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March, 2010
Volume XIX
No. VII

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A Member of



March 2010

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On the Cover: Dave Lamb of Southern New Hampshire is a five-time winner of the Tuckerman Inferno. For more about the Inferno and other multi-sport spring-time races, see pages 14-15. Photo by Tom Eastman.

THE VERMONT SPORTS GEAR EXCHANGE

Turn to
page 26!





**GUEST
COMMENTARY**
BY
JULES OLDER

SKIING AND ME

Growing up in 1950's Baltimore, outside of movies, I'd never seen a ski.

When I left for college in cold and mysterious Vermont, my mother's friend gave me a pair from her college days. They were ancient even by 1958 standards: taller than an NBA center, with primitive beartrap bindings, and lacking that newfangled invention, steel edges.

But they were mine. And I was heading for the snow.

I had no idea what to do with my new/old skis. So my freshman roommate trudged with me to the top of Hospital Hill, a steep slope ending at the curb of a busy Burlington street. He helped me strap into those outmoded bindings, held my arm as I steadied myself at the top of the hill, and pushed.

Fearing a fall onto the icy snow, I skied.

Been doing it ever since. Sliding on snow has been not only a major theme of my life, but the way I've earned much of my income. More than that, snow-covered mountains have given me enormous pleasure,

satisfaction and spiritual uplift. Skiing has been a huge and hugely wonderful part of my adult life. Hello, mountains. Farewell, Baltimore.

I came to the University of Vermont in part because they let this indifferent high-schooler in, and in part because of the call of the snow. Was I man enough to survive winter in the Frozen North?

The two best things I did in my freshman year were to write for the Vermont Cynic, the college newspaper, and to join the Outing Club. Eventually, I became editor-in-chief of the Cynic, as I later became editor-in-chief of Ski Press magazine. As for the Outing Club, during my first winter break, I joined their trip to the Laurentian Mountains in Quebec. We stayed in the McGill Outing Club cabin. Oh, my. Gaspable cold. Shoulder-deep snowbanks. People speaking French. Young women in tight sweaters and tighter pants. Quelle banquet!

And skiing was dessert. Sliding down a mountain—a mountain, not Hospital Hill—on narrow boards. Slowly improving, learning something new on each run. That rosy-cheeked, tired-

muscle feeling at day's end. My cup runneth over.

By senior year, my friends and I were organizing our schedules to keep Wednesday afternoons free. Wednesday afternoons were dollar days at Smugglers' Notch Skiways.

What kind of skier was I? If you look up "reverse snob" in the dictionary, you'll find my picture. Only ski in jeans. Never order Chardonnay. Buy second-hand skis, hand-me-down boots. And on no account, ever be seen taking a lesson.

If joining the Outing Club was smart, not taking lessons defined dumb. Real men didn't need lessons, and hadn't I come to Vermont to become a Real Man? That mindset retarded my skiing by years, for years. Eventually, I woke up, and, as a result, I'm a better skier at 68 than I was at 28 or 38.

Little did I know when I shot straight down Hospital Hill that I was entering a sport that would last a lifetime. Not baseball, not football, it's skiing that I still do.

And I haven't done it alone. When I fell in love with Effin, one of the first things I did was to take her to the top

of Vermont's Jay Peak... and help her negotiate the long, cold ski down. Since then, we've skied together from Newfoundland to New Zealand, Scotland to the Sierra. We taught our daughters, Amber and Willow, to ski, and I hope to have our grandsons on snow next winter. Skiing isn't just a lifetime sport; it's a family sport as well.

I'm writing this from the middle seat of a van, riding the Icefields Parkway in Alberta, Canada. Outside, mighty peaks loom; I've been skiing them for the past four days. Inside, my companions range in age from 42 to 79; like me, they're all ski writers, and like me, they've been skiing hard and fast in these majestic mountains. Our bodies are strong. Our talk is of skiing. And our feeling of rosy-cheeked, tired-muscle pleasure is intensely satisfying.

As has been my lifetime on snow. ☐

Jules Older has been a clinical psychologist, medical educator, disc jockey, TV villain, writer, and editor. His latest adult book is Backroad and Offroad Biking. His latest for kids is PIG. He and Effin Older recently created the iPhone app, San Francisco Restaurants.



**OUT &
ABOUT**
BY
JOHN MORTON

SKIING AT THE VANCOUVER GAMES

I'm really sticking my neck out here. My deadline for this article is February 1. The Vancouver Winter Olympic Games open on February 12, and the flame will be extinguished 16 days later, on February 28. A few days after all the cheering has died down and American sports enthusiasts will be turning to the NCAA basketball tournament, you will be glancing through your March issue of Vermont Sports. In other words, by the time you read this, you'll know what happened at the Winter Olympics, while as I write, I can only guess. Here are my speculations.

To begin with, based upon my experience at Calgary 22 years ago, I'm confident the Canadians will host an excellent Olympic Games. Although the athletic competitions get the lion's share of the attention, an Olympic organizing committee also has significant responsibilities to promote cultural and international understanding. Calgary did an excellent job of featuring some of Canada's First Nations' citizens, and I suspect Vancouver will do the same. Whistler is recognized as one of the premier Alpine resorts in the world, and the new Nordic facilities in the Callahan Valley were designed with spectators and television coverage in mind.

Like some previous Olympic sites (Lake Placid and Albertville come to mind), transportation between the ven-

ues in Vancouver and Whistler might be an issue since the locations are linked by one circuitous road. Another potential headache all Winter Olympic organizers face is the weather. Typically, the concern is inadequate snowfall, but Whistler's concern is being hit by a storm off the Pacific which could dump several feet of wet heavy snow, causing delays and postponements.

Perhaps the greatest challenge for all Olympic athletes is to do their best on the day that it counts. I remember Mike Devecka, a Nordic combined competitor at Sapporo in 1972 describing his jumping experience. In training, prior to their competition, Mike and his teammates were optimistic because athletes from all the nations were "landing in the same rut at about 90 meters." I spoke to a discouraged Devecka following his jumping event and learned, "We jumped like we did in practice, about 90 meters, but the hotshots found a way to get ten meters farther down the hill."

Sometimes it's possible to have a great race if nobody is expecting it. For example, the long shot who surprised himself and everyone else by earning the last spot on the Olympic Team. At the Games, because someone else gets sick, the long shot gets to race and ends up top American!

It is more difficult for an athlete to

do his or her best if the media (in their ultimate wisdom), have decided that the athlete "should win a medal." In 1987, biathlon was arguably the most obscure Olympic sport in America (except, perhaps, race walking). Then Josh Thompson won a silver medal in the World Championships and was written up in Sports Illustrated. From total obscurity, he became a medal contender at the Calgary Olympics. As the Games progressed and American favorites succumbed to injuries, the flu, and bad luck, the headlines blared, BIATHLETE JOSH THOMPSON, AMERICA'S LAST HOPE FOR GOLD. He was among the leaders through three-quarters of the race, but three misses during his final shooting stage dropped him to 25th.

Perhaps a significant difference in Vancouver is that several American athletes are accustomed to winning internationally. All competitors know that sports can be fickle and that nothing is assured. But the U.S. Alpine Team has to be very optimistic with the experience and proven ability they are bringing to Whistler. Lindsey Vonn has been dominating the World Cup this season. Julie Mancuso and Ted Ligety are both reigning Olympic champions. Bode Miller, who won two silvers in Salt Lake and a pair of Overall World Cup Championships since then, will

be competing in his fourth Olympics. And those are just the big names; there are several others who are capable of a breakthrough result.

Although the cross-country skiers are gaining ground on their European rivals, any fireworks will probably come from the sprinters, Alaskan Kikkan Randall and Vermonter Andy Newell.

Nordic combined skiers Johnny Spillane, Todd Lodwick, and Bill Demong have each won internationally, and will form the backbone of a formidable US team.

Biathlete Tim Burke was leading the World Cup prior to the Games and has three experienced teammates who could join him in an exciting relay performance.

Snowboarding and freestyle skiing have their origins in North America and our athletes still lead the world with innovation and daring moves. Several Americans should do well.

I predict these will be wonderful Winter Olympics. I hope you didn't miss them. ☐

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.

WORKING HARD, LIKE DOGS IN FACT, IN UTAH

RETAIL JUNKIE

SUPERSTAR

BY
RYAN JAMES LECLERC



It takes a lot of hard work to make it in retail, but the rewards of offering quality products and great service make all that hard work worth it. The Boss, three of my favorite fellow co-workers, and I just got back from a lot of hard work out in Salt Lake City, UT. We were out there to attend the Outdoor Retailer trade show, which is a gathering of 40,000 or so vendors, retailers, media personnel, sponsored athletes, and long-underwear models. We go out there for a number of reasons: to check out next year's winter gear, to complain to our reps about things that make our customers complain, and to get the inside scoop on spectacular rock-bottom-priced closeout items that are sure to set our sales on fire. We also happen to drink a lot of free beer, which many vendors offer as gratitude for the business we did last year and in appreciation of the business we'll do next year. We, of course, accept the free beer because it is customary and the last thing we want is to appear rude.

I would say that the free beer goodwill stops there, but there may very well be an ulterior motive. Our reps always seem to wait until we've had a couple free beers before they pull out the list of show specials, which is a secret list of

spectacular rock-bottom-priced closeout items that are going quick and need to be purchased immediately because they'll be gone tomorrow if they aren't gone by the end of the day. I've been to a lot of shows, and I'm starting to notice that the large dent we put in that list is oddly congruent to the large dent we put in the keg. We see many different vendors at the show, and many different lists, and well, we work very hard.

The first day at OR is the All Mountain Demo, where we work especially hard, like dogs in fact, tele skiing on next year's tele skis. From first chair to last, with only a lunch break in between, we put our noses to the grindstone and search for hidden powder stashes to be used as testing grounds to highlight a particular ski's characteristics, so that when asked by discerning customers, we will respond with as much knowledge and experience as possible. It took half of the day and a lot of hard work, but eventually we found many hidden stashes on a part of the mountain that had been closed earlier in the day, so that all the fresh snow that had been piling up overnight could be bombed for avalanche control. As soon as they opened the gate once the area was deemed safe, we made our way along

a traverse until we discovered a steep, wide open swath of the mountain covered in a fresh blanket of waist deep Wasatch powder, which was perfect for the very hard work of testing the powder-surfing qualities of many different tele skis.

Committed as we were to the job at hand, we kept going back to that swath, over and over again, always finding more fresh lines, until we got to know the skis as though they were our own, so that when we mark them down to 50 percent off at the end of next season, and finally sell a pair or two, we will be able to describe from firsthand experience what those particular skis are capable of.

By the end of the demo, we were exhausted from such a hard day's work. I worked so hard I could barely walk, and for three days after my body felt like it had been run over by a truck loaded with multiple pallets of spectacular rock-bottom-priced closeout items heading to Vermont. I hadn't had enough days on the hill prior to the trip to get my legs in shape for such a hard day's work, and all the free 3.2-percent beer in the world couldn't numb all of the pain. But a sore body is a small price to pay for the experience and

knowledge I gained which I will apply on the sales floor in the name of great service.

On our first day back to work after the show, for some reason, our fellow co-workers weren't too interested in hearing about all of our hard work. When the spectacular rock-bottom-priced closeout items arrived at the shop on multiple pallets a few days later, amassing to nothing more than a spectacular assortment of random poles, bindings, and roller skis, they shook their heads and asked whose spectacular idea it was to buy this stuff. As we started digging through the boxes, we were suddenly reminded of two golden rules: free beer and buying don't go together, and if an item is still too expensive at 50 percent off, you know you're in trouble. Next year we'll have to work like dogs just to remember that. [7]

Ryan James Leclerc used to be single and used to work on the sales floor of Onion River Sports. He is now married and works in the office of Onion River Sports. The creative license he procured in a back alley allows him to occasionally narrate from the past as though it were the present.

VSMC's 18TH Annual 5K Run/Walk

to benefit

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Saturday, April 24, 2010

**Vermont Sports Medicine Center
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8-9:30am Registration

10am - Kids Fun Run

5K Run/Walk Immediately after Fun Run

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**To pre-register or for more info, contact VSMC's Mark Sutherlin at
802.775.1300**

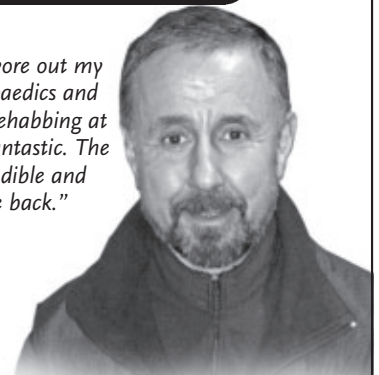


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OS TRIGONUM SYNDROME

The Os trigonum is the most commonly occurring accessory bone in the foot, occurring in an estimated eight to ten percent of the population. This interesting bone sits at the most posterior aspect of the talus, at the border of the talus and the calcaneus. The Os trigonum is truly a congenital development, but does not begin to become evident until adolescence, when it is visible in an x-ray. Too often the Os trigonum is misdiagnosed as a fracture of the posterior process of the talus, also called stieda's process.

POSTERIOR TALAR IMPINGEMENT

A crushing pressure on the Os trigonum (OT) can cause persistent pain behind the ankle. This is often called Os trigonum syndrome or posterior talar impingement syndrome. The mechanism of this injury occurs when the athlete drives the foot into extreme plantar flexion. As an example, it commonly occurs in football and soccer during a hard kick. Ballet dancers on point may experience this injury, as well as skaters performing a jump maneuver.

In all instances the resulting pain will cause a limitation of motion. The pain is deep and unmistakably in the back of the ankle, and for this reason

it is often confused with an Achilles injury. Fractured posterior process of the talus or stress and tearing of the fibrous band holding the Os trigonum in place causes the pain. It limits activity and signals a mechanical problem in the foot. In many athletes, including runners, this injury is the result of an ankle sprain, but becomes overshadowed with a diagnosis not made until the resolution of lateral ankle pain has occurred.

Lateral ankle instability can also exacerbate OT syndrome as the talus can be slipping in micro movements out of its position under the tibia because of lateral ankle ligament laxity. This forward migration of the talus will cause the OT to impinge between the talus and the calcaneus. As a result, the runner often suffers from overuse of the flexor hallucis longus muscle (FHL), which courses just medial to the Os trigonum. This may result in tendonitis of the FHL.

This area of the foot is thought to be composed of simple anatomy, but in reality it is very complex. An impinged Os trigonum or tearing of the associated fibrous bands will cause chronic pain. A fracture of the posterior process of the talus will cause similar constant

pain with motion. FHL tendonitis can also present very similar symptoms. X-ray alone cannot establish the diagnosis; an MRI will be needed along with a precise clinical exam.

You should think of the Os trigonum as a serious problem if pain is primarily on the lateral side and just behind the ankle, also if pain can be reproduced with extreme plantar flexion of the ankle. The runner may find that pain is associated with the toe-off phase of gait. A simple and confirming test that can easily be performed in the office involves the use of a local anesthesia injection into the area of the OT. This injection should immediately relieve pain if OT syndrome is present and the cause of pain.

APPROPRIATE TREATMENT

Os trigonum syndrome treatment has been debated on a professional level for years. As an example, surgical resection of the OT in the dancer, with symptoms in the back of the ankle, is often considered necessary. However, I disagree, as a conservative approach to this problem can be effective, complete, and timely. Often the athlete can return to a full range of training with no limitations in a very short period of time. A conservative treatment plan that utilizes

all the available options is best for the athlete. Rest from motion will cause a decompression of pressures and reduction of inflammation. A Cam walker is convenient to use and offers complete immobilization of ankle activity. Crutch walking is not necessary with use of the cam walker. Injection therapy utilizing ultra sound guidance is accurate, safe and very affective. This is a situation where cortisone is safe and should be included as a primary treatment. The cortisone will reduce inflammation surrounding the ossicle. This should be done with ultra sound guidance to avoid a deposition of steroid into the passing FHL tendon. Lateral ankle instability can exacerbate symptoms and must be ruled out as a primary cause of recurring impingement syndrome.

