

BACKPACKING GEAR > TAKE YOUR KIDS SCRAMBLING > EMPOWERING YOUNG ATHLETES > CALENDAR OF OUTDOOR EVENTS

VERMONT SPORTS MAGAZINE



SEPTEMBER/OCTOBER 2011
VOLUME XX | NO. XI

LEA DAVISON ON FIRE

VERMONT RIDER WINS
PRO XCT TOUR

p. 5

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Photo by Tom Wemett.

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ON THE COVER: Lea Davison cycles in autumn. See story, page 5.
Photo by Daria Bishop.

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FROM
VERMONT SPORTS
BY SKY BARSCH GLEINER

THE POWER OF ONE

Stride, the Wright Foundation for Female Athletes, celebrates a decade this year. The organization, based in Ferrisburgh, helps underprivileged girls get involved in sports, including Alpine and Nordic skiing, paddling, and basketball. As Sarah Tuff explains in our piece on page 14, for many families, sports are easy—get the gear you need, pack in the car, and go. But for a lot of other families, a paddling trip in Canada may as well be like attempting to go to “the wilds of Siberia.” Costly gear, time away from work, finding peers to go with ... all these things may be out of reach.

While the program is inspiring, even more inspiring is how Stride came to be. Leslie Wright, Stride’s founder, was moved after she saw a Nike ad that featured middle-distance champion and Olympian Suzy Favor Hamilton outrunning a scary, horror-film attacker revving a chainsaw. “I was so enraged that

a company could portray a world-class female athlete as a victim of violence,” Leslie says. An excellent athlete herself (don’t try to out-bike her on the App Gap), Leslie was the victim of violence. Kidnapped and assaulted at 17, it is no wonder she was enraged, everyone should be. And many of us have probably asked ourselves how we would cope with a violent attack; thankfully, for most, it remains a “what if” scenario.

I’m in awe of the way Leslie turned this heinous crime into a catalyst for good. Instead of letting this incident define her life for the negative, she has instead turned her bad experience into positive energy and increased it 1,000-fold. Every girl that participates in Stride, and learns that she is strong, capable, fast, and tough, is better able to stand up for herself in difficult situations. The benefits that girls get from participating in sports are endless, including health benefits, improved self-esteem and confidence. The les-

sons they’ll learn from participating in sports—individual and team—include teamwork, dedication, the payoff of training, goal-setting, and more. Plus, these are opportunities to get outdoors, and spend time with their peers away from school, in a safe and healthy setting.

The girls who participate in Stride aren’t running from a chainsaw. They are running toward empowerment.

I feel very lucky to have been involved in sports from a young age.

My parents were dedicated to seeing me get outside, including when I had no other name but “The Girl” on my Little League team. I think I learned some of my best life lessons from training and competition, and it started me on a path that would lead me to trekking in the Himalayas this month. I was lucky, and thanks to Leslie, a lot of other young girls are too.

See you out there,
Sky



I received a copy of *Vermont Sports Magazine* at the Bike & Brew Fest at Burke Mountain Bike Park. Being an avid hiker and biker, I like the magazine, but I especially like the editor’s piece about how you are inclusive to all levels. I am a teacher, and I value the fact that you don’t want to exclude newbies.

Susan Varuolo,
Waterbury, Conn.

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



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on Lake Champlain
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GREEN MOUNTAIN MARATHON, South Hero

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Sunday, October 16 at 8:30 am

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for more information and to register



GREEN MOUNTAIN
ATHLETIC ASSOCIATION

FUNDRAISING EFFORT FOR NEW HANDCYCLE



World-class handcyclist Alicia Dana of Putney had her training set back when someone stole her \$8,000 custom handcycle this summer. Her community rallied and began raising funds to replace the handcycle, and it was eventually returned due to all the publicity. However, the fundraising group wants to continue raising money to purchase a new handcycle for Dana, as her bike is a 1999 model.

Dana, 42, had to abandon her bike on the side of the road after getting a flat tire. That's when someone took the bike, putting a damper on her training for the USA Cycling Paracycling National Championships happening in June in Augusta, Georgia.

"It's 11 years old," said fundraiser organizer Dede Cummings, "and would not serve Dana well in top-level competition. The top competitors in the world and national championships are using cycles that are newer, much lighter, more ergonomic, and faster. So we have shifted the goal of this effort. We want to send Alicia to the championships with the best possible handcycle."

A lifelong athlete, Dana began biking at 14 and competed in nationals for two years. When she was a senior at The Putney School, she fell 40 feet from a tree, becoming paralyzed from the waist down. She did some wheelchair racing, but when handcycles were invented, she got into racing more seriously. Her achievements include handcycling from Washington state to Vermont to raise money and awareness for disability-related causes; being the National Criterion champion; winning Challenge Alaska (a six-day stage race from Fairbanks to Anchorage, Alaska); and winning the Women's Handcycle Division of the KeyBank Vermont City Marathon.

To help Dana purchase a new handcycle and get to the competition in Georgia, visit www.giveforward.com/handcycleforalicia.

SIGN IN

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



JERICO WOMAN WINS PRO XCT MTB TOUR

Lea Davison (Specialized Factory) has won USA Cycling's Pro Mountain Bike Cross-Country Tour, the highest level of professional mountain bike racing in the United States. She captured the title through a five-race series that started out in Bonelli Park, Calif., in March and ended in Missoula, Montana, in July. The tour requires consistency and podium finishes to take the overall title, as well as good fitness, all of which Davison brought to win big. She finished with 1,090 points, beating the next finisher by 180 points.

"I am truly ecstatic to have won the overall title and also to cap off the series in winning fashion at the last race in Missoula," Davison, of Jericho, said. "This was my first cross-country win of my career, and my first national series overall title, so it's definitely been an exciting year."

In 2010, Davison was sidelined for the entire season because she had a hip labral tear repaired in April. "I really had no idea what to expect for a season

after no racing or training, and this season has gone well beyond my expectations," she said. "I put in a lot of time with Bill Knowles at iSport and Vermont Orthopaedic Clinic with the goal of coming back stronger from this injury, and my journey from the 2010 season to the 2011 season really makes the victory even sweeter. It is a testament to the excellent support team I had surrounding me during my comeback from injury."

Her team includes coach Andy Bishop of Williston, a former pro rider. "He is a big part of my success this season, and my bike career in general," Davison said.

Davison, with her sister Sabra, gives back to her sport, by mentoring girls aged 9 to 13 who are getting into mountain biking through a program called Little Bellas.

Our sincerest congratulations to Davison, and we can't wait to see what she does next! ☺

Get back on course with Gifford



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Going the (Long) Distance

Seven Long-Distance Hikes in the East

BY PETER BRONSKI

“Everywhere is walking distance if you have the time,” comedian Steven Wright famously once quipped. Nowhere might that be truer than on the trail.

The Northeast is interwoven with thousands of miles of hiking trails, and—some basic physical fitness notwithstanding—all it takes to explore them is time. They’re all, by the very definition of hiking, walking distance.

But some require a bit more walking than others. A select few were designed, not just for walking distance, but for long distance. From the legendary Appalachian Trail to the fabled and familiar Long Trail to the new Cross Vermont Trail, these trails—portions of which are designated National Recreation Trails—will get you going ... and keep you going ... and going.

A hiker on the Appalachian Trail in the Stratton Mountain region. Photo by Lisa Densmore.



