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VERMONT SPORTS MAGAZINE

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August, 2010 | Volume XIX | No. XII

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Production Office
Vermont Sports Magazine, LLC
35 South Main Street, Hanover, NH 03755
Phone: 603-643-1441
Fax: 603-643-4644
publisher@vtsports.com

Vermont Sports is owned and operated by
Vermont Sports Magazine, LLC,
a New Hampshire limited liability company.

Vermont Sports is published 12 times per year by
Vermont Sports Magazine, LLC,
35 South Main Street, Hanover, NH 03755.
Vermont Sports subscriptions in the US: one year
\$25.00. Digital subscriptions \$10 online at www.vtsports.com
Canada: US funds, please add \$5.00
per year postage. Other international subscriptions,
please call 603-643-1441 for information.

POSTMASTER: Please send address changes to
Vermont Sports Magazine, LLC,
35 South Main Street, Hanover, NH 03755.

Published by Vermont Sports Magazine, LLC
Established 1990

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sent by mail to our editorial offices. Only material
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will be returned. If submitting an article for
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outdoor adventure
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CONTENTS

8 Off the Map at the Kingdom Trails

9 Tri Kids

12-13 Adventures on the Northern Forest Canoe Trail

14-15 Rowing in the Green Mountain State

DEPARTMENTS

4 Editor's Commentary
Cashing in on Old Wheels

4 Out & About
Sports on Our
New Earth

5 Retail Junkie Superstar
Beyond Exceptional

6 Sports Medicine
Osteochondral Lesions in
the Foot

7 Around the State

**7 This Month on
vtsports.com**

10 Green Racing Project
The Great Adirondack
Trail Run

11 Muscles Not Motors
Gear Review

16-17 Reader Athletes

18-20 Calendar of Events

20-21 Race Results

**22 Vermont Sports
Bike Shop Directory**

On the Cover: A group of paddlers float on the Magalloway River in northern New Hampshire, a beautiful side trip along the newly established Northern Forest Canoe Trail. Read about this group's adventure on the NFCT on pages 12-13. Photo by www.EmberPhoto.com.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

CASHING IN ON OLD WHEELS

Today the odometer of my 1996 Volvo wagon turned 219,000. That's miles, not kilometers. The Blue Book value for that car in a private sale is \$2,360. This is a very good price for a 14-year old car with high mileage, but it is very possible that my bicycle is worth more. How ironic is it that my bicycle hangs unused in the garage, while my car is rolling happily down the highway? Maybe it's time to sell the bike to someone who will ride it.

I have struggled with the idea of selling my lovely carbon-fiber, made-in-the-USA Aegis for several years. I stopped riding awhile ago for a variety of reasons, including, but not limited to, not enough time in the day, ankle pain, other priorities, and fear. To be perfectly honest, the idea of riding on the road with vehicles flying by frightens me. This past July gave us many hot, steamy mornings, and those are the times I toy with the idea of hopping on my bike at 7 a.m. and riding the Tour de Stowe. Then I remember all the zooming cars and trucks and change my mind. I think that if I am ever going to ride again, I will have to move to Europe, where cyclists are as much a part of the landscape as sunflowers.

Meanwhile, I have this car that is getting old, but looking good and running great, sort of like Lance Armstrong. I can't help but admire Lance for riding yet another month-long bike tour of France. Too bad he fell early on in the race. It seems that if he's addicted to anything, it's the Tour de France, and it must be very difficult for him to give it up. It's time to move on, though, and he knows it. He says he won't be back, but he's said that before, so we'll see.

Now that Lance is supposedly retired, at least from the Tour, I wonder if, like me, he will sell his favorite bicycle. Could his bicycle be worth more than his car? Doubtful, but might be worth more than the car he's currently promoting, the new Nissan Leaf, an emission-free electric car that sells for around \$26,000. You can see the ad on YouTube at <http://blogs.cars.com/kickingtires/2010/07/lance-armstrong-sells-nissan-leaf-to-cyclists.html>.

If I had a bicycle worth \$26,000, I would definitely sell it and buy that car. But I don't. If I'm lucky I will get around \$2,000 for my bicycle. I sure hope so, because I am about to buy another 14-year-old Volvo 960, exactly like the one I have, except for the mileage. This one has under 100,000.

And it's red. And it's got heated seats. Everyone thinks I'm nuts to buy a 14-year-old car with 100,000 miles, but I can't help it. The 960 is a great car, it has low maintenance, holds its value, suits my needs, and has an awesome turning radius. What more is there?

Know anyone who needs a black 1996 Volvo 960 wagon with 220,000?

Looks good, runs better. Air works! Between the well-used wagon and the pristine Aegis (air works, too), I'll have enough cash to buy the new-to-me car outright, and if I ever really do decide to ride a bike again, there are two more hanging up in the garage. ¶

— Kate Carter



Dear Editor,

I enjoyed reading Dr. Peter Loescher's article on Vitamin D in the July issue of *Vermont Sports Magazine*. It was an excellent summary of the current thought on Vitamin D deficiency in the population and the potential benefits of supplementation. However, I must point out that the Chemistry Laboratory at Fletcher Allen Healthcare has been performing the Vitamin D assay since November of 2009 and has seen a steady increase in the number of tests performed. Thank you for drawing this issue to the attention of your readers.

Greg Sharp, MD, PhD

Department of Pathology and Laboratory Medicine
Fletcher Allen Healthcare
Burlington, VT



**OUT &
ABOUT**
BY
JOHN MORTON

SPORTS ON OUR NEW EAARTH

I just finished Bill McKibben's new book, *Eaarth*. McKibben is the writer, outdoor enthusiast, and environmental activist who, in 1989, brought national attention to the impending impact of global warming with his book, *The End of Nature*. While the rest of the world recognizes McKibben as an environmental scholar and activist, I know him as an avid Nordic skier and unofficial faculty advisor to the Middlebury College ski team.

Years ago, Bill got my attention during a presentation in our community, when he stated, matter-of-factly, that three of Vermont's most widely recognized activities—admiring the brilliant autumn foliage, tapping maple trees to produce maple syrup, and the sport of skiing—could all disappear within our lifetimes. In *Eaarth*, McKibben asserts that it is no longer a question of “if” or “when” concerning global warming, but that the earth has already changed from the earth we remember in our youth. The evidence is all around us. The only uncertainty is what we, as residents of this new “earth” will do to minimize the negative influences of global warming.

If you find McKibben's observations compelling, as I do, you accept the probability that our lives will change dramatically in the years to come,

though thankfully, Vermont may not change as dramatically as Bangladesh, the island of Fiji, or south Florida.

An obvious change will be the increasing value of a diminishing supply of oil. At what point will it no longer be economically feasible to run snowmaking compressors and Pisten Bullys all night to groom Alpine runs for the decreasing number of skiers who can afford \$150 for a lift ticket and \$5 a gallon to fuel their cars? I would imagine that snowmobiling and ATV use would decline dramatically, too.

On a positive note, snowshoeing and cross-country skiing might experience a resurgence, as Alpine skiers and snowboarders switch to a less costly winter activity. Expensive fluorocarbon waxes might be abandoned for less costly options, and geographically remote competition sites might be passed up in favor of local or regional races. Currently, it is not uncommon for a citizen Nordic racer from Vermont to compete in northern Maine, Quebec, New Hampshire, upstate New York, perhaps Wisconsin or Minnesota, and even in Alaska during one winter season. My guess is that in the future, most of our racing will be relatively local.

In fact, one intriguing probability that McKibben mentions in *Eaarth*, which may have implications for

sports enthusiasts, is the internet. For some time now, the innovative Morrisville company, Concept II, has been conducting competitions on its popular rowing ergometer. Hundreds of avid rowers gather in a field house in Cambridge, MA, and work to exhaustion on machines that simulate the physical exertion of rowing on the nearby Charles River. Since the machines are equipped with small computers that record the force exerted by the participant, it is relatively easy, thanks to the internet, to transmit data anywhere in the world, such as Cambridge, England, for example, where a similar group of rowing fanatics are pulling on identical rowing machines. The result, in effect, is an international rowing competition without the airfare.

With the Concept II competitions in mind, it's not too much of a stretch to imagine Nordic skiers in Alaska equipped with miniature GPS devices which compute the severity of the terrain and the speed of the athlete to be compared to similar data from a skier competing in Maine. Perhaps in the not-too-distant-future we will be selecting national and even Olympic teams from athletes who have never actually competed against each other due to the prohibitive expense of bringing all the contenders to a central location.

I don't hold out much hope for NASCAR and NFL football. Perhaps they can adapt to a post-petroleum world, but how will they sustain their entertainment extravaganzas without the sponsorship millions from Sunoco, Exxon, Texaco, Firestone, Goodyear, and the like?

On the other hand, cycling and biathlon may finally gain national prominence. When thousands, perhaps even millions more Americans commute to work by bicycle, I'll bet there will be renewed appreciation for the endurance and skill of the Tour de France riders (provided of course, the organizers take the sport back from the unethical dopers).

And, when increasing numbers of rural and suburban breed winners return to the woods every autumn to bag a deer for the freezer, there will be intense respect for athletes who can hit a silver-dollar-sized bull's eye at 50 meters after skiing full tilt for several kilometers. ¶

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.

BEYOND EXCEPTIONAL

RETAIL JUNKIE

SUPERSTAR

BY
RYAN JAMES LECLERC



In my many years working at the shop, I got to know a lot of good people. It is one of the aspects of the job that I miss most, now that I spend my days in an office, behind a computer screen, under two hanging plants that I must say I've grown quite fond of. Aside from speaking to my plants—some say it helps them grow—I speak with a lot of customers, but the vast majority of these customers I will never meet in person or ever speak to again. In a 10-minute phone conversation I will have recommended the best pair of Nordic skis for skiing across a frozen lake in Minnesota, or explained which rack system works best for carrying a Stand Up Paddle Board on top of a 2007 Chevy Malibu, or suggested which pair of Darn Tough socks would be the most appropriate on a cold night in southern North Dakota, a hot day in northern South Carolina, or a perfect morning in eastern West Virginia. When I've answered all their questions and completed the transactions, I thank them for their business, assure them one more time that they won't be paying sales tax, promise that their order will arrive in time for their imminent vacations, and say bye-bye. Assuming all goes well with their orders, I most likely will never hear from them again. The Darn Tough socks I recommended may have been the greatest socks they've ever worn, and I'll never know. And so it goes.

Back when I was working on the sales floor at the shop, I would also help a lot of people choose the right gear every day, but a large percentage of the people streaming in are regular customers who

have been in many times before and will be back many times again. Our shop appreciates and relies upon this base of regular customers immensely, and we try our hardest to keep it. These are folks who you know by name, who you build relationships with over the years as you watch their kids grow out of the bikes you helped them buy a few summers ago, and who you consider friends.

Regrettably, tragedy occasionally strikes, and you lose a few friends.

Recently, on June 24th, we lost a very good customer and friend of ours, Dave Blumenthal, who succumbed to injuries he sustained when he struck an oncoming pickup truck on a remote mountain road while competing in the Tour Divide Mountain Bike Race, the longest and arguably most challenging mountain bike race on the planet.

