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ON THE COVER
Rider Dave Smutock at Mobbs Valley in Jericho.
Photo by Bear Cieri.



Joe St. Jean on Screaming Demon at Millstone Hill. Mountain bikers have made the most of the early start to the season this year. Photo by Jeb Wallace-Brodeur.

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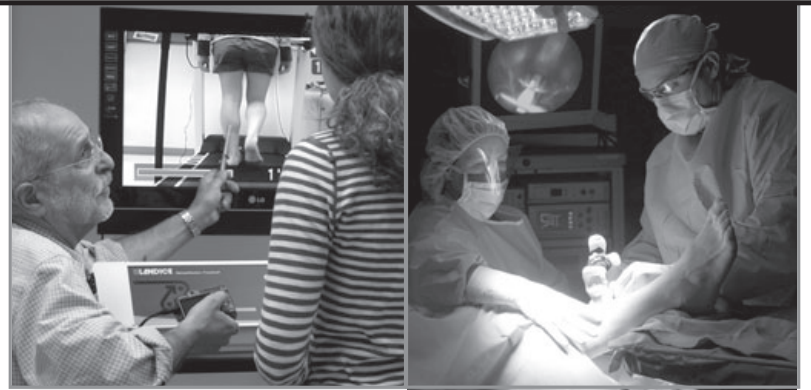
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race recap

GREEN MOUNTAIN ATHLETIC ASSOCIATION ROLLIN IRISH HALF MARATHON APRIL 21, 2012 | ESSEX

RUTH BLAUWIEKEL, a veterinarian at the University of Vermont’s Department of Animal Sciences, considers herself a middle-of-the-pack runner. The 58-year-old Colchester resident ran the Rollin Irish Half Marathon in 1:53:23, placing fourth in her age group and in the top third for all women. The race, which takes place mostly on dirt roads, attracted 136 participants from Vermont, New York, and Quebec.

VS: Was this your first time doing this race?

RB: I’ve done it four or five times. Last year there was sleet and strong winds, and it was very tough, but this year was delightful. There was rain and gusty winds in the forecast, but the rain held



off until the afternoon, and the winds were relatively light and from the north, which helped because it swept us home in the end. The roads were not muddy, which is unusual for Vermont in April. The conditions couldn’t have been better.

VS: The course is described as “wicked hilly.” Is that a good assessment?

RB: It’s fairly hilly, but, after all, this is Vermont. It’s definitely a challenging course, but we had some great times for this race. I think the fact that the temperatures were mild was a big plus. If it was hot it could have been tough.

VS: What do you like about the course?

RB: It’s very scenic. It’s a beautiful course that goes by farms and orchards. The fact that it’s dirt makes it easier on your ankles and knees. On clear days you can see as far as the lake, although this year, there were some clouds. Aside from the fact that you’re running, I’d call it a restful course.

VS: How does this compare to other half-marathons?

RB: I do six or seven half-marathons a year because I like the distance. The previous week I did the Unplugged half-marathon, which is very different because it’s in town, although it also has some nice views. I’d say this is probably more difficult than some other courses because of the hills, but it is also one of the most scenic.

VS: The race is sponsored by the GMAA. Are you a member?

RB: I am. They put on some great races that are very reasonably priced. They want to keep racing affordable. It’s a nice group of people, so we often get together to do things socially. There are activities every week including speed work, distance runs, and team races for which we travel to other locations. It’s a nice supportive group of people.

VS: What was the appeal of the race for you?

RB: I really like the course even though it’s a challenging one. I like that there isn’t a lot of traffic. It’s a nice-sized run, not a huge production with long lines and a lot of congestion. It’s just a nice, friendly, doable, affordable race. Plus, they always have great food. This year there were bagels and chocolate chip and oatmeal raisin cookies. People usually run so they can have an excuse to eat.

VS: Would you do anything differently?

RB: I thought the organization this year was great. The food is great, the parking was easy, and there were plenty of Porta-Potties. The organizers did a great job, and there were plenty of volunteers. I can’t think of any improvements.

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She 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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IN MY PRACTICE as an orthopaedic sports medicine specialist, I am often asked by patients what measures they can take to either prevent the onset of hip pain or treat their current pain. People who enjoy running, hiking, cross-country skiing, and skating are often susceptible to hip pain.

The hip is a "ball and socket" joint with many large muscle groups crossing and stabilizing the joint. In the front of the hip, the most important of these muscles are the rectus femoris (one of the quad muscles) and the iliopsoas (the "hip flexor" muscle). In the back of the hip are the gluteal muscle and the short external rotators. On the outside lives the IT band, and on the inside, the adductor muscles (groin muscles).

Hip injuries come in all shapes and sizes, including strains and sprains of all of the listed muscles and their associated tendons; bursitis of a multitude of bursal sacks around the hip; as well as primary joint problems such as osteoarthritis, synovitis, impingement, and labral tears.

Instead of addressing all of the many possible hip injuries, this article will speak briefly about general tips for maintaining good hip health, whether attempting to prevent or overcome injury.



WALKING AIDS (FOR INSTANCE, WALKING STICKS, HIKING STICKS, TREKKING POLES): Force across the hip joint during walking and jogging has been estimated to be between three and six times one's body weight. This is due to the muscle forces of the abductor muscles, which pull the hip into the joint during these activities. Weight loss is an obvious way to off-load tired hips, but a simpler tool is a walking aid. The use of a single walking stick, cane, or pole, in the

opposite hand from the hip with pain, can reduce the force across the hip joint up to 50 percent. Clearly, whether your hips hurt or not, reducing the force on your cartilage during hiking activities makes good sense for the long-term health of your joint.

STRETCHING: Unfortunately, in today's world, we spend much of our time sitting. Because of this trend, the structures in the front of the hip are typically the first to get tight. This includes the hip flexor muscle, the rectus, and the joint capsule itself. If you only have time to stretch one area around the hip, I'd recommend focusing on the hip flexors. Standing with your legs together, first move one leg backward into a deep lunge. Your front leg should be bent about 90 degrees and be approximately level with your hips. Raise your arms over your head and use your core muscles to reach tall and stabilize yourself. This should stretch the hip flexor of the back leg. Hold for at least 10 seconds and repeat three to four times.

STRENGTHENING: My experience has been that when weakness occurs around the hip, it occurs first in the muscles in the back and side of the hip (the abductors or gluteal muscles). These

muscles can be effectively strengthened with side-lying abduction exercises (lying on your side, lift your leg away from your body). Do three sets of 10 without weights (to begin with).

NUTRITION: Bone health is exceedingly important as we age. Getting enough calcium and vitamin D is critical for maintaining bone mass in our hips. The recommended amount of calcium and vitamin D supplementation is different depending on your age. Most of us will get enough in our diet and with regular sun exposure; however, with long winters here in the north country, some people are vitamin D deficient. Speak with your primary doctor about these issues or go to cdc.gov/nutritionreport for up-to-date information.

Enjoy a summer of adventures and may your hips always be healthy.

James Ames lives near the Connecticut River in Hanover, New Hampshire, with his wife, Beth, and their three boys. He enjoys outdoor activities including cycling, trail running, swimming, kayaking, and hiking.



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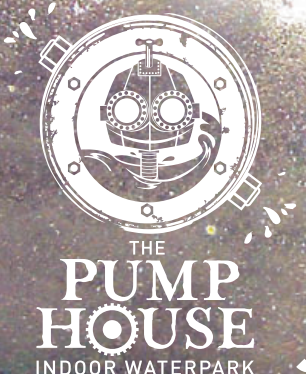


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DON'T LET SWIMMING KEEP YOU FROM TRIATHLONS

TECHNIQUES TO CONQUER THE INTIMIDATING FIRST LEG

By Nicole Schneeberger

WHEN MY HUSBAND, Alex Gratton, started to learn how to swim—actually swim, not just jump in the water and dog paddle around—he started to get very frustrated with his slow progress, and that he couldn't keep up with me.

Alex is a very fit athlete, but in the water it didn't matter how much effort he put in. (In his last triathlon, he got out of the water and onto his bike and was passing 10-year-olds on mountain bikes, who had passed him in the water).

For many triathletes, seasoned and just beginning, swimming is the most challenging leg and often the weakest of the three disciplines. Many athletes are left disheartened when their long swims are not paying off in increased speed.

Training for the swim leg is different from training for running and biking. Unlike cycling and running, which are improved through time and strength training, swimming is all about technique and form. To improve your swimming, spend some time focusing on basic body mechanics. Here are three concepts and drills to incorporate into your next pool or open-water swim that will re-teach your body how to move in the water for increased fluidity and speed.

1. SWIM HORIZONTALLY: Get your hips up! Your body should be parallel to the surface of the water. Some people describe it as swimming through a tube: wherever your head and shoulders go, your hips and legs follow. Having your hips sink and legs drop creates resistance and makes it harder to swim. Your kick should extend from your hips, not your knees. As you swim, use a flutter kick without making huge splashes.

KICK-ONLY DRILL: Put your hands out in front of you in a glide position, get your legs straight out behind you, and start your kick at your hips. Think hips up!

2. ROTATE FROM SIDE TO SIDE. Each stroke you take rolls your body slightly to one side so you are basically swimming on one shoulder and then the next. It is easier to pull your shoulder through the water than it is to pull your whole chest (less resistance). Also, this side-swimming engages your back muscles to pull instead of just using your arm muscles.

SIDE-SWIMMING DRILL: Flutter kick as you swim on one side, right arm extended out, then rotate to the other side, left arm extended out. Take several seconds kicking and holding on each side before you rotate. Turn your head up when you need to breathe.

HERE ARE SOME GREAT TRIATHLON AND SWIM-TRAINING OPPORTUNITIES. ENJOY THE WATER!

June 21–24
Troy Jacobson Triathlon Camp, Lake Placid, New York.

August 23–26, QT2 Vermont Training Camp, Ludlow. Ironman and 70.3 focus.

Race Vermont's Swim Training for Triathlon, Friday mornings at 5:45 a.m., starting June 15, Shelburne.

Elmore Practice Triathlons, Elmore. Thursday, June 12 and 26; July 10 and 24, 6:30 p.m.

