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**July, 2009
Volume XVIII
No. XI**

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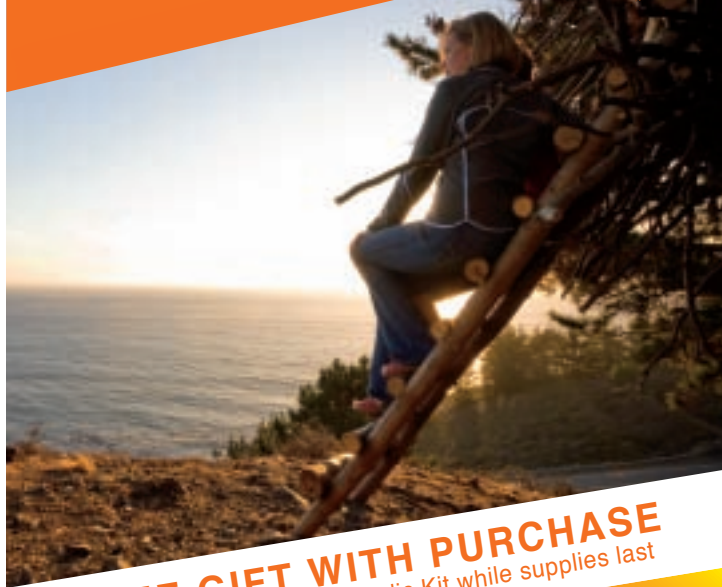
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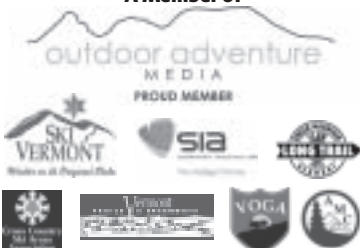
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July 2009

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On the Cover: Emily Johnson, swimming in Nelson Pond in Calais, VT.

This page: Kayakers enjoy a sunset paddle on Lake Champlain. Photos by Brian Mohr, Emberphoto.com.



**EDITOR
COMMENTARY**
BY
KATE CARTER

VERMONT SPORTS MAGAZINE GOES DIGITAL

As the rest of the world becomes immersed in digital communications, we at *Vermont Sports* have continued to print our magazine on paper, increased our circulation to 20,000, distributed it for free at over 300 locations, and offered a year's subscription for just \$15.00. With our new web site we have been able to post all of our articles in text format, and you can search the site for articles by name, topic, or author.

All of this is about to change. Beginning with the July issue, which just happens to be the first issue of our twentieth year in print, we will offer the magazine on our web site as a downloadable PDF. This is our first step in reducing our paper consumption. The magazine will still be available in print format, but the goal is to gradually decrease our press run, and thus reduce our use of paper, our costly printing bill, and our substantial distribution fees.

If you want to subscribe to our digital edition, you will have to join the *Vermont Sports* online community. To do that, go to our site and become a member. It's easy to do, and by joining, you prevent spam from seeping through.

A year's subscription to the monthly PDF is \$10. When you subscribe, you have the option of donating one dollar of your subscription to one of three non-profit organizations: Vermont Adaptive Ski & Sports, the Green Mountain Club, or the Craftsbury Outdoor Center. Once you subscribe, you will receive a monthly email notifying you when the next edition is available. The email will provide a link to our web site, where you can log in and download the PDF file. Anyone who subscribes to the digital edition now will be able to download digital editions back to January, 2008.

As we move forward with this project, we will also offer the ability to download one issue at a time, for a one-time fee. One-time downloads are a web feature that takes awhile to develop, and will not be ready for a few more months. This feature will be a great way for anyone whose photo appears in an issue to get a copy, for authors to include digital files of their work in their portfolios, and for companies to obtain copies of any product reviews we publish.

We will continue to archive our articles on our web site in text format, and they will be available free to the public. However, they are text only, and



do not include any of our photographers' outstanding photographs or our advertisers ads. To see those, you'll have to subscribe to the digital or print versions, or pick one up at one of our distribution points, which will be harder to find as time goes by.

I look at a PDF of *Vermont Sports* every month, when we are in production mode, and I have found it easy to read on my computer screen. I encourage all you who are reading my commentary

this month to consider this new-age way of subscribing to *Vermont Sports* for your monthly fix of what's new, who's who, and where to go for your outdoor sports adventures. You can file the PDFs on your computer and refer to them in the future, and if there's an article you might need on the trail, you can print out a copy and take it with you. ☐

— Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

SAILING EPISODES

Ah... July. The hot sun sparkling on the water and a gentle breeze conjures up memories of sailing. For many, those memories are of blissful hours listening to the lap of the waves and the slap of the canvas. Not for me.

My introduction to sailing took place at my cousin's on Cape Cod, before I was a teenager. Stevie was a year older, the son of a naval officer, and very confident around the water. We had been allowed to take out his sailing dinghy without adult supervision, a thrilling prospect. The boat was so small, we were constantly shifting our positions to keep it from flipping. After a wonderful afternoon of zig-zagging across the salt water estuary, we returned triumphantly to the dock and our assembled parents and siblings. As Stevie skillfully guided us to the float, he instructed me to "sit on that gunnel." Instinctively, I did what I was told, as I had all afternoon. The dinghy came to a stop, Stevie stepped onto the dock, and I flipped into the water. When I surfaced, I was greeted by gales of laughter from the crowd of relatives and Stevie's smug grin, confirming that he had set me up.

Almost a decade later, after several

weeks of tough summer training with my friend and skiing rival, Ned Gillette, he suggested a break. His dad, a dedicated weekend sailor, had entered a three-day race and needed a crew. Ned assured me that physical fitness and a positive attitude were more important than sailing experience for this friendly competition. The race began at a fancy yacht club in Manchester-by-the-Sea, northeast of Boston, and I should have known by the size and splendor of the sailboats that this was not just a "friendly competition."

During the first leg, across Massachusetts Bay to the tip of Cape Cod, I was grilled for hours on the name and function of every rope and sail on the boat. It made the S.A.T. seem like a pop quiz. At Provincetown, we rounded a buoy and our mild-mannered skipper nearly went berserk because we were a little clumsy getting the spinnaker up. We roared into the night, heading for some whistle buoy which seemed to be halfway to Ireland. I was awakened in the pitch dark for my four-hour watch, and cautioned to be absolutely silent. The wind had died and we were drifting through a dense fog. In the distance, we could hear the illusive whistle buoy as

well as the fog horns from several of our rival boats. Ned's dad had demanded absolute silence because he didn't want to lead any of his competitors to the buoy. For what seemed like hours, we peered anxiously into the fog, searching for the marker and preparing to fend off other boats.

I don't remember how we finished in that race. I do know, however, that in the four decades since, during which I have participated or coached in hundreds of skiing events, including several Winter Olympic Games, I have never experienced a more intense, gut wrenching determination to win. "Friendly competition," my foot!

It took me another decade to return to sailing. As the Dartmouth ski coach, I was provided access to the college's sailing club on nearby Lake Mascoma. My sister's husband had grown up on a lake in Michigan, so I cajoled him into giving me a sailing lesson. Unfortunately, the Dartmouth sailing dinghies were as unstable as my cousin Stevie's. My brother-in-law and I weren't far from the dock when we went over for the first time. A gracious club member in a motor launch came to our rescue, and we were soon underway again.

But the winds on Lake Mascoma can be fickle, and we flipped again. After our fourth or fifth capsizing, the club member gave up on us. I don't think I advanced my sailing skills that day, but we got a lot of practice bailing.

Then there was the week-long Outward Bound course in Maine's Penobscot Bay back in September '91. It was part of an innovative project joining American Vietnam vets with Soviet veterans of the war in Afghanistan. You've probably heard about the Outward Bound approach—put a bunch of people in a stressful situation, way out of their comfort zone, and let them work it out. Most of the Soviets had never even seen the ocean before! You get the picture...

For the past several summers, my wife's older brother has been after us to join his family for a relaxing sail on Lake Champlain. I'd love to accept, but I'm not sure I could stand the stress. ☐

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

THINGS CHANGE. PEOPLE CHANGE. PASS THE CHEESEBALLS.

RETAIL JUNKIE SUPERSTAR

BY
RYAN JAMES LECLERC



Recently I did something that would make my younger self roll over in this wave. The wave being that of blissful ignorance and youthful exuberance upon which he surfed. After a particularly long and exhausting day at the shop, a nightmare kind of day of trying to make dreams come true, I went home and took a walk with my lovely wife. We held hands and talked and made our way to a nice spot where we sat down and watched the sun set behind the Adirondack Mountains like a giant electric cheese ball sinking into a wool blanket. My younger self would cringe and possibly throw up if he could have seen me sitting there, illuminated in the warm golden light of maturity, especially considering how content I was to be doing exactly that. Horrified, he would then rush back into his time machine and b-line it back to 1995.

My younger self, the single guy who worked at the bike shop, drove a beat up car, didn't have his finances in order, and drank a lot of beer—compared to my current self, the married guy who works at the bike... well, let's not get off track from the story here—would have no interest in pleasant strolls and all that lovey-dovey mucky-muck. As soon as he punched out from a long day of trying to keep dreams from turning into nightmares, he would ride his mountain bike until he was a sweaty, dirty, bloody mess. His only concern regarding the sunset would be trying to get out of the woods before it occurred, so as to avoid riding into a tree.

But quality time with my nice lady is something that I enjoy a lot these days, and if I don't ride my bike every single night, then so be it. People change and things change and that is okay. My younger self was too dumb to understand that—compared to my current self who is... well, no need to get off track again—but these days, a pleasant walk with my lovely wife is not the only excuse I have for not riding my bike every night after work. There are other forces at play. One of them involves throwing Frisbees at

trees, a game we call Frisbee Golf. The other, the thrilling game of Bike Polo, involves riding around on a clunker bike chasing a ball with a mallet. Even if it is a stretch, Bike Polo can at least be called bike riding, technically.

If you're not aware of the exciting game of Frisbee Golf, it is played a lot like regular golf, only with Frisbees instead of golf balls, trees or rocks or the doorways of sheds instead of holes, and instead of a bag of golf clubs, a bag of beers. This is not to be confused with Disc Golf, where instead of Frisbees, they use regulation "discs," instead of trees or rocks or doorways to sheds they use official looking structures made of chains and metal, and to further separate them from hacks like us and to further legitimize Disc Golf, or "Disc," as a legitimate sport, they carry around much fancier bags for their beers.

The slightly more active game of Bike Polo was introduced to us by Bart, one of my favorite fellow coworkers, and has since become very popular with all of us and our group of hardcore mountain bikers. Only a few short years ago, we would all be racing to the woods to hit the trails after work. More often these days however, we are all racing to the beer store on the way to a parking lot to hit a duct tape covered ball around the parking lot with a piece of plastic tubing bolted to a ski pole shaft. Like Frisbee Golf, it may be viewed as a shameful thing to do on a glorious summer night, while the single-track waits for action like a snowmobile buried in tall grass, but at least we are turning pedals. And as Chinch Bug pointed out after a game the other night, it is a good workout, especially when after two or three games you're the one chosen to ride down to the beer store for more beer.

To Bart's credit, although he is responsible for the Bike Polo craze that has swept us all off our mountain bikes, he is the most dedicated when it comes to riding bikes for real. But people change and things change, and it won't be long

before he is spending more evenings taking sunset walks with his nice lady. Only in his case, he'll be pushing a stroller. His younger self would most certainly cringe, but his not-in-the-too-distant-future self may enjoy it, warm golden light and all.

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

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LATERAL ANKLE SPRAIN AND CHRONIC ANKLE INSTABILITY

The commonly occurring lateral ankle sprain, also called an inversion sprain, can be the precursor to painful and disabling chronic ankle instability. The ankle twist, rollover, or sprain may be the most overlooked athletic injury, and for that reason may also be amongst the worst. A common ankle sprain can lead to ankle instability, cartilage damage, arthritis, and a lifetime of ankle pain. It often occurs in sports that involve jumping, moving side to side, rapid direction changes, and for runners and hikers, running and hiking on uneven surfaces. Once an ankle sprain occurs, ligaments that are responsible for ankle function may heal, but never return to normal strength and full function.

ANKLE ANATOMY

The anterior talo-fibular ligament, commonly referred to as the ATFL, resides on the lateral side of the foot. One end attaches to the talus in the foot, and the other end to the fibula in the lower leg. The ATFL works in conjunction with the calcaneal-fibular ligament and the posterior talo-fibular ligament, but in a lateral ankle sprain it is the ATFL that is usually injured.

The lateral ankle sprain can



be an uncomplicated injury or it can be very complicated, involving bone fracture and displacement. The complicated injuries usually get the appropriate treatment attention. It's the uncomplicated sprains that too often fall into a treatment program that involves only rest for a few days, leaving the ATFL susceptible to re-injury.

Too many times the lateral ankle sprain is referred to as a "simple sprain." I do not believe a "simple sprain" exists. Ligaments want to heal, but in the ankle, because of the normal

stresses of ambulation, the ligaments will heal, but a laxity will remain. This laxity will put the ankle at risk for additional sprain and twist injuries.

