

EASE YOUR HIKING KNEE PAIN > A RUNNING CLUB FOR THE SLOW AND FAST > CALENDAR OF OUTDOOR EVENTS

# VERMONT SPORTS MAGAZINE



AUGUST 2011  
VOLUME XX | NO. X



## Short Hikes with Long Views

HEAD OUT  
IN AUGUST!

**FREE!**

**ALSO**



Essex's Bike  
Park-Building  
Teen

p. 8



Biking in  
Southern  
Vermont

p. 10



Big Wall  
Climbing of the  
Northeast

p. 16-17



# ADD YOUR OWN SCENERY

© Wolverine Outdoors 2011



## BAREFOOT TRAIL GLOVE

Every day brings new adventure. That's why versatility is key to everything Merrell does. Take our Barefoot Trail Glove. This innovative, minimalist design gets you closer to the ground to liberate and strengthen your feet. With its traction and minimal cushioning, you've got unlimited access to any terrain you choose.

The Merrell Barefoot collection. Let Your Feet Lead You.

Find out how and download our free app at [merrell.com/barefoot](http://merrell.com/barefoot)



**MERRELL**   
LET'S GET OUTSIDE™



# CONTENTS

**10 SOUTHERN COMFORT**  
**3 Ways to Cycle Through the Seasons at Vermont's Lower Latitudes**

**12-15 EASY HIKES AROUND LAKE CHAMPLAIN**  
**You Don't Have To Be a 46er to Master These Treks**

**16-17 THE EAST'S BIG WALLS**  
**A Climber's Guide to the Northeast's Tallest Cliffs**

**18 WHAT'S NEW AND IMPROVED IN CLIMBING GEAR**  
**We break down the latest from ropes to BallNutz**

**19 THE GREEN MOUNTAIN ATHLETIC ASSOCIATION—NOT JUST FOR SPEED DAEMONS**  
**Club Hopes to Encourage New, Improving Runners**

**28 COMMUNITY ROWING**  
**Boaters Meet for Fitness and Friendship**

Photo by Sky Barsch Gleiner

## DEPARTMENTS

**4 From Vermont Sports**  
The Outdoors for Everyone

**5 Sign In**  
News, Views, and Ideas From the Outdoor Community

**6 Sports Medicine**  
Help Your Knees Enjoy the Hike Too

**7 Muscles Not Motors**  
Bamboo Bottle, Kayak Lift Assist, Bike Taillight

**8 18 & Under**  
Teen Tackles Zoning Permits, Fundraising to Build Public Bike Park in Essex

**20-21 Reader Athletes**  
Keely Punger  
David Metraux

**22-24 Calendar of Outdoor Events**

**23 Vermont Sports Business Directory**

**25 Retail Junkie Superstar**  
M-M-M-M-My Petunia

**27 Out and About**  
Sports Fans: The Good, The Bad, and The Ugly

**On the cover:** Aidan Casner of Montpelier ascends the Sunset Ridge Trail on Mount Mansfield in Underhill. Photo by Jeb Wallace-Brodeur.

## VERMONT SPORTS MAGAZINE

**Publisher & Editor**  
Sky Barsch Gleiner  
publisher@vtsports.com

**Art Direction & Production**  
Shawn Braley  
braleydesign@mac.com

**Advertising Sales and Classifieds**  
Tristan Von Duntz  
Sales Representative for businesses north of Route 4  
advertising@vtsports.com  
(802) 454-1737

Greg Meulemans  
Sales Representative for businesses Route 4 and South  
greg@vtsports.com  
(802) 366-0689

**Reader Athlete Editor**  
Phyl Newbeck  
phyl@together.net

**Project Coordinator**  
Josh Gleiner

**This month's contributing writers**  
Chris Bean MD, Peter Bronski, Lisa Densmore, Josh Gleiner, Chris Keller, Ryan Leclerc, John Morton, Phyl Newbeck, Sarah Tuff

**This month's contributing photographers**  
Jeb Wallace-Brodeur, Lisa Densmore, Alden Pellett, Josh Gleiner

**Editorial and Production Office**  
Vermont Sports Publishing LLC,  
19 High St., Orleans, VT 05860  
(802) 754-2997 (office and fax)  
(802) 279-0077 (mobile)  
We welcome unsolicited material but cannot guarantee its safe return. Materials submitted will become property of Vermont Sports.

Vermont Sports is owned and operated by Vermont Sports Publishing LLC, a Vermont limited liability company. It is published 11 times per year. Established in 1990. Vermont Sports subscriptions in the U.S.: one year \$25. Canada: U.S. funds, please add \$5 per year postage. Other international subscriptions, please call (802) 754-2997 for information. POSTMASTER: Please send address changes to Vermont Sports Publishing LLC 19 High St., Orleans, VT 05860

Story and article submissions: Vermont Sports welcomes writers and photographers to submit article queries and photographs. We accept only electronic submissions mailed to publisher@vtsports.com. Please send a query letter; do not send complete articles. For photographs, please send low-resolution jpegs. Response time can take up to one month.



## Craftsbury August:



**July 31 - Aug 6 - All-Comers Running Camp**  
August opens with our all-ages and abilities running camp. As the month ends, so to does our weekly 5k trail series.



**Aug 20 - Kingdom Farm & Food Bike Tour**  
Pick between two scenic routes and explore the NEK and its working landscapes by bike!



**Aug 20 - BCBS Hike, Bike and Paddle**  
We host Blue Cross/Blue Shield's FREE opportunity to try a wide range of physical activities. Join us from 10-2.



**NEW! - High School XC seminar**  
Our 1st ever cross-country running camp led by multiple World Champion Lynn Jennings! Check the web for details.



**Sept 2-5 - Harvest Weekend**  
Three days of farm tours, presentations, hands on demos and more as we celebrate a great Vermont summer!

**Read more about these opportunities & many more at [www.craftsbury.com](http://www.craftsbury.com)**



**Craftsbury**  
OUTDOOR CENTER

stay@craftsbury.com | [www.craftsbury.com](http://www.craftsbury.com) | 802.586.7767

© Amy Wilton





**PUBLISHER  
COMMENTARY**  
BY  
SKY BARSCH GLEINER

## THE OUTDOORS FOR EVERYONE

Since coming on as the publisher of *Vermont Sports* magazine, one of my goals has been to make the magazine more appealing to those of us who aren't top-level athletes. My passion is making the outdoors accessible to everyone—and when you aren't already an avid hiker, biker, runner, whatever, it can be intimidating to try to join the outdoors fitness world.

Perhaps you want to start rock climbing. If none of your friends climb, how do you begin? Where do you go first? What do you need? Can you do it? You want to hike, but what trails are safe for your ability? Or maybe you're a recreational jogger, but you want to take it to the next level and compete in some 5 and 10Ks. How do you get faster?

These are all questions I've had to ask in the past. When I plan each issue of *Vermont Sports*, I try to be cognizant of the fact that at one time, we

were all beginners. I aim to include at least one piece that will inspire a newbie, whether that be someone new to that specific sport, or fitness altogether. I don't believe this alienates more seasoned athletes—after all, I still read beginner-friendly content about sports in which I have excelled (though there are few). I of course want to keep honoring the amazing, top-level athletes who call Vermont home. These are fun stories to write, they add excitement to our magazine, as well as serve as inspiration to us all.

Sometimes I have questioned my approach. Is beginner-friendly content “dumbing down” *Vermont Sports*? Will we lose readers if we include articles for newbies or kids? I really don't think so. There are plenty of sports-specific magazines, like *Runners World* and *Bicycling* magazine, that will profile the elite New York City Marathon runners and provide

stage-by-stage coverage of the Tour de France.

The thing about Vermont is that we have such a wonderful variety of terrain here, and so many people interested in outdoor sports, that we have routes for rookies and routes for Tour riders, and clubs fit for budding Olympians as well as ex-couch potatoes. We have hikes for 5-year-olds and the full length of the Long Trail. You can run a flat 5K or Race to the Top of Vermont.

Leigh Chandler, the publicity coordinator for the Green Mountain Athletic Association recently reached out to me to see if we could help spread the word that the running organization is not just for record-breakers. The club is welcoming to all runners, no matter how slow or inexperienced. I felt like this confirmed my concern that our sports for some reason carry a stigma or elitism, though that is certainly not the case in practice.

After reading Phyl Newbeck's piece about the GMAA, I'm very impressed with the group's inclusive attitude. How wonderful it is that Ellie Brady, a relatively new runner, said of joining GMAA, “They include me in their outings, and I never feel left out. I haven't met a single person who wasn't encouraging and nice.”

That's one more person who is staying fit, enjoying the outdoors, and feeling good about herself. When the greater sports industry draws headlines of doping and poor sportsmanship, here at *Vermont Sports*, we'll be sure to honor all types of honest athletes who love their sport and the outdoors, whether it takes them five minutes to run a mile, or 15. Our goal is to see more people using the beautiful trails, roads, rock walls, and races in Vermont.

See you out there,

—Sky

## EXPERIENCE WHEN YOU NEED IT MOST

*“I had not one, but two hips replaced by Dr. Bryan Huber of Mansfield Orthopaedics. I was extremely impressed with the respect with which I was treated, and the way he answered my questions. I absolutely recommend Dr. Huber and his associates at Copley Hospital.”*

Pixie Loomis  
Hyde Park



**MANSFIELD  
ORTHOPAEDICS**

MORRISVILLE • NEWPORT  
A PRACTICE OF COPLEY HOSPITAL

• Joint Replacement • Arthritis Care • Arthroscopic Surgery  
• Hand, Ankle and Foot Surgery • Sports Medicine • Fracture and Trauma Care

555 Washington Highway, Morrisville

802-888-8405

[mansfieldorthopaedics.com](http://mansfieldorthopaedics.com)

## GMAA Upcoming Races

### Archie Post 5 Miler, UVM

Oldest race in Vermont! On bike paths and cinder trails  
Saturday, September 10 at 8:30 am

### Common to Common 30k, Essex

Scenic run through the farm country of Essex and Westford  
Saturday, September 17 at 8:30 am

### Art Tudhope 10k, Charlotte

Fast, scenic run through the Charlotte apple orchards  
on Lake Champlain  
Saturday, October 8 at 9 am

### GREEN MOUNTAIN MARATHON, South Hero

Beautiful run along the shores of Lake Champlain  
Sunday, October 16 at 8:30 am

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



**GREEN MOUNTAIN  
ATHLETIC ASSOCIATION**



## SIGN IN

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



### OUTSIDE PICKS NFCT AS BEST CANOE TRAIL

The Northern Forest Canoe Trail, stretching from Old Forge, N.Y., to Fort Kent, Maine, was named "Best Canoe Trail 2011" in the July issue of Outside magazine.

Nationally, there are dozens of water trails in the United States, and according to the "Outdoor Recreation Participation Report 2010" by the Outdoor Foundation, approximately 20 million Americans participated in some form of paddling (canoeing, kayaking, rafting) in 2009. The Northern Forest Canoe Trail is the only water trail that traverses four states and crosses an international border.

Kate Williams, executive director of the Waitsfield-based Northern Forest Canoe Trail nonprofit, believes strongly that the Trail can help unite communities and strengthen local economies: "The trail and the communities along it are world-class destinations," she said in a press release. "Recognition as 'Best' by Outside magazine affirms our vision for the trail as a powerful connector of people and place through the experience of paddling."

Congratulations to the hard-working team that has made this trail a nationally recognized treasure.

### ZEROING IN ON WEST HILL

The West Hill Shop in Putney has installed a solar electric system, capping off a seven-year plan to be energy independent. The owners believe it could be the first bike shop in America to be net-zero.

Diny and Jim Sweitzer bought the shop from its original owner Neil Quinn in 2004 and immediately began to plan for the future. "I had a vision to one day be fully sustainable in terms of energy use," Jim said. "In 2006 we added a super energy-efficient, timber-frame building to the original shop. The new structure was designed and built by local timber-frame legend Tedd Benson and uses sustainable materials throughout,

with the insulation value of its ceiling rated R30 and walls R20."

That same year, the Sweitzers added a ground-source water-to-water heat-pump system to heat the new building (the old shop is still heated with a woodstove).

Now the third phase of their sustainability plan has been realized with the installation of a 28-kilowatt photovoltaic electric solar system.

"The system was engineered and installed by Southern Vermont Renewable Energy," Jim said, "and will cover all of our shop's electric needs plus an extra 14 percent in capacity that will go back into the grid."

### BURLINGTON BIKE SHOPS KICK IN TO SAVE THE CAUSEWAY

Five bike shops raised more than \$10,000 to help repair the Island Line Trail, a key portion of the recreation path that stretches from Burlington to as far as South Hero when Local Motion's Bike Ferry is operational.

Alpine Shop, Earl's Cyclery & Fitness, Old Spokes Home, North Star Sports, and Skirack all donated 7 percent of sales made from July 1-3 to rebuilding efforts. The path was severely

damaged in this spring's unprecedented flooding.

Chapin Spencer of Local Motion said the sale raised between \$10,000 and \$13,000. Final numbers weren't available as of press time, but it's safe to say this fundraiser was a major success! Thank you to our community-minded businesses for participating in this effort. ☐

### VERMONT SPORTS IS SEEKING A RELIABLE PERSON TO DISTRIBUTE 2,000 COPIES OF VERMONT SPORTS EACH MONTH IN SOUTHERN VERMONT.

Route includes Brattleboro, Keene, Putney, Killington, Mount Snow, Ludlow, and Woodstock. Must be completed on or before the first of each month. We offer competitive pay and opportunities for growth. Send resume to [publisher@vtsports.com](mailto:publisher@vtsports.com).



ST. ARNOLD'S  
Craft Draughts

Over 150 Local, Regional and Imported

BEERS

Growler Fills, Artisanal Cheese,  
Ciders, Wine & Vermont Products

A small specialty shop with personal service and the expertise to be your Vermont beer guide.

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

Jct Rt 30 & 100, Rawsonville, VT - GPS: 8814 Rt 30, Jamaica, VT  
802-297-9333

## 5<sup>th</sup> Annual Summer Clearance Sale

The one sale you can't miss!

August 5-15th

Fiberglass Boats  
Save up to \$1000!



15% off Car Racks  
+ Free Installation

BORÉAL DESIGN

OP&H

POINT 65°N

hurricane  
Loaders in Lightweight

Save up to \$200 on  
lightweight  
Hurricane Kayaks!



More Details - [www.kayak-shack.com](http://www.kayak-shack.com)  
3999 Rt 9, Plattsburgh, NY (518) 566-0505

## KEN'S ISLAND PEDDLER The Islands' Bike Shop



\*Featuring two-  
and three-wheel  
recumbents

\*Great selection  
of new and used  
bikes

\*New comfort  
bicycles

\*Custom bike  
builds

194 US Rt. 2, Grand Isle, VT (802) 372-4809





**SPORTS  
MEDICINE**  
BY  
CHRIS BEAN, M.D.

## HELP YOUR KNEES ENJOY THE HIKE TOO

As an orthopedic surgeon and lifetime avid hiker who spent Father's Day weekend on top of Mount Mansfield, Mount Hunter, and White Rocks, I know how that kind of weekend can be pretty hard on the knees. Fortunately, most of the problems I see from these kinds of excursions rarely put somebody into the operating room. There are, however, a number of diagnoses that should be considered when trying to help someone with knee pain after hiking. I will review some of the common problems, a little bit of the biochemical pathways that caused them, and some treatment options to keep you on the trails.