APPALACHIAN TRAIL

By the measures of sheer distance and the diversity and magnitude of terrain covered, few would dispute the Appalachian Trail as the granddaddy of this list. At 2,175 miles long, it stretches from Georgia to Maine. (And that doesn't even count the international extension into Canada!) It was conceived in 1921 and completed in 1937. As it enters the Northeast at the Delaware Water Gap, it crosses southern New York, heads north up the western edge of Connecticut and Massachusetts, continues into southern Vermont, then angles across New Hampshire and into Maine. Along the way, the trail reaches its lowest point (along the Hudson River) and some of its highest points (among the Presidentials). For more information: www.appalachiantrail.org.

LONG TRAIL

Built by the Green Mountain Club between 1910 and 1930, the Long Trail is the self-titled “oldest long-distance hiking trail in America.” Also known as Vermont’s “footpath in the wilderness,” it runs for 273 miles north to south, from Vermont’s border with Canada to its border with Massachusetts. The white-blazed route generally follows the spine of the Green Mountains, overlapping with the AT in the southern part of the state. For more information: www.greenmountainclub.org.

CROSS VERMONT TRAIL

Unique for its west-to-east orientation, the Cross Vermont Trail is a new addition to the long-distance trail network. Envisioned as a four-season, multi-use path, it runs from Burlington to Newbury, from Lake Champlain to the Connecticut River. According to the Cross Vermont Trail Association, the trail—when complete—will span some 90 miles. For more information: www.crossvermont.org.

NORTHVILLE-PLACID TRAIL

Begun in 1922 and completed in 1924, the Adirondack Mountain Club’s Northville-Placid Trail weaves a south-to-north route through the west-central Adirondack Mountains. The 133-mile route from Northville to Lake Placid was donated to the state in 1927, and traverses numerous wilderness areas (including the West Canada Lakes and High Peaks) and wild forests (such as Blue Mountain) in the Adirondack Park. For more information: www.nptrail.org.

Continued on page 9



Randy Y. Stripped to my [SmartWool](#) with Claire after our last day in the backcountry. Now back to civilization!



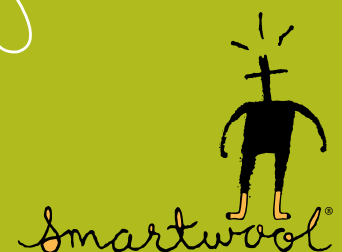
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Left: A trail sign on the Long Trail at the Harmon Hill summit. Photo by Lisa Denmore.
Center: A beautiful autumnal scene on the Northville-Placid Trail. Photo by Tom Wemett.
Right: A section where the Long Trail and Appalachian Trail converge. Photo by Lisa Denmore.

LONG PATH

Think of the Long Path as New York's answer to Vermont's Long Trail. The 347-mile route extends from the New Jersey side of the George Washington Bridge near New York City to outside of Albany. (There are plans to eventually extend it north to the Canadian border.) Originally conceived in the 1930s, it's been a work in progress, decade by decade, especially as sections get rerouted to use more trails and eliminate stretches of road walking. This "baby" of the New York-New Jersey Trail Conference visits the Hudson Valley, Palisades, Highlands, Shawangunks, and Catskills. For more information: www.nynjtc.org.

TACONIC CREST TRAIL

When linked with the South Taconic Trail, the Taconic Crest Trail makes for some 50 miles of hiking through the Taconic and Berkshire mountains along the New York-Massachusetts border, paralleling the AT, which runs farther to the east. The TCT winds from Petersburg, N.Y., to Pittsfield, Mass., and the STT heads from the Catamount Ski Area to Whitehouse Crossing south of Mount Brace. For more information: www.berkshirehiking.com.

Peter Bronski is an award-winning writer and frequent contributor to Vermont Sports. Any day on the trail is a good day for him, but he especially loves putting some serious mileage behind him.

METACOMET-MONADNOCK TRAIL

Started in the 1950s, and maintained by the Appalachian Mountain Club's Berkshire Chapter, the 114-mile, blue-blazed Metacomet-Monadnock Trail runs from the Connecticut-Massachusetts border to Mount Monadnock in southern New Hampshire. Along the way, it traverses Mount Tom State Reservation, the Mount Holyoke range, and other gems of west-central Massachusetts. For more information: www.amberkshire.org/mm-trail.

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IN THE BAG

NEW and NOTEWORTHY TRAIL GEAR

BY SKY BARSCH GLEINER

Now that we've told you about some long-distance hikes in the East, set your goal by marking your calendar for your departure. In between now and then, make sure you have all the gear you need for a safe and comfortable backpacking trip. Here's a look at some essential backpacking gear.



COLUMBIA PFG BACKCOUNTRY CONVERTIBLE PANT

Smart packing means finding items with multiple uses. These nylon convertible pants arm you with both shorts and pants in one. They zip off at the knee for comfort when it's warmer, and ankle zips allow room for bulky boots. The pants have a UPF factor of 30, which is great, but you're more likely to be bothered by bugs than sun in Vermont. That's why these pants are a nice choice—they have been treated with an insect blocker, which is designed to last up to 70 washes. Plenty of pockets and soft, easy-roll material mean these are great on the trail. \$85

COLUMBIA WINDEFEND HALF ZIP

Perfect for walking above tree line, the Windefend protects you from the wind and brisk temperatures encountered at the summits. The wicking fabric keeps you dry, which in turn helps keep you from getting too cold. Reflectors on the detailing makes this half zip a multisport piece of outerwear, so you can put it to good use while biking and jogging too. Flattering fit and fun thumbholes. \$70

DARN TOUGH BOOT SOCK MERINO, FULL CUSHION

You know they're made in Vermont. You know they're made from soft Merino wool. But did you know Darn Tough will replace these socks for ANY reason if you blow through them? Seriously—there's no fine print. No time limits or restrictions. These socks are as comfortable as slippers, so they're great for wearing while hiking, as well as for relaxing at night. The elastic support provides a well-shaped sock that doesn't seem to stretch out. The price may seem hefty for a sock, but these are very high

quality, requiring a lot of material. And again, they're guaranteed for life. \$22

EAGLES NEST OUTFITTERS SINGLENEST HAMMOCK, SLAP STRAPS, AND GUARDIAN BUG NET

Here's a great alternative to tenting those nights that the shelters are full: hammocks! Eagles Nest Outfitters makes lightweight, packable hammocks (12.8 ounces) that you can set up virtually anywhere, thanks to the adjustable Slap Strap suspension system. These hammocks are soft and solid, so your rest is far more comfortable than in a traditional woven hammock. While sleeping under the stars is relaxing, it can be tough to dodge the bugs. Instead of providing a blood buffet, envelop yourself in the Guardian, a 1-pound netting system designed to surround the hammock, made of fine mesh, capable of preventing even the no-see-ums from irritating you. Hammock: \$64.95; Slap Straps: \$19.95; Bug Net: \$54.96

ISIS WOMEN'S SPORT BRIEF AND SPORTS BRA

If you're trying to heed mom's advice of always wearing clean underwear in case you're in an accident and have to go to the hospital, the closest you'll come (unless you find an on-trail laundry) is with wicking fabrics designed for sport use. The Isis Sport Brief, Sports Bra, and C/D Sports Bra combine nylon, polyester, and spandex with "Evaporator Technology," which wicks and spreads moisture, keeping you comfortable on your multiday journeys. Nonpilling nylon adds to the comfort of these undies. No one wants a wedgie on the trail, and these really stay where they are supposed to. Bras have wide straps that don't cut into your shoulders under the weight of backpack straps. \$20 to \$49

ISIS MARCY CAPRI

These easy-to-wash capris will get you from sign-in to summit with comfort and style. They're lightweight, pack easily, and have soft microsuede trim on the waist and hem. An adjustable waistband gives you a tailored fit, although the fit is on the snugger side. Four pockets have plenty of room for snacks, a compass, and TP. \$72

KELTY LIGHT YEAR 20

This mummy bag is so comfortable, it is easily mistaken: It may be mistaken for a duvet, or, your friends may "mistake" it for theirs. Don't let that happen. This three-season bag, weighing less than three pounds and rated to 20 degrees, has other pluses: it's easy to zip, thanks to a snag-preventing zipper draft tube, the hood snugs in super close to your head, and the insulated hood baffle provides comfort while preventing heat from escaping. An excellent choice for fall and spring backpacking. We won't laugh if you use it at home too. \$189.95, men's and women's models available, add \$10 for the long version.

