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VERMONT SPORTS



NEW ENGLAND'S OUTDOOR MAGAZINE
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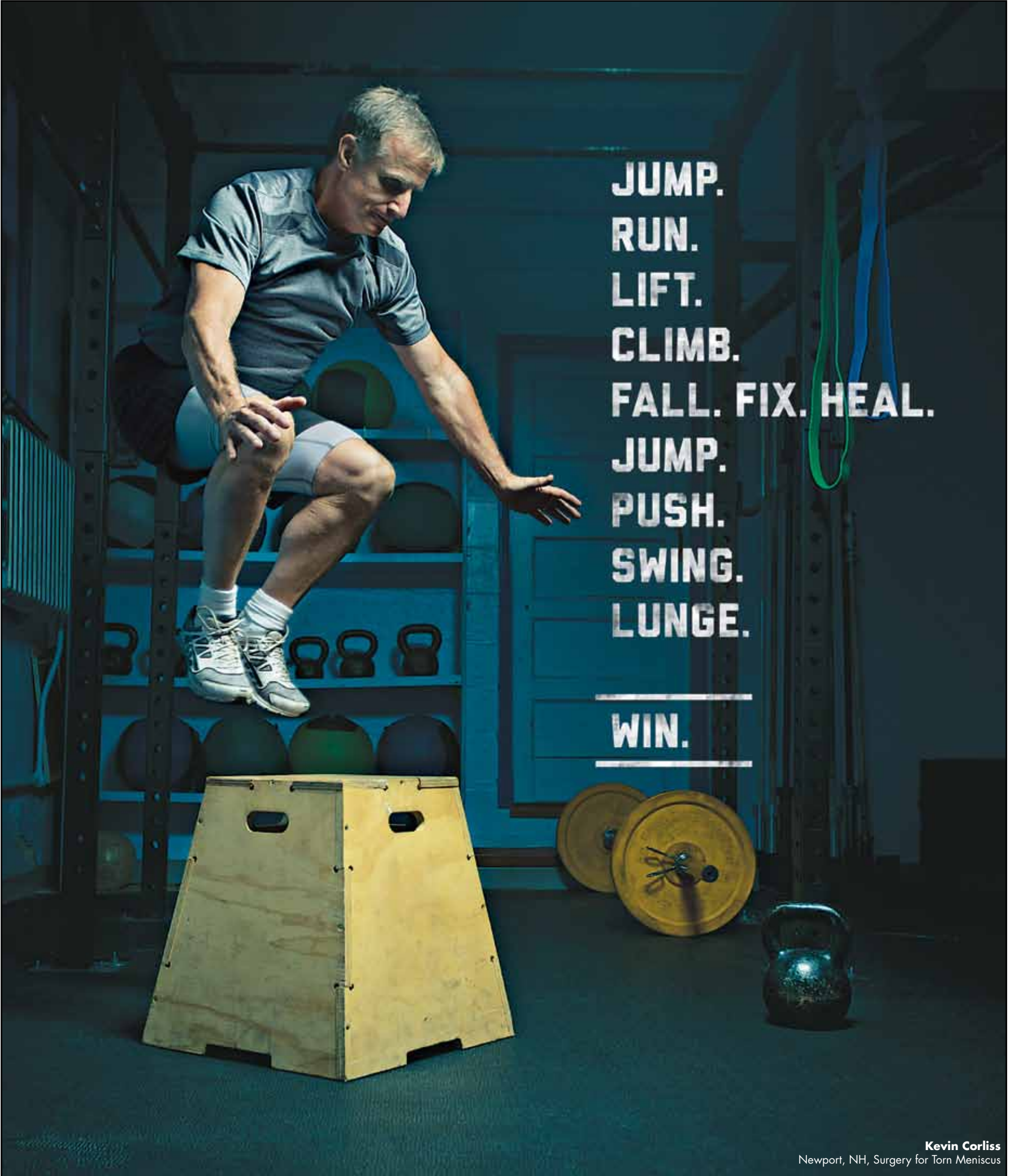
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Ski Vermont

The Green Mountain Club



ON THE COVER:

Brian Mohr drops in as the sun sets over Vermont's Camel's Hump. Photo by Emily Johnson/EmberPhoto



A skier at Killington Resort charges through two feet of powder that fell on Valentine's Day across much of the state.
Photo by Chandler Burgess/Killington Resort

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publisher commentary *by Angelo Lynn*

Hats off to Ian Dwelling. He's the 48-year-old Franconia, N.H. resident who has logged more than 100 consecutive days hiking, biking, running, snowshoeing and backcountry skiing his way to the top of Cannon Mountain as part of a quest to make it to the summit every day for a year.



That's commitment.

He started his quest this fall after his kids left for college and, being single, he had extra time on hand. He also decided to raise money through his pledge to help the Adaptive Sports Partners of the North County where he is a volunteer. He hopes to raise \$10,000 by year's end. He's at \$400 now and has a way to go.

But what makes this story (page 12) resonate is that his task is beyond the ordinary. It's past his comfort zone. It's a reach, even a stretch to see if he has the will to carry through each day.

Dwelling, mind you, has a full-time job, volunteers, has his groups of friends and community activities, and is even raising a puppy — and yet he didn't let any of those activities stop him. He simply said he could, and then has gone about accomplishing what he set out to do.

Think about that. We all know folks who drive a couple blocks down-

town in winter months (and summer) to do an errand instead of taking a brisk walk in the winter cold. Yet Dwelling launches out in the dark of morning with the temperatures often plunging below zero for the simple purpose of sticking to a pledge he made to himself five months ago.

How easy it would be to bend that pledge. How difficult it is to stick to what is little more than a challenge to yourself, yet to do so because you understand how much strength of character is gained through fulfillment. To get out of bed on those mornings when it's below zero, strap on the skis or snowshoes and head out, again and again, toward the 2,200-foot summit where the winds can howl and send the wind chill plummeting is a test of fortitude.

Dwelling's story is all the more remarkable when compared to the routine. How many of us struggle to do our daily run, to get to the gym three or four days a week, or use the excuse that a hectic day at the office has us beat and we'll do those exercises tomorrow?

So, hats off, Ian, for pushing the limit, breaking the routine, inspiring new thinking and encouraging others to launch their own personal challenges —

anything to ignite the spark that drives our imaginations, however quixotic they may be.

.....

Dwelling's transcendent quest ties into the Nordic Ice Skating feature by photographer Herb Swanson and reporter Evan Johnson if not for anything else but uniqueness.

Nordic Ice Skating, at least in this country, is not your everyday hobby. The enthusiasts crave cold weather, and the earlier bitter cold strikes the better. Ten inches of ice is good, 20 is better, if only so you don't have to wear your dry suit underneath your other clothing, as well as carry ice claws, a life preserver and length of rope for those days when you're skating solo. No fooling, it's right there in the story (Pages 8-9).

Yet, talk about a pure sport.

Strap on those long skates with razor-like edges and upturned tips and set sail with a powerful kick and glide. Those who do it well describe the feeling as Nordic skate skiing, but smoother and at greater speed. That makes the 4.5-mile loop on Lake Morey almost seem reasonable, though that's not to say we'd gladly venture on the longer treks skaters make on Lakes Champlain and Memphremagog. Bob Dill of Burlington will skate 15-20 miles in a day on Lake Champlain — sometimes solo.

That's the essence of winter sports in Vermont: wind, ice, snow and cold paired with a sportsman enjoying the challenge.

.....

Ever wanted to try the biathlon? The Ethan Allen Biathlon Club in Jericho welcomes beginners and is reputed to be an excellent training ground for this growing sport. The club is coached in part by a former Olympian from Lithuania, Algis Shalna. He offers tips, drills and encouragement, as noted in the story on pages 10-11.

By the way, Shalna encourages those athletes who are better at skiing than shooting targets. "It's easier to get a top-level athlete if they're a good skier first and then have to learn to shoot." That's good news for those of us who enjoy skiing, but have never really hung our spurs next to the rifle range.

.....

And there's the story of Stephan Gellman skiing down the slope on his ski-bike. What's that? Take a mountain bike, take off the tires, replace them with skis, and head down the slope. It's that simple. Well, not quite, but you can read about it on pages 22-23, and then ponder how he could ski the upper slopes of Tuckerman's Ravine on it. Hey, Gellman says, it's just like riding a bike.

Maybe, but then again, I wouldn't take my bike down the Headwall.



guest commentary *by Biddle Duke*

Uphill battle Mountain Life

IN-BOUNDS UPHILL SKIING — better known as skinning at the resort — is now officially a central part of the sport of skiing. Comfy, rubber-soled "walk-mode" boots, bindings with a "climbing function" and skins are all front and center at ski shops and with ski gear customers. It is one of — if not the — fastest growing aspects of the sport.

It's a wonder it took so long to catch on (or to come back around, since this is really the roots and essence of skiing): you get both a little exercise on the way up and a thrill on the way down. Perfect, except that resorts aren't really loving the uphill thing just yet. But they will. They'll have to.

The resort response to the popular new facet of skiing has been mixed: some, such as Sugarbush, squarely prohibit it; others, such as Stowe, allow it with limitations, and yet others embrace it. Skiing blogs and websites are ablaze these days with commentaries and opinions on how well or poorly resorts are handling the growing hordes of "skinners."

But, without question, embracing uphill skiing is the future, and Vermont resorts, as industry leaders, are bound to get out front on this. The only suitable approach is: clear rules and routes, and even passes.

The painful truth for those of us who like to access ski areas on our own steam is that the era of do-what-you-want-when-you-want is pretty much over. The sheer numbers of people now skinning in bounds make that approach untenable. Those numbers, however, are all skiers — in other words, good ski industry business.

Killington recently saw the light, recognizing that "skinners" are their customers, too. Like Sugarbowl in California, Killington formalized its relationship with uphill users, requiring them to sign a liability release and get an uphill pass. The pass is free for season-pass and ticket holders, but carries a small fee for everyone else. Both resorts have designated uphill routes, and clear and explicit rules for uphill traffic that — take note — is allowed all day long.

One of the sources of tension with resorts, perhaps the main one, is safety. It's dangerous to have uphill traffic in areas where there is downhill skiing going on. And if uphillers are moving around during grooming and snowmaking operations — even worse, at night — they're at risk of being run over by a snow cat or a snowmobile, or clotheslining themselves on a winch cable. They're also sometimes making tough, cold, nighttime snow-farming work more complicated for resort employees. The answer is to mark off an uphill route, and even include a few routes in the woods where grooming and snowmaking don't take place.

For those safety reasons, some resorts in Vermont

currently ban uphill skiing during operating hours. That's a missed opportunity. Plenty of people, many of them with season passes and lift tickets, want to spend the day at the mountain with their friends or children, but might want to skin for a portion of the day. Resorts are increasingly showing them the ways to do just that, recognizing that skinning is part of the mountain experience (and has been in alpine regions forever).

The resistance to embracing skinning can be likened to the resistance to snowboarding years ago. Riding was prohibited at many areas until resorts simply couldn't say no to their customers any longer.

Traditional skinners, who for years have been climbing where they like when they like and simply dodging conflict by stealth and awareness, will likely bristle at the uphill pass idea. But working with the resorts, getting them to embrace skinners as the customers they are, will ensure uphill resort access is preserved, which, among other things, is essential during periods of marginal snow cover and poor backcountry conditions.

It bears reminding, as editor Alex Kaufman wisely said recently on the Ski The East website, "resorts make the snow, groom the snow, plow the lots and flush your poo. They also save your butt when you make bad calls. In return they'd like a couple bucks, and to know you're not out there accidentally playing chicken with heavy equipment."



The Alchemist Looks to Expand With Second Brewery

WATERBURY—On Jan. 21, the owners of The Alchemist brewery in Waterbury announced on their blog that they are looking to open a second brewery with a tasting room and retail shop.

