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Vermont's Authority on Outdoor Sports and Recreation



May, 2009
Volume XVIII
No. IX

**GREEN GEAR
FOR SUMMER**

**VERMONT'S
CHARITY BIKE RIDES**

A ROCK AND A RING

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May 2009

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On the Cover: Spectators in the neighborhood near Oakledge Park set up hoses so runners can cool off.

This page: Runners on the Burlington Bike Path during the 2008 KeyBank Vermont City Marathon and Relay. Photos by Kate Carter.



**EDITOR
COMMENTARY**
BY
KATE CARTER

A ROCK AND A RING



Sometimes, inspiration comes from total strangers, when you least expect it. Take, for example, the Wednesday I met Matt. I was hiking up the Mount Hunger Trail, and Matt was coming down. We stopped to exchange the usual pleasantries, and when I asked how he was doing, he said, “I’m exhausted!”

This is not your typical answer to the typical greeting exchange (“How ya doin?” ... “Good’n you?”) so I pursued, assuming he’d made it to the summit. “You went all the way?” I asked.

“Yeah,” he replied, “I made it to the top, and I was carrying a 30-pound rock!”

Two things flashed through my mind: super-jock in training, and some sort of symbolic parting with a deceased friend, either human or pet. Still, I had to ask. “Why? Why on earth did you carry a 30-pound rock to the summit of Mount Hunger?”

“I had it engraved with my marriage proposal to my girlfriend, and I’m bringing her up here on Friday to read it,” Matt told me.

Right here on the trail, it appeared that I might have just met the most romantic man in the world; certainly one of the happiest. He was so excited it made me smile, and then I got really excited too, because I had gone hiking in hopes of coming up with a topic for this column, and Matt was handing it to me like cake on a plate. My article would be about how Matt proposed to Susie on the summit of Mount Hunger. So here it is, a story of romance and love in the mountains of Vermont.

Matt and Susie were friends for eight years, and a romantic couple for one. Lately, they’d been discussing marriage, so Matt was confident that when he proposed, the answer would be yes. He even asked Susie’s parents for permission before he asked Susie, and they were thrilled. Why wouldn’t they be? Their daughter was about to marry the most romantic man in the world!

Matt went to Susie’s Italian grandparents’ home in southern Vermont and found a beautiful granite rock on their property. He brought the rock home and had it engraved with the words “Assunta, ti amo. Mi vuoi sposare?” (Susie, I love you. Will you marry me?). The rock was even more special because Susie’s grandfather, whom she loved dearly, had died just a few months earlier.

The funny thing about Matt was he had always envisioned his marriage proposal would take place in a hot air balloon, with his intended gazing down on a field mowed with letters spelling out the magic words. But he decided the hot air balloon was too cliché, and that hiking to the summit of a Vermont mountain with his girlfriend would be even more symbolic and leave a more lasting memory.

The day Matt would propose to Susie was the one-year anniversary of the two of them becoming an official couple. The forecast was for warm and sunny weather, and Matt convinced Susie to take the day off from work and go hiking with him. Everything was going as planned, and the two departed for the summit of Mount Hunger, with the goal of arriving by noon.

On their way up, a woman passed them, and when they got to the top, there she was, taking pictures of the views. The woman approached Susie and asked her to take a picture of herself and her two dogs with her own camera, which meant a lot of fussing about how to focus and where the shutter release was located. Meanwhile, Matt wandered off to bring the aforementioned rock out of its hiding place. He returned to the impromptu photo session and asked the woman with the dogs and camera to take a picture of him and his girlfriend. He had a particular backdrop in mind, and he took his girlfriend by the hand and led her to it. That’s when Susie saw the rock, and the rest, as they say, is history.

Well, not quite. After a champagne toast, Matt prepared a gourmet lunch for the three of us: lobster tails and prawns poached in butter, over a bed of Caribbean mango salsa and snow peas, garnished with sautéed leeks. And he cooked it all right there on the summit, while Susie, who was still in a daze and sporting a dazzling engagement ring, sat with me and together we marveled over Matt’s culinary expertise.

Susie wasn’t overly chatty, but she sure did smile a lot. Truth be told, I don’t

think she was all that surprised that Matt proposed, but she was certainly caught off guard by his methods. A few clues left around the house—Italian translations on post-it notes absent-mindedly left on the computer, an unusually large daypack, that sort of thing—would have alerted any curious mind, but the rock and the venue had pretty much left her speechless.

So there I was, eating the best meal I’ve ever had on a hike, with a view that topped any view Vermont’s restaurants have to offer, in the company of the most romantic man and the luckiest woman I have ever met, sharing food and company, celebrating life and love, looking forward to the future, and feeling truly inspired.

It was time for me and my dogs to get going so Matt and Susie could enjoy their moment on the summit alone. I had a story to write, and by the time I got to the bottom it would all be worked out in my mind. As I started down, a thought suddenly occurred to me and I yelled back to Matt and Susie:

“Hey! Don’t forget the rock!”

—Kate Carter

DEPARTMENT OF CORRECTIONS

In our April, 2009, dog photo contest, the people in the winning photo for the Most Athletic category were incorrectly identified. The mother on skis pulling the pulk is Lindley van der Linde and the baby is Linden van der Linde. Tiaan van der Linde was not pictured. Vermont Sports regrets the error.



**OUT &
ABOUT**
BY
JOHN MORTON

MARATHON MEMORIES

This May, for just the second time in 21 years, I won’t be in Burlington on Memorial Day weekend to run the Vermont City Marathon. Both absences are due to unavoidable conflicts with weddings. I have run all the other Vermont City Marathons, but there were a few tight squeezes during those two decades.

In ’93, I slipped out early from the Saturday night festivities of my 25th college reunion so that I could leave campus before dawn and make the 8 a.m. start. A few years later, I couldn’t pass up the opportunity to spend the month of May helping the owners of Camp Denali, in Alaska’s magnificent national park, prepare their wilderness lodge for the summer season. With two feet of snow on the ground and plenty of work, there was little time for running. I returned to Vermont just in time for the marathon, but my lack of training turned it into the proverbial “death march.”

Then, in 1999, my daughter graduated from Bates College in Lewiston, ME. Although the commencement ceremonies were on Monday, Julie wanted me to attend a reception Sunday evening. So I finished the Vermont City Marathon, limped

to the car and drove five hours to Lewiston. I made it to the reception on time, but generated a lot of unnecessary concern because I was so stiff I could barely walk.

It occurred to me recently that I may have run my last marathon. I love to compete, but for the past several years I’ve had a hard time being consistent about training. It might be possible to sign up for a 5K, or even a 10K race, with minimal training, and still have an enjoyable experience, but nobody enjoys a marathon without investing considerable time preparing for it. Of course, one of the tremendous innovations of modern events like the Vermont City Marathon is the inclusion of relay teams, allowing everyone to be part of the celebration, regardless of athletic ability or available training time.

Although I never kept accurate count, I suspect I’ve run 50 or 60 marathons, which have provided some vivid and entertaining memories. Among my first was the celebrated Equinox Marathon in Fairbanks, AK, rated the second toughest in the U.S. That race became part of the annual training schedule for the athletes assigned to the Army’s Biathlon Training

Center at Fort Richardson, just outside of Anchorage. Because of its very hilly route, the early Equinox events were dominated by members of the biathlon team.

In 1969, I found myself leading the pack with a persistent college kid hanging on my shoulder. On the many tough climbs I pulled away, but he inevitably reeled me in on the descents. When the finish appeared a few hundred meters ahead, the kid casually turned to me and said, “Thanks, it’s been great,” before shifting gears and easily out-sprinting me to the line. It was some consolation to learn later that he was Spencer Lyman of McGrath, AK, and was on a full running scholarship to Oregon State University, which was, in those days, not far from the epicenter of running in the world.

A few years later, I survived the inaugural Resurrection Trail Marathon, which began in the isolated village of Hope, AK, followed a wilderness trail 13 miles to East Creek, then returned to Hope. East Creek was where Anchorage high school student Scott McGinnis was seriously mauled by a grizzly bear and his hiking buddy, Tim Moerlein, scared the bear away, then ran 13 miles to Hope for help. That marathon never really caught on.

I’ve run Boston, the granddaddy of all marathons, six times, including the centennial in 1996. It’s impossible to describe the feeling of being swept along with more than 30,000 other runners, cheered every step of the way by millions of enthusiastic spectators.

Having spent four years in the Army, I was able to maintain the obligatory disdain for the Marines, until I participated in the 1990 Marine Corps Marathon in Washington, DC. Everything about the event was carefully organized and flawlessly executed. Twelve years later, I returned to that race, which had taken on profound significance. Soon after the start we ran past the scorched scar on the side of the Pentagon, and among the thousands of young Marines supporting the event, most would soon be headed for combat in Afghanistan.

Maybe I have a couple more 26 milers left in me, but if not, I have no complaints. Besides, I can always pull together a few old buddies for a relay team at the VCM.

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.morton-trails.com.

RUNVERMONT ANNOUNCES NEW EXECUTIVE DIRECTOR



Burlington, VT—RunVermont's board of directors recently announced that Peter Delaney will take the reins as the new executive director of RunVermont. Delaney comes from a 28-year career at Smugglers' Notch Resort, most recently as vice president, and was responsible for all aspects of the guest experience. RunVermont produces the KeyBank Vermont City Marathon and Marathon Relay, the Sports and Fitness Expo, Burlington First Run, Many Milers youth healthy lifestyle program, Half-Marathon Unplugged, and Lake Champlain Women's Running Camp. The organization also offers event management services.

"Peter brings to our organization strong leadership and management skills, customer-focused operations experience, and a deep understanding of

AROUND THE STATE



Vermont's recreation industry," said RunVermont board chair Ray Alej.

"RunVermont is a great organization that has captured many of the values that attract people to this area to visit and to live," said Delaney. "I look forward to the becoming part of a fantastic team known for creating high-quality events and programs."

Delaney replaces Andrea Sisino, who last summer announced her intent to retire in 2009 from the organization she's directed for 15 years. Sisino led the transformation of the organization from its single-event focus to a broader mission of producing running programs in Vermont. Under Sisino's leadership, the KeyBank Vermont City Marathon earned numerous accolades, including designation as one of the top 20 best marathon events in the country by Runner's World magazine. The event also won the Burlington Business Association's "Small Business of the Year" award.

"I'm proud to have led this organization from grass roots to being nationally recognized for our programs and events. Along with hundreds of volunteers and staff, we helped Vermont become a destination for runners," Sisino said.

Sisino and Delaney will work together through the marathon on May 24. The Memorial Day weekend event brings 8,000 runners and more than 30,000 spectators to Burlington, and provides more than \$2 million in revenue to the region.

VERMONT INVENTS SURF SKIING



Photo by Hilary Hess

Colchester, VT—Jason Starr received a U.S. patent this past February for a new sport he invented called surf skiing, which uses waves as a force for skiing. At the core of the invention is Starr's belief that surfing and skiing share a bond as originals in the world of action sports, both rooted in rich cultures and ancient histories, and both fueled by timeless sources of peace and power—the ocean and the mountains. They co-exist harmoniously on the snow, and the relationship now extends to the surf.

A former competitive skier, Starr, who grew up in Massachusetts, was a mogul specialist and a Junior Olympian. He competed in freestyle skiing at the University of Colorado and is still a passionate freeskier. Starr is recruiting some of New England's best athletes from all skiing disciplines to see how their skills translate when using waves as terrain.

In addition to the patent he secured in February, Starr has a pending applica-

tion on the ski and binding system used in surf skiing. In March, he formed Starr Surf Skis, LLC, which is manufacturing prototypes and planning for a year of intensive testing in 2009. Starr lives in Colchester where he designs the skis on a CAD program. The skis are made at a factory in Florida, while some are hand-shaped by surfboard shapers in New England and Montreal. He is working toward a 2010 product launch.

This summer, anyone interested in trying out the surf skis on Lake Champlain can do so at the new, Burlington-based Paddle Surf Champlain. The skis will be available alongside Starr's Stand Up Paddle surf boards. Paddle Surf Champlain's location and hours of operation will be announced soon. Meanwhile, visit their web site at www.paddlesurfchamplain.com (presently under construction) or contact Jason Starr at 802-881-4905 or by email at jstarr@paddlesurfchamplain.com.

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Chris D'Elia
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**SPORTS
MEDICINE**
BY
PETER LOESCHER, MD

OVERTRAINING SYNDROME

A friend recently forwarded a newspaper article to me entitled “Streaking.” Recalling a fad that was popular for a few years in the college town in which I grew up, where streaking meant running naked in large groups through town, I opened the link to see if “streaking” was making a comeback.

Streaking in this article had nothing to do with nudity, but rather was about runners who had not missed a day of running in 10 or more years. The article profiled a 70-year-old physician from Boston, who had just celebrated 30 consecutive years of running at least one mile (his usual run was 10 miles) 365 days of the year. He had run the day of, and the day after, hernia surgery; he had run with pneumonia and bronchitis and influenza; he had run on the days of weddings and funerals for close family members; through summer and winter, rain, sleet, and snow.

As I thought about his story, I was at first impressed by this man’s commitment and resolve, but the more I thought about it, the more I came to feel that pathological compulsion might be a better description of his streak. This man was a physician, and certainly knew better than to run on the day after surgery or with a major respiratory infection. But then I had to admit that his story is just an



exaggerated version of so many runners and endurance athletes’ histories. Aren’t we all somewhat compulsive about our workouts? After all, how do you get out the door on the days that you are tired, busy, stressed, and the like, unless you are at least a little bit obsessive about your exercise?

Endurance sports self-select a compulsive membership. I am not talking so much about the 20-minute three-times-

a-week treadmill walker who is trying to lose weight and control cholesterol. I am probably talking about you, if you are reading this magazine and are still reading this article—the get-up-before-dawn in below-zero-weather runner, who just has to sneak one in before work... the two-or-three-workout-a-day runner who just has to crack 32 or 31 or 30 or 29 minutes for his next 10K... the athlete who ignores the aching pain in her Achilles tendon, plantar fascia, or knee, and keeps icing, popping ibuprofen, and putting in 70 miles per week to achieve a PR in her next marathon... the student, professional person, or parent who consistently makes personal and professional sacrifices to maintain his or her training schedule... If this is resonating with you, then keep reading.

OVERTRAINING CONSEQUENCES

Overtraining syndrome (OS) is a real medical condition. Defined most simply as “hard physical training without adequate rest,” OS can lead to prolonged and profound fatigue and decreased athletic performance. Hard workouts push us to our limits and beyond, and break down our bodies. Rest after these workouts allows our bodies to rebuild and grow stronger for our next effort. If we repeatedly stress our bodies with exertion, but without adequate rest intervals, eventually we will begin to disturb our nervous and hormonal systems.

The most common early symptom of overtraining is fatigue. If not corrected with adequate rest, symptoms will progress to include increased resting heart rate and blood pressure, increased

sweating, decreased maximal heart rate (which will decrease aerobic performance), chronic muscle pain and fatigue (“heavy” or “dead” legs), decreased immunity and frequent illness (colds, etc...), weight loss, poor sleep, moodiness and irritability, depression, loss of motivation, loss of libido, and poor appetite.

STEPS TO RECOVERY

Because there are other medical problems that can present with similar symptoms to those listed above, it is important to be sure that fatigue is not due to conditions such as an under-active thyroid gland, iron deficiency, or other blood problems. Your doctor can rule out these common problems with an examination and some basic blood work. However, there is no blood test that can accurately diagnose overtraining syndrome. If after blood work and evaluation, overtraining syndrome is suspected, then a prescription of complete rest (no exercise) followed by relative rest (allowing light, non-competitive exercise) must be followed. The duration of complete and relative rest, and a timeframe for returning to full training and competition are highly variable, depending on the athlete, the sport, the duration of symptoms, the stressors outside of sport that may be contributing to the condition, and the like.

A coordinated team approach to rehabilitating the athlete suffering from OS is often necessary. If parents and/or coaches are actively involved in creating training programs and competition schedules, then they must understand the nature and potential severity of this problem and the importance of rest and gradual progression back to full activity. Successful recovery depends upon training modification, attention to a healthy diet, sleep patterns, and reduction of overall life stress. Developing a more varied training program, which incorporates ample cross training, periodization and individualization, are important elements of a training program that can help to prevent recurrence of OS.

We all have off days where we don’t feel quite ourselves and our workouts aren’t as crisp or energetic as we would like, but if fatigue, heavy legs, low motivation, and malaise persist for over two weeks, take some time off to rest, and consider seeking help from a knowledgeable coach or sports-oriented health professional. You may put your “streak” in jeopardy, but you may find that your athletic performance and overall health improve dramatically. ☐



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Peter Loescher is a board-certified family practitioner and sports medicine physician at the Sharon Health Center in Sharon, VT, an affiliate of Gifford Medical Center. Dr. Loescher completed a residency in family practice at Dartmouth Hitchcock Medical Center and a fellowship in sports medicine at the University of Oklahoma and Eastern Oklahoma Orthopedic Center, Tulsa. He is the sports medicine director at The Cardigan Mountain School and provides medical coverage at many local athletic events, including the Covered Bridges Half Marathon and the Vermont 100 Ultra Marathon. When not at the office, he can be found running, biking, and skiing the byways and trails of northern New England. You can reach him at PLoescher@giffordmed.org.

BETWEEN A ROCK AND A RUNNING SHOE

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



Sometimes I think I have a rock in my head. A fairly large one—granite perhaps, or maybe Gabbro—lodged in the part of my brain where reason is broadcast. My lovely fiancée disagrees, or pretends to disagree, but she's a sweetheart, so she has yet to convince me otherwise. Here is an example of why I think my rock theory may be true: The other day, I thought it would be a good idea to go for a little run. It was a foolish idea that had no logical purpose, one which I can only attribute to a chunk of sedimentary deposit in my head. Why else, on a dreary spring day, while in a dreary mood, would I decide to engage in an activity that I am in absolutely no condition to do and have no right doing? I guess I figured some great suffering would pull me out of the doldrums, like fighting fire with a flame thrower.

I am a biker, a snowboarder, a skier, a paddler, a hiker, and a retail junkie, but I am not a runner. I have no running gear. Nonetheless, I was going for a run, so I had to do my best with what I have. I threw on my UMaine sweatpants, which if nothing else seemed like a better choice than my snowboard pants, my bike shorts, or my wet suit. It was drizzling a bit, so I grabbed my lightweight, breathable rain jacket, and to keep my core warm, I wore a Capilene top and a micro fleece vest. I laced up my cross trainers, which I use for day hikes and which have as many holes as a regulation golf course, but were more appropriate than my hiking boots, my flip flops, or my dress shoes. And to really look like I knew what I was doing, I grabbed my iPod, which compared to the iPods I see strapped to runners' arms, looks more like a cassette player. When I was fully "outfitted" I looked more like that guy at the ski resort with the jeans, the New York Jets Starter Jacket, and the lift ticket flapping in his face than a runner.