Knee pain can be categorized into the chronic problems like arthritis or malalignment, traumatic injuries, and acute problems such as overuse or tendinitis. Recognizing the pattern of the problem can help direct how you wish to treat it. If you already have knee problems going into a hike, you can expect to make them worse in the short term. Morning stiffness, night pain, swelling, pain at rest, weather sensitivity (predicting the cold, damp, rainy days) are all likely signs of some underlying arthritis. If you are dependent upon anti-inflammatories—Tylenol, glucosamine and chondroitin, aspi-



rin, or arthritis creams and rubs—do not forget them when you pack your gear. If you tend to have some malalignment issue with your ankles or knees, be sure that you have the most supportive and corrective footwear, so you do not exacerbate your problem.

If you experience some acute trauma on the trail, such as twisting your knee or ankle, contusing or bruising your leg against a rock or root, feel something “let go” or “catch” inside your knee or ankle, you best hobble down as quickly and carefully as you can and get an X-ray to

be sure you do not have a fracture in or around the joint. This is especially true if you see sudden swelling in the area, within 30 minutes or so, which might mean that you have bled into the joint, causing a hemarthrosis.

More likely, you are going to notice that as soon as you have crested the summit and start down what are usually the steepest parts of the trail on hard rock, your knees are going to feel quite achy. Invariably, this seems to get worse and worse the longer you descend. Thinking about what parts of your knees seem to hurt the most can give clues to what's going on.

Pain above the patella—or kneecap—could likely involve tendinitis of the quadriceps tendon.

Pain laterally (on the outside) may be iliotibial (IT) band syndrome, biceps or hamstring tendinitis, ligament sprain, or meniscus tear.

Pain directly around the kneecap could be a sign of patellofemoral syndrome or chondromalacia. This can be made worse if there is an imbalance of the muscles controlling the path and motion of the kneecap.

Pain along the medial (inside) of the knee can be related to a medial plica syndrome (irritated fold of the lining of the knee), medial meniscus tear, medial collateral ligament sprain, or pes anserine bursitis (swelling and irritations of the tendons that support the medial front side of the knee).

Pain in the very back of the knee could be from a Baker's or popliteal cyst (fluid pressing out from the knee sac like a hernia).

Pain below the kneecap could be a

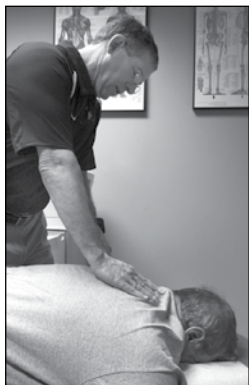
Do you have a sports-related injury or issue that you'd like to see discussed in *Vermont Sports*? Let us know! E-mail [editor@vtsports.com](mailto:editor@vtsports.com).

tendinitis of the patellar tendon, or if someone is still growing, an irritation of the growth plate tendon junction at the very front of the tibia bone.

The injured areas release a host of chemicals that generally dilate the blood vessels, increase their permeability, and trigger a cascade of reactions resulting in pain, swelling, and soreness. As prostaglandin, leukotriene, thromboxane, prostacyclin, nitric acid, interleukin, bradykinin, serotonin, and histamine are released around your knee, you start wondering how long until you see the parking lot. These pathways can be blocked with aspirin, ibuprofen, naproxen, or other anti-inflammatories. In my experience, starting them even before the hike can be beneficial, if you anticipate a much steeper or longer hike than usual. You can also break the cycle by walking in a stream above your knees for 10 minutes. The cold therapy can have a dramatic effect on limiting the amount of swelling and soreness for at least a limited period of time. Repeat as needed on the way down. Compression can also be helpful—a light knee sleeve or elastic wrap is a useful trick. Hiking poles are a great help. Smaller steps, more switchbacks, frequent, short breaks for stretching, and even walking backwards for a short distance can help.

Happy trails. ☞

## Get back on course with Gifford



Gifford Medical Center is committed to high-quality care for athletes of all abilities - through the Sharon Health Center's vibrant sports medicine practice, our Randolph surgery center, Randolph and Berlin orthopedics practices, and physical therapy locations in Randolph, Sharon and Wilder.

Our newest location in Wilder is home to Advance Physical Therapy. It's a convenient, attractive and professional space for athletes from the Upper Valley and beyond. Call today for an appointment. *Aquatics therapy available!*

**Advance Physical Therapy 295-7333**  
331 Olcott Drive • Wilder, VT

**Gifford Medical Center 728-7000**  
44 South Main Street • Randolph, VT



[www.giffordmed.org](http://www.giffordmed.org)

Christian Bean is a Board Certified Orthopaedic Surgeon with subspecialties in sports medicine, as well as hand and microvascular surgery. He has extensive experience in the treatment and care of athletic injuries. He is an avid outdoorsman and enjoys many of Vermont's resources and recreational activities like downhill and cross-country skiing, cycling, waterskiing, and boating. He practices at Green Mountain Orthopaedic Surgery in Berlin, [www.greenmountainortho.com](http://www.greenmountainortho.com).



- **Thurs-Sun, 5:00-9:30pm**
- **All Natural Pizza Baked in a Wood Fired Oven**
- **Farm to table cuisine**
- **Local craft brews on tap**
- **Nightly camp fire**

ph: (802) 496-8856/[www.americanflatbread.com](http://www.americanflatbread.com)



- **\$85-\$135 per night, Hearty farmhouse breakfast included**
- **Minutes from Mad River Glen & Sugarbush**
- **Stay 3 nights, 4th night free**
- **Families & Pets accommodated**

ph: (802) 496-4949/[www.lareaufarminn.com](http://www.lareaufarminn.com)







## MUSCLES NOT MOTORS GEAR GUIDE

BY  
RYAN JAMES LECLERC

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

### BAMBOO BOTTLE

I know what you're thinking: yet another reusable water bottle? To that, I say, yes, another reusable water bottle, but not just another reusable water bottle, a glass reusable water bottle, which in the world of reusable water bottles is as exciting as it is unique. It's no secret that glass is an ideal material for a bottle; it causes no unpleasant taste, it doesn't contain harmful chemicals that can leach into the contents, its natural insulating properties help retain the temperature of your beverage, whether hot or cold, and it is 100 percent natural. But the obvious problem with glass is that when dropped, your bottle, along with your dreams of liquid refreshment, will shatter into a million pieces. For a reusable water bottle, this is not a good feature, and is the reason why reusable bottles are generally not made of the stuff. The folks at the Bamboo Bottle Company have solved this problem by developing a glass bottle that incorporates a rugged bamboo sleeve, supported by two BPA-free plastic collars that fully protect the glass during impact. Like glass, bamboo is a natural and renewable material, so aside from the plastic collars, which are recyclable, the bottle is all natural. Drink from it, drop it on the ground, and drink from it again with the peace of mind that you are drinking from a clean, safe, and eco-friendly bottle. \$24.99.

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



### SERFAS USL 5-R TAILLIGHT

It breaks my heart to say it, but summer is winding down, and as it does, the sun is going down earlier and earlier each day. There are still a few good weeks left though, so go get a creemee! And continue to ride your bike after work, whether it is heading home on your commute or going for a leisurely spin on your favorite loop. Just make sure you have a taillight ready to go to for those last few miles when daylight turns to dusk. During this time, there is still good visibility of the road, so a headlight, although recommended, isn't necessary to make your way, but passing motorists—driving home after a long, stressful day at work—may not always notice you right away, and anytime you are on the road, you want them to notice you as soon as possible. The Serfas USL 5-R Taillight is a USB-rechargeable light that uses five super bright LEDs to produce 70 lumens of light, which is very bright. It features a simple strap-style quick-release bracket that swivels 360 degrees, so it can be easily attached to your seat post or frame. With low, high, and flashing modes, you can optimize your battery life, achieving up to 10 hours of burn time. If you continue to ride into the fall, and plan on doing so in the dark, then you'll need to look at a headlight, which is not only a very good idea, but is now, along with a taillight, required by law. In next month's column, I'll feature some excellent helmet and handlebar mounted headlight options for nighttime riding. Until then, enjoy the rest of the summer, and seriously, go get a creemee! \$40.

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



### MALONE TELOS LOAD ASSIST MODULE

Kayaking is a fantastic outdoor activity that can be enjoyed by just about anyone who doesn't have a fear of floating on water and/or serene tranquility. To reach water and serene tranquility, however, a vehicle is often required, which means the kayak needs to go up on the roof. Because kayaks tend to be large and heavy, getting them onto the roof racks can pose a problem for a lot of folks, especially if they are heading out on their own. This is a problem that actually prevents some kayakers from kayaking altogether, but it doesn't have to. The Malone Telos, a simple-yet-effective lift-assist device, is the answer. By temporarily attaching to certain Malone J-style kayak cradles, including the new Malone DownLoader (as shown), the Telos makes easy work of the loading and unloading process, and can be done with just one person. The way it works is simple: the Telos arms hook into the J-cradles and rest against the side of the vehicle using suction cups. The padded cradle on each arm ratchets up and down in a track. To load, you place the boat in the cradles at their lowest position, which is roughly at waist level, a much more reasonable loading height than the rooftop. Once the boat is in the cradles, you move to one end of the boat, support it with one hand, and with your other hand, push the cradle up the track a few clicks. You then move to the other side and push up a few clicks. You alternate from one side to the other, moving the boat up the tracks in a teeter-totter fashion, until you run out of clicks. The boat is then in the highest position and ready to be pushed into the J-cradles, which feature unique boarding ramps that guide the boat into place. You can then unhook the Telos and place it in the trunk. To unload, you hook the Telos back into place and reverse the process. With minimal effort, you can now load and unload your kayak without breaking your back, and compared to other lift-assist systems, the reasonably priced Telos won't break your bank. Telos Load Assist Module: \$224.95. DownLoader Folding J-Style Kayak Carrier: \$134.95.

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

**emo**

**nomadic comfort**

Super Strong Nautical Grade Line

High Strength Breathable Woven Nylon

Triple Stitched Seams

400lb Capacity

Attached Compression Stuff Sack

**DoubleNest Hammock**

The **DoubleNest** reigns supreme. It's our bread-and-butter. It's your all-access pass to relaxation. Big enough for two and palatial for one, the **DoubleNest** still manages to stuff easily into its attached compression sack. Take it anywhere, set it up in seconds flat, lay back and... Oh, did you want to join me? I've got room for one more...

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

f t





**18 & UNDER**  
BY  
CHRIS KELLER

## TEEN TACKLES ZONING PERMITS, FUNDRAISING TO BUILD PUBLIC BIKE PARK IN ESSEX

Most people who grace the pages of Vermont Sports do so because of their exceptional athletic achievements. But one doesn't have to be a future Olympian to earn recognition in this magazine. He or she merely has to display love of and commitment of their sport. Whether we're blessed with athletic ability or not, our passion for the outdoors and the countless ways we enjoy it is a common thread that links the readers of this magazine and, in particular, the athletes featured in it.

I mention this because this month's athlete featured in 18 & Under, Andrew Cimonetti, is being profiled not for his athletic accomplishments, but for his contributions to the betterment of his community. To be sure, from my conversation with him, I get the sense Andrew is a good athlete: "I've been biking all my life. My training wheels came off pretty early," he says. "I started out with mountain biking, and I raced cross-country for a while. After a while, I just kind of discovered that racing wasn't my thing, so I got into the free-



Andrew Cimonetti rips it up on his bike.

style aspect of it." However, Andrew's claim to fame is his significant volunteer efforts in the construction of a freestyle bike park in Essex Junction, to be located in the current park on Maple Street.

A freestyle bike park is akin to a playground for cyclists. According to the Essex Junction Recreation and Parks website, where the plans for the Maple

Street Bike Park are outlined, freestyle parks contain a variety of jumps, banked turns (also called berms), pump tracks, and wooden features that can be ridden with a freestyle mountain bike or BMX bike. Plans for the proposed park in Essex include two pump tracks and several dirt jump lines ranging from beginner to expert level.

In February 2010, Andrew and Kahlil Zaloom, an avid Chittenden County cyclist, formed a committee to explore the possibility of building the bike park.

"A group of riders from Essex noticed that the closest bike park to us was in Johnson—45 minutes away," Andrew said. "Then we realized that we had an open space at the Maple Street Park that's perfectly sloped for a bike park. At first it was all fun, and then some of the older guys and I thought that we should start the official process of trying to get the park built."

As with any project that will have a significant impact on a community, the construction of the Maple Street Bike Park is a complex, at times slow, process: acquiring zoning permits, fundraising, community outreach. Even as some of the riders who pioneered the idea shied away from this responsibility, Andrew, a sophomore at Essex High School, stuck with it through thick and thin.

"I think I've only missed one of our meetings, and I've helped organize all the fundraising events. Most of the kids that we were working with really just wanted to dig and build the park itself. There wasn't a ton of people to handle the paperwork part of it, and the committee slimmed down to three or four people last winter. We had a few bumps in the road. I had never really dealt with official government forms and applying for zoning permits. I just learned as I went. Once you get used to it, it's

Interested in learning more about the Maple Street Bike Park? Visit the project's Facebook page—created by Andrew—at <http://www.facebook.com/pages/Maple-Street-Bike-Park/122220154457888>.

pretty simple. It's actually kind of fun, but was kind of intimidating at first."

Kahlil speaks highly of Andrew's volunteer efforts as well. "Andrew's really stuck with it all the way from planning and zoning meetings to selling cupcakes and T-shirts," he says. "He engages in fundraising efforts that other kids shy away from. He's been involved in every aspect of it and, as a 15-year-old, gets excited about bureaucracy and civic engagement. He's very mature for his age."

Talking with Andrew for five minutes about the project reveals his excitement and passion for making it happen. "It will be one of the first bike parks that's in a public park," he says. "At Maple Street we have playing fields, basketball courts, a pool. There's never been a dirt jump at a public park—it's not really an East Coast thing. Most dirt jumps are built by kids in the back of the woods. This is a great project to get the bike parks out of the woods and into the public parks. I would say about 60 percent of the riders around here don't have their driver's license, so it's hard for them to get to Johnson. I think when this park is done, it's going to be a pretty big hit."

The Maple Street Bike Park is still very much a grassroots project. Kahlil estimates that they've only raised 10 percent of the necessary funds. Nevertheless, things look bright for the project's future. They have two grants pending, both of which would significantly ease the financial burden of building the park. And with dedicated volunteers like Andrew, mountain bikers and freestyle bikers in Chittenden County will have an exciting venue to look forward to in the near future. ▢

*Chris Keller, a recent graduate of Montpelier High School, hopes to share with readers the passion that Vermont youth, such as he, have for the outdoors. If you have any good story ideas, feel free to e-mail Chris at [kellerc@mpsvt.org](mailto:kellerc@mpsvt.org).*



**We know it's still Summer**  
We just want you to know,  
We're ready when you are!

**Onion River Kids**

7 Langdon Street, Montpelier, VT 802-223-6025





**EMS**  
See [www.ems](http://www.ems) for more  
Chaco styles.





Photo courtesy Tour de Heifer.