Owners Jen and John Kimmich had just planned to open a small retail shop that would allow them to continue to sell their beer, but after surveying options in the Waterbury area, they have yet to find any that meet the needs of the brewery. One location had seemed promising until a traffic study determined that The Alchemist would have to widen Route 100 and put in turning lanes to accommodate the volume of cars traveling to and from the brewery.

Instead, The Alchemist is looking for property on which to build a second brewery to make beer for sale on premises. The new brewery will include a tasting room and retail shop and will be larger to sustain customer base and traffic.

Meanwhile, the old location will continue to produce 9,000 barrels of their signature double IPA a year and will continue to serve as its distribution base.

"We have many properties under consideration and are confident that we will find something ideal and close to home," Jen Kimmich said.

US Forest Service to Enforce Snow Vehicle Speed

RUTLAND —US Forest Service officials in Vermont announced that they will be implementing and enforcing a closure order limiting snowmobile speed on the more than 400,000-acre Green Mountain National Forest. The new order was signed and took effect on Friday, Jan. 10. The order states that the maximum speed allowed for an over snow vehicle within the Green Mountain National Forest is 35 miles per hour. This regulatory measure is consistent with Vermont state law and speed regulations for OSV travel on Vermont state lands.

All snowmobile trails within the Green Mountain National Forest are multiple-use trails open to such activities as cross-country skiing, snowshoeing, and dog sledding, and excessive speed is an increased risk to other forest users. The Forest Service also stated that the severity of injuries (including death) as a result of snowmobile accidents has a direct correlation with higher speed.

The Green Mountain National Forest and Vermont Association of Snow Travelers work together to maintain more than 400 miles of national forest system trails that are part of the statewide snowmobile trail system. Citing excessive and unsafe speeds as being a frequent and contributing factor to accidents and injury in Vermont and on the National Forest, Forest Service officials say that the following issues were identified and prompted the order, which is geared toward promoting recreation safety for all users on the National Forest.

Most of the snowmobile trails on the GMNF are winding, narrow, mountainous, and non-linear by nature and thereby have limited sight lines resulting in reduced reaction times.

Trails attract users of all abilities from novice to expert, and children as young as 8 years of age are lawfully permitted to operate vehicles on VAST trails.

In recent years snowmobiles have gotten more powerful and faster and have a greater power-to-weight ratio than other land vehicles.

The state of Vermont prohibits speeds in excess of 35 miles per hour statewide on state lands. Having consistency between federal and non-federal lands provides clear expectations for forest users as well as state, town, and county law enforcement officials that regularly enforce regulations on both National Forest System and non-NFS lands.

In the coming months, Forest Service officials will post additional information at trailheads. VAST will also share information through various publications. In addition to a maximum snowmobile speed of 35 miles per hour now on State and GMNF lands, Vermont has a tough snowmobiling while intoxicated law that covers alcohol as well as drugs. All snowmobiles must be legally registered, have liability insurance, and operators must purchase a VAST Trails Maintenance Assessment decal. Helmet use is also required. Forest Service officials encourage winter trail users to pack a flashlight, cell phone, food, and extra warm clothing in case of an emergency.

Telemark Festival and USTSA National Championships Coming to Bromley

Kåre Andersen's 29th Annual Telemark Race & Festival, which will showcase the top free-heel skiers in the Northeast (Feb. 23), will serve as a warm-up to the US Telemark Ski Association's National Championships (Feb. 27–28).

"This is really wonderful timing," said Bill Cairns, Bromley's president and a telemark skier. "Kåre's Festival, which is a great time by itself, offers a great cram-course on tele-skiing for competitors and spectators both, with races and clinics for all ages and abilities. Anyone interested in coming up to watch or compete in the National Championships on the 27th and 28th couldn't ask for a better primer."

The USTSA National Championships is the premier telemark event in the country, bringing at least 36 Elite US men's and women's team members from all across America to the two-day competition. Combined, all classes, including the citizen's class, will field between 50 and 80 racers. The overall winners will be crowned National Champions on Friday evening.

"We're very excited to mount the 2014 USTSA National Championships at Bromley, a mountain long known for its commitment to our sport," said Josh Lanzetta, president of the USTSA. "We're proud to help recognize and promote the legacy of Bromley's own Kåre Andersen and his lifelong devotion to the sport of telemark skiing."

The public is invited to test their skills against the nation's best at both Kåre's Festival (visitbromley.com for schedule and packages) and the USTSA National Championships (discounted registration online at ustsa.org; full-price registration on site on the day of event).



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ON VERMONT'S LAKES, NORDIC SKATERS GO THE DISTANCE

By Evan Johnson
Photos by Herb Swanson



When the temperatures drop toward freezing, Bob Dill of Burlington begins looking forward to getting back out on the ice again. A Nordic skater, Dill welcomes the extreme cold, which creates ideal long-distance skating conditions.

“You really have to go out and look,” he says. “Or else you risk missing what could have been a really great day.”

No stranger to ice, Dill also enjoys ice fishing, skating in hockey skates, and ice sailing. But Nordic skating allows him to skate farther, away from the crowds. He has been using Nordic skates for about 15 years and skates with a group of friends for distances of up to 20 miles in a day, traveling from Shelburne Pond to points as far south as the Lake Champlain Bridge at Chimney Point. The conditions in January and February are usually favorable—thick ice with little snow cover. Even with good conditions, Dill and others remain wary of hazards. When he’s out skating, Dill carries ice claws and a throw rope and wears a dry suit, helmet, joint-protecting pads, and a life jacket.

“I go out by myself more often than I should, so I make sure I take that extra precaution,” he says. “The water is freezing this time of year. It’s terrifying if you fall through.”

Jamie Hess, 59, of Norwich, discovered Nordic skating in 1999 while on a trip to Sweden. Today, his entire family Nordic skates, and he has since helped establish nordicskater.com, an online retail and organizational site for ice reports, tips, and safety for Vermont and New Hampshire. Most of the local interest in the sport revolves around recreation, though nordicskater.com has held races.

“The races had a positive turn out,” says Hess. “But people seem more interested in recreational skating.”



Ideal conditions and technique

Large bodies of water such as Lake Champlain, Lake Morey in Fairlee (which features a four-mile tour), and Lake Memphremagog in Newport are all popular centers for wintertime skating. The ice may be good, but clear ice is best, so skaters use snowblowers, shovels, and brooms to remove snow for a suitable skating surface. Though the ice doesn’t have to be perfectly clear to be skateable. The specially designed skates handle imperfections in the ice surface much easier than any other variety of skate. Nordic skates have longer blades than conventional figure or hockey skates and attach to the bottom of a cross-country ski boot like any pair of cross-country skis. The blades curve up at the tip, allowing the skater to cruise through less-than-ideal ice with confidence.

Hess says the technique is similar to cross-country skate skiing, but Nordic skating is faster.

“It’s much more efficient,” says Hess. “The comparison between Nordic skating and skate skiing is like road biking versus mountain biking. They’re the same technique, except when you road bike, you go at least twice as fast for the same amount of effort.”



How to Go

Freezing temperatures guarantee quality ice on many of Vermont’s ponds and lakes, including some of the largest open bodies of water like Lake Champlain and Lake Memphremagog. This winter, Kingdom Games is heading an effort to keep The Memphremagog Nordic Skating Trail on the US side of the border open. The trail starts at The East Side Restaurant, heads to Prouty Beach in Newport Bay, then out around The Bluffs into Derby Bay before turning north toward Province Island. Maps of trails are available at trailfinder.com. During this month, The Great Outdoors will be offering rentals

of Nordic skates provided by Jamie Hess of nordicskater.com.

The Lake Morey Ice Skating Trail is 4.5 miles long and is located just off Interstate 91 in Fairlee. When conditions permit its full operation, the trail is the longest ice trail in the United States. The trail is open to the public and can be accessed via Lake Morey Resort’s lakefront. Parking is available at the resort as well as at the state boat launch.

Current ice trail conditions can be found at lakemoreyresort.com/activities-iceskating.





BIATHLON

FOR BEGINNERS

By Evan Johnson \ Photos by Herb Swanson

Combining the cardiovascular exertion of skate cross-country skiing with the precision and patience of target shooting, biathlon can be one of the more intimidating winter sports.

But it shouldn't be; local coaches say if you can ski, especially if you can ski fast, the learning curve is in your favor.

Just what is biathlon? Competitors skate laps, stopping after each lap to shoot five shots at targets 50 meters away. Missing means a costly 150-meter penalty lap for every target missed. So it's best to be a good shot; and even better if, faced with a penalty lap, you can power through it.

Vermont Sports visited the Ethan Allan Biathlon Club at the Ethan Allan Firing Range in Jericho to get some beginners tips from the people that know biathlon the best: club members, coaches, and even an Olympic gold medalist. The club, known for its encouraging approach and welcoming of beginners,



hosts a series of six winter biathlon races throughout the winter. Races are open to novices and you need not own a rifle to participate, just a pair of skate skis and a willingness to learn.

So you're willing, what's next? The best way to start biathlon, the experts say, is to get on skis. It's easier to start as

a skier and learn to shoot than it is to be a shooter and learn to ski. Eric Tremble has been coaching at the EABC for four years and says the best biathletes already have experience skiing well before they put the rifle on their back.

"As a junior coach, I wish we'd get more skiers transitioning to biath-

lon than the ones that are into shooting and want to learn how to ski," he says. "It's easier to get a top-level athlete if they're a good skier first and then have to learn to shoot."

Lithuanian-born US biathlon development coach Algis Shalna was a member of the Soviet Union's gold medal-winning biathlon relay team at the Sarajevo Winter Olympics in 1984. Following the breakup of the Soviet Union, Algis brought his family to the states and began a coaching career that has lasted more than two decades. Shalna says if you want to be a biathlete, not only do you need to know how to ski, you have to know how to ski fast. Learning to shoot, he says, can come later.

"It's about constant work with the rifle," he says. "Repetitions and repetitions and repetitions. Over and over with no breaks."

STRAIGHT SHOOTING

Biathlon rifles are .22 caliber, weighing approximately 8 pounds each with

a very light trigger. There are models for left- and right-handed shooters, so find a model that suits you. The bolt of the rifle is opened with the index finger and closed with the thumb, meaning the shooter never has to change position.

After skiing a lap, the competitor arrives at the target area. Ahead are five targets, difficult enough to hit with a resting heart rate. But after a hard, race-pace ski, biathletes are dealing with a rapidly beating heart and pulsing veins.

Brian Shultz, an Ethan Allen Biathlon Club member, knows the feeling. “It’s not going to sit still for you,” he says, describing the experience of shooting after skating. “Try and slow your breathing down, hold it when you release it three-quarters out. When [the target] comes into view, take the shot. Don’t sit there and wait for it.”

Biathletes shoot in both standing and “prone” position, lying on the ground. A good biathlete can take their five shots in 20 seconds or less, pick up their poles, and still maintain a lead over the skier behind them.

EABC member Damian Bolduc says the sport has a precision not found in other sports.

“All skiing has a certain finesse, but this has a different rhythm,” he says. “You can’t just be a meathead the whole time, you have to stop and concentrate.”

While Bolduc says he can easily out-skate his younger brother, in the time it takes for him to take one shot, his brother can take all five.

“Then I have to catch him,” he says.

STARTING LINE

While cross-country skiing is widespread in Vermont, the equipment and



costs associated with biathlon—ammunition, rifles, a range for target practice, and race registration fees—can be restrictive for beginners. But with enough motivation, coach Shalna says even novices can advance.

He points to 18-year-old Sean Doherty, of Conway, New Hampshire, as an example. Doherty began training under Shalna at the age of 12, driving with his father to Jericho to develop his

shooting. He dedicated his summers to practicing, and finally, six years later, he is headed to Sochi, Russia, to represent the United States.

“There are no secrets,” he says. “Like anything else, it takes motivation and dedication.”