I went outside, took a few warm-up steps, and started running, at a pace I felt I could maintain—a pace that may or may not have been noticeably faster than walking backwards. I ran for 20 minutes with the elegance and grace of a dump truck. When I was done, I felt exhilarated—mostly because I was done—and for a brief moment I felt like I understood why someone would actually want to do this on a regular basis. That understanding vanished an hour later, when I felt as though I had ridden and been trampled by a large and very irritated bull.

My nose can run, and my mind can run. My mouth can run, and I can run out of words. I can run up a bar tab, and I can run out of money. I can run into someone on the street, and I can run a car into the ground. I can run a bike shop, and I can run a fever. I can run a set of rapids, but I cannot simply run. And as well, I cannot offer sound advice on running, so when a customer comes in needing help with running shoes or running apparel, I run away.

Some people, like Bruce Springsteen, were born to run. One of my favorite fellow coworkers, Chuck, is one of those people. When she runs, she glides effortlessly along with wings on her feet. Her special man friend, Chinch Bug, runs with her, but instead of wings on his feet, he just has shoes. He's not so much like The Boss, but he apparently shares the same philosophy as David Bowie, who once said, "If you say run, I'll run with you," and to express his true loyalty and affection, he one-upped The Thin White Duke by sticking to his promise of, "If you say let's run 50 miles in a single day, I'll run with you."

To all you runners out there, my hat is off. In my mind, I have nothing but feelings of awe and admiration for you. I mean that with the most sincerity, even though

in my mind, I also have a rock. I gave running a shot, but I have conceded that, unlike you, I cannot run. And now I've run out of room. ¶

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.

**Gear UP
for
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August 1, 2009 Mt. Equinox: Uphill Bike Climb

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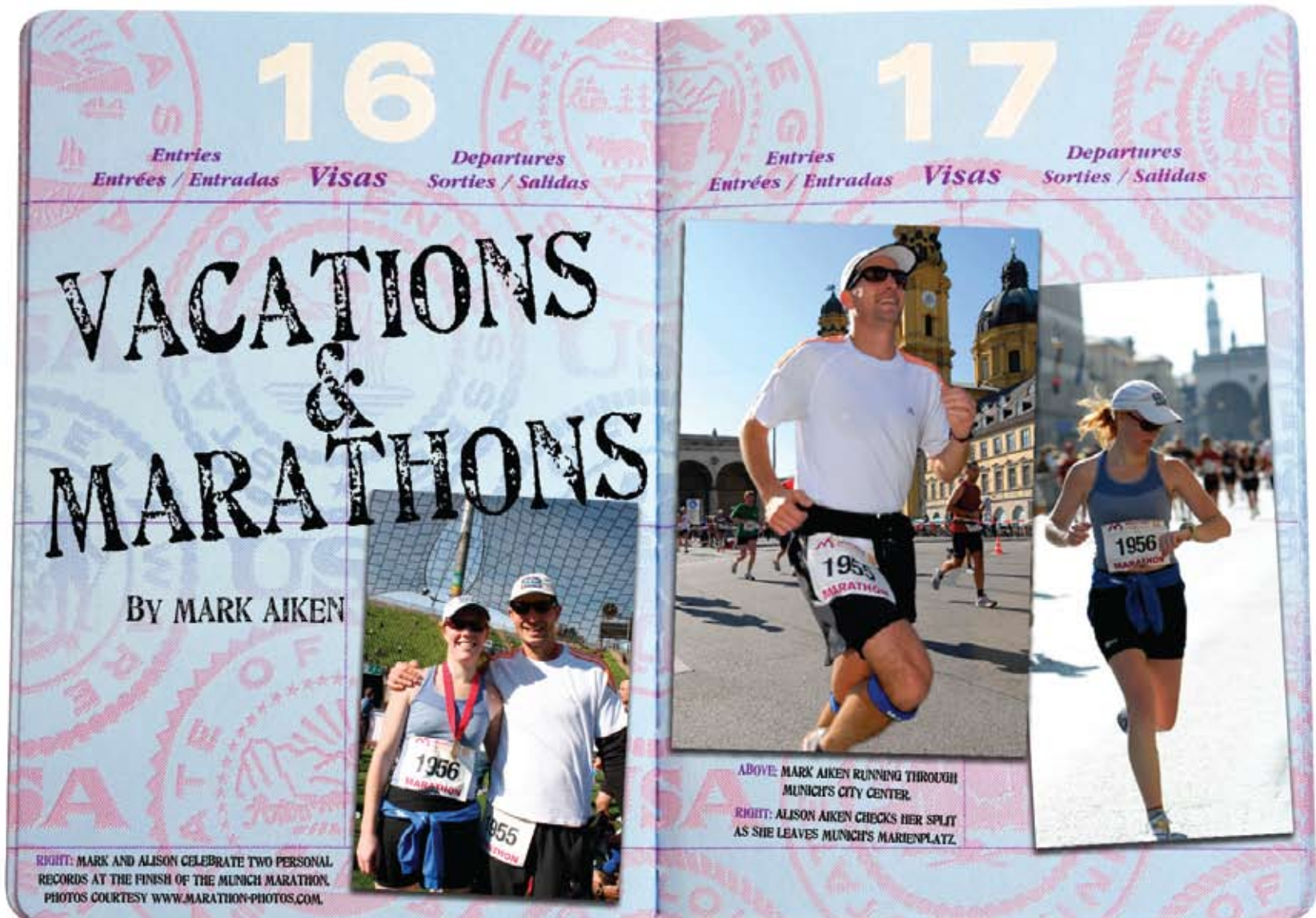
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My wife, Alison, and I are runners. We originally met returning from separate jogs on Burlington's Rec Path. We are members of a running group that meets every Sunday, and even our dog has a public blog detailing his running log. Last summer, we got married on a partly cloudy afternoon by a giant oak tree at Oakledge Park, by mile-marker 13 of the Vermont City Marathon course. So, when we told friends and family that our honeymoon plans were to fly to Munich, Germany, to run the Munich Marathon, nobody was surprised. People would have found it shocking if we hadn't run on our honeymoon.

You may ask, why run when you're on vacation? My marathon experience prior to Munich consisted of four marathons—the last four VCMs. Great races, all of

them, and each one was the physical and spiritual highlight of my year. Each year, however, I have noticed a slight difference between my hometown race experience and the out-of-state visiting runners. Everyone has a race experience; however, the out-of-towners have theirs in the midst of a traveling adventure. By last summer, when I was getting married, I had contracted a serious infection—of the marathon travel bug.

Also, consider the typical vacation. You spend a week at the beach, for example, lying around eating and drinking, and by the end of the week you're patting your mid-section, feeling nothing but guilt and remorse. How can you escape this common vacationing fate? The answer is simple: package your vacation with a 26.2-mile race.

NO VACATION GUILT

The race-vacation combination releases you from any and all vacation guilt. Derek Punt of Essex has run 22 marathons, 13 of which were out-of-state or abroad. He has taken marathon vacations as far away as New Zealand, Italy, and California. "It's great," says Punt, "to run at the front end of a vacation. Then you can eat and drink anything you want for the rest of the time!" We followed Punt's advice to the letter. We left Burlington International on a Thursday and arrived in Munich on a Friday morning. By the end of the weekend, we had run our marathon and had almost two more weeks of guilt-free holiday ahead of us. Bring on the bratwursts, German beer, and apple strudels; we had earned them!

PRE-VACATION PREPARATION

We looked forward to our marathon vacation for months. But it wasn't like others I have taken—all anticipation and packing. Alison and I knew months in advance that we were heading to Munich, and we knew we had to be ready to run 26 miles. This couldn't be a vacation where you work, work, work right up to your departure date and then leave feeling exhausted (ring any bells, vacationers?). Anyone who trains for a marathon knows that your marathon preparation forces you to organize your life, to make time for training, and to take care of yourself—for months.

Additionally, Alison and I were a special case as we were planning a wedding. For newlyweds and lovebirds, I highly recommend the honeymoon

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FEEL the change.

marathon because the training keeps you grounded and fit. Think of typical brides: most are consumed by wedding planning. Every time Alison began to feel overwhelmed by wedding details, she had her training on which to fall back. "I have an 18-miler to run tomorrow," she'd say, and I think the long runs helped her organize her thoughts and decompress. The training regimen kept us sane, and when we got on our plane, we weren't just newly married; we were fit, healthy, and never feeling better.

SEEING THE SIGHTS

Because we ran a marathon in Munich rather than just visiting, we experienced aspects of the city we never would have otherwise. Instead of staying in the traditional tourist district, we booked a hotel closer to the race start. We found ourselves headquartered off the beaten path in Schwabing, a funky, artsy little neighborhood, full of ethnic restaurants, fun shops, and far from camera-toting, English-speaking tourons. Even finding the pre-race packet pickup led us to parts of the city we certainly wouldn't have checked out. Derek Punt has a tradition for each of his far-off marathons. "Everywhere we go," he says, "we research ahead of time to find a really good local Italian restaurant for our pre-race meal."

The morning of the race, our attitude wasn't that we had to run 26 miles; rather, we said, "We're going to see the city today!" Kristin Courcelle of Colchester ran the Barcelona Marathon in March. "I went into it," Courcelle says, "for the fun rather than for the time. And I wanted to see the sites." Courcelle actually ran her race carrying a camcorder—no kidding! Munich, for us, was not much different, except for the camcorder. The Munich

course led us for miles through Munich's Englischer Gartens parks, past Bavarian beer gardens in the historic Marienplatz where lederhosen-wearing spectators enjoyed liter steins of Augustinerbrau at 10 a.m., and through quaint neighborhoods and narrow cobbled streets. No bus tour for us, thanks. The 26.2-mile foot-tour worked out just fine.

SENSE OF ACCOMPLISHMENT

The back end of our vacation was like any other in that we couldn't believe it was over. On the other hand, something was different. Running a marathon is a unique achievement and, at least for most normal people, not just something you all of the sudden decide to do. As we reflected upon our vacation, we thought not just about the race in Munich, hikes in the Bavarian Alps, and driving a rental car through crazy mountain passes. We recalled the months of running on our road in Richmond and the numerous times we had to adjust busy schedules to order to fit in a workout. We remembered our Sunday long runs with our running group and the breakfasts afterwards with friends. When we came home from Germany, we did so with a sense of great accomplishment. We had set a goal, achieved it, and explored a new country while we were at it. That's how I want to feel when I come home from vacation. [7]

Mark Aiken's marathon vacation wasn't his first visit to Germany; he taught skiing in Garmisch in 1996. He still teaches skiing at Stowe in between freelance writing and running. He lives in Richmond with his wife and yellow dog who still blogs at www.askOscardog.blogspot.com. You can contact Mark at novelidea@hotmail.com.



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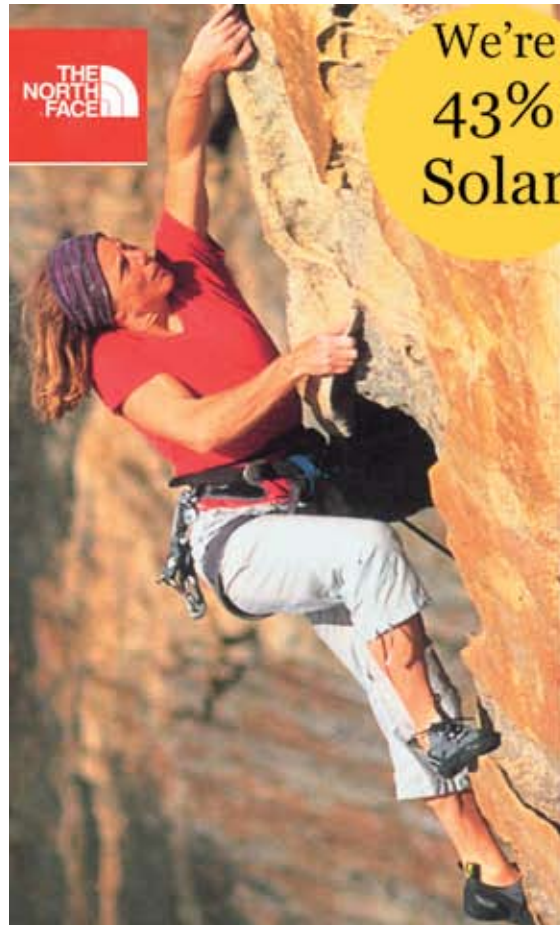
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GREEN MOUNTAIN BIKE UPDATE 2009

TRAILHEADS
BY
JOHN ATKINSON



If you're like me, you probably have some sort of miles logged on your bike already, and are looking forward to the upcoming mountain bike season. The Vermont Mountain Bike Association (VMBA) has been busy getting ready for Summer 2009, and there is much to tell.

VERMONT STATE LANDS

The biggest news is the creation of a Vermont Ride Center in Stowe and Waterbury, and the first step is the connection of Little River State Park in Waterbury and Cotton Brook in Stowe. A Ride Center is an International Mountain Bike Association creation, and there are only five others in the country. The objective is to create pods of trail networks that can be connected together and that offer a wide variety of riding experiences for the destination mountain biker.

VMBA and its Stowe chapter, the Stowe Mountain Bike Club, are working together on developing the Vermont Ride Center, and the most significant progress towards that goal is the opening of the approximately two-mile connector trail between Little River State Park in Waterbury and Cotton Brook in Stowe. Two miles may seem short, but this piece is both locally important and symbolic of a much greater development. Vermont-Forests, Parks and Recreation (VT-FPR) is considering six miles of trail in Little River State Park and eight miles in Cot-

ton Brook. There is also the potential for reawakening the Honey Hollow area in Duxbury and Huntington, with a possible route through to Fayston's Phen Basin.

VMBA executive director Patrick Kell is leading the effort because this project has links to several networks and chapters, including the Stowe Mountain Bike Club in Lamoille County, the Mad River Riders in Washington County, and the Fellowship of the Wheel in Chittenden County. Work will be shared by the chapters and once completed and approved, the trail will be open to use and two parks will be reunited with a multi-use path.

Imagine starting in Stowe and riding to Warren, mainly on trails. Or picture descending from high atop Sugarbush or from Trapp's alpine meadows and ending at nearly sea level on Lake Champlain. These truly epic linkages and loops over and through the Green Mountains are no longer faraway dreams. Vermont is truly becoming a mountain bike-friendly state.

Want more evidence of this, uh, shift?

VMBA's STAB chapter is working on plans for Ascutney State Park, and the Rutland chapter is proposing trails in Bomoseen State Park. In addition, one of the finest and most heavily ridden trails in the state is getting upgraded this summer, with support from a \$10,000 trail maintenance grant from VT-FPR. The Burning Spear trail, in Waterbury's CC

Putnam State Forest, will see a massive armoring effort to reduce on-going maintenance work and protect against erosion and traffic challenges. "We want to fix the persistent issues and maintain the black diamond challenge, to make it the best downhill bike trail in the state," says Kell.

GREEN MOUNTAIN NATIONAL FOREST

Access in the Green Mountain National Forest continues to improve, with the Middlebury chapter leading the way this season. Both the Oak Ridge and Chandler Ridge trails in the Moosalamoo area are being opened to bikes, after work is accomplished this spring and summer. They've got \$35,000 in grant support for the work, with \$26,000 from the National Forest Fund and \$9,000 from Bikes Belong. Kell says, "The Chandler Ridge and Oak Ridge trails are 10 miles of the nicest backcountry biking I've seen in Vermont. It's just beautiful."

The IMBA Trail Care crew will also be visiting Moosalamoo later this summer for a trail building seminar at Blueberry Hill. Check www.imba.com or www.vmba.org for more details on the conference.

The Pittsfield chapter is working on getting trails opened in the Michigan Brook area of the National Forest. These trails have already been designated as bike routes, pending necessary maintenance

and upgrades. Look for more word on when this network is cleared to ride.

AND BEYOND

With so much momentum, new chapters keep springing up, too, most recently in Putney, Northfield, and Mount Snow. Existing chapters also have many significant projects on town and private lands—way too numerous to cover in a single column.

Next on the spring calendar is the VMBA Bike Conference May 7-8 at the Trapp Family Lodge in Stowe, put on by Gravity Logic, the guys behind Whistler's incredible bike park successes. And to kick the riding season off right, VMBA is hosting its second annual bike movie festival on May 16, at 6 and 9 p.m. *New World Disorder 09* will be the feature presentation at the Main Street Landing Performing Arts Center on the Waterfront in Burlington.

Please join and support your local VMBA chapter, commit to help with trail maintenance, and try to ride as often as possible. Green Mountain biking is finally coming into its own. Enjoy the fun with knowledge, responsibility, and respect.

See you at the trailhead! ☐

John Atkinson lives in Moretown, VT, where he writes, rides, and works. He can be reached at fluff@gmavt.net.

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DATE: May 2nd & 3rd

TIME: 9am to 5pm Both Days

LOCATION: Parking Lot Behind the shop

MORE: All bikes to be sold must be brought in before Saturday May 2nd and be bike shop quality in reasonable running condition. \$7.50 to list a bike and you get 90% store credit or 60% cash if your bike sells. Call for more details (603) 444-3437

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ZUTTERMEISTER CHRONICLES

BY TOM ZUTTERMEISTER

TRAINING FOR A BACK-TO-BACK CENTURY RIDE

Let's start with a recap from last month: I threw my back out while shoveling snow before heading to work. This happened on a Thursday, and by Saturday morning I was at the doctor's office. Long story short, I was cured by medication, a heating pad, Mineral Ice, and rest. Then I headed to Las Vegas for a business trip. Due to the outrageous cost of gym use, I planned to use the stairs and the pool.

Upon arrival, though, I learned some hard truths—security wouldn't allow use of the stairs, and the pool closed at 4 p.m., while my work sessions ended at 5 p.m. Thanks to the comforts of air travel, my back was killing me.

In spite of everything, I was still able to get in 11 days of biking—7 hours and 41 minutes, covering 141 miles. I averaged 18.30 miles per hour. My grand total is now 853 miles, and I still have three weeks left to complete my objective of 1,000 miles in six months time in my basement. Thank goodness for March madness. Better luck to Duke next time around.

I made a great discovery this month. While fooling around with my heart rate

monitor I figured out it calculates high and average pulse rates, and it has a calorie counter. Guess I should have read the manual! During one of my sessions, my pulse rate rose to 175, with an average of 140. During another session I burned 1,150 calories.

Six of the eleven sessions were intervals and my usual resting speed was between 16 and 17 miles per hour, with a top speed that ranged from 19 to 24 miles per hour. During one of the sessions I bumped up the top gear speed in one-mile increments from 23 to 26 mph. I was definitely tired after that. I also did five pyramids and in four of them I did not use the top gear. The one time I did, I bumped my speed one mph each time, ranging from 24 to 27 mph.

Switching gears (so to speak), at work I have access to our wellness room. Even though there are three treadmills, an elliptical machine, and a recumbent bike available, I use the hydraulic resistance machine. Since January, I have worked out on it three to four days a week for 12 to 13 minutes each session. My pulse rate gets up to between 100 and 108, and it is great way to build up the arms and blow off stress at work.