SUMMARY

Pain in the back of the ankle can be a complex and difficult condition to accurately diagnose. Clinical exams including diagnostic anesthesia injection, biomechanical gait studies, X-ray, and MRI should all be used to gather the information necessary to establish an accurate diagnosis. Conversely, Os trigonum syndrome often responds to trigger point injection therapy with cortisone. □

Gene Kadis. *Skier, runner, hiker, father, educator.*

Gene is getting off the sidelines thanks to Advance Physical Therapy

After twice "tweaking" his right Achilles tendon playing basketball, Gene Kadish's doctor told him he was "ripe for a tear." Gene was referred to Advance Physical Therapy in Wilder. In the month since, he has gained an arsenal of strengthening exercises and significant knowledge of how his body works.

"It's made a big difference. I can go for a walk for an hour without feeling any pain." He's also skiing and working out at the gym. "I suspect it's actually stronger than it has been for years," he says of his injured Achilles.

Now Gene is off the sidelines.

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www.giffordmed.org

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.

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AROUND THE STATE

WESTFORD

Greet the running season with muddy country roads, cider, and doughnuts! The Green Mountain Athletic Association holds their 31st annual Kaynor's Sap Run 10K on March 28 at the Westford Elementary School, starting at noon. This year features a new course, and it's held on Sunday instead of the traditional Saturday. For more info contact Steve Eustis, 802-878-4385 or visit www.gmaa.net.

BURLINGTON

The 6 Hour Ride for a Reason is an indoor Spinning marathon that consists of a six-hour ride led by a group of professional instructors from around the country. Held on March 21 at the Sheraton Hotel and Conference Center, the ride is a benefit for Special Olympics Vermont. Instructors guide riders through this dynamic event, with live music, hourly raffles, count-downs to each hour, and a cool-down period that's followed by a celebration luncheon. For more info contact Kim Bookless, 802-863-5222 or visit www.vtso.org/spinning_marathon.php.

KILLINGTON

The Bud Light Bear Mountain Mogul Challenge takes place on Killington Resort's Bear Mountain, March 27-28. Now in its 30th year, the Mogul Challenge showcases the best bumpers battling it out on the steepest and longest mogul trail in the East—Outer Limits! On Saturday, 200 amateur bumpers compete in a qualifying round with the top 32 men and 16 women moving on to Sunday's head-to-head competition. Participants run a dual course with sudden death format—only the winners advance. Athletes and spectators alike will enjoy the Bud Light Beer Festival and concert under the tent at Bear Mountain, insuring a good time no matter how much snow falls! For more info visit www.killington.com.

STOWE & BOLTON

The Catamount Trail Backcountry Challenge Race and Tour is slated for March 14. Participants can race or tour the 17K section of the Catamount Trail between the Trapp Family Lodge in Stowe and Bolton Valley Resort in Bolton. The route is 70 percent backcountry and 30 percent groomed trails. Participants climb 2,300 vertical feet from Nebraska Notch to the highest point on the Catamount Trail and descend 1,300 feet to the Bolton Valley Nordic Center. This event is only for experienced skiers in good physical condition. The combination race and tour is limited to 100 people. To register, download a registration form or pre-register online at www.catamounttrail.org, or call Jim Fredericks at the CTA office, 802-864-5794

SMUGGLERS' NOTCH

The Helly Hansen Big Mountain Battle takes place at Smugglers' Notch Resort on March 20. This is a team-based event open to all ages/levels. Each team of two must make it to all the checkpoints—lifts, runs, and hikes—around the mountain within a three-hour time period. Every team will get a course map and team card, and will all be tracked by Flaik GPS. The top three teams with the best times to complete all checkpoints, ski runs, and hill climbs will be awarded prizes. The top team gets a free trip to the finals, the Battle of the Bowls, in Aspen/Snowmass. For more info call Stacy Maynard, 802-644-1156 or visit www.bigmountainbattle.com.

WATERBURY CENTER

On March 6, Green Mountain Adventure Racing Association and MVP Health Care host The Frigid Infliction, the largest winter adventure race in the U.S. The course consists of navigation, snowshoeing, cross-country skiing, post-holing, and ropes work, in and around Waterbury. Categories include two- and three-person teams, coed or same sex. For more info contact Tim Curtin, 802-578-2972, or visit www.gmara.org/frigid

MONTPELIER

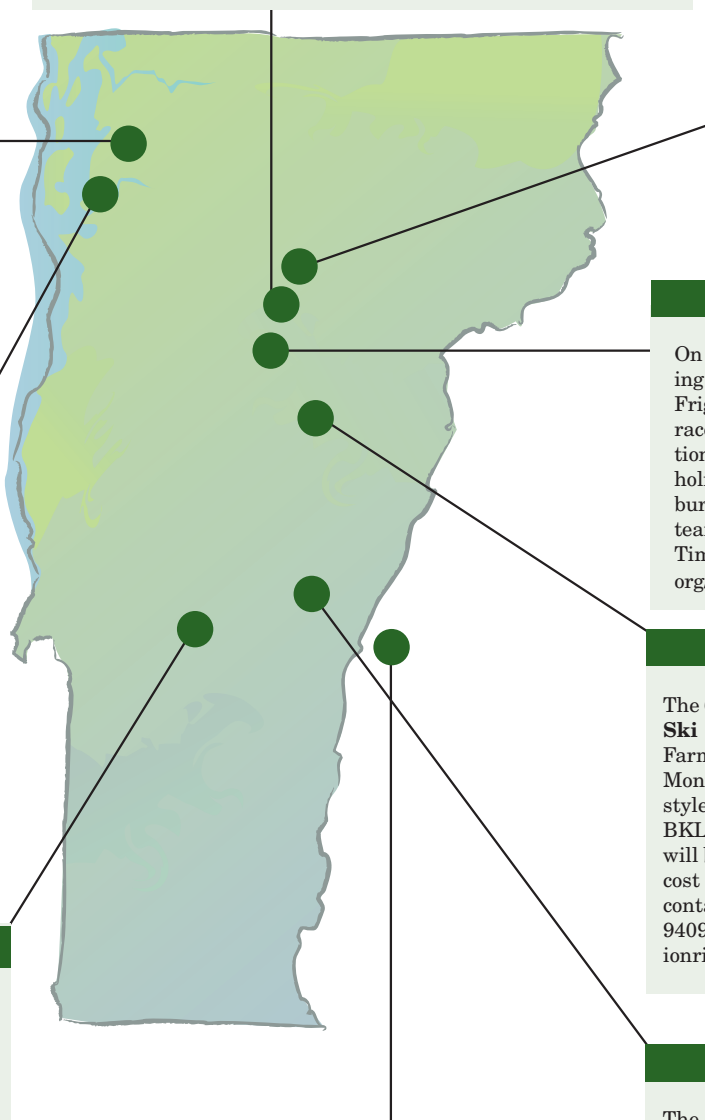
The 6th Annual **Maple Onion 15K & Bill Koch Ski Race** takes place on February 21 at Morse Farm Ski Touring Center, three miles north of Montpelier on the Center Road. The 15K free-style race begins with a mass start at 10 a.m. BKL races start at noon. Merchandise prizes will be awarded to age category winners, and the cost of registration includes lunch. For more info contact Carrie at Onion River Sports, 802-229-9409, thefolks@onionriver.com, or visit www.onionriver.com.

WOODSTOCK

The Vermont Antique Ski Race takes place on March 20 at Suicide Six. Hosted by the Vermont Ski Museum, the race is a fundraiser for the museum, which is located in Stowe. Participants in the Antique Ski Race can compete in three categories: Wood, Metal/Fiberglass, or Strictly Vintage. All skis must predate 1975. Strictly Vintage registrants must have pre-1975 boots, bindings, and skis. Warren Witherell, "the father of the carved turn," is the official. The race, a two-run slalom down The Face, begins at 10:30 a.m. The Cochran Memorial Lollipop race, a non-competitive race for kids to will be held on a parallel course. For more info contact Meredith Scott, 802-253-9911 ext. 202 or mscott@vermontskimuseum.org, or visit www.vermontskimuseum.org.

LEBANON, NH

Break out your running shoes! The Shamrock Shuffle 5K Road Race takes place on March 20 at the Lebanon Green. This running race benefits a summer camp scholarship fund, and race organizers are accepting donations in lieu of a race entry fee. Racers get a nice-looking long sleeved t-shirt and a post-race celebration at Salt Hill Pub. For more info contact Paul Coats 603-448-5121 or visit www.Shamrock5K.com.



Vermont Ski Academies

BY PHYL NEWBECK

Vermont is home to four distinct ski academies spread out across the length of the state. Starting in the south is the Stratton Mountain School, founded in 1972. Heading north is the Green Mountain Valley School in Waitsfield, celebrating its 37th year of existence. Forty miles up Route 100 is Mount Mansfield Winter Academy, the youngest of the group, having been established in 1993. Up in the Northeast Kingdom is Burke Mountain Academy, the oldest of the four, marking its 40th year of training young skiers. All four academies have been instrumental in training young Vermonsters both athletically and academically.

Each school has its niche. Stratton Mountain School (SMS) is the sole Vermont institution to be honored as the USSA Club of the Year. Mount Mansfield Winter Academy (MMWA) only offers a winter term, believing it important for students to maintain affiliation with their home high school. Burke Mountain Academy (BMA) has such close ties to its home mountain that snow is made on their training hill before the rest of the slopes. The Green Mountain Valley School (GMVS) owns a house in Austria to facilitate European racing. All four schools specialize in alpine racing and all but MMWA also have smaller Nordic programs. SMS and MMWA feature programs for snowboarders and freeriders.

Stratton has produced over 30 Olympians, including Lindsey Jacobellis (snowboard), Ross Powers (snowboard), and Andy Newell (cross-country), who may hold the distinction of being the first cross-country skier to be featured in the New York Times Styles section. Mount Mansfield has sent three members of the Cochran family to the international stage. Burke boasts of Nolan Kasper, Chip Knight, Erik Schlopy, and going to her second Olympics this year, Liz Stephen. Green Mountain Valley School includes Daron Rahlves and A.J. Kitt among their alumni.

The 2010 Winter Olympics featured alumni from all four academies. Each school has students from grades seven to twelve and includes a post-graduate year for those deferring college in the hope of making the U.S. National Team. The schools generate strong students as well as strong skiers. Stratton, Burke, and Green Mountain all have graduates attending Ivy League schools. All but MMWA, which has a more local clientele, host students from across the United States, Asia, Australia, and Europe.



Burke Mountain Academy—www.burkemtnacademy.org
Green Mountain Valley School—www.gmvs.org
Mount Mansfield Winter Academy—www.mmwa.org
Stratton Mountain School—www.gosms.org

Stratton Mountain School is a non-profit school which bills itself as the first ski academy to be accredited by the New England Association of Schools and Colleges. For the 2009-10 academic year, the school has 69 boarding students and 46 day students, most of whom are full-time (others come only for the winter term). Stratton has had the most success of all the schools with its snowboard program. Thirteen students landed on the podium at the USASA National in 2009. Director of publications Madeline Senkosi says what distinguishes Stratton is that the athletic and academic staffs are separate, allowing each to concentrate on their area of expertise.

The school has been at their current location for 10 years; a campus which includes an international-sized soccer field and a "campus green." There is an indoor gymnasium for year-round dry-land training. Local stu-

dents can train throughout the summer since there are two strength and conditioning coaches on campus. SMS also features a variety of other athletic teams including cross-country running, cycling, golf, lacrosse, skateboarding, soccer, and tennis.

Mount Mansfield Winter Academy is the smallest of the four schools with only 40 students (maximum capacity is 55). Students attend MMWA for the second and third quarters of their academic years, completing the rest of their studies at their home school. Director Lori Furrer said this serves the purpose of allowing students to spend more time with their families and also to pursue a second sport such as soccer or lacrosse. Furrer said students are expected to either maintain or improve the grades they receive at their home schools in order to remain eligible for skiing privileges.

MMWA students are taught either one-on-one or in small groups by a faculty of 30-35 instructors using their home school curriculum. The academy partners with its sister organization, the Mount Mansfield Ski and Snowboard Club, for on-hill training and race logistics. Students train six days a week at Stowe Mountain Resort. Only 15 students currently live at MMWA, but the school is starting to see more interest from Connecticut and New York-based skiers and expects this number to rise.

Christin Lathrop, director of admissions at Burke Mountain Academy, said that Burke, the oldest ski academy in the country, intentionally stays small to ensure quality training and education. Seventh graders only attend a winter term, eighth graders can choose between a full or winter term, and high school students attend a full term. Only the winter term students continue to use the curriculum of their home schools. All but three students board on campus.

Although BMA once mixed teaching and coaching, the two staffs are now entirely separate. Maximum classroom size is 15 students and the academy now has 70 students in grades seven through post-graduate, down from the 100 they used to teach prior to deliberately downsizing in 2000. All teachers have at least a Master's degree.

After BMA sold Burke Mountain, they negotiated rights to use a training hill and the warming hut at the base. Skiers ride a high-speed Poma lift that allows 10 runs in an hour. The Super G slope is impressive enough to allow Burke to host the NorAms this year. They have held the Eastern Cup finals in the past.

Although Dave Gavett, headmaster of the Green Mountain Valley School, is obviously proud of their athletic program, he is equally pleased with the school's academic program, which produced Mark Lundstrom, a Rhodes Scholar, and Sarah Billmeyer who lost her leg to cancer at age six and won 13 paralympics medals before matriculating from Dartmouth College and Harvard Medical School for a career as a surgeon.

GMVS seventh graders only attend a winter term and a few eighth and ninth graders do as well, with the rest attending full-time. More than half of the 110 students board at GMVS. The school has its own curriculum, including a theater program which puts on an annual production. Green Mountain wants students to have a complete high school experience so they offer their athletes the chance to play on soccer and lacrosse teams at the school and have a community service requirement. "I believe in the [ski academy] concept," said Gavett, "and believe that any of the schools like ours that focus on giving kids a chance to excel is a wonderful thing. Ski racing is just a metaphor in the end." ¶

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She enjoys both downhill and cross-country skiing but lacks any semblance of discipline in either sport. Phyl is also a cyclist, kayaker, 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.



GREEN RACING PROJECT

BY TIM REYNOLDS

CRAFTSBURY SNOW-SHOVELING PROJECT

Just five days before the 2010 Craftsbury Marathon, a deluge complete with 50-mph winds swept over the ski trails at the Craftsbury Outdoor Center and much of New England. In less than 20 hours, the 50-kilometer race course went from perfect packed white powder to thin dirty slush. In the fields, open water ran the snowy trails to mud, while branches and fallen trees littered the wooded loops that were otherwise spared the watery runoff. Things didn't look promising for the Marathon, which, besides occasional Phish concerts, provides arguably the biggest influx of people to the Northeast Kingdom. Needless to say, it's a big deal for the town and for the visitors alike to cancel.

So, what do you do with wrecked trails, no significant snow in the forecast, and 800 skiers expecting to race 50 kilometers on your trails in only five short days? You get out the shovels.

At the Outdoor Center, it was not only a case of what needed doing, but also of what had already been done in anticipation of that elusive scourge, the January Thaw. The grooming staff at the Outdoor Center runs what might be a lucrative snow farming operation if they could package and sell their produce at market prices. These guys literally started moving snow onto the ski trails when it first fell in early December. Without this solid base they built up over the next two months, with the old-school method of snowmaking, we wouldn't even be talking about the Craftsbury Marathon. The rains would have washed away everything. Instead, they preserved a chance, albeit it brownish and littered with trees, and with a lot of work we could make the Marathon happen.

