy, and Jennifer, and all the fine folks at Bristol and Hinesburg Animal Hospitals were great to me. Marv can stick as many needles in me as he wants; I can take it. I feel great, although my humans still haven't taken me up Camels Hump since my illness. I guess they mean well and think the summit would be too much for me.

VS: Any advice for other dogs on how to stay well?

S: Even if you're a little shy, you should let your people watch you piddle. That's how they found out I was sick. ▢

—Phyl Newbeck

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CALENDAR OF EVENTS

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

Want to have your event listed in Vermont Sports' calendar? E-mail your submissions to editor@vtsports.com. Please be sure to include all the pertinent info, including a contact phone number in case we have questions. Thanks!

ALPINE SKIING and SNOWBOARDING

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
- 3 Closing Day at Bolton Valley Resort, Bolton, info@boltonvalley.com
- 16 Sunshine Daydream Ski & Music Festival, Killington, thobbs@killington.com
- 23 Pond Skimming, Killington, thobbs@killington.com

CLIMBING

APRIL

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

CYCLING

APRIL

- 10 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, Mandy Wisell, mandy@bike29.com

MAY

- 12-13 Vermont Mountain Bike Summit. Trapp Family Lodge, Stowe. Workshops will be presented by the world's best bike-park and resort trail designers - Gravity Logic, from the Whistler Bike Park, and these workshops will include: economic impacts of mountain bike programs at resorts, developing events, camps and programs at your resort, sustainable trail design, technical trail features and risk assessment, master planning. Lodging available at Trapp Family Lodge, with special rates for Summit attendees. Contact Trapp Family Lodge at 253-5900, reference #50C39P to receive these rates. Patrick, patrick@vmba.org
- 28-30 Killington Stage Race, Killington. Includes three stages: an 11-mile individual time trial, a circuit race on a 19-mile loop and a 62-mile road race. All based in the Killington area. There will be eight fields for USA Cycling licensed racers and two citizens' events. More than \$12,000 in prize money up for grabs. Gary, info@Killingtonstagerace.com

JUNE

- 1-5 Tour de Kingdom, Derby. The 5th annual tour has expanded. Wed., Thurs., and Fri. features 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

- 2-5 VerMontreal Bike Tour Sponsored by Local Motion & National Life Group, Burlington. Seventh annual bike tour from S. Hero to Montreal. Three different trips each with different routes and mileage. A fully supported ride for all ages. Pick the trip that best fits your needs, 3 Day: 140 miles, 4 Day: 180 miles or 4 Day West up to 230 miles. Adele Dienno, adele@localmotion.org
- 26 Central Vermont Cycling Tour, East Montpelier. 60, 33 or 14.6 miles to support the Cross Vermont Trail Association. Eric Scharnberg, eric@crossvermont.org

JULY

- 5- Aug. 23 Great Glen Summer Mountain Bike Series, Gorham, N.H. 3 to 7 p.m. A weekly mountain bike series for all ages and abilities. Eli Walker, eli@greatglenrtaills.com
- 9-15 New England Classic 150 and 500+, Woburn, M.A. The nation's most adventurous Tour de Cure event. Take your ideal cycling vacation while making a difference in the fight against diabetes. A weekend or an entire week of cycling, adventure, and fun. Routes feature full service rest stops, support-and-gear vehicles, sweep vehicles, and bike mechanics. Enjoy indoor accommodations, real beds, and all-you-can eat breakfasts and dinners. This year's route is still in the planning stages; view last year's route, complete with interactive map, route profiles, cue sheets, and more at <http://www.newenglandclassic.org/2010-itinerary/> Ryan Williams, rwiliams@diabetes.org

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

Pete Peterson, PA-C, ATC
Sports medicine physician assistant
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Rugby player, cyclist, kayaker, hiker

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John Nutting, MD
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Kristine Karlson, MD
General sports medicine physician
Olympic rower, cyclist,
cross-country skier, runner

John-Erik Bell, MD
Shoulder and elbow specialist
Cyclist, skier, runner

Michael Sparks, MD
Knee specialist
Runner, climber, cyclist, skier

Kirsten Gleeson, PT
Sports medicine physical therapist
Cross-country skier, runner, cyclist

Not pictured: David Edson, PT

Watch videos with sports health tips at DHsports.org or call (603) 650-7788 to schedule an appointment, no referral needed.

9 Newton's Revenge. The Mount Washington Auto Road Bicycle Hillclimb. Line up at 8:20 a.m. Mary Power, (603) 466-3988.

15-17 The one and only Vermont Mountain Bike Festival, group rides, vendors, music, camaraderie. The Ice Center, Waterbury, Patrick Kell, patrick@vmba.org

ONGOING

May 10-Aug. 2 GMBC/The Edge Sports & Fitness Practice Critrium Series: May 10, Jun. 21, Jul. 12 and Aug. 2. The Edge Sports & Fitness overflow parking lot Gauthier Drive, Essex Junction. Registration opens at 5:30 p.m. and closes 10 minutes before each race. Must have USA Cycling license or purchase a one-day license at event. C race starts at 6:10 p.m., B race 6:30, and A race 7. More info. on club website or call Claude Raineault, amaclimber20@aol.com

FISHING

8 Fly Fishing Film Tour Middlebury Mountaineer, Middlebury, Jesse Haller, jesse@mmvt.com

9 3rd Annual Otter Creek Classic Opening Day Fly Fishing Tournament, Middlebury Mountaineer, Middlebury, Jesse Haller, jesse@mmvt.com

JULY

9 Kayaking for a Cause at Kingdom Swim, Newport, Phil White, pwhite@orleansrecreation.org

Ongoing (Sun. through Apr 10), 4:30 to 6:00 pm. Unicycle Riding, Montpelier. Ride indoors with the Montpelier Unicycle Club. All abilities welcome, some unicycles provided. Bring a helmet. Bill Merrylees, bmerrylees@u32.org

Ongoing Thurs. 4-7 p.m. Mansfield Athletics Pole Vault Club, Williston. Mansfield Athletics Pole Vault Club provides a year-round vault program open to all athletes (male or female) 10 years and up, from first timers to accomplished vaulters. The club is USATF certified and holds indoor sessions at the Edge of Williston. Athletes will learn every aspect of the vault in a safe and fun environment. Participants must have a USATF Club membership (\$20/yr.) First session is free. Chris Mitchell, 598-9216, chris@mansfieldathletics.com.

