

PILATES FOR HIKERS | VOLUNTEERS MAKE THE COLCHESTER TRI | ROWING READER ATHLETE | CALENDAR OF OUTDOOR EVENTS

# VERMONT SPORTS



JULY 2012  
VOLUME XXI NO. 8

NEW ENGLAND'S  
OUTDOOR  
MAGAZINE

VTSPORTS.COM

## ROCK *and* ROLL

CLIMBING IN THE  
NORTHEAST  
*Photo Essay*

THE GRANITE  
GRIT  
*of* MILLSTONE

KASIE ENMAN  
ROCKS THE VCM

**FREE**  
(REALLY!)







# 2012 JAY PEAK Raised Jay Summer Camps

July 9th-13th • July 16th-20th  
August 6th-10th • August 13th-17th

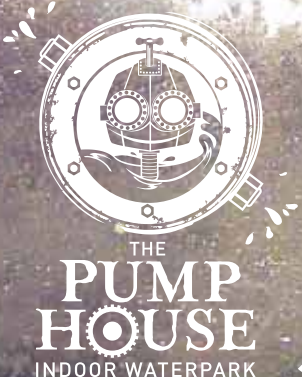


**GEOCACHING, SURFING, SKATING, GOLFING, HIKING,  
KAYAKING AND MORE.**

**\$250 for first child. \$225 for additional children. EACH SESSION IS LIMITED TO 40 CHILDREN.**

**Groups will be broken out into the following age ranges: 6-9 years and 10-14 years.**

**Contact Bryan Smith for more information: 802.327.2154 or [bsmith@jaypeakresort.com](mailto:bsmith@jaypeakresort.com)**



**JAY  PEAK**

**THE NEW**

## **PUMP HOUSE INDOOR WATERPARK**

Day passes available. Purchase online at  
[jaypeakresort.com/daypass](http://jaypeakresort.com/daypass)



**PUBLISHER & EDITOR**

Sky Barsch Gleiner ✉ publisher@vtsports.com

**ART DIRECTION & PRODUCTION**

Shawn Braley ✉ braleydesign@mac.com

**ADVERTISING SALES AND CLASSIFIEDS**

Greg Meulemans  
Advertising Sales, Route 4 and south  
✉ greg@vtsports.com | (802) 366-0689

Call or e-mail our main office for all other inquiries  
✉ advertising@vtsports.com | (802) 754-2997

**READER ATHLETE EDITOR**

Phyl Newbeck ✉ phyl@together.net

**GEAR AND BEER EDITOR**

Josh Gleiner ✉ gear@vtsports.com

**CALENDAR EDITOR**

Aimee Alexander

**THIS MONTH'S CONTRIBUTING WRITERS**

Mark Aiken, Gabe Allen, Andy Howard,  
Phyl Newbeck, Betsy Ogden

**THIS MONTH'S CONTRIBUTING PHOTOGRAPHERS**

Dave Vuono

**EDITORIAL AND PRODUCTION OFFICE**

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

We welcome unsolicited material but cannot guarantee its safe return. Materials submitted will become property of *Vermont Sports*.

*Vermont Sports* is owned and operated by Vermont Sports Publishing LLC, a Vermont limited liability company. It is published 10 times per year. Established in 1990.

*Vermont Sports* subscriptions in the US: one year \$25. Canada: US funds, please add \$5 per year postage. Other international subscriptions, please call (802) 754-2997 for information.

POSTMASTER: Please send address changes to Vermont Sports Publishing LLC, 19 High St., Orleans, VT 05860

*Vermont Sports* is a proud member of



and

Vermont Businesses for Social Responsibility.



**ON THE COVER**  
Peter Kamitses  
climbs The Hard  
Way, a 5.14a route  
in Marshfield,  
Vermont.

Photo by  
Dave Vuono.



Alex Gratton of Newport pauses at Lion Head on Mount Washington to capture a photograph. Photo by Sky Barsch Gleiner.

## CONTENTS



### 10-13

#### SEE IT TO BELAY IT

THE AMAZING NORTHEAST CLIMBING PHOTOGRAPHY OF  
DAVE VUONO



### 14-15

#### SWIM, BIKE, RUN EAT!

COLCHESTER TRIATHLON SERVES UP A WINNER



### 16

#### HOMETOWN HERO

VERMONT'S KASIE ENMAN WINS THE 2012 KEYBANK  
VERMONT CITY MARATHON

## DEPARTMENTS

- 5 FROM VERMONT SPORTS**  
Crazy Like a Mountain Goat
- 5 RACE RECAP**  
Mad Triathlon
- 6 SPORTS MEDICINE**  
Pilates for Hikers
- 8 18 & UNDER**  
Ultimate Gets Serious
- 16 VERMONT SPORTS DINING AND BEVERAGE GUIDE**
- 18 INTO THE BACKCOUNTRY**  
Set In Stone
- 20 GEAR AND BEER**  
Showers Pass VelEau, Sierra Designs  
Zissou Sleeping Bag, Alchemist  
Heady Topper
- 21 READER ATHLETE**  
Erik Breiland
- 22 CALENDAR OF EVENTS**
- 25 VERMONT SPORTS BIKES, SKIS, AND MORE DIRECTORY**

**FOLLOW US ON FACEBOOK AND TWITTER FOR CONTESTS, PRIZES, GIVEAWAYS, AND MORE!**

➤ [FACEBOOK.COM/VERMONTSPORTSMAGAZINE](https://www.facebook.com/vermontsportsmagazine)

➤ [TWITTER.COM/VERMONT\\_SPORTS](https://twitter.com/vermont_sports)

## ADVERTISERS!

The space deadline for the August issue of *Vermont Sports* is July 10. Contact Greg Meulemans (greg@vtsports.com) today to reserve space!



from

vermont sports

# CRAZY LIKE A MOUNTAIN GOAT

I'VE LIVED IN NEW ENGLAND my entire life, but I had never summited New Hampshire's Mount Washington before one bluebird day this June. I attempted to go last year, but the forecast wasn't cooperating—with a good portion of the hike above tree line on a rocky (and I mean rocky) trail, it's best to be on the cautious side if lightning threatens.

So when a couple of friends asked me to join them, I jumped at the chance.

We hit the trail, walking the gradual but rocky Tuckerman Ravine Trail to the even rockier and far steeper Lion Head Trail. Along the way, we met a young woman who was struggling; she did not appear to be super fit, and she was wearing sweatpants on a warm day. I said hello and chatted with her as I passed. She said this was her first time, and I said, "Me too!" A few minutes later, my friends pointed out that they thought she meant it was her first time hiking, not hiking Mount Washington. Plausible, I thought, but who would hike Mount Washington on their first hike ever?

Our push to the top, over the rock pile, was difficult, but fun and joyous—there's nothing quite like the excitement you get when you realize your goal is right in sight. That was until I saw people peering over the summit, some smoking



cigarettes. As we got closer I heard music ... Foreigner's "Juke Box Hero." It was very surreal. (For those who don't know, an auto road goes to the top of Mount Washington, so the top is an interesting mix of sights and sounds.)

Just as I crested the top of the trail, a woman stopped me: "Did you hike up this mountain?"

I looked behind me at the trail, a bit confused by the question. "Yes?" I was clad in hiking gear and carrying a backpack. What did she mean?

"Wow! Congratulations!"

My friends and I walked a bit further to get our picture at the summit

marker. There were hundreds of bikers, decked out in leather, eagerly taking in the view from elevation 6,288'. Every few people, someone would stop us and ask if we'd really hiked up the mountain. "Wow," they'd say. "And the dogs too?" I guess I can't blame them for asking, my young German shorthaired pointer was bouncing around, tugging at the leash, not acting as if she had just hiked four miles and gained more than 4,200 feet in elevation. We got lots of congratulations and surprised smiles. The way people responded to us was as if we had just summited Everest. I wanted to say to these people, you can do it too! I'm sure riding a motorcycle to the top is a fun, memorable experience, but I don't have any special skills or an extreme fitness level that makes hiking something I can do that they couldn't. I wondered why it seemed like such a big deal.

On our way down, we again stopped at Lion Head to look at different chutes on Tuckerman Ravine, then carried on. We bumped into the same hiker we had talked to on the way up, and though she hadn't gotten very far, she had an unnerving determined look on her face. I asked her if earlier she meant that it was her first time hiking or first time hiking Mount Washington. "Hiking," she said. Now I was the one

saying, "Wow!" She explained she was bloody, tired, and had bug bites, but she was going to reach the top. Concerned she'd be turned off forever by this daunting experience, I explained how this was a particularly challenging hike and that she should come to Vermont to try some of our tamer trails with softer footing. I added that she should be really proud of herself and that there were commemorative T-shirts for sale at the top. "I'm going to buy like five!" she said.

The last mile was a long one. One of the dogs hurt her paws and needed to be carried out. My legs were getting wobbly and hunger was kicking in. However, it wasn't the shocked bikers who popped into my mind to keep me going. I was inspired by the newbie hiker's determination—picturing her ascending the trail, rock by rock—and I held it together.

That's why we do crazy things like climb mountains, run marathons, and bike until our legs fall off—not to impress the people who don't even try, but to be like those who, no matter what their ability or skill level, do.

See you out there,  
Sky



## THE NEW SAVANT & SAGE SERIES.

Efficient pockets and access to keep you organized on the go. Roll top-pocket and raincover for when the weather goes sideways. Three different volumes in both men's and women's models for any size load. And that legendary Gregory fit. You supply the adventure...



Scan here to see them in action in Zion National Park  
[gregorypacks.com](http://gregorypacks.com)





# race recap

## MAD TRIATHLON

MAY 12, 2012 | WAITSFIELD

THIS YEAR, THE FOLKS at Sugarbush decided to do something different with the Sugarbush Adventure Games, partnering with the creator of the Mad Marathon to create the Mad Tri. Like the Sugarbush Adventure Games, it had four legs, but because the event was moved to May, Nordic skiing could no longer be part of the mix (especially this year). Instead, competitors ran 7.2 miles on the road, paddled 6 miles, pedaled 10 miles, and then finished with a 3-mile trail run for a total of 26.2 miles through Warren, Waitsfield, and Fayston. John Brodhead, marathon and ski director at Craftsbury Outdoor Center, took part in the race, finishing 10th in the men's division.

### VS: Did you take part in the Sugarbush Adventure Games in previous years?

JB: I did that race for many years. This year I missed the skiing, but replacing it with a trail run up the mountain was nice.

### VS: This year there were only five women, 15 men, and 40 teams, which is less than usual. To what do you attribute that?

JB: You're right that it wasn't well at-



tended. I think the smaller crowd was the byproduct of the date and conflicts with other events. I also think a lot of people really liked the skiing segment because it was so crazy they wanted to be part of it. There is definitely a craziness element to get people to participate and sometimes, the harder the event, the more people.

### VS: What did you think of the extra leg?

JB: It was nice, but I'm not running up to

snuff these days, so initially, I was disappointed that there was so much emphasis on running. I hiked where I needed to and ran where I could. I ended up enjoying the short trail run more than the downhill road run.

### VS: What did you like about the course?

JB: I loved the river section. It was at a very nice level, but I think several people didn't do the race because they were afraid the water would be too low or too high and it would be difficult. That time of year could very likely have been a problem because of shallow water, so that may have been the reason why some of the more talented paddlers didn't do the race. It turned out that the water level was good, but people didn't know that in advance.

### VS: What was your best leg?

JB: Definitely the canoeing. I was fourth overall. I'm 68, and I'm having trouble with aerobic running and biking these days, so the paddling is more of a strength for me, but I was able to maintain where I felt I ought to be.

### VS: Do you do a lot of triathlons?

JB: Canoe triathlons predated swim triathlons, and I started doing them in the mid '70s. For a while they were very popular in New England, and I raced the Androscoggin Triathlon in Maine, the Josh Billings in the Berkshires, and the Upper Valley Triathlon. These days there

are very few that include boating, so I enjoyed this event.

### VS: Would you do anything differently?

JB: They were lucky this year with the water level. I don't think having the paddlers running was a very popular alternative [in the event the water level was too high or too low for paddling] and they were fortunate they didn't have to do it. Running is the last thing paddlers want to do. One year at Sugarbush, the river wasn't good, so the paddlers had to run with their vests and paddles. There was a lot of controversy over that. I've run events like this at Craftsbury, and they are difficult to pull off because of the variables of the weather: water levels, ice in the river, snow levels, and lack of snow. It's not easy to do.

*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.*



# DROP <sup>those</sup> old Drawers!





## WORN OUT

### SWEEPS

Replace your taped-up shades and run-down shoes by entering AYG's WORN OUT SWEEPSTAKES for your chance to win a bunch of brand new gear.

