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ON THE COVER:

A backpacker pauses atop Bondcliff in the heart of the Pemigewasset Wilderness in White Mountain National Forest, New Hampshire.

Photo by Lisa Densmore.



A backpacker takes in the view near the top of Mount Marcy. See story, page 14. Photo by Lisa Densmore.

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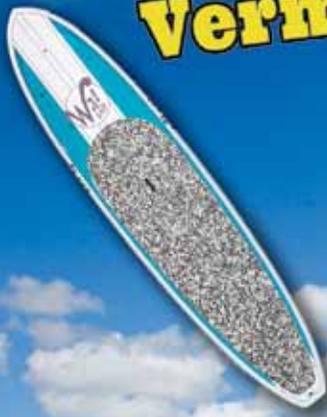
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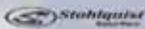
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Race Recap

ADAMANT 20-MILER RUN OR RELAY

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On April 27, 70 runners took part in an out-and-back dirt road race through the towns of Calais and Woodbury to benefit the Adamant Music School. This is the fourth year the Central Vermont Runners have sponsored this event, which can be done individually or as a two-person relay. Jon Copans of Montpelier finished fourth overall. The 38-year-old deputy state director for Rep. Peter Welch's Vermont office averaged just under a seven-minute mile.

VS: Was this your first time doing this race?

JC: It was my third time. It's a wonderful race and a very nice course. The first time I did it was when I was training for the Vermont City Marathon, and it's really well timed as a last long run before that event.

VS: What do you like about it?



JC: There's nothing paved: just nice, dirt, back roads, which go past a lot of nice ponds. There was no mud, so it was good, solid footing.

VS: Isn't 20 miles an unusual distance?

JC: I don't know of another Vermont race that's 20 miles, although there is something in Massachusetts. If you're on a typical marathon-training program, you ratchet up your long runs and end at 20 or 22 miles. You want to hit your last

long run about a month before the marathon, and that's exactly when this is. Normally, when you do that length run on your own, you're thinking of water or food, but what's beautiful about this is you've got great support on the course, as well as company. Typically there are others at your pace so it's a nice way to do the last long run before the marathon.

VS: Is the course challenging?

JC: It's a challenging course, and this year, it felt more challenging. The most difficult part is between mile 17 and 19. Two of the last three miles have the most significant climbing in the race. You've got to have some fuel left in the tank. It's a pretty good climb, and it felt bigger for me than in previous years. If you don't save enough energy, you'll pay.

VS: Would you do it again?

JC: Absolutely. At this point, I try to make it part of my spring schedule even if I'm not doing marathon training, which I'm not right now. It's a good motivator to do the mileage over the winter and spring.

VS: There were 70 racers this year. Is that the norm?

JC: It was the biggest field they've had. I think part of that is because it was a gorgeous day. One year it was pouring and cold. This is the type of season where

weather can dictate how many people show up, but the race is establishing itself. I think if people do it once, they'll add it to their calendar.

VS: If you were in charge of the race, would you do anything differently?

JC: Honestly, not a thing. I'm a member of Central Vermont Runners, and they have a great series of local races. Having run big city marathons, there's something nice about just showing up an hour before the race and not having to preregister. It's so manageable and welcoming. Afterward, there is a fabulous meal of bread and soup at the Adamant Music School. I think it's a great local race.

—Phyl Newbeck

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She is a skier, skater, cyclist, kayaker, and lover of virtually any sport that does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.



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SURVIVAL AS A PASSING GRADE

AFTER THE HOLIDAYS when most high schoolers were starting to study for midterm exams, 10 students were preparing for an adventure of a lifetime. The Vermont Kroka semester program is a six-month expedition covering 600 miles on skis, in canoes, and by bicycle. The journey begins in Marlow, New Hampshire, where the students and teachers work together to prepare for the expedition by dehydrating meat and vegetables, and learning backcountry ski techniques, nutrition, and navigation skills.

Then, from southern Vermont, the group skied north along the Catamount Trail, 300 miles to the Northwoods Stewardship Center just south of the Canadian border. Racing the spring-time thaw, the Kroka students carried their equipment on their backs and slept in tents they sewed themselves at base camp.



Noah Begin

Noah Begin, a senior at a private school in Maine, reflected on his experience so far during the spring semester. "It's a very real experience. As far as doing outdoor trips, you aren't often as involved in the planning. We all have different jobs. If we need more food, we'll e-mail base camp with exactly how much food we need. We plan every aspect of the trip. We have a navigator, with topographical maps, who will plan every day. I'm in charge of all of the food for the expedition. We ate a lot of grains, beans, lentils, rice—a lot of lightweight things that don't go bad. Someone else is

in charge of all the gear, helmets, and canoes—things like that."

During the expedition, the students also eat whatever they can scavenge because it means less food they have to carry. "We actually got a coyote from a hunter and that fed us for a few days," Noah said as he showed me his coyote-tooth necklace that he made on the trail. "We ate a couple roadkill deer. We even had the game warden come for dinner," Noah recalled. "We slaughtered a couple roosters up here (at the Northwoods

Stewardship Center), which was a good experience. It was the first time I had slaughtered an animal. You hold it and kind of calm it down, and then slit its throat."

Living in the wilderness can sometimes prove to be dangerous, as Noah discovered. "I fell through the ice the other day. At the end of the lake, we had to portage across an ice patch. I was stepping out of the canoe and my leg went right through the ice, and I sat on the gunwale and the boat flipped. Someone else had to come up and do a T-rescue (a maneuver to right a capsized canoe without bringing it to shore) on the boat. Misha, the program leader said, 'Grab a boat and run.'" That was so Noah did not get hypothermic.

In March, the students did fire-solos in small groups. "We went out with just a hatchet, a saw, matches, and a sweater—no jacket—and we had to spend the night. We built a shelter with sticks and put boughs all over it. We'd cut long poles of dry wood, and we'd just drag them in as they burned. We got it all set up and fell asleep, but we woke up two hours later, just freezing and our fire had died." Eventually, Noah figured out how to stoke the fire every hour or two and even managed to get a few hours of sleep.

Although spring has arrived, the Kroka students are only half finished with their journey. From the Northwoods Stewardship Center in East Charleston, the group will canoe north along the Clyde River into Canada and eventually to Lake Champlain. After rowing south along Lake Champlain, the students will ride their bikes across the state to their starting point and base camp in Marlow, New Hampshire.

Reflecting on his decision to do a Kroka semester, Noah would strongly recommend the program. "I was nervous about giving up normal life and being able to control my own schedule, but once I got here, I've enjoyed it a lot. We've all become really close. It's been cool to actually watch the seasons change. It's a really good experience."

Daniel Grosvenor is a senior at Montpelier High School who is graduating in June.

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WITH AN ESTIMATED 50,000 resident riders and 60,000 visits just to Kingdom Trails alone last year, Vermont has seen an explosion in mountain biking. But it wasn't long ago that it suffered from a poor image and limited access. Until recently, the infamous Stowe Mountain Bike Club's Perry Hill Trails, on state land in Waterbury, were illegal, mountain biking was excluded from Vermont's National forests, and ski areas considered gravel access roads to be good riding.

Now, thanks to coordinated efforts, the rock-drop-filled Perry Hill network is one of the more popular public spots to ride; national forest land like Moosalamoo National Recreation Area in Goshen and Blueberry Lake in Warren are laced with miles of singletrack; and ski areas like Sugarbush, Burke Mountain, and Trapp Family Lodge have added robust summer operations. With 800 total miles of trail, Vermont is on the map for one of the best mountain bike scenes in the East.

The recipe for success included the visionary thinking of local mountain bike clubs, formed around their community's interest in hitting the trails on two wheels, and their legendary trail builders' abilities to make it fun. In the process of legalizing Perry Hill, the state of Vermont became an important supporter.

In the late '90s, another key ingredient emerged: the Vermont Mountain Bike Association. Made up of local mountain bike chapters,

like the Stowe Mountain Bike Club and Montpelier Area Mountain Bike Association, VMBA (pronounced VIM-bah) served as a unified voice at the state level and provided an opportunity for chapters to learn from each other. As trails were legalized and more were built on state land, VMBA was designated official trail corridor manager.

From 2006 to 2012, VMBA's first executive director, Patrick Kell, moved mountain biking from a well-kept secret to a touted asset with public access. He broke ground on public land that had previously excluded mountain biking, introduced ski areas to experts like Gravity Logic; a mountain bike park developer based in British Columbia; and brought riders together with movie nights, the Green Mountain Showdown photography competition along

with Mountain Bike Vermont and the Vermont Mountain Bike Festival. The events brought a sense of camaraderie to a formerly disconnected group and were a turning point in advocacy. Former MAMBA president Jase Roberts says of Kell, "He really stepped things up a notch for mountain biking in Vermont."

Kell left VMBA in 2012 to join the International Mountain Bike Association, and the new executive director, Tom Stuessy, is transforming VMBA to more broadly focus on statewide advocacy and stewardship. He's building on VMBA's existing relationships with Vermont's Forest, Parks & Recreation Department and Department of Tourism & Marketing to develop long-term strategies for growth, and he's looking to Vermont's riders to lead the way.