Tendons are also at risk in an ankle sprain. Both the peroneal longus and peroneal brevis tendons are susceptible to injury during an ankle sprain. This muscle-tendon complex is important to normal foot and ankle function, and in the prevention of the inversion sprain. Malfunction of this musculo-tendon unit, combined with injury to the ATFL, will increase the risk for recurring ankle sprains and eventual instability.

MECHANORECEPTORS

The lateral side of the ankle is endowed with nerve endings that communicate with the brain, creating a constant awareness of ankle joint position at any given time in the gait cycle. Recent biomechanical and neurological studies lead to conclusions that these neuromuscular pathways are responsible, in part, for ankle stabilization. These same receptors can be interrupted when an inversion sprain occurs. Functional disruption of the ATFL and treatment that is less than optimal will lead to recurring ankle injury, loss of ligament structural support, and damage to the co-existing mechanoreceptors, all of which ultimately contributes to further and chronic instability.

CHRONIC ANKLE INSTABILITY

Acute lateral ankle sprains are successfully treated most of the time, however, studies indicate that 10 to 20 percent of all acute injury goes on to become a chronic recurring problem. The key indicator that ankle instability exists is not pain, but a multitude of recurring twists and rollovers of the ankle joint. These do not always cause

disability, pain, swelling, or even the telltale black-and-blue discoloration associated with an ankle sprain. The ankle joint will get to a point that it can easily move out of control and position. With each additional incident, instability of the ankle will increase and less provocation is needed for the rollover to happen. An athlete who is aware of frequent rollovers will become hesitant and insecure about the biomechanical movements necessary to pursue his or her sport.

DIAGNOSIS AND TREATMENT REGIMES

Any lateral ankle sprain should be considered to include injury to the ATFL, as well as the peroneal longus and peroneal brevis tendons, until proven otherwise. Examination by X-ray is primary, and must include stressed ankle views to evaluate the position of the talus in the ankle mortise. An increased talar tilt within the mortise on an anterior/posterior x-ray indicates the possibility of an ATFL injury.

The ATFL is very deep in the ankle, running bone-to-bone, from the talus to the fibula. Recent studies have concluded that when it's torn or ruptured, the peroneal tendons are most likely injured as well. These tendons course through a gossamer structure called the retinaculum. This musculo-tendon structure aids in stabilizing the foot and ankle, helping to prevent recurring inversion sprains.

Once an inversion sprain is diagnosed, it must be taken seriously. This is accomplished with the use of cam-walkers followed by air splints to immobilize the ankle. The ATFL, like any ligamentous structure, wants to heal and heal strong. The retinaculum, though thin and subtle, is also a ligament, and it wants to follow suit. If we provide stability to the damaged ankle by using a cam-walker and air splint, healing will occur in about three weeks. At this point, return to sport is possible without hesitation.

An ankle injury that is not rigorously treated may progress to recurring inversion sprains. When this occurs, MRI imaging will identify the injured structures and surgery should be considered to restore stability of the ankle joint. Platelet Rich Plasma therapy has proven to be a successful non-invasive treatment in many instances, and should not be overlooked. ▮



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



Hike, Bike, or Kayak to Celebrate History

BY PHYL NEWBECK

Four hundred years ago, Samuel de Champlain became the first European to paddle the Almost Great Lake that now bears his name. This year, both states and the province bordering Lake Champlain are scheduling a variety of events to celebrate the Quadricentennial. While many events fall into the historic or cultural categories, several involve sports and recreation. For those interested in using this historic occasion as an excuse to hike, paddle, or bicycle, there are a number of events which fit the bill.

CYCLING

Lake Champlain Bikeways has planned a series of eight bicycle trips which will circumnavigate the lake. They created maps for all the rides, but only four are scheduled on specific days. Maps are available for all eight on the Lake Champlain Bikeways website and at Local Motion.

The scheduled rides come with assistance from the Green Mountain Bicycle Club. On July 12, riders can sample what is probably the flattest 60 miles in the area, with a trip leading north from Grand Isle to Alburgh, over the Rouse's Point Bridge, and down to the Grand Isle Ferry, all on lightly-traveled roads in New York. Two weeks later, on July 26, cyclists can do a 50-mile trek that utilizes roads and bike paths south from Burlington to Charlotte, where they take the ferry across the lake, ride north on the New York side of the lake, and return on the Burlington ferry. On August 16, riders can top that by crossing the lake on three ferries, including the Local Motion bike ferry, for a 50-mile ride that coincides with the arrival of the Golden Re'Al, one of six early 20th century boats that will be docked in Burlington for the celebration. One week later, on August 23, a 60-mile ride goes from Charlotte down to Chimney Point, across the Crown Point Bridge, and back up the New York side before returning to Burlington via ferry.

For those wanting to circle the lake all at once, a more ambitious ride is set for July 26th. The Champlain 300K, sponsored by Audax Vermont, begins at 5 a.m. at the Old Spokes Home in Burlington. The route goes north through the Islands, across the Rouse's Point bridge, down the New York side to the Crown Point Bridge and then back up to Burlington. Those not quite up to the 300K can shorten it to 200K by crossing back to Vermont on the Essex ferry to Charlotte. It is estimated that the 200K will take 13 and a half hours, while the full 300K will take 20 hours. The ride falls under the auspices of Randoneurs USA, and at this point, a group of almost 20 riders is expected. Because it is a sanctioned ride there will be a minimum of four "control points," where riders get their cards stamped in general stores or post offices.

HIKING

A number of treks are being held in conjunction with the Quadricentennial. The Lake Champlain Land Trust is leading three short hikes. The first was a guided walking geology tour on June 18, which went to Goodsell Ridge on Isle LaMotte,

said to contain the most complete fossil record of the world's oldest reef. The Ridge was conserved in 2005 by the Lake Champlain Land Trust and the Isle La Motte Preservation Trust.

On July 10th, LCLT will sponsor a short hike to Hoyt Overlook, which was conserved by the land trust in 1998. Lastly, the group will sponsor a hike at the Round Pond Natural Area on South Hero on August 8th.

PADDLING

One planned event almost did not take place. A "Great Champlain-Hudson River Sojourn" kayak expedition had been planned by the Hudson River Valley Greenways Council of New York, but the Council lost most of its funding and staff thanks to state budget cuts, and backed out of the Vermont section of the trip. Ruth Miller of the Champlain Kayak Club has revived that section with the Lake Champlain Quadricentennial Kayak Expedition that takes place from July 2 to 11. The trip goes south from the Canadian border to Whitehall, NY. It will be self-supported, with paddlers staying at state parks and other venues such as Shelburne Farms and the Lake Champlain Maritime Museum. The expedition will also feature guest speakers along the route. Paddlers can choose the full expedition or just join for a day or two.

So get out your hiking shoes, tune up your bike, and take your kayak out of storage. Celebrate the Quadricentennial with your favorite form of recreation.

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She is the leader of one of the Lake Champlain Bikeways / Green Mountain Bicycle Club rides and hopes to partake in other rides, as well as part of the kayak expedition. Phyl is also a skier and skater and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

MORE INFO:

Quadricentennial—www.champlain400.com

Audax Vermont—www.audaxvermont.com

Champlain Kayak Club—www.ckayak.com

Friends of the Winooski River—www.winooskiriver.org

Green Mountain Bicycle Club—www.thegmbc.com

Lake Champlain Bikeways—www.champlainbikeways.org

Lake Champlain Committee—www.lakechamplaincommittee.org

Lake Champlain Land Trust—www.lclt.org

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Preparing for your **FIRST** Triathlon

BY BILLIE MUNRO AUDIA

Triathlons are multi-sport events that include swimming, cycling, and running. They are exhilarating, intense, and fun. If you are considering your first triathlon, chances are that you already swim, bike, or run, or perhaps a friend recently raved about his or her triathlon experience and you want to give it a go yourself. Whatever your motivation, your goal should be to cross the finish line smiling.

“Most first timers cross the finish line exhilarated—albeit exhausted—with a huge sense of self-satisfaction,” remarks Charlie Taber, special event coordinator for Eastman Recreation in Grantham, NH. Charlie also is a century-distance cyclist and manages the Eastman Splash, Mash and Dash Sprint Triathlon held at Eastman Lake. He estimates that about a third of the participants are first-timers each year. “The Eastman Tri is a perfect event for first timers because the course is scenic and straight-forward, yet challenging enough to give you a true sense of accomplishment.”

To enhance the thrill of completing your first triathlon you’ll need to prepare properly. Proper preparation includes paced athletic training, visualization, eating for energy, rest, and recovery, as well as race day logistics. If you’re a beginner, here are some tips to help make your first triathlon a success. You may also want to consult online resources or a triathlon coach to align your fitness level and tri goals with an appropriate training plan.

IT’S ALL IN THE DETAILS

“The number one mistake first-timers make is not being prepared, that is not being organized for the actual event,” says Ann Greenwald. She should know—she manages the Upper Valley Triathlon Club, a group that meets regularly at the Upper Valley Aquatic Center for training rides, swims, and coaching sessions. She explains, “By being prepared, not only in terms of athletic training, but also from an organizational perspective, first-timers give themselves a boost over the competition, especially in the critical T-zones.”

T-zones are the transition stations in between each sport. T1 is the transition where you dry off from the swim, don your helmet, and head out onto the cycling course. T2 is the transition where you exchange your cycling gear for your running shoes and dash out for the run. The time you spend in the T-zones is part of your overall race time, so “smooth and short” is the t-zone mantra: logistically smooth and as short a duration as possible.

To nail the T-zone, you have to practice. Try to do a few swim/bike and bike/run combination sessions prior to the race. These are called “blocks” in triathlon parlance. Doing blocks allows you to experience the athletic shift your body makes when switching from swim to bike or bike to run. If you crank out 14 miles on

your bike, jump off and immediately set out to run 3 miles, your quadriceps will probably feel like cement blocks about 400 yards after you start running. Some consider that mildly uncomfortable, while others describe it as temporarily paralyzing. Working through it prior to race day is critical.

Block training also allows you to experience the transition logistics. Think about the gear you will need when you come out of the water: a small towel to dry off, bike shoes opened-up and ready to go, as well as water to quench your thirst. Set it all out for your practice T1, take note of what works, and make a checklist for race day. If you have the opportunity, attend a triathlon, hang out near the transition area, and observe the triathletes going through T1 and T2. You will pick up lots of tips. This type of preparation will set you apart from most first-timers on race day.

After you have the logistics down, time yourself doing a T1 and a T2. While it may feel as though you are transitioning at lightning speed, you'll likely be surprised how long it takes. Once you know, you can adjust accordingly prior to race day. In one of my first triathlons I wore neoprene booties in the open-water swim because I did not want lake-bottom muck all over my feet for the race. However, that "luxury" cost me, as I had to wrestle off the wet swim booties before I could dry my feet. In that tri, my T1 time was more than four minutes, which hurt my overall time. Now I swim sans booties and use a water bottle to rinse off my feet before drying them on the towel set out on the ground, while I simultaneously adjust my bike helmet. Much quicker!

Tugging bike shorts onto wet legs can be frustratingly time-consuming. After you do it during your T1 practice drill, you may decide to invest in a tri-suit (one suit that you swim, bike, and run in) or to slather BodyGlide® on your skin before the


race, so your bike shorts pull up quicker. If you plan to wear a wet suit for the swim, be sure to practice swimming in it prior to race day, as well as un-zipping it as you run out of the water and remove it as you prep for the cycling leg. At the annual Mooseman Triathlon Festival in Newfound, NH, teams of "wet suit stripping" volunteers line the beach and help competitors get out of their suits en route.

The distance for each leg of a triathlon varies depending on the particular event's designation: Sprint, Olympic, or Ironman (see side bar). Tackling a sprint-distance is your best bet for your first triathlon. Some first-timers may find it easiest to "get their feet wet" by competing as part of a relay team. The Eastman Splash, Mash and Dash Triathlon offers a relay option and that convinced Beth Weinman, a former competitive swimmer and recent Upper Valley transplant from Colorado, to participate as a first-timer. Beth admits, "Given that I am not doing the bike portion, I will have plenty of time to transition from wet suit to running clothes while my friend cycles. This makes the event easier for a newbie like me."

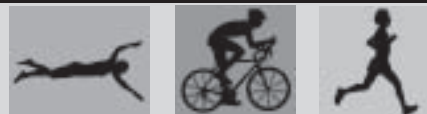
Although Beth is a strong swimmer, the idea of a competitive swim in a lake is daunting, in particular, she says, "the lack of visibility, sheer number of swimmers, and water temperature are intimidating." This is a common theme for first-timers.

Charlie Taber confirms, "Hands down, the open-water swim with more than 50 people in each wave is generally the most challenging piece." Luckily to date, no one has ever crawled over me during the swim in any triathlon. A few unintentional kicks in the head should be expected, so try to space yourself away from other swimmers if possible without adding to much distance onto your swim. Also, try training when the pool is busy, so you get accustomed to swimming close to others and in choppy water.

Of course, you should do a few open-water swims prior to the event, as swimming across a dark lake, while raising your head to spot the buoy is far different from swimming laps in a crystal clear pool.

