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February, 2009
Volume XVIII
No. VI

SLIP INTO SOME WINTER TRACTION

page 12

WINTER VISIT TO
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PITTSFIELD PEAKS
SNOWSHOE MARATHON

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TRAINING FOR THE
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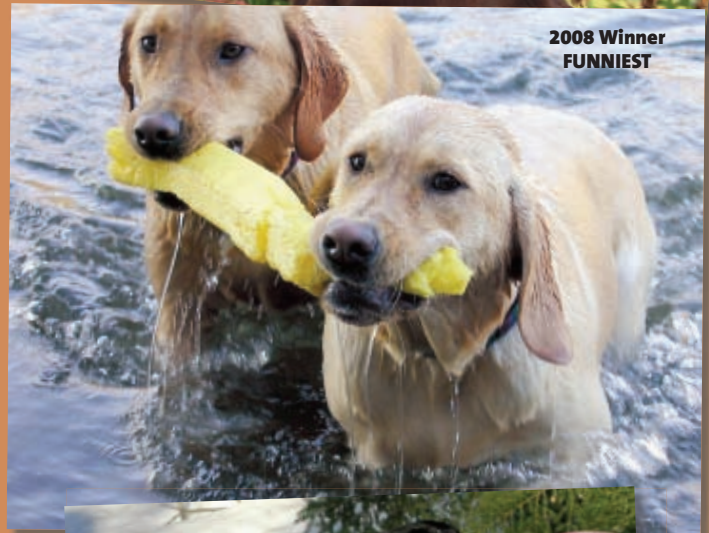
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On the Cover: Carla Hesler, Alexis Ressler, and McCoy, testing winter traction gear on the Pinnacle in Stowe. For more on winter traction see pages 12-13. Photo by Kate Carter.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

WINTER AND FOOD AT THEIR FINEST

There's nothing like the promise of food to inspire me to ski to the cabin at Trapps. I'm not talking about the standard fare they serve up there, which in itself is delicious, healthy, and full of calories. It was the thought of bratwurst and sauerkraut, hot potato salad, and quiche that got me salivating and waxing my skis.

The second week of January was busy at the Trapp Family Lodge, as they celebrated the 40-year anniversary of the lodge and Nordic ski center. Much has changed since 1969 and much is worth celebrating—the passing of the torch from general manager Johannes Von Trapp to his son, Sam (grandson of the infamous Maria); Sam's soon-to-be new wife, Alisa; two new substantial ski trails; snowmaking; new trail signs and maps; new condos; new deli; and that's the short list. During the festivities, director of skiing Charlie Yerrick invited me to join him on the "food tour," which included stops on the ski trails for chili and potato-leek soup, as well as the aforementioned German/Austrian meal at Slayton Pasture Cabin. On the tour, we skied the new Race Loop trail, designed by John Morton to meet world championship standards. In typical Morton fashion, the trail is confined to a few acres, climbs, dips, and swoops through banked turns like a rollercoaster at the county fair, and brings skiers back to the start/finish area near the parking lot several times, making it an ideal setup for spectators. The trail is exhilarating, and I encourage anyone to ski it from start to finish. It's much easier and more fun than the goal everyone who skis at Trapps aspires to—the cabin. In my mind, unless you love an intense sweaty aerobic workout followed by wild and fast downhills on very skinny skis, skiing up to the cabin is overrated. Except when there's bratwurst and sauerkraut waiting.

With that in mind, Charlie and I headed out to Russell's Knoll, where we picked up a new trail to the cabin, the Forty-Year Trail, named in honor of the 40 years Trapps has been in business, not the amount of time it takes to ski it. The Forty-Year Trail is a more kind and



gentle way to ski to the cabin than Parizo and Owl's Howl, but make no mistake, you still have some climbing to do, but the Forty-Year Trail is broken up with long stretches of flat terrain that you can actually kick and glide on. Eventually you come to the far end of Slayton Pasture trail, close to the Haul Road.

After pigging out on pork in the warmth of Slayton Pasture Cabin, Charlie and I headed down the Haul Road, made a turn onto Hare Line for some climbing and a chance to get our blood circulating, then took Bobcat back to the Haul Road for a final descent to the bakery, where dessert was waiting. Finally, a chance to try the famous Linzertorte! I really should have skied off all those calories, but that would have had me skiing in the dark, and besides, I needed to go home and rest up for the next day at Trapps—the Catamount Trail Ladies' Nordic Ski Expo, a fundraising event for the Catamount Trail Association.

One hundred and twenty women showed up for the day of ski clinics in classic, skating, and backcountry techniques, as well as lunch in the Lodge, a fashion show, and a wine and chocolates social hour. All this for \$50! I skied around, listened, and took photos. At one point I caught

up to Christa Alexander, who was teaching an intermediate skating class on the new Race Loop. Christa was articulate, enthusiastic, and photogenic, and her students were doing great, so I decided to stay and shoot some photos.

That was when I discovered I couldn't get my skis off. No matter how hard I tried, the frozen bindings simply would not release. I finally gave up and skied back to my car, planning to take my feet out of my boots, which were still attached to my skis, and put on my hiking boots that lay in the very back of my station wagon. This turned out to be more difficult than expected, because someone had parked so close to my car I couldn't open the tailgate. I was puzzling this all out when a friend walked by and offered to climb into the back of my car and retrieve my hiking boots, thus sparing my socks from parking lot grit.

The next morning, in ski boots now free of their skis, I headed back up to Trapps for the Antique Ski Race, sponsored by the Vermont Ski Museum. The morning was stunningly gorgeous. Five inches of fresh fluff had fallen overnight, it was perfectly calm, still snowing, but the sun was about to shine. I felt like I was inside one of those snow globes you shake and white flakes float around.

About two dozen local Nordic skiers turned out for the race, mostly in knickers, Icelandic sweaters, and wool hats. This loosely organized "race" was far from being competitive, except maybe for the photo finish between former Olympians Bob Gray and Mark Gilbertson, who strode side-by-side across the finish line on their old wooden skis, grinning for the cameras. Slowly but surely the others slid in, and after a photo session of the beautiful and famous, everyone headed over to the lodge for lunch. I have to say, winter doesn't get much better than this. I wonder what Trapps will cook up for their 50th. □

—KC



**OUT &
ABOUT**
BY
JOHN MORTON

LET THE WOMEN JUMP!

I love the Olympic Games. Of course, I'm far from objective, since I've been involved in seven Winter Olympics in various capacities. But I'm enough of a romantic idealist to still believe in Baron Pierre de Coubertin's vision of bringing together the youth of the world in an international celebration of inspiring athletic competition. In the words of Bud Greenspan, who has made a career spanning several decades filming unforgettable Olympic moments, "Ask not alone for victory, ask for courage. For if you can endure, you bring honour to yourself. Even more, you bring honour to us all."

I am not such a big fan of the International Olympic Committee, the organization responsible for keeping de Coubertin's vision alive. Members of the IOC tend to take themselves too seriously, in my opinion, often expecting, even demanding, VIP treatment everywhere they go. Some of the dark underbelly of the IOC's methods was revealed in the bribery scandal preceding the 2002 Salt Lake City Winter Games. I also believe that the IOC has, until very recently, ignored the growing cancer of illegal performance enhancement, or doping, in Olympic sports, out of a fear of tarnishing the image, and therefore the marketing value of the five rings.

I'll be the first to acknowledge that

the IOC has faced some very thorny issues. When de Coubertin revived the Olympic Games in 1896, he envisioned a gathering of amateur sportsmen and sportswomen who participated purely for the joy of competition. Professional athletes were virtually unknown at the time. But by the final decades of the twentieth century, athletes who made a living at their sport were commonplace, and a strict interpretation of the amateurism rules would have eliminated many of the world's best from Olympic competition.

Inevitably the IOC becomes embroiled in global politics. Because the whole world is watching, the Olympics become a vehicle for every cause to get its message to a global audience. The most tragic example was the attack of Palestinian terrorists during the 1972 Munich Summer Games, which resulted in the death of 11 Israeli athletes. In 1976, several African nations boycotted the Montreal Olympics to protest New Zealand's rugby team playing a match in apartheid South Africa. Four years later, the Moscow Games were marred by the absence of large delegations from the United States, Japan, and West Germany, all protesting the Soviet Union's invasion of Afghanistan. Four years later, much of the Communist bloc reciprocated by keeping their athletes home from

Los Angeles. Appearing relatively mild by comparison were last summer's demonstrations, drawing attention to China's human rights violations and appeals for Tibet's freedom during the Olympic torch run.

Having thus acknowledged the difficult decisions the IOC has faced through the decades, I can't understand their position on a current controversy: their refusal to permit ski jumping events for women at next winter's Olympics in Vancouver. According to recent news reports, it seems to me that IOC president Jacques Rogge is hiding behind a flimsy technicality that requires a sport to have had at least two World Championship events before it can be considered for inclusion on the Olympic program.

Not long ago, ski jumping rivaled biathlon, ice hockey, and bobsled as the most macho of all winter Olympic sports. Ironically, it was ski jumping that experienced a transformation not long ago that provided women an advantage. For generations, ski jumping was the domain of tough, steel-nerved daredevils, who were willing to squat on massive skis thundering down an icy inrun at 70 miles per hour, then launch themselves into the air. In addition to courage, the sport required powerful thighs and excellent timing. Then, a young innovative jumper

discovered that by spreading his skis from the traditional parallel position into a V, while in flight, he achieved greater lift, and thus a longer flight. Soon, the medal winners in major jumping competitions no longer looked like NFL halfbacks with thighs like tree trunks, but young boys who floated to the bottom of the hill. And the girls were not far behind.

As with most issues in international sports, I'm sure politics plays a role. I suspect the Canadian and American women have been quick to gain experience and expertise in ski jumping, while their typically conservative European counterparts have been slower to adopt the sport. As a result, those European nations historically strong in jumping will be reluctant to support an expansion to women's events. I also suspect there is a little concern among the "good ole' boys" that one of these scrappy, determined, 100-pound women will be the one setting the distance records on all the ski jumping hills.

Better get used to it, guys. Just let the women jump! □

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

Backcountry Challenge Race and Tour

Stowe, VT—If you've been thinking about skiing the infamous section of the Catamount Trail between the Trapp Family Lodge and Bolton, here's an opportunity you shouldn't pass up: an organized tour of the route. If you're an avid backcountry skier and want to notch it up a bit, get this: you can race it!

The Catamount Trail Association is holding a tour and race of the 16K section of trail between Trapps and Bolton on Sunday, March 1. This will be the second year for the race, which was deemed a success last year by a handful of intrepid skiers. This year the Association is adding the touring division for those who want to take it a little easier.

The course starts at the Trapp Family Lodge, with a 10 a.m. mass start for the tourers, and an 11 a.m. start for the racers, which means at some point racers will overtake the tourers. About 70 percent of the course is on a non-groomed trail, and conditions can vary tremendously due to changing weather. Participants will encounter a 2,420 vertical foot climb from Nebraska Notch Road to the highest elevation on the Catamount Trail, and then descend 1,820 vertical feet on a narrow

AROUND THE STATE

trail to the Bolton Valley Touring Center. Everyone must be well equipped to handle all types of weather and snow. A small backpack with food, water, and extra clothes is recommended. There are no aid stations on the course.

Race packet pick-up is from 9-10:30 a.m. at the Trapp Family Lodge. Everyone is responsible for their own race day car shuttle. (Go to the www.catamount-trail.org forum to team up with other individuals for a car-pooling shuttle.) Racers may only use one pair of skis and poles for the entire race; climbing skins are allowed. Racers must stay on the Catamount Trail marked by blue Catamount paw diamonds located on trees throughout the race course, with the exception of the groomed trails at the Trapp Family Touring Center.

Registration is \$50 up to February 25; \$65 thereafter, with no race day registration. Entry fee includes post race meal with prizes for the top three male and female racers, and a raffle for all participants. Entry is limited to 100. For more information go to www.catamounttrail.org or register online at www.skireg.com. Proceeds benefit the Catamount Trail Association.

World-class Ski Tuning Comes to Stowe

Stowe, VT—Stowe Mountain Resort announces the opening of Stay Tuned, a new on-mountain, high-tech ski- and board-tuning and rental shop with the latest Wintersteiger Service Center equipment. The shop is located inside Stowe's new Spruce Camp base lodge. Stay Tuned features the automated Wintersteiger Tunejet and Trimjet machines, with customized prescription-tuning structures and state-of-the-art edging. The Tunejet Automated Stone Grinder produces high-level World Cup quality base finishes for smoother, faster, and more predictable ski and snowboard performance. It also features touch screen controls with programmable tuning data input that produces base structures for specific snow conditions and stores the data for future service.