RUNNING

APRIL

16 3rd Annual 5k Fun Run & Walk to Benefit Vermont HOBY, Colchester, Tom, events@hobvt.org

17 15th Annual CVR Mutt Strutt, Waterbury, Donna Smyers, dosmyers@gmail.com

17 Saunter into Spring, So. Burlington, Kirsten Wiley, wiley.kirsten@gmail.com

23 33rd Annual GMAA Rollin Irish Half Marathon, Essex Junction, Randi Brevik, rollinirish@gmaa.net

MAY

1 Middlebury Maple Run—The Sweetest Half, (half marathon and relay). Middlebury, Sue Hoxie, sue@addisoncounty.com

1 Champlain Classic 15k & 5k Road Race, Shelburne, Betsy Cieplicki, bcieplicki@shelburnevt.org

7 Adamant 20 Miler, Adamant, Eric Ryea, eryl@aol.com

7 Sunshine Run 5K, Brandon, Sue Hoxie, shoxie0327@yahoo.com

7 GMAA Partners Race, Jericho, partners@gmaa.net

12 June 30, Thurs., 3:30-7 p.m. Great Glen Spring Trail Running Series, Gorham, N.H. 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 six of eight weeks. Mary Power, mary@greatglentrails.com

14 Racevermont.com Half Marathon, Shelburne, Rayne Herzog, rayne@racevermont.com

14 Lincoln Mountain Magic 5k/10k Run/Walk. Lincoln, 9 a.m. Early registration at <http://friendsoflcs.org> or contact Mary Wood: 453-5166

15 Shires of Vermont Marathon, Bennington, David Durfee, info@shiresofvermontmarathon.com

21 Dandelion Run, (half marathon and relay) Derby, Phil White and Julie Gunn, run@orleansrecreation.org

21 Allen Avery Memorial Raptor Run, (1 or 5 miles) Fairlee, tmmartel@rivendellschool.org

29 KeyBank Vermont City Marathon. Individual and relay teams. Burlington. 880-8149.

JUNE

11 There's A Black Fly In My Eye 10 Mile Trail Run & Relay, Gorham, N.H., Kelly J. Evans, kelly@greatglentrails.com

18 GMAA Equinox 5k/10k Trail Race, Charlotte, Martha Keenan, equinox@gmaa.net

18-19 Green Mountain Relay: Jeffersonville to Bennington, 36 legs, 200 miles, seven covered bridges. For runners of all abilities. Travels north-south through the heart of Vermont and the Green Mountains, with the majority of the route following or paralleling historic Route 100. Two main team divisions: 12-person and Ultra. Both have competitive and non-competitive options. 12-person teams (7-12 runners) have six competitive categories to choose from. For more details contact Paul at paul@timberlineevents.com



JULY

3 Lee A. Walker Memorial Scholarship 5 Mile Run/Walk, Bakersfield, ashleyryan10@live.com

4 29th Annual GMAA Clarence DeMar 5k, South Hero, Matt Dall, demar@gmaa.net

SWIMMING

JULY

9 Kingdom Swim, (from sprint to 10 miles) Newport, Phil White and Julie Gunn, swim@orleansrecreation.org

ONGOING

Tues. and Thurs. 6-7 a.m. coached Masters Swim Workouts, Sports and Fitness Edge, Williston, Danielle Graham, 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. Major emphasis on triathlon and open water specific protocols. John Spinney, john@qt2systems.com

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CALENDAR OF EVENTS

DUATHLON/TRIATHLON

JUNE

- 5 Stowe Sprint Triathlon, Stowe, Lindsay Harper, lindsayh@theswimmingholestowe.com
- 16 Elmore Practice Triathlon Series #1, Lake Elmore, Donna Smyers, dosmyers@gmail.com

JUNE

- 18 Racevermont.com Duathlon, Shelburne. Run/bike/run (2/15.6/3.1 miles). Rayne Herzog, rayne@racevermont.com

- 25 North Country Triathlon, Hague, NY, Race Director, info@northcountrytri.com
- 26 Vermont Sun Triathlon 600 yard swim, 14 mile bike, 3.1 mile run), Branbury State Park, Salisbury. 8 a.m., rushtonsports.com.
- 30 Elmore Practice Triathlon Series #2, Lake Elmore, Donna Smyers, dosmyers@gmail.com

JULY

- 2 Sprint Triathlon (USA Triathlon National Qualifier), Shelburne, Rayne Herzog, rayne@racevermont.com
- 14 Elmore Practice Triathlon Series #3, Lake Elmore, VT, Donna Smyers, dosmyers@gmail.com
- 17 Vermont Sun Triathlon 600 yard swim, 14 mile bike, 3.1 mile run), Branbury State Park, Salisbury. 8 a.m., rushtonsports.com

- 23 Sprint Triathlon (USA Triathlon National Qualifier), Shelburne, Rayne Herzog, rayne@racevermont.com
- 28 Elmore Practice Triathlon Series #4, Lake Elmore, Donna Smyers, dosmyers@gmail.com
- 31 Colchester Triathlon, (½ mile swim or kayak 2 miles; bike 12 miles, run 3 miles) Bayside Park, Colchester, 9 a.m. 264-5640

AUGUST

- 7 Vermont Sun Lake Dunmore Triathlon, (.9 mile swim, 28 mile bike, 6.2 mile run), USAT Special Qualifier for the age group national championships in 2011 and 2012. Branbury State Park, Salisbury. 8 a.m., rushtonsports.com

VSMC's 19TH Annual 5K Run/Walk

to benefit

KIDS on the MOVE

A Pediatric Rehabilitation Program

Kids on the Move provides physical therapy, occupational therapy and speech-language therapy services to children from birth to 21 years of age. Their goal is to help children function to their maximum potential whether at home, in school or in the community. They are committed to providing family centered care that is based on the individual needs of each child.