HOW TO GO

For a good introduction to biathlon, check out the Ethan Allen Biathlon Club



TIPS

Know your rifle inside and out. Biathlon rifles lack a mechanical safety. The bolt stays open until you’re ready to fire.

Treat every gun with respect— as if they are loaded at all times. A .22 is plenty dangerous so keep it pointed in a safe direction—downrange or on your back.

Breath is the trick. Slow your breathing down as you come into your shooting lane.

When facing the five targets, start at the farthest right and work left, or vice versa. Even if you hit all the targets, if they’re not in order, that’s still five misses.

in Jericho or the Craftsbury Outdoor Center for clinics throughout the year, and the Craftsbury Center holds summertime races that combine shooting with running. Many places offer biathlon introductions using paintball guns instead of rifles to emphasize breath control and steady aim. The Strafford Nordic Center in Strafford will host novice clinics in February and March.





Same Mountain, Different Day

Franconia Man Climbs Cannon to Raise Money for Adaptive Sports

By Evan Johnson

Franconia, NH—While most people would be content to climb a mountain once and then check it off their list, Ian Dwelling's motivations are far different. Dwelling, 48, has committed himself to climbing the same mountain every day for a year to raise funds for Adaptive Sports Partners of the North Country.

Dwelling's decision to begin this daily ritual was the result of a number of factors; this fall, both of his kids left for college, and being single, he found himself with more time on his hands. Dwelling says he was looking for a challenge.

"I figured, 'What the heck?'" he says. "Why not try and achieve something more substantial?"

Cannon Mountain is a convenient 15 minutes from his house, and his season pass to the ski area would allow him to make his descent on skis in the winter. When he started in September, and the fall air made for an enjoyable trail run, he was in trail running shoes, making it to the 2,200-foot summit in about half an hour. He also made the hike carrying a downhill mountain bike to ride back down the trail.

Since September, temperatures have plummeted to well below freezing, and the mountain has accumulated 73 inches of snow to date. Lately, Dwelling skins to the top or relies on snowshoes.

He also decided to use this hobby as a means for fundraising. While working as a volunteer with the Adaptive Sports organization, he observed a need for



equipment for their programming.

"I figured if I'm doing something like this, then I might as well raise money for them so they can get some better equipment," he says.

Dwelling's goal is to raise \$10,000 for the ASPNC, but he waited until he had logged more than 100 ascents before he went public with his plans.

"I waited so people would think I was legitimate," he says. "I think if I came out and told people that I'm going to climb Cannon Mountain every

day for a year and I'm going to start today, I don't think people would believe me," he says.

He's faithfully held himself to that commitment and has raised more than \$400 so far. But as the conditions have become more rugged and the ascent takes more time, juggling the daily hike with the responsibilities of a full-time job has proven more difficult. Dwelling works as a nuclear medicine technologist and drives a mobile nuclear medicine unit between five different hospitals in northern New Hampshire, leaving him enough time to complete the hike either before or after work, in the dark.

On top of that, he's raising a puppy at home.

He says he's finally realized what he's gotten himself into.

"It's proving to be a lot harder than I thought," he says.

But like all tough ascents, Dwelling says the descents have been rewarding, whether it is on mountain bike, skis, or his latest method, a shovel that he has converted into a sled. While the hike up takes about an hour in the winter, he can ride down on his shovel in a record time of eight minutes.

"It's adventurous," he says. "I've had to start wearing a helmet."

**To donate, visit
[crowdfunder.com/
TouchTheTower/
fundraiser/iandwelling](https://www.crowdfunder.com/fundraiser/iandwelling)**

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- FEB. 21-22** Middlebury College Winter Carnival/ Eastern Championships
- MARCH 2** Bread Loaf Citizen's Race
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- MARCH 15-16** Youth Can-Am Grand Prix
- MARCH 22** Family Day
- MARCH 30** Bob's Birthday Bash & Rikert Random Relays

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Tuesday Night Race Series

We wrap up our winter-long training race series of 5ks to test your fitness every week - only 2 more races.



March 14-16 - GRP Spring Tour

Cap the season with this 3-day mini-tour. CL prologue, FS sprint, and FS 15/30k pursuit start. More online.



March 30 - Mud n' Ice Quadrathlon

Craftsbury's classic spring event! Run, paddle, bike, ski: test the boundaries of your athletic abilities. Reg online.



Lots of skiing left!

March offers some of the best skiing of the year: longer days, ample snow, sunshine - come celebrate winter!



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



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TELE LIKE MAD

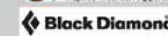
39th NATO Telemark Festival
March 8 & 9, 2014 Mad River Glen, VT

The "Mother of All Telemark Festivals", a free heel shindig of knee dropping Mad River Glen skiing, wild competitions, skill clinics, demo gear and fun. This year's Tele-Dance party is brought to you by local award winning craft brewery Lawson's Finest Liquids with music by the legendary "Free Healers Band".

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IT'S YOUR TURN



VERMONT SPORTS PRESENTS



BLACK DIAMOND WINNERS

The Best in Vermont's Outdoor Industry

HERE THEY ARE ... the winners of this year's Black Diamond of Excellence Awards. Thank you to the hundreds of Vermont Sports readers—from seven states—who cast ballots and shared their opinions on the people and places that make Vermont's outdoor scene so remarkable. Notable this year was an influx of votes

from the Northeast Kingdom. You'll see the impact on the results as some new names beat out some old favorites from larger population areas like Burlington. The outdoor community in the Kingdom is growing and knows how to rally its troops!

Everyone who completed the survey and

provided their contact information was entered in a random drawing to win a ski ticket and pumphouse waterpark pass from Jay Peak. Jackie Zaun of East Burke is our winner. Thanks again to Jay Peak for providing the prizes.

Without further ado, the winners are ...



GEARHEADS

The majority of *Vermont Sports* readers—72 percent in fact—buy most of their gear in person at local shops. So you're experts on who has the best customer service, where to go to get your hardtail fixed, and what store will get you suited up properly for your next triathlon.

BEST GEAR SHOP

Village Sports Shop,
Lyndonville

BEST BIKE FITTER

Village Sports Shop,
Lyndonville

BEST BIKE REPAIR

Village Sports Shop,
Lyndonville

BEST ROAD BIKE RETAILER

Onion River Sports, Montpelier

BEST MOUNTAIN BIKE RETAILER

Village Sports Shop,
Lyndonville

BEST KIDS' BIKE RETAILER

Onion River Sports, Montpelier

BEST SKI TUNE-UP

Village Sports Shop,
Lyndonville

BEST ALPINE SKI SHOP

Village Sports Shop,
Lyndonville

BEST NORDIC/BACKCOUNTRY SKI RETAILER

Onion River Sports, Montpelier

BEST SKI/SNOWBOARD REPAIR

Village Sports Shop

BEST BOOT FITTER

Village Sports Shop,
Lyndonville

BEST CLIMBING SHOP

Outdoor Gear Exchange,
Burlington

BEST HIKING/BACKPACKING/ CAMPING SHOP

Outdoor Gear Exchange,
Burlington

BEST RUNNING GEAR SHOP

Onion River Sports, Montpelier

BEST TRIATHLON GEAR SHOP

Fit Werx

BEST FISHING SHOP

Village Sports Shop,
Lyndonville

BEST PADDLING SHOP

Village Sports Shop,
Lyndonville

BEST PLACE TO BUY A CAR RACK

Onion River Sports, Montpelier

BEST BRAND OF CAR FOR GETTING TO AND FROM ADVENTURES

Subaru

BEST CUSTOMER SERVICE

Onion River Sports, Montpelier

BEST MERINO WOOL MANUFACTURER

Tie: Ibex, Darn Tough



Best Triathlon Gear Shop, Ian Buchanan at Fit Werx in Waitsfield.



Best Climbing Shop, Outdoor Gear Exchange in Burlington.



Village Sports Shop, home of the Best Ski Tune Up.



GOING DOWNHILL

Nearly 53 percent of our readers downhill ski, and nearly 10 percent snowboard. So you know where to go for the best bumps, trees, groomers, and pow.

BEST VERMONT SKI/RIDE AREA

Burke Mountain

BEST TERRAIN PARK

Jay Peak Resort

BEST SNOWMAKING

Burke Mountain

BEST POWDER

Jay Peak Resort

BEST BUMPS

Burke Mountain

BEST TREE SKIING

Jay Peak Resort

BEST GROOMING

Jay Peak Resort

BEST MOUNTAIN FOR KIDS

Burke Mountain

MOUNTAIN WITH THE SICKEST PARTIES

Killington Resort

BEST SKI/RIDE DEALS

Burke Mountain

BEST LIFT

Single Chair, Mad River Glen

BEST TRAIL

Dipper Doodle, Burke

BEST LIFT OPERATOR

Bogo, Sugarbush

BEST SKI INSTRUCTOR

Tyler Williams, Bromley

BEST SNOWBOARD INSTRUCTOR

Dean Zorn, Jay Peak Resort

BEST GROOMER

Rory Burke, Stowe

BEST RENTAL FACILITIES

Burke Mountain



Jay Peak won Best Powder (above), and Best Trees (below).



Best Snowboard Instructor, Dean Zorn.



GETTING SKINNY

At *Vermont Sports*, we loooooove Nordic skiing. And you do too, judging by the enthusiasm in voting in this category! Whether you sharpen your metal edges for a journey in the backcountry or you've got your waxing down to a science for your next ski marathon, Vermont offers it all. Here's what you named the best.

BEST NORTHERN VERMONT NORDIC CENTER

Craftsbury Outdoor Center

BEST CENTRAL VERMONT NORDIC CENTER

Morse Farm

BEST SOUTHERN VERMONT NORDIC CENTER

Stratton Mountain Resort

FASTEST TO GROOM AFTER A STORM

Burke Mountain

BEST NORDIC SKI INSTRUCTOR

Larry Damon, Trapp Family Lodge

BEST BIATHLON COURSE

Craftsbury Outdoor Center

BEST NORDIC CLINIC

Onion River Nordic



Craftsbury earned Best Northern Vermont Nordic Center. Photo credit Kris Dobie.



Morse Farm is the Best Central Vermont Nordic Center.



Larry Damon, Best Nordic Ski Instructor.



APRÈS-SKI

What would skiing be without après? Dissecting the epicness of your runs over any one of Vermont's world-class microbrews is key to transitioning from a day on the mountain back to regular life. Here's how to do it in style.



Twiddle, a Vermont based quartet and Killington favorite, performs at the Pickle Barrel Night Club

BEST APRÈS-SKI HANGOUT

Tamarack Grill, Burke

BEST VERMONT BREWERY

Trout River,
Lyndonville

BEST VERMONT SPIRITS

Bar Hill, Hardwick

BEST BURGER (MEAT)

Three Penny Taproom,
Montpelier

BEST BURGER (VEGGIE)

Bees Knees, Morrisville

BEST LOCAL'S APRÈS-SKI

Hyde away Inn & Restaurant,
Waitsfield

BEST APRÈS-SKI WAITSTAFF

Rachel at Bear's Den, Burke

BEST APRÈS-SKI BARTENDER

Roger at Tamarack Grill, Burke

BEST SKI-CENTERED INN OR HOTEL

Hotel Jay, Jay Peak

BEST APRÈS-SKI BAND

Dave Keller Band

BEST APRÈS-SKI LIVE MUSIC

Pickle Barrel, Killington



ON THE GROUND

We know you hate sharing your secret favorite places, so thank you to those of you who did. You're helping others enjoy the outdoors, just like someone did for you back when.