# SOUTHERN COMFORT

## 3 WAYS TO CYCLE THROUGH THE SEASON AT VERMONT'S LOWER LATITUDES

BY SARAH TUFF

Let Europe have the Tour de France. Vermont has the Tour de Heifer, an event that debuted this summer as a 6- to 60-mile fund raising ride through fields, woods, postcard-perfect villages, all following a parade of 100 cows through the streets of Brattleboro. Who needs yellow jerseys and the Champs Élysées when you have maple smoothies and farm after farm?

The 60-mile Tour de Heifer Challenge is just one of the world-class rides available to just about anyone on two wheels in southern Vermont, whose terrain is markedly different from northern neighbors. “We have really steep hills and valleys—walls, really—they’re short, but steep,” says Diny Sweitzer, co-owner of the West Hill Shop in Putney. “And the dirt road riding is fantastic. There’s little to no traffic, it’s shaded, and you get to see the rural beauty of southern Vermont.”

In business since 1971 and biking even before then, West Hill Shop staffers know their way around two wheels. Here, they point us to three diverse rides in the area.

### FOR FAMILIES

#### THE HICKORY RIDGE/BLACK LOCUST/BROOK ROAD LOOP

At less than 12 miles, this is a doable ride even for little legs, and is made even more kid-friendly by the fact that the terrain is fairly flat—and you’ll find not only a swimming hole but also a natural spring to fill up water bot-

tles. Plus, if anyone’s pooped, you can opt for an even shorter loop of 8 miles. Starting from the West Hill Shop, you’ll climb gradually until a swimming hole, and then continue on Black Locust until reaching the high point of the ride at mile 7.5. It’s all downhill from there back to the shop, where you’ll find an outdoor shower, a delight even if you did take a dip in the swimming hole.

### FOR SINGLETRACK SEEKERS



Photo courtesy Mount Snow

#### MOUNT SNOW

While some other ski resorts basically shut down for the summer, Mount Snow keeps going up and up with lift-served mountain biking. There’s some construction going on this year, but most trails are open on weekends, weather permitting. The best stuff here is the steepest—the area hosts not one, but three downhill races, and is one of only three resorts in the country to have Jamis DakarBam bikes for rent—but even beginners can have a good time on the 2.5-mile base loop. (In fact, 15 percent of the 35 miles of trails is rookie-friendly; 50 percent is intermediate and 35 percent is advanced.) Experience riders can either hop on the Canyon Express, which is for mountain biking only through the fall, or earn their turns on Palisades and Main Frame. The double-black, aptly named Pucker Alley, is a 1.2-mile freefall, perfect for earning a pint at the Labor Day Brewers Festival.

### FOR ENDURANCE ADDICTS

#### THE TOUR DE HEIFER CHALLENGE (JUNE 3, 2012)

Though the inaugural Tour de Heifer included 6-mile and 16-mile options, too, this 60-mile granddaddy is well worth the burn. Starting from Lilac Ridge Farm in West Brattleboro, the ride follows dirt roads and old highways as it heads through the towns of Guilford, Halifax, West Halifax, Jacksonville, and Marlboro. Highlights include the Green River Covered Bridge, Mount Olga, a brief border crossing into Massachusetts, and a very sweet downhill back into Brattleboro. Though this route connects several farms, there are virtually no provisions along the way, so pack a lunch and plenty of water. You might also want to take note from the southern Vermont cyclists who have traded in their slick road bikes for a rugged touring, 29er mountain bike or cross bike; as Sweitzer attests, the dirt road riding is that much fun. ¶

*Sarah Tuff writes about outdoor sports, health and fitness from her home in Shelburne; her work has appeared in The New York Times, Runner's World and Skiing, among other publications. She is also the co-author of 101 Best Outdoor Towns (Countryman Press).*



# OSPREY HYDRAULICS™ RAPTOR SERIES

PHOTO: AARON TEASDALE



Just Add Water™



OSPREYPACKS.COM



**Eureka!**  
FOR LIFE OUTDOORS.

**EUREKA! SLEEPING BAGS ARE  
AVAILABLE AT THESE DEALERS:**

**Outdoor Gear Exchange**

[www.gearx.com](http://www.gearx.com)  
Burlington, VT

**Kittery Trading Post**

[www.kitterytradingpost.com](http://www.kitterytradingpost.com)  
Kittery, ME

**Don Gleason's  
Camping Supply Inc**

[www.gleasoncamping.com](http://www.gleasoncamping.com)  
Northampton, MA

**Hilton's Tent City**

[www.hiltonstentcity.com](http://www.hiltonstentcity.com)  
Boston, MA

**Sam's Outfitters**

[www.samsoutfitters.com](http://www.samsoutfitters.com)  
North Swanzey, NH  
Hadley, MA  
Brattleboro, VT

**RELAX**  
AND BE COMFORTABLE AT  
YOUR CAMPSITE!

**Eureka! sleeping bags** and furniture utilize the same quality and durability that you've come to trust in our tents, which makes shopping easier and camping even more enjoyable! See the entire line of camping products at [eurekatents.com](http://eurekatents.com)





# Easy Hikes Around Lake Champlain

You Don't Have To Be a 46er to Master These Treks

STORY BY LISA DENSMORE

View of Chazy Lake from the Lyon Mountain fire tower.





Before 1609, when the great explorer Samuel de Champlain named Lake Champlain for himself, the Abenaki called it “Petonbowk,” which means “waters that lie between,” an apt name for this 120-mile-long body of water that lies between two magnificent mountain ranges, the Green Mountains in Vermont and the Adirondacks in New York.

Both the Green Mountains and the Adirondacks are hiking meccas, where avid backcountry trekkers can push themselves on epic multiday journeys, and where aerobically advanced men and women follow footpaths for a dozen miles in a day. In the Adirondacks, it’s easy to get an inferiority complex if you’re not a “46er”, i.e., someone who has climbed all 46 peaks over 4,000 feet. Ditto in Vermont, if you haven’t hiked the entire Long Trail.

But not everyone has the ability or the time for marathons in the mountains. Here are six family-friendly routes with big views of Lake Champlain. They are located along the full length of the lake and on both sides of it, offering a different perspective with each climb.

CONTINUED ON NEXT PAGE





View to the east from Cascade Mountain.

## ADIRONDACK SIDE

### 1. LYON MOUNTAIN

**Nearest town:** Chazy Lake, N.Y.

**Distance:** 6.4 miles, out and back

**High point:** 3,829 feet

**Vertical climb:** 1,904 feet

**Hiking time:** 4 hours

**Dog friendly:** Yes

**Trailhead:** N44 43.424' / W73 50.519'

The hike up Lyon Mountain starts out fairly flat, as it winds through a classic mixed northern forest. It turns steeper for the second half of the hike, climbing up an old washout, which is the most interesting part of the hike. A variety of wildflowers grow on this lengthy opening, and you get constant views to the east. A 35-foot fire tower and an open rocky summit await you at the top.

Lyon Mountain is only 171 feet short of making the 4,000-footer list. It is a monadnock—a peak that stands alone—about 30 miles west of Plattsburgh, on the southwestern shore of Chazy Lake. From 1870 to 1967, iron ore was mined from the mountain. Considered some of the finest iron ore in the world, it was used in structures such as the Golden Gate Bridge in San Francisco.

In 2005 the state of New York purchased 20,000 acres of land in the northern Adirondacks, including Lyon Mountain, from the Nature Conservancy for \$9.8 million, which was about the time restoration work on the fire tower began. The current trail opened in 2009. Unlike many trails in the Adirondacks, it has modern-day switchbacks and a moderate incline until it meets the old trail.

The panorama from atop Lyon Mountain is the king of views in the northern Adirondacks. You can see the highest peaks in both New York and Vermont across Lake Champlain from atop its fire tower, as well as Montreal, Quebec.

### 2. CASCADE MOUNTAIN

**Nearest town:** Lake Placid, N.Y.

**Distance:** 4.2 miles, out and back

**High point:** 4,098 feet

**Vertical climb:** 1,899 feet

**Hiking time:** 4 hours

**Dog friendly:** Yes. Dogs must be on a leash.

**Trailhead:** N44 13.136' / W73 53.254'

With a reputation as the easiest of the 4,000-footers in the Adirondacks, this is a popular route, so you'll likely have company on the trail. Arrive early to insure a parking spot in one of the three turnouts by the trailhead. Save this one for a nice day, as there is a lot of open rock on the upper hike that gets slick when wet.

The eroded path has lots of step-like rocks and roots. Numerous water bars and well-placed stones also help the lower part of the climb. The path crosses a stream that flows down a pretty cascade, traverses a mud hole on stepping stones, and then gets rockier as it heads higher and deeper into the forest.

At 1.7 miles, the trail breaks out onto an open rock. Mount Marcy, the highest of the famous Adirondack High Peaks, looms large to the west, and there is a great view of the ski jumps and Lake Placid to the north.

When the trail leaves the trees for good, it's a steep climb to the expansive bald summit, where you'll find many perches for a private picnic even on a busy day. You can see the fire tower on Hurricane Mountain to the east, Memorial Highway snaking up Whiteface to the north, Lake Placid village and lake to the northwest, and a mesmerizing number of 4,000-footers to the south including the famous Great Range (Gothics, Armstrong, Upper Wolfjaw, and Lower Wolfjaw). Lake Champlain and the main ridge of the Green Mountains take up the eastern panorama.

### 3. POKE-O-MOONSHINE

**Nearest town:** Keeseville, N.Y.

**Distance:** 2.4 miles, out and back

**High point:** 2,180 feet

**Vertical climb:** 1,262 feet

**Hiking time:** 2.5 hours

**Dog friendly:** Yes. Dogs must be on leash.

**Trailhead:** N44 24.202' / W73 30.148'

Poke-O-Moonshine is an anglicized version of two Algonquin words, "pohqui," which means "broken," and "moosie," which means "smooth." It is an apt description of the well-used rock-strewn trail to the top of this famous cliff, a wall of granite gneiss that rises 1,000 feet from the valley floor.

The hike begins at a closed state campground. It's a steady uphill climb most of the way along an interpretive trail. Numbers on stakes point out various examples of natural history, geology, trail work, and flora. Brochures are available at the sign-in box at the trailhead.

The trail passes several large glacial erratics. White wood asters bloom at the foot of maples, beech, and birches, the dominant trees in the forest mix. A number of stone water bars and other well-placed rocks help keep the trail in shape.

At 0.8 mile, the trail comes to the chimney and foundation of the old fire-watcher's cabin. It flattens after the cabin, passing a lookout on your left, where you can see Whiteface Mountain to the northwest. The narrow trail is smooth and easygoing, basically along the edge of a cliff, but with a row of trees as a buffer. Clintonia and bunchberries bloom along the edges of the trail, signaling your elevation gain.

The fire tower atop Poke-O-Moonshine is a National Historic Landmark. It is not particularly high and the cabin is likely locked, but the view is terrific nonetheless. Lake Champlain takes up the entire eastern panorama, with

Camel's Hump the dominant mountain beyond in the Green Mountains. The Adirondack High Peaks are equally spectacular to the northwest.

## GREEN MOUNTAIN SIDE

### 4. MOUNT ABRAHAM VIA THE LONG TRAIL

**Nearest town:** Warren

**Distance:** 5.2 miles, out and back

**High point:** 4,006 feet

**Vertical climb:** 1,700 feet

**Hiking time:** 4.5 hours

**Dog friendly:** Yes. Dogs must be on leash in the alpine zone.

**Trailhead:** N44 05.733' / W72 55.734'

Mount Abraham is the lowest of the five 4,000-foot peaks in Vermont. Likewise, it is the fifth highest point in the state. It is a popular hike and relatively short for the big reward at the top, a view across Lake Champlain into New York to the west; New Hampshire to the east; and a significant portion of the Vermont's Green Mountains to the north and south.

From the top of Lincoln Gap, the Long Trail-North meanders through the woods on the approach to Mount Abraham. The trailhead is relatively high (2,531 feet), already in the boreal zone. The trail winds up through a typical boreal forest, primarily spruce, balsam, and birch, with glimpses to the west through the trees. At 0.4 mile, the trail starts to climb. It also becomes more rocky and rooted but nothing extreme. Periodic stone steps aid your footing.

After passing the junction with the Battell Trail, you come to Battell Shelter at 1.8 miles. Both the trail and the shelter are named for Joseph Battell, a conservationist and former owner of the Bread Loaf Inn, who cut a trail to Mount Ellen in 1901. Above Battell Shelter the



trees get noticeably shorter, and the trail turns to slab. Just below the summit, it comes to a large white quartzite rock that rests beside the trail like a giant egg.

The alpine zone on Mount Abraham is the smallest of the three peaks, about the size of a large living room. An array of fragile alpine plants survives there despite an abbreviated two-month growing season. The grass on the summit is not common grass, but rare Bigelow's Sedge. Tread only on the rocks as you take in the 360-degree view.

## 5. MOUNT INDEPENDENCE

**Nearest town:** Orwell

**Distance:** 2.9 miles, loop

**High point:** 306 feet

**Vertical climb:** 200 feet

**Hiking time:** 2.5 hours

**Dog friendly:** Yes. Dogs should be on leash.

**Trailhead:** N43 49.092' / W73 23.011'  
Mount Independence was named by the soldiers who were stationed there in 1776 when they received word of the signing of the Declaration of Independence. It's not really a mountain, but a rocky bluff at the end of a peninsula located by the narrow southern part of Lake Champlain across from Fort Ticonderoga. Hiking through this active archeological site is a step back in time. The best loop on the Mount Independence trail system follows the shoreline and returns through the center of the peninsula along the highest promontory.

It starts at the Visitors' Center and follows a former military road. Today, the road is grassy picnic area surrounded by dense forest and an incredible display of wild flowers.

The trail heads down to the lake, soon passing a murky pool at the base of the old parapet, then the site of a quarry that dates back to the 1750s. Stones from this quarry were hauled over the ice to build Fort Ticonderoga.

At 2.2 miles, the trail descends a rocky perch, where masts were lowered onto ships. A little farther down the lakeshore, the trail comes to a broad rock slab, the former site of a floating bridge that connected Mount Independence to Fort Ticonderoga.

The next field is the site of a former shore battery where thirty cannons greeted the British when they tried to approach in 1776. The history lesson continues as you trek across the middle of the peninsula, passing the Horseshoe Battery and another striking view of the lake. After passing a half-dozen more points of interest, the time machine delivers you back to the Visitors' Center where you started.

## 6. MOUNT PHILO

**Nearest town:** Charlotte

**Distance:** 2 miles, out and back

**High point:** 980 feet

**Vertical climb:** 650 feet

**Hiking time:** 2 hours

**Dog friendly:** Yes. Dogs must be on leash and have a current rabies vaccine tag.

## MORE INFO

**Adirondack Mountain Club:** (518) 668-4447; [www.adk.org](http://www.adk.org)

**Mount Abraham:** Green Mountain Club; 244-7037; [www.greenmountainclub.org](http://www.greenmountainclub.org)

**Mount Independence:** State of Vermont, Division for Historic Preservation, 759-2412; [www.historicvermont.org/mountindependence](http://www.historicvermont.org/mountindependence)

**Mount Philo:** Vermont Department of Forests, Parks and Recreation, 425-2390 (seasonal) or 786-0060 (off-season), [www.vtstateparks.com](http://www.vtstateparks.com)

**Trailhead:** N44 16.685' / W73 13.391'  
Mount Philo is the centerpiece of Mount Philo State Park, Vermont's oldest state park. The park was established in 1924 when Frances Humphreys gave 150 acres to the state. The hiking trails were added 72 years later, in 1996, by the Vermont Youth Conservation Corps. Philo is a midget by normal mountain standards, but it towers over the middle of the Lake Champlain Valley, offering exceptional views of the lake and the Adirondacks beyond.