Enter to Win

**WORNOUT.AYGUNDERWEAR.COM**



Experience true comfort, we double dog dare you.



Join the conversation at [facebook.com/aygunderwear](https://facebook.com/aygunderwear)

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

AYG® 365's is a registered trademark of Longworth Industries, Inc. © 2012 Longworth Industries, Inc.





WHETHER YOU'RE tackling Mount Washington or taking a leisurely hike on the Appalachian Trail, adding Pilates-based exercises to your fitness mix will prepare your body and mind for going up, up, up, and down.

Practice the following Pilates exercises regularly to increase your balance, agility, and core and leg strength. Modifications are offered that make the exercises easier—the exercises should never cause pain. Then hit the trails using the “Pilates in Action” tips to make your next excursion a rewarding experience.

## HUNDRED



**Purpose:** Core strength makes carrying a pack easier and improves balance and agility.

**Technique:** Lie on your back, knees bent to 90 degrees, arms by your side. As you exhale, bring your navel to your spine, lift your head, extend your legs. Pump your arms by your sides as if slapping your hands on water. Inhale for five pumps, exhale for five pumps. Work up to repeating this pattern 10 times.

**Modifications:** Keep your feet on the floor. Rest your head on the mat if you have neck problems.

## SHOULDER BRIDGE KICK

**Purpose:** Strengthening buttocks, core, and legs while offering flexibility to the hamstrings, spine, and hips. This challenging exercise covers everything you need to hike.

**Technique:** Lie on your back, knees bent, feet hip-width apart, arms by your side. Peel your spine off the mat one vertebra at a time until you rest between your shoulders. Lift one leg off the mat, extend it to the sky. Exhale as you lower the leg until parallel to the other thigh, inhale to lift. Repeat two to four times before placing the foot down on the mat, repeat with the other leg. Lower to the mat. Work up to doing this sequence four times.



**Modification:** Omit leg kicks and stay in the bridge for four deep breaths before lowering.



**Technique:** Stand with one foot on a four- to eight-inch step. Balance on one foot and reach your other heel to the floor in front of you. Bend your standing knee and keep your torso upright. Try not to transfer your body weight over the descending foot. Touch your heel to the floor and then return back to the start position. Work up to two sets of 10 reps.

**Modification:** Start with a two-inch step and build up to a higher step.

## PILATES IN ACTION

### BREATHING

Breathe deeply in through the nose and out through the mouth. Coordinate breathing with your hiking. Attention to breathing helps you stay attuned to your exertion level, allowing you to maintain a steady pace in any terrain.

### CORE ACTIVATION

Engage your deep abdominal muscles by gently drawing your navel to your spine. When you do this during a hike you will notice less leg and back fatigue and better balance and agility.

### SINGLE LEG KICK



**Purpose:** Provides leg flexibility and strength for hiking and upper-body strength for poling and carrying packs.

**Technique:** Lie on your stomach, legs straight, slightly apart. Prop up on your elbows and place your palms on the floor in front of you. Bring your navel to your spine. As you exhale, slowly kick one knee toward your bottom with a double beat. Inhale to lower your leg. Keep shoulders down, chest open and lifted, front of hips on the floor at all times. Alternate for a total of 10 kicks.

**Modification:** Place a pillow under your hips to avoid lower back pain. Kick slowly, with control, if you have knee problems.

### STEP DOWN

**Purpose:** This specialized strengthening for your thighs will improve your ability to control your descent and avoid knee strain.



## Podiatric sports medicine at the Sharon Health Center

The Sharon Health Center is home to expert sports medicine providers, including highly-skilled podiatric surgeons Dr. Rob Rinaldi and Dr. Paul Smith.



Dr. Rob Rinaldi



Dr. Paul Smith

Experienced in both surgical and non-surgical treatments of foot, ankle and lower leg injuries and ailments, the duo has worked together for three years and is available to care for your podiatry needs.

*Call today for an appointment.*

Sharon Health Center

763-8000

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



Betsy Ogden is the owner of Upper Valley Pilates & Physical Therapy. She is a licensed physical therapist and a certified Pilates instructor. Last summer Betsy climbed Mount Shasta (14,179') to raise money for the Breast Cancer Fund, and she has recently started work on hiking all 48 of the New Hampshire 4,000-footers.





A FULL SELECTION OF DEUTER PACKS NOW AVAILABLE AT



438 US RT 2  
Waterbury, VT 05676  
855-244-GEAR  
www.ccoutdoorstore.com



Your Ultimate Companion



#### AIRCONTACT 75+10

- Heavyweight hauling Aircontact Suspension
- Pivoting hip belt that moves with you
- Rain cover that keeps your gear dry

View the all NEW Aircontacts at  
[www.deutera.com/aircontact](http://www.deutera.com/aircontact)



German Engineered  
Since 1898



AIRCONTACT Suspension,  
endorsed and used by NOLS.

## Fixing mountain bikers for the past 20 years



With leading edge technologies and procedures, our  
board-certified team can help reduce or eliminate your pain.

**Brian Aros, MD**  
Hip, Knee &  
Sports Injury Care

**Bryan Huber, MD**  
Hip, Knee &  
Sports Injury Care

**Eric Mullins, MD**  
Hand, Wrist &  
Shoulder Care

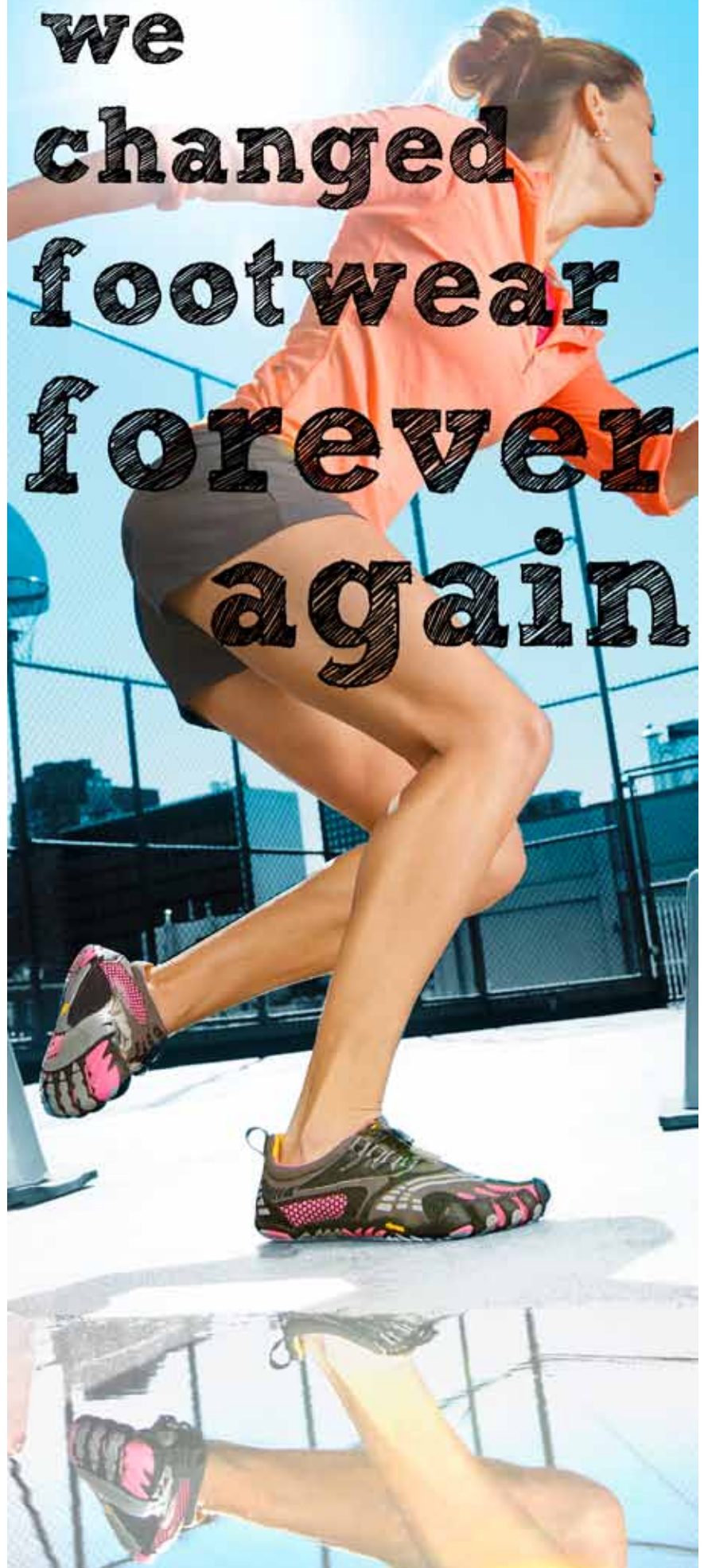
**Saul Trevino, MD**  
Foot &  
Ankle Care



*Expert care with a personal touch*  
**802-888-8888** [www.copleyvt.org](http://www.copleyvt.org)  
[www.mansfieldorthopaedics.com](http://www.mansfieldorthopaedics.com)



**we  
changed  
footwear  
forever  
again**





# CLAREMONT CYCLE DEPOT



**603-542-BIKE**  
www.claremontcycle.com

*Your four seasons bike shop*

- Located in TAX FREE NH
- Over 100 years combined experience
- We service all brands



M-TH 10-5:30, Fri. 10-7, Sun Closed  
12 Plains Road Claremont, NH







**18 & under** *By Gabe Allen*

## ULTIMATE GETS SERIOUS



ON MEMORIAL DAY weekend, Lyndon Institute's expansive grass soccer fields were transformed into a canvas of brightly colored shirts and flying discs, livened even further by the sounds of cheering and songs. Twenty-three high school ultimate Frisbee teams—hailing from the southernmost corners of the state to the Northeast Kingdom—gathered to compete in the Vermont State Championships.

Ultimate Frisbee has always had a special place in the heart of Vermonters, but on the high school level, it is quickly transforming from a barefoot summertime hobby to an extremely competitive sport; one that is characterized by strategy and athleticism. This year, 17 open teams and five women's teams came to play in the tournament. This number is impressive, considering only six teams total competed just four years ago.

John McKinnon, the tournament director and coach for Lyndon Institute, explained why he thinks ultimate has become so much more competitive: "More and more good club players are getting older and having families. Now that they don't have as much time to play club disc, they are coaching the next generation of ultimate players." Said McKinnon, "Now when a kid leaves for college, they already have the throws and mechanics of the game down, along with an understanding of strategy."

Although Vermont ultimate has grown exponentially in size and competition, the defining characteristic of the sport—the spirit of the game—remains intact and integral. For instance, players are their own referees in ultimate.

"Often kids will even call fouls on themselves," said McKinnon. "There may be tension on the field, but after the game, everyone is hanging out together." This attitude of camaraderie among players permeated the state tournament. Teams wrote songs for each other, played games, and hugged after the matches. One player from Compass School in Westminster told me, "I love the silliness of the game. The other day I wore a cape."

Anne Watson, a coach for Montpelier High School and a board member for the Green Mountain Disc Alliance, said, "Anytime we play out of state, the comment that Vermont teams always get is that we are very spirited." After each game, players rate the other team for their sportsmanship and enthusiasm. The team that has the highest ratings wins one of the most sought after titles of the tournament: the spirit award.

St. Johnsbury Academy ended up winning the open division of this year's state tournament in an exciting match against Bellows Free Academy in Fairfax. "Our team has really progressed over the past few years," said Julian Grant, captain of St. Johnsbury's varsity team. "We have learned how to work together really well."

It was apparent in all of the top-level games that teams had spent a great amount of the season training hard together. In the women's division, a long but exciting game determined St. Johnsbury as the champions over BFA Fairfax once again.

Coaches and players seem optimistic about the future of Vermont high school ultimate. "Ultimate provides a positive environment for teens to take risks that are safe but exciting," Watson said. "It is striking to see the negative attitude in other sports. Kids like being in this environment better."

"After these past few years, I am really interested to see where high school ultimate will go in the future," said McKinnon. "I have no idea what it will be like."

*Gabe Allen, 18, lives in Montpelier, and is contributing to 18 & Under as part of a Community-Based Learning Program. He enjoys playing music, rock climbing, hiking, Nordic skiing, and living outdoors as much as possible.*





**Your Car Rack Specialists!** 

## Going on Vacation? Bring the Bikes!





# Hitch - Roof - Trunk


Earl's has the Right Rack for Your Car!

## ALWAYS FREE INSTALLATION!

2500 Williston Rd  
South Burlington



802-864-9197  
www.earlsbikes.com



*Independent to the Core*

IN 1767, THE AVERAGE MASSACHUSETTS RESIDENT DRANK 35 GALLONS OF CIDER

SOON AFTER, THREE PERFECTLY GOOD SHIPLOADS OF TEA WERE TOSSED IN A HARBOR

COINCIDENCE?