BEST ROCK CLIMBING ROUTE

Equinox

BEST CLIMBING GYM

Petra Cliffs

BEST MOUNTAIN BIKING TRAIL NETWORK

Kingdom Trails

BEST STRETCH OF ROAD FOR ROAD BIKING

VT Route 100

BEST WHITE WATER

Battenkill River

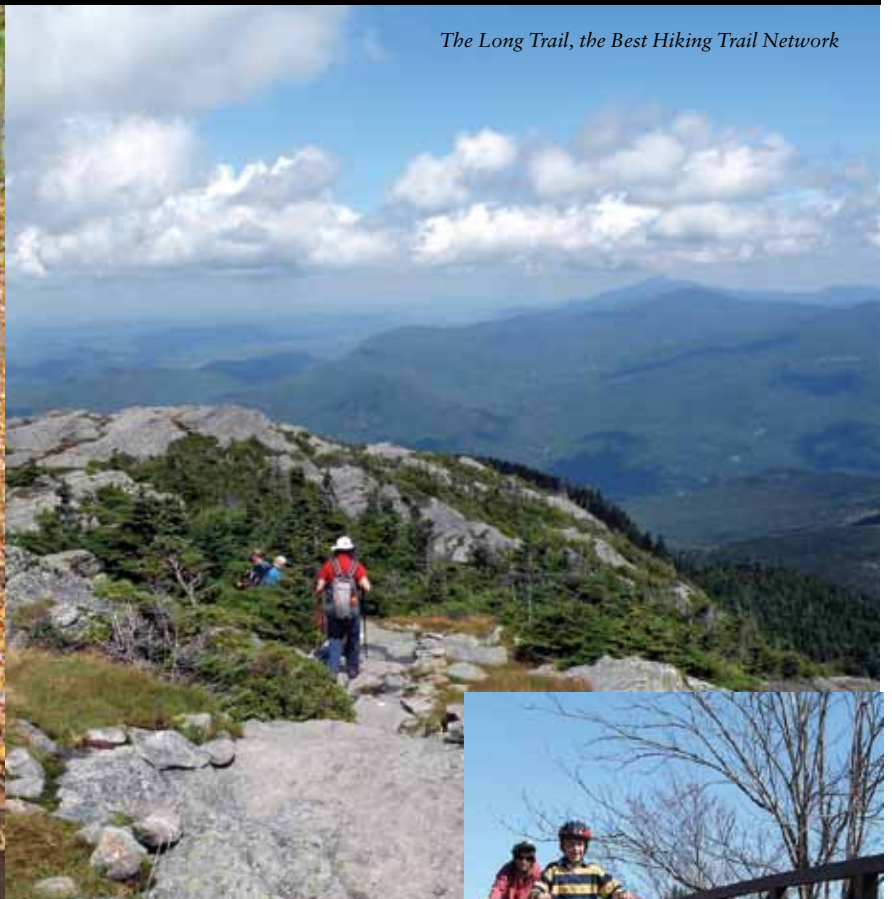


BEST HIKING TRAIL NETWORK

Long Trail

BEST BIKE PATH

Stowe Recreation Path



BEST GYM

Fortitude Fitness Systems

BEST FISHING HOLE

None of your business!



Stowe Recreation Path



MAKING IT HAPPEN

There are so many people and organizations doing amazing work, and many of them do it for little to no credit. This is our small way of starting to say "thank you" to all those who make it happen.

OUTDOORS NONPROFIT WITH THE MOST PUBLIC BENEFIT

Green Mountain Club

BEST RACE ORGANIZER

Gary Kessler, Green Mt Stage Race

BEST TIMING COMPANY

802 Timing

BEST RELAY RUNNING RACE

Vermont City Marathon

BEST ULTRA RUNNING RACE (>26.2 MILES)

Vermont 50

BEST MARATHON OR HALF-MARATHON

Tie: Vermont City Marathon and Covered Bridges 1/2 marathon

BEST 5K OR 10K

Leaf Peepers 5k, Waterbury

BEST TRIATHLON/DUATHLON

Vermont Sun Triathlons

BEST SWIMMING RACE

Kingdom Swim

BEST NORDIC RACE OR TOUR

Craftsbury Marathon

BEST ROAD BIKING RACE OR TOUR

Green Mountain Stage Race

BEST MOUNTAIN BIKING RACE OR TOUR

Circum-Burke

BEST CENTURY RIDE

Onion River Century

BEST MULTI-SPORT RACE

Son of Inferno Pentathlon

BEST OBSTACLE COURSE EVENT

Triple Bypass, XIP at Burke

BEST BACKCOUNTRY/ TELE/AT EVENT

Tele Fest at Mad River Glen

BEST SNOWSHOE EVENT

Onion River's Snowshoe Romp

RACE WITH THE BEST PRIZES

Bypass series, XIP

RACE WITH THE BEST CROWD

KeyBank Vermont City Marathon

MOST INSPIRING VERMONT ATHLETE, FEMALE

Susan Dunklee, Biathlete

MOST INSPIRING VERMONTATHLETE, MALE

Ben Warsler, Bootcamp trainer

BEST PERSONAL TRAINER

Ben Warsler, Fortitude Fitness Systems

BEST PHYSICAL THERAPIST OR GROUP

Ben McCormack, Northern Physical Therapy

BEST ORTHOPEDIST OR GROUP

Mansfield Orthopedics

BEST OUTDOOR WRITER

Sarah Galbraith

BEST OUTDOOR PHOTOGRAPHER

Robert Jenks

OUTDOOR PERSON OF THE YEAR

Tristan Von Duntz



book review *by C.L. Gilbert*

The Emerald Mile: The Epic Story of the Fastest Ride in History Through the Heart of the Grand Canyon Author: Kevin Fedarko

In the early spring of 1983, a storm system moving across the Pacific Ocean created massive snowfall in the western United States. By June, the rapidly melting snow in the Rockies was rushing into tributaries of the Colorado River and filling Lake Powell to dangerous levels.

To ease the danger, engineers at the Glen Canyon Dam released unprecedented amounts of water into the Grand Canyon. During the release, three river guides broke all the rules and attempted to set a speed record through the Canyon.

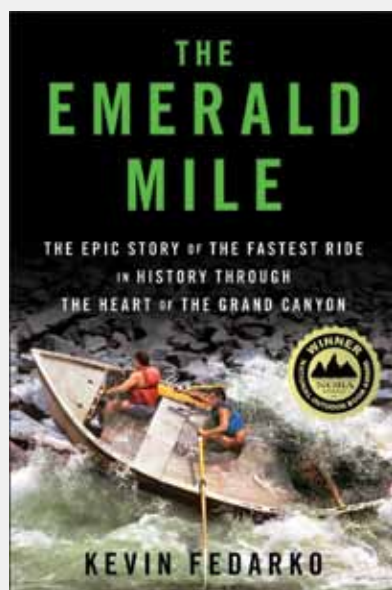
"The Emerald Mile" is the story of that attempt.

Subtitled *The Epic Story of the Fastest Ride in History Through the Heart of the Grand Canyon*, "The Emerald Mile" is part adventure tale, part history book, part a plea for environmental consciousness, and is a book that is impossible to put down.

Author Kevin Fedarko, an experienced river guide himself, writes so descriptively about the world at the bottom of the Canyon that one feels as if they had been transported there. Along the way we learn about the early western explorers who first encountered and explored the Canyon, details about dam building from the politics to the engineering specifications, and most engagingly, about the people who make up those worlds.

We meet John Wesley Powell, the one-armed major who made the first terrifying trip down an unknown river in 1869. Martin Litton, the environmentalist who formed the first guide company using dories rather than rafts, plays a key role throughout the book. And we end up inside the head of Kenton Grua, the intense and enigmatic river guide who was just crazy enough, and accomplished enough, to try to set a record many thought never could be set.

Taut with suspense, the tension



starts rising when engineers working at the Glen Canyon Dam begin noticing unusual sounds emanating from the bowels of one of the largest hydroelectric dams in the country. Pressed by nine billion gallons of water, the dam is experiencing more pressure than it has since it was built in 1936.

To avoid damage to the dam and an uncontrolled release of water, the engineers feverishly send water through emergency spill tunnels, immediately damaging the dam itself and raising the levels of the Canyon to terrifying heights not seen in decades. And this is done without informing the 200 or so tour boats already floating downstream that the release is coming.

It is also just the moment Grua had been waiting for for years to shove a wooden dory into the maelstrom to make his improbable attempt.

That is just the beginning of this white-knuckled adventure. Fedarko takes us back and forth from history and politics to boat design and environmental activism to how a boatman finds a seam through some of the most treacherous water on the planet.

He captures the beauty and grandeur of the Grand Canyon, the thrill of white water river travel, the passion of the people who care deeply about a place, and the difficult intersection of competing interests for a resource that belongs to us all.

Get ready for a ride as exhilarating as you can get in an armchair. This is a book that will get your adrenaline pumping.

WINTER FADING?

Making the most of bleak climate change predictions

By Jason Starr

SOUTH ROYALTON — One would expect, at an event entitled "Brown Slopes, Bare Trails? The Impact of Climate Change on Winter Sports," that glimmers of hope for Vermont's winter recreation prospects in the 21st century would be faint.

But takeaways from the expert panel at Vermont Law School last week were not all gloomy. Juxtaposed with talk of a negative feedback loop in the Northeast, where warming reduces snowpack and reduced snowpack exacerbates warming, there were ideas to which the Vermont snowsports community could cling.

The panel included Elizabeth Burakowski, a climate scientist and New Hampshire native who works for the National Center for Atmospheric Research in Boulder; Parker Riehle, president of the Vermont Ski Areas Association; Rikert Ski Touring Center Director Michael Hussey of Middlebury; and Ian Jarrett of Massachusetts-based HDK Snowmakers.

The panelists pointed out that elevations along the spine of the Green Mountains will help Vermont retain snow longer than its flatter counterparts in the region, and that the state has a cutting-edge snowmaking industry that an increasing number of Nordic ski areas are taking advantage of, as well as most of the state's alpine ski areas. (Over 80 percent of Vermont's trails at its ski areas are covered by snowmaking — the most of any state in the Northeast.)

Vermont winter sports centers have also developed adaption strategies for warmer temperatures that include off-snow offerings. Jay Peak has famously installed an indoor water amusement park at the base of its chairlifts. Smugglers Notch has built a zipline canopy tour around its forested base. At Rikert, where they are making snow this winter for the second season — one of six Nordic centers in the state to do so — they have added "fat-bikes" to their fleet of rental equipment. The bikes have enlarged tires designed for snow, but can also ride over mud and dirt.

"It's a way to get people outdoors in the winter when there isn't enough snow," Hussey said, adding that diversity at all winter recreational areas is becoming standard fare.

While enacting adaptive strategies for the climate that scientists like Burakowski are predicting for the coming decades, Vermont ski areas are also working to curb the greenhouse gas emissions that are blamed for the phenomenon. The Killington gondola, for example, is powered exclusively by "Cow Power" — manure from Vermont dairy farms. As well, Bolton Valley has installed a mountaintop wind turbine that produces 300,000 kilowatt

hours of electricity annually.

"We are leading by example," said Riehle. "If others can follow, maybe there is some hope of turning this ship around." "Enough people acting in concert is something that can make a difference," Burakowski added.

But it was Burakowski's role, as the panel's climate scientist, to present some sobering facts. Many came out of a report she co-authored in 2012 while at the University of New Hampshire: "Climate Impacts on the Winter Tourism Economy in the United States." The report was co-sponsored by the non-profit Protect Our Winters and the Natural Resources Defense Council.

Warming in the north country, including the Arctic, is accelerating faster than warming near the equator, she said, and winter is warming faster than the other seasons. The loss of snowpack makes it harder for the atmosphere to retain cold air, which increases the warming effect. Similarly, the loss of Arctic ice creates open ocean water that absorbs more of the sun's heat, increasing the pace of melting. Burakowski predicts we will see an ice-free Arctic sea by the end of the century.

From a snowsports business perspective, the report found that Vermont skier visits have dropped by 9.5 percent during the lower snow years from 1999 to 2010 compared to higher snow years. That resulted in a loss of roughly 700 jobs and \$40 million in annual economic impact, according to the report.