3. PULL YOUR BODY THROUGH THE WATER INSTEAD OF MOVING WATER PAST YOU. With each stroke, think about “taking a hold” of the water in front of you as you pull your body to that next spot in the water. Get more bang for your pull by using your forearm too. Keep your arm under your body as you pull.

CLOSED-FIST DRILL, OR 5-4-3-2-1-FINGER DRILL: Swim normally, but close your fist or gradually decrease the number of fingers helping you pull. Your arm reaches out in front of your body, and as it comes toward you, have your arms pass right under your belly and exit the water by your hips. With less of your hand to scoop, you will engage your forearm to pull.

When swim training for a triathlon, also spend some time practicing in open water, coordinating your breathing with your movements—it's a whole different swimming experience. I could write a whole article just on breathing, but find something that is comfortable and try to breath bi-laterally (both sides).

Focusing more on how the body moves in the water provides greater gains in speed than swimming thousands of meters. With work on basic body mechanics in the water, my husband is getting faster and feeling more confident. That's great for him, but if I still want to be able to beat him at something, maybe I shouldn't let him read this article.

Nicole Schneeberger is a teacher in Newport. She loves active adventures outside—her favorites now being running, hiking, and ultimate Frisbee.



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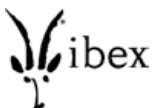


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LIFT-ACCESSED DOWNHILL MOUNTAIN BIKING PLAYS WITH GRAVITY

Story and Photos by Sarah Galbraith



Heather Steinbohn successfully navigates the roots and rocks on this descent.

“CHIN UP. Look through your turn.”

These words, so simple, have made a magnificent difference in my trail riding. I had struggled for some time with carrying speed through turns. It was learning to steer with my eyes that did the trick: Look where you want to go and your bike will take you there. This is just one of the many tips I picked up at the First-Timer to Life-Timer Skills for the Hills program at Sugarbush Resort, the first time I had tried lift-served mountain biking.

As Sugarbush program director and Skills for the Hills instructor John Atkinson explained, “Lots of people miss the mountain once the snow melts, but after you’ve ridden down it in the summer on a bike, you begin to realize that skiing, snowboarding, and biking are essentially the same sports. We want people to discover that gravity works year-round and that it is as much fun in the summer as it is in the winter.”

Downhill mountain biking had always seemed terrifying to me—I’m a cross-country rider at heart. And I pictured steep rocky descents, gnarly rooted trails, and big air, all taken at breakneck speeds.

Fortunately, the name of the game at today’s mountain bike parks is progression, giving riders plenty of opportunities to practice and gain skills by offering both beginner terrain and opportunities to be gradual about increasing difficulty. With the well-designed trails we have access to today, if you can ride a bike, there is a trail for you to enjoy, no matter your preference or skill level.

A PROGRAM FOR LEARNING

Because downhill mountain biking can be intimidating, a lesson program, like Sugarbush’s First-Timer to Life-Timer Skills for the Hills, is designed to introduce the newbie to downhill mountain biking by offering expert instruction, quality rental gear, and progressive terrain, all of which are critical for this kind of skills-building.

“The objectives of the program are to safely introduce, share, and promote the sport of downhill biking,” Atkinson said. “We hope that guests will learn that downhill biking is safe, fun, and accessible

for all abilities. We also hope that everyone leaves with a sense of accomplishment, great memories and a desire to ride more!”

Sugarbush Resort offers more than 20 miles of downhill mountain bike trails including long, mellow cruisers, intermediate singletrack, and expert terrain. The mountain is one of several in the Northeast offering lift-accessed trail riding (see box).

I spent the day at Sugarbush with the Mountain Moxies, a team of female cross-country racers, and three highly competent and fun instructors. Although we didn’t know it yet, by the end of the day some of us would become downhill converts, while others would see their cross-country riding greatly improved with new skills.

We started on a short practice trail with several berms (banked turns formed by soil dug from the track and deposited on the outside rim of the turn) and table-tops (a hill used for jumping off of built from soil on the track with a plateau on top). Our instructors demonstrated riding these features and, one by one, we gave them a try. This also gave our instructors the ability to assess the group’s skill level in preparation for the day ahead. As we gained confidence on the first set of features, we moved further and further up the practice trail to begin piecing it all together.

Once we had all become more comfortable on our new bikes, it was time to head up the mountain and take our first ride down. The bikes were mounted on to their own lift chairs, and we hopped on to the next chair, just as you would before a ski run. It was great to be on the mountain during the summer and the ride up gave us the

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Info: skiburke.com

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SUGARBUSH

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chance to see some of the trails that crossed under the lift line. We grew more excited for our first run as we neared the top.

Our first run solidified everything. I remember looking down the first steep descent we came to. Could I do it? I trusted the bike and went for it—what fun! I tried hopping off a small rock—it was like landing on a fluffy pillow of clouds.

The day was filled with learning opportunities. Our instructors spread out through the group to offer on-trail advice and support as we rode a variety of trail features.

CONVERTS

One of my fellow Mountain Moxies, Pilar Netzel, of Shelburne, found true love in downhill mountain biking that day.

“I felt well-informed and solidly supported by the teaching team at Sugarbush,” she said. “We gained confidence on bridges, steep and narrow descents, and rocks and roots. We learned how to hold ourselves on our bikes, how to position our feet, and how to ride more aggressively.

Left to right: The Mountain Moxies pose for the camera; An instructor spots a rider as we practice turning with our eyes. Pilar Netzel enjoys the flow of this fun trail.



TRUSTY TIP

If you're headed to a downhill mountain bike park, plan to rent a bike. These trails can really beat up your bike, so it's best to use one that is professionally maintained by the bike shop staff. Plus, the bike's geometry, suspension, and components are specifically designed for the descent. And most importantly, it's an excellent opportunity to try new gear—these bikes are a lot of fun!

Netzel went on to train and even race that summer. “I felt that I had found my sport” in downhill mountain biking. Her new season's pass at Sugarbush allowed her to ride there several times a week. “The clinic helped me,” she said, “to see that this was something I could do.”

But racing isn't the only measure of success. We all went home feeling more confident on our bikes. One of the other participants, Heather Steinhour, of Montgomery Center, put it this way: “I gained confidence on downhills and learned to make tight turns more proficiently.”


Nina Otter rode trails in Waterbury a few days after the clinic and said, “I dropped Triple Threat—a series of steep drops that not very many people attempt—with little hesitation. It felt great!”

Joanie Kavanaugh changed up her riding style: “I did lower my [mountain

bike] saddle a bit, I do not squeeze the saddle with my thighs anymore and I hover or stand for the most part when I am on trail,” she said. “And I finally mastered turning with speed.” Shortly after our workshop, Joanie Kavanaugh e-mailed Atkinson to tell him that she went on her usual trail ride through the Mad River Valley, and she was able to ride a lot more of the trail than she could before.

As for me, I'm looking forward to my next chance to get back out on some downhill trails. The exhilaration of navigating my way down the mountain on an expertly tuned plush trail bike has me wanting to explore more downhill trails. In the meantime, I'm enjoying my new-found skills on my favorite cross-country single-track.

Sarah Galbraith pedals, hikes, runs, swims, and backpacks her way through Vermont's mountains in all seasons. She lives in Plainfield with her partner and their trusty brown dog.



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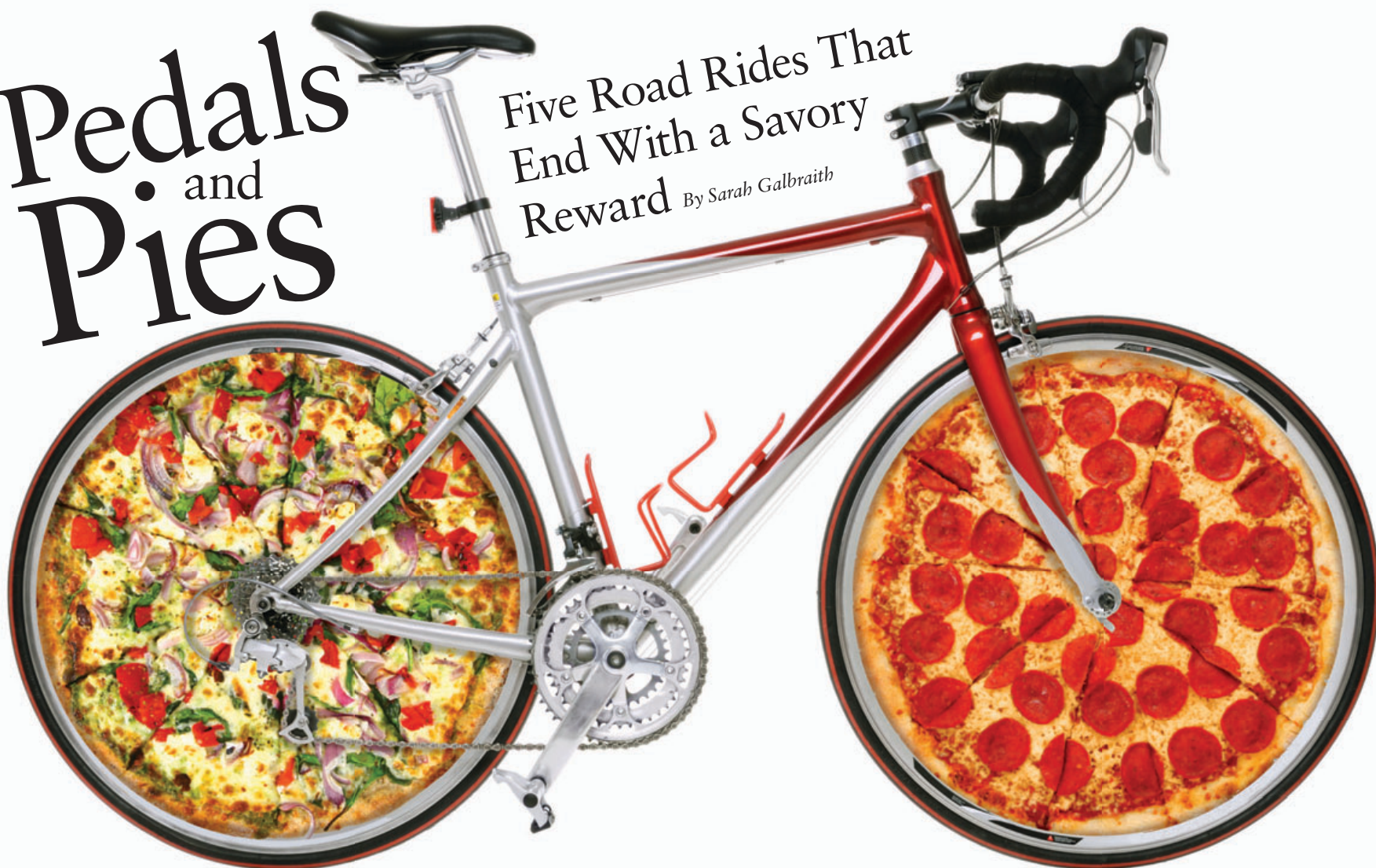
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Pedals and Pies

Five Road Rides That
End With a Savory
Reward *By Sarah Galbraith*



IN VERMONT, WE ARE LUCKY for at least two reasons: We are surrounded by world-class road cycling, and we have access to many exceptionally delicious artisan pizza-makers. It turns out that these two go together quite nicely. So nicely, in fact, that it might be worth planning your next ride around pizza. Here are five suggested routes* around the state that begin and end at a pizza joint.