Megan Smith, Vermont's tourism

commissioner, understands the potential for tourism by attracting the rider demographic to Vermont. "Mountain biking is potentially the next really big boon for tourism in the state," she says, and she wants her organization to support VMBA by including three-year funding in the tourism department's budget. Smith says of VMBA's new directions, "I want to see it mirror Ski Vermont," referring to the potential to grow the Vermont mountain bike brand.

Beyond tourism and marketing, there are the trails themselves. Seventy percent of Vermont's riding is on private land. "If all our landowners decided tomorrow they didn't want mountain biking, it would be over," Stuessy says. But he's planning for that, too, by partnering with Forest, Parks & Recreation on a 10-year expansion of mountain bike trails on state land. As Craig Whipple, director of Vermont State Parks puts it, "It's an example of the maturing of the organization."

While VMBA works closely with state agencies to gain trail access, it in turn empowers the local chapters to build and maintain trails. Twenty-three chapters now pay annual dues in exchange for umbrella 501c3 status, deeply discounted insurance, a landowner relations packet that includes explanations of state policy plus official state endorsements, access to grants, and representation at the state level. This has been effective in many ways, as the Stowe Mountain Bike Club's president, Jay

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JOIN VMBA

In addition to supporting trails, events, and the best riding scene in the East, benefits of membership include discounts at ski resorts and Highland Mountain Bike Park, free and discounted trail passes at several touring centers, a free subscription to *Dirt Rag Magazine*, free day passes to Vermont state parks, and discounts at businesses around the state. See the full list of benefits and join online at vmba.org/membership

Provencher, said. "The value," he added, "is having one point of contact with the state, versus 23."

VMBA and the state can lay the best plans, but nothing would get built without local chapters, whose members have built today's vibrant mountain bike scene. Still, only one in 50 of Vermont's riders are members of a local chapter. Nobody wants to pay dues," Provencher says.

But chapters need cash to build and maintain trails. "There is no free riding in Vermont," Stuessy says. "Every trail costs something to design, construct, and maintain, and someone is paying for it." Chapters like the Stowe Mountain Bike Club are looking into new ways to collect money, such as technology to collect day-use fees at trailhead kiosks; but more important, VMBA is strongly promoting chapter membership.

New this year, Stuessy also wants riders to join VMBA. His goal: "Chapters are unified, the value of VMBA is recognized and understood, and riders recognize they have a responsibility for what they ride and are passionate for." VMBA membership is a new layer of cost for riders, although there are a long list of member benefits like free passes and business discounts, but Stuessy is quick to point out it's about more than just money: "It's support for an end that is larger than ourselves, and it sets an example. The benefits we get back as riders are a hundred-fold."

Vermont's riders no doubt have it good. "Vermonters enjoy one of the very best mountain biking cultures in the country," Steussy says. With public access, more trails, increased tourism dollars, and a growing rider membership, all signs point to things only getting better.

Sarah Galbraith of Plainfield, Vermont, bikes, hikes, skis, and cartwheels through Vermont in all seasons. In her spare time, she's helping form a new mountain bike club for her community.



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John Spinney was one of many competitors to brave the open water of the Pacific Ocean at Kona in 2010. Photo courtesy John Spinney.

STROKE, TECHNIQUE, PACE

WANT TO MASTER OPEN-WATER SWIMMING? HEAD TO WATERBURY

By Heidi Hill

WHILE CROWDS OF PEOPLE SWIM and socialize at the popular day-use area off Route 100, a masters swim group meets at a quiet section of the reservoir tucked between the entrance to Little River State Park and the Waterbury Dam. Like the folks at the day-use area, the masters come from near and far to get wet. But unlike casual splashers, these athletes take swimming to another level—practicing pacing, drafting, and sighting, and perfecting their strokes. They come together, beginners and veterans alike, to swim and to train.

The Monday night group swim takes place along the shoreline, away from boats and the dam, where the water is shallow enough that swimmers can stand up, if need be.

Chris Kogut, of Charlotte, is a

regular at the reservoir swims. She describes them as “relaxed and fun ... where people of all abilities come to pace and draft each other, compare stroke techniques, share race experiences and upcoming season goals, and just enjoy being in the outdoors.” Kogut and several other swimmers in regular attendance are coached by John Spinney, an accomplished triathlete who organizes the group. While he may be the organizer, Spinney does not coach the Monday night group. Rather, he is there to swim like everyone else.

In addition to working for the Vermont Agency of Education and training for triathlons, Spinney puts a lot of time and energy into his coaching for QT2 Systems (Quantitative Triathlon Training). He’s a busy guy. Spinney coaches

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Swimmers, including John Spinney (gray shirt) at the Waterbury Reservoir.

elite athletes as well as beginners. He credits his background in education for helping him differentiate his instruction, something he notices is often lacking from masters swim instruction. Spinney has been coaching open-water masters swimmers since 2005, and in Vermont, that means a lot of pool time.

While Spinney isn't officially coaching at Waterbury, he gets asked a lot of questions about form and technique. He explains his coaching approach: "All of the workouts [at the pool] are differentiated so beginner swimmers get what they need and accomplished swimmers get their needs met too," he says. "The beginner swimmers are doing a lot more drill work and getting more technique feedback, whereas the accomplished swimmers are getting more vol-

ume and feedback on what kind of paces they should be able to hit and feedback around how well they paced the set, how was their diet today—yes, it comes up a lot—and subtle technique issues."

The first focus for open-water swimmers is body position. After that, it's improving stroke rate. "There is very little distance per stroke when body position is poor," says Spinney. Characteristics of poor body position are low hips and feet, which causes the body to sink like an anchor. When needed, Spinney uses an iPhone app called Coach's Eye that provides swimmers with instant video feedback.

While a big part of coaching swimmers is physical, there is always the mental component to consider. In open-water swimming, the crowded field can be panic-producing so Spinney teaches athletes how to relax and breathe through anxiety by simulating the crowded scenario of race day.

"The nature of open water is that you have currents, chop, swells, and turbulence from other swimmers," Spinney explains. "It is not the smooth, pristine water you have in a pool. Not to mention the other swimmers. Open-water swims and triathlon swims are typically mass start events, i.e., pack swimming. Open-water racing is a full-contact sport."

Tucked in a quiet recess of the reservoir, the group swim is low-key, far different than race day, but that doesn't stop swimmers from pushing each other.

TRY TESTING THESE WATERS

Colchester Pond and Shelburne Beach: Open-Water Swim Clinics

Rayne Herzog, of RaceVermont, will offer a couple of free open-water swim clinics at Colchester Pond and Shelburne Beach when the water warms up. Check the "Latest News" tab on racevermont.com for updates or contact Rayne Herzog at 316-7142 or rayne@racevermont.com.

Northeast Kingdom: Races and Training

The Northeast Kingdom Open-Water Swim Association (NEKOWSA) hosts the well-known races at Lake Memphremagog and Lake Willoughby. New this year:

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Waterbury Reservoir: Masters Group Swim

Meets on Monday nights, 5:30 p.m., mid-May to October. Reservoir access is off Route 2 at the Little River State Park entrance. Meet at the parking lot just past the dam. Contact: John Spinney, john@qt2systems.com.

"The group swim at the Waterbury Reservoir pushes me beyond my comfort zone in a safe, controlled environment," shares Tim Cornell, of Middlebury. "There are swimmers and triathletes of all levels, which provides realistic simulation of swimming in a race."

A skill utilized at races and practiced during the group swims is drafting. Just as cyclists benefit from drafting, so do open-water swimmers, with the potential of saving 18 to 25 percent of one's energy. At the reservoir, swimmers also work on sighting and swimming in a straight line, skills that are difficult to practice in the lined lanes of a pool.

The opportunity to test months of pool practice in the open water is welcomed by the group, and doing so alongside fellow swimmers is a big bonus.

"After a long winter of crowded pool lanes, flip turns, and chlorine, the start of Spinney's weekly reservoir swims has a big happy face on my calendar," says Kogut.



Heidi Hill is a freelance writer and author of *Fit Family: The Infant, Toddler, and Preschool Years*. She writes about sports, fitness, family, and Vermont, from her home in Waterbury.

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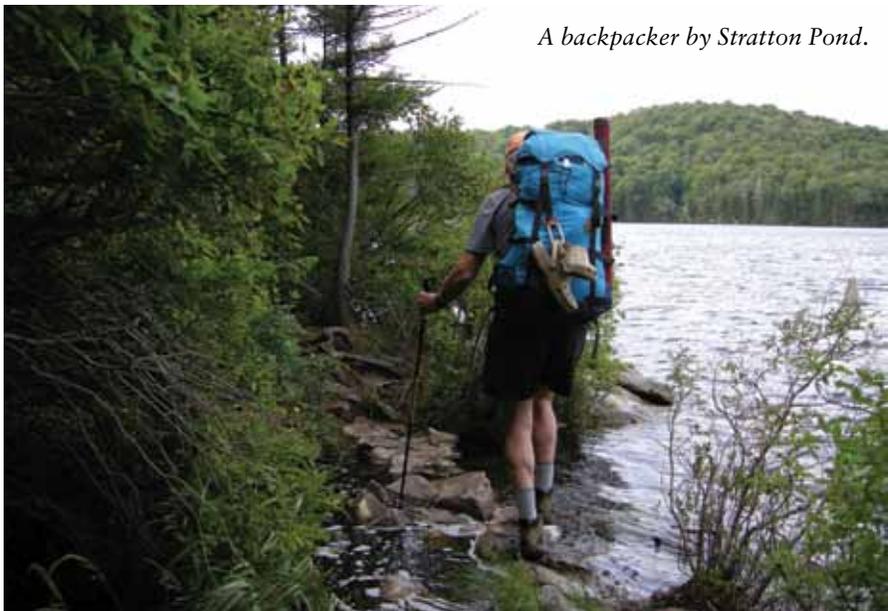
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5, 4, 3, 2, 1 BACKPACK

WHETHER YOU HAVE ONE NIGHT OR FIVE,
WE HAVE AN ITINERARY FOR YOU

Story and photos By Lisa Densmore

*The Monroe Skyline from atop
Camel's Hump.*



A backpacker by Stratton Pond.