Naturally Gluten Free • woodchuck.com  
© 2012 Vermont Hard Cider Company, LLC, Middlebury, VT 05753





SNAP HERE  
TO SEE ATMOS  
IN ACTION

WHAT ARE  
**YOU**  
WEARING TODAY?



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

CONQUERING THE CHALLENGES OF PARALYSIS THROUGH THE LOVE OF SPORT



7th Annual



# Kelly Brush CENTURY RIDE

powered by **VBT** BICYCLING AND WALKING VACATIONS

**Saturday, September 8, 2012 • Middlebury, Vermont • 28, 50, 100 mile rides**

**REGISTER : [KellyBrushFoundation.org](http://KellyBrushFoundation.org) • 802.846.5298**




SAATCHI & SAATCHI











Left, Peter Kamitses, Illuminence, Moss Cliff, Adirondacks; right, Parker Webber, Hot Seat in Hell, Wheeler Mountain, Vermont. Facing page: Jeremy Dowdy ascends It's Only Entertainment, Spider's Web, Adirondacks.

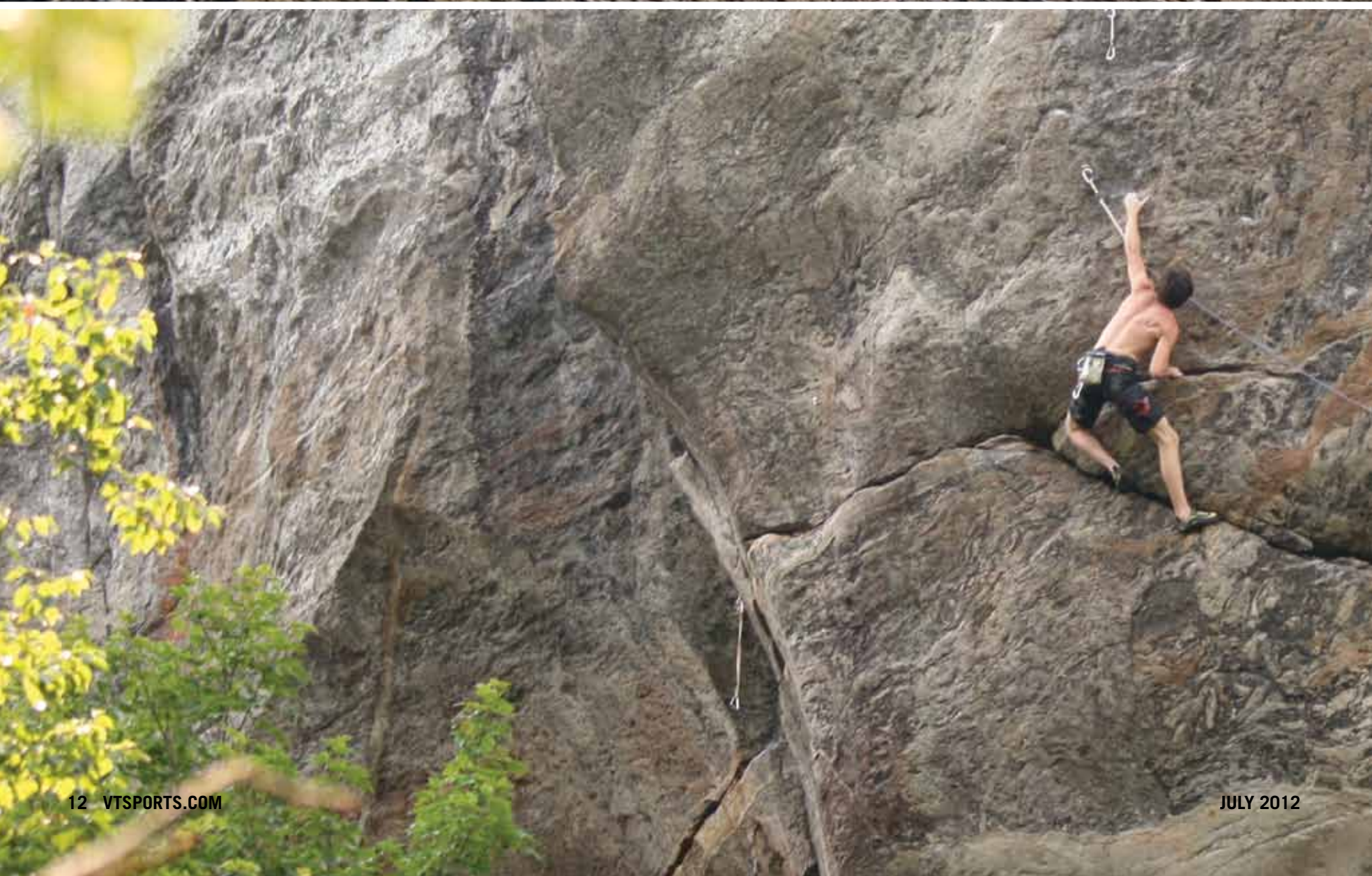
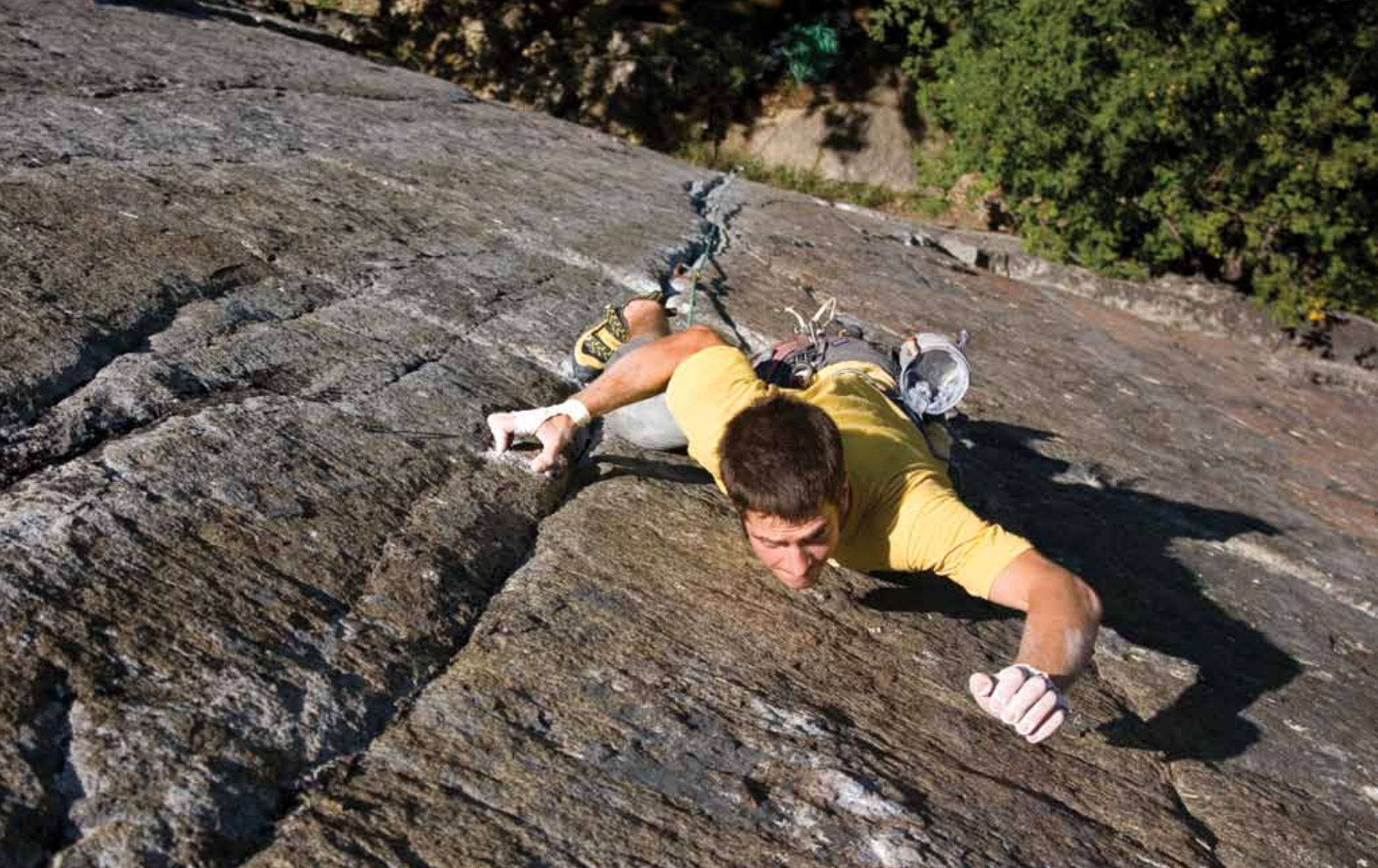
# SEE IT TO BELAY IT



## *The Amazing Northeast Climbing Photography of Dave Vuono*

"I BELIEVE THAT LIFE is all about adventure," says photographer Dave Vuono, who captured these inspiring photographs when living in Vermont. "Maybe that is why climbing inanimate objects such as Tasmania's Totem Pole are experiences that we'll never forget. I can still taste the salt in the air and feel the exposure from that route. ... Early on, a friend gave a slideshow about rock climbing in Kalymnos, Greece. His images, his stories, and his passion for rock climbing have stuck with me ever since. Every year that followed, I would travel some place new to rock climb and bring back a story a to tell. That's how I began taking photographs."









Clockwise from upper left: Matt McCormack, Zabba, Spider's Web, Adirondacks; Cristina Mastrangelo, Pitch Off, Adirondacks; Matt Bristol, High Grade, Marshfield, Vermont; Travis Peckham, Ganesh, Smugglers' Notch, Vermont; Nick Wakeman, Zabba, Spider's Web, Adirondacks; Kevin Ryan, Who's your Daddy, Bolton, Vermont; Peter Kamitses, Synthetic Progression, New Hampshire.





# SWIM, BIKE, RUN, EAT!

## COLCHESTER TRIATHLON SERVES UP A WINNER

By Mark Aiken | Photos courtesy The Colchester Sun



WHEN I THINK of the Colchester Triathlon, three things stick out: One, the swim is an absolutely beautiful half-mile circle in Malletts Bay; two, Colchester is the only tri I have ever seen that has transitions in two separate locations at Bayside Park and down the street at Malletts Bay School; and three, when I think of Colchester, I think cream cheese.

Cream cheese? Of all the facets of the race, cream cheese stands out?

That's right.

I participated in my first Colchester Triathlon when I was 12 years old, and handing out bagels and sodas at the refreshment table were Kathy Baumann and Judy Robinson. I competed at Colchester last year in the 40–44-year-old age group, and Baumann and Robinson were still there. The table has everything a post-race food table ought to have: juice, soda, fruit, yogurt, and bagels. And, straight from Baumann's garden and kitchen, homemade herb and vegetable cream cheese.

"It's not really homemade," says Baumann, who uses store-bought cream cheese that she thins by add-

ing milk and then whips. And then—and this is where the real magic occurs—she adds any combination of garlic, onion, basil, oregano, parsley, and salt. "One year, I made strawberry cream cheese," she says. "And sometimes, if I'm really ahead of schedule, I'll add bits of carrots." The final result is a scrumptious topping for a bagel that is way beyond what you find at most post-endurance race refreshment tables.

The idea to hold a triathlon in Malletts Bay first took root 30 years ago after a group of Colchester residents volunteered at the old Burlington Triathlon. Race founder Leigh Mallory blurted out, "We could do this!"

Dick Pecor, who co-directs the Colchester Triathlon with Mallory, laughs. "That's Leigh," he says. "Always saying something without thinking." The following year, they organized the first Colchester Triathlon. This year's race will be the 29th running, and many of the same volunteers still pitch in. "We're all friends in a common endeavor," says Pecor. "We've been in it for so long."

If any race event is going to have an extra spe-

cial food table, it's the Colchester Triathlon. "The triathlon has become an important tradition in our town," says Pecor. Therefore, there's always a festive atmosphere at the finish. Much of the activity centers around the food, where Robinson and Baumann slice tomatoes and onions to go with the bagels and Baumann's jazzed-up cream cheese.

From a nutritional standpoint, a refreshment table is good for stocking up on proteins and carbohydrates to rebuild muscles and replace lost fluids. But it does something even more when the general feeling about that food is as festive and caring as the post-race mood at Colchester. "You can't do events like this without people like Kathy and Judy," says Colchester's assistant recreation director Derek Mitchell.