Since spring is officially here, I am eager to complete my last 150 indoor miles and get outside. Three more weeks to go!

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

Bike MS: Green Mountain Getaway August 8-9, 2009

Castleton State College

Ride one or two days, routes available for all abilities

"This is the best orchestrated Ride amongst so many in Vermont. The routes are not only beautiful but are planned for riders of all levels. It's just simply the best ride you could choose".

—Roger Frey, 15 year Bike MS Veteran and Owner of Earl's Cyclery and Fitness

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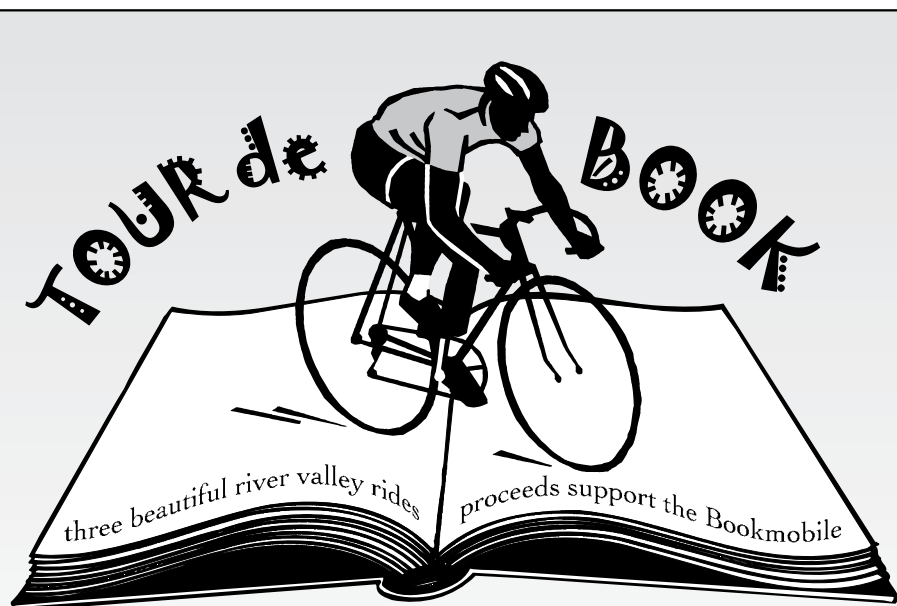


The XTERRA America Tour is back and bigger than ever with 60 off-road triathlons this year, including eight in the Northeast and three right in your own backyard with **XTERRA Race At The Rez** in Essex, VT June 28, **XTERRA Northeast Cup at Sugarbush** in Warren, VT July 12, and **XTERRA Stoaked** in Hanover, NH August 9.

Compete in the Triple Crown Challenge. We will be taking the fastest combined time for XTERRA Race At The Rez, XTERRA Sugarbush Cup Race and XTERRA Stoaked and will be naming the overall fastest Male and Female Triple Crown Winner. The Triple crown is sponsored by



For more information or to register visit www.xterraplanet.com



Saturday, June 27, 2009

\$25 entry fee for adults, \$5 for youth

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VERMONT'S CHARITY BIKE RIDES, SUMMER 2009

If you like to ride your bike, then Vermont is the place for you! Many weekends throughout the summer have long-distance, fully supported cycling events that raise money for worthy charities. Here is a summary of this summer's rides.

MAY 10

50 MILES, 30 MILES, AND FAMILY RIDE

The Lund Family Center Mother's Day Ride is a great way to kick off the cycling season. Rides leave from Rice Memorial High School in South Burlington, starting at 8 a.m. There is no entry fee, but riders are asked to collect a minimum of \$200 in pledges. Lots of great raffle prizes and food! More info: 802-864-7646 ext. 3000, www.lundfamilycenter.org.

JUNE 6 & 7

TOUR DE KINGDOM

15, 25, 50, 75, 100 MILES

Ride one day or both! Saturday takes riders through the Kingdom's legendary lake region, with five different loops. These routes take riders through fields and forests, and past farms and lakes, including Lake Willoughby. The 15-mile route follows the bike path along the eastern shores of the Kingdom's "Great Lake," Lake Memphremagog. Sunday's ride is intended to challenge those who live for the climb, taking them through the Kingdom's western "hill country," up and down the flanks of Jay Peak. There will also be shorter, less challenging routes. Both days are fully supported, and start and end at the IROC (Indoor Recreation of Orleans County) facility in Derby, VT. Registration is \$25 (each day), plus riders are asked to raise a minimum of \$25 in pledges (each day), to benefit IROC's Healthy Changes Initiative for people suffering from chronic conditions. More info: IROC, 802-334-8511, www.tourdekingdom.org.

JUNE 13

CHAMP RIDE FOR VERMONT CARES

12, 25, 50, 70, 100 MILES

Rides begin and end at Kingsland Bay State Park, Ferrisburgh, VT. Registration is \$25 and riders are asked to raise an additional \$200 in pledges. The non-pledge rider's fee is \$75. More info: Roy at roy@vtcares.org, or call 1-800-649-2437 or 802-863-2437, www.vtcares.org.

JUNE 21

GREAT RIVERS CENTURY

25, 50, 80, 100 MILES

The rides start at the Cavendish Grade School in Proctorsville and raise money for Windsor County Youth Services. Minimal climbing and lots of scenic riverside riding. Cost is \$25 before June 8, \$30 thereafter. More info: Rick Trainer at Mountain Cycology in Ludlow, VT, 802-228-2722.

JUNE 27

TOUR DE BOOK

13, 32, 60 MILES

Tour de Book benefits the Windham County Reads Bookmobile. All three rides start between 8 a.m. and 10 a.m. at the Retreat Petting Farm on Route 30 in Brattleboro. Entry fee is \$25 for adults and \$5 for youth. More info: Ruth Allard, 802-257-5725, www.windhamcountyreads.org/tourdebook/asp.

JULY 10-11

PROUTY ULTIMATE

200 MILES

This two-day double century supports cancer research and patient services at Dartmouth's Norris Cotton Cancer Center. On day one, cyclists bike 100 miles along a scenic and challenging route from Manchester to Hanover. On day two, riders join The Prouty Century Ride (see next listing). Participants start in Hanover, NH, and travel on a 100 mile loop through the beautiful Connecticut River Valley. More info: www.theproutyultimate.org.

JULY 11

PROUTY MEMORIAL CENTURY

25, 50, 100 MILES

The Prouty Memorial Century begins and ends at the Richmond Middle School, Hanover, NH, and raises money for cancer research at Dartmouth's Norris Cotton Cancer Center. Besides the bike rides, various walking routes are also available. More info: Michelle Manning, Friends of Norris Cotton Cancer Center, 800-226-8744, michelle.manning@Dartmouth.edu, www.theprouty.org.

JULY 25

ONION RIVER CENTURY RIDE

113 MILES OR 100 KILOMETERS

Rides begin at the Montpelier Rec Field and go north through scenic farmland and rolling countryside. Proceeds benefit the Kellogg Hubbard Library. More info: Carrie, 802-229-9409, www.onionriver.com.

AUGUST 1

GEAR UP FOR LYME

MOUNT EQUINOX UPHILL BIKE CLIMB

5.4 UPHILL MILES

This is a race, not a tour, and it's for the more serious-minded athlete. The course is a 5.4-mile race up the Mt. Equinox Skyline Drive, finishing at the top of Mt. Equinox in Manchester, VT. The race is a fundraiser to benefit the Lyme Disease Association. More info: Andy Holzman, 802-362-0273, www.gearupforlyme.com.

AUGUST 1

MOUNT WASHINGTON CENTURY

40, 80, 100 MILES

The century and other distances begin and end in Albany, NH. The century includes several climbs in the White Mountains. Proceeds benefit the Tin Mountain Conservation Center. More info: Donna Dolan, 603-447-6991, www.tinmtn.org.

AUGUST 1-2

VERMONT LAKES REGION CYCLING

WEEKEND

ROUTES RANGING FROM 12 TO 60 MILES EACH DAY

Sponsored by the Lakes Region Cycling Club and the Rotary Club of Poultney, the event benefits the Poultney Food Shelf and state and local bicycle programs. All routes depart from Green Mountain College in Poultney. Riders are provided with detailed maps and may ride independently or with others. 125-rider limit. More info: Mary Rachel, 802-747-2521, bike@cyclingvermont.org, www.cyclingvermont.org.

AUGUST 8 & 9

BIKE MS: GREEN MOUNTAIN GETAWAY

MS BIKE TOUR

ONE OR TWO DAYS; 20, 40, 75, 100 MILES EACH DAY

Cyclists ride for one or two days beginning at Castleton State College in Castleton and raise money for multiple sclerosis. All four distances are offered both days and go through rolling, scenic farmland. More info: Lindsey Going, 802-864-6356, www.msvermont.org.

AUGUST 15

HARPOON POINT TO POINT RIDE

25, 50, 110 MILES

A day of bicycle rides across Vermont to benefit the Vermont Foodbank. The 110-mile ride starts in Williston, the 50-mile ride

starts in Bethel, and the 25-mile loop leaves from the Harpoon Brewery in Windsor. All riders finish at the Harpoon Brewery with a barbecue, live music, and fresh beer! More info: 888-HARPOON or www.harpoonbrewery.com/pointtopoint

AUGUST 22

PEDAL FOR PAWS—NCAL'S RIDE FOR THE ANIMALS

25, 60, 100 MILES

Raise funds to benefit the animals at the North Country Animal League. Rides begin and end at the Commodore's Inn in Stowe, where there's a post-ride barbecue. More info: 802-888-5065. Register at www.ncal.com/pedal.html.

SEPTEMBER 19

TERRY & BEN CLAASSEN MEMORIAL NORTHEAST KINGDOM LAKES CENTURY BIKE TOUR

25, 50, 75, 100 MILES

These rides raise money for the Orleans County Citizen Advocacy, a non-profit organization that brings together citizen volunteers and people with disabilities. Rides begin and end at Barton's Crystal Lake State Park and go past several lakes in the Northeast Kingdom. More info: Joan Alexander, 802-525-6212, www.interlog.com/~jedward/century.html.

SEPTEMBER 27

VERMONT 50-MILE MOUNTAIN BIKE OR ULTRA RUN

The Vermont 50-Mile Ride (or run) takes you over 50 miles of dirt roads and trails in South/Central Vermont, beginning and ending at Ascutney Mountain Resort in Brownsville. All proceeds go to Vermont Adaptive Ski & Sports. Register online only at www.vermont50.com, starting May 25, 2008 at 7 p.m. More info: Mike Silverman, 603-643-5637, Michael.j.silverman@valley.net, www.vermont50.com.

OCTOBER 3

COCHRAN 100 BIKE RIDE

50 OR 100 MILES

The 100-mile ride begins at 9 a.m. while the 50-mile ride begins at noon. Both start and finish at Cochran's ski area in Richmond. Routes pass through valleys in the northern Green Mountains. Proceeds benefit kids' learn-to-ski programs. More info: www.cochranskiarea.com. ¶

Saturday, August 22, 2009



Pedal for Paws

♥ NCAL's ride for the animals

North Country Animal League's

Century Ride (100 Miles)

Metric Century (60 Miles)

Fun Ride (25 Miles)

Start/Finish and post-ride BBQ: Commodores Inn in Stowe
Join in raising funds to benefit the animals at North Country Animal League.

Register at www.ncal.com/pedal.html or call 802-888-5065



SPORTS SCIENCE

BY
DECLAN CONNOLLY, Ph.D, FACSM, CSCS*D

HONING YOUR HEART RATE?

For years and years we've been testing people in our Human Performance lab at UVM for all kinds of studies ranging from fluid intake to heat tolerance.

One thing that has always plagued me is the accuracy of the maximal heart rate numbers we get. For the most part we don't really question the data as it's all carefully collected and monitored. After we collect it, the athletes use it to calculate and recalculate their training zones, thresholds, and the like. For me, the best way to calculate training zones has always been to use real data and not predictions, so the fitness testing approach is very common.

But you know, lots of factors influence heart rate, and they range from age to hydration to effort to training status to hormones. And while we get to control a lot of factors in the lab, one factor that is hard to reproduce is the element of competition and thus hormones, and hormones can affect heart rate a lot. So, I find myself asking this question: "Is heart rate achieved during competition actually higher than we can get in lab?" Well, maybe, and that answer puts us on the quest for the heart rate holy grail. This year, we will do a series of experiments where we'll record this data under both conditions. Next year, a colleague of mine, Coach Roy Benson, and I will put out a new book on the recent advances on heart rate training. Until then, we are still left with the choice of lab measurement versus calculations (or predictions). And on that topic I have a few comments.

Arguably, the most common measure used to control exercise intensity among competitive athletes is heart rate. The development of small, affordable, portable telemetry units has resulted in their widespread use among fitness enthusiasts and competitive athletes alike. Furthermore, they are used not only to gauge exercise training intensity, but also to regulate race pace and recovery. The question I pose is how accurate is this data in terms of monitoring exercise intensity? The accuracy of the monitor is not in question for it is high, but are the calculations accurate enough to make the numbers meaningful? Furthermore, those who train with HR monitors and training zones are often using predicted values that can vary from true numbers by as much as 20 beats per minute. In fact, some data from the Human Performance Laboratory at UVM suggests that in certain populations, prediction equations might only be correct about 15 percent of the time.

Few will argue that the quality of an exercise session is for the most part determined by intensity. In the field, on the track, or in the water, heart rate monitoring allows for more accurate regulation of exercise intensity when compared to traditional measures of perceived intensity, such as the Borg perceived exertion scale. The key to this intensity regulation is based on target heart rate calculation to determine exercise intensity at a relative percent of maximum heart rate (MHR). There are several methods of calculating this zone, all yielding varying responses. These are the more common calculation methods:

Equation 1: $220 - \text{age (yrs)} = \text{MHR}$

Equation 2: $210 - 0.5 \text{ age (yrs)} = \text{MHR}$

Equation 3: Karvonen formula (uses $220 - \text{age (yrs)}$ for MHR).

$\text{MHR} - \text{resting heart rate (RHR)} = \text{heart rate reserve (HRR)}$

$\text{Intensity} = \% \times \text{HRR} + \text{RHR}$

You will note that the determining factor in all calculations is age, and it is well established that MHR declines with increasing age and age alone is pretty much the primary determining factor. However, like most physiological variables, there is a high degree of inter-individual variation. Consider the following numbers based on calculating 70 to 80 percent training zones for a 40-year-old (RHR 65 bpm) using each method.

Equation 1: $220 - \text{age} = 180 \text{ bpm MHR (70 to 80\%)} = 126 \text{ to } 144 \text{ bpm}$

Equation 2: $210 - 0.5 \text{ age (40)} = 190 \text{ bpm MHR (70 to 80\%)} = 133 \text{ to } 152 \text{ bpm}$

Equation 3: $\text{HRR} = 155 \text{ MHR (70 to 80\%)} = 145 \text{ to } 157 \text{ bpm}$

Using these simple figures alone we have up to a 14 percent variation in the low-end exercise heart rate. For serious athletes, this is a huge difference, which will yield considerable variations in training outcomes. This problem may be compounded when we are actually unsure if any of these numbers are correct. What do I mean?

The savvy reader will note that the major limitation in all calculations is the absence of a true measure of MHR. This is really what all athletes need individually and should determine periodically during their training phases. For multi-sport athletes this should be measured for all sports as MHR does vary between activity modes. This measurement does not need sophisticated equipment, but merely an accurately administered and progressive protocol that incrementally will exhaust the athlete in 12 to 15 minutes. This often requires a little experience in that if you fatigue too early or too late you often don't get good data. Many facilities who offer these services do not understand proper protocol methodology and consequently generate inaccurate data, much to the frustration of the client who then uses it for months without the desired adaptations.

Of course, you'll need a heart rate monitor, and then simply record the maximum heart rate achieved during the session (typically it will occur as the athlete is exhausted). When we fitness test, we use a telemetry system where we can constantly monitor the response and also relate the HR response to wattage, speed, 500-meter splits, etcetera, depending upon whether you run, row, or bike. This number will yield much greater accuracy than a traditional prediction equation. Also, be aware that we often see a small spike in MHR following the cessation of maximal exercise and this should not be considered a sustainable max heart rate. This is another common mistake of unqualified personnel.

You should remember that the mode of exercise used will yield varying responses. Running will yield a higher MHR than cycling for most people. Cycling will be higher if you are a trained cyclist, and the same holds true for rowing. Therefore, as a rower, you should perform this trial on the ergometer (easier to control) or on the water, and as a cyclist on the bike, and as a runner on the treadmill. Each athlete should have his or her own individually measured MHR and remember his or her target zone.

The data shows variation in calculated heart rates quite nicely. First it showed the variation in MHR as a function of mode, and it also showed that running produced MHR numbers close to the "220 minus age" equation. The numbers generated on the treadmill were significantly different from all other calculations. The numbers generated during cycling were significantly less than predicted (on average, 18 bpm) and varied from -35 bpm to +16 bpm. I do not have any data for rowing, but here at the University of Vermont, we are in the process of looking at this data. Cycling data was, on average, 96 percent of treadmill data. A meta-analysis by some authors suggested that age accounted for about 75 percent of MHR variability; others have reported lower percent explanation more recently. On average, the HR variability from age predicted MHR is ± 10 to 12 bpm.

Using the data from earlier, we now see that a 40 year old using a prediction equation could exercise anywhere from 124 to 144 bpm and assume it is 70 percent. This is a large variation and not altogether accurate. The take-home message is that many of us will have an MHR that varies significantly from the predicted values, and if we are using these equations they may well be off the mark. Therefore, a simple approach to increase your accuracy and reliability is to measure your own MHR and then calculate your percent intensity using this "real" number. As an endnote, the determination of MHR requires a maximal effort and therefore for selected individuals presents a potentially dangerous situation. Consequently, you should seek qualified personnel to perform your testing.

As a side note, accurate HR determination is not just about competition. Across the spectrum of intensity, our energy substrate usage changes considerably. Heart rate also can be used to monitor our substrate usage, which has implications for fat burning during weight loss programs. But this is another topic. ¶

Declan Connolly is a professor of exercise physiology and kinesiology at the University of Vermont, a fellow of the American College of Sports Medicine, a certified strength and conditioning specialist, past president of the New England American College of Sports Medicine, and consultant to the NHL, NFL, and IOC. He will be speaking about heart rate monitoring at the Skirack on May 13 at 6 p.m. For more information, training tips, and articles by Dr. Connolly, go to www.vermontfit.com.

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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.