The Mount Philo Trail enters the woods on the left side of the park road, which also goes to the summit. Wildflowers line the path. There are many maples in the hardwood mix, which make this hike a local favorite during fall foliage season. The trail climbs steadily to House Rock, a large boulder that is hollowed out underneath, like an overhang. The route turns left around House Rock traversing to the northeast passing a couple of large

boulders as it ascends.

At 0.4 mile, the trail crosses the auto road then climbs to the junction with a rocky spur trail to Devil's Chair. The intersection is notable itself for the cleft in a rock that is fun to squeeze inside.

From here, the path continues uphill, swinging right at the top of another distinct boulder, where there is an obstructed view through cedar trees of Lake Champlain and the farmland below. After a rough steep section, the pitch eases. The trail bends away from the perch and climbs another rise to the summit picnic area atop an open cliff. On a clear day, you can see as far as Whiteface Mountain near Lake Placid, N.Y. ☐

*Lisa Densmore is the author of seven books, including Hiking the Green Mountains, Hiking the Adirondacks, Best Easy Day Hikes: Adirondacks, and Best Hikes with Dogs: New Hampshire & Vermont. DensmoreDesigns.com*

**Ocean Mindful**  
www.oceanmindful.com | footwear. apparel. accessories.

Hailey Partridge wears the UMI SANDAL constructed with water based adhesives.

eventually, everything ends up in the ocean.™



# The East's Big Walls

## A CLIMBER'S GUIDE TO THE NORTHEAST'S TALLEST CLIFFS

BY PETER BRONSKI  
PHOTOS BY ALDEN PELLETT



The main cliff at Poke-O-Moonshine.



Ask any climber the first word that pops into his or her head when you mention “big wall climbing,” and they’ll almost invariably respond with just one word: Yosemite. Look up the phrase “big wall climbing” in the dictionary, and you’ll probably find no words at all, just a picture of Yosemite’s El Cap. For decades it defined—and in many respects, continues to define—the climbing genre.

Traditionally, big wall climbing involved very long (1,000-plus feet) routes, on consistently steep rock, with sustained difficulty (almost certainly requiring aid climbing techniques), and typically re-

quiring haul bags and a portaledge (to spend one or more nights hanging from the wall).

Times have changed. Big wall climbing is no longer epitomized by one single place, nor can it be described as a concrete style with definitive boundaries. Routes that once required aid are now being climbed free. Climbs that once required spending the night partway up a cliff are being climbed in a single day (or less). “Big wall” terms and techniques are being applied to other venues of the climbing life. Larger alpine objectives such as the Trango Towers in Pakistan or the Torre Group in Patagonia can be



approached in big wall style. Meanwhile, smaller cliffs that might not otherwise fit the strict definition of big wall climbing are often described as having a “big wall section”—a stretch of cliff that’s steeper, taller, more sustained, than the rest.

What constitutes “a big wall” is becoming more a matter of perspective. And by that measure, the Northeast has no shortage of its own big walls for climbers. These are not merely training grounds in preparation for “real” big wall climbing. They are worthwhile objectives in their own right.

Here’s a sampling of the Northeast’s best big walls (roughly ordered from west to east), with classic routes on each that’ll get you off of terra firma and into the vertical realm, with plenty of air beneath your heels.

## WALLFACE, NEW YORK

Located roughly six miles from the nearest trailhead, mighty Wallface—in the heart of the Adirondack High Peaks—is one of the largest wilderness rock faces in the eastern United States, towering more than 600 feet above Indian Pass. Legendary climbers, such as former American Alpine Club president John Case and German Fritz Wiessner left an indelible mark here. Their early routes remain popular today, decades after they were first climbed. But the quintessential Wallface climb remains The Diagonal, a moderate route that threads a line up one of the tallest sections of the cliff, including up a giant, leaning ramp that is the route’s namesake. For an even more authentic big wall experience, set your sights on Mental Blocks. Most climbers tackle it with a combination of moderate free and aid climbing, though very strong climbers have successfully climbed it

with some pretty stout free climbing. It is steep and exposed, and even includes a short pendulum from one crack system to the next.

## POKE-O-MOONSHINE, NEW YORK

Stunning Poke-O-Moonshine soars above Interstate 87 in the eastern Adirondacks, just four miles (as the crow flies) from the shores of Lake Champlain. Known for its striking test piece ice routes, such as Positive Thinking, this 500-foot cliff is equally commendable for its high-quality rock. From a long list of stellar climbs, set your sights on Gamesmanship, the “must do” rock route, if you have to choose only one. It wakes you up early, with the crux right off the ground. After that, expect plenty of pure crack climbing on impeccable granite.

## CANNON CLIFF, NEW HAMPSHIRE

Like Poke-O-Moonshine, massive Cannon Cliff stares down on a major highway—Interstate 93 in Franconia Notch. More than a mile wide, and 1,000 feet tall in places, it is the granddaddy of Northeast big walls, amazing in its sheer size and scale. It’s a committing undertaking for any climber. Plus, the granite is continually exfoliating, shedding rock (as evidenced by the monumental talus field at the cliff’s base, not to mention the iconic Old Man of the Mountain, which collapsed in 2003). Climbers of all abilities flock (relatively speaking) to one route in particular: the Whitney-Gilman Ridge. Call it a ridge or a prow, or a prominent arête. One thing is certain: the route’s exposed position offers airy and thrilling moderate climbing up what some have called New England’s only genuine big wall.

## CATHEDRAL LEDGE, NEW HAMPSHIRE

North Conway’s Cathedral Ledge is to Cannon what Poke-O-Moonshine is to Wallface—a bit shorter (but still no slouch), more accessible, and with a high concentration of great routes. The classic route is Recomense, a tough moderate that ascends The Prow, the tallest section of the cliff. Newer climbers will want to focus instead on Thin Air, while stronger climbers will want to tackle The Prow, a hard route that ascends the nose of the main cliff feature it’s named after.

## PARC DES GRANDS-JARDINS, QUÉBEC

One of the flagships of Québec’s provincial park system, the Parc des Grands-Jardins is host to not one big wall but several, spread across three peaks—The Dome, Mont Gros Bras, and Mont de l’Ours. Standing in the bottom of dramatic valleys, you’re surrounded by a Québécois Yosemite, with steep Laurentian mountains and bare rock faces everywhere you look. Classic routes such as L’Onglée on The Dome, Hals Und Bein Bruch on Mont Gros Bras, and La Directe on Mont de l’Ours offer four to six pitches of easy moderate climbing. Located north-northeast of Québec City and north of the St. Lawrence, it’s not around the corner, but the drive is worth it. ¶

*Peter Bronski is an award-winning writer and frequent contributor to Vermont Sports. His favorite type of rock climbing is long, multipitch trad routes ... perfectly paired with Northeast big walls.*



**clothing • footwear • travel**

**All Spring/Summer  
GEAR ON SALE!**

**Beginning Aug. 18**



**FALL/WINTER  
Clothing  
Arriving Now**

Scan for Virtual Tour



**157 Bank St, Burlington VT 802.923.2910**  
**www.patagoniaburlington.com**

Locally owned & operated by **SKIRACK**



**Call today to schedule an unforgettable outdoor climbing experience!**

**VERMONT'S BEST INDOOR CLIMBING EXPERIENCE, GREEN MOUNTAIN ROCK CLIMBING CENTER IS LOCATED RIGHT ON WOODSTOCK AVE. (RT. 4) IN RUTLAND, VT. JUST A SHORT DRIVE FROM KILLINGTON, OR OKEMO, OFFERING 30 TOP ROPE STATIONS, LEAD CLIMBING, BOULDERING AND PRIVATE INSTRUCTION.**

**223 Woodstock Ave.  
Rutland, Vermont 05701  
Tel: (802) 773-3343**



**School Competitions  
Extreme Team  
Tween Team  
Learn to Climb Clinics  
Adult Climbing League  
Ladies Night  
SUMMER CAMPS**





# NEW AND IMPROVED GEAR FOR BIG WALL CLIMBING

BY JOSH GLEINER



< PETZL METEOR III+ HELMET

BEYOND COASTAL  
FACESTICK

GREGORY  
TORRE 33 L

TRANGO BALLNUTZ

METOLIUS ROPE  
RANGER BAG

METOLIUS TORQUE NUT TOOL

## TRANGO BIG BROS

Absolutely irreplaceable when climbing off-width cracks or chimneys, these protective devices haven't changed in design. However, the company will now contribute a portion of the proceeds for each of these sold to a college fund for Giulia Luebben, daughter of Craig Luebben, the inventor of these helpful items who died tragically in a guiding accident in August 2009. A likeness of Giulia is now etched in the aluminum of each Big Bro to remind buyers. \$69.95 to \$149.95.

## METOLIUS ROPE RANGER BAG

The makers of the world's first rope bag bring back an improved edition of the Rope Ranger this year. While still using beefy aluminum buckles on the compression straps and a large ground tarp made of very durable fabric, Metolius has now incorporated a pocket into the tarp for easier storage of your rope, making it less likely your rope will encounter dirt, which can wear away the fibers and weaken it. Another nice addition is the clear plastic window and neon pink tie-in points, making rope and lead-end identification easier. This bag makes a great addition to a big wall endeavor both on the ground and as a rope bucket when you are many pitches off the deck. \$45.95.

## METOLIUS TORQUE NUT TOOL

Always an essential item for protection removal, the Torque has been slightly modified to include an integrated carabiner, making dropping it less likely, and four sizes (17 mm and 13 mm, 9/16-in., and 7/16 in.) of built-in wrenches to tighten loose bolts. Also, this tool has a curved design and tapered tip for those really hard-to-reach chocks. 2.3 ounces. \$14.95.

**Local Metolius dealers:** Outdoor Gear Exchange, Burlington; Eastern Mountain Sports, Manchester, Rutland, S. Burlington, and W. Lebanon, N.H.

## TRANGO BALLNUTZ

If you haven't replaced your smallest cams with these active protection pieces by now, you don't know what you're missing. Ranging from 3 to 16 mm across the set of five, they fit cracks in which no micro cam can fit. What's more, the width is almost half that of cams, even further increasing their ability to fit in the smallest crannies. Weight and strength are comparable to cams and they have less propensity to "walk" in and out of cracks, so what are you waiting for?

\$39.95 each or now offered by Trango in a set of 5 for \$189.95.

**Local Trango dealer:** Outdoor Gear Exchange, Burlington

## BEYOND COASTAL FACESTICK

Invaluable to those who value their skin but don't want to sacrifice climbing ability, this SPF 30 water- and sweat-resistant stick applies like deodorant, so you don't have to get your hands all slimy with lotion (which might make handholds a bit more challenging). Better still, it comes in a .5-ounce tube, so it won't weigh you down, and this small amount will last you and your partner weeks, if not months. Brilliant idea!

\$6.99.

**Local Beyond Coastal dealers:** The Rugged Bear, S. Burlington and W. Lebanon, N.H.

## PETZL METEOR III+ HELMET

Protect your noggin on your multiday climb with this 8-ounce, super-comfy dome. You will barely know it's there! And, if you happened to bike or kayak to your big wall destination, you won't need to switch helmets, because this one meets standards for whitewater and cycling sports, as well! One size fits all with a very easy adjustment system.

\$99.95.

## PETZL XION 10.1 MM ROPE

If you don't mind sacrificing a bit of extra weight for some peace of mind, consider this new rope from Petzl. While it's not the lightest rope out there (66 g/m—still by no means heavy), it's probably the brawniest, featuring a thicker sheath than most ropes and a special, more wear-resistant weave. This cord will take the abuse that multiple days of being dragged over sharp edges and around corners that a lighter, thinner rope might not.

Available in 60 m (\$199) or 70 m lengths (\$235).

**Local Petzl dealers:** Base Camp Outfitters, Killington; Eastern Mountain Sports, Manchester, Rutland, S. Burlington, and W. Lebanon, N.H.; Middlebury Mountaineering, Middlebury; The Mountaineer, Keene Valley, N.Y.; Ragged Mountain Equipment, Intervale, N.H.

## GREGORY TORRE 33 L

Aided in design by professional climber Joe Kinder, Gregory brought this crag-specific pack to the market in Autumn 2010 as part of their Fusion LTS line. Featuring two ways into the main compartment—a roll-top and a vertical side zipper—this pack certainly doesn't lack versatility. Straps across the top provide a quick place to lash on a jacket or a rope and the ice axe loops stash away when not in use. Even with a low-profile waist belt, this workhorse will comfortably carry 30 pounds or more.

\$140.

**Local Gregory dealers:** Eastern Mountain Sports, Manchester, Rutland, S. Burlington, and W. Lebanon, N.H.; The Mountaineer, Keene Valley, N.Y.; Onion River Sports, Montpelier; Sam's Outdoor Outfitters, Brattleboro. ☐

*Josh Gleiner is the Projects Coordinator of Vermont Sports. He lives in Orleans and is exploring climbing routes in the Northeast Kingdom. His big wall climbs include Yosemite's El Capitan, Red Rocks, Nevada, and Canon Cliff, New Hampshire.*



# THE GREEN MOUNTAIN ATHLETIC ASSOCIATION—NOT JUST FOR SPEED DAEMONS

CLUB HOPES TO ENCOURAGE NEW, IMPROVING RUNNERS

BY PHYL NEWBECK



Photos courtesy of GMAA

Ellie Brady had only been running for three years when she joined the Green Mountain Athletic Association this summer.

"I thought it was an elite track team that trained together," she said. "I was worried they'd be too fast and competitive. I was very intimidated, and I didn't want to be humiliated."

Brady considers herself one of the club's slower runners, but feels that she's been fully accepted by the club. "They're just amazing and really nice people," she said. "They include me in their outings and I never feel left out. I haven't met a single person who wasn't encouraging and nice."

Founded in 1976, the Green Mountain Athletic Association is the largest running club in northern Vermont. The club has more than 500 members from Youth to Masters level. The average GMAA member is 41 years old, but there are minors who join with their parents and plenty in the AARP bracket. There are slightly more men than women, but age and gender are irrelevant to most club members; they just like being around other runners.

"People think we're all fast runners," said board member Leigh Chandler, "but there is a wide range of abilities." The club puts on roughly two dozen races annually, but Chandler said the real goal is to promote both the act of running and friendship in running. "Although it's competitive," she said, "everyone loves the sport and the camaraderie."

The GMAA's biggest race is the Green Mountain Marathon held annually in October. For years, roughly

200 runners competed, but in 2010, the number rose to 500. Another popular event is the Clarence DeMar 5K race in South Hero, which is held on the Fourth of July. The racing season runs from March to November, culminating in the Turkey Trot, which raises money for the Chittenden Emergency Food Shelf. An August race raises money for scholarships for high school seniors. The group has weekly training sessions, including distance runs on Sundays, interval training on Wednesday nights, and track workouts on Thursday nights. Kasie Enman of Huntington coaches the Thursday night workouts, and provides individual training plans for GMAA members who are training for a particular event.

