

# VERMONT SPORTS MAGAZINE



JULY 2011  
VOLUME XX | NO. IX

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Young Climbing  
Star**

p. 7



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Altitude**  
Earn Rewards for  
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**Kingdom Swim**  
No Lanes, No  
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**PUBLISHER  
COMMENTARY**  
BY  
SKY BARSCH GLEINER

## SHORT AND SWEET

We have a packed issue this month, so I'm going to get out of the way and let the issue speak for itself—after this quick update.

First, I want to say congratulations to our 18 & Under writer, Chris Keller, who graduated from Montpelier High School last month, and is headed to Harvard in the fall! Chris will continue to write for us through the summer, and when he heads to college, a new student or students from Montpelier High School will continue our column focused on youth athletes.

Second, while we will still have our Sports Medicine column going forward, this month is the last contribution from Rob Rinaldi. Rob has shared a tremendous amount of knowledge over the years and helped our readers run more efficiently and safely. Thanks Rob!

And finally, we got a note from the state of Vermont regarding our pictures of stand-up paddlers that appeared in the June issue. According to Vermont state law, SUPers are required to have a personal flotation device. We weren't aware of this law—but it's a good one to know. Stay safe out there!

That's all for now. Enjoy the issue!

See you out there,

Sky



**JOHN MORTON'S OUT & ABOUT  
CAN BE READ ONLINE THIS  
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## HELP REBUILD THE CAUSEWAY

The Colchester-South Hero Causeway was severely damaged in spring flooding, and Local Motion needs your help to rebuild this highly utilized resource. Local Motion is the organization that runs the bike ferry from the causeway to South Hero. (The bike ferry won't run for the foreseeable future.)

Local Motion is working with the town of Colchester and Vermont Fish & Wildlife (owners of the causeway) to seek FEMA money to rebuild. FEMA has already toured the area.

In the meantime, there are ways you can help. Local Motion suggests e-mailing the organization (brian@localmotion.org) if you'd like to help with future repair and/or fundraising efforts, or if you have photographs of the damage. You can also buy a "Save the Causeway" T-shirt (at the Local Motion trailside center in Burlington); proceeds go to rebuilding. Wayne Turiansky, Local Motion member and owner of Amalgamated Culture Works, donated the T-shirts.

## NEW COURSE RECORD AT STOWE SPRINT TRIATHLON

Dave Connery won the June 5 Stowe Sprint Triathlon and set a new course record of 59:08, beating the course record set by Lucas Moore. These two have gone neck and neck over the years. Check this out:

2007 1st Connery 1:02.46; 6th Moore 1:10.48

2008 1st Connery 1:01.19; 2nd Moore, 1:02.01

2009 1st Moore 59:24 (and course record);

2nd Connery, 1:00.52

2010 1st Moore 59:45; 3rd Connery, 1:00.27

2011 winner and new course record to Connery, with a time of 59:08.

Wow: we can't wait for next year! Will it be Connery, Moore, or someone else?

On the ladies' side, Sarah Pribram was the first female finisher with a time of 1:11:18. Not a record, but still quite impressive. Congratulations to everyone who participated.

## NEW MEMBERS OF CRAFTSBURY GREEN RACING TEAM

Clare Egan, Maria Stuber, and Bryan Cook are the newest members of the Craftsbury Green Racing Team. Egan joins as a full-time skier; Stuber and Cook will be the first skiers to join as Green Racing Project training partners—a more flexible arrangement than a full-time member of the team.

Egan is a native of Cape Elizabeth, Maine, and was a member of the 2006 and '07 NENSA Junior Olympic Teams. She graduated in 2010 from Wellesley College,

where she started a cross-country ski program. She then raced the carnival circuit this past winter for the University of New Hampshire, where she was enrolled in a graduate program in linguistics.

Stuber, of Waukesha, Wisc., raced collegiately for Northern Michigan University and has been part of the elite CXC (Central Cross-Country Ski Association) ski program. Her results include several SuperTour wins as well as a couple of top 10 finishes at Nationals. She's also had some strong Birkie finishes: 4th in 2010 and 5th in 2011. She is now the head coach of both the men's and women's cross-country teams at Southern Vermont College.

Cook, from Rhinelander, Wisc., competed for the Northern Michigan Wildcats in college before joining the CXC elite team. During his time at CXC, he podiumed in both the 30K classic and 50K skate at the 2010 U.S. Nationals, earning him a World Cup start at Canmore, Alberta, where he skied to 41st in the 15K freestyle. He lives in Bennington.

The goal of the Green Racing Project is to provide an environment where post-collegiate skiers can focus on a high level of training while also working on a broad range of projects supporting the mission of the Craftsbury Outdoor Center.

## NEW NAME FOR SKI MUSEUM



The Vermont Ski Museum has officially changed its name to the Vermont Ski and Snowboard Museum to reflect the organization's

commitment to including snowboarding.

The Stowe-based museum is preparing to move forward with a new website, new logo, and, over the next 18 months, new exhibits and materials.

"The museum's board of directors has long recognized the need to formally acknowledge snowboarding's Vermont heritage, and we're pleased to announce our decision to change our name to include snowboarding," said Tom Sequist, Vermont Ski and Snowboard Museum board chair. "The roots of skiing and snowboarding run very deep in Vermont, and we're committed to collecting and preserving their Vermont history and continuing to be a resource for those seeking information about skiing and snowboarding in Vermont. We've always included snowboarding in our exhibition and look forward to expanding our snowboarding collection."

## FOUR NEW INDUCTEES TO VERMONT SKI AND SNOWBOARD MUSEUM HALL OF FAME

The new inductees to the Vermont Ski and Snowboard Museum Hall of Fame are Karen Huntoon Miller, John

## SIGN IN

A PLACE FOR NEWS, VIEWS,  
AND IDEAS FROM THE  
OUTDOOR COMMUNITY



Morton, Greg McClallen, and Preston Leete Smith.

Miller, a graduate of Rutland High School, won five world championships in mogul skiing and is now in the Freestyle Hall of Fame. She appeared in Warren Miller's Ski in the Sun (1981), among other iconic films.

Morton, a regular columnist for Vermont Sports, skied four years on the Middlebury College ski team. There his aptitude for cross-country emerged, first as Eastern Intercollegiate Champion in 1966 and '68, then as runner-up in the 1968 NCAA Championships. A four-year assignment to the U.S. Biathlon Training Center at Fort Richardson, Alaska, was interrupted by a tour of duty in South Vietnam. Upon release from active service in 1972, he taught and coached in Anchorage before returning to Vermont as head coach of men's skiing at Dartmouth College in 1978.

McClallen started his career as a teacher and coach in 1966. After six years at Otter Valley High School, where he got the ski team organized, he moved to Rutland High School. There he taught English and coached cross-country running in the fall, skiing in the winter, and track and field in the spring. His ski team won 17 titles, and in 1976, the New England Championship for Nordic and Alpine combined. In 1987, McClallen received the National Coach of the Year Award for skiing.

Under Smith's leadership, Killington became the largest ski resort in eastern North America and to this day is recognized worldwide as one of the big players in North American skiing. Smith's vision led Killington to the forefront in snowmaking, grooming, innovative lift infrastructure, and learn-to-ski. ▮

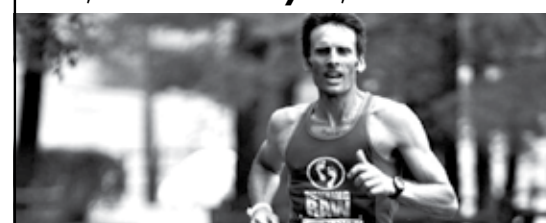
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## MUSCLES NOT MOTORS GEAR GUIDE

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.



### TEVA LINKS MOUNTAIN BIKE SHOES

When I think of Teva, I think of two things. I think of rugged, super-comfortable sports sandals, and I think of a company with perhaps the most commonly mispronounced brand name in the world. When I try to explain to people that it's pronounced "teh'-va," not "tee'-va," they either shake their head and say "No kidding?!!!" and then continue to mispronounce it, or they tell me that I'm crazy and continue to mispronounce it. Aside from the correct pronunciation of the name, you may also be surprised to know that Teva makes more than just sandals.

The company makes shoes too, from water shoes to canvas slip-ons, multi-sports to casual kicks, and light-duty to heavy-duty hikers. And this August, Teva

is unveiling its first line of mountain bike shoes, the Links, which feature a new method of water repellency called Ion-Mask technology. With Ion-Mask technology, the entire surface of the shoe, including the laces, is coated with a nanometerthin (over 1,000 times thinner than a human hair!) polymer layer

that is then bonded to the fabric at the molecular level using an ionized gas. The result is a highly breathable mountain bike shoe with superior water repellency that lasts as long as the fabric it protects. Like a duck's back, Ion-Mask causes water to instantly bead up and roll off, preventing absorption that ultimately leads to soggy, miserable feet.