Nationally, the winter sports industry accounts for 212,000 jobs and \$12.2 billion, Burakowski said. Ski areas in the Northeast are more vulnerable economically to low snow years than Western resorts because it is easier for people to cancel plans when airlines aren't involved, she said. New England resorts primarily draw on Northeastern urbanites and suburbanites who travel by car.

Also, the "backyard syndrome" is particularly pronounced in the Northeast, Riehle said, explaining that when suburbanites to the south don't have snow in their yards, it's hard to sell them on a trip to ski country even if the mountains have snow.

"It's the most challenging aspect of our business," said Riehle.

And the industry is bracing for even steeper challenges based on the sobering climate predictions (all forecast warmer temps to come) highlighted at last Thursday's forum, which was a collaboration between Vermont Law School's Sports Law Institute and its Environmental Law Center.

Griffin Dunn finished 1st place at Jay's two-day competition, and was also awarded the STEFT overall male champion for the 2013 tour. Photo by Jeb Wallace-Brodeur/ SkiTheEast.net

SCRAPPING THE SLALOM GATES TO HUCK THE CLIFFS

Free-Spirited Free Riding
Growing in Vermont

By Phyl Newbeck

Mad River Glen, Lift Line.
Photo by C. Nelson James/ SkiTheEast.net



Caelan Kemp. Photo by Jeb Wallace-Brodeur/SkiTheEast.net

For 16-year-old Siena Teare, the life of a traditional ski racer looks stressful.

"There's a lot of pressure in the racing side of skiing so I didn't want to get into that and have it consume my life," she says.

By contrast, she found a supportive community in freeskiing at Smugglers' Notch and eventually decided to compete in that arena.

While most middle and high school ski racers spend their weekends traveling across the state, running gates on a well-packed (and occasionally salted) trail at ski areas, their freeskiing counterparts have a more varied experience. Their competitions are less frequent and the terrain is as Mother Nature left it. Likewise, while traditional racers spend their weekday afternoons honing their technique on repeated runs at their home area's race course, the free-spirited free skiers are flying down a variety of trails. "We don't really have practices," said 13-year-old Erin Magill of Mad River Glen. "We ski with our group and a coach but we ski all over the mountain."

It's no wonder then that so many younger skiers are gravitating towards freeskiing.

In Vermont, the focus for freeski/freeride programs is the Ski the East Tour. Now in its fifth year, the event features three qualifying events for those under the age of 13 at Mad River, Jay, and Sugarbush, followed by three all-ages events at Mad River, Magic, and Sugarbush with a final championship event at Jay. There is also an unaffiliated event at Smugglers' Notch which is now in its second year. Not surprisingly, each of these mountains has a freeskiing team or club. One of the tour's organizers, Chris James, stressed that the Freeride Tour is not a race, per se. Competitors are judged in five categories but they are not timed. Combining the junior qualifying events and the four stops on the tour, there are roughly 700 registrants each winter, al-



Magic Mountain, awards ceremony. Photo by Tim Fater/SkiTheEast.net

most evenly split between juniors and those over 18.

John Witherspoon, Lead Freeski Coach at Jay Peak, said most freeski clubs are not exclusively competitive. "We engineered it that way," he said. "We want to attract kids who want to ski at a high level even if they aren't competitive. Competition is a great way to push your skills but even those who aren't doing it will find that it spurs them on to be better." The program at Jay is three years old and has grown rapidly each year.

In contrast to traditional racing which very clearly pits one athlete against another, freeskiing can create a greater bond between teammates. "I try to get these kids to recognize they're not competing against others but against themselves," said Witherspoon. He encourages his charges to assist each other when scoping out lines by pointing out hazards and obstacles. "They help each other out because there are consequences if you make a bad move," he said. "Risking your life has a great bonding effect."

The Freeride program at Magic Mountain is also in its third year. "The program has grown out of an interest in extreme sports in general," said Geoff Hatheway, Magic's vice president of marketing. In 1998, Magic started an annual race called the Black Magic Extreme Talent which was geared for people of all ages. Hatheway said the Freeride program, which has 17 athletes between the ages of 8 and 15, grew out of that race but didn't become a reality until Ski the East combined several Vermont events for its tour. "It's an avenue for our kids to learn to ski the entire mountain from cliffs to terrain parks to

glades to steeps, and to ski it well," he said. "It's nice that there's some formal competition but the whole idea is to develop a set of skiers."


Hatheway should know. His 13-year-old son Daniel is part of the program at Magic. "I just think it's really fun," Daniel said. "You get to go all out and hit big cliffs." Before join-

ing the freeride program, Daniel raced Giant Slalom and slalom with the Vermont Alpine Racing Association but in addition to being more enjoyable, he finds freeskiing less stressful. "Racers are friendlier to one another," he said. "Mostly we're out there to have fun and compete. We want to be better skiers but we're all doing it together."

The Mad River Glen Freeride Team is one of the oldest in the state. Team Director Ry Young said the club is an outgrowth of the Freestyle team which started in 2001 with ten kids and two coaches. Several years later, it morphed into the Freeride Team so it could incorporate moguls, woods, and cliffs as well as terrain park features like rails. Since then, the team has almost doubled on an annual basis and now has 90 skiers.

Traditional ski racing never had much appeal for Erin Magill, who was praised by Young as someone who starts skiing when the lifts open and doesn't leave until they shut down for the day. "What I like about freeskiing," she said "is that it's a lot of fun and every course is different so it's interesting." In contrast to many freeskiers, Erin never tried traditional ski racing. "Racing doesn't have any appeal for me because it's just skiing down one trail every weekend," she said. "We get to ski everything."

THANK YOU READERS

20  14

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EASTON, MASS. — When Stephan Gellman was 13 and wanted a mountain bike, his dad said he had to work for it. Today, he's making bikes as the owner and founder of Cyndrome Cycles, a small brand of bikes that he started in his garage.

OK, you say, what makes this story different than every other cycling-hobbyist-turned-bike-shop-owner? Gellman's bikes don't have tires. Using innovations of his own design, Gellman has combined two of his passions—skiing and snowboarding—into a more versatile and aggressive variety of ski bikes. While the bikes have grown in popularity among bikers in the Western United States, Gellman hopes to bring these machines into vogue in the Northeast.

"People move to Burke to bike, and they ski in their offseason. At the same time, there are a lot of people who move to Colorado to ski and they ride their bike in the offseason. I feel like this is sort of an ideal market for this activity," he says. "People want to ride year-round."

Gellman, now 35, grew up in a skiing and biking family. His father, an avid road biker, would ride 40 miles every morning before waking up the kids for school. Gellman learned to ski and ride a bike at the age of 3 and got his first job in a local bike shop at 13. He saved up his paychecks, bought his first mountain bike, and was hooked. At 14, he began competing in races. After studying engineering at college, he shifted his course and became a paramedic. In 2000, he joined the Army, went to flight school, and served three tours—two in Afghanistan and one in Iraq—as a flight medic, landing in areas to pick up and treat wounded while in-flight.

Biking and skiing continued to be his passions, even after he left the Army in 2004 and became a full-time paramedic and firefighter in his hometown, Easton, where he lives today in his childhood home.

PROTOTYPES

When he wasn't on call for the fire department, Gellman was riding and, in the winter, looked for an option to keep riding.

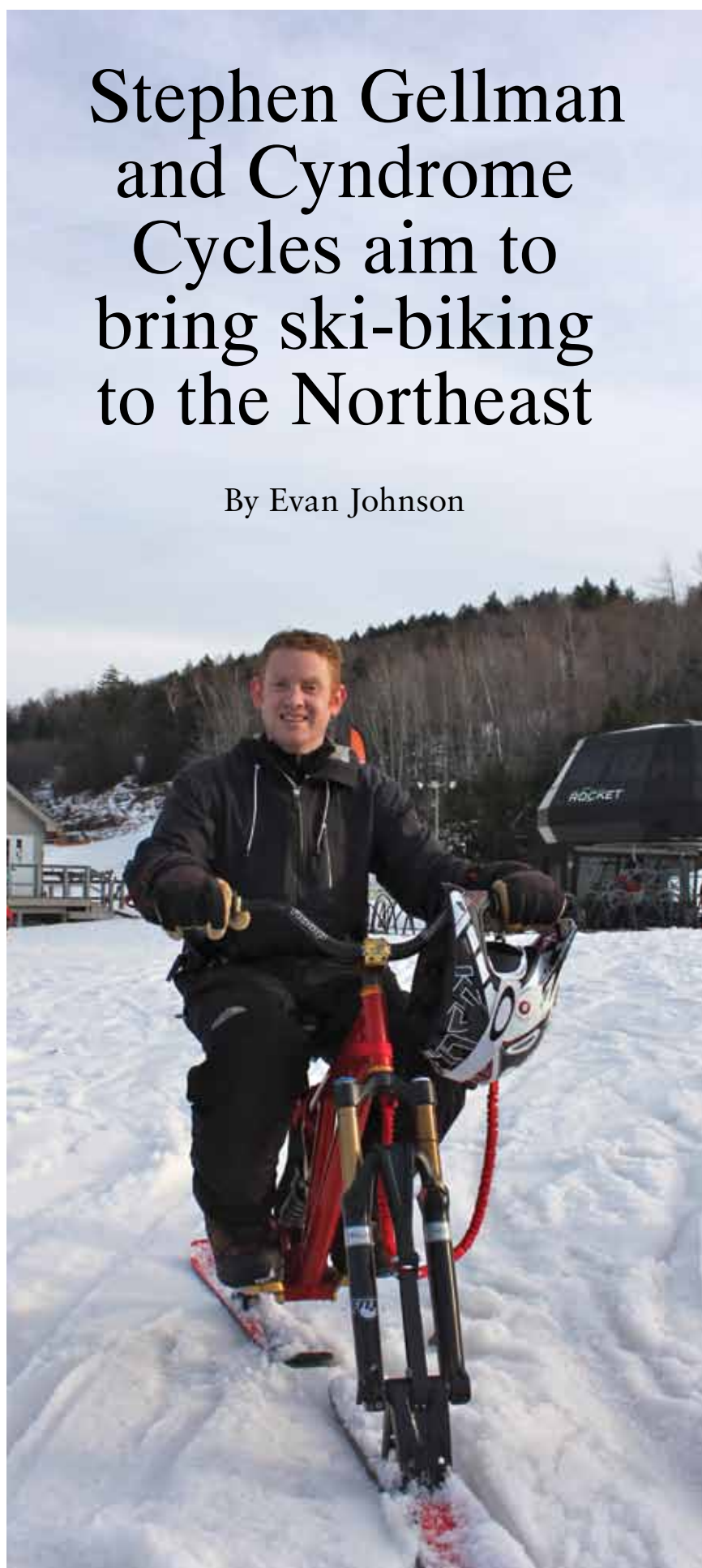
He wasn't impressed with the options available.

While the largest brands had been making ski bikes with skis in place of tires for well over 50 years, the models also required small skis to be strapped to the bottom of the rider's feet for stability; they also lacked the aggressive capability that Gellman preferred.

"You can't jump them," he says. "You can't do any sort of freestyle stuff. They're tricky to take in the

Stephen Gellman and Cyndrome Cycles aim to bring ski-biking to the Northeast

By Evan Johnson



woods; and if you go over any sort of bump, you're taking one to the groin."

These models also lent themselves easily to the "death wobbles," and conversion kits featuring ski blades to clamp under the front and rear tires were easily broken; Gellman snapped the kit in two on his first run.

"It was a basic design that was a little bit too simplified," he says—

putting it gently.

In his earliest experiments in 2008, Gellman attached a ski blade to the rear axle of a downhill bike and half of a snowboard to the front. It was just a test, but a promising one. In doing this, Gellman placed both skis on the same axis, one in front of the other and made the ride more stable and maneuverable.

"Whether it's pressing skis or going out and riding, it's not life and death, it's for fun. It's to watch people smile."