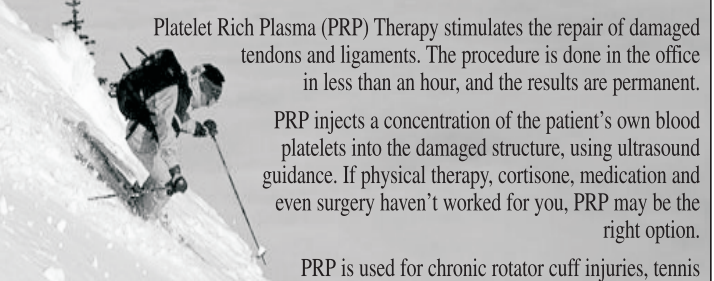
The Wintersteiger Trimjet is an automated Ceramic Disc Edge grinding machine that provides the most consistent and precise edge bevel geometry and finish on the market. The added advantage of a Wintersteiger tune is if you like it, it can be duplicated every time you visit the shop. Wintersteiger is a world market leader in winter sports. Their Ceramic Disc technology is used in every major ski factory worldwide. Atomic, K2, Volkl, Salomon, Rossi, Head, Dynastar and virtually every other major manufacturer use Ceramic Disc Edge finish. The Wintersteiger Trimjet replicates the original factory precision finish and geometry. More info at www.wintersteiger.com

DEPT. OF CORRECTIONS

In our report of the Stowe Derby Fitcamp, December, 2008, we erroneously stated that Scott Dorward, director of the Stowe Mountain Resort Cross-Country Center, was a member of the 1980 U.S. Olympic Road Cycling team. Rather, he was a member of the U.S. Cycling team, not the Olympic team. We regret the error and any concern it might have created.

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NY Times, Nov. 30, 2006:
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- Lucy Ann (snowboard student carrying 4 A/P subjects)



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SPORTS MEDICINE

BY ROBERT RINALDI, DPM

ALL ABOUT PLATELET RICH PLASMA

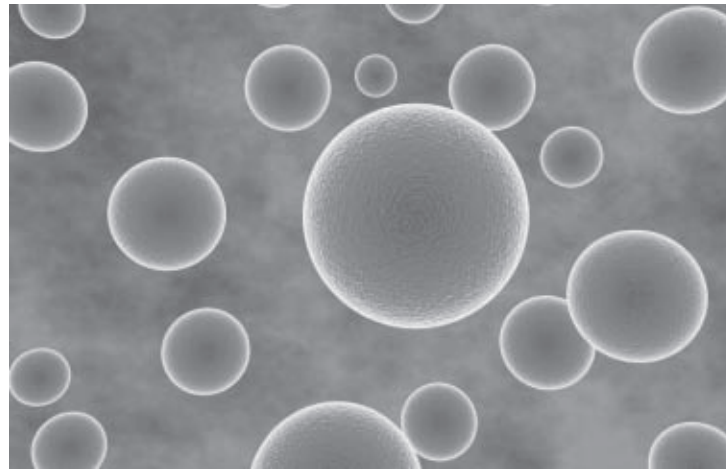
Platelet Rich Plasma (PRP) has been used in hospital settings since the 1970s, though its application was restricted mostly to surgery. Recently, advanced technology has brought this unique, helpful, safe treatment to sports medicine clinics around the world.

PRP DEFINED

Concentrated platelets and white blood cells derived from a patient's own blood are spun in a closed autologous platelet separator, producing a material that can be injected back into injured tissue. This causes the body to create what has been called a "repair response" within the injured tissue. The repair response in muscle, tendon, ligament, and bone starts with the formation of a local blood clot, and the dissolving or degranulation of the implanted platelets. In this microscopic environment, growth factors are released, fibrous scar tissue is formed, and injured tissue is replaced with healthy tissue.

PREPARING PRP

A health provider takes a small amount of blood from you and places it in a Platelet Separator System. This is a highly specialized centrifuge that separates and then concentrates your body's own platelets, white blood cells,



and growth factors, the ingredients in platelet rich plasma. The PRP is then mixed with activating agents so that your provider can inject it into injured tissues. The process is completely safe since the substances used are derived from your own body. There is no chance of adverse drug reactions that sometimes result from other medicinal materials. There are many PRP systems being used today, but the best are completely closed systems. This essentially means that the system will not allow any other product or material

to enter during the entire process of producing the PRP. The best systems are completely automatic, allowing for consistent reproducible concentrates of PRP.

PRP AND SPORTS MEDICINE

PRP research is ongoing and data is being collected daily. The criteria for using PRP is usually established when other more conservative treatment programs have failed. PRP has moved to surgical procedures that include knee, hip, and spine surgery. The repair response has also been found effective in shoulder and ACL reconstructions. The healing of chronic wounds has been enhanced with the use of PRP, however, it is soft tissue structures—tendons, muscles, and ligaments—that have been treated with PRP for the longest, and this is the area where the greatest research has been completed.

Sports medicine providers have found PRP to be most useful for treating chronic injury to soft tissue structures in the arms and legs. Injuries that have consistently shown favorable results are Achilles tendonitis, plantar fasciitis, tennis elbow, and bicep tendonitis. Generally, tendon injuries in the foot, leg, arm, and hand respond well to treatment programs. Treatment is not for everyone and though it seems magical not all injury responds to treatment. Successful outcomes in the sports medicine arena are around 85 percent.

A TYPICAL TREATMENT SESSION

First, your health provider must determine that more conservative treatments for your injury have failed and that you are a candidate for PRP. Then you schedule an appointment for the PRP procedure. Most providers

require that a release similar to a surgical release be signed. There is no need for any pre-op or blood testing type preparations that usually include fasting from the night before.

The entire process should take about an hour and include a venipuncture and blood draw. In most instances about 60 cc of blood are drawn from a vein in your arm, using a special syringe that is taken directly to the PRP centrifuge equipment. The spin-down takes about 20 minutes, and it is fascinating. (Ask to see the process in progress.) Once the separator has completed its task, the PRP is automatically moved from the large syringe to a smaller syringe. Then the injection process into the injured site begins.

The injured site will be examined one last time, and a small amount of local anesthesia is often used within the site to minimize the discomfort of injecting the PRP. The site will be prepped with an antiseptic wash and the process begins. Complicated areas will require the use of Ultra Sound Imaging to exact the deposition of the PRP directly into the injured tissue. Once the injection begins it will take only a few painless moments, and it is over. There may be some tenderness at the site after the local anesthesia is worn off. Acetaminophen is usually recommended to cover this minimal discomfort. The process is completed in about an hour and for the most part is painless.

SUMMARY

I have had the opportunity to use PRP treatment programs at the clinic where I work, and I have to say it seems miraculous. I have also read reports of success by other doctors who have treated difficult fractures and repaired complicated tendon injuries using PRP, and I believe that medical providers will soon be turning to PRP treatment programs as a first plan for treating athletic injuries. At this time, however, many medical insurance policies do not cover the expense of PRP. From a medical-legal perspective, PRP should be used when a patient fails to respond to more conservative treatments. I expect that time will provide additional statistics of success, and this will demonstrate that the cost and associated risk of PRP treatment are actually a frugal, safe, and effective way of treating athletic injuries. You should ask your treating provider about platelet rich plasma. If you feel that I may help with answers to your questions, please do not hesitate to contact me. [7]



From left: Chiropractor Dr. Hank Glass, sports medicine provider Dr. Peter Loescher and podiatrist Dr. Robert Rinaldi

More players, more practice

The Sharon Health Center and popular Sports Medicine Clinic recently expanded and now the sports medicine team is expanding again! Experienced sports medicine provider Dr. Peter Loescher has expanded his hours, providing you increased access to high-quality athletic care. Others have also joined the staff, including an athletic trainer, family nurse practitioner and an additional physical therapist. And the health center offers diagnostic technology onsite for your convenience.

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Robert Rinaldi is a board-certified podiatrist and podiatric surgeon at the Gifford Medical Center in Randolph, VT. He is a fellow and a founding member of the American Academy of Podiatric Sports Medicine, and a podiatric consultant to the Dartmouth College track and cross-country teams. He is a former nationally ranked long-distance runner, having competed in 25 world-class marathons. You can reach him at Gifford Sports Medicine and Surgery Clinics in Randolph, VT, or at the Sharon Health Clinic in Sharon, VT, 802-728-2490 or 802-763-8000 or at rrinaldi@giffordmed.org.



IT'S A WONDERFUL LIFE, EVENTUALLY

February is here, and I couldn't be happier. Call me Grinch or Scrooge, but I vehemently disagree that Christmastime is the most wonderful time of the year. I've felt this way for a long time, but until this year, I wasn't sure why.

About a week before Christmas, I had an epiphany that hit me on the head like one too many glasses of my cousin Lenny's extra-special eggnog. My lovely fiancée and I were relaxing around our Christmas tree, which was leaning a bit to one side and aglow with old fashioned, energy sucking bulbs. Elvis's Christmas album was playing on the turntable. With that velvety voice caressing my ears, I got to the bottom of why I always have a blue Christmas: I work in retail.

Too many of the negative aspects of Christmas—the commotion, the consumerism, the true meaning-robbing commercialism—surround me during the entire holiday season like gaudy rows of garland on a fake Christmas tree in the lobby of an insurance building. The plastic blinking star they stick on the top represents the headache I get that doesn't quite go away until the tree gets unplugged, covered with a plastic bag, and stuffed in the corner of the office supply closet.

I am fortunate enough, however, to have Christmas day off, unlike the movie theater concession stand vendor, the shifty ski resort lifty, or the convenience store clerk in the Santa hat who has to finish making that guy's egg sandwich before he can ring you up for a twelve-pack of beer. But simply not having to work on Christmas day doesn't mean I'm singing "Deck the Halls" during the four-hour drive to Maine for my family Christmas party. For me to sing "Fa la la la," I wouldn't have to drive back to Vermont later that night, because I wouldn't have to be at work the next morning for the worst workday of the entire year.

I like to imagine how some folks spend the day after Christmas. I picture the happy couple, young and in love, who bought each other cross-country ski packages, skiing side by side in a meadow, while soaking up the glistening beauty of a perfect winter's day. I see the content mom, bundled up in her brand new down jacket, taking the dog for a nice long walk. I envision the encouraged dad, his cholesterol level approaching the outer limits of healthy, determined to exercise more often this year, heading out the back door for a romp with his new pair of snowshoes that the whole family pitched in to give him.

I can conjure up these warm and fuzzy sugarplum-shaped visions, but my reality is helping the unhappy couple that bought each other cross-country ski packages and wants to exchange their ski boots because they don't fit, or because his heel lifts a bit and her boots are not quite as comfortable as her bedroom slippers. Or the discontented mom, who loves everything about her brand new down jacket except the color, and wants to special order the one in the lighter shade of green. Or the discouraged dad, who after trudging around the back yard, would prefer a different pair of snowshoes with bindings that are a bit easier to undo. He only used them once, so he can't imagine that we couldn't simply take them back. After all, they are only scratched a little.

The joy of Christmas Eve has also been lost to me. That day is defined by stressed-out last-minute shoppers who don't have time to pleasantly accept the fact that we are sold out of whatever it is they should have purchased sooner.

Or who are too exasperated to understand why we won't hang around after we close until they arrive, "in only 15 minutes or so," so that they can "just run in and buy something real quick." No matter how hard I try to allow the holiday spirit to overtake my petulance, under these circumstances, all I can say is, "Bah, humbug!"

So when it is all over, and the rest of the glorious winter is ahead, I am a much happier person. The craziness of the holidays gives way to the routine of our annual end-of-winter super blowout sale. It's the most wonderful time of the year, and I'm full of joy. I'm so carefree that when a customer says, "So I see that these tele skis are 40 percent off. Would you take 50 percent off?" I can actually say, "No!" with tact. I can even be persuaded to stay awhile after we close for a nice customer, unless he wants to exchange a used pair of snowshoes. ☐

Ryan James Leclerc is a happy employee of Onion River Sports in Montpelier. For more up-to-date stories about life on the retail front lines, check out his blog at retailjunkieburnout.blogspot.com.