HEAVEN IN THE CHAMPLAIN VALLEY

THE PIZZA:

Pizza on Earth, Charlotte

1510 Hinesburg Rd.

(802) 425-2152

pizzaonearth.com

This restaurant is a takeout joint, but the beautiful scenery and picnic tables invite you to enjoy your takeout on-site. And perhaps this is the best dining option for the sweaty biker! Importantly, this restaurant holds very limited hours and they accept cash and checks only, so plan ahead. In spring, hours are Fridays only from 4 to 7:30 p.m.; in mid-June through September, Thursdays and Fridays (same hours); and in the fall its back to Fridays only. Check the website for current hours when planning your trip. Reservations, particularly for larger groups, are recommended to avoid a long wait or missing out on dough—they do run out in the busy summer months. As for the pizza, the specials change weekly, one vegetarian and one with meat, plus there are delicious regular options; all are listed on the website. Many of the ingredients are sourced locally. Buy desserts and nonalcoholic drinks on-site or bring your own to go with your meal.

THE RIDE (28 MI) Riders in this neck of the woods can stick to the flats around Lake Champlain with views of the water and Adirondacks, or venture up some rather intense mountain climbs, such as the Mount Philo Road. I like to mix the two, so my favorite loop here heads first toward the lake, then back east to enjoy the pastoral scenery and more rolling terrain.

DIRECTIONS: Turn left out the driveway of Pizza on Earth in Charlotte, and head west on Hinesburg Road (1 mi); turn right on to Mount Philo Road (3.8 mi); turn left on Marsett Road and cross US 7 (0.4 mi); continue on Bostwick Road (2.2 mi); turn right on to Orchard Road (1.6 mi); turn right on to Lake Road (1.7 mi); turn right on to Whalley Road (1.6 mi); turn right on to Ferry Road (0.7 mi); turn left on to Converse Bay Road (1.4 mi); turn right on to Lake Road (0.8 mi); turn right on to Thompson's Point Road (2 mi); turn right on to North Shore Road (1 mi); turn right on to Deer Point Road (0.2 mi); turn left back on to Thompson's Point Road (1.6 mi) and veer right on to East Thompson's Point Road (1.2 mi); turn right on to US 7 (1.6 mi); turn left on to Old Hollow Road (0.3 mi); turn left on to Mount Philo Road (4 mi); turn right on to Hinesburg Road (1 mi); return to the restaurant on your right.

PIZZA WITH PIZAZZ IN PAWLET

THE PIZZA:

Mach's Wood-Fired Pizza, Pawlet

18 School St.

(877) YUM-PIZZA

vtpizzapie.com

These all-organic pizzas, like many of the others included here, use local, fresh, and seasonal ingredients. The menu is continually changing depending on the availability of local produce and meats. Pie toppings can range from family-recipe sausage on a bed of chard to kale and roasted beets with feta to pureed pumpkin and gorgonzola. The unknown specialties are part of the adventure! The restaurant is open from Thursday through Sunday from 4:30 to 9 p.m.

THE RIDE (27 MI): The roads branching out from and around Pawlet have beautiful farms, fields, forests, and mountains. This ride loops through all of it for a scenic and winding tour.

DIRECTIONS: From Mach's, turn left and take School Street (0.1 mi); turn right on to VT 30 South (6.2 mi); turn right on to VT 315/Rupert Mountain

Road heading north (5.8 mi); turn right on to VT 153 heading north and follow 153 through West Pawlet (10.2 mi); turn right onto VT 30 heading south and continue back into Pawlet (4.4 mi); turn right on to School Street (0.1 mi); arrive back at Mach’s and your pizza supper.

VERMONT MEETS NEW YORK

THE PIZZA:

Picasso, Stowe

1899 Mountain Rd.
(802) 253-4411
picasso.com

Picasso offers traditional New York–style pizza in a contemporary and vibrant atmosphere. With a full menu, including starters, salads, and soup, and a full bar, this is a great place to relax and refuel after a long bike ride. The atmosphere is casual and this spot is host to many tired (and slightly sweaty) adventurers. The specialty pies range from the heart-healthy Tree Hugger to the Heart Stopper (double everything: cheese, pepperoni, and sausage), or you can create your own. And be sure to pair your meal with one of the many local beers available or a refreshing drink from the full bar.

THE RIDE (61.5 MI): Stowe is home to miles and miles of scenic riding, plus the start of the well-known Smugglers’ Notch route, which includes many hundreds of feet of climbing over the mountain gap. Stowe is also known for its well-designed bike path, serving as a commuter route, fitness path, and scenic family ramble. The ride I recommend here heads east from Stowe and loops through Morrisville, Elmore Mountain and lake, Worcester, Montpelier, and Waterbury, encircling the beautiful C.C. Putnam State Forest. If you hit it right on the quiet stretches of VT 12, you just may see a moose!

DIRECTIONS: From the restaurant, turn right out of the driveway and head back down VT 108/Mountain Road toward the intersection with Route 100 (2 mi); turn left on to VT 100 North and follow that through the village and north to Morrisville; stay straight through the intersection of Lower and Upper Main Street in Morrisville on to VT 12 South (8.8 mi); pass through the town of Elmore and the namesake mountain and lake on your right (4.4 mi); continue on past miles of state forest and through the town of Worcester (13.1 mi); come in to Montpelier on VT 12/ Elm Street and turn right on to US 2 West/State Street (9.7 mi); go straight at the light, staying on Route 2 west; as you enter Waterbury, VT 100 joins from your left and US 2 and VT 100 are the same through downtown (11 mi); at the other end of Main Street, where US 2 and VT 100 diverge, turn right on to VT 100 North heading back toward Stowe (0.3 mi); turn left at the three-way stop intersection in Stowe village on to VT 108/Mountain Road (10 mi); and return to the restaurant, on your left (2 mi).

(SLIGHTLY) HILLY RIDE, (VERY) FLAT BREAD

THE PIZZA:

American Flatbread, Waitsfield
46 Lareau Rd.
(802) 496-8856
americanflatbread.com

Try the specials. There are always two, changing from week to week: one is vegetarian, the other has meat,



Riders pause to catch up in Stowe. Photo courtesy Stowe Area Association/The Noble Studio.



Photo by Sarah Galbraith.



Photo courtesy Lou Chiriatti.



Photo by Sarah Galbraith.

and both are always out of this world. You can even do a half-and-half on a single pie. Other longtime favorites are the Punctuated Equilibrium and the New Vermont Sausage. Be sure to get your local brew, bottle of wine, or other beverage of choice, and sit by the outdoor fire while you wait to be seated.

THE RIDE (32 MI): Riders in the Mad River Valley can stay low along the river or enjoy any of several nearby steep gap climbs leading west up and over the spine of the Green Mountains. My chosen route here stays in the valley along routes 100, 100B and 2, making a big lollipop-shaped loop starting from and returning to American Flatbread’s ample dirt parking lot. There are a few climbs, but overall the grade is mild.

DIRECTIONS: Turn left out of the driveway and head north on VT 100 (6 mi); stay straight through the intersection to join VT 100B, winding along the Mad River (8 mi); turn left and head west on US Route 2 toward Waterbury (4.5 mi); turn left on to VT 100 South, heading back toward Waitsfield (7.5 mi); return to the intersection of VT 100 and VT 100B and turn right onto VT 100 South toward Waitsfield (6 mi); return to American Flatbread on your right.

GLACIAL DRIFT

THE PIZZA:

The Parker Pie Company, West Glover

161 County Rd.
(802) 525-3366
parkerpie.com

In a rustic barn setting with tons of charm and culture, this place is a destination in itself. The menu is chock-full of creative combinations from your typical veggie-lovers pizza to buffalo chicken to the less-than-typical Scott’s Revenge (a spicy combination of tomato sauce, spicy shrimp, roasted red peppers, and scallions). The menu includes salads, appetizers, and a full bar with many local beers on tap. And it’s all delicious!

THE RIDE (38.5 MI): One of my favorite views in this part of the state is of the dramatic cliffs of Mount Pisgah dropping down to the waters of Lake Willoughby. This ride takes a scenic tour past two of the glacial lakes in this region, Willoughby and Crystal.

DIRECTIONS: Turn right from the driveway down County Road (0.1 mi); turn left onto Roaring Brook Road (2.7 mi); turn left onto VT 16 North (0.4 mi); in downtown Barton, take a right on to Water Street and then a left on to VT 16/US 5, then a right as VT 16 breaks east of US 5/Eastern Avenue (0.2 mi); follow VT 16 (Willoughby Lake Road) to Lake Willoughby and turn right onto US 5A (7 mi); after wrapping around the shores of the lake for several miles, veer away from the southern tip of the lake and follow 5A into West Burke and turn right onto US 5 (Lynburke Road) heading north again (11.4 mi); follow US 5/ Lynburke Road to the shores of Crystal Lake and back into Barton (13.1 mi). From Barton, reverse the route you used to get here for your return to the restaurant (it’s a good climb, be prepared!).

*Please note, mileage is approximate; bring a map and friend for more fun.

Sarah Galbraith pedals, hikes, runs, swims, and backpacks her way through Vermont’s mountains in all seasons. She lives in Plainfield with her partner and their trusty brown dog.