SIERRA DESIGNS VAPOR LIGHT 2 TENT

To tent or not to tent? Is the extra weight really worth it? With the Sierra Designs Vapor Light 2 tent, the extra weight is not really a factor anymore. It's hard to believe a two-person tent can weigh in at 3 pounds, 5 ounces. There's 25.5 square feet of floor space, and the internal height is 38 inches. Mesh walls shed weight while keeping bugs out. So easy to set up, you can do it on little energy after a high-mileage day. \$299

OSPREY EXOS SERIES

The Exos Series really makes you stand back and realize how far pack technology

has come. These ultra-lightweight packs are easy on your back and tough enough to carry the goods you'll need for a multiday journey. And they counter the idea that to shed weight, you have to give up bells and whistles. The Exos 58, for instance, is a 58-liter (for the medium size) pack that weighs less than 3 pounds. Three pounds! And you still get a breathable mesh back panel. Smart compression straps can either sit inside or outside of side mesh pockets. A genius trekking pole strap system gets your poles out of the way for scrambles, and front zips provide easy access to stuff in the middle of your pack. Choose from the Exos 34, (medium at 34 liters and 2 pounds 2 ounces), the Exos 46 (medium at 46 liters and 2 pounds, 5 ounces) or the 58, depending on how much gear you need to carry. \$149 to \$219

PATAGONIA P26 MID HIKING BOOTS

As I searched for a hiking boot that could go the distance, I had my eyes set on a boot that rose well above the ankles. From photographs, the P26s looked too low to sustain a multiday adventure.

I was wrong. I've taken these boots on about a dozen hikes this summer, including just after Memorial Day this year when the trails were slick, and I had a couple wipeouts when going too fast on the way down. My ankles are susceptible to injury, but not once did I feel any pain while wearing (or tripping in) these boots. They were so comfortable, they felt like slippers from the very first time I put them on. Break-in time was nonexistent. However, to keep mud, dirt, sticks, and rocks from collecting around your ankles, you're going to have to wear gaiters with these boots. There's no amount of lace-tightening that can prevent this.

\$185

Back to School

VERMONT SPORTS' GUIDE TO COLLEGE PROGRAMS FOR OUTDOOR CAREERS

BY PHYL NEWBECK

Sterling students study natural history and expedition skills during a five-week wilderness field study course in the high peaks of the Sierra Nevada. Photo courtesy Sterling College.

A desk job isn't for everyone, particularly not for avid readers of *Vermont Sports*. So, in the interest of creating a happy and healthy readership, we've put together a listing of the outdoor education programs in the state and slightly beyond. Each of the four-year colleges that are part of the Vermont State College system offers an outdoor major, as does the University of Vermont and Sterling College. Outside Vermont, we'll focus on New England College in New Hampshire and Paul Smith's College in New York.

CASTLETON STATE COLLEGE, CASTLETON castleton.edu

Program: Outdoor Education Administration

Level: Minor within the Sports Administration Program

Years in existence: Four

Number of students per year: Too early to tell

Highlights: Primitive Survival Skills, a course designed to investigate Northeastern wilderness environments and their relation to the modern adventurer, minimalist, or nature enthusiast. The course teaches self-sufficiency and backcountry wisdom. Included is the study of the psychology of wilderness living and survival, primitive fire building, wilderness food preparation, emergency hunting and trapping, edible-plant gathering and preparing, cordage weaving, shelter construction, water purveying and filtration. The class combines lecture with hands-on instruction and includes a three-day primitive skill "walkabout" in the remote regions of the Green Mountains, as well as a 24-hour solo experience.

Key courses: Advanced Wilderness First Aid; Rock Climbing; Orienteering; Camping Skills; Fly Fishing; Backcountry Skiing and Snowboarding.

Famous former student: Josh Hardt, who is credited with turning the Moosalamoo Center at Otter Valley Union High School into an experiential learning program.

Contact person: John Feenick, chair of the Physical Education Department, john.feenick@castleton.edu

JOHNSON STATE COLLEGE, JOHNSON jsc.edu/academics/EnvironmentalAnd HealthSciences/OutdoorEducation.aspx

Program: Outdoor Education Program

Level: Undergraduate major with minors in Adventure Education and Wilderness Leadership, and Environmental Education

Years in existence: 14

Number of students per year: 120 total graduates

Highlights: A four-decade-old course called Learning in the Outdoors, which involves running the weeklong Camp Abnaki for sixth graders in Grand Isle County (in conjunction with the Burlington YMCA).

Key courses: Introduction to Outdoor Education, which includes visits to programs such as the Vermont Institute of Natural Science, Shelburne Farms, Echo Center, and Bolton Adventure Center; Wilderness Leadership Techniques, in which students plan and embark on their own expeditions (last year's class spent two-and-a-half weeks in New Mexico backpacking, mountain biking, rock climbing, and rafting; Winter Expedition, which takes place during February break and allows students to learn advanced skills in locations varying from the White Mountains and Adirondacks to western locations like Idaho.

Famous alumni: Steve Charest, program director and lead instructor at Petra Cliffs; Alisa Anderson, program manager of the Smuggler's Notch Adaptive Ski Program.



Lyndon State College students nearing the summit of 18,500-foot Pico de Orizaba in Mexico. Photo courtesy Lyndon State.

Contact person: Karen Uhlenдорf, professor of Environmental and Health Sciences, karen.uhlenдорf@jsc.edu

LYNDON STATE COLLEGE, LYNDONVILLE lyndonstate.edu/degree-programs/ mountain-recreation-management

Program: Mountain Recreation Management

Level: B.S. in Adventure Leadership or Ski Resort and Snowsport Management

Years in existence: 38

Number of students per year: Average of 20 with a B.S. degree, including about a third with business minors.

Highlights: Experiential and expeditionary learning in classrooms that include local and global mountain ridges, valleys, rivers, and streams; Resource Impacts class, better known as "walk in the woods"; Expeditions, involving multisport skills; Lyndon Outdoor Orientation Program, a freshman orientation program that includes backpacking on the Long Trail. Adventure Leadership, students in their junior and senior years have the opportunity to work as leaders on the orientation course.

Key courses: Wilderness First Responder; Stonehearth Open Learning Opportunities; Leave No Trace Master Educator; Leave No Trace Center for Outdoor Ethics; Avalanche Level 1 and 2.

Famous alumni: Kris Blomback, general manager at Pats Peak Ski Area; John Worth, director of Burke Mountain Ski Patrol, co-owner of East Burke Sports, and developer of Kingdom Trails; Angela Irvine, co-founder of Little Bellas; Jamey Wimble, general manager at Mad River Glen; Scott Reeves, vice president of operations at Stowe Mountain Resort.

Contact person: Catherine DeLeo, chair of the Mountain Recreation Management Department, catherine.deleo@lyndonstate.edu

STERLING COLLEGE, CRAFTSBURY COMMON sterlingcollege.edu/outdoor-education-and- leadership.html

Program: Outdoor Education and Leadership Program

Level: B.A.