The Tour Divide consists of a single stage—a 2,745-mile stage that stretches from Banff, Alberta, to the Mexican border in Antelope Wells, NM. There is no liability waiver, no entry fee, no support, and no prize money. There is, however, plenty of climbing. Crossing the Continental Divide 29 times, there is more than 200,000 feet of it. If 2,745 miles and 200,000 feet of climbing sounds like fun to you, here is how it goes:

At the start of the race, the organizers cheer you on as they start the race clock. Three weeks or so later, if you've managed to not drop out, you cheer yourself on and mark your time via the web when you cross the finish. Last year, out of 42 starters, only 16 made it to the

end. The only concern the organizers have between the start and finish is that you follow the course. Any other concern is the responsibility of you, the rider. If your rear derailleur falls off, it's up to you to fix it. If you need to sleep after the day's ride—Dave's goal was to average 120 miles—it's up to you to provide your own waterproof and bug-proof shelter in which to lay your weary bones. If you're hungry, it's up to you to fix dinner. You just better have brought the right tools, bivy gear—a tent would be much too cumbersome and heavy—and plenty of nourishment in your packs. Staying in a motel is totally acceptable, but the race clock doesn't stop when you check in. Regarding packs, Dave, also known as "Packman," designed and hand built his own. Customizing and building better packs for various endeavors was just one of his numerous gifts. The Tour Divide is a race that requires the rider to be ultra fit and ultra prepared. Dave was both, and there was no question he had what it takes to finish strong.

I met Dave and his wife, Lexi, five years ago, when they put on a slide show chronicling their successful hike of the Pacific Crest Trail, a 2,650-mile trail that, like the Tour Divide route, stretches from Mexico to Canada. They completed the route in 158 days and came home with one amazing story to tell. I didn't

know Dave before the presentation, but afterward, my impression was that he was possibly the neatest guy I had ever met. Obviously, he was insanely adventurous and multifaceted—or perhaps, due to his inherent passion for the most difficult and grueling challenges, simply insane—but I was equally impressed with his sincere humility, friendliness, intelligence, creativity, and ingenuity. In a word, he was inspirational. These qualities are what anyone who knew him will use to describe him.

After the presentation, I would always look forward to seeing him and Lexi whenever they came into the shop. Once they had settled back into a more normal life in central Vermont, rather than planning for and heading out on a new "adventure a bit beyond reason," as he called them, they instead brought their beautiful daughter, Linnaea, into the world.

Dave had written in his blog that he was most truly himself when he was in the mountains, and his final days were spent conquering one mountain after another. It is a small comfort knowing he left fulfilling another of his many dreams. I can't express how sorry I am that he's gone. To Dave's family, I will miss him, our shop will miss him, and the community will miss him. We would have loved to see the latest slide show. ☐

Ryan James Leclerc has worked in retail longer than you. Although he has recently made the move from the sales floor to the office of Onion River Sports, he likes to reminisce about the good old days using the present tense narrative. He lives in Burlington with his lovely wife Mckalyn. You can reach him at ryanleclerc@hotmail.com.



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**SPORTS
MEDICINE**
BY
ROBERT RINALDI, DPM

OSTEOCHONDRAL LESIONS IN THE FOOT

This tongue-twister of a moniker is often referred to as osteochondritis dessecans, which isn't a whole easier to pronounce. The lesions can be simply described as small tears in the articular cartilage surfaces of bones. These tears commonly are problematic in the foot when they occur in the ankle, on the talar dome, and on the head of the first metatarsal. Trauma is thought to be the cause, and the lesions result in lasting pain and continued destruction of the joint, with arthritic changes. The joint's ability to function with smooth motion becomes impaired. The injury is progressive, and often missed at the earliest stages.

OSTEOCHONDRAL INJURY CLASSIFICATIONS

Stage One—In the ankle, joint compression or overexertion with rotation, as with a sprained or twisted ankle, can result in osteochondral lesions. When x-ray is negative for injury to the talar dome, but pain and stiffness persist in the ankle joint long after the incident, an MRI should be ordered, because cartilage is not visible on plain film x-ray.

I feel that initial x-ray exams for ankle sprains should always include stressed views. The stress view can give an indication as to the severity of the ankle sprain and this may include talar dome cartilage tearing. (Please refer to an earlier article, Lateral Ankle Sprain and Chronic

Ankle Instability, now available online at www.vtsports.com/articles/lateral-ankle-sprain-and-chronic-ankle-instability). When the MRI demonstrates a shallow compression-type lesion with sub-chondral edema of the talar dome, aggressive but conservative treatment is often successful. Non-weight bearing for four to five weeks followed by physical therapy that emphasizes gradual return to full weight bearing status works well. Aquatic PT is fantastic with these injuries, and the athlete can get a cardio workout with a swim that excludes kicking.

Stage Two—These injuries are similar to Stage One, however, x-ray exams may show some boney defect, and the symptoms will often include a feeling of a catching or momentary locking of the joint. Arthroscopy may be necessary to successfully treat this problem, but conservative treatment should be attempted with non-weight bearing and PT.

Stage Three—At this level, cartilage injury to the talar dome consists of a completely detached fragment that is not displaced.

Stage Four—This is similar to Stage Three, except the fragment is displaced and loose, leaving the bone denuded of cartilage and a crater remains. The Stage Two and Three osteochondral lesion usually will be seen with repeated ankle sprains or frank ankle instability. These talar dome osteochondral lesion classifi-

cations are called the Berndt and Harty Classifications. Early diagnosis and treatment of the talar dome injury is important to ensure the best possible outcome.

OTHER JOINTS

Osteochondritis Dissecans is common in the knee, ankle, and in the head of the first metatarsal. Over rotation or extreme pressure and trauma caused by hyper-extension of these joints may be the most common cause of cartilage damage. Pain is the common symptom.

The head of the first metatarsal does not have an injury classification and for this reason the problem is often overlooked or treatment is delayed. The result is no less dramatic: pain with motion, an inability to move the joint comfortably, progressive joint arthritic changes, and destruction. X-ray findings usually offer little help in making an early diagnosis. The primary causes are direct trauma as in a heavy object falling onto the joint or the foot slipping, creating exaggerated motion of the joint beyond its normal limits. The end result is cartilage damage and progressive destruction of the joint with the formation of a boney spur on the dorsal surface of the head of the metatarsal. This spur further limits the range of motion of the joint, and continued trauma persists with each step. This condition is called Hallux Limitus, and it will progress to Hallux Rigidus. As with the talar dome injury in the ankle, early detection is necessary for the best treatment outcome. Do not overlook an injury to either joint.

DIAGNOSIS

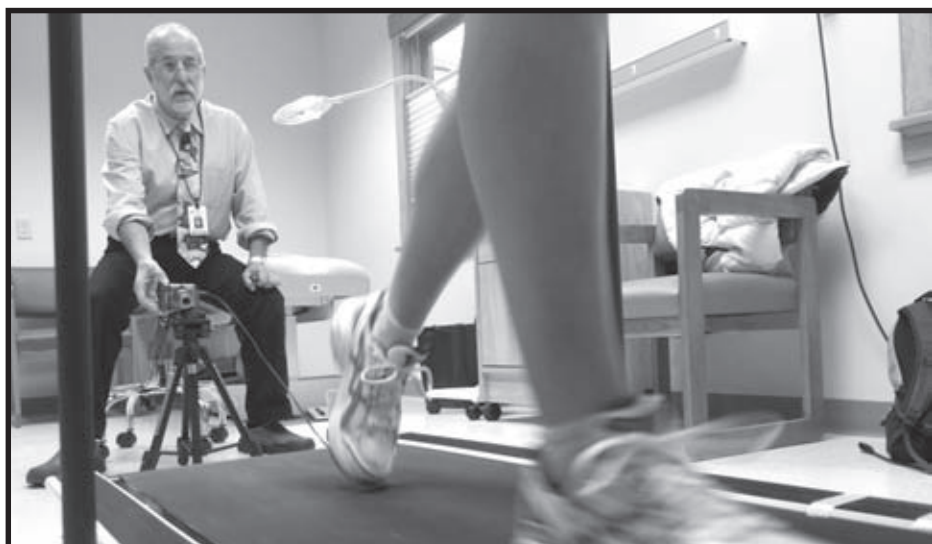
A clinical exam followed by appropriate x-rays are the cornerstones to early diagno-

sis and necessary treatment. The athlete all too often fails to bring these problems to a sports medicine provider. If you have suffered a trauma to a joint, by over extension, twisting, repeated sprains, or by direct insult from a falling object, and the result is pain, begin initial treatment at home with RICE—rest-ice-compression-elevation. Using acetomenaphine or over-the-counter non-steroidal medications could be added to the initial treatment, but if pain with ambulation persists or does not seem to begin abating within 48 hours, I recommend calling for an appointment with your sports medicine specialist.

TREATMENT OPTIONS

Not too long ago, treatment was often overlooked because diagnosis was limited by a lack of technology. Once the MRI became readily available, damaged cartilage has become visible. Recognition and classification of cartilage damage in the smaller ankle joint began to follow the same route as with the larger knee joint. As the arthroscope became smaller, it became possible to bring minimally invasive surgical treatment to the ankle. Ankle arthroscopy is common, and it is successful in saving the ankle from progressive, irreversible, disabling arthritis. Though the MRI can be helpful in determining injury to the first metatarsal, it is not considered as important, because early arthroscopic surgery is not yet available.

On the horizon is stem cell implantation to damaged cartilage tissue. Regeneration of cartilage tissue is possible, and though not common, is being done in some areas of the country. ¶



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ZOE'S RACE

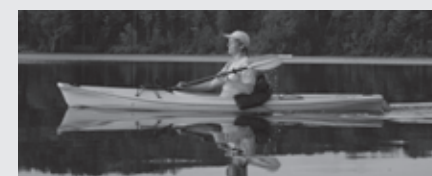
BY SKY BARSCH GLEINER



During the inaugural year of Zoe's Race, Erika Nestor, race organizer and mother of a disabled child, hoped to raise \$1,000 to help make the homes of a few disabled children more accessible for them. Instead, the race raised more than \$20,000, and funded projects in three Vermont homes. Read about how you can take part in Zoe's race this year and help raise money for those less fortunate. Go to www.vtsports.com/articles/zoe's-race.

WHITHER THE CANOE?

BY PHYL NEWBECK



The canoe is dead! Long live the canoe!

Over the years, the once popular watercraft has seen its numbers decline across the state. See what those with years of canoeing and kayaking experience have to say about their vessels of choice at www.vtsports.com/articles/whither-canoe.

RUN TO THE TOP OF VT!

BY KASIE ENMAN



With the FJG Race to the Top of Vermont coming up on August 29th, there is no time like the present to accept the challenge and register. Then it's time to take some steps to prepare for the rigors of racing up the tallest of the Green Mountains.

Kasie Enman is the FJG Race To The Top Of Vermont women's record holder for the running division, which she set in 2009, with a time of 40:12.5. She is currently on the Teva U.S. Mountain Running Team. You can read her tips on preparing physically and mentally for an uphill race at www.vtsports.com/articles/run-top-vermont.

CAMBRIDGE

Amnesty International Vermont is sponsoring **Run for Dignity**, a 5K cross-country run and 10K road race on August 28. Run through beautiful scenery—fields and forest trails for the 5K, paved roads for the 10K—as you raise money and awareness for human rights. Registration starts at 7:30 a.m. on Upper Pleasant Valley Road, at the junction of Westman and Thompson Roads; start time is 9 a.m. There will be games and prizes and families are encouraged. More info: Thomas Grace, 802-318-6195, tagrace@myfairpoint.net, www.amnestyusa.org/events/northeast.