A COUPLE DECADES AGO, Club Med started labeling its advertisements, “the antidote to civilization.” The ads typically pictured a handsome couple walking hand-in-hand on a pristine swath of sand in the tropics. The tagline struck a chord because it promised a break from the stresses of everyday life for a walk in an idyllic, remote place. What the ads didn’t reveal is that the couple nursed a piña colada–induced hangover after limboing the night away to the cheers of 150 of their new best friends. Their vacation might have been uncivilized, wild even, but not exactly an escape from people and the trappings of the modern world.

There’s another type of walk on the wild side that’s much closer and much cheaper. It’s a stroll through the woods and over mountaintops rather than along a beach. You can still hug your sweetheart as the sun sets and take a dip in a crystal-clear pool, but you’ll wear Vibram-soled boots rather than flip-flops, sleep in a tent rather than a bungalow, and carry everything you need on your back rather than in a beach bag. What’s more, when you return home, you’ll feel clearer of mind, more physically fit, and more in touch with nature. The true antidote to civilization is backpacking. Best of all, backpacking allows you to get off the grid for a time. You can literally smell the flowers without distraction. The longer you trek, the more refreshing the journey.

Vermont and neighboring upstate New York and New Hampshire are blessed with many spectacular backpacking routes. These days, with gear getting lighter and lighter, you can easily do a multiday trip with less than 40 pounds on your back.

Here are four trips of varying durations guaranteed to give you a blissful break from the civilized world.

FIVE - OR FOUR-NIGHTER: Pemigewasset Wilderness & Franconia Ridge

Day 1: Lincoln Woods Visitor Center along the Pemigewasset River to Franconia Brook East campsite, 2.9 miles

Day 2: Franconia Brook East campsite over Bondcliff and Mount Bond to the Guyot Campsite, 9.7 miles

Day 3: Guyot Campsite over South Twin and Galehead mountains to Garfield Ridge campsite, 6.8 miles

Day 4: Garfield Ridge campsite over Mounts Garfield, Lafayette, Lincoln, and Little Haystack then descend to Lafayette Place, 8.5 miles

Add a day to make a loop:

Day 4: Garfield Ridge campsite to Liberty Springs tent site, 7.5 miles

Day 5: Liberty Springs tent site over Mounts Liberty and Flume then descend to Lincoln Woods Visitor Center, 7.3 miles

A peak-baggers delight, this ambitious route takes you through the heart of the Pemigewasset Wilderness, then along one of the longest, most dramatic Alpine ridges in the Northeast. The first day is modest both mileage- and terrain-wise, allowing plenty of time for a side trip to swim at Franconia Falls. The big climb on day two rewards with impressive views from atop iconic Bondcliff—the cover-shot cliff oft representing hiking and backpacking in the White Mountains—and then from Mount Bond. From there, you’ll circumnavigate the western half of the Pemi along Franconia Ridge, cresting eight 4,000-footers; nine, if you take a short side hike to West Bond; and 10, if you add an extra day. **Best part:** Standing atop Bondcliff, a 500-foot precipice, ogling an endless view of mountains without any evidence of civilization. Walking the knife-edge on Franconia Ridge between Mount Lafayette and Little Haystack.

Know before you go: For experienced backpackers. Requires a car drop for the four-day route. Save this one for good weather. Once above tree line, the route is extremely exposed.

THREE-NIGHTER: Monroe Skyline, Vermont

Day 1: Lincoln Gap to Glen Ellen cabin, 8.1 miles

Day 2: Glen Ellen cabin to Cowles Cove lean-to, 9.3 miles

Day 3: Cowles Cove lean-to to Montclair Lodge, 5.1 miles, then without packs, up and down Camel’s Hump, 3.4 miles

Day 4: Montclair Lodge to Monroe Trail trailhead, 2.2 miles

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Farm-Way - Bradford, VT

Jay Country Store - Jay, VT

New England Backpacker - Worcester, MA

Outdoor Gear Exchange - Burlington, VT

Ragged Mountain Equipment - Intervale, NH

Williston Workwear - Williston, VT



This classic section of the Long Trail cherry picks some of its best views. It starts with a short stiff climb to the top of Mount Abraham, one of Vermont's four true Alpine areas. Once up high, it traverses the long ridge on the western side of the Mad River Valley, passing over Lincoln Peak and Mount Ellen before dropping down to Appalachian Gap. It climbs again over Burnt Rock Mountain then the Allens, saving the best for last, another of Vermont's Alpine summits, Camel's Hump. The undulating terrain is wooded and cliffy in places and rewards with excellent views along the high spine of the Green Mountains north and south, as well as to New Hampshire's White Mountains to the east and the Adirondacks to the west. **Best part:** Eating lunch atop the lesser-known open-rock summit of Burnt Rock Mountain. Exploring the cave by the Theron Dean Shelter on the descent to App Gap.

Know before you go: Requires a car drop. Overnight fee at lodges and lean-tos collected by Green Mountain Club caretaker.

TWO-NIGHTER: Avalanche Lake–Mount Marcy Loop

Day 1: Adirondak Loj to end of Lake Colden and the Beaver Point lean-to's, 5.6 miles

Day 2: Lake Colden over Mount Marcy to Marcy Dam lean-tos, 8.8 miles

Day 3: Marcy Dam lean-tos to Adirondak Loj trailhead, 1.3 miles

This two-nighter takes you into the heart of the Adirondack High Peaks. The first day, you'll pass through a short, deep canyon known as Avalanche Pass then follow the shoreline of Avalanche Lake and Lake Colden via a series of short ladders and bridges, known as "Hitch Up Matildas" that hang dramatically from the boulders and cliffs. After a night near the lake, you'll climb past

Clockwise from top left:

View from the fire tower atop Stratton Mountain.

A short ladder en route to Lake Colden (Adirondack High Peaks).

"Hitch-Up Matilda's" by Avalanche Lake (Adirondack High Peaks).

Historic Stratton fire tower.

Lake Tear of the Clouds, the source of the Hudson River, and over the summit of Mount Marcy, the highest mountain in New York. After ogling the view, you'll descend past Indian Falls to the lean-tos along Marcy Brook near Marcy Dam. It's an easy hike out the last morning, closing the loop at Adirondak Loj. **Best part:** The summit of Mount Marcy on a blue-sky day feels like the top of the world. **Know before you go:** Bear canisters are required for storage of food, toiletries, and trash when camping in the Adirondack Park. Rent one from the Adirondack Mountain Club at Adirondak Loj. Parking fee at Adirondak Loj trailhead.

ONE-NIGHTER: Stratton Mountain–Stratton Pond Loop, Vermont

Day 1: Long Trail-North from Kelly Stand Road over Stratton Mountain to Stratton Pond, 6.9 miles

Day 2: Stratton Pond to Kelly Stand Road via Stratton Pond Trail, 4.6 miles

FOR MORE INFO:

Vermont: Green Mountain Club, greenmountainclub.org

New Hampshire: Appalachian Mountain Club, outdoors.org

New York: NYSDEC, dec.ny.gov; Adirondack Mountain Club, adk.org

A visit to Stratton Pond is a nice introduction to backpacking if you've never done it before. Though the route takes you over Stratton Mountain, the climb is not steep and rewards with a spectacular view that extends into five states from atop a fire tower, a national historic landmark. Stratton Pond is the largest body of water on the Long Trail and a nice place to swim or cast a line. (The state of Vermont stocks Stratton Pond with brook trout.) There are a number of first-come, first-served tent sites at various points around the pond, as well as an oversized lean-to. And the walk out via the Stratton Pond Trail is relatively flat through an airy hardwood forest. To close the loop, it's a 0.9-mile walk along

the Kelly Stand Road (a seasonal dirt road) back to the trailhead for the Long Trail-North.

Best part: Climbing the fire tower. Watching the pond turn to glass as the sun sets.

Know before you go: Can be crowded on summer weekends when through-hikers and overnights

converge there. Overnight fee collected on site by Green Mountain Club caretaker.

A freelance writer and photographer, Lisa Densmore is author of five hiking guidebooks in Vermont, New Hampshire, and the Adirondacks including Hiking the Green Mountains, Hiking the Adirondacks, and Hiking the White Mountains. lisadensmore.com.