Years in existence: 14 for the four-year program; two-year program existed prior

Number of students per year: Three to four graduates per year, or roughly 23 percent of the student body.

Highlights: Bounder, a class required of all students for which the final test is a four-day, three-night winter camping expedition in the Lowell Mountain Range with neither tents nor stoves. Key courses: A 10-week internship in which students have traveled as far as Alaska, Minnesota, Utah, and Wyoming; a five-week course in Natural History and Expedition Skills, which alternates between the Sierra Mountains and Alaska;

Wilderness First Responder, which is a foundational course for first aid; skills courses in white-water canoeing, rock climbing, ice climbing, challenge course instruction, and a backcountry skiing course in Idaho that provides Level 1 avalanche certification.

Famous alumni: Program alumni are working across the country from New England to Oregon with one alumnus in Russia. Graduates include an Environmental Studies teacher in Virginia, the program director of the Farm School in Massachusetts, a photojournalist, an expedition leader, and several who work in the ski industry.

Contact person: Jill Fineis, dean of students, admissions@sterlingcollege.edu

UNIVERSITY OF VERMONT, BURLINGTON

uvm.edu/academics/programs/parks_recreation_and_tourism

Program: Parks, Recreation, and Tourism

Level: B.S. with two concentrations: Outdoor Recreation (public sector) and Tourism (private sector)

Years in existence: 39

Number of students per year: Generally, 18 to 25 students graduate from the program each year

Highlights: Ski Area Management, partially taught at Stowe Mountain Resort; Eco-Tourism and Sustainable Development, which involves a service-learning component and includes a trip to Costa Rica.

Key courses: Environmental Interpretation; Wilderness Education and Leadership; Park and Wilderness Management; and Outdoor Recreation Planning.

Famous alumni: Alumni work for various federal agencies, K2 Sports, Adventure Treks, Mountain Escapes, Resorts USA, Brandywine Conservancy, Shelburne Farms, Hunter Ski Bowl, Catamount Family Center, Salomon Sports, Aspen/Snowmass, Stowe Mountain Resort, and the American Alpine Club.

Contact person: Walter Kuentzel, department chair, Walter.Kuentzel@uvm.edu



Lyndon State students in a kayaking class in the campus pool.

PAUL SMITH'S COLLEGE, PAUL SMITHS, N.Y.

paulsmiths.edu/forestry/rate.php

Program: Recreation, Adventure, Travel and Ecotourism

Level: B.S.

Years in existence: 10

Number of students per year: 10 to 12

Highlights: Eco-Adventure Practicum, a two- to three-week, student-planned international trip. This year's students spent 22 days in Guatemala and Belize, sampling as many adventure travel experiences as possible and then evaluating them for their level of ecotourism, sustainability, environmental friendliness, as well as what they give back to the local economy. Previous trips have gone to Costa Rica and Africa, and next year's class will go to the Dominican Republic. The trips include a service component as well.

Key courses: Adventure Travel and Eco-Tourism; Winter Recreation, culminating in a four-day, three-night trip to the White Mountains with a summit attempt on Mount Washington; Risk Management; Outdoor Leadership.

Famous alumni: A number of students work for Adirondack Leadership Expeditions.

Contact person: Joseph Dadey, assistant professor of Forestry, Natural Resources and Recreation, jdadey@paulsmiths.edu

NEW ENGLAND COLLEGE, HENNIKER, N.H.

nec.edu/academics/academic-departments/outdoor-leadership

Program: Outdoor Leadership

Level: B.S.

Years in existence: Three

Number of students per year: Growing from seven to 30
Highlights: Wilderness First Responder, the highlight of which has the teacher playing the part of the victim. Last year Instructor Viti put her feet in freezing water and had her students bring her back from borderline hypothermia. This is accompanied by a theory class where only two papers are graded by the instructor—the rest are peer-reviewed and graded.

Key courses: Low Ropes; High Ropes; Experiential Education Course; Backpacking during midterm break and spring break; single-credit rock- and ice-climbing classes.

Famous alumni: No graduates as of yet.

Contact person: Raelyn Viti, instructor of Outdoor Leadership, rviti@nec.edu

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She is starting to wonder why on earth she majored in sociology with all these other options available. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport that does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

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JSC Outdoor Education major Josh Bossin, class of 2012, stands atop the peaks of Patagonia during his junior year abroad with the National Outdoor Leadership School.

EXCITING SCRAMBLES FOR YOUNG ADVENTURES

KID-FRIENDLY ROCKY PEAKS THE WHOLE FAMILY CAN ENJOY

BY PETER BRONSKI

Even before I had kids, I learned a valuable parenting lesson from a friend of a friend. His 7-year-old son had already (happily) summited more mountains than many adults I knew. This was no accident. The parent in question had a crucial insight: when kids get old enough to leave Mom or Dad's backpack carrier (at least for part of a hike) and trek on their own, they tire quickly of the monotony of trail walking.

When that happens, a fun family hike can quickly turn into a miserable death march, which usually involves turning around and making haste back to the trailhead. For young kids, straightforward hiking just doesn't cut it. They need a little something extra to keep things fun and engaging—easy rock scrambling.

Now that I have two young daughters of my own, I'm starting to see that philosophy put into action. My older daughter, Marin, is young enough (and light enough) that I still carry her in a backpack carrier over rougher trails. But there are two times when she gets down and hikes on her own—when the trail is relatively even and flat and when the trail (usually as we approach a summit) turns bald and rocky.

You can guess which type of hiking she enjoys more. (Hint: it's not the flat, easy hiking.) Marin calls it "rock climbing," but I know it by another name: a formula for fun scrambling adventures the whole family can enjoy. Try this roundup of peaks and routes to get your own kids upwardly mobile and having fun on their own mountain adventures.



Kids take in the scramble atop Mount Monadnock.
Photo by Jeb Wallace-Brodeur.

BONTICOU CRAG, N.Y.

Located in the Hudson Valley's Mohonk Preserve—the same nature preserve that's home to the world-famous rock climbing of the Gunks—the Bonticou Ascent Path weaves its way up through giant blocks of talus and a broken cliff face to reach the eponymous summit, with a vista overlooking the valley. Families routinely make the climb, but if it proves too spicy for your wee little ones, an ascent up the backside trail (a continuation of the Bonticou Ascent Path) follows forests and then low-angle rock slabs to reach the same dramatic high point.

HURRICANE MOUNTAIN, N.Y.

At 3,694 feet tall, Hurricane is relatively modest by Adirondack standards, which makes it a great choice for young families. Yet it still packs a scenic punch. The bald, rocky summit—topped with an old fire tower—is a tiny scrambler's dream come true. Parents can enjoy it too, because the mountain's bald summit area lacks the large cliffs (worrisome, if you're a parent responsible for little tykes running around) found on other moderate Adirondack peaks, such as Noonmark, Rooster Comb, and Crane mountains.

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CAMEL'S HUMP, VT.

The imposing, rocky south face of Camel's Hump is unmistakable from many vantage points in the Green Mountain State. Conveniently, the Long Trail weaves its way up the face, requiring some easy scrambling en route. From the west, take the Forest City Trail, or from the east, the Dean Trail to Windy Gap. Then turn north and tackle the main ascent. Once on top, return by the Burrows Trail to the west or the Monroe Trail to the east. (Remnants of an old plane crash make for a neat diversion on the Monroe side of the mountain.) As with Bonticou, if the main ascent proves too risky for your young hikers, other mellower options exist.

MOUNT MONADNOCK, N.H.