GOMOTION STREET RUNNER LITEVEST

Whether you're running on the road or just walking the dog in the dark or in low light conditions, you should be as visible to motorists as a border crossing station. A reflective vest does a decent job, but only when illuminated by the headlights of an approaching vehicle. Unfortunately, at dawn or dusk, some vehicles will be approaching without their headlights on. If your reflective vest isn't reflecting, you might as well be wearing a ninja suit. To really stand out, nothing beats bright beams of light. The GoMotion Street Runner LiteVest provides just that, with a one-watt Luxeon LED light at chest level and two red flashing tail lights attached to a super light mesh vest. For comfort and a snug fit, the vest features a sliding sternum strap and adjustable padded shoulder straps, with an integrated cell phone pocket, or dog biscuit pocket, if need be. The chest light has three intensity settings, spotlight to floodlight beam control, and an adjustable beam angle so not only will you be as highly visible, you'll be able to see that porcupine before you step on it. \$99.95. www.gomotiongear.com.



LIGHT & MOTION VEGA 200

If you're one of those diehard bike commuters, you know all too well that like it or not, riding in the dark is often necessary. But if you don't have a durable, rechargeable, lightweight, high-performance light system, darkness will creep deep down into your soul as you watch your disposable battery powered light get dimmer and dimmer. To avoid a mid-commute blackout, and hitting say, a porcupine, get yourself a Vega 200, and you'll be light years ahead of the game. The 10,000-hour LED bulb has three settings of 50, 100, and 200 lumens, as well as a flash mode, so you can choose the appropriate amount of light needed and stretch the life of the integrated, four-cell rechargeable NiMH battery. The Smart Charger shuts off after the battery is recharged—in only two short hours—so you don't have to worry about frying that battery if you leave the charger plugged in. This modular marvel of illumination only weighs 240g and installs without tools. \$189.99. www.lightandmotion.com.



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ORTLIEB BACKROLLER CLASSIC

Bombproof, waterproof, and stylish, the Ortlieb Backroller Classic is a no-compromise pannier for the daily commuter or the long-haul tourist. Tear resistant waterproof fabric with roll-top closure will keep your gear dry, even when you're inevitably caught in torrential rains miles from your destination. Forward- and rear-facing 3M Scotchlite reflectors will enhance your visibility to motorists, assuming, of course, they have their headlights on. The QL1 mounting system securely attaches to virtually all rear racks and allows for quick and easy fastening and release. The pannier comes with a padded shoulder strap so you can comfortably carry it when you're walking, hopefully not because you were involved in a crash with a porcupine. \$165. www.ortliebusa.com.

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GREEN GEAR

for SUMMER

BY BRIAN MOHR AND EMILY JOHNSON

It is refreshing to see so many businesses and manufacturers in the outdoor industry finding creative ways to reduce their environmental footprint. While we feel that the most environmentally friendly gear is that which has been previously used, neglected, or otherwise restored, we still occasionally have to buy something new. When this consumer urge takes hold, please consider what the following environment-conscience manufacturers in the outdoor world have to offer.

ASTRAL BOUYANCY V-EIGHT PFD

Astral Buoyancy has pioneered the use of PVC-free foam in its U.S. Coastguard-approved Type III PFD life jackets. Its new V-Eight PFD is also one of the world's first ventilating PFDs, and it is quickly proving itself to be a real improvement over the heavier, unbreathable PFDs that dominate the paddling world. Featuring adjustable vents, strategically placed mesh fabric and a special channeled foam structure that allows air to flow between the jackets fabric and foam, the V-Eight is ideal for Vermont's warm and humid summer climate. Astral's dedication to clean waters and environment for paddling goes far beyond the use of PVC-free foam. They are aggressively cutting waste and recycling through all phases of their manufacturing. \$108.95. www.astralbuoyancy.com.

PROBAR KETTLE CORN BAR

Cherry Pretzel, Kettle Corn, Sesame Goji... These are just a few of ProBar's totally irresistible new flavors that have us convinced that ProBar is *the* energy bar we've all been wishing for. Not only

does it look freshly homemade and pack some serious nutritional punch, it tastes incredibly delicious, too! Developed in 2001 by a fellow nutrition-conscious powder hound from Utah's Wasatch Mountains, the ProBar features 100 percent whole, organic, raw, non-GMO foods and is 100 percent vegan. ProBar's Kettle Corn bar is especially tasty. It's a yummy popcorn treat with a touch of chocolate, peanut butter, almonds, coconut... you'll just have to try it for yourself. \$3.29. www.theprobar.com.

OSPREY PACKS ELROY BAG

It appears Osprey is trying to save the world one courier bag at a time. Colorado-based Osprey continues to consistently produce some of the highest quality and most functional backpacks on the market, and with their new Elroy Bag, they are taking things to a new level. Constructed with over 70 percent recycled materials, the Elroy's roomy 25 liters of space can easily accommodate a laptop, your lunch, business accoutrements, and more. The Elroy also features a removable cell phone pocket on the shoulder strap and a removable waist belt for greater comfort when carrying heavier loads. \$98. www.ospreypacks.com.



ASTRAL BOUYANCY
V-EIGHT PFD



DEUTER RACK PACK
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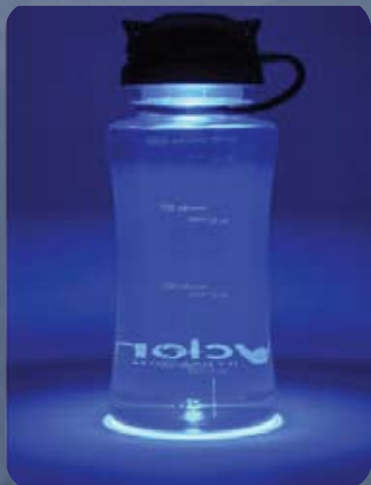
PROBAR KETTLE CORN BAR



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ICEBREAKER TECH T LITE

The snazzy Tech T Lite features IceBreaker's lightest and finest pure merino, and is as much a summer t-shirt as a winter under layer that you can shed down to when cranking up the heat on a long climb. It is also a great travel layer as the merino fibers resist odor, breathe in the heat to keep you cool, and act as a fine insulating layer when the temps cool down at night. It packs light and dries quickly, too. \$55. www.icebreaker.com.

GUYOT DESIGNS FIREFLY WATER BOTTLE LED LAMP

The Firefly features an ultra-efficient and adjustable LED light that turns your standard 63mm (wide mouth) translucent or clear water bottle into a handy night light or reading lamp. The light spreads a warm glow throughout the bottle. The Firefly is a watertight lid—the simple electronics remain securely inside. Stand your bottle on a table or hang it inside your tent. Please prevent unnecessary battery waste by using rechargeable batteries with this, and all, portable lights. \$20. www.guyotdesigns.com.

PEDRO'S CHAINJ LUBE

Finally, cyclists have a high performance and eco-friendly chain lube at their disposal. Pedro's newest chain lube uses a rapeseed oil that makes ChainJ (pronounced "change") environmentally safe to make, safe to use, and completely biodegradable. Designed for the mixed trail and weather conditions we get to enjoy here in the northeast, ChainJ has been tested on pro cycling teams that have won the Tour de Beauce in the humidity of Quebec, the Fitchburg-Longsjo Classic in New England rain, and the U.S. National Cross Country Championships in the dust of Northern California. 4 oz.-\$6.99. www.pedros.com.

DEUTER RACK PACK GROCERY BAG

If don't already have a bicycle set up for commuting, or for short trips to the neighbors and town, there is still plenty of prime biking season ahead. Perhaps Deuter's Rack Pack Grocery Bag will get you motivated to use your bicycle for more than just exercise. If we all replaced one or two of our car trips each week with a bicycle trips, the environmental benefits would be substantial. About

the size of a fully loaded grocery bag, the Rack Pack attaches securely to a standard rear bike rack. It can be easily unclipped and carried with its built-in shoulder strap, and cinched down to keep the broccoli from jumping out on your way home. Use two of these for a more balanced load and for adding even more utility to your bicycle. \$59. www.deuterusa.com.

PRANA LOLA DRESS

PrAna supports wind energy projects by purchasing renewable energy certificates that they use in their company headquarters, at all of their employee's homes, two of their prAna retail locations, and 250 of their U.S. retail locations. In addition, they are a member of the Organic Trade Association and the Organic Exchange, and are involved with The Access Fund to help keep climbing areas open.

PrAna produces a great variety of stylish apparel that has been especially popular with climbers and yoga practitioners. Their latest line of

women's apparel features nearly 100 percent recycled fabrics, and, as is the case with nearly all of their designs, excellent comfort and freedom of movement. PrAna's Lola Dress and Sport Top are no exceptions. The Lola Dress features a built-in Coolmax shelf bra, a shirred front bodice and criss-cross back straps, and is available in a variety of prints and solid colors. It's light and packable enough to take camping, and stylish enough to wear out on the town. \$65. The Sport Top is a stylish tank with an internal Coolmax shelf bra that is also available in a variety of solid colors or prints. The Sport Top's impressive shape retention and breathability has gained it a loyal following among active women. \$44. ¶

Brian Mohr and Emily Johnson rarely let a day go by without paddling a river, climbing a mountain, or wandering up a stream bed. They can be contacted through their website, www.EmberPhoto.com.



Photo by Brian Mohr, Emberphoto.com.

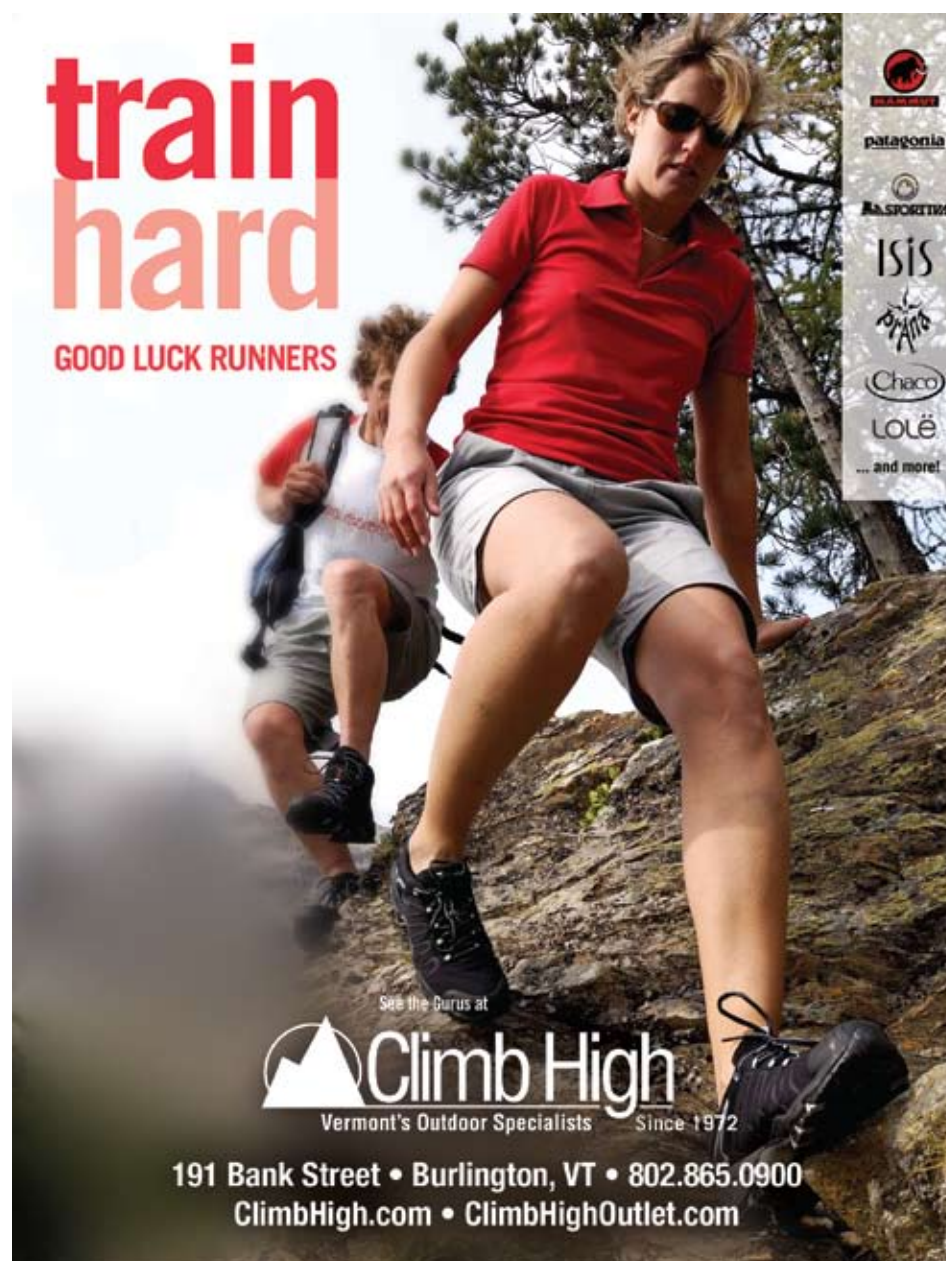


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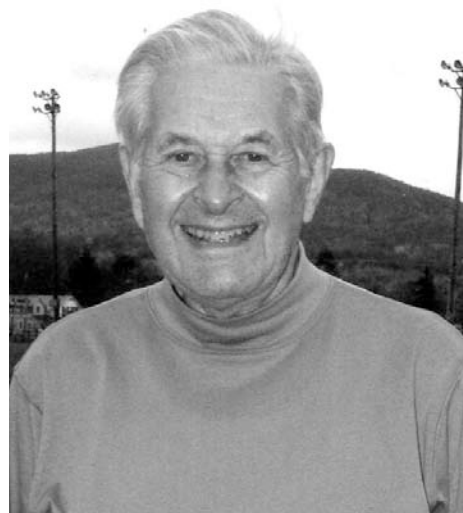
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BOB MATTESON — SETTING RECORDS AT 92

BY PHYL NEWBECK



He set the world record for 92-year-olds in the 400-meter distance in June, 2008, at the Vermont Senior Championships in Burlington. In July, he broke the one- and two-mile marks in Colonie, NY. Less than a week later, he broke the 200-meter world record at the New England Masters Championship. In September, he was off to Maine where he broke the record for 800 meters. Finally, on a near-freezing day in late November, he broke the record for 100 meters—shattered it, actually—by half a second. Bob Matteson of Bennington is now the only person in the world to hold the world record for his age group in all six disciplines. Of the six records he set, only two were held by the same person.

Always athletic, but never a competitive runner, Matteson started getting serious about the sport when he was in his late 70s, thanks to his daughter, a high school student who he chauffeured to classes at Bennington College. She suggested he do something to keep himself busy while she was in the classroom; maybe run around the campus. After some initial “huffing and puffing,” Matteson discovered he enjoyed running, and was good at it, too. He started entering road races and began taking part in the Vermont Senior Games.

Matteson trained five days a week, but has dropped this regimen down to four days because of his busy schedule. In contrast to many senior athletes, Matteson continues to hold down a full-time job as a management consultant. He graduated from Middlebury with a dual degree in economics and government, followed by a PhD from Harvard in public administration. Although he isn’t able to run every day, Matteson does have a morning ritual of drills and stretching exercises for a minimum of 35 minutes, “to my wife’s dismay,” he adds.

Peter Farwell, the head cross-country coach for the men’s and women’s teams at Williams College, is the man Matteson credits most for his success, together with Bill Nedde of UVM and Kathleen Newton at Williams. Farwell has been working with Matteson for 13 years. He says Matteson, who was 79 when he started racing, was already “pretty competitive,”

but needed some help with his training technique. Farwell notes that Matteson was quite stubborn, joking that “he’s the dumbest Harvard PhD I know.”

Newton, an assistant coach at Williams, as well as the head track and field coach at Mount Anthony Union High School in Bennington, assists Farwell in coaching Matteson. Newton thinks Matteson’s relatively late entry into the world of racing begs the question of what he could have done if he had raced at a younger age, but on the whole, she considers it to be an advantage for two reasons. The first is there has been less wear and tear on his legs over time, and the second is that he sees great gains, when others who have raced all their lives might see their skills eroding.

The local running community is proud of what their hometown runner has achieved. Jack Quinn, president of the Batten Kill Valley Runners Club, reports that the club has named an award after Matteson. The annual award goes to the member of the Mount Anthony Union High School track team who exemplifies Matteson’s best characteristics: “tenacity, dedication, determination, goal orientation and above all, maintaining a sense of humor in the face of defeat.” Also in recognition of his accomplishments, Matteson was appointed in 2008 to the Governor’s Commission on Healthy Aging.

Matteson was able to break most of his records on the first try. He considered the 200 the easiest, “because that’s the

way my muscular structure is set.” The 100 was hardest. “There’s no room for error,” says Matteson, explaining why it took five tries to set that record. His single age sweep in the six events is the first by a runner of any age group.

Matteson swears he will “gradually taper off” running. In 2009 he intends to compete at the annual Steve Zemianek race in Bennington and the Green Mountain Senior Games. He has also promised a daughter who lives in New York City that he will run in the Fifth Avenue Mile, a race that attracts world-class runners. Matteson usually wins his age category at that race. After that, he says, “I’m not going into a cocoon and hibernate, but I’ll probably cut back a bit.” Matteson will probably never give up running completely. “I enjoy it very much and am pleased that endurance and willpower have enabled me to continue to do this,” he says. “I’m sure this hobby has contributed to my keeping healthy and active into my 90s.” ¶

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She is an avid skier, skater, cyclist, kayaker, and lover of virtually every sport which doesn’t involve motors. Since her mother continues to bicycle at age 84, Phyl hopes her genes will allow her to be as active as Bob Matteson later in life. Phyl is the author of Virginia Hasn’t Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

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VS: You don't consider running to be one of your primary sports, yet you've run the KeyBank Vermont City Marathon. When did you first do it?

MS: I think it was 2001. It was my first marathon. I trained a little bit, and afterwards found that I really wrecked my body. It took me about a week to recover. Running for over four hours—that's when it really starts to get abusive.

VS: Have you done it since?

MS: Every year but 2002. In 2003, I did it again, and I knocked about 45 minutes off my time. I think I've done it six times and all but the last three have been under four hours. My best time was 3:38, and somewhere in there was a 3:49.

VS: Do you do any other running races?

MS: Nope. This is it, and then I typically don't run a lot for the rest of the year. Well, that's not true, maybe twice a week.

VS: If you could pick the weather for the race, what would the perfect day be?

MS: The best weather, I would say, is starting with cool weather, even a misty drizzle, and drying off for the end of the race. I like to be in good weather at the end. I don't think I've ever run it when it's been exceedingly hot. So temps in the 80s or less; 70s would be ideal.

VS: Why do you run the marathon?

MS: The biggest thing is it's a community race. You get to run through all the different wards in Burlington. There's a lot of support on the sides, and it makes for a huge community event. It really marks the beginning of the summer. It's a good time of year to train for it because it's a shoulder season—the snow is gone and the trails are too muddy to hike. I also like the challenge. The first year, I didn't know if I would finish. Now that I know that I can finish, I can kind of enjoy the fact that I finish it every year in a pretty

READER ATHLETE



Marc SHERMAN

Age: 43

Residence: Burlington

Family: Australian Shepherd, cat, and is in a relationship

Occupation: Visionary, co-owner of Outdoor Gear Exchange

Primary sport: Seasonal—biking, skiing, kayaking, and hiking

good time and don't have to train for it very much.