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THE LONG TRAIL IS 100: BIG PARTY IN JULY!

The Green Mountain Club has been around for nearly a hundred years. From 1910 until 1930, the club focused on building the Long Trail. After completing the trail from Massachusetts to Quebec, the club spent the next 55 years focused on maintaining and sustaining the trail. As a result, the Long Trail survived the Great Depression, World War II, the cultural tides of the '50s and '60s, an enormous increase in use during the '60s and early '70s, and dramatic fluctuations in public funding levels for recreation on state and federal land. Since the mid-'80s, the club's work has also included protection of the trail, such as systematically protecting thousands of acres of high elevation terrain through willing buyer/willing seller acquisitions of land and easements.

In 2009, the Green Mountain Club is preparing for a second century of caring for the Long Trail and handing it off to future generations of hikers. First, we are getting ready to throw a big party. From July 17 through July 24, the GMC will host the Biennial Conference of the Appalachian Trail Conservancy (ATC) at Castleton State College. Every two years,

hundreds of hiking club members from Georgia to Maine gather to conduct the business of managing the Appalachian Trail, celebrate, and take locally-guided hikes. The conference location rotates between the north, south, and central trail clubs, and therefore comes to New England every six years. Likewise, it rotates among the New England trail clubs, which means that Vermont hosts one of these beasties every 20 years or so.

On July 17, somewhere between 750 and 1,000 folks, including many of the nation's most active hiking club leaders, will convene at Castleton State College. There will be dozens of guided day hikes, field trips, workshops, and evening presentations. Putting on the conference is a massive undertaking. Dozens of GMC volunteers are already involved, but many spots remain available—trip leaders, registration, hospitality, and the like. If you think that hiking trails are important to your life and the world, sign up and be a part of this event! Registration for the conference goes "live" on March 1. Check it out at www.Vermont2009.org.



**BEYOND THE
BLAZES**
BY
BEN ROSE

The conference will be a chance to meet, mingle, and hike with some of the Appalachian Trail's most inspiring volunteers. Assembled in one place will be many of the key folks who have kept the Appalachian Trail alive and well for the past half century. They are, it is true, mostly old-timers. Typical of other hiking clubs, the average age of GMC members is 55, and 70 percent of GMC dues-paying members are 50 or older. That percentage has increased from 50 percent in 2000.

In 1994, 2000, 2004, and 2008, with generous help from professor Robert Manning and research associate Bill Valliere at the UVM School of Natural Resources, GMC conducted a comprehensive survey of GMC members. The results provide a clear picture of GMC members' attitudes and demographics. Based on the 2008 results, we were alarmed by the apparent aging of the membership. Professor Manning asked UVM sociology professors Dan Krymkowski and Nick Danegelis to review the demographics. Their analysis revealed that the graying of GMC is not statistically different from the graying of Vermont. In other words, the problem isn't that hiking is going out of fashion. The problem is that lots of us are Baby Boomers, and we are turning 50 in droves...

Which begs the Big Question about the Long Trail's next hundred years: Will the folks who are now in their teens and 20s and 30s—that is, folks who are out there on the Long Trail today, trail-running and snowshoeing and backcountry skiing—join the club when they get to be 50-somethings?

The economic model which has sustained the Long Trail for four generations works roughly like this: hiking on the trail is free and all pedestrian visitors are welcome, and roughly 200,000 people per year set foot on the trail. Lots of them are young people, and they have good experiences on the trail. Later in life, some of them decide voluntarily to "give something back." They join the club. From one generation to the next, we pass it on.

I extend two heartfelt invitations to *Vermont Sports* readers: first, visit www.Vermont2009.org and consider checking out this summer's Appalachian Trail ATC Biennial Conference at Castleton State; second, accept a lifelong connection to Vermont's beautiful hiking trails, by eventually (not necessarily right now, but later, any time in the next 100 years, when you might have more time and money) joining as a member of Vermont's Green Mountain Club. [7]

Ben Rose is the director of the Green Mountain Club.



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Sterling Pond

TEXT AND PHOTO BY LISA DENSMORE

“What are you doing tomorrow?” asked my friend Jared. “Want to go for a hike?” The call and the question were benign enough. Jared and I had collaborated on dozens of hikes, both for fun and while working on our respective guidebooks, but the timing was off by at least three months. It was mid-February. Normally, when I venture into the backcountry during the wintertime, it’s on skis. I had never contemplated a hike during the winter before that fateful phone call. However, I was free the next day, so I accepted the invitation, and then promptly called another hiking buddy, Jim, to come along. The opportunity was too good to pass up: a climb from Smugglers’ Notch past Elephant Head to Sterling Pond, a remote tarn near the summit of Madonna Mountain.

The day of our hike was sunny, but cold, only 5 degrees. We parked at the turnout just beyond the Stowe Mountain Resort, as Route 108, the road through Smugglers’ Notch beyond Stowe, is not plowed during the winter. Jared seemed ready to go within seconds, while Jim and I labored with our gear, lacing up our winter hikers, putting on gaiters, adjusting our trekking poles, layering our clothing, and finally stuffing our packs with down jackets, goggles, food, and water. I glanced at Jared. His pack was half the size of ours, and he wore Gore-Tex hiking shoes on his feet, without gaiters.

“A little light on the footwear, don’t you think?” I asked.

“I forgot my hiking boots,” he shrugged, “I’ll be okay.”

This outing was his idea, and he was the seasoned winter hiker of our small group, so I figured he knew what he was doing.

We started down the snow-covered road into Smugglers’ Notch. I had never hiked to Elephant Cliff or Sterling Pond, so I was very much looking forward to the loop.

Smugglers’ Notch is a deep narrow cleft that separates the hulk of Mount Mansfield and a high ridge that includes Spruce Peak and Madonna Peak. Geologists believe the notch was formed by a river that flowed toward Stowe during the last ice age, carving the dramatic cliffs that form its walls.

The name “Smugglers’ Notch” dates back to before the War of 1812, when the notch was used as an illegal trade route with Canada during a trade embargo with the British Commonwealth. The notch was also used during Prohibition to smuggle illegal alcoholic beverages from Canada into Vermont.

At the point where the Long Trail (LT) crossed the road, we turned right into a parking area by a trailhead, now buried in snow. We passed a brown cabin

tucked into the trees, following the LT-North. The trail immediately turned left down steep ladder-like steps at the edge of the West Branch River, which was more a shallow brook at that moment. The footbridge had washed away during a spring flood, so we crossed the river by bounding from rock to rock.

At first, the trail climbed steeply up the wall of the notch, heading toward Stowe, then it turned back into the Notch and thankfully mellowed a bit. After about 1.5 miles, we crossed the narrow lower portion of a 20-year old land slide and climbed a ladder. After several long switchbacks, we crossed the slide again, higher up, climbed through more elongated switchbacks and then made a long traverse to the north.

The trail eventually came to a highly constructed staircase that climbed a large rocky knob partially buried in the mountainside. As we ascended the icy stairs, I looked across the Notch at the spectacular view of Mount Mansfield and its Hell Brook cliff, a vertical rock wall on the opposite side of the valley.

Above the staircase, the trail seemed to hang on the wall of the Notch. It rewarded us with intermittent views, first of Camel’s Hump and the top of Mad River Glen, then more views of Mount Mansfield.

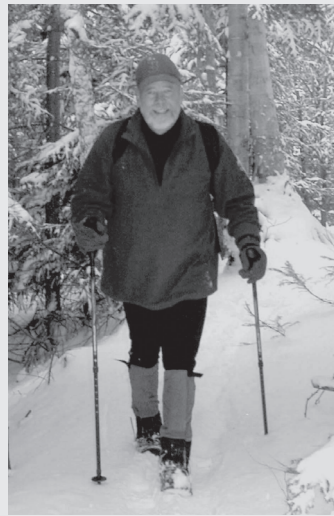
At 2.3 miles, the trail came to a “T.” The dramatic top of Elephant Head cliff was only 0.1 mile to the left. Jared persuaded us to skip it.

“It’s like a ski jump,” he said, “There’s a downward slope near the edge of the cliff. It’s really not a good idea if there’s snow and ice on the trail.”

I regarded him thoughtfully. Jared was the kind of guy who would think nothing of hiking 15 miles in a day on the most rugged, vertical, rocky, unmarked trails in the northeast, yet he was warning us off the top of this famous cliff, one of the two main destinations I had planned for the day. I decided to follow his advice and avoid the risk of slipping inadvertently off the 1,000 foot precipice.

We continued on the LT, climbing in waves among snow-laden evergreens that sheltered the trail like walls and a roof. At 3.0 miles, the LT merged with Snuffy’s Trail, a narrow ski trail from the summit of Spruce Peak (part of the Stowe Mountain Resort) that connects the Stowe Mountain Resort and the Smugglers’ Notch ski area during good snow years. There were unobstructed views from the ski trail into the notch and up to the “Chin” on Mount Mansfield.

At 3.3 miles, we came to the junction with the Sterling Pond Trail. We continued straight toward the pond, which was a short way farther down the LT. Madonna Peak and the Sterling Pond Shelter



HIKE OVERVIEW

Difficulty: More challenging
Highest elevation: 3,100 feet
Elevation gain: 1,780 feet
Length: 5.8 miles round-trip
Approximate hiking time: 5 hours
More info: Green Mountain Club, 802-244-7037, www.greenmountainclub.org.

GETTING THERE

At the junction of Vermont Routes 100 and 108 (Mountain Road) in Stowe, follow Route 108 north for 8.6 miles, passing by the Stowe Mountain Resort and into Smugglers’ Notch. The trailhead is on the right (north) side of the road at the Smugglers’ Notch Picnic Area. From Jeffersonville, take Route 108 south for 9.4 miles. Note: During the winter, Smugglers’ Notch is not plowed. From the Stowe side, leave your car in the turnout by the gate just past the ski area and walk to the picnic area.

GEARING UP

Winter hiking requires a few additional pieces of gear to help keep you warm and safe in the backcountry:

- Wide-mouth plastic water bottle: Hydration hoses and narrow-mouthed water bottles can freeze up when temperatures drop below freezing.
- Boot gaiters
- Neck gaiter
- Trekking poles: *Switch to the wider baskets*
- Ski goggles: *To protect your eyes and help keep your face warm if it’s snowing or windy*
- Windstopper fleece gloves or softshell gloves: *To wear while hiking*
- Overmitts: *To wear while resting*
- Disposable hand and toe warmers
- Down parka: *To wear while resting*
- Snowshoes
- Crampons
- Winter hiking boots (insulated)

graced the opposite shoreline across the frozen tarn. After taking a break by the pond, we retraced our steps on the Sterling Pond Trail, then continued to follow that trail downhill back into Smugglers’ Notch.

It was a steep one-mile descent to the snow-covered road. I was grateful for my crampons and trekking poles, which helped stabilize me on the random ice-covered rocks and while wading through the thigh-deep snow drifts. Our small party spread out as we descended. At one point, I heard Jared yelp ahead of me down the trail, but I never caught up to him, at least not until we all emerged from the trail onto the road. He was covered with snow and held his shoulder as he scooped ice balls out of his shoes.

We walked the two miles back through the Notch to our cars, passing cross-country skiers, people sledding, and a group of ROTC recruits learning mountaineering skills. I was impressed by the amount of recreational activity deep within Smugglers’ Notch though it was closed to traffic. Most of all I was delighted by our hike. My hiking boots will never be hidden in my closet during the winter again. □

Lisa Densmore is a freelance writer and photographer from Hanover, NH. Look for her new book, Hiking the Green Mountains (FalconGuides) this spring. To see more of Lisa’s award-winning photography, visit her website, www.DensmoreDesigns.com.

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The start of the 2008 Pittsfield Snowshoe Marathon. Photo by Cronin Photography.

Pittsfield Peaks Snowshoe Marathon, Half Marathon, and 10K

BY SARA MONTGOMERY

The Pittsfield Peaks Snowshoe Marathon is held each March in Pittsfield, VT. The event includes three races: a 26.2-mile marathon (four loops); a 13.1-mile half-marathon (two loops); and a six-mile “fun run” (one loop). The six-mile option allows novices to participate, which is important to race director Andy Weinberg. “We have plenty of people that come out and hike one loop without running one step. If you can hike, then you can snowshoe.” But that is not to say the races aren’t also competitive. Along with beginners who opt to hike, Weinberg says, “We also have some of the best snowshoe racers in the nation show up.”