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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Photo by: Alison Redlich

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RACE RESULTS

MEN'S 25k

20-29

1	Noah Brautigam	Shelburne	1:21:44.40
2	Federico Cichero	Ushuala ARG	1:24:05.30
3	Jake Hollenbach	Stowe	1:25:17.50
4	David Dodge	Williston	1:28:37.40
5	Martin Breu	Manchester NH	1:40:05.20
6	Jordan Kidder	West Newbury	2:18:05.40
7	Nick Brown	Sherborn MA	2:37:30.20

30-39

1	Leandro Ribela	Sao Paulo BRA	1:31:14.30
2	Pavel Cenkl	Craftsbury Common	1:55:09.00
3	Ken Dealmeida	Center Conway NH	2:06:23.20
4	Addie Macdonald	East Montpelier	2:30:02.10

40-49

1	Rene Dufour	St Hippolyte QC	1:36:21.50
2	David Loney	Lebanon NH	1:50:00.60
3	John Witmer	Williston	1:55:59.20
4	Jeremy Phillips	Jamaica Plain MA	1:58:30.20
5	Chris Trapani	Shelburne	2:01:44.60
6	Victor Sherbrook	Lyndonville	2:04:42.40
7	Mark Silva	Boston MA	2:08:14.00
8	Jim Ellis	Hubbardston MA	2:14:38.70
9	Dan Kahn	Needham MA	2:16:43.90
10	Patrick Kane	East Hradwick	2:17:27.90
11	Keith Brown	Burlington	2:19:24.90
12	Robert Stafford	Stowe	2:40:19.00
13	Brian Jerome	Brandon	3:54:51.10
14	Andrew Campbell	Norwich	3:54:52.80

50-59

1	Chris Nice	Hanover NH	1:25:44.00
2	Richard Powell	Hanover NH	1:31:47.30
3	Bryce Wing	Hanover NH	1:33:20.60
4	Keith Woodward	Stowe	1:34:57.70
5	Peter Vanburen	Burlington	1:36:50.10
6	Joseph Bouscaren	Cambridge MA	1:37:09.30
7	Tom Strasser	Waterbury Center	1:38:48.30
8	Eddie Quinn	N. Yarmouth ME	1:41:09.40
9	Bill McKibben	Ripton	1:41:17.30
10	Leigh Mallory	Colchester	1:41:30.30
11	Kin Earle	Concord MA	1:46:16.40
12	Robert Monsey	Charlotte	1:48:17.50
13	Michel Kominik	Sainte-Adele QC	1:50:49.00
14	Steve Hayes	Cambridge	1:52:36.70
15	Bill Holland	Montpelier	1:53:37.60
16	Samuel Osborn	Burlington	1:54:54.10
17	Steve Messier	Jeffersonville	1:57:33.40
18	Brian Calhoun	Jericho	1:58:09.40
19	John Bakewell	Carlisle MA	2:1:14.20
20	Bill Hegman	Huntington	2:05:35.50
21	Dennis Scannell	Cambridge MA	2:24:24.20
22	Paul Cillo	Hardwick	2:24:24.90
23	Thomas Bochanski	Fairfax	2:28:24.50
24	Robert Fletcher	Underhill	2:37:36.80
25	Edward Dox	Poland ME	2:47:57.30
26	Jeffrey Tingle	Harvard MA	2:48:14.50
27	Tammy Mawhinney	Mexico ME	3:1:18.40
28	Michael Rosenthal	Williston	3:38:36.60
29	Edmund Avenia	Torrington CT	4:17:34.50

60-69

1	Murray Banks	Underhill	1:32:41.40
2	Peter Davis	Underhill	1:36:35.40
3	Jim Fredericks	Underhill Center	1:37:20.30
4	Doug Armstrong	North Conway NH	1:38:37.50
5	John Lazenby	Montpelier	1:43:15.80
6	Chris Beattie	Lake Placid NY	1:49:24.00
7	James Drew	Sugar Hill NH	1:50:51.80
8	David Hosmer	Stowe	1:54:12.30
9	Loring Danforth	Lewiston ME	1:56:11.00
10	Rick Klein	Ripton	1:57:18.00
11	David Sullivan	Shutesbury	2:00:52.60
12	Ford Von Reyn	Fairlee	2:04:44.10
13	Jim Samler	Brandon	2:10:14.90
14	Roger Henry	Rexford NY	2:10:16.00
15	Greg Macdonald	East Montpelier	2:12:14.00
16	Patrick Biggam	East Montpelier	2:21:00.50
17	Alan Weisenfeld	Saint Johnsbury	2:23:35.10
18	Richard Dixon	Mayfield NY	2:27:45.60
19	Anthony Bouscaren	New Canaan CT	2:28:37.70
20	Mark Catlin	Montpelier	2:28:49.90
21	Andy Steele	Enfield NH	2:39:24.50
22	Tom Kidder	West Newbury	2:46:41.30
23	Douglas Kramer	Madison WI	2:52:20.10
24	David Holmmander	Epsom NH	3:02:45.40
25	Rick O'Coin	Saco ME	3:07:49.00
26	Elihu Kover	Brooklyn NY	3:12:10.00
27	Ira Weissman	Holden ME	3:32:24.30
28	Adolf Wirsing	South Ehre	4:58:21.00

70-79

1	Dan Karig	Ithaca NY	1:49:19.30
2	David Boucher	Essex Jct.	2:03:54.70
3	Marty Hall	Gatineau QC	2:08:57.20
4	George Hall	Craftsbury Common	2:10:01.70
5	Nat Goodhue	Stowe	2:16:34.40

TDBANK CRAFTSBURY SKI MARATHON

January 29, 2011

Racer's homestate Vermont unless otherwise denoted.