STOWE

The FJG Race to the Top of Vermont has bragging rights to the best views of any race in the Green Mountains. August 29 is when you can run, bike, or hike up the Toll road to the summit of Mount Mansfield and raise money to support the Catamount Trail, Girls Move Mountains, and Mobius Mentoring Movement. The 4.3-mile climb has a 2,500-foot elevation gain. Cash and prize awards. Great post-race barbecue at the Midway House on Mount Mansfield. Entries are limited at 900 total, so sign up soon! More info: Jim Fredericks, 802-864-5794, jfredericks@catamounttrail.org, www.catamounttrail.org.

WATERBURY CENTER

Everyone can use a good laugh, which is exactly why you should check out the Second Annual Waterbury Comedy Festival on September 5. It's a day of ridiculous theater at its best, with a blending of skills that include dance, music, and athletic prowess, with the element of surprise. Located at Murphy's Barn, on the village green in Waterbury Center, and sponsored by Cabot Cheese, Alden Rowing Shells, and Frida's Taqueria & Grill, the Festival has family shows at 1:00 and 3:30 p.m., and a mature act at 7:30. More info: Tom Murphy, 802-244-5008, www.murphyclown.com.

A day of ridiculous theater at it's best! Heir to a rich lineage of comedic talents dating back centuries. This genre is the blending of skills such as dance, music, and/or athletic prowess with the element of surprise.

RUTLAND

The **Marble Valley Runners' Summer Sunset 5K Trail Series** begins on Tuesday, June 8. The races are sponsored by Rutland Recreation & Parks Department and are held at Giorgetti/Pine Hill Park. Registration starts at 5:45 p.m. and racing begins at 6:30. The other two races of the series are July 13 and August 10. Sign up for all three and get a free t-shirt. More info: Cindi Wight, 802-773-1822 x13, cindiwight@comcast.net, www.marblevalleyrunners.org.

SOUTH ROYALTON

Join the Green Mountain Bicycle Club on the **Orange County Discovery Bicycle Ride** on August 1. Meet at the Village Green in South Royalton at 9:30 a.m. The 44-mile ride travels past the bucolic farms of Orange County and has a fair amount of climbing. The 51-mile ride adds another climb through Chelsea and then goes past the site of the historic World's Fair in Tunbridge. More info: Pat and Tom Stabler, 781-929-9085, everstab@verizon.net, www.thegmbc.com

DERBY

The **Kingdom Triathlon** on August 7 is actually two triathlons. The sprint is a 500-yard swim in Lake Salem, a 13-mile bike on paved roads, and a 5-mile run, all beginning and ending at the Derby Beach House on Lake Salem. Start time is 9 a.m. The **Aquaman Even Up** is for serious triathletes, with an emphasis on the swim. Aquaman distances are 3.5 miles in Lake Seymour, a 34-mile bike, and a 13.1-mile run. The bike course starts at the finish of the swim, but finishes at the Derby Beach House, where the run begins and ends. Start time is 7:30 a.m. More info: Pete Kellaway, 802-334-8511, triathlon@orleansrecreation.org, www.kingdomtriathlon.org.



WINDSOR

August 14 is when cyclists can ride their bikes to the Harpoon Brewery in Windsor for a barbecue, fresh Harpoon beer, live music, and lots of fun. The **9th Annual Harpoon Point to Point** is a day of bicycle rides across the state to benefit the Vermont Foodbank. The 115-mile ride starts at the Catamount Family Center in Williston, the 50-mile ride in Bethel, and the 25-mile ride is a loop from the Harpoon Brewery in Windsor. More info: Jessie Cox, 888-427-7666 ext. 527, hp2p@harpoonbrewery.com, www.harpoonbrewery.com/pointtopoint.

OFF THE MAP AT THE KINGDOM TRAILS

BY KIRK KARDASHIAN



Kirk Kardashian

About five years ago, the whole world seemed to wake up to the miracle of mountain biking that is the Kingdom Trails. Mountain Bike magazine named the trail network one of the 50 best in America. The International Mountain Biking Association dubbed it “epic.” And the accolades just kept on coming. Yankee magazine, Boston, Bike—a media outlet couldn’t go near East Burke without catching the rapture. OK, we get it. Vermonters could just say, “I told you so.”

Other things we knew? That Darling Hill, the location of most of the trails, is an “esker,” a geologic feature created when a melting glacier leaves sand and gravel in its wake. The media heralded this medium of soft, shape-able dirt that must have been designed for the easy creation of mountain bike trails. We knew that Doug Kitchel, the former owner of Burke Mountain, and the namesake of one of the sweetest trails, started the Kingdom Trails organization, the non-profit that manages the trail network and works with the 50 landowners who give permission to build trails on their property. And, thanks to all the attention, we were told that the Kingdom Trails is the largest mapped mountain bike trail network in New England.

So when I sat down with Tim Tierney, the executive director of the Kingdom Trails, I asked him

to tell me something Vermonters wouldn’t know about his esteemed organization. “Okay, how about this,” he said. “We’re partnering with Burke to build more trails on the mountain.”

Now that’s what I was talking about. “Continue,” I said.

When we spoke, Burke was still waiting for Act 250 approval to expand the mountain biking operation, but they’ve since gotten the green light. The plan is to offer lift-served mountain biking on the mountain on a variety of exciting terrain. The Kingdom Trails trail-builders will use their tried-and-true, labor-intensive methods to make flowing, sinuous singletrack that winds down the mountain. “It’s not just going to be a downhill park,” Tierney assures. One will be like Kitchel, with its berms and whoop-de-dos, but a mile long. Another will be a cross country-trail from the summit down to the base, which will probably make it one the longest off-road descents on the east coast. “We wanted to move forward without losing who we are,” Tierney explained. Good plan.

For those anxious to sample the goods, the Kingdom Trails will open some new terrain on Burke in the fall. Next year, if all goes well, the trails will be open permanently, and the lift to the summit will be spinning. Day passes to ride all the Kingdom Trails terrain, including on Burke, will increase in price to

\$15. If you want to ride the lift, you can buy a separate pass from Burke Mountain for another \$15. Of course, there’s still the option of pedaling to the top. But Tierney predicts that “once people ride the new trails, they’re going to want the lift.”

That’s in the future, though, and I want to ride now. So Tierney sends me on a 1.5-hour loop that shows off some of the new sections and new trails. I start in town and pedal up the paved road to the Inn at Mountain View Farm, then take Loop and Bemis to Tap and Die, a black-diamond trail that offers a challenging alternative to the much-riden Tody’s Tour.

But not too challenging. Judging by the name, you might think that if you “tap”—put your foot down—you “die.” Well, Tap and Die just happens to be the name of the local business that owns the property over which the trail passes. “The trail names aren’t always indicative of the difficulty of the trail,” Tierney explains. For instance, Coronary Bypass is just a bypass for the Coronary trail, not a heart-busting climb.

Tap and Die is tight and dark, with mini-half-pipes built into a sort of ravine. It has all the things you expect from the trails here: roots, rocks, off-camber sections, and endless twists and turns—all just hard enough to make it interesting, but not so hard that it scares you.

I continue on River Run, make a slight detour onto Old Webs and climb up to the chapel, a new stone church on a prominent clearing overlooking the green hills. Mountain bikers are lounging on the lawn in front of the edifice, worshipping the sun and the spectacular view. I go down the hill, across a paved road, and turn left onto Jaw, a double-black-diamond trail that’s been revamped this year with long sections of narrow bridges. They start out wide enough—maybe three or four feet—and then slim down and curve around obstacles, making it imperative to keep your tires centered. Since there’s not enough room on the boards to get off your bike, you must commit to riding or just walk—the other option involves falling off the bridge a few feet down to the ground. You won’t die if you tap, but you might sustain a contusion or two.

I ride a variety of singletrack back to town, including the super-fun Kitchel, which now resembles a BMX track. Then I go check out Burnham Down, a trail that’s open, but didn’t make the map this year. To get to it, you make a left off the Mountain Road onto Dashney Road. It’s mostly downhill, with lots of bridges, slick spots, and slow-speed turns. Cruising into East Burke I see riders cooling off in the East Branch of the Passumpsic River. After riding Burnham Down, you might want to do the same thing. ¶

Kirk Kardashian writes and rides singletrack in Woodstock, VT. You can see more of his work at www.kirkkardashian.com.

MORE INFO:

Kingdom Trails is located in East Burke, VT. Go to their web site, kingdomtrails.com, for trail conditions, rates, and directions.



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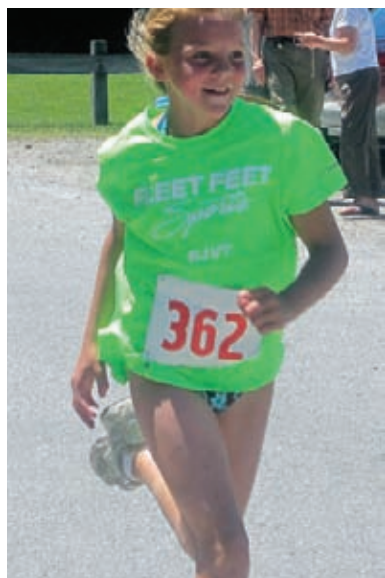
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TRI KIDS

BY MARK AIKEN

Photos courtesy Maria Cimonetti



There's a new youth sport out there gaining momentum, and it might not be the sport you'd expect. Soccer, Little League, or hockey, for example. Rather, it's triathlon, and it is experiencing great growth. Steve Kelley, athlete development coordinator for USA Triathlon, says membership in his organization among people ages 17 and under increased by 24 percent in the last year alone. USAT requires kids who participate in their sanctioned races and camps to purchase a \$5 membership. "USAT now has over 31,000 youth members," says Kelley, noting that the number does not include participants in non-sanctioned events.

Currently, there are just nine USAT-designated training camps in the U.S. Kelley hopes to increase this number in the coming year. There are, however, plenty of non-designated camps run by USAT-sanctioned coaches.

One such coach is Maria Cimonetti of South Burlington. She has run a popular youth triathlon camp for the past three summers through Shelburne Parks and Recreation. This year, she and her 6 coaches put 25 participants between the ages of 9 and 15 through swimming, biking, and running paces, and had lots of fun while they were at it. "We get them moving and keep them moving," Cimonetti says. "And we play games—lots of them."

Don't ask Cimonetti what games campers play unless you have a lot of time to hear her out. They play tag games that keep them running, slow-motion bicycle races that build bike-handling skills, a transition chaos game in which participants' shoes are tossed into an area to be sorted out while shifting from one sport to another (designed to hone their T-zone techniques), and a "shrinking" triathlon game, where participants do a series of triathlons that get shorter and shorter, until they're swimming 10 feet, transitioning to a bike ride from this tree to that tree, and finishing up with a quick run. Talk about a sprint triathlon!

And talk about making triathlon interesting and accessible to young people! Cimonetti's main focuses are keeping everyone safe, having fun, and getting good exercise. Along with her USAT designation, she is a nationally accredited swim coach, a certified lifeguard, and CPR/First Aid-certified. "Kids love triathlon," Cimonetti says. "They especially love the transitions."

This explains the growing interest kids have in triathlons. "Triathlon combines three sports that nearly every kid enjoys already—swimming, biking, and running," says Kelley of USAT. "I believe that more parents are looking for ways to engage their kids in activities that promote good health," he says.