This revolutionary technology combined with Teva's 25-plus-year history of making durable, high-performance footwear results in a mountain bike shoe that excels at offering maximum comfort and performance, especially in wet conditions. The nanometer-thin Ion-Mask layer doesn't, however, do anything to quell the mispronunciation of the name Teva. Price not yet available.

[www.teva.com](http://www.teva.com)



### HYDRO FLASK 64-OUNCE VACUUM INSULATED GROWLER

I love beer. And if loving beer is wrong, I don't want to be right. I especially love cold beer, but without refrigeration or lots of ice, cold beer quickly turns to warm beer. Recognizing this very serious and disturbing problem, Hydro Flask has designed a double wall, vacuum-insulated

18/8 food-grade stainless steel growler that will keep your beer safe and cold all the way to the 18th basket, or while you work up your thirst on a mountain bike ride or a good hike along your favorite trail.

The Hydro Flask growler also features an extra-wide mouth to ensure that all 64 delicious ounces flow super smooth down your parched throat. It is, of course, perfectly suitable as a water or juice bottle, and with a few ice cubes thrown in, your beverage of choice can stay cold for up to 24 hours. If you'd rather fill it up with a hot beverage or soup, the vacuum insulation technology will keep it hot for up to 12 hours. Regardless of the temperature inside the bottle, the outside temperature of the bottle remains neutral, so no burned or frozen fingertips. And unlike a glass growler, you can accidentally drop it on the ground and your precious liquid will remain intact. Just make sure the cap is on. \$49.99.

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# AT JUST 13, PITTSFIELD ROCK CLIMBER IS SOLVING ADVANCED PROBLEMS

**18 & UNDER**  
BY  
CHRIS KELLER



“\_\_\_\_\_” is not a sport.  
As a runner, I oftentimes find myself on the defensive end of rancorous debates about the merits of certain athletic disciplines. They usually go something like this: “Wait a minute, you, a golfer, are trying to tell me that cross-country isn’t a sport?!”

Having been the victim of generalizations that my favorite sports aren’t actually “sports” due to their lack of popularity, I tend to sympathize with the little guys who forego the mainstream to participate in less popular activities.

But, as is sometimes the case, we tend to betray our own beliefs. If you had asked me a week ago whether rock climbing deserved to be classified as a sport, I might’ve said no. At best, I would’ve grudgingly agreed, but I certainly wouldn’t have placed it on the same pedestal as more socially acceptable activities like soccer or basketball.

Boy, would I have been wrong.  
Exhibit A that rock climbing unequivocally falls under the definition of sport: Sam Hayden—athlete, artist, and rock climber extraordinaire. Around Christmastime each year, Sam and his teammates—a youth climbing team, aptly known as the “Extreme Team,” that trains at the Green Mountain Climbing Center in Rutland—complete a workout that re-

quires them to do 1,000 exercises including hundreds of push-ups, sit-ups, and pull-ups, and then finish five climbs in a half hour. Oh, and did I mention that he’s 13 years old? How many of you baseball players out there can do that?

Sam was 12 when he started at the first level. “In level one, you have to climb a five- or six-rated wall,” he says. “Within three to four weeks, I was up to level five. I was really afraid of heights when I first started. Once I got over that fear, it wasn’t that bad.”

Sam’s coach, Steve Lulek, is a former drill sergeant who isn’t afraid to push his athletes to their physical limits.

“We do extreme conditioning you don’t see around here,” he says. “We train really hard, and I demand high expectations of them. It gives them pride and the opportunity to show off their athleticism.”

A staple of any sport is competition, and rock climbing is no exception. Sam, a resident of Pittsfield, competes in sport climbing and bouldering. The main characteristic of sport climbing is that there is a rope above the climber at all times, hence its alternative name, top-rope climbing. The climber is harnessed into the rope, which runs through a hook at the top of the climbing wall, and is supported by a belayer at the bottom. Bouldering consists of short traverses of five to 20 feet without

a rope or harness and requires its participants to jump down from the rock wall after they have finished their climbs.

Although he has been climbing for just two-and-a-half years, and competing for little more than a year, Sam has established himself as an elite competitor at USA Climbing events. At the American Bouldering Series National Championships in February, Sam finished 17th in the Youth-C division, and he would’ve placed higher if not for a string of uncharacteristic blunders. In an Sport Climbing Series regional competition in June 2010, Sam placed 20th. His accomplishments are remarkable considering his lack of competitive experience relative to his peers. “He’s a phenomenon,” says Lulek.

In climbing lingo, each climbing attempt is referred to as a problem. The challenge of a problem lies in figuring out what path to take to get to the top of the wall. Given the number of footholds on a rock wall, each problem has a myriad of paths to take, allowing climbers to show off their creativity and intelligence. “What it boils down to,” says Lulek, “is finding where the balance point is, where you twist your body in such a way so as to make the next move. Climbing is problem solving. It’s artisticness and creativity, and it’s always changing. That’s where Sam is so special. He wants to understand outdoor and inside

bouldering, and he wants to build climbs for people. He wants to know it all.”

In his training, Sam makes a point to hone in on the mental keenness it takes to succeed. “There’s quite a bit of technique involved, which takes patience and time,” Sam says. “If you mentally train, the physical aspect goes along with the mental aspect.”

Here we have a sport that requires peak physical fitness as well as a sharp mind. It is an internationally recognized athletic endeavor that encourages seeking creative solutions as well as grinding through physical pain. If that doesn’t fit the criteria of a sport, I don’t know what does.

Although climbing is appreciated at its full value in small circles throughout the country, Lulek believes it will take a while before society accepts it as a mainstream sport.

It looks like Sam will be hanging around to see that.

“I’m probably going to continue for the rest of my life,” he says. “Definitely.”

For the lingering skeptics out there, I suggest you take a trip to 223 Woodstock Ave. in Rutland and have Sam Hayden show you what it means to be a real athlete. As for me, I’ll see you at the 2018, VPA-sanctioned Vermont High School Rock Climbing Championships. ¶

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## RETAIL JUNKIE SUPERSTAR BY RYAN JAMES LECLERC

There was no saving the heirloom clunker bikes.

The Raleigh three-speed with the rod-actuated drum brakes, the Schwinn Jaguar with the gas tank, the J.C. Higgins with the three-speed stick shift, the Elgin Special with the custom rear rack and custom fender-mounted headlight, the Eagle with the wooden rims, the trike, the wobbly wheeler, and the penny-farthing were among the bikes that had to be abandoned while murky flood water began to fill the basement of the bike shop—early in the morning on May 27—as though it were a sinking ship.

The basement is made up of seven main rooms that are all crammed full of everything that isn't on the sales floor: the heirloom clunkers, customer's bikes, shiny new bikes, all the skis and ski boots that we didn't sell last winter (of which there are a lot), car racks, bike parts and accessories, gift boxes, decrepit display racks for products that we don't sell anymore, a family of green gnomes, and Frank, our head mechanic. It was a race against the clock and there was just too much stuff to save, so our collection of heirloom clunker bikes, the value of which is exclusively sentimental, had to stay put and get wet. Frank, we're happy to report, made it out unharmed.

Despite the fact that our parking lot was under a lot of water, the water level in the basement never got above waist high, thanks to three very functional sump pumps and quick action by Philip and Bart, two of my favorite fellow co-workers.

Philip was the first to arrive at the scene at 3:30 a.m., having received a call from an alert friend who apparently stays up at night monitoring potential disaster situations. Philip sent a distress call to Bart, who came as quick as a flash flood. The two of them took swift action and it was this early jump that helped prevent a minor disaster situation from turning into a major disaster situation. Philip, of course, had also sent a distress call to the boss, but the boss didn't get the message until the morning, after he woke up, when he checked his phone to see if perhaps anyone had called him in the middle of the night regarding a potentially major disaster situation at his bike shop and the imminent need of his help to save it.

The rest of the gang trickled in as soon as they could, joined by an army of loyal customers who came to throw in a hand. By the middle of the day, most of our inventory had been pulled out and carried upstairs and stashed on the sales floor, in the boss's office, the service area, the break room, bathroom, changing room, storage room, sock room, and any other room where there was a little bit of room. It was a big job, and we couldn't have done it without the help of everyone who showed up.

Fortunately, we discovered, a little murky water never hurt an heirloom clunker bike, and after a little cleaning off and drying out, and a squirt of chain lube, our collection will be all set to go for our annual Independence Day bike brigade. Traditionally on parade day, we pull the clunkers out of the basement and air up the tires. They

then get decorated by exuberant children, ending up covered with crepe paper, pinwheels, balloons, and melted popsicles, so dusting them off is a waste of time. This year, thanks to the flood, they'll each get a proper tune up, which will include a dusting off and maybe even a polish, so regarding the heirloom clunker bikes, the flood was a good thing. That's one way to spin it anyway.

