

KINGDOM TRAILS' CJ SCOTT | TREATING POWDER PANIC | Q BURKE AND KINGDOM TRAILS WORKING IT OUT

VERMONT SPORTS

NEW ENGLAND'S OUTDOOR MAGAZINE
JANUARY 2014 | VOLUME XXIII NO.3

VTSPORTS.COM

FAT AND HAPPY!

Fatbikes Give Winter a Ride

Wax On!

Nordic Race Preview

Six tips to ski Vermont's 'hardpack'

FREE
(JUST FOR YOU!)





**DRIBBLE.
KICK.
JUGGLE.
SHOOT.
TEAR. FIX. HEAL.
DRIBBLE.
KICK.
SHOOT.**

WIN.

Sarah Fittro
Lebanon, NH, ACL Reconstruction

If this is you, we're your sports medicine team. We're Dartmouth-Hitchcock.
Call 1(800) 639-2864 for an appointment. Or visit lebanon.dhortho.org/sports.

 **Dartmouth-Hitchcock**

PUBLISHER
Angelo Lynn ✉ publisher@vtsports.com

EDITOR
Sky Barsch ✉ editor@vtsports.com

STAFF WRITER
Evan Johnson ✉ evan@addisonindependent.com

ART DIRECTION & PRODUCTION
Shawn Braley ✉ braley@gmail.com

ADVERTISING MANAGER
Christy Lynn ✉ ads@vtsports.com

ADVERTISING SALES
Greg Meulemans ✉ greg@vtsports.com | (802) 366-0689
Dave Honeywell | (802) 583-4653 ✉ dave_golfhouse@madriver.com

READER ATHLETE EDITOR
Phyl Newbeck ✉ phyl@together.net

GEAR AND BEER EDITOR
Hilary DelRoss ✉ gear@vtsports.com

THIS MONTH'S CONTRIBUTING WRITERS
Lisa Densmore, John Morton, Mari Zagarins

THIS MONTH'S CONTRIBUTING PHOTOGRAPHERS
Jack Ballard, Lisa Densmore, Herb Swanson

EDITORIAL AND PRODUCTION OFFICE
Vermont Sports | 58 Maple Street
Middlebury, Vt. 05753 | 802-388-4994

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

Vermont Sports is independently owned and operated by Addison Press Inc., 58 Maple Street, Middlebury, Vt. 05753. It is published 10 times per year. Established in 1990.

Vermont Sports subscriptions in the U.S.: one year \$25. Canada: US funds, please add \$5 per year postage. Other international subscriptions, please call 802-388-4944 for information. POSTMASTER: Please send address changes to Vermont Sports, 58 Maple Street, Middlebury, Vt. 05753

 **LIKE US ON FACEBOOK!**
www.facebook.com/VermontSportsMagazine

Vermont Sports is a proud member of



Vermont Businesses for Social Responsibility



Ski Vermont The Green Mountain Club




Winter in its Original State.



ON THE COVER:
Stephen Gellman, owner and head designer of Cyndrome Cycles, picks a line through the trees on a prototype bike-ski. Gellman designs the skis in Easton, Ma.

Photo by Herb Swanson



Single track riders are taking to the hills and backcountry trails year around thanks to expanding networks and a boom in fatbiking.
Photo by Herb Swanson

FEATURES

DEPARTMENTS

5

ON THE HORIZON

Vermonters prepare for upcoming Nordic and Randonee races

8 – 9

FAT AND HAPPY

New gear gives rise to year-round riding

10 – 11

GET A GRIP!

Six Ways to Ski Better on “Firm Snow”

12

HOPE IN SIGHT?

Q Burke, Kingdom Trails to reopen talks

13

VERMONT SPORTS Q & A

Trail Manager CJ Scott at Kingdom Trails keeps network in top shape

14

OVERTRAINING IS NOT A VIRTUE!

4 **PUBLISHER COMMENTARY**

16 **SPORTS MEDICINE**
Powder Panic

17 **GEAR AND BEER**
GSI Outdoors Commuter Java Press,
Outdoors Gourmet Kitchen Set,
Northshire Brewery Chocolate Stout

18 **READER ATHLETE**
Steve Snook

19 **RACE RECAP**
Ri Ra's Santa 5K Run and Walk

20-21 **CALENDAR OF EVENTS**

30 **OUT AND ABOUT**
US Nordic Skiing Loses a
Couple of Stalwarts

ADVERTISERS!

The space deadline for the February/March issue of *Vermont Sports* is January 24.

Contact ads@vtsports.com today to reserve space!



publisher commentary *by Angelo Lynn*

YOU GOTTA LOVE how sports can change your environment.

Winter in Vermont, for example, wouldn't be the same had not the Scandinavians invented skiing; or Jake Burton developed snowboarding; or Mad River Rocket or Hammerhead sleds developed sleds and toboggans that rock and roll at high speeds. And it keeps getting more interesting. Consider that a Massachusetts firm has recently developed a ski bike (the photo on the cover just makes you want to go out and get one), and mountain biking manufacturers are going mainstream with fatbikes.

What's terrific about all these new toys is that snow conditions don't have to be perfect for skiing and riding to enjoy winter. Today, if we don't have that fresh foot of powder at the ski areas or if the snow depth isn't deep enough to get into the backcountry, take a fatbike and ride on the harder trail surfaces that are ideal for this fast growing sport.

The sport was started a few years ago when a few hardy souls decided that adding knobby fat tires to bike frames would work for winter travel. A few tweaks and mechanical adjustments later



and that mode of transportation is rapidly becoming a mainstream winter sport.

A few Nordic resorts and mountain biking centers are opening their trails, or developing new ones to accommodate the sport and riders are already challenging new boundaries. Why? Because it's fun, it's good exercise and riders love to ride all year around! And why not? If the trails are there and the conditions are right, let the games begin.

In our lead story in this issue, reporter Evan Johnson reviews the brief history of the fatbiking trend, notes a half-dozen competitive events already on the winter calendar, and catches up with several area resorts about their rules

of engagement; that is, the etiquette of sharing (or avoiding) Vermont's varied trail network—from snowmobiling trails to Nordic center trails.

Kingdom Trails in East Burke, Vermont has developed a riders' protocol that sets a reasonable standard for sharing trails, who has the right of way, and some basic rules of thumb for this new sport. At least, it's a good place to start and makes an important point: because fatbikers will be sharing trails that already exist for other sports, and because biking can rut trails if the snow is too soft, it's going to be important for riders to govern their own behavior to avoid conflicts and risk future roadblocks to trail access caused by inconsiderate riders.

If riders self-monitor such actions well in the first years of the sport, we can look forward to fatbiking as part of the ever-growing world of Vermont's winter sports, regardless of the snow

conditions and particularly because this is a sport that thrives on harder surfaces.

Speaking of hard surfaces, while southern Vermont has been hit with some big dumps recently, warmer weather has spread some liquid participation around more than most skiers would like. For skiers, that means sharp edges are helpful. But proper technique is even more important to enjoying days on Vermont hardpack. Vermont writer and ski racer Lisa Densmore breaks down the art of skiing hard surfaces. It's a good refresher for experienced skiers and a critical primer for those trying to figure out how not to slip and skid on hardpack.

Finally, for Nordic and adventure racers ready for another season of competition, we preview dozens of races throughout the state, and our columnists feature several a few individual profiles, discuss the ills of overtraining, and even inject a little humor into our lives. Enjoy.

Send your comments to publisher@vtsports.com or go online at VTsports.com and post your opinions there or on our Facebook page.

2014 Craftsbury Ski Marathon

February 1st

Round up your buddies, come up to the Kingdom and challenge one of the most beautiful courses you'll ever ski. You'll race thru New England field and forest, past sugarwoods and scenic vistas, winding your way from Greensboro to the bucolic green of Craftsbury Common. It's been a staple of winter for 33 years, again named one of the ten best events in Vermont! And with registration only \$5 for grade school skiers, there's no reason not to share the fun with the whole family! Don't miss it, register online today.

Point to Point Course | 25/50k Classic | www.craftsbury.com

© Kris Dobie

Kingdom Marathon

October 5, 2014

www.kingdommarathon.com

In partnership with:

- Kingdom Trails
- Old Stone House
- Lowell's
- Marker Pines
- Tapscott Wings
- Craftsbury National Bank
- Craftsbury Outdoor Center
- Center Kingdom
- North Woods Stewardship Center

With support from:

- Vermont Sports
- Passumpsic Savings Bank
- Fondation Christian Vachon
- Coureur Pour Mieux Grandir
- Jay Peak Vermont
- Delta Dental
- North Country Hospital



On the Horizon

Vermonters prepare for upcoming Nordic and Randonee races

This winter, Nordic skiers of all abilities and styles will gather at Nordic ski areas across the state for heels-free fun and competition. Here's what you can look forward to:

Dec. 31 through Feb. 25
TRAPP FAMILY LODGE
CROSS-COUNTRY SKI CENTER
Trapp Nordic Cup Time Trial Series (Every Tuesday for 10 weeks)

This 10-week series with prizes for both skate and classic is a great introduction to Nordic racing for the beginner and awesome training for the experienced skier. Cost is \$60 for the series or \$8 per race. Compete each week on a marked course with timing and start area. Pick your start time each day between the hours of 9 a.m. and 4 p.m.

Jan. 4
RIKERT NORDIC CENTER
Dion/Rikert 5K Snowshoe Race

Part of a series, snowshoe racing puts a different spin on winter. Fast-paced fun—use your own snowshoes or try a racing pair.

Tuesdays, Jan. 7 through March 11
CRAFTSBURY OUTDOOR CENTER

Weekly Tuesday Races

Craftsbury enters its second year of weekly cross-country races. As was the case last year, the center will offer traditional and self-timed versions, both counting toward the overall points series. Races will primarily be mass starts.

Jan. 10
JAY PEAK RESORT

Jay Peak Rando & Snow Leopard Challenge

The Jay Peak Rando is taking one
JANUARY 2014

large step forward this winter. The US Ski Mountaineering Association has sanctioned the course as a Category II, which means the course needs to be approximately 4,000 feet vertical, have 5 to 10 transitions, be 50 percent off-piste, and be under three hours for the winning time. The 2014 course will have 4,000 feet vertical, six transitions, two boot packs, along with multiple bumps and off-piste climbs/descents.

Jan. 11
SMUGGLERS' NOTCH RESORT
Winter Trails Day at Smugglers' Notch Resort

A celebration of snowshoeing and cross-country skiing, free for those new to both sports. Smugglers' Nordic Ski and Snowshoe Adventure Center will provide free rentals and offer short instructional sessions from noon until 4 p.m. for first-time snowshoers and cross-country skiers.

Jan. 11
TRAPP FAMILY LODGE
Race to the Cabin

The Race to the Cabin is a 5K classic point-to-point beginning at the Trapp Family Lodge Outdoor Center and ending at the Slayton Pasture Cabin. The race is mass start and self-seeded. Dry clothes will be taken to the finish for you. A touring division is also available for those wanting to take in the scenery on this beautiful ski. Proceeds benefit VTXC, a Stowe-area-based ski club that provides professional level coaching for athletes of all ages while accelerating the club's post-collegiate marathon team.

Jan. 11
TRAPP FAMILY LODGE
Ladies Nordic Ski Expo

The Catamount Trail Association presents a full day of Nordic (skate and classic), backcountry, and telemark instruction for women, by women, at

one of the best venues in the Northeast. This is a unique opportunity for women to learn from some of the best female skiers in the country in a beautiful environment.

Jan. 12
RIKERT NORDIC CENTER
Frost Mountain Nordic Bill Koch Home Race

Frost Mountain Nordic Ski Club hosts its annual Bill Koch Youth Ski League Races at Rikert. Open to kids who want to see how much fun racing can be.

Jan. 18
TRAPP FAMILY LODGE
Tour de Trapp 30K/15K
Skate Marathon

A great season opener for distance racing on a newly updated FIS racecourse. The two- or four-lap mass start skate race will be self-seeded and feature a 7.5K homologated race loop. Prizes and after party at the Trapp Brewery.

Jan. 18-19
RIKERT NORDIC CENTER
Eastern Colleges Ski Club Races
Division 3 college races sponsored by SKIGA

Jan. 19
STOWE PUBLIC RECREATION TRAIL
Stowe Tour De Snow

Kids and families are invited to ski or snowshoe down the 5.3-mile Stowe public recreation path for a day of

activities, including making s'mores, skiing a Nordic terrain park, shooting paintballs, pulling sleds, and stretching out with some yoga. Proceeds benefit the Skiing Kids in School Program. Event is put on by Friends of the Rec Path.