For any level of athlete, snowshoe racing is a challenge. In the rapidly growing sport, the most common distance to race is 10 kilometers (6.2 miles). Depending on the depth of snow, that can feel like a half-marathon effort. Moving up, a half-marathon on snowshoes is more like running a marathon, while a marathon can feel like an ultramarathon. Then there are the hills to consider. At the Pittsfield Snowshoe races, you have to consider them to the tune of 1,800 feet of elevation change for each loop you plan to run. The course runs between the flat fields of Riverside Farm and the slopes surrounding South Hill, where it takes advantage of as many steep rises as possible.

Weinberg knows what is involved in undertaking this type of event as he is an accomplished athlete himself, having competed in ultrarunning and double and triple Ironman triathlons. He is a coach and aquatics director at Middlebury College and is passionate about getting people interested in outdoor activities. Even before moving with his family to Vermont from Illinois in 2008, he had become involved in starting a series of endurance races in both states. The events span the sports of trail running, mountain biking, and snowshoe running, and they are billed with unique and challenging hooks that are attracting a loyal following. (Two of the races suggest extreme adversity even in their names—the Death Race and the Funeral Race.)

One thing Weinberg can’t control is the weather, and when I took part in last year’s snowshoe race we

were met with freezing rain, followed by a steady drizzle as the temperature rose. In the early morning, racers milled around to stay warm, gathering their snowshoes and assembling items they might need when passing through subsequent loops. We all headed to the start line and nervous energy turned to forward motion as Weinberg signaled us off.

I felt ready—or so I thought—to take on all four loops of the marathon. The course started tamely enough with a flat mile, but then suddenly had us clawing and wheezing up the side of a mountain for over an hour. At the top, the trail wound around pine trees in a quiet darkness that made for a nice recovery from the uphill work. Just as we started to recover, suddenly the edge of a steep downhill loomed, offering breakneck, out-of-control sledding downhill on either your own snowshoes or plastic disc sleds that were provided. I opted for the less-likely-to-break-my-neck option and used my snowshoes. Even so, before my legs woke up to the notion of kamikaze downhill running, I tripped and flew through the air. I realized how deep the snow was when I had trouble extracting my embedded knee from the snow bank I landed in. Continuing down a little more cautiously, I was impressed by the more courageous types flying by, and tried to stay out of their way.

At the bottom, I shook myself off from my inelegant descent from the mountain and started my second loop. After just a few steps back up the mountain trail, I was already feeling the grueling uphill. I met up with “Sherpa” John Lacroix of Newmarket, NH, who tried to keep my spirits up as I complained of wanting to turn around and drop out. “Keep going; it’s just a long day on your feet,” he encouraged. This helped get me through the rest of the loop, where I decided to end my race by taking the mercifully given option to drop down to the half-marathon. (Those who drop down are listed as official finishers, but aren’t eligible for prizes.)

Just as I finished my run, the rain that had been misting all morning started to intensify. There was a huge base of snow on the ground, so while the rain made things sloppy, there was no danger of it all melting. I

hung out by the big bonfire to watch as Paul Low of Northfield, VT, charged into the finish to defend his title as the marathon winner. Also from Vermont, Aliza Lapierre of Williston won the women’s title. The two of them shared the finish with only 16 other marathoners who went the entire distance (about a quarter of those who had signed up). Lacroix, who took his own advice to heart, was one of them. A much higher number finished the shorter races.

The post-race party included a feast of lobster and shrimp, Long Trail beer, a video presentation, and the awards ceremony, including generous prize money to the top three male and female marathon finishers. Weinberg, his affable Midwestern demeanor meshing easily into his new home in friendly Vermont, treated the runners more like personal guests than nameless faces.

Aside from the poor weather, Weinberg ends the day happy with how it went, and he credits a dedicated group of volunteers who “did everything they could to make the event a success.” Specifically, he points to Jason Hayden, who “created an incredible course, as usual.”

For 2009, Weinberg hints that there will be a few small changes. “We will start and finish at the Ameer Farm, which is just a few miles from Riverside Farm. This will give us more parking and it will be better for the spectators.” But be assured, the hills will still be there to challenge you. ☐

Sara Montgomery, a trail runner from Ontario, Canada, travels to Vermont several times a year to train and race.

This year’s Pittsfield Snowshoe Marathon races will be held on March 7, at 9 a.m. More information on this and other endurance events can be found at www.peakraces.com. Peak Adventures has also developed a social networking site, www.peak.com, where athletes can go to post personal and athletic resumes, pictures, blogs, training, and communicate with like-minded athletes.



MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

Whether you're a snowboarder or snowshoer, mountain hiker or mountain biker, Nordic skier or Nordic walker, you need gear. Each month, I review, right here, three items that I personally feel are especially cool. Here are my picks for this month.

A big storm is settling in and they're gonna be measuring the accumulation in feet, so you and your friends are hiking Mad River and spending the night in the Stark's Nest. Here are three especially cool items that you'll want to take along.

VOILE SPLIT DECISION KIT

If you're a snowboarder like me, hiking MRG is the only way you can ride it, and if you've done the hike, most likely you've been scolded by skiers for snowshoeing in their precious skin track. (Their dogs,



mind you, with their poop and their pee and their four postholing paws are more than welcome in the skin track, but



snowshoeing snowboarders are a big no-no.) Armed with the Voile Split Decision Kit, you not only abide by backcountry etiquette, you conserve all the energy you would've lost breaking your own trail on the way up. The two halves, with their extra wide skins, make superior climbing skis, and when transformed back into one, you've got a perfectly decent powder board. From now on, you can save the snowshoes for snowshoeing.

Split Kit hardware—\$160;
Split Kit skins—\$150.
www.voile-usa.com

BLACK DIAMOND ORBIT CAMPING LANTERN

Once you've made it to your mountaintop shelter, you'll need some light. I recommend the BD Orbit lantern, which is a technical marvel that any powder-poaching overnighiter, weight conscious camper, or super-cool-lighting-device enthusiast should own. Cranked up to full power, this 84 gram, one-watt LED mini lantern will cast a six-foot radius of light,



making it perfect for illumination in the Stark's Nest or the Stone Hut. Use the dimmer switch to reduce the output for a nice, cozy glow while saving battery life. As with all Black Diamond products, the Orbit Camping Lantern is well thought

out: light output is maximized while lantern shadows are minimized with the use of dual reflectors and a frosted globe, and the cleverly designed top hooks can quickly and securely attach to a nail in the wall, a hook on the ceiling, or the frame of an old, beat up, gas powered lantern. \$29.95. www.bdel.com.

JETBOIL PERSONAL COOKING SYSTEM

You've dazzled your friends with your split board and your LED lantern, and now it's time to achieve the status of a Backcountry Wizard. When it is time for



some hot and hearty grub, bust out the JetBoil PSC and cook up some delicious noodles or freeze dried Wild West Chile and Beans. With the click of a button, the stove fires up and two minutes later, you've got boiling water. In the morning, make fresh coffee using the coffee press accessory. When it's time to go, the components, fuel canister, and press all fit into the cup itself. While the rest of your friends are still trying to assemble their stoves, you'll be getting first turns, and only your single S-turn will indicate that you were even there. Just make sure you stay away from the skintrack. ☑

JetBoil PCS—\$99.95;
JetPower Fuel Canister (110g)—\$3.99.
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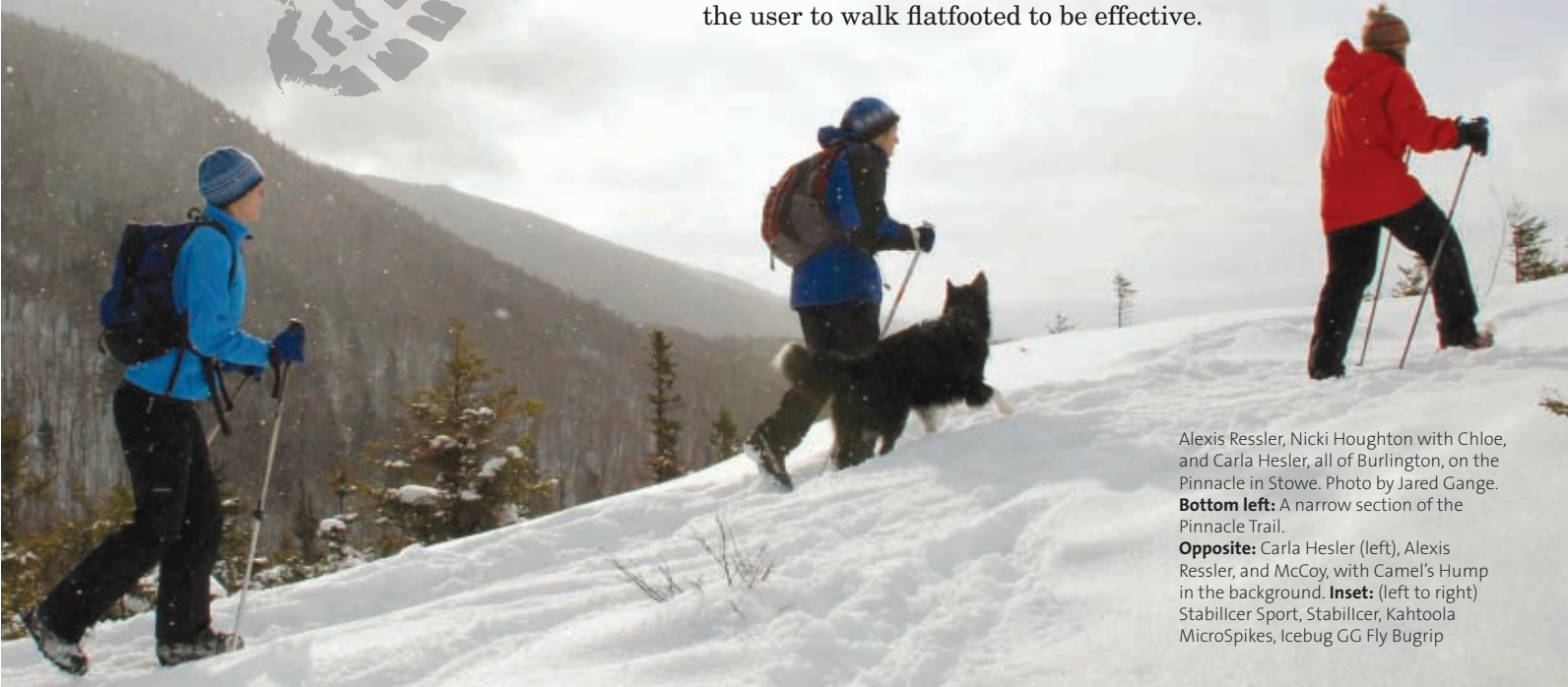


SLIP INTO SOME WINTER TRACTION

BY JARED GANGE

PHOTOS BY KATE CARTER UNLESS OTHERWISE NOTED

In this review of traction devices for winter hiking, we present four products that were designed primarily for use on hard-packed hiking trails with some ice, when snowshoes are not needed to prevent postholing. The systems we tested—Kahtoola MicroSpikes, Icebug, basic Stabillcers, and Stabillcer Sport—vary widely in price and applicability, yet none provides the ultimate solution to all winter hiking conditions. No traction device can prevent all falls, but they all greatly reduce the chance of a spill. The products reviewed here are not intended for vertical ice climbing, when ice crampons are required. It is worth noting that we did not include inexpensive triangular spikes that strap under the arch of your foot, which are better than nothing in a pinch, but require the user to walk flatfooted to be effective.



Alexis Ressler, Nicki Houghton with Chloe, and Carla Hesler, all of Burlington, on the Pinnacle in Stowe. Photo by Jared Gange.

Bottom left: A narrow section of the Pinnacle Trail.

Opposite: Carla Hesler (left), Alexis Ressler, and McCoy, with Camel's Hump in the background. **Inset:** (left to right) Stabillcer Sport, Stabillcer, Kahtoola MicroSpikes, Icebug GG Fly Bugrip



KAHTOOLA MICROSPIKES

The Arizona-based Kahtoola makes several innovative winter footwear products. We tried the MicroSpike, which fit in the category of “slip-on traction systems.” MicroSpikes have 3/8-inch hardened steel spikes that are linked together and held in position by chain links that are in turn attached to an elastomer shoe harness. The harness slips over your shoe or boot and stays firmly in place while you are walking or running. The overall effect is “crampon-lite.” They are easy and quick to put on and take off, and much less aggressive than crampons. As one review stated: “These are the perfect choice when full crampons are overkill and rubber tread won’t cut it.”