The sheer volume of people who showed up after the rain to move snow blew me away. From the Outdoor Center we had the Green Racing Project skiers and also a handful of rowers training with the Small Boat Training Center. Groomers, office staff, even some of the kitchen staff put their bread making and paper shuffling on hold to lend a hand to the almighty shovel. The principal of Craftsbury Academy offered all of his high schoolers up for labor for a good part of the day. Burke Mountain Academy skiers came over to help, too, and countless other folks showed up after work, shoveling snow and picking up branches as a full moon rose over the ridgeline.

All told, almost 100 people turned out in tiny Craftsbury to manually relocate what Mother Nature refused to give.

Hard work, unmatched community support, and about an inch or two of fresh snow mixed in with the icy base left the shortened Marathon course in pretty good shape on Saturday morning. If you had seen the condition of that 12.5-kilometer loop on Tuesday, you wouldn't have believed it was the same trail.

Our fickle Vermont winter threw one more curveball on race day—it was 10 degrees below zero at 8 a.m.. Many of the volunteers standing out in the cold, manning feed stations, and organizing the starting waves were the same people who had shown up in droves to shovel snow.

This year's Craftsbury Marathon was a testament to the tightly knit Craftsbury community. I might be a newcomer here, but being a part of this community that cared so deeply and did so much to make this ski race happen left a very permanent impression. An enormous thank you goes out to all who helped make the race happen. I've received emails all week from former coaches, old teammates, and friends who all raced the Marathon and were grateful and impressed that Craftsbury managed to pull off the race in such good style. Apparently it takes a lot more than a rainy thaw to spoil winter in the Kingdom. ¶

Tim Reynolds, a recent Middlebury alumnus, works and races for the Craftsbury Outdoor Center's Green Racing Project, a professional cross-country ski racing team in its inaugural year. Check out the team at www.greenracingproject.com.

See page 12 for the Craftsbury Marathon 50K and 25K race results.

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SOME COOL GIGS FOR VERMONTERS WHO WANT TO BE ACTIVE OUTDOORS

BY KIRK KARDASHIAN

With all the talk about the flagging economy and high unemployment rates, you rarely hear that these times can also create an opportunity to try a new career, something more aligned with who you are and how you want to spend your time. For people who value being outdoors, engaged in activity that replenishes the soul, this might be a perfect chance to get a job that gives you the flexibility to ski or bike on an average Tuesday morning. Finding such a job takes a little creativity, but it's usually worth it.

Here are some examples of full-time and part-time jobs that can get you outside and get you paid.

BIKE TOUR LEADER

What you do: "I facilitate people having a good time," says Bill Reuther, a tour leader for Bike Vermont, a Woodstock-based company that organizes end-to-end

bike tours aimed at the 40- to 75-year-old set. They ride 25-60 miles every other day, stay at nice bed-and-breakfasts along the way, and eat good food. As a tour leader, you do all those things, too, but the clients' comfort is your responsibility, so you need to be empathetic, patient, and happy to help riders learn how to use their gears. What else? "I make 'groupness' happen," Reuther says. In other words, he helps perfect strangers have a good time together.

What you need: Since you're on a bike for five to seven days at a time, you need to be reasonably fit. But not a superstar rider. You only have to be as fast as the slowest client, Reuther advises, since one tour leader always pulls up the rear. Also, you need to know basic bike mechanics, first-aid and CPR, and enjoy being with people.

Why it's awesome: You're riding your bike, and getting paid to do it! People on vacation are happy and fun to be around. Good food. Great co-workers.

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What's tough: Being away from family for a week at a time can be challenging, Reuther says. Also, when you're on a tour, you're always on duty, 24-hours a day. "That can be a little stressful," he says.

PHYSICAL THERAPIST

What you do: When Jamie Belchak, the rehabilitation manager at the Rutland Visiting Nurses Association, isn't overseeing therapists and ensuring timely delivery of care, he's out in the field helping people get back on their feet after an injury or an illness. On any given day, he could be teaching someone with a broken hip how to increase her core strength, or showing a recent heart-bypass surgery patient how to conserve energy. But, because physical therapists are in short supply, he can dictate his schedule, and that leaves him plenty of time for telemark skiing, and riding his road, mountain, and cyclocross bikes.

What you need: These days, a doctorate in physical therapy, which takes about six years of undergraduate and graduate school to obtain. Then you need clinical affiliations and to pass the boards in the state where you want to practice.

Why it's awesome: Flexible schedule, high mobility and a deep knowledge of how the body works. And the money's not bad: starting physical therapists can earn \$40,000 to \$50,000 per year.

What's tough: Though the pay is good, education expenses are much more than they used to be.

DIRECTOR OF ADVENTURE PROGRAMS

What you do: Run the recreation and co-curricular outdoor programs at a college or university. For Bruce Saxman, who holds this position at Green Mountain College, the job entails teaching students paddling, ice-climbing, backcountry skiing, and even surfing. It also includes organizing the annual wilderness adventure program for incoming first-years. Much of his time, however, is spent turning outdoor-minded students into leaders who can guide trips for his department.

What you need: There are lots of ways to get into outdoor adventure education, but Saxman highly recommends having some professional-level guiding experience. It also doesn't hurt to have a degree in recreation.

Why it's awesome: Everyday is different, but you're almost always outside doing something fun. And when it's time to do the paperwork, you need a rest anyway.

What's tough: "People don't think I have a real job," Saxman says. Also, when you're teaching you're usually doing the activity at a lower level than you would on your own, which can be frustrating. "But I get no sympathy," he laments.

HIGH SCHOOL NORDIC SKIING COACH

What you do: Starting in mid-November, organize dry-land training, which includes roller-skiing, hiking, and running. When the snow falls, you're running ski practices or coaching at races six days per week. Bruce Smith, the head coach at Mount Anthony High School in Bennington, puts it this way: "I get paid a pittance to go skiing everyday." Coaching at a public high school isn't a full-time job, so Smith is also the school-based clinician at Mount Anthony, and coaches the middle school cross-country running team.

What you need: "I basically fell into it," Smith says. He came from a running background, so he new how to train. The former varsity skiing coach mentored him, and he got a lot of help from other ski coaches. In the Vermont high school Nordic community, Smith says, "people know that it's about the kids feeling good about what they do."

Why it's awesome: "It keeps me young," says Smith. You get to hang out with driven, goal-oriented athletes, and see the sun go down from a ski trail every afternoon in the winter.

What's tough: It ties you down. "My winter is pretty committed," Smith says. "Also, the pay is nominal. Per hour, you'd probably do better working at McDonalds."

DIRECTOR OF A RECREATION/FITNESS NON-PROFIT

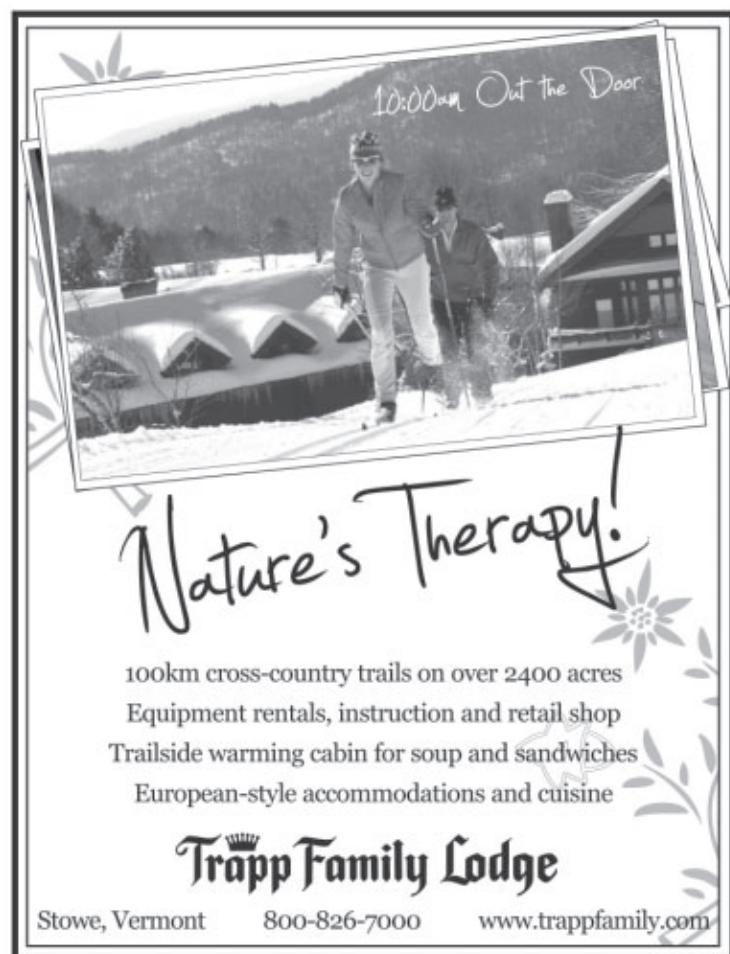
What you do: According to Chapin Spencer, the executive director of Local Motion, a Burlington-based organization that advocates for active transportation, he spends a lot of his time doing "new venture development." That means assessing community needs, fundraising, grant writing, and networking, all with an eye towards how to make your community more bike- and pedestrian-friendly.

What you need: If you're Spencer, you just need an idea and some passion. Ten years ago, he and some friends started Local Motion by securing grants and appealing for membership. But he says there's a lot more opportunity for organizations that connect people to the outdoors. With corporations like Burton and Terry, and events like the USA Triathlon Championships coming to Burlington, says Spencer, "Vermont has a great chance to sell itself as an outdoor destination."

Why it's awesome: An active office culture. Everyone at Local Motion either bikes or walks to work most of the time. Plus, doing "mission-driven work," Spencer notes, is "absolutely exciting."

What's tough: The days spent doing paperwork, and the irony of encouraging people to be active by sitting at your computer writing grants. ▢

Kirk Kardashian gets paid to get out and write about skiing and biking. You can see more of his work at www.kirkkardashian.com.



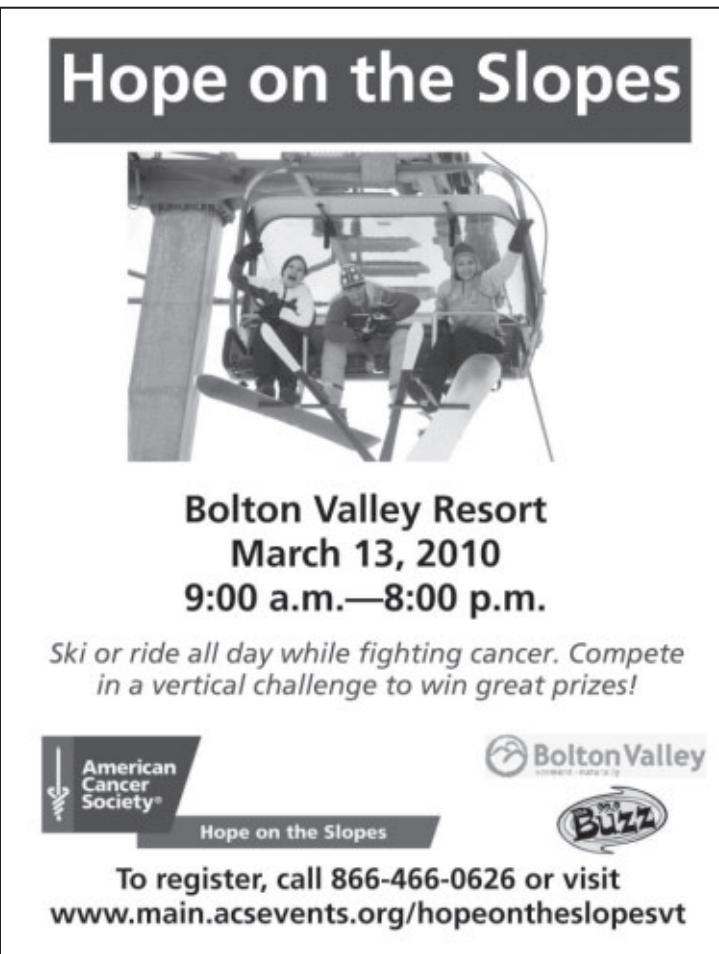
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American Cancer Society Bolton Valley

Hope on the Slopes

The Buzz

To register, call 866-466-0626 or visit www.main.acsevents.org/hopeontheslopesvt

RACE RESULTS

MASTERS CROSS-COUNTRY 10K CHAMPIONSHIPS January 28, 2010 Craftsbury Outdoor Center Craftsbury, Vermont

Women 30-34		
1 Maggie Ryan	Northampton MA	36:41.1
2 Andrea Vogl	Shelburne VT	39:18.5
3 Dina Pesenson	Los Alamos NM	52:04.6
Women 35-39		
1 Heidi Henkel	Putney VT	39:44.2
Women 40-44		
1 Nina Gavriluk	Guilford NH	31:38.8
2 Elise Lawson	Bethlehem NH	36:21.6
3 Laury Saligman	Montpelier VT	44:14.5
4 Lisa Hoffman	E Aurora NY	46:27.2
Women 45-49		
1 Kathy Schwenk	Corfu NY	35:58.6
2 Sue Wemyss	Gorham NH	36:34.2
3 Margie Prevot	Chicago IL	37:13.0
4 Mia Allen	Ripton VT	37:26.6
5 P McEdward-Rand	Richmond VT	38:11.4
6 Diane Halvorsen	Darien CT	40:25.0
7 Linda Ramsdell	Craftsbury CT	40:56.7
Women 50-54		
1 Joann Hanowski	Underhill Ctr VT	35:35.5
2 Ruth Hall	Cumberland ME	36:03.0
3 Cheryl Carlson	Lebanon NH	37:44.8
4 Dia Jenks	Shoreham VT	38:18.6
5 Gina Campoli	Craftsbury CT	39:09.7
6 Carol Van Dyke	Stowe VT	39:35.4
7 H Meyer Shea	E Montpelier VT	40:15.4
8 Susan Emmons	Duxbury VT	44:44.7
Women 55-59		
1 Carolyn Tiernan	Bishop CA	39:30.6
2 Carrie Nourjian	Stowe VT	40:06.4
3 Jody Newton	Wayland MA	40:08.7
4 Carol Fisher	Queensbury NY	40:50.5
5 Janet Findlay	Lake Placid NY	42:28.6

6 Lisa Bernardin	Middlebury VT	43:08.6
Women 60-64		
1 Trina Hosmer	Stowe VT	36:57.2
2 Candy Armstrong	No Conway NH	45:52.7
3 Connie Meek	Hayward WI	46:54.0
4 Sherry Dixon	Mayfield NY	54:38.3
Women 65-69		
1 Sally Howe	So Burlington VT	50:30.4
Women 70 & Over		
1 Sara Martin Jones	Mills PA	1:04:46.6
Men 20-29		
1 Tucker Murphy	Stowe VT	29:28.0
Men 30-34		
1 Eli Enman	Huntington VT	27:56.0
2 Jesse Downs	Jericho VT	28:29.6
3 Eric Tremble	Jericho VT	29:20.6
4 David Cahill	Norwich VT	31:18.1
5 Scott Magnan	So Burlington VT	31:43.8
6 Damian Bolduc	So Burlington VT	34:05.4
Men 35-39		
1 Reid Greenberg	Warren VT	30:37.2
2 Eric Darling	Shelburne VT	31:39.0
3 Clay Moseley	Los Alamos NM	31:50.2
4 Sheldon Miller	Craftsbury CT	34:32.3
5 Gregory Brown	Grantham NH	35:52.4
6 Josh Carlson	Wolcott VT	37:17.1
7 Dennis Newell	Los Alamos NM	39:27.8
Men 40-44		
1 Tim Donahue	New NY	29:26.0
2 Phil Lawson	Bethlehem NH	29:34.6
3 Erik Grimm	Pittsford NY	30:11.2
4 Hugh Pritchard	Montpelier VT	31:09.3
5 Dan Greenleaf	Waterbury Ctr VT	31:44.4
6 Tony Hoffman	E Aurora NY	31:51.1
7 Chris Trager	Dalton MA	31:57.8
8 Carl Johnston	Ontario NY	32:34.8
9 Jim Kobak	Peru NY	33:37.5
10 Binney Mitchell	Burlington VT	33:39.3
11 Don Harmeyer	Underhill VT	34:32.8
12 Eric Hanson	Craftsbury VT	34:36.6
13 Craig Pepin	Burlington VT	34:47.1
14 Brad Clarke	Bethel ME	34:51.3
15 David Sharp	So Deerfield MA	36:01.1
16 Edward Lis	Lake Placid NY	36:06.0
17 Allen Ward	Hinesburg VT	36:39.3
18 Alan Cote	Williston VT	36:46.4
Men 45-49		
1 Barry Makarewicz	Salt Lake City UT	30:07.6
2 Thomas Thurston	Waterbury VT	31:03.8
3 Scott Tucker	Ketchum ID	31:08.6