Feb. 1
CRAFTSBURY NORDIC CENTER
Craftsbury Marathon

The 2014 marathon will run in the traditional point-to-point format from Highland Lodge in Greensboro to Craftsbury Common via the Outdoor Center. The past several seasons have been marked by extensive work on the marathon trail: removing bumps, sharp corners, steep chutes, and poor drainage on the connector.

Feb. 1-2
TRAPP FAMILY LODGE XC CENTER

NENSA Eastern Cup/UVM Carnival
The third weekend of NENSA Eastern Cup racing will also be another FIS race weekend. This Eastern Cup is a combined event with the UVM College Carnival and is hosted by Stowe Nordic Outing Club and UVM.

Feb. 2
MAD RIVER GLEN
Sugarbush Mad River Glen
Randonee Race

One of the biggest and best Randonee

Continued on next page

PROHIBITION

PIG

SMOKED MEAT ★ LIBATIONS ★ BREWING
WATERBURY, VT

“Best beer town in New England.” - Boston Globe

Located in Waterbury, the food and beverage crossroads, we feature New England's largest & best curated selection of craft beer, proper cocktails, eclectic wines with a full menu featuring barbecue, vegetarian and cozy American fare.

24 TAPS

Including beers from Hill Farmstead, Lawson's Finest Liquids, The Alchemist "Heady Topper" and our very own Prohibition Pig Pale Ale

★ SUPPER 7 NIGHTS
Lunch Fri, Sat & Sun

Brunch Specials
SATURDAYS & SUNDAYS

— \$4 Fernet draughts everyday —

23 South Main Street • Waterbury • Vermont
prohibitionpig.com

NORDIC and RANDONEE RACES **Continued from previous page**

races in North America—right in the Mad River Valley. This US Ski Mountaineer Association-sanctioned race starts at the base of Mad River Glen, climbs to the top, traverses the Long Trail to Mount Ellen, descends into Slide Brook, climbs into the Lincoln Peak area, and finishes at Valley House lodge. It's a challenge, a great time, and the scenery is spectacular.

Feb. 7–9 **CRAFTSBURY NORDIC** **CENTER** **USSA SuperTour**

The Center will play host to a USSA SuperTour event in conjunction with the Dartmouth Winter Carnival. The SuperTour/Carnival weekend will offer three FIS scored races: a freestyle individual start on Friday, a classic individual start on Saturday, and a freestyle sprint on Sunday. The first two races will be EISA scored as part of the Dartmouth Winter Carnival weekend. These races will bring together the best US domestic racers, a number of Canadian skiers, as well as the top EISA collegiate competitors on Craftsbury's FIS homologated courses.

Feb. 9 **BURKE MOUNTAIN RESORT** **Rally on Burke Mountain**

This US Ski Mountaineer Association event climbs up and around Q Burke, gaining approximately 4,300 vertical feet. Prizes awarded for speed, spirit, and participation.

Feb. 9 **RIKERT NORDIC CENTER** **J2/Eastern High School Qualifier**

The best high school racers and junior skiers compete for a chance to represent Vermont at the Eastern Championships here in March.

Feb. 15 **RIKERT NORDIC CENTER** **Romance Half-Marathon Race and Tour**

Bring your sweetie or just yourself and enjoy a 25K race and tour through the beautiful Green Mountains. Classic technique. Hot blueberry soup on the trail, awards, raffle prizes, and good food await at the end. Event benefits the VT Ski and Snowboard Museum.

Feb. 15 **BOLTON VALLEY RESORT** **AND WEST MONITOR BARN** **Bolton to the Barns**

The fifth annual Bolton to the Barns Backcountry Ski Tour is a Nordic event for experienced backcountry ski enthusiasts. Skiers will choose between an easier and a more challenging route,



Racers compete at the Rikert Touring Center in Ripton.

start at the Bolton Valley Nordic Center, and finish at the Monitor Barns.

Feb. 20 **RIKERT NORDIC CENTER** **Vermont High School State** **Championships**

The best high school Nordic skiers race at Rikert for all bragging rights of the season.

Feb. 21–22
RIKERT NORDIC CENTER
Middlebury College Winter Carnival
The best Division I collegiate racers in the country will race at the Middlebury Carnival. Two-day event on the Tormondsen Family Race Trail. 2/21: Classic Ind. Start: W 5K, M 10K; 2/22 Skate Mass Start: W 15K, M 20K. Spectators/foot traffic free; skiers need trail pass.

Feb. 22 **KINGDOM TRAILS** **Ride, Glide, and Rawhide**

Join Kingdom Trails in a race that celebrates all winter disciplines in a very undisciplined way. Teams will race on skis, snowshoes, and fat bikes in a short-course manner that will be fun for racers and spectators alike. After party to follow hosted by the Wildflower Inn.

Feb. 23 **MOUNT MANSFIELD AUTO** **TOLL ROAD** **2014 Stowe Derby**

The Stowe Derby started in 1945 as a contest between two skiers, Austrian Sepp Ruschp, who was hired to come to America and head the new ski school at Stowe, and Erling Strom, world-famous mountaineer from Norway. The challenge was the same as it is today: to race from the top of Mount Mansfield to the village of Stowe on one pair of skis. In 1945, Ruschp raced on backcountry skis and Strom on Nordic skis. Today, most everyone races on Nordic skis with spectacular falls by the rookies on the way down. The race attracts more than 900 competitors, from Canadian Cross-Country Ski Team members and NCAA champions to recreational skiers looking for a thrill. While the race can be very competitive at all levels, it is also a fun race, having been chosen as one of the top sporting events in the state by readers of Vermont Sports Magazine. 20K, 2,600 vertical feet.

Feb. 23 **CAMEL'S HUMP NORDIC SKI** **AREA, HUNTINGTON** **Camel's Hump Challenge**

The Camel's Hump Challenge follows a rigorous cross-country ski traverse around the entire mountain, ranging in elevation from 2,500 to 3,500 feet. Participants in the CHC raise money for support and educational programs for the Vermont Alzheimer's Association.

March 1–3 **TRAPP FAMILY LODGE XC** **CENTER**

Junior Nationals

This spring, The Trapp Family Lodge hosts the USSA Junior National Nordic Ski Championships. 450 Olympic hopeful athletes, ages 14 to 19, and 150 coaches from across the United States will spend a week in Stowe as they compete in a variety of race formats that alternate with training days. It truly will be a memorable experience for all as the athletes race and family and spectators cheer, and everyone enjoys the beautiful scenery and plentiful offerings of Vermont.

March 2 **RIKERT NORDIC CENTER** **Bread Loaf Citizens Race**

Join us for the Umpteenth running of the storied 5K Bread Loaf Citizens' Race. Vie for the traditional loaf of bread and other prizes. Costumes or spandex, barbecue and fun. Lollipop Race for youngsters.

March 7 **RIKERT NORDIC CENTER** **J2 Championships**

The J2 Championship is one of the highlights of the season for junior athletes. Each New England states and New York can qualify their fastest 20 14- to 15-year-old boys and girls. Four races over three days.

March 15–16 **RIKERT NORDIC CENTER** **Can-Am Grand Prix**

Youth racing with an International flair. Canadian and American boys and girls compete for the coveted Maple Leaf Points Trophy.

March 16
MAGIC MOUNTAIN
Magic Mountain Rando Race
Magic's Rando race features both short (3,200 vertical feet) and full (4,550 vertical feet) options as racers skin, climb, and ski toward victory.

March 23 **BROMLEY** **Bromley Rando Race**

Using climbing skins with Alpine touring or telemark bindings or even splitboards, racers start at the base of the mountain, ascend it, then descend it (on marked in-bounds ski area trails), as fast as possible, over multiple laps, up to 5,000 feet cumulative vertical.

March 30
RIKERT NORDIC CENTER
Bob's Birthday Bash and Annual
Rikert Random Relays
Come celebrate Robert Frost's birthday with Random Relays. A totally random day of great fun ending with Bob's Birthday cake.

JOIN US!



COME SEE!

January ~ EVENTS ~ February

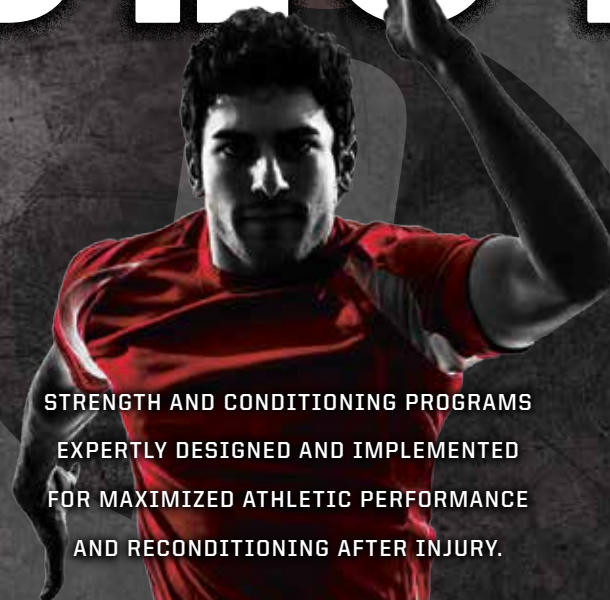
**Whether you spectate or participate,
JOIN US!**

- JAN 4 DION/Rikert Snowshoe Race
- JAN 11 SSIA Winter Trails Day
- JAN 12 Frost Mtn. Nordic Bill Koch League Home Race
- JAN 18-19 ECSC Regional Race
- JAN 20 Middlebury Union High School Home Meet
- JAN 25 Rikert Snowbike Race
- FEB 8 National Bank of Middlebury: New Horizon Guided Tour
- FEB 9 J2/Eastern High School Qualifier
- FEB 15 Romance Half Marathon Race and Tour

Bread Loaf Campus, Rt. 125 Ripton, VT

Nov-March, 8:30 - 4:30 | 802-443-2744 | rikernordic.com

B E Y O U R
BEST



STRENGTH AND CONDITIONING PROGRAMS
EXPERTLY DESIGNED AND IMPLEMENTED
FOR MAXIMIZED ATHLETIC PERFORMANCE
AND RECONDITIONING AFTER INJURY.

isport
VERMONT ORTHOPAEDIC CLINIC

• isporttraining.com • 802.779.7571

Started by a couple of skiers who
imagined better gear for the mountains.



Independent
Homegrown
Mountain Raised

FLYLOWGEAR.COM



Flylow co-founders Greg Steen and Dan Abrams during an
après-ski design meeting, Alpine Meadows, California. © Robin O'Neill



Fat and Happy

Big Wheels Keep Mountain Bikers Pedaling, Even in the Snow

Evan Johnson, reporter; photos by Herb Swanson

WITH THE ARRIVAL of lasting snow and midwinter conditions, people are returning to their favorite wintertime outdoor playgrounds for Nordic skiing, Alpine and backcountry skiing, snowshoeing, and, increasingly, mountain biking.

Yes, that's correct; mountain biking in January. This winter, while kicking or skating merrily on skis, or marching along in your snowshoes, expect to catch sight of bundled-up cyclists cruising the woods, trails, and even closed beaches on beefy tires.

These oversize mountain bikes—or fatbikes, as they've come to be known—are the latest trend in wintertime outdoor recreation and they're rapidly taking to the trails. The tires measure from 3.5 to 5 inches wide, and some riders opt for low tire pressure and use studded tires.

Ryan Thibault is the owner and head operator of Mountain Bike Vermont, an event promotions organization and resource for all things-riding related in the Green Mountain State. As an avid mountain biker who rides hard for much of the year, he says he won't let a change in seasons dictate his ability to pedal.

"There's such a high level of fanaticism in mountain biking in the summer that it's really hard to put it aside for an entire season," he says. Before fatbiking, in the event of a midseason thaw, he and his friends would take their mountain bikes and try to ride on the snow.

"We were ill equipped, but we had fun doing it," he says. "Now, (with the fatbikes) it's one more option to get out and play."

Buzzword

At first glance, most fatbikes resemble traditional mountain bikes from the '90s. Fatbikes are hardtails and lack front suspension, using the tires to absorb any bumps. Unlike agile and lightweight singletrack bikes, fatbikes are typically heavier and slightly less wieldy, trundling along over terrain. The concept is simple—a hardtail bicycle with a very upright stature designed for cross-country riding.