While prototyping, he partnered with two friends, Matt Michaud and Katie Mros, owners of Sandwich Tech Skis, a small ski-fabricating company in Littleton, New Hampshire. Both have master's degrees in engineering and used to work with Gellman at Highland Mountain Bike Park in Northfield, New Hampshire. Unlike working with a major manufacturer, Gellman was able to order and test small batches of skis and then head back to the drawing board. He went through five prototypes before establishing a flagship model released in 2010.

Weighing in at 22.5 pounds, that model uses many preexisting bike components, including frames (he uses Lenz Sport from Colorado), seats, handlebars, and beefy front and rear suspensions from Fox Suspension. The skis are fully rockered and feature durable and flexible sugar maple and Ipe, a Brazilian hardwood. According to PSIA standards, Cyndrome Cycles are a classified Type 2 ski bike.

LIKE RIDING A BIKE

Riding one of Gellman's ski bikes engages two sets of muscle memory; that of skiing or snowboarding with that of riding a bike. Like skiing, turns are initiated by exerting pressure on the downhill foot and engaging the downhill edge, but turns also require a biker's sense of balance given the narrower base of the skis.

"It's much like riding a bike," Gellman says. "At lower speeds, you turn the handlebars to initiate the turn, and at higher speeds, you lean the bike to initiate the turn. There's some body separation, in skiing or snowboarding, you're moving most of your body, but in biking you can keep most of your upper body upright."

With some practice, the bikes float through powder, maneuver

Last April, Gellman hiked Tuckerman Ravine with the bike strapped to his back and rode one of the most difficult lines.



through glades as easy as any downhill singletrack, and can carve giant slalom turns on groomed hardpack.

Given the variety of terrain they can tackle and the similarities to other popular activities, Gellman says the bikes are more accessible than people may originally think.

"A lot of our customers have been guys in their 50s and 60s who can't really ski or snowboard because of bad knees or bad backs or ankles," he says. "They're able to hop on these with full suspension and go out with their buddies again."

In the event of a crash, Gellman says it helps to be able to separate from the device. While skis and snowboards can exert torque on ligaments and joints, the ski bike stays attached to the rider through a leash strapped to the rider's arm. Helmets are a good idea in any snow sport, and more advanced riders prefer full-face helmets popular in downhill biking.

Selling at \$4,500 for a complete model, Cyndrome has sold 23 ski bikes so far. In the future, he says he plans to release four more models, a cheaper, price-point variety, and a higher-grade slalom-style bike.

Gellman says he could scale up production to as much as 200 bikes in a month, but at that point, he says, they would have to find more part manufacturers. For a guy already with a full-time job as a firefighter and paramedic, he's not pushing Cyndrome

too much. It's a labor of love.

"I like having something that's low stress," he says. "Whether it's pressing skis or going out and riding, it's not life and death, it's for fun. It's to watch people smile."

That doesn't mean he's not pushing the limits; last April, Gellman hiked Tuckerman Ravine with the bike

strapped to his back and rode one of the most difficult lines. Meanwhile, Cliff Pinto, a biker in Colorado, made the first heli-drop on a Cyndrome snow bike at Silverton Mountain, Colorado. And if he's not pressing skis, assembling bikes, testing prototypes on the snow, or on-call at the fire station, he still has plenty to keep himself busy.

"I've got a 2-year-old daughter, and she's way more fun," he says. He's taken her pint-sized Strider bike and converted it into a tiny ski bike that she pushes herself around on—and she's getting the hang of it.

"She loves it, and who knows, maybe she'll still want to ski bike with her dad when she's 16," he says.

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A group of four people are standing in a snowy forest. They are all wearing snowshoes and winter gear. One person in the foreground is holding a small child. The background shows snow-covered trees and a path.



My shoulder hurts! Could it be my rotator cuff?

Whether your preferred activity is tennis, paddling, rock climbing, skiing, swimming, golf, or a host of other athletic pursuits, chances are you need a healthy shoulder to enjoy them and perform at your best. Some of the most commonly injured structures in the shoulder are the rotator cuff muscles and tendons.

The rotator cuff is a group of four muscles and tendons responsible for stabilizing the shoulder and providing the wide range of motion that lets you do lots of important activities like lifting, reaching, throwing, pushing, and pulling. These muscles connect your upper arm to your shoulder blade and provide strength in rotational and overhead movements of the arm.

The rotator cuff can be hurt either by repetitive motion or a sudden traumatic injury. As you get older, the rotator cuff tendons become weaker and are more likely to be damaged. The most common symptoms of a rotator cuff injury are pain with overhead reaching, pain that interferes with sleep, loss of shoulder mobility and weakness of the arm. These symptoms can make simple everyday tasks difficult to complete and can make it difficult to get a good night's sleep.

Rotator cuff injuries range from simple tendonitis, bursitis, impingement syndrome, calcific tendonitis, partial tears, and complete tears of the tendons. Tendonitis is caused by inflammation of the tendon and is the result of overuse. Inflammation is when the rotator cuff and nearby tissues are irritated and swollen. Tendonitis is caused by inflammation of the tendon and is the result of overuse. The rotator cuff is covered by a cushioning tissue called the bursa, which can also

become inflamed and painful when it pinches against bone spurs on the acromion, which is the front part of the shoulder blade. This pinching condition is called impingement syndrome, which involves both bursitis and rotator cuff inflammation. Occasionally, calcium deposits will form and build up in the rotator cuff, which results in a very painful condition known as calcific tendonitis. The most severe injury of the rotator cuff is when the tendons tear apart. Sometimes these tears are partial, but sometimes the tears can be very serious and tear away from the bone to which they should be attached.

Fortunately, most rotator cuff problems can be treated without surgery. It is important to see your doctor to make sure that the correct diagnosis is made before starting treatment. Often, this can be done with a good examination of the shoulder and sometimes with x-rays. Your doctor will check your range of motion and assess the strength of the rotator cuff. If weakness of the rotator cuff is present, that can be a sign of injury to the tendons. In some cases, an ultrasound or MRI might be necessary to look at the rotator cuff more closely than x-rays can.

Most shoulder problems are first treated with a combination of rest, ice, anti-inflammatory medications, physical therapy, and sometimes anti-inflammatory injections when pain is severe. Rest means avoiding the specific activities that cause the shoulder pain, such as repetitive overhead motions or heavy lifting, but you should not completely stop using the shoulder or else you could develop a stiff or "frozen" shoulder. Icing the shoulder with an ice pack or a pack of frozen vegetables over your shirt or over a thin

towel for 15 minutes at a time, two to three times per day can help minimize inflammation. Over-the-counter anti-inflammatory medications such as ibuprofen or naproxen are very helpful as well, but be sure to check with your doctor to make sure these are safe to take. When the pain is especially bad, the injection of powerful anti-inflammatories such as cortisone into the inflamed bursa can be extremely helpful. The most important part of treatment for rotator cuff problems is physical therapy. Sometimes this can be done as a home exercise program that you can do on your own, but often the supervision of a physical therapist is needed as well.

Shoulder therapy focuses on range of motion, strengthening, and stability. The motion and stability of the shoulder blade is often overlooked and is very important for successful treatment of rotator cuff problems. The first phase of therapy focuses on regaining lost mobility of the shoulder, which sometimes is hard to detect, especially external rotation (reaching out to the side while facing forward) and internal rotation (reaching behind your waist and high up on your back). Your rotator cuff is responsible for both of these motions. Once range of motion is restored, the focus turns to strengthening and stability.

If your shoulder does not improve with these treatments, or if the rotator cuff is completely torn, then your doctor may recommend surgery. Surgery for rotator cuff problems is usually done as an outpatient, which means you don't have to stay in the hospital. In most cases, the rotator cuff can be repaired "arthroscopically," requiring only small incisions. A fiber-optic magnifying camera

about the diameter of a pen is inserted into the back of the shoulder through a one-quarter-inch incision, which allows the surgeon to look inside the shoulder and watch the image on a large high definition monitor. The surgeon can see the bones and cartilage of the shoulder joint, the biceps tendon, the labrum (a ring-like cartilaginous stabilizing cushion that surrounds the socket), all four tendons of the rotator cuff, the bursa, and any bone spurs that may be causing impingement. In most cases, problems with any of these structures may be surgically repaired using the arthroscope. After surgery, physical therapy is needed to restore function to the shoulder. The success rate for surgery depends on the severity of the tear that is found, but in most cases patients experience significant relief of pain and improvement in function after surgery. For more information on rotator cuff injuries and their treatment, visit http://patients.dartmouth-hitchcock.org/ortho/rotator_cuff_injuries.html

With these recommendations and the help of your doctor, you should be able to return successfully to the activities you love. We're here to get you back to your passion, and look forward to seeing you on the court, in the water, on the trails, on the field, or on the mountain soon!

Dr. John-Erik Bell is an orthopaedic surgeon at Dartmouth-Hitchcock Medical Center and specializes in shoulder, elbow, and sports medicine. He has been practicing at DHMC for the past eight years, after completing his shoulder and elbow fellowship at Columbia Presbyterian Hospital in New York. He lives in Hanover and enjoys skiing, cycling, paddleboarding, and spending time with his wife and three children.

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GEAR: Lowa Renegade GTX Mid

Waterproof? Check. Durable? Check. Versatile? Check. The Renegade GTX Mid by European company Lowa hits the mark on the attributes you'd expect in a hiking boot and still gets it right when it comes to comfort. Out of the box, this boot is roomy, yet supportive, in all the right places. The toe box offers enough space to let your tootsies breath without allowing them to slam against the front of the boot when pointed downhill. The ankle is supportive when you need it but not suffocating. These boots are lightweight, coming in at under 2 pounds for the pair (2.5 pounds for men's sizes) thanks to their foot-wrapping midsole, but stable without being so rigid that you can't feel features under the Vibram Evo outer sole. A four-season option thanks to the Gore-tex liner, this footwear offers security from the elements while snowshoeing,

hiking, or running errands during mud season. Men, women, and juniors can find the right fit in a variety of widths for those of us who want all the bells and whistles without sacrificing comfort. As a bonus to us fashion-conscious outdoors-men and -women, the leather uppers come in a rainbow of colors. \$225

GEAR: Mountainsmith Glissade 7075 Trekking Poles

Improved balance, safety, comfort, and speed are just a few of the benefits of incorporating trekking poles into your winter sports. The Glissade trekking pole is Mountainsmith's snow-specific option, designed for ease of use in the backcountry. The molded EVA grips are easy to hang on to with mittened hands and are extended for ascents in powder, while carbide tips grip ice for

extra traction. A twist-lock mechanism allows quick length adjustment if you run into variable terrain. Twist the two pole sections in opposite directions to unlock, telescope to adjust the length, then twist back to lock in place. When compressed, this pair packs down to 26 inches and can extend up to 54 inches for you taller powderhounds. Made of aluminum, they weigh in at 1 pound, 5 ounces—not ultra-light but still comfortable after several hours—and they're quite durable. Removable, click-on snow baskets are rated to -15 degrees F and are included with rubber tips so you can trek with these puppies all year long. Keep the Glissade handy for added stability in any number of Vermont's multitudinous conditions and bounding terrain. \$45

BEER: Citizen Cider Unified Press

Is cider the new beer? A glance at the draft menu at your local watering hole or down the aisles at your favorite beverage retailer certainly proves the hard cider segment is growing and, more often than not, you'll see this offering by Citizen Cider in the lineup at Vermont establishments. Unified Press, Citizen's flagship release, has quickly become a favorite and for good reason. Light and slightly effervescent in the glass and on the palate, Unified Press goes down easy on its own or paired with your favorite localvore cuisine. This slightly sweet (or "off-dry" for the connoisseurs out there) libation touts a clean and refreshing taste, has a 6.8 percent ABV, and is gluten-free, making it a great choice



for drinking at a variety of occasions. Available in multiple formats, I like the 16-ounce can for its packability on my next excursion. Without much effort, you can find this blend of apples—grown and pressed in Vermont—on tap, in 22-ounce bottles, or 16-ounce cans across the Green Mountain State and also in Massachusetts, North Carolina, and Chicago. If you're local, check out their new, expanded cidery and tasting room in Burlington's South End and fill a 64- or 32-ounce bootlegger. The company's motto is printed at the lip of every can: Get Excidered, you say? Don't mind if I do!