Recently, the GMAA has created a racing team that travels beyond the boundaries of Vermont to race. But Chandler points out, "You don't have to be super fast to join." The team is open to anyone who wants to participate, as long as they are registered with USA Track & Field, the national governing body for such races.

"We've done really well as a team," Chandler said, "particularly our Masters and Senior men who have traveled across the country to compete." Chandler hopes more runners will decide to join.

"It's fun to race on a team," she said. "It's great when you place, but even if you don't, it's fun to do."

Vice President Jessica Bolduc echoed that sentiment: "One of the reasons I really enjoy the club is the camaraderie," she said, noting that the club charts vans to bring runners to some races

and a bus for the New Bedford (Mass.) Marathon. "If you were on a team in high school or college," she said, "this is a chance to relive that experience."

Chandler said running has been a presence in her life for as long as she can remember. She joined the GMAA because, "it's fun to find other people who share the same passion as you do. You're with people who share the same challenge. GMAA creates a community of those people."

Karen Clark of Jericho has been a member of GMAA more than 20 years. She joined because, at the time, the GMAA was the only organization putting on road races and fun runs. "As I got to know the people by going to the races," she said "I realized it was a great group of people, and I wanted to support it. It's still a wonderful group of people. It's the premier running club in this part of Vermont." ▮

## READY TO RUN?

For more information go to [www.gmaa.net](http://www.gmaa.net) or e-mail [info@gmaa.net](mailto:info@gmaa.net)

For those interested in becoming members, go to [www.gmaa.net/members.php](http://www.gmaa.net/members.php)

## UPCOMING RACES IN AUGUST AND SEPTEMBER:

**Aug. 20:** Round Church Women's Run (5K or 10K), 8:30 a.m., Round Church, Richmond.

**Aug. 28:** Scholarship 5K Cross-Country Run, 9 a.m. Red Rocks Park, South Burlington (to benefit the GMAA scholarship).

**Sept. 10:** Archie Post 5 Miler, 8:30 a.m., Gutterson Field House, UVM.

**Sept. 17:** Common to Common 30K, 8:30 a.m., Memorial Hall, Essex Center.

## TRAINING RUNS

**Intervals:** Wednesdays, mid-April through mid-October, 6 p.m., Fort Ethan Allen parade grounds.

## DISTANCE RUNS

Sundays, year-round, 8 a.m., Twin Oaks, Farrell St., South Burlington. Central Vermont Runner runs: Tuesdays, April through October, 5:30 p.m., end of Green Mountain Drive, Montpelier.

## TRACK WORKOUTS

Thursdays, May through July, 6 p.m., CVU/MMU schools.



**VS: What led you to the Harpoon Point to Point Ride, which benefits the Vermont Foodbank?**

KP: At one time I lived very close to the Haven Food Shelf, and I volunteered at their food bank. I had an awakening of what is really going on in our community. I couldn't even imagine the extent of this problem in the world. It's easy to go about your day and get things done and not recognize that two feet from you is someone looking for their next meal. The people at Haven were really wonderful and supportive, and I wanted to help them.

**VS: Were you an avid cyclist at that time?**

KP: I had been a cyclist, but about six years ago, I was walking out of my home in Wilder and someone put a gun to my head. Previous to that I would ride my bike, run the trails, and live my life, but after that, my world started to get smaller, and I spent less time outside. I developed post-traumatic stress disorder. The Point to Point ride got me back on the bike.

**VS: For the last four years you were the leading fundraiser. How do you manage to raise so much money?**

KP: It's a combination of all the different ways I have approached it. I've approached it from the way of realizing what this epidemic of not having sufficient nutrition is. [I've] come at it from a way of saying to my clients that this is a great event to try—and be around supportive people. You don't have to do the full ride; you can start with 25 miles and maybe work your way up to 112. One of the ways I raise money is to raffle off my services. I also like to hold little fun events.

## READER ATHLETE



## KEELY PUNGER

**Age:** 41

**Residence:** Enfield, N.H.

**Family:** Single woman on the wait

**Occupation:** Personal trainer

**Primary sport:** Cycling for charity

**VS: Give me an example of a fun event.**

KP: In my studio we had a midnight spin. There were 12 people and each participant had to "sponsor" their bike for \$150. I went to local vendors for gift bags. The participants didn't know they were going to get anything; they just wanted to ride for charity, but when they got to my studio there were balloons and gift bags on each of the bikes. I taught for two hours and had kids bringing people food and water. Everybody was involved. It was great.

**VS: What's the most money you've raised?**

KP: Last year I raised \$13,000.

**VS: What is your goal for this year?**

KP: \$10,000. This year is the first year that I put together a team. That's mostly because I really feel you have to remember that this event is also about the fundraising. I love that my clients want to ride, but I want them to raise money as

well. They don't have to do the full ride, but they have to raise money.

**VS: Do you do other charity rides?**

KP: I used to ride for the Special Olympics. We raised over \$10,000 two years in a row.

**VS: Do you also ride just for fun.**

KP: Charitable rides are enjoyable. Otherwise, I don't necessarily get on my bike for fun. I spend the rest of my time working with clients, and that's fun. I love my career. I work with people and teach them about nutrition. It's amazing how grateful I am when I see someone try to better themselves, and how much fun it is once they feel better and are taking care of themselves and start smiling more. Health and happiness seem to run side by side.

**VS: Do you do other sports?**

KP: I play golf and I water ski. I love my

mountain bike; that's my favorite thing to do. I love the rail trail system. It's a great, safe opportunity. If I do any trails in the woods, it's always in a group. The rail trail doesn't have big hills, so it's a good learning opportunity.

**VS: How do you train for the Point to Point?**

KP: I train on a fixed gear spinning bike. It's almost 20 years since I started my studio with two spinning bikes. At one time, I had 32 bikes and classes in the night and morning in between personal training. I've really tailored it back to what I consider to be a healthy balance. The studio's the same, but I'm down to 12 bikes. I'm on a spinning bike every week for at least four hours a week.

**VS: Do you have any cycling goals for the Point to Point?**

KP: The only record I'm trying to set is to make sure folks get across the finish line. Every year I do less miles, but raise more money. I've got nothing to prove in terms of the mileage; the ride itself is fun.

**VS: What advice do you have for prospective Point to Point riders?**

KP: When you're raising money you need to be honest about it. It is a fitness goal, and you're going to raise money, and this is the place where you've chosen to test that training. I don't think it's best to send out the stock letter that would be easily sent out to friends and family. You need to let people know why you personally are doing this. It's hard to raise money if you don't connect. ¶

—Phyl Newbeck

**Race to the Top of Vermont**  
FJG  
4.3 Miles Up Mt. Mansfield

August 28, 2011

Run, Mt. Bike, or Hike  
Up Vermont's Highest Mountain

[www.CatamountTrail.org](http://www.CatamountTrail.org)

Benefit:

Thanks to Our Sponsors

FLEISCHER JACOBS GROUP

MVP HEALTH CARE

Sojourin

Redstone

THE NORTH FACE STORE

merchants BANK

Morgan Stanley Smith Barney

SymQuest

dinse knapp & andrew

MAPLEFIELDS

GREEN MOUNTAIN POWER

FRIDA'S

SALOMON

DARN TOUGH

CABOT Vermont

concept 2

CONCEPT2 INDOOR ROWER  
CONCEPT2 SKIERG

# SKIRACK

## Your Shop for the

### Age Group ★ Sprint

# USA TRIATHLON

## 2011 National Championship

SPECIALIZED

PEARL iZUMI

cannondale

asics

cervélo

CASTELLI

2XU

BROOKS

giordana

saucony

TIMEX

vibram

fivefingers

mizuno

Bike & Shoe Fit Experts!

Scan for a Virtual Tour

85 Main St Burlington VT • 802.658.3313 • [skirack.com](http://skirack.com)



**VS: How much cycling do you do each year?**  
DM: Last year I rode almost 1,800 miles, but I think it should count double because I do it while pulling my daughter in her bike trailer. Since we started riding together, we've done over 3,000 miles.

**VS: What kind of setup do you have?**  
DM: I ride an old mountain bike because you need a heavy bike to pull the trailer. I've got a mid-entry-level Trek, which has a heavy frame. I've already broken one axle from pulling the trailer. Maddie weighs 45 pounds, and the trailer is 35 pounds. When you add her snacks and books, the total weight is probably over 85 pounds.

**VS: Where do you ride?**  
DM: After work we do a lot of 10-mile rides around the Kingdom. On weekends we do some longer rides, and we've done trips of 55 miles two or three times. We do some traveling, as well. There's a nice bike path by the Charles River in Boston, and we like to ride in Franconia Notch State Park, N.H. There is a very hilly, winding eight-mile bike path that is more like a paved hiking trail. It's so steep that sometimes you feel like you're barely moving. It's an extreme workout with the trailer. On Maddie's second birthday, we rode the Tour de Farms in Shoreham, which is 30 miles. It was one of her all-time favorites.

**VS: Will your daughter be getting her own bike soon?**  
DM: I don't want to ruin the surprise, but since she doesn't read yet, I guess it's OK: she'll probably get her own bike this year. She's got a tricycle now. My hope is that in addition to getting her on her own bike, we'll transition from the trailer to a tagalong. She still enjoys the trailer, though. When I come home from work, she's already got her helmet out, and she's ready to go. We can talk while she's in the trailer. We used to sing the alphabet back and forth, and now she'll ask me to do math problems. I'll call out addition and subtraction questions for her. That works really well when we do the bike path at



Stowe, since we can count the bridges. We also talk about the animals and practice making the sounds they make. It's a pretty interactive experience.

**VS: You used to do a lot of traveling. Is that still the case? Your website lists a goal of visiting as many countries as your age.**

DM: I'm 32 and I've been to over 40 countries, but since moving to Vermont, I've been doing more traveling within the U.S. I used to do a lot of backpacking trips. In college I did a semester in Hong Kong and afterwards spent nine months backpacking through Asia. The best part was the Northern Philippines where you can see these incredible rice terraces. Imagine the Green Mountains but completely covered with rice. It was a phenomenal view.

**VS: I understand you recently lost quite a bit of weight. Care to explain how you did it?**

DM: After moving to Vermont and getting a sedentary computer job with the state, I put on about 30 to 40 pounds. When my daughter was born, I wanted to be a role model for her, and that's when I decided to get back into fitness. I hadn't cycled since I was a kid, and I hadn't run since high school, but I knew it was time to get back into both disciplines. I began riding, and when Maddie was old enough, I got the trailer for her. I also started counting my calories rigorously, and I lost 55 pounds.

## DAVID METRAUX

**Age:** 32  
**Residence:** Greensboro  
**Family:** Madeleine, 3-year-old daughter  
**Occupation:** Director of Information Technology for the Vt. Agency of Commerce and Community Development  
**Primary sport(s):** Cycling and running

I've kept it off for three years. I began running again. I worked my way up to a 5K race and then a half-marathon, and this year I did my first marathon right here in Vermont.

**VS: How did that go?**  
DM: My goal was to finish in less than four hours but that didn't happen. I finished in 4:22:15. Despite the fact that it

was really painful, it felt awesome. It was probably wrong to set a goal other than finishing, since before my half-marathon I'd never run more than eight miles. I'm not going to be setting records anytime soon. The big goal was four hours but the realistic goal was just to finish, and I did that. You can choose to be sad about not meeting a goal or be excited about finishing, and that's a healthier route to take. I have exercise induced asthma, so I had a hard time with the humidity, and I had to walk at a few of the water breaks, but I'm very proud of my accomplishment, and I'd do it again in a heartbeat. Once you do the race, you have even more respect for it, and it's more realistic to set a goal the second time around. They do a great job with that event, and the crowd is awesome.

**VS: Your website has some stunning photography. Do you still take pictures?**

DM: I've had a few photos published in travel magazines but these days my focus has changed and most of my pictures are of my daughter. ☺

—Phyl Newbeck

**If you know someone who would be a good Reader Athlete, please send your suggestion to our Reader Athlete editor  
Phyl Newbeck at [phyl@together.net](mailto:phyl@together.net)**

## Vermont Skydiving Adventures

**FIRST TIME  
Tandem Dives**

**Accelerated  
Freefall  
Training**

**Static Line  
Jumps**

4369 VT Route 17  
West Addison, VT  
(802) 759-3483



[vtskydiving.com](http://vtskydiving.com)

## Trapp Family Lodge

*A little of Austria. A lot of Vermont.*



PRIVATE NETWORK OF FLOWING SINGLE-TRACK & DOUBLE-TRACK MOUNTAIN BIKE TRAILS FOR ALL ABILITIES

LESSONS AND TOURS ON OR OFF PROPERTY

BIKE RETAIL & REPAIR SHOP WITH SEASONED MECHANICS

SKILLS PARK — GREAT FOR KIDS OF ALL AGES!  
HAVE FUN WHILE HONING YOUR TECHNIQUE

DELI/BAKERY & BREWERY  
WHERE THE BEST BREWS MEET THE BEST VIEWS

*Come Ride With Us!*

Stowe, Vermont

800 826 7000

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



## 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 cannot 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.**

### ADVENTURE AND EXTREME RACING

#### AUGUST

- 3 Prepare for "The Beast," the Spartan race at Killington. Training sessions will be both exceptionally challenging and provide Spartan-specific activities to prepare those interested in participating in the race or those just looking for a hard-core workout. 922-5924 or [john@injurytoexcellence.com](mailto:john@injurytoexcellence.com).

#### SEPTEMBER

- 17 Salomon 5 Peaks Trail Running Series at Mount Sutton. One of the unique backcountry trail experiences that exposes many runners to terrain they never knew existed. You'll be physically challenged while

experiencing some of the most amazing trails that Parc D'environnement Naturel de Sutton has to offer. [www.montsutton.com](http://www.montsutton.com).

### BACKPACKING/HIKING

#### AUGUST

- 13 White Mountains Hike with the GMC. Very difficult 19 mi. West Bond (4,540'), Mt. Bond (4,698'), and Bondcliff (4,265'), coming in from Zealand and going out to Lincoln Woods. Leader will do a lengthy car spot one-way before the hike. Must contact leader Paul DeLuca (476-7987, [pdeluca420@msn.com](mailto:pdeluca420@msn.com)) or Charlene Bohl (229-9908, [charlenebohl@comcast.net](mailto:charlenebohl@comcast.net)) to participate. Rain date, Aug. 14.
- 20 Hike Stowe with the GMC. Moderate. 7 mi. Sunset Ridge Trail to the Chin on Mt. Mansfield and return. Bring rain gear, food, and water. Meet at Montpelier High School at 8 a.m. Leader: Eric Seidel, 223-1406 or [ericseidel1@gmail.com](mailto:ericseidel1@gmail.com).
- 27 Hike Moscow with the GMC. Easy. Various distances. Cotton Brook area of Waterbury Reservoir. Explore the road and trails near the reservoir. Contact leader Ken Hertz (229-4737 or [kenneth.hertz@myfairpoint.net](mailto:kenneth.hertz@myfairpoint.net)) for meeting time and place.