In fact, Mitchell has been so moved by the enthusiasm surrounding the Colchester Triathlon that he has enlisted many of the race organizers to help him put together Colchester's first adventure race known as Muck It Up on Saturday, Sept. 15. Meanwhile, this year's Colchester Triathlon will be held on Sunday, July 29.





## WHAT TRIATHLETES EAT



### MARTY COURCELLE

Colchester

**Training For:** Ironman Lake Placid

**Number of Colchester Triathlons:** 5

**Favorite post-race food:** Bagel with cream cheese and tomato (only available at the Colchester Tri!)



### ALEX JASINOWSKI

Burlington

**Training For:** Pumpkinman Half-Ironman in Maine

**Number of Colchester Triathlons:** 1

**Favorite post-race food:** Bagel and low-fat chocolate milk



### LAUREN CADY

Fairfax

**Training For:** Pumpkinman Half-Ironman in Maine

**Number of Colchester Triathlons:** 1

**Favorite post-race food:** Ice cream



### MARIA CIMONETTI

Shelburne

**Training For:** Lake Willoughby Swim (4.75 miles)

**Number of Colchester Triathlons:** 10

**Favorite post-race food:** Watermelon, more watermelon, peanut butter, and banana

In the week leading up to the 29th, Baumann will make her rounds, do her shopping, and have all the food on ice in coolers the morning of the race so that it's ready when the athletes cross the finish. In the past, particularly in the early years, making arrangements was a serious time commitment, but now, Colchester businesses like Mazza's General Store, the Bagel Market, and even Costco know to expect her calls. "The local shops have always been supportive," she says. The triathlon is also special for Baumann because it has become a family affair. "My daughter and granddaughter are always there to help," she

says. "And my sister sometimes comes out from Toronto."

Baumann insists that she takes away as much as she gives. "It doesn't take a whole lot of time for the pleasure it gives me," she says.

For the athletes she feeds at Colchester, her efforts go a long, long way.

*Mark Aiken is a freelance writer who just ran his eighth consecutive Vermont City Marathon. He lives in Richmond with his wife, Alison, and his favorite post-race food is Ben & Jerry's Chocolate Fudge Brownie.*

## Don't just ride, Bike MS.



### GREEN MOUNTAIN GETAWAY

AUGUST 11-12

REGISTER OR VOLUNTEER TODAY

**BIKEMSVERMONT.ORG**  
or 800 344 4867

Ride with friends and family!  
Choose 20, 40, 75 or 100 miles.

New Location UVM,  
Burlington

Fundraising Minimum  
Only \$250!

SAVE \$10 OFF REGISTRATION,  
USE CODE "COMP10"

**Thank you to our sponsors:**

Hannaford • Power Bar • Data Associates  
Blue Cross Blue Shield of Vermont • EMD Serono  
Earl's Fitness Cyclery • ABC 22/FOX 44

Funds raised help people with MS in Vermont, while fueling research.





# HOMETOWN HERO

## VERMONT'S KASIE ENMAN WINS THE 2012 KEYBANK VERMONT CITY MARATHON

KASIE ENMAN, a 32-year-old elite distance runner who lives in Huntington, electrified the Burlington marathon this year when she became the first current Vermont resident to win the woman's race. The mother of a 1-year-old, Acadia, and a high school track coach, Enman is proving to be an inspiration to local runners, as well as on the world stage—after winning the national and world mountain running titles last year. We caught up with her after the win to see how the race felt.

### VS: HOW DID IT FEEL TO WIN THE KEYBANK VERMONT CITY MARATHON?

KE: It feels good to win. It was a really fun race for me.

### VS: DESCRIBE YOUR NERVE LEVEL GOING IN.

KE: I wasn't as nervous as I might have been; I didn't realize there was this "there hadn't been any Vermont female winners" factor until about week beforehand. I was really busy the last week, coaching (high school track). I was invited to be one of the speakers at the Expo Friday night, and I coached the New England qualifier Saturday. And I was the keynote speaker at the Saturday pasta dinner. I didn't get to the race until probably



Photo by Stephen Mease Photography.

an hour beforehand, so I didn't have much time to think, really. I didn't end up getting too nervous. I also hadn't even decided I was doing the marathon until fairly late in the game, so the buildup was less than it could have been.

### VS: YOU FINISHED IN 2:43:13. WHEN YOU'RE CRUISING THAT FAST, ARE YOU ABLE TO TAKE IN THE SCENERY OR CROWDS, OR DO YOU JUST FOCUS ON GOING?

KE: I ran six minutes slower than my PR, so I wasn't completely maxing out. I was trying to go at a pace and effort that I felt really confident that I could maintain. I was running much more for place than time. The most important thing was I would run a consistent pace so it would be harder for someone to gain on me, and I didn't blow up. I was definitely taking in all the friends and family who were

out there and that was a huge part of the experience for me.

### VS: WHAT WERE THE BEST MOMENTS OF THE RACE?

KE: The whole experience. I was really excited. My original plan when I started marathoning, six years ago, was to do this marathon, but I got sick right before and had to pull out. Every year since then it hasn't worked out. This year, I was finally able to make the starting line.

### VS: SO YOU'D NEVER DONE THE VCM BEFORE?

KE: I had done relays, and I'm always there cheering and volunteering, but I had never run the full marathon.

### VS: DID YOU HAVE ANY LOW MOMENTS?

KE: I felt really good and really steady. I had broken the course down, mentally preparing for the different sections, and took them one at a time. I didn't ever have any real rough patches. It was a good day.

### VS: HOW DID YOU CELEBRATE?

KE: I was trying to go to as many barbecues as possible. Right after the race, I went and cheered some people on coming in. At a lot

of the bigger marathons, you get funneled into an elite zone, or shuttled out, or pulled for drug testing, and you can't make it back to watch. So I snuck out of the press zone for a half hour and soaked in the post-race atmosphere.

### VS: DO YOU PREFER RUNNING ON TRAILS OR THE ROAD?

KE: It's all different, and I like having the mix. I thrive on being able to switch it up. If I didn't have the road running, I would feel like something was missing. Trails come most naturally and are the most fun for me, but trail and mountain racing is less quantifiable (because of all the variables), and it's hard to compare year to year. The competitive part of me still wants to get some PRs on the road.

### VS: WHAT'S YOUR FAVORITE PLACE TO RUN?

KE: My home, because I live up at Sleepy Hollow. Everyone should come there and run. I'm lucky to live at such an amazing place to run. I actually have to force myself off those trails sometimes for training purposes when I have a road race coming up!

—Sky Barsch Gleiner

## OTHER LOCAL WINNERS

1989: Vermont resident Joe Kreutz wins the Vermont City Marathon in its first year. He remains the only winning male who was a resident of Vermont at the time of the race.

Several winners of the masters divisions (age 40 and over) have been Vermont residents.

Several winners of the wheelchair division have been Vermont residents.

Enman is the first Vermont resident to win the Women's Open. Lea Sikora, who won the VCM Women's Open in 1989, was raised in Vermont, but was living in Massachusetts when she won the race.

Source: RunVermont

## VERMONT SPORTS

## Dining & Beverage Guide

Offering some of the finest, most authentic Mexican fare in all of Vermont and utilizing tons of great, local meats and produce!



72 Main Street, Montpelier, VT 05602  
www.themadtaco.com

Casual Dining & Outdoor Terrace  
Full service bar, extensive wine list & selection of Vermont microbrews.  
Short drive from Killington.



The Mountain Top Inn & Resort  
195 Mountain Top Road  
Chittenden, VT  
802.783.2311  
mountaintopinn.com

### Parker Pie Co. & the Lake Parker Country Store

parkerpie.com

802-323-3366

161 County Rd.  
W. Glover, VT  
03875

PPCo.  
OPEN  
Tues-Sun  
Lunch & Dinner



LPCS  
OPEN  
seven days  
per week

Located on the VAST Trail and 10 miles from the Craftsbury Outdoor Center, we are your local one stop shop! Enjoy exciting pizza creations and a revolving craft beer menu at Parker Pie Co., and visit the Lake Parker Country Store for your gas, groceries, and locally-made gifts!

"Craft beer mecca."  
—Boston Globe



108 Main St., Montpelier  
(802) 223-8277  
threepennytaproom.com

Barr Hill gin & vodka, Caledonia elderberry cordial available at restaurants, taverns and local liquor outlets, Caledonia mead/honey wine available at co-ops, markets.

Handcrafted in Vermont using local & regional honey, grains, and berries.



CALEDONIA SPIRITS & WINERY

Caledonia Spirits & Winery  
46 Buffalo Mountain Road  
Hardwick, VT  
802.472.8000  
caledoniaspirits.com

A small shop with over 200 local, regional and imported Craft Beers.



Growler fills, Ciders & Wines  
Vermont Products & Artisanal Cheeses  
Junction Routes 30 & 100,  
Rawsonville, VT  
802-297-9333 | www.CraftDraughts.com

As an adventurer, you take food and drink seriously. We recommend these exceptional local businesses for your dining and imbibing pleasures.

Interested in advertising here?  
Call (802) 366-0689  
or e-mail  
advertising@vtsports.com.





© 2012 NEMO Equipment, Inc.

## Take Comfort Far From Home.™

### TANGO™ DUO

The only way to cuddle in the backcountry. Weighing less than 3 lbs, the Tango™ Duo mates perfectly with our Cosmo™ series sleeping pads and our new Slipcover™ 2P to create a seamless full-sized bed for the backcountry.

See what's different about it, and reserve your own 2012 Limited Edition sleeping bag at [nemosleepingbags.com](http://nemosleepingbags.com)

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

[@NEMO\\_Equipment](https://twitter.com/NEMO_Equipment)

[nemoadventureanywhere.blogspot.com](http://nemoadventureanywhere.blogspot.com)

[facebook.com/nemoequipment](https://facebook.com/nemoequipment)



## Winning isn't everything. Living is.



Whether you run, walk or stroll, discover with every step your power to change the world. Join the Susan G. Komen Race for the Cure® and the movement that started it all. Together, we promise to end breast cancer forever.

**SATURDAY, JULY 28, 2012**

**HILDENE MEADOWS, MANCHESTER, VERMONT**  
**5K RUN/WALK • KIDS FUN RUN**

**REGISTER ON-LINE • PLEDGE ON-LINE • [komenvtnh.org](http://komenvtnh.org)**



P.O. Box 2496, Manchester Center, VT 888-550-CURE



### FRESH BY NATURE

It tastes better when you shorten the distance between field and fork. So come to the table for local food. Dig in to Newport.

[www.DiscoverNewportVT.com/fresh](http://www.DiscoverNewportVT.com/fresh)



## JOIN US FOR *Kingdom Aquafest*

**30 JUNE - 8 JULY 2012**

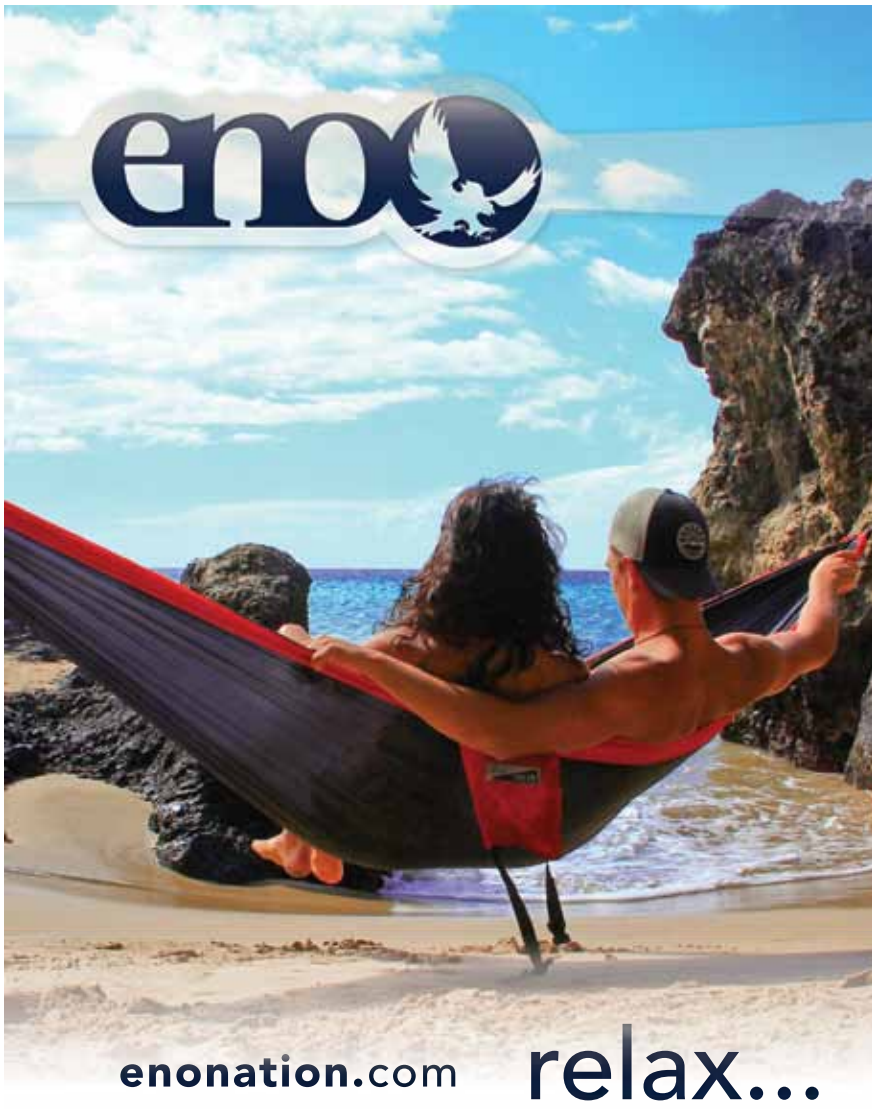
**On the shores of Lake Memphremagog,  
just south of the border in Newport, Vermont.**

Kingdom Swim. Fireworks. Chowderfest. Art on Main.  
Classic Antique Boat Parade. Sailing Regatta... and More!