Crampon overuse on hiking trails is common, and there are many instances where a product like the MicroSpikes would be a better choice. They are less damaging to the underlying rock and vegetation and safer for the user. The MicroSpike’s rule on packed snow surfaces, especially if the snow is loosely

packed. They are lightweight, completely comfortable, very secure on your feet, and most importantly, the spikes give you all the traction you need. One tester even liked them for winter trail running. We found them trickier on serious terrain like ice flow, where they required careful foot placement to keep from slipping. For the money, all the testers agreed that the MicroSpikes are the best all round solution for the winter hiker on icy and packed snow surfaces. \$59. www.kahtoola.com.

Of note: Kahtoola has a new product called the FlightBoot, a cleated/spiked overboot, which fits over your boot or running shoe, like galoshes with fangs. When you encounter deep snow, you can click the boot directly into their snowshoe, called the FlightDeck, for all the flotation you need.

ICEBUG GG FLY BUGRIP

Icebug is a Swedish company that produces a series of high-performance footwear designed for winter running and adventure racing. Both low-top and high-top (9-inch) styles are available. Their defining characteristic is the use of carbide-tipped spikes that are embedded into the sole of the shoe.

The model we tested was the somewhat bizarrely named GG Fly Bugrip, and it’s quite a sophisticated number. The upper is made of a waterproof breathable membrane sealed by a waterproof zipper,



Photo by Jared Gange



GG Fly Bugrip

we recommend the Fly more for serious runners who spend time on wintery roads, and for hikers climbing hardpacked icy trails.

Tucked away on the inside of the boot is a little tag which declares in Swedish, Norwegian, and Finnish that there is no guarantee that you will never slip and that the boot is not recommended for indoor use. The Icebug is not well known in this country, but the US distributor is a local company, Garmont USA, located in Williston. \$160. www.icebug.se and www.garmontusa.com.

STABILICERS

Made in Maine by 32north, Stabilicers come in four flavors: Stabilicers, Stabilicers Sport, Stabilicers Lite, and the Stabilicers Overshoe (not included here). These inexpensive and widely used products are popular with postal workers, utility crews, and even luge and bobsled racers. They have seen expedition use on the daunting frozen Zanskar River Trek in north India.

The most aggressive and the ones we liked best for hiking are the basic Stabilicers, which have 17 case-hardened cleats mounted to a flexible, treddy Vibram sole. A simple hook-and-loop closure straps at the toe and the heel/ankle attach this platform to practically any kind of footwear you can imagine. The 17 cleats distributed around the rim of the sole provide superior grip on icy



Stabilicer



Stabilicer Sport

surfaces, while the tread in the rubber sole gives good traction in firmly packed snow. Depending on the level and frequency of use, the cleats will eventually need to be replaced, which you can do yourself with a flat-head screwdriver. 32north sells a bag of 50 cleats for \$5.50. All in all, at \$49.95, these are an excellent winter traction solution for climbing Vermont's highest peaks.

The Stabilicers Sport is a much lighter-weight version of the basic Stabilicers and also fits into the "slip-on traction system" category. Easy to pull on, the cut-out toe and heel cups in flexible rubber are used to secure the Sport to your footwear. We found they fit best over lightweight hiking boots and trail running shoes. Instead of 17 cleats, you are down to 9, and they require a wrench, rather than a flat-head screwdriver, to replace them. Their light weight, easy on-off, and decent traction also make them a good solution for winter running. They are good for hiking, but we found they

tended to come off in steeper terrain, thus the powder strap that's included in the packaging. \$39.95.

The Stabilicers Lite is even lighter and more stripped down than the Sport. The toe and heel cup system is replaced by a continuous wrap-around elastomer ring that holds them in place. Instead of the more aggressive hexagonal cleats, they have three arrays of little triangular metal points embedded in the rubber. We found the Lites most appropriate for walking on flat terrain such as recreation paths. \$21.95. www.32north.com. ¶

Jared Gange is a guidebook author and the owner of Huntington Graphics, publisher and distributor of outdoor and recreation titles for New England. He has written Guide to Vermont's Day Hikes, Hiker's Guide to New Hampshire and 100 Classic Hikes of the Northeast. His next publication is a kayaking and biking map for the Northern Lake Champlain region.

FLYING HIGH

Ski Jumping is Alive and Well in New England

BY KEVIN BROOKER



Vermont and New Hampshire have an impressive tally of residents who have participated in Olympic sports. With the exception of bob-sledding, these two states have public access to every sport represented during the winter games, including ski jumping, a sport where Vermonters and New Hampshireites have excelled.

Prior to 1979, there were more ski jumping hills in Vermont than alpine ski areas. Now there are just a handful, and many speculate this dramatic decline is because the NCAA dropped the sport from scholarship status when jumping's popularity began to wane. Before it was dropped, ski jumping was a potential ticket to a free college education, but these days, after high school, a jumper either makes it into the National team system or stops jumping altogether. Without scholastic support, money dried up and jumps were taken down. A good example of an abandoned ski jump can be found behind Oxbow High School in Bradford, VT. The old earthen jump inrun has a disc golf basket at the base, and players launch discs off the staging area at the top.

Though the number of students jumping has dropped, the sport has not died. Even without NCAA support, jumping is growing in popularity and is considered by many as the original extreme ski sport. Internationally, American women are considered the top jumpers and the ones to beat. Many of the U.S. women started jumping right here in the twin states, where ski jumping clubs and competitions are alive and well, thanks to diehard clubs and coaches. New Hampshire is the only New England state where high schools have jumping teams, and towns in the Connecticut River Valley have enough clubs and jumpers to host a meet every weekend from January through March.

LEARN TO FLY

Does the idea of flying hundreds of feet through the air thrill or scare you? For many, the thought of launching themselves off a 30-foot-high jump on skis can be intimidating, to say the least. Images of Vinko Bogataj (Bo-ga-tie), the jumper who became famous in the 1970s on ABC's *Wide World of Sports* for a moment of spectacular failure may haunt their thoughts. But Tom Dodds, head jumping coach at the Ford Sayre Ski program of the Upper Connecticut River Valley, insists jumping is both thrilling and safe.

"From the top of our 32-meter hill, jumpers are in the air for two to three seconds and are traveling right around 30 miles an hour, which is slower than most people ski recreationally," says Dodds. "There are fewer serious injuries among jumpers than alpine skiers. Most crashes result in bruised egos and you will find very few competitive jumpers with zippers (healed stitch lines) on their knees. It might look crazy, but jumping is relatively safe," he adds.

Novice jumpers begin their training by skiing the outrun or landing hill of a very small jump—2 or 3 meters—using alpine skis. Because the skis are on the snow and not in the air, the speed attained is similar to what will be encountered during an actual jump. When they are comfortable on the outrun, they head to the top of the ramp, or inrun, and go for it. As skill and confidence grow, the athlete moves to bigger jumps, getting acquainted with the hill by skiing the outrun just as they did when starting out.

The Ford Sayre program likes to start jumpers in the fourth grade and has, on occasion, had second grade boys and girls using the smaller jumps. A 2- or 3-meter jump is little more than a bump at the end of the inrun. The size of the jump is measured as the distance the best jumper should travel from the lip of the inrun to the landing.

"The basics of jumping are learned

fairly quickly, but it takes years to perfect the actual jump and learn to fly the hill," notes Dodds. "In most seasons, a skier might make 200 jumps. With each jump lasting three seconds in the air, an entire season has less than ten minutes of actual practice. Kids are also more willing to commit to the jump than adults," he notes.

Safety of the athletes is paramount to the survival of any sport. To protect the jumper, each landing hill is shaped to closely match the trajectory of the athlete. Under-jumping the landing hill nets a low score. Over-jumping can result in a very hard landing and serious injury. To help prevent over-jumps, the starting point on the ramp is chosen to control take-off speed. The athlete does not just ski off the end of the ramp, which drops 8 to 10 degrees from horizontal. In order to gain distance, skiers actually jump up and out, launching themselves into the space ahead of the ramp.

Jason Densmore was a junior national champion in Nordic combined in 1969 and is now a volunteer with the Ford Sayre Ski Club. He is also the father of a junior jumper. He describes the take-off like this: "Leaning into the punch is super thrilling—launching yourself into the air. Jumping the 120-meter hill at Lake Placid is spectacular and lots of fun."

You won't find a rack full of jumping skis at your local ski shop. Instead, jumping clubs own most of the equipment and loan it to their members. Typical skis have no sidecut or metal edges and are very lightweight for their size. Most are about six inches wide and very long. A six-foot

Tara Geraghty Moats of West Fairlee, VT, flying at the 2008 Eastern Ski Jumping Championships in Salisbury, CT. Photo by Tom Dodds.

Left: A young jumper on the inrun of the 32-meter jump at Oak Hill during a 2007 Ford Sayer meet. Photo by Lisa Densmore.

tall jumper might use 250 centimeter-long skis, depending on his or her weight. Boots are very similar to the old leather lace-up telemark boots, and the uniform is more like a wetsuit than the sleek Lycra skin suits worn by Nordic or alpine racers. All of the gear must meet strict measurements to comply with the jumper's weight and body dimensions. The largest jump used by high school programs is 38 meters. When jumping a larger hill, the athlete must have flying skills in addition to a powerful release at the lip of the ramp.

"After 40 meters, the jumper is in the air long enough that flying style really matters," explains Dodds. "The ability to read the air and remain stable during the jump really affects the distance. Form in the air and a good telemark landing help the score."

"The judge looks for in-flight stability, symmetry, a good tele landing, and control of the outrun. Typically, three judges award up to 20 points each. Fortunately, you can't jump very far with poor technique so the judging is really a tie breaker," Dodds adds. "The winner of a jumping meet has the highest combination of score and distance jumped in meters."

The best way to become acquainted with ski jumping is to attend a training event or, better yet, a competitive meet. The jumpers you meet will share their enthusiasm. With Vermont and New Hampshire's reputation for developing world-class jumpers, there is a good chance you will spend a few moments with a future Olympian. ☐

Kevin Brooker lives in Post Mills, VT, and until now, tries the activities he writes about. He's currently searching for the... courage... to jump the 2-meter hill at the Ford Sayre Outing Club.

MORE INFO

There are two ski jumping clubs in the Upper Valley: **Ford Sayre** and **Lebanon Outing Club**. They host a total of four training nights a week, December through March, depending on conditions. For more information on learning to jump and to find the closest facility, visit www.skijumpeast.com and www.fordsayre.org.

WHERE TO WATCH

Harris Hill Ski Jump in Brattleboro, VT, is the only 98-meter ski jump in New England and one of only six in the U.S. of its size and caliber. Harris Hill is currently undergoing an extensive renovation in order to continue its reputation as a first-class ski jumping venue. They will host their 85th ski jumping competition on February 14-15, 2009. www.harrishillskijump.org.

The Eastern Nordic Kids Festival (formerly the Bill Koch League Festival) is hosted by the Lebanon Outing Club and takes place at the Storrs Hill Ski Area in Lebanon, NH, on February 28, 2009. For more information call the Outing Club at 603-448-4409.

TRAINING FOR A BACK-TO-BACK CENTURY RIDE

**THE PROUTY
ULTIMATE**
BY
TOM ZUTTERMEISTER



My name is Tom Zuttermeister, and I am a lifelong resident of Lebanon, NH. This July, I plan to ride my bike 200 miles in two days. It will be a new experience for me, and here's how I plan to manage it.

Like most kids, I rode my bike everywhere once I learned how, meeting up with friends and getting to different places to hang out. It was great. Soon, though, it became my ride to work and it lost some of its glamour. Then I got my first car...

For the past 19 years I have spent my work days sitting at a desk. I played summer soccer and biked on occasion, but once my twin daughters were born, the biking tapered off. When my daughters turned two, I made a real effort to start biking again, heading out in the evenings for short rides.

Then came The Prouty, a fundraising event for cancer research and patient services at Dartmouth's Norris Cotton Cancer Center. My first year I biked 25 miles and the next two years I biked 50 miles each year. Then I joined the Mud Night Riders team and did my first century. It took forever and I was exhausted, but I was hooked.