6	Leon Dixon	Montville NJ	2:43:30.90
7	Andy Eastman	Grantham NH	2:55:23.00

WOMEN'S 25k

20-29

1	Jennifer Mygatt	New Haven CT	1:40:41.00
2	Sarah Van Dyke	Stowe	1:41:32.70
3	Hanna Lucy	Intetvale NH	1:46:20.10
4	Jennie Brentrup	Hanover NH	1:53:05.40
5	Mackenzie Macharg	Jericho	1:57:23.60
6	Erin Dubinski	Westford MA	1:59:25.60
7	Phoebe Weisenfeld	Saint Johnsbury	2:03:02.60
8	Kelsey Calhoun	Jericho	2:06:32.20
9	Catherine Mygatt	Winooski	2:18:41.80
10	Abigail Weir	Brooklyn NY	2:35:09.80
11	Anne Morrison	Hinesburg	2:50:29.70
12	Sara A. Donegan	Hinesburg	2:50:32.10

30-39

1	Andrea Vogl	Shelburne	1:44:15.70
2	Jessica Tuttle	Burlington	2:09:34.50
3	Lauren Lasky	Newton MA	3:17:32.90
4	Kathy Seymour	Sudbury MA	3:25:25.50
5	Patricia Lanfranchi	Denver CO	3:35:17.20

40-49

1	Annie O'Shaughnessy	Underhill Center	1:57:12.30
2	Mary Woodruff	Waterbury	1:59:31.20
3	Maria Cimonetti	Shelburne	2:04:00.50
4	Ellie Bouffard	Colchester	2:21:55.70
5	Sarah Strack	Williston	2:24:00.90
6	Marielle Vost	Lexington MA	2:24:34.40
7	Christine Massey	Burlington	2:24:36.00
8	Karen Alence	South Burlington	2:30:23.90
9	Lauren Hefferon	Arlington MA	2:32:00.80
10	Michelle Bociek	Concord MA	2:32:09.10
11	Elizabeth Bean	Wolfeboro NH	2:33:32.10
12	Robin Hogg	St. Catharines ONT	2:36:12.60
13	Dana Wing	Morrisville	2:40:16.00
14	Jennifer Green	Burlington	2:49:07.80
15	Heidi Stowell-Nichols	Lincoln MA	3:1:18.40
16	Susan Zak	Norwich	3:49:32.00
17	Stephanie Jerome	Brandon	3:49:38.00

50-59

1	Joann Hanowski	Underhill Center	1:39:14.10
2	Maria Allen	Ripton	1:45:59.00
3	Anne Samson	Montreal QC	1:54:09.30
4	Carol Van Dyke	Stowe	1:55:04.20
5	Lisa Bernardin	Middlebury	1:55:10.80
6	Marianne Lucy	Intervale NH	1:56:27.00
7	Susan Emmons	S. Duxbury	1:58:14.10
8	ody Newton	Wayland MA	2:24:40.70
9	Sandra Stempel	South Burlington	2:10:17.20
10	Madeleine Kominik	Sainte-Adele QC	2:14:12.80
11	Sherry Vogel	Butte MT	2:15:19.80
12	Suzie Carrier	North Conway NH	2:16:19.90
13	Ruth Einstein	Montpelier	2:17:54.10
14	Carlie Geer	South Burlington	2:21:56.90
15	Miriam Nelson	Concord MA	2:23:20.10
16	Mary Crane	Hinesburg	2:31:29.70
17	Anne Steele	Enfield NH	2:40:49.40
18	Irene Melnikova	Plainville MA	2:46:54.10
19	Betsy Laflame	Waitsfield	2:56:23.50
20	Rosemarie Avenia	Cambridgeport	3:27:29.70
21	Marcha Johnson	Brooklyn NY	4:03:10.90
22	Carol Tremble	South Hero	4:19:53.00

60-69

1	Trina Hosmer	Stowe	1:40:11.90
2	Nancy Davis	Underhill	2:07:11.70
3	Sally Howe	S. Burlington	2:17:47.00
4	Candy Armstrong	North Conway NH	2:24:54.60
5	Linda Prescott	Middlesex	2:34:48.00
6	Sherry Dixon	Mayfield NY	2:43:33.40
7	Rose Buckingham	Norwich CT	2:54:51.20
8	Charlotte Wheatser	Jericho	3:07:20.10
9	Beverly Lafoley	Center Harbor NH	3:10:51.90
10	Mary Jane Wirsing	South Hero	5:03:07.70

70-79

1	Gisela Estes	Plymouth NH	3:16:21.60
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Boys J2 and Under 25k

1	Henry Harmeyer	Underhill	1:30:22.00
2	Craig Calhoun	Jericho	1:32:07.10
3	Alexander Ostberg	Darien CT	1:46:36.40
4	Nicolai Ostberg	Darien CT	1:51:42.60
5	Koby Gordon	Saxtons River	2:00:03.90
6	Gavin McEwen	Weston MA	2:00:07.10
7	Nate Solnit	Bath NH	2:1:10.20
8	Miles Campbell	Norwich	2:20:16.50
9	Christian Ostberg	Darien CT	2:21:55.20
10	Adam Grace	Coventry CT	3:06:41.00

Girls J2 and Under 25k

1	Annavitte Rand	Richmond	2:09:03.80
2	Louisa Jerome	Brandon	2:22:36.10
3	Valentina Rugiero	Arlington MA	2:25:48.30
4	Melanie Sergiev	Craftsbury	2:26:47.60
5	Molly Kover	Brooklyn NY	3:05:53.40