#### SEPTEMBER

- 25 Walk, bike, or run all or part of the 16-mi. Trail Around Middlebury. Free food and drink at the start and finish of the trek, special prizes for top fundraisers, and many giveaways. All proceeds go to buy gravel and create steps and bridges, mow parts of the trail, and keep out invasive species. 9:30 a.m. reg., Marbleworks, Middlebury. [info@maltvt.org](mailto:info@maltvt.org) or [www.maltvt.org](http://www.maltvt.org).

### BIATHLON

#### ONGOING

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

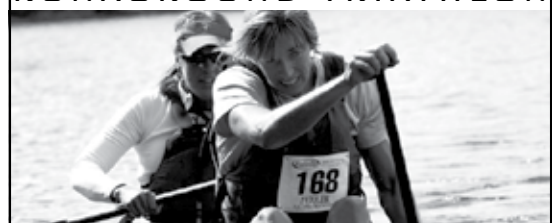
### BIKING

#### AUGUST

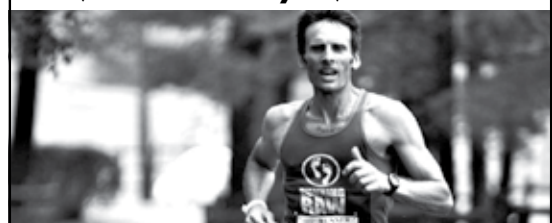
- 6 Vermont Ski and Snowboard Museum Epic Summer Event. 40K mountain bike race; 40K mountain bike relay; 40K Epic Ride/Tour; 10K trail-running race. All events include post-event BBQ, event souvenir, event and raffle prizes, and discounted entry to the Beach Hut on the Mountain Festival happening all weekend at the Town and Country Resort in Stowe. 253-9911 x201 or [www.vtssm.com](http://www.vtssm.com).
- 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., 5 days. Benefits UCLA and Emory University AIDS Vaccine Research Centers. [mark.charitytreks@gmail.com](mailto:mark.charitytreks@gmail.com) or [www.charitytreks.org](http://www.charitytreks.org).
- 13 Harpoon Point to Point. A day of cycling rides across Vermont to benefit the Vt. Foodbank: 25, 50, or 115 mi. All rides finish at Harpoon for a post-ride BBQ, fresh beer, live music, hot showers, and good times! [www.harpoonpointtopoint.com](http://www.harpoonpointtopoint.com).

the 7th annual  
**Hoosic River Ride**  
Sat. Aug 20, 2011  
Bennington, Vt.  
Register online @  
[BikeReg.com](http://BikeReg.com)

35TH ANNUAL  
**JOSH BILLINGS**  
RUNAGROUND TRIATHLON



**Sunday, September 18, 2011**  
**Bike, Canoe or Kayak, Run Triathlon**



Team & Iron Categories  
27 mile bike • 5 mile canoe/kayak • 6 mile run  
36 team and iron categories  
[active.com](http://active.com) [bikereg.com](http://bikereg.com)  
[joshbillings.com](http://joshbillings.com)

● ● ● ● ●  
**Ethan Allen Biathlon Club**  
2011 Summer Race Series  
**DATES** July 7, 14, 21, August 4, 11, 18  
**TIMES** 4:30 pm - Registration  
5 to 5:45 pm - Zeroing & novice clinic  
6 pm - Race start  
**WHERE** Ethan Allen Biathlon Club  
Ethan Allen Rd., Jericho, VT  
\$10 per race or \$50 for the series  
Info:  
[www.eabiathlon.org](http://www.eabiathlon.org)

THREE PENNY TAPROOM  
108 MAIN ST., MONTPELIER, VT 05602  
802-223-TAPS [WWW.THREEPENNYTAPROOM.COM](http://WWW.THREEPENNYTAPROOM.COM)

**Run/Walk for IDIC 15**  
SEPT 18 2011  
Great training for half & full marathons!  
**5K Run/Walk & 15K Run**  
Plus, Kids Fun Run!  
This is a benefit road race to promote a better understanding of a rare genetic disorder called IDIC 15. All entrants will be eligible to win a 2011/12 Killington Season Pass.  
[www.idic15race.com](http://www.idic15race.com)  
TOWN OF KILLINGTON VERMONT  
Rutland Regional Medical Center  
An Affiliate of Rutland Regional Health Services  
Mountain Real Estate  
RunVermont  
Long Trail  
New Life



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

20 Mount Washington Auto Road Bicycle Hillclimb. Toughest hill climb 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: 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 Vermont 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 0.3 mi. before changing to gravel for 4 mi. 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).

## SEPTEMBER

4 Stowe Road Rally. Challenging terrain with extraordinary surroundings, the routes will wind through Stowe and Morrisville with the longest ride taking participants up and over Smugglers Notch! Aid stations and support vehicles along all routes. 25, 50, or 62.5 mi. [www.mmwa.org](http://www.mmwa.org).

10 Kelly Brush Foundation Century Ride. Three distances through a beautiful course along Lake Champlain: 100, 50, or 28 mi. (with a 65- and 85-mi. redirect for those

century riders not feeling too great on ride day), perfect for any level rider. Proceeds benefit KB Foundation, supporting athletes with spinal cord injuries. [www.kellybrushfoundation.org](http://www.kellybrushfoundation.org).

11 Old Stone House Fall Foliage Run and Ride. Half-marathon, 5K run and walk; 12-mi. bike. Brownington. Reg. at 7 a.m. 754-2022.

## OCTOBER

2 Allen Clark Memorial Hill Climb, the annual cycling time trial up the east side of Appalachian Gap: 6.2 mi. and 1,600 vertical feet of climbing. This is the final event in the summer-long BUMPS series, featuring the major climbs of the Northeast. 496-5538 or [www.achillclimb.org](http://www.achillclimb.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. Bring your friends and your curiosity. 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 required. 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. Tuesdays at 3 p.m. A weekly mountain bike series for all ages and abilities. [eli@greatglentrails.com](mailto:eli@greatglentrails.com).

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. Contact Matt, [greenmountaintrails@gmail.com](mailto:greenmountaintrails@gmail.com).

Stowe Bike Club Time Trials, Stowe. Road cycling May 4 to Aug. 31, every Wednesday night at 6:30 p.m. Varying

distances and courses around the Central Vt. area. Helmets and signed waivers required. 279-8199 or [www.stowetimes.org](http://www.stowetimes.org).

## EQUESTRIAN

### SEPTEMBER

11 Mountain Top Inn's annual hunter pace/trail ride. 8 a.m., Chittenden. 483.2311 or [www.mountaintoppinn.com](http://www.mountaintoppinn.com).

## PADDLING

### ONGOING

Sea Kayaking Essentials. This full-day program on Lake Champlain is the perfect beginner or refresher course for paddlers who want to experience open-water kayaking on lakes and oceans. We'll start off the day learning about boat design and features, important paddling accessories, and safety practices. Next we'll move onto learning and demonstrating proper paddling techniques, followed by solo and assisted offshore rescues. 10 a.m. to 4 p.m., every Sunday through Aug. 28. North Beach, Burlington. 253-2317.

Intro to Kayaking. A great first step to learning about kayaking. Class is taught in recreational kayaks, which offer the stability new paddlers need. We will learn about carrying kayaks, launching and getting out of kayaks, basic paddling strokes and maneuvering. Learn right from the start. 10 a.m. to noon, every Sunday through Aug. 28. Waterbury Reservoir. 253-2317.

Intro to Stand-Up Paddleboarding. A great first step in learning how to get the most out of your stand-up paddleboard. The class is taught using SUPs that offer the stability beginning paddlers need to be successful. You will learn about carrying, launching, basic strokes, balance and maneuvers. Jump start your paddling

# VERMONT SPORTS BIKE DIRECTORY

**BATTENKILL**  
SPORTS  
**Bicycle Shop**  
Trek Specialized  
Cannondale  
All bikes fitted to you.



Full selection of clothing.  
Women's section.  
Rentals: great back roads  
Road Ride Thursdays 6 pm  
Beginner Rides Fridays 6 pm.  
Open 9:30 to 5:30 everyday.  
Intersection Rt 7 and Rt 30  
1240 Depot Street.  
802-362-2734 800-340-2734  
[www.battenkillsports.com](http://www.battenkillsports.com)  
Manchester, Vermont

**CLAREMONT**  
**CYCLE**  
**DEPOT**



Quality  
Bicycle  
Specialists

Bikes by Trek • Specialized  
BMX From Eastern, Fit, & Miracco

**YOUR FOUR SEASONS BIKE SHOP**

12 Plains Road  
Claremont, NH 03743  
toll free 888-331-BIKE  
[www.ClaremontCycle.com](http://www.ClaremontCycle.com)

*West Hill Shop*  
PUTNEY VERMONT



**Celebrating 40 years  
of cycling!**

Bikes • Bike Fitting • Service • Rentals  
Exit 4, I-91 • [westhillshop.com](http://westhillshop.com) • 802-387-5718

Road • Cyclocross • Mountain • Hybrid  
Bianchi • Kuota • Kona • Ellsworth



Friendly Sales ~ Service  
Bike Fitting  
**Paradise Sports**  
[www.paradiseshopsshop.com](http://www.paradiseshopsshop.com)  
802-674-6742



A Swedish-Inspired  
Bed & Breakfast

**Little Gnesta**

Newport, VT 802.334.3438  
[www.littlegnesta.com](http://www.littlegnesta.com)

**Just Imagine...**  
pampered feet for over an hour  
with Dindah McCullough  
"Second Generation Reflexologist"  
(Practicing solely on feet since 2003)

**DIVINE TOUCH**  
Foot Reflexology

Inner Healing and Foot Pain Relief  
PRACTICING IN DUXBURY AND WAITSFIELD, VERMONT  
[www.divinetouchvt.com](http://www.divinetouchvt.com) / (802) 244-1664

## LOOKING FOR RACE RESULTS?

GO TO [WWW.VTSPORTS.COM/CATEGORY/RESULTS](http://WWW.VTSPORTS.COM/CATEGORY/RESULTS).

WE POST RESULTS WITHIN 24 HOURS OF RECEIVING THEM FROM RACE DIRECTORS. **RACE DIRECTORS!** SEND YOUR RESULTS TO [EDITOR@VTSPORTS.COM](mailto:EDITOR@VTSPORTS.COM).



**SOLHEM SAUNA**  
Moretown, Vermont (802) 244-6460  
[www.saunavermont.com](http://www.saunavermont.com)



Custom & Stock  
Designs  
Site Built or Delivered  
- Ready to Use  
Design Consultation

*There is no finer... from the Green Mountains to the Gulf of Finland*



## CALENDAR OF EVENTS

with one of Umiak's ACA-certified instructors. Every Thursday through Aug. 25. Waterbury Reservoir Day-Use Area. 253-2317.

### RUNNING

#### AUGUST

- 6 Fairfax Egg Run, 5 and 10K running race, 5K walk, 1K kids fun run. Prizes and omelets after the run. 9 a.m., Fairfax. [www.fairfaxrecreation.com/eggrun](http://www.fairfaxrecreation.com/eggrun).
- 6 Vermont Ski and Snowboard Museum Epic Ride. See listing in cycling.

### Amnesty International 4K X-Country and 5K Walk and 10K Challenge

August 27, 2011



Race Time: 9AM  
Registration: 8AM  
Cost: \$10/Student,  
\$15/single, \$25/family  
Contact: Thomas Grace  
802-849-2364  
[tagrace@myfairpoint.net](mailto:tagrace@myfairpoint.net)  
[www.amnestyusa.org](http://www.amnestyusa.org)  
Click on Events then  
Vermont to register!

Location: Upper Pleasant Valley Rd. and Westman Rd., Cambridge, one of the most scenic roads in Vermont, 3.7mi South of Jeffersonville

All proceeds to benefit  
Amnesty International

- 7 Running of the Tories, 5K run/walk and 1K fun run. Arlington Recreation Park, Arlington, 9 a.m. [www.toryrun.on1.net](http://www.toryrun.on1.net).
- 6-7 Xterra Stoaked. 14K trail run and festival weekend. Triathlon and kids' triathlon. (603) 748-1070, [www.stoakedtri.com](http://www.stoakedtri.com).
- 13 Kingdom Run, 20, 10, and 5K, is an out and back race on scenic dirt roads in the Northeast Kingdom. Complimentary refreshments feature blueberry sundaes. Prizes. Walkers welcome. 7:15 a.m. reg., Irasburg. [www.kingdomrun.org](http://www.kingdomrun.org).
- 13 100 on 100 Relay. 100 mi. on Vt. Route 100. Over a full day of running. Course displays all the angles Vermont has to offer from small towns and farms to mountains and lakes. 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](mailto: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. Courses are all paved with a few rolling hills. Pre-reg. only. Online reg. closes Aug. 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. [www.gmaa.net](http://www.gmaa.net).
- 27 Amnesty International 4K X-Country Run/10K Road Race and 5K Walk. Begin at the junction of Upper Pleasant Valley Road and Westman Road in Cambridge (3.7 mi. south of Jeffersonville). Reg. at 8 a.m., race at 9 a.m. \$15/single or \$25 family. Thomas Grace, 849-2364 or [tagrace@myfairpoint.net](mailto:tagrace@myfairpoint.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](http://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. encouraged; online reg. closes Aug. 24. Race-day reg. at Red Rocks Park. [www.gmaa.net](http://www.gmaa.net).
- 28 Race to the Top of Vermont. See listing in biking.

#### SEPTEMBER

- 3 Harvest Marathon and 5K Run. Half-marathon starts in Lincoln and finishes in Bristol. 9 a.m. [www.harvesthalf.com](http://www.harvesthalf.com).

- 10 GMAA Archie Post 5-Miler. Point-to-point course has sweeping views of the Green Mountains and is entirely on bike path. Start is off Dorset Street on Holbrook Road then follows the South Burlington bike path network along Dorset, Swift, Farrell, and the Burlington Country Club, finishing at Gutterson Fieldhouse, 8:30 a.m. [www.gmaa.net](http://www.gmaa.net).
- 11 Old Stone House Fall-Foliage Run. See listing under cycling.
- 17 GMAA Common to Common 30K through the scenic farm country between historic Essex Center and Westford Commons. 8:30 a.m., Essex. [www.gmaa.net](http://www.gmaa.net).
- 17 5K Citizens Race, start and finish on North Beach of Lake Champlain. This fast and flat course runs through city park, woods, and on the Burlington Bike Path. <http://bsdweb.bsdvt.org>.
- 24 Run for JUMP Vermont, 5K, kids' 1K fun run, and 0.8-mi. walk along the scenic Burlington Bike Path. Prizes and raffle drawings awarded for age group. Proceeds go to JUMP, which helps families and individuals in crisis in the Burlington area. [run4jump@gmail.com](mailto:run4jump@gmail.com) or [www.jumpvt.org](http://www.jumpvt.org).
- 24 Helpers Fund 5K and 10K, Municipal Center, Chertown, N.Y., [www.helpersfund.org/races11.htm](http://www.helpersfund.org/races11.htm).
- 25 Downtown 10K. Flat, fast route with start and finish on Church Street in Burlington. \$500 purse to top men's and women's finishers. 9 a.m., [www.greenmtrehab.com](http://www.greenmtrehab.com).