Five months after that, I tore my ACL while playing indoor soccer. The doctor said I would probably not regain my full range of motion and might lose even more if he repaired the ACL. So I left it alone. In the 2005 Prouty, the best I could do was 50 miles.

Since then, I have completed three centuries. This year I want the challenge of two centuries on two consecutive days. My target date is July 10-11, when I take part in the Prouty Ultimate, where on the first day cyclists bike 100 miles along a scenic and challenging route from Manchester to Hanover, NH. Then, on day two, they join The Prouty Century Ride, where participants start in Hanover, NH, and travel on a 100-mile loop through the beautiful Upper Connecticut River Valley of New Hampshire and Vermont.

I am not hardcore—I don't shave my legs, and I don't wear cleats. And at 250+ pounds and six feet, two inches, I don't fit the profile of a typical cyclist. I ride my bike 20 miles to work at a 15-16 mph pace when the weather is good, and I go out three or four days a week besides. On my off days I lift weights or play soccer. In the winter I put my bike on my trainer.

How will I get in shape for the double century? Hours in the saddle. My goal is to bike 1,000 miles in six months on my indoor trainer. At three months, I am at 362 miles, so I have a long way to go.

Let's face it, riding on a trainer is monotonous. I keep my workouts short and sweet, about 40 minutes in length at a pace of over 18 miles per hour. In each workout I use interval training, varying the speed into two hard and one easy minute segments. I spend the first and last four minutes of each ride warming up or cooling down. In January and February I will be doing 40 minutes with intervals and 60 minute sessions without the intervals to increase my endurance. The training is easy to map out, and I also track my progress on a spreadsheet.

Staying focused on the training is only possible for me with a motivating goal. More than the physical challenge, I am riding the back-to-back centuries to raise money for cancer research. It is a cause I truly believe in, and I want to do what I can to support the work being done to treat this insidious disease.

I know I can do this. I'll keep you posted. ☐

Editor's note: Tom will report on his training progress every month in this space, and ultimately let us know how he fared in The Prouty Ultimate on July 10-11, 2009. For more info about The Prouty and the Prouty Ultimate, go to www.theprouty.org.

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The Friends of NORRIS COTTON CANCER CENTER

Day 1 - Manchester to Hanover, NH
Elevation Gain: 1,456 ft. Total Climb: 4,580 ft.

Day 2 - Upper CT River Valley in NH & VT
Elevation Gain: 943 ft. Total Climb: 3,228 ft.

Photos courtesy of Tom McNeill

VS: Why do you love to ski?

EE: I have been skiing since I was 3 years old. I don't remember my first ski, but my parents told me that's when I started. Skiing is something that has always been with me. Until after college, my ski career was entirely alpine. It was always a family thing for me growing up, and that is where my original love of skiing evolved. In high school and college I also ran cross-country and track. I was (and still am) severely addicted to the endorphin high. After college, a friend and coworker introduced me to Nordic skiing. Even though I had competed at a national level in alpine skiing, he guaranteed me that I would convert completely to Nordic. I'm a competitive person, so I'm still struggling with admitting he might be right!

VS: You skate and classic ski—which do you prefer and why?

EE: I consider myself a stronger classic skier than skate skier. Which technique I ski each day depends on my mood and the snow conditions. I log the number of days I ski each technique to try to keep a balance. When the conditions are fast nothing beats skating, but on a cold day I can't get enough classic skiing. I'm still working on both techniques, but I feel more comfortable classic skiing when racing. The rhythm of classic skiing is incredibly relaxing for me, and when I get tired I can maintain my classic technique better than my skate technique. In a race, my favorite types of courses have a good mix of climbing and double poling.

VS: Do you prefer skiing on a set track, or out in the woods?

EE: To be honest, I don't really get out in the backcountry much at all. Sometimes I'll hike and ski in the winter. Early season skiing without a track is OK, but there is nothing like a cold hard track.

READER ATHLETE



Eric ELEY

Age: 30
Residence: Stowe
Family: Wife, Jody; dog, Kodiak; cat, Rafeeki
Occupation: Teacher at Crossett Brook Middle School
Primary sport: Nordic skiing

VS: Where do you alpine ski?

EE: Mostly the woods on Mount Mansfield, since it is close to my house. I've given up trying to afford a season pass. I am currently enrolled in a Masters program at UVM, so I'm hoping that I can get a student pass next year. I never realized what a deal the college pass was until I was faced with full price!

VS: You've been pretty successful at the Craftsbury Marathon. What do you think of the race?

EE: Craftsbury puts on a great event. I ski a few other marathons during the winter, but Craftsbury is one of my favorites. The format of the race is very conducive to bringing the Nordic community together with a 50K, 25K, and 25K tour. It is great to see every level of skier at the event. I've even seen some of my students either skiing or volunteering.

VS: What do you think about the change in course format from a point-to-point to a loop?

EE: I know there are different opinions about the change to the loop course. The old course was one of the few remaining point-to-point formats. From a racing perspective, I think I'll enjoy the loop

format a little more. I'm always pretty jittery on race morning, and eliminating the bus ride to the start will be less stressful for me. The race will be different though, as the old course climbed for the first 5K, and the new course will have some long flat double-pole sections toward the beginning. My best finish was when they changed the course because of snow conditions a few years ago, and some of the longer double-pole sections used in that course will be part of the loop course. As a racer I think I'll enjoy the change, but I think it will detract some from the touring event.

VS: Does it feel different to finish a ski marathon and a running marathon?

EE: I love the endorphin rush each sport gives me. Skiing or running, as the end of the race approaches, I am still convinced that someone moves the mile and kilometer markers farther and farther apart. I might be like a lot of people in that I don't really know what kilometer or mile I am at in the first half of a race, but I definitely know toward the end of the race. Each event also completely depletes your body's energy resources, so refueling after each is very similar. The impact on my body is completely different though. Skiing by nature is fairly low impact, but each step in running has a pounding impact on your feet and legs. I prefer skiing marathons as the recovery period is shorter, and I like walking the next day.

VS: You're coaching kids at Crossett Brook Middle School and Thatcher Brook Elementary School to cross-country ski. Is the learning curve steeper for young children, or do they catch on pretty quickly?

EE: Coaching at this level is extremely rewarding for me, as I try to build a positive team atmosphere that encourages participation, goal setting, education, and fun. One of my favorite aspects of coaching at the middle school level is watching student athletes experiment with how far and hard they can push themselves in an endurance sport. It is amazing to see athletes realize for the first time how hard they can push themselves.

VS: What do you enjoy about classroom teaching?

EE: Every day is different and offers

its own unique challenges and rewards. Teaching requires me to always be thinking on my feet. I don't think I could ever do a typical "desk job." One of my favorite challenges is trying to figure out what approaches and strategies will work for different students. Of all the years I have competed in various sports, nothing still comes close to the feeling I get when a student truly gives all his or her effort and finally has the moment where something clicks.

VS: What inspired you to become a teacher?

EE: Both of my parents were teachers, as well as many of my parents' friends, so like skiing, it is something I grew up with. My mom was a music teacher at a high school, and I always remember going to her concerts as a kid. My father taught at a neighboring elementary school and coached the cross-country and track teams there. Every time I spent time with one of my parents when they were in their professional environment I was always amazed at the enjoyment they exhibited. I have learned a lot from them, but it was great to see how many other people also learned from them.

VS: Your wife is active too. What are your favorite sports to do together?

EE: We spend a lot of time boating in the summer. I have to say, my wife is phenomenal at driving through the slalom water ski course on the Waterbury reservoir. (She is also incredibly patient with the number times she drives through the course.) She is starting to water-ski with one ski, which usually creates some great wrecks! In the spring and fall, she'll bike with me while I rollerski, and if you're ever hiking in the winter and you hear some whooping quickly getting louder, we're most likely on our sleds careening down the mountain. In the last few years she's picked up running, and we sometimes enter races together.

VS: The Waterbury-area community seems quite outdoors-gear. Is that the case?

EE: Definitely! The terrain around here is a natural environment that is a breeding ground for outdoor sports. The mountains and water in this area can be molded into a huge assortment of outdoor adventures. Many people take advantage of that with paddles, shoes, wheels, goggles, and skis.

VS: What are some of your other hobbies?

EE: I'm not very good at sitting still, so I would have to say that anything active could be my hobby. I can't sit still on our boat, so I fish (I would have to say I'm pretty awful unless I could survive on logs and tree branches). I can't sit still at a swimming hole, so I toss the tennis ball for my dog. Overall, my only hobby is not sitting. When I do sit, I usually fall asleep. ☞

— Sky Barsch

VS: You recently wrote *Fit Family, the Infant, Toddler and Preschool Years. What sparked the idea for the book?*

HH: When my husband and I first started exercising with a baby, we had tons of questions. What kind of child transporting equipment performed well, but didn't cost a ton, how long could we exercise with a baby in tow, how would our baby fare in various weather conditions? We were lucky to be around a lot of good role models, and we got some good information. At the same time, we talked to many new parents who no longer exercised because the scenario with a child along was too complicated or they couldn't find the time. We figured a book could help make the process of exercising with young kids easier. Coincidentally, I happened to start some freelance editing for the Montpelier-based Vitesse Press. When I was pregnant with my second child, I helped edit a book called *Fit & Pregnant*. The last chapter of that book is titled "Fit Family." The rest is history.

VS: How did your kids help you with the writing process?

HH: When I started writing *Fit Family*, I had a newborn and a toddler. When I finished, I had a 2-year-old and a 4-year-old. I wrote about my experiences with my kids, which changed day to day and season to season. My own experiences also helped educate me on appropriate questions to ask when interviewing people. The project took me a year longer than anticipated, and the scope of the book changed in that time. Originally, I was focusing on parents and how parents could continue to be active with a young child. When my 2-year-old started yelling, "I want to walk," while I was hiking along with her in the pack, I figured out that even toddlers are interested in the exercise. So I shifted my perspective to look at the young family instead of just the parents.

VS: What was the most important lesson or piece of new information that you learned from your research?

HH: That young kids can do more than you expect. I heard this time and time again from active parents in a variety of scenarios. From how young kids are agile on rocks on a hike to how kids can bike all over town or paddle in a canoe. I guess this is the flip side to the tip of "don't have adult expectations for an outing." If you keep getting out and being fit with your kids, one day you will be amazed to see that you have a hiker or a dancer or a swimmer, and it happens faster than expected. There are so many challenges in exercising with kids at first that it can feel like a trial, though you know you are headed somewhere good. When you hear other parents advise you about how much kids can do, it puts hope into the process.

VS: Why is it so important to introduce fitness to children?

HH: When you introduce young children to fitness, you are introducing a lifestyle. If you are out hiking or biking or practicing yoga together in the living room, it is what your kids know. Teaching your child an active lifestyle is especially important these days as it is no longer a given that your child will spend the afternoon in the yard running around before dinner is ready. Families are busy, little kids are in daycare, and physical activity isn't

READER ATHLETE



automatic. Kids learn to be fit just as they learn other habits.

VS: At what age do you think it's appropriate to start?

HH: I think that taking your child out as early as the infant and toddler stages is great exposure for your children. Initially, parents are able to stay fit by exercising with a baby. In the toddler years, a child already shows some independence and may no longer want to be toted around. By the time you have a preschooler, you might be surprised to see your child confidently acquiring skills like riding a two wheeler, skiing, or performing basic swim skills.

VS: When did you get your start in sports and fitness?

HH: I am the youngest in a family of six girls so by the time I came along, my oldest siblings were already participating in high school sports. I remember going on some family hikes when I was in my early elementary school years, and I mostly whined. I do remember getting my first pair of Rossignol Caribou cross-country skis when I was in fourth grade. They were white with red and blue stripes, and I received them on Christmas morning. My dad made trails in the fields and woods behind our house, and I loved going out there. I never participated in a Bill Koch League, but I did ski for my high school team. I tried a bunch of team sports from elementary school through junior high and finally realized that running and skiing suited me best when I reached high school.

VS: Your family has a fit mindset, but you still must face challenges some days. What are those challenges?

HH: There are definitely challenges. Lots of them, even when you've been at it awhile. This winter, we are having some trouble with the different abilities of our little cross-country skiers. Our preschooler can ski up and down hills, and she has figured out how to kick and glide. Our toddler screams bloody murder in the pulk, but can't do much on skis. Both my husband and I want our own ski time, too, and we're having trouble meeting everyone's needs. A more general challenge that we experience is being patient when the kids aren't having a great day. One of our first days skiing this season was horrible. Both girls were crying, and the crying was very loud. People were staring. I had thoughts that I never wanted to take my kids skiing again. I wanted to scream and cry, too, but I didn't. That is one of the biggest challenges—staying calm and being positive when your kids are miserable.