WELL WATER

SIX BETTER WAYS TO SAFE HYDRATION IN THE BACKCOUNTRY

By Josh Gleiner

ONE OF THE MOST IMPORTANT CONSIDERATIONS to make when exploring the backcountry is planning access to safe drinking water.

Over the last decade or so, backcountry methods for water purification have come a long way. Gone are the days of tromping around with large, heavy, pump filtration systems or drinking water that looks like stagnant rust and tastes even worse. Sure, there's nothing wrong with iodine tabs from a safety standpoint—they'll still get the job done by killing harmful organisms most of the time. But it's what's not right about iodine, including its limitations, that has become the focus. Namely, some protozoan species have become resistant to iodine; ingesting too much iodine over time can be toxic to the body; and while iodine's taste can be neutralized with ascorbic acid (vitamin C), it still leaves a funky taste in some people's mouths, especially when the source of water is more on the impure side.

So to remedy these problems, manufacturers have developed improved treatment tools that not only make water safer to drink, but better tasting to boot.

THE BAD GUYS IN YOUR BEVERAGE

BEFORE YOU PICK YOUR WEAPON, KNOW YOUR ENEMY.

PROTOZOA

The main concerns with these (the largest organisms that cause water contamination) include *Giardia lamblia* (which generally causes abdominal cramps and profuse, yellow, watery, foul-smelling, explosive diarrhea, and eventually, weight loss and malnutrition) and *Cryptosporidium* (which typically causes copious diarrhea with mucus and can cause stomach pain and nausea and vomiting). The latter creates a thick-walled egg or cyst that can resist some chemical treatments, even bleach and iodine sometimes and can only be treated supportively (e.g., no antibiotics).

BACTERIA

Many people are familiar with the likes

of *E. coli* and *Salmonella*, but a variety of others, including *Staphylococcus*, *Shigella*, *Campylobacter* and *V. cholera* can cause a variety of gastrointestinal problems and, potentially, problems in other bodily systems, as well. Luckily most are easily neutralized by almost all methods discussed in the remainder of this article.

VIRUSES

Rotavirus and norovirus are the main culprits here and are in water that has any fecal contamination that could come from a variety of different animals. Virus particles are much smaller than other pathogens and are therefore somewhat harder to deal with from a water purification standpoint, particularly when it comes to filters.

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TREATMENT OPTIONS

FILTERS

One major advantage to having a filter is that you can get all the particulate matter out of your drinking water in addition to 99.9 percent of protozoa and bacteria. The downside remains that there is still no filter that will strain out viruses. Another advantage filters have over other methods included in this article is that they generally will improve the taste of your water, are less apt to be lost or spilled than chemical methods, and require no recharge or batteries.



PLATYPUS GRAVITYWORKS

This system is pretty clever in that it is able to filter larger quantities of water without the hassle of a pumping mechanism. Simply fill up one of the bladders, hang it up, and let the water drain through the filter to a clean reservoir bladder while you pack up camp or cook breakfast. The unfortunate part: you have to do this three times, making it somewhat more tedious than other methods. While it is not supposed to remove viruses, we used it on an 11-day trek in the Himalayas without getting sick at all. And, the water had no off taste. Great for medium-sized groups.

9.6 oz.; 10.7 oz. with case | \$109.95



AQUAMIRA FRONTIER PRO

For a lone user, this is an excellent device for prefiltering water prior to chemical treatment or even for use on its own. The Frontier Pro will filter out greater than 99.9 percent of disease-causing protozoa, and most bacteria, and binds

up waterborne chemicals that cause water to taste and smell bad. What's more, it attaches to multiple tube hydration systems and many standard water bottles, and then—since it has an incorporated bite valve—can provide filtration on an on-demand basis. Or, you can just use the straw provided and drink directly from a stream or lake if you're feeling confident about your cast-iron stomach. You can also set it up with a hydration bladder as a gravity-fed system. One filter will treat about 200 liters. I think this makes an extremely useful, lightweight, and inexpensive adjunct to chemical treatment and just about any backcountry adventure.

2 oz. | \$24.99

CHEMICALS

While there have been some great advances from the taste and look of iodine, some people are still opposed to chemical purification because they either don't like the idea of chemicals in their water or the taste remains unappealing. That said, these products will take care of all the GI bugs: protozoa, bacteria, and viruses alike. Combined with a filter mechanism or even a bandana to filter out larger particles, these products can't be beat for their weight and packability. The other major advantage to these products is that their durability far surpasses any of the other products.



AQUAMIRA WATER TREATMENT DROPS

Bring two small bottles of liquid on your trip and you have enough solution to treat 2 liters of water for two people for roughly 30 days. This option provides a lot of bang for your buck, and with only a five-minute mix time, followed by a 15-minute treatment time, it's a relatively quick option as well. Other pros: it takes up very little room in your pack, and it actually seems to make water taste better to some people. One disadvantage is that it can't be used in sub-zero conditions at all because there is a chance the treatment drops will freeze. Otherwise, this is a pretty safe bet.

3.8 oz. | \$14.99



AQUAMIRA WATER PURIFIER TABLETS

Certainly the lightest weight option, even on a per-liter basis, these tabs work well to eliminate all the baddies, with the added benefit of not having to worry about them freezing as with liquid treatments or filters. If you use these, you'd better have some good planning skills and some patience: the largest drawback is the amount of time you need to wait to safely drink the water—four hours is recommended by the manufacturer to ensure complete destruction of *all Cryptosporidia*. Much like the drops, the tabs seem to impart a better taste to the water to some people's taste buds.

0.3 oz. for 12 tablets

\$7.99 for 12 tablets

ULTRAVIOLET LIGHT

The latest and possibly greatest type of purification, ultraviolet light renders all potential pathogens incapable of reproducing (and therefore infecting you), all in a relatively short amount of time. The most significant disadvantage to these products is their fragility and need for recharge. The latter can be solved with a solar charging device, but this of course adds even more weight to your pack. UV treatments won't do anything in terms of making your water taste or smell any better, either.



STERIPEN FREEDOM

This cool gadget, about the size and shape of a jar of nail polish, will sterilize a liter of water in just over a minute-and-a-half and will treat 40 liters on a full charge. The other great thing: the Freedom is

rechargeable, so if you bring a solar charger you can purify water until the bulb burns out (up to 4,000 liters). A major drawback of this product is that it will not fit in small-mouthed drinking bottles, like Platypus' Soft Bottles, so the user is stuck using either a hydration system or wider-mouthed containers. SteriPEN also incorporates a flashlight into this device that can be turned on and off by turning the product in your hand three times like a doorknob. This feature is more than a little finicky, though.

2.7 oz.; 3.5 oz. with case; 7.3 oz. with case, cable, and adaptor | \$119.95



CAMELBAK ALL CLEAR

Similar to the SteriPEN, this brand-new product from Camelbak inactivates every microscopic organism or particle with an ultraviolet light housed in a special water bottle cap—in this case, at a rate of about 80 seconds per liter. Also, one full charge will treat 60 liters, making it that much more usable for slightly longer trips or more people. This product is rechargeable, with a bulb lasting up to 7,500 liters. Unfortunately, the cap only works with Camelbak bottles, so if you want to use any other type of system, you'll have to bring along at least one Camelbak bottle and then transfer the water to your preferred reservoir. Note also that the All Clear will not treat the threads of the bottle, so you need to be circumspect about wiping the mouth of the bottle clean before drinking directly from it.

7.1 oz.; 8.4 oz. with case; 12.2 oz. with case, cable, and adaptor | \$99

Josh Gleiner has had the pleasure of having Beaver Fever in France, Montezuma's Revenge in Mexico, and "Vomiting, eh?" in Canada, and tends to be very careful when it comes to drinking water. He has not gotten ill from a water source in many years, despite a great many backcountry adventures.



GEAR: CANNONDALE RYKER

EVER WISH YOUR BIKE helmet could have more air vents without compromising its integrity and durability? Cannondale might have granted this wish with its introduction of a new line of helmets that have emphasized cross-country riding. The Ryker model uses an aluminum alloy reinforcement built into the exoskeleton to support areas that would otherwise be weak (namely the vent bridges), making for a noggin protector that is rated very highly for both safety and ventilation. This is achieved without added weight—at 335 grams (for size L/XL) the unit's weight is similar to many other mountain helmets. The adjustment system, including a micro-dial—easy to fine-tune with one hand—and soft, plush webbing, makes for a very comfortable fit and wear. To me, the shell does seem

a bit bulky and the straps a bit thick, but neither really interferes with the overall feel of the helmet, more just how it looks. Cannondale more than makes up for this by incorporating some pretty cool decals and pricing the helmet competitively.

\$79.99; Onion River Sports, Montpelier; Ski Rack, Burlington; West Hill Shop, Putney.

GEAR: CAMELBAK BAJA LR

The company that has often led the way in “hands-free hydration” systems adds yet another weapon to their arsenal: standup paddling hydration vests. The Baja LR is designed with an all-day paddleboard adventure in mind. The vest is predominantly made of mesh, in order to keep you cool, and I was surprised that after an hour of bare-chested wear, there was only a little chafing where the chest straps meet the waist belt. The vest also comes equipped with numerous pockets for snacks, sunscreen, an inflatable personal flotation device, an extra layer, or whatever else you might need for a day out on the water. Camelbak could improve on the hip belt pockets, which fasten with only small squares of Velcro that open easily when wet,



leaving your belongings susceptible to falling in the drink. Still, other nice features include a drawstring holster to secure your paddle when you need both hands free, and an emergency whistle for ... well, you know. The location of the whistle is a bit awkward and requires you to remove it from its attachment point to blow it, but who's in a hurry when you need to be rescued? The water bladder is housed in the waist belt, which is beneficial for keeping your center of gravity lower and not interfering with your strokes. The vest doubles nicely as a biking hydration pack, and I plan on trying it under my ski jacket this winter too.

\$120; Umiak Outfitters, Stowe; Waterfront Diving Center, Burlington; Ragged Mountain Equipment, Intervale, New Hampshire.