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GEAR: Deuter Kid Comfort III

When it comes to your child, you tend to want the best for them. For the outdoor-loving parent, Deuter's Kid Comfort III child carrier fits the bill. The baby's harness is outfitted with plush material on all the strap surfaces, and while I did not quite fit in it myself, I would imagine that chafing would be a minor issue, if at all. There is even a satiny face-rest (which is removable for cleaning) for your little one when he or she falls into la-la land. A generous shade hood tucks into a slim-zippered pocket in back of the child, though the

tie-downs for the hood seem small and require quite a bit of dexterity to clasp. Behind the hood are a few ample stuff-it pockets, as well as a smaller zippered pocket. And below where your precious sits, there is a larger zippered pouch that will easily hold extra diapers, food, toys, bottles, and virtually anything else you might need for a day trip. For adults, there is an easily accessible hydration system with a side zipper so you don't have to reach anywhere near your child's face when removing the bladder to refill or replace it. A nice pocket

on one side of the hip belt conveniently holds a camera, and the other side houses a handheld mirror so you can make eye contact with your cargo. The cherry on top is that it comes with a stuffed plush animal. And the whole thing folds down to become nearly flat and weighs less than 8 pounds.

\$299; Eastern Mountain Sports, South Burlington; C&C Outdoor Store, Waterbury. Clearwater Sports, Waitsfield.

GEAR: Kelty Big Dipper

With kiddies, one conundrum tends to be how fast they grow. The moment you think you've gotten the right size



of something for them, you turn around and little Jenny or Johnny has grown to twice the height! Kelty presents a temporizing solution to this dilemma with this cozy sleeping bag. It features a telescoping foot compartment that unzips, expanding an additional 12 inches. This expansion should allow your youngster to stay with this bag for at least a couple more years than had you bought a fixed-length bag. Aside from this unique attribute, the bag also has loops on the outside that can be affixed to a sleeping pad to keep the child more in place and comfortable, and a pillow pocket so that won't slide away either. And to keep them safe, Kelty eliminated any drawstrings, replacing them all with elastic. Growing pains will seem less painful (at least on the wallet) with this sleeping bag!

\$69.95; The Village Sport Shop, Lyndonville; Onion River Sports, Montpelier; Wildwater Outfitters, Brattleboro.

BEER: Rookie's Root Beer



I just could not bring myself to reviewing an alcoholic beverage in a Gear and Beer edition dedicated to kids' products. So here you have it: the next best thing to beer (even nonalcoholic beer ... blech!). Jenny and Dave Rooke, founders of Rookie's, brew in Burlington using only six all-natural ingredients for the yumminess. Your taste buds will get jazzed up about the mingling of wintergreen, licorice, and vanilla. They use no corn sugar or caffeine. And on a hot summer day, it's hard to beat ice cream in Rookie's. Get it on tap at any of the American Flatbread locations, Prohibition Pig in Waterbury, or Parker Pie Co. in West Glover.

Josh Gleiner is the Beer and Gear editor for Vermont Sports. He can be reached at gear@vtsports.com.



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Age: 64 | Residence: North Hero | Family: Wife, Kathleen; adult children, Keith, Brendan, and Deirdre | Occupation: Consulting Project Manager; part-time tour leader for Discovery Bicycle Tours | Primary sport: Road cycling, running



HAVING SURVIVED BOUTS WITH CANCER AND A TOTAL HIP REPLACEMENT, FRANK DRISCOLL GOT ON HIS TREK 1500 IN SEATTLE ON JUNE 17, 2012, AND HEADED EAST FOR A SOLO CROSS-COUNTRY RIDE. FORTY-EIGHT DAYS AND 3,665 MILES LATER, HE ARRIVED IN RYE, NEW HAMPSHIRE, WITH A SMILE, IT SEEMS, THAT HASN'T LEFT HIS FACE SINCE.

VS: When did you decide you wanted to do a cross-country bike ride?

FD: I've wanted to do this ride for 10 to 15 years. In the last five years, I had two cancers and a hip replacement, which caused no changes in my lifestyle whatsoever, but in fall of 2011, I had several friends suffer strokes and heart attacks, and I decided, "If not now, when?"

VS: Tell us about your journey.

FD: I still smile when I think about it. A day doesn't go by that I don't think about someone I met or a road I cycled on. It was just unbelievable. It started out as a bike ride, and on day three in Yakima, it became 50 percent bike ride and 50 percent unbelievable people experience. I didn't camp so I was able to travel light. In addition to the bike, I carried 46 pounds consisting of two pairs of riding apparel, minimal clothing to wear when I stopped at night, chains, tubes, tires, spokes, tools, and cables. I mapped out the entire route in advance, but I started changing it depending on who I had dinner with the night before or met at the bar, so I only made reservations a day or two in advance. Sometimes I

would change my plans and ride an extra 20 miles if a place didn't look that good. O'Neill, Nebraska, was high on my list (O'Neill is called the Irish capital of Nebraska), but when I got there, I saw the hotel was in the middle of the busiest intersection in northern Nebraska so I canceled my reservation; and even though it had to be 100 degrees, I continued on to Orchard, Nebraska, where I had my first conversation with a member of the Amish sect.

VS: What was the high point of the ride?

FD: There were a ton of high points. I rode during the hottest summer on record, which didn't detract at all from me feeling euphoric. I've got to say that most every day getting on the bike, heading on the road, and going somewhere different and new had me smiling. From a people perspective, Jackson, Wyoming, was over the top. I'm a member of the Warm Showers Community (a free worldwide hospitality exchange for touring cyclists), and I stayed with five Warm Showers hosts. In Jackson, I got a text in the afternoon from a host saying she was going out for a ride, and she would leave

the door unlocked. When she got home, she invited me to a dinner party across town where we sat on the deck overlooking the elk refuge. Those kinds of experiences happened over and over again. The best ride was climbing the hill out of Kennewick, Washington. I went uphill seven miles and then downhill 12 miles without braking to the Columbia River. It was beautiful.

VS: What was your toughest day?

FD: Going from Shoshone to Casper, Wyoming—98 miles on a 100-degree day. It was absolutely the most barren landscape I've ever seen, and very hilly. I had a 20-mph head wind the whole day. It was a wonderful experience, but a really hard ride. My first place to stop was at 46 miles, and the lady at the store said severe thunderstorms were predicted in an hour. The sky only broke wide open as I rode into Casper so I felt like I had a four-leaf clover on my back.

VS: Did you have a lot of climbing on the ride?

FD: I went over the Tetons, the Cascades, and the Blue Mountains—I didn't realize how hard those were; they're almost as steep as the Tetons. I also climbed over the Continental Divide and went through Pine Creek, Idaho. Some of the toughest riding was across New York State just south of the Finger Lakes. From Aurora to Cazenovia there are 10 to 12 percent drops and then 10 to 11 percent rises, up and down, up and down. It was tough because I didn't expect it. Over Route 9 in the Green Mountains was tough, but by then, I was in pretty good shape.

VS: Was there ever a time that you wanted to quit?

FD: I never gave it a thought. I had very few bad experiences. I had one accident going down Teton Pass. I had expected to see lots of riders, but I didn't. I met one cyclist going up and rode with her for a while. Some people at the top convinced us to take the old road down into Wilson instead of the main road. I didn't want to, but I did, and I hit a piece of bad pavement and had a blowout and a bad accident. Other than that, thanks to

steel-belted tires, I didn't have a single flat. I started every day expecting the sun to shine, but on day two, it was absolutely pouring rain. I debated whether to stay in the hotel all day, but I put on my rain gear and rode the hard-packed gravel Iron Horse Trail over the Cascades. I got soaking wet, but it was beautiful scenery. Once I got over the fact that I was wet, it was a nice day.

VS: Have you always been a cyclist?

FD: I've always been a runner and a cyclist. I have very fond memories of my best Christmas present: a three-speed Raleigh I got when I was 7 years old. My entire life I've ridden at some level. I started running in ninth grade and never stopped. I was on the board of RunVermont for several years, and I still run twice a week, although emotionally, it was tough to get back into running after my hip replacement.

VS: Do you have a favorite local cycling route?

FD: Even though I live in a flat area, I like to ride hills. I love riding in Canada. There's a great route that includes Highgate, Franklin, and the Morse's Line border crossing that I love to do.

VS: How did you train for the cross-country ride?

FD: I rode on my trainer during the winter, and I did a lot of mountain bike riding in the spring because I was doing a project in Montpelier. I did a lot of research about how others trained and prepared. The two weeks before the ride, I did two regimens. The first week, I rode 50 miles three days in a row, and the next week, I did it four days in a row. Earlier in the year, I did a 10-day trek in the Andes so that was my altitude training.

VS: Tell us about leading tours for Discovery Bicycle Tours?

FD: It's really enjoyable. I love Vermont, and I get to show people around and experience riding with people who are just leisure cyclists and get to encourage them. It's taught me to slow down a little and enjoy the ride.

—Phyl Newbeck

Advertisement for Earl's Bicycles. Text includes: "Your Road Bike Headquarters!", "FREE Professional Fit with every road bike purchase!", "DON'T ENDURE, CONQUER", "Ride the New Trek Domane at Earl's Today!", "2500 Williston Road South Burlington", "www.earlsbikes.com", "802-864-9197".