Justin Carter, a technician at the Old Spokes Home in Burlington, says in the past three years, the popularity of the fat-wheel has increased as evidenced by the trends in major producers.

"It's like the buzzword in the industry," he says. "We've seen a lot of evolution in a short amount of time."



With the sport booming, more trail network systems offer rentals to explore the backcountry.

Bike manufacturer Surly produced the first bike suited for conditions most would find intolerable for two wheels. Titled "Pugsly," the bike had several technical specifications to accommodate the massive tires. Surly later released a second model, the Moonlander.

The increased interest in this new form of biking gave rise to a number of boutique bike manufacturers, some of which produce exclusively fatbikes or fatbike components. Many of which are produced in states with dramatic winter weather: Colorado, Wisconsin, Michigan, Maine, and Minnesota are all home to small manufacturers—Alaska as two, but none, so far, in Vermont.

Greg Matyas, owner of Speedway Bike Shop in Anchorage, Alaska, first began producing "Fatback" bikes after getting tired of riding the widest tires available on 29-inch Snowcat rims. Matyas said the motivation behind designing the bike was "performance-oriented geometry" and a more symmetrical frame.

Alaska-based bike company 9:ZERO:7 has been making fatbikes in a region intimately familiar with snow. The idea for the company was born in February 2004 when founders Bill Fleming and Jamey Stull

competed in the Sustina 100 Winter Endurance Race across the frozen arctic. The company designs solely fatbikes and has since made headway in making the massive bikes lighter. Their latest aluminum frame—composed of super-lightweight 7005 aluminum—is due to be released next September.

The secret to the success of these big-wheeled machines is in the tires. As bikes developed over the past five to seven years, riders became more aware of the advantages of a wider tire. In years past, the widest mountain bike tires were 3.8 inches wide. Today, fatbike riders sport tires 4.8 inches wide on the widest rims to absorb bumps, float on top of snow, and power through soft sand. While the bottom bracket on most mountain bikes is 68 or 73 millimeters wide, the bottom bracket for new fatbikes are 100 millimeters wide. Fatbikes also run on lower air pressure—using as little as eight to 10 pounds of air pressure where conventional mountain bikes sport 30.

But the fatbike craze hit the mainstream when major bike manufacturer Trek introduced its own fatbike model, a slick looking machine called the "Farley." Illustrating the popularity in the trend, the entire inventory was purchased before anything was rolled off the factory floor. Other manufactures such as Kona, Specialized, KHS, and Norco have all produced fatbike models. More companies have begun to design their own models and are slated for sales floors next year.

Trail access and festivals

Ryan Thibault at MTBVT describes fatbikers as a sub-group of a broader biking community in Vermont.

"Mountain biking has always been a subculture," he says. "It's a subculture that people have always been proud to be involved in. We've always felt we were of the same ilk."

As mountain biking has grown in popularity, more people have come to Vermont to explore some of the best singletrack and cross-country riding in the Northeast. The community of riders has expanded dramatically, but a core group of riders, Thibault says, now rides on fatter tires.

"Right now, the fatbiking community has a very solid core and so you can go out on any given day and look at the tire tracks on the ground and probably discern



One of the most appealing aspects of fatbiking is the array of terrain it makes available to riders. The tires (some as wide as 4.8") create a wide footprint, allowing the rider to "float" over snow.

which one of your buddies is out there on the trail."

The interest exists along with available space. Vermont is home to the statewide Vermont Association of Ski Travelers trail network, one of the largest interconnected groomed trail networks in North America, and as long as cyclists obtain permission from the landowners, they can use the network to access even more terrain.

As biking becomes a year-round activity, trail centers around Vermont are moving to include newer "fatbikes" on trail systems. Starting this winter, the Catamount Outdoor Family Center in Williston and Kingdom Trails in East Burke will officially open their terrain to riders. Rental bikes from The Old Spokes Home have arrived for rental at the Catamount Outdoor Family Center in Williston and in the Northeast Kingdom, Kingdom Trails now features a separate fully maintained trail system for winter bikes and snowshoeing at their Darling Hill center in Lyndonville.

The Rikert Nordic Center in Ripton will be renting a small fleet of fatbikes from bike manufacturer Origin8 for the 2014 winter season. Director Mike Hussey said before a major snowstorm opened more terrain in early January, the Nordic center had been skiing on three to four kilometers of skiing since mid-November on a loop served by snowmaking, but simultaneously they were able to offer 50 kilometers for biking. Since this is their first season with the bikes, the staff hasn't yet developed an integration plan for sharing trails between bikers and

skiers, but limits access to the type of bike, permitting bikes with a minimum tire width of 3.5 inches and asking riders not to ride if the snow is so soft the tires leaves more than a 1-inch deep track.

The hardpacked snow, he says, makes for great riding and the softer powder is easy as well. "It's pretty cool," Hussey says. "It's like riding a monster truck in relationship to regular mountain bikes. There's no suspension but because you have about four pounds of pressure in the tires, you float along over the snow."

In Stowe, The Trapp Family Lodge will host Überwintern, one of a series of fatbike events in the Northeast. While the Lodge currently does not rent any fatbikes, Briggs Pierce at the Nordic Center says the bikes are an opportunity for possible expansion of programs.

The Millstone Trails Association near Barre has also opened their trails to fatbikes this winter.

Eric Bowker, executive director at the Catamount Outdoor Family Center, says including fatbikes in the array of wintertime activities offered at the Center was a logical next step for winter recreation. He sold gift certificates for fatbike riding even before the bikes arrived.



Riders at Kingdom Trails can now cruise a maintained single-track network this season at the Darling Hill location in Lyndonville.

"Fatbiking is a natural progression," he says. "We already have a network of existing trails already popular with bikers and cross country skiers and runners. Winter as we know it is changing and biking is going to be able to fill that void when the snow isn't what we'd like it to be."

Tim Tierney, president of Kingdom Trails in East Burke says interest in Kingdom Trails as a fatbike destination began simply with a group of bike owners who used the trails in the wintertime when the snow was too poor for skiing.

"People want to pedal year round," he says. "We have a hard enough time keeping people off for the one month we're closed in November [due to hunting season]."

The goal, he says, is to provide both skiers and riders with their own areas that each can enjoy without impeding the

other's trail conditions. Tierney says the result so far has been positive.

"I think it's a great way of keeping your trails alive in certain areas. If you're expanding your market, people are going to preserve those ski trails." Growing the sport, he insists, is more important at this point than turning a profit.

"It's obviously not a fringe thing this year," says Carter of the Old Spokes Home. "The major players in bike manufacturing are fully involved and the more people we can bring into the sport at this point, the better. It's a way to build the sport rather than making money off of rentals."

Bowker agrees. At this point, both are focused on growing interest in the sport, but Bowker says he remains optimistic in the sport's potential. In 1999, he started and has since run a cyclocross series for the past 14 years. Participation in the race has since grown from 20 to over 100 and he thinks interest in fatbiking's future could hold something similar.

"I don't see this becoming popular on a racing level, but on a participation level," he says. "You have to start somewhere."

Tour De Fatbike

Jan 4: Überwintern at Trapp Family Lodge Stowe, VT

Jan 18: Le VéloNeige de Coaticook Coaticook, Qc

Feb 2: Groundhog Fat Bike Event Bromont, Qc

Feb 15: Montreal Fat Bike event w/ Velo Quebec Montreal, Qc

March 1: Winterbike (Grand Fat Finale) East Burke, VT

EAST BURKE, VT. — Kingdom Trails is one area that has embraced Fat Bikes, but there are some rules to follow, and snow biking etiquette to follow.

Here are their written guidelines:

The East Side of Darling Hill is entirely open to fat bikes!

Summertime favorite trails that are well packed and riding beautifully include: Heaven's Bench, Ridge, Rim, East Branch, Pines, Riverwood, Beat Bog.

We are very encouraged by the growing popularity of winter biking and are excited to provide a selection of trails for folks to get out there and pedal in the snow. We are packing corridor trails and locals are snowshoe packing trails on East Darling Hill. Our Nordic Trails MAY be open for riding WHEN we deem it suitable. Conditions have to be right not to damage our grooming or create issues with our ski trails.

To reduce conflict and lower impact of snow biking on our existing populace of skiers as well as protect our relationship with landowners, we ask you to follow these guidelines. We cannot stress enough that it is up to YOU to keep this activity a positive factor for our community as well as our future investment in growing the sport.

Winter Fat Bike Riding Etiquette

- You must be a member or day pass holder of Kingdom Trails.

- Trail maps are available at our Darling Hill Nordic Adventure Center across the street from the Wildflower Inn.

- Do not ride on groomed cross-country ski trails on the central and northwest side of Darling Hill. They are for skiing only. East Darling Hill is always open for winter biking as is the southwest portion, but please park only at the Children's Theater on Darling Hill or at our Darling Hill Nordic Adventure Center. Fat Bike rentals are available at our local shops, East Burke Sports and Village Sports Shop

- Be a good trail citizen. If the conditions cause you to leave ruts that will impede skiing, leave the trail – don't just keep riding because the rules say you can. Spread the word about snow biking, make it fun, keep it safe.

- Be an ambassador for the sport – stay polite, educate other bikers, discourage bad behavior, follow the rules, and we'll all have a good time this winter. When the Nordic Trails are open for snow biking and running, use purpose-built Snow Bikes only! Tires must be wider than 3.5 and tire pressure must be less than 10 psi.

- Bikes yield to all other users. Use the snow mobile trails as little as possible, be careful of crossings. You may encounter snowshoers so please respect their experience and yield appropriately. Cross-country skiers don't have brakes, so bikes are responsible for staying out of their way. Watch skiers' poles. They can be fragile and expensive

- Give skate skiers a wide berth.

- Do not ride in the classic ski tracks.

- Do not ride if the snow is too soft. As a general rule, if you have to get off and push your bike, the snow is too soft and you absolutely should not be on the Nordic trails. If you leave a rut, it's too soft. If you are leaving a trough deeper than an inch or are having a hard time riding in a straight line, it is probably too soft to be on the Nordic trails.

GET A GRIP!



Though it may seem counterintuitive, the more you lean down the hill, the better the edge-grip on hardpack.

Six Ways to Ski Better on ‘Firm Snow’

By Lisa Densmore

TO BE POLITICALLY CORRECT in the world of snow reporting, when the surface of a trail ceases to have flakes on it and becomes very hard and sometimes more blue or green than white, it's called “frozen granular.” In ski school vernacular, it's called “firm snow.”

My sweetheart, Jack, a Montanan who skied in Vermont for the first time four years ago, calls it “loud.” Unfortunately, his debut at a ski area in the Green Mountains was after one of those January thaws when it pours rain for 24 hours then the temperature plummets.

“I'd always thought if I could hear my skis I was skidding, making a bad turn,” said Jack, “Here, I hear every turn! I thought I had forgotten how to ski.”

As a lifelong Vermont skier, I had never given skiing's audio cues a thought until Jack brought it up. I had become so accustomed to the noise, I'd ceased to hear it. That said, the slopes in Vermont are a lot quieter than they were in my formative years.

In truth, this part of the skiing world has an undeserved reputation for firmer-than-desirable snow. Snowmaking systems have become so advanced, the corduroy here is usually on par and sometimes better than in the West. And with modern grooming machines, a ski area can recover from a thaw-freeze cycle usually within 24 hours. However, if it's less than 24 hours or late afternoon on a weekend after lots of skier traffic, things can get a little scratchy.

It's a common tendency for a skier to freeze up as stiff as, well I'll just say it, the ice itself, which greatly hampers performance and kills one's confidence. But if you're going to ski the Greens, you're likely going to encounter hard-pack, so we want you to be ready to ski it the best that you can.

Here are six tips to help your ski edges get a better grip.

1. Pick the right skis. The coolest skis in the lift line might be the fully rockered, super-wide twin-tips, but these fatties are performance underdogs on hard-pack. To hold an edge, a ski must be torsionally stiff. Fat skis (more than 90 mm in the waist) tend to be soft. What's more, if the ski is rockered or has a lot of early rise in the tip, it won't grip as well as a traditionally cambered ski. The party line says the pre-bend in the tip helps you enter the turn easier, which may be true, but a soft, rockered tip isn't doing much more than getting out of the way. To hold on ice, you must “carve” turns, which starts with purposefully engaging your ski tips as you enter each turn, then rolling the ski on edge more and more as the turn progresses.