4 Randy Anderson	Pocatello ID	31:50.4
5 Chris Bean	Montpelier VT	32:22.8
6 Eric Scranton	Bozeman MT	32:52.1
7 Rune Harkestad	Bellevue WA	33:05.2
8 Joe Holland	Concord NH	33:14.6
9 Stephen Wright	Richmond VT	33:29.5
10 Peter Hall	Cumberland ME	33:45.0
11 David Lindahl	Thetford Ctr VT	34:11.3
12 John McCall	Montpelier VT	34:28.6
13 Carl Soderberg	Caribou ME	35:14.6
14 Christopher Dorion	Orono ME	35:21.0
15 Robert Houseman	Wolfeboro NH	35:52.8
16 Brett Rutledge	Westboro MA	36:00.9
17 David Loney	Meriden NH	36:05.4
18 Ian Blair	Bethel ME	36:14.2
19 Steve Genereaux	So Ryegate VT	37:27.1
20 Darrell Rikert	Millerton NY	38:43.1
21 Paul Bierman	Burlington VT	39:27.5
22 Andy Grab	Underhill VT	40:54.1
23 Joe Bainbridge	Lodi WI	42:20.4
24 George Hlucik	Painted Post NY	48:14.5
Men 50-54		
1 Robert Bradlee	Reading MA	31:39.8
2 Rick Powell	Hanover NH	32:30.1
3 Steve Flagg	Wolfeboro NH	32:48.7
4 Joseph Bouscaren	Cambridge MA	33:01.1
5 Roger Prevot	Chicago IL	33:37.8
6 David Birrell	Cummington MA	34:28.2
7 Timothy Buckley	Henniker NH	34:52.8
8 Joseph Korzenec	Lake Placid NY	35:14.2
9 Tim Cowan	Vergennes VT	35:16.2
10 Bryce Wing	Hanover NH	36:09.3
11 Todd Taska	Lowell VT	36:58.3
12 Brian Palm	Enclaw WA	38:00.1
13 Mark Chmielewicz	Clinton NY	38:13.1
14 Rick Kelley	Hinesburg VT	40:48.8
Men 55-59		
1 Chris Nice	Hanover NH	30:49.7
2 Charles Gunn	Henniker NH	31:30.5
3 Gaetan Beaulieu	St-Ferres Les Neiges QC	32:06.6
4 Peter Harris	Derby Line VT	32:47.8
5 Glenn Joyce	Sierraville CA	33:07.4
6 Keith Woodward	Stowe VT	33:17.5
7 Dhyam Nirmegh	Huntington VT	33:41.9
8 David Ford	Winthrop WA	34:33.0
9 Jim Fredericks	Underhill Ctr VT	34:50.1
10 Bruce Townend	Windsor MA	35:12.9
11 Leigh Mallory	Colchester VT	35:23.0
12 Dan Schwenk	Corfu NY	35:24.3
13 James Doucett	Andover MA	35:38.0

14 Mark Danyla	Auburn ME	35:39.6
15 Ed Luban	Syracuse NY	36:40.0
16 Paul King	Tamworth NH	37:31.2
17 Bret Vicary	Old Town ME	37:39.7
18 Bill Holland	Montpelier VT	37:59.4
19 Bob Maswick	Lake Placid NY	37:59.7
20 Vinny Vienneau	Pittsfield MA	38:09.1
21 David Burt	Queensbury NY	38:58.3
22 Peter Parken	Painted Post NY	43:54.7
23 Edward Cooper	Wolfeboro NH	45:37.6
Men 60-64		
1 Murray Banks	Underhill VT	33:34.6
2 Doug Armstrong	No Conway NH	34:07.2
3 Donovan Freeman	Andover NH	36:02.9
4 Ralph Johnson	Truckee CA	36:06.2
5 Raul Siren	Brighton ME	36:11.3
6 Dale Rodgers	Westford VT	37:53.6
7 Buddy Majernick	Greensboro Bend VT	37:53.0
8 David Hunter	Lake Placid NY	38:12.1
9 Jud Hartmann	Grafton VT	38:24.0
10 Chris Beattie	Lake Placid NY	38:25.1
11 John Lazenby	Montpelier VT	38:40.8
12 Darwin Roosa	Altamont NY	39:01.2
13 John Morton	Thetford Ctr VT	39:43.9
14 Frank Krueger	Jay NY	43:13.6
15 Richard Dixon	Mayfield NY	50:16.5
16 David Holmender	Epsom NH	1:02:49.2
Men 65-69		
1 Jonathan Chaffee	W Lebanon NH	37:17.2
2 David Hosmer	Stowe VT	39:22.1
3 Per Larsen	New York NY	41:39.7
4 Richard Read	Lewiston ME	42:54.4
5 Alec Davis	Ballston Lake NY	44:05.2
6 Nat Goodhue	Stowe VT	44:30.1
7 Rene Clarke	Queensbury NY	44:56.0
8 Henry Hamilton	Craftsbury CT	46:10.5
9 Roger Henry	Rexford NY	46:23.5
10 Charles Cary	Harpwell ME	46:26.4
Men 70-74		
1 Bob Gray	Newbury VT	37:17.9
2 Jean-Yves Babin	St Romuald QC	38:14.1
3 Dave Boucher	Essex Jct VT	45:02.3
4 George Hall	Craftsbury CT	45:02.9
5 Philip McKean	Cushing ME	50:01.1
6 John Lewis	Greenfield Park QC	54:15.3
7 Terrence Coyne	No Adams MA	59:23.5
Men 75 and Over		
1 John Pope	Berkeley CA	51:34.5
2 Edmund Brelsford	Marlboro VT	1:23:56.3
3 C Martin Jones	Mills PA	1:44:19.4

CRAFTSBURY MARATHON January 30, 2010 Craftsbury Outdoor Center Craftsbury, Vermont

50K MARATHON

Older Junior Girls		
1 R Lipfert	3:19:07	
2 E Roy	3:56:58	
Junior Boys		
1 B Berton	3:44:04	
Older Junior Boys		
1 L Johnson	2:51:53	
2 E Lichtenstein	2:52:13	
3 L Peters	2:54:02	
4 L Siebert	3:09:25	
5 D Page	3:13:43	
6 W Dunlap-Shohl	3:24:07	
7 D Lowenstein	3:44:02	
Women 20-24		
1 S Dunklee	3:01:39	
2 H Dreissgacker	3:09:00	
3 J Carson	3:14:43	
4 A Bradley	3:22:41	
5 E Blackmer	3:24:37	
6 N Dietman	3:39:33	
Women 25-29		
1 A McLoon	3:06:01	
2 A Jospe	3:10:31	
3 E Rehm	3:23:24	
4 A Harris	3:26:53	
5 J Mygatt	3:39:05	
Women 30-34		
1 J Bolduc	3:48:24	
2 J Townsend	4:31:30	
3 A Lane	4:31:34	
Women 35-39		
1 K Linton	4:01:37	
2 L Shear	4:45:14	
Women 40-44		
1 D Wonsavage	3:07:20	
2 S Pribram	3:37:55	
3 K Williams	4:11:24	
4 S Juutinen	4:26:42	
5 L Saligman	4:42:04	
6 B Knauft	4:56:13	
7 E Tighe	5:06:58	
Women 45-49		
1 B Goss	3:32:25	
2 K Schwenk	3:34:36	
3 P McEdward-Rand	3:54:57	
4 M Prevot	3:55:04	
5 D Halvorsen	3:55:58	
6 J Ziegler	3:59:06	
7 C Reynolds	4:05:58	
8 L Ramsdell	4:22:04	
9 S Dolcino	4:27:43	
Women 50-54		
1 J Hanowski	3:14:14	
2 G Campoli	3:42:00	
3 R Hall	3:46:22	
4 A Burnham	3:47:12	
5 D Smyers	4:03:28	
6 S Emmons	4:06:33	
7 S Stremple	4:27:55	
8 C Marston	4:32:32	
Women 55-59		
1 M Osgood Heller	3:31:41	

10 B Mitchell	3:09:49	
11 C Pepin	3:12:52	
12 E Hamilton	3:13:23	
13 E Hanson	3:14:10	
14 J Kobak	3:16:07	
15 D Harmeyer	3:16:44	
16 A Mead	3:18:14	
17 R Fisher	3:20:58	
18 K Goetze	3:22:58	
19 De Nitto	3:28:29	
20 J Owen	3:40:12	
21 D Newell	3:53:06	
22 R Williams	4:26:27	
23 R Cone	4:27:12	
24 T Wong	4:53:38	
25 P Houchens	4:57:09	
26 R Kerber	6:30:34	
Men 45-49		
1 R Harkestad	2:41:51	
2 C Bean	2:53:50	
3 T Thurston	2:54:34	
4 K Siegel	2:54:48	
5 B Makarewicz	2:55:34	
6 S Tucker	2:56:03	
7 J Holland	3:01:12	
8 A Magi	3:01:38	
9 S Wright	3:03:56	
10 E Scranton	3:06:47	
11 P Hall	3:12:26	
12 J McGill	3:13:36	
13 S Hatch	3:13:47	
14 S Piotrow	3:15:04	
15 C Dorion	3:16:25	
16 V Golovkin	3:16:26	
17 A Evans	3:18:41	
18 M Arienti	3:19:42	
19 D Lindahl	3:20:03	
20 F Edelblut	3:20:45	
21 R Anderson	3:22:29	
22 P Van Buren	3:26:15	
23 P Ostberg	3:33:32	
24 D Works	3:36:24	
25 T Mackenzie	3:41:08	
26 J Jimenez	3:41:14	
27 R Dadekian	3:41:23	
28 P Bierman	3:47:02	
29 J Bainbridge	3:56:08	
30 S Sallies	3:56:58	
31 T Batten	4:04:09	
32 A Grab	4:09:36	
33 J Gillott	4:27:17	
34 C Whetstone	4:27:25	
35 G Hlucik	4:43:45	
36 E Grace	5:04:54	
Men 50-54		
1 N Lucy	2:58:02	
2 R Bradlee	3:03:32	
3 R Faltus	3:04:09	
4 R Burnham	3:05:09	
5 R Powell	3:07:32	
6 L Martell	3:15:35	
7 R Prevot	3:17:13	
8 P Wright	3:20:10	
9 D Birrell	3:21:05	
10 T Huneck	3:22:11	
11 B Palm	3:24:41	
12 C Allen	3:26:29	
13 J Gabreski	3:28:28	
14 M Leney	3:30:48	
15 K Kelley	3:35:15	
16 R Faltus	3:35:43	
17 T Cowan	3:39:31	
18 M Melnikov	3:44:22	

3:49:19	2 F Woodard	5:09:27
3:52:21	Men 75-79	
3:54:22	1 G Bates	5:10:33
3:57:17		
3:59:02	25K RACE	
4:02:11		
4:03:05	Older Junior Girls	
4:13:53	1 P Weisenfeld	1:54:49
4:23:24		
4:31:15	J1 Girls	
4:34:54	1 L Dyke Van	1:41:23
4:36:58	2 E Seyferth	1:44:43
5:17:11	J2 Girls	
	1 A Rand	2:09:25
2:49:09	2 M Gordon	2:43:49
2:53:16	3 M Kover	3:48:48
3:01:54		
3:06:18	J3 Girls	
3:06:20	1 M Sergiev	2:25:32
3:08:22	J4 Girls	
3:08:54	1 V Rugiero	3:11:56
3:10:10	Older Junior Boys	
3:10:15	1 J Byetow	1:16:58
3:12:54	2 K Hollis	1:33:18
3:13:21	3 L Reed	1:53:34
3:26:04	J1 Boys	
3:27:52	1 A Childs	1:36:31
3:28:22	J2 Boys	
3:28:50	1 A Luban	1:38:38
3:36:37	J3 Boys	
3:37:15	1 H Harmeyer	1:34:54
3:39:05	2 B Hegman	1:35:15
3:41:57	3 A Ostberg	1:49:35
3:43:14	4 N Ostberg	2:03:45
3:49:03	5 X Koontz-Miller	3:08:15
3:59:54	J4 Boys	
4:00:39	1 C Ostberg	2:09:38
4:00:54		
4:14:17	Women 20-24	
4:14:22	1 C Little	1:36:40
4:30:16	2 A Schulz	1:44:37
4:40:55	Women 25-29	
4:40:53	1 Cood	1:32:25
4:41:19	2 S Sullivan	2:51:18
4:44:03	Women 30-34	
4:46:33	1 C Bryant	1:35:00
5:05:50	2 A Vogl	1:42:40
5:10:41	3 K Enman	2:02:50
5:17:53	4 H Voinis	2:14:33
5:22:34	5 D Pesenson	2:15:26
5:26:00	Women 35-39	
	1 P Carr	2:05:17
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3:30:35	1 J Underwood	1:36:58
3:31:01	2 Lawson	1:42:12
3:39:05	3 O'Shaughnessy1	1:54:18
3:39:01	4 M Cimometti	2:04:50
3:40:11	5 S Gates	2:19:49
3:40:54	6 A Kence	2:34:17
3:45:24	7 C Collins	2:41:02
3:45:34	8 C Mock	3:14:58
3:47:13	Women 45-49	
3:47:20	1 M Allen	1:45:35
3:44:16	2 A Samson	1:45:37
4:55:13	3 B Richert	1:50:37
5:18:23	4 M Lucy	1:50:49
6:19:33	5 K Gordon	1:55:06
	6 M Woodruff	1:57:01
4:25:06	7 W Matthews	2:03:50
4:42:37	8 C Massey	2:21:31
	9 Lowney	2:30:27
	10 M Bociek	2:30:53
4:43:05	11 M Vost	2:30:56



MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

I just got back from the Outdoor Retailer Trade Show in Salt Lake City, UT, where 40,000 or so outdoor industry types like me converged for a week-long gear summit. By the last day, I was dehydrated from drooling. Here are just three of the items that I found particularly tasty.



GSI OUTDOORS VORTEX HAND CRANKED BLENDER

Crank up the good times on your next camping trip with this marvelous two-speed, hand-cranked blender. If you're like me, you've sat around the campfire pining for a delicious frozen drink to wash down those toasted marshmallows or s'mores. With a powerful two speed gear system and pour-through locking lid, you can create your evening concoctions with the skill of a true drink-slinging master, and in the morning, you can use it to scramble your eggs or whip up some pancake batter. The GSI Vortex Blender attaches to a picnic table, or any flat surface, using a C-clamp to keep it steady while you blend up your strawberry margaritas, pineapple daiquiris, banana smoothies, or pina colodas. As an added benefit, the sounds of ice being crushed will ward off Sasquatch if he happens to be wandering through the area. When it comes time to wrap the party up, the base unit nests perfectly inside the durable, BPA-free, 1.5L pitcher for easy storage. \$89.95. www.gsioutdoors.com.