For Complete List of Events, Visit [www.KingdomAquafest.com](http://www.KingdomAquafest.com)







**enoo**

enonation.com relax...

## Craftsbury this Month

-  **Since June 15 - Crossfit at Craftsbury**  
New member programming: a CrossFit Class, taught by the Confluence. Only \$25 for either 6-week session of classes.
-  **July 6-8 - Independence Weekend**  
Explore Independence this weekend through a wide variety of activities around food, energy, building, and agriculture.
-  **July 6-8 - Dirt Road Biking Weekend**  
An exciting weekend of exploring the backroads of the NEK by bike! Guided rides with sag vehicles on great routes.
-  **July 8 - High School XC Camp**  
Enjoy lots of hills, drills, tempo work, presentations - and fun! Join Lynn Jennings for an exciting week of camp.
-  **July 21 - Black River Beardown**  
15k of singletrack, ski trails and meadows - now with a bike option! Race gets underway at 8am.
-  **August 18 - Kingdom Farm & Food Tour**  
2 dirt-road bike tours let you explore the beautiful farms and scenery of the NEK. Post-ride picnic at Pete's Greens!

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

 **Craftsbury**  
OUTDOOR CENTER

[stay@craftsbury.com](mailto:stay@craftsbury.com) | [www.craftsbury.com](http://www.craftsbury.com) | 802.586.7757

© Amy Wilton

*Around Beautiful Schroon Lake...*

**Marathon Pace Groups**

Boston Qualifier  
USATF Certified Course  
NY 96019 MW

**New!  
4-Person Relay**

**Something for Everyone...**

# Adirondack Distance Festival

<b>Half &amp; Full Marathon</b> Full & Relay - 9am, September 23, 2012 Half - 10am, September 23, 2012 Schroon Lake, New York	<b>5K &amp; 10K Races</b> 9:30am, September 22, 2012 Chestertown, New York <b>Kids Fun Run</b> September 22, 2012 2pm, Schroon Lake New York
--	---

**Visit Our Website [adirondackmarathon.org](http://adirondackmarathon.org)**

For Info & Registration Form  
[info@adirondackmarathon.org](mailto:info@adirondackmarathon.org)

**"A Bicycling Magazine '100 Best Bike Shop' & VT Sports 'Best Bike Fitter' What more needs to be said?"**

-D. Pelletier, Cervelo Cycles

 **cervélo**  
VROOMEN. WHITE. DESIGN



 **seven cycles**  **PRECISION WATERFORD CYCLES - USA**  **GURU**  **SEROTTA**

Also stocking Parlee, IF and Felt Bicycles.  
Starting at \$850.

 **FIT WERX**

ROAD AND TRIATHLON CYCLING SPECIALISTS

Waitsfield, VT & Peabody, MA  
802-496-7570  
[www.fitwerx.com](http://www.fitwerx.com)



# SET IN STONE

into the backcountry *by Andy Howard*



MILLSTONE HILL, near Barre, at the geographic heart of the Green Mountains, is the embodiment of Vermont's stern and ingenious spirit, and it is among Vermont's premier mountain biking destinations. While there's a lot of rock to be found, you probably won't need your climbing harness. However, you will need to bring a heaping helping of true grit.

Raised in the Northeast Kingdom, I grew up with a reality of Vermont much different from the brochure image captured in places like Stowe and Woodstock. For those who watched the sitcom Newhart, I grew up identifying more closely with Larry, Darryl, and Darryl than with the Loudons. That is to say, my shirts were flannel, not merino wool.

There's no town that better embodies the hardscrabble, flannel-wearing side of Vermont than Barre. And while I think that Vermont offers a mutually beneficial coexistence for this tribe and the sweater-wearing elites, it isn't always a lovefest. It especially wasn't in high school.

I went to St. Johnsbury Academy, a quasi-private high school, with a good number of students from well-to-do families around the world. Growing up, our hardest fought games were always against Spaulding High in Barre. Always.



We were the tie-and-sweater-wearing, prep-school elitists, and they gave us hell for it. In turn, we felt we had something to prove. Most of us grew up in the Northeast Kingdom and felt the need to show the folks from Barre that we were also Vermont tough.

These themes continue to resonate for me as I compare the two areas' mountain biking trails. Kingdom Trails, not far from St. Johnsbury, consists of mostly smooth cross-country single-track. The tame, bucolic pastures, sugar glens, and picturesque bed-and-breakfasts are magazine-caliber Vermont. Although it is a world-class destination, it is missing a wilder, less manicured side of Vermont—the grit.

Carved out of the granite hillsides, Millstone is a more raw experience. It incorporates abundant stone to create drops, jumps, and other technical challenges. There are no-fall lines mixed in with difficult bedrock spines and bridges. As a result, the trails are less of the buttery smooth single-track common in the Kingdom and more like what the name "Millstone" implies: roughly hewn and coarse. An afternoon of riding will churn, grate, and wear at you. However, much like the stone from the surrounding quarries, all of this milling will ultimately transform you into a tougher, more polished rider.

While trails like Z Screaming Demon and Roller Coaster will keep smiles on the freeriders' faces, the vast majority

of trails are designed for cross-country bikers. Indeed, even the novice biker has plenty to explore.

Perhaps even more than the variety of the trails available, my favorite thing about Millstone is the impossible genius of its existence. The locals have pulled off an amazing magic trick of Yankee ingenuity: they've turned what was an industrial wasteland into a scenic park where you can go to experience nature and enjoy the outdoors. In true Vermont fashion, Millstone takes the discarded remnants and empty husks of the granite industry, and gives them new life. And while you can't quite put it on a postcard, this resourcefulness is just as much Vermont's hallmark as a covered bridge or a brilliantly colored hillside.

*Andy Howard grew up in the woods of the Northeast Kingdom and learned at an early age that skiing and biking in the trees is fun. After living in North Carolina and Georgia, he eventually found his way back to New England and now lives in the Boston area where he balances a legal career with his love for exploration and adventure.*

**2012 Black River Beatdown**

15k Trail Race  
ATB or Trail Running  
8:00am Start  
Reg at [www.runreg.com](http://www.runreg.com)  
**July 21, 2012**

**Craftsbury**  
OUTDOOR CENTER

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

**It's time for the 9th Annual Onion River Century Ride!**  
**Saturday, July 28, 2012**



For info and registration visit [www.onionriver.com](http://www.onionriver.com)  
Other upcoming events:  
Cannondale Demo Days at Millstone Hill 7/7-7/8  
Millstone Hill Mtn Bike Race Series  
7/5, 7/12, 7/19, 8/2



20 Langdon Street 802-229-9409  
Montpelier, VT [www.onionriver.com](http://www.onionriver.com)





## GEAR: SHOWERS PASS VELEAU

If you've ever worried that taking your eyes off the road or trail to reach between your legs to grab the water bottle out of your bike's cage might lead to a situation in which various parts of your body are scattered across the landscape, know that you are not alone in your concern. The VelEau, a unique hydration system created by Showers Pass, aims to prevent a downward-facing face-plant. The VelEau puts your drinking nozzle right by your handlebars. A tube hugs the top tube of your bike with magnets

and connects the nozzle to a reservoir that mounts under the back of your saddle. A quick glance (or even feel, once you're used to it) allows you to find the nozzle with your hand, draw it to your mouth, and then retracting strings and magnets reel it and the tube back to your bike. Although this worked while road biking, I found it to be suboptimal for mountain biking. The drinking tube did not stay in place very well through the jostles of riding over roots and rocks, no matter how I adjusted it. A few other disappointments: the reservoir proves a bit hard to fill, due to the way it sits under the saddle. One must remove the reservoir entirely from its casing, including

disconnecting it from the tube, in order to take it to a sink. And, once you take the reservoir out of its holster, it's tough to get it back in. A quick-release connection between drinking tube and reservoir and an easier way of removing the reservoir from the holster could be simple, yet crucial improvements here. (You'll have more success filling the reservoir with a garden hose or a pitcher.) Overall, this is a great concept that needs some refining.

\$80; Earl's Cyclery & Fitness, Williston

## GEAR: SIERRA DESIGNS ZISSOU 30 DEGREE DRIDOWN SLEEPING BAG

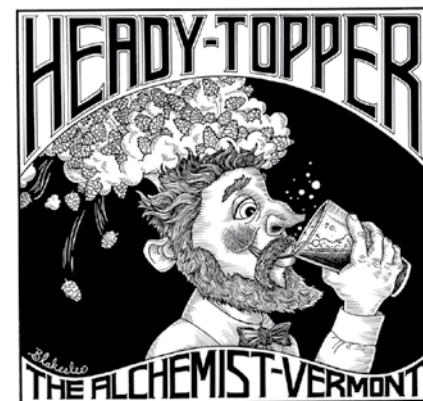


Down feathers: one of the best weight-to-warmth ratios of any insulation existing in the outdoors world. In case you don't already know, one of the main problems that has plagued down since its discovery and extensive use for jackets and sleeping bags is that it becomes worthless when it gets wet (other than for a pillow fight maybe). Fear not, feather-lovers, a solution is at hand! I put this new bag (which contains down insulation with an innovative hydrophobic coating called DriDown) through the wringer ... but not before I put it in the bathtub. I gave this thing a real soaking before sacrificing (or so I thought) a night of sleep on a 40-degree night. But, I was astonished. Not only did I not have a single cold moment during the night, but the

bag was almost entirely dry by morning (so I actually never had to put it through the wringer). The bag kept me warm, and the heat of my body was enough to dry it. If you have ever tried this with regular down (and I don't really recommend it), you realize that this advance is quite remarkable. Sierra Designs boasts that DriDown retains 34 percent more loft and 33 percent faster drying when wet, and I believe they may have actually undershot its true capabilities. DriDown leaves down without any competitor, including synthetics like PrimaLoft. No wonder it got Outside magazine's "Gear of the Show" award at the most recent Outdoor Retailer trade show.

\$199.95; The Mountain Goat, Manchester; SkiRack, Burlington; EMS, Manchester, Rutland, South Burlington

## BEER: ALCHEMIST HEADY TOPPER



This fine brew is not for the faint-of-tongue in any way, shape, or form ... sorry ... way, shape or form—it's 8 percent alcohol. Prefaced by a flowery, high-pitched aroma, the hazy wheat-gold liquid and effervescent, lacy head bathes the tongue in hops, hops, and more hops. Yet somehow it remains sweet, well-balanced, and extremely delicious. So delicious, in fact, that this double IPA recently took the title in Seven Days' Brew Bracket. I poured it into a glass for this testing, but on the can they recommend just drinking it straight to preserve the hoppiness. Also on the can, the brewer himself, local legend John Kimmich states: "Sometimes I wish I could crawl right into the can." Yeah, I can get with that. This beer isn't sold everywhere, and where it is carried, it often sells out. Try City Market in Burlington, Hunger Mountain Co-Op in Montpelier, Meulemans' Craft Drafts in Rawsonville, Manchester Discount Beverage, and a few more locations listed at [alchemist-beer.com](http://alchemist-beer.com).