2. Tune your skis. You can have the best skis in the world, but if your edges are dull or burred, they won't hold. Lightly scrape your thumbnail across your edges in different spots. If your nail leaves tiny shavings, you're edges are sharp. Your edges should also be smooth and rust-free. If the snow is

firm, you may need to tune your skis (or have an expert do it) after every two days or so. Once you tune your skis, if they feel “grabby,” dull the tips and tails about two inches down the running surface to help your skis glide in and out of turns easier.

3. Get forward. If you feel anxious on ice, you're probably sitting back, which gives you even less control. Your shins should be pushing against the tongues of your ski boots 100 percent of the time. Relax your toes! If you clench your toes, your whole body will stiffen and your shins will pull away from your boot tongues. When trying to get forward more, a common mistake is to bend too much at the waist. Your chest should face forward. If it's pointing at your skis, you're bent too much. Another common mistake is trying to get forward by bending the knees more, but that results in sitting back even further unless you flex your ankles too. To get forward, concentrate mainly on flexing at the ankles.



Hands forward; (5) Lean down the hill (to help put your skis on edge) Photo by Jack Ballard.



(3) Get forward; (4) Hands forward; (6) Shorten your turn Photo courtesy Vermont Ski Areas Association.



(3) Get forward; (4) Hands forward; (6) Shorten your turn Photo courtesy Vermont Ski Areas Association.

4. Keep your hands forward. What you do with your hands affects what's happening down below. If your uphill hand drops, you'll lean into the hill, flattening your skis and losing your edge grip. If both hands drop, your weight will move back, flattening your skis and putting you off balance, a bad combination on ice. If your hands are level with your belly button and they're slightly wider than your hips, they're in the right spot.

5. Lean down the hill. The least intuitive part of ski technique is leaning down the hill during the second half of a turn, but it's critical for holding on hard-pack. If you lean toward the base lodge, your body naturally compensates by angling your hips, knees, and ankles into the hill thus putting your skis on edge. The more you lean down the hill, the higher the edge angle and the better the edge-grip. Likewise, the steeper the slope and the firmer the snow, the more you need to lean down the hill, concentrat-

ing your weight on the downhill (outside) ski.

6. Shorten your turns. Lastly, get off your edges! This might sound peculiar, as the whole purpose of this article is to tell you how to get on your edges. However, after they bite, release them. If you hang on, you'll start sliding. If you get off your edges quickly, making shorter turns down the hill, you'll have better edge-grip and more control.

ADAPTING TO OTHER ADVERSE SKI CONDITIONS

Powder is paradise to some skiers and hell to others. Ditto spring corn snow. The older and deeper powder and corn become, the heavier they become, especially if lots of skiers have made tracks ahead of you. If you're the type who can't relate to the hype after a snowstorm, you may be trying to ski ungroomed snow like the corduroy. Rather than emphasizing the weight on your outside (downhill) ski, distribute it more evenly over your skis, about 60 percent on the downhill ski, 40 percent on the uphill ski. Don't sit back! You'll fry your thighs and likely lose your balance. The key in powder or ungroomed

snow is to direct your uphill ski as purposefully as your downhill ski so it doesn't get snagged in the snow. And if your skis are narrower than 80 mm in the middle, consider renting a pair of fatties, 90 mm or wider. You won't get as bogged down in the crud.

A four-time world masters champion in Alpine skiing, Lisa Densmore is a USSCA-certified ski coach. She also hosts women's ski clinics throughout the United States. www.lisadensmore.com

TURNING HARSH WEATHER INTO PRIME CONDITIONS

Black Diamond™

DAWN PATROL LT SHELL

ACCESS HYBRID HOODY

DAWN PATROL HYBRID BIB

PATROL GLOVE

WOMEN'S MERCURY MITT

RAMBLA GLOVE

37 Church Street Burlington

(888) 547 4327

JAY PEAK RESORT OPENS STATE-SIDE HOTEL AND BASE LODGE

JAY PEAK RESORT cut the ribbon on its Stateside Hotel and base lodge on Dec. 20, 2013. The new \$25 million project is the third hotel the resort has opened in four years and debuts almost four years to the day when Jay Peak opened its first project, the Tram Haus Lodge. The new property however represents a different offering in the resort's lodging portfolio.

"We built this new hotel and base lodge for two reasons," said resort president Bill Stenger. "First, it was time for the old Stateside Chalet to go. It stunk, literally, and wasn't the most pleasant place to enjoy a meal or gather for après skiing. But more importantly, the hotel part of this facility is aimed at bringing people back into our sport who may have been priced out. Skiers and riders will be able to lodge here with unlimited access to the lifts for less than the cost of what some resorts are charging for a lift ticket."

Stenger was referring to the fact that Ski-and-Stay packages per person at the new Stateside Hotel will range from \$79 to \$110 depending on the time of year. The Stateside facility features an 85-room hotel, base lodge and eatery, a restaurant and two pubs, retail, and a state-of-the-art rental facility.

After the ribbon-cutting ceremony, resort officials moved indoors for a news conference where they announced a major shift to one of their

other EB-5 funded projects. The Newport Airport project, part of the larger Northeast Kingdom Economic Development Initiative (N-KEDI), has shifted from simply being a place where airplanes were to be assembled, to becoming a full-blown manufacturing facility.

Ariel Quiros, co-owner of Jay Peak and a partner in the \$500 million N-KEDI, announced that a new commercial enterprise, Flight Design Americas, LLC has been established and will be based at the Newport Airport. Quiros and Stenger had originally intended for the airport to be solely an assembly plant for aircraft. With this new company, Quiros said Flight Design Americas has secured the exclusive production, assembly and distribution rights for North, South and Central America for the Flight Design C4 aircraft. The C4 is a state-of-the-art four-seat aircraft. Flight Design Americas has also secured the exclusive distribution rights for the U.S. and Canada for other products manufactured by Flight Design GmbH., a Stuttgart, Germany-based company.

"What does all of this mean? It means more quality manufacturing jobs for Newport," said Quiros. "When this new facility is fully operational, Flight Design Americas will be manufacturing 200 state-of-the-art aircraft each year right here in Newport."

Hope in Sight?

Q Burke, Kingdom Trails to Reopen Talks

By Evan Johnson

EAST BURKE — After a brief dispute and parting of ways over trails, usage fees and chairlifts raised protest locally as well as online, Q Burke Mountain Resort (formerly Burke Mountain Resort) and Kingdom Trails now look to meet in the middle.

The three-year-long relationship between the for-profit resort and the local nonprofit was regarded as a unique one, negotiated in part by prior Burke Mountain manager Tim McGuire, who stepped down in August.

In 2010, the association constructed their first excavated downhill trail for singletrack biking.

The network of three trails was accessed via Burke's Sherburne lift. The award-winning Kingdom Trails Association has maintained a network of over 100 miles of trails adjacent to Burke Mountain.

Through the partnership, Q Burke handled monetary transactions on behalf of the resort and Kingdom Trails: Q Burke charged \$20 for the chairlift and Kingdom Trails charged riders the normal day-usage fee. No daily trail fee was charged to those with annual Kingdom Trails membership. When the trails expanded, Burke completed and submitted permits and Kingdom Trails led construction.

In December, when Q Burke CEO Ary Quiros revisited the Kingdom Trails contract as part of housekeeping efforts, that relationship was ended.

"The reality of it was confusion as to how the arrangement was being made," says Tim Tierney, executive director of Kingdom Trails.

Quiros originally refused to pay roughly \$20,000 to the organization according to the contract, which he said he had not been aware of at the time it was signed. He later agreed to the payment but canceled the partnership going forward. He also said \$20 was not enough to cover the resort's costs of operating the chairlift and participating in the program.

The news did not sit well with local bikers. Brian Riordan is president of the

Upper Valley Mountain Bike Association, a group that frequently addresses issues of trail access and usage between various groups. Riordan says he was dismayed at the news of the separation and sent an e-mail to Jay Peak and Q Burke management expressing his dissatisfaction. He received a response hours later from Q Burke CEO Ary Quiros.

That response went viral in a matter of minutes. Q Burke's Facebook page was overrun with comments, and the discussion even emerged on ride-monkey.com, the official online forum of Bike Magazine.

"I put it back in the community's hands," Riordan says. "It can be kind of a learning experience for someone who's not from Vermont and might not be familiar with the desires and motivations of people in the area. As soon as the news hit social media, the community came together around their resource and declared where they stood."

Just a few days later, Bill Stenger, president, CEO, and co-owner of Jay Peak and Q Burke, backpedaled on Quiros' earlier comments, responding to multiple e-mails from concerned members of the Burke community and declaring a willingness to find a solution.

Quiros declined to comment, but Andrew Baird, director of marketing, says the two parties will reopen talks in January.

While the development has captured public frustration on forums and social media, all agree on the need for levelheaded dialogue. Tierney says he was surprised by the initial decision on Q Burke's part, but he remains optimistic the two partners will reach an agreement that will form a much stronger relationship.

"We're ever-hopeful that sensible, practical people will see the strength of what we bring to the community," he says. "This discussion has really caused the cream to float to the top, so to speak. If anything, this [dialogue] will serve to strengthen Kingdom Trails and the relationship between the two."

the 2014 frozen onion

Winter Mtn. Bike Race Series

Sundays: 1/19, 2/9, and 2/23

All proceeds benefit the **mountain mobie** Sparks girls mtn. bike programs



Details at onionriver.com

20 Langdon Street • Montpelier, VT

802-229-9409 • www.onionriver.com

TRAIL MANAGER CJ SCOTT AT KINGDOM TRAILS KEEPS NETWORK IN TOP SHAPE

By Evan Johnson



As trail manager, CJ Scott assists in the planning, development and maintenance of the trails in East Burke. He also gets to ride them. Photos by CJ Scott

WITH 12 KILOMETERS of Nordic ski trails and several new fat-bike riding trails open this winter, Kingdom Trails has established a reputation as one of the best outdoor recreation centers in the Northeast. The man behind the sprawling network of trails is CJ Scott, 35, who is in his 12th year at Kingdom Trails as trails manager. Originally the sole staff member, CJ now manages a staff of nine, and when all's said and done, he can get out and enjoy the trails.

Scott originally moved to Vermont from Maine in 1997 as a student at Lyndon State College in Lyndonville, earning his Bachelor's of Science in Mountain Recreation Management. Scott started at Kingdom

Trails in 2002 as an intern and has stayed since.

Today, his responsibilities include managing a crew of nine guys, prioritizing projects, and slugging and scouting new trails. He works with the trails committee to develop long-term plans, contacts landowners for their input and permission, and helps out at the front desk with any general work: selling memberships and day passes, and doing anything else that comes his way.

Scott spoke with *Vermont Sports* about his work at Kingdom Trails, how the network in East Burke has developed over the past dozen years, and about the close-knit community of skiers and riders who enjoy the network of trails.

VS: What do you like the most about what you do?

CJ: I love the community aspect of it and how passionate everyone is in seeing Kingdom Trails succeed and grow and provide amazing products to the town and the state of Vermont—everything from bike trails to Nordic trails to fat-bike trails. There's a great sense of community in what Kingdom Trails has become.

VS: How does the process of designing and maintaining trails change from summer to wintertime use? Can you walk me through the process?

CJ: We're utilizing the existing trails and corridors so we're sticking with what we have in the summertime. Any of the doubletrack trails with wider, bigger corridors, we're able to get snow machines through. We pack all of those [using] snow machines. With single-track trails, if they're wide enough to get a snow machine through, we will; otherwise, you snowshoe them—packing down a 10- to 15-inch treadway that you can travel on. You want to try and maintain the snowshoe tracks on the original treadway where you would ride in the summertime. That would even mean making turns, berming it up, maintaining the same flow of the trail that you would have in the summertime and not just walk down the middle of corridor. You have to figure out that line.

VS: What kind of an impact

does a network of trails have on the existing forest? How do you as a trail manager minimize it?

CJ: If you build trails correctly, it'll have a minimal impact on the forest. With that being said, there are times, depending on weather, when you shouldn't be out riding, regardless of how well the trail is built. Certainly when things are extremely saturated, the water table is pretty high, and everything is soaked, you don't want to be out riding as that can impact everything from the displacement of soil, water sources, and shorten the lifespan of a trail. As long as they're built correctly and maintained properly, there's minimal impact to be had. There is impact, there's no getting around that. When you first put a trail in, you're going in and creating a corridor scratch by taking out trees, you try and weave your way through the forest while taking out trees no bigger than your forearm. Once that's done, you get a good summer's worth of riding and leaves to fall on it and new grass to grow up, and after a summer's worth of construction, it looks like it's been there for all existence.