Sueanne Campbell has sent her two sons to Cimonetti's camps. "When Parker comes home," she says of her oldest, "he's exhausted and in a great mood." Campbell also appreciates what a good coach can do for a young person's self-esteem. "The triathlon camp improved his self-confidence," she says. Campbell

believes triathlon is good for young people because, while they may have a strong sport or sports, everyone has a weakness to work on. Campbell's son was an excellent biker and a strong runner, but had no competitive swimming experience. "I think it's really good for kids to have something that they're really good at, but also something that they're striving to be better at," Campbell says.

Another advantage of triathlon is that young participants avoid the potential for the overuse injuries that can come with early over-specialization in one sport. "Triathlon is simply cross-training combined into a single event on race day," says Kelley. "It is relatively simple to construct a balanced training regime that avoids overuse in any of the three disciplines—swimming, cycling and running."

It is also nice when your coach—in addition to having the knowledge to put together a training regimen that is safe and fun—is a positive role model for kids. "Maria is an excellent coach," says 15-year-old Parker. "She's incredibly physically talented, she doesn't focus on winning as much as doing the best you can, and she's great with kids. They also look up to her because of her accomplishments. She's a coach who walks the talk."

And what are these accomplishments? Cimonetti, mother of two daughters, did not compete in a triathlon until she was 36 years old, the year after her husband died of a heart attack. "I needed something to do," she explains. She thought that first tri—a sprint distance event in Shelburne—was fun, but she felt she could do better. And she did. Since then, she has been in countless multi-sport races and open-water swim events. And she has competed in six National Championships and five World Championships at the Masters level in Olympic-distance triathlons, winning her age group at the Worlds three times. "She can really tell you what it's like because she's been there," says Parker.

Although Cimonetti still trains and competes in swim and triathlon events at local, national, and international levels, her main focus is coaching. A full-time swim coach with Green Mountain Aquatics, she also founded an organization called Vermont Triathlon Tribe. In addition to the return of her triathlon camp with Shelburne Parks and Recreation, she is offering several new programs this summer. On July 28-30, she is holding a 3-day Give Tri a Try Camp through RunVermont, which will be holding the 2011 National Triathlon Championships in Burlington. Later—again with Shelburne Parks—she offers Off the Couch camp for sixth, seventh, and eighth graders for two weeks in August (participants can register for one or both weeks)—August 16 to 20 and August 23 to 27 from 12 to 4 p.m. Based on the triathlon camp, Off the Couch is designed to give athletes a general jump-start before their school fall sports begin. She also works with a group of high school athletes—the Zebra Muscles, which started as the Lake Champlain Waldorf School's triathlon team, but is now open to students from any school.

"Triathlon has been on the rise among adults for a number of years," says USAT's Steve Kelley. "It only makes sense that awareness of the sport as an option for kids has grown." And with the USAT National Championships coming to Vermont next year, local interest should only increase. "Anyone who has spent time in Vermont knows it's the perfect place to train for triathlon with fresh lakes and open roads," says Kelley.

And anyone who knows kids and triathlon will tell you they are a perfect match. "It gets you in shape, and she makes it fun," says Parker Swanborn, past participant in Cimonetti's camps and who currently trains with her high school team. "It's good for you," he says. "It gives you confidence. Until you do it, you won't know what you're capable of."

If the camp dates listed above don't fit your calendar, for programming and training geared towards adults, or for a complete listing of Maria Cimonetti's camps, one-day and ongoing triathlon clinics, or openwater swim clinics, visit her website www.vermonttriathlontribe.com.

Mark Aiken is a freelance writer from Richmond, VT, who has lost track of how many Colchester Triathlons he has competed in. Possibly 18. One thing is certain: he raced in his first Colchester Tri when he was 12 years old.



GREEN RACING PROJECT

BY
TIM REYNOLDS

THE GREAT ADIRONDACK TRAIL RUN

Summer training in Craftsbury can be a repetitive pursuit. Day after day we rollerski the same roads, run the same trails, and bike the same loops. Going through the motions so consistently makes it easy to forget the purpose of all this training, which, simply put, is to race faster.

Since for a cross-country ski racer the off-season is nearly twice as long as the competition season, keeping some familiarity with putting a number on and going as fast as you can becomes especially important. Over the course of the summer my Green Racing Project teammates and I try to squeeze a mountain bike race or a foot race in here and there to remember what it's like to really go for it. One of the great things about being ski racers is that we thrive on pure fitness; being in great shape makes it fun to jump

into any kind of endurance event and see how things go. That's why on a hot day in mid-June, another teammate and I took off for the weekend to the Adirondacks to toe the line at the 6th Annual Great Adirondack Trail Run in Keene Valley, NY.

Keene Valley is an amazing place to be outside in the summertime. The High Peaks of the Adirondacks encase this little village and hiking trails wind from town to the tops of some of the most beautiful mountains on the East coast. The Great Adirondack Trail Race cruises 11.5 miles up the backside of Hopkins Mountain and Spread Eagle and finishes down in the Keene Valley Mountaineer's front yard. With 2,900 feet of vertical gain and 3,100 feet of loss, it's not exactly an easy stroll through the woods.

The course is easily one of the toughest trail races I've done. Like

any Adirondack hike, the footing is tough, the stream crossings slippery, and the downhill descent makes your legs scream for more of that uphill you couldn't wait to be done with only a few minutes before. But in those smoother sections of trail where it's possible to briefly glance away from your next foot placement, the views across the undulating Great Range of the High Peaks are breathtaking—even more than usual for the runner already sucking wind.

The race climbs gradually and then steeply until finally poking out of the woods along the rocky ridges of Hopkins and Spread Eagle, which open up magnificently for a few hard earned minutes of panoramic views before dropping back into the woods. From there the trail descends consistently until hitting the dirt roads that cruise the last couple miles all the way into Keene Valley and the finish line in front of the Mountaineer. The cold Ausable River running behind the store is the only cure for throbbing thighs after the long descent into the valley, and most runners hardly break their stride across the finish line. Instead, they add a few hundred meters to the race in exchange for immediate cold water relief.

The Great Adirondack Trail Run is the brainchild of Keene Valley's famous Mountaineer shop owner. Vinnie McClelland started the race as an "event to celebrate spring, bring the community together, get some exercise, drink beer, dance, support two great river associations, and have fun." He tells us racers as much on the shuttle ride from the store to the start line on the trailhead off of Route 9N close to

Elizabethtown. And the event certainly delivered on all of his promises. While entries are capped at only 60 runners due to the sensitive nature of the race course (it runs through part of the Giant Mountain Wilderness Area), the post-race BBQ and live music was packed with folks from town, racers and their families, and plenty of volunteers from the beneficiaries of the race—the Ausable and Boquet River Associations. After the run I kicked back to Lynard Skynard covers with a cold 46er Pale Ale donated from Lake Placid Brewery and scoped out the prize table, glowing with a rainbow of gear from the Mountaineer's stocked shelves.

To seal the deal on the Great Adirondack Trail Race, the race winners, in accordance with event tradition, toasted from the massive race trophy that otherwise sits dormant on the store counter for the other 364 days of the year. The former tree stump and old running shoes turned trophy proved a difficult vessel to drink from, but it seemed a fitting embarrassment for the fastest runners of the day. There's certainly nothing like putting it all on the line for a couple hours of hard running and then enjoying the post-competition camaraderie to help remind a skier lost in summertime what racing is all about. ¶

Tim Reynolds races for the Craftsbury Green Racing Project, an Olympic development cross-country ski program based at the Craftsbury Outdoor Center. Check them out at www.greenracingproject.com.

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MORE INFO:

For information on the 2011 Great Adirondack Trail Run go to www.mountaineer.com.

Racevermont.com 2010 Race Schedule

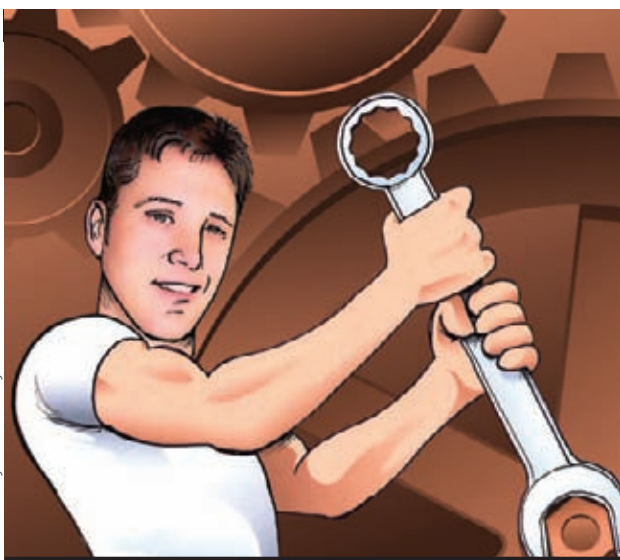
Shelburne ½ Marathon	May 8	8:00am
Limit of 250 racers. Post-race lunch included.		
Racevermont.com T3	June 20	8:00am
1.2 mi swim, 56 mi bike, 13.1 mi run		
Sprint Triathlon	July 3	8:00am
500 yd swim, 15.6 mi bike, 5K run		
Sprint Triathlon	July 24	8:00am
500 yd swim, 15.6 mi bike, 5K run		
Sprint Triathlon	Aug 14	8:00am
500 yd swim, 15.6 mi bike, 5K run		

Sprint Triathlon	Aug 28	8:00am
500 yd swim, 15.6 mi bike, 5K run		
The Burlington Triathlon	Sept 12	8:00am
(Olympic Distance - USAT Sanctioned) .9 mi swim, 22.5 mi bike, 6.2 mi run		
Cider House Run/Walk	Sept 26	11:00am
2 or 4 mi run, 2 mi walk (12 and Under FREE with Reg. Adult)		
Shelburne Farms 5K	Oct 3	8:30am
12 and Under FREE with Reg. Adult		
Shelburne ½ Marathon	Nov 7	8:00 am
Limit of 300 racers. Post-race lunch included.		

For more info call Rayne 802-316-7142 or email rayne@racevermont.com



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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

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



TEVA ILLUM LIGHTED FLIP FLOPS

Headlamps have been around for many years and are great for finding your way in the dark. They work so well for that purpose that the idea of a ped lamp certainly had never crossed my mind, but it crossed the minds of two lifelong adventure surfers who were tired of fumbling their way down dark, treacherous paths, stubbing toes, and rolling ankles as they made their way to the water for pre-sunrise "dawn patrol." The designers at Teva, the footwear company with the most commonly mispronounced brand name in the world—pronounced "teh-va," not "tee-va"—felt the ped lamp idea was brilliant, so they went ahead and designed a line of lighted flip flops called Illum that feature an integrated waterproof LED to provide a "Glow From Below." Sure, a headlamp lights the way perfectly well, but anyone who has ever owned a headlamp knows how easy they are to lose, so with a pair of Illum flip flops, you have one fewer thingamajigs to worry about. For me, this is a great thing, as I can never keep track of gadgets. Of course, I also have a hard time keeping track of my sandals. Available in leather (\$60) and synthetic (\$50). www.teva.com.



TECNICA TARANTULA

The Tecnica Tarantulas may not have an integrated light, but the orange highlights that accent these multi-function shoes are so bright they virtually glow. The Tarantulas are built with innovative TRS technology, designed to allow the user to go faster and longer during trail runs, speed hikes, and outdoor adventures. TRS (Tecnica Rolling System) technology features an oversized roll zone and flat sole on the rear two thirds of the sole with a rolling rocker on the front third. This unique design "rolls" energy forward for better energy transfer, while reducing heel strike for a smoother ride, and the increased ground contact enhances grip for optimal safety in varying terrain. Utilizing a sock construction that features a stretchy upper, the Tarantulas require a bit more effort to slip into, but once on your feet, they provide a fit that is remarkably snug and comfortable. Best of all, the tongue is gusseted rather than free, so it stays in place instead of creeping like a spider. \$115. www.tecnicausa.com.