RACE RESULTS

Photos by Jim Fredericks

CATAMOUNT TRAIL BACK COUNTRY CHALLENGE

December 13, 2010

Trapp Family Lodge to Bolton, VT



TIME	NAME	TOWN	AGE
Women			
1 2:05:55	KATE CRAWFORD	ESSEX	
2 2:13:13	BRIE PIKE-SPRENGER	WEST DOVER	30
3 2:13:15	TYNE PIKE-SPRENGER		
4 2:37:00	LINDA RAMSDELL	CRAFT, COMMON	47
5 2:58:30	LEELEE GOODSON	STOWE	50
6 3:05:30	JOANNE GROGAN	HINESBURG	35
7 3:23:10	ANNALIESE BAUMER	JERICO	33
Men			
1 1:30:30	ELI ENMAN	HUNTINGTON	33
2 1:34:40	MARC GILBERTSON	HYDE PARK	41
3 1:34:50	ERIC TREMBLE	JERICO	32
4 1:43:15	REID GREENBERG	WARREN	37
5 1:44:15	CHRIS RODGERS	STOWE	27
6 1:44:20	SAM VON TRAPP	STOWE	38
7 1:44:33	JAKE HOLLENBACH	WINGOSKI	30
8 2:03:05	CHARLES WOODWORTH	YARMOUTH ME	53
9 2:07:55	OLIVER SWEATMAN	STOWE	39
10 2:09:10	ANDREW FARRELL	BROOKLYN NY	32
11 2:10:03	JACOB RILEY	PORTLAND ME	31
12 2:15:45	STEVEN FRENCH	CONESUS NY	46
13 2:20:28	GEORGE TERWILLIGER	PUTNEY	52
14 2:25:25	GREG REMS	ARLINGTON	34
15 2:55:25	MARK LARIVIERE	BOLTON	27
16 2:58:30	GREGG GOODSON	STOWE	53



RACE RESULTS

Photos by Curtis Savard

NEW ENGLAND SKI MUSEUM 2011 BRETTON WOODS MARATHON

March 12, 2011

Overall results through 50th place. Racer's homestate Vermont unless otherwise denoted.



50k

BIB.	NAME	TIME	CITY	STATE	TEAM
134	FREEMAN Justin	2h02:57.4	New Hampton	NH	Holderness Nordic/Salomon
2288	JOHNSON Mark	2h06:45.4	Grand Rapids MI		
3104	TOSTESON Philip	2h06:46.7	Williamstown	MA	Williams College
460	LAWSON Phil	2h06:54.9	Bethlehem	NH	Mount Washington Nordic
550	JAHN Kalle	2h10:54.3	Williamstown	MA	Williams College
686	PARK Corey	2h11:31.1	Waterville	ME	Colby College
723	DEFRANCIS Paco	2h11:55.4	Waterville	ME	Colby College
820	CUTHBERT Robert	2h12:12.7	Williamstown	MA	Williams College
998	SPRAGUE Kevin	2h12:26.7	Cambridge	MA	Harvard Ski Team
1047	HOENIG Isaac	2h14:08.8	Williamstown	MA	Williams College
1173	MCGOVERN Alec	2h14:19.7	Peterborough	NH	Bowdoin College
1252	JONES Casey	2h15:20.7	Williamstown	MA	Williams College
135	BERSVEND O.	2h17:40.8	Jackson	NH	Mount Washington Nordic
14101	SWENSON Carl	2h18:06.9	Portsmouth	NH	
1525	DIXON John	2h20:02.4	Waterville	ME	Colby College
1679	MILNE Andrew	2h20:45.0	Medford	MA	CSU
1729	EUSDEN Riley	2h23:28.1	South Paris	ME	Bowdoin College
1814	BURNHAM Robert	2h23:35.5	Carlisle	MA	CSU
1997	SMELTZER Ben	2h24:14.2	Medford	MA	
2046	HERR David	2h24:23.8	Canaan		
2187	PIOTROW Steve	2h26:52.7	Jackson	NH	Mount Washington Nordic
2263	LUCY Nat	2h27:38.9	Intervale	NH	Mount Washington Nordic
2364	LUCY Caleb	2h31:43.3	Williamstown	MA	Williams College
2465	MADDOCK Jamie	2h31:57.8	South Berwick	ME	G unstock Nordic Association
2593	SCANNELL Gordon	2h36:24.7	Cape Elizabeth	ME	Schussverein Ski Club
268	BLACKMER Emily	2h37:01.5	Hopkinton	NH	Dartmouth Outing Club
2724	DEWITT Laura	2h37:33.3	Newington	CT	Rossignol
2870	MARTELL Lary	2h38:25.3	St Albans	VT	Northwest Vermont NW
2917	CHAFFEE Jonathan	2h39:09.6	West Lebanon	NH	Ford Sayre
3012	BRODHEAD John	2h40:52.2	Craftsbury Common	VT	Craftsbury Nordic Ski Club
317	BIRRELL David	2h41:54.7	Adams	MA	Berkshire Trails Nordic
3236	GOODWIN Ron	2h41:59.3	Silver Lake	NH	Mount Washington Nordic
3399	STEWART Mary	2h42:52.7	Stowe	VT	Stowe Nordic Outing Club
3472	MCGOVERN Maevae	2h43:28.2	Waterville	ME	Colby College
3515	CALLAHAN Kevin	2h45:33.4	Norwell	MA	
3621	DANYLA Mark	2h46:06.7	Auburn	ME	Maine Nordic
37110	WHELAN Andrew	2h46:07.0	Windham	ME	
3889	QUINLAN Dan	2h46:20.6	Jericho	VT	
39109	WENDT Maddy	2h46:38.0	Williamstown	MA	Williams College
402	ALLEN Greg	2h46:43.3	Andover	NH	Andover Outing Club
41100	SWENSON Pete	2h47:00.2	Breckenridge	CO	
4288	QUIGLEY Robert	2h48:28.8	Cummington	MA	Berkshire Trails Nordic
4311	BROCKETT Sarah	2h48:37.9	Waterville	ME	Colby College
4455	KIMBALL Kenneth	2h48:44.3	Jackson	NH	Mount Washington Nordic
4539	HALVOR Kristin	2h50:51.0	Williamstown	MA	Williams College
4633	FREEDMAN David	2h51:16.9	Silver Lake	NH	Mount Washington Nordic