Despite our flood-prone location, major flooding generally eludes us, but minor flooding, however, is a regular affair. The building that has housed our shop for 35 years is directly on the river, meaning that for a section of the river, our building is the bank of the river. And the river never sleeps. It is always knocking on the door wanting to come in. Invariably, when the river reaches a precise level, it does come in. This precise water level is indicated by a white line scrawled on the historic supports of the historic bridge on our historic street. History has taught us that when the water rises above that line, it starts to seep in through cracks in the basement floor and forms little pools in particular areas throughout the basement. When this happens, we simply make sure the area around these pools is clear, and we do our best to not step in them. A stream of river water flowing past Frank's repair stand, which adds a peaceful, relaxing ambiance, is as common as a flat tire. Eventually, usually within a day, the water seeps back out and no harm is done.

Unfortunately though, as we saw last

month, flood-related harm becomes a reality every now and then. The last time was in 1992, when high volume spring runoff and warm weather resulted in too much river ice breaking up for the river to handle. A large ice dam eventually formed, preventing all that cold, icy water from moving in the right direction. Instead of flowing downstream, the river flowed downtown. Water rushed in and within an hour, our shop was underwater, along with many other shops, businesses, and unfortunate automobiles. Before the ice dam broke and the water retreated a few hours later, you could have paddled by our cash register in a canoe. It was the year our shop was dubbed Under River Sports.

The clean up after the flood of '92, like the more recent flood of '11, required a lot of helping hands from volunteers, and in both cases, volunteers were never in short supply. As the boss always says, there is no better place to have a disaster. On behalf of our shop, we thank you all. Our gratitude runs deeper than any river that has ever flooded a bike shop.

How could we ever repay you? Here's one idea: If you decide to join us in our Independence Day bike parade, you have dibs on the heirloom clunker bikes. ¶

*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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# DIFFERENT RUNNING STYLES

Running continues to be the most popular form of fitness exercise, so it is important to continue our search for the best possible, least injury-prone form of foot strike.

The foot has 26 bones and 33 joints that must function in varied sequences to adapt to changes in surfaces underfoot. Athletes use various foot-strike methods to run, but some are more efficient and cause fewer injuries than others.

## FOREFOOT STRIKE/ BAREFOOT RUNNING

Providers treating running athletes continue to be concerned about barefoot running, as the number of injuries from this style is rapidly climbing. Many of the injuries are complex and may result in chronic disability and may get worse over time. Bone injury to the metatarsal heads or soft-tissue injury to any of the metatarsal bursa or plantar plates is high on the list of possibilities. These injuries can cause immediate running disability and can continue with a cascade of complications in the years going forward. That being said, barefoot running has caused many of us to reinvest in examining running-style options. Hardly a day goes by that I don't have an opportunity to read a sports-medicine study on running form and associated injuries.

## REAR-FOOT STRIKE

The rear-foot strike is the most common running form, as it is really an extension of

walking. The whole running phenomenon was, and still is, based on heel-strike, toe-off running. Mostly all of the research that is used for the running shoe design is based on this style of running. We have known that the problem with this style is absorbing the shock created by the increased gravitational forces at heel strike. This may be as high as 12 times the normal body weight of the runner. The major shoe companies have been dealing with this problem with shoes designed to absorb shock, yet allow the foot to function normally. They have had limited success, mostly because of the complexity of foot anatomy.

## FOREFOOT STRIKE FIRST

Little doubt remains in my mind that the forefoot-strike technique is a more efficient style of running and will yield fewer injuries. It is a more natural form of running, but not at all like walking, so it must be learned. When the forefoot strikes first, the entire lower extremity chain works to absorb shock. The metatarsals in the foot have a large protective fat pad that initially absorbs the first shock at touchdown. The metatarsals then come into play with some dorsal excursion followed very rapidly by the sliding and gliding motions in the tarsal or rear-foot bones. The ankle pistons downward absorbing even more shock and the knee, which is somewhat bent when the foot strikes the ground, is absorbing even more shock. Whatever shock is left from the gravitational forces moves onto the hip and

very little then transfers to the back. Take a moment and examine this process and compare it to heel strike first.

## CAN YOU TEACH AN OLD DOG NEW TRICKS?

Sure you can, but it will take time, fearless determination, strength, and trust. You will experience muscle aches and pains, a complete lack of gracefulness, and even risk some injuries. To avoid all of these very disturbing hurdles, the key is to take time, lots of time, to alter your style. Determination and constant thoughtfulness of form are keys to success.

## HOW CAN YOU DO IT?

You need no special equipment; in fact, I feel that the transition will be easier if you use your present running shoes. I like the extra cushion in the forefoot and the higher heel-to-toe design. Both of these will work in your favor during the change in form. Most runners over stride. They take a longer stride than is necessary, and this is often a primary cause of runners' injury. Keep your hips directly under your body and your feet directly under you hips. Never exceed a foot strike beyond the surface under your hip. Increase speed by leg turnover not increased stride length.

The first thing you will notice is that your quads are working overtime, and this is the first clue that this undertaking will take a long time to learn. Muscle memory and strength must be developed to go the

**SPORTS  
MEDICINE**  
BY  
ROBERT RINALDI, DPM



distance. Begin with a jogging style, slow and easy. If you have been running for years, all of this may not seem worth the effort, but I think differently. If you love running as a sport, and as an efficient method of staying in shape, the forefoot strike will keep you running longer with fewer injuries.

The arduous process to change style may take as long as a year. At one point in time, running was thought to be nothing more than an extension of walking—just faster. Running is very different from walking, and it takes special muscle strength. Think of the choreographer and the dancer. The dancer/athlete performs with grace and ease because muscles have been trained and strengthened to achieve this result. Running with a forefoot strike first may be your best dance. ¶

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

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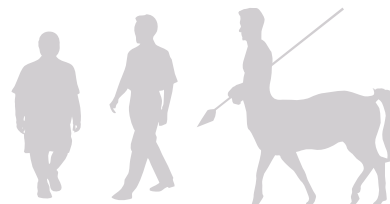


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# PURPOSE BUILT

Brownsville's Penguin Cycles Makes Custom Bikes With Two Things in Mind: The Rider and the Terrain

BY KIRK KARDASHIAN

It's easy to walk into a bike shop and walk out with a new bike. But if you're ready for something more customized to your riding style and biomechanics, Penguin Cycles in Brownsville is an interesting option. Located in an old cheese factory at the foot of Mount Ascutney, which doubles as the home of husband and wife Eric Krivitzky and Raina White, Penguin Cycles churns out steel-frame bikes that ride as nicely as they look.

Krivitzky and White have the technical background and passion for cycling to make top-of-the-line bikes. Both have engineering backgrounds, and they're both serious riders. Krivitzky races as a Cat 4 and does some cyclocross; White is a certified personal trainer and teaches spinning classes.

The journey to a custom Penguin Cycles bike begins with a long interview between the rider and Eric and Raina. They talk about the customer's riding preferences (duration of rides and terrain), bike preferences (stiffness versus comfort) and budget (very light frames can cost more than heavier ones). Then they run the customer through a battery of measurements and tests. They measure things like height, sternum height, femur length, arm length, shoulder width, and even shoe size: each plays a role in comfort, handling and efficiency on the bicycle.

Raina also performs a flexibility test, to deter-

mine how much leg extension the customer can handle. Sometimes the customer will ride a stationary bike so that Eric and Raina can get a feel for the person's pedaling style. You can do many of these things through an in-depth questionnaire, or you can visit the shop in person and get a one-to-two-hour consultation. Of course, if you already like the way your bike fits, they can make a new frame with the same specifications.

Once the customer's measurements and preferences are fleshed out, Eric designs the frame. He picks the diameter of tubing—according to the rider's weight and budget—and can help you decide on the components. Depending on your aesthetics and needs, you can choose to have the cables routed inside the tubes, and you can ask for braze-ons for bike racks and fenders. When the details are set, Eric goes to the computer, where he uses a bike-specific computer-aided design package to depict all the angles and lengths of the frame.

With the specifications finalized, Eric creates a packet with all the dimensions and jig measurements, and then begins cutting the tubes to size. The tubes are steel alloy—the same type of light and strong metal used to build small airplane fuselages—and are made by Columbus or True Temper. The frames usually end up weighing 3.5 to 4.5 pounds. When the tubes are cut, he files the ends so that they can fit together smoothly; a frame jig that can be adjusted to a variety of angles

and lengths helps with this. With the pieces on the jig, Eric tack-welds them together one by one, so that they stay in place for the true welding, which is the real art of frame building. Holding the steel welding material next to the joint, he melts it into little puddles that look like a stack of shiny dimes offset from each other. Each one should be circular and evenly spaced, and the goal is perfection.

Once the frame is welded together and Eric tests it for straightness, they send it off to one of two frame painters in Oregon or Colorado. For the base price of \$1,275, you can get a basic frame wet-painted in two colors. Pay a little extra, and your bike can have a more durable powder-coat, which can't really chip because the paint is ionized to the steel. A complete bike, fitted with all the components and ready to ride, will run you about \$2,500 to \$4,500.