VS: When you came on as an intern, what was the network of trails like? How has it changed up to today?

CJ: It was fairly similar to what it is today. It wasn't quite as big, but it was still a pretty well-established network. We didn't have the ridership that we have now. When I first


started, there was no office or front desk. It was just myself at a picnic table underneath a tent with a roll of day passes and a stack of maps, selling passes and giving map information to maybe 100 riders in a weekend. The owner of East Burke Sports, his girlfriend, and me, we were the trail crew. We had no machines, no ATVs, so we were hauling scrap wood into the forest on our backs to build bridges. [Kingdom Trails] certainly had a lot less manpower and organization than it has now, with a parking lot, a full welcome center, and crew of nine guys.

VS: Could you share a little about where you intend to go from here?


CJ: We've always got new trails in the works. We're always looking to try and add one or two new trails per year just to give people something new. Certainly every time people show up for the first ride of the summer, they're always asking, "What's the new trail? Where am I going to go?" We're looking to build and expand throughout the system. I couldn't give you any projects or exact trails or locations right now, but we've got an ongoing five-year plan that is constantly growing and evolving, depending on how we look at the map and see a demand for trails in new areas. We'd like to open up a new corner of the map, or if we see a particular terrain feature that we like and want to incorporate, then we'll explore that option.

For Scaling Any Obstacle!



Black Diamond



EXPRESS ICE SCREWS

VIPER ICE TOOL




STINGER CRAMPON

RAVEN PRO MOUNTAINEER AXE

PUNISHER GLOVE

37 Church Street Burlington

(888) 547 4327

Overtraining Is Not a Virtue!

By Mari Zagarins

"I'M GOING TO TELL IT to you straight," said the physical therapist as he paused the video that starred the lower half of my legs, larger than life and extremely pale, jogging on a treadmill. "You're not built to be an endurance runner."

Then he told me that my left leg is a hair shorter than my right. "Maybe you'll make it through a marathon, maybe not," he said. "But I can guarantee that in time, if you keep running like you are, you're going to start feeling pain in your hips."

"Yeah," I said. "Sure. Thanks." But even though I heard the words, I wasn't listening. It was only after I ran my first marathon, after I signed up and began training for the next less than a month later, and after I started to feel a sharp constant pain in my left hip that they started to register.

For a long time, I thought that overtraining was a sign of ambition. I've always believed that hard work is a crucial step toward success, and in other aspects of my life, this attitude had tended to work. I never had to drop out of any classes in college because my brain hurt too much from studying, had I? Nor had I had to quit a job because learning the ropes was too challenging. Why shouldn't hard workouts translate directly to winning race times and overall health? So I ran. A lot. Every morning, and usually before eating anything.

I suffered through the hip pain for weeks into my second marathon training before finally quitting in tears. A month later, shortly after I started to jog again, I sprained a foot. Then I sprained my other foot. In addition to all of these injuries, I suffered bouts of strep throat and other infections. I regularly felt fatigued, achy, and useless.

According to Troy Stratton, a physical therapist at the Sharon Health Center, illness and injuries are just two of many signs that an athlete is overdoing it. "Overtraining can be presented in different ways," he said, listing diminishing athletic performance, increased muscle soreness and resting heart rate, and difficulty sleeping as major physical symptoms. "Mood changes can happen as well," he added. Decreased motivation, lack of confidence, depression, and anger are all indicators of an unbalanced lifestyle with too little rest.

And even as my body deteriorated, I was convinced that I was in the best shape of my life. I was committed to



running, and I was afraid that stopping meant a swift and certain transformation into an out-of-shape sack of potatoes on the couch.

Flash forward to this morning: I rolled out of bed when the sun was already high in the sky, and I ate pancakes for breakfast. I lay on the carpet in a patch of sunlight and read a book, and then I walked a mile (for exercise) to a coffee shop (for something frothy and decadent). Later, I might get chicken wings and watch a movie. Maybe I'll watch two.

Basically, I've become the sack of potatoes I once feared, but it's a surprisingly healthy and happy sack of potatoes. I've decided that a drastic activity level reduction is good for me, at least for now, and so far it's working out well. I

haven't gotten any more injuries, for example, and getting eight or more hours of sleep every night is awesome.

If you're an athlete, you're probably thinking, "Sheesh, that sounds terrible." I know, I know. Once it's established in your everyday routine, the quest for

physical fitness and peak performance can be thrilling, rewarding, and tough to back down from. But while it may seem counterproductive, rest can actually help you perform better.

Stratton recommends plenty of it, as well as increasing calorie intake. "Athletes must balance their activities with hydration, nutrition, and rest so

they can rebound and make gains, not further break down their bodies," he said.

I imagine I'm not the only one

who has pushed through drowsiness, hunger and pain to accomplish feats that my body wasn't built to do. Partly this has to do with a genuine desire to be strong, but it also stems from a deep-seated craving to be congratulated for my efforts. I can't count the number of times I've felt proud of being called an overachiever, whereas I'd hate to earn a reputation as a slouch.

If you can relate, then allow me to call you an overtrainer and mean it in the worst way possible. Do not take any pride in being called this name, because it is not a compliment.

Instead, just stop doing whatever it is that's grinding you down. Just for a short while — maybe a few days, or maybe longer. Do nothing more physically strenuous than vacuuming your rug. Relax: make friends with Epsom salts and baths. And allow people to judge you for your indulgent behavior. Who cares? In the end, the only name-calling that matters is the kind that your body gives you, and wouldn't it be nice if your body called you anything but overtired and overstressed for once?

Think you're at risk for overtraining? Schedule a visit with a physical therapist today.

Mari recommends...

Sharon Health Center, Sharon

The home of Gifford Medical Center's Sports Medicine Clinic houses a great staff of specialists in sports medicine, physical therapy, and athletic training—many of whom are athletes themselves. (802) 763-8000 giffordmed.org/sharonhealthcenter

The Rehab Gym, Williston, Colchester, Burlington (new Barre location coming soon)

Focuses on minimizing and preventing future injuries, rather than just tackling each diagnosis as it comes. In addition to physical therapy, offers classes accessible to people with injuries or disabilities. rehabgym.com

Mansfield Orthopaedics, Morrisville

If, heaven forbid, you should reach the point where you need more than just physical therapy, this is the place to go. Here, specialists in sports medicine deliver great orthopedic care, from pain-relieving treatments to joint replacement surgeries. (802) 888-8405 mansfieldorthopaedics.com



news briefs

Winter Trails Day offers adaptive ski lessons, free Nordic skiing for beginners

RIPTON, Vt. - On Jan. 11, people who rely on wheelchairs to get around will be able to cross-country ski for free, courtesy of the Vermont Governor's Council on Physical Fitness and Sports, the Northeast Disabled Athletic Association, and Rikert Nordic Center in Rip-ton. The event coincides with Winter Trails Day, a Ver-mont tradition that encourages beginner skiers to enjoy winter with free lessons and passes at Nordic and snow-shoe resorts. Rikert will make three sit-skis available, and NDAA will provide additional equipment, instruc-tors and lessons for athletes with disabilities.

"Accessing the Vermont woods in winter via Nor-dic trails means so much to me," said NDAA founder and Nordic sit-skier, Patrick Standen. "Being able to share that experience with other Vermonters makes it even more meaningful and it fits in with the mission of the Vermont Governor's Council on Physical Fitness wonderfully. We are hoping that young Vermonters will try adaptive Nordic skiing, and discover a lifelong, healthy passion."

A collection of adaptive sit-skis paired with trained instructors will be available at Rikert Nordic Center throughout the day. Additional locations will also offer Nordic skiing and snowshoeing free to beginners using traditional, non-adaptive equipment on Winter Trails Day on Saturday, January 11. The inventory of snow-shoes, skis and lesson space is limited.

Prospect Mountain to host U.S. snowshoe championship, Feb. 28

By Evan Johnson

THIS COMING FEBRUARY, Prospect Mountain Ski Center in Woodford will host the 14th annual US Na-tional Snowshoe Championship. The series will run from February 28 through March 2 and is expected to draw as many as 800 participants from around the United States. The championship will also feature in-ternational and veterans divisions.

The National Snowshoe Championship rotates locations every year. The 2012-2013 championship was held in Bend, OR. The race was last held in Ver-mont in 2006 at Bolton Valley Resort. Organizer for the race, Mark Elmore, says races in the Northeast and Midwest typically draw the most competitors.

"Because of the location of Prospect Mountain, we're expecting a great turnout for this year," hesays. The host community for the race is Bennington, lo-cated between the Green and Taconic Mountain Ranges.

Dion Snowshoes, a Bennington-based snowshoe manufacturer, is the event's principal sponsor and will provide a limited number of loaner snowshoes to par-ticipants. International athletes (non-U.S. citizens) may compete alongside the national championship com-petitors in the men and women's 10-kilometer fields. The top ten international men and women will earn awards. Competitors must qualify to compete in the race. An athlete must be a current member of the U.S. Snowshoe Association. Athletes must register for USS-SA membership prior to competing in their regional qualifying event. The USSSA hosts a series of 38 quali-fying events from January 5 through February 23. An

athlete must complete a recognized USSSA qualifying event and record a "qualifying" finish performance to be eligible for the national championships. For more information on registration go to ussnowshoechampi-onships.com.

The Hermitage Club expands snowmaking and real estate

DEERFIELD VALLEY, Vt. - A new fixed-grip quad, 32 acres of re-cut glade skiing and expanded snow-making will greet club members at The Hermit-age Club at Haystack Mountain as the 2014 winter season gets under way.

The new Stag's Leap Quad chair lift connects the lower and upper mountains, and will greatly expand the skiable terrain, says resort owner Jim Barnes. The new lift will also service Stag's Leap, the Club's premier real estate offering.

Re-cut glades include both steep, expert terrain as well as moderate grade terrain. Two new PistenBullys groom the trails throughout the day.

The original Haystack Ski Area opened in the early 1960s as an alternative to increasingly crowded resorts, but closed several years ago as it went through bankruptcy. Barnes believes there is a market for a pri-vate club ski resort.

The new on-mountain 80,000-square-foot club house is expected to be complete for next season and will include a 360-degree view of Haystack Mountain, two five-star restaurants, spa, salon, ski va-let, fitness center, a teen editing studio, game room and daycare.

"The Hermitage Club at Haystack Mountain is setting a new standard for private ski communities," Barnes continued. "With limited membership, our members have the room to relax and rediscover the free-dom and joy of skiing and riding."

Mount Snow's snowmaking can fill Boston's Fenway Park in 20 hours

DOVER, VT. - Mount Snow Resort opened for the 2013/2014 ski and snowboard season on Nov. 15, its earliest opening since 2007, with top-to-bottom runs on two of its four mountain faces after only 52 hours of snowmaking. That volume of snow production in such a short window of time is made possible by the resort's fleet of more than 250 high-output fan guns, the most of any resort in North America.

An abundance of this technology is what will al-low Mount Snow to recover from weather events that dump rain rather than snow at various points during the season, and add ample snow depth on the trails during most winter days.

"We are able to make an awful lot of high qual-ity snow in a very short period of time," says Dave Moulton, director of mountain operations. "One fan gun alone can turn as much as 126 gallons of water per minute into snow."

Speaking of math, at max capacity it is calculat-ed that Mount Snow's snowmaking system can fill an Olympic-size swimming pool with snow in just 47 min-utes and fill all of Fenway Park with snow up to the top of the 18-foot centerfield wall in only 20 hours.

gearX.com

Outdoor Gear Exchange

FIND YOUR PEAK!

ON THE LIFTS OR IN THE BACKCOUNTRY GET THE GEAR HERE!

Black Diamond

VERDICT SKI

ASCENSION SKINS

FACTOR MX A.T. BOOT

TRAVERSE SKI POLES

CONVERT SKI

37 Church Street Burlington

(888) 547 4327

f i t

All Sports medicine all the time!

Chiropractics | Physical & Occupational Therapy | Podiatry | Sports Medicine

When the outdoors is unkind, we're here to help.

For care from providers who understand your drive to get back to the sports you love, call today.