VS: What does your training involve?

MS: This is where it gets interesting. I don't really train much. I don't start running until the weather gets nice, usually mid-April. I typically run a few times a week, about 4 to 7 miles. Then I get in a few 10-mile runs, one or two 13 milers and maybe a 15. I never follow the training plans. Last time, I ran six or seven times before the race. The year I did 3:38, I trained pretty hard by my standards. I started January and trained with a friend who liked to run pretty fast. My theory is I know I can finish the race, my legs only have so much in them, so why waste them on practice runs. I have a few superstitions: I usually buy sneakers two nights before and put them on the night before. At every water station, I drink at least one cup of water and one cup of Gatorade and throw a cup of water on my head. I've never finished dehydrated, and I've never had to pee during the race. Also, I bring Gu for every four miles. And I bring my iPod that I don't start until I reach the North Avenue leg. The music

helps to get me in a plodding mind frame that I need in order to finish.

VS: What's on your iPod for the race?

MS: Usually an assemblage of disco, funk, and Afro-pop. I usually start with "Son of a Preacher Man," and I try to time it to finish to Donna Summer.

VS: What's your favorite leg?

MS: I like them all, but my least favorite is from Battery Park on down to the beginning of the bike path toward Colchester. So about miles 16 through 21 is my least favorite portion of the race. You've just come up the big hill and you run down North Avenue, and every once in a while you take these ridiculous side trips into the neighborhoods that never seem to get you anywhere. Once you get to the bike path you're home free. And that's where I do most of my running. I like Route 127, the Beltway. A lot of people don't because it's out and exposed and sunny, but I like the fact that you can see the leaders as you're running down. You have a chance to see all of your friends running the race, either you're passing them or they're passing you on the way back.

VS: Do you think owning an outdoors store gives you any advantages?

MS: It gives me the freedom to run out in the middle of the day. I'll leave the store and run six or 10 miles, to the end of the bike path and back through downtown Burlington. And it does cultivate a climate of general fitness. My base level of fitness is lower than most of my friends and higher than most people.

VS: What about from a technical angle? Do you know about the latest and greatest sneaker technology for instance?

MS: I try to wear really lightweight running shorts. I wear these ridiculous-looking polypropylene briefs under them. I run in wool Darn Tough socks, and I have the same pair of shoes I buy every

year. They fit my feet, and I like them. The sneaker technology that works is what fits your feet best. I try not to get to teched-out on sneakers. My approach to the whole thing is the simple philosophy that you're going out to exercise for four hours.

VS: Let's talk about the store—are people still buying outdoor gear in this down economy?

MS: We're finding that the off-price products and the consignment products are helpful to the consumer in this economy. Also, people with reduced travel budgets are putting money into getting new gear and upgrading their gear. There's more local and semi-local travel, so people from Boston are coming in. And we're lucky that a lot of our customer base sees toys and outdoor gear on their list of necessities and not on their list of discretionary spending.

VS: How did you get into the outdoor gear business?

MS: A friend of mine and I were hiking in the Adirondacks in 1993 and sort of got the idea that I had a whole bunch of stuff, more than I needed, and he was pretty poor and didn't have enough gear. We thought maybe there were other people who were in the same situation, so we did a little bit of research. We talked to a store in Berkeley, CA, that was doing a similar set-up. They said, "Here's the business model, here's how you do it," and we ran with it. And Burlington has always welcomed us. We've always been in a position of trying to control and manage our growth instead of trying to figure out how to grow the business.

VS: You bike and kayak, too?

MS: Mountain biking is something that I made fun of for years. Then I made a friend who liked to bike, and I got mine off the roof of the garage. Then I tried out a full suspension bike from the Old Spokes Home, and I realized I needed to have one. I ride trails locally and go out to Moab and Fruita, UT. Kayaking—I love to flatwater paddle. My favorite places are in the Adirondacks and in Maine. I've paddled with beluga whales and other whales in the St. Lawrence Seaway.

VS: And you ski in the winter?

MS: Skiing is what I'm most passionate about. I took up tele skiing about 10 years ago. I like lift terrain, but I'm more at home in the backcountry. I find that skinning is satisfying in itself. It's just as satisfying as the downhill.

VS: Why is that?

MS: There's something satisfying and mystical about slowly making your way up the mountain, and suddenly finding yourself on top with no one else around. ☐

— Sky Barsch

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If you know someone who would be a good Reader Athlete, please send your suggestion to our Reader Athlete editor Sky Barsch at mail@skybarsch.com.

VS: When did you start running and why?

PC: I started running out of desperation while I was a Peace Corps volunteer in Africa. It was the mid '90s and before leaving the U.S. my favorite exercise was step aerobics. Since there weren't any gyms in the rain forest in the Central African Republic, I had to adjust and try something new. There was another volunteer in my village who suggested I run with him, and I haven't stopped running since.

VS: What inspired you to sign up for the first KeyBank Vermont City Marathon in 2000?

PC: I had done a half marathon, and it just seemed like it would be the next step. I was ready for the challenge. There was a bunch of people who I was running with who were doing it, and I thought I'd try it.

VS: You did it again in 2001—what happened after that?

PC: In 2002, I had Adrian, and in 2004, Lewis. I didn't do any marathons for a while. I did a couple of halves; I did a half when Lewis was 6 months old. I had a double baby jogger, which was helpful. It was really nice to have that. When I didn't need it anymore, I donated it to Lewis's school. I still see it—it goes around Waterbury with little babies in it.

VS: Your plan was to do another marathon at age 40, but here you are running this year on the day you turn 37. How did you come to meet your goal early?

PC: I've just sort of fallen in with a group of runners. On Saturdays I go on long runs, and I've been doing that since last July. It's a lot of fun, and I look forward to it. We switch up the loops; sometimes we go in Waterbury Village, sometimes in Waterbury Center, and also Stowe.

VS: How do you feel about meeting your goal early?

PC: I feel pretty good! I read ChiRunning, which helped a lot.

READER ATHLETE



VS: What's it about? How did it help?

PC: The whole premise of the book is that running is good for you, that it actually doesn't create a lot of wear and tear on your body. The book gives you pointers on how to run injury free and pain free. It's about running from your core as supposed to pushing off of your toes. Some of the techniques are leaning forward, and when you get tired, picking up your feet and kicking them back as opposed to lifting them up. And keeping your posture straight, leaning, relaxing, and not swinging your arms across your body. I try to focus every 10 minutes or so, and think about my form.

VS: What kind of expectations are you setting for yourself?

PC: Well, I'd like to qualify for Boston and do Boston. To do that I'll need to run 3:45. My best marathon was 3:49, but that was before they had the chip. So I don't think it's an unachievable goal. I did the Leaf Peeper Half Marathon last fall, and I ran 8-minute miles.

VS: What will you do to celebrate if you qualify for Boston?

PC: My husband and I will go to my favorite restaurant, Hen of the Wood, in Waterbury, and maybe we will bring the kids. We will start planning the

Pam CLAPP

Age: 37
Residence: Waterbury
Family: Husband, Roger; sons Adrian, 6, and Lewis, 4
Occupation: Executive assistant to chairman of Generon International
Primary sport: Running

arrangements for Boston 2010, and we will plan a family vacation around it. Perhaps watching me run the Boston Marathon will inspire Adrian and Lewis to set similar goals for themselves.

VS: What's your favorite aspect of the Vermont City Marathon?

PC: I love the crowds. I grew up in Burlington, so it's kind of fun to run around the town, all over, from the South End to the North End. It's just really exciting. It's nice the way they have it set up, and it's easy for people to watch, too.

VS: Is there anything you'd change about the course or logistics?

PC: It would be great to create more space for the runners after they cross the finish line. It seems really congested, and it is difficult to find people.

VS: Who will be cheering you on this year?

PC: My kids. I think they're pretty excited to see it, and all of my family. There's a bunch of people from Waterbury doing it, and we're all running for the March of Dimes, so there are probably 10 families who have runners from Waterbury. That will be a lot of fun. There will also be a lot of husbands and wives on different relay teams.

VS: What do you enjoy doing with your family?

PC: We ski; we have season passes at Bolton. This past fall we started to hike with the kids, which was great. The boys climbed Mount Elmore, and up to Sterling Pond and Taylor Lodge. This year we hope to do the Stowe Pinnacle and Camel's Hump. I also enjoy cooking together.

VS: Is your husband a runner?

PC: Yes. When I met him he ran once a week. During our courtship he trained with me to do the full marathon, but then suffered an injury. Since then we have done numerous half marathons together. We always do the Leaf Peeper in Waterbury in the fall.

VS: Do the kids seem like they'll be outdoorsy?

PC: They show interest. They like to ride their bikes quite a bit. We live in the village of Waterbury, so we have a lot of sidewalks. We have a long, paved driveway, so this is where all the kids gravitate to.

VS: You're on the Waterbury selectboard. Is it everything you thought it would be?

PC: I tried not to have too many expectations. I've really enjoyed it and learned a lot. I'm glad the first year's behind me. As of Town Meeting Day, I'm in my second term.

VS: What's the accomplishment you are most proud of in your tenure on the selectboard?

PC: My first year on the selectboard I served on a fire study committee. On election night I remember feeling very happy when the voters approved a bond that the selectboard proposed to build two new fire stations. However, the bond vote has since been rescinded due to current economic circumstances. Nevertheless, I learned a lot during the process and am eager to keep going to find a viable solution. ▮

— Sky Barsch

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OUTDOOR ADVENTURE SERIES

Saturday, May 23, Sheraton Amphitheater

- 10:15 – 11:15 a.m. **ASIEMUT** ("the direction taken with a compass"). Asiemut is the story of a French-Canadian couple, Mélanie Carrier and Olivier Higgins, who embark upon an incredible journey... more specifically, a grueling 5,120-mile bicycle adventure from Mongolia to Nepal. Their quest is for balance, respect, love, friendship, anger, joy of life... and so much more. This thought-provoking documentary is the couple's first film and winner of 35 international awards. (57 minutes)
- 11:30 a.m. – 1:10 p.m. **SPIRIT OF THE MARATHON**. This 2007 Audience Choice Award winner shadows six marathon competitors through the journey of the marathon, each with his or her own challenges and inspirations. What makes the experience so special is the way their lives are truly impacted through this difficult yet exhilarating experience. (102 minutes)
- 1:30 – 3:10 p.m. **RUNNING ON THE SAHARA**. Three ultra-marathon runners set out to run the challenge of a lifetime across the Sahara Desert, 50 miles a day for 100 days. They set out on an unprecedented personal challenge and discover something so much bigger; the dangerous and disturbing water crisis in Africa. Produced and narrated by Matt Damon. (102 minutes)
- 3:30 – 5:05 p.m. **RUN FOR YOUR LIFE**. The story of how one immigrant's determination and sweat created the most significant running event in the world. This touching film documents the inspirational life of Fred Lebow and the history of the New York City Marathon. (96 minutes)

RACE WEEKEND SCHEDULE

Friday, May 22

- 4 – 8 p.m. Sport and Fitness Expo at the Sheraton Hotel and Conference Center, Burlington. The general public is welcome!

Saturday, May 23

- 9 a.m. – 7 p.m. Sport and Fitness Expo at the Sheraton. Open to everyone!
8:30 – 9 a.m. Y.A.M. Scram Packet Pickup at Waterfront Park, downtown Burlington. Half-mile, one-mile, and two-mile runs for kids. No race day registration!
9:15 a.m. Y.A.M. Scram Start at Waterfront Park
5:30-7 p.m. Junior's Italian Gourmet Pasta Dinner at the Sheraton Hotel
7 p.m. Dinner Guest Speaker: Sarah Reinertsen

Sunday, May 24

- 7:15 – 7:30 a.m. Interfaith Service, St. Paul's Cathedral, downtown Burlington
8 a.m. Wheeled Participants Start, Battery Park
8:05 a.m. Marathon and Relay Start, Battery Park
10 a.m. – 3 p.m. Finishers & Festivities at Waterfront Park

EXPO SEMINARS

- 10 – 10:50 a.m. **YOGA**: Located in the Sheraton's Emerald Ballroom. Fifty minutes of beginning to intermediate yoga designed to gently loosen tight muscles. Please bring a mat or a towel. Conducted by The Sports and Fitness Edge.
- 11 – 11:50 a.m. **MILE BY MILE COURSE PREVIEW**: Slide presentation by KeyBank Vermont City Marathon course experts.
- 12 – 12:50 p.m. **INTRODUCTION TO THE TRIATHLON**: Are you thinking about doing a triathlon, or have you already dipped your toe in and want to bring it to the next level? Either way, this seminar is designed for you. Presented by Ian Buchanan, owner of Fit Werx and Triathlete Magazine's Tech Support specialist. (Booth #25).
- 1 – 1:50 p.m. **MILE BY MILE COURSE PREVIEW**: Slide presentation by KeyBank Vermont City Marathon course experts.
- 2 – 2:50 p.m. **STRUCTURAL MANAGEMENT, THE FUTURE OF SPORTS MEDICINE**: Dr. Tim Maggs, developer of Structural Management, and Bill Rodgers, four-time Boston and NY Marathon winner, talk about today's advancements in sports biomechanics, especially as it relates to runners. (Booths #39 & #40)
- 3 – 3:50 p.m. **SELF-TALK AND THE ENDURANCE ATHLETE**: You have trained your body for the marathon, but have you trained your mind? A huge component of success in endurance sports is mental, yet only a select few truly tap into the incredible power of the mind. Learn psychological techniques that will help you increase both your race performance and enjoyment. Presented by Tom Holland, MS, CSCS, exercise physiologist, sports performance coach, 17-time Ironman finisher, Power Bar Team elite member, and author of *The Marathon Method* and *The 12-Week Triathlete*.
- 4 – 4:50 p.m. **TRAIN AND RACE SMARTER!**: On-target training means making the most of your time. This means understanding how to interpret key physiological markers and put them to use. In this seminar, you will learn to make sense of the jargon, train smarter, get results, and race faster. Presented by Joey Adams, MS Science, owner of Intelligent Fitness.
- 5 – 7 p.m. **PASTA DINNER**: All-you-can-eat pasta buffet.
- 7 p.m. **DINNER SPEAKER**: Sarah Reinertsen, athlete, motivational speaker, role model, advocate for change, and the first female amputee to finish the Ironman Triathlon Championships/Kona, Hawaii, 2005. Her accolades also include ESPY winner, USTA's Best Female Disabled Triathlete, The Amazing Race CBS session #10, Outstanding Young Californian, The Da Vinci Award, and The Women Who Mean Business "Courage" Award.



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CALENDAR OF EVENTS

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ADVENTURE RACING

JULY

- 9-12 Untamed New England Adventure Race, Dixville Notch, NH, Grant Killian, info@UntamedAdventure.com, www.UntamedNE.com

CANOE/KAYAK

MAY

- 9 BOC Annual Canoe, Kayak, and Shell Consignment Sale/ Swap, Brattleboro, VT, Larry McIntosh, Lmacyak@yahoo.com, www.brattleborooutingclub.org
 10 BOC Paddle Trip and Birding Event, Hinsdale, NH, Larry McIntosh, Lmacyak@yahoo.com, www.brattleborooutingclub.org
 30 BOC Paddle Trip and Birding Event, Londonderry, NH, Larry McIntosh, Lmacyak@yahoo.com, www.brattleborooutingclub.org
 30-31 ACA Canoe Instructor Certification-Essential River Canoe/ Flatwater Canoeing, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert
 30-6/1 ACA Canoe Instructor Certification-Basic River Canoeing, Class 1 Whitewater Certification, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert

JUNE

- 6-7 ACA Canoe Instructor Certification-Essential River Canoe/ Flatwater Canoeing, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert
 6-8 ACA Canoe Instructor Certification-Basic River Canoeing, Class 1 Whitewater Certification, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert
 9-10 ACA Canoe Instructor Certification- White Water Canoe Cert. (pre-requisite Essential River Certification), Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert
 20-22 Sea Kayak Symposium on Lake Champlain, So. Burlington, VT, Dovid Yagoda, dovid@vermontkayak.com, www.vermontkayak.com

CLIMBING

MAY

- 1-4 Rescue Technician Climbing Clinic (high-angle rescue and rigging course), Jeffersonville, VT, sunriseadventures@gmail.com, www.sunriseadventuresports.com

CYCLING

MAY

- 1-3 Green Mountain Bike Getaway, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com
 2 Annual Bike Swap at Skirack, Burlington, VT, Will Skolochenko, wills@skirack.com, www.skirack.com
 10 Lund Family Center's Mother's Day Ride, So Burlington, VT, Lund Family Center, 802-864-7464 ext. 3000, bikeride@lundfamilycenter.org, www.lundfamilycenter.org
 17 Dust Off, for the Community Food Cupboard, all distances and ability levels, Dana Thompson Recreation Area, Manchester, VT, Robin Verner, Rob@BattenkillSports.com, www.BattenkillSports.com

JUNE

- 4-7 VerMontreal 4-Day Bike Tour with Local Motion and Lake Champlain Bikeways, South Hero, VT, to Montreal, QC, Adele Dienno, adele@localmotion.org, www.localmotion.org/events/montrealtour
 6 & 7 Tour de Kingdom one- or two-day competitive and recreational cycling tour, 15-100 miles each day, Derby, VT, info@irocvt.org, www.tourdekingdom.com
 13 Wilmington Whiteface Road Race, Wilmington Town Park to Whiteface Mountain, Wilmington, NY, Tim Akers, race@teamplacidplanet.org, www.teamplacidplanet.org

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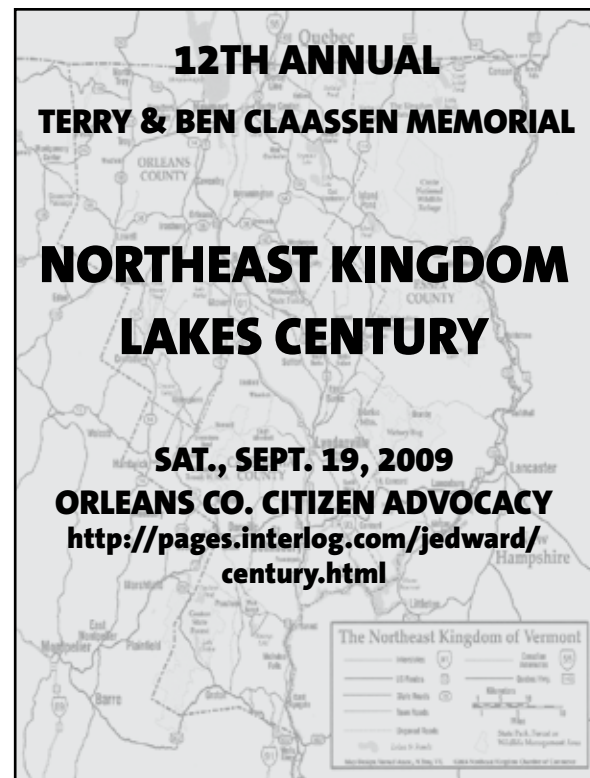
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- 13 Champ Ride for Vermont Cares, 12, 25, 50, 70, 100 miles, Kingsland Bay State Park, Ferrisburgh, VT, 1-800-649-2437, www.vtcares.org
- 14 Saranac Lake Downtown Criterium, Saranac Lake, NY, Tim Akers, race@teamplacidplanet.org, www.teamplacidplanet.org
- 13 Champ Ride for HIV/AIDS-Vermont CARES, Ferrisburgh, VT, Peter Jacobsen, peter@vtcares.org, www.vtcares.org
- 21 15th Annual Great Rivers Century, Ludlow, VT, Rick Trainer, cyco@tds.net
- 27 Tour de Book, Brattleboro, VT, Ruth Allard, wcreads@sover.net, www.windhamcountyreads.org/tourdebook.asp