Eric and Raina chose to name their bike business after a flightless bird because, according to Eric, the penguin is purpose built. "A penguin has a roll of fat to protect its eggs and wings not for flying, but for swimming. Nothing on a penguin is superfluous or flashy," he says. The same holds true for their bicycles. □

*Kirk Kardashian, a writer based in Woodstock, is working on a book about the dairy industry. You can see more of his writing at [www.kirkkardashian.com](http://www.kirkkardashian.com).*



Eric Krivitzky and Raina White, Photos by Justin Cash.







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**Michael Sparks, MD**  
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**Kirsten Gleeson, PT**  
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Not pictured: David Edson, PT

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# Ales With Altitude

BY PETER BRONSKI



**D**o you ever get the sense, as I do, that for as long as people have been brewing beer and climbing mountains, two seemingly unrelated pursuits—drinking beer and hiking—have gone together like Bonnie and Clyde, or peanut butter and jelly?

Consider these time-honored traditions: a day of rock climbing at the Gunks followed by a trip to the Gilded Otter Brewery in New Paltz, N.Y.; a day of hoofin' it through the Adirondack High Peaks followed by a trip to the Lake Placid Pub & Brewery; a day of tramping through the White Mountains followed by a stop at the Moat Mountain Smokehouse & Brewing Co. in North Conway, N.H.; a day up on Mount Mansfield followed by a near obligatory stop for a pint over at The Alchemist in Waterbury.

Of course, pairings such as these have always been somewhat informal. But a select group of folks is taking the association between mountains and beer to another level.

Meet Views and Brews.

The driving force behind the group is Tom Rankin and Dawn Hamilton, an ex-husband-and-wife pair that

has remained friends, and Laurie Rankin, Tom's current wife. (The arrangement isn't nearly as awkward for them as it might sound.) As the story goes, it was sometime in 2004, and Tom had just finished hiking the 35 Catskill peaks over 3,500 feet in elevation. He and his hiking partners had retired to the Hickory BBQ Smokehouse in Kingston, N.Y., where he downed a celebratory pint of locally brewed Keegan Ales beer to commemorate the occasion.

"I thought there ought to be a list about doing a hike and having a good beer," he recalls. In short order, Rankin came up with the name "Views and Brews," built a basic website, compiled lists of brewpubs, and then drew up lists of corresponding hikes. Views and Brews was born.

He never bothered officially incorporating as an organization under that name. That wasn't the point.

"It's a labor of love," Rankin says. So much so that he'll often try to meet up with aspiring "finishers," the V&B equivalent of becoming an "Adirondack 46er," and join them for their last hike and beer.

After initially launching in New York, V&B has

spread to 10 eastern states, including Vermont (with more locations, including Québec, in the works).

For Vermont's iteration of V&B, there are a lucky 13 brewpubs, each with two corresponding hikes (you get to pick one ... or both, if you're feeling ambitious). To earn the state patch—the coveted trophy of a V&B finisher—you must complete nine or more hike-and-brewpub combinations.

The first person made the Vermont list in August 2007. Since then, a grand total of eight people (I did, after all, say this was a select group) has completed the feat, the most recent in April of this year. ("A lot more people have gone hiking and visited a brewpub, but not as many have the desire to see the list through," Rankin notes.)

Maintaining the lists for each state isn't as easy as the static lists of the New England 4,000-footers, or the Adirondack 46ers: the mountains are more or less permanent, brewpubs come and go. For example, the Vermont list of 13 is actually 15 entries long, but two have been "deactivated" because the brewpubs closed or stopped brewing.

**CONTINUED ON NEXT PAGE**

Mount Pisgah with Lake Willoughby in the foreground, Photo by Sky Barsch Gleiner.





Red Rocks, Burlington, Photo by Jim Deshler.



Sterling Falls, Stowe, Photo by Jim Deshler.

It might come as a surprise that you won't find Mount Mansfield, Camel's Hump, or Vermont's other highest peaks on the list, but that was by design.

"We were avid hikers, almost to the extreme. We were obsessive about peak bagging," Rankin explains. "But the goal is just to get out—even if you just walk a mile—to get people out and to socialize. What you want is for friends to get introduced to hiking without the death-march mentality; the idea is to have easy, accessible hikes and to entice people with a beer afterward."

Even so, each brewpub on the Vermont list includes an easier hike, as well as a more challenging alternative. They range from a one-mile hike along the shores of Lake Champlain to a six-mile round-trip hike with more than 2,000 feet of elevation gain.

So try the following options to start your own Views and Brews adventure in the Green Mountain State. It's just a small sampling (or is it a flight?); but heck, if you're like a lot of mountain folk I know, there's a good chance you're going hiking and drinking beer anyway. Why not get credit for it and earn the V&B patch? It just

might be a conversation starter on the trail and a way to find a new hiking partner or drinking buddy.

#### DAY TRIPPING

Choose one of these combinations to begin your Views & Brews membership, or find others at [www.viewsandbrews.com](http://www.viewsandbrews.com).

#### MIDDLEBURY

From Route 125 in Middlebury Gap, head south on the Long Trail up, through, and over the Middlebury Snow Bowl ski area, ascending Worth Mountain. Then retire to the Bobcat Café & Brewery in nearby Bristol for your well-earned pint.

#### BURLINGTON

Take a casual stroll through Red Rocks Park along the shores of Lake Champlain in South Burlington. (Just be sure to meet the one-mile-minimum Views & Brews requirement!) Then head to Vermont Pub & Brewery in downtown Burlington.

#### STOWE/WATERBURY

Hike either Sterling Falls Gorge just north of Stowe or Little River State Park right on Waterbury Reservoir, then set your sights on The Alchemist Pub and Brewery in Waterbury.

#### WINDSOR

One of the most challenging hikes on the list, an ascent of Mount Ascutney, is one that you can pair with a pint at Harpoon Brewery in nearby Windsor along the Connecticut River.

#### BENNINGTON

From Route 9 east of Bennington, head steeply up Harmon Hill, which rewards you with great views of Mount Anthony and downtown Bennington to the west. Then tramp into town to the Madison Brewing Co. ☞

*Peter Bronski is an award-winning writer whose work has appeared in more than 75 publications. Gluten-free since early 2007 because of celiac disease, these days his pint at the end of a hike is usually one of Vermont-brewed hard cider.*

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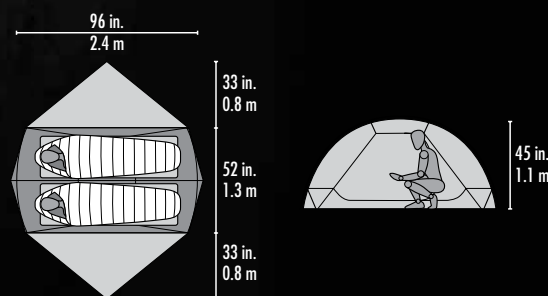
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# PERFECT PITCH

## How to Find the Right Tent for Your Needs

BY JOSH AND SKY GLEINER



There are few things as renewing to the soul as a night spent sleeping outdoors—falling asleep to the sound of crickets and waking to the sound of birdsong. Unless, that is, you wake up in an inch of water, surrounded by mosquitoes, or with your tent collapsed on top of you. One of the biggest factors in determining the success of your camping trip depends on picking the right tent: too big, and you're carrying extra weight; too small, and you might end up snuggling with a buddy who wants to keep it at "just friends." A poorly constructed tent, or a tent assembled improperly, can allow rain inside. If the tent is designed for the cold backcountry, and you're camping in the woods, you could be swimming in condensation.

There are hundreds of tents on the market. So how do you choose which one is right for you?

Josh "Grizz" Stephen, the hard goods buyer at Outdoor Gear Exchange in Burlington, said the first question he

asks people in the market for a tent is what they will be using the tent for—the purpose of the tent.

You won't likely want to haul a two-person tent that weighs 10 pounds on a month-long backpacking trip on the Appalachian Trail. Typically, one can find tents that average about 2 pounds per person, sometimes even less. But be careful, because you may sacrifice durability with the weight reduction (and pay through the nose for the lightweight fabrics used in some construction). Generally, special features add weight, but you may decide some extra weight is worth it, says Stephen. For instance, an extra door can make the tent feel much bigger. He suggests two friends have a minimum of 32 to 34 square feet of space, while couples or others comfortable sleeping so close to each other can get away with less.

Paddlers and cyclists may be able to carry a bit more weight on their journeys—particularly if the paddlers won't encounter too many portages along the way. The extra weight for more space might be worth it, if it ends up raining for a full day and you have to camp out for a while. When you are car camping, you probably don't need to factor weight into your decision as much. Let luxury be your guide in this case. If you're camping with your family, you could splurge on extra space, so you can divide the tent into two areas—a sleeping area, and a living area, or an adult sleeping/living area, and a kids' area, Stephen says.

### 'TIS THE SEASON

The next thing you'll want to consider is the seasonality of the tent. Will you be using your tent in the dog days of summer in the Deep South or at the foot of the Adirondacks in the middle of February? If you prefer camping in the warmer climates, look at three-season tents. These tents tend to incorporate fine mesh into some of the walls to prevent condensation from building up inside, while also preventing pesky insects from getting in.