47112	WILSON Roger	2h53:24.4	Winchester	MA	Drifter-XC
4883	NICE Lawrence	2h53:36.2	Manchester	NH	
4916	CARUSO Anthony	2h55:00.7	Amherst	NH	Souhegan High School Ski Team
5041	HARTMANN Justin	2h55:14.7	Grafton		Grafton Ski Club

25k

1228	OGDEN John	1h04:59.7	Landgrove		West River Nordic
2225	MURPHY Nick	1h05:25.1	Stratton		Stratton Mountain School
3189	FISHER Mckenzie	1h06:39.3	Stratton S		Stratton Mountain School
4246	SAKALOWSKY John	1h06:59.6	Newton	MA	CSU
5193	GUNN Charlie	1h09:06.7	Henniker	NH	Mount Washington Nordic
6179	DAVISON Sabra	1h09:34.8			
7150	ARMSTRONG Doug	1h13:07.2	North Conway	NH	Mount Washington Nordic
8159	BIRKEBAK Matthew	1h14:20.2	West Peterborough	NH	ConVal Nordic Skiing
9178	DAVIS Peter	1h15:52.8	Underhill		Mansfield Nordic Club
10216	MCKIBBEN Bill	1h16:18.7	Ripton		
11198	HESTER Matthew	1h16:21.5	Falmouth	ME	Coastal Nordic
12192	GORDON Koby	1h16:50.5	Saxtons River		Putney Ski Club
13243	RODD Daniel	1h16:52.4	Amherst NH		Bedford Ski Club
14234	PERSAMPIERI N	1h16:57.1	Montpelier		Mansfield Nordic Club
15207	LAZENBY John	1h17:15.8	Montpelier		Onion River Nordic Ski Club
16260	VOGL Andrea	1h18:14.9	Shelburne		Northwest Vermont (NW)
17221	MOONEY Scott	1h19:44.6	Peru		West River Ski Club
18180	DENERING Wes	1h21:21.7	Ashland	MA	CSU
19204	KAHN Daniel	1h22:28.4	Needham	MA	
20162	BOSWELL Poppet	1h23:09.9	Stratton		Stratton Mountain School
21230	OGDEN Ben	1h23:25.5	Landgrove		West River Nordic
22175	CREAGAN Sean	1h23:52.0	York	ME	New England Endurance Training
23171	CENKL Pavel	1h24:21.7	Craftsbury Common		
24157	BENOIT Matt	1h24:59.0	Amherst	NH	Souhegan High School Ski Team
25258	VAN DYKE Lia	1h25:07.8	Stowe		Stowe Middle School
26169	CAMPOU Gina	1h25:22.0	Craftsbury Common		Craftsbury Nordic Ski Club
27264	WITMER John	1h25:35.3	Williston		Stowe Nordic Outing Club
28191	GORDON Rick	1h25:56.1	Saxtons River		Putney Ski Club
29167	BURNHAM Ann	1h29:20.5	Carlisle	MA	CSU
30181	DREW James	1h30:16.4	Sugar Hill	NH	CSU
31160	BLACKMER Steve	1h30:43.5	Canterbury	NH	
32214	MCGOVERN William	1h31:03.2	Stowe		Stowe Middle School
33231	OSBORNE Samuel	1h31:11.1	Burlington		
34152	ARWADE Sanjay	1h32:06.1	Amherst	MA	
35210	LUNDGREN Elsa	1h32:49.7	Francetown	NH	
36235	PINGEON Jim	1h32:59.4	Lincoln	MA	CSU
37211	LITHGOW Tom	1h33:39.3	Thornton	NH	CNL
38187	FARRINGTON R	1h33:45.5	Freeport	ME	Maine Nordic
39253	SWENSON Sally	1h34:12.4	North Conway	NH	Mount Washington Nordic
40244	RUANE Danielle	1h38:44.9	Webster	NH	Blackwater Nordic
41164	BOSWELL Russell	1h39:59.8	Putney		Putney Ski Club
42163	BOSWELL Charlie	1h40:00.7	Putney		Putney Ski Club
43182	DUBINSKI Erin	1h40:11.3	Westford	MA	CSU

RACE RESULTS

Photos by Bob LoCicero

STOWE DERBY

Feb. 27, 2011

Stowe, VT

Racer's homestate Vermont unless otherwise denoted.

CLASSICAL RESULTS TO 10TH PLACE

Place	Name	City	Age	Overall Total Time
1	Evan Pennoyer	Essex MA	12	02:42:37.00
2	Sean Sullivan	Hollis NH	13	03:07:14.10

Men 14 to 15

1	Rider MacCrellish	New Haven	14	69	01:27:03.60
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Women 16 to 19

1	Hannah Miller	Elmore	16	20	01:06:13.90
2	Hallah Bates	Hinesburg	16	142	01:52:28.60
3	Emma Gause	Hinesburg	17	144	01:52:54.10

Men 16 to 19

1	Simon Butler	Burlington	18	37	01:15:30.30
2	Paul Pennoyer	Essex MA	17	171	02:06:54.00
3	James Sullivan	Hollis NH	16	201	03:07:09.20
4	Will Nadai	Essex MA	16	204	03:23:12.90