Reportedly the second most climbed mountain in the world (behind only Japan's Mount Fuji), Monadnock—tucked away in southwestern New Hampshire—is justifiably popular. The perennially popular White Dot Trail heads up over exposed rocks to a treeless summit that feels much taller than it actually is, thanks to the mountain's relief above the surrounding landscape. The climb is never difficult, but challenging scrambling for the little ones is constantly within arms reach, making Monadnock a “win” for the whole group.

MOUNT CHOCORUA, N.H.

Every time I drive to and from the Mount Washington region of the White Mountains, my eye is drawn to Chocorua. There's something about the way its craggy summit vaults up above the surrounding evergreens that begs it to be climbed. The Champney Falls and Piper trails provide opportunities to do just that, and once you break out above tree line on the upper mountain, it's a scrambling delight over smooth slabs for the younger hikers in your group. Plus, the view of the Presidential mountains to the north is exceptional. ☐

Peter Bronski is an award-winning writer and frequent contributor to Vermont Sports. He's constantly planning the next family-friendly summit scramble. His daughters love it, and he doesn't mind either.



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Skiing is believing for young athletes.
Photo courtesy Stride Foundation.

For so many Vermonters, it's a simple enough concept: put skis on car, drive, ski; pick up basketball, go to rec field, shoot some hoops; sign up for summer camp, go canoeing, hiking, the works.

But for hundreds of girls in the Green Mountain State, it's far more complex. They can't afford skis; their parents have no car. They're too shy to dribble around a court. Paddling in the wilderness of Canada might as well be the wilds of Siberia.

Enter the Stride Foundation, a groundbreaking program for girls begun 10 years ago by Ferrisburgh's Leslie Wright. By providing elementary schoolers the opportunity to Alpine and Nordic ski; pairing middle school basketball teams with women's college teams; and by sponsoring campers at Keewaydin on Ontario's Lake Temagami, Stride is creating not only

Taking It All in Stride

A Groundbreaking Sports Mentoring Program for Girls Celebrates 10 Years

BY SARAH TUFF



Stride participants paddle through white water. Photo courtesy Stride Foundation.

budding athletes but more confident women, tomorrow's leaders.

"I never thought I'd be running programs for girls in sports—I had a whole different vision," says Wright. "But as it turns out, we've met needs; we've made an impact."

Stride began as an Olympic effort—literally. During the Sydney 2000 Games, Nike aired a commercial that featured middle-distance champion Suzy Favor Hamilton outrunning a scary, horror-film attacker revving a

chainsaw. The ad, eventually cancelled, raised the ire of many, including Wright. "I was so enraged that a company could portray a world-class female athlete as a victim of violence," says Wright, who was kidnapped and assaulted herself while training in New Hampshire at age 17. "If there was a woman involved in the making of that ad, why wasn't she empowered enough to say, 'This isn't a good idea; this isn't going to get the market you want.'"

In some "pissed-off" correspondence with Nike, Wright threatened to start a foundation—which is just what she did in 2001. She founded Stride, which was initially intended to give grants to girls' sports programs. But soon Wright found that there weren't many mentoring programs, so through Stride, she created Sisters in Sport, which initially paired the Middlebury Union Middle School seventh-grade basketball team with the Middlebury College women's basketball team. (There is now a similar mentoring program between Winooski Middle School and St. Michael's College.)

It turns out that was just the beginning.

In January 2002 came Snow Stars, partnering the Alpine Shop and the Middlebury Snow Bowl's ski school to get underprivileged girls out on the slopes; that would be followed by a similar Nordic program at Rikert Ski Touring in the winter of 2006–2007. Then in 2007, Stride began partnering with Keewaydin Temagami to bring Vermont campers to a wilderness canoe camp in Ontario.

"It was kind of weird that I started with basketball, because I don't play basketball," says Wright, who works full time as the public relations and marketing manager for the Shelburne Museum. "But it seemed to have fewer moving pieces, logistically, than the ski programs."

Now, the moving parts are the

athletes themselves. To date, 784 girls and mentors have been served by Stride, with story after story of newfound friendship, confidence, and fun happening on the snow, court, and lake.

"The Stride Foundation, and Leslie, are wonderful," says Marilyn Shores, a Middlebury resident and grandmother of Rachael Carter, 15, who has attended Keewaydin three times thanks to Stride. "It has given (Rachael) experience outside of her environment—for the first time, she got to fly. And it gave her some confidence; she was shy when she started out, but she gained some people skills."

In Granville, Tammi Beattie reports similar results for her daughter, Ella, 10, who has learned to Alpine ski through Stride, and has formed a valuable bond with her Middlebury College mentor. "Her confidence has really grown," says Beattie, "not just as a skier but as a girl—she can do anything she can set her mind to."

Stride's official mission is "to enhance and promote the advancement of female athletes in society." And when it comes to women, sports, and leadership, there's still a ways to go, says Wright, both nationally and in Vermont. "Eight percent of athletic directors at



Leslie Wright

colleges are female," she reports. "In Vermont, women earn 80 percent on the dollar compared to men. It's Title IX's 40th anniversary and women's sports are still on the chopping block at a lot of schools. There are still battles to fight."

But it's hard not to see success in the gleam of a young girl's eye as she spots her mentor across a crowded ski lodge, or hears cheers from collegiate athletes as she aims for the basket.

"When I was a kid, the Jogbra wasn't even invented," says Wright. "But sports have always been my center of strength, where I go to deal with stress and handle problems. Sports have given me so much in terms of my ability to succeed as a person. The idea was that the foundation would provide opportunities for girls and women in sports so they can reach their potential, be contributing members of society, and maybe next time they go to make that Nike ad, the women will stand up and say 'No.'" □

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).

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Basketball player

Paul Hecht, MD

Foot and ankle specialist
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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

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Kristine Karlson, MD

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John-Erik Bell, MD

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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

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VS: This summer you climbed the 14,179-foot Mount Shasta in California. What inspired you to do that?

BO: In September of 2009, I was diagnosed with breast cancer. I learned about the Breast Cancer Fund's Climb Against the Odds and I was intrigued. The Fund is a nonprofit organization devoted to identifying and eradicating the environmental causes of breast cancer. They started this tradition of climbing mountains as a metaphor for fighting the disease. This was their 12th climb on Mount Shasta, and it was just wonderful. There were 33 other climbers representing 13 states. There were a lot from California, but also from Vermont, New Hampshire, North Carolina, Virginia, Montana, and a few Midwestern states.

VS: How did you train for the climb?

BO: I did a lot of trail hiking in Vermont and New Hampshire in the White and Green mountains. I also did some cardiovascular work at the gym, but most of my training was outside on Mount Moosilauke, Mount Washington, and the Appalachian Trail.

VS: Tell us about the climb.

BO: Most people arrived on Sunday night and we spent Monday getting to know each other. The climb took three days, and then we had a day to discuss it, so the group was together for almost a week. In addition to the 34 of us, there were 15 guides and staff members. On the first day, we carried 35-pound packs to base camp, a place called Hidden Valley, which was absolutely beautiful. The next morn-



READER ATHLETE

BETSY OGDEN

Age: 57

Residence: Hanover, N.H.

Family: Son, Mario, 24; daughter, Sonia, 22

Occupation: Physical therapist

Primary sport: Hiking

ing, we woke up at 1:30 a.m. and took out our ropes, helmets, headlamps, and ice axes, and headed up the mountain for what would be a 12-hour day. The fun part was the descent—glissading. You sit on your butt and slide down. It's fun, and it cuts down on the descent time. We spent the night in base camp and then packed up the next morning and headed down to a big celebration at the trailhead.

VS: How was the weather?