Alternatively, if you are the type who enjoys sleeping at below-freezing temps, you will want something with thicker walls and closable ventilation—typically the four-season models. Stephen says that if you're camping in and around Vermont, you don't need a true mountaineering tent, because they don't do well in our humid climate. "But

it has its place when you're out in a driving snowstorm or above tree line," Stephen says. "Then you have the need to have no screen exposed."

### DURABILITY

Will you need your tent to withstand gale-force winds or 2-foot snow dumps? Above tree line or in the desert, you need a sturdier tent than if you are camping in the woods of Vermont, where you are often protected from the wind by the trees.

"A basic, two-pole tent won't stand up to 60- to 70-mph wind," Stephen says. "You'll need a two-person tent with a four-pole design." The material your poles are made of—as well as the configuration of the poles—will dramatically impact in which conditions your tent will stay upright. Also, some fabrics are more durable, or have higher strength-to-weight ratios, than others. If there is a chance your tent may be exposed to tree branches or other sharp objects that could puncture the tent wall, consider the more durable fabrics.

### STORAGE SPACE

Keeping your boots, dirty laundry, and pack out of your tent can make camping more comfortable. If you only need a small amount of extra space, say for boots and your pack, find a tent that has a large rainfly that creates a vestibule area. If you need more space, opt for a garage, an extension that attaches to your tent, so you can store bikes or other bigger pieces of gear. MSR and Nemo are two companies that offer garages.

### EASE OF SETUP

Make sure your tent is easy to set up. See if you can try before you buy, as there's nothing worse than trying to set up a complicated tent when you're bone tired, especially when it's dark. Tents have become much easier to set up in recent years. Your tent should be designed with shock-corded poles—pole segments that are connected by elastic and snap together with ease. Also, many tent designs now offer clips to keep your pole in place, as opposed to sleeves. Much simpler to connect, and easy to fix if you have a pole in the wrong place.

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### GO-TO TWO-PERSON THREE-SEASON

#### MSR Hoop \$349.95

The Hoop has all you need to be comfortable, while still a reasonable weight to carry on a long trek. Dual doors and vestibule area make this tent feel a little bigger, and the 96-inch-long sleeping area accommodates taller campers (MSR says you can fit two large Therm-a-Rests). Set up couldn't be simpler, thanks to all the pole segments (lateral and lengthwise) being connected as one unit. Canopy fabric is ripstop nylon; fly fabric is polyurethane and silicone coated. The Hoop has freestanding capability, so you don't have to stake it.

**Minimum weight:** 4 pounds, 8 ounces

**Packaged weight:** 5 pounds, 3 ounces

**Local MSR retailers:** Sam's Outdoor Outfitters, Brattleboro; The Mountain Goat, Manchester; CC Outdoor Store, Waterbury.



### FOR EXTRA SPACE

#### Nemo Asashi and Garage (\$429.95 for tent; \$159.95 for garage)

This is a camping cyclist's dream come true. The New Hampshire-based company Nemo makes the Asashi and attachable garage, which allows you to protect your bike on your camping trip. Nicole Chretien, director of customer service at Nemo, says she always takes her bike camping with her, and that she fits three bikes, upside down, in the garage, while still maintaining easy access to the tent door. The tent itself sleeps four, and is made with mosquito-blocking mesh and polyurethaned nylon. The fly is also polyurethaned nylon.

**Minimum weight:** 10 pounds, 8 ounces for tent

**Packaged weight:** 10 pounds, 15 ounces; 3 pounds, 12 ounces for garage

**Local Nemo retailers:** EMS, Manchester, Rutland, and South Burlington; CC Outdoor Store, Waterbury; Outdoor Gear Exchange, Burlington.



### WINTER/ALTITUDE

#### Mountain Hardwear EV 2 \$600

Named for Ed Viesturs, the EV series (available in two- or three-person versions) was designed to meet the mountaineer's desire for a compact, light, strong tent. Made for expeditions above 15,000 feet, the single-wall EV stands up to wind and is easy to set up in windy conditions. Seams are welded for waterproofing. There's 31 square feet of floor space, a little snug for two people, but body heat is welcome if you're using this tent for what it's designed for.

**Minimum weight:** 5 pounds, 3 ounces

**Packaged weight:** 5 pounds, 14 ounces

**Local MH dealers:** Onion River Sports, Montpelier; Lenny's Shoe and Apparel, Barre and Williston; AJ's Ski & Sport, Stowe; Farm-Way, Bradford; Dick's Sporting Goods, Williston; The Alpine Shop, South Burlington; EMS Rutland and Manchester; Mountain Goat, Manchester; The Great Outdoors and The Boot Pro, Ludlow.



### FOR THE FAMILY/CAR CAMPING

#### REI Habitat 6 \$319

This cabin-on-the-go is an excellent choice for entry-level campers or new camping families. At more than 6 feet tall, parents can stand upright, or close to it, and with 83 square feet of floor space, everyone can hang out and sleep comfortably in the Habitat. Two doors keep things organized—maybe you'll designate one door an in door and one an out door; or one a kid door and the other an adult door. It's on the heavy side and is easier to set up with a buddy than alone, but this is the tent you'll take to a family campground, not out in Patagonia.

**Minimum weight:** 18 pounds

**Packaged weight:** 20 pounds, 3 ounces

Online at [www.rei.com](http://www.rei.com).



### SINGLE-PERSON LIGHTWEIGHT

#### Eureka! Solitaire Tent \$84.90

For the minimalist, Eureka's Solitaire Tent is an easy choice. Low in weight and cost, the Solitaire is the most compact tent Eureka offers. There's a total of just over 21 square feet of area, so not a lot of room for extra stuff, but you probably won't want to lug too much extra weight if you're backpacking anyway. No-see-um-proof mesh keeps this tent truly just for one.

**Minimum weight:** 2 pounds, 9 ounces

**Packaged weight:** 5 pounds

**Local Eureka dealers:** Barre Army-Navy Store; Caplan's, Morrisville; Dick's Sporting Goods, Plattsburgh, N.Y., Williston, and Rutland; Outdoor Gear Exchange, Burlington; Gander Mountain, Plattsburgh, N.Y. ☐

  
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# No Lanes, No Lines, No Limits

Open-Water Racing in Newport Attracts World-Class Swimmers BY PHYL NEWBECK

Indoor Recreation of Orleans County, better known as IROC, was losing money annually. Executive Director and Board Chair Phil White said that the organization was dead in the summer and there was worry that it was simply not sustainable in a rural community with high levels of poverty and unemployment.

Although IROC starts with “Indoors,” White felt strongly that the organization had to move outdoors, so members of the organization began a century ride called Tour de Kingdom and subsequently added a small triathlon. They followed that up with the half-marathon Dandelion Run, and in 2009, the Kingdom Swim.

Now in its third year, the Kingdom Swim on Lake Memphremagog has 10-, six-, three-, and one-mile options, as well as shorter races for children, and has grown to attract world-class swimmers. The race is both a competitive swim and a charity event, raising money for the IROC Healthy Changes Initiative, an exercise initiative for people suffering from chronic conditions.

White said his decision to sponsor an outdoor swimming event was met with some skepticism. “I didn’t care if there were only 10 people,” he said, “we just wanted to get it started.” White assembled an organizing committee that

included Ned Denison, a native Vermonter who relocated to Ireland and specializes in long-distance swims such as the Santa Barbara and English channels; Leslie Thomas, who leads year-round open-water programs in San Francisco; and Peter Stuart, who runs the IROC children’s swimming program.

The first year saw a total of 101 swimmers from 15 states, most doing the 10-mile course. The second year, the numbers almost doubled, with 197 swimmers, 80 of whom did the 10-mile distance. Those swimmers represented 25 states, Canada, Mexico, and India.

Last year, the fastest time for a woman in the 10-mile distance was Rondi Davies of New York, N.Y., in just under 3:57; and the fastest man, Joseph Sheehan of Boxford, Mass., was more than six minutes behind her. The youngest swimmer was 6, and the oldest was 68-year-old Rob Madell of New York, N.Y. Madell had never swum more than three miles until he qualified with a six-mile swim, and then successfully completed the 10-mile distance.

The swim is held in conjunction with the Kingdom Aquafest, which involves a week’s worth of activities, including a Pet and Swimmers Parade, in which swimmers are invited to carry state, provincial, or country flags,



followed by a Swimmers and Yackers Pasta Dinner at Newport’s Gateway Center, catered by Montgomery’s Café. “Yackers” is White’s shorthand for the kayakers who accompany the swimmers as support crew. Many swimmers bring their own kayakers, but IROC puts out a request for volunteers for those who don’t have a support team. Volunteers get \$70 donated to the charity of their choice.

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# GET YOUR FEET WET

## Kingdom Swim

July 9, 2011

Staggered starts at 8, 8:30 and 9 a.m. for the 10-, six- and three-mile events, with an afternoon start for the shorter distances.