One last word of wisdom: don't do anything on race day that you have not already tried and tested. Don't let race day be the day you try out a wet suit or a new sports drink. If you have not done it before, race day is not the time to try it. If you train properly, practice transitions, and stick with what works for you, you will enjoy your first triathlon—and likely catch "Tri fever"—and be signing up for many more! 

Billie Munro Audia enjoys competing in sprint-distance triathlons. She also enjoys being a mom, a corporate lawyer, and a member of the Okemo Ski Patrol. She and her family live in the Upper Valley.



TRIATHLON EVENT DISTANCES

Sprint: 1/3-mile swim, 12-mile bike, 3.1-mile run

Olympic: 0.9-mile swim; 24-mile bike, 6.2-mile run

Ironman: 2.4-mile swim, 112-mile bike, 26.2 mile run

WHERE TO TRY A TRI

Many race and event organizers offer triathlons in Vermont and New Hampshire. For a complete list of various-distance triathlons, from sprints to half-ironman distances, see the Vermont Sports Calendar of Events on pages 18-19 in this issue, or visit www.vtsports.com/events.

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Paul Hecht, MD

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Cyclist

Charles Carr, MD

Knee and shoulder specialist
Golfer, snowboarder, skier, scuba diver

Pete Peterson, PA

Sports medicine physician assistant
Rugby player, cyclist, kayaker, hiker

Steve Vincente, PT

Sports medicine physical therapist
Basketball player

John Nutting, MD

Shoulder specialist
Cyclist, rower, runner,
skater, windsurfer, skier

Kristine Karlson, MD

General sports medicine physician
Olympic rower, cyclist,
cross-country skier

John-Erik Bell, MD

Shoulder and elbow specialist
Cyclist, skier, runner

Michael Sparks, MD

Knee specialist
Runner, climber, cyclist, skier

Team members not pictured:

David Edson, PT, Nikki Gewirz, PA,
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ZUTTERMEISTER CHRONICLES

BY
TOM ZUTTERMEISTER

TRAINING FOR A BACK-TO-BACK CENTURY RIDE

For the past five months, in this space, I have reported on my training program for the Prouty Ultimate, two back-to-back century rides on July 10 and 11. I rode my trainer throughout the winter, kept a log of each workout, and gradually increased my speed. I got outside on my bike when the weather turned, and was able to log 220 miles in May. It feels

great to be outside, to have real hills to go up and fly down, and to be a part of the biking culture that envelopes the Upper Valley. But am I really ready for the Prouty Ultimate?

Life definitely gets in the way of my riding. Despite the best of intentions, there are kids' games and concerts, projects around the house, and that work thing, too. As a result, I don't have the outside miles I'd hoped for, and my average speed has dropped from 19 to about 15 miles per hour. So, I try to make my rides purposeful.

One Friday I biked from my favorite (an only) brother-in-law's house to work. The following week I biked home 20 miles on Thursday night and on Friday road 20 miles back to work. I have been consciously getting in back-to-back rides since, instead of a long, long ride followed by a rest day, as a way to prepare my body to recover after riding the first 100 miles on July 10. I feel strong and my endurance seems pretty good. But am I ready?

I was encouraged when I went for a ride with my teammates from M2S. Riding 31.2 miles in a pace line over two hours was great; to draft them and get a rest when I needed it and to take my turn at the front to pull when I could. The camaraderie of the team was exhilarating and made me feel like I could do the back-to-back century. It was a definite boost to the psyche.

I've been a little more careful about my diet while preparing for the ride, but not too much. I like to eat sardines as much for the Omega 3s as for the gross-out factor with the kids. They won't touch them, and I get to keep them to myself. Otherwise, I am eating fairly normally. I have been concentrating on hydrating, using the "clear pee" test to

make sure I am drinking enough. (Just looking at it, not doing the astronaut recycling thing.)

Am I ready? Here's what my pre-event checklist includes: get bike tuned up early; get plenty of rest; carbo-load a few days before; pack waterless soap, sunscreen, and at least one insulated water bottle, sunglasses, cell phone. There is an emergency number on your bib in a charity ride like the Prouty, and if your bike needs to be repaired or you need help, you just call the number on your bib and they answer the phone and take care of you. It is awesome—but you need a phone. Also on my list: bright-colored jersey so the perpetually-blind-to-cyclists motorists can see me.

I'm stretching more. My muscles stiffen up quite a bit, so I always need to stretch before a long ride. Back stretches, neck stretches, arm and leg stretches. Got to do them all.

I wiped out on my bike today. My whole right side has scrapes, but I didn't break anything, and I can still ride. Gotta stay upright, don't let a pretty blonde walking her dog distract you. All that preparation could have been for naught.

Am I ready? I think so. I've done my homework. A few bananas, a lot more water, some more rides, and I'm ready to push off the starting line on July 10 for the Prouty Ultimate. I can't wait! ¶

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

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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

Growing up, my family was a camping family. Each summer, we would load up the car and drive no less than an hour away to spend a glorious week roughing it together at a crowded family campground. It would rain a lot, my parents would argue a lot, and my sister and I would be bored stiff a lot. The mosquitoes living in our tent, however, would be as happy as could be. I still love camping to this day, but a few things have changed...



SIERRA DESIGNS WICKED HOT 45

My parents had a sleeping bag that was nearly as comfortable as their bed. It had a canvas shell, a flannel lining, and in a pinch could double as a boat anchor. When rolled up, and with only a moderate amount of effort, it would even fit into the trunk of the car. These days, I still want a bag that is comfy, but is also lightweight and compact, such as the 23-ounce Sierra Designs Wicked Hot 45. The PrimaLoft Eco insulation, made of fibers spun from recycled soda and water bottles, is earth friendly, highly compressible, and weather resistant. Open the zippered vent near the bottom if your feet need to breathe, or if you so desire, undo the full length zipper to transform the bag into a cozy blanket. This durable, semi-rectangular bag will accommodate folks up to 6 feet tall, and it stuffs down to 8 inches by 18 inches. \$179. www.sierradesigns.com.



BLACK DIAMOND SKYLIGHT

Our family tent was a dark behemoth that smelled like mildew and required many hours and many more swear words to set up. The poles were numerous and in a pinch could double as baseball bats. Tents have come a long way since 1984, and a fine example of tent evolution is the three-season Black Diamond Skylight. It sets up in minutes with three shock-corded Featherlite poles and features a mesh inner wall that offers a panoramic view of all the mosquitoes that can't infiltrate the mesh front panel or the breathable, water resistant, single-wall, EPIC fabric back panel. The Nextec canopy provides protection in inclement weather, while forming a spacious vestibule for gear with which you'd rather not share interior space. Weighing only five pounds, it has plenty of room for two and just enough room for three on its double-silicone-coated, ripstop nylon floor. \$469.95. www.bdel.com.



PRIMUS TILITE

Our camping stove on which Dad would cook bacon and eggs was rusty, clunky, and could double as our version of the Green Monster for our family whiffle ball games. Another example of how far camping gear has come is the Primus TiLite, a foldable stove that comes with its own titanium pot for a combined weight of just seven ounces. At full power, the TiLite produces 13,500 BTUs and can boil water in three minutes, while the adjustable flame allows for simmering. The stove and fuel canister fit inside the pot and into the included net stuff sack for a total space of only 4.7 inches by 3.7 inches. \$165. www.primustoves.com.

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SUMMER!


VERMONT SPORTS PHOTOGRAPHERS SHARE PHOTOS THAT BEST DESCRIBE SUMMER AND THE OUTDOORS.

A wide-angle photograph of two people in kayaks on a large body of water. The sun is setting behind a range of mountains, creating a warm, golden glow across the sky and water. The mountains are silhouetted against the bright sky.


Two paddlers enjoy Lake Champlain as the sun sets behind the Adirondack Mountains. Photo by Brian Mohr.

A person wearing a red cap and a life vest is crouched on a large rock in the middle of a lake. They are holding a long, thin net, and a large fish is visible at the end of the net. The background shows a calm lake and distant mountains under a blue sky with some clouds.


An angler nets a large mouth bass from his rocky perch in the middle of Forked Lake in the Adirondacks. Photo by Lisa Densmore.

A person with a backpack is standing on a rocky mountain ridge, looking out over a vast, hazy landscape of mountains and valleys. The sky is filled with soft, white clouds.

Brian Mohr takes in the view from a ridgeline near Maine's Mount Katahdin. Photo by Emily Johnson.

A person in a blue shirt and waders is standing in a shallow, green pond, casting a fishing line. A black and white dog is sitting on the grassy bank in the foreground. The background is a lush green forest.

Paul Goodhouse, fly fishing for brookies in the beaver ponds in Nebraska Notch. Photo by Kate Carter.

A person is rowing a small boat on a calm lake. The air is thick with mist or fog, and the trees in the background are silhouetted against a soft, hazy light. The overall mood is peaceful and solitary.

A rower enjoys the solitude of an early morning on Waterbury Reservoir. Photo by Kate Carter.

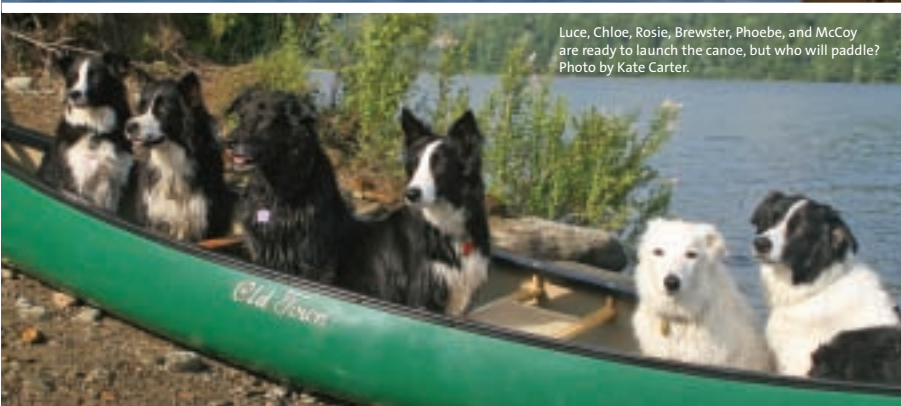
A boy leaps off an old bridge abutment by the Cornish boat landing near the Windsor-Cornish covered bridge on the Connecticut River. Photo by Lisa Densmore.



A hiker relaxes on the summit of Mount Hunger. Photo by Kate Carter.



Luce, Chloe, Rosie, Brewster, Phoebe, and McCoy are ready to launch the canoe, but who will paddle? Photo by Kate Carter.



Wayne Feinberg cuts hard toward the wake of the boat, spraying a 10-foot rooster tail behind him. Photo by Lisa Densmore.



Rower Brad Wieners takes a break at the Craftsbury Sculling Camps, Craftsbury Center, VT. Photo by Justin Cash.



The crowd cheers for Green Mountain Stage Race yellow jersey holder Trevor Connor as he grinds to a breakaway victory in the Pro-II class, high atop Appalachian Gap. Photo by Peter Wadsworth.



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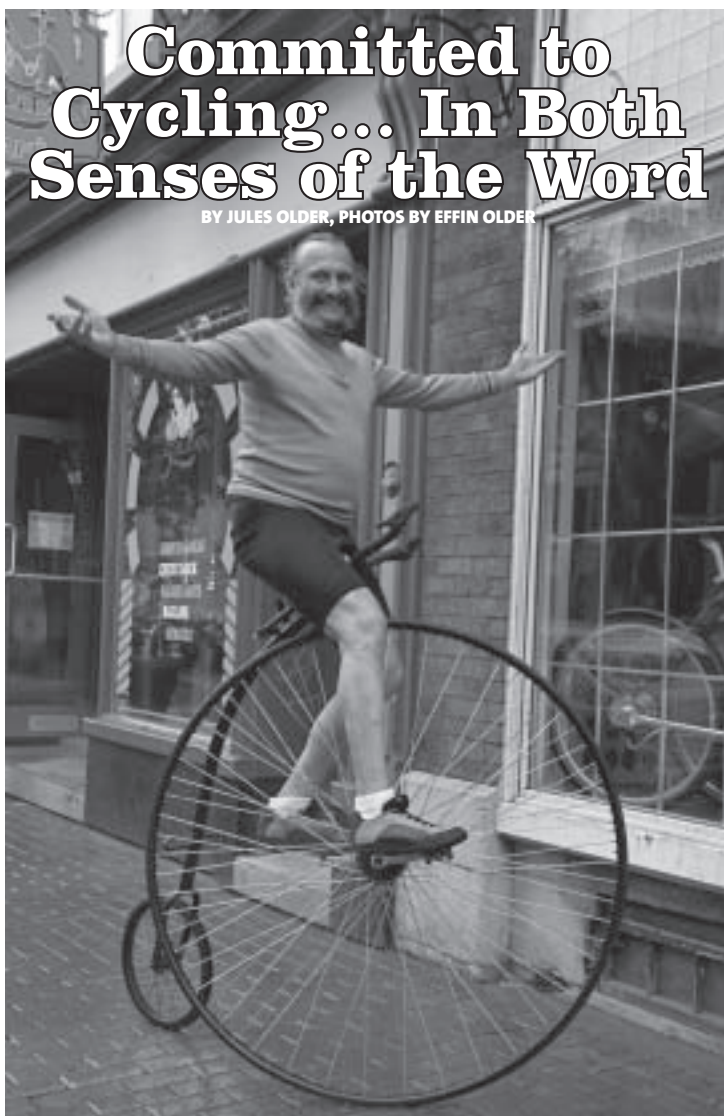
COMING NEXT MONTH

- **STAND-UP PADDLING**
- **SLACKLINE**
- **GREEN MOUNTAIN STAGE RACE UPDATE**
- **LONG-DISTANCE BIKING**
- **WOODSTOCK JUNIOR CYCLING TEAM**
- **A NIGHT IN THE WOODS**



Committed to Cycling... In Both Senses of the Word

BY JULES OLDER, PHOTOS BY EFFIN OLDER



What's the difference between a fanatic and a visionary?