BEER: WOLAVER'S ALTA GARCIA COFFEE PORTER



Did I go to the store to buy coffee or beer? Doesn't matter, I'll just get both in one bottle. A bit like iced, carbonated coffee, this beer has few rivals when it comes to overpowering coffee flavor. One also picks up hints of vanilla, caramel, and chocolate on the tongue. Alta Garcia pours a dark mahogany brown color (like coffee, not surprisingly) and has a good inch of frothy head that flattens out after a short while. The body comes across medium and quite spot-on for a porter. The nose picks up, again, fresh-ground coffee, rounded out with cream and vanilla. In a coffee-bean-shell, if you can't decide between breakfast and beer, you don't have to. And to boot, it's organic!

Josh Gleiner is the Beer and Gear Editor for Vermont Sports. A climber, cyclist, skier, and homebrewer, Josh enjoys researching his monthly column.

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LAST WINTER BEGAN with real promise a couple of days before Halloween by dumping up to a foot of heavy, wet snow throughout much of New England. Many skiing enthusiasts realized that it would probably melt (it was only October after all), but a genuine snowstorm that early in the season had to be a good omen. I remember a winter during my college years, maybe 1967, when one of my teammates discovered a frozen pond near the spine of the Green Mountains with a dusting of snow, and that provided excellent, early season training. We skied there on Halloween, and for several days thereafter, until snow covered the cross-country trails lower down the mountains.

So skiing in October wasn't unprecedented. But Mother Nature was cruel to Nordic skiers last winter. The October snowfall quickly melted, thanks to record-setting warm temperatures in November. In fact, five of the last six days of the month were above 60 degrees in Boston! The trend continued through December making it the sixth warmest on record with no measurable snowfall.

Well, we've had late winters before, certainly the pattern would change in January. Nope! Across the nation, 2,892 record-high temperatures were recorded in the first month of 2012,

according to the Wilcox Journal. Boston received half an inch of snow on January 10 and another 2.9 inches on the 21st, putting January on track to set an all-time record for minimal snowfall. February was virtually dry as well, until the evening of the 29th, when nine-tenths of an inch was recorded, ultimately pushing the season total to 9.1 inches, a mere tenth of an inch over the previous record set in the winter of 1936-37.

I'm a fan of Bill McKibben, both because of his persistent efforts to draw public attention to the growing threat of climate change, and because he is also an avid Nordic enthusiast. McKibben's recent book, *Eaarth*, definitely got my attention. It seems even more prescient after tropical storm Irene's devastating impact on the Northeast last summer and last winter's uncharacteristically warm temperatures and minimal snowfall. Those politicians who continue to doubt the reality of global warming simply have to get out of their offices more often. For Nordic ski enthusiasts, I'm afraid the future looks bleak.

But it may not be time to trade your skinny skis for a bowling ball. As many of us noted last winter, although the entire region suffered from marginal snowfall, there are pockets in the Northeast, which for reasons of geogra-

phy or weather patterns, seem to receive and retain more snow than the regional average. In addition, there are several Nordic facilities that have invested in snowmaking technology that they have used to great effect when the temperatures permitted, insuring reliable cross-country skiing in spite of Mother Nature's stinginess.

Ironically, it was a terrific winter for skiing in Europe—cold temperatures and plenty of snow. In fact, the countries of Eastern Europe suffered the most severe winter in memory. Hundreds died in the bitter cold, and tens of thousands were snowbound for days.

These conditions boded well for American Nordic skiers competing in European World Cup events throughout the season. Of special note was Alaskan Kikkan Randall who won the season-long World Cup sprint title. She is America's first Nordic skiing World Cup champion since Vermont's Bill Koch won the 1982 overall World Cup title. In addition to her sprint championship, Kikkan finished fifth in the women's overall World Cup standings, the best international ranking ever for an American female cross-country skier. Joining Kikkan, five other US women and five men scored World Cup points this past winter, moving the United States to eighth in the Nations

Cup standings, up from 15th just two years ago.

On the biathlon side, the results were almost as impressive. In her rookie season on the World Cup circuit, Susan Dunklee of Barton had a fifth place finish at the World Championships in Ruhpolding, Germany—best ever for an American woman. Russell Currier of Stockholm, Maine, enjoyed a breakthrough season featuring an exciting sixth place World Cup result in Nove Mesto, Czech Republic. In fact, during the World Cup season, there were 14 top-10 World Cup and World Championship finishes by five different American biathletes, including seven top-six finishes. Two American men finished the World Cup season in the top 20 overall; University of Vermont grad Lowell Bailey in 14th and Tim Burke of Paul Smiths, New York, in 20th.

With results like these, we can't give up on winter just yet. Is it too early to make reservations for Sochi?

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.



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Age: 40 | **Residence:** Bennington | **Family:** Husband, Tim; children, Noah, 11; Maggie, 9; Finn, 6 | **Occupation:** Stay-at-home mother
Primary sports: Triathlon



RACHEL PAYNE WAS AN OVERWEIGHT KID WHO WAS NOBODY'S IDEA OF AN ATHLETE, BUT LAST YEAR AT AGE 39, SHE COMPLETED THE LAKE PLACID IRONMAN TRIATHLON. WHILE PAYNE HAS NO ASPIRATIONS TO BE AN ELITE ATHLETE, SHE'S PROUD TO BE AN INSPIRATION TO CHUBBY KIDS AND ADULTS TO GET OFF THE COUCH AND SEE WHAT THEY CAN ACCOMPLISH.

VS: What was the first of the three triathlon sports for you?

RP: I ran for a number of years, and my husband, who's a cyclist, tried to get me into riding. When I was diagnosed with hip dysplasia, I realized I needed to cross-train. He kept saying he had to get me on the bike, and four years ago, I finally started riding and did my first Olympic-distance triathlon in Cambridge, New York.

VS: What made you start with Olympic distance rather than a sprint?

RP: I chose it mainly because it was close to our home, but I wasn't intimidated by the distance. The biggest issue was that it was my first time ever swimming in a wetsuit. I had to borrow it from a friend, but I had a blast.

VS: You've said you weren't athletic as a child.

RP: I was very overweight as a child. I tried to swim, and I was OK as a swimmer, but I was very self-conscious and didn't keep at it. In high school, I lost 90 pounds and started playing field hockey and tennis. I enjoyed it, but I wasn't very

good. In college, I tried hard to keep the weight off, so I rowed crew and started running as cross-training.

VS: So how did this overweight kid become an Ironman triathlete?

RP: Several years ago, a friend visited and said she was going to do the Ironman. I thought she was crazy. Then, in 2009, a photographer friend told me the story of Matt Long, a former New York City firefighter, who had been run over by a bus on his way to work and not only survived but fought to get back into shape and completed the Lake Placid Ironman. I saw his finish on YouTube and decided I had to try it. In 2010, I volunteered at the race, and then entered in 2011. I hit the gym in January and February, found a training program online, and started training in March. I was worried about not making the cutoff times. You need to finish the bike loop by 5:30, and I came in at 5:15. I ended up completing the race in 16 hours, so I made all the cutoffs.

VS: And did you enjoy it?

RP: It was great. I had only done small,

local triathlons, and this one has thousands of people supporting their athletes. My husband and children were there, together with my parents, my brother and his wife, my sister and her family, and lots of friends, all wearing T-shirts supporting me. It was a long day for my kids because the race started at 7 a.m. Before the finish, you go through the Olympic Oval, but then you have to run another two miles and come back. My youngest was still awake when I went through the Oval, but then he fell fast asleep when I came back in, in spite of the loud music and cheering. It was very emotional and just great.

VS: What do you like about endurance sports?

RP: I just like being out there for a long time to see if I can keep going. I don't know what allows me to keep up and endure the pain, but I enjoy that I can do it. I like the challenge and the mental part, and the fact that people think I'm crazy. Honestly, it's a good teaching tool. My kids know the story about me being overweight as a kid and being teased about it. I can show them that

you don't have to win; just do your best. If you work hard at something and really want it, you can get it.

VS: How do you find time to train?

RP: There are some mornings that I'm up at 3:30 to run or use my bike on a trainer or to be at the gym. I do that for two hours and then I meet my friends at the gym for boot-camp stuff and weight training. Then I bring the kids to school and go out for a run or a swim. I also work out with the Mountain Girls Triathlon Club in Bennington, which is a wonderful support group. It does take time, and I have to admit, sometimes my house isn't always the cleanest, and I don't make the most exciting meals.

VS: Your husband says you're an inspiration to others.

RP: I hope so. Some of my friends say they think about me when they don't want to go out for a run, and it makes them go out. I volunteer for Girls on the Run, which is a great group. Some kids struggle with their weight, and I look at them and see myself as a child, and I want to help. At the end of the Ironman in Lake Placid, a little girl—maybe 12 years old and overweight—asked me if I wanted anything. I said I was fine, and she said that she was impressed with what I was doing. I told her that I used to be overweight, and she told me she thought I was amazing. That was so inspiring. I've got my kids doing triathlons too. My youngest did one with a life vest for the swim part and riding a tricycle. They think it's pretty cool.

—Phyl Newbeck

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calendar of events

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

BACKPACKING/HIKING

June

- 3 **FAMILY HIKE PLAINFIELD WITH THE YOUNG ADVENTURERS CLUB.** YAC is a group of the Montpelier Section of the GMC devoted to helping parents and kids 0-6 years old get outdoors to hike, play, learn, and make friends. Easy hike up Spruce Mountain. Call for time. Plainfield. 485-4312, 223-6360.
- 13 **HIKE HUNGER MOUNTAIN WITH THE GMC.** Moderate hike. Hunger Mountain from the Middlesex Trailhead. 5.8 mi round trip. 4 p.m., Rumney School, Middlesex. 229-9908, charlenebohl@comcast.net.
- 17 **HIKE THE KILLINGTON AREA WITH THE GMC.** Moderate hike. Killington. Hike to Pico Camp and Churchill Scott Shelter. 8 mi. 229-4737, kenneth.hertz@myfairpoint.net for time and meeting place.
- 24 **HIKE UNDERHILL WITH THE GMC.** Moderate hike. Stevensville Road Trailhead, up the Nebraska Notch Trail to the Long Trail, then across the LT to Butler Lodge, descend on Butler Lodge Trail to Stevensville. 6 mi. 223-0918, chernick5@comcast.net for meeting time/place.