Begins and ends at Prouty Beach, Newport.

The Kingdom Swim is capped at 100 swimmers per distance.

The event is sanctioned by U.S. Masters Swimming.

**Pet and Swimmers Parade:** July 8 at 6:30 p.m.

**Kingdom Swim:** [www.kingdomswim.org](http://www.kingdomswim.org).

**Kingdom Aquafest:** [www.kingdomaquafest.com](http://www.kingdomaquafest.com).

**IRCO Healthy Changes Initiative:** [www.ircvt.org](http://www.ircvt.org).

"It beats baking cookies," White said dryly.

Those entering the race must prove they are able to swim long distances. Much of this is done on the honor system, but entrants need to show they have open-water experience. To sign up for the 10-mile, swimmers must have already swum a three-mile distance, and their entrance is conditional on their swimming six miles before the start of the race. White said this is necessary so swimmers have an idea of how often they will need to eat and hydrate. For that reason, the organizers have created the Son of a Swim, which takes place on June 18. Swimmers can do two, four or six miles to show they are capable of long-distance, open-water swimming.

Kevin Joubert of Towson, Md., will be competing this year for the third time. He cut almost 20 minutes off his 2009 time in 2010 and is requesting the same volunteer kayaker who had helped him on the first race. An engineer by trade, who also coaches a master's swim team in Baltimore, four of Joubert's students will be joining him for the race this year. "Phil [White] does a really nice job," he said, "and the volunteers are fabulous."

Winners do not receive monetary prizes. The fastest male and female in the wet-suit and non-wet-suit categories receive hand-carved walking sticks. Birch medals are awarded to top finishers in various categories, as are jugs of maple syrup, blocks of Cabot cheese, and other local products. Prizes are also given to those who raise the most money for the IROC Healthy Changes Initiative. "The world of open-water swimming is just blossoming," said White. "A lot of people have moved out of the pool and fallen in love with open water."

That blossoming is thanks in part to the Northeast Kingdom Open Water Swimming Association or NEKOWSA. Now, in addition to the Kingdom Swim, there are outdoor swims in Lake Seymour (Aug. 6) and Lake Willoughby (Aug. 20). White hopes to add a swim on Caspian Lake in September.

Elaine Kornbau Howley of Waltham, Mass., travels around the world for swimming competitions. Although she specializes in ultra-swimming events and considers the 10-mile course to be somewhat of a sprint, she will be racing the Kingdom Swim this year for the second time. "I loved it," she said of her first experience. "It's really well organized, and it's a beautiful venue. It's great to swim in such a beautiful, clear lake."

David Dammerman of Saratoga Springs, N.Y., concurs: "Lake Memphremagog is one of the most beautiful open-

water swimming venues in the world," he said. "Some participants are trying to see just how far they can swim, while others are testing the limits of how fast they can get there. It's an incredible setting for athletes to tackle personal challenges and support others who are striving to make healthy changes."

*Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She swims, though not very well, in Indian Brook Reservoir in Essex from May to October (without a wet suit). She is a skier, skater, cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.*

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**WHEN YOU SHOP AT**





**VS: Tell me about your plans to swim the English Channel next year.**

CB: In 2010, I began to research making an attempt at the Channel. You have to book at least two years in advance to get a pilot who works in conjunction with the English Channel Swimming Association. I have a booking for the neap tide [a tide that occurs when the difference between high and low tide is least] from Aug. 8 to 16 in 2012.

The swim season for the English Channel is June to September/October, and within that time frame, you have to choose your tide window. Most swimmers book on the neap tide because there is less movement in the water, and less chance of being pushed off course. The current is such that the slower swimmers actually swim an S curve. The direct course is 21 miles, but last year one woman swam a total of 64 miles and needed almost 29 hours to do it because of the current. Among the problems you can encounter are hypothermia, dehydration, and kidney failure. I have a great crew, which includes my husband, my sister Robin Hepburn, Deborah Beier, Cara Hancy, and Paula Yankauskas.

**VS: In March you swam to Alcatraz. What was that like?**

CB: I was heading to San Francisco for a conference and found an expedition swim with nine other swimmers, which took place early in the morning before the conference. There were storm warnings that day, and it was windy and raining with a water temperature of 53. On the boat leaving Aquatic Park, things just got rougher. It was a week after the tsunami in Japan, and it suddenly hit me that I couldn't take the boat back from Alcatraz; I'd have to swim. Once I hit the water, the only thing on my mind was getting back to Aquatic Park as quickly as I could, but the swim was exciting and exhilarating. I thought the cold water would

## READER ATHLETE



be an issue but that was at the bottom of the list with all the sea lions and other creatures. I just kicked into overdrive. All kinds of things latched on to me. I thought I'd spit up a flounder after I finished.

**VS: Tell us about some other memorable swims.**

CB: One of my memorable swims was in 2006 when I first began exploring open-water swimming. I crossed Lake Champlain from Willsboro, N.Y., to Oakledge Park on a very stormy morning. The distance is 16 miles, and I didn't know what I would feel like after four, or whether I could do more than eight. I like destination swimming, from one point to another, because you jump in, set a pace, and eventually start seeing landmarks. This summer I plan a two-way crossing from Burlington to Willsboro and back. I'm the only person swimming the entire length, and I'll be accompanied by a boat, and with a relay of other swimmers beside me taking turns swimming.

**VS: What are your favorite places to swim in Vermont?**

## CHARLOTTE BRYNN

**Age:** 45

**Residence:** Stowe

**Family:** Husband, Jeff Brynn; son, Soeren, 13; daughter, Heidi, 11

**Occupation:** Executive Director of the Swimming Hole

**Primary sport:** Swimming

CB: I adore Green River Reservoir. They don't allow motorized boats and that makes you feel more secure. There is beautiful scenery. Last summer the loons got quite used to me. Often I'd turn to breathe and see one next to me. Then it would dive and swim underneath me. It was wonderful that they could accept me in their environment.

**VS: What's the coldest water you've ever swum in?**

CB: The coldest water to date is 47.5 in November last year. Part of my training is not just distance but acclimatizing to the cold. By the end of the fall, I was able to swim 30 to 45 minutes in 50- to 52-degree water and feel OK, almost comfortable in spots.

**VS: How are you training for the Channel?**

CB: I train 20 hours a week, which includes 15 hours of swimming. I take two yoga classes and do one session at home, and have two to three sessions of strength training to reduce the risk of shoulder pain. For fun, I love to run and hike. In the summer, I often run up the Pinnacle once or twice a

week and then walk down, timing myself to see how fast I can go. I also like to play tennis.

**VS: What do you eat and drink during long swims?**

CB: I'm partial to a carbohydrate and water mix called Maxim. For recovery, I drink a mixture of Gatorade and organic whey protein. On long swims, I like to eat every 30 minutes for one minute or less. Those minutes can add up, particularly when you factor in the tide and current, so I've been practicing getting the food down as fast as I can. I'm lucky to be able to keep solid food down when I swim. I eat little tubes of peanut butter and mini cube sandwiches, but I'm experimenting with things like chicken broth puree, ginger nut cookies, peach slivers, and cubes of chocolate. Anything that stays down is good.

**VS: What do love about distance swimming?**

CB: I love being in the water and enjoying the surroundings and scenery. I also like the commitment and having to be patient. It's a great feeling when you've completed an event, but it's also a great feeling to know that you're prepared for something, whether it's Lake Champlain or your first open-water swim in a pond. I also like the extreme variables involved. The water can be so super challenging so that you have to fight your way through, or it can be smooth as silk. It's never the same. Plus, you can never guarantee the outcome based on previous swims. I'm attracted to the uncertainty of the wind, waves, and current. You're always on the edge of your seat. It's not a virtual experience; you're living it for yourself, feeling it and tasting it. □

—Phyl Newbeck

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**VS: You ride the Prouty every year to raise money for the Children's Hospital at Dartmouth. How did you get into that?**

BWA: It's a wonderful community event. My wife and I moved up here in 2000 from the Keene (N.H.) area. We didn't know much about the region, but we were blown away by the enthusiasm for this small community ride. Last year I formed a team called Cardiac Cycle (an inside joke for cardiologists since cycle refers to the interval from one heart beat to the next). I've always done the century ride, but I'm not out to break any records. I like to introduce the ride to others who haven't done that distance. If you can keep someone talking and make them eat and hydrate, you can help people reach goals they didn't think were possible.

**VS: Have you done any memorable road bike trips?**

BWA: Last October I did the Grand Tour of the White Mountains. It starts in Lincoln, N.H., and goes across the Kancamagus Highway to Bear Notch Road, up 302 through Crawford Notch, and then through Franconia Notch; 80 miles with a lot of climbing. I started it late, at 10 a.m., and by the time I finished it was getting dark. When I crested the Kancamagus, I thought all my vertical was behind me, but I was probably only a quarter-way done.