Women 20 to 29

1	Robyn Anderson	Stowe	23	13	01:03:01.10
2	Sarah Van Dyke	Stowe	24	36	01:15:09.50
3	Ruth McGovern	Stowe	21	38	01:16:11.00
4	Mary Stewart	Stowe	24	121	01:45:13.80
5	Metzi Anderson	Stowe	25	135	01:50:23.20
6	Jane Brittain	Morrisville	27	136	01:50:56.10
7	Caitlin Crowley	Hinesburg	23	146	01:53:47.50
8	Rachel Beauregard	Essex Jct.	22	183	02:13:36.20
9	Kristina Kupryk	Wayne NJ	28	189	02:21:35.10

Men 20 to 29

1	Ryan Kerrigan	Moretown	25	2	54:28.90
2	Chris Rodgers	Stowe	26	4	56:54.40
3	Ben Hickory	Stowe	24	10	01:01:31.30
4	Tyler Magnan	St. Albans	27	12	01:02:13.30
5	Michael Farmer	Colchester	21	27	01:13:26.50
6	Tristan Leggett	Huntington	29	28	01:13:32.40
7	Tucker Murphy	Stowe	29	40	01:17:08.30
8	Ben Clements	Cambridge MA	28	75	01:28:11.10
9	Douglas Smith	Stowe	29	104	01:39:12.00
10	Kevin Stevenson	Morrisville	29	175	02:09:07.70

Women 30 to 39

1	Ashley Sargent	Stowe	35	53	01:22:27.30
2	Megan Jolly	Hardwick	30	74	01:28:06.90
3	Rachel Laundon	Waterbury Ctr	33	83	01:31:05.10
4	Thea Moruzzi	Keene NY	32	87	01:32:25.70
5	M Mae Anderson	Moscow	35	88	01:32:45.70
6	Emily Doyle	Stowe	36	108	01:40:54.80
7	Amy Santenello	Stowe	36	124	01:47:10.30
8	Piquette Scribner	Stowe	34	126	01:47:22.70
9	Jenni Caiazza	Waterbury Ctr	35	127	01:47:35.90
10	Shalagh Black	Waterbury	38	140	01:52:05.90

Men 30 to 39

1	Eli Enman	Huntington	33	1	54:28.20
2	Eric Eley	Duxbury	32	6	57:17.60
3	Jake Hollenbach	Winooski	30	7	57:21.00
4	Eric Tremble	Jericho	32	8	57:29.20
5	Justin Beckwith	Waitsfield	31	17	01:04:43.80
6	Sam Votrapp	Stowe	38	25	01:11:39.60
7	Corey Hathaway	Johnson	37	26	01:13:18.30
8	Alex Femiak	Stowe	36	35	01:14:57.50
9	John Landis	Richmond	39	52	01:22:25.60
10	Dana Jourdan	Johnson	35	60	01:23:29.90

Women 40 to 49

1	Betsy Richert	Stowe	47	33	01:14:25.70
2	Carin Reynolds	Meriden NH	48	48	01:20:53.20
3	Linda Ramsdell	Craftsbury	46	63	01:24:05.10
4	Debra Wickart	Morrisville	47	64	01:24:19.80
5	Pascale Savard	Stowe	43	71	01:27:33.30
6	Lynda Dewitt	Stowe	48	78	01:30:08.80
7	Tira Khan	Newton MA	43	84	01:31:30.50
8	Kristina Frame	Stowe	40	89	01:33:04.20
9	Dana Wing	Morrisville	46	90	01:33:05.10
10	Viva Hardigg	Greenwich CT	47	101	01:37:51.90

Men 40 to 49

1	Tom Thurston	Waterbury	46	3	56:31.20
2	Andreas Halvorsen	Stowe	49	5	56:54.70
3	Jim Samuels	Fairview PA	44	9	01:00:01.50
4	Stephen Wright	Waterbury Ctr	49	11	01:01:47.00
5	Mason Dwinell	Norwich	41	21	01:06:24.10
6	Allen Mead	Hinesburg	44	22	01:09:13.70
7	Thomas Lane	Westford	48	23	01:09:51.60
8	Daniel Sweet	Waterbury	42	32	01:14:25.70
9	Ed Ziedins	Waterbury Ctr	40	39	01:16:37.20
10	Philip Sweet	Waterbury Ctr	43	41	01:17:10.00

Women 50 to 59

1	Carrie Nourjian	Stowe	58	31	01:14:01.50
2	Leelee Goodson	Stowe	50	61	01:23:51.20
3	Jan Reynolds	Stowe	54	93	01:34:52.10
4	Cindy Maynard	Waterbury	54	107	01:40:17.20
5	Lisa Gosselin	Leicester	50	118	01:43:56.20
6	Idoline Duke	Stowe	50	147	01:54:14.00
7	Debra Perrone	Stowe	55	149	01:55:58.70
8	Dot Hayden	Stowe	50	154	01:58:03.20
9	Kathy Pennoyer	Essex MA	54	157	01:58:24.00
10	Myra Ambrogi	Oneco CT	52	193	02:28:17.00

Men 50 to 59

1	Eric Schulz	Johnson	54	15	01:04:37.50
2	Tom Strasser	Waterbury Ctr	50	16	01:04:41.70
3	Dhyan Nirmegh	Huntington	58	18	01:04:48.10
4	Greg Allen	Andover NH	54	19	01:06:11.30
5	Warren Foster	Brandon	58	24	01:11:22.00



6	Peter Southworth	Andover NH	52	29	01:13:32.50
7	Matthew Watkins	Ferrisburgh	56	34	01:14:50.80
8	Dugald Reid	Knowlton QC	52	46	01:20:52.10
9	Tim Griffin	Stowe	52	54	01:22:35.00
10	John Pickett	Stowe	57	55	01:22:47.10

Women 60 and Over

1	Moir Durnin	Stowe	60	43	01:18:42.10
2	Karin Kos	Sunderland MA	67	173	02:08:49.40
3	Jen Pennoyer	Concord MA	61	197	02:42:08.70
4	Joan Laundon	Waterbury	67	199	02:47:25.50