August

- 14-15 **LONG TRAIL BOUND EDUCATOR SUMMIT.** Educators are invited to the GMC to learn about the natural history of the Green Mountains, develop their outdoor leadership skills, and become familiar with the newly launched Long Trail Bound activity guide. LT HQ, Waterbury Center. 244-7037 ext. 123, jwhitson@greenmountainclub.org.

- 15-18 **WHITE MOUNTAIN HIKER.** For ages 13-17 who want to explore alpine territory high in the White Mountains. Learn leave-no-trace ethics, backcountry travel skills, and camp craft. Physical fitness required. 9 a.m., Northwoods Stewardship Center, East Charleston. maria@northwoodscenter.org.
- 25 **HIKING AND YOGA WITH THE GMC.** An afternoon of hiking and yoga. Depart the visitor center at 1 p.m. for a three-hour moderate hike, and then return at 4 p.m. for a relaxing yoga practice. GMC Visitor Center, Waterbury Center. 244-7037, greenmountainclub.org.

BIKING/CYCLING


June

- 3 **TOUR DE HEIFER.** The Tour is a trio of scenic farm-to-farm bicycle rides tailored to all levels of ability, with 10-, 30-, and 60-mi routes. 5-mi walking option. This year's Tour de Heifer routes are almost entirely on dirt roads. 8 a.m., Lilac Ridge Farm, Brattleboro. 380-1121.
- 9 **WEST WINDSOR 5 & DIME.** 5 and 10K trail races on mixed single- and double-track. 5K is a family- and walker-friendly event. 9 a.m., Sport Trails Mountainside at Ascutney Mountain Resort, Townshend. club.penguincycles.com.
- VERMONT CARES' CHAMP RIDE.** Ride 17, 32, 67, or 100 mi. through some of Vermont's best scenery on this fully supported ride, then join us for a picnic in the park. 6:30 a.m., Oakledge Park, Burlington. vtcares.org.
- 12 **BIKE THE CHAMPLAIN ISLANDS WITH THE GREEN MOUNTAIN CLUB.** Moderate bike. South Hero. 25+/- miles. Bring water and lunch. Helmet required. Call for time and place. Mary Garcia, 229-0153, or Mary Smith, 505-0603.
- 14 **DISCOVER THE HEART OF THE ISLANDS** Open Farm and Studio Tour and visit vineyards, farms, art studios, galleries, and markets. This year, as in the past, there will be a bicycle tour component to the weekend, including short, medium, and long tours of Grand Isle County and artists' studios and farms. Champlain Islands, South Hero. openfarmandstudio.com.
- 15 **SCOTT BIKES DEMO DAY.** Come test ride Scott road and mountain bikes at West Hill's Demo Day. The Scott demo van will be at the shop, stocked with many sizes and models of Scott bikes. 10 a.m., West Hill Shop, Putney. 387-5718, diny@westhillshop.com, westhillshop.com.
- 16 **NORTHERN CHAMPLAIN CENTURY RIDE.** A century ride around the northern end of Lake Champlain starting at Sandbar State Park, going north through the islands, and then back to Sandbar through Swanton, St. Albans, Georgia, and Milton. Shorter loops will also be available. 8 a.m., Sandbar State Park, Milton. info2FNLC@gmail.com, northernlakechamplain.com.
- WHITEFACE MOUNTAIN UPHILL BIKE RACE.** 11 miles on an 8 percent grade course. The climb is 3,500 feet up Scenic Whiteface Mountain Veterans Memorial Highway on New

York's fifth highest peak with 360-degree panoramic views. 8:30 a.m., Whiteface Ski Center, Wilmington, N.Y. bikereg.com.

BIKE LEBANON, N.H., AREA WITH THE GREEN MOUNTAIN CLUB. Easy bike. Ride the Northern Rail Trail from Lebanon, N.H., east and south toward Grafton, N.H. Total distance is 25 mi one way, but we'll do whatever distance the group is comfortable with. 50 mi max. Helmet and windbreaker required. Bring water and lunch, or money to buy both. 8:30 a.m., Berlin Park & Ride. Steve Lightholder, 479-2304 or steve.lightholder@yahoo.com.

- 17 **CENTRAL VERMONT CYCLING TOUR.** Cycle or run 15, 30 or 60 mi on scenic dirt roads past productive farms and woodlands starting at Morse Farm. Formerly the Eco Bike Tour, Reg. includes local food at a post-ride buffet, convenient rest stops, well-marked courses, and fun. 8 a.m., Morse Farm, East Montpelier. centralvtcyclingtour.org.
- WILMINGTON WHITEFACE 100.** Explore the Jeep roads near Jay and Saddleback Mountains before climbing up the front of Whiteface Mountain, the site of the 1980 Olympic Winter Games downhill ski races and the greatest vertical drop east of the Rockies. 8 a.m., Whiteface Ski Center, Wilmington, N.Y. bikereg.com.
- 22-24 **CENTURION NEW YORK.** Coordinated mass start with pace corals, full traffic control, chip timing, on-course support, and full expo. Events include Friday night Hill Climb up Prospect Mtn.; Saturday 25 mi and kids' rides; and on Sunday, the 50-mi and 100-mi Beach Road, Lake George, N.Y. centurioncycling.com.
- NEMBAFEST MOUNTAIN BIKE FESTIVAL.** Loads of fun with downhill and XC mountain biking, camping, expo, group rides, live music, food, fun. Mid Burke Lodge, Burke. mtbadventureseries.org.
- 23 **LONG TRAIL CENTURY RIDE TO BENEFIT VERMONT ADAPTIVE SKI AND SPORTS.** Whether cycling on the 100-mi or 50-mi loops or simply journeying near the Brewery on the 20-mi loop, there is something for everyone to enjoy during the Long Trail Century Ride. 7 a.m., Long Trail Brewery, Bridgewater Corners. longtrailcenturyride.com.
- 24 **WEST HILL SHOP/GRAFTON PONDS MOUNTAIN BIKE RACE, ROOT 66 SERIES.** The 2012 Northeast Root 66 XC Race Series is a series of cross-country mountain bike races held at different venues throughout New England between April 1 and mid-September. 9 a.m., Grafton Ponds Outdoor Center, Grafton. 843-2400, graftonponds.com.
- 30 **WINDHAM, N.Y., 2012 MOUNTAIN BIKE WORLD CUP FESTIVAL.** The rockyroads.net UCI Mountain Bike World Cup presented by Shimano returns to Windham, N.Y.! This weekend event is the perfect opportunity for sports fans of all ages to watch the world's best mountain bike athletes. 8 a.m., Windham Mountain Ski Resort, Windham, NY. (800) 355-2287, tourism@discovergreene.com, racewindham.com.



Ethan Allen Biathlon Club


2012 Summer Race Series

DATES July 12, 19, 26, August 9, 16, 23

TIMES 5:00 pm - Registration
5:30 to 6:15 pm - Zeroing & novice clinic
6:30 pm - Race start


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July

- 6 **CRAFTSBURY DIRT ROAD BIKING WEEKEND.** The Craftsbury Outdoor Center has scheduled an exciting weekend package that includes exploring the backroads of Vermont's Northeast Kingdom by mountain bike, as well as enjoying lodging and meals. Craftsbury Outdoor Center, Craftsbury Common. 587-7767, stay@craftsbury.com, craftsbury.com.
- 7 **NEWTON'S REVENGE.** The race is contested on the same exact course as the original Mt. Washington Auto Road Bicycle Hillclimb, making Newton's Revenge the other Toughest Hillclimb in the World. 8:20 a.m., Mt. Washington Auto Road, Gorham, N.H. newtonrevenge.com.
- 14 **TOUR DE GRACE BENEFITTING GRACE COTTAGE HOSPITAL.** 19 mi., mostly downhill, from Stratton Base Lodge Parking Lot to Grace Cottage Hospital, Townshend. Bus transportation provided to bikers. 8 a.m., Stratton Mountain Resort, Base Lodge Parking Lot. 365-9109, info@gracecottage.org, gracecottage.org.
- VERMONT MOUNTAIN BIKE FESTIVAL.** Vermont's premier mountain biking event, bringing riders together to enjoy Vermont's finest trails as well as events, clinics, and an expo area with industry manufacturers and retailers. 8:30 a.m., The Ice Center, Waterbury. vermontmountainbikefestival.com.
- 21 **MOUNT ASCUTNEY BICYCLE HILL CLIMB.** This is race 5 of 10 in the BUMPS hill climb championship points series. 9 a.m., Mount Ascutney State Park, Windsor. club.penguincycles.com/AscutneyBike.html.
- 28 **TOUR DE ZACK.** Bike from Woodstock, 45 mi or leave King Arthur Flour in Norwich and bike 25 mi (bus transportation provided to get you to the start). This scenic ride takes you through the Connecticut River Valley. Swimming, cookout, and music at the finish line. 10 a.m., Woodstock Elementary School, Woodstock. zacksplace1@gmail.com.
- 12 HOURS OF MILLSTONE.** A 12-hour mountain bike relay race and festival on the Millstone Trails System in Websterville. Camping available on-site. Teams & solo riders will compete on a 7-mi single-track course. 9 a.m., Millstone Hill, Websterville. (207) 221-0203, info@cascobaysports.com, millstonetwelve.com.

August

- 11 **HARPOON POINT TO POINT.** A day of bicycle rides across the state of Vermont to benefit the Vermont Foodbank. The 115-mi ride starts at the Catamount Family Center in Williston, the 50-mi ride in Bethel, and the 25-mi ride is an out-and-back from the Harpoon Brewery in Windsor. All riders finish at the Harpoon Brewery for a BBQ with fresh Harpoon beer. 7 a.m. hp2p@harpoonbrewery.com, harpoonpointtopoint.com.
- 18 **MT. WASHINGTON AUTO ROAD BICYCLE HILLCLIMB.** A bicycle race up the Mt. Washington Auto Road. Deemed the Toughest Hillclimb in the World! 8:50 a.m., Mt. Washington Auto Road, Gorham, N.H. mwarbh.org.
- 25 **BUMP YOUR RUMP 6-HOUR MOUNTAIN BIKE RACE.** Six hours of cross-country mountain biking! Four-mile primary racetrack, starting at Grafton Ponds and continues on the Grafton Village Trails and through our picturesque village of Grafton. 9 a.m., Grafton Ponds Outdoor Center, Grafton. 843-2400, graftonponds.com, .
- 26 **THE NORTH FACE RACE TO THE TOP OF VERMONT.** Run, mountain bike, or noncompetitively hike up the highest mountain in Vermont on the famous Mount Mansfield Toll Road. The course is 4.3-mi long and climbs 2,550 vertical feet to some spectacular views at the summit of Vermont. 9 a.m., Mount Mansfield Toll Road, Stowe. catamounttrail.org.
- 31 **GREEN MOUNTAIN STAGE RACE.** 4-day road bicycle state race. One of the largest Pro/AM stage races in North America! Voted top road bicycle race in Vermont by VS readers. 9 a.m., Warren Village, Warren. gmsr.info.
- CRAFTSBURY DIRT ROAD BIKE TOUR.** The Craftsbury Outdoor Center has scheduled an exciting weekend package that includes exploring the backroads of Vermont's Northeast Kingdom by mountain bike, as well as enjoying lodging and meals. Craftsbury Outdoor Center, Craftsbury Common. 587-7767, stay@craftsbury.com, craftsbury.com.