Answer: Time and luck. If enough time passes, and you're lucky enough to have been fanatic about something that eventually caught on, now you're a visionary. Examples of things that caught on: abolition, child labor laws, organic farming. Example of one that didn't: The End Is Nigh!

Bicycling is one that caught on, and in a time of constant, dippy-doodle fluctuations in the price of gas, is continuing to catch on. Pierre Bernier was there first; he was just a little ahead of his time.

From the beginning, he had a deep commitment to bicycling. How deep? For five years, between 1984 and 1989, Pierre never once rode in a motorized vehicle. Not once—no car, no train, no plane, no elevator. He walked, he skied, and most of all, he biked. When Pierre shifted apartments, he even biked his sofa from the old place to the new.

Cycling-commitment-wise, that ain't all. Pierre owns almost every kind of bike ever built: an actual wooden cycle, all manner of racing bikes (for two years he raced with the legendary Louis Garneau), towering unicycles, an ancient Penny Farthing.

All this bikeology has left him with strong opinions on what's good for cycling—and what's not. Pierre holds in disdain two of cyclo-dom's favorite projects: bike paths and rails-to-trails paths. "These are things we'd be better off without."

About bike paths, he says, "It's a way of segregating cyclists. Here's a bike path for you. So load the bikes on the SUV, drive to the bike path, then load up and drive home. Puh-leaze."

In Bernier's view, building bike paths encourages recreational biking; he

strongly prefers purposeful biking. "Cities should be designed so you can bike to work, to shopping, to get a haircut. Get out of the car and onto a bike. It's good for you and good for the air. I'm in favor of bike lanes on city streets, not bike paths away from them."

Rails-to-trails gets his thumbs down for a different reason. "Those rail beds were designed to carry massive weight, not flimsy two-wheelers. The world would be better off if the rails hadn't been removed. That way, if cities decided to run

a light rail from one part of town to another, or between one town and the next, the rails would still be there. This way, we'll never be able to use that rail bed again. That's why car manufacturers love them."

But Pierre Bernier's biggest commitment to biking is that he cycles all year long. Now, if he lived in Miami or Dallas or San Diego, that would be one thing. But Pierre lives in Quebec City, where snow lasts long and piles high. Winter biking in Quebec pretty much de-

fines commitment. Rain or snow, August and December, Pierre is pedaling.

And when he's not on a bike, he's working on one. Though he's also a performer, musician, mime, actor, dancer, and artist, Pierre's day job is running a bike shop in downtown Quebec City. There, he sells bikes (including the chainless Danish bike), repairs bikes, rents bikes, leads bike tours of the city, and, not so incidentally, presides over what must be the smallest museum in Canada, Museovelo, the museum of self-propulsion.

The museum occupies one wall of the shop plus every cranny that's not already bursting with cables, shift levers, and tubes. Ancient bikes share space with ancient skis. Books vie for room with photos. The entrance fee is two bucks, and for bikeophiles, it's the best bargain yet.

Next time you're in La Belle Province, either bring your bike or rent one from Pierre. Better yet, hire him for your own personal Tour de Quebec. And don't leave town without seeing Museovelo, the Lilliputian museum of self-propulsion. □

Jules Older's latest adult book is *Backroad and Offroad Biking*. His latest for kids is *PIG*.

PIERRE'S TIPS

What people don't understand about snow-riding is that narrow tires are actually much better in snow than fat tires.

Stay velonomus! Always carry a spare inner tube, tire lever, and a pump. And stick two pre-glued patches in your wallet.

Baskets are the bicyclist's best friend. In front, at the back, on the side, they are always ready to receive goods, and they're faster to remove than panniers.

For heavy-duty urban cycling, buy a pneumatic horn like Air Zound. It may save your life.

Insert an old towel under your seat to wipe your hands and a plastic bag to cover the seat when you park your bike on rainy days.

MORE INFO:

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VS: You helped found Stowe Mountain Rescue. Why?

NVD: At the time I was on both the Stowe Fire Department and the Stowe Rescue Squad as a volunteer. We had a number of backcountry accidents and typically the fire department and rescue squad would get called to respond to them. A couple of us felt that we didn't have the proper training and equipment for those kinds of incidents. So we approached the town in 1980 with the request to create Stowe Mountain Rescue, and they approved it.

VS: What are some of the types of situations you respond to?

NVD: Pretty much anything that the ambulance can't drive to. So most typically, in the spring, summer, and fall, it's hikers. Probably the most common thing is someone tripped and has an ankle injury, can't walk any farther, and needs assistance in getting out. Over the years, we've been to plane crashes, and we do water rescue. In the winter it's ice climbers, back-country skiers, and snowmobile accidents. Think of any way people recreate in Vermont, and that's what we respond to.

VS: What sport or activity makes for the toughest rescues?

NVD: I would say probably the most technical and difficult rescues we've had are people who have gotten themselves into technical terrain without the proper equipment and training. People who end up in an area where you really should be rock climbing with ropes and equipment, and they're just scrambling and ultimately getting themselves in trouble.

VS: Have you ever had to be rescued?

NVD: Actually, I have. In the mid-1990s, I was involved in a rescue up

READER ATHLETE



**Neil Van
DYKE**

Age: 55

Residence: Stowe

Family: Wife, Carol; three children, Sarah, 22, Forrest, 20, and Lia, 16

Occupation: Owner, Golden Eagle Resort

Primary sport: Hiking and Nordic skiing

in Smugglers' Notch. Some people had scrambled up into one of the gullies and got stuck on a cliff face. I was going up with another rescuer to bring them down. A part of the face of the cliff just broke away while I was attached to it, and I fell 60 feet and hit the ground. I punctured a lung, had broken ribs, and a broken wrist. The other people were not injured. Then the focus became on rescuing me. It was an interesting experience, and it gave me some perspective on what it's like to be on the other end of things.

VS: You're still with Stowe Mountain Rescue. You didn't get spooked?

NVD: My family got spooked. It was already sort of a compromise with my family at that point, to be able to do rescue. From that point forward I took more of a management role.

VS: You're on the board of the Green Mountain Club. What does that involve?

NVD: I'm involved in the overall vision and management, setting direction for the club, and providing assistance to the

staff on both management and policy issues. I sit on the finance committee, so I work on the budget. I try to volunteer as I have time. But I have a lot of other volunteer commitments. I don't get out volunteering on the trails as much as I'd like to.

VS: Are you an avid hiker?

NVD: I am. That's sort of my favorite sport and has been for a long time. I've climbed all 111 peaks over 4,000 feet in the northeast U.S. All of my kids are "46ers" (people who have climbed all 46 major peaks in the Adirondacks). I've done all of those with all of my kids. I have managed to carve some time out of my work schedule the past three summers to fulfill a lifelong dream of working as a backcountry ranger in the Adirondack High Peaks. Actually getting paid to spend long days hiking on patrol in some of the Northeast's most beautiful mountain back-country is a sweet deal!

VS: There are a ton of hiking trails in Stowe. Which is your favorite?

NVD: I think probably the Hazelton Trail-Long Trail loop on Mount Mansfield. You go up Mount Mansfield on the Hazelton Trail, traverse the summit ridge on the Long Trail, and come down the Long Trail past Taft Lodge.

VS: How did you get interested in the outdoors?

NVD: I started by going to summer camp, Camp Lincoln in the Adirondacks, when I was in high school. The camp's focus was on hiking trips and canoeing trips. Basically, I fell in love with those types of activities. I went to college at Dartmouth and was very involved in the Dartmouth Outing Club.

VS: How did you land in the hospitality business?

NVD: Basically, it was my wife's family's business. It's been here since the 1960s. I went to graduate school for

forestry, and we got married in Stowe just afterward. I was looking for a job in the recreation field when I started at the Golden Eagle Lodge part-time, and I've been here ever since.

VS: Why did you stay?

NVD: First of all, I love being in Stowe. It's a great place to live and raise a family. As far as the business goes, I really enjoy the variety. It's a lot of fun to get to know people who are coming and visiting Stowe. We have a lot of repeat guests who have been coming for the last 20 or 30 years. We've made a lot of friends.

VS: You mentioned you have a lot of other volunteer commitments. What else are you involved in?

NVD: I'm the vice president of the Mountain Rescue Association, which is a national organization made up of mountain rescue teams from all over the country. There are over 100, and most of them are out West. I'm very involved with their board, and I do a lot of traveling. The winter meetings are always in Salt Lake City, and the spring meetings rotate around the country. We hosted it in Stowe last year, which was the first time it's been held east of the Mississippi. This year it's out in Mount Hood.

VS: So it's always somewhere cool and outdoorsy; they're never going to make you go to Disney or a place like that?

NVD: Right. It's been in places like Vail and California. It's always in a mountain area, and my wife and I try to make a vacation out of it.

VS: Is your wife outdoorsy, too?

NVD: Yes. We do a lot of hiking together. We do a lot of Nordic skiing together, too. My wife is the Stowe High School Nordic coach, and she works at the Mount Mansfield Cross-Country Ski Touring Center. We also do a lot of canoeing. We used to do canoe racing when we were a bit younger, but now it's more for recreation.

VS: How did you two meet?

NVD: Carol and I met during a Dartmouth Outing Club trip. She needed a ride, and I had a car. We found we shared a love of being in the outdoors, and since then we have hiked, canoed, run, and skied many thousands of miles together. We decided to get married while on a hike up Cascade Mountain in the Adirondack High Peaks. We used to do competitive tandem canoe racing, but Carol is much more the competitor these days. She continues to compete in running and Nordic ski races, while I spend my time hiking, skiing, and canoeing in the backcountry. □

— 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: You were the third Vermont woman, third in your age group, and 11th woman overall, to finish the KeyBank Vermont City Marathon this past May. How did it feel?

AJ: I was pretty happy. It was great and definitely a surprise. My last marathon was 3:41, and that was my first marathon. I wanted to be under 3:30, and I finished in 3:11, so I guess I had a good day.

VS: Could you tell you were going to have such a good race?

AJ: I had raced two half-marathons, and I knew I could run it under 3:30. My early miles were all faster than I had planned, so I said okay, I'm feeling good, I'm feeling so good, this is so much fun, the fans are so great, I'm just going to go a little faster. I guess throughout the race my target time decreased, until I wanted to finish under 3:15.

VS: You have been active all your life. What sports have you played, and how did you get interested in them?

AJ: Cross-country skiing has been my primary sport. When I was younger, I played soccer a lot. Then in high school, I switched over to cross-country skiing. I ran track two seasons and ran cross-country for one season. Then at UVM, I was on the cross-country ski team and raced with them for four years. I improved a lot and had a great experience. I tried to ski competitively a little bit post-college, but that was kind of a lot of hassle. So recently, I've moved around a little bit since college, and where I live now, I don't have my bicycle, or my roller skis, but I have my sneakers, so I pretty much just run. I figured I'd try to take running more seriously.

VS: What did you enjoy about being on the University of Vermont Nordic Team?

AJ: It's a great program. I think it's great to be part of a collegiate sports program. You're surrounded by your teammates, great coaches, and you get to travel. I definitely think highly of collegiate sports in general. I like the UVM ski team a lot, mostly for the people. I liked my coach, and I really love the sport. It's a very small team so we got a lot of attention. We had team cohesiveness and camaraderie. It's such a small world among Nordic skiers in general; you got to know racers from all over the country.

VS: Do you have more long-distance running planned?

AJ: Yes. At this point I'm planning on

READER ATHLETE



Anja JOKELA

Age: 25

Residence: Burlington

Family: Mom, Mary Jane Lipinski; dad, Bill Jokela; brother, Dana

Occupation: Student

Primary sport: Running

running the Paavo Nurmi Marathon in Wisconsin. My parents are in Wisconsin, and there's Finnish stew afterward. So I'll do that in early August, and in October, I'll probably run either the Twin Cities Marathon or maybe the Marine Corps Marathon, one of the two.

VS: You're not only an athlete, but a musician too. Can you talk about that interest?

AJ: I was a music major and have played violin since age 5. I played in the Vermont Youth Orchestra, the Burlington Chamber Orchestra, in small ensembles, and I've done a lot of gigging at weddings and parties. And also, after college, I did some teaching. So music has been a huge part of my life. But pretty much just this year, since going back to school, I haven't played much. School has replaced skiing, biking, violin...

VS: Why did you stick with music?