AQUAPAC WATERPROOF BACKPACK

The Wet and Dry Backpack from Aquapac means it can rain all it wants, but your camera, phone, notebook, peanut butter sandwich, and last pair of clean socks will stay dry. For your clothes and other items that do get drenched, it has a separate waterproof internal compartment to stash them away. The roll top design, featuring Aquapac's specialty hardened seam, which ensures a tight rolling action, is the secret to keeping the water out. With three rolls, you are guaranteed a 100-percent waterproof seal in torrential downpours and full submersion. Loaded with tons of clever features such as an external mesh bottle pocket, a hydration bladder sleeve, and a clear key pocket, the Aquapac Wet and Dry Waterproof Backpack is a trusty companion for the outdoors that just simply works. \$85. www.aquapac.net.

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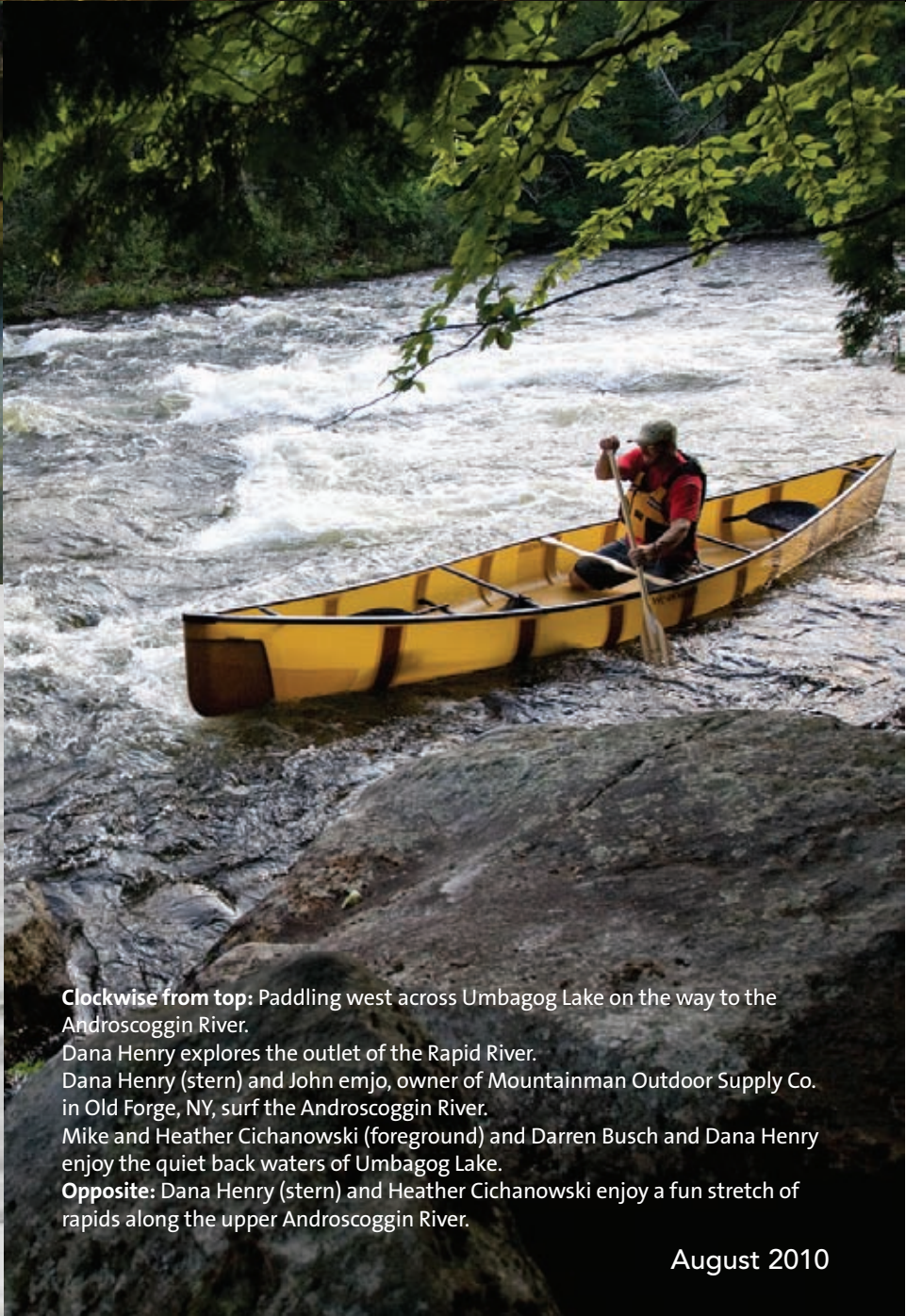
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ADVENTURES ON THE NORTHERN FOREST CANOE TRAIL

BY BRIAN MOHR
PHOTOS BY BRIAN MOHR AND EMILY JOHNSON



Clockwise from top: Paddling west across Umbagog Lake on the way to the Androscoggin River.
Dana Henry explores the outlet of the Rapid River.
Dana Henry (stern) and John emjo, owner of Mountainman Outdoor Supply Co. in Old Forge, NY, surf the Androscoggin River.
Mike and Heather Cichanowski (foreground) and Darren Busch and Dana Henry enjoy the quiet back waters of Umbagog Lake.
Opposite: Dana Henry (stern) and Heather Cichanowski enjoy a fun stretch of rapids along the upper Androscoggin River.

Finished with his lunch, Dana Henry grabs his paddle and then turns back to the rest of us. “Alright! Who’s up?”

Already feeling lucky after hooking a few nice trout, John Nemjo, owner of Mountainman Outdoor Supply in Old Forge, NY, hops into the bow of Dana’s boat and together they push off. A few hundred yards upstream, an inviting class II-III rapid roars beneath a bridge spanning the Androscoggin River. The section features several standing waves, with enough shape and power to be surf-able in a canoe. Dana and John cannot wait to try their luck.

I scurry onto the bridge for an overhead view. The pair uses an eddy current to get up alongside the wave train, before angling into the rapid and paddling hard for the wave. The main current of the river threatens to push them downstream, but Dana, an accomplished competitive canoeist, is in his element, and before long, he and John are surfing.

Steering from the stern, Dana gives John the okay. With his paddle in one hand, John leans out over the bow and spreads his wings. For the good part of a minute, as Dana holds them in the wave, John balances like a figurehead at the prow of an 18th-century ship.

“I’ve always wanted to do that,” John says, when he returns to shore.

Several days into a canoe camping adventure along the historic Northern Forest Canoe Trail (NFCT), this rapid is one of the trip’s many highlights. With an afternoon of paddling along the Androscoggin ahead of us, we pack up our boats and push off.

ABOUT THE WATER TRAIL

This trip all started when Rob Center, the former and founding executive director of the NFCT, called to invite Emily and me on a trip with his wife, Kay Henry, the former president of Mad River Canoe, and some friends from Wenonah Canoe, including Mike Cichanowski, the company’s owner/founder. Rob knew we had done some canoe tripping across the northeast, and thought we might be interested in exploring some new territory. He was right.

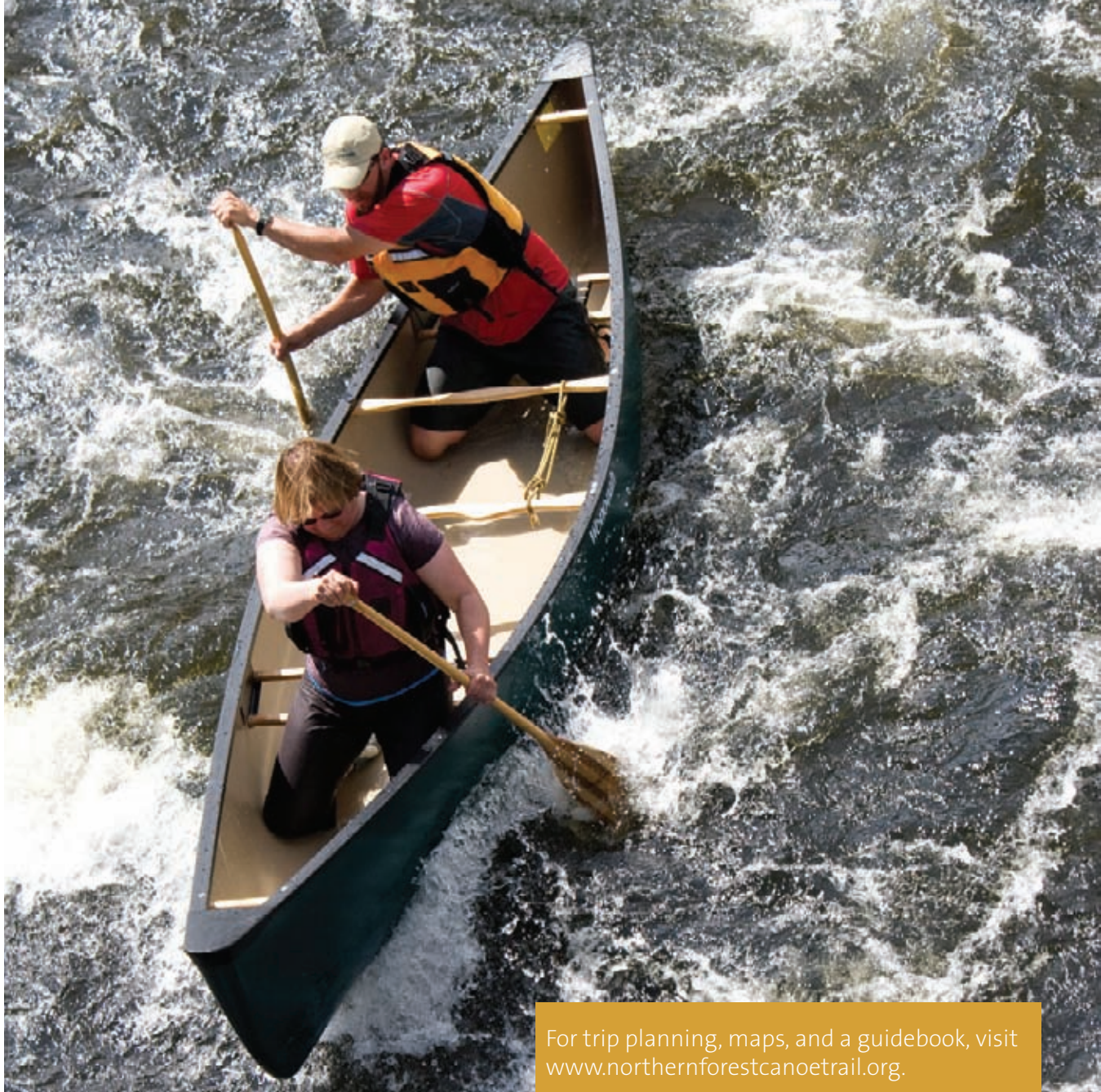
I didn’t know much about the NFCT beforehand, but I soon discovered that it’s a 740-mile water trail—rich in history, culture, wilderness, and opportunities to get out of the boats and explore—that traces historic Native American travel routes from Old Forge, NY, across Vermont, Quebec, and northern New Hampshire, to Fort Kent in northern Maine. Conceived around 1990 by northeastern paddlers Mike Crepner, Ron Canter, and Randy Mardres, the idea became reality when Rob and Kay helped found Northern Forest Canoe Trail, Inc., an organization which celebrated its 10th anniversary this past July.