#### ONGOING

Craftsbury 5K Trail-Running Series. Every Wednesday at 6 p.m., except July 12, 19, and Aug. 2, which will be Tuesdays. Entry fee: \$5 per race or \$30 for the whole series. Points tallied for attendance and place over the course of the season. Awards for participation given at last race of the summer. Join us for the brick oven pizza party and awards! [www.craftsbury.com](http://www.craftsbury.com).

The Kingdom Trail Running & Walking Series is a new points-based, Tuesday-night recreational trail-running and -walking series that takes place on the award-winning Kingdom Trail network. Brought to you by Kingdom Trails Association and partner St. Johnsbury Academy. 6 p.m. through Aug. 23. Park at Vermont Children's Theater on Darling Hill Road. Start/finish at Heaven's Gate, behind Wildflower Inn. 2K and 5K. 751-2304.

Western New Hampshire Trail-Running Series. May 21-Sept. 24, various locations in New Hampshire. To benefit local area recreation departments. Reg. and info at [www.wnhts.com](http://www.wnhts.com).

### SWIMMING

#### AUGUST

- 20 Willoughby Swim, Westmore. A no-nonsense, 4.75-mi. swim. 9 a.m. [www.kingdomswim.org](http://www.kingdomswim.org).

### TRIATHLON/DUATHLON

#### AUGUST

- 6 Kingdom Triathlon, with three options, including an "even-up" Aquaman event for strong swimmers. [www.kingdomtriathlon.org](http://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](mailto:info@mountsnow.com).
- 6-7 Xterra Stoaked 14K trail run and festival weekend. Triathlon and kids' triathlon. (603) 748-1070, [www.stoakedtri.com](http://www.stoakedtri.com).
- 7 Vermont Sun Triathlon: 0.9-mi. swim, 28-mi. bike, 6.2-mi. run. USAT Special Qualifier for the age group national championships in 2012. [www.rushtonsports.com](http://www.rushtonsports.com).



Outdoor Gear Exchange

your local source for



**Black Diamond**

Camping, Hiking, Climbing,  
and Skiing Gear

**NEW!**



Ultra Distance  
Z-Pole

**NEW!**



Hoodwire

**NEW!**



Magnum Pack

**NEW!**



Momentum  
Harness

**Back to School Packs?**

**SAVE BIG HERE!**



We've got  
a huge  
selection!

**NEW LOCATION!**

37 Church Street Burlington (888) 547 4327





## RETAIL JUNKIE SUPERSTAR BY RYAN JAMES LECLERC

I like kids, and I'm pretty sure that kids like me. I can say this with confidence because I am around kids all the time, and I'm starting to develop an understanding of their behavior and their unusual way of communicating. Most of my friends who are my age have kids, and there are a lot of kids in the bike shop extended family. As the years go by, new kids are popping up all around me, and as a result, the parties and gatherings I attend include more and more of them. At times, the kids seem to outnumber the adults, like when there are five exuberant kids wearing costumes, running in and out of a room full of eight exhausted adults, two of whom are half asleep, drinking red wine, knitting baby blankets, and listening to Leonard Cohen albums. And I'm around kids every day at the shop, as they come in with their parents looking for a new bike or a new helmet or the potty. I like them all, and as I said before, they all like me. I am pretty sure of it.

Two kids I especially like, and who especially like me, are Elizabeth and Clara, my two lovely nieces, who are 7 and 4 years old, respectively. Even though Clara refuses to hug me when she first sees me, and bellows and writhes and

# M-M-M-MY PETUNIA

kicks, if I pick her up and hug her anyway, she starts to warm up to me after an hour or so, and eventually starts to climb all over me as though I were a jungle gym. That is the moment when I realize, despite her initial reaction upon seeing me, that she truly likes me, so much so, that she doesn't want to stop climbing all over me, even after I repeatedly ask her to stop. I know Elizabeth likes me because she often says that she thinks I am weird, which according to her mom—and my lovely wife will back this up—means in kid speak that she thinks I am great. A young child screeching in terror at the sight of me and a slightly older child telling me I'm weird gave me the impression that they didn't like me. Now I know that the opposite is true, that they actually do like me. I am pretty sure of it.

When it comes to babies, I used to think that they didn't like me because whenever I held them, or whenever I tried to fit them with their first helmet, they'd immediately start to cry. This used to bother me quite a bit, but according to what I have been told by the moms of the crying babies—and my lovely wife will back this up—crying is not always a sign of dislike. No, it is simply because babies can't speak, so they communicate through crying. The crying doesn't necessarily mean that the baby doesn't

like me; rather the crying could very well mean that the baby is hungry, or perhaps a bit cold, or perhaps has just made a poopy. And the fact that they immediately stop crying when I hand them over is not because they are relieved to no longer be in my arms, it is, as I have been told by their moms, and again, my lovely wife will concur, simply because they have been distracted. Learning all this was a relief, since I was convinced that I had some kind of baby-repelling vibe going on, like clowns do. Now I know that it was all just a misunderstanding. I like babies, and I'd hate to think that I frighten them every time I look at them. It's hard enough that I frighten most adults.

Now that I know kids actually do like me, and don't actually think that I am weird, I feel pretty good about the fact that I am going to be a father soon, around Sept. 30 to be precise. That is the day my lovely wife is due to deliver our little girl, who we have dubbed Petunia until a more proper name is agreed upon. As far as little Petunia liking me, I am hoping she will, but my wife has assured me that she already does. She knows this because I have been singing to Petunia and apparently, Petunia likes it when I sing, which of course means that she likes me. Having been advised by many

people that it is a good thing to sing to babies when they are in utero, I sing lots of songs, including the chorus to songs with names that can be substituted with Petunia. "My Sharona" becomes "My Petunia," for example. "Julia" by the Beatles and "Gloria" by Them are also good ones. My singing, which my wife assures me is marvelous, usually results in a few solid kicks from Petunia, which I initially interpreted as meaning she doesn't like my singing and wants me to stop. But apparently the contrary is true and the kicks suggest, as my wife explains, that Petunia in fact likes my singing and doesn't want me to stop. This is a huge relief, as I love to sing.

It just goes to show you that things aren't always as they seem. I used to think that babies and kids didn't like me, and that my singing was deplorable. I now know that babies like me, kids like me, and my singing is marvelous. I am pretty sure of it. ☐

*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.*

**Prevent Child Abuse Vermont**  
proudly presents the

Register Online at  
[www.pcavt.org](http://www.pcavt.org)

Or Join Our Walk in Montpelier!

Meet Marvel Comics' Spider-Man at the Montpelier WALK!

Spider-Man and distinctive likeness (es) thereof are trademarks of Marvel Characters Inc. and are used with permission. © 2008 Marvel Characters, Inc. All rights reserved. [www.marvel.com](http://www.marvel.com)

**2011**

**RUN TO END**

**CHILD ABUSE**

**Saturday August 27**  
**at the State House in Montpelier**  
**WALK or 5K RUN!**

Sponsored by

**Age Group ★ Sprint ★ Elite**  
**USA TRIATHLON**  
**2011 National Championship**  
Burlington ★ Vermont ★ 8.20.2011

★ Volunteers needed ★ for all events!  
[www.runvermont.org](http://www.runvermont.org)

**Schedule of Events**

★ **MULTI-SPORT EXPO**  
Sheraton Hotel & Conference Center  
Thursday, August 18, 3:00pm–7:00pm  
Registration Expo open  
Friday, August 19, 9:00am–5:00pm  
Registration Expo open  
Saturday, August 20, 6:00am–3:00pm  
Race Day Expo open

★ **SATURDAY, AUGUST 20**  
Burlington Elite Triathlon  
7:30am – First Swim Wave  
Age Group National Championship  
7:36am – First Swim Wave  
Sprint National Championship  
12:30pm – First Swim Wave  
People's United Bank VTtri Sprint Race  
12:46pm – First Swim Wave

**People's United Bank VTtri**  
**Sprint Triathlon 750m Swim/20k Bike/5k Run**  
**Vermonters: Register NOW to participate as an individual or team! ★ Space is limited**

For complete event information, including registration and street closures, visit [www.runvermont.org](http://www.runvermont.org)  
Proceeds from the People's United Bank VTtri competition benefit VT Special Olympics.

**SPONSORS**

**VERMONT HOSTS**

Town of Shelburne





**Advanced Surgical Care Close to Home**

**Board Certified & Fellowship Trained**

**Orthopedic & Sports Medicine**

**Comprehensive Surgical & Non-Surgical Care**

**Berlin Vermont**

**802 229 BONE (2663)  
greenmountainortho.com**

**130 Fisher Road  
Building A, Suite 2-2  
Berlin Vermont 05602**



**When it comes to sports injuries,  
we've been there, treated that.**



Our sports medicine team is here to get you and your kids back to sports as quickly and safely as possible. From school sports injuries to nagging pains, we'll deliver a custom-designed treatment to get you back to your passion.

ORTHOPAEDICS | SPORTS MEDICINE TEAM

**Dartmouth-Hitchcock  
MEDICAL CENTER**

One Medical Center Drive, Lebanon, NH (603) 650-7788

Pictured from left to right

**Steve Vincente, PT**  
Sports medicine physical therapist  
Basketball player

**Paul Hecht, MD**  
Foot and ankle specialist  
Cyclist

**Charles Carr, MD**  
Knee and shoulder specialist  
Golfer, snowboarder, skier, scuba diver

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

**Keith Loud, MD, MSc**  
Adolescent sports medicine specialist  
Hockey player

**John Nutting, MD**  
Shoulder specialist  
Cyclist, rower, runner, skater, windsurfer, skier

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

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

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

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

Not pictured: David Edson, PT

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



# SPORTS FANS: THE GOOD, THE BAD, AND THE UGLY

**OUT &  
ABOUT**  
BY  
JOHN MORTON



Although it already seems like ancient history, like many sports enthusiasts, I became engrossed in the recent Stanley Cup finals between the Boston Bruins and the Vancouver Canucks. Televised ice hockey typically isn't much of a draw for me, but two loosely related issues pulled me in. Early in the series it was mentioned that Tim Thomas, the star goalkeeper for the Bruins, was a graduate of the University of Vermont, so I was eager to see how a player with strong ties to Vermont fared on the international stage. Needless to say, Thomas did very well, leading Boston to victory and earning recognition as the Most Valuable Player of the championship series.

I also had a soft spot in my heart for Vancouver because that city had done such a remarkable job hosting the 2010 Winter Olympic Games. My wife, Kay, and I spent a wonderful week at the Olympics, which included the very exciting, early round, ice hockey matchup of Team USA and the host Canadians. A small group of us in red, white, and blue were engulfed by a sea of red and white maple leaves, many of whom were amply fueled by Molsons and Labatts. At one point during the game, as the young guys behind us returned from the concession stand with yet more refreshment, one of our group bravely turned and requested that the beer didn't end up all over us.

The Canadians laughed heartily.

As you may recall, that first cross-border matchup of the 2010 Olympics ended in a victory for the USA, thanks in large part to the heroics of the American goalie. As we filed from our seats, I risked a subdued comment to the stunned Canadian fans a row behind us, "Sorry about the final score, but it was a hell of a hockey game."

"Aw, don't worry about it mate," came the immediate response, "we'll get you in the gold medal round." Which of course, they did, in dramatic fashion.

It was especially because of this memory, that I was so disappointed to learn about the violence and mayhem that followed the final Stanley Cup game in Vancouver. For several hours, the streets were filled with raging people who clashed with police, looted stores, and started fires. The frustration and disappointment of having the Stanley Cup snatched from their grasp so close to victory may have been the catalyst for the violence that followed, but a frightening example of mob mentality quickly took over.

I have experienced that type of outrageous behavior in other sporting events. At the 1974 World Biathlon Championships in Minsk, then part of the Soviet Union, the hosting Russian team had done poorly in the opening events. Their chance for redemption, in front of an estimated 120,000 fanatic, local fans, was to defeat the arch-rival

Finns in the relay. The first three skiers from each team battled it out on the shooting range, and the ski tracks kept the outcome in question until the final leg. The Soviet hero, Aleksandr Tikhonov, matched strides and shots with Finland's anchor, Heikki Ikola, until the final stage of shooting when Tikhonov got to the skiing loop first. Those were the days of sticky, klister wax for icy or warming snow conditions. The course was lined with Soviet spectators. As soon as their hero passed, they threw pine and spruce needles onto the tracks to sabotage Ikola's skis. After the race, Heikki confided to me, "Today, I would have feared for my life if I had won."

In contrast, I have another vivid memory, this one from the '94 Winter Olympics in Lillehammer. The hosting Norwegians consider skiing as much a part of their heritage as the Vikings, and they had been preparing their athletes to succeed at Lillehammer for a decade. But as the Games unfolded, some of the Norwegian spectators and

officials feared that they had overdone it. I remember being asked by concerned Norwegians if other countries might think that the host team was hogging the medals.

The Olympic men's cross-country relay had been a recurring battle between the Italians and the Norwegians, often resulting in a photo finish after 40 kilometers of racing. In Lillehammer, more than 100,000 passionate, Norwegian fans screamed the two anchormen toward the line, then fell totally silent, uncertain which athlete had finished first. When the Italians were declared the winners, the Norwegian crowd remained stunned for a few seconds, then they roared their approval of one of the most exciting races they would ever see. ¶

*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 website, [www.mortontrails.com](http://www.mortontrails.com).*

## WHAT'S SUP?

**STAND-UP PADDLEBOARDING IS FUN, FITNESS, & SIMPLICITY!**

Central Vermont's Best Selection of SUPs, Kayaks, and Canoes

Try before you buy on our demo pond!

**UMIAK Outdoor Outfitters**

Route 100, Stowe, VT 253-2317  
[www.umiak.com](http://www.umiak.com)  
OPEN 7 DAYS

## MT. MANSFIELD WINTER ACADEMY Presents:

Challenging and extraordinary route winding through Stowe, Morrisville and over Smugglers' Notch!

Aid stations and support vehicles along all routes. Only supported ride through the Notch!

### September 4th, 2011

Entry includes: Pre-ride food, after ride meal, route support & tech shirt!

Pre-start energy supplies include fresh fruit, bagels, VT PEANUT BUTTER, AND MOCEAN MATÉ. Refuel meal provided by CARBECUE.