Heidi HILL

Age: 37

Residence: Waterbury

Family: Husband, Tom;

daughters Julia, 2, and Ava, 5

Occupation: Writer and stay-at-home mom

Primary sport: Cross-country skiing and running

VS: What are some trails or parks in Vermont that you recommend for young athletes?

HH: Hubbard Park, right behind Montpelier's capitol building, is a great little hike with good terrain that offers a great view from the fortress atop the hill. Little River State Park in Waterbury has a lot to offer for kids. When the campground is closed, the access road is gated and is a great spot for walking, riding a bike, sledding, or skiing if there is fresh powder on a frozen base. There are hiking trails with nature and history markers, and there is also the reservoir for swimming. The Mad River Path in Waitsfield is great in that it is flat and the scenery is beautiful—walking through farmland beside the river. My kids and their friends love running alongside the river, but you do have to be mindful of the water access.

VS: What sports do your kids enjoy the most, and why?

HH: My daughter, Ava, who just turned 5, seems to enjoy just about every sport she tries. She loves cross-country skiing, running, biking, hiking, swimming, dancing (creative dance and ballet), and yoga. What she really loves is to race. Mention the word "race" and her eyes light up. She is like her dad that way. She has already participated in a couple of one-mile fun runs and a cross-country ski race. For Julia, who is 2-and-a-half years old, it is still early to tell what sports she likes most. She just got on a little training wheel bike, and she loves it. Mostly, she loves to be out with her older sister.

VS: What sports do you enjoy the most when you're not with the kids?

HH: I love being high up in the hills at Trapps all by myself. Often I have one hour to myself while my husband is with the kids down low. It is so quiet and peaceful up there—a welcome change from a kid-filled life. Plus, the workout is incredible. I can get a good sweat going pretty quickly. Before snow hit, I was running a 10.7-mile loop in Waterbury Center with a bunch of other moms every Sunday morning. I love a long run on quiet roads or trails.

VS: Do you have any more books in your future?

HH: Not right now. I don't have much time for writing now that my toddler is starting to give up her afternoon nap. I might have a different answer once both kids are in school. ☐

— Sky Barsch

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ALPINE SKIING

FEBRUARY

- 6-8 Women's Alpine Adventures Three-Day Program for all ability levels, Okemo Mountain Resort, Ludlow, VT, Tom Kupfer, info@okemo.com
- 25-27 Women's Alpine Adventures Three-Day Program for all ability levels, Okemo Mountain Resort, Ludlow, VT, Tom Kupfer, info@okemo.com

MARCH

- 7 George Syrovatka Downhill Race, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
- 21 IFSA Extreme Competition, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
- 4 Jay Peak Mogul Competition, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com

APRIL

- 4 Jay Peak Mogul Competition, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com

BACKCOUNTRY SKIING

FEBRUARY

- 8 Camel's Hump Challenge, 20K ski circumnavigating Camel's Hump, meet at Camel's Hump Ski Touring Center,



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Huntington, VT, Bruce Beeken, camelshumpchallenge.comcast.net, www.beekenparsons.com/camelshumpchallenge/index.html

- 8 USSMA Mountain Hardwear Ski Mountaineering Race, Mad River Glen, Fayston, VT, www.ussma.org
- 16 USSMA Magic Mountain Rando Race, Magic Mountain, So. Londonderry, VT, www.ussma.org

MARCH

- 1 2nd Annual Catamount Trail Backcountry Challenge Race, Trapp Family Lodge, Stowe, to Bolton Valley Resort, Bolton, VT, Jim Fredericks, jf Fredericks@catamounttrail.org, www.catamounttrail.org
- 14 USSMA Magic Mountain Spring Rando Race, Magic Mountain, So. Londonderry, VT, www.ussma.org

APRIL

- 11 USSMA Sugarloaf Reggae Randonee Race, Sugarloaf Resort, Sugarloaf, ME, www.sugarloaf.com/events/calendar

BIATHLON

ONGOING

Thursdays, Jan. 15 through Feb. 19, Biathlon Winter Race Series, Novice Clinic at Zero In at SPM, race start at 6PM, Ethan Allen Biathlon Center, Jericho Center, VT, John Madigan, jpmad2003@yahoo.com, www.eabiathlon.org

CROSS-COUNTRY SKIING

FEBRUARY

- 1 New England Women's XC Ski Day, Bethel, ME, Trina Hosmer, hosmer@oit.umass.edu, www.nensa.net



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Local events listed in this month's Vermont Sports calendar

www.telemarknato.com

- 7 5th Annual Maple Onion 15K & Bill Koch Ski Race, Morse Farm Cross-Country Center, Montpelier, VT, call Onion River Sports, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 7-8 Canadian Ski Marathon, Lachute to Montebello to Gatineau, 800-770-6556, www.canadianskimarathon.com
- 8 Great Glen Nordic 300, Great Glen Trails, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.nordic300.com
- 15 Ninth Annual Ichebod's Revenge 10K Classic, Sleepy Hollow Nordic Center, Huntington, VT, Molly Peters, molly@skisleepyhollow.com, www.skisleepyhollow.com
- 21 Silver Fox Trot, Bill Koch Youth Ski League, 2K, 5K, 10K Freestyle Races, Oak Hill, Hanover, NH, Doug Hardy, doug.hardy@valley.net, www.fordsayre.org/bkl/bkl_sft09.html
- 22 Stowe Derby, Classic or Skate, Top of Mount Mansfield to Town of Stowe, www.stowederby.com

MARCH

- 7 Craftsbury Spring Fling, Craftsbury Outdoor Center, Craftsbury Common, VT, John Brodhead, johnbrod@craftsbury.com, www.craftsbury.com
- 7-8 Relay For Life NordicStyle 2009, Trapp Family Lodge, Stowe, VT, Jessica Blais, jessica.blais@cancer.org, www.relayforlife.org/nordicstyle
- 8 Maxiglide Ski to the Clouds, Great Glen Outdoors Center, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.skitotheclouds.com
- 14 Carl Johnson Memorial 5K, Great Glen Trails, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.greatglentrails.com

ONGOING

Tuesdays (through March 3), Great Glen Nordic Meisters, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.greatglentrails.com/Winter-Page-106.html

Wednesdays (Jan. 7-Feb. 25), 6:30PM, Sleepy Hollow Wednesday Night Series, Sleepy Hollow Inn & Cross-Country Center, Huntington, VT, 802-434-2283, info@skisleepyhollow.com, www.skisleepyhollow.com

FIRST AID, FIRST RESPONDER

MARCH

- 7-8 Wilderness First Aid/Wilderness Medicine Institute of NOLS, Charlestown, NH, Douglas Caum, dcaum@thesca.org, www.nols.edu/wmi/

MISCELLANEOUS

FEBRUARY

- 1 Winter Coed Softball, Barre Town School Rec. Fields, Barre, VT, Cass Bresette, 802-476-6599, cazzman77@aol.com, www.freezingfunforfamilies.com
- 6 An Evening with Bill McKibben, hosted by the Stowe Land Trust, Stowe, VT, Becca Washburn, becca@stowelandtrust.org, www.stowelandtrust.org
- 28-3/1 Burke Mountain Sled Dog Dash, East Burke, VT, info@skiburke.com, www.sleddogdash.com

STOWE DERBY

www.stowederby.com



Sunday, Feb 22
2009

STOWE DERBY Registration Form

Name _____ Birth Date _____ M/F _____
Address _____
City _____ State/ZIP _____ Phone _____ EMAIL _____

- I wish to enter
- () LONG COURSE SKATE (Ages 14+) \$40/\$50
- () LONG COURSE CLASSICAL (Ages 14+) \$40/\$50
- () DERBY MEISTER (Expert racers ONLY) \$72/\$80
- () Short Course (ages 5+) \$25/\$35
- Deadlines are Feb 17th/Feb 21st.
No entries on race day, Sunday Feb 22nd
Have you raced in the Derby in past 2 years? _____
For your FREE t-shirt, please indicate size: _____

CHECKS PAYABLE TO MMSC
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403 Spruce Peak
Stowe, VT 05672
ph: 802-253-7704
fx: 802-253-9657

email: stowederby@teammssc.org
web: www.stowederby.com

ENCLOSED \$ _____
Phone and fax entries accepted (visa or mc card only) add \$10 per call.

REGISTER ONLINE - www.stowederby.com



MARCH

7-8 Wilderness First Aid, Wilderness Medicine Institute of NOLS, Charlestown, NH, Douglas Caum, dcaum@thesca.org, www.nols.edu/wmi

ONGOING

Monday through Friday, 2:45-5PM, Team Vermont Weightlifting (Olympic Lifts), Essex Middle School, Essex, VT, Chris Polakowski, 802-879-7252 (eves.), 802-879-7173 (days)
 Wednesdays, 6-9PM, Dodge Ball League, Racquet's Edge 2, Essex Jct., VT, Jen, 802-879-7736 ext. 134
 Thursdays, Greater Burlington Fencing Club & Open Fencing, Youth & Adults, 6:30-9PM, Burlington, VT, Ann Miller, 802-865-1763 or Dale Rodgers, 802-878-2902
 Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rogers, 802-878-2902
 Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

MARCH

14-15 March Madness at Millstone Hill, two-day snowshoe/mountain bike event, (26.2K or 13.1K snowshoe race Saturday, 10:30; 26.2K or 13.1K mountain bike race Sunday, 10:30), Websterville, VT, Dan Mahoney, vtmtbike@verizon.net, or register online at www.Active.com

PILATES

ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winooski, VT, Nancy, 802-864-3785
 Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

RUNNING

MARCH

14 Shamrock Shuffle 5K, Lebanon, NH, Paul Coats, paul.coats@lebcity.com, www.shamrock5k.com

MAY

9 Road to the Pogue 6.1-mile trail race, 9AM, Mount Tom, Woodstock, VT, Charlie Kimbell, charlie@kimbellenterprises.com, www.roadtothepogue.com
 22-23 RunVermont Sports & Fitness Expo, Friday 4-8PM, Saturday 9AM-7PM, Sheraton Hotel & Conference Center, Burlington, VT, www.runvermont.org
 23 Dandelion Run, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.ircvt.org
 24 Vermont City Marathon, Half Marathon, Team Relay, 8AM, Burlington, VT, www.runvermont.org

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
 Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com
 Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, rameyj2001@yahoo.com
 Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com

Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com

Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SKATING—NORDIC AND SPEEDSKATING

ONGOING

Sundays, 11AM-noon (through March 15, except January 25), Speedskating Practice, Jackson Arena, Stowe, VT, Brian Kaplan, bkaplan@townofstowe.vermont.gov

SLEDDING, PERFORMANCE

FEBRUARY

22 Free Performance Sled Demo day, Umiak Outfitters, Stowe, VT, paddle@umiak.com, www.umiak.com

SNOWBOARDING

FEBRUARY

14 Skier/Boarder Cross, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
 15 Dead Presidents Rail Jam, Killington Resort, Killington, VT, Matt Porter, info@killington.com, www.killington.com/winter/the_mountain/calendar
 21 Rail Jam, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
 28 Big Air, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
 28 SoBe Bus Ride, Okemo Mountain Resort, Ludlow, VT, Tom Kupfer, info@okemo.com

MARCH

14 Slopestyle, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
 14 U.S. Snowboard Grand Prix Finals, Killington Resort, Killington, VT, Matt Porter, info@killington.com, www.usnsnowboarding.com/grandprix/
 14 Rail Jam at Burke Mountain, East Burke, VT, info@skiburke.com, www.skiburke.com
 21 Big Air at Burke Mountain, East Burke, VT, info@skiburke.com, www.skiburke.com
 28 Joey Jam, Okemo Mountain Resort, Ludlow, VT, Tom Kupfer, info@okemo.com
 29 Spring Loaded, Killington Resort, Killington, VT, Matt Porter, info@killington.com, www.killington.com/winter/the_mountain/calendar/