JULY

- 10 The Prouty Bike Ride & Challenge Walk, 6:30AM, Hanover, NH, Prouty Office, 800-226-8744, info@theprouty.org, www.theprouty.org
- 10-11 The Prouty Ultimate Back-to-Back Century Ride, Manchester, NH, Charlie Kimbell, charlie@kimbellenterprises.com, www.theproutyultimate.org
- 11 Newton's Revenge hillclimb up Mount Washington, Gorham, NH, Mary Power, mary@mt-washington.com, www.newtonsrevenge.com
- 12 Ascutney Mountain Challenge, Windsor, VT, race@penguincycles.com, www.club.penguincycles.com/AscutneyRun.html
- 18 PEAK Warman Memorial Ride, 151 miles & 6 gaps, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakraces.com
- 25 6th Annual Onion River Century Ride to benefit the Kellogg Hubbard Library, 8AM, Montpelier, VT, 802-229-9409, thefolks@onionriver.com, www.onionriver.com

ONGOING

- Tuesdays, 5:30PM (May 5, 19; June 2, 16; July 14, 28), GMCB/ Sports&Fitness Edge USCF-sanctioned Practice Criterium Series Races, Essex Junction, VT, Claude Raineault, 802-899-1250, amaclimber20@aol.com, www.thegmbc.com
- Sundays, GMBc group rides throughout the Chittenden County area, for details go to www.gmbc.com

FIRST AID, FIRST RESPONDER

MAY

- 16-17 SOLO Wilderness First Responder Recertification, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, alohafoundation.org/hulbert
- 18-27 SOLO Wilderness First Responder, Fairlee, VT, Deborah Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert
- 30-31 SOLO Wilderness First Aid, Fairlee, VT, Deb Williams, Lynn_Daly@alohafoundation.org, www.alohafoundation.org/hulbert

MISCELLANEOUS

MAY

- 1-3 Death Camp! (for serious athletes), Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com
- 8-10 Healthy Lifestyle Weight Loss Camp, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com

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
- Relay For Life, overnight team walking event in 14 Vermont communities, thru June, 1-800-ACS-2345, www.cancer.org/vtrelays

MOUNTAIN BIKING

MAY

- 2 Annual Bike Swap at Skirack, Burlington, VT, Will Skolochenko, wills@skirack.com, www.skirack.com

JUNE

- 29 17th West Hill Shop Mountain Bike Race, Putney, VT, Jim Sweitzer, jim@westhillshop.com

JULY

- 10-12 Mountain Bike Camp, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com

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Sat. May 23
9:00am-7:00pm



Be sure to check out the Outdoor Adventure Film Festival - Saturday, May 23

www.runvermont.org





CALENDAR OF EVENTS

- 11 Newton's Revenge hillclimb up Mount Washington, Gorham, NH, Mary Power, mary@mt-washington.com, www.newtonsrevenge.com

ONGOING

Tuesdays, 3:30PM (through 8/25), Great Glen Summer Mountain Bike Series, Gorham, NH, Eli Walker, eli@greatglentrails.com, www.greatglentrails.com
Wednesdays, 6PM (through 8/25), Catamount Mountain Bike Series, Catamount Outdoor Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com

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Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

RUNNING

MAY

- GMAA 30th Partners Race, 5 miles, 9AM, Jericho Center, VT, Nathan Fields, 802-316-2240, partners@gmaa.net, www.gmaa.net
- Burlington TF Invitational Masters 5K, 1M, and Shot Put, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org, http://bsdweb.bsdvt.org/~pdvorak/tfweb/meets/bhsinvitational/tf5k1m.htm
- Adamant Black Fly 4 Miler, Adamant, VT, Eric Ryea, 802-223-2733, dosmyers@cs.com, www.cvrunters.org/cvrraces.htm
- 19th Annual Champlain Classic 15K/5K, Shelburne, VT, Betsy Cieplicki at Town of Shelburne Parks & Rec., bcieplicki@shelburnevt.org, www.champlainclassic.com
- 32nd Annual Steve Zemianek Bennington Road Race 10K, 3.8-Mile Run/Walk, and Kids' Fun Run, 8AM, Park McCullough House, No. Bennington, VT, Pat Zemianek, 802-442-2206, www.runreg.com
- Team in Training Information Meeting, Burlington, VT, Gail Deuso, gail.deuso@lls.org, www.teamintraining.org/yny
- Road to the Pogue 6.1-mile trail race, 9AM, Mount Tom, Woodstock, VT, Charlie Kimbell, charlie@kimbellenterprises.com, www.roadtothepogue.com
- Green Mountain Hill Climb, Ripton, VT, Mia Allen, nbranch@ripton-coop.net, www.greenmountainhillclimb.com
- Charlotte Covered Bridges Half Marathon, 8:30AM, Charlotte School, Charlotte, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- Apple Blossom Derby, 10K, 5K, 5K Walk & Family Fun Run, 10AM, Shoreham, VT, Paige Pierson, shorehamderby@gmail.com, www.shorehamschool.org/derby
- Mother's Day Fun Run & BBQ, East Burke, VT, Theresa Marchitelli, theresa@umbrellaneck.org, www.umbrellaneck.org
- Ultra Running Camp with Leigh Schmitt and PEAK staff, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com
- Walk/Run for Animals, 4-Mile Run at 10AM, 4-Mile Walk at 11AM, Knights of Columbus, Barre, VT, Liz Walsh info@cvhumane.com, www.cvhumane.com
- Allan Avery Memorial Raptor Run 5 Miler, Fairlee, VT, Michael Amarello, michael@3craceproductions.com, www.3craceproductions.com
- RunVermont Sports & Fitness Expo, Friday 4-8PM, Saturday 9AM-7PM, Sheraton Hotel & Conference Center, Burlington, VT, www.runvermont.org
- Dandelion Run, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.irocv.org
- Y.A.M. Scram, 9AM, Waterfront Park, Burlington, VT, Sherry Carlson, youth@runvermont.org, www.runvermont.org
- Vermont City Marathon, Half Marathon, Team Relay, 8AM, Burlington, VT, www.runvermont.org
- Ultra/Journey Run Camp, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com
- Fit & Fun 5K Run & Walk, Newfane, VT, Michael Amarello, michael@3craceproductions.com, www.3craceproductions.com

JUNE

- PEAK Ultra Marathon, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com

- New Balance Girls on the Run 5K, Essex Junction, VT, Nancy Heydinger, nancy@girlsontherunvermont.org, www.girlsontherunvermont.org
- Lake Champlain Women's Running Camp, Vergennes, VT, info@runvermont.org, www.runvermont.org
- Western New Hampshire Trail Running Series, Six in the Stix, Newport, NH, Brian Carrier, brian@team-pinnacle.org, www.wnhtrs.com
- 33rd Annual Crowley Brothers Memorial 10K/5K Road Races and RRCA Vermont State 10K Masters Championship, Rutland, VT, Michael J. Lannon, schinoski@aol.com, www.crowleyroadrace.com
- Run for Empowerment, Burlington, VT, Jennie Davis, jennied@whbw.org, www.whbw.org
- Green Mountain Relay, 200-mile running relay, Jeffersonville to Bennington, VT, Paul Vanderheiden, paul@timberlineevents.com, www.greenmountainrelay.com
- There's a Black Fly in My Eye 10 Mile Trail Race & Relay, 10AM, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.greatglentrails.com/Page-210.html
- PEAK Death Race, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com

JULY

- GMAA 27th Clarence DeMar Road Race 5K, 8:30AM, Folsom School, South Hero, VT, Matt Dall, 802-872-9799, demar@gmaa.net, www.gmaa.net
- 33rd Annual John Langhans Green Miles 7-Mile Run/Walk & Fun Run, Woodstock, VT, Jen and Tod Minotti, jen@oacweb.org, www.oacweb.org
- Vermont 100 Endurance Race, West Windsor, VT, Julia Hutchinson, vt100@vermontadaptive.org, www.vermont100.com/

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
Tuesdays, 6PM (through 8/24), Catamount Trail Running Series, Catamount Outdoor Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com
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
Thursdays (through 7/2), 3:30-6PM, Great Glen Spring Trail Running Series, Gorham, NH, Mary Power, mary@greatglentrails.com, www.greatglentrails.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
Sundays (through 11/9), 7AM, Jeff Galloway 1/2 Marathon Training Program, Sportshoe Center, Blue Mall, So. Burlington, VT, Kara Bolton, karab@sportshoecenter.com, www.jeffgalloway.com/training_groups/list_cities.html

SWIMMING

JULY

- Kingdom Swim, Newport, VT, Pete Kellaway, swim@orleansrecreation.org, www.kingdomswim.org

ONGOING

Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512

VERMONT SUN TRIATHLON SERIES '09



SUN, JUNE 28th

Swim 600 yards
Bike 14 miles
Run 3.1 miles



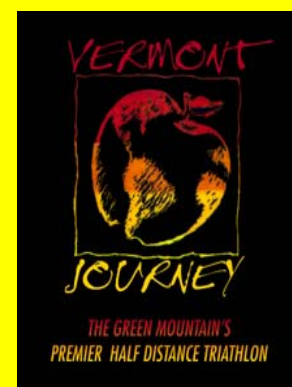
SUN, JULY 12th

Swim 600 yards
Bike 14 miles
Run 3.1 miles



SUN, AUGUST 9th

.9 mile Swim
28 mile Bike
6.2 mile Run



SUN, AUGUST 30th

1.2 mile Swim
56 mile Bike
13.1 mile Run

FOR EVENT DETAILS OR TO REGISTER VISIT:

WWW.RUSHTONSPORTS.COM / PH: 802.462.2999

VT's Best of the US Qualifier!
USAT State Club Championship

Premier Half Iron Race!
USAT Sanctioned

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

Tuesdays, 5-5:45PM (thru 6/2), Try the Tri Swim Clinic with Cara Hancy, The Swimming Hole, Stowe, VT, 802-253-9229, www.theswimminghole.com

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

TENNIS

MAY

- 1-3 Senior Tennis Tournament at the Essex Resort & Spa, Essex, VT, Rob Barr, info@VTCulinaryResort.com, <http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=74900>,

TRIATHLON

MAY

- 22-24 Burlington T3 Three-Day Triathlon, Ironman and Olympic distances (Friday swim 1.2 or 2.4 miles; Saturday bike 56 or 112 miles; Sunday run 13.1 or 26.2 miles) Burlington, VT, Declan.connolly@uvm.edu, www.vermontfit.com, or register online at www.active.com

JUNE

- 7 Stowe Triathlon (500-meter pool swim, 13-mile bike, 5K run), The Swimming Hole, Stowe, VT, 802-253-9229, www.theswimmingholestowe.com
- 11 Elmore Practice Triathlon Series (#1), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn_92ddgvz9hr
- 20 Race Vermont Sprint Triathlon (500-yard swim, 15.4-mile bike, 3.1-mile run), 8AM, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 20 Eastman Splash, Mash and Dash Sprint Triathlon, Grantham, NH, Charlie Taber, charlie@eastmannh.org, www.eastmannh.org/tri
- 25 Elmore Practice Triathlon Series (#2), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn_92ddgvz9hr
- 27 Xterra Kids' Race at the Rez (50-yard swim, 2-mile bike, 1-mile run), Indian Brook Reservoir, Essex, VT, www.racethere.com
- 27 North Country Triathlon, Olympic Distance at 8AM, Sprint Distance at 8:20AM, Hague, NY, info@northcountrytri.com, www.northcountrytri.com
- 28 Xterra Race at the Rez (.75-mile swim, 10-mile bike, 4-mile run), Indian Brook Reservoir, Essex, VT, www.racethere.com

- 28 Vermont Sun Triathlon (600-yard swim, 14-mile bike, 3.1-mile run), Lake Dunmore, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com

JULY

- 4 Race Vermont Sprint Triathlon (500-yard swim, 15.4-mile bike, 3.1-mile run), 8AM, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 9 Elmore Practice Triathlon Series (#3), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn_92ddgvz9hr
- 11-12 Xterra Northeast Cup and World Championship Qualifier, Sugarbush Resort, Warren, VT, Chad Denning, teamampllc@gmail.com www.sugarbush.com
- 12 Vermont Sun Triathlon (600-yard swim, 14-mile bike, 3.1-mile run), Lake Dunmore, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com
- 23 Elmore Practice Triathlon Series (#4), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn_92ddgvz9hr

ONGOING

Mondays, Thursdays, Weekends (Jan. 26 - May 16) Triathlon Unlimited 16-week triathlon training program, Monday lectures, 5-6:30PM, Thursday night swims, weekend group runs, First in Fitness, Berlin, VT, John Spinney, spinney21@hotmail.com





RACE RESULTS

SUGARBUSH TRIATHLON

April 5, 2009
Waitsfield, Vermont

RUN 5 MILES, PADDLE 6 MILES, BIKE 10 MILES, X-C SKI 3 MILES

	RUN	BOAT	BIKE	SKI	TOTAL
Individual Men 40 & Over					
1 Ed Hamilton	32:28.6	48:46.7	32:54.5	22:51.6	2:17:01.6
2 Larry O Toole	32:52.0	48:36.6	36:03.3	28:17.0	2:25:49.1
3 Bill Holland	39:23.7	52:38.6	38:25.8	27:02.8	2:37:31.1
4 John Hulbert	36:22.1	53:05.7	46:23.5	29:00.4	2:44:51.9
5 Patrick Smith	35:28.2	54:53.0	43:40.4	34:07.5	2:48:09.2
6 Steven Gibb	37:23.6	55:45.3	44:14.9	38:03.7	2:55:27.7
7 Nelson Hoffman	39:04.1	53:46.2	43:53.6	39:04.1	2:55:48.2
Individual Men with Canoe					
1 Keith Woodward	31:56.8	49:11.6	34:03.7	23:52.7	2:19:04.9
2 Bill Cummings	35:02.5	52:53.7	41:09.8	33:32.7	2:42:38.9
3 Peter Pomerantz	37:50.0	56:49.2	41:43.7	29:59.4	2:46:22.5
4 Christopher DelBrocco	44:48.2	00:30.9	49:50.5	44:09.2	3:19:18.8
Individual Men with Kayak					
1 Justin Beckwith	34:14.7	43:50.4	35:13.1	22:27.3	2:15:45.6
2 Chad Denning	29:43.2			27:59.2	2:19:40.7
3 Terry Kellogg	33:35.4	48:48.7	34:01.3	23:56.7	2:20:22.4
4 Jason Baer	33:40.1	53:06.3	31:37.9	26:13.5	2:24:38.0
5 Christopher Peabody	32:41.2	48:50.4	35:19.0	30:08.6	2:26:59.3
6 Charlie Boswell	34:16.7	54:16.3	38:19.2	22:37.2	2:29:29.5
7 Michael Goughan	33:27.3	51:09.9	37:59.0	31:15.5	2:33:51.8
8 John Flannagan	30:24.0	55:47.7	33:37.3	34:59.2	2:34:48.2
9 Scott Blanchard	32:36.3	51:21.7	44:50.5	27:39.8	2:36:28.5
10 Sam Werbel-Sanborn	34:40.2	57:38.3	38:15.6	30:16.2	2:40:50.4
11 Travis Sumner	37:47.3	54:03.3	41:10.5	31:42.3	2:44:43.6
12 Kevin Viani	36:39.5	56:57.6	41:56.4	34:26.8	2:50:00.3
13 Steve Sprague	36:41.9	54:17.0	40:47.8	39:40.7	2:51:27.5
14 Matt Szydlo	36:17.9	55:02.6	43:06.4	37:57.4	2:52:24.3
15 Chip Harris	39:33.2	57:40.7	42:35.0	41:45.2	3:01:34.2
15 Andrew Harris	39:30.6	57:44.3	42:31.2	41:48.0	3:01:34.2
17 William Landenberger	34:12.4			49:43.3	3:01:52.6
18 Jay Meadows	38:47.3	12:41.7	42:38.7	43:10.7	3:17:18.6
19 Bernhard Peters	37:33.7	57:10.3	50:24.1	55:05.3	3:20:13.5
20 Tommy Nagy	30:04.4			47:49.9	3:22:37.3
21 Nat Goodhue	42:58.3	00:12.1	07:29.6	37:08.7	3:27:48.8
Individual Women 40 & Over					
1 Kari Dolan	36:06.2	53:44.9	41:14.5	32:05.8	2:43:11.6
2 Pennie McEdwards	45:15.7	08:57.3	48:27.9	29:38.8	3:12:19.8
Individual Women with Kayak					
1 Amy Jamieson	38:39.4	55:28.4	43:24.1	28:43.2	2:46:15.2
2 Tricia Weston	34:10.4	02:55.0	38:36.9	37:56.3	2:53:38.8
3 Nancy Reino	47:06.1	05:55.3	56:34.2	32:13.6	3:21:49.3
4 Kate Holmes	51:57.1			44:31.7	3:25:40.3
Corporate Team with Canoe					
1 True North 2	33:01.9	51:21.2	34:42.9	30:38.6	2:29:44.7
2 The Economizers	36:27.1	58:05.7	34:46.0	24:36.9	2:33:55.8
3 True North 1	33:18.6	58:33.0	32:45.7	32:12.1	2:36:49.7
4 Sugarbush Madness	37:00.3	56:46.1	43:41.2	30:18.5	2:47:46.3
5 Northern Power Converters	41:30.3	55:34.4	35:42.8	45:37.9	2:58:25.6
6 Poulin and Poulin	40:39.5	22:37.2	44:55.9	34:44.5	3:22:57.3

Corporate Team with Kayak

1 Team Dinse Knapp McAndrew	34:19.8	46:22.4	32:33.3	24:44.9	2:18:00.5
2 Team Mountain Top	35:19.4	50:05.5	36:47.2	20:51.1	2:23:03.3
3 Megacubemates	35:14.7	49:40.1	45:37.5	18:05.8	2:28:38.2
4 LEA	32:25.6	48:15.8	44:22.9	27:04.0	2:32:08.6
5 Mean Green	53:38.4	53:01.5	34:38.6	30:28.8	2:51:47.4
6 Northern Windy and Winded	43:00.8	53:57.8	47:17.8	37:46.5	3:02:03.2
7 Mystery Team	44:30.2	53:51.6	01:58.9	40:26.2	3:20:47.0