*Josh Gleiner is the Beer and Gear Editor for Vermont Sports. He can be reached at [gear@vtsports.com](mailto:gear@vtsports.com).*

85 Main St Burlington VT • (800) 882-4530 • [www.skirack.com](http://www.skirack.com)

SHOP LOCAL! 😊

**BURLINGTON'S BEST SELECTION OF BIKES & CLOTHING**

**Skirack "Barn" Jersey**  
Made in Vermont

**Ride This Summer to...**  
**Burlington Waterfront Events & Farmer's Markets**

**Enjoy Free & Secure BIKE PARKING**

sponsored by SKIRACK. Learn more: [skirack.com/events](http://skirack.com/events)





**Age:** 35 | **Residence:** Milton | **Family:** Fiancée, Meredith Haff; golden retriever, Baxter; family in Addison

**Occupation:** Application engineer at IBM | **Primary sports:** Sculling



**ERIK BREILAND OF MILTON** IS PASSIONATE ABOUT THE SPORT OF SCULLING. THE PRESIDENT OF GREEN MOUNTAIN ROWING TEACHES THE SPORT AT CRAFTSBURY OUTDOOR CENTER AND HOPES TO SEE MORE VERMONTERS TAKE UP OARS. HE MIGHT END UP USING HIS OWN PROPERTY ON THE LAMOILLE RIVER TO MAKE THAT HAPPEN.



**VS: When did you start sculling?**

EB: I started when I was in college at Rensselaer Polytechnic Institute. My pastor had encouraged me to do some sweep rowing (one oar), and his advice basically went in one ear and out the other until I got to school and heard someone say there was a rowing meeting. I had played soccer for 12 years and decided to try something different, so I rowed and played ultimate Frisbee. At the end of my freshman year, my pastor and I went out in a double scull, and I continued to do that during the summers while rowing at school.

**VS: Was sculling part of your decision to move to Vermont?**

EB: When I moved to Vermont in 1998, I had my own boat, and I knew I didn't want to live where I couldn't row. Lots of scullers row for four years in college, but then quit because they don't have the time, the energy, or the location.

**VS: Is there a local group?**

EB: I'm president and one of the founders of a group called Green Mountain Rowing. We're somewhat inactive, but we do have officers, meet once a year, and collect dues for a rainy-day fund.

**VS: Where do you keep your boat?**

EB: Initially, I rented space at the location the University of Vermont team uses on the Lamoille River. Several years ago, the owner put the land on the market, and that's when we formed Green Mountain Rowing. I eventually bought a house on the Lamoille, [and the property] has 400 feet of river frontage and is three miles south of the UVM dock. It's a nice spot to row from because you can go either north or south, and you can go as far as Outer Malletts Bay on a good day. I'm building a barn that will be big enough to house an eight-person scull so others can use it as well, possibly even UVM. Some of their boats are currently

outside, and ultraviolet rays deteriorate carbon fiber.

**VS: What is the joy of rowing?**

EB: For me, rowing can be a spiritual experience. It gives me the opportunity to see a lot of sunrises and sunsets and experience nature for the good and the bad. Sometimes you're being chased by a deerfly, but other times, you'll see a heron take off or hear a beaver slap his tail. I enjoy all aspects of it including the competition and the camaraderie with fellow rowers. I coach at Craftsbury, and I really enjoy that as well. It's neat to show someone something they haven't done before. I particularly like coaching folks in their 50s and 60s and seeing their eyes light up from trying something new. Plus, rowing is a wonderful sport for the environment. It's nonmotorized and promotes good stewardship of our rivers and lakes.

**VS: What is your favorite stretch of water?**

EB: I love the Lamoille. In my mind, it's one of the prettiest stretches of water. The river is calm and there aren't too many turns. The end of the Winooski is nice, but it has too many oxbows. The last part of the Missisquoi is also good, and I've rowed at least one section of the Upper Lamoille north of the Peterson Dam. Green River Reservoir is a great location, as is Craftsbury. I've also rowed some sections of the Otter Creek and the Dead Creek by my family's farm, and I hope to get out on Malletts Bay more this summer. For many people, sculling is about rowing fast and training, and they do the same course over and over again. They're very skilled at what they do, but they don't see rowing as a means of exploring.

**VS: But you also compete, don't you?**

EB: I do. I never made the national team, although for a few years, I got close. I

still do some sprint races and some 2Ks in the spring and summer, and in the fall I do the Head races; the Head of the Charles, the Black Fly Regatta on the Upper Connecticut River, and the Green Mountain Head in Putney. The Head of the Charles is a two-day event with almost 9,000 boats with a quarter of a million spectators in good weather. This year I'm also going to go to the Masters National Championship Regatta in Worcester. I'll race in the mixed doubles with Meredith but also in a parent-child boat with my mother. We won that race once, and I'd like to get our names on the trophy again. I got my mother into rowing eight years ago, and she loves it. I might also do a race near Saratoga, N.Y., called the Schuyler Skiff because winners can get some money toward a race in Torino, Italy, called the Silver Skiff. There isn't much money in rowing.

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

EB: Meredith has gotten me into running. Last year I did the Rollin Irish Half-Marathon and then signed up to do the full VCM, but it was hot and humid, and I guess I wasn't drinking enough because I started hallucinating around the halfway mark. Apparently my stride was all off and someone had to jump over the barricade to keep me from falling. I don't remember any of it, but I woke up in the ICU, and they kept me there for several days. Since then I've done a 10K, and I really would like to run the second half of the Vermont City Marathon. In the winter, I teleski and do some skate skiing for cross-training. Vermont is great for outdoor activities. Meredith's dad made me a kayak, which is my newest toy. Once you have a place to store boats the way I do, you can end up with a whole fleet.

—Phyl Newbeck

**Waterfront Diving Center...**  
**...Not just for Diving!**



**Carrying a wide variety of swim gear for both adults and children!**

- Swim Goggles
- Swim Caps
- Swim Conditioning Fins
- Triathlon Suits
- Swim Gloves

**...And a knowledgeable staff to help you find the right equipment!**

**MENTION THIS AD AND GET 10% OFF YOUR NEXT SWIM EQUIPMENT PURCHASE!**





Waterfront Diving Center  
 214 Battery Street | Burlington, VT 05401  
[waterfrontdiving.com](http://waterfrontdiving.com) | 802.865.2771





# calendar of events

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

## BACKPACKING/HIKING

### July

- 7 **CAMEL'S HUMP WITH THE GREEN MOUNTAIN CLUB.** Hike Camel's Hump from the Huntington side, 5.8 mi. Ascend by the Forest City, Dean, and Long trails; descend via Burrows. Paul DeLuca 476-7987, pdeluca420@msn.com.
- 15 **MORRISTOWN WITH THE GREEN MOUNTAIN CLUB.** Difficult hike to Beaver Meadow Lodge and Whiteface Shelters, 9 mi. Ken Hertz 229-4737, kenneth.hertz@myfairpoint.net.
- HIKE/EXPLORE/SWIM EAST MONTPELIER WITH THE GMC.** Easy hike around Coburn Pond. Former gravel pit area with 6 acre pond, 3 mi. Ann Burcroff, 229-9677.
- 22 **HIKE ORANGE WITH THE GREEN MOUNTAIN CLUB.** Moderate hike to top of Butterfield Mountain, 8 mi total. 5 mi on logging roads and 3 mi bushwhacking. 8 a.m., Montpelier High School, Thomas Weiss, 223-5603.
- 28 **HIKE THE WHITE MOUNTAINS WITH THE GMC.** Difficult hike in the White Mountains, southern Presidential. Summit Monroe, Franklin, Eisenhower, and Pierce. Ammonoosuc Ravine and the Crawford Path. Car spotting req. Paul DeLuca 476-7987, pdeluca420@msn.com.

### August

- 14-15 **LONG TRAIL BOUND EDUCATOR SUMMIT.** Educators are invited to learn about the natural history of Vermont's Green Mountains, develop outdoor leadership skills, and become familiar with the new Long Trail Bound activity guide.

## RACE VOLUNTEERS NEEDED!



North American  
Rollerski  
Biathlon Cup

August 11 & 12  
Jericho, VT

Thank you gift & free shooting clinic to all volunteers  
Inquire at: [eabiathlon@gmail.com](mailto:eabiathlon@gmail.com)

- 15-18 **WHITE MOUNTAIN HIKER.** For 13-17-year-olds who want to explore alpine territory high in the White Mountains. Learn leave no trace ethics, backcountry travel skills and campcraft. Physical fitness req. 9 a.m., Northwoods Stewardship Center, East Charleston. maria@northwoodscenter.org.
- 25 **HIKING AND YOGA WITH THE GREEN MOUNTAIN CLUB.** Hiking and yoga. We will 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. Green Mountain Club Visitor Center, Waterbury Center. [greenmountainclub.org](http://greenmountainclub.org), 244-7037.

### September

- 8 **MAP AND COMPASS I: LAND NAVIGATION BASICS.** Develop navigation skills in the woods with map and compass. Build confidence as we practice "getting lost" and finding ourselves in indoor and outdoor exercises. 9 a.m., Green Mountain Club Visitor Center, Waterbury Center. [greenmountainclub.org](http://greenmountainclub.org), 244-7037.

## BIKING/CYCLING

### July

- 6 **CRAFTSBURY DIRT ROAD BIKING WEEKEND.** The Craftsbury Outdoor Center has scheduled an exciting weekend package including exploration of the backroads of Vermont's Northeast Kingdom by mountain bike, lodging, and meals. Craftsbury Outdoor Center, Craftsbury Common. [stay@craftsbury.com](mailto:stay@craftsbury.com), 587-7767.
- 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 NH., [newtonsrevenge.com](http://newtonsrevenge.com).
- 14 **TOUR DE GRACE** has been canceled due to poor road conditions from Tropical Storm Irene.
- 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. [vermontmountainbikfestival.com](http://vermontmountainbikfestival.com).
- 16 **DROOPY PEDAL MOUNTAIN BIKE SERIES.** Join us for fun & fitness for all ages and abilities. 3- or 6-mi course. Short course starts at 6 p.m. and long course at 6:30 p.m. Giorgetti/Pine Hill Park, Rutland. [rutlandrec.com](http://rutlandrec.com), [jaythomas24@comcast.net](mailto:jaythomas24@comcast.net).
- 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](http://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 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](mailto:zacksplace1@gmail.com).
- 12 **HOURS OF MILLSTONE.** A 12-hour mountain bike relay race and festival on the Millstone Trails System. Camping available. Teams & solo riders will compete on a 7-mi singletrack course. 9 a.m., Millstone Hill, Websterville. [millstonetwelve.com](http://millstonetwelve.com), [info@cascobaysports.com](mailto:info@cascobaysports.com), (207) 221-0203.

### 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](mailto:hp2p@harpoonbrewery.com), [harpoonpointtopoint.com](http://harpoonpointtopoint.com). Sponsored in part by Vermont Sports.
- 15 **VERMONT CHALLENGE BICYCLE TOUR.** 1, 3, and 4-day tour packages available through southern and central Vermont. Dedicated to riders who do 30-40 mi regularly. Various locations. More information at [vtchallenge.com](http://vtchallenge.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 NH., [mwarbh.org](http://mwarbh.org).
- 20 **DROOPY PEDAL MOUNTAIN BIKE SERIES.** See listing under June 16.
- 25 **BUMP YOUR RUMP 6-HOUR MOUNTAIN BIKE RACE.** Six hours of cross-country mountain biking! 4-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. [grafftonponds.com](http://grafftonponds.com), 843-2400.
- 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 Mt. 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](http://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](http://gmsr.info).
- CRAFTSBURY DIRT ROAD BIKE TOUR.** Explore the backroads of Vermont's Northeast Kingdom by mountain bike, lodging, and meals. Craftsbury Outdoor Center, Craftsbury Common. [stay@craftsbury.com](mailto:stay@craftsbury.com), [craftsbury.com](http://craftsbury.com), 587-7767.

### September

- 2 **DARN TOUGH RIDE.** The Century ride is a loop and starts in Stowe, and goes over to Jay Peak and back to Stowe over Smugglers Notch. The route is very challenging but extremely rewarding, with many big climbs and even longer descents. 25-, 45-, and 65-mi routes also available. 7 a.m.,

**SALOMONSON**

# BRAMBLE SCRAMBLE

15 & 30 km Trail Running Races  
August 18, 2012

**SKIRACK RUN CENTER**

**CATAMOUNT OUTDOOR FAMILY CENTER**

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

36TH ANNUAL

# JOSH BILLINGS

RUNAGROUND TRIATHLON

**Sunday, September 16, 2012**  
**Bike, Canoe or Kayak, Run Triathlon**

Team & Iron Categories  
27 mile bike • 5 mile canoe/kayak • 6 mile run  
36 team and iron categories

[active.com](http://active.com) [bikereg.com](http://bikereg.com)  
[joshbillings.com](http://joshbillings.com)

● ● ● ● ●

## Ethan Allen Biathlon Club

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

**WHERE** Ethan Allen Biathlon Club  
Ethan Allen Rd., Jericho, VT

\$10 per race or \$50 for the series

Info:  
[www.eabiathlon.org](http://www.eabiathlon.org)



Mount Mansfield Winter Academy, Stowe. darntoughride@mmwa.org.