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.



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Age: 42 | **Residence:** Burke Hollow | **Family:** Husband, Tiaan; children, Stella, 3, and Linden, 5; dog, Digby | **Occupation:** Teacher at Burke Mountain Academy | **Primary sport:** Nordic skiing, trail running, and mountain biking



AN ELITE NORDIC SKIER IN HIGH SCHOOL AND COLLEGE, LINDLEY VAN DER LINDE STOOD ON THE PODIUM AT JUNIOR NATIONALS, EARNED NCAA ALL-AMERICAN HONORS, AND WAS HONORED AS A SPORTS ILLUSTRATED ATHLETE OF THE WEEK, SKI RACING MAGAZINE'S FEMALE JUNIOR SKIER OF THE YEAR, AND USA SKIING JUNIOR ATHLETE OF THE YEAR. SHE HASN'T SLOWED DOWN AS AN ADULT, WINNING THE CRAFTSBURY MARATHON TWICE AND COACHING AT THE NORDIC JUNIOR NATIONALS.



VS: You've had an incredible skiing career. Tell us about some of the highlights.

LVDL: At the peak of my success, I was in Sports Illustrated as an athlete of the week and a USA Skiing Junior Nordic athlete of the year. When I was growing up, Nordic skiing was just classic, but I learned to skate ski when I was in eighth grade through the Bill Koch program and that gave me an advantage. I learned about Eastern Cup races when I was in high school and was one of the first girls in my age group to qualify in New England. I podiumed at Nationals

in every event, including the relay.

I enjoy pushing myself hard, and winning was just the icing on the cake. My parents always asked if I was having fun and whether I was learning something. Even in college, I loved going to the starting line. Sometimes I think back and wish I'd pursued racing after college, but in the early '90s there was no support system. When I graduated, I was concerned about not being financially dependent on my parents so I worked at boarding schools where I could teach and coach. I've been lucky to be a part of a sport with such great

camaraderie. Athletics is still a big part of my life.

VS: What discipline and distances do you prefer?

LVDL: When I started skate skiing, I was ahead of the curve, but now I'm better at classic. I also prefer the longer distances. After teaching and coaching at high levels, I got into marathon racing. I stopped when my husband and I decided to have children, but now that they're older, I have more time. Last year I did the Stowe Derby. It's hard to balance things with children, and sometimes a race is the only time I get to be out on skis for more than an hour. My exercising keeps me sane in this crazy life of balancing it all. It's very therapeutic and fun because when I'm in shape, I can push myself. I still get joy out of racing, but I have other interests as well.

VS: Let's talk about some of those. How did you end up hiking in Ecuador?

LVDL: After college, I taught in Maine, and another teacher wanted to bring some students to climb Chimborazo so I signed up to be a co-leader. I didn't realize what I was getting into. You get acclimated in the different villages and then hike to base camp and leave in the middle of the night. I get altitude sickness, and I threw up on the way up so I had very little energy left on the way down. Thankfully I could use a rope and slide and use my ice axe as a brake. I haven't done anything like that since.

VS: You also delivered a sailboat to the Caribbean?

LVDL: I re-met my husband at our 10-year high school reunion. I was about to go to medical school, but he had this plan to sell the sailboat, he was living out West, and he invited me to come along. I deferred medical school for a year, and we drove cross-country and sailed from Nova Scotia to the Caribbean. Again, I didn't know what I was

getting into. There was a hurricane, and we were stuck in Bermuda, and I was seasick the entire time and became emaciated. That's when my husband proposed, and I decided to skip medical school so we could both continue teaching and have similar schedules.

VS: When did you start mountain biking?

LVDL: I got my first mountain bike in 1989. It's a really great way to train in the offseason, and it's also just fun. Lately I've been doing more races like the CircumBurke. It's part of how we ended up in Burke. I grew up going to Vermont in the summer and Tiaan is from here. We were looking to move to Vermont from New Hampshire and fell in love with the Northeast Kingdom. In addition to the outdoor opportunities, I fell in love with the community. I've never felt as close to a community as I do here. This place has it all.

VS: How do you find time to work, exercise, garden, and raise pigs, chickens, and children?

LVDL: I have a lot of energy. Sometimes it's hard, but for the most part, it brings me a lot of joy to do all those things. My kids come first and then my job. This summer was hard because I was taking a professional development course at night, but I'd get up at 5 a.m. to exercise. It made for a long day. It's not really exercise but more "me time." If I can fit that in, I can do everything better, and I'm a much happier person. I am now in a good place with a schedule that allows me to balance my family, homelife, work, and play. Sometimes I have to combine my interests, but my kids are reaching a very fun age where they can join me. If I go for a run on the trails, my five-year-old can mountain bike beside me, and I've attached a pole to my daughter's Skuut (a pedalless bike) so I can push her while I run or ski.

—Phyl Newbeck

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Age: 77 | **Residence:** Williston | **Family:** Wife, Ruth; three adult children; Elizabeth, Marion, and Stephen | **Occupation:** Clergy, retired from IBM
Primary sport: Skiing

MAYBE CHARLIE MAGILL IS A LATE BLOOMER, BUT AT 77, HE BELIEVES HE'S SKIING BETTER THAN AT ANY TIME IN HIS LIFE. THE CHIEF OF SKI PATROL AT COCHRAN'S, MAGILL HAS A SON ON THE MAD RIVER VALLEY PATROL SQUAD AND HOPES TO SKI LONG ENOUGH THAT AT LEAST ONE OF HIS GRANDCHILDREN WILL DON THE UNIFORM FOR THREE GENERATIONS OF VOLUNTEERS.



VS: How long have you been skiing?

CM: I didn't start until I was 30 years old. I was working the second shift at IBM in Poughkeepsie and some co-workers invited me to ski with them during the day. I really enjoyed it and started going more and more often. After a short time, my wife Ruth looked at our finances and told me that my new hobby was getting expensive. I told her to give it a try, and if she didn't like it, I'd quit. When I saw her at the mountain, she had fallen off the T-bar so I thought that was the end of it, but when I came home from work at 2 a.m., she was waiting up for me, which was unusual. She told me that I should invest in my own ski equipment, which would make things less expensive. She hadn't looked like she was enjoying herself, but she did, and we both stuck with it.

VS: When did you first sign up for ski patrol?

CM: In 1972, I saw someone get hurt and was troubled because I didn't know what to do, so I signed up for a first-aid class. There were two teenagers in the class who told me they were taking the course so they could become junior ski patrollers. It turned out the local ski area needed someone to patrol on Friday nights so I volunteered.

VS: And you continued patrolling after you moved to Vermont?

CM: IBM wanted to transfer me out of Poughkeepsie, and I said I would only accept a transfer to a place that had mountains. I was born in Idaho and grew up in California so I would have liked to go west, but I accepted Vermont. We got here in 1976, and I spent three years patrolling at Bolton before moving to Smugglers' Notch, where I patrolled until about eight years ago. I really enjoy doing it. I like running the toboggans and knowing that I can help people. I enjoy the camaraderie, but the biggest thing is being able to help people when they need it. After I retired

from Smuggs, I started volunteering at Cochran's, and this year, I became the chief patroller. It's different from my days at Smuggs because often on the day that I'm there, I'm the only patroller, which means when I come across an accident, I sometimes need to direct bystanders to help out.

VS: How has your skiing changed as you've gotten older?

CM: I've gotten much better, in part because I want to keep up with my grandchildren and in part because of the new equipment. I'm a much better skier now than I was even 10 years ago. There are some excellent role models for people in my age group. At Smuggs, we had Jim Thompson, who only quit skiing at 93 because he had trouble driving to the mountain.

VS: How do you keep in shape for the winter?

CM: I guess I keep my lungs in shape from playing French horn in the Williston Town Band. I also walk all the time, and I'm active with Habitat for Humanity hammering nails. Somebody told me that when you get to the age I am, you don't get in shape, you have to stay in shape; it's too hard to get back after you lose it.

VS: You missed an entire season after heart surgery, but your first run back was down a black diamond trail. I guess you don't believe in warm-ups?

CM: I never could see the point of a warm-up run. Why go down Chilcoat [a blue square trail at Smuggs] when you really want to go down FIS [a black diamond trail]? My cardiac rehab work was wonderful for getting back to skiing. I wanted to get back as quickly as possible.

VS: Tell us about your work with Habitat for Humanity?

CM: I actually do two different kinds of construction volunteer work. I've

led several construction projects for Habitat for Humanity, including three-and-a-half years in Guatemala and 18 months in Guyana with Ruth. About eight or nine years ago, we looked at our lives and saw that that was the only thing we were doing so we searched for other alternatives and began doing disaster relief work with United Methodist Volunteers in Mission. We helped out after Hurricane Katrina and Ike and up here after Tropical Storm Irene. We still do some Habitat for Humanity work, but it's not our whole life anymore. [Editor's note: Magill is still on the board of directors of Green Mountain Habitat for Humanity].

VS: You've spoken about the camaraderie of ski patrol. Do you have a group of skiers to ski with these days?

CM: I'm part of the 55-plus club at Smugglers' Notch, and I really enjoy skiing with company. Last week the group didn't want to ski as long as I did, but I left when they did because I don't enjoy skiing alone nearly as much as

skiing with a group. It wasn't exactly a powder day, but I always say that conditions are either great or they're interesting. I don't want to be bogged down in finding ways not to enjoy myself. If you say something is awful, you'll stop skiing, but if you say it's interesting, you can look at it in a different light. I really do enjoy all conditions.

VS: And patrolling has been handed down from father to son?

CM: My son patrols at Mad River. I like to join him there, but part of what I enjoy is that his children—his son just turned 12 and his daughter will be 14 in March—are on the Mad River Free-style Team, so I can ski with all of them. Sometimes his wife joins us too, and that camaraderie is even better than the 55-plus club. One of my goals is to keep patrolling long enough so that when my grandkids are old enough, we can have three generations of patrollers.

—Phyl Newbeck

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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

February

- 22 **SPIN-A-THON FOR LEUKEMIA & LYMPHOMA,** University of Vermont, Gutterson Room 217. In partnership with the UVM Campus Recreation - Rec Sports and Fitness Day we will be holding our first spin-a-thon at Gutterson, Room 217 to benefit the Leukemia & Lymphoma Society.
- 23 **FROZEN ONION WINTER BIKE RACE,** Millstone Trails, 5th Annual Frozen Onion Winter Bike Race Series, benefiting the Mountain Moxie's "Moxie Sparks" scholarship program. Reg fee includes post-race chili. Prizes for top three in each category. Pre-reg: \$20 at onionriver.com/events

March

- 2 **PEDAL TO END CANCER** - American Cancer Society, First in Fitness, Montpelier

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.

FAMILY

January

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

MISCELLANEOUS

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-May 24 **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.
- 10 **THE ROAD TO THE POGUE TRAIL RUN** 10k race along the carriage trails of Vermont's only "runners." Pancake breakfast to follow.
- 10 **LINCOLN MOUNTAIN MAGIC 5K/10K.** Walk/run to benefit the Friends of Lincoln County School.
- 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.