Family Teams

1 Brodhead and Son	34:19.2	44:21.6	37:42.7	18:51.4	2:15:15.0
2 Havin Fun	35:05.7	52:53.7	43:12.8	35:54.6	2:47:07.0

Female Team with Canoe

1 In it For the Lunch	42:56.5	51:11.6	40:26.3	27:01.9	2:41:36.4
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Female Team with Kayak

1 GMVS Chicas	38:45.6	51:39.7	30:00.0	20:13.5	2:20:38.9
2 Quadriped	36:13.4	50:00.8	39:45.1	43:30.9	2:49:30.4
3 Loureiro Engineering - Women	42:16.0	59:22.0	45:00.1	38:17.5	3:04:55.6
4 Chazy Moms and Teachers	43:03.7	50:02.7	10:29.6	21:23.7	3:04:59.9
5 Last Minute Lolitas	43:10.7	51:32.7	15:11.7	31:13.8	3:21:09.1

Male Team with Canoe

1 Ski Racket Ralph Vincent	28:08.2	42:31.5	26:33.5	21:17.4	1:58:30.7
2 The Spare Armadillos	37:11.0	49:35.2	27:27.0	33:04.6	2:27:18.0

Male Team with Kayak

1 Team X-Ray	26:33.1	45:26.8	29:20.1	15:25.7	1:56:45.7
2 Rock em Sock em Robots	34:08.7	49:23.5	35:49.6	19:51.2	2:19:13.1
3 The Pack Fillers	32:49.3	49:49.8	30:59.8	30:17.6	2:23:56.7
4 Four Fit Fokkers	32:53.7	50:39.3	36:31.6	30:31.4	2:30:36.2
5 Superfly	34:03.8	51:51.4	32:49.1	35:47.0	2:34:31.4
6 Chicken Scraps	36:34.4	55:26.7	39:08.0	24:05.7	2:35:15.0
7 Team Ibuprofen	38:11.4	49:03.2	42:03.3	29:51.0	2:39:08.9
8 Grundle	36:25.1	57:43.6	31:56.1	33:05.7	2:39:10.6
9 202 Years of Non-Moderation	38:14.7	50:44.3	45:52.2	28:40.2	2:43:31.6
10 Reminisce	42:13.2	56:17.5	36:26.9	32:58.7	2:47:56.5
11 A Civil Action	38:37.4	08:06.1	39:21.6	31:50.7	2:57:56.0
12 Team Switzerland	45:14.8	00:03.1	42:44.4	32:49.9	3:00:52.4

Mixed Team with Canoe

1 U-32 High School	38:08.7	49:54.3	29:29.8	23:26.7	2:20:59.7
2 Still Faster Than Our Kids	33:15.4	48:15.2	36:21.2	26:15.5	2:24:07.4
3 Phoenix	33:28.1	50:50.2	33:46.8	27:01.3	2:25:06.6
4 10 Is MIA	34:41.3	48:23.0	30:56.7	31:07.9	2:25:09.1
5 Mad Dashers	37:41.1	55:19.3	32:46.5	22:14.7	2:28:01.7
6 Three Docs and JTNs	30:31.2	53:37.6	33:14.0	31:27.3	2:28:50.4
7 Macsealop	36:08.5	53:26.7	35:50.1	23:44.4	2:29:09.9
8 Extra Points	37:31.3	53:04.8	38:46.3	27:15.7	2:36:38.2
9 Beauty and the Beasts	40:03.5	55:00.2	38:56.0	24:49.4	2:38:49.3
10 Team Totaled	36:45.6	56:12.3	50:26.4	26:27.5	2:49:51.9

Mixed Team with Kayak

1 Onion River Sports	33:47.6	46:01.5	27:48.9	18:49.2	2:06:27.3
2 Watch This	29:27.2	46:27.2	31:51.1	20:57.6	2:08:43.2
3 UVMass Naked	28:11.8	52:48.3	27:14.6	21:03.8	2:09:18.6
4 Surfmasters	32:04.1	42:34.1	28:54.0	26:39.6	2:10:11.9
5 The Pasta is Tasty	35:00.9	52:17.0	28:15.2	22:59.5	2:18:32.8
6 Bunkys Crew Adieu	32:35.7	48:07.4	37:25.6	28:32.7	2:26:41.5
7 Utica Club	34:06.5	55:34.4	37:56.8	21:38.8	2:29:16.6
8 Ambassador	40:13.6	51:40.4	34:02.6	29:19.4	2:35:16.1
9 Another Switchback Please	37:27.1	52:25.9	38:11.1	29:58.0	2:38:02.2
10 Plan B	40:05.9	55:52.9	38:26.2	24:20.3	2:38:45.4
11 Not In It to Win It	45:09.4	52:40.9	38:25.9	27:26.7	2:43:43.2
12 Post Drive and Guzzle	37:58.8	54:24.4	43:18.0	30:47.5	2:46:28.8
13 The Four Horsemen of the Ridic	44:40.4	56:15.4	58:58.5	26:22.4	3:06:16.9



RACE RESULTS

RACE VERMONT SPRING FLING 5K/10K March 28, 2009 Shelburne, Vermont

5K

Male 14 and under				
1 Carl Crawford	Burlington VT	27:14		
2 Jack Dilley	Shelburne VT	33:09		
Male 15 to 19				
1 Timothy Varhue	Milton VT	22:12		
2 Caroline Schwer	Jericho VT	27:25		
Male 20 to 24				
1 Michael Femia	Burlington VT	19:54		
2 Ryan Edwards	Burlington VT	22:47		
3 Michael Cummons	Farmington ME	33:38		
Male 45 to 49				
1 James St. Germain	Colchester VT	25:31		
2 David Ospina	Williston VT	31:11		

Male 55 to 59

1 Bill Dysart	Charlotte VT	21:07
2 Burton Barlow	Williston VT	31:50

Female 14 and under

1 Alyssa Lambert	East Fairfield VT	32:10
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Female 15 to 19

1 Brooke Pagnotta	Turner ME	25:54
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Female 20 to 24

1 Kayla Angier	Burlington VT	20:49
2 Lauren Fereshetian	Colchester VT	21:46
3 Heather Lutton	Burlington VT	21:49
4 Kate Loughlin	Colchester VT	21:59
5 Kristen Williamson	Burlington VT	24:22
6 Callie Brynn	Burlington VT	25:37
7 Devon Brynn	So Burlington VT	25:38
8 Erin Fox	Turner ME	25:59
9 Heather Lockwood	Burlington VT	26:07
10 Becky Cain	Norfolk MA	26:53
11 Laura Pickrell	Burlington VT	27:07
12 Marlee Baron	Burlington VT	28:34
13 Ariana Thibault	Hinesburg VT	33:37

Female 25 to 29

1 Roxanne Gignoux	Hinesburg VT	27:20
2 Stephanie Gehlbach	Winooski VT	28:57
3 Michelle Poulin	Burlington VT	29:16
4 Laura Watson	So Burlington VT	31:18

Female 30 to 34

1 Amy Starble	Burlington VT	31:52
2 Christa Little	Bridport VT	32:37
3 Becky Pidgeon	No Ferrisburgh VT	33:52

Female 35 to 39

1 Kim Perkins	Colchester VT	25:29
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2 Caroline Crawford	Burlington VT	27:15
3 Leslie Freedman	So Burlington VT	32:50
4 Victoria Dille	Shelburne VT	33:10

Female 40 to 44

1 Kerry Lambert	East Fairfield VT	32:15
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Female 45 to 49

1 Cathy Beaudoin	Winooski VT	35:28
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Female 50 to 59

1 Mary Ellen Lynch	Shelburne VT	34:22
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Female 60 to 64

1 Iola Benedict	Huntington VT	34:20
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10K

Male 15 to 19

1 Colby Nixon	Burlington VT	39:01
2 Travis Miller	Burlington VT	44:50

Male 25 to 29

1 Leonardo Gomes	So Burlington VT	1:05:35
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Male 30 to 34

1 Troy Grignon	Shelburne VT	41:18
2 Joshua Welch	Shelburne VT	49:04

Male 35 to 39

1 Mark Spritzer	Middlebury VT	41:32
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Male 40 to 44

1 Allan Mead	Hinesburg VT	38:28
2 Scott Nichols	Essex VT	44:10

Male 45 to 49

1 Greg Mernick	Shelburne VT	49:44
2 Michael Rosenthal	So Burlington VT	51:12
3 Richard Haesler	Charlotte VT	54:28

Male 55 to 59

1 Jim Burnett	Canaan NH	45:25
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2 Steve Caum	Vergennes VT	47:23
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Male 65 to 69

1 Dave Chioffi	Woodstock VT	48:21
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RACE RESULTS

RUNVERMONT HALF MARATHON UNPLUGGED April 11, 2009 Colchester to Burlington, Vermont

Overall Women

1	Anja Jokela	Burlington VT	1:29:17
2	Aubrey Smith		1:31:05
3	Courtney Kutler	So Burlington VT	1:31:11
4	Molly Wagner	So Boston MA	1:32:09
5	Phyllis Clookey	Plattsburgh NY	1:32:53
6	Lindsay Simpson	Waterbury VT	1:33:51
7	Sarah Weber	Arlington VA	1:34:01
8	Cheryl Alely	Colchester VT	1:34:35
9	Serena Wilcox	Cambridge VT	1:34:38
10	Rose Nash	Wolcott VT	1:34:41
11	Katie White	Williamstown MA	1:35:24
12	Karin Ward	So Burlington VT	1:35:53
13	Jessica Bolduc	So Burlington VT	1:37:09
14	Kate Morris	So Burlington VT	1:38:12
15	Sarah Kozey	Belchertown MA	1:38:48
16	Jodi Heth	Muscatine IA	1:38:51
17	Karen Waterbury	Plattsburgh NY	1:40:05
18	Chelsea Desrosiers	Burlington VT	1:40:17
19	Gage Fichter	Putney VT	1:40:19
20	Azi Ahmadi	New York NY	1:41:10
21	Regina Quintin	Essex Jct VT	1:41:14
22	Lauren Cady	Fairfax VT	1:41:20
23	Mary Turnbaugh	Charlotte VT	1:41:26
24	Heather Scarlett	Milton VT	1:41:36
25	Antonia Opitz	Burlington VT	1:41:43
26	Susan Skalka	Burlington VT	1:42:03
27	Heather Lutton	Burlington VT	1:42:49
28	Sherah Rickert	So Burlington VT	1:43:29
29	Danielle Duncan	Winooski VT	1:43:30
30	Julia Lewis	Burlington VT	1:43:31
31	Patti Walsten	Burlington VT	1:43:44
32	Jessica Sorgule	Burlington VT	1:43:48
33	Caitlin Wagner	Burlington VT	1:43:54
34	Sarah Pribram	Shelburne VT	1:44:10
35	Karen Allen	Burlington VT	1:44:47
36	Emily Esce	Cicero VT	1:44:57
37	Lisa Stever	Williston VT	1:45:03
38	Majken Tranby	Canton NY	1:45:09
39	Danielle Gallant	Winooski VT	1:45:21
40	Ruth Blauwikel	Colchester VT	1:45:25
41	Jennifer Bedell	Underhill VT	1:45:40
42	Tammy Hull	Williamstown VT	1:45:41
43	Daphne Hard	So Hero VT	1:45:47
44	Rebecca Houck	Burlington VT	1:46:06
45	Bethany Wolfe	Burlington VT	1:46:10
46	Jeannie Ellis	Montpelier VT	1:46:28
47	Bianca Hanks	Burlington VT	1:46:57
48	Nicole Derr	Mount Hermon MA	1:47:10
49	Leah Pinette	Jeffersonville VT	1:47:13
50	M. Montgomery	Sutton VT	1:47:35
51	Jordan Burke	Hanover NH	1:47:41
52	Sarah Laird	Hanover NH	1:47:49
53	Claire Whelan	Burlington VT	1:47:53
54	Carlie Krolick	Charlotte VT	1:47:59
55	Mara Mueller	Vergennes VT	1:48:06
56	Ginger King	Otter Creek ME	1:48:16
57	E.Anastasia-Murph	Burlington VT	1:48:25
58	Hannah Hulburt	New Haven CT	1:48:35
59	Maureen Cabrey	Winooski VT	1:48:38
60	Lucy Randall	Hanover NH	1:48:45
61	Kate Barash-Engel	Burlington VT	1:48:54
62	T.Dowcett-Bettenc	Cheshire CT	1:49:15
63	McKale Santin	Wenham MA	1:49:40
64	Anne Michaels	West Windsor VT	1:49:45
65	Lisa Rollins	Burlington VT	1:49:50
66	Emily Steers	Burlington VT	1:49:55
67	Marge Huseman	Ticonderoga NY	1:50:31
68	Kristin Lundy	Colchester VT	1:50:33
69	Renee Barnes	So Burlington VT	1:50:34
70	Amy Giuliani	Essex VT	1:50:39
71	Emily Heffernan	Burlington VT	1:50:59
72	Jenny Jones	Colchester VT	1:51:22
73	Shelley Pembroke	Middlesex VT	1:51:25
74	Kristen Frechette	White River Jct VT	1:51:29
75	Amanda Beaulieu	Windsor VT	1:51:34
76	Erika Nestor	Burlington VT	1:51:34
77	M. Murphy Hall	Burlington VT	1:51:35
78	Meghan McCarthy	So Burlington VT	1:51:51
79	Kathleen Carrara	Charlotte VT	1:52:07
80	Emily Quintana	So Burlington VT	1:52:19
81	Stephanie Lylis	Burlington VT	1:52:29
82	Kimberly Wilson	So Burlington VT	1:52:30
83	Michelle Gray	Burlington VT	1:52:33
84	Katie Cate	Burlington VT	1:52:42
85	Danielle Harris	Essex VT	1:52:54
86	Laura Sanborn	So Burlington VT	1:52:56

87	Terri Hallenbeck	St George VT	1:53:03
88	Cara Corneau	Essex Jct VT	1:53:04
89	June Golato	Grand Isle VT	1:53:13
90	Caitlin Junger	Burlington VT	1:53:14
91	Heather Ambrose	No Ferrisburgh VT	1:53:16
92	Hilary Hughes	So Burlington VT	1:53:18
93	Suzu Coburn	Winooski VT	1:53:32
94	Sheila Gencarelli	Shelburne VT	1:53:34
95	Madaileine Krebs	Burlington VT	1:54:08
96	Rachel Long	Elmore VT	1:54:44
97	D. Papaseraaphim	Essex VT	1:55:14
98	Megan Dickie	So Royalton VT	1:55:36
99	Carrie Cook	Montpelier VT	1:56:24
100	Sarah Wright	Yarmouth Port MA	1:56:32
101	Karen Dukas	Sheldon VT	1:56:39
102	Jennifer Otten	Burlington VT	1:56:43
103	Sandra Moulton	So Burlington VT	1:56:47
104	Solange Harvey	Burlington VT	1:56:51
105	Paige Ackland	Warren VT	1:56:56
106	Jill Read	Castleton VT	1:57:24
107	Serena Whitridge	So Burlington VT	1:57:36
108	Laura Gibbs	Latham NY	1:57:56
109	Francis Skerritt	QC Canada	1:57:57
110	Jane Kolodinsky	Burlington VT	1:58:00
111	Denise Farmer	Winooski VT	1:58:11
112	Bonnie Gadapee	St Johnsbury VT	1:58:16
113	M. Malboeuf	St Albans VT	1:58:22
114	Signe Daly	Burlington VT	1:58:36
115	Nicole Miles	Northfield VT	1:58:50
116	M W-McNaughton	Weathersfield VT	1:58:51
117	Kate Hayes	Brattleboro VT	1:58:52
118	Margo Austin	Richmond VT	1:59:10
119	May Chow	Burlington VT	1:59:15
120	Sara Bell	Colchester VT	2:00:01
121	Carolyn Howard	Charlotte VT	2:00:03
122	S. Makouij	Bridport VT	2:00:12
123	Cindy Sherwood	St Albans VT	2:01:06
124	Katie Cleggett	Burlington VT	2:01:09
125	Megan Mulhern	Burlington VT	2:01:10
126	Jane Powell	St Albans VT	2:01:20
127	K. Oppenheimer	Shelburne VT	2:01:38
128	Kathy Rossier	Ferrisburgh VT	2:01:42
129	Jesse Phillips	Warren VT	2:01:46
130	Karen Alence	So Burlington VT	2:01:51
131	Jennifer Wefers	Richmond VT	2:01:55
132	Susan Peterson	Essex Jct VT	2:01:58
133	Amy Rowbottom	Norridgewock ME	2:02:22
134	Kelly Goodell	So Burlington VT	2:02:23
135	Lucy Qiu	Brighton MA	2:02:25
136	Christy Pilsucki	Hinesburg VT	2:02:27
137	Kim Groshek	Jefferson WI	2:02:33
138	Melissa Wyman	Burlington VT	2:03:01
139	Maureen Murphy	Hinesburg VT	2:03:05
140	Alaina Murphy	Charlotte VT	2:03:18
141	Clarice Streets	Fairfax VT	2:04:51
142	Michelle Wheeler	Burlington VT	2:04:52
143	Michelle Chase	Grand Isle VT	2:05:01
144	M. Antonucci	Essex Jct VT	2:05:05
145	Britney Hayes	Colchester VT	2:05:30
146	Rosemary Rusin	Florence VT	2:05:38
147	Diane Christie	Milton VT	2:05:48
148	Kathy Snell	Shelburne VT	2:06:04
149	Jessica Gerhart	Wolcott VT	2:06:20
150	Jill Greene	Burlington VT	2:06:26
151	Jennifer Tillman	Claremont NH	2:06:56
152	Jillian Zaleski	Pittsford VT	2:07:07
153	Ariel Clark	So Burlington VT	2:07:10
154	Megan Greenleaf	Burlington VT	2:07:11
155	Heather Berg	Colchester VT	2:07:30
156	Angela Paoli	Essex VT	2:07:31
157	Missy Reynolds	Milton VT	2:07:44
158	Liza Wiley	St Simons Island	2:09:19
159	Megan Johnson	Burlington VT	2:09:25
160	Betty Fisk	Portsmouth NH	2:10:10
161	Julie Dimmock	Burlington VT	2:10:33
162	Crystal Porter	Cambridge VT	2:11:11
163	Lyndsy Clark	Burlington VT	2:11:40
164	M. Schlatter-Walsh	Burlington VT	2:11:50
165	Tate LeFevre	Brooklyn NY	2:11:51
166	Janine Ross	St Albans VT	2:12:01
167	Jacqueline Novak	Brooklyn NY	2:12:08
168	Jillian Ferriter	Burlington VT	2:12:26
169	B.Stapenhorst	Montpelier VT	2:12:38
170	Heidi Turner	Williston VT	2:12:42
171	Tanya Noyes	So Burlington VT	2:12:42
172	Mary Cole	Essex Jct VT	2:13:05
173	Hannah Scaife	Northampton MA	2:13:09
174	Keren Turner	Burlington VT	2:13:21
175	J. Cubino-Beganyi	Burlington VT	2:13:21
176	Emily Berry	Burlington VT	2:16:00
177	Lynn Lena	Cambridge VT	2:16:26
178	Jill Previti	Fairfield VT	2:16:26
179	Penni French	Jeffersonville VT	2:16:55
180	Bonnie Anderson	Burlington VT	2:17:39
181	Jackie McElligott	Northfield VT	2:17:51
182	Ana Barria	Colchester VT	2:18:13
183	Maribel Bove	Colchester VT	2:18:14
184	Liisa Reimann	Burlington VT	2:18:17
185	Linda King	Moretown VT	2:18:34
186	Vivian Hunter	Burlington VT	2:18:38
187	Stacy Potts	New Braintree MA	2:19:29
188	Bethany Silva	Burlington VT	2:19:51
189	Dhyana Bradley	Essex Jct VT	2:20:04
190	Laura Chadwick	Essex Jct VT	2:20:20