**VS: If you're riding centuries, you must put a lot of miles on your road bike.**

BWA: Honestly, I don't know how many miles I do, but it's probably less than 1,000 a year. I used to have a computer [on my bike], and one day it popped off, and the next time I rode, I realized I liked riding better without it. Once the trails firm up and the black flies are gone, I'm happier on a mountain bike.

**VS: I understand you've taken a group of friends on a series of mountain bike trips.**

BWA: We call them mancations. It's a group of seven guys that varies in size depending on who gets a pass from their wives. Last year we spent three days on the Kingdom Trails, but we've taken trips to Fruita, Colo., Gallup, N.M., and Moab, Utah. The Gallup trip was very interesting because it was a sobering view of the poverty and alco-

## READER ATHLETE



## BRUCE WAYNE ANDRUS

**Age:** 49

**Residence:** Norwich

**Family:** Wife, Stephanie; two daughters, Sarah, 21, and Erica, 18; a black lab, Domino

**Occupation:** Cardiologist at Dartmouth-Hitchcock Medical Center  
**Primary sport(s):** Skiing, cycling, and hiking

holism on Indian reservations. I was happy to be spending my tourist dollars at a place that needed the revenue.

**VS: And when you're not on the bike, you're hiking the trails, aren't you?**

BWA: Absolutely. I tend to hike Mount Moosilauke, which is the closest 4,000-footer to where I live. I went to Dartmouth, and Moosilauke is the spiritual home of the Dartmouth Outing Club. I love that mountain. Over the years, mostly with my brother-in-law, I've done all the 4,000-footers in New Hampshire and most of the ones in Vermont. A memorable trip was a hike of the Presidentials with my younger brother. We started at 4:30 a.m. at the north end and went over Madison, Adams, Eisenhower, and Washington, ending up at Crawford Notch by nightfall. We picked a day in August thinking we'd have good weather, but our visibility was never more than 20 yards. There was horizontal mist and rain the whole way. The weather made it more memorable, and it was fun to share that with my brother.

**VS: You're a 10-year veteran of the Canadian Ski Marathon. What is that like?**

BWA: That is such a cool event. It started in 1967 to celebrate Canada's centennial and to try mending some of the tension between the French and English parts of Canada. It's not a race, but it's considered the world's longest ski tour. It's a two-day course going from just east of Ottawa to just west of Mon-

treau, changing direction every year. It's not like skiing on golf courses, but the trail is groomed the night before in a double track for classic skiing. It's 100 miles; broken into roughly 10-mile sections. You have to keep moving or they don't let you start the next section. You can enter as a tour skater and just do a few sections and take the shuttle bus, or you can enter in the Coureur des Bois (Runner of the Woods) category. The first year you are bronze level and sleep on the floor of a gym. If you manage that, you move up to silver and carry an 11-pound pack. The last level is gold; you carry a full pack and sleep under the stars. I've been gold level for several years. I do it in basic classic touring skis without metal edges, although sometimes on the downhill, I wish I had beefier equipment.

**VS: Speaking of edges, tell me about the local Alpine team you started called the Rusted Edges.**

BWA: We race on Thursday nights at Whaleback Mountain. It's a beer league with a rotating cast of people from year to year. There are three divisions. A is pretty competitive, but we're in the B league with no illusions of grandeur. It's a great way to get outdoors on a Thursday night and run some gates. It's a chance to get to know people; we gather in the lodge afterwards to drink beer and tell stories.

**VS: You're a Nordic, Alpine, and tele skier. Which do like best?**

BWA: It's just like enjoying different kinds of music. Alpine skiing is rock and roll with a driving beat, Nordic is more like folk music, and I guess tele-skiing is the blues.

**VS: Is it true that you don't watch television?**

BWA: I'm pretty self-righteous about that. This year I couldn't even sit still through the Super Bowl. Life is too short to watch TV. [f]

—Phyl Newbeck

● ● ● ● ●

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## CALENDAR OF EVENTS

All area codes are (802) unless otherwise noted. Events are subject to change or require registration, so please call or e-mail ahead of time to double-check the information. **Due to space limitations, we can not print all of the events posted on our website, so be sure to check [www.vtsports.com/events](http://www.vtsports.com/events) for a comprehensive listing.**

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#### JULY

- 2 Hike Stowe Trails with GMC. Difficult 6.5 mi. Elephants Head Trail. Long Trail north from VT Route 108 to Sterling Pond, return via Smugglers' Notch and VT Route 108. Leader: Steve Lightholder, 479-2304 or [steve.lightholder@yahoo.com](mailto:steve.lightholder@yahoo.com). Rain Date: 7/3.

### BIATHLON

#### ONGOING

- July 7, 14, 21 and August 4, 11, 18. Ethan Allen Biathlon Club 2011 Summer Race Series. 4:30 p.m. reg. 5 to 5:45 p.m., zeroing & novice clinic. 6 p.m. race start. Ethan Allen Biathlon Club, Jericho. [www.eabiathlon.org](http://www.eabiathlon.org). \$10 per race or \$50 for the series.

### BIKING

#### JULY

- 2 and 16 Introductory bicycle ride for new riders at 10 a.m. in South Burlington. A leisurely ride for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group. 399-2352. [www.thegmbc.com](http://www.thegmbc.com).
- 9 Newton's Revenge, a 7.6-mi. hill climb up the Mount Washington Auto Road. 8 a.m. in Pinkham Notch, N.H. [www.newtonsrevenge.com](http://www.newtonsrevenge.com).
- 9 Heart of the Islands Bike Tour, 10, 25 or 27 mi. To benefit Local Motion. 10 a.m. to 4 p.m., Snow Farm Vineyard, South Hero. [www.vermontfarmtours.com](http://www.vermontfarmtours.com).
- 10 Champ's Challenge for Cystic Fibrosis, Vergennes. 7 or 40 mi. bike ride along L. Champlain, followed by a BBQ. Proceeds benefit the Cystic Fibrosis Lifestyle Foundation. 9:30 a.m., [www.cff.org/champschallenge.php](http://www.cff.org/champschallenge.php)
- 18 Montpelier Training Series Criterium Racing and Skills Clinic presented by Onion River Racing. Skills course for kids, clinic for adults, as well as point course for Cat III and IV riders. 10:30 a.m., [jmcgill64@gmail.com](mailto:jmcgill64@gmail.com).

- 23 Mount Ascutney Bicycle Hill Climb, 3.7-mi. course with an average 12% grade. Part of the Bike Up Mountains Point Series. (888) 409-7579.

- 24 Tour de Grace Bicycle Rally to benefit Grace Cottage Hospital. Start between 8 and 10 a.m. 19 mi., downhill from Stratton Mountain Base Lodge Parking Lot to Grace Cottage Hospital, Route 35, Townshend. Buses transport riders and bikes back to Stratton. \$25 in advance; \$30 at event. Register at [www.gracecottage.org/events](http://www.gracecottage.org/events) or on race day at the Stratton parking lot. 365-9109.

- 24 Girls Move Mountains/Dirt Diva's Women's Mountain Bike Clinic, in partnership with Onion River Sports and Stowe Mountain Resort. For women age 16 and up, beginner to intermediate mountain bikers. [info@girlsmovemountains.org](mailto:info@girlsmovemountains.org).

- 30 Onion River Century Ride to benefit the Kellogg-Hubbard Library. Rides leave at 8:30 a.m. Ride through the heart of the Northeast Kingdom of Vt. Join us this year for our 8th Annual Onion River Century Ride by riding in the, the full 111 mi. Century Ride, 110k Metric Century (68 mi.s), or 24 mi. dirt & paved loop. [thefolks@onionriver.com](mailto:thefolks@onionriver.com).

#### AUGUST

- 9 Montreal to Portland AIDS Vaccine Bike Trek 10th anniversary bike ride from Montreal to Portland Maine over and around the Green Mountains, White Mountains, then east to the sea. 445 mi.s, 5 days. Benefit for UCLA and Emory University AIDS Vaccine Research Centers. [charitytreks.org](http://charitytreks.org) or contact [mark.charitytreks@gmail.com](mailto:mark.charitytreks@gmail.com).

- 13 Harpoon Point-to-Point. A day of cycling rides across the state of Vt. to benefit the Vt. Foodbank. 25, 50, or 115 mi.s. All rides finish at Harpoon for a post ride BBQ with fresh beer, live music, hot showers and good times! [www.harpoonpointtopoint.com](http://www.harpoonpointtopoint.com).

- 14 Girls Move Mountains in partnership with Onion River Sports and Millstone Hill offers a one day Dirt Divas mountain bike clinics for women, ages 16 and up, who are interested in learning mountain biking. [info@girlsmovemountains.org](mailto:info@girlsmovemountains.org), [www.girlsmovemountains.org/womens\\_clinics.html](http://www.girlsmovemountains.org/womens_clinics.html).