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

February

- 22 **TRIPLE CROWN UNCONVENTIONAL CHALLENGE, MAD RIVER GLEN.** The first leg of Mad River's Triple Crown Competition Series, the Unconventional Terrain Competition is the East's original extreme ski competition and challenges competitors with a grueling test of their abilities. Judging for the event is based on smoothness, creativity, turn quality, and difficulty of line. The cost is \$20 if preregistered, \$25 the day of the event, or \$50 for all three Triple Crown Events
- 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

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- 23 **GET OUT AND BACKCOUNTRY SKI FESTIVAL**, Bolton Valley Nordic Center. During the Get Out & Backcountry Ski Festival there will be demos, backcountry and cross-country ski clinics, and guided tours of Bolton's un-groomed backcountry trails including the Catamount Trail.
- 23 **CAMEL'S HUMP CHALLENGE**. A high-country traverse around the perimeter of Camel's Hump (4083') -- the third highest peak in Vermont's Green Mountains as a fundraiser for the Vermont Alzheimer's Association.
- 28 **TRIPLE CROWN VERTICAL CHALLENGE**, Mad River Glen. Competitors ski as many runs as they can in one day, on Mad River's famous Single Chair directly under the chair, down Chute and Lift Line

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 **BREAD LOAF CITIZENS RACE** Rikert Nordic Center. Vie for the traditional loaf of bread and other prizes. Costumes or spandex, barbecue and fun. Lollipop Race for youngsters.
- 7-9 **J2 CHAMPIONSHIPS**, Rikert Nordic Center. 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.
- 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.
- 15-16 **CAN-AM GRAND PRIX**, Rikert Nordic Center. Canadian and American boys and girls compete for the coveted Maple Leaf Points Trophy.
- 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 **TRIPLE CROWN MOGUL CHALLENGE**, Mad River Glen. The third leg of the Triple Crown Series
- 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.
- 23 **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.
- 30 **BOB'S BIRTHDAY BASH AND ANNUAL RIKERT**

RANDOM RELAYS, Rikert Nordic Center. Robert Frost's birthday with Random Relays.

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.

WEEKLY TUESDAY RACES CRAFTSBURY OUTDOOR CENTER. Traditional and self-timed versions, both counting toward the overall points series.

NORDIC BACKCOUNTRY TOURS All equipment included. Any ability level welcome. Saturdays, 9:30am - 2:00pm, Umiak Outfitters Fees apply. www.umiak.com

FAT TUESDAYS WEEKLY WINTER MTB RIDES Every Tuesday, as conditions allow, store staff will lead guided rides on fatbikes on area trails. Onion River Sports

DOGSLEDDING THURS, Sat & Sun every week, 9:00 am, 12:00, pm, 3:00 pm. Little River State Park 3444 Little River Rd. Waterbury VT Fees apply. www.umiak.com

PERFORMANCE SLED TOURS 9:30 a.m.-2:00 pm. Tue, Thur & Sun every week. Fees apply. www.umiak.com.

FONDUE SNOWSHOE TOURS Thur & Sat every week, 5:30 p.m.- 9:00 p.m. Fees apply. www.umiak.com

MOONLIGHT CABIN TOURS Monday, Wed, Fri & Sun 5:30 pm-8:00 pm. Fees apply. www.umiak.com

AT & TELE BACKCOUNTRY SKINNING CLINIC 2/16/2014-3/3/2014 12:30 a.m.-4:00 p.m Fees apply. www.umiak.com

SWIMMING

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

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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.

featured events

THE BRIAN BILL MEMORIAL CHALLENGE

Feb 22, 2014 | 9:00 am
Norwich University
158 Harmon Drive, Northfield, VT

The Brian R. Bill Memorial Challenge will be held at historic Norwich Univ. to honor the life and service of U.S. Navy Seal, CPO Brian R. Bill (NU 01). The challenge will provide participants with several military obstacles and an ascent up Paine Mountain. Participants will be challenged both physically and mentally along the 5 mile course as they negotiate various obstacles.

Registration through Active.com

Individual: \$ 50

Group: \$ 45

www.facebook.com/BrianBillMemorialChallenge

THE ROAD TO THE POGUE TRAIL RUN

May 10, 2014 | 8:30 am
Marsh-Billings-Rockefeller National Historic Park
54 Elm Street, Woodstock, VT

The Road to the Pogue Trail Run is a 10k race along the carriage trails of Vermont's Marsh-Billings-Rockefeller National Historic Park. The race is limited to 500 runners. Pancake breakfast to follow.

\$30, breakfast included

www.roadtothepogue.com

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news briefs

FAT Ski-A-Thon Presented by Vermont North Ski Shop Scheduled for March 2

WARREN – On Sunday, March 2, Sugarbush Resort will host the third annual FAT Ski-A-Thon from 9 a.m. to 3 p.m. Participants will complete as many laps on the Summit Quad lift as possible on “fat” skis with a waist of 70 millimeters or wider (if possible).

It will not be a race, but a casual event to have fun and enjoy the outdoors in the name of philanthropy. Participants will raise money for each completed lap and also gather flat donations with proceeds going to the High Fives Non-Profit Foundation.

“VT North Ski Shop is excited to see the FAT Ski-A-Thon return to the Mad River Valley and raise funds for the High Fives Foundation on the slopes at Sugarbush Resort,” said Jesse Murphy, Vice President of Sales and Marketing. “Although fat skis make powder skiing easier, the same does not hold true for making as many laps as possible for six hours. We can’t wait to gather pledges and have a blast on March 2nd!”

Pre-registration and kick off is scheduled for Saturday at 6:00pm at the Localfolk Smoke House in Waitsfield. Cost is free to participate and a discounted lift ticket is available.

Schedule:

8 a.m. -9 a.m. — Meet at Mount Ellen Lodge for Registration for “FAT Ski-A-Thon”
9 a.m. — Load Summit Quad and start “FAT Ski-A-Thon”
3 p.m. — End “FAT Ski-A-Thon”
3:30 p.m. — Awards at Mount Ellen Lodge.

Mount Snow set to build new pond, plus new Carinthia lodge

West Dover— A 120-million-gallon water storage pond for snowmaking and a new 36,000-square-foot base lodge for skier services are two of the projects Mount Snow will fund through EB-5, an immigrant investor program. The projects, newly approved under the Vermont EB-5 Regional Center, total \$52 million in investments.

The West Lake Project will increase Mount Snow’s current snowmaking water storage by nearly 500 percent. It will bring existing water withdrawals into compliance with state and federal regulatory standards. Additional project components include three pump houses, pipelines, a new magic carpet lift and other snowmaking improvements.

Carinthia Ski Lodge, a new three-story, 36,000-square-foot skier service building located at the base of the Carinthia Slopes at Mount Snow, is the first

phase of a redevelopment of the Carinthia Base Area. The new lodge will include a cafeteria, restaurant, bars, retail shop, convenience store, ski/snowboard rental, ski school and ticketing. Future development at Carinthia will include more than 100 ski-in/ski-out residential units.

The EB-5 program, run by the U.S. Citizenship and Immigration Services (USCIS), encourages foreign investment in approved projects that create American jobs. For each investor a minimum of 10 jobs must be created, or in some cases preserved. If the requisite number of jobs are created within two years, the investor will receive a permanent green card.

Mount Snow’s offering is under the oversight of the state of Vermont EB-5 Regional Center, the only USCIS designated regional center owned, controlled and supervised directly by a state government. Vermont has a long record of successful EB-5 projects, including successful projects at Jay Peak and Sugarbush resorts.

“We are excited about the future growth and re-development at Mount Snow,” says Richard Deutsch, V.P. of Peak Resorts, the parent company of Mount Snow. “The EB-5 Program has proven it’s a successful way to raise capital and create jobs. We’re looking forward to bringing this success to the southern part of the state.”

“This is the first phase of what we hope will be many successful projects at Mount Snow,” Deutsch continued. “With a state-approved master plan for the redevelopment of up to 900 units and 200,000 square feet of skier service space, we expect to have many future projects at Mount Snow.”

Women’s Ski Discovery Camps at Sugarbush Resort Return

WARREN, VT. – The Sugarbush Ski & Ride School is hosting two Women’s Ski Discovery Camps this winter - a weekend camp from Jan. 31st – Feb. 2 and a weekday camp from March 10-12.

In a move specifically designed to allow women and mothers to attend the camps, Sugarbush Resort will provide each participant with either a half-price full-day kids program in the Schoolhouse children’s center or a half-price companion adult lift ticket for each day of the camp.

“At Sugarbush, we understand that one of the biggest obstacles to women’s participation in programs like Women’s Discovery is the anxiety that comes from wondering what the rest of the family will do while you’re having fun,” says Russ Kauff, Director of the Ski & Ride School. “Alleviating that anxiety, making it easier and simpler to plan for the rest of the family, should make for a far better experience for our camp participants.”

Coached by the best of Sugarbush’s Ski & Ride School coaches, the program includes an evening round table discussion by industry leaders, ski demos provided by Volkl, video analysis, stretch sessions, group meals and après ski parties. Skida, a Vermont headwear and accessories company, and sock maker Smartwool are sponsors of the camps.



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5K Run/Walk Immediately after Fun Run

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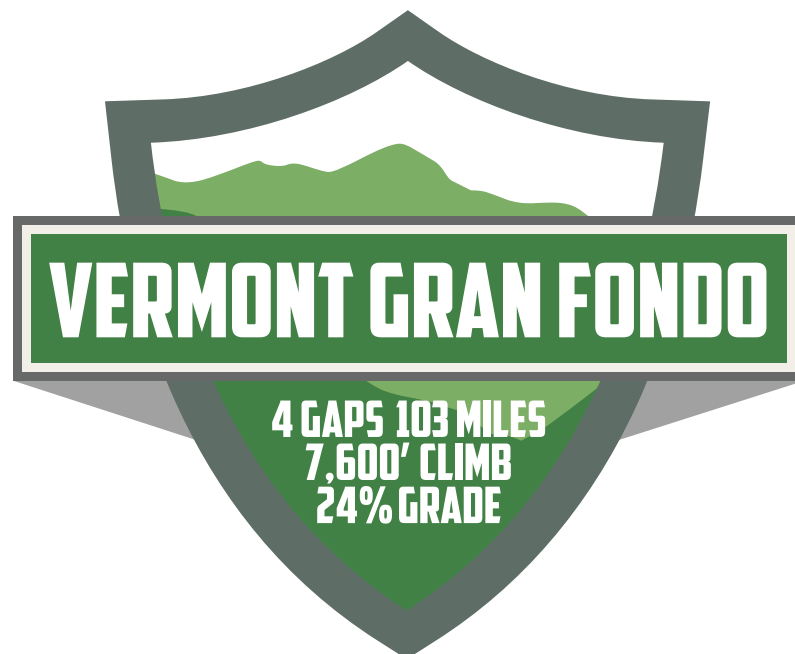
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XIP's Bypass Mountain Climb Series is a sequence of three rugged and challenging adventure races held at Burke Mountain in Northeastern Vermont. The naturally beautiful and mountainous terrain combined with series founder Adrian Guyer's challenging courses creates the perfect environment to test your inner athlete!

The Single Bypass - 6/14/2014

Registration: http://www.active.com/event_detail.cfm?event_id=2126277

The Single Bypass Mountain Climb is a sprint, with one ascent and one descent of Burke Mountain. Obstacles are announced the day of the event. The SBMC is a great race for first timers looking to get their feet wet in the Mountain Climb series, but it will also provide a rugged and challenging course to test the seasoned vet. XIP Bypass Series founder Adrian Guyer designed this course with the speed and strength athlete in mind due to its short and steep nature.

The Double Bypass - 7/5/2014

Registration: http://www.active.com/event_detail.cfm?event_id=2126276

The Double Bypass Mountain Climb is a mid-distance adventure race. This climb will include two ascents and two descents of Burke Mountain with several challenging obstacles! The DBMC course will still challenge strength and speed, but the athlete's endurance will surely be tested on that second climb! This course will also serve as an awesome training run for any athletes considering the Triple Bypass race in September!

The Triple Bypass - 9/6/2014

Registration: http://www.active.com/event_detail.cfm?event_id=2126226

The Triple Bypass is the mother of all mountain climbs, and is where the Bypass Series races originated! The TBMC consists of three grueling ascents and descents and includes the most obstacles of all Bypass races. The course is designed to test athlete's physical and mental endurance as they wind through the punishing trails. This race is meant for athletes who want to train hard and test their true limits.



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