**3 routes: 25/50/ Metric Century (62.5 miles)**

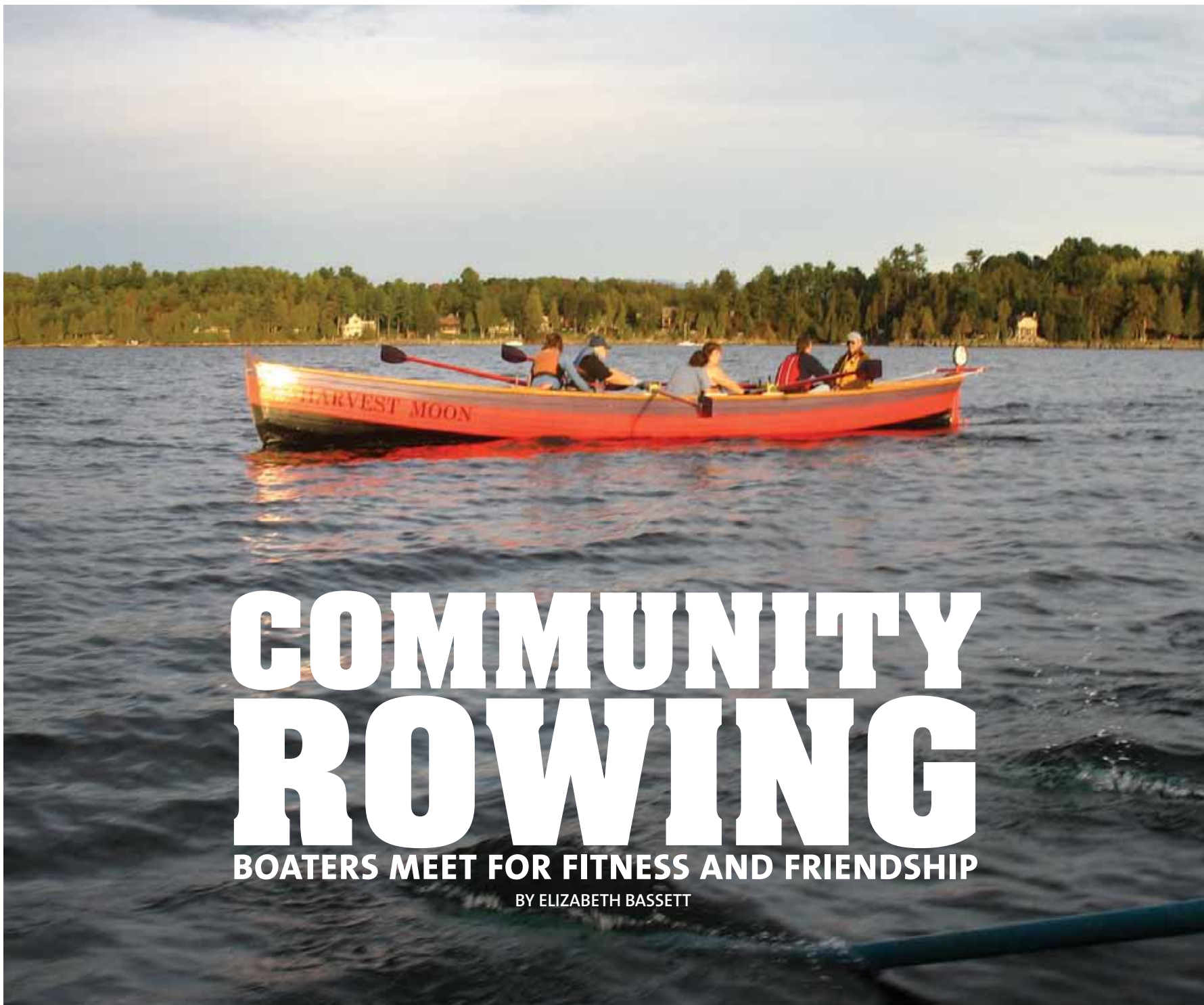
Entry fee: \$30 = 25 Mile / \$60 = 50 Mile / \$100 = Metric Century / \$25 for under 18

**Morgan Stanley**

CHARTIS

[www.mmwa.org](http://www.mmwa.org) **802.253.7409**





# COMMUNITY ROWING

## BOATERS MEET FOR FITNESS AND FRIENDSHIP

BY ELIZABETH BASSETT

Photos courtesy Lake Maritime Museum

An osprey screeches as a red, orange, and yellow boat nears its nest. "Let's give the bird some space," coxswain Matt Witten says to his six rowers. "Starboard, hold water, port, give me a few strokes. Ready all and row." The craft pivots and slips away.

It's Thursday evening and conversation floats up from three wooden longboats gliding over Otter Creek in Ferrisburgh. This is Community Rowing, a program of the Lake Champlain Maritime Museum of Ferrisburgh. Two evenings each week, Monday in Burlington and Thursday at the museum, rowers from 20-somethings to nearly 70, chat, sightsee, and learn the lore of the lake.

From late April until the fleeting evenings of October, the museum's longboats welcome adults with no affiliation other than an interest in exercise and the lake. Some participants row a few times each year, others weekly. No experience is necessary. After a quick explanation new rowers take their seats beside more experienced hands, pulling one long oar in rhythm with the coxswain's call.

In May, I joined the group for an outing. The flooded Otter Creek ignored its boundaries, giving community rowers a blank canvas for an evening outing.

"Shall we row over the road, through the woods, or across farm fields?" Maple's coxswain Ben Mayock asks. Soon the colorful boats weave through forests and cattail marshes enroute to the main channel of the creek.

"Shall we visit Snake Den Cove or Button Island?" coxswain Ed McGuire asks Osprey's crew. They decide to cross to the Palisades on the New York shore and stop in a sheltered harbor for a swim.

"Rowing is great exercise and the scenery is unbeatable," says Jake Mathon, who works from home in Williston for a virtual consulting and business intelligence firm. "During the season, we visit a range of destinations. Even the drive to Basin Harbor is beautiful.... My company encourages us to find out-of-home activities. It's important for me to get out and interact with people."

Mary Miklaus, who teaches at Beeman Elementary School in New Haven, had similar sentiments. "I love the trickling sound as the boat glides, then the splash of six oars in unison," she says. "Rowing is a great workout. Even when I'm exhausted and want to stop, I know others are counting on me."

Champlain Longboats are built, one per year, at LCMM by non-traditional high school students. Recently, Community High School of Vermont students completed a boat. CHSV is an accredited school within Vermont's Department of Corrections working with pupils who are incarcerated or on parole. Constructed from 250-year-old designs, the gigs are copies of pilot boats that escorted ships along the coast of Cornwall. Working with a forester, the students select trees from Vermont Family Forests (an organization working toward use of sustainable, local wood products). At the museum, they use a portable sawmill to cut the lumber. This wood dries while the builders construct their boat with planks chosen two years previously. After five months of work under the guidance of LCMM's Nick Patch, the students choose a name and color scheme for their boat. Parading with bagpipe accompaniment to Basin Harbor, they launch the new gig. Retired sweep oars from





college crew teams are the only non-traditional materials in the 1,000-pound, 32-foot boats.

"The design of these boats connects us with our ancestors, going back to the Greeks and the Phoenicians," says coxswain Witten, a writer and storyteller. For nearly two decades Witten has helped build boats and lead trips for the museum. Known as the Champlain Troubadour, Witten occasionally sings a sea chantey from his perch in the stern.

Ben Mayock leads the Monday rows in Burlington. "I enjoy watching all of the activity, he says. "It's a contrast with the quiet beauty near Basin Harbor."

The rowers lift their oars from the water and the boat stops beside a yellow buoy floating near the breakwater. "This marks a horse-powered ferry hundreds of feet below," Mayock says. "There's a replica at the museum," he adds. "Sit ready, ready all, and row."

The boat slides away.

Many of the coxswains bring decades of experience on the water. As a teenager, Witten sailed from New York to Leningrad, Russia, on a 150-foot sailboat. He was also boatswain—that's nautical-speak for a carpenter—on Pete Seeger's Clearwater that plied the Hudson River advocating for clean water.

Mayock led sea-kayaking trips for many years and teaches Paddling Ecology at LCMM. McGuire, a retired Coast Guard officer, has rowed and paddled since childhood, including summer cruises to Europe and rowing at sea while at the Coast Guard Academy. As a volunteer, McGuire has helped build four of the LCMM longboats.

"I love teaching seamanship to kids," he says. McGuire is central to maintenance of the fleet. "There is always cleaning, repairing, and painting to do in the off-season."

Returning from an evening row, the Spirit of Otter Creek threads its way into Burlington Harbor. "Let it run," Mayock tells the crew. "Does this guy see us?" The rowers turn to see a motorboat heading straight at them, all four heads in the craft looking away.

"Hey!" Mayock yells. The driver grabs the wheel and jerks his boat out of Otter Creek's path.

"You're faster than you look," the skipper says as Otter Creek floats past, oars

## LAKE CHAMPLAIN MARITIME MUSEUM ADULT COMMUNITY ROWING

Mondays, 5:30 p.m.; Perkins Pier, Burlington. Contact Ben Mayock at [benm@lcmm.org](mailto:benm@lcmm.org) by previous Wednesday.

Thursdays, 5:30 p.m.; Lake Champlain Maritime Museum, Basin Harbor Road, Ferrisburgh. Contact Karen Gallott at [kareng@lcmm.org](mailto:kareng@lcmm.org) by Monday.

Plan to arrive by 5:15 p.m. to meet the coxswains, fill out paperwork, and be outfitted with a PFD (personal flotation device or life jacket).

Participation: \$10 per person. The first time is free. Seasonal membership in Adult Community Rowing Club: \$70 per location or \$120 to row at both. Sign-up is first come, first served with a waitlist.

No experience is necessary to participate, but rowing requires physical exertion and the agility to move around in a small boat.

Bring garden or bicycle gloves for tender hands, water bottle, sunglasses and/or visor, windbreaker, and a smile.

Questions? Karen Gallott at LCMM, 475-2022, ext. 121.

raised high to avoid a collision. In fact, a good crew of six can move at 6 knots!

Barbara Thomke rows occasionally. "I love the rhythm, the tug of water against your muscles," she says. "The air is fresh and I feel connected to the water, lake, outdoors, exercise, and beauty. It's a great way to spend an evening." ☐

*Elizabeth Bassett lives in Charlotte where she thrives in the outdoors. She is the author of Nature Walks in Northwest Vermont and the Champlain Valley (Full Circle Press) and contributes to numerous publications.*



## GREEN MOUNTAIN SHOWDOWN Bike Culture Photo Comp



**Trapp Family Lodge / Stowe, Vermont / August 27th, 2011**

**Day Rides • Demos • Prizes • BBQ • Libations • Live Music • Great Photography**

Five New England photographers have until the end of August to collect a portfolio of work based on the theme "Bike Culture in the Green Mountains." On the final day of the competition we invite you to join us for an afternoon of riding and an evening gala at Trapp Family Lodge.

**For more details and ticket info visit [www.MTBVT.com](http://www.MTBVT.com)**





A Lifetime of Canoe and  
Kayak Destinations from  
New York to Maine.  
*Pure Vermont at its heart.*



America's Best Canoe Trail - 2011  
*Outside Magazine*



CHAMPLAIN, MISSISQUOI, CLYDE,  
MEMPHREMAGOG, NULHEGAN

[www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org)

FIRST ANNUAL  
**BUMP YOUR RUMP**  
AUGUST 27, 2011

**SIX HOUR CROSS COUNTRY  
MOUNTAIN BIKE RACE**

FOUR MILE LAP COURSE THROUGH  
GRAFTON PONDS OUTDOOR CENTER &  
GRAFTON VILLAGE, VT

COURSE: SINGLE TRACK (85%), CROSS-COUNTRY SKI  
TRAILS (10%), PAVEMENT (5%)

AWARDS FOR MALE & FEMALE RIDERS WITH MOST  
LAPS COMPLETED IN EACH CATEGORY

PRE-REGISTER AT [BIKereg.com](http://BIKereg.com)

RACE START: 9 AM

SOLO OR 2, 3 & 4 PERSON RELAY TEAMS

\$50 PP, INCLUDES BBQ AFTER RACE



[GRAFTONPONDS.COM](http://GRAFTONPONDS.COM) 802-843-2400



36 Years of Fun!

Guided River Trips,  
Shuttles & Tubing!

Stand Up Paddleboards  
Kayaks & Canoes!

Sales, Rentals,  
Demos, Instruction,  
& Repairs!

GEAR & GUIDANCE SINCE 1975  
**CLEARWATER**  
SPORTS  
802-496-2708

Come Join The Adventure!

SHOP ONLINE @  
4147 Main St. Waitsfield, VT 05673 [www.clearwatersports.com](http://www.clearwatersports.com)

**VERMONT  
SPORTS**

**ADVERTISERS  
DON'T FORGET**

**NEXT ISSUE IS A DOUBLE ISSUE:  
SEPTEMBER AND OCTOBER COMBINE  
AND IS ON STANDS SEPT. 1.**

**ADS CLOSE AUG. 17.**

**CONTACT YOUR AD REP TODAY TO RESERVE SPACE.**

**GREG MEULEMANS**  
(802) 366-0689  
[GREG@VTSports.COM](mailto:GREG@VTSports.COM)  
GREG IS THE REP FOR  
BUSINESSES ON ROUTE 4  
AND SOUTH


**TRISTAN VON DUNTZ**  
(802) 454-1737  
[ADVERTISING@VTSports.COM](mailto:ADVERTISING@VTSports.COM)  
TRISTAN IS THE REP FOR  
BUSINESSES NORTH OF ROUTE 4

NOT SURE WHO TO CONTACT? E-MAIL **PUBLISHER@  
VTSports.COM** AND WE WILL GLADLY ASSIST YOU.



# Lunar Quarry 12


Oct. 1st, 2011



**12 Hour  
Night Mtn. Bike Relay**  
Set in a 100 yr Old Rock Quarry  
Bonfire - Paintball - Bands - Movies - Pizza  
Pine Hill Park - Rutland Vermont  
[www.LunarQuarry12.com](http://www.LunarQuarry12.com)


# WHY PUMP?


**THE REVOLUTIONARY  
PLATYPUS®  
GRAVITYWORKS™  
PUMP-FREE WATER SYSTEM**



**ADVANTAGES OVER PUMP:**

- Filters 4 liters in less than 2.5 minutes **WITHOUT** pumping.
- Cleans in 4 seconds by backflushing.
- Water storage capacity of 8 liters.
- No moving parts to break or maintain.
- 4-liter water dispensing system.




 Scan this code with your smart phone for more information on the pump-free simplicity of the GravityWorks™ filtration system.


**MADE IN USA**

**platypus**  
platy.com

CONQUERING THE CHALLENGES OF PARALYSIS THROUGH THE LOVE OF SPORT







**The 6th Annual**


 **Kelly Brush  
FOUNDATION**

28, 50 or 100 Mile Rides with Family & Friends!

# Kelly Brush Century Ride

Saturday, September 10, 2011 • Middlebury, VT • **REGISTER:** [KellyBrushFoundation.org](http://KellyBrushFoundation.org) • 802.846.5298





# NOR'EASTER

POWERED BY EASTERN MOUNTAIN SPORTS

OUTDOOR SPORTS + MUSIC FESTIVAL  
SEPTEMBER 23-25, 2011  
WATERFRONT PARK, BURLINGTON, VT

G. LOVE & SPECIAL SAUCE  
OKKERVIL RIVER  
+ MANY MORE!

## Support the Causeway Restoration



Photo by Paul O. Boisvert

The Nor'easter and Eastern Mountain Sports are proud to support Friends of the Island Line Trail and Local Motion to help restore the Burlington Bike Path and Colchester-South Hero Causeway. For more information about this partnership, please go to [noreaster.ems.com](http://noreaster.ems.com).

U.S. PRO ROCK CLIMBING TOUR  
UCI CYCLOCROSS RACE  
EASTERN MOUNTAIN SPORTS SCHOOLS  
CONSERVATION VILLAGE  
VENDORS, CLINICS, DEMOS + MORE!

BUY YOUR TICKETS NOW AT [NOREASTER.EMS.COM](http://NOREASTER.EMS.COM)!  
ALSO AVAILABLE AT EASTERN MOUNTAIN SPORTS  
STORES, WHERE COLLEGE STUDENTS SAVE 20%



f The Nor'easter