BO: The weather was glorious. We were hiking on snow from the very start. The sky was crystal blue, and one of our biggest concerns was sunburn. It was an interesting mix of snow and heat. The view, needless to say, was breathtaking in more ways than one. When you are in the Shasta Trinity National Forest there are great mountain views in every direction, but one constant is Mount Shasta, which rises out of nowhere. You see it from every-

where, so to be on the face of it is amazing and life changing.

VS: Did you have any trouble with the altitude?

BO: Not really, although this was my first time climbing at that height. You can't really train for it. You can do your cardiovascular training and get used to carrying a pack and just hope that your body will be all right at that elevation. I was well-prepared, and I knew what to expect.

VS: How long have you been cancer-free?

BO: My treatment ended in January of 2010. I have been strong and healthy since then. This trip was very personal for me. I was really honored to carry 28 prayer flags that had names of loved ones and supporters. It was wonderful to be able to do that. I had a reason to be going up the mountain besides myself.

VS: What other sports do you do?

BO: I'm a certified Pilates practitioner. I train individuals, and I have taught classes. I'm also a cyclist. I've done the Prouty ride, but this year it took place a week after I got back from Mount Shasta. The Prouty is an amazing ride put together by an amazing organization. I enjoy doing it, and I hope to get back to it next year. The truth is, I'm primarily a hiker. This year I'm planning on doing the 20-mile Cross

Presidential Traverse in three days, spending the night at the Madison and Lakes of the Clouds huts. I'm anxious to get back in the mountains. I would like to go back to Shasta, either with the Breast Cancer Fund or on my own.

VS: What should people know about the Climb Against the Odds?

BO: I think everyone on the climb had a different motivation for being there. We had five cancer survivors and 29 who were not, but everyone has been touched by cancer in one way or another. We each find our way to honor ourselves and our loved ones, whether it's climbing mountains or just living the life you were meant to live, and honoring each day. It's an individual choice how you want to do that.

The Breast Cancer Fund raised over \$550,000 on this climb. I raised \$12,000, and the climbers together raised \$400,000. With corporate sponsorship, it came to over half a million. I'm willing to be a resource for anyone interested in doing this climb. If this is the type of activity you enjoy doing, you should try it. It was a great week. I felt pampered the whole time with great food, great staff, and terrific guides. The great thing about a climb like this is you're never on your own. You have lots of support and it's wonderful. You learn the value of having friends and supporters. You can't do it alone.

VS: Do you have aspirations to climb other big mountains?

BO: I do have an interest in hiking new peaks, but the truth is, I'm really looking forward to enjoying the Green and White mountains more. I knew when I was on top of Shasta that it was a big thing, but there is nothing more wonderful than being home. There are some great organizations maintaining trails here. It's wonderful to live where we live. There's no place like home. ▽

—Phyl Newbeck

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VS: You're the president of the Vermont Senior Games Association. How did that come about?

DK: I was on the board of the National Senior Games for 10 years while living in Delaware, including several years as vice chair, before moving to Vermont. I was brought out of retirement to head the organization here last year. We changed the name from the Green Mountain Senior Games to the Vermont Senior Games Association to show the affiliation with the national group. We've moved most of the events to the Champlain Valley area and added a few new ones. We hope to institute winter games next year.

VS: As president, can you also compete in the games?

DK: I'm a competitive cyclist, but I'm also running the cycling events, so I may not be able to compete. This year, I competed at the National Senior Games in both road racing and time trials. Believe it or not, there are over 30 competitors in my age group. Over the years, I've won one gold medal, a number of silvers, many bronze medals, and lots of ribbons.

VS: I see that locally you compete at the Green Mountain Bicycle Club time trial series.

DK: I just enjoy being with a crowd of other cyclists, and I really like those courses. I've known some of those guys for a long time and [GMBC President] Kevin Bessett has been a family friend for years. My goal each year is to better my time on the courses.

VS: Sometimes it's a family thing, isn't it?

DK: I do a lot with my son, Don, and there was one time trial where his son joined us. Don and I have run the New York Marathon together, we've climbed Mount Whitney, and we've done a lot of biking together. He's a much better athlete than me. Having all three of us together in a competitive event was kind of cool, but I ride with all my grandchildren. They're all cyclists.

READER ATHLETE



DON KJELLEREN SR.

Age: 78

Residence: Shelburne

Family: Wife, Lorelei; three children, Gary, Katherine, and Donald; five grandchildren

Occupation: Retired Global Marketing Manager for DuPont

Primary sport: Cycling

VS: How much do you ride annually?

DK: I try to do 25 to 30 miles a day, six days a week. I ride every day that's above 45 degrees as long as there's no snow or ice on the road, and it isn't raining. In the off-season, I ride a stationary bike and go to the gym.

VS: You're also a published author, aren't you?

DK: I wrote my first book, "Happiness: the Road to Well-Being," because the books on health were just not readable, and as we can see from the condition of health in this country, it's not something people take a lot of interest in. My life has been filled with adventure. I've climbed in or around most of the world's famous mountains, run nonstop from Europe to Asia and back, and had several near-death experiences hanging off cliffs or being blown off roads in a windstorm. I decided the first half of every chapter should describe my life's adventures and be fun reading, but the second half should be instructive. In a few years, we are not going to be able to enjoy the health care system in this country as we know it. The only way to save it is to take personal responsibility for health and place less demand on the health care system. You need to live a holistic lifestyle. It's a three-legged stool with physical fitness, mental/emotional fitness, and spiritual fitness.

My second book is a spy novel. On my 75th birthday, my son Don and I biked from the Massachusetts border to the Canadian border; 188 miles in 12 hours. A few days later, I found myself unable to sit without a pad of paper on my lap, and in two months I wrote this novel. I had terrific fun doing that and think it's the result of being physically fit and stimulating my brain through exercise.

VS: In 1993-4 you embarked on what you called the Great American Adventure, traveling to every state to cycle 100 miles, run 10 miles, swim one mile, and climb the state's highest peak. Tell us about that.

DK: I took early retirement and wanted to do something nobody else had ever done. I needed to make a total break from work. My first thought was to climb the highest

peak in every state, but I learned several people had already done that, so I decided to also ride a century in every state, touching the state's capital, and since I'm a runner, I decided to run 10 miles in that city, as well. My philosophy in life is that all our limitations are self-imposed. I had a fear of swimming. I could hang off an 8,000-foot cliff, but I couldn't go into waist-deep water without shaking. I got sponsored by the local YMCA, learned to swim and then tested myself by jumping off a boat two-and-a-half miles from shore to swim back. I did it and added the idea of swimming one mile in every state to the list. I started the Great American Adventure on my 60th birthday and completed the whole thing, with 19 days to spare, except for climbing Mount McKinley in Alaska, because you need to set aside a month to do that, and I had only given myself a year for the whole thing. I raised \$50,000 for charity along the way. It became an exciting event which changed my life and set me on my way to promoting health and well-being.

VS: Are more seniors getting involved or staying involved in sports?

DK: There is a growing trend towards the recognition of the importance of being physically fit, and the Senior Games helps with that. Competition is a goal that makes people stay with their training. □

—Phyl Newbeck

Collins-Perley Sports Complex, St. Albans

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HOW TO FAKE A CENTURY RIDE

For the first time since I co-founded it eight years ago, I rode in our shop's annual century ride, a 111-mile bicycle ride designed to financially benefit the library while physically exhausting the ride participants. It has been a personal goal of mine to do the ride since that inaugural year, but I never could because being an organizer, I needed to organize it. When I handed over the reins four years ago to Scarrie, the current organizer, I either needed to help her organize it or attend a wedding that fell on the same day. This year, I didn't need to organize it, I didn't need to help organize it, and I didn't need to attend a wedding; so for the first time in eight years, I didn't have an excuse for not riding it, so I rode it. Of course, in the eight years since that first ride, my legs were as hairy as they've ever been, and I was in the worst riding shape of my life, but I did the ride anyway, and finished it in a respectable 5 hours and 24 minutes, using a little tactic known as faking it.