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

BACKPACKING/HIKING

June

- 16 **HIKE STOWE WITH GMC.** Moderate. 6 mi, 6 hr walking. Elephant's Head Loop. For meeting time and place, hertzkj@gmail.com.
- 17-19 **WHITE MOUNTAIN HIKER.** Explore Alpine territory high in the Presidential Range of the Whites. Northwoods Stewardship Center, E. Charleston. northwoodscenter.org.
- 22 **HIKE UNDERHILL WITH GMC.** Difficult. 6 mi, 2,700 gain. Sunset Ridge Trail loop back to the same trailhead by following the Laura Cowles Trail. Must reg. 476-7987, pdeluca420@msn.com.
- 23 **HIKE MT. ASCUTNEY WITH GMC.** Windsor. Moderate. Hike to the summit via the Windsor Trail. Montpelier High School. 249-0520, chernick5@comcast.net.

BIKING/CYCLING

June

- 2 **HINESBURG HOLLOW WITH GMBC.** Short route is 25 mi (M) and the long one is 47 mi (M/S) and continues through North Ferrisburgh to the lake and back through Hinesburg. 9:15 a.m., Williston Central School. 735-5359, etomkennedy@gmail.com.
- 5-9 **TOUR DE KINGDOM.** Three days of guided riding culminating in two days of supported Century Rides with a Gran Fondo-style, timed event option. 7:30 a.m., IROC, Derby. phil@wilsonwhite.com.
- 9 **TOUR DE HEIFER.** A trio of scenic but challenging rides with 15 mi, 30 mi, and 60 mi routes. Also a 5 mi walking option. Times vary, Lilac Ridge Farm, W. Brattleboro. strollingoftheheifers.com/tour.
- GRAND ISLES FLATS WITH GMBC.** The 28 mi ride (E/M) circles Grand Isle and includes some dirt. Riders on the 58 mi (M) ride can visit St. Anne's Shrine and a fossil bed. 9:15 a.m., Folsom School, South Hero. 878-4070, amyotten@netscape.com.
- VERMONT STATE TIME TRIALS CHAMPIONSHIP.** A 40K out-and-back course with amateur, pro, masters, and jr categories. USA Cycling license required (or you can buy

- a day of license). 8:30 a.m., Windridge Tennis Camp, Roxbury. onionriver.com, 229-9409.
- 15 **GREAT RIVERS CENTURY.** Choose from 25, 50, 75, or 100 mi of scenic Vermont riding along the Williams, Black, Ottaquechee & Connecticut river valleys. 8 a.m., Cavendish Elementary, Proctorsville. cyco@tds.net.
- 16 **JAUNT FROM JASPER MINE WITH GMBC.** This rolling hill ride (60 M/S) stops in St. Albans Bay for a lunch break then over to Swanton. The shorter version (40 M) turns around after the lunch stop. 9:15 a.m., Jasper Mine Rd., Grand Isle. 735-1836, wcoolidge@myfairpoint.net.
- 21-23 **NEMBAFEST ON KINGDOM TRAILS.** Downhill and XC mountain biking. Reg. includes camping, trail entry fee, shuttles, music, and more. Burke Mountain Resort, E. Burke. nemba.org.
- 22 **LONG TRAIL CENTURY RIDE TO BENEFIT VERMONT ADAPTIVE SKI AND SPORTS.** 20, 50, or 100 mi ride supporting sports for people with disabilities. Long Trail Brewery/Killington area. longtrailcenturyride.com.
- NORTHERN CHAMPLAIN CENTURY.** Cyclists depart from Sandbar State Park at 8 a.m. for a 25, 50, 75, or 100 mi ride along the shores of Lake Champlain. 8 a.m., Sand Bar State Park, Milton. northernlakechamplain.com/bike-for-the-lake.
- 23 **CABOT SAMPLER WITH GMBC.** 36 (M), 45 (M/S), and 55 (S) mile options from Cabot through Greensboro and Craftsbury. 9:15 a.m., Cabot Town Green, Cabot. 225-8951, everstab@verizon.net.
- 27 **TOUR DE BONNVILLE.** 16, 25, 50, or 53 mi bike ride or 18-hole golf tournament. 9 a.m., Stratton Mountain. tourdebondville.com.
- 30 **ROUSE'S POINT ROUSER WITH GMBC.** Short 50 mi (S/M) and longer 60 mi (M) rides. 8:45 a.m., Grand Isle Ferry Parking Lot, Grand Isle. 899-2908, phyl@together.net.
- Epic Summer Event.** 20K loop consists of fire road, doubletrack, and singletrack. Approximately 1,800' climbing per lap. 40K race option. 7:30 a.m., Trapp Family Lodge. vtssm.com/epicsummer, 253-9911 x201.
- July**
- 6 **NEWTON'S REVENGE.** Same course as the Mt. Washington Auto Road Bicycle Hillclimb. 8 a.m., Mt. Washington

- Auto Road, Gorham, NH. newtonsvengence.com.
- 7 **CHAMPLAIN BRIDGE RIDE WITH GMBC.** 60 mi ride (M) and 40 mi (E/M) options. 8:45 a.m., Vergennes High School. 881-9045, mattkui@earthlink.net.
- 13-14 **VERMONT MOUNTAIN BIKE FESTIVAL.** Camping, clinics, vendors, BBQ, music, and more. Ascotney Mountain Resort, Brownsville. vmba.org/festival.
- 13 **TOUR DE GRACE.** A beautiful, scenic ride. Start from Stratton Base Lodge Parking Lot and ride 19 miles, mostly downhill, to Grace Cottage Hospital. Busses transport riders and bikes back to Stratton. 8 a.m., Stratton Mountain Resort, Stratton. gracecottage.org.
- 14 **WILLSBORO WANDERER WITH GMBC.** 35 (E/M) and 50 (M/S) options of hilly terrain on low-traffic roads in New York. 8:30 a.m., Charlotte Ferry Parking Lot, Charlotte. 865-2839, lightspd@comcast.net.
- 21 **WARREN'S RIDE WITH GMBC.** 8:45 a.m. 735-1836, wcoolidge@myfairpoint.net.

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calendar of events

27 **ONION RIVER CENTURY RIDE.** Choose from the full 111 mi century ride, 110K metric century (68 mi), or 35 mi dirt & paved loop. 8:30 a.m., Montpelier Pool Parking Lot. onionriver.com/events-results/century/.

SOUTH OF NORTHFIELD WITH GMBC. 20 mi (E/M), 32 mi (M) or 58 mi (M/S) options. 8:45 a.m., Montpelier Park and Ride, Montpelier. 434-4497, sjbarner@gmavt.net.

28 **DOUBLE FERRY AND GMBC PARTY.** 50 (M/S) or 80 (S) miles starting from Burlington and heading down to Charlotte on a combination of roads and bike paths. 7:45 a.m., Burlington Ferry, Burlington. 865-2839, lightspd@comcast.net.

August

15-18 **THE VERMONT CHALLENGE.** The only bicycle Challenge that tours Southern and Central VT over 3 or 4 days. Various times and locations. vtchallenge.com.

17 **MT. WASHINGTON AUTO ROAD BICYCLE HILLCLIMB.** For hardcore bicycle road racers, mountain bikers, triathletes, tandem teams. 8:30 a.m., Mt. Washington

Auto Road, Gorham, NH. (603) 466-3988, kim@mt-washington.com.

24 **WHITE MOUNTAIN GRAN FONDO.** A one-day, long-distance, mass-participation cycling event around the White Mountains of NH. Choose from 25, 50, or 100 mi Fondos. 7 a.m., Loon Mountain, Loon, NH. whitemountaingranfondo.com, (603) 218-5112.

29-Sept. 2 **GREEN MOUNTAIN STAGE RACE.** A 4-day road bicycle stage race scored on overall time. The race consists of a time trial, circuit race, road race, and criterium.

September

1 **DARN TOUGH RIDE TO BENEFIT THE MT. MANSFIELD WINTER ACADEMY.** Four course options: 25, 45, 65, and 100 mi rides. 7 a.m., Mt. Mansfield Winter Academy, Stowe. mmwa.org/darntoughride, darntoughride@mmwa.org.

7 **KELLY BRUSH CENTURY RIDE POWERED BY VBT BICYCLING AND WALKING VACATIONS.** Teams or individuals compete in distances of 25, 50, or 100 mi, with options for 65 and 85 mi loops. 7:30 a.m., Middlebury Football College Stadium, Middlebury. kellybrushfoundation.org.

October

27 **CIRCUMBURKE MOUNTAIN BIKE CHALLENGE AND TRAIL RUN.** Forested singletrack, rugged logging roads, difficult climbs, breathtaking views, and a low-key friendly atmosphere. 9:30 a.m., Sherburne Lodge, Burke Mountain Resort, Burke. circumburke.org.

Ongoing

DIRT DIVAS. A summer mountain bike and empowerment camp for middle school girls. Dates and locations vary. vtworksforwomen.org/dirtdivas, 622-0400 x152.

CYCLING 101 WITH LINDA FREEMAN AND ONION RIVER SPORTS. Training rides will be on local, paved roads and are designed to build confidence, strength, endurance, road-riding skills, and a sense of community. 5:30 p.m., Tuesdays until 7/2. Onion River Sports, Montpelier. events@onionriver.com, 229-9409.