Sharon Health Center

To schedule an appointment call Central Scheduling at (802) 728-2777
12 Shippee Lane, Sharon, VT 05065 | (802) 763-8000 | www.giffordmed.org

telemark
north american telemark organization

Offering a full winter calendar of Telemark instructional workshops, primers, instructor training, adventure tours and camps.
Discover confidence, power, and grace in your skiing ability.

telemarknato.com
802-496-4387



sports medicine By Sky Barsch

POWDER PANIC

IN THIS MONTH'S Sports Medicine column, we're going to look at a psychological condition that has been widely reported in Vermont this winter: Powder Panic.

OVERVIEW: Powder Panic is a specialized anxiety disorder presenting in skiers and riders when more than 12 inches of powder falls within a 24-hour period. Powder Panic instances are highest among males age 15-39 and females age 24-44.

SIGNS AND SYMPTOMS: These can include restlessness, sleepless nights, waking up way earlier than one ever could for work, irritability, forgetfulness, poor ski-bag packing, dick moves, whining, chewed fingernails, snapping, poor driving, brow sweating, and shaking. Onset coincides with winter storms, but in more severe cases, onset can occur four to seven days ahead of a predicted snow event.

DIAGNOSIS: Powder Panic can be diagnosed by a qualified medical doctor and/or a reasonably alert ski buddy.

TREATMENT: Get the patient upright, on a ski or board, at an elevation of greater than 3,000 feet, and encourage them to rapidly descend down the mountain. In most cases, one to three runs will reduce Powder Panic symptoms by 60 to 75 percent.

However, in more severe cases, it can take four to eight or nine treatments to attain a noticeable decrease in symptoms. The American Medical Association recommends these treatments happen in rapid succession; that is, the longer the wait for the lift, the faster the efficacy of such treatments decreases.

If you cannot get the patient to a mountain, the only other AMA-approved treatment is Tropiclandia, an FDA-approved drug that simulates a tropical vacation. Addiction risk is high with Tropiclandia, so it is only recommended as a last-resort option.

CAUTION: Powder Panic is normally treatable and symptoms subside within 24 hours of first snowfall. HOWEVER; if Powder Panic is combined with ACUTE WINE HANGOVER, seek immediate medical attention. The combination of these two afflictions can result in lost friendships, failed marriages, foreclosure, revoked ski passes, and other terrible things you've never even heard of.

Sky Barsch is not a medical expert whatsoever, but does have extensive experience with Powder Panic and its associated consequences. She lives in Barre Town with her powder hound, Siena.

VERMONT'S "SWEETEST" HALF MARATHON AND RELAY
9 A.M. SUNDAY, MAY 4, 2014

MIDDLEBURY MAPLE RUN

- Generous prize purse
- Finishers' medals!
- USATF-certified course
- 2-person relay
- B-Tag Chrono Track timing
- Technical t-shirts available
- Register by 4/18 for guaranteed t-shirt
- Proceeds go to local charities

Thanks To Our Sponsors

IPJ Ingrid Punderson Jackson Real Estate

ADDISON COUNTY INDEPENDENT

www.middleburymaplerun.com

Earl's "Your Year-Round Fitness Headquarters" 

Looking for Fitness Equipment? Come see the Experts!

Treadmills - Ellipticals - Exercise Bikes
Indoor Trainers - Spin Bikes

FREE DELIVERY* AND SETUP
*Chittenden and surrounding counties

WE BUILD IT, WE DELIVER IT, WE SERVICE IT.

2500 Williston Rd
South Burlington

Earl's Cyclery & Fitness

802-864-9197
www.earlsbikes.com

Each month we review outdoor gear and local beer. Want us to review something in particular? 📩 Send a note to gear@vtsports.com.

by Hilary DelRoss

gear and beer



GEAR: GSI Outdoors Commuter Java Press

This mug was made for those of us who can't bear to leave the French press behind when traveling. The Java Press operates like your kitchen carafe, but the features are modified for folks on the go. An inner mug made of BPA-free plastic walls replaces the traditional plunger and adds a layer of insulation. The exterior adds another layer of insulation on the exterior, including a comfortable nonslip recycled neoprene sleeve. Flip open the spill resistant lid to enjoy sip after sweet sip of your favorite steaming beverage. Just make sure to follow the assembly directions—in order—or you might end up with more on your clothes than in your bloodstream. \$19.95 ~HD

GEAR: GSI Outdoors Gourmet Kitchen Set 11

Perfect for the mobile foodie on your list, the Kitchen Set offers a ton of tools and packs up and away easily. The collapsible spatula, ladle, and whisk are useful, but keep in mind these are designed to be lightweight and packable, so cook up a storm but exercise a bit of caution in handling these utensils. Waterproof condiment and spice containers ensure full flavored fare without adding bulk or mess. Speaking of messes, yours will clean up quickly with the included scraper, scouring pad, and quick-dry towel. The travel tote has a mesh pocket or elastic loop for each item so things don't shift around in your pack, car, RV, or boat. This kit even includes a cutting board, just don't forget to bring a knife; an extra set of loops is provided to keep it secure. \$39.95 ~HD

BEER: Northshire Brewery Chocolate Stout

Resting in a pint glass, this classic British-style stout reminds me of a root beer float with its frothy head and cola-dark color. A rich sent of chocolate comes through at first sniff, reinforcing the comparison. Don't let the sweet impression steer you away; this Bennington, Vermont-made chocolate stout has a slightly bitter bite that balances out a milder-than-expected chocolate flavor, which comes from both the chocolate malt added during brewing and a secret chocolate ingredient added in the process. Staying true to the style, Northshire brews this beer with hops and malt imported from England. A toasty, roasted flavor on the smooth finish leaves me longing for another warming sip on this chilly Vermont night. I'm enjoying this beer at home thanks to the portable 22-ounce format, but you may also find it on tap around the state. At 6 percent ABV, I'm happy there is another pour waiting for me in the fridge.

Hilary grew up in southern New England where she developed her love of nature and outdoor recreation, including learning to ski at Rhode Island's only ski hill. After exploring the Rocky and Cascade Mountain ranges, she transplanted to the Green Mountain State where she snowboards, skis, hikes, bikes, kayaks and stokes campfires from her home base in Montpelier.



MOUNTAIN HARD WEAR

SKI AND RIDE CLOTHING FOR THOSE WITHOUT BOUNDARIES

37 Church Street Burlington

(888) 547 4327



Age: 53 | **Residence:** Newbury | **Family:** Wife, Annie Kitson; son, Tucker; daughter, Katie | **Occupation:** Environmental engineer

Primary sport: Running, telemark, and Nordic skiing



STEVE SNOOK IS A MAN WHO LIKES SETTING GOALS. AFTER BAGGING ALL THE 4,000-FOOT PEAKS IN THE NORTHEAST, HE DECIDED TO TRY SOMETHING CLOSER TO HOME. THE VERMONT DEPARTMENT OF ENVIRONMENTAL CONSERVATION EMPLOYEE AND HIS WIFE ATTEMPTED TO TAKE PART IN SOME FORM OF ACTIVITY IN EACH OF VERMONT'S STATE PARKS OVER THE COURSE OF 2013.



VS: Have you always been a runner?

SS: I was briefly a runner when I graduated from college and needed to do something for exercise. I did a few races in my 20s, but I didn't stick with it and just ran for fitness. When I started working for DEC, I got exposed to more of a running culture, and in the spring of 2005, a colleague took me out on a three-mile loop in Waterbury. I couldn't even run the whole thing. I had to take breaks to walk. But that fall, I did a half-marathon, and the following year, I trained up to a full marathon. That year, a bunch of people from work ran the marathon so there were a lot of people to do longer runs with. I've done the Vermont City Marathon every year since then, in part because it requires me to get in shape. I'm a goal-oriented person so it's a good thing to have that out there.

VS: You haven't stopped with marathons, though, have you?

SS: I did my first 50K in September of 2010, and the following month, I did the

Green Mountain Marathon in the islands as a training run for the Stone Cat 50-miler in Ipswich, Massachusetts. I decided to run for seven miles before the marathon because my interest was in trying to run for five hours to prepare for Stone Cat. One problem with that is it made me a minute late for the start of the race so I had to run around dozens of spectators. The Stone Cat race has four loops of 12 miles, and that's where I discovered that cold weather is really good for me. It's a fun race because it's a trail marathon and a 50-miler, and they're totally flexible. If you sign up for the marathon and want to keep going, you can; and if you sign up for the 50-miler and want to quit after three loops, they'll give you a 37½-mile time. My wife had taken our daughter to look at colleges, and they came out for the last lap. I felt so good that I think if they hadn't been there I might have done an extra lap.

VS: You said you're goal oriented. Have you tried to qualify for the Boston Marathon?

SS: I qualified for Boston once but that was the year the race filled up in eight hours, and I missed my chance. After that, they changed the qualifying times. My next age group would allow me to qualify with a 3:40. This year was my best year at 3:33 because the weather was cool, but I needed a 3:30.

VS: Speaking of goals, in 2013, you and your wife decided to do some activity in each of Vermont's state parks. How did that go?

SS: We managed 45 of 52 (as of Dec. 21), but we had to put the project on hold because we're in the process of moving. It started when we realized we could buy a state park pass for \$25, so we each got one in our Christmas stockings. There are 52 parks, and we had a rule that we had to do something in each park. We've bicycled, cross-country skied, canoed, hiked, and camped. It's been harder in places that don't have day-use areas, so sometimes we've just walked through the campgrounds. Some park staff have been more obliging than others in that respect. In Maidstone, they let us drive close to the waterfront to canoe even though we weren't camping there.

VS: Have there been some interesting discoveries?

SS: We went to North Hero when it was inundated by the floods and found two bucketed pot plants, which we photographed with the caption "invasive species." We are also surprised to see a fence all along the path at Quechee Gorge. Other places like Bingham Falls aren't fenced at all.

VS: Any hidden gems?

SS: We had some beautiful paddling off Knight Island, and we were surprised by how large Lake Carmi was. I've run and skied around Waterbury Reservoir, but for this project, we canoed there, which I'd never done. We enjoyed all the parks for different reasons.

VS: I understand you've also hiked the full Appalachian Trail, is that correct?

SS: I did it in bits and pieces. I did some as a Scout when I was in high school, and then between my undergraduate and graduate work, I went to Georgia and hiked about half the trail during the summer. Each year after that, I'd do another week. Ironically, my first section was a hike from New Jersey to the Delaware Water Gap, and the last section was from Pennsylvania to the other side of the Gap, facing where I had started.

VS: I've heard you've summited all the 4,000-foot peaks in New York and New Hampshire. Tell us about that.

SS: Actually, I've done Vermont and Maine, as well. I did all the New Hampshire ones in the winter, the Vermont and Maine ones in the summer, and New York was a mix. I finished the Adirondack 46ers this summer. I did a few with a friend from high school when we were in our 20s, and then we came back together years later and decided to try to knock off the full list.

VS: So you do winter as well as summer hiking?

SS: I've got a group of friends from college, and every winter we go for a three- or four-day weekend, typically in the Adirondacks so we can combine winter camping and backcountry skiing. We do routes like Marcy Dam, Avalanche Lake, and Johns Brook Valley. We've also done a few trips in the White Mountains, heading to Zealand Falls or Carter Notch Huts; and in good snow years, we've even gone to Pennsylvania. We all like to ski, and it's an excuse to get together. The two friends who got this started used to head to the White Mountains every winter wearing wool clothing and using duct tape and klister instead of climbing skins. That's how the tradition started.

—Phyl Newbeck

Resolve to earn your turns in 2014

Onion River Sports has the gear and expertise to make your "muscles not motors" backcountry excursions the best possible.



Expertise & gear for backcountry skiers

20 Langdon Street • Montpelier, VT
802-229-9409 • www.onionriver.com

Race Recap

RI RA'S SANTA 5K RUN AND WALK
DECEMBER 1, 2013
BURLINGTON

IT'S A JOLLY DASH of red, white, and beards—the Santa 5K Run and Walk, put on by Ri Ra's Irish Pub. There are no Grinches allowed: participants are required to wear a Santa Claus suit. The beards, hats, jackets, pants, and belts were provided prior to the race. Racers were treated to an Irish breakfast, and all the proceeds went to Camp Ta-Kum-Ta for kids with cancer. Mike Feulner, a 60-year-old retired state employee from Duxbury, ran with a stroller, finishing in the back of the pack of almost 1,400 Santas.