AJ: I would say it was mostly the community. I had a great, great supportive environment. My teachers were wonderful and two of my best friends played and were my cohorts. It's definitely a great social community, but also I really liked it. When I got past the elementary school ("I don't want to practice, I want to go out and play") attitude, and once I started appreciating why we have to practice, I really liked it. And that's for the same reason I enjoy athletics. It's really nice to have a skill, something you work at every day and reliably get better at. That's satisfying.

VS: What type of music do you play?

AJ: Classical. I'm trained as a classical musician and that's mostly what I play.

Now I've expanded a little, doing a little fiddle, Irish, and bluegrass.

VS: Are you artistic in any other way?

AJ: I play a couple instruments. Last year, I didn't run the marathon, but I was playing the piano accordion on the Beltline. I play a little piano as well. And I do a little bit of writing. But it's nothing notable.

VS: You've gone on two substantial bike trips. How'd they go?

AJ: The first one was, my friend and I had just graduated from college, and we wanted to get out and do something crazy. We decided we'd bike to our parents' houses. Her parents are in Iowa and my parents are in Wisconsin. We went straight as the crow flies. It took 12 days, but then we were there. That showed me it's possible to travel by bike. From there, we started planning a more expensive trip around Europe. I spent five months riding around, starting in Spain and then up through western Europe. Then I went up to Sweden, where I had friends and relatives. After Sweden, I met up with

a friend from Wisconsin, and we rode back down to France, and we followed a little bit of the Tour de France and caught a couple of the stages. That was a total blast. And actually, I got in an accident, I got hit by a car out there, so I was hospitalized for a little while. That sort of ended the trip. I was going to be done in a week anyway, so I only ended a week early.

VS: You're in the pre-med program at UVM. Where do you hope to go to school, and what area of medicine are you interested in?

AJ: I started in January, and I'll be taking classes through the summer and hoping to apply to medical school this fall for the following fall. I'm definitely applying to UVM, and I guess I haven't really pinned down any particular first-choice school. At this point I'm thinking family medicine. But that's definitely subject to change.

VS: Though it sounds like you've traveled a lot, you have lived in Vermont for most of your life. Why here?

AJ: Where do I begin? I think definitely a huge draw is the people. Having been part of a lot of different circles, I feel like I know a lot of people. It's a really nice support network to have. I also know some really quality people. I think there's also just great things about Vermont, like the forward thinking, the beauty, the attention to the environment, progressive politics. When I was in Wisconsin, I realized that I had kind of taken all that for granted. There were kids who didn't know what lentils were. Then I think, also, I kind of like familiarity, and as much as I do like adventure, I like having a home base. So at this point, I've kept coming back to Vermont, and though I may live elsewhere, I guess I picture myself being back here. ▮

—Sky Barsch

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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

AUGUST

- 1 MVP Health Care Bitter Pill Adventure Race, Waterbury, VT, Tim Curtin, tim@gmara.org, www.gmara.org/bitterpill
12 New England Adventure Weekend 12-Hour and 3-Hour Adventure Race, Nottingham, NH, Tracey Olafsen, info@racingahead.com, www.racingahead.com

BIATHLON

ONGOING

Thursdays (7/16 through 8/20), Summer Biathlon Race Series (run and shoot, beginners welcome), 5PM, Jericho Center, VT, John Madigan, jpmad2003@yahoo.com, www.eabiathlon.org

CANOE/KAYAK/ROWING

JULY

- 16 Valcour Island Sunset Tour, 6:30PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com
18 Quick Start to Kayaking, 9AM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com
25 Quick Start to Kayaking, 9AM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com
30 Valcour Island Sunset Tour, 6:30PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com

AUGUST

- 8 Full Moon Tour, 8PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com
13 Valcour Island Sunset Tour, 6:30PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, Patty@kayak-shack.com

CYCLING

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@penguinincycles.com, www.club.penguinincycles.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
28 Mad River Riders Monthly Time Trial, Warren, VT, Peter Oliver, peter@gmsr.info, www.madriverriders.com

AUGUST

- 1-2 6th Annual Lakes Region Cycling Weekend, 15-65 miles each day, Poultny, VT, Mary Rachel, bike@cyclingvermont.org
8 Heart-of-the-Valley Bike Ride, 20, 40, and 62 miles, Jackson Gore, Okemo Mountain Resort, Ludlow, VT, Dana Hanson, dana@uvuw.org
15 Harpoon Point to Point to benefit the Vermont Foodbank, Windsor, VT, Jessica Cox, jcox@harpoonbrewery.com, www.harpoonbrewery.com/sports
22 5th Hoosic River Ride, North Bennington, VT, Lisa Carey Moore, imooore@williams.edu, www.hoorwa.org
22-24 PEAK 666 Bike Race Weekend, Pittsfield, VT, Andy Weinberg, 309-642-2230, or pittsfieldultra@yahoo.com, or peakcamps@gmail.com, or Jason at pittsfieldbikes@earthlink.net, www.peakraces.com
25 Mad River Riders Monthly Time Trial, Moretown, VT, Peter Oliver, peter@gmsr.info, www.madriverriders.com
29 17th Annual Echo Lake Road Race (run 5 or 10 miles, walk 5 miles, or bike 10 miles), 9AM, East Charleston, VT, Joan Alexander, joanalex_05839@yahoo.com, www.interlog.com/~jedward/EchoLake.html
30 FIG Race to the Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, jfredericks@catamounttrail.org

ONGOING

Tuesdays, 5:30PM, GMBG/Sports&Fitness Edge USCF-sanctioned Practice Criterion Series Races, Essex Junction, VT, Claude Raineault, 802-899-1250, amaclimber20@aol.com, www.thegmbc.com
Sundays, GMBG group rides throughout the Chittenden County area, for details go to www.gmbc.com

MISCELLANEOUS

JULY

- 12-22 Ultimate East Expedition for kids ages 12-16, with Petra Cliffs in the Adirondacks, Andrea Charest, andrea@petracliffs.com, www.petracliffs.com

AUGUST

- 2 Citizens Bank Lake Champlain Dragon Boat Festival, Burlington, VT, Linda Dyer, info@ridethedragon.org, www.ridethedragon.org
2-7 Trail Girls Camp for girls in grades 6 and 7, 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 Rodgers, 802-878-2902
Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

JULY

- 10-12 Mountain Bike Camp, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakcamps.com
11 Newton's Revenge hillclimb up Mount Washington, Gorham, NH, Mary Power, mary@mt-washington.com, www.newtonsrevenge.com

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AUGUST

- 1-2 Gravity East at Sugarbush Resort, Warren, VT, events@sugarbush.com
8-9 24 Hours of Great Glen, Great Glen Trails, Gorham, NH, Mary Power, mary@greatglenentrails.com, www.24hours.ofgreatglen.com
30 FIG Race To The Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, jfredericks@catamounttrail.org

SEPTEMBER

- 27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, michael.j.silverman@valley.net, www.vermont50.net

ONGOING

Tuesdays, 3:30PM (through 8/25), Great Glen Summer Mountain Bike Series, Gorham, NH, Eli Walker, eli@greatglenentrails.com, www.greatglenentrails.com
Wednesdays, 6PM (through 8/25), Catamount Mountain Bike Series, Catamount Outdoor Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com
Thursday Night Mountain Bike Tours (through 10/15), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com

PILATES

ONGOING

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

RUNNING

JULY

- 4 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
4 33rd Annual John Langhans Green Miles 7-Mile Run/Walk & Fun Run, Woodstock, VT, Jen and Tod Minotti, jen@oacweb.org, www.oacweb.org
4 Willoughby Lake 5K Run/Walk, Westmore, VT, Robin Robitaille, runnek@myfairpoint.net
4 4th Annual Montpelier Mile, Montpelier, VT, Carrie, thefolks@onionriver.com
12-17 Marathon Week Running Camp with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
17-19 Running Weekend I, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
18-19 Vermont 100 Endurance Race, West Windsor, VT, Julia Hutchinson, vt100@vermontadaptive.org, www.vermont100.com/
19-24 Masters Week Running Camp, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
24-26 Running Weekend II, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm

AUGUST

- 8 Kingdom Run 20K, 10K, 5K, Irasburg, VT, Rebecca Boulanger, kingdomrun@surfglobal.net
9 RaceVermont.com Half Marathon, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
15 30th GMAA Round Church Womens' Run, Richmond, VT, Kasie Enman, roundchurch@gmaa.net
23 17th GMAA Scholarship Cross Country Run, South Burlington, VT, Ken Schatz, scholarshipxc@gmaa.net
29 17th Annual Echo Lake Road Race (run 5 or 10 miles, walk 5 miles, or bike 10 miles), 9AM, East Charleston, VT, Joan Alexander, joanalex_05839@yahoo.com, www.interlog.com/~jedward/EchoLake.html

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- 30 JIG Race to the Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, jfredericks@catamounttrail.org

SEPTEMBER

- 12 Farnum Five.5, Farnham Hill Preserve, Lebanon, NH, Paul Coats, paul.coats@lebcity.com, www.wnhts.com/
12 Maple Leaf Half-Marathon and 5K, Manchester, VT, Lynn Grieger, 802-362-2810, lynngrieger@comcast.net, www.manchestervtmapleleaf.com
12 K-9's and Company, Montpelier, VT, Liz Walsh, info@c4humane.com
12 41st Archie Post 5 Miler, Burlington, VT, Mike Early, archiepost@gmail.com
19 12th annual Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century, Barton, VT, Joan Alexander, joanalex_05839@yahoo.com
19 Adirondack Marathon Distance Festival 5K/10K, Schroon Lake, NY, info@adirondackmarathon.org, www.adirondackmarathon.org
19 6th Common to Common 30K, Essex, VT, Steve and Cathy Eustis, common2common@gmail.com, www.gmaa.net
20 Adirondack Distance Festival Marathon & Half Marathon, Schroon Lake, NY, info@adirondackmarathon.org, www.adirondackmarathon.org
20 Dog Run Dog - 10K/5K for Dogs and People, Norwich VT, Paul W Gardner, 802-356-4444, info@dogrundog.com, www.dogrundog.com
26 11th Annual Run for the ONE to benefit JUMP, Burlington, VT, Suzie Crews, slcrews1@msn.com
27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, michaelj.silverman@valley.net, www.vermont50.net
27 Cider House Run/Walk, Shelburne, VT, Rayne Herzog, rayne@racevermont.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
Wednesday Night 5K Trail Running Series (through 10/14), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com
Thursdays (through 7/2), 3:30-6PM, Great Glen Spring Trail Running Series, Gorham, NH, Mary Power, mary@greatglenhills.com, www.greatglenhills.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, ramey2001@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

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

ONGOING

- Mondays, 5:30PM, Open Water Swim Practice, Waterbury Reservoir at the Dam in Little River State Park, Waterbury, VT, John Spinney, www.johnspinney.blogspot.com, spinney21@hotmail.com
Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512
Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21
Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21
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

TRIATHLON

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, Saturday, XDURO 20K Trail Race, 10AM, Short Course Triathlon (swim 750 meters, mountain bike 14K, trail run 5K), 1PM, Children's Duathlon (mountain bike 3 miles, trail run 1.5 miles), 4PM; Sunday, Xterra Race (swim 1500 meters, mountain bike 28K, trail run 10K), 9AM, Sugarbush Resort, Warren, VT, Chad Denning, teamamplc@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
26 Colchester "Tri-Option" Triathlon, half-mile swim, OR kayak or canoe 2.5 miles, 12-mile bike, 3-mile run, Mallett's Bay, Colchester, VT, Colchester Rec. Dept., gcuttitta@town.colchester.vt.us

AUGUST

- 1 Fronhofer Tool Triathlon (swim 1.5K, bike 40K, run 10K), 8AM, Lake Lauderdale County Park, Cambridge, NY, Kevin Crossman, kevin@t3coaching.net, www.fronhofertooltriathlon.com
8-9 5th Annual Xterra Soaked, Saturday, Soaked Trail Race, 10AM, Standard Course Triathlon (swim .5 miles, mountain bike 8.5K, trail run 4K), 1PM, Children's Course Triathlon (swim 50 yards, mountain bike 3.3K, trail run 1.6K), 4PM; Sunday Xterra Course (swim 1K, mountain bike 17K, trail run

8K), 9AM, Hanover, NH, Chad Denning, elkmountainrace@hotmail.com, www.stoakedtri.com

- 9 Lake Dunmore Triathlon (swim .9 miles, bike 28 miles, run 6.2 miles), 8AM, Branbury State Park, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com
9 Trek Women Triathlon Series, half-mile swim, 12-mile bike, 3.1-mile run, Mount Snow, W. Dover, VT, info@trekwomenstriathlonseries.com
15 Kingdom Triathlon, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.kingdomtriathlon.org
22 RaceVermont.com 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
30 Half Vermont Journey (swim 1.2 miles, bike 56 miles, run 13.1 miles), 8AM, Branbury State Park, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com

SEPTEMBER

- 13 Burlington Olympic Distance Triathlon, Burlington, VT, Rayne Herzog, Rayne@racevermont.com
13 Josh Billings RunAground Triathlon, Great Barrington, MA, Patty Spector, patty@joshbillings.com

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

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Ethan Allen Biathlon Club

'09 Summer Race Series

DATES July 16, 23, 30, Aug. 6, 13, 20

TIME 5pm - registration & novice clinic
5 to 5:45 pm - rifle zeroing
6 pm - race start

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

\$10 per race or \$50 for the series

Info:
www.eabiathlon.org

JOSH BILLINGS RUNAGROUND

33rd Annual
Josh Billings RunAground
Sunday,
September 13, 2009
Bike, Canoe or Kayak, Run
Triathlon
Team & Iron Categories
27 mile bike • 5 mile canoe/kayak • 6 mile run
35 categories-iron, tri, 4 person teams
www.joshbillings.com,
www.active.com

Come Run with Us...

Adirondack Distance Festival

- Probably the most beautiful 26 miles and 385 yards you will ever run
- New England Runner says "you will love the scenery"
- Bands, musicians and taiko drummers
- Free massages following race
- Super friendly volunteers

Marathon & Half Marathon
2-Person Marathon Relay
9am, Sept 20, 2009
Schroon Lake, New York

5K & 10K Races
9:30am, Sept 19, 2009
Chestertown, New York

For Info & Registration Form Call 1-888-724-7666
adirondackmarathon.org

July 26, 2009 • 9 a.m.
Bayside Park on Malletts Bay, Colchester

COLCHESTER "TRI-OPTION" TRIATHLON

swim 1/2 mile
or kayak or canoe 2.5 miles,
bike 12 miles, run 3 miles
(swim course is different from paddle course)

Individuals & Teams—Register early!
Entries limited to 375.
On-line registration by active.com

For more info call the
Colchester Rec. Department
802- 264- 5640
www.colchestervt.gov/recreation

RACE RESULTS

21ST KEYBANK VERMONT CITY MARATHON & MARATHON RELAY May 24, 2009 Burlington, Vermont

Women 24 & Under

1	Alexandra Knapp	Shelburne VT	3:02:37
2	Liz Crowley	W Simsbury CT	3:11:46
3	Amber Sayer	New York NY	3:20:00
4	Jaclyn Caccese	Mountain Top PA	3:21:13
5	Stephanie Navrat	Portland ME	3:22:25
6	D. Cloutier-Simons	Burlington VT	3:23:06
7	Annie Bowler	Philadelphia PA	3:23:51
8	Brett Harris	Albany NY	3:25:33
9	A. Swiatocha	Mahopac NY	3:26:18
10	Lauren Chiacchia	Rensselaer NY	3:27:39

Women 25-29

1	Heidi Westerling	Acworth NH	2:35:02
2	Carolyn Martin	Rocky Hill CT	2:58:22
3	Anja Jokela	Burlington VT	3:11:16
4	Mary Garrity	Manchester NH	3:18:49
5	Rachel Clattenburg	Albany NY	3:22:48
6	Lauren Jellison	Rockland ME	3:22:59
7	Dawn Beagan	Providence RI	3:24:05
8	Rose Nash	Wolcott VT	3:25:55
9	Jenny Saunders	Barrington RI	3:26:01
10	Erica Hepp	Boston MA	3:26:42

Women 30-34

1	Erin Davis	Wilton NY	3:14:23
2	Jocelyn Stark	Ithaca NY	3:19:01
3	Courtney Kaup	Bolton Valley VT	3:19:08
4	Jessica Racusin	Middlebury VT	3:20:50
5	Jessica Sleight	Columbia MD	3:21:33
6	Tara Nelson	W Glover VT	3:24:45
7	Keri Murray	Cumberland RI	3:26:39
8	Melissa Reynolds	Wallingford CT	3:32:58
9	Antonia Opitz	Burlington VT	3:32:15
10	C. Ottalagano-Mcga	Slingerlands NY	3:34:21

Women 35-39

1	Michelle Sarney	W Bridgewater MA	3:03:57
2	Karen Benway	Warwick RI	3:04:07
3	Kathy Provencher	Waterbury VT	3:09:15
4	Beth Rintz	Laramie WY	3:19:59
5	Stacey Spillane	Shelburne VT	3:21:41
6	Katrina Gustafson	Hebron CT	3:22:46
7	Ellen Dorsey	Waterbury Ctr VT	3:26:47
8	Vikki McKane	Parker CO	3:28:43
9	Kylee Decelles	Burlington VT	3:30:29
10	Kari Cuneo	Burlington VT	3:30:58

Women 40-44

1	Nathalie Goyer	St. Bruno PQ	2:56:50
2	Susan Schadt	Tolland CT	3:04:25
3	Julie McElroy	Sleepy Hollow NY	3:09:04
4	Nancy Cook	Belchertown MA	3:20:01
5	Emma Bricker	Durham NH	3:31:40
6	Lucy Breckenridge	Essex Jct VT	3:36:24
7	Ruth Cronin	St Albans VT	3:40:17
8	Sarah Pribam	Shelburne VT	3:40:42
9	Ingrid Jonas	Underhill VT	3:40:59
10	Suzanne Cook	New Castle NH	3:41:01

Women 45-49

1	Mary-Lynn Currier	Canton CT	2:56:03
2	Anne Gullickson	Kingston NY	3:14:23
3	Nancy Fitzgibbon	Rocky Hill CT	3:26:56
4	Cynthia Heady	Finchville KY	3:30:31
5	Beth Daut	Berlin VT	3:34:08
6	Gina Buggy	Chalfont PA	3:35:30
7	Jeannette Arnold	Lancaster PA	3:36:15
8	Dorothy Rose	Topsfield MA	3:37:17
9	Christine Varley	Albany NY	3:40:21
10	Kristin Kehmna	Rensselaer NY	3:40:49

Women 50-54

1	Donna Smyers	Adamant VT	3:25:38
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2	Patti Shull	Ashburn VA	3:28:49
3	Maggie Plante	Charlotte VT	3:29:49
4	Melanie Benson	Morrisville VT	3:30:01
5	Maureen Sproul	New Gloucester ME	3:37:16
6	Maureen Fitzgerald	Clifton Park NY	3:38:31
7	Ena Macpherson	Halifax NS	3:41:05
8	Carlie Krollick	Charlotte VT	3:48:18
9	Karen Allen	Burlington VT	3:51:55
10	M. Starr Lawrence	Plano TX	3:52:24

Women 55-59

1	Moiria Durnin	Stowe VT	3:43:10
2	Melinda Miller	Burlington VT	3:55:18
3	Linda Hallinger	Washington VT	3:57:47
4	Mary Schumann	Oshkosh WI	4:13:32
5	Kristin Guyot	Brookline MA	4:14:00
6	Dorothy Stevens	Waterford VT	4:15:26
7	Alexandra Dronkers	Martinez CA	4:19:05
8	Jeanne Butterfield	Bangor ME	4:23:08
9	Nancy Mitchell	Milford NY	4:26:16
10	Ellen Bishop	Allentown PA	4:26:35

Women 60-64

1	Susan Wong	Glenmont NY	3:48:42
2	Lynn Jamieson	Potomac Falls VA	4:22:25
3	Jane Schulten	Guilford CT	4:27:14
4	Lichu Sloan	Clifton Park NY	4:40:35
5	Karen Hennig	Irassburg VT	4:45:12
6	Janice Kaeding	Minneapolis MN	4:51:56
7	Anne Priddy	Tallahassee FL	5:02:26
8	Suzanne Cross	San Francisco CA	5:08:04
9	Betty Rose	Montpelier VT	5:21:47
10	M. (Bonnie) Wasson	Chattanooga TN	5:28:18

Women 65-69

1	Rosemary Rusin	Florence VT	4:51:06
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Women 70-74

1	Helena Brooks	So Burlington VT	5:35:50
2	Betty Lacharite	Winoski VT	6:23:32

Men 24 & Under

1	John Crews	Raleigh NC	2:19:31
2	Bradley Mish	Hadley MA	2:34:06
3	Robert Grim	Alburt VT	2:41:23
4	Kevin Blount	Ellensburg WA	2:47:05
5	Timothy McCall	Andover MA	2:50:14
6	Joseph Ver	Hamburg NY	2:54:24
7	Ty Thurlow	Farmington ME	2:54:25
8	Matthew Talbot	Garden City NY	2:59:23
9	Douglas Swiatocha	Mahopac NY	3:02:04
10	Ean Sabserski	Cheshire CT	3:02:49

Men 25-29

1	Patrick Moulton	Providence RI	2:22:23
2	Casey Moulton	Pelham NH	2:26:12
3	Justin Fyffe	Edummersen VT	2:27:32
4	Robert Rosasco	Hamden CT	2:30:59
5	James Sweeney	Albany NY	2:37:41
6	Joseph Hayter	Schenectady NY	2:39:46
7	Thomas Martin	Rocky Hill CT	2:43:35
8	Josh Merlis	Albany NY	2:44:55
9	Josh Harper	Tempe AZ	2:49:09
10	Nathan Huppe	Dover NH	2:49:54

Men 30-34

1	Shaun Evans	Middle Grove NY	2:28:46
2	Andrew Holland	New York NY	2:38:04
3	Ben Schersten	Somerville MA	2:39:43
4	AJ Migonis	Magnolia MA	2:41:42
5	Todd Smith	Rochester NY	2:43:15
6	Chadwick Shepard	Williston VT	2:44:25
7	Scott Sternthal	Montreal PQ	2:46:09
8	Aaron Knobloch	Mechanicville NY	2:48:21
9	Todd Archambault	Essex Jct VT	2:50:08
10	Adam Bulwiche	Windsor CT	2:50:11

Men 35-39

1	Michael Wardian	Arlington VA	2:21:09
2	Jon Chesto	So Boston MA	2:45:21
3	Erik Kress	Keene NH	2:47:08
4	Loren Voyer	Essex Jct VT	2:49:44
5	Robert Wolfe	Washington DC	2:49:50
6	Dustin Baker	No Chelmsford MA	2:53:17
7	Andrew Sharenson	Houston TX	2:53:52
8	Barry Brill	Fishkill NY	2:54:21
9	Eric Darling	Shelburne VT	2:54:51
10	Stephen Hibbs	Brooklyn Park MN	2:55:34

Men 40-44

1	James Beyer	Dayton OH	2:35:15
2	Jeffrey Niedeck	Canaan CT	2:40:40
3	Peter Schouwe	Avon CT	2:47:46
4	David Putney	Newport NY	2:48:48
5	Allen Mead	Hinesburg VT	2:57:00
6	David Aman	Hanover NH	2:57:03
7	Russell Hurlburt	Ludlow VT	2:57:08
8	John MacBean	Plymouth MN	2:57:52
9	John Rocco	Albany NY	3:00:29
10	T. Ksiakiewicz	Collinsville CT	3:02:06

Men 45-49

1	Peter Allen	Morristown NJ	2:53:47
2	Frank Row	No Reading MA	2:56:46
3	Wayne McDaniel	Hopewell Jct NY	2:57:24
4	Bob Ayers Jr.	Colchester VT	3:02:17
5	Brian Reeves	Shirley MA	3:04:42
6	Craig Macfarlane	Natick MA	3:05:09
7	Scott Reiss	New Haven VT	3:05:16
8	Brian Faulks	Caldwell ID	3:06:10
9	Jay Seney	Vernon CT	3:10:59
10	Joe Carrara	Charlotte VT	3:11:28

Men 50-54

1	Jack Pilla	Charlotte VT	2:48:18
2	Alan Ruben	New York NY	2:51:56
3	Gary Allen	Cranberry Isles ME	2:55:33
4	Steven Andrews	Etna NH	2:57:41
5	Christopher Peone	Tillson NY	2:59:11
6	Richard Foote	Middlebury VT	3:00:46
7	Ken Wilson	Albuquerque NM	3:01:00
8	Mark Novotny	E Lyme CT	3:04:50
9	Paul Fitzpatrick	Pleasant Valley NY	3:16:23
10	Larry Parker	Seattle WA	3:18:37

Men 55-59

1	Ken Schatz	So Burlington VT	3:07:02
2	Gilles Cadotte	St-Bruno PQ	3:14:01
3	Dennis White	Trumbull CT	3:27:33
4	Claude Hebert	Granby PQ	3:28:04
5	Yvon Lamarche	Long Lake NY	3:31:26
6	Ron Brosius	Huntington VT	3:37:10
7	Richard Lacasse	Charlottesville VA	3:38:22
8	Keith Almeida	Enfield CT	3:38:52
9	Dave Miller	Essex VT	3:40:11
10	Roland Kurz	Hirrlinger Germany	3:40:13

Men 60-64

1	Chuck Arnold	Burlington VT	3:11:08
2	Fred Stewart	Bloomington NY	3:22:08
3	Douglas Heller	Glenford NY	3:26:32

4	Stephen Randolph	New Milford CT	3:35:59
5	John Martino	Sharon MA	3:36:16
6	Scott Lennox	Hopkinton MA	3:36:31
7	Gene Cormier	So Dennis MA	3:42:20
8	Michael Murphy	Millbrook NY	3:43:50
9	Ed Martin	San Antonio TX	3:48:15
10	T. Furukawa	Essex Jct VT	3:48:32

Men 65-69

1	John Maultsby	Las Vegas NV	3:33:01
2	John Rancourt	Middleton NH	3:42:43
3	George Linton	Coventry VT	3:46:14
4	Bob Murphy	Barre VT	3:54:44
5	Pete Westover	Whately MA	3:57:21
6	Pete Stringer	Osterville MA	4:03:51
7	Newton Baker	Montpelier VT	4:12:08
8	John Stirling	Watertown NY	4:13:19
9	John Thatcher	Cape Elizabeth ME	4:40:17
10	Ed Kopiai	Fort Worth TX	4:45:32

Men 70-74

1	A. Miclette	Sur-Richelle PQ	3:58:20
2	Paul Huyffer	Shelburne VT	4:12:07
3	Dan Shuff	San Antonio TX	4:19:07
4	Chuck Van Duzee	Bradenton FL	4:32:59
5	Roger Wiley	Roswell GA	5:06:10
6	Bill Tushaus	Grover MO	5:09:48

Men 75 & Older

1	J. Shimoda-Peterso	West Hartford CT	6:01:03
2	Donald Lacharite	Winoski VT	6:23:32

Wheelchair

1	Danny Perry	Burlington VT	4:10:42
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Handcycle

1	Jeremy Shortleeve	So Burlington VT	1:48:13
2	Patrick Standen	Burlington VT	1:52:29
3	Todd Trefethen	Westford VT	1:54:27
4	Marcus Causton	Shoreham VT	2:01:33
5	Raymond Brown	Greenfield NY	2:03:53
6	Matt Smith	Essex Jct VT	2:04:26
7	William Leatherbee	Portsmouth RI	2:07:03
8	Jordan Carrell	Stowe VT	2:07:39
9	Bryan Bathalon	Colchester VT	2:13:18
10	John McArdle	Barre VT	2:17:32
11	Eric Rose	Manchester Ctr VT	2:19:41
12	Laura Dennison	Worcester MA	3:09:16
13	Donald Craigie	Barre VT	4:06:57

RACE AND EVENT DIRECTORS

You, yourself, can enter races and events on our Online Calendar.

Go to **www.vtsports.com**.
Click on Events Calendar.
Check it out!

STEVE ZEMIANEK 10K AND 6K ROAD RACE

May 3, 2009
North Bennington, Vermont

10K RACE

Overall Women

1	Kathleen Newton	Bennington VT	42:34
2	Lisa Pante	Brookline MA	43:30
3	Karmen Whitham	Readsboro VT	44:21
4	Melissa Rowe		45:51
5	Diane Pytko	No Adams MA	46:33
6	Courtney Ledger		47:01
7	Betsy Greenawalt		47:19
8	Amanda Robson	Bennington VT	47:40
9	Mikki Duckum	Bennington VT	49:01
10	Nicole Weitzman	W Wardsboro VT	49:58
11	Jen Kuzmich	Greenwich NY	50:06
12	Gabrielle Mattison	Hoosick NY	50:15
13	Angela Marciano	Saratoga Spgs NY	51:21
14	Kate Hayes	Brattleboro VT	52:24
15	Nadia Standnyk		53:28

16	Jodi Beaudan	Pownal VT	54:27
17	Fern Wagner	Manchester Ctr VT	54:30
18	Hannah Torkelson	Bennington VT	54:44
19	Kerry Sullivan	No Bennington VT	54:47
20	Lynn Grieger	Manchester Ctr VT	55:02
21	Leslie Addison	No Bennington VT	56:19
22	Cindy Collins	Bennington VT	57:53
23	Cheryl Dabrowski	Adams MA	1:00:00
24	Wendy Cohen		1:00:46
25	Laurie Rondeau	No Adams MA	1:01:41
26	Akison Malmsborg	Bennington VT	1:02:01
27	Julie Inman	Bennington VT	1:03:16
28	Karolyin Maloney	No Adams MA	1:03:36
29	Mary Dermody	Bennington VT	1:03:53
30	Kris Maloney	No Adams MA	1:04:41
31	Kathleen Tersigni	Burnt Hills NY	1:08:32

MOUNT TOM ROAD TO THE POGUE

6.1 MILE TRAIL RUN

May 6, 2009

Woodstock, Vermont

Women 19 & Under

1 Samantha Cohen Rutland VT 1:02:18

Women 20-29

1 Lynne Zummo Norwich VT 44:33
 2 Darcy Levy Boston MA 44:39
 3 Carrie Rosenblum Hanover VT 46:45
 4 Jennifer Gillingham Brighton MA 47:09
 5 Gretchen Czaja Woodstock VT 47:24
 6 Alexandra Miller Bethel VT 48:44
 7 Margaret Returne Elkins NH 49:59
 8 Jessica Smith Springfield NH 50:06
 9 Hannah Foote Hartland VT 50:44
 10 Deirdre Willies Lebanon NH 51:20
 11 Laurel Fitzpatrick Andover NH 51:29
 12 Ellie Ferguson No Haverhill NH 52:02
 13 Anna Eley Hanover NH 53:54
 14 Anemarie Buckley Burlington VT 54:35
 15 Sylvie Liberman Hanover NH 55:28
 16 Erika Almqvist Lexington MA 56:34
 17 Jessica Gerhart Etna NH 57:05
 18 Mariah Baker Manchester NH 57:20
 19 Erica Prudente Hanover NH 57:27
 20 Jennifer Sargent No Pomfret VT 58:10
 21 Melissa Potter Winooski VT 59:13
 22 Kate Von Trapp Hanover NH 59:30
 23 Zoe Dmitrovsky Hanover NH 59:36
 24 Julie Corwin Burlington VT 59:46
 25 Jill Greene Boston MA 1:00:52
 26 Julia Monack Boston MA 1:01:16
 27 Linda Nguyen Boston MA 1:01:23
 28 Liesl Finn Boston MA 1:01:46
 29 Heather Rubenstein Rachel Bulla Winooski VT 1:02:30
 30 Bridgett Dornik WRJ VT 1:02:56
 31 Jenna Allard Williston VT 1:03:15
 32 Marie Manceau Boston MA 1:03:36
 33 Jodie Moreau Belmont MA 1:05:49
 34 Anna Chin Grantham NH 1:06:45
 35 C. Machalaba Hanover NH 1:06:53
 36 Rachel Kraft Brighton MA 1:07:11
 37 Jennifer Griffiths Burlington VT 1:08:48
 38 Jessica Fauci Prides Crossing MA 1:09:14
 39 Anna Bondyra Middletown CT 1:09:35
 40 Michele Chase Orford NH 1:11:10
 41 Sara Yablon-Smith Somerville MA 1:13:14
 42 Nahir Otano-Gracia Amherst MA 1:22:32

Women 30-39

1 Molly Rossignol Hopkinton NH 41:45
 2 Jane Phipps Norwich VT 44:36
 3 Katie Kardashian Woodstock VT 44:39
 4 Vicky Shen So Boston MA 45:46
 5 Xan Louville WRJ VT 45:52
 6 Lucy Dunne Reading VT 46:35
 7 Erin Boxer Ludlow VT 47:25
 8 Jennifer Ernst Plymouth NH 47:45
 9 Amy Mitson Lebanon NH 48:03
 10 Jen Minotti Woodstock VT 49:02
 11 Jennifer Prudden So Boston MA 50:04
 12 Christianna Morley W Lebanon NH 50:26
 13 Amy Goodney Etna NH 50:34
 14 Christopher Baker Etna NH 50:41
 15 Anne Lessard Barnard VT 50:49
 16 Jennifer Boudro WRJ VT 50:55
 17 Rebecca Perkins WRJ VT 50:56
 18 Amy Gubbins Lebanon NH 51:01
 19 Amy Makechnie Andover NH 51:09
 20 Tricia Stott Lebanon NH 51:14
 21 Sarah Lester Andover NH 51:14
 22 Alyssa Hughes Hanover NH 51:17
 23 Elizabeth Wolfe Grantham NH 51:43
 24 Finnie Trimp So Pomfret VT 52:02
 25 Beth Ames Hanover NH 52:06
 26 Sheila Hastie WRJ VT 52:08
 27 Jennifer Bachelder WRJ VT 52:47
 28 E. Hochman Woodstock VT 53:10

29 Zoe Courville WRJ VT 53:58
 30 Maud Abess Lebanon NH 55:08
 31 Ashley Milliken Norwich VT 55:40
 32 Jodie Rose Hanover NH 55:48
 33 Maggie Welch WRJ VT 55:53
 34 Mary McBride Lymex Ctr NH 56:19
 35 Jessica Lahey W Lebanon NH 56:25
 36 Kelley Lemay Lebanon NH 56:42
 37 Lori Hill Enfield NH 56:43
 38 Lorissa Segal Woodstock VT 56:45
 39 Jennifer Cashmen Lebanon NH 56:45
 40 Katharine Kitchel WRJ VT 57:05
 41 Jennifer Steck Fairlee VT 58:09
 42 Marisa Smith Lebanon NH 58:32
 43 Kathleen Tersigni Burnt Hills NH 58:36
 44 Ann Kelly Somerville MA 58:54
 45 Clare Brauch Hanover NH 59:23
 46 Amy Beston Orford NH 59:37
 47 Samantha Simonds Chester VT 59:49
 48 Sarah Lupis Woodstock VT 1:01:08
 49 Kelly Harriman Springfield VT 1:01:27
 50 Erin Angley Hartford VT 1:02:18
 51 Celine Clabaut Boston MA 1:02:20
 52 Mimi Lichtenstein Etna NH 1:03:49
 53 Deirdre McCarthy Somerville MA 1:03:58
 54 Wendy Festerling Cambridge MA 1:06:28
 55 Victoria Arms New York NY 1:06:32
 56 Heather Ke Arlington MA 1:07:13
 57 Stacy Blanchard Randolph VT 1:07:55
 58 Kelly Bandy Barre VT 1:08:02
 59 Kelly Moynier Rocky Hill CT 1:08:03
 60 Meg Perkins Lebanon NH 1:08:03
 61 Rebecca Sexton Rutland VT 1:08:46
 62 Julie James-Torres Bellows Falls VT 1:11:10
 63 Jaime Godin Newport NH 1:11:14
 64 Debbie Brown Franklin NH 1:11:14
 65 Migdalia Diaz Cambridge MA 1:11:15
 66 Chelsea Oyen Anthem AZ 1:14:55
 67 Stacy Macintyre Bellows Falls VT 1:16:05
 68 Melissa Terrio Washington DC 1:17:51

Women 40-49

1 Stephanie Clark Woodstock VT 46:31
 2 Alita Wilson Woodstock VT 47:12
 3 Margaret Caldwell Lymex Ctr NH 47:17
 4 Kirsten Woody Bow NH 48:23
 5 Kim Lier Brattleboro VT 49:47
 6 Jennifer Williams Norwich VT 49:47
 7 Fanie Patterson No Conway NH 50:21
 8 Jennifer Schiffrman Lymex NH 51:10
 9 Christi O'Brien Lebanon NH 51:42
 10 Sofia Hansen Quechee VT 52:06
 11 Michelle Werle Killington VT 52:13
 12 Maggie Pye West NH 52:19
 13 Laura Turner Middlebury VT 53:51
 14 Elizabeth Dougherty Northboro MA 54:04
 15 Mary Arego Woodstock VT 54:47
 16 Janet St. Martin Lebanon NH 55:00
 17 Deborah Olmsted Middlebury VT 55:03
 18 Amy Roberts Norwich VT 55:41
 19 Holloway Westling No Pomfret VT 56:41
 20 Jennifer Gubbins E Theford VT 56:46
 21 Jennifer Reining Lebanon NH 58:14
 22 Jo Speaker Hartland VT 58:47
 23 Andrea Ambros Underhill VT 58:51
 24 Gretchen Daly Hanover NH 59:45
 25 Lynn Miller Underhill VT 1:01:12
 26 Melissa King Andover NH 1:01:52
 27 Diane Fowler Woodstock VT 1:02:00
 28 Cynthia Emery Quechee VT 1:03:26
 29 Debbie Winslow Quechee VT 1:03:42
 30 Susan D'Anna No Pomfret VT 1:04:31
 31 Denise Potter Lebanon NH 1:05:18
 32 Dianna Kecey Rutland VT 1:05:42
 33 Jennifer Cohen Hanover NH 1:05:59
 34 Nancy Granada Hanover NH 1:09:14
 35 Amy Fleischer Woodstock VT 1:10:21
 36 Stacey Bebo Norwalk CT 1:12:20
 37 Robin Hermans Theford Ctr VT 1:13:54
 38 Janet Wallace Hanover NH 1:22:31

Women 50-59

1 Jill Kearney Etna NH 44:05

2 Deborah Keane W Lebanon NH 50:50
 3 Patricia Kristen Farmington CT 51:29
 4 Patricia Driscoll Stowe VT 51:41
 5 Marie Hanson Woodstock VT 52:58
 6 L. Wiegandpackard Quechee VT 54:47
 7 Laurie Morrison Norwich VT 1:00:42
 8 Lori Jannen Norwich VT 1:02:08
 9 Debbie Leblond Killington VT 1:02:10
 10 Lisa Hagel Meriden NH 1:02:11
 11 Mimi Savelberg Woodstock VT 1:09:55

Women 60-69

1 Sandra Buck Monkton MD 1:01:31

Men 19 & Under

2 Jeff Tucker Woodstock VT 45:37
 3 L. O'Connergener So Ryegate VT 48:14
 4 John Pate NH 51:47
 5 Juicebox Cox Ballston Spa NY 1:04:59
 6 Magnus Hermans 1:11:28
 7 Mats Lemberger Norwich VT 36:01
 8 Toby Grindal Lebanon NH 37:15
 9 Alexander Knapp Anchorage AK 37:24
 10 John Moyher Rocky Hill CT 39:05
 11 Frans Weiser 39:15
 12 Michael Epstein Harvard MA 40:51
 13 Tyler Gillingham No Pomfret VT 43:46
 14 Ben Gregg 44:02
 15 Marshall Ambros Burlington VT 44:53
 16 Brian Dye 45:22
 17 Ryan Foster Woodstock VT 45:47
 18 Ryan Kellogg 47:14
 19 Rob Levy Boston MA 47:33
 20 Ryan Flynn Brighton MA 47:58
 21 Tom Bourgault Contoocook NH 51:19
 22 Jason Anderson Rutland VT 55:52
 23 David Sicilia Hanover NH 56:32
 24 Eric Gattie Plainfield NH 1:00:13
 25 Greg Charvat 1:01:30
 26 Mark Preiss Brighton MA 1:07:11

Men 30-39

1 David Cahill Norwich VT 35:35
 2 Lucas Moore 35:38
 3 Michael Fenzel WRJ VT 36:18
 4 Clayton Jones Lebanon NH 37:20
 5 Eric Stange Wilder VT 37:54
 6 Scott Noble Woodstock VT 38:54
 7 John Wolfe Grantham NH 41:00
 8 Jay Fauci WRJ VT 41:32
 9 Craig Stephan Madbury NH 41:33
 10 Mark Knott Woodstock VT 41:42
 11 Philip Goodney Etna NH 42:30
 12 Keith Lewandowski Sharon VT 42:41
 13 Ed Storey Loudon NH 43:03
 14 Mike Dunne Reading VT 43:17
 15 Shand Slayton Milton VT 43:48
 16 Jon Stephenson Belmont MA 44:12
 17 Joel Eshbaugh Quechee VT 45:23
 18 Jamie Ames Hanover NH 45:50
 19 Arne Materna Boston MA 46:43
 20 Andrew Smith Somerville MA 47:03
 21 Zak Megeed Lebanon NH 48:31
 22 Benjamin Morley W Lebanon NH 49:47
 23 Matthew Nola Lebanon NH 50:13
 24 James Fittz 50:24
 25 Benjamin Nowak Cambridge MA 50:50
 26 Christopher Power Somerville MA 51:51
 27 Idan Ginsburg Hanover NH 51:59
 28 Kenny Kunisch Manchester VT 52:23
 29 Michael Peyron So Boston MA 52:32
 30 Chris Rettig Waltham MA 52:58
 31 Anthony Quinn WRJ VT 53:20
 32 Rick Dustin-Eichler Taftsville VT 53:28
 33 Colin Mahony W Newton MA 53:46
 34 George Newcomb Norwich VT 54:48
 35 Jimmy Tyler Exeter NH 54:51
 36 Mark Smith Hanover NH 55:15
 37 David Evans Medford MA 56:11
 38 Jerome Gros Boston MA 58:30
 39 Thomas Jakubiak Sutton MA 59:47
 40 Sam Stearns Belmont MA 1:01:36
 41 Paul Whitaker Chelsea MA 1:05:25
 42 Matt Goodwin Amherst MA 1:26:30

Men 40-49

1 Christopher Lang WRJ VT 35:46
 2 Steve Genereaux So Ryegate VT 42:04
 3 Timothy Harte Ashfield MA 37:00
 4 Joe Clarke Grantham NH 37:38
 5 Russell Hurlbut Ludlow VT 38:06
 6 Steven Andrews Etna NH 38:17
 7 Tod Minotti Woodstock VT 39:59
 8 Jeff Carmichael Reading VT 41:06
 9 Kurt Gergler Perkinsville VT 41:08
 10 Peter Milliken Norwich VT 41:28
 11 David Phillips Sharon VT 44:15
 12 Michael Beach Hanover NH 44:15
 13 Nelson Carter Lebanon NH 45:02
 14 Michael Unger Hudson MA 45:27
 15 Grady George Royalton VT 45:36
 16 John King Woodstock VT 47:00
 17 Jeffrey Porter Auburn NH 47:07
 18 Jay Potter No Pomfret VT 48:26
 19 Larry Olmsted Hartland VT 48:54
 20 David Johnson So Royalton VT 49:18
 21 Greg Krimmel Norwich VT 49:53
 22 William Ferguson Shrewsbury VT 52:18
 23 Patrick Knittle Keene NH 52:31
 24 Mark Werle Killington VT 53:51
 25 Samuel Kendall Cambridge MA 54:10
 26 Bill Blacklock So Woodstock VT 54:24
 27 Tim Patten 54:22
 28 Ray Ford Enfield NH 55:31
 29 John Lacrosse Hanover NH 57:10
 30 Joerg Hermans Norwalk CT 57:19
 31 Scott Chisholm Cambridge MA 58:14
 32 Todd Bebo Plymouth VT 59:12
 33 Rick Otto Sharon VT 1:01:13
 34 John Marchica Springfield VT 1:02:36
 35 Steve Obermayer Ballston Spa NY 1:02:42
 36 Tim Winslow Etna NH 1:04:55
 37 David Loney Lebanon NH 1:05:23
 38 Jon Barrett Barnard VT 1:06:00
 39 James Harley Woodstock VT 1:09:39

Men 50-59

1 Keith Woodward Stowe VT 37:08
 2 Geoffrey Little Lymex NH 42:37
 3 Peter Kahn Barnard VT 43:20
 4 Robert Kendall Springfield VT 43:22
 5 Nathan Smith Needham MA 45:51
 6 Harvey Lavoy Corinth VT 47:29
 7 Michael Jenzen 48:19
 8 Peter Patten 48:34
 9 Robert Sand Woodstock VT 49:00
 10 Dan Mapes Taftsville VT 50:21
 11 Paul Amato Farmington CT 51:31
 12 Rob Hanson Woodstock VT 51:35
 13 Christopher Nesbitt Brownsville VT 53:20
 14 Nick Scheu Woodstock VT 53:25
 15 Dorothea Jessor Taftsville VT 56:20
 16 Peter Stein Norwich VT 57:37
 17 Michael Maguire 1:00:31
 18 John Lyden Hanover NH 1:02:01
 19 David Nowak Guilford CT 1:02:01
 20 Ethan Whitaker Wiscasset Me 1:06:19
 21 Thomas McKenna Carmel NY 1:13:14
 22 Edmund Cottle Cotuit MA 1:19:24
 23 Bill Brown Hanover NH 1:20:46

Men 60-69

1 Jonathan Chaffee W Lebanon NH 43:04
 2 Karl Furstenberg Lymex Ctr NH 45:11
 3 John Griesemer Lymex NH 47:24
 4 David Chioffi Woodstock VT 47:40
 5 Les Lawrence 50:53
 6 Thomas Nola Charlotte VT 1:00:13
 7 Phillip Perkins Lebanon NH 1:03:06
 8 Jeffrey Kellogg Carmel NY 1:06:29
 9 Robert Griffen Waterbury Ctr VT 1:07:13
 10 Terry Hartman Chester VT 1:09:15
 11 Robert Foote 1:09:15
 12 William Deckelbaum Woodstock VT 1:16:33

9 Michelle Farrar Shaftsbury VT 30:22
 10 Ashley O'Bryan Bennington VT 30:32
 11 Alexy Novelli Shaftsbury VT 30:46
 12 Many Short Cambridge NY 31:33
 13 Kinsey Boudreau No Bennington VT 31:35
 14 Laura Boudreau No Bennington VT 31:36
 15 Erin McEnaney Shaftsbury VT 31:59
 16 Nicole Dodge 32:01
 17 Nadine Awisher 32:06
 18 Meredith Tuirquist 32:18
 19 Valrie Eldred Cambridge NY 32:54
 20 Maria Ascher 33:16
 21 Faith Alberth So Londonderry VT 33:23
 22 R. Wallace-Senft Montpelier VT 33:33
 23 Andrea White Bennington VT 33:51
 24 Nicole Goswami Bennington VT 33:54
 25 Emmaleene Gabriel No Bennington VT 34:42
 26 Kelley Legay Bennington VT 35:17
 27 Laura Payne Pownal VT 35:25
 28 Becky Coleman Bondville VT 35:37
 29 Melanie Dexter 35:49
 30 Candi Henry Salt Lake City UT 35:51
 31 Ruth Jones Sunderland VT 35:57
 32 Chelsea Smith Bennington VT 37:43
 33 Gail Johnson Shaftsbury VT 37:47
 34 Shannon Simmons Bennington VT 37:50
 35 Larisa Dodge 38:28

36 Rachel Rodney Wilmington VT 38:34
 37 Tanya Martin 38:39
 38 Tammy Sehl Pownal VT 39:05
 39 Holly Obrien Woodford VT 39:06
 40 Laurie Bank 39:10
 41 Amanda Monks Bennington VT 39:15
 42 Jordan Genovese Bennington VT 39:27
 43 Jill Congdon Bennington VT 39:39
 44 Wendy Sharkey Bennington VT 39:59
 45 Erin Saunders Bennington VT 39:59
 46 Ellen Adams 40:21
 47 Piper Campbell Bennington VT 40:37
 48 Pat Zemianek Bennington VT 40:42
 49 Laura Mc Keon Shaftsbury VT 41:04
 50 Joan Drew Kirkwood NY 41:53
 51 Sherry Ellwell 42:08
 52 Kate Ahear Bennington VT 42:21
 53 Emily Barlow Bennington VT 42:29
 54 Jenn Moore Arlington VT 43:04
 55 Emma Myers Bennington VT 44:38
 56 Mia Prouty 44:57
 57 Elizabeth Ellwell Shaftsbury VT 45:05
 58 Kay Trafton Bennington VT 45:14
 59 Michelle Burnham Bennington VT 45:21
 60 Hayley Richmond No Bennington VT 47:16
 61 Patty Surdam Bennington VT 47:31
 62 Peggy Coulter Bennington VT 47:33

63 Noa Chaney No Bennington VT 47:39
 64 Catherine Hickey Shaftsbury VT 50:39
 65 TJ Norris Pownal VT 52:07
 66 Lisa Barlow Bennington VT 57:56
 67 Juliana Gabriel No Bennington VT 58:16
 68 Maggie Payne Bennington VT 1:03:33
 69 Rachael Payne Bennington VT 1:03:34

Overall Men


1 Tim Van Orden Bennington VT 19:42
 2 Jason Jolley Bellingham WA 20:15
 3 Donald Pachter East Hampton MA 21:13
 4 Allan Boulet 22:27
 5 Mark Boudreau No Bennington VT 23:14
 6 Robert Pratt No Bennington VT 23:40
 7 Tim Smith Williamstown MA 24:04
 8 Brian Vargo Shaftsbury VT 24:18
 9 Robert Murphy No Bennington VT 24:23
 10 Zachary Redden Bennington VT 24:27
 11 Joe Martin Bennington VT 24:34
 12 Ben Benedict Shaftsbury VT 24:39
 13 Ben Payne Bennington VT 25:02
 14 Gabriel Neel 25:18
 15 Daniel Monks Bennington VT 25:58
 16 Nick Flynn Williamstown MA 26:21
 17 Devon Hoar Shaftsbury VT 26:37
 18 Bill Gillo Cambridge NY 26:54

19 Luke Johnas No Bennington VT 26:56
 20 Aaron Lebeau No Bennington VT 26:59
 21 Kevin Bubriski Shaftsbury VT 27:53
 22 Jason Rivers Bennington VT 28:12
 23 London Niles Shaftsbury VT 28:29
 24 John Ulrich 28:46
 25 Jacob Zemianek St Albans VT 28:37
 26 Dan Flynn Williamstown MA 28:39
 27 Michael Zemianek St Albans VT 28:44
 28 Rich Collins Bennington VT 29:08
 29 Andrew Barlow Bennington VT 29:56
 30 Stan Sherwood Brandon VT 29:57
 31 Craig Bruder Shaftsbury VT 29:59
 32 John Poggi Bennington VT 30:04
 33 Delaney Puduar Williamstown MA 30:15
 34 Luke Keenan Bennington VT 30:37
 35 Ernesta Paquette Raymond NH 30:38
 36 Tolf Stenberg 30:52
 37 Jim Sharkey Bennington VT 31:24
 38 Pete Spencer Bennington VT 31:27
 39 James Lane Bennington VT 31:54
 40 Taylor Burke Bennington VT 31:56
 41 John Norelli Shaftsbury VT 31:57
 42 Dan Malmboro Bennington VT 32:03
 43 Bryson Haddock Laconia NH 33:19
 44 Tony Napolitano Bennington VT 33:47

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