BEGINNER AND INTERMEDIATE RIDES FOR NEW RIDERS. 12-20 mi at a leisurely pace for folks new to road cycling. Learn the rules of the road and how to ride in a group. 10 a.m.,

Dorset Park, Burlington. 6/1, 6/15, 6/29, 7/13, 7/27. thegmbc.com/2013%20IntroRides.shtml.

DROOPY PEDAL MOUNTAIN BIKE @ PINE HILL PARK. 3rd Monday of June, July, Aug. 3 mi or 6-8 mi options. 6:30 p.m., Pine Hill Park, Rutland. rutlandrec.com/events.

CATAMOUNT MOUNTAIN BIKE SERIES. 5-20K races, a 2.5K "Cadets" race, and a short little "Cubs" race rotating between three courses. 6 p.m., Wednesdays, May 22-Aug. 21. Catamount Outdoor Family Center, Williston. catamountoutdoor.com, 879-6001.

STOWE BIKE CLUB TIME TRAILS SERIES. Various locations throughout Lamoille and Washington counties. Time Trials vary in length from 8-12 mi. 6:30 p.m., Wednesdays, May 8-Aug. 28. onionriver.com, stowebikeclub@gmail.com.

CLIMBING/MOUNTAINEERING

Ongoing

LADIES NIGHT CLIMB. Valley Rock Gym, 5:30 p.m., Tuesdays, Sugarbush Health and Sports Center, Warren. 583-6700.

DUATHLON/TRIATHLON/QUADRATHON

June

29 **NEWPORT SPRINT TRIATHLON.** Swim ½ mi, bike 13.5 mi, run 3.1 mi in and along the shores of Lake Memphremagog. 9 a.m., Prouty Beach, Newport. newportrecreation.org, 334-6345.

July

6 **SPRINT TRIATHLON I USA NATIONAL QUALIFIER.** 500 yd swim, 15.8 mi bike, 3.1 mi run to/from Shelburne Beach on Lake Champlain. 8 a.m., Shelburne Beach. racevermont.com.

7 **THE GREAT RACE TRIATHLON-DUATHLON.** Run 5K, bike 12 mi, paddle 3 mi. Individuals or teams. 10 a.m., St. Albans Bay. info@frcrcvt.com.

12-14 **TRIATHLON TRAINING WORKSHOP.** Fitness experts lead a weekend of conditioning and training, geared toward aspiring and accomplished triathletes. 4 p.m., Stratton Mountain. stratton.com.

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- 21 **LAKE DUNMORE TRIATHLON.** 600 yd swim, 14 mi bike, 3.1 mi run. 8 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com, 388-6888.
- 28 **COLCHESTER TRIATHLON.** Swim .5 mi or kayak 2 mi, bike 12 mi, and run 3 mi. Individuals and teams should register early as there is a limit of 400 participants. 8:30 a.m., Bayside Park, Colchester. colchestertri.com, 264-5640.

August

- 3 **KINGDOM TRIATHLON.** Three triathlon events on the same day: a radically different Aquaman Even Up, an Ollie Even Up, and a traditional Sprint. 7:30 a.m., Derby Beach House. kingdomtriathlon.org.
- SPRINT TRIATHLON II & VT SENIOR GAMES SPRINT TRI CHAMPIONSHIP.** Two races running at the same time. 500 yd swim, 15.8 mi bike, 3.1 mi run. 8 a.m., Shelburne Beach. racevermont.com.
- 11 **BRANBURY CLASSIC.** .9 mi swim, 28 mi bike, 6.2 mi run. 8:45 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com, 388-6888.
- 18 **SPRINT TRIATHLON III & OLYMPIC DISTANCE TRI.** Sprint: 500 yd swim, 15.8 mi bike, 3.1 mi run. Olympic: .9 mi swim, 25.4 mi bike, 6.2 mi run. 8 a.m., Shelburne Beach. racevermont.com.
- 25 **VERMONT JOURNEY.** 1.2 mi swim, 56 mi bike, 13.1 mi run. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com, 388-6888.

September

- 14 **MUCK IT UP SPRINT ADVENTURE RACE.** Trail running (6 mi), mountain biking (3.5-5 mi), paddling (3 mi), and a few mystery physical challenges throughout the course involving 2-person teams. 6:30 a.m., Bayside Park, Colchester. colchestervt.gov, 264-5640.
- 15 **JOSH BILLINGS RUNAGROUND TRIATHLON.** Bike 27 mi on backcountry roads then canoe, kayak, or paddleboard 5 mi around the lake and finish with a 6 mi run around the lake. 9:30 a.m., The Berkshires, Great Barrington, MA. joshbillings.com, (413) 344-7919.

Ongoing

- VERMONT SUN TRIATHLON SERIES.** 600 yd swim, 14 mi bike, 3.1 mi run. 6/30, 8/11, 8/25. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.
- ELMORE PRACTICE TRIATHLON SERIES.** Swim ¼ mi in Elmore Lake. Bike 9.7 mi out/back on Route 12 S from Lake Elmore. Run 2.5 mi out/back on Beach Road and dirt roads. 6:30 p.m., 6/13, 6/27, 7/18, 8/1. Elmore State Park. 229-4393, dosmyers@gmail.com.

FAMILY

August

- 25 **MVP HEALTHCARE KIDS RUN FOR FUN.** 1K run with 3 separate mass starts for ages 4-7, 8-10, and 12-14. 12 p.m., Midway Lodge at Stowe Mountain Resort, Stowe. rtttovt.com.

MISCELLANEOUS

June

- 22 **AIRES AMA/NATC MOTO TRIALS 2013 NATIONAL SERIES, ROUNDS 3 & 4.** Top riders from all over the US will be competing on a challenging natural terrain of rocks, ledges, logs, hillside climbs, and walls. 8 a.m., Carmen Brooke Maple and Dairy Farm, Swanton. greenmountainplonkers.org.
- RUN TO THE HILLS MOTORCYCLE POKER RUN.** Riders choose between 2 routes offered, stopping along the way to collect playing cards. 10 a.m., Vermont Ski and Snowboard Museum, Stowe. vtssm.org, 253-9911.

July

- 12-14 **FIELD SCIENCE RESEARCH CAMP.** The budding ecologist will gain a variety of field science experiences in this overnight camp focused on the themes of forest, sky, and water. Northwoods Stewardship Center, E. Charleston. northwoodscenter.org.
- 13 **EXTREME WOLVERINE CHALLENGE.** 6 mi course with 25 military-style obstacles on difficult mountain trails. 9:30 a.m., Stratton Mountain. mcdchallenge.com.
- 22-26 **ADVENTURE CAMP.** Explore nature up close, including a canoe trip on the Clyde River, hike up a local peak, investigate pond life, participate in team games and challenges that focus on exploring. Northwoods Stewardship Center, E. Charleston. northwoodscenter.org.

Coming to Craftsbury

-  **Dryland Programming**
Want to ski farther, faster, more efficiently next winter? Join one of our dryland training groups this summer.
-  **June 11 - Weekly Trail Series Opener**
Test your fitness on bike or foot in our weekly 5k series. Members race free!
-  **June 17-21 - Junior Ski Camp**
Residential dryland training camp for skiers. 2 workouts a day, cut with free time and fun! Led by the GRP racers.
-  **June 21-23 - Biathlon Camp**
We're proud to host this US Biathlon camp for middle schoolers. An intro weekend of safety, shooting and fitness.
-  **June 24 - Hosmer Point Day Camp 1**
All the fun of camp, without the overnights for kids age 9-15 up the road at Hosmer Point.
-  **July 8-12 - BKL Daycamp**
Skiers & active kids up to grade 8 can join the GRP ski team in a week of training and fun! Try lots of new activities!

Read more about these opportunities & many more at the website - www.craftsbury.com



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calendar of events

29-Aug. 1 **Survival Day Camp.** Enjoy swimming, canoeing, games, and team challenges, as well as primitive bush skills, like shelter and fire-building, orienteering and tracking. Northwoods Stewardship Center, E. Charleston. northwoodscenter.org.

August

12-16 **CONSERVATION TRAINING CAMP.** Learn about tool maintenance, work safety, wildlife habitat, bridge-building, trail work, and other conservation skills to engage in real conservation efforts in the local community. Northwoods Stewardship Center, E. Charleston. northwoodscenter.org.

Ongoing

MONT SUTTON FALL FESTIVAL. Hiking, chairlift ride, workshops about nature, crafts for kids, music, and BBQ. Every weekend Sept. 14 to Oct. 14. Mont Sutton, Quebec. montsutton.com/fall, (800) 565-8455.

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PADDLE

June

30 **PADDLE WRIGHTSVILLE RESERVOIR WITH THE YOUNG ADVENTURERS CLUB.** Middlesex. Easy. 229-9810.

August

4 **LAKE CHAMPLAIN DRAGON BOAT FESTIVAL.** Gather 21 teammates and join the races. No experience is necessary. Fun for the whole family with entertainment, food, silent auction, more. 7:30 a.m., Burlington Waterfront. ridethedragon.com, 999-5478.

RUNNING/WALKING

June

1 **WEST RIVER TRAIL RUN** along the West River in Southern Vermont. 9 a.m., The South Londonderry Depot to Jamaica State Park, W. Londonderry. thecollaborative.us/west-river-trail-run.