VS: Have you done this race before?

MF: This is my second year. I did it the first year they had it (2011), and then I volunteered in 2012.

VS: How hard is it to run in a Santa suit?

MF: The suits are nicely done, but they're hard to run in. They're not exactly tailor-made, so the bottoms of my pant legs were dragging in the snow. They're not really heavy, but they are cumbersome.

VS: I'm guessing this is a family-friendly event?

MF: Absolutely. It's all about that. In fact, I did the race with my girlfriend's grandson in a stroller so I was at the very back of the pack. This race is about fun; it's not about setting a personal record or for the competition, but about capturing the essence of the holiday season. Just being on Church Street and seeing the amazement on the faces of the children who



Mike Feulner and Debra Dooley at the Santa 5K.

are lining the streets and seeing all the Santa suits really captures the event. Church Street is so beautiful this time of year, and we had the luxury of a little snowfall. It's a gorgeous route in a very nice spot that we should never take for granted.

VS: Is it mostly local people?

MF: Actually there were quite a few tourists, including some French-speaking visitors who travelled here for the event. There was a Canadian family running next to us with their stroller. There's a nice mixture of people.

VS: What's the best part of the race?

MF: I would say it's the casualness of it. It's almost more of a social event rather than a racing event or running event. It's more about enjoying the holidays, although some people take it very seriously and there were some fast times. Some people come to compete, but others walked most of it and a few were drinking coffee on the route. It's really not about anything else other than having fun. When you turn the corner from the bottom of Main Street to go up Battery Street, it's nothing but red Santa suits for as far as you can see. It's an amazing sight.

VS: How was the breakfast?

MF: We had eggs, orange juice, sausage, and Canadian bacon since the parent organization for the event is in Canada. It was well organized and well done. You could have breakfast at City Hall auditorium where they had a lot of room or just go to Ri Ra. The food was absolutely terrific and plentiful, and you didn't have to wait in line. There was even a full bar available, and some people were drinking draft beer before the event.

VS: Would you do it again?

MF: Absolutely. I'll do it every year.

—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.



THE STUDIO
at The Confluence
Berlin, VT 229-4131

2 Week Unlimited Membership - \$25
Includes access to as many classes as you care to attend. Does not include CrossFit, CrossFit Express or CrossFit Rowing. Offer available to new members only. Expires Jan. 31st.

YOGA ZUMBA® PILATES BOOTCAMP CYCLING

www.theconfluencevt.org

West Hill Shop
PUTNEY VERMONT

Wax Demo for Marathons
Wed, January 22nd @ 6pm
West Hill Shop — It's free!

Veteran World Cup service tech and glide specialist, **Drew Gelinas**, along with **Ryan Kerrigan**, two time marathon champion and founder of VTXC marathon team, will share tips on waxing for marathons.

Exit 4, I-91, Putney Vermont ■ westhillshop.com ■ 802-387-5718



calendar of events

ADVENTURE RACING

March

- 8 **THE MVP HEALTH CARE FRIGID INFLICTION WINTER ADVENTURE RACE.** Navigation, snowshoeing, cross-country skiing, postholing, ropes. 5 a.m., Bolton Valley Resort, Bolton. gmara.org/frigid.

BIKING/CYCLING

May

- 25 **MEMORIAL DAY RACES DIRT ROAD RIDE.** 51.7 mi, self-supported ride. 7:45 a.m., Tanglewood Music Center, Lenox, MA. info@memorialdayraces.com.

June

- 4-8 **TOUR DE KINGDOM.** 3 days of guided riding and 2 days of supported century rides with optional routes each day. Prouty Beach, Newport. tourdekingdom.org.

September

- 24-28 **TOUR DE KINGDOM.** 5 days of supported rides on both sides of the border. Prouty Beach, Newport. tourdekingdom.org.

October

- 5 **KINGDOM MARATHON.** Bike, run, hike, or horse your way through the Northeast Kingdom at the peak of foliage season. 13 mi dirt road course for youth. Parker Pie, Newport. kingdommarathon.com.

BIATHLON

Ongoing

ETHAN ALLEN BIATHLON CLUB 2014 WINTER RACE SERIES. Jan. 9, 16, 30; Feb. 6, 13, 20. \$10 per race or \$50 for the six-race series. Bring a race volunteer and race for free! eabiathlon.org.

CLIMBING/MOUNTAINEERING

Ongoing

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



Your Four Seasons Bike Shop

+ TUBBS & DION SNOWSHOES

+ LOCATED IN TAX-FREE NH

+ OVER 100 YEARS COMBINED EXPERIENCE

12 PLAINS RD
CLAREMONT, NH
M-TH 10-5:30
FRI. 10-7
SUN CLOSED

603-542-BIKE
WWW.CLAREMONTCYCLE.COM



FAMILY

January

- 12 **SNOWSHOE E. MONTPELIER WITH YAC.** Easy. 1-2 miles. Young Adventurers Club. 229-9810.

MISCELLANEOUS

January

- 16 **TEAM IN TRAINING INFORMATION MEETING.** Summer registration is open for various events. Train with us and save lives! 6 p.m., Fleet Feet, Essex. [HYPERLINK "mailto:gail.deuso@lls.org"](mailto:mailto:gail.deuso@lls.org)gail.deuso@lls.org, teamintraining.org.
- 17 **Walking the Camino: No Experience Required (Lecture).** 7 p.m., GMC Visitor Center, Waterbury. 244-7037.

Ongoing

ROLLER DERBY RECRUITMENT. We are committed to skating safe, skating hard, and having a blast. 5 p.m., Saturdays, Montpelier Rec Center, Montpelier. twincityriot.com.

DISC GOLF LEAGUE NIGHT. 1 p.m., Sundays. Brewster Ridge Disc Golf Course, Jeffersonville. brewsterridgediscgolf.com.

RUNNING/WALKING

January

- 18 **YOUR PERSONAL BEST MARATHON TRAINING.** 18 weeks of marathon training with Maurice Brown, ACE certified trainer. South Burlington. moe@personalbestfitness.net, 658-1616.

February

- 22 **BRIAN BILL MEMORIAL CHALLENGE.** A 5 mi course with several military obstacles ascending Paine Mountain. 9 a.m., Norwich University, Northfield. facebook.com/brianbillmemorialchallenge.

May

- 4 **MIDDLEBURY MAPLE RUN AND 2-PERSON RELAY.** A "must-do" race; beautiful and well organized. 9 a.m., Porter Hospital, Middlebury. middleburymaplerun.com.
- 17 **DANDELION RUN.** A beautiful, fun, and challenging race on dirt roads during the height of dandelion season. 9 a.m., Derby Beach House, Derby. dandelionrun.org.

October

- 4 **NH MARATHON AND CRAFT SHOW.** Marathon, half-marathon, 10K, health walk, kids race and craft show. 9 a.m., Newfound Memorial Middle School, Bristol, NH. nhmarathon.com or race@nhmarathon.com.

Ongoing

BEGINNING RUNNERS CLINIC. Two clinics: one for those new to exercise and one for people who are currently walkers. 2 p.m., Sundays. Monkton Elementary School, Monkton. getfitvermont.com.

SNOW SPORTS

January

- 4-5 **TELEMARK WORKSHOP** Master telemark from both a backcountry and Alpine point of view. 9 a.m., Mad River Glen & Camel's Hump. info@telemarknato.com, 496-4387.

- 11 **LADIES NORDIC SKI EXPO.** A full day of traditional Nordic (skate & classic), backcountry, and telemark instruction for women by women. 9 a.m., Trapp Family Lodge, Stowe. catamounttrail.org.

RACE TO THE CABIN. 5K classic point-to-point, mass start, self-seeded or touring division. Benefits VTXC. 9 a.m., Trapp Family Lodge, Stowe. vtxc.skiteam@gmail.com, skireg.com.

STOWE NORDIC BKL MINI-MARATHON. A fun, family ski tour for BKL skiers and their families. 22K, 15K, and 5K. 10 a.m., Stowe Mountain Resort. skireg.com/Net/stowe-nordic-bkl-mini-marathon.

X-COUNTRY SKI WITH GMC. All abilities. Various distances. Trail fee. 622-0585.

WINTER TRAILS DAY AT SMUGGLERS' NOTCH RESORT. A celebration of snowshoeing and cross-country skiing. Free for those new to both sports. Jeffersonville. smuggs.com.

JAY PEAK RANDO & SNOW LEOPARD CHALLENGE. USMMA sanctioned course: ~4000' vertical, six transitions, two boot packs, multiple bump and off-piste climbs/descents. Jay Peak Resort, Jay. jaypeakresort.com.

- 11-12 **BACKCOUNTRY SKIING** Instructor Training for skiers who wish to improve their skills and learn to teach others. 9 a.m., Camel's Hump, Fayston. info@telemarknato.com, 496-4387.

2014 North American Biathlon Championships



January 24, 25 & 26

Spectators welcome
Volunteers needed!

Ethan Allen Firing Range
Jericho, VT

www.eabiathlon.org

SOLHEM SAUNA

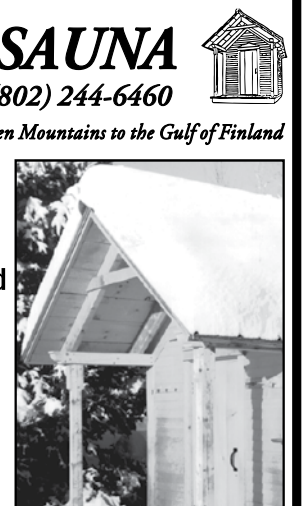
Moretown, Vermont (802) 244-6460

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

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

HELO
sauna

www.saunavermont.com





- 18 **TOUR DE TRAPP 30K/15K SKATE MARATHON (ZAK CUP).** A 2 or 4 lap mass start skate race will occur on a newly updated FIS race course. 8 a.m., Trapp Family Lodge, Stowe. pm@trappfamily.com.
- 18-19 **WOMEN'S TELEMARKE WORKSHOP.** Master telemark from both a backcountry and Alpine point of view. 9 a.m., Mad River Glen & Camel's Hump. info@telemarknato.com, 496-4387.
- 19 **STOWE TOUR DE SNOW.** Ski, walk, snowshoe, or run and participate in fun-filled activities for the family that vary from a Nordic terrain park to a dunk tank and so much more. Noon, Stowe Recreation Path. stowetourdesnow.com, info@stowetourdesnow.
- 24 **TOURNÉE SÉCURITÉ-SKI AT MONT SUTTON.** Meet the ASSQ team at the foot of the trails and take part in several free activities. 9 a.m., Mont Sutton, Quebec. montsutton.com.
- 25 **SNOWSHOE GROTON WITH GMC.** Moderate. 5+/- mi snowshoe to Peacham Bog and back. 479-2304.
- 26 **GET OUT AND BACKCOUNTRY SKI FESTIVAL.** Improve your technique and explore the terrain of the Bolton Valley Backcountry. 9 a.m., Bolton Valley Nordic Center, Bolton. catamounttrail.org.

February

- 1-2 **NENSA EASTERN CUP/UVM CARNIVAL.** Sat. events: freestyle interval start. 5K J2's and women; 10K, men. Sun. events: classic interval start. 5K J2's, 10K men and women. Trapp Family Lodge, Stowe. www.nensa.net
- 2 **SUGARBUSH MAD RIVER GLEN RANDONEE RACE** starts at the base of Mad River Glen, climbs to the top, traverses the Long Trail to Mount Ellen, descends into Slide Brook, climbs into the Lincoln Peak area, and finishes at Valley House lodge. Mad River Glen, Fayston. madriverglen.com.
- 9 **NORTHERN VERMONT SNOWSHOE RACE.** Kids 1/2K; fun run/walk 3.5K; and 8K race. 11 a.m., Smugglers' Notch Resort, Jeffersonville. prerace.com/races/event/31783, 644-1173.
- RALLY ON BURKE MOUNTAIN.** This US Ski Mountaineer Association event climbs up and around Q Burke, gaining approximately 4,300 vertical feet. Burke Mountain. skiburke.com.
- 23 **STOWE DERBY.** 20K of challenging terrain, down Mt. Mansfield's Toll Road and along the Stowe Rec Path; finish in the village. 8 a.m., Stowe Mountain Resort. stowederby.com, stowederby@teammmsc.org.