Faking a century is different from simply riding a century, which any cyclist can do. Faking it is when you finish the ride with an average pace that is well above what you normally can maintain without falling over. When I crossed the finish line, the average speed on my computer read 20 mph, and I was able to get off my bike and remain upright. On any other ride, if I managed to maintain an average pace of 18 mph, I would only have to assume that someone, perhaps the CIA, spiked the herbal tea I drank the night before with beer and whiskey, elevating my testosterone to unnatural levels.

So how does one fake a century ride? By following my training plan and a few simple rules, which I will now describe. My sincerest apologies to all the true athletes out there.

RULE #1: You need to train, but not really. There is no way around the fact

Faking a century is different from simply riding a century, which any cyclist can do.

that to fake a century, you need to put a few miles on your legs. But my training doesn't need to require hitting 1,000 miles before the snow melts, maintaining a training log, drinking raw egg shakes, suffering through interval workouts and hill repeats, or cutting back on beer. You just need to put on a decent amount of miles on your legs—about 500 should suffice—which if you start riding in April, can easily be achieved with a couple 30- to 40-mile rides per week. As well, you need to do a few “longer” rides, which I consider to be in the 50- to 60-mile range. This is just enough riding to get the minimum amount of fitness in your legs so that you can keep the pedals turning for five to six hours. More important, it provides just enough conditioning that your back, neck, and especially your bottom will not surrender halfway through the ride. If, however, the only training rides you've done consist of half-mile round trips to the bar on a cruiser bike, and the only “longer” rides you've done consist of three-mile rides to the beer store because the bar wasn't open yet, you'll suffer like you've never known, and then you'll bonk.

For those of you who have never bonked, or “cracked” as some call it, imagine the most exhausted, hungry, uncomfortable, and miserable you've ever been,

like being stuck on a grounded airplane for three hours after a 48-hour nonstop Christmas shopping spree in Las Vegas. Then imagine yourself slung over a bike on a lonely back road grinding up a steep hill that stretches for eternity, a rusty boat anchor tied to your seat post, cold rain falling down, and only a few buzzards circling overhead to keep you company.

RULE #2: The night before the ride, cut back on beer. I had mentioned earlier that my training plan doesn't require cutting back on beer, which is true with one exception: the night before the ride. You don't have to abstain entirely, just drink a few less beers and a few more glasses of water.

RULE #3: Get into a group of riders with names like Heather the Hammer, Bobby Bionic, and Andrew McKiller, and let them do all of the work. On every group ride, someone needs to be in front with their nose in the headwind, and it doesn't need to be you. Stay in the rotation like everyone else, but when you're about three or four riders from the front, peel off and roll to the back. Repeat this process for the duration, avoiding taking even a single, energy-sucking pull. The other

riders will eventually notice what you're up to and will refer to you as a sandbagger, but it beats falling off the train, being left for dead.

RULE #4: Show up with hairy legs. This tells the other riders that you are by no means a racer or a serious roadie. It will be assumed that you will get dropped on the first big climb or at least well before the finish, so if you manage to hang in there, the riders will be surprised and maybe even a bit impressed, and they will cut you some slack for being a sandbagger. However, if you show up with shaved legs and sandbag the whole ride, you can count on a few steely glares and the silent treatment during the post-ride barbeque.

There was a time when I didn't need to fake century rides, when I was in top form and had the shaved legs to prove it. I'd love to get that form back. Maybe next year I'll find it again, and won't need to fake the century ride. I'll train for real, and I'll do the ride for real. I'll take my share of pulls and maybe even challenge for a town-line sprint. But just to be safe, I'll keep my legs hairy. ☞

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

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BY
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CALENDAR OF EVENTS

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

ADVENTURE AND EXTREME RACING/TRAINING

SEPTEMBER

- 17 Salomon 5 Peaks Trail Running Series at Mont 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. montsutton.com.

BIATHLON

ONGOING

- Aug. 4, 11, 18. Ethan Allen Biathlon Club 2011 Summer Race Series. 4:30 p.m., reg. 5–5:45 p.m., zeroing and novice clinic. 6 p.m. race start. Ethan Allen Biathlon Club, Jericho. \$10 per race or \$50 for the series. eabiathlon.org.

BIKING

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. 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. 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.
- 11 Shire Town Ride. This beautiful ride is for bikers of all abilities: novice, recreational, and racers. 20- and

35-mi routes begin in Woodstock and pass through pastures and along creeks to Silver Lake in Barnard. \$40/individual, \$80/family of four. 8:45 a.m. Reg. at bikereg.com/events/register.asp?eventid=13606. Proceeds benefit the Woodstock Community Food Shelf.

- 27 Mad River Riders Monthly Time Trials. The final race in the time trial series put on by the Mad River Riders. A short but very steep climb up West Hill Road from Warren to the Sugarbush golf course. 6 p.m. End-of-the-year party will follow the event. 496-5538 or madriverriders.com. Free entry.

OCTOBER

- 1 Tour de Teens. 54-mi (8 a.m.), 26-mi (11 a.m.) and 8-mi (noon) loops. Pig roast at 1:30 p.m. 989-8934 or addisonteens.com.
- 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 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.
- 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.

EQUESTRIAN

SEPTEMBER

- 11 Mountain Top Inn's annual hunter pace/trail ride. 8 a.m., Chittenden. 483-2311 or mountaintopinn.com.

FESTIVALS

SEPTEMBER

- 23–25 Nor'easter Burlington. A three-day celebration of human-powered sports. Watch top climbers compete in the U.S. pro climbing tour and the fast-paced UCI-sanctioned Cyclocross race. Food, music (including G. Love & Special Sauce), beer. Burlington Waterfront. noreasterems.com.

RUNNING

SEPTEMBER

- 3 Harvest Half-Marathon and 5K Run. Half-marathon starts in Lincoln and finishes in Bristol. 9 a.m. 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 Field House, 8:30 a.m. gmaa.net.
- 10 Zoe's Race. 1K fun run and 5K race to benefit families who want to make their homes accessible for children with disabilities. Oakledge Park, 10 a.m. zoesrace.com.
- 11 Old Stone House Fall-Foliage Run. See listing under cycling.
- 17 GMAA Common to Common 30K. Run through the scenic farm country between historic Essex Center and Westford Commons, 8:30 a.m., Essex. 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. bsdweb.bsdvt.org.
- 18 Mad Dash, 5K and 10K footrace, 5K fitness walk, and kids' fun run on country roads. Refreshments, local foods, prizes after the race. madriverriders.com/Events.html.

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- 19 Run/Walk for IDIC 15. 5K run/walk (starts at Killington Recreation Center), 15K run (begins at Killington Skyship area), kids' run. All participants of 5K and 15K are entered for a chance to win a Killington season's pass. 9:30 a.m. idic15race.com.
- 24 Run for JUMPVermont, 5K, kids' 1K fun run, and 0.8-mi walk along the scenic Burlington Bike Path. Prizes and raffle drawings awarded per age group. Proceeds go to JUMP, which helps families and individuals in crisis in the Burlington area. run4jump@gmail.com or jumpvt.org.
- 24 Helpers Fund 5K and 10K. Municipal Center, Chestertown, N.Y., 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., greenmtrehab.com.
- 25 Cider House Run/Walk, 2- or 4-mi run, 2-mi walk. Family event. Shelburne Orchards, 11 a.m. rayne@runvermont.com.