- 8 **PEAK 6/12/24 MTB RACE.** Join us on Pittsfield's Green Mountain Trails at Amee Organic Farm for our seventh annual mountain bike endurance race. 6-12,- and 24-hour races available. Bike demos and pig roast to follow. 6 a.m., Green Mountain Trails, Amee Barn, Pittsfield. peakraces.com.

**KELLY BRUSH CENTURY RIDE** powered by VBT Bicycling and Walking Vacations. Scenic charity road ride through the Champlain Valley with distances of 25, 50 and 100 mi. 7:30 a.m., Middlebury College Football Stadium, Middlebury. kellybrushfoundation.org.

- 9 **FALL FOLIAGE RUN, WALK, AND BIKE.** Half -Marathon: A point-to-point half-marathon. Beginning and ending at the Old Stone House Museum on Historic Brownington country roads. 5K Run & Walk: On a separate loop from half marathon. Bike Race: 12 mi on gravel and paved roads. 7 a.m., Old Stone House, Brownington. 754-2022.

- 16 **TOUR DE FARMS** offers three bike routes (10, 25 and 30 mi.), which stop at a variety of family farms. Each farm provides free samples of locally-produced foods. Also available are multiple walking routes for families to enjoy children's books in the StoryWalk format. Organized by and a fundraiser for ACORN, Rural Vermont, and the VT Bicycle & Pedestrian Coalition. 10 a.m., Shorham Town Green. ruralvermont.org.

## October

- 28 **THE CIRCUMBURKE 2012: MOUNTAIN BIKE CHALLENGE, TRAIL RUN, AND FESTIVAL** is a demanding 20+mi circuit that climbs up over the shoulder of Burke Mountain from Kingdom Trails before diving into wilds of Victory. 10 a.m., Burke Mountain Resort, East Burke. circumburke.org.

## 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? Just simply need the courage to get out there? 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, Montpelier.

**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, NH. greatglen trails.com.

**CLAREMONT POINTS RACE SERIES.** 1/3-mi oval, 40 and 60 lap races. Held under USA Cycling event permit, USAC license req., available at event. Entry fee \$9. Hosted by Claremont Cycle Depot Bike Club. 5:30 p.m., Twin State Speedway, Claremont, NH. (603) 477 4848, ccdbikeclub.com.

**PITTSFIELD BIKE CLUB GROUP RIDE.** All are welcome to join us on the Green Mountain Trails every Thursday for a fun ride until dark. 5 p.m., Pittsfield Village Green. greenmountaintrails.com, greenmountaintrails@gmail.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

### September

- 23 **RACEVERMONT.COM CIDER HOUSE RUN/WALK.** Walk or run through the orchard, enjoying gorgeous views along the way. Pick your own apples after the race and take a bit of Vermont home with you. 11 a.m., Shelburne Orchard, Shelburne. 985-3141, rayne@racevermont.com.

## MISCELLANEOUS

### August

- 6-11 **ECO-EXPERIENCE TEEN RESEARCH CAMP.** Kids ages 13-17 are welcome in a 6-day intensive program. Participate in current research projects on songbird populations, brook trout habitat, small mammals, and climatology. maria@northwoodscenter.org.

- 5 **CITIZEN'S BANK LAKE CHAMPLAIN DRAGON BOAT FESTIVAL.** Teams compete in 41' dragon boats. Watch the races, enjoy great food, entertainment, silent auction, and a special tribute to breast cancer survivors. Proceeds to benefit Survivorship NOW programs to guide and empower cancer survivors after treatments are concluded. 8 a.m., Waterfront Park, Burlington.

## PADDLING

### July

- 6 **GREAT AMERICAN NEK FLATWATER 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 on 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 the day before the swim. 7 a.m., Prouty Beach, Newport. kingdomswim.org.

**PADDLE THE CONNECTICUT RIVER WITH THE GREEN MOUNTAIN CLUB.** Connecticut River from Woodsville, NH to Newbury, VT, 10 mi. PFD, lunch and water req. Car spot (or bicycle for the ambitious) req. 8 a.m., Lenny's, Barre. Steve Lightholder 479-2304, steve.lightholder@yahoo.com.

## Ongoing

**STAND UP PADDLEBOARD EXERCISE CLASS.** Review of SUP paddling techniques and challenging paddle out on the reservoir. Previous SUP paddling experience req. 8 a.m. Tues. and Thurs., Waterbury Reservoir Day Use Area. paddle@umiak.com, 253-2317.

**INTRO TO STAND UP PADDLEBOARDING.** Learn to get the most out of your stand up paddleboard. Thursdays, 6 p.m., Waterbury Reservoir Day Use Area, Waterbury. paddle@umiak.com, 253-2317.

**INTRO TO KAYAKING.** The class is taught in recreational kayaks. 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, Waterbury. paddle@umiak.com, 253-2317.

**KAYAK ROLLING.** Wednesdays during July and August at 6 p.m., Waterbury Reservoir Day Use Area, Waterbury. paddle@umiak.com, 253-2317.

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

**THE BRATTLEBORO OUTING CLUB** canoe and kayak outings, free and open to the public, and all suitable for family canoeing and kayak touring. Sep. 16, 22, 23, 29, 30. Larry McIntosh 254-3666, Lmacyak@yahoo.com, brattleborooutingclub.org.

## RUNNING/WALKING

### 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 Kid's 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 mi. Hilly dirt roads, scenic, part of the Central Vermont Runners Onion River Sports Race Series. Race day reg. only. 8-8:45 a.m., Rumney School, Middlesex. Tim Noonan, 223-6216.

- 10 **SUMMER SUNSET 5K TRAIL SERIES.** Low-key 5K series. Participate or volunteer in all three races and get a t-shirt. 6:30 p.m., Giorgetti/Pine Hill Park, Rutland. cindiwright@comcast.net, rutlandrec.com.

- 14 **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.

# GMAA UPCOMING RACES



**8/11 Scholarship 5K Cross Country Run, So. Burlington**  
Cross Country race on the dirt trails in Red Rocks Park.  
Benefits GMAA Scholarship.

**8/25 Round Church Women's 5K & 10k Run, Richmond**  
Fast and flat out and back on Cochran Road.  
Pre-registration only.

**VISIT GMAA.NET  
FOR MORE INFO  
OR TO REGISTER**



Colchester Recreation Department presents

# MUCK IT UP

Sprint Adventure Race

Compete in teams of 2!

Saturday, September 15, 2012

Bayside Park, Colchester

Register by 9/13 at active.com

6 mile RUN  
3.5 mile MTB  
3 mile PADDLE  
Plus MYSTERY CHALLENGES!

colchestervt.gov for details



# calendar of events

- 15 **STOWE 8-MILER.** New for 2012 is the addition of the 2-person relay comprised of a 3-mi leg and a 5-mi leg. 9 a.m., Stowe Recreation Path. locorunning.com.
- 21 **GOSHEN GALLOP.** Course takes runner on the dirt and gravel roads of Goshen and onto a packed soil surface up to elevations between 1,800' and 2,100' above sea level. 4 p.m., Blueberry Hill Inn, Moosalamoo National Recreation Area, Goshen. Kendra Lawton, 247-6735, info@blueberryhillinn.com
- BLACK RIVER BEATDOWN 15K TRAIL RUN** a one lap 15K trail running race on mixed double and single track. Come see the great terrain and variety of trails we have to offer. All ages and abilities are welcome! 8 a.m., Craftsbury Outdoor Center, Craftsbury. bryan.cookxc@gmail.com, craftsbury.com, 586-2328.
- 22 **ASCUTNEY MOUNTAIN RUN.** The Ascutney auto road climbs 2,300' over 3.7 mi for an average grade of 12%. 9 a.m., Mount Ascutney State Park, Windsor. club.penguincycles.com.
- 29 **ESSEX HALF-MARATHON.** Runners will love this out and back course with a loop in the middle. 8:15 a.m., Essex High School. essexhalf.com.
- 31 **CSJ XC 5K SERIES.** Low-key race with focus on fun. 6:30 p.m., College of St. Joseph, 71 Clement Rd., Rutland. rutlandrec.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. Free omelets for all participants. 9 a.m., Corner of Fletcher and River Rd., Fairfax. fairfaxrecreation.com, fairfaxparksandrec@yahoo.com, 849-2641.
- EPIC SUMMER EVENT.** 20/40K mountain bike race; 20K mountain bike ride/tour; 8K trail run—choose the best one for you. Benefits Vermont Ski & Snowboard Museum. 9:30 a.m., Trapp Family Lodge, Stowe. vtssm.com, 253-9911.
- 11 **KINGDOM RUN** (half-marathon, 5K & 10K run) is an out & back race on a scenic dirt road in the Northeast Kingdom of Vermont. 8:30 a.m., Irasburg Common, Irasburg. kingdomrun.org, kingdomrun@surfglobal.net, 766-5310.
- GMAA SCHOLARSHIP 5K CROSS-COUNTRY RUN.** 5K entirely on dirt trails through the wooded Red Rocks Park. The course is gently rolling with a couple overlooks of Lake Champlain. 9 a.m., Red Rocks Park, Burlington. gmaa.net.
- LAKE CHAMPLAIN MARITIME FESTIVAL PIRATE 5K RUN,** Presented by New England Federal Credit Union. Race is open to all ages and will take place on the Burlington Waterfront with the course running along the Burlington Bike

Path. Come dressed in your favorite pirate costume! 9 a.m., Waterfront Park, Burlington. leslie.davisstone@gmail.com.

**SUNDAY MOUNTAIN TRAIL RUN AND PIG ROAST** a fun, low-key challenging 10K over Sunday Mountain. Cool off in the pond and enjoy food, beer, music and dancing into the evening hours. 2 p.m., Dame Hill Farm, Orford, NH. thompsoniac@yahoo.com.

12 **HEELS TO PAWS 5K RUN.** Pups, bring your people! The furry ones among us lead the charge at the Heels to Paws 5K Fun Run, a family-friendly trek around the mountain to benefit the Second Chance Animal Shelter in Shaftsbury. 9 a.m., Stratton Mountain Resort, stratton.com.

14 **SUMMER SUNSET 5K TRAIL SERIES.** Low-key 5K series. Participate or volunteer in all three races and get a super t-shirt. 6:30 p.m., Giorgetti/Pine Hill Park, Rutland. cindiwright@comcast.net, rutlandrec.com.

25 **BETHEL FLOOD 5K.** Event Proceeds will benefit the VT Red Cross Response Fund to provide immediate support for Red Cross relief efforts in VT. 10 a.m., Whitcomb High School, Bethel. Bethel5k.org.

## September

8 **MAPLE LEAF HALF-MARATHON AND 5K.** A scenic run, with beautiful views, looping through many back roads. Variable terrain. 9 a.m., Dana L. Thompson Memorial Park, Manchester Center. manchestervtmapleleaf.com.

9 **FALL FOLIAGE RUN, WALK, AND BIKE.** Half-marathon, 5K run/walk, 12-mi bike ride. Beautiful fall scenery on moderately challenging courses. 7:30 a.m., Old Stone House, Brownington. 754-2022.

**GMAA ARCHIE POST 5-MILER.** Certified point to point course has sweeping views of the Green Mountains and is entirely on bike path. 8:30 a.m., Gutterson Field House, UVM, Burlington. gmaa.net,

15 **GMAA COMMON TO COMMON.** Certified 30K through the scenic farm country between the Essex Center and Westford Commons. 8:30 a.m., Memorial Hall, Essex. gmaa.net.

22 **RUN FOR JUMP.** Family event with 5K run, 1K run for kids and 1K walk along the Burlington Bike Path. 9 a.m., Waterfront Park, Burlington. jumpvt.org, Run4JUMP@gmail.com.

23 **DOWNTOWN 10K.** Benefits the Leukemia & Lymphoma Society's Team in Training. 9 a.m., City Hall, Burlington. greenmtrehab.com.

29 **NEW HAMPSHIRE MARATHON, 10K WALK, AND CRAFT SHOW.** 9 a.m., Newfound Memorial Middle School, Bristol, NH. nhmarathon.com, race@nhmarathon.com, (603) 744-3335.

## October

4 **GMAA GREEN MOUNTAIN MARATHON.** The certified marathon and half-marathon is out and back on the west shore of South Hero and Grand Isle; a land of farms, apple orchards and summer cottages. Boston qualifier. 8:30 a.m., Folsom School, South Hero. gmaa.net.