Ongoing

ONION RIVER SPORTS CYCLING 101 WEEKLY RIDE. Need tips on how to ride safely, check your bike fit, find a century training plan, deal with traffic, acquire new cycling skills or polish the old ones, and learn more about your bike? All levels will be accommodated. Tuesdays. 5:30 p.m., Montpelier High School.

ONION RIVER SPORTS FRIDAY NIGHT FIX. Flat Fix workshops to Ladies

Night clinics to everything you ever wanted to know about your brakes. 6 p.m., June 8, 29, July 13, Aug. 3. Onion River Sports.

DAKINE SUMMER MOUNTAIN BIKE SERIES. A weekly mountain bike race series for all abilities and ages. Every Tuesday for eight weeks, racers can bike the long, short or mini courses between 3:30 and 7 p.m. Great Glen Trails, Gorham, N.H. greatglenraces.com.

CLAREMONT POINTS RACE SERIES. 1/3-mi oval, 40- and 60-lap races. Held under USA Cycling event permit, USAC license required, available at event. Hosted by Claremont Cycle Depot Bike Club. 5:30 p.m., Twin State Speedway, Claremont, N.H. (603) 477 4848, john@claremontcycle.com, ccdbikeclub.com.

CLIMBING/MOUNTAINEERING

Ongoing

LADIES NIGHT CLIMB AT THE VALLEY ROCK GYM. 5:30 p.m., Tuesdays, Sugarbush Health and Sports Center, Warren. 583-6700.

FAMILY

June

- 2 **GREEN MOUNTAIN KIDS RUN FOR FUN.** Fun run. First 25 adults and 25 children that register will be given a T-shirt. 5K run/walk. Children will have a shorter loop around the Industrial Park. 8 a.m., Green Mountain Kids, Morrisville. kristin.gmk@gmail.com.
- KIDS TRACK MEET.** For kids preschool through 6th grade. Events include softball throw and long jump, 1/4 mile and 100-yard dash, half mi (1st and 2nd grade) and mile (3rd-6th grade). 3:45 p.m., Montpelier High School. Tim Noonan, 223-6216.
- 30 **FAMILY CANOE/PICNIC WITH THE YOUNG ADVENTURERS CLUB (YAC).** Easy. Wrightsville Reservoir. YAC is a group of the Montpelier Section of the GMC devoted to helping parents and kids 0-6 years old get outdoors to hike, play, paddle, learn, and make friends. Call for time and place. Lexi Shear, 229-9810.

MISCELLANEOUS

August

- 6-11 **ECO-EXPERIENCE TEEN RESEARCH CAMP.** Kids ages 13-17 are invited to join NorthWoods and collaborating research organizations in this 6-day intensive program. Participate in current research projects on songbird populations, brook trout habitat, small mammals, and climatology. maria@northwoodscenter.org.
- 5 **CITIZENS BANK LAKE CHAMPLAIN DRAGON BOAT FESTIVAL.** Ninety teams representing breast cancer survivors, local businesses, organizations and neighborhoods will compete in 41-foot Dragon boats. Food, entertainment, silent auction, and a special tribute to breast cancer survivors. Proceeds to benefit Survivorship NOW programs to guide and empower cancer survivors. 8 a.m., Waterfront Park, Burlington.

PADDLING

June

- 23 **PADDLE CASPIAN LAKE WITH THE GMC.** Moderate. Kayak/Canoe on Caspian Lake. Bring lunch. Meet at Montpelier High School. Call for time. Joan Heller, 223-1874, hellmosk@comcast.net.
- 24 **VERMONT STAND UP PADDLEBOARD FESTIVAL.** Clinics, classes, races, skills demonstrations, rentals, accessories. 11 a.m. to 4 p.m., Waterbury Reservoir Day Use Area, Waterbury. vermontpaddling.blogspot.com.

July

- 6 **GREAT AMERICAN NEK FLAT-WATER KAYAK CHAMPIONSHIP.** Kayak the 10-mi course of Kingdom Swim. A fun chance for those yaking the following day to get to know the course. 1 p.m., Prouty Beach, Lake Memphremagog, Newport. pwhite@orleansrecreation.org.
- 7 **KAYAKING FOR A CAUSE AT KINGDOM SWIM.** Experienced kayakers needed to support swimmers at Kingdom Swim. Receive up to \$70 donation to a charity of their choice and free entry to the Great American NEK Flat-Water Championship. 7 a.m., Prouty Beach, Newport. kingdomswim.org.

Ongoing

INTRO TO STAND UP PADDLEBOARDING. Thursdays at 6 p.m., Waterbury Reservoir Day Use Area, Waterbury. 253-2317, paddle@umiak.com.

INTRO TO KAYAKING. The class is taught in recreational kayaks that offer the stability new paddlers need. Learn about carrying kayaks, launching, and getting out, basic paddling strokes, and maneuvering. Sundays during July and August at 10 a.m., Waterbury Reservoir Day Use Area. 253-2317, paddle@umiak.com.

KAYAK ROLLING. This is a must-have skill for those inspired to learn white-water kayaking or offshore kayak touring. Wednesdays during July and August at 6 p.m., Waterbury Reservoir Day Use Area. 253-2317, paddle@umiak.com.

SELF-GUIDED RIVER TRIPS. Paddle one of the most scenic stretches of river in the Northeast! This is a gentle, slow-moving river and is perfect for beginner paddlers. 12 p.m. for 8-mi trip. 2 p.m. for 4-mi trip. Jeffersonville Outpost on the Lamoille River, Cambridge. Weekends now through June 23, then 7 days a week. paddle@umiak.com.

THE BRATTLEBORO OUTING CLUB will host 12 canoe and kayak outings from April to September. All paddle trips are free and open to the public, and all are suitable for family canoeing and kayak touring, except the June camping trip on Lake Champlain. May 2, 6, 9, 12, 19, June 10, 16, 20, 23-24, Sep. 16, 22, 23, 29, 30. Larry McIntosh, 254-3666, brattleborooutingclub.org.

RUNNING/WALKING

June

- 2 **XTRAIL ASICS AT MONT SUTTON.** Xtrail Mont Sutton is an integral part of the famous series Trail Runner Trophy Series. 21K, 10K, 5K (discovery) and 1K (for children 4 to 12 years old). 7:30 a.m., Sutton, QC. xtrailasics.com.
- 3 **GMAA EQUINOX TRAIL RUN 5K AND 10K.** Come try out a fun yet challenging trail run through fields, single-track and old sugar-wood roads. 9:30 a.m., 631 North Pasture Lane, Charlotte. gmaa.net.
- 9 **RACE TO THE TOP OF BRADFORD.** 3.5-mi hill climb trail race and 1.5-mi kids fun run. 9 a.m., Chase Hollow Road Trailhead, Bradford. bradfordconservation.org/race.
- WEST WINDSOR 5 AND DIME.** 5K and 10K trail races on mixed single- and double-track. 5K is a family- and walker-friendly event. 9 a.m., Ascutney Mountain Resort, Townshend. club.penguincycles.com/5&Dime.html.
- CAPITAL CITY STAMPEDE 10K.** Vermont's fastest 10K. Certified course, part of the CVR ORS Race Series. 9 a.m., Onion River Sports, Montpelier. John Valentine, 485-3777, jvalentine@tds.net.
- 10 **REMEMBRANCE RUN 5K AND LUDINGTON MILE.** 5K and youth mi and 1/2 mi. 9 a.m., Peoples Academy, Morrisville. remembrancerun.net.
- CROWLEY BROTHERS MEMORIAL ROAD RACES.** 5K, 10K, (RRCA-Vermont State Master's Championship) Half-Marathon, 5K Challenge Walk, Kids' Downtown Mile. 8 a.m., Rutland. crowleyroadrace.com.

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- 19 miles with return bus to Stratton

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calendar of events

- 16 **RUN FOR EMPOWERMENT.** Women Helping Battered Women's 5th Annual Run for Empowerment! Great prizes, great food, great fun! 9 a.m., Burlington Waterfront, Burlington. runforempowerment.com.
- MOUNTAINEERS' HOME RUN 5K TRAIL RACE.** Begins and ends at home plate at historic Recreation Field. Runners will

finish just prior to the Mountaineers vs. Danbury game. A CV Runners/Mountaineers special event. 5 p.m., Montpelier Recreation Field, Montpelier. Norm Robinson, 522-6771, normrobinson@comcast.net.

- 17 **SKIP MATTHEWS MEMORIAL RUN.** A 4-mi looping course that begins at Colburn Park, follows the Rail Trail to the Packard Covered Bridge, returns to the Rail Trail, and finishes with a BBQ at Colburn Park. 10 a.m., Colburn Park, Lebanon, N.H. skipsrun.org.
- FATHER'S DAY FUN RUN.** Join us for our 21st Annual Father's Day Fun Run 5K road race. This is a certified course. 9 a.m., Maple Street Park, Essex. ejrp.org.
- 24 **PAUL MAILMAN MONTPELIER 10-MILER.** One of Vermont's oldest races! Starts and ends on Montpelier High School track. Flat to rolling out and back course over primarily dirt roads. 8:45 a.m., Montpelier High School, Montpelier. Andy Shuford, 272-3218, andy.cvr@myfairpoint.net.
- 30 **HARRY CORROW FREEDOM RUN.** a 10-mi trail run along the Newport-Derby bike path and into the Memphremagog Ski Touring Trails, plus a 5K and 1-mi run and walk through town. 9 a.m., Newport. kingdomaquafest.com.