Incorporating many of the crown jewels of Northeast paddling, from the Adirondacks to the Allagash, the trail is designed for all levels of paddlers. Options for trips of any length and difficulty are numerous, and many paddlers and families are tackling the NFCT one section at a time, even if it takes them 10 years to do the whole thing. At the same time, several dozen paddlers have also through-paddled the entire NFCT in one single push.

MAGALLOWAY RIVER TO PONTOOK DAM VIA LAKE UMBAGOG

With Rob and Kay, Kay’s son Dana, the crew from Wenonah Canoe, and several other friends, we head for a unique stretch of the NFCT along the New Hampshire/Maine border, where a nice mix of gentle rivers, open lakes, backwater streams, and whitewater awaits novice and seasoned paddlers alike.

After a rendezvous in the riverside town of Errol, NH, located along the uppermost reaches of the Androscoggin River at the edge of the Lake Umbagog National Wildlife Refuge, our crew puts in about a dozen miles north along the quiet and scenic Magalloway River, a beautiful side trip off the main NFCT route. We enjoy a peaceful morning on the



For trip planning, maps, and a guidebook, visit www.northernforestcanoetrail.org.

sheltered Magalloway before paddling past a giant floating bog and into the open waters of Umbagog Lake.

A pleasant tail wind eases our paddle across Umbagog—and the Maine border—to the lake’s eastern shore. Halfway across the lake, we pause to take in the relative wildness of the lake environment, a pair of loons diving and swimming, and the view of the distant mountains circling us.

Taking advantage of the wind, we raft a few boats together, hoist a tarp and continue sailing downwind until we have to round a peninsula. A quiet cove leads us to the mouth of the Rapid River, where we settle into camp just below a long stretch of whitewater. If we were to continue north on the NFCT from here, we’d portage our boats and gear upstream along the Rapid River, before reaching the Richardson and Rangeley Lakes above. However, our plan for this trip takes us back across Umbagog and then along the Androscoggin for a couple of days of down-river bliss.

I wake early the next morning in hopes of spotting some moose in a fog-shrouded swamp nearby. At the edge of the swamp, I sit for a while as the world transitions to daytime. The sounds of song birds and frogs fill the air. A heron takes off from a tree and heads for the lake. And a few seemingly caffeinated mosquitoes buzz in my ear. But there are no moose this morning.

It isn’t until nearly lunchtime, after paddling back across Lake Umbagog, bound for the start of the Androscoggin River, that I am able to catch up with Rob and Kay about the NFCT. Having dedicated much of the last 10 years of their lives to the NFCT, it was inspiring to hear about their hopes and dreams for the trail.

“We want to develop a world class recreational resource for paddlers,” says Kay, “create a truly community-based trail... and help communities along the trail understand what they have historically, culturally, and naturally.”

With five staff members, over 1,000 members, and countless volunteers and community partners along the trail, the NFCT is well on its way to realizing this vision. It was clear, too, after speaking before the trip with Christine Cote, co-owner of the L.L. Cote supply store in Errol, that the NFCT is making a difference economically in rural Errol.

“We’ve been seeing more paddlers every year, curious about the trail. It’s really growing,” says Cote.

Arriving at the Androscoggin, we carry our boats and gear around the Errol Dam and stop for lunch in a scenic spot along the riverbank just outside of town. Errol was once at the heart of this region’s booming logging industry, but today is more of a recreational hub for paddlers, hunters and fishermen, and families that have camps on nearby lakes.

The sounds of gentle rapids fill the river basin downstream. Under the warmth of the summer sun, we collectively relish the idea of two more days on the river. I am already planning a longer, week-long adventure for September. Rob and Dana pass around the map and start piecing together their memories of the Upper Androscoggin.

“We’ve got some fun whitewater ahead before the river calms and we camp tonight,” says Rob. “But tomorrow morning, we’ve got the rapids along the Thirteen Mile Woods and then something that should be really fun to play with around lunch time.”

Dana looks over to me with a great big smile. Within minutes, we are packed up and floating on the trail again. It’s one of those glorious August days you dream of on a cold January morning. Errol soon fades upstream, and we are left with only the river, the mountains around us, and a world of paddling possibility. ▮

Brian Mohr and his wife, Emily Johnson, contribute regularly to Vermont Sports, New York Times, Outside, Vermont Life and many others. They feature their adventures in their ongoing slideshow series, Wild People, Wild Places. You can learn more about their work at www.EmberPhoto.com.



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ROWING IN THE GREEN MOUNTAIN STATE

BY PHYL NEWBECK



PHOTO BY KATE CARTER

Vermont may not have the Thames or even the Charles River, but that doesn't mean the state doesn't have a vibrant rowing scene. How could it not, when Vermont is home to Olympians Dick Dreissigacker, his wife Judy Geer, and her sister Carlie Geer, not to mention Concept2, the Dreissigackers' company, which manufactures oars and indoor rowing machines.

REGATTAS

Vermont is also the site of two annual rowing races: the Green Mountain Head Regatta in Putney and the Black Fly Regatta in Waterford. Neither event is sanctioned by U.S. Rowing, but that doesn't seem to hinder their popularity.

This year's Green Mountain Head Regatta will take place on September 26. Sponsored by the Putney Rowing Club, this stake race travels 1.5 miles to a pylon on the Connecticut River before returning, a contrast to most head races which are one way. Boats leave every 15 seconds, and the seeding is precise enough that many finish in the order in which they started. As befitting a race, which Regatta committee chair Oliver Brody terms "low-key" (parking is at the edge of a corn field which might only be cut the day before the event), the winner in each category brings home a jug of maple syrup. In the last 20 years, participation in the race has skyrocketed from 65 at its inception to 400, with racers ranging from 10 to 80 years old, including several elite scullers. Racers come from as far as Australia, France, and Great Britain.

An even less traditional race is the Black Fly Regatta which took place this year on June 26, with a mass start at "9:01:52 a.m. EDST, more or less," on the upper Connecticut River. In keeping with the theme, organizer Tom Paul separates rowers into swarms based on age, with the youngest group referred to as larvae. The winner of each age group wins a dozen local organic eggs, while runners up bring home local honey. The overall male winner nets a champion tomato plant and the fastest female gets a stargazer lily. The Regatta began in 2002, with seven rowers competing during a nasty storm. This year, 64 scullers entered the race; 46 in singles and 9 in doubles. Despite the somewhat casual nature of the event (which is accompanied by a hotly contested poet laureate contest), competitors regularly come from as far as Maryland, Western New York, and New Brunswick. Paul hopes the event will continue to grow. "As long as the hens lay eggs and the bees make honey, we can add more rowers," he said.

August 1 marks the inaugural running of a third race, sponsored by the Brattleboro Outing Club. The club believes it may be the only pairs race in the world. There will be three categories: men, women, and mixed, and organizers hope for 30 entrants who will cover a distance of four miles. In keeping with the localvore theme of Vermont regattas, winners will receive blueberry pies and local cheddar cheese.

CLUBS AND TEAMS

Vermont is home to five rowing clubs: the Black Fly Scullers, RowBoc (a division of the Brattleboro Outing Club), Green Mountain Rowing, the Hosmer Rowing Club, and the Putney Rowing Club. Additionally, the Hanover and Dresden clubs on the other side of the Connecticut River have significant cross-over from the Green Mountain State. Rowing at the high school level is limited to the Putney School and Vermont Academy, with college level crew teams at Dartmouth, Middlebury, and UVM.

Vermont Academy started their rowing program this spring, and coach Tom Collins reports the team has already competed against novice rowers in New Hampshire and Massachusetts. This year, there were five rowers and one coxswain, but Collins is hoping that rowing will catch on and he'll soon be able to field three four-person boats: two male and one female. In 2010 the kids practiced sweep (one oar per person) but Collins also hopes to add sculling (two oars) to the mix. In contrast to most high schools, the Putney School's program is exclusively sculling. Coach Kristin Dawley reported that this spring, 16 kids were involved in the program, but they have had as many as 24 rowers over the years.

The Brattleboro Outing Club's RowBOC is the newest club in the state, having added rowing to their catalog of activities four years ago. There are roughly 50 rowers, compared to BOC's 250 cross-country skiers, but Anne Latchis estimates that at least half row three times a week, either sculling or sweeping.

The Putney Rowing Club (PRC) was founded in the 1980s and has approximately

50 members with 35 rowing on a regular basis. In conjunction with RowBOC, the club hosts an annual novice clinic; this year demand was so high they added a second one. PRC holds Saturday "scrambles," which are low-key three-mile races, and on Sundays many rowers switch from their single boats to doubles and quads. The club has ex-Olympians and novices alike, including one member who rowed over 800 miles last year. President Patricia Johnson considers the group lucky to have a number of wooden boats handmade by Graeme King (a name said with reverence in the rowing world). Although the club sponsors the Green Mountain Head Regatta, Johnson said 90 percent of the members are out for exercise, not race training. "You don't need to be an elite athlete," she said. "You just need a love of water. There is a real passion in rowing."

In the realm of elite athletes, two who come to mind, Dick Dreissigacker and Judy Geer, recently purchased Craftsbury Outdoor Center which is home to the Hosmer Rowing Club (HRC) and several sculling camps. According to its website, Craftsbury was the first rowing camp to be established in North America. Craftsbury hosts three-, four-, and seven-day camps for aspiring rowers. The seven-day programs include 14 sessions on water and a variety of training programs on land, with more limited options for the shorter programs.

This year marks a decade in the existence of the HRC, which has expanded to include programming for those from age 12 to Masters level. Director of competitive rowing Larry Gluckman (another name spoken with reverence in the sculling world) says there is a definite geographic distinction between the club and the Craftsbury camps. The HRC is a local, Northeast Kingdom group, although there are some members from as far away as Barre. The more competitive camps attract folks from outside the state and even the country. "The camps are Vermont Life and New York Times," says Gluckman. "The club is Hardwick Gazette." Club members range in age from their 20s to their 80s, often starting on wider, more stable boats and working their way up to more competitive crafts.

Gluckman also directs the Small Boat Training Center (SBTC) at Craftsbury, which has athletes from around the country. The goal of the SBTC is to provide training for athletes who haven't been selected for the national team camps. This year, SBTC rowers are hoping to qualify for the Under 23 World Championships in Belarus.

Erik Breiland is president of Green Mountain Rowing (GMR), an assemblage of 12 to 15 scullers rowing from the Lamoille River boathouse in Milton, which also houses the UVM crew team. Although Breiland has seen an increased interest in rowing over the years, the space, which is rented from a local farmer, has little room for expansion. GMR has several scullers who have rowed since high school and have national experience, as well as those who are just starting out. At 33, Breiland is one of the youngest club members. From the boathouse to the mouth of the Lamoille and back is 16K which Breiland said is a long distance for rowers who are mostly concerned with fitness and technique; it takes a strong rower roughly 75 minutes to cover the distance.