March

- 1-8 **JUNIOR NATIONALS 2014 TRAPP FAMILY LODGE.** 450 Olympic hopefuls, ages 14-19 from across the United States, will spend a week in Stowe while they compete in a variety of

race formats. Times vary, Trapp Family Lodge, Stowe. jn2014stowe.com.

- 3-7 **QUEBEC MARCH BREAK.** Many activities scheduled for the whole family to enjoy. Mont Sutton, Quebec. montsutton.com.
- 9 **BOLTON TO TRAPPS TOUR.** Raise money for the Catamount Ski Cubs youth program by skiing from Bolton to Trapps on a classic section of the Catamount Trail. 8 a.m., Trapp Family Lodge, Stowe. gmaino@catamounttrail.org.
- 14-16 **2014 US SKI-ORIENTEERING CHAMPIONSHIPS.** Sprint-, middle-, and long-distance championships. Times vary, Trapp Family Lodge, Stowe. 879-4968, neskio.com.
- 16 **MAGIC MOUNTAIN "FEEL THE MAGIC" 2014 RANDO RACE.** Mandatory pre-race briefing at 9:30, then assemble outside lodge at 9:50 for traverse over to start. 9:30 a.m., Magic Mountain, Londonderry. facebook.com/nerandoraceseries.
- 22-23 **RELAY FOR LIFE NORDIC STYLE** is a fun-filled, overnight event that enlists volunteers to help fight cancer by raising money and awareness to support the American Cancer Society mission. Trapp Family Lodge, Stowe. relayforlife.org/nordicstylevt.
- 29 **BROMLEY MOUNTAIN "REACH THE SUN" 2014 RANDO RACE.** Mandatory pre-race briefing at 9:30, then assemble outside lodge at 9:50 for traverse over to start. 9:30 a.m., Bromley Mountain, Peru. facebook.com/newandoraceseries.
- April**
- 3 **VTXC FOOLS' RACE.** 5K with fun obstacles and backcountry shots. Costumes recommended! 10 a.m., Trapp Family Lodge, Stowe. vtxcski.org, vtxc.skiteam@gmail.com.
- 5 **SNOW ON THE BEACH.** Participants will try to cross a lake, on skis or snowboard, in costume. Mont Sutton, Quebec. montsutton.com.

Ongoing

TRAPP NORDIC CUP TIME TRAILS SERIES. 5K race for classic and/or skate. 10 weeks Dec. 31-Feb. 25 between 9 a.m. and 4 p.m. Outdoor Center, Stowe. pm@trappfamily.com.

SWIMMING

August

- 2 **Seymour Swim 3.5.** Open water swim of 1.75 or 3.5 mi. 7:30 a.m., Derby Lake House, Derby. kingdomswim.org.
- 9-17 **Swim the Kingdom Week.** Swim 8 legendary lakes of the Northeast Kingdom and the Eastern Townships of Quebec over the course of 9 days. Swim for one day, several, or do them all. 9 a.m., The Clubhouse, Newport. kingdomswim.org.

Ongoing

MASTERS SWIM. Coached. Nov. 7-May 29. All levels welcome. First in Fitness, Berlin. 223-6161, john@qt2systems.com.

TRIATHLON

July

- 26 **WILLOUGHBY TRI.** 7 mi bike on the CCC Roads on Bartlett Mountain, a 1.1 mi swim from South Beach to Devil's Rock and back on Lake Willoughby, and a 2 mi trail run up Mount Pisgah. 9 a.m., South Beach, Lake Willoughby, Westmore. kingdomtriathlon.org.

August

- 2 **KINGDOM TRIATHLON.** Three events: Aquaman Even Up: 3.5 mi swim, 34 mi bike, and 13.1 mi run; Ollie Even Up: 1.75 mi swim, 15 mi bike, and 10K run; The Sprint: 500 yd swim, 13 mi bike, 5 mi run. 7:30 a.m., Derby Beach House, Derby. kingdomtriathlon.org.

We'll guarantee you the lowest price in Stowe on snowshoes & skis

SAVE UP TO 50% OFF

Black Diamond, K2, Fischer, Madshus, G3
Rossignol, Voile, Garmont, Scott
Tubbs, TSL, Kahtoola, Red Feather & MORE

UMIAK
Outdoor Outfitters

Route 100, Stowe, VT
(802) 253 2317
www.umiak.com
OPEN 7 DAYS

**Telemark, AT
Backcountry
Nordic
& Snowshoe**



US NORDIC SKIING LOSES A COUPLE OF STALWARTS

WHEN I DISCOVERED cross-country ski racing in the mid-1960s, the sport was just beginning to emerge from obscurity. Putney, Vermont, Hanover, New Hampshire, and Rumford, Maine, all boasted knowledgeable coaches, challenging race courses, and promising young athletes. For the first time, young women, inspired by Putney's Martha Rockwell, were encouraged to try the sport. And for at least a decade of those formative years, the athlete that all young, American cross-country skiers emulated was Mike Gallagher.

Gallagher, who grew up in Rutland, owed his remarkable athletic success to four essential components: first, he inherited a great motor from his parents, which translated into world-class endurance; second, due in part to John Caldwell's coaching and a feisty rivalry with Bob Gray and Mike Elliott, Gallagher developed excellent skiing technique; third, also thanks to Gray and Elliott, Gallagher thrived on training hard; and finally, Michael simply celebrated the time he was training and racing, there was nothing he would rather be doing.

I remember a US Team training hike (actually a

daylong trail run) on the Appalachian Trail from the Ma-hoosucs in Maine to the Appalachian Mountain Club hut at Pinkham Notch, New Hampshire. Although the workout had clearly been designated as "long, slow, distance," within a few miles, it became a no-holds-barred race with most of us trying desperately not to be dropped by Gallagher and Gray.

Stopping for a quick drink of water and visit to the outhouse at a trail-side campsite, Gallagher discovered an abandoned cast-iron skillet. While Gray was using the facilities, Gallagher slipped the heavy skillet into Gray's day-pack and swore the rest of us to silence. The brief break over, Gallagher hustled us back on the trail and the race resumed. Mike's prank backfired when Gray appeared not to notice the extra weight, and had no trouble keeping up. At lunch, Gray seemed pleased to discover the skillet, and carried it the remainder of the workout. This intensified Gallagher's competitive drive so that the rest of us had no chance of keeping up through the afternoon.

That fierce spirit earned Mike nine US National Championships, trips to three FIS World Championships, and a spot on three US Winter Olympic teams. He has been inducted into several athletic and skiing halls of fame. While many elite athletes struggle after retiring from competition, Mike maintained his connection to the sport as a successful and respected coach, including 17 years at the high school level and six years for the US Ski Team.

Mike Gallagher died unexpectedly on his 72nd birthday, October 3, 2013. A gathering to celebrate his life, held at his home in the heart of the Green Mountains, drew friends, family members, and several generations of America's Nordic skiing community to recognize his life-long contributions to the sport.

On the other side of the country, Peter Hale, age 66, lost a long struggle with cancer on November 17, at his home in Bozeman, Montana. Peter was introduced to Nordic skiing in 1970 at the Army's Biathlon Training Center in Alaska, and the relationship intensified for more than 40 years. Growing up in Minneapolis, Peter excelled at cross-country running and ice hockey, which allowed

him to pick up Nordic skiing relatively quickly. Throughout the '70s, Peter competed in cross-country skiing and biathlon events, including several national championships and Olympic tryouts.

When he retired from competition, he was immediately in demand as a manufacturer's representative for several lines of Nordic skiing products, and he quickly became the champion of the struggling, young athlete. During the past four decades, dozens—perhaps scores—of young skiers and biathletes progressed and eventually broke through to achieve international recognition because Peter Hale recognized their talent.

At the '92 Winter Olympics in Albertville, Peter was helping in the US Biathlon Team wax room. The morning of the 50K cross-country event was a waxing nightmare: new fallen snow at the freezing point. The Soviet Union had unraveled months earlier, and just prior to the opening ceremony, the International Olympic Committee had decided to allow the three Baltic countries to compete as independent nations. As the men's 50K got underway, a frantic Latvian coach appealed for help, "Vee haf' no vax for dis snow." Peter exchanged a quick glance with the other American coaches then took the Latvian's skis into the wax cabin. Moments later, a tearful Latvian coach was running to the start with Peter Hale's best effort on his athlete's skis. Hours later, we learned that the sole Latvian, representing his new nation for the first time, in his first Olympic Games, had had the race of his life.

That is Peter Hale's legacy, with a wry smile and a quick joke, giving the underdog a chance to compete with the best.

I will miss both these amazing athletes.



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.

Ethan Allen Biathlon Club

2014 Winter Race Series

DATES Jan 9, 16, 30, Feb 6, 13, 20

TIMES 5:30 pm - Registration & novice clinic
5:30 to 6:15 pm - rifle zeroing
6:30 pm - race start

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

\$10 per race or \$50 for the six race series
Bring a race volunteer
and race for FREE!

Info:
www.eabiathlon.org



MIDDLEBURY
COLLEGE
SNOW BOWL

The Snow Bowl has some of the best skiing & riding in the state!

- 500+ acres of trails, glades & woods with a border-to-border all-access terrain policy
- Lowest day rates to be found — weekday passes only \$30
- Family-friendly atmosphere includes FREE access to our **Sunkid Wonder Carpet**, a cozy lodge with wireless internet, great food, and warm drinks.

Come visit Vermont's 3rd oldest ski area and learn why the Snow Bowl is beloved to all who know it!

www.middleburysnowbowl.com





CAMEL'S HUMPH CHALLENGE



alzheimer's  association®
Huntington, Vermont

Come Ski With Us!
February 23rd, 2014

www.camelshumpchallenge.com




AMERICA'S BEST PIZZA

11 BEST SLICES IN THE COUNTRY 





SLICES • CREATIVE ENTRÉES • LIVE MUSIC • LUNCH • TRIVIA NIGHT
GLUTEN-FREE MENU • RAW BAR • HEALTHY KIDS MENU
CRAFT BEERS • GAME ROOM • DELIVERY

 **2013 SEVEN DAYSIES WINNERS** 
BEST LUNCH • BEST RESTAURANT, IF YOU'RE PAYING
BEST PIZZA RESTAURANT & BEST DELIVERY

Pie.casso
PIZZERIA & LOUNGE



1899 MOUNTAIN ROAD, STOWE • PIECASSO.COM • 253.4411

WE WANT
your
VOTE!



GO ONLINE TO VTSports.com/survey
TO VOTE FOR

THE BLACK DIAMOND OF EXCELLENCE AWARDS

PRESENTED BY VERMONT SPORTS

IT'S UP TO YOU! PICK THE BEST IN:

GEAR SHOPS ▪ SKI SLOPES

BIKE FITTERS ▪ NORDIC RACES

CLIMBING GYMS ▪ INSTRUCTORS

FOOD ▪ DRINK ▪ MORE

PLUS OUTDOOR PERSON OF THE YEAR



OFFTRACK

SPIDER 62 PACKAGE, THE PERFECT COMBINATION FOR YOUR CROSS-COUNTRY SKI ADVENTURE.

The Spider 62 features the new Offtrack Crown pattern and a full metal edge for the perfect combination of grip, glide and control. The ideal boot for the Spider 62 is the Offtrack 3 BC or Offtrack 3 BC My Style for women. Both boots feature a wool lining for warmth, and an integrated gaiter to keep out the winter weather. The versatile Spider 62 can be used in or out of track, so whether your adventure begins at the Nordic Center or out the back door, you can focus on having fun. Visit your local Fischer retailer for additional information.

SKI: Spider 62, BINDING: BCX auto black, BOOT: Offtrack 3 BC / My Style, POLE: Offtrack

fischersports.com

UMIAK OUTFITTER

849 S Main Street,
Route 100
Stowe, VT
(802) 253-2317
www.umiak.com

OUTDOOR GEAR EXCHANGE

37 Church Street
Burlington, VT
(888) 547-4327
www.gearx.com

WEST HILL SHOP

Exit 4, I-91
Putney, VT
(802) 387-5718
www.westhillshop.com

EASTERN MOUNTAIN SPORTS

100 Dorset Street
South Burlington, VT
(802) 864-0473
www.ems.com

EASTERN MOUNTAIN SPORTS

Manchester Shopping Center
263 Depot Street
Manchester Center, VT
(802) 366-8082
www.ems.com

EASTERN MOUNTAIN SPORTS

Powerhouse Mall
8 Glen Road
West Lebanon, NH
(603) 298-7716
www.ems.com