OCTOBER

- 2 Shelburne Farms 5K. 8:30 a.m. rayne@racevermont.com.
- 9 Chase Away 5K. 5K run and family- and pet-friendly 1K to raise money for Chase Away K9 Cancer. 10 a.m., Dorset Park, South Burlington. vthounds@aol.com.
- 9 Four Paws for Lacey's Cause, 5K run and 1.5-mi fun run/walk for people and dogs. To raise money to help meet the medical expenses of retired police dogs. First 50 to register get a free lunch bag. 10 a.m., Vermont Technology Park, South Burlington. Reg. at vtvetsurgery.com.
- 9 Harpoon Brewery Octoberfest Road Race. 3.6-mi run to raise money for the Friends of Norris Cotton Cancer Center. Beer and food after. 11 a.m., Harpoon Brewery, Windsor. harpoonbrewery.com.
- 9 Ripton Ridge Run. 10.4K and 5K footrace and 5K fun walk on the country roads of Ripton to benefit the town elementary school. Reg. between 11:15 a.m. and 12:15 p.m. Ripton Elementary School. riptonridgerun.org.
- 15 Run/Walk for Global Health 5K. RaceVermont.com and Shelburne Health & Fitness team up with members of New England Survivors of Torture and Trauma to raise money for, and awareness of, the plight of survivors of torture and trauma in our community. Cultural feast follows the race. 11 a.m., University of Vermont, Burlington. racevermont.com.
- 16 GMAA Green Mountain Marathon. A certified course beginning and ending near where Clarence H. Demar (seven-time Boston Marathon winner) lived. Out and back on South Hero and Grand Isle. Reg. by Sept. 26. 8:30 a.m., Folsom School, South Hero. gmaa.net.

- 29 Halloween Hustle. A positively ghoulish good time: run 5.5 mi in costume or try the 1-mi fun run. Apple pressing, pumpkin cookies, more. 9 a.m., Derby Village Green, Derby. dandelionrun.org.

NOVEMBER

- 6 Half-Marathon in Shelburne. See some of Shelburne's famous landmarks on this run, including the Shipyard, the Shelburne Bay Path, the Ti Path, and Shelburne Farms. 8 a.m., Shelburne Health & Fitness at the Field House. racevermont.com.
- 24 GMAA Turkey Trot. A nice run that includes some singletrack to benefit the Chittenden Emergency Food Shelf. 11 a.m., Gutterson Field House, UVM, Burlington. gmaa.net.

DECEMBER

- 4 Santa 5K Run. Starts and ends at Ri Ra's on Church Street. Participants receive a Santa suit that they MUST wear during the run. Enjoy a traditional Irish breakfast after the race. 9:30 a.m. vrpro.ca

ONGOING

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 wnhtrs.com.

TRIATHLON/DUATHLON

SEPTEMBER

- 4 The Great Race Triathlon-Duathlon. 5K run, 12-mi bike, 3-mi canoe or kayak. Come see why this is the Great Race. It is safe—a closed course for run and bike. One-to-four-person teams. 31 categories, 300 prizes. 10 a.m., St. Alban's Bay. stalbanschamber.com or 524-2444.
- 11 Burlington Olympic Distance Triathlon. Compete in a 0.9-mi swim, 22.7-mi bike, 6.2-mi run. Park at Oakledge Park. 7:30 a.m. rayne@racevermont.com.

Ripton Ridge Run

Sunday, October 9, 2011



@ 12:30pm
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www.riptonridgerun.org

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**OUT &
ABOUT**
BY
JOHN MORTON

THOUGHTS OF NORWAY

Although I sometimes feel numb to the seemingly constant flow of tragic news—tornados ravaging the American South, a tsunami devastating scores of communities in Japan, and famine threatening millions in Africa—the deranged Norwegian gunman whose daylong rampage in July killed nearly 100 of his countrymen hit me especially hard. I have many fond memories of several visits to the birthplace of Nordic skiing, and the actions of 32-year-old Anders Behring Breivik seem inconceivable in the nation that gave the world the Lillehammer Winter Olympics and awards the Nobel Peace Prize.

Although grandparents on my mother's side came to this country from Sweden, and there has always been a spirited rivalry between the Swedes and their neighbors to the west, I have long had a fascination with Norway. As a high school, then collegiate, cross-country skier, I was familiar with the top Russians, Finns, Swedes, and

Germans, but it was the Norwegians, like Odd Martinsen, anchor of their formidable relay team in the late 1960s, whom I tried to emulate.

In the summer of 1966, like many American college students, I stuffed some clothes and a couple of maps into a backpack, bought a low-budget plane ticket, and set out to hitchhike around Europe. It didn't take me long to get to Norway. On the outskirts of Oslo, a family leaving on holiday gave me a lift. The mom cheerfully squeezed in the back seat with her kids, allowing me the opportunity to chat with her husband as he drove north. They gave me good advice about where to stay, historic points of interest, and natural wonders.

A group of local Norwegians at the youth hostel in Lillehammer invited several of us foreign travelers to join them on a hike to a nearby waterfall and swimming hole. After an hour or so of brisk walking into the nearby hills, we reached a mountain stream,

tumbling over a rock outcrop to a pool below, worthy of a cover photo on a national tourist brochure. Laughing and shouting encouragement, our Norwegian guides stripped off their clothes and plunged into the icy water. Some of the European hostel guests quickly followed the Norwegians' example. Ever since, I've regretted that bashfulness, or my New England Puritan upbringing, that caused me to hesitate, then hike back to the hostel without swimming. Those Norwegian kids seemed to display a wholesome innocence that is rare in our country.

Through several years of international competition on the U.S. Biathlon Team, I became friends with a few world-class Norwegian skiers. Kjell Hovda, like many of his teammates, was in the military. Following the '76 Olympics in Innsbruck, he invited me to stay for a few days in his home in Honnefoss, a couple of train stops north of Oslo. Hovda was a far better biathlete than I, so I was eager to pick up some training pointers. One morning he suggested a "tour" from his home town, down through the famous Nordmarka Park to Oslo. As we began our workout, I was baffled by his modest pace. Almost 100 kilometers later, I was barely hanging on while Kjell effortlessly maintained the same pace he had established hours earlier.

The 1994 Winter Olympics in Lillehammer showcased the Norwegians at their best. In near perfect winter conditions, the home team excelled, winning medals in nearly every discipline, while hundreds

of thousands of rosy-cheeked, flag-waving, winter sports fanatics lined the courses, cheering for all the competitors, regardless of nationality. Their speed-skating icon, Johann Olav Koss, following his first gold medal performance, donated \$30,000 to Olympic Aid, a charity he helped establish to benefit youth in the war-torn nations of Africa and Eastern Europe. Thanks to Koss' efforts, more than \$1 million had been raised for Olympic Aid before the Lillehammer Olympic torch was extinguished.

A couple of summers ago, my wife, Kay, and I had the good fortune to join A Prairie Home Companion Norwegian fjord cruise. Daily excursions to the towns and scenic wonders of Norway's convoluted west coast, supplemented by evening entertainment on the ship by Garrison Keillor and the performers from his weekly NPR radio show, created a once-in-a-lifetime experience. On an afternoon hike in the warm sunshine above Kristiansand, Kay and I rested on a warm rock. Soon, we were both asleep, sensing perhaps, the security of the Norwegian culture, even in a popular public park.

Remembering that day, it is especially sobering to recognize that senseless violence can strike anywhere, even in a place as idyllic as Norway. ☐

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.

NOVEMBER ADVERTISING DEADLINE

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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.

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