The core of the Black Fly Scullers is a group of four rowers, working from homemade racks placed on a farmer's property in Waterford, via a handshake agreement. Tom Paul noted that no money changes hands which may explain why the scullers have to park next to the manure pit. Paul, whose irreverence shines through when talking about the Black Fly Regatta, becomes more serious when discussing how to grow the sport of rowing. "I think there's a tremendous chance for the sport to get bigger," he says. Paul would like to build a community boathouse on the Connecticut River. He sees St. Johnsbury Academy and Lyndon Institute as potential partners, with hopes that other, smaller high schools will also take part. Paul notes that there is a perception that sculling is an elitist sport, but he would like to use the Northeast Kingdom to demonstrate that it is accessible and open to all. He is prepared to invest both time and money in his dream. "I want it to be big enough for anyone," he said. "Put your boat in the water and row, and don't be a prima donna." ☞

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She has an ancient Alden rowing shell that bears more resemblance to a tugboat than a racing craft. Phyl is also a cyclist, skater, skier, 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.

VS: You're the race director for the Millstone Grind mountain bike race, which takes place August 15 this year at Millstone Hill Touring and Recreation Center. How did that come to be?

AW: That was self-appointed. I created it because I wanted to do a race, and I wanted to bring a race to Vermont. I felt like there was a need for it. I don't want to travel so far for races. I felt like it was my time, as the geriatric cycling old fart, with all my experience, to organize a race. I've been in bike racing since 1991 and worked for the biggest bike promoter in the United States. I wanted to give back to my riding community and wanted to allow people to have the fun I had. So I organized the Millstone Grind, which is in its third year. I'm afraid it's going to be bigger than I can handle this year. In the last year, the numbers for mountain bike racing are up, like, 33 percent.

VS: What's your favorite trail at Millstone Hill?

AW: The race course.

VS: Where's your favorite place to ride in general?

AW: The old Norwich ski trail. The old ski area has basically been taken over by downhillers—there's crazy steep stuff over there.

VS: The first time you rode 100 miles was when you were 13. Where did that idea come from?

AW: My parents were divorced, and I got sick of riding the Greyhound. Back then, they were like porto-potties on wheels, and they were disgusting. So, I thought I'd go visit my dad on my bike. I just hopped on the bike, and I had a really great day, and I thought, "Boy that was easier than I expected." It was 113 miles.

READER ATHLETE



ANDREW WELLMAN

Age: 40

Residence: West Berlin

Family: Jenn Ingersoll, and Avery and Otter, two chocolate labs

Occupation: Commercial photography

Primary sport: Mountain biking

VS: What did your family think about that?

AW: None of my relatives could believe it. My mother was always out of it, so I don't think she really knew what it meant to do that, and I think that's why she let me go.

VS: Why did you switch over to mountain biking?

AW: When I worked in 1990 at downtown Earl's Cyclery, a couple guys who would do shop rides put me on a rental one day. I had hair down to my rear end, and I was a patchouli-scented hippie. I was wearing funny knicker shorts and fighter pilot glasses. They took me out—also on that ride was Glenn Eames of the Old Spokes Home—and they took me out to Bald Hill in Colchester. I could not believe people did that for fun. I thought, "This is so hard!" It's kind of funny, they still mock me for my outfit. After I got done with that ride, I slept for, like, 24 hours, and shook. It was incomprehensible that people did this for fun. Cycling is just really pain. It's a sport that you have to make a conscious effort to be into. It's like asparagus—it's a learned taste. I didn't play well with others, I wasn't a team player, and my hand eye coordination was terrible. But with

cycling, I didn't really have to worry about that stuff. From then on, I've always been waiting for my interest to wane, but it hasn't, it's just gotten more intense. And now I'm faster than I've ever been.

VS: Last year you were the Vermont State Champion in Cat. 1 mountain biking. How are those rankings determined?

AW: There's a specific race that is the championship race. This one was held in Fairlee and was designated to be the Vermont state champion venue. It has been for a couple years. I had a great race. I was on fire. It's considered a very grisly course. It's a very classic, super-technical, hilly course. A lot of people don't like it because it beats the snot out of you. But I like those courses only because it's just who I am.

VS: How did it feel to earn that title?

AW: It was a crazy feeling. It is one of the highlights of my cycling adventures. You work so hard. I was really proud of it. Any time I could bring it up or put it on my resume I did. I tossed it around with the least amount of arrogance that I possibly could.

VS: What kind of bike do you ride?

AW: I thought you'd never ask! I ride a Kona King Kahuna, 18-inch stand-in 29er hard tail. It's a complete custom build.

VS: How did you end up in Vermont?

AW: This is funny. So, remember I said I was this long-haired, smelling-like-patchouli person? In 1988, I came up to a Rainbow Gathering in the state forest outside of Bennington. I spent a month there in the woods. I was setting up kitchens and latrines from the back

of a VW with a friend of mine. I fell in love with the place. We would go into Brattleboro to do our laundry and go to Common Ground for coffee. I spent a month feeding the bugs in the woods. It just seemed like that environment, the Vermont environment, was my people. I came from Rochester, NY. A lot of the industrial giants were out of that area. And you never want to live where you grew up. I moved back to Vermont in 1990 and started from the southern part of the state in July. It was cold and hard to find jobs because the ski industry was waning by then. I started out in Brattleboro and finally found a job in Burlington, like everyone does. It was at Earl's Cyclery. I lived on Lower Church Street with my girlfriend at the time.

VS: How did you get into commercial photography?

AW: I've always had a passion for photography. I did a lot of hacker stuff—run to Rite Aid to develop it. I had a horrible graduate experience, I had three-quarters of my research done for my Ph.D. but I hated it because the politics were hideous. You could not say anything against any agri-farm business. So, when I didn't agree with that they said, they'd say, "Do not speak against the hand that feeds you." I had been photographing more and more—human beings, bugs, roaches, landscapes, whatever. Jenn said to me, "Do you want to do this for a living?" You have to do it 110 percent. I knew there was no money in fine art or journalism photography. Commercial photographers were making money, enough to make living. I was out in California, I got a job, and met another person who was shooting a catalogue for porcelain figurines and carousels. To me, on a personal level, I find that stuff awful, but I found it enthralling that people were shooting that stuff and making a living. I met a guy who was working for Geoffrey Nilsen, who was looking for an assistant. I called him up, and today he remains one of my best friends. I came back here to compete with the powers that be in Burlington. Now I have clients around the U.S. ☐

—Sky Barsch Gleiner

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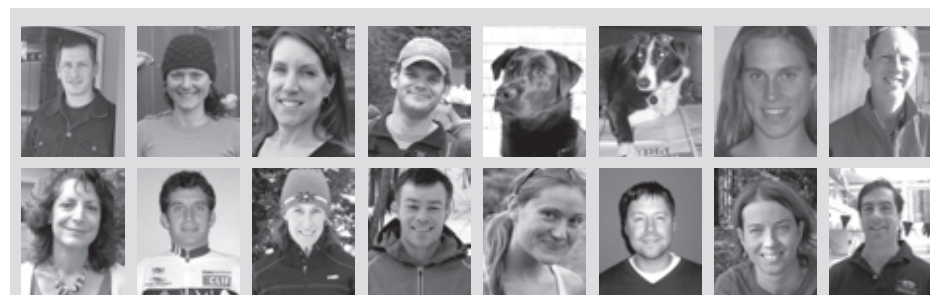
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If you know someone who would be a good Reader Athlete, please send your suggestion to our Reader Athlete editor Sky Barsch at mail@skybarsch.com.

VS: This past May you ran the Vermont City Marathon in 2:58. How did you feel about your time?

NW: I was definitely pleased. I was hoping to run between 2:58 and 3:02. I got where I wanted to be, and I was happy.

VS: Was this your first time running the VCM?

NW: I've run it before. I did it on a relay team a couple years ago. And I did the marathon in 2006 and got sixth place, same as this year. I've done a few other marathons, maybe seven or eight, and this year's VCM was my fastest time.

VS: How did you celebrate your success?

NW: We went to the lake with some friends on Memorial Day and just kind of laid low.

VS: What was your favorite aspect of the race?

NW: I think it was having my husband Keith and other friends on the course watching. I didn't stop to chit-chat, but it was really cool knowing they were there to support and cheer for me. Keith came to a lot of places on the course that he knew would not be very crowded, so it was great to hear him.

VS: You're quite busy, with a full-time coaching job at Middlebury College and a family. How do you find time to train?

NW: For this marathon I did most of my training early in the morning, like 5:30 a.m. or so. But my husband's a runner too, so he understands and helps coach me. At any given time he's training for something or I'm training for something. So, since January first, it was my time to get to train. It was a ridiculous amount of time that I had to put in. He was pretty accommodating with the kids, especially because Saturday is my busiest day with the college team.

VS: Next year, you'll be the head cross-country coach at Middlebury for men and women. How does it feel to be stepping up to head coach?

NW: It's a little nerve-wracking. I've been assistant for nine years. Middlebury has such a great tradition. On the women's side, we have four national championships, and they got one the year before I came. So it's quite a strong tradition. I'm not intimidated as much as I am excited. It's a great program.

VS: What do you get out of coaching college-age students?

NW: Really good songs for my playlists! The quality of student athletes is just amazing at Middlebury. Since I work with cross-country and indoor/outdoor track, I spend a lot of time with the athletes. I love watching the athletes grow and being able to push them physically and mentally over the course of the year and their time at Middlebury. It's full circle as well—there's no doubt that I'm thinking of them when I'm training or running, because when I'm asking them to push

READER ATHLETE



NICOLE WILKERSON

Age: 38

Residence: Middlebury

Family: Husband, Keith; sons, Nick, 11, and Zach, 5; Dog, Maddy

Occupation: Associate head cross-country coach and assistant track and field coach at Middlebury College

Primary sport: Running

harder or make commitments, I need to be able to display that myself. They're a great group though, and I get a lot out of it.

VS: How did you land in Vermont?

NW: Keith found some post-doctoral work at the University of Vermont in physiology. The stars kind of aligned. The woman who was the assistant coach at Middlebury at the time was taking a year off to ski. My resume was on the other coach's desk. It was a one-year term that grew from there. Moving to Vermont was a great move. We love it here, especially the feeling of community.

VS: Have you been running for most of your life?

NW: I ran in college, and then I ran for Nike for a year, maybe two years, after college. But I've always had Achilles tendon problems. After the Olympic trials in 1996, where I competed in the 10K, I had surgery on both of them. I was never able to train to the level I wanted to. I did some cycling and some triathlons for a while. This spring was the first time I was able to train and compete at the level I wanted to, without my body breaking down. I went to physical therapy, and I've

become great friends with my physical therapist. And my husband helped coach me, too.

VS: What advice would you give to others dealing with Achilles problems?

NW: I went to Wells Physical Therapy in Middlebury and am certain that I would not have been able to put in the miles (upper 60s to upper 70s) that I did had I not gone there. I started going in January, and my training really began in mid-January, early February. I had a hamstring issue as well, that actually got resolved by the physical therapist as I was training. In the past, I had always just trained through the aches, pains, and injuries, but I think going to Wells resulted in relieving a lot of the pain and ended up with much better and consistent training.

VS: What was it like to try out for the Olympics in 1996?

NW: You get a time standard, and if you meet that, then you're invited to the trials meet. I was intimidated out of my mind. It's a cool experience, it was just tough because I was hurt, but it's a whole different level where people are professional runners. They train, sleep and eat; train, sleep and eat. It's a pretty regimented, strict lifestyle.

VS: What do you enjoy doing with your family?

NW: It's changed to be mostly involved just around sporting things. My kids will go to the lake or both sons like to go biking or play soccer. We go up to the college and play soccer or Frisbee. We'll do some camping trips this summer. The time I have with them is mostly in the summer, because September to May I'm gone most Saturdays with the team.