HIGH GEAR SOLARPOD SOLAR CHARGER

Sticking with the "who needs electricity anyway?" theme, the HighGear solarpod is a portable solar charger that can charge pesky electronic devices, such as your cell phone, digital camera, or media player that love to die on you at the most inopportune times. You may be one to shun the use of any such device while enjoying the outdoors, and I won't argue with you, especially when it comes to the phone. Nevertheless, there are some folks who may enjoy listening to some tunes while on a multi-day hike, or who want their camera charged and ready in case there's a Sasquatch sighting, or who may need to call for help if they get lost while running for their lives after a Sasquatch sighting. The SolarPod's environmentally friendly lithium-ion battery can be fully charged in eight hours using direct sunlight, or, if necessary, in less than four hours using your computer USB. At 4.3 by 3.7 by 0.5 inches and weighing only 68 grams, the SolarPod can be easily attached to your pack, belt loop, or messenger bag with its handy integrated carabineer clip. \$50. www.highgear.com.



ZOOT M COMPRESS RX SOCKS

I've always associated compression socks with older folks who, among various other issues, are combating poor circulation. As a young child, I remember hearing my Grandpa yell to my Grandma, "Beth, where in God's name are my compression stockings?!" But the benefit of causing more blood to return to the heart, versus pooling to the lower legs and feet, can be appreciated by anyone, especially athletes, travelers on long flights, and workers who stand still for prolonged periods of time. Zoot M Compress RX socks offer graduated compression to improve blood flow to the heart, meaning they are tighter at the ankles and become less constrictive as they work their way up. For non-active use, they can prevent circulatory problems and leg cramps. After working out, biking, or running from Sasquatch, they can help to speed your recovery. The Compress socks also have padded soles, Achilles support, moisture management, and temperature regulation. \$60. www.zootsports.com. ¶



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Below: The Inferno pentathlon starts out with an 8.3-mile run and is followed by a 6-mile whitewater kayak in the Saco River, an 18-mile road bike with a 2,000-foot elevation gain, a 3-mile hike with a 2,268-foot elevation gain, and a giant slalom course, which competitors can do on skis or snowboard. Photo courtesy Jamie Gemmiti/Tom Eastman/Conway Daily Sun.

Do It All This SPRING

Multi-sport events make decision-making easy

BY MARK AIKEN

In the dead of winter, it is hard to imagine paddling on sunny lakes, pedaling through green fields, or running along dirt roads on summer mornings. But outdoor enthusiasts, beware. Spring is creeping up, and we lovers of the outdoors will soon face an annual springtime dilemma. When daylight begins to linger longer, when daytime temperatures climb above freezing, and when summertime toys start coming out from attic storage spaces, our minds become puzzled, mixed-up, and confused.

What, you might wonder, causes this state of discord and confusion? The answer? Too many options.

With summer around the corner, but winter still holding on, there is still epic snow at ski resorts and Nordic centers. But the roads cry out to be ridden on bikes. There is great backcountry spring skiing, but the creeks and rivers rage with spring run-off. And while there's still great snowshoeing in the woods and fields, the later-setting sun makes an evening jog through the neighborhood equally attractive. What is an athlete to do?

Fear not, outdoor enthusiasts! I have the answer to your shoulder-season predicament. You can have your cake and eat it, too. No need to decide one way or the other; do both. Better yet, do three, four, or even five sports!

"People like a multi-sport challenge," says Al Risch, organizer of the Tuckerman Inferno, North Conway, New Hampshire's, springtime pentathlon. Events like the Inferno, the Wildcat Wildfire, and the Sugarbush Adventure Games are not for the faint of heart, but they are perfect for the indecisive. Need motivation to get in shape this winter? Want an excuse to hit the hot tub this spring? Again, compete in the

Games, the Inferno, or the Wildfire. These events make the most of the springtime shoulder season, and they prove that you can enjoy everything spring and winter have to offer—all at once.

SUGARBUSH ADVENTURE GAMES

The first place to look for all the sports spring and winter can offer is in the Mad River Valley. In its 32nd running, Sugarbush's JJ Toland expects 300 total participants (between teams and individuals) to suit up for 2010's version of the Sugarbush Adventure Games on April 10th.

It takes a unique individual, says Toland, to take on the best the Mad River Valley has to offer in springtime. And it takes a unique event to consider itself a triathlon, when said event has four legs. The Games consist of the four-leg "triathlon" on Saturday and a kids' triathlon on Sunday. Saturday's grown-up version includes a five-mile run, six-mile kayak, ten-mile bike, and, finally, a three-mile cross-country ski. Compete in all four legs as an individual or spread the joy and divvy the legs up among a team.

Either way, the after-party is just as prestigious as the actual Games. "You have to do one to do the other, right?" Toland says. Participation earns celebration rights (okay... spectators and crew-members can celebrate too). "Plus," he adds, "there's no better anesthesia for the knees than a few pints of Long Trail."



Clockwise from top: In the last leg of the Inferno, competitors must ski or snowboard a giant slalom course in the Left Gully of Tuckerman Ravine. Photo courtesy Jamie Gemmiti/Tom Eastman/Conway Daily Sun.

The third leg of the Sugarbush Triathlon is a 6-mile paddle on the Mad River, where paddlers can be caught of guard by the river's fury. Photo by Sandy Macys.

Spectators line the banks of the Mad River to cheer on competitors in the Sugarbush Triathlon. Photo by Sandy Macys.



THE TUCKERMAN INFERNO AND THE WILDCAT WILDFIRE

Maybe you feel the need to up the ante this spring. Tuckerman Ravine on New Hampshire's Mount Washington is the biggest, baddest, backcountry ski run in the East. And fittingly, the Inferno is the biggest, baddest, challenge this side of... well, Mount Everest!

The history of the Inferno dates back to the 1930s and the days of Austrian skier Toni Matt, who schussed the Tuckerman Headwall reaching top speeds in the 80s and skied from the top of the Ravine to Pinkham Notch in under seven minutes.

"The top to bottom format," says race organizer Al Risch, "is a massive undertaking—it's too much." And besides, Mother Nature plays too big a factor in whether the Sherburne ski trail will be skiable all the way to the bottom on April 17. Still wanting a challenging event, Risch introduced the pentathlon concept in 2000. "What makes the Inferno unique," says Risch, "is that it really is an extreme challenge."

Risch is not kidding. An eight-mile run in North Conway is followed by a six-mile river-paddle through icy rapids on the Saco River. Then there's a 25-winding-mile bike up Route 16 to the foot of Mount Washington. Then Tuckermen and women—who are probably a bit tuckered themselves at this point—hike, while carrying ski equipment, up the Tuckerman Ravine Trail to the culminating ascent of Left Gully (for which, in last year's icy conditions, many participants used crampons) and descent through a giant slalom course.

If you are tough enough to consider the Inferno, sign up early: Friends of Tuckerman Ravine, who put the event on, accept only 20 Tuckermen, 20 Tuckerwomen,



APRIL 10-11

Sugarbush Adventure Games, Sugarbush Resort, Warren, VT, www.sugarbush.com.

APRIL 17


Tuckerman Inferno and Wildcat Wildfire, North Conway, NH, www.friendsoftuckerman.org.

and 30 teams. If you don't get in (or if you're not tough enough), the Wildcat Wildfire may be for you: it's the same event, only the hike up and ski down take place across the street from Tuckerman's at the Wildcat ski area. Make no mistake: the Wildfire is grueling; it just doesn't carry quite the mystique (or risk) of Inferno. And the Wildfire has an open registration; there is no limit to the number of participants.

"Above all," says Risch, "we do it to support our cause." Friends of Tuckerman is a nonprofit committed to preserving Mount Washington for use and enjoyment for future generations.

Participation in any of the above earns you many things. Finish any of them as an individual, and you'll feel a tremendous sense of accomplishment. Second, the training for events like these helps you maintain your fitness through the winter. Third, if you decide to compete in an event as a team with friends, you build camaraderie with teammates. And most important, the above events remove the necessity of choosing between activities. There is no need to decide; with multi-sport events this spring, just do it all!

FIRST IN FITNESS STAGE RACE TRIATHLON

If the Inferno, Wildfire, and Adventure Games are biting off more than you can chew, consider the First in Fitness Stage Race Triathlon. It's more like a snack than a five-course meal. This laid-back stage race takes place on April 3 in Montpelier. You can do all three stages (5K run, 8.7-mile time trial, 500-yard pool swim), do just one, or be on a team. There's time to rest between stages, yet you get to experience what it's like to run, bike, and swim, all in one morning. For more information contact Donna Smyers, 802-229-4393 or email dosmyers@cs.com. 

Mark Aiken is a freelance writer who teaches skiing at Stowe Mountain Resort. He is training for his second Tuckerman Inferno.

VS: What is split-board mountaineering?

JH: It is simply using a split board, which is a snowboard that is split in two lengthwise in order to use skins on tours, to enter into steep, wilderness, technical terrain.

VS: What is your favorite place to split-board?

JH: Vermont offers some great hidden stashes, but it would be in poor taste to expose them. In the East, I would have to say the high peaks of the Adirondacks offer some of the most dynamic landscapes, while being entirely unpredictable. They often require a multi-faceted skill set, and they lead to real isolated lines that are not touched that often. Last year, I had a marten steal an opened can of sardines from right next to my head; that pretty much solidified my love affair with the Adirondacks.

VS: You help run the Moosalamoo Center in Brandon. Tell us about the school.

JH: Our mission is to provide students with a rigorous educational experience that is hinged to the natural world and local community. We accept applications from 10th through 12th graders. We are a part of Otter Valley High School, so our funding comes from the annual school budget.

VS: Your curriculum is inspired by New England's natural landscape and the adventures within. What is it about our landscape in particular?

JH: Vermonters are undeniably a product of their landscape. At Moosalamoo we connect our students with the wild places that surround them, not only making them lifelong students of the natural world, but providing them with an avenue with which to define their own existence within the ecological web. We offer a biannual, unit-based curriculum. Topics range from mountaineering to fly fishing. The recreational aspect of the program, while imperative to our mission, serves as only a catalyst for real academic discovery. Vermont's landscape is so rich, and its heritage so vibrant, that in

READER ATHLETE



**Joshua
HARDT**

Age: 30

Residence: Hubbardton

Family: Wife, Astrid; sons River Henry, 3, and Leif Blake, 3 months

Occupation: Outdoor Education Coordinator for The Moosalamoo Center; adjunct professor in Outdoor Leadership at Castleton, and wilderness guide at Vermont Adventure Tours

Primary sport: Split-board mountaineering, fly fishing, wilderness living

the end it is the identity of Vermonters and the power of our landscape that serve as our teacher and classroom.

VS: As part of the students' assessments, you go on a wilderness trip. What is one of these trips like?

JH: The trips range from three to six days and are wilderness expeditions occurring roughly every eight weeks. They are in essence the student's final exam, where they get to prove what they have learned. This capitalizes on skills such as stewardship, personal responsibility, and goal setting, but it also looks at unit-specific information. For example, on our next expedition we will be ski touring, unsupported, for five days. During this time students will complete daily wildlife tracking labs, discuss wildlife management concerns, analyze snow morphology trends, write, and define what winter means to their community. Meanwhile, they are being challenged physically and mentally.

VS: Are most of the students wilderness savvy? Or is this a whole new ball game for them?

JH: One of our requirements for applicants is that they want an academic and physical challenge in the

backcountry. Our students are asked to sacrifice a lot. They must be prepared to be outside in bad weather at the drop of a hat. While many students are not wilderness savvy, they become so quickly. When a Moosalamoo student walks through the halls, everyone knows it because they are dressed head to toe in wool and smell like wood smoke. That alone says a lot about a kid.

VS: What is your long-term goal or vision for the school?

JH: Unfortunately outdoor and environmental education seem to be viewed as extra or special opportunities. My hope is to validate this type of learning as a necessary component of our public education system. I would love to see schools across Vermont incorporate outdoor and environmental education as the norm as opposed to the exception.

VS: Is this the kind of school you wish you attended?

JH: In many ways Moosalamoo is a response to my own educational experience, which was not pleasant. The ways of the woods were the foundation of my childhood. Upon entering high school it was clear to me

that this naturalistic understanding was not valued. As soon as I entered college, and then beyond, my naturalist knowledge became pertinent and valuable and has afforded me amazing opportunities, whether it be guiding in Alaska, snowboarding the Grand Teton, working in wilderness therapy, being a wildlife consultant, or running a bush trap line.

VS: You've lived around the country—why did you choose to set up the school in Vermont?

JH: I would say Vermont chose me. The support I have had from my family, The Luleks of Vermont Adventure tours, and my close friends has been unimaginable. I often wish I lived back in Alaska or the Rockies, but I am a Vermonter. My passion and personality are so connected to my Vermont heritage that it would feel almost scandalous to not maintain that symbiosis. I was given the opportunity and trust of the Otter Valley administration, specifically Jim Avery, to turn my passion into a reality. I think I would have a hard time finding that somewhere else. While Vermont does not offer the finest recreational or ecological forums, the accessibility to diverse bio-regions and outdoor endeavors is unparalleled.

VS: How did you find your love of the outdoors?

JH: The credit goes to my mom, dad, and brother. I was raised in an off-the-grid homestead, where our existence was very much contingent upon a firm understanding of the woods and streams we called home. While this lifestyle was not as romantic as it may seem, it provided me with enduring knowledge that has steered me toward my goals.

VS: What has been your toughest wilderness adventure?

JH: On a personal level, my solo traverse of the Harding Ice Field in the Kenai Peninsula of Alaska sticks out.

VS: If you were stuck in the wilderness with just one mixed CD or tape, what three songs are must-haves?

JH: Oh man, this question is tough! I would have The Highwaymen's "Highway Man," Neil Young's "Powderfinger," and Pearl Jam's "Alive."

VS: What do you enjoy doing with your family?

JH: My family has been the ultimate expedition. It is a major part of my immediate natural journey and the rewards are immeasurable. We recently bought an old farmstead, that we have named Caddis Hatch Farm. It's our wish to continue living as close to the land as possible, despite meager means and modern pressure. Hopefully we can inspire and educate others in how to explore the wild blue yonder while maintaining some level of sustainability. In the meantime, my son, River, has become a reliable ice climbing partner and a mean late-night wood stove jam dancer.

VS: What was River's first word?

JH: "Hot." Astrid is a baker by trade. River spent a lot of time next to hot ovens and steaming goodies! ☞

--Sky Barsch Gleiner

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VS: What do you enjoy about being a physical therapist?

HN: I like working with people, and I like to see their progression from injury to their prior level of activity. That could be going from surgery, or any old injury, back to even just walking. I like helping people.

VS: Do you deal with a lot of the same type of injuries, or are they varied?

HN: I see a fair amount of similar injuries, with knees and backs and shoulders. A lot of the injuries are over-use. And then there's trauma, such as an accident. Mostly I see a lot of knees and shoulders because we have a lot of swimmers, tennis players, and hockey players in Vermont.

VS: As an athlete, have you ever needed physical therapy?

HN: Yes. That's probably what got me into it. When I was 18, I tore my MCL and needed physical therapy. I hated the therapy work, but I liked the person I worked with, and it got me back ski racing.

VS: You've always been athletic, including as an equestrian. What style did you ride?

HN: I did hunters/jumpers and a little bit of three-day events. That was sort of at the tail end of my equestrian career, and I loved it.

VS: What was your favorite event?

HN: Jumpers. I loved the whole speed of it. It was just fun—to see if you could make it clean and go fast at the same time. I preferred that. You really had to have a good horse, and you did have to ride pretty well to be able to do some of those huge fences.

VS: Did you ever have to deal with people thinking riding isn't a "real" sport?

HN: Not the people I was ever around. My parents had a stable when I was growing up, and I hung out with people who were all about riding, so I never really experienced that. Certainly there are people who don't understand it. They wonder, "Why would you want to jump over fences? Why would you want to clean out a stall?"