RACE TO THE TOP OF BRADFORD. 3.5 mi trail run to the top of Wrights Mountain and 1.5 mi kids' fun run to benefit the Bradford Conservation Fund. 9 a.m., Chase Hollow Road Trailhead, Bradford. bradfordconservation.org/race.

8 **COLCHESTER CAUSEWAY 5K/15K.** Race on flat gravel and dirt trails surrounded by diverse wetlands, scenic views, and Lake Champlain. 8:30 a.m., Airport Park, Colchester. colchestervt.gov, 264-5640.

CVR CAPITAL CITY STAMPEDE 10K. Flat and fast, out-and-back course, half pavement, half dirt. USAT&F certified. 9 a.m., Onion River Sports, Montpelier. jvalentine@tds.net, 485-3777.

9 **GMAA EQUINOX 5K AND 10K TRAIL RACE.** Fun yet challenging trail run through fields, singletrack, and old sugar-wood roads. 9:30 a.m., Trail/Woods, Charlotte. gmaa.net, 425-2384.

DUXBURY 250 CELEBRATION 5K RUN/WALK. Run/walk and .5 mi fun run for kids under 12. 10 a.m., Harwood Union High School, Duxbury. duxbury250.com.

REMEMBRANCE RUN 5K AND LUDINGTON MILE. 9:30 a.m., Peoples Academy, Morrisville. remembrancerun.net, 760-9210.

15 **RUN FOR EMPOWERMENT.** A family-friendly event consisting of a 5K walk/run, 10K run, and 1K kids' Fun Run. Individuals, families, and teams are all welcome. 8 a.m., Burlington Waterfront, Burlington. runforempowerment.com.

16 **SKIP MATTHEWS MEMORIAL RUN.** Fast, looping, 4 mi course. 10 a.m., Colburn Park, Lebanon, NH. skipsrun.org.

22 **SHELBURNE 5K/10K.** This race follows a scenic country out-and-back route. 8 a.m., Shelburne Health & Fitness at the Field House, Shelburne. rayne@racevermont.com, 316-7142.

VERMONT STATE SENIOR 5K CHAMPIONSHIPS. Open to anyone who will be 50 years or older as of Dec. 31, 2013. Race is an out-and-back along the historic Tipath. 8 a.m., Shelburne Health & Fitness at the Field House. rayne@racevermont.com, 316-7142.

COVENTRY 5K CROSS-COUNTRY RUN AND WALK. Run or walk with or without clothing. 11 a.m., Coventry Resort, Milton. coventryresort.com/activities.htm.

23 **PAUL MAILMAN MONTPELIER 10 MILER.** Starts and ends on Montpelier High School track. Flat to rolling out-and-back course over primarily dirt roads. 8:45 a.m., Montpelier High School. andy.cvr@myfairpoint.net, 272-3218.

30 **DEALCHICKEN 5K RUN/WALK W/ 1 MI KIDS' RUN.** Fundraiser for COTS. 8:30 a.m., Dorset Park, South Burlington. info@runmyevent.com.

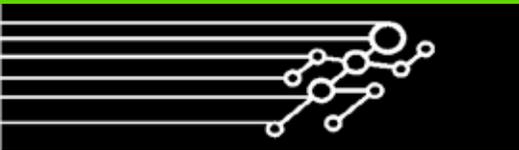
July

3 **MONTPELIER MILE.** Race through downtown before the parade. 6 p.m., People's United Bank Pocket Park, Montpelier. events@onionriver.com, 229-9409.

6 **GMAA CLARENCE DEMAR 5K.** Flat, fast out-and-back. A free 1/4 mi kids' race will be held in the schoolyard before the 5K at 8:15 a.m. 8:30 a.m., Folsom School, South Hero. gmaa.net, 338-7247.

13 **CVR BEAR SWAMP RUN (5.7 MI).** Hilly dirt roads, scenic, part of the CVR ORS Race Series. 9 a.m., Rumney School, Middlesex. 223-6216.

20 **VERMONT SENIOR GAMES 10K CHAMPIONSHIP.** This race is open to anyone who will be 50 years or older as of 12/31/13. 8 a.m., Shelburne Health and Fitness at the Field House. racevermont.com.


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RaceVermont 5K/10K. This race follows a scenic country out-and-back route. 8 a.m., Shelburne Health and Fitness at the Field House. racevermont.com.

- 28 **ESSEX HALF-MARATHON.** Runners love this out-and-back course, with a loop in the middle and a finish line in front of the grandstands. 8:15 a.m., Essex High School. essexhalf.com.
- 28 **BARRE HERITAGE FESTIVAL 5K TRAIL RACE.** Run past Barre's historic quarries on beautiful trails at Millstone Hill Touring Center. 9 a.m., Millstone Touring, East Barre. 479-2938, lori.lacroix21@gmail.com.
Ranch Camp Ramble. First race in the 2013 Stowe Trail Race Series. 5K or 10K. 10 a.m., Stowe Mountain Resort Nordic Center. stoweadaptive.org.

August

- 10 **KINGDOM RUN: HALF-MARATHON, 10K, AND 5K RUN/WALK.** Half-marathon, 10K, 5K run or walk through the beautiful NEK. Blueberry sundaes at the finish. 8:30 a.m., Irasburg Common. kingdomrun.org, 766-5310.
- 11 **GMAA SCHOLARSHIP TRAIL RACE 5K.** XC race on the dirt trails in the park. Benefits the GMAA scholarship. 9 a.m., Red Rocks Park, Burlington. gmaa.net, 598-5959.
- 15 **BERLIN POND FIVE-MILER.** Loop counterclockwise around Berlin Pond, mix of flat and hilly dirt roads, part of the CVR ORS Race Series. 6 p.m., Berlin Town Clerk's Office, Berlin. jeffp_cvr@myfairpoint.net.
- 18 **THE SAINT ALBANS RAID HALF-MARATHON.** Very flat and fast course. Much of it is on the rail trail. 9 a.m., Chamber of Commerce, St. Albans. frcrcvt.com.
CADY HILLS 5K. This course is technical and challenging with loads of exciting features. Second in Stowe Trail Race Series. 10 a.m., Golden Eagle Resort, Stowe. stoweadaptive.org.
- 24 **GMAA ROUND CHURCH WOMEN'S 5K AND 10K RUN.** Fast and flat out-and-back on Cochran Road. 8:30 a.m. Round Church, Richmond. gmaa.net, 238-0820.
SUNDAY MOUNTAIN TRAIL RUN. Challenging 10K trail run suitable for all levels of walkers and runners. Run is followed by a pig roast, band, potluck, and beer. 2 p.m., Sunday Mountain, Orford, NH. thompsoniac@yahoo.com.
- 25 **NORTH FACE RACE TO THE TOP OF VERMONT.** Hike, bike, or run up the historic Toll Road; 4.3 mi and 2,564 ft. 8 a.m., Mount Mansfield Toll Road, Stowe. rtttvt.com, gmaino@catamounttrail.org.
- 31 **NORTHFIELD SAVINGS BANK 5K AND CHILDREN'S 1 MI RACE.** 9:30 a.m., Northfield Green. 485-5223.

September

- 7 **MAPLE LEAF HALF-MARATHON AND 5K FUN RUN/WALK.** 8 a.m., Dana Thompson Memorial Park, Manchester Center. 034f962.netsolhost.com/mapleleaf.
- 8 **FALL FOLIAGE RUN, WALK, OR BIKE.** Half-marathon run, 5K run, 5K walk, and 12 mi bike race on Brownington back roads. 7 a.m., Old Stone House, Brownington. information@oldstonehousemuseum.org, 754-2022.
GMAA ARCHIE POST 5-MILER. Oldest race in the Vermont! Point-to-point course entirely on bike paths and cinder trails. 8:30 a.m., Gutterson Field House, Burlington. gmaa.net, 846-5635.
RUN & WALK TO SAVE THE LAKE. Takes place along the shores of Lake Champlain. 9 a.m., Georgia Town Beach, Georgia. denisefnlc@gmail.com.
- 14 **CITIZEN'S 5K RUN CROSS-COUNTRY BHS INVITATIONAL.** Starting and finishing on North Beach of Lake Champlain,

the fast and flat 5K cross-country course runs through city park, woods, and on the Burlington bike path. 9 a.m., North Beach, Burlington. bit.ly/X943ZB.

- CHARLOTTE COVERED BRIDGES HALF-MARATHON.** Run along beautiful back roads of Charlotte, which include several dirt roads and two covered bridges. 8 a.m., Charlotte Central School. racevermont.com.
- 15 **TRAPP CABIN 5K/10K.** Both races wind through 800 vertical feet of idyllic forest, bubbling streams, and wild flowers. Third in Stowe Trail Race Series. 10 a.m., Trapp Family Lodge, Stowe. stoweadaptive.org.
- 18 **SODOM POND RUN.** Rolling dirt road course, 4 mi. 6 p.m., Sodom Pond, Adamant. 223-6216.
- 21 **GMAA COMMON TO COMMON 30K.** Great marathon or half-marathon tune-up or race long without hitting the wall. Scenic run through the farm country of Essex and Westford. 8:30 a.m., Memorial Hall, Essex. gmaa.net, 878-4385.
- 21-22 **ADIRONDACK MARATHON DISTANCE FESTIVAL.** 5K, 10K, half-marathon, marathon (including military and relay option) and kids' 1K fun run. Schroon Lake, NY. adirondackmarathon.org.
- 29 **RUN FOR JUMP.** A family fun event includes a 5K run, 1K run for kids, and 1K walk along the scenic Burlington Bike Path. 9 a.m., Burlington Waterfront. Run4JUMP@gmail.com.
CIDER HOUSE RUN/WALK through the fields at Shelburne Orchards and pick your own apples after the race. 11 a.m., Shelburne Orchards. racevermont.com.