July

- 4 **GMAA CLARENCE DEMAR 5K.** Certified 5K on paved surface and flat out (south) and back (north) on South Street. 8:30 a.m., Folsom School, South Hero. gmaa.net.
- FOUR ON THE FOURTH,** 4-Mi Run/Walk and 1K Kids' Fun Run. 4-mi run starts and ends in the Riley Rink parking lot and includes a loop through the wooded property behind the rink, the Manchester recreation park, and part of Route 7A. Proceeds benefit the Special Olympics of Vermont. 9 a.m., Hunter Park, Manchester Center. rileyrink.com.
- 7 **BEAR SWAMP RUN** – 5.7 Miles. Hilly dirt roads, scenic, part of the CVR ORS Race Series. Race day Reg. only. 8–8:45 a.m., Rumney School, Middlesex. Tim Noonan, 223-6216.
- 14 **BRAIN FREEZER 5K.** The Brain Freezer 5K challenges participants to run 1.5 mi.; eat a full pint of Ben & Jerry's ice cream; then run the rest of the way back. 10 a.m., Battery Park, Burlington. brainfreezer5k.com.
- 15 **STOWE 8-MILER.** New for 2012 is the addition of the two-person relay, comprised of a 3-mi. leg and a 5-mi leg. 9 a.m., Stowe Recreation Path, Stowe. locorunning.com.
- 21 **GOSHEN GALLOP.** Course takes runners on the dirt and gravel roads of Goshen and onto a packed soil surface up to elevations between 1,800 and 2,100 feet above sea level in the Moosalamoo National Recreation Area of the Green Mountain National Forest. 4 p.m., Blueberry Hill Inn in the Moosalamoo National Recreation Area, Goshen. Kendra Lawton, 247-6735, info@blueberryhillinn.com.
- 22 **ASCUTNEY MOUNTAIN RUN.** The Mount Ascutney auto road climbs 2,300' over 3.7 mi for an average grade of 12 percent. 9 a.m., Mount Ascutney State Park, Windsor. club. penguinicycles.com.

August

- 4 **EGG RUN.** 5K is a flat out-and-back along the river. 10K has challenging hills and great views. 5K walk and 1K kids' fun run too! Free omelets at the end for all participants. 9 a.m., corner of Fletcher and River Road, Fairfax. 849-2641, fairfaxparksandrec@yahoo.com, fairfaxrecreation.com.
- 11 **KINGDOM RUN** (half-marathon, 5K & 10K run) is an out-and-back race on a scenic dirt road in the Northeast Kingdom of Vermont. 8:30 a.m., Irasburg Common, Irasburg. 766-5310, kingdomrun@surfglobal.net.

Ongoing

BIATHLON SUMMER RACE SERIES. These races are open to beginners as well as experienced biathletes and include Sprint, Pursuit, Individual, and sometimes Relay format for distances of 5 to 10K. 5 p.m., July 12, 19, 26, August 9, 16, 23. Ethan Allen Firing Range, Jericho. eabiathlon.org.

BIATHLON TRAINING. Biathlon training for anyone 14 or older. No shooting experience required. Rifles provided. Running and roller-skiing. Mondays and Wednesdays, 5 p.m., Ethan Allen Firing Range, Jericho. eabiathlon.org.

ST. J STRIDERS GROUP RUNS. Every Sunday. Informal group runs. All ages, children should be accompanied by adults. 2 p.m., St. Johnsbury Academy Field House, St. Johnsbury. stjrec.com.

SALOMON SPRING TRAIL RUNNING SERIES. Weekly series for all abilities and ages. Every Thursday for eight weeks racers can run or walk the long, short or mini courses between 3:30 and 7 p.m. Great Glen Trails, Gorham, N.H. greatglenentrails.com.

SWIMMING

June

- 16 **SON OF A SWIM.** An informal qualifying swim for those who need to complete a 2-, 4-, or 6-mi open-water swim before fully qualifying for Kingdom Swim. kingdomswim.org.

July

- 7 **KINGDOM SWIM.** 10-, 6-, 3-, and 1-mi courses for adults and youth with shorter courses for youth only. 7 a.m., Prouty Beach, Newport. kingdomswim.org.

August

- 4 **SEYMORE SWIM II.** A 3.5-mi swim in a pristine, spring-fed lake. This is held in conjunction with Kingdom Triathlon and its Aquaman Even Up series. Lake Seymore, Morgan. kingdomswim.org.
- 18 **WILLOUGHBY SWIM III.** A 4.75-mi swim in one of the most majestic and cleanest lakes in the Americas. 9 a.m., Lake Willoughby, Westmore. kingdomswim.org.

TRIATHLON/DUATHLON

June

- 16 **BIG GREEN TRIATHLON.** Connecticut Valley of Hanover and Lyme, N.H., providing breathtaking scenery and a fun, challenging course for active participants of all levels. 1:30 p.m., Storrs Pond/Oak Hill, Hanover, N.H. (603) 748-1070, biggreentri.com.
- 24 **VERMONT SUN TRIATHLON.** 600-yd swim, 14-mi bike, 3.1-mi run. 8 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- 30 **NORTH COUNTRY TRIATHLON.** A yearly event located in the hamlet of Hague on Lake George. 8 a.m., Hague Town Beach, Hague, N.Y. northcountrytri.com.

July

- 8 **LAKE FAIRLEE TRIATHLON.** An Olympic-distance triathlon in a beautiful venue to raise money for scholarships for local kids to attend Camp Horizons. USAT sanctioned and directed by USAT-certified race director. 8 a.m., Camp Horizons, Fairlee. (508) 944-5138, imathlete.com/events/lakefairleetriathlon.
- 15 **LAKE DUNMORE TRIATHLON.** 600-yd swim, 14-mi bike, 3.1-mi run. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- 29 **COLCHESTER TRIATHLON.** 1/2-mi swim or 2-mi kayak; 12-mi bike; 3-mi run. Individuals and teams, reg. early. Limit 400 participants. Online registration at active.com. 264-5640, colchestertv.gov.

August

- 4 **KINGDOM TRIATHLON.** Three triathlon events on the same day, a radically different Aquaman Even Up, an Ollie Even Up, and a traditional Sprint. 7:30 a.m., Derby Beach House. kingdomtriathlon.org.
- 5 **BRANBURY CLASSIC.** 0.9-mi swim, 28-mi bike, 6.2-mi run. USAT Member. 8 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- 6 **FRONHOFFER TOOL TRIATHLON.** Friday kids' race, Saturday Olympic-Distance Race followed by a Sprint Race (compete in both races making it a "double tri"). Lake Lauderdale, Cambridge, N.Y. fronhofertooltriathlon.com.
- 26 **HALF VERMONT JOURNEY.** 1.2-mi swim, 56-mi bike, 13.1-mi run. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.

Ongoing

ELMORE PRACTICE TRIATHLON SERIES. ¼-mi swim, 9.7-mi bike, 2.5-mi run, low-key atmosphere for new or veteran triathletes. June 14, 28, and July 12, 26. 6:30 p.m., Elmore State Park, Elmore. 229-4393, dosmyers@gmail.com.

YOGA

Ongoing

THURSDAYS AT OPEN SPACE IN HARDWICK. Hatha yoga from 4 to 5:15 p.m. Restorative yoga from 5:30 to 6:45. Instructor Sophia Barsalow, 533-2671.

YOGA FOR ATHLETES. Yoga for the athlete who wants to enhance their training regimen through guided movement at a gentle to moderate pace. Tuesdays, 5:30 p.m., Injury to Excellence/Fit to Excel, Essex. 871-5423, injurytoexcellence.com.

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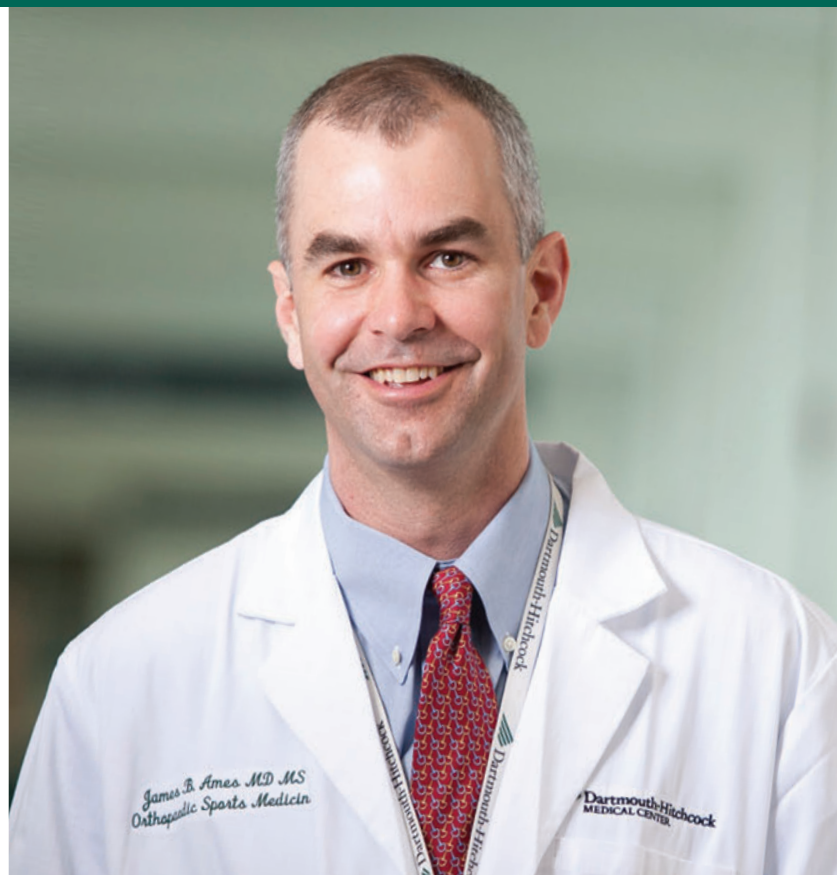
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