VS: When did you begin running?

HN: I started running when I was training for ski racing, so I probably started in high school. We'd have to run as part of our training, and I always liked it. I never competed in running until I went to college in Colorado and my ski coach there entered me in a few races. I did a few events in college and when I came back and met my husband, we started doing triathlons. I've always hung out with runners, and running is a quick and easy way to get exercise.

VS: Do you and your husband run together?

HN: I can't keep up with him. I like to run alone and so does he. Once I get my pace, it's hard to run with other people. I have run with others, for longer runs, but I don't chit-chat when I run. I'm probably not very fun to run with.

VS: Do you have a favorite run in your area?

HN: I just love where we live for running. I have a seven-mile run, and for three miles I have the most beautiful

READER ATHLETE



Heidi NOONAN

Age: 45

Residence: Jeffersonville

Family: Husband, Tom; son, Taylor, 15; daughter Erika, 12

Occupation: Physical therapist

Primary sport: Running

view of Mount Mansfield. There's this one particular section when it's right in front of you. I really appreciate the beauty. The bad part about that run is the first 3.2-miles from my house seems like it's all uphill.

VS: You've qualified for the Boston Marathon—what's your goal for that race?

HN: I only qualified because I'm older, and they let you go slower! I qualified in the Portland Marathon in October. It was my first time qualifying. I didn't even know it was a qualifier. I went with a friend, and she mentioned it was a qualifying race on the way down. I had no aspirations of qualifying. Every marathon I've gotten slower. With this marathon, I had a different outlook. I just wanted to enjoy it, and I broke four hours. It would be nice to break four at Boston. It's a hard time to train because of where we live, with the weather. Another challenge I'm facing is that there will be a lot of people in the race. That's going to be a challenge for me because I like to get my own little space and move my arms. But from what I hear, you're running with people all the time and it's very difficult to get your own space.

VS: You mentioned you went into the Portland race a little different than usual. What was different?

HN: I did a lot of strength training and yoga, and I didn't run a lot. Go figure—I ran faster! And I hydrated. That's not something I did a lot before. But I realize you have to drink, and it made a big difference.

VS: Do you ever get jitters when you run a race?

HN: Yes, I get nervous until I start running, and then I find my pace and I am fine.

VS: Will your family and/or friends watch you in Boston?

HN: My parents and kids will be there, and we have several friends that live around that area.

VS: What do you like to do to unwind or recharge after a marathon?

HN: Take a really hot shower, get a foot massage, and have a beer!

VS: Have you been able to ski much this winter?

HN: I have. I'm coaching the Alpine team at Lamoille Union. So I've gotten out on the snow for our training, and I also

try to get out on my own. I like to do one race per year.

VS: Do you have a favorite ski trail in Vermont?

HN: My favorite trail would be at Smugglers'—Sterling Lift Line. It's got a good pitch, snow along the edges, and it doesn't just pan out, but has pretty consistent top-to-bottom steepness and rolling pitches. It's fun.

VS: What family activities do you like to do together?

HN: I'm trying to get my kids motivated. They don't like to run, they don't like to bike. They do love to ski, so we ski together as a family quite a bit. We have golfed. We get out on the water canoeing and kayaking. They are both very athletic. My daughter does soccer and skiing and my son does golf, skiing,

and baseball. I take my kids hiking. But they're getting to be that age where they are doing more school sports and sports with friends.

VS: What are some of your favorite trails to hike with your kids?

HN: I like Laraway Mountain because it's not traveled as much, as well as Sunset Ridge out of Underhill, for the same reason.

VS: You got into kayaking recently. How is that going?

HN: I got a kayak two years ago, and I love it. I have a lot of friends who kayak, and I just thought, "Wow, I want to try it." I went to Umiak and they were having a sale, so I went for it. My house is right by the Lamoille River, so I just get in and go. I like being outside, and it's quick and I get a great workout. I usually go up-river to start, and people look at me like, you're going the wrong way! But it's a quick, hard workout up-river and then I get to come back down-river toward my house. As long as I can be outside, I'm good.

VS: What do you attribute that outdoorsy attitude to?

HN: Growing up in Stowe, my parents and I skied, rode, and played golf. There were so many options and all my friends did the same thing. And I guess athletics came easy to me. I don't mean that to sound like I'm over-confident... it's just something that I could do and that I enjoyed. I always had an addiction to being athletic outside. So my outlet was sports. ☐

— Sky Barsch Gleiner



Vermont's "sweetest" half marathon and relay

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- 2-Person Relay
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- Beautiful course run through scenic Addison County
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MIDDLEBURY MAPLE RUN
the sweetest half
2010

9 a.m. Sunday
April 25, 2010

Visit the race website for online registration and race details
www.middleburymaplerun.com



SPORTS SCIENCE

BY
DECLAN CONNOLLY, PHD,
FACSM, CSCS*D

DON'T JUST GO CAMPING, GET AN EDUCATION!

No one can argue that Vermont is handcrafted for the ultimate camping experience. Beautiful scenery, lakes, mountains, streams, dirt-roads, and quiet back roads all provide a wonderful natural environment to promote the outdoors. Thus, it is not surprising that there are literally hundreds of camps available in Vermont. The choice is infinite in terms of activity, location, cost, and comfort. And so the challenge often lies in what we are looking for in our camping experience.

My line of work has enabled me to be involved and experience a few camps around Vermont, and has also led me to think more about the educational differences in camps as well as where to go and have a good time. What exactly are we looking for in a camp, and if we send our kids, what do we want for them?

Personally, and like many of you, safety is right up there with cost. Assuming all camps can address these components, what is left? Well, there's location, and then a big one for me is the experience, and more so the educational experience. Now, I haven't experienced all the camps in Vermont, but two that particularly impress me for children and adolescents are the Catamount Mountain Bike Camps in Williston, and The Green Mountain Running Camp (GMRC) in Lyndonville. I have experienced these camps in different roles. My kids attended the Catamount Bike Camps, and I have been an invited speaker at the GMRC. Let me tell you a little more about them.

GREEN MOUNTAIN RUNNING CAMP

The GMRC is a high school cross-country running camp located at Lyndon State College. Run by John Holland and Roy Benson the camp is now in its 35th year. A few years ago John Holland invited me up to speak at the camp on a topic I called Training Smart. I spent a few days and was most impressed, namely because these guys live and breathe running. Roy Benson, some call him the "legendary Roy Benson," has a coaching resume second to none, and John Holland was a 2:30 marathoner in his hey-day. They have a coaching education and camper education program that surpasses anything I have seen. I was amazed at the level of detail and information presented to the high school students. It ranged from biomechanical analysis to nutrition to race strategy to injury prevention and the list went on. These sessions were presented by some of the finest coaches and clinicians in the country, not to mention the world-class athletes who are routine presenters.

While I was there, Marcus O'Sullivan gave a talk to campers. For those of you who don't know Marcus, he is a several-time Olympian, former world record holder of the indoor mile, and has ran over 100 sub-four minute miles. He is currently head coach at Villanova. I can't help but think how impressed I'd be as a kid of 15 or 16 years old watching the slides and listening to the stories. This camp had college coaches talking about what they look for in recruits, how to get into college, what the step up to college is like, and much more.

The food is all catered and transportation to and from running sessions is provided. Oh, and they do some running also. In fact, twice a day is the norm, with a short breakfast run of about three miles and a more structured run in the afternoon. Minimum is about 25 miles to 50 or more miles, depending upon abilities. All groups have two or three coaches who run with the kids and mentor them all week. These coaches also coach some of the finest high school teams in the country. So it's not for the faint-hearted. The fact that NIKE has sponsored the camp for many years also speaks volumes. But perhaps the best part is that all runs end in a cool Vermont stream, where you get a nice 15- to 20-minute soak. Now what could be better except a nice Vermont micro-brew, but we'll leave that for when these student athletes grow up and attend an adult camp. Anyway, if you're looking for a real deal camping experience for your young runner, check out the GMRC.

CATAMOUNT OUTDOOR CENTER

The Catamount Outdoor Center has been a staple of Chittenden County for many years. For the last few years I have sent two of my kids to this camp; next year maybe three will go. Like the GMRC I like this camp because of the comprehensive approach to the programming. My seven- and eight-year olds learned bike maintenance, tire repairs, bike cleaning, trail maintenance, forest appreciation, and how to deal with a little inclement weather. They biked for a few hours, got a good sweat going, were tired, and wanted more. The kids were challenged everyday and learned to deal with many different situations.

My kids have been to camps that were just glorified babysitting, with unqualified counselors simply intent in passing the time, or texting, or whatever. This camp has good people who understand the environment, select age-appropriate activities, and don't baby the campers. As a parent and a sport scientist, I like the mix, and for other parents looking for more of a real learning experience for your kids, think about these matters. The kids learn how to be responsible and independent, while at the same time really getting a taste of some physical exertion. It's kind of like the good old days.

So, as camp season approaches, think about what you want for your kids, what they will like, and then strike a balance. Look closely at the programming, the counselor skills, the location, food, and, of course, safety. In the age of computer games and cell phones, it's refreshing to hear your kids still talking about their camp experiences weeks later, and knowing they are already looking forward to next year. ▮

Declan Connolly is a professor of exercise physiology and kinesiology at the University of Vermont, a fellow of the American College of Sports Medicine, a certified strength and conditioning specialist, past president of the New England American College of Sports Medicine, and consultant to the NHL, NFL, and IOC. For more information, training tips, and articles by Dr. Connolly, go to www.vermontfit.com.





2010 Summer Sports CAMP GUIDE

The *Vermont Sports* 2010 Summer Camp Guide lists camps in Vermont that focus on outdoor sports-related activities. Most are the same sports we traditionally cover in our editorial content, such as running, mountain biking, canoeing, kayaking, hiking, climbing, adventure, and outdoor skills. This guide includes a basic description of each camp's offerings. The section at the beginning on how to choose a camp will help you find the most appropriate one for you or your children. Whatever type of experience you are seeking, you're sure to find mountains and streams of summer fun at any of the camps described here. If specific camp dates are not included in the descriptions that follow, you can find them at each camp's web site.

CHOOSING A CAMP

The American Camping Association recommends every parent ask camp directors or themselves the following questions when choosing a camp for their child:

■ What is the camp's philosophy and program emphasis? Does the camp match your own parenting philosophy? Have you taken into consideration your child's personality and learning style?

■ What is the camp director's background? ACA minimum accreditation standards recommend directors possess a bachelor's degree, have completed in-service training within the past three years, and have at

least 16 weeks of camp administration experience.

■ What training do counselors receive? At a minimum, camp staff should be trained in safety regulations, emergency response, behavior management, child abuse prevention, appropriate staff and camper behavior, and supervisory procedures.

■ What is the counselor-to-camper ratio? ACA accreditation standards require: for resident camps, one staff member to six campers (ages 7-8); one to eight (ages 9-14); and one to 10 (ages 15-17). For day camps, one staff member to eight campers (ages 6-8); one to 10 (ages 9-14) and one to 12 (ages 15-17).

■ What percentage of the counselors returned from last year? Look for a 40- to 60-percent return rate. If it's lower, ask why.

■ How are behavioral and disciplinary problems handled? Find out, and decide if you approve of the methods.

■ How does the camp accommodate campers with special needs? If your child requires daily medication, make sure the directors understand the situation. Are special foods available for children with dietary requirements?

■ How does the camp deal with homesickness and other adjustment issues? Be sure you and your child are comfortable with the camp's

guidelines on parent/child contact.

■ What about references? Ask for some and follow up on them.

ABBREVIATIONS

ACA=American Canoe Association
AHA=American Heart Association
CPR=Cardiac Pulmonary Resuscitation;
LGT=Life Guard Training
NORBA=National Off Road Bicycle Association
RN=Registered Nurse
SOLO=Stonehearth Open Learning Opportunities
WFA=Wilderness First Aid
WFR=Wilderness First Responder
WEMT=Wilderness Emergency Medical Technician
WEA=Wilderness Education Association.

ADVENTURE, WILDERNESS, & OUTDOOR SKILLS

CATAMOUNT ECOLOGY CONSERVATION CAMP

This weeklong half-day program is for students, ages 9-12, who have a genuine interest in the natural world. This exploratory camp covers topics such as Leave No Trace ethics, nature journaling, active conservation and trail building, wildlife management, and nature education. **Year founded:** 2007. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** check web site for updated info. **Contact info:** Catamount Family Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com.

EXTREME ADVENTURES OF VERMONT ADVENTURE CAMPS

VAC is dedicated to helping teens enjoy, respect, and live in harmony with nature. Throughout the summer there are eight 6-day adventure day camps for ages 11-12 and 13-14. There are also four 14-day overnight adventure camps for ages 14-17, where campers embark on daily adventures and return to camp each night, where they sleep in lean-tos or at the Adventure Lodge. **Year founded:** 2004. **Staff/camper ratio:** 1:5. **Director:** Willie Williams. **Tuition range:** \$800-\$1,100/week. **Contact info:** Vermont Adventure Camps, Chester, VT, 888-714-9584, www.VermontAdventureCamps.com.

EXTREME ADVENTURES OF VERMONT ADVENTURE TRAVEL CAMP

Adventure Travel Camp, for teens, specializes in camps that travel throughout New England and the surrounding states. They spend 15-30 days adventuring during the day—rock climbing, river kayaking, whitewater kayaking, whitewater rafting, hiking, caving, mountain biking, skateboarding—while camping at pristine campgrounds at night. **Year founded:** 2004. **Staff/camper ratio:** 1:5. **Director:** Willie Williams. **Tuition range:** \$1,890/2-week session. **Contact info:** Vermont Adventure Camps, Chester, VT, 888-714-9584, www.VermontAdventureCamps.com.

FARM & WILDERNESS SUMMER CAMPS

Farm & Wilderness operates six nurturing and creative camps for boys and girls ages 4-17. Programs emphasize teamwork, community building, individual challenge, and personal responsibility. Campers work on the organic farm, hike, backpack, canoe, swim, create art and music. Visit the website for pictures, videos, and testimonials! **Year founded:** 1939. **Staff certifications:** WFA, WFR, CPR, LGT. **Staff/camper ratio:** 1:3. **Director:** Pieter Bohen. **Tuition range:** \$500-\$6,800. **Contact info:** Farm and Wilderness Camps, Plymouth, VT, 802-422-3761, www.farmandwilderness.org.

GREEN MOUNTAIN ADVENTURES

Sponsored by Middlebury Mountaineer, Green Mountain Adventures offers a wide variety of challenging, safe, and supportive day and overnight adventure programs for young people ages 9-15. Participants take part in multi-activity wilderness adventures, including kayaking, fly fishing, mountain biking, geocaching, climbing, and adventure racing. All camps venture into the backcountry in and around the Green Mountains. **Year founded:** 1998. **Staff certifications:** ACA-certified paddle instructors, CPR, First Aid, WFR, WEMT, Firefighter I. **Staff/camper ratio:** 1:5. **Directors:** Steven Atocha and Caroline Damon. **Tuition range:** \$150-\$600. **Contact info:** Middlebury Mountaineer, Middlebury, VT, 802-388-7245, www.mmvmt.com.



Photo courtesy Green Mountain Adventures.

MAD RIVER GLEN NATURALIST ADVENTURE CAMP

Children challenge themselves with exciting adventures, skill-building lessons, and an awareness of the natural world. Camp activities include rock climbing, kayaking, biking, canoeing, hiking, and swimming, combined with naturalist skills, such as observation, wildlife tracking, birding, and ecology. **Year founded:** 2002. **Staff certification:** AHA/Red Cross First-Aid and CPR, WFA, WFR. **Staff/camper ratio:** 1:7. **Director:** Sean T. Lawson. **Tuition range:** \$47-\$55/day. **Contact info:** Mad River Glen Cooperative, Waitsfield, VT, 802-496-3551 ext. 117, www.madriverglen.com/naturalist.