Men 60 and Over

1	Keith Woodward	Stowe	60	14	01:03:09.00
2	Rick Klein	Ripton	62	30	01:13:40.40
3	Bill Westermann	Morrisville	65	85	01:31:47.80
4	Dave Cassidy	Hanover NH	74	86	01:32:19.20
5	Cap Chenoweth	Stowe	67	97	01:36:11.40
6	Averill Laundon	Waterbury	72	109	01:41:02.70
7	David Kemp	Bolton Valley	63	115	01:42:41.30
8	Gar Anderson	Stowe	67	137	01:51:09.40
9	Jim Pugh	Cornwall	60	138	01:51:27.40
10	Arthur Felgar	Stowe	67	141	01:52:09.90

FREESTYLE RESULTS TO 10TH PLACE

Men 13 and Under

1	Caleb Michalak	Pborough NH	12	320	01:50:12.80
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Women 14 to 15

1	Melaine Sergiev	Craftsbury	14	217	01:19:46.40
2	Sydney Michalak	Peterb. NH	14	232	01:22:01.90

Men 16 to 19

1	Blaine Ayotte	Concord NH	15	72	01:02:43.40
2	Tyler Ford	Concord NH	15	113	01:06:16.80
3	Christian Lehner	Boston MA	15	204	01:18:25.30
4	Josh Rifer	Concord NH	14	225	01:20:35.20
5	Brendan Rhim	Norwich	15	292	01:36:42.00
6	Tommy Hodgson	Newton MA	14	335	02:01:54.50
7	Ned Martens	Newton MA	14	345	02:05:29.00

Women 16 to 19

1	Anja Gruber	Burlington	19	47	58:37.30
2	Kaitlin Fink	Bedford NH	18	89	01:04:09.80
3	Marisa Rorabough	Burlington	19	103	01:05:43.30
4	Laurel Anderson	Hanover NH	18	108	01:05:52.70
5	Kirsten Beaudry	Walpole NH	19	115	01:06:22.20
6	Sarah Brockett	Randolph NH	19	129	01:08:36.00
7	Elise Seyferth	Bennington	18	148	01:10:15.00
8	Jenna Hill	Jackson NH	16	152	01:10:40.70
9	Ellen Finch	Concord NH	17	178	01:14:04.30
10	Erin Perryman	West Leb. NH	17	187	01:15:00.10

Men 16 to 19

1	Yannick Lapierre	Sainte-A. QC	18	5	50:23.00
2	Russell Primeau	Hanover NH	19	9	52:24.90
3	Austin Hart	Meredith NH	18	18	54:52.60
4	Chris Burnham	Carlisle MA	18	27	56:14.80
5	Austin Cobb	Peru	18	28	56:22.60
6	Russell Symmes	Concord NH	18	53	59:55.30
7	Todd Anderson	Hanover NH	18	55	01:00:01.30
8	Sam Hughes	Burlington	19	56	01:00:22.10
9	Steven Whelan	Hanover NH	18	69	01:02:18.60
10	Cody Mangan	Deerfield NH	17	70	01:02:31.00

Women 20 to 29

1	Robyn Anderson	Stowe	23	26	56:12.80
2	Sabra Savison	Jericho	25	34	57:02.90
3	Kate Crawford	Essex Jct.	28	52	59:40.50
4	Ilike Van Genechten	So Burlington	29	62	01:01:40.60
5	Sarah Van Dyke	Stowe	24	82	01:03:41.50
6	Mary Stewart	Stowe	24	94	01:04:46.60
7	Kelsey Allen	Franconia NH	27	99	01:05:11.70
8	Meghan Smith	Stowe	29	131	01:08:52.70
9	Amy Laverack	S. Burlington	25	143	01:09:57.70
10	Ruth McGovern	Stowe	21	151	01:10:28.10

Men 20 to 29

1	Ryan Kerrigan	Moretown	25	2	49:48.40
2	J Gerstenberger	Durango CO	21	4	50:22.50
3	Austin Ross	Caribou ME	25	10	52:51.20
4	Paul Smith	Burlington	22	11	53:01.00
5	Tyler Magnan	St. Albans	27	13	53:24.10
6	Sam Marshall	Hanover NH	22	16	53:54.30
7	Tucker Murphy	Stowe	29	19	54:53.80
8	W Dunlap-Shohl	Anchorage AK	20	20	55:14.30
9	David Dodge	Williston	21	24	56:05.30
10	Jan Rosstier	Ottawa ON	23	29	56:26.40

Women 30 to 39

1	Jennifer Mygatt	New Haven CT	30	107	01:05:51.80
2	Kricket McCusker	Morrisville	30	147	01:10:06.40
3	Molly Lauridsen	Stowe	30	168	01:12:25.20
4	Jen Kravitz	Whiting	32	175	01:13:44.70
5	KMonahan	Worcester MA	38	206	01:19:01.00
6	Margaret Higgins	Stowe	34	212	01:19:34.90
7	Laurel Omland	Jericho	39	229	01:21:51.00
8	Alexandra Bovey	Hyde Park	34	256	01:25:20.80
9	Sarah Holton	Newton MA	35	257	01:25:35.10
10	D St Anna	Hinesburg	33	260	01:26:49.30

Men 30 to 39

1	Eli Enman	Huntington	33	1	48:42.20
2	Jake Hollenbach	Winooski	30	3	50:19.00
3	Justin Beckwith	Waitsfield	31	6	51:32.10
4	Reid Greenberg	Warren	37	8	52:19.30
5	Eric Eley	Duxbury	32	12	53:10.60
6	Eric Darling	Shelburne	37	15	53:44.80
7	Eric Tremble	Jericho	32	17	54:37.70
8	Mike White	Dorset	32	33	56:54.80
9	Gregory Shea	Stowe	36	37	57:20.40
10	Brian Lavoe	Concord NH	38	43	58:15.10



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