VS: What do you enjoy about your community?

NW: We don't have family here. My family's in Colorado, and Keith's is in Texas. The network of friends we have is really welcoming. We always get invited to people's houses for holidays. Most of our friends bike, run, or swim. At 6 a.m. there's always a group doing something with one of these common interests. We live really close to the center of the town, too, so a lot of people stop by.

VS: What's your favorite Middlebury-area restaurant?

NW: The Storm Cafe.

VS: What's the best book you've read in the last year?

NW: I liked "Oracle Bones," by Peter Hessler. One of my runners suggested it to me. I love to read. My next job, if I don't like being a coach some day, is to be the town librarian.

VS: Any other fun things planned for the summer?

NW: I'm having fun with the World Cup. It's a blast. Soccer's an amazing sport. A lot of the athletes are such great runners. I think my son is going to go into withdrawal when it ends. And then, in July, the Tour de France starts. ☐

—Sky Barsch Gleiner



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ADVENTURE RACING

AUGUST

- 1 Xterra Race at the Rez, ¾-mile swim, 10-mile mountain bike, 4-mile trail run, 9AM, Indian Brook Reservoir, Essex, VT, Mark Brislin, 802-878-1375, www.racethere.com

BIATHLON

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Thursdays (July 8 thru Aug. 19), 4:30PM, Summer Biathlon Race Series (run & shoot), Ethan Allen Firing Range, Jericho Center, VT, John, jpmad2003@yahoo.com, www.eabiathlon.org

CANOEING/KAYAKING/ SCULLING

SEPTEMBER

- 18 Three Lakes Tour, 7AM, paddle or scull Lake Willoughby, Chrystal Lake, Big Hosmer, Craftsbury Outdoor Center, smallboats@craftsbury.com, www.craftsbury.com

CYCLING

AUGUST

- 1 Onion River Sports Bike to Brunch Series: Kismet in Montpelier, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriver.com
- 1 GMBC Orange County Discovery Bicycle Ride, 9AM, Village Green, South Royalton, VT, Pat and Tom Stabler, everstab@verizon.net, www.gmbc.com
- 13 Onion River Sports Friday Night Fix, Encore Edition: Ladies Night Bike Maintenance, Montpelier, VT, Carrie or Kip, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 14 Harpoon Point to Point Ride, 25, 50, 115 miles, ending in Windsor, VT, Jessie Cox, 888-HARPOON, hp2p@harpoonbrewery.com, www.harpoonbrewery.com/pointtopoint
- 15 Onion River Sports Bike to Brunch Series: LACE in Barre, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionrivers.com
- 15 Montpelier Bicycle Racing Series: Criterium Racing and Skills Clinics, Kids skills course for ages 3-10, 11AM; Racing Clinic for entry-level riders, 11AM; "B" race for Category IV-V men and II-IV women, and Junior racers, 11:30AM; points race for Cat I-III racers, 12:30PM; National Life Group Headquarters, Montpelier, VT, John McGill, 202-680-0448, jmcgill64@gmail.com, www.onionriverracing.com
- 15 Onion River Sports Bike to Brunch Series: LACE in Barre, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com

- 21 Hoosic River Ride, 30, 60, 75, 100 miles, Bennington, VT, Imoore@williams.edu, www.hoorwa.org
- 29 Onion River Sports Bike to Brunch Series: Red Hen in Middlesex, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriver.com

SEPTEMBER

- 3-6 Green Mountain Stage Race, Friday--Prologue Time Trial, Saturday--Circuit Race, Moretown, Sunday--Road Race, Fayston, Monday--Criterium, Burlington, Waitsfield, VT, Gary Kessler, Gary@gmsr.info, www.gmsr.info
- 11 Grace Cottage Hospital Tour de Grace, Stratton Mtn. to Townshend, VT, Mary Gyor, info@gracecottage.org
- 11 Kelly Brush Century Ride, Middlebury, VT, Joyce Wallace, joycewallace@kellybrushfoundation.org, www.kellybrushfoundation.org
- 11-12 200-Mile Length of Vermont Bike Trip with Brattleboro section of the GMC, Joe Cook, jfcook@gmail.com
- 12 Onion River Sports Bike to Brunch Series: On the Rise Bakery in Richmond, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriversports.com
- 18-19 Wrench & Ride Women's Mountain Bike Camp, Sugarbush Resort, Warren, VT, Mary Simmons, 802-583-6529, msimmons@sugarbush.com, www.sugarbush.com
- 19 Tour de Farms, Shoreham, VT, Nancy Schulz, nancy@vtbikeped.org, www.vtbikeped.org
- 25 VT Brevets Fall 200K, Burlington, VT, Mike Beganyi, 802-310-3546, mike.beganyi@gmail.com, <http://littlecirclesvt.com>

ONGOING

Tuesdays (June 8, 22; July 13, 27; August 10), GMBC Practice Criterium Series, Essex Junction, VT, 6:10PM for C race; 6:30 for B race; 7:00 for A race; Claude Raineault, amaclimber20@aol.com, www.gmbc.com
Tuesdays (thru Aug. 24), 5:30PM, Dr. Bike Presents: Tips, Tricks & Maintenance, free clinics at the Skirack, Burlington, VT, Will Skolochenko, 802-658-3313, wills@skirack.com, www.skirack.com
Tuesdays (thru Sept. 30), 5:30PM, Claremont Points Race Series Bike Race, 1/3-mile oval, 40- and 60-lap races, Twin State Speedway, Claremont, NH, John Lambert, 603-477-4848, John@ClaremontCycle.com
Thursdays (thru Aug. 26) Summer Social Fun Rides from Burlington's South End to the Intervale, Burlington, VT, Will Skolochenko, wills@skirack.com, www.skirack.com

CYCLOCROSS

SEPTEMBER

- 18-19 Green Mountain Cyclocross Weekend, Catamount Outdoor Family Center, Williston, VT, www.catamountoutdoor.com

ONGOING

Wednesdays (thru Oct. 13), Wednesday Night Cyclocross Series, Catamount Outdoor Family Center, Williston, VT, www.catamountoutdoor.com

DUATHLON

AUGUST

- 7 Onion River Sports Trail Duathlon Series, 3K trail run, 15K mountain bike, 3K trail run, 9AM, Morse Farm, Montpelier, VT, Caroline, caroline@onionriver.com, www.onionriver.com

SEPTEMBER

- 12 Pine Hill Park Duathlon, 5K trail run, 10K mountain bike, 10AM, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, cindiwight@comcast.net, www.rutlandrec.com

MISCELLANEOUS

AUGUST

- 8 Fifth Annual Citizens Bank Lake Champlain Dragon Boat Festival, Burlington, VT, Linda Dyer, info@ridethedragon.org, www.ridethedragon.org
- 15 Hike, Bike & Paddle Plymouth, Plymouth State Park, Ludlow, VT, Nina, hurleyn@bcbsvt.com, www.bcbsvt.com (entry is free, just mention Blue Cross Blue Shield at the gate)
- 21 Hike, Bike & Paddle Craftsbury, 10AM-3PM, Craftsbury Outdoor Center, Craftsbury Common, VT, Nina, hurleyn@bcbsvt.com, www.bcbsvt.com

SEPTEMBER

- 24 The Leukemia & Lymphoma Society's Light the Night Walk, Church St., Burlington, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.lightthenight.org/uny

ONGOING

Mondays and Wednesdays (thru Nov. 10), 8:45-10AM, Fit to Excel Women's Strength and Conditioning Boot Camp, MMU High School track area, Jericho, VT, John Stawinski, MA, ATC, CSCS, 802-922-5924, John@InjurytoExcellence.com
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
Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rodgers, 802-878-2902
Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com



**34th Annual
Josh Billings RunAground
Sunday,
September 12, 2010**
Bike, Canoe or Kayak, Run
Triathlon
Team & Iron Categories
27 mile bike • 5 mile canoe/kayak • 6 mile run
37 categories-iron, tin, 4 person teams
www.joshbillings.com,
www.active.com

GMAA Upcoming Races

Round Church Women's Run, Richmond
5K and 10K races
Fast and flat out and back on Cochran Road
Saturday, August 21 at 8:30 am

**Scholarship 5K Cross Country Run,
South Burlington**
Cross Country race on the dirt trails in
Red Rocks Park. Benefits GMAA Scholarship
Sunday, August 29 at 9 am

NEW! Online registration for all races
and membership is available!
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MOUNTAIN BIKING

AUGUST

- 7 Dirt Divas Women's Mountain Bike Clinic, East Barre, VT, Girls Move Mountains, info@girlsmovemountains.org
- 14-15 24 Hours of Great Glen, 12-hour category also available, Great Glen Trails, Gorham, NH, Mary Power, mary@greatglentrails.com, www.greatglentrails.com
- 15 Millstone Grind XC Mountain Bike Race & MTB Marathon, Websterville, VT, Andrew Wellman, andrew@andrewwellmanphotographer.com
- 21 Dirt Divas Women's Mountain Bike Clinic, Stowe, VT, Stowe Mountain Resort, dhatoff@sprucepeak.com
- 22 Craftsbury Sweet Cedar Singletrack 20K Mountain Bike Race, Craftsbury Outdoor Center, Craftsbury, VT, Tim Reynolds, timothy.raley.reynolds@gmail.com, www.craftsbury.com

SEPTEMBER

- 26 Vermont 50, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.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

Tuesdays, 3-7PM, Great Glen Summer Mountain Bike Series (July 6-August 24), Great Glen Trails, Gorham, NH, Eli Walker, 603-466-2333, eli@greatglentrails.com, www.greatglentrails.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

AUGUST

- 5 Team in Training Information Meeting, Sportshoe Center, So. Burlington, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.teamintraining.org/uny
- 8 Running of the Tories 5K Trail Run & 1K Kids' Fun Run, 9AM, Arlington, VT, Dick Bailey, 802-375-2397, race@on1.net, www.torryrun.on1.net
- 10 Summer Sunset 5K Trail Series #3, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org
- 14 Kingdom Run, 20K, 10K, 5K, Irasburg, VT, Rebecca Boulanger, kingdomrun@surfglobal.net
- 21 GMAA Women's Round Church 5K/10K, Richmond, VT, Martha Keenan/Kasie Enman, roundchurch@gmaa.net, www.gmaa.net
- 22 Salomon Bramble Scramble 5K/15K/30K Trail Race, Catamount Outdoor Family Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com
- 28 100on100 Heart of Vermont Relay, Stowe to Ludlow, VT, Robert O'Neil, robert_oneil@100on100.org, www.100on100.org

- 28 Stowe 2010 Trail Race Series: Town Loops 5K Stampede, Stowe, VT, Cynthia Needham, cynthia@smartsience.org
- 28 Amnesty International 5K Cross-Country pre-season tuneup and 10K Road Race, Cambridge, VT, Thomas Grace, 802-318-6195, thomasgrace@biadiagnostics.com, www.amnestyusa.org
- 29 FJG Race to the Top of Vermont, Toll Road, Stowe, VT, jfredericks@catamounttrail.org, www.catamounttrail.org
- 29 GMAA Scholarship 5K Cross-Country Run, So. Burlington, VT, Ken Schatz, scholarshipxc@gmaa.net, www.gmaa.net
- 29 Zoe's Race 1K/5K, Burlington, VT, Erika Nestor, erikanestor@msn.com

SEPTEMBER

- 4 Fight