October

- 5 **NH MARATHON.** Marathon, half-marathon, 10K, and health walk around Newfound Lake. 9 a.m., Newfound Memorial Middle School, Bristol, NH. race@nhmarathon.com.
GMAA ART TUDHOPE 10K. Fast, scenic run through Charlotte apple orchards along Lake Champlain. Free 1/4 mi kids' race at 8:45 a.m. 9 a.m., Shelburne Beach. gmaa.net, 658-1753.
KING OF THE MOUNTAIN 5K. Race from the Shaw Outdoor Center to the old lift base for a 1000' elevation gain on recreational trails. Individual and team categories. 7:30 a.m., Paine Mountain, Norwich University, Northfield. norwich5k@gmail.com.
- 6 **SHELBURNE FARMS 5K.** One of RaceVermont's most picturesque events. Reg. early. 8:30 a.m., Shelburne Farms. racevermont.com.
LEAF PEEPERS HALF-MARATHON AND 5K. Paved and dirt roads, rolling, out-and-back. Part of the CVR ORS Race Series, USATF certified and RRCA sanctioned. 11 a.m., Waterbury. 223-6997, rcc59@comcast.net.
- 13 **GMAA GREEN MOUNTAIN MARATHON AND HALF-MARATHON.** This race filled up early in 2012 and is expected to do so again this year. Run the shores of Lake Champlain. 8:30 a.m., Folsom School, South Hero. gmaa.net.
- 20 **CHAD HERO HALF-MARATHON AND RIPCORDER 5K.** CHaD's signature fundraising event, where we pay tribute to CHaD patients, staff, and supporters. It is not only acceptable to dress up as a super hero, it is encouraged! Hanover, NH. chadhalf.org.

November

- 3 **SHELBURNE HALF-MARATHON.** Beautiful course limited to 600 runners. Sells out fast! 8 a.m., Shelburne Health & Fitness at the Field House. racevermont.com.

6 **SHELBURNE FARMS 5K.** One of RaceVermont's most picturesque events. This 5K run begins and ends at the Shelburne Farms Coach Barn. 8:30 a.m., Shelburne Farms. racevermont.com.

- 28 **GMAA TURKEY TROT.** Run for fun and charity and make room for your Thanksgiving dinner! Free 1/4 mi kids' race at 10:45 a.m. 11 a.m., Gutterson Field House, Burlington. gmaa.net, turkeytrot@gmaa.net.

December

- 31 **NEW YEAR'S EVE ROAD RACE.** Part of the CVR ORS Race Series (first race of *2014* series). 3 p.m., Montpelier. buckman43@comcast.net.

Ongoing

- CATAMOUNT TRAIL RUNNING SERIES.** A fun event for all ages and abilities with a 5K race and a new 10K option on the second Tuesday of each month. 6:15 p.m., Tuesdays, May 21–Sept. 17, Catamount Outdoor Family Center, Williston. catamountoutdoor.com, 879-6001.
- HARD'ACK WEEKLY TRAIL RUNS.** Open to all ages and abilities. There is a 5K open race, a 3K Beginner and Junior Distance (walkers welcome), and a 1K kids' run. Every Tuesday from June 4 to Aug. 27. Hard'ack Recreation Area, St. Albans. stalbansec.com.
- SUMMER SUNSET 5K SERIES.** Walk or run. 6:30 p.m., 2nd Tuesday of June, July, Aug. Pine Hill Park, Rutland. rutlandrec.com/events.
- WALK, WAG, AND RUN 5K @ CSJ SERIES.** Walkers at 6 p.m., runners at 6:30 p.m., Last Tuesday of June and July. College of St. Joseph, Rutland. rutlandrec.com/events.
- SUMMER CONCERT 5K @ KEITH'S II SERIES.** Walkers at 6 p.m., runners at 6:15 p.m., 1st Wednesday of July and Aug. Keith's II on West St., Rutland. rutlandrec.com/events.
- FALLEN LEAVES 5K SERIES.** Low-key, three-race series on a flat and fast 5K race course. 9 a.m., 11/2, 11/9, 11/13. Montpelier High School, Montpelier. 223-6216.

SWIMMING

July

- 6 **KINGDOM SWIM.** 10, 6, 3, and 1 mi swims for adults and youth, plus ¼ mi and 100 yd swims for youth. 8 a.m., Prouty Beach, Newport. kingdomswim.org.

Ongoing

- TRIATHLON-SPECIFIC MASTERS SWIM CLASS.** Masters swim program specifically geared toward triathletes and open-water swimmers. Thursdays, 6 p.m., First in Fitness, Berlin. firstinfitness.com.

WALKING

September

- 20 **LIGHT THE NIGHT BURLINGTON.** The Leukemia & Lymphoma Society's walk funds lifesaving research and support for people battling cancer. 6 p.m., The Annex at Memorial Auditorium, Burlington. lightthenight.org/uny, 233-0014.



I'VE RUN THE BOSTON MARATHON six times during the past four decades and attended as a spectator at least half a dozen more. I've braved the traffic and crowds to give my family and friends a feel for the excitement at Heartbreak Hill, Cleveland Circle, and the final stretch to the finish line on Boylston Street. My last three Boston Marathons, I was a member of the Dana Farber Marathon Challenge, a group of more than 300 runners who contribute more than \$4 million annually to one of the nation's premier cancer treatment centers. In fact, one of the last times I ran the race, I was asked to give an inspirational speech at the pasta feed arranged for the Dana Farber runners the evening before the marathon. Talk about turning the tables: I met doctors, researchers, cancer survivors, and patients who gave new meaning to the word "inspiration."

There are other marathons that have found their place, and in some measure, surpassed Boston. For many years, the organizers of the Boston Marathon resisted the growing trend to pay elite athletes generous appearance fees simply to participate in the race and even more lucrative prize money for winning. World-class marathoners can only put it all on the line a couple of times a year, so many elite runners elected to skip Boston in past years in favor of generous cash prizes and luxury automobiles at marathons in London, Amsterdam, and elsewhere.

But Boston is widely regarded among dedicated runners as the original marathon of the modern era. This past Patriots' Day was the 117th consecutive running of the event. Although many other marathons, like New York, the Marine Corps in Washington, D.C., and Chicago, have become so popular that the 30,000 (or so) annual participants must be selected by lottery, Boston still demands that runners meet qualification standards. It is not a "come one, come all" event, but rather a gathering of dedicated running enthusiasts who have proven their ability and commitment by exceeding an age-appropriate standard for 26.2 miles on a certified course in the previous 12 months. I know several capable runners who struggle valiantly, sometimes year after frustrating year, to successfully qualify for Boston.

Another remarkable aspect of the Boston Marathon is the throng of enthusiastic spectators that lines the course from Hopkinton to Boston. Because of the race's colorful history and its traditional scheduling on Patriots' Day, an official holiday in Massachusetts, the 26.2-mile course is usually lined by cheering, flag-waving spectators. A highlight for many participants is running the gauntlet of screaming Wellesley College women soon after the halfway point of the race. After surviving the series of climbs in Newton, culminating with the infamous Heartbreak Hill, it's highly likely you'll be offered a beer by a celebratory Boston College student around mile 21. Within a couple of miles of the finish, when you're barely holding on, if you're

running for Dana Farber, you'll get high fives from the bald kids currently undergoing cancer treatment.

I know a cancer survivor who has run the race for nearly 20 years, in the process raising hundreds of thousands of dollars for cancer research. I know a high school English teacher and cross-country running coach who has also participated in the Boston Marathon for two decades, in the process inspiring a couple of generations of high school runners. I have a friend and neighbor who, after decades of endurance events, was especially proud to run this year's Boston with both of his sons.

For all these reasons and many more, I was incensed that anyone would sabotage the Boston Marathon. I have to admit that, following 9/11, it had occurred to me that a major sporting event like the Super Bowl or the World Series would be a tempting target for a terrorist who was determined to strike at the core of the American way of life. But somehow, I had never imagined the Boston Marathon as target.

What is especially ironic, as the investigation unearths more details about the two suspected bombers, is that they emigrated to this country from a former Soviet state, took advantage of America's educational system and perhaps even our welfare benefits, before turning against us.

As President Obama said in his comments in Boston days after the bombing, "They picked the wrong city to attack." In the moments, hours, and days following the disaster, there were dozens of stories of selflessness and courage coming out of the city. And my prediction is there will be more applicants for next year's Boston Marathon than ever before.

John Morton is a former Olympic biathlete and Nordic ski coach. He lives in Thetford Center where he designs Nordic ski trails. You can reach him through his website, mortontrails.com.



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