NIGHT EAGLE WILDERNESS ADVENTURES

Located in the Green Mountains, Night Eagle is a primitive summer camp for boys ages 10-14. Campers develop an authentic sense of personal accomplishment and learn to rely on their own ingenuity while they live in tipis, go canoeing, hiking, and backpacking, and learn and practice wilderness skills. The summer camp community fosters cooperation, rather than competition. Two-week, three-week, and six-week sessions available. **Year founded:** 2000. **Staff certification:** Red Cross Lifeguard, Professional Rescue, WFR, RN. **Special accreditation:** ACA. **Staff/camper ratio:** 1:4. **Director:** Bruce Moreton. **Tuition range:** \$625-\$800 per week. **Contact info:** Night Eagle Wilderness Adventures, Cuttingsville, VT, 802-773-7866, www.nighteaglewilderness.com.

OHANA FAMILY CAMP ON LAKE FAIRLEE


One-week adventures for families of all ages. Canoeing, sailing, hiking, kayaking, crafts, tennis and more. Accommodations in comfortable cottages with fieldstone fireplaces and great views. **Contact info:** 802-333-3460, or visit www.ohanacamp.org.

PETRA CLIFFS SUMMAT DAY CAMP & EXPEDITIONS

During Day Camp, children ages 6-14 discover adventure and challenge through climbing, kayaking/sailing, caving, hiking, ropes courses, swimming, and games. On Overnight Expeditions, for ages 12-16, youth explore the wilderness and learn skills through climbing, hiking, caving, and sea kayaking/whitewater rafting. Trips explore Vermont, Maine, the Adirondacks, and New Hampshire. **Year founded:** 2000. **Staff certifications:** WFR, CPR, Basic Water Safety, Van Safety. **Staff/camper ratio:** Day Camp, 1:5; Expeditions, 1:4. **Director:** Andrea Charest. **Tuition range:** Day Camps, \$325 (discounts available); Expeditions, check web site. **Contact info:** Petra Cliffs Climbing Center & Mountaineering School, Burlington, VT, 802-657-3872, 866-65-PETRA, www.petracliffs.com.

ROARING BROOK CAMP FOR BOYS


For over 45 years, Roaring Brook Camp, for boys ages 9-16, has specialized in providing outdoor skills and sports instruction, and backpack/canoe trips. Located on a 650-acre forest preserve with a 15-acre private lake, the camp provides an ideal setting for a fun and exciting adventure. Activities include rock climbing, rappelling, ropes course, Tyrolean traverse, survival, orienteering, swimming, kayaking, canoeing, fishing, and more. Special event days include Woodsman's Weekend, Survival Experience, Orienteering Day, and Triathlon. Canoe trips are held in Maine, and backpack trips are to the White Mountains. **Year founded:** 1965. **Staff certification:** ACA. **Staff/camper ratio:** 1:3. **Directors:** Drs. J. Thayer and Candice L. Raines. **Tuition range:** 2 weeks, \$2,100; 4 weeks, \$3,900; 6 weeks, \$5,400. **Contact info:** (Winter) 800-832-4295; (Summer) 802-222-5702; www.roaringbrookcamp.com.



Greater Burlington YMCA

Camp Abnaki

Resident and day camp for boys 6 - 16 on Lake Champlain
Mini camp, 1 & 2 week Sessions



Building character & having fun in the great outdoors.

www.campabnaki.org
862-8993 ext. 129, jkuypers@gbymca.org






Photo courtesy Night Eagle Wilderness Adventures.

YMCA CAMP ABNAKI

Camp Abnaki is located at the southern tip of North Hero Island, along the shores of Lake Champlain. The camp accommodates 150 campers, ages 6-16. Activities include swimming, canoeing, kayaking, sailing, windsurfing, archery, crafts, and hiking, as well as wilderness adventure and leadership programs for teens. Labor Day and Memorial Day Family Camp Weekends are also available. **Year founded:** 1901. **Staff certifications:** CPR, First Aid, lifeguard, full-time RN on site. **Special accreditation:** American Camp Association. **Staff/camper ratio:** 2:5. **Director:** Jon Kuypers. **Tuition range:** one-week session \$570; two-week session \$995. **Contact info:** YMCA, Burlington, VT, 802-862-8993 ext. 129, www.campabnaki.org.

ALPINE SKIING / SNOWBOARDING

THE STOWE SUMMER SPORTS FESTIVAL

Instructional Dryland Alpine Ski Racing Camp is July 26-31 (Session I) and August 2-7 (Session II) for boys and girls entering grades 3-10. Campers may attend one or both camps. Technical balance and gate training on inline skates and various forms of dryland training, including mountain biking, are featured. **Year founded:** 1986. **Staff certifications:** All camp coaches are college or prep-level coaches or equivalent. **Staff/camper ratio:** 1:5. **Director:** Grady Vigneau. **Tuition:** \$745 for one session; \$1,450 for both sessions. **Contact info:** Round Hearth Lodge at Stowe, Stowe, VT, 802-253-7223, 800-344-1546, www.VTsportsamps.com.

CANOEING, KAYAKING, SCULLING

MAD YAKERS KIDS' KAYAK CAMPS

Clearwater Sports offers a variety of fun and educational kayak instructional camps for kids ages 7-16, in one-day, three-day and five-day programs. Kids learn boathandling skills in flatwater, then progress to moving-water skills and reading the river, eventually progressing to whitewater paddling on a safe stretch of river. Multi-day camps allow campers to refine and perfect all skills, and the opportunity to explore many New England waterways. **Year founded:** 1975. **Staff certifications:** CPR, SOLO. **Staff/camper ratio:** Whitewater 1:3, Flatwater 1:6. **Director:** Guy W. Dedell. **Rates:** \$55-\$700, depending on program. **Contact info:** Clearwater Sports, Waitsfield, VT, 802-496-2708, www.clearwatersports.com.

CRAFTSBURY SCULLING CENTER

Celebrating its 35th anniversary this summer, the Craftsbury Sculling Center is one of the definitive (and oldest) training locations and experiences for scullers across the country and the world. Campers learn all aspects of the sport, from learn-to-row basics to elite racing. The Center is a non-profit organization. Check the web site for the most current news and more information. **Year founded:** 1976. **Staff/camper ratio:** 1:5. **Director:** Norm Graf. **Tuition range:** \$585 (weekend session) to \$1,350 (7-day session). **Contact info:** Craftsbury Outdoor Center, Craftsbury Common, VT, 802-586-7767, www.craftsbury.com.

HORSEMANSHIP

DARTMOUTH RIDING CENTER HORSEMANSHIP CLINICS

Dartmouth Riding Center offers a series of horsemanship clinics for children throughout the summer in weekly sessions, mornings, 9 a.m. to noon. All clinics have stable management lectures daily, with an emphasis on safety and correct technique. Lectures vary with each session according to level, with the younger children and beginners learning the basics of grooming, grooming tools, parts of the horse, tack parts, tack cleaning, and tacking up. Advanced students have practical experience with bandaging, braiding, and trimming, as well as grooming and tack cleaning. **Year founded:** 1980. **Staff certifications:** ARICP. **Staff/camper ratio:** 1:3. **Director:** Sally Batton, ARICP Level III. **Tuition range:** \$350/week. **Contact info:** Dartmouth Riding Center, Etna, NH, 603-643-1808, www.dartmouth.edu/~drc/

CYCLING/MOUNTAIN BIKING

VERMONT BEST (BIKE EDUCATION AND SKILLS TRAINING)

A Local Motion program, BEST is a series of one-day bike safety and skills camps during August 23-27 for grades 3 to 8 (different grades on different days). Participants learn bike safety skills and practice under controlled conditions. Bikes and helmets provided (personal bikes are welcome). All camps are held in Chittenden County.

2010 TRAINING SESSIONS

FORWARDS | DEFENSEMEN | GOALIES

BOYS/GIRLS • SEPARATE AGE AND ABILITY GROUPS



NORWICH UNIVERSITY, NORTHFIELD, VT

BOARDING SESSIONS

SESSION	DATES	AGES	
1	June 27-July 2	14-17	BOYS
2	June 27-July 9	10-17	BOYS
3	July 4-9	10-14	BOYS
4	July 11-16	8-13	BOYS
5	July 18-23	8-16	GIRLS

Norwich University and Dartmouth College are not sponsors or co-sponsors of this event.

Director: Patti Crowe
Founder: George Crowe

DARTMOUTH COLLEGE, HANOVER, NH

BOARDING SESSIONS

SESSION	DATES	AGES	
1	July 25-30	13-17	GIRLS
2	August 1-13	13-17	GIRLS
3	August 1-6	13-17	GIRLS
4	August 8-13	13-17	GIRLS

ADULT WOMEN'S CLINIC

July 16-18 | Ages 22+ | WOMEN

DAY CAMP

July 19-23 | Ages 5-13 | COED



ELITE.HOCKEY@VALLEY.NET | 603-643-2078 | PO BOX 169, HANOVER, NH 03755

Year founded: 2010. **Staff certifications:** Center for Health and Learning's "BikeSmart OnBike" curriculum. **Staff/camper ratio:** Approximately 1:10. **Director:** Jason Van Driesche, Education and Safety Manager, Local Motion. **Tuition range:** \$40 for one-day camp (lunch included). Scholarships available for income-qualified families. **Contact info:** 802-861-2700 ext. 109, www.localmotion.org/education/BEST.

CATAMOUNT MOUNTAIN BIKE CAMPS FOR KIDS

Catamount offers a variety of co-ed mountain bike camps for kids who want to improve their off-road riding skills. Camps are organized by age, full day and half day, and a girls only camp. All camps include bike handling skills, safety, and mechanics. Extra options include Wednesday night races, overnights, and strategies/tactics, all in a non-intimidating environment. **Year founded:** 1994. **Staff/camper ratio:** 3:20 or 2:15, depending on program. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** check website for updated info. **Contact info:** Catamount Family Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com.



Photo courtesy Night Eagle Wilderness Adventures.

CATAMOUNT MOUNTAIN BIKE CAMPS FOR ADULTS

Catamount offers coed and women-only camps. Both offer skills and challenges for men and women who want to improve their riding abilities. **Year founded:** 1994. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** check website for updated info. **Contact info:** Catamount Family Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com.

COYOTE HILL MOUNTAIN BIKE CAMP

Coyote Hill Mountain Bike Camp offers a wide variety of overnight camps and day programs for juniors and adults of all ages and abilities. Skills and mechanics clinics are taught by former professional mountain bike racer Tom Masterson, his wife Gabriela Formankova, and other experienced staff. Coyote Hill has a trail network that includes miles of singletrack, doubletrack, dirt roads, a challenging freeride park, dirt jumps, lots of exciting downhills, a pump track, and a traveling downhill camp. Lodging includes rooms in the farmhouse, cabins, and a bunkhouse, with hearty homemade meals. Overnight camps include all meals, snacks and lodging. **Year founded:** 1996. **Staff certifications:** WFA, CPR, licensed NORBA coaches. **Special accreditation:** Vermont Camping Association.

Staff/camper ratio: 1:4. **Director:** Tom Masterson. **Tuition range:** \$225-\$995. **Contact info:** Fairlee, VT, 802-222-5133, www.coyotehillcamp.com.

DIRT DIVAS

Dirt Divas, a 5-day mountain bike program for middle school girls, is designed to cultivate confidence, courage, and leadership through outdoor adventure and a supportive, girl-centered environment. In 2010 Dirt Divas will be in Morrisville, Stowe, Montpelier, Hardwick, Glover, St. Johnsbury, and Burlington. No equipment or mountain biking experience required. **Year founded:** 2001. **Staff certifications:** WFA, WFR, CPR. **Staff/camper ratio:** 1:4. **Director:** Nadine W. Budbill. **Tuition range:** Income-based sliding scale. **Contact info:** 802-229-2976, www.girlsmovemountains.org.

GRAFTON PONDS OUTDOOR CENTER

Campers are introduced to the surrounding outdoor world, while participating in environmentally based camps, including mountain biking, canoeing, and hiking, while learning to be responsible stewards of the environment. **Year founded:** 1998. **Staff/camper ratio:** 1:6. **Director:** Bill Salmon. **Tuition range:** \$250. **Contact info:** Grafton Ponds Outdoor Center, Grafton, VT, 802-843-2400, www.graftonponds.com.

MOUNTAIN BIKE CAMPS

FAIRLEE, VERMONT



www.coyotehillcamp.com
coyotehill@valley.net
 802.222.5133

NIGHT EAGLE WILDERNESS ADVENTURES

A unique summer camp for boys, ages 10-14, in the heart of Vermont's Green Mountains



Call for a full brochure
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 ▲ archery ▲ atlatis & 'hawks ▲ swimming ▲ cooperative work & play ▲ and much more!
 2, 3 & 6-week sessions ▲ ACA Accredited Camp

www.nighteaglewilderness.com




Farm & Wilderness Summer Camps

Adventure and challenge for youth ages 4-17

Find your true self. Make new friends.

802-422-3761
 Plymouth, Vermont
www.farmandwilderness.org

Fill the End-of-August "CAMP GAP" and brush up on skills for biking to school!

Vermont bike education BEST + skills training

one-day camps for kids grades 3-8
 bikes & helmets provided

Aug. 23-27



FOR MORE INFO OR TO REGISTER:
www.localmotion.org/best



Photo courtesy Elite Hockey.

RUNNING

CATAMOUNT CROSS-COUNTRY RUNNING CAMP

Catamount offers two camps: Trail Running for Fun (12-17 years old), which provides an opportunity to those who are interested in improving their physical fitness; and Trail Running for Competition (13-17 years old), for those wishing to hone their skills and gain a competitive edge. Both are weeklong, half-day programs. **Year founded:** 2006. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$120. **Contact info:** Catamount Family Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com.

CRAFTSBURY RUNNING CAMPS

For nearly 30 years, runners and triathletes of every level and all ages have come to Craftsbury for expert coaching, camaraderie, healthy food, and an unmatched natural environment. Runners learn technique, training schedules, racing tips, nutrition, biomechanics, and more. Hiking, swimming, canoeing, and kayaking are also available. The Center is a non-profit organization. Check the website for the most current news and more information. **Year founded:** 1976. **Staff/camper ratio:** 1:7. **Director:** Greg Wenneborg. **Tuition range:** \$929 for 7-day camps; \$419 for weekends. **Contact info:** Craftsbury Outdoor Center, Craftsbury Common, VT, 802-586-7767, www.craftsbury.com.

GOLD MEDAL CAMP AT DARTMOUTH COLLEGE

This running camp is designed to help high school runners prepare for the fall cross-country season. Campers train twice daily and attend two meetings a day to learn more about their sport. Campers stay in Dartmouth dorms and their training runs take place on and around the Dartmouth campus in Hanover, NH. This year's camp dates are August 1-5. **Year founded:** 1969 (in Pennsylvania, at Dartmouth since 1993). **Staff certification:** Director is collegiate coach. **Staff/camper ratio:** 1:9. **Director:** Barry Harwick. **Tuition range:** \$500 for individuals; \$480 for teams of 5 or more. **Contact info:** Gold Medal Camp, Hanover, NH, 603-646-2540, barry.harwick@Dartmouth.edu.

GREEN MOUNTAIN RUNNING CAMP

Green Mountain Running Camps are endorsed by Nike and held between semesters at Lyndon State College. High school athletes are instructed, coached, and entertained on backcountry dirt roads and nearby cross-country ski trails. Past guest coaches and runners have included Vinny Lananna (Oregon), Maribel Souther (Dartmouth), Marcus O'Sullivan (Villanova) and Barry Harwick (Dartmouth). Each day features 30 running-related topics from which to choose. Three one-week sessions are August 1-7, 8-14, and 15-21. **Year founded:** 1974. **Staff/camper ratio:** 1:6. **Director:** John Holland. **Tuition:** \$695. **Contact info:** GMRC, Yorktown Heights, NY, 914-962-5238, www.greenmountainrunningcamp.net.