6 **GMAA ART TUDHOPE 10K.** Certified 10K out and back through Charlotte. This fast course is a mix of dirt and paved roads and has pleasant scenery, apple orchards, views along Lake Champlain, and the covered bridge at the turn around point. 9 a.m., Shelburne Town Beach. gmaa.net.

13 **LEAF CHASE 10K TRAIL RUN.** Join us for our last trail run of the summer and stay afterward for hot chili, fresh bread and apple cider. 10 a.m., Giorgetti/Pine Hill Park, Rutland. cindiwright@comcast.net.

27 **RUNNING SCARED HALLOWEEN 5K.** Fun "urban" race with costumes strongly encouraged! Run, visit the farmer's market, and stay for nighttime parade. 10 a.m., CVPS parking lot, Rutland. rutlandrec.com, rutlandhalloween.com

## November

22 **ZACK'S PLACE 5K TURKEY TROT.** Meanders through the village of Woodstock. Proceeds benefit Zack's Place. 10 a.m., Woodstock Elementary, Woodstock. zacksplacevt.org.

**GMAA TURKEY TROT.** Certified 5K on the UVM women's cross-country course. Great footing (not counting snow or ice) on cinder/paved path and grass. Some single track. 11 a.m., Gutterson Field House, UVM, Burlington. gmaa.net.

## December

2 **RI RA'S SANTA 5K.** Presented by New England Federal Credit Union. All race participants must wear Santa suit on course. Full Santa suit provided along with a traditional Irish breakfast by Ri Ra's Irish Pub following the race. 10:15 a.m., Ri Ra's Irish Pub, Burlington. leslie.davisstone@gmail.com.

## Ongoing

**BIATHLON SUMMER RACE SERIES.** 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 and 26; August 9, 16 and 23. Ethan Allen Firing Range, Jericho. eabiathlon.org.

**BIATHLON TRAINING.** Biathlon training for anyone 14/older. No shooting experience req. Rifles provided. Running and rollerskiing. Mondays and Wednesdays, 5 p.m., Ethan Allen Firing Range, Jericho. eabiathlon.org.

**THE ROAD IS WAITING**  
Trade in your old bike for a *new* road machine.

New bikes in stock or  
order your custom Madone today!

**WE ARE THE FIT SPECIALISTS**

**TREK 'The road bikers road bike'**

**Power Play Sport**

888.6557  
OPEN 7 DAYS

Downtown Morrisville

**PLAY MORE. DONT PAY MORE.**

**VERMONT'S LEADING  
PADDLESPO RTS CENTER**

**CANOE S  
KAYAKS  
SUPs**

We have Royal  
Robbins clothing  
and Teva sandals!

**TRY BEFORE YOU  
BUY ON OUR  
DEMO POND**

**Tahoe SUP, Surftech, BIC,  
Imagine, Bark, Boardworks**

**UMIAK**  
Outdoor Outfitters

Route 100, Stowe, VT  
253-2317  
www.umiak.com  
OPEN 7 DAYS



**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.

**CRAFTSBURY OUTDOOR CENTER TUESDAY NIGHT TRAIL 5K.** Looking for a low-key way to test your fitness this summer? Races are every Tuesday evening starting at 6 p.m., with registration opening at 5:30 p.m. craftsburys.com.

**STOWE TRAIL RACE SERIES.** Trails are a combination of moderate and technical single- and double-track. July 22 Ranch Camp Ramble 5K & 9K, Aug. 19 Town Loops 5K, Sep. 9 Trapp Cabin 10K & 5K Fun Run/Walk. Reg. begins 8:30 a.m., various locations. Prerace.com or stoweadaptive.org.

**NEWPORT MOMS RUNNING GROUP.** Running group for moms of all abilities. Members may run with or without a stroller. Meet at North Country High School near the track. Wednesdays through the summer at 9:30 a.m. annahsullivan@gmail.com.

## SWIMMING July

- 7 **KINGDOM SWIM.** 10-mi, 6-mi, 3-mi 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. 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 on one of the most majestic and cleanest lakes in the Americas. 9 a.m., Lake Willoughby, Westmore. kingdomswim.org.

## September

- 8 **IN SEARCH OF MEMPHRE.** An epic, 25-mi international swim the length of Lake Memphremagog between Newport, VT and Magog, QC. Prouty Beach, Newport. insearchofmemphre.com.

## TRIATHLON/BIATHLON 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. eric.averill@comcast.net, (508) 944-5138.
- 15 **LAKE DUNMORE TRIATHLON.** 600-yard swim, 14-mi bike, 3.1-mi run. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- 21 **RACEVERMONT.COM SPRINT TRIATHLON II.** See previous RaceVermont.Com Sprint Triathlon listings.
- 29 **COLCHESTER TRIATHLON.** 1/2-mi swim or 2-mi kayak; 12-mi bike; 3-mi run. Individuals and teams, register early. 9 a.m., Bayside Park, Colchester. 264-5640, colchestervt.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, Derby. kingdomtriathlon.org.
- 5 **BRANBURY CLASSIC.** .9-mi swim, 28-mi bike, 6.2-mi run. USAT member. 8 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- FIRM RACING TRIATHLON.** The course covers a half-mile swim, 18-mi bike ride and 3-mi road run, finishing with a DJ, giveaways and a post-race brunch. 7 a.m., Stratton Mountain Resort. stratton.com.
- 6 **FRONHOFER TOOL TRIATHLON.** Something for everyone of all abilities: Kids race, Olympic-distance race, sprint race, and for those who really want a challenge there is the option of competing in both races making it a "double tri." Lake Lauderdale, Cambridge. fronhofertooltriathlon.com.
- 25 **RACEVERMONT.COM SPRINT TRIATHLON III AND VT SENIOR GAMES SPRINT TRIATHLON.** See previous racevermont.com sprint triathlon listings.
- 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.

## September

- 8 **NORTH COUNTRY ENDURANCE CHALLENGE.** From the headwaters of the Connecticut River, this off-road race is open to relay teams or hearty solo athletes. The course is 70-mi divided into 11 legs of mountain biking, trail running, and paddling. A sprint option is also available. 6 a.m., Base of Magalloway Mountain, Colebrook, NH. northcountryendurancechallenge.com, (877) 486-8263.
- 9 **RACEVERMONT.COM SPRINT TRIATHLON IV.** See previous RaceVermont.Com Sprint Triathlon listings.
- 16 **JOSH BILLINGS RUNGROUND TRIATHLON.** 27-mi challenging and scenic bike race through 5 towns in the Berkshires, 5-mi canoe or kayak around Stockbridge Bowl, and 6-mi run around the lake. 9:30 a.m., Price Chopper Parking Lot, Great Barrington, MA. joshbillings.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. July 12, 26. 6:30 p.m., Elmore State Park. 229-4393, dosmyers@gmail.com.

# VERMONT SPORTS BIKES, SKIS, AND MORE

*West Hill Shop*  
PUTNEY VERMONT



**Celebrating 40 years  
of cycling!**

Bikes • Bike Fitting • Service • Rentals

Exit 4, I-91 • westhillshop.com • 802-387-5718

singletrack  mindfulness

Outdoor Adventure. Inner Retreat.

Experience the powerful combination of yoga and mountain biking on one of our day retreats. Ride singletrack, revitalize yourself with yoga, and share a unique experience with friends and family. Play, rejuvenate, and rediscover yourself!

For more info, check out [www.singletrackmindfulness.com](http://www.singletrackmindfulness.com).

*Mad River Ski Furniture*

Creating Furniture From Your Winter Adventures !!!

Turn Your Old Skis and Ride Into:  
Adirondack Chairs, Coat Racks, Tables & Benches  
And Much Much More ....

802-734-3277  
[www.madriverskifurniture.com](http://www.madriverskifurniture.com)  
Warren, Vermont

 **HIGHLANDER  
BICYCLE**

**SALES & EXPERT REPAIRS**  
Clothing • Helmets • Parts • Accessories

**PROFESSIONAL BIKE FITTING**  
Scott • Fuji • Ridley • Salsa & more

**CUSTOM-BUILT BIKES**

334 Pleasant St. • Bennington, VT  
(802) 445-4000 • hbike.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. Tuesdays, 5:30 p.m., Injury to Excellence/Fit to Excel, Essex. 871-5423.

**YOGA FOR FUN AND FITNESS.** Fridays, 5:30 p.m., Injury to Excellence/Fit to Excel, Essex. injurytoexcellence.com or 871-5423.

**SUNRISE VINYASA MONDAY AND SUNDAY.** A vinyasa class to begin or close your day. Sundays at 7 a.m. or Mondays at 5:15 a.m. Move You Fitness Studio Essex. info@moveyouvt.com, 734-0821.

**YOGA FOR RUNNERS: STRENGTH AND BREATH.** Specifically designed with a runner's needs in mind. Tuesdays at 7:15 p.m. Move You Fitness Studio, Essex. info@moveyouvt.com, 734-0821.

**BATTENKILL  
SPORTS  
Bicycle Shop**

Trek Specialized  
Cannondale  
All bikes fitted to you.



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

**MOUNTAIN  
BIKE CAMP**  
FOR JUNIORS AND ADULTS



**FAIRLEE, VERMONT**  
**802-222-5133**  
[COYOTEHILL@VALLEY.NET](mailto:COYOTEHILL@VALLEY.NET)  
[COYOTEHILLCAMP.COM](http://COYOTEHILLCAMP.COM)

**CLAREMONT  
CYCLE  
DEPOT**



Quality  
Bicycle  
Specialists

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

**YOUR FOUR SEASONS BIKE SHOP**

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

**SEE OUR AD ON PAGE 8.**

**ADVERTISE  
HERE**

FOR AS LITTLE AS  
**\$50  
PER  
MONTH.**

E-mail:  
[advertising@  
vtsports.com](mailto:advertising@vtsports.com)



# DARTMOUTH-HITCHCOCK welcomes

At Dartmouth-Hitchcock Sports Medicine, our specialists treat both the “weekend warrior” and full-time athletes. All of the physicians on our team are athletes themselves and can relate directly to sports-related injuries. We offer a full spectrum of services including surgical and non-surgical treatment of common sports injuries such as ACL and hip labral tears, shoulder dislocations, sports-induced asthma and sports concussions.

#### MEDICAL SCHOOL

MD, Dartmouth Medical School, Hanover, NH

#### RESIDENCY

Dartmouth-Hitchcock Medical Center, Lebanon, NH  
(Orthopaedic Surgery)

#### FELLOWSHIP

Steadman Clinic/ Steadman-Philippon Research Institute,  
Vail, CO (Sports Medicine)

#### CLINICAL INTERESTS

Sports medicine; advanced hip arthroscopy with labral repair;  
ACL/PCL/meniscal injuries; multi-ligamentous knee injuries;  
cartilage restoration; shoulder instability; rotator cuff repair;  
total shoulder replacement

#### ATHLETIC AFFILIATIONS

Active member of the U.S. Women’s Ski Team Physician Pool  
Team Physician for Dartmouth Men’s Soccer & Men’s Lacrosse

#### Dr. Ames is accepting new patients.

For more information or to make an appointment,  
call (603) 650-7788.



ORTHOPAEDICS | SPORTS MEDICINE TEAM

**Dartmouth-Hitchcock**  
MEDICAL CENTER

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

DHsports.org



## James Ames, MD, MS

“I see patients of all ages and athletic abilities.  
**My primary goal is to get them back to  
their active lifestyle.”**



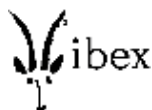


# FIGHT HUNGER

**HARPOON POINT TO POINT**  
to benefit the Vermont Foodbank  
August 11, 2012



Choose from a 25, 50, or 115 mile ride.  
Register today at [www.harpoonpointtopoint.com](http://www.harpoonpointtopoint.com)!





gearX.com

GET OUT ON THE WATER THIS SEASON!

Outdoor Gear Exchange

**GREAT  
DEALS**

ON KAYAKS, CANOES,  
SUP BOARDS, AND TONS OF PADDLING ACCESSORIES

**Teva**  
Live Better Stories

**BURLINGTON'S BEST SELECTION OF TEVA**



INTRODUCING  
**THE FUSE-ION**  
THE EVOLUTION OF  
THE WATER SHOE

gearX.com



Outdoor Gear Exchange

37 Church Street

Burlington

(888) 547 4327



WOMEN'S ZIRRA



WOMEN'S TIRRA



MEN'S TANZA

**YOUR SOURCE  
FOR ADVENTURE**



**Black Diamond**



MISSION 75



WOMEN'S INNOVA 60



INFINITY 50

**FULL LINE OF GEAR AVAILABLE AT**

gearX.com



Outdoor Gear Exchange