- 20 Mount Washington Auto Road Bicycle Hillclimb. Toughest hillclimb in the world. [www.mwarbh.org/](http://www.mwarbh.org/)

- 27 Bump Your Rump at Grafton Outdoor Center. Six-hour cross-country mountain biking race that measures competitors' endurance; the more laps completed, the higher the bragging rights. There is a 4-mi. primary racetrack that starts at Grafton Ponds and continues through the picturesque village of Grafton and includes a mix of pavement (10%), cross-country ski trails (10%) and single track (80%). Register between 7 and 9 a.m. 843-2400.



- 28 FJG Race to the Top of Vt. for runners and bikers. The course is 4.3 mi. long and climbs 2,550 vertical feet on the famous Mt. Mansfield Toll Road to the summit parking lot. The racecourse starts on pavement for .3 mi.s before changing to gravel for 4 mi.s. Participants will be rewarded with one of the most spectacular views in the east overlooking three states and Canada. 9 a.m. [www.catamounttrail.org](http://www.catamounttrail.org).

#### ONGOING

Free Basic Bike Maintenance Clinic. Thursdays, Dr. Bike presents: Tips, Tricks & Maintenance

Learn basic bicycle anatomy, flat fixes and roadside survival skills. All levels welcome. No experience necessary. Free. 658-3313.

Group Road Bike Rides. Mondays at 5:30 p.m. Join Skirack for the stress buster road ride. All summer long. Casual pace, talking, and joking encouraged. Road and cyclocross bikes only. Helmets req. Ride is 20-25 mi. Potentially a dirt road or two. Pace will be around 12-15 mph. 862-2282.

Great Glen Summer Mountain Bike Series. A weekly mountain bike series for all ages and abilities. [eli@greatglentrails.com](mailto:eli@greatglentrails.com). 3 p.m. Tuesdays.

Free Basic Bike Maintenance Clinic. Every Thursday, Dr. Bike presents: Tips, Tricks & Maintenance

Join us each Thursday as Doctor Bike helps you better know your bike. Learn basic bicycle anatomy, flat fixes & roadside skills. All levels welcome. No experience necessary. Free. Bring your friends and your curiosity. 658-3313.

Green Mountain Trails Group Mountain Bike Rides. Sundays at noon, Pittsfield. Meet for a fun time on a great trail network. Group will determine pace and difficulty. [Matt.greenmountaintrails@gmail.com](mailto:Matt.greenmountaintrails@gmail.com)

Stowe Bike Club Time Trials, Stowe. Road cycling May 4 to August 31, every Wednesday night at 6:30 p.m. Varying distances and courses around the Central Vt. area. [www.stowetimes.org](http://www.stowetimes.org) or 279-8199. Helmets and signed waivers req.

### RUNNING

#### JULY

- 4 Martin Devlin Memorial 5K Run/Walk, Poultney. Race begins at Green Mountain College at 8 a.m. reg. forms/info available at [www.poultney.com](http://www.poultney.com). Tammy Alexander 645-9135 or [tcloomis@yahoo.com](mailto:tcloomis@yahoo.com).

- 4 Clarence DeMar 5K Road Race, South Hero. 5K on paved surface. Free 1/4-mi. kid's race Parade following the race. Pre-reg encouraged; race day reg is at Folsom School beginning at 7:15 a.m., race at 8:30 a.m. [gmaa.net](http://gmaa.net).

- 4 Harry Corrow Freedom Run, 10-mi. run on the Newport-Derby Bike Path and Memphremagog Ski Touring trails. <http://www.dandelionrun.org/freedom-run.php>.

- 10 Ascutney Mountain Run, climbing 2,300 feet over 3.7 mi. (average 12 percent grade). USATF sanctioned. 484-5015.

#### AUGUST

- 6-7 Xterra Stoaked. 14K trail run and festival weekend. Triathlon and kids' triathlon. (603) 748-1070.

### GMAA Upcoming Races

#### Round Church Women's Run, Richmond

5K and 10K races  
Fast and flat out and back on Cochran Road  
Pre-registration only  
Saturday, August 20 at 8:30 am

#### Scholarship 5K Cross Country Run, South Burlington

Cross Country race on the dirt trails in Red Rocks Park. Benefits GMAA Scholarship  
Sunday, August 28 at 9 am

Visit [www.gmaa.net](http://www.gmaa.net) for more information or to register





13 100 on 100 Relay. 100 mi. on Vt. Route 100 over a full day of running. Course displays all the angles Vt. has to offer from small towns and farms, to mountains and lakes. This event serves as a charity fundraiser for Vt. based youth charities that promote active and healthy lifestyles in support of self-esteem development. robert\_oneil@100on100.org.

20 GMAA Round Church Women's 5K and 10K. Out and back on Cochran Road, starting and finishing at the historic Round Church. The courses are all paved with a few rolling hills. Pre-reg. only. Online reg. closes August 18. Saturday morning packet pickup at Volunteer's Green 7:30 a.m. – 8:15 a.m. Prizes: Top three runners and first walker (5K only) in each race. gmaa.net.

28 CHaD Hero Half-Marathon, Hanover, N.H. Recreational/Fun Run- 1 mi. 8:00 a.m. (kids only). Competition Run/Race- 5K 9 a.m. Recreational/Fun Walk- 5K 9 a.m. (603) 650-3431, www.chadhalf.org.

28 GMAA Scholarship 5K Cross-Country Run, South Burlington. A USATF cross country team race. Entirely on dirt trails through the wooded Red Rocks Park. Pre-reg. is encouraged; online reg. closes Aug 24. Race day reg. at Red Rocks Park. http://gmaa.net/.

28 Race to the Top of Vt. See listing in biking.

#### ONGOING

Craftsbury 5K Trail Running Series. Every Wednesday at 6 p.m. with the exception of July 12, 19 and August 2 will be Tuesdays. \$5 Entry fee per race, or \$30 for the whole series. Points tallied for attendance and place over the course of the season with awards handed out for participation at the last race of the summer. Join us for the brick oven pizza party and awards! craftsbury.com

Western New Hampshire Trail Running Series. May 21 through Sept. 24, various locations in New Hampshire. To benefit local area recreation departments. www.wnhtrs.com for more information and to register.

Great Glen Trails Salomon Spring Trail Running Series, weekly trail running race series for all abilities and ages. Every Thurs. through June 30 racers can run or walk the long, short or mini courses between 3:30 and 7 p.m. Pinkham, N.H. http://greatglenhills.com/.

#### SWIMMING

##### JULY

9 The Kingdom Swim: 10, 6, 3, and 1 mi. swims will in two divisions, wet suit and non-wet suit. Lake Memphremagog, Newport. Adult swimmers are req. to be USMS members. www.kingdomswim.org.

##### AUGUST

20 Willoughby Swim, Westmore. A no-nonsense, 4.75 mi. swim. 9 a.m. www.kingdomswim.org.

#### TRIATHLON/DUATHLON

##### JULY

16 Vt. State Senior Sprint Triathlon, Shelburne. Open to anyone who will be at least 50 years old as of December 31, 2011. 400 yard swim, a 15.8 mi. bike, and a 3.1 mi. run. Individual or teams. www.racevt.com or 316-7142. 8 a.m.

17 Vt. Sun Triathlon. 600 yard swim, 14 mi. bike, 3.1 mi. run. Participate or come watch great athletes compete. 8 a.m., Branbury State Park. www.rushtonsports.com.

17 Fairlee Triathlon. 1.5K swim in Lake Morey, 40K bike, 10K run around L. Morey features aid stations operated by excited campers from Camp Aloha and Camp Lanikila. www.fairleetri.com. 9 a.m.

31 Colchester Triathlon ½ mi. swim or 2 mi. kayak, 12 mi. bike, 3 mi. run. http://www.colchestervt.gov/Recreation/parksNRec.shtml.

31 XTERRA Race at the Rez. Competitors earn points based on their finishing place. .75 mi. swim, 10-mi. mountain bike and 3.1-mi. trail run. Individual or team. 9 a.m. racethereez.com.

##### AUGUST

6 Kingdom Triathlon, with three options, including an "even-up" Aquaman event for strong swimmers. www.kingdomtriathlon.org.

6 Mount Snow Triathlon, ¼ mi. swim, 12 mi. bike, 3 mi. run. 8 a.m. Mount Snow, West Dover. USAT sanctioning. info@mountsnow.com.

6-7 Xterra Stoked 14K trail run and festival weekend. Triathlon and kids' triathlon. (603) 748-1070.

7 Vt. Sun Triathlon, .9 mi. swim, 28 mi. bike, 6.2 mi. run. USAT Special Qualifier for the age group national championships in 2012. rushtonsports.com.

Attention event organizers! Posting your events to **www.vtsports.com** is free and easy. For posting credentials, e-mail us at publisher@vtsports.com, with a brief explanation as to what types of events you'll post.

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*to benefit the Vermont Foodbank*

*= August 13*

*2011 =*



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BIKE RIDE  
*Loop from the brewery*

**50mi**  
BIKE RIDE  
*Bethel to Windsor*

**115mi**  
BIKE RIDE  
*Williston to Windsor*

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