191	S. Whitchurch	St Johnsbury VT	2:21:42
192	Stephanie Howell	Essex Ctr VT	2:22:04
193	Elizabeth King	Moretown VT	2:22:06
194	Kika Bronger	So Burlington VT	2:23:19
195	Gisela Veve	So Burlington VT	2:23:20
196	Dana Hard	Essex VT	2:23:46
197	Katie Rose	Essex VT	2:23:55
198	Corrie Parker	So Burlington VT	2:24:01
199	Susan Madrigan	Brattleboro VT	2:28:56
200	Alison Frye	Putney VT	2:29:57
201	Julie Riffon	Colebrook NH	2:30:17
202	Tiffany Stuart	Colchester VT	2:30:18
203	Angela Filion	Colchester VT	2:30:19
204	Jennifer Wissell	Jericho VT	2:31:15
205	Sherry Ricker	Burlington VT	2:31:19
206	Huong Vu	Essex VT	2:33:09
207	Jenna Allard	Williston VT	2:33:11
208	J. Graham-Garcia	Newmarket NH	2:35:28
209	Lisa Meister	Harlem GA	2:35:29
210	D. Shepardson	Hinesburg VT	2:35:33
211	Judith Craig	QC Canada	2:40:54
212	Chris Caswell	Burlington VT	2:42:12
213	Christine Toomey	Burlington VT	2:45:16

Overall Men

1	Connor Jennings	Concord NH	1:14:46
2	Justin Ryea	Burlington VT	1:15:37
3	Tony Bates	Salisbury VT	1:16:14
4	Scott Atkins	Stowe VT	1:18:48
5	Thomas Howard	Brooklyn NY	1:19:48
6	Eric Darling	Shelburne VT	1:20:08
7	Lucas Moore	Wolcott VT	1:21:37
8	Todd Archambault	Essex Jct VT	1:22:10
9	Matt Alexander	Richmond VT	1:22:19
10	Mark Wanner	Bar Harbor ME	1:23:25
11	George Cook	Montpelier VT	1:24:06
12	Joe Carrara	Charlotte VT	1:24:31
13	John Carney	St Albans VT	1:24:44
14	Barry Gruessner	Burlington VT	1:25:06
15	Sam Davis	Colchester VT	1:26:00
16	Chris Cover	Richmond VT	1:26:34
17	Ken Schatz	So Burlington VT	1:27:32
18	Colby Nixon	Burlington VT	1:28:10
19	Robert McDougall	So Burlington VT	1:28:25
20	Ken Sluti	Fonda NY	1:28:37
21	Ryan Cloutier	Burlington VT	1:28:52
22	Daniel Connors	Williston VT	1:30:03
23	Timothy Ambrose	No Ferrisburgh VT	1:30:16
24	James Dutra	Burlington VT	1:31:04
25	Michael Burris	Shelburne VT	1:31:29
26	Greg Bergeron	Milton VT	1:31:33
27	T. Malinowski	Jericho VT	1:31:34
28	Duaine Simms	Ottawa ON	1:31:35
29	Chris Shaffer	Newport VT	1:31:48
30	Lyman Clark	Williston VT	1:31:54
31	Derek Rodriguez	So Hero VT	1:32:20
32	Jamie Bachinski	Williston VT	1:32:20
33	Charles White	Burlington VT	1:32:42
34	Michael Chase	No Hero VT	1:32:44
35	Tobias Wartacz	Hanover NH	1:33:00
36	Tim Bunting	Colchester VT	1:33:18
37	Bob Ayers Jr.	Colchester VT	1:33:41
38	Victor Sherbrook	Lyndonville VT	1:33:58
39	Kevin White	Burlington VT	1:34:02
40	A.Lacourciere	Essex Jct VT	1:34:09
41	Steve Kayhart	Addison VT	1:34:27
42	Thomas Rogers	Winooski VT	1:34:31
43	Gary Kessler	Waitsfield VT	1:34:36
44	D. Miller-Arsenaul	Middlesex VT	1:34:55
45	Matthew Soroka	Rutland VT	1:35:09
46	Kevin Dowling	Essex Jct VT	1:35:27
47	Bob Trautwine	So Burlington VT	1:35:36
48	Joseph Stetzel	Vergennes VT	1:35:57
49	Tim Heney	Montpelier VT	1:35:57
50	F. Etienn Brossea	St-Jean Sur Richeli QC	1:36:06
51	Thomas LaCroix	Milton VT	1:36:07
52	Greg Beshore	So Duxbury VT	1:36:11
53	Jun-Rong Chen	Northfield VT	1:36:25
54	David Gladstone	Middletown CT	1:36:37
55	Jonathan Vass	Stowe VT	1:36:45
56	Michael Phillips	Richmond VT	1:37:01
57	Sean Mitchell	Burlington VT	1:38:00
58	Scott Scgambato	Broadalbin NY	1:38:13
59	Ryan Rossier	Brookline MA	1:38:22
60	Brandon Dube	Grand Isle VT	1:38:26
61	Chris Wolff	Burlington VT	1:38:27
62	Gary Dukas	Sheldon VT	1:38:46
63	Scott Moreau	Westford VT	1:39:44
64	Kevin Hren	Shelburne VT	1:39:53
65	Fred Stapenhorst	Montpelier VT	1:40:03
66	Andrew Raubvogel	Burlington VT	1:40:16
67	Martin Silverstrim	Essex Jct VT	1:41:02
68	Matt Clark	Essex Jct VT	1:41:15
69	Steven Thresher	Montpelier VT	1:41:26
70	Kurt Kaffenberger	Burlington VT	1:41:57
71	Rick Gencarelli	Shelburne VT	1:42:10
72	Robert Niles	Cambridge VT	1:42:11
73	Ken Mello	Williston VT	1:42:17
74	Corey LeBlanc	So Barre VT	1:42:24
75	Raouf Mallouh	Cote Saint Luc QC	1:42:27
76	Joel Ribout	So Burlington VT	1:42:30
77	Steve Robinson	Warren VT	1:42:41
78	John Duncan	Huntington VT	1:42:53
79	Jesse Robbins	Burlington VT	1:42:56

80	Rich Bassett	Burlington VT	1:43:37
81	Matthew Coonrod	Winooski VT	1:43:38
82	Zachary Smith	Essex Jct VT	1:43:52
83	Jason Storer	Burlington VT	1:43:57
84	Joe Grant	Warren VT	1:44:02
85	David Chioffi	Woodstock VT	1:44:45
86	Eric Allard	Williston VT	1:45:06
87	John Zouck	Williston VT	1:45:46
88	Michael Feulner	Waterbury VT	1:45:54
89	Ron Brenner	Lake Placid NY	1:45:59
90	Dave Natale	Ticonderoga NY	1:46:05
91	Michael Kennedy	So Burlington VT	1:46:18
92	Larry Parker	Cambridge VT	1:46:39
93	Ansel Caine	New York NY	1:46:46
94	Andrew Bilodeau	Essex Jct VT	1:46:49
95	Matt Hajdun	So Burlington VT	1:47:07
96	Skip Harris	Essex VT	1:47:26
97	Alan Hull	So Burlington VT	1:48:03
98	Francois Fournier	Chambly QC	1:48:36
99	Kieran Donnelly	Shelburne VT	1:48:44
100	Derek MacDonald	So Burlington VT	1:48:56
101	Damien Saccani	Burlington VT	1:49:02
102	Brian Sullivan	Grantham NH	1:49:09
103	Shawn Lavigne	Jericho VT	1:49:11
104	Paul Hochandel	Burlington VT	1:49:16
105	Joan Ricart	Yarmouth Port MA	1:49:17
106	Phil Bolen	So Burlington VT	1:49:33
107	Gunnar Steates	No Hero VT	1:49:35
108	Jim Gray	Essex Jct VT	1:49:37
109	Peter Dysart	Burlington VT	1:49:37
110	Adam Cole	Essex Jct VT	1:50:07
111	Dan Cusyk	Bridgeport NY	1:50:09
112	Parker Murray	Short Hills NJ	1:50:10
113	Brad Calabro	Burlington VT	1:50:25
114	Wayne Reisberg	Colchester VT	1:51:06
115	Rob Lyon	Nashua NH	1:51:08
116	Lindsay D'Anna	West Windsor VT	1:51:31
117	Seth Brown	Barre VT	1:51:38
118	Manny Cacciola	Colchester VT	1:51:39
119	Paul Huyffert	Shelburne VT	1:51:53
120	Todd Timmerman	Colchester VT	1:52:13
121	W. McDonough	Port Henry NY	1:52:49
122	Owen Banks	Colchester VT	1:52:57
123	Mark Civil	Colchester VT	1:53:02
124	Raasoch Krister	Burlington VT	1:53:22
125	Michael Senthall	So Burlington VT	1:53:28
126	Jeffrey Hagstrom	Burlington VT	1:53:36
127	Gary White	Derby VT	1:53:38
128	David Baroudy	Burlington VT	1:53:57
129	John LaCroix	Williston VT	1:54:12
130	TJ Kingsbury	Burlington VT	1:54:22
131	Michael Hatch	Jericho VT	1:54:34
132	Dory Robinson	Burlington VT	1:55:33
133	Declan Connolly	Burlington VT	1:55:34
134	Ron Devoe	Peabody MA	1:55:40
135	Bob Murphy	Barre VT	1:56:08
136	Jim Cunningham	Ticonderoga NY	1:56:31
137	Thomas Barnes	So Burlington VT	1:57:06
138	Robert Molleur	Jeffersonville VT	1:57:21
139	Andrew LaBounty	Saint Albans VT	1:57:29
140	James LeClair	Colchester VT	1:57:52
141	William Wade	Latham NY	1:57:55
142	Chad Disorda	Colchester VT	1:58:11
143	Mike Drake	Essex Jct VT	1:58:43
144	Giles Smith	Yarmouth Port MA	1:58:46
145	Chris Lintermann	Stowe VT	1:58:50
146	N. McNaughton	Weathersfield VT	1:59:13
147	A. Richardson	Chelsea VT	1:59:24
148	Peter Snell	Shelburne VT	1:59:28
149	Dave Rochelleau	Colchester VT	1:59:57
150	Shaun Coleman	Fairfax VT	2:00:35
151	Mark Jennings	Burlington VT	2:00:58
152	Justin Guerin	Colchester VT	2:01:53
153	Philippe Soutiere	Essex Jct VT	2:02:52
154	Scott McDade	Shelburne VT	2:03:18
155	Scott Houser	Burlington VT	2:03:21
156	Kyle Arnold	So Burlington VT	2:03:22
157	Joe McGrath	Burlington VT	2:04:27
158	Quentin Dombro	Burlington VT	2:04:46
159	Scott Perrapato	So Burlington VT	2:04:54
160	Joe Malboeuf	St Albans VT	2:07:45
161	William Northup	Shelburne VT	2:09:09
162	Newton Baker	Montpelier VT	2:09:16
163	Jacques Brosseau	QC Canada	2:09:23
164	John Smith	Burlington VT	2:09:33
165	Billy Gagnon	Burlington VT	2:10:33
166	Jason Booth	East Fairfield VT	2:12:18
167	C. Mazur	Burlington VT	2:12:43
168	Jeff Stauch	Middlebury VT	2:12:50
169	Michael Cornell	Burlington VT	2:13:37
170	David Bombard	Underhill VT	2:14:06
171	Scott Chase	Plattsburgh NY	2:14:32
172	Bill Bissonette	Shelburne VT	2:15:03
173	Charlie Whitney	New Braintree MA	2:19:30
174	Richard Ferno	Williamstown VT	2:21:48
175	Brian Wilcox	Morrisville VT	2:25:22
176	Luis Bauzo	Castleton VT	2:31:34



RACE RESULTS

30TH ANNUAL GMAA KAYNOR'S SAP RUN —6 MILES April 4, 2009 Westford, Vermont

Women 19 & under

1	Molly Hebert	Charlotte VT	52:08
2	Maddy Christian	Williston VT	52:09
3	Virginia Farley	Charlotte VT	52:10
4	Feora Leveillee	Essex VT	52:22

Women 20-29

1	Tessa Auwarter	Winooski VT	42:25
2	Heather Lutton	Burlington VT	46:47
3	Susan Grisculo	Burlington VT	55:52
4	Tara Whitney	Burlington VT	56:18
5	Lauren Kavanaugh	St Albans VT	56:23
6	Laura Pickrell	Burlington VT	61:56
7	Meredith Cooper	So Burlington VT	65:08
8	Kate Keugh	Burlington VT	65:11
9	Jessica Scharf	Burlington VT	65:27
10	Jolene Renaud	So Burlington VT	66:42
11	Drina Vurbic	Burlington VT	73:46
12	Jessica Stuart	Westford VT	75:59

Women 30-39

1	Jessica Bolduc	So Burlington VT	42:36
2	Serena Wilcox	Cambridge VT	43:04
3	Sarah Auer	St Albans VT	44:45
4	Cathy Eustis	Essex Jct VT	47:56
5	Ellen Kane	Richmond VT	48:22
6	Beth Bowen	Essex Jct VT	48:39
7	Danielle Grise	Burlington VT	49:58
8	Erin Weaver	Jericho VT	50:11
9	Susannah Myers	So Burlington VT	50:16
10	Casey Dearborn	Hyde Park VT	50:25
11	Sarah Lomas	Underhill VT	52:55
12	Sherry Ricker	Burlington VT	54:27
13	Amy Giuliani	Essex VT	60:23
14	Nicky Patterson	St Albans VT	60:46
15	Lisa Phillips	St George VT	61:41
16	Dhyana Bradley	Essex VT	62:45
17	Laura Chadwick	Essex Jct VT	64:42

Women 40-49

1	Anne Treadwell	Burlington VT	44:06
2	Julia Lewis	Burlington VT	46:03
3	Jackie Marino	Burlington VT	52:16
4	June Golato	Grand Isle VT	52:44
5	Angela Paoli	Essex VT	75:57

Women 50-59

1	Cathy Martell	Georgia VT	50:39
2	Ruth Blauwiekel	Colchester VT	51:10

Women 70-79

1	Betty LaCharite	Winooski VT	77:17
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Men 19 & under

1	Travis Miller	Burlington VT	43:51
2	Timothy Varhue	Milton VT	47:27

Men 20-29

1	John Ostler	Morrisville VT	34:00
2	Tyler Ludington	Morrisville VT	36:15
3	Nathan Fields	Winooski VT	38:06

4	Mike Femia	Burlington VT	39:56
5	Matt Salter	Essex Jct VT	42:16
6	Tim Bunting	Burlington VT	42:54
7	Lee Wood	Burlington VT	43:16
8	Peter Hurd	Burlington VT	44:41
9	Eric Allard	Williston VT	47:12
10	Patrick Wood	Burlington VT	47:27
11	Michael Audet	So Burlington VT	53:10
12	Benjamin Stuart	Westford VT	57:43

Men 30-39

1	Matthew Dall	Colchester VT	36:11
2	Loren Voyer	Essex Jct VT	37:05
3	Todd Archambault	Essex Jct VT	39:00
4	Mike Fink	Guilford VT	39:52
5	Matthew Roth	St Albans VT	40:00
6	Travis Voyer	Essex Jct VT	41:51
7	Morgan Samler	Colchester VT	41:56
8	Andy Bowen	Essex VT	42:16
9	Pete Land	Burlington VT	42:41
10	Zachary Kramer	Colchester VT	43:07
11	Jeff Labossiere	Westford VT	43:37
12	Chris Matthews	Westford VT	43:57
13	Thomm Buttolph	Colchester VT	43:58
14	Scott Magnon	So Burlington VT	45:57
15	Charlie Whitney	New Braintree MA	47:01
16	Michael Dabbs	Winooski VT	47:39
17	Shane McCormick	Hinesburg VT	49:03
18	Skip Harris	unknown	49:28
19	Michael Hurd	Burlington VT	50:57
20	Ryan Dorfman	Essex VT	51:18
21	Jesse Downs	Jericho VT	52:56
22	Patrick Bradley	Essex Jct VT	56:39
23	Thomas Chadwick	Essex Jct VT	64:42

Men 40-49

1	Joshua Brown	Burlington VT	34:39
2	Tony Bates	Salisbury VT	35:56

3	Michael Early	Huntington VT	37:12
4	Sam Davis	Colchester VT	39:23
5	Allen Mead	Hinesburg VT	39:49
6	Barry Gruessner	Burlington VT	40:15
7	Chris McBride	Westford VT	41:09
8	William Hella	Charlotte VT	42:11
9	Ray Bosley	Fairfax VT	43:02
10	Scott Nichols	Essex VT	43:33
11	Gary Balaun	Essex VT	46:51
12	Eric Dague	Burlington VT	47:14
13	Jim Leveillee	Essex VT	52:23

Men 50-59

1	Randal Sightler	Burlington VT	37:52
2	Jack Pilla	Charlotte VT	37:57
3	Ken Schatz	So Burlington VT	41:12
4	Pascal Cheng	Burlington VT	41:29
5	David Emerson	Westford VT	42:49
6	Dhyan Nirmegh	Huntington VT	44:37
7	Dave Fields	Underhill VT	45:14
8	James Palmer	Williston VT	45:32
9	Grant Orenstein	Calais VT	45:41
10	Charles Windisch	Essex Jct VT	47:42
11	Bruce Patterson	Fairfield VT	48:19
12	Michael Gordon	Essex Jct VT	49:02
13	W. Perry Bland	Westford VT	49:56
14	Brian Clark	Jericho VT	52:03
15	Mike Lacharite	Winooski VT	52:34

Men 60-69

1	Chuck Arnold	Burlington VT	43:30
2	Gerald Duprey	Rouses Point NY	49:57
3	Frank Connors	Colchester VT	81:00

Men 70-69

1	Phillip Howard	Burlington VT	62:09
2	Don LaCharite	Winooski VT	77:25



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Sunday May 17

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