APRIL

4 Bear Mountain Mogul Challenge, Killington, VT, Matt Porter, info@killington.com, www.killington.com

SNOWKITING

FEBRUARY

14-15 Girlstorm Snowkite Weekend, Milton, VT, Rachael Miller, 802-578-6120, rachael@stormboarding.com, www.stormboarding.com/girlstorm.html
 21-22 Kitestorm 2009, Milton, VT, Rachael Miller, 802-578-6120, rachael@stormboarding.com, www.stormboarding.com/kitestorm2009.html

SNOWSHOEING

FEBRUARY

8 Smugglers' Notch Snowshoe Races and Family Festival, 8K Race, 4K Fun Run/Walk, 1/2K Kids' Fun Run, Smugglers' Notch Nordic Ski & Snowshoe Adventure Center, Jeffersonville, VT, Zeke Zucker, 802-644-1173, zzucker@smuggs.com, www.smuggs.com/pages/winter/skiride/winter-events.php

MARCH

7 Peaks Snowshoe Marathon, Half Marathon, and 6-Miler Fun Run, 8AM, Pittsfield, VT, Andy Weinberg, 309-642-2230, www.peakraces.com
 14-15 March Madness at Millstone Hill, two-day snowshoe/mountain bike event, (26.2K or 13.1K snowshoe race Saturday, 10:30; 26.2K or 13.1K mountain bike race Sunday, 10:30), Websterville, VT, Dan Mahoney, vtmtbike@verizon.net, or register online at www.Active.com

ONGOING

Dion Snowshoe Series, most weekends through March 21, in various locations in the Berkshires and Taconics, Bob Dion, dion@bcn.net, www.dionsnowshoes.com

SWIMMING

ONGOING

Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512
 Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21
 Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
 Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21
 Tues. & Thurs., 6:30-7:30AM, CCBA Masters Swim Practice, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com
 Tues. 6:30-7:30PM, Thurs. 7-8PM, CCBA Masters Swim Practice, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com
 Tues. & Thurs., Edge Swim Club practice, Age Group Teams, 6-7:30PM, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21
 Tues. & Thurs., 8:30-9:30AM, Masters Swimming at The Swimming Hole, coached from the deck, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
 Thurs., 5:45-6:30AM, Deep-water Running Class, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com
 Thursdays, 6PM, First in Fitness Masters Swim Practices, Berlin, VT, John Spinney, spinney21@hotmail.com, First in Fitness in Berlin, 802-223-6161

TELEMARK

FEBRUARY

7-8 NATO Telemark Workshop, Mad River Glen & Camels Hump, Fayston, VT, Dickie Hall, www.telemarknato.com
 8 Telemark Clinic for beginners and intermediates, Stowe Mountain Resort, Stowe, VT, Umiak Outfitters, paddle@umiak.com, www.umiak.com

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RACE RESULTS

CRAFTSBURY CLASSIC

January 4, 2009
Craftsbury Outdoor Center
Craftsbury Common, Vermont

10K CLASSIC

Overall Men

1	Eli Enman	Huntington VT	27:43
2	Patrick Weaver	So Burlington VT	27:45
3	Ryan Kerrigan	Moretown VT	29:08
4	Marc Gilbertson	Hyde Park VT	29:10
5	Austin Cobb	Peru VT	29:25
6	Louis-Etienne Garceau	St-Charles-Borrommee QC	29:35
7	Eric Eley	Stowe VT	29:38
8	Oliver Burross	Sherburne ME	29:44
9	Andreas Halvorsen		30:01
10	Yannick Lapierre	East Burke VT	30:03
11	John Caldwell	Peru VT	30:12
12	Paco DeFrancis	Norwich VT	30:16
13	Topher Sabot	Williamstown MA	30:18
14	Daniel Kuzio	Moretown VT	30:40
15	Philip Toskson	Lyme NH	30:41
16	Teo Jackson	Gorham NH	30:50
17	Chris Nice	Hanover NH	30:54
18	Corey Hill	Keene NH	31:04
19	Mitch Prevot	East Burke VT	31:26
20	Charlie Boswell	Putney VT	31:33
21	Josef Kracic	Norwich VT	31:36
22	Jake Hollenbach	Shelburne VT	31:45
23	August Brautigam	Reno NV	31:46
24	Nick Crawford	Brunswick ME	31:47
25	Hugh Pritchard	Montpelier VT	31:48
26	Tyler Magnan	St Albans VT	31:49
27	Evan Martel	St Albans VT	31:55
28	Daniel Moore	Waitsfield VT	31:56
29	Will Tyson	Walpole NH	31:57
30	Gregory Harkay	White River Jct VT	32:05
31	Alec McGovern	Peterborough NH	32:34
32	Bryce Wing	Hanover NH	33:00
33	Keith Woodward	Stowe VT	33:05
34	Damian Bolduc	So Burlington VT	33:45
35	Matthew Piper	Morrisville VT	33:54
36	Greg Veltkamp	Winooski VT	33:55
37	Larry Martel	St Albans VT	34:12
38	Ed Hamilton	Shelburne VT	34:43
39	Scott Magnan	So Burlington VT	34:46
40	Brent Ehrlich	Montpelier VT	34:51
41	Peter Harris	Newport VT	34:54
42	Kenneth Remsen	Bolton VT	34:55
43	Daniel Voisin	Montpelier VT	35:08
44	Perry Bland	Westford VT	35:22

45	Jim Fredricks	Underhill VT	35:35
46	Gus Griffin	Norwich VT	35:47
47	Craig Pepin	Burlington VT	35:54
48	Chris Lamothe	Colchester VT	36:17
49	Adrian Owens	Craftsbury Com VT	36:32
50	Greg Allen	Andover NH	36:40
51	Ted Lystig	Danbury CT	36:44
52	Bob Gray	Newbury VT	36:47
53	Jonathan Rodd	Williston VT	37:04
54	David Loney	Meriden NH	37:07
55	Josh Carlson	Wolcott VT	37:11
56	Buddy Majernik	Greensboro Bend VT	37:26
57	Bill McKibben	Ripton VT	37:39
58	Dick Dreissigacker	Morrisville VT	37:46
59	Sheldon Miller	Craftsbury Com VT	38:01
60	Scott McGovern	Peterborough NH	38:31
61	Mark White	Burlington VT	39:30
62	John Morton	Theford Ctr VT	40:02
63	Paul Bierman	Burlington VT	41:26
64	Andre Bolduc	St Albans VT	44:24
65	George Hall	Craftsbury Com VT	45:12
66	Henry Hamilton	Craftsbury Com VT	45:47
67	Jonathan Herland	Orono ME	46:46
68	Bruce Swomley	Litchfield CT	48:31
69	Stuart Stevens	Santa Monica CA	48:34
70	Jeff Fengs	Williston VT	49:21
71	David Loutzenheiser	Cambridge MA	51:33
72	Mike Cleary	Wilton CT	57:09
73	Ed Hutton	East Aurora NY	66:47

Overall Women

1	Robyn Anderson	Stowe VT	32:55
2	Isabel Caldwell	Peru VT	33:40
3	Kyle Prohaska	St Johnsbury VT	35:00
4	Mary Stewart	Burlington VT	35:09
5	Julie Carson	Hanover NH	35:19
6	Coreen Woodbury	So Burlington VT	35:51
7	Evgenia Badamshina	Gilford NH	35:57
8	Poppet Boswell	Putney VT	36:01
9	Joann Hanowski	Underhill VT	36:04
10	Gage Fichter	Putney VT	36:23
11	Lizzie Anderson	Etna NH	36:37
12	Ilke Van Genechten	Essex Jct VT	36:57
13	Kaitlin Fink	Bedford NH	37:28
14	Lillian Van Dyke	Stowe VT	38:12
15	Chelsea Evans	No Middlesex VT	38:26
16	Jen Mygatt	New Haven CT	38:49
17	Gina Campoli	Craftsbury Com VT	38:52
18	Sarah Van Dyke	Hanover NH	39:56
19	Sam Martel	St Albans VT	40:32
20	Jessica Bolduc	So Burlington VT	40:55
21	Cheryl Carlson	Lebanon NH	40:56
22	Sandy Scherer	Danbury CT	41:05
23	Anna Hoff	Meriden NH	41:21
24	Carol Van Dyke	Stowe VT	41:24
25	Ellen Chandler	New London NH	41:28
26	Rosalie Lipfert	Cornish NH	41:38
27	Maira Durin	Stowe VT	43:53
28	Rosemary Shay	Westford VT	44:18
29	Kelsey Calhoun	Jericho VT	45:06
30	Johanna Fehrs	Williston VT	45:24
31	Linda Ramsdell	Craftsbury Com VT	47:48
32	Karen Alence	So Burlington VT	55:14

33	Ginny Richburg	Randolph VT	59:59
34	Lisa Dunlavy-Spaulling	Irasburg VT	66:11
35	Gayle Hutton	East Aurora NY	68:40

5K RACE

Overall Men

1	Hans Halvorsen		15:07
2	Devlin Shea	Waitsfield VT	17:56
3	Tyler Foulkes	Jamaica VT	17:58
4	Sam Rossier	Vershire VT	17:59
5	Spencer Hardy	Norwich VT	18:09
6	Isaac Lafoe	Derby VT	18:42
7	Henry Harmeyer	Underhill VT	19:02
8	Calvin Swomley	Litchfield CT	20:48

Overall Women

1	Cambria McDermott	Putney VT	16:48
2	Rachel Hall	Cumberland ME	17:17
3	Elena Leuthi	Waitsfield VT	17:24
4	Isabelle Pelletier	Grafton VT	17:46
5	Hannah Miller	Elmore VT	17:56
6	Hallie Grossman	So Woodstock VT	18:00
7	Heidi Halvorsen		18:22
8	Alyssa Amos	Bondville VT	19:04
9	Ashleigh Spittle	Stratton VT	19:41
10	Holly Bushman	Berlin VT	20:23
11	Kaitlin Fitzgerald	Fayston VT	20:28
12	Emily Muller	Norwich VT	21:26
13	Caitlin Haedrich	Norwich VT	21:49

2K RACE

Overall Girls

1	Elise Hardy	Norwich VT	8:31
2	Kristina Dege	Kirby VT	8:54
3	Moriah Lafoe	Derby VT	9:00
4	Jane Edwards	Nashua NH	9:23
5	Lauren Gillott	Waterford VT	9:52
6	Melanie Sergiev	Craftsbury VT	10:09
7	Caroline Lawlor	West Glover VT	10:13
8	Marika Massey-Bierman	Burlington VT	10:20
9	Eliza Thomas	So Burlington VT	13:47
10	Sofie Carlson	Wolcott VT	15:28
11	Harriet Veltkamp	Winooski VT	22:20
12	Quincy Massey-Bierman	Burlington VT	23:00

Overall Boys

1	Sam Merrens	Norwich VT	6:55
2	Ethan Evans	No Middlesex VT	7:02
3	Craig Calhoun	Jericho VT	7:10
4	Alex Ostberg	Darien CT	7:45
5	Nicolai Ostberg	Darien CT	8:12
6	Christian Ostberg	Darien CT	8:24
7	Forrest Hamilton	Shelburne VT	8:24
8	Patrick Lawlor	West Glover VT	8:59
9	Ethan John	Essex Jct VT	9:00
10	Anders Hanson	Craftsbury VT	9:03
11	Kestrel Owens	Craftsbury Com VT	9:12
12	Nathaniel Kuzio	Moretown VT	9:16
13	Noah Williams	Norwich VT	9:18
14	Jacob Morse	Craftsbury VT	9:44
15	Russell Boswell	Putney VT	9:48
16	Charlie Cobb	Westford VT	10:16
17	Ben Gillott	Waterford VT	11:00
18	Elias Poisson	Craftsbury VT	14:00

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Be Better Here

It's Time to Enjoy Winter!

We do - with everything for a winter outdoors!



Outdoor Gear for Fun:
TELE SKIS
TOURING SKIS
SLEDS
XC SKI CLOTHING
OUTERWEAR
LAYERS
ACCESSORIES
AND MUCH MORE!

Winter is for Enjoying the Outdoors!

Don't miss the **5th Annual Maple Onion 15K & Bill Koch Ski Race on February 7th**
Info at www.OnionRiver.com

20 Langdon Street,
Montpelier, VT
www.onionriver.com
802-229-9409 **MUSCLES not motors**





FURTHER UP. FURTHER OUT.

At another resort, they're questioning whether to tip the ski valet.
But up here, no one questions anything.

Move up.

JAY PEAK
jaypeakresort.com