GREEN MOUNTAIN RUNNING COACHES WORKSHOP

The Nike Support Program for coaches is held concurrently with the Green Mountain Running Camp, August 1-7. The program is designed to help strengthen coaching at the grassroots level in both cross-country running and track. It is geared to both veteran and new coaches who lack extensive background in physical education or exercise science. The curriculum is based on Coach Roy Benson's book *The Runner's Coach, A Workout Book*. **Year founded:** 1992. **Director:** John Holland. **Tuition range:** \$325-\$1,750, depending on duration and accreditation. **Contact info:** GMRC, Yorktown Heights, NY, 914-962-5238, www.greenmountainrunningcamp.net.

LAKE CHAMPLAIN WOMEN'S RUNNING CAMP

Created specifically for women, this running camp, located at Basin Harbor Club in Vergennes, offers participants a unique vacation of activity, education, relaxation, and camaraderie. Under the guidance and support of an expert, all-female staff, women of all abilities train on flat backcountry roads and soft trails. Daily workshops include principles of training, form drills, stretching, core strengthening, water-running, track workouts, nutrition information, sports psychology, and injury prevention. This year's camp is June 13-19. **Year founded:** 2004. **Staff/camper ratio:** 1:4, maximum 20 campers. **Director:** Andréa Sisino. **Tuition range:** \$400 to \$1,750. **Contact info:** 802-881-3901, arsisino@gmail.com, www.runvermont.org.

THE STOWE SUMMER SPORTS FESTIVAL

The Cross-Country Running Camp is a weeklong residential and commuter instructional sports camp. It will be held August 9-14 in Stowe at dedicated youth group lodges. Camp offers technical instruction for boys and girls entering grades 7-12. **Year founded:** 1986. **Staff certifications:** All camp coaches are college or prep-level coaches or equivalent. **Staff/camper ratio:** 1:5. **Director:** Grady Vigneau. **Tuition range:** \$475. **Contact info:** Round Hearth Lodge at Stowe, VT, 802-253-7223, 800-344-1546, www.VTsportscamps.com.

TEAM SPORTS

ELITE HOCKEY TRAINING CENTERS


Offering both boarding and day programs at Norwich University and Dartmouth College, several sessions for boys and girls, ranging in age from 5-17, are held throughout the summer. Women's Clinic (ages 22 and older) is offered at Dartmouth College July 16-18. **Year founded:** 1986. **Staff/camper ratio:** 1:5. **Director:** Patti Crowe. **Tuition range:** \$250-\$750/week. **Contact info:** Elite Hockey, Hanover, NH, 603-643-2078, www.elitehockeycamps.com. 



Photo courtesy Petra Cliffs SumMAT Day Camp & Expeditions.

CALENDAR OF EVENTS

To have an event listed in our events calendar, your event must be posted on our website at www.vtsports.com, and you must register on the site. From the home page, click on "Events" in the navigation bar and then on the event page, click the red "Add a New Event" button on the right of the page. Follow the instructions from there and be sure to select "I wish to be an event poster." Your registration should be approved within 12 hours, usually sooner.

ADVENTURE RACING

MARCH

- 6 MVP Health Care Frigid Infliction Winter Adventure Race (navigation, snowshoeing, cross-country skiing, postholing, ropes work), Waterbury, VT, Tim Curtin, 802-578-2972, tim@gmara.org, www.gmara.org/frigid

ALPINE SKIING

MARCH

- 6 Spring Demo Day sponsored by Mary Davis Realtor & Associates, Solitude at Okemo Mountain Resort, Ludlow, VT, info@okemo.com
13 Hope on the Slopes, Ski or Ride for Cancer, 9AM-8PM, Bolton Valley Resort, Bolton, VT, 866-466-0626, www.main.acevents.org/hopeontheslopesvt.com
20 7th Annual Vermont Antique Ski Race, Suicide Six, Woodstock, VT, Meredith Scott, msscott@vermontskmuseum.org, www.vermontskmuseum.org
20 Helly Hansen Big Mountain Battle at Smugglers' Notch Resort, Smugglers' Notch, VT, 802-644-1156, mediarelations@smuggs.com, www.bigmountainbattle.com
27 The Joey Jam!, Okemo Mountain Resort, Ludlow, VT, info@okemo.com
27-28 30th Annual Bud Light Bear Mountain Mogul Challenge, Killington, VT, Tess Hobbs, thobbs@killington.com, www.killington.com

APRIL

- 3 Gravity Contol Big Air Event at Smugglers' Notch, Jeffersonville, VT, smuggs@smuggs.com

BIATHLON

ONGOING

Tuesdays and Thursdays (Dec. 1 through March 18), 4-6PM, Biathlon Training, Youth/Junior, coaching for all levels and experience, rifles available, jpmad2003@yahoo.com, www.eabiathlon.org.

CANOEING / KAYAKING

MARCH

- 6 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net
20 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net

- 27 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net

CLIMBING & MOUNTAINEERING

MARCH

- 13 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
14 Ice II Clinic (Ice Climbing for Intermediates), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com

CROSS-COUNTRY SKIING

MARCH

- 6 Winter Wild Uphill Series #4, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Mount Sunapee, Newbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
6-7 American Cancer Society Relay for Life NordicStyle, 6PM Saturday to 8AM Sunday, Trapp Family Lodge, Stowe, VT, 800-227-2345, www.relayforlife.org/nordicstylevt
7 Ski to the Clouds, 10K point-to-point race, including 6K up the Mt. Washington Auto Road to the finish, freestyle or classic, 10AM, Gorham, NH, Kelly J Evans, 603-466-3988, kelly@greatglentrails.com, www.greatglentrails.com
13 GMC Backcountry Ski Adventure, GMC Headquarters, Waterbury Center, VT, www.greenmountainclub.org
13 Carl Johnson Memorial Ski-a-Thon, Great Glen Trails, Gorham, NH, Mary Power, 603-466-3988, mary@greatglentrails.com, www.greatglentrails.com
14 3rd Annual Catamount Trail Backcountry Challenge Race and Tour, Bolton to Stowe, VT, Jim Fredericks, jfdericks@catamounttrail.org, www.catamounttrail.org

CYCLING

APRIL

- 3 First in Fitness Bike Time Trial, 8.7 miles (part of the First in Fitness Stage Race Triathlon), 10AM, Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
18 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, VT, Five Hills Bikes, 802-244-7330, mandy@bike29.com, www.fivehillbikes.com

MAY

- 8 1st Annual Adamant 20 Miler Dirt Road Bike Tour to benefit the Adamant Music School, Adamant, VT, Eric Ryea, 802-223-2733, eryea@aol.com
9 Lund Family Center's Mother's Day Ride, 10, 16, 30 and 55 miles, South Burlington, VT, Lund Family Center, 802-864-7467 ext. 3000, bikeride@lundfamilycenter.org, www.lundfamilycenter.org

ONGOING

Thursdays, Great Glen Spring Trail Running Series (May 13 through July 1), self-timed, start anytime between 3:30 and 7PM, Great Glen Trails, Gorham, NH, Mary Power, 603-466-2333, mary@greatglentrails.com, www.greatglentrails.com

FIRST AID / FIRST RESPONDER

MARCH

- 6-8 AIARE Level 1 Avalanche Course, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, held at GMC

Headquarters, Waterbury Center, VT, 802-657-3872, www.petracliffs.com, info@petracliffs.com

- 13-21 Wilderness First Responder with Aerie Backcountry Medicine, Student Conservation Association, Charlestown, NH, Lew Shelley, 603-504-3264, lsheley@thesca.org, www.thesca.org
27-28 Wilderness First Aid- sponsored by WMI of NOLS, Charlestown, NH, Douglas Caum, dcaum@juno.com

MISCELLANEOUS

MARCH

- 10 GMC Cold Weather Trekking Workshop, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, gmc@greenmountainclub.org
12-14 Winter Doe Camp Women's Winter Weekend Retreat for Adventurous Women, Hulbert Outdoor Center, Fairlee, VT, Hilary Hess, vow@voga.org
21 Six-Hour Ride for a Reason, Sheraton Hotel, Burlington, VT, Kim Bookless, 802-863-5222, kbookless@vtso.org

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 ex. 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
Saturdays, 5-7PM (through March 13), Mansfield Athletics Pole Vault Club, UVM Field House, So. Burlington, VT, Chris Mitchell, 802-598-9216, chris@mansfieldathletics.com
Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rogers, 802-878-2902
Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

APRIL

- 18 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, VT, Five Hills Bikes, 802-244-7330, mandy@bike29.com, www.fivehillbikes.com

MAY

- 8 1st Annual Adamant 20 Miler Dirt Road Bike Tour to benefit the Adamant Music School, Adamant, VT, Eric Ryea, 802-223-2733, eryea@aol.com
29 Coyote Hill Classic-Short Track, Coyote Hill Mountain Bike Camp, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com
30 Coyote Hill Classic Mountain Bike Race, Coyote Hill Mountain Bike Camp, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com

ONGOING

Weekends and weeklong Coyote Hill Mountain Bike Camps (May 14 through October 15), for juniors and adults, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com

PILATES

ONGOING

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

RUNNING

MARCH

- 6 Winter Wild Uphill Series #4, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Mount Sunapee, Newbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
20 Shamrock Shuffle 5K Road Race, 12 noon, Lebanon, NH, Paul Coats, 603-448-5121, paul.coats@lebcity.com, www.shamrock5k.com/

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APRIL

- 3 First in Fitness 5K (part of the First in Fitness Stage Race Triathlon), 9AM, Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 10 Run Vermont Half Marathon Unplugged, 9AM, Airport Park, Colchester, to Flynn Ave., Burlington, VT, youth@runvermont.org, www.runvermont.org
- 24 GMAA Rollin Irish Half Marathon, Essex, VT, Randi Brevik, 802-598-5264, rollinirish@gmaa.net, www.gmaa.net
- 24 Vermont Sports Medicine Center 5K Run/Walk for Kids on the Move, 10AM, VSMC, Rutland, VT, Susan MacLennan, 802-775-1300
- 25 14th Annual CVR Mutt Strutt, 3 miles, for people and dogs on leashes, Little River State Park, Waterbury, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 25 Middlebury Maple Run—The Sweetest Half (half marathon and 2-person team relay), Middlebury, VT, Sue Hoxie, 802-388-7951 ext 2, sue@addisoncounty.com
- 28 GMAA Sap Run 10K, Westford Elementary School, Westford, VT, Steve Eustis, 802-878-4385, saprun@gmaa.net, www.gmaa.net

MAY

- 1 GMAA Partners Race, Jericho Center Green, Jericho, VT, Nathan Fields, 802-316-2240, partners@gmaa.net, www.gmaa.net
- 2 20th Annual Champlain Classic 15K/5K Road Race, 9:30AM, Kid's 1K Fun Run at 9AM, Shelburne, VT, Betsy Cieplicki, 802-985-9551, briandeb@peoplepc.com, www.champlainclassic.com
- 8 1st Annual Adamant 20 Miler to benefit the Adamant Music School, Adamant, VT, Eric Ryea, 802-223-2733, eryl@aol.com
- 9 Mother's Day 5/10K Run/Walk & BBQ, 10AM, Kids Fun Run at 9:30AM, Burke Mountain Base Lodge, East Burke, VT, Claudia Mosher, 802-748-1992 ext. 315, claudia@umbrellaneck.org, www.umbrellaneck.org/mothersdayrun.htm
- 15 Third Annual Allen Avery Memorial Raptor Run, 5-mile run or walk around Lake Morey, Fairlee, VT, Tracy Martel, 802-333-9755, tmartel@rivendellschool.org, www.cso-rivendell.org
- 22 Dandelion Run Half Marathon & Relay, Derby Beach House, Lake Salem, Derby, VT, Pete Kellaway, 802-334-8511, run@orleansrecreation.org, www.dandelionrun.org

ONGOING

- Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
- Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com
- Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT

- Wednesdays, 6PM, Hard'ack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266
- Thursdays, 5:30PM, Skirack Trail Runs at Red Rocks Park, Burlington, VT, Will Skolochenko, 802-658-3313
- Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, rameyj2001@yahoo.com
- Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com
- Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com
- Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SNOWBOARDING

MARCH

- 13 Burton Stash Gathering, Killington, VT, Tess Hobbs, thobbs@killington.com
- 13 Hope on the Slopes, Ski or Ride for Cancer, 9AM-8PM, Bolton Valley Resort, Bolton, VT, 866-466-0626, www.main.acevents.org/hopeontheslopesvt.com

APRIL

- 3 K-Town Showdown Series- Event #4, Killington, VT, Tess Hobbs, thobbs@killington.com

SNOWSHOEING

MARCH

- 6 Winter Wild Uphill Series #4, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Mount Sunapee, Newbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 6-7 American Cancer Society Relay for Life NordicStyle, 6PM Saturday to 8AM Sunday, Trapp Family Lodge, Stowe, VT, 800-227-2345, www.relayforlife.org/nordicstylevt
- 14 Granite State Snowshoe Championship, Gorham, NH, Chris Dunn, acidoticracing@hotmail.com, http://hstrial-cdunn9.homestead.com/GraniteSeries.html

ONGOING

- Saturdays, 10:30AM and 1:30PM, two-hour snowshoe tours led by an experienced naturalist, Ole's Snowshoe Tours, Warren, VT, Gene Foley, 802-496-3430, ski@olesxc.com, www.olesxc.com

SWIMMING

APRIL

- 3 First in Fitness 500-yard Swim (part of the First in Fitness Stage Race Triathlon), 12 noon, First in Fitness, Berlin, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com

ONGOING

- Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512
- Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21
- Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
- Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21
- Daily, Masters Swim Practice, call for times, Upper Valley Aquatics Center, White River Junction, VT, Barbara Hummel, 802-296-2850, www.uvac-swim.org
- 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
- Thursdays, 6PM, First in Fitness Masters Swim Practices, Berlin, VT, John Spinney, 802-223-6161, spinney21@hotmail.com

TRIATHLON

APRIL

- 3 First in Fitness Stage Race Triathlon (run 5K, bike 8.7 miles, swim 500 yards), Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 11 Sugarbush Triathlon (run 5 miles, paddling 6 miles, bike 10 miles, and cross-country ski 3 miles), for individuals and teams, www.sugarbush.com
- 17 Tuckerman Inferno (8-mile run, 6-mile river paddle, 25-mile road bike, hike up Tuckerman Ravine Trail, GS ski) and Wildcat Wildfire (same as the Inferno, but the hike and ski are on Wildcat ski area), North Conway, NH, www.friendsoftuckerman.org

MAY

- 30 Saratoga Lions Duathlon (5K run, 20-mile bike, 5K run), 8AM, Skidmore College, Saratoga Springs, NY, Dan Kumlander, 518-899-5544, dan@rkpcpa.com, www.saratogalions.com/duathlon/index.html

VERMONT SPORTS COMING NEXT MONTH

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PROFILE OF DOG MUSER ELIZABETH RANKIN

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ALSO: Profile of Gary Kessler, the Killington Stage Race, and the Green Mountain Stage Race ■ Sports Medicine ■ MNM Gear Review ■ Race Results Retail Junkie Superstar ■ Calendar of Events



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thru
Sunday, March 28

20 Langdon Street,
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802-229-9409



MUSCLES not motors



Vermont Sun Tri
Sun, June 27th
Sprint Distance



Vermont Sun Tri
Sun, July 18th
Sprint Distance



Lake Dunmore Tri
Sun, August 8th
Olympic Distance



Half Vermont Journey
Sun, August 29th
Half Iron Distance

PH: 802.462.2999
Branbury State Park, Salisbury, VT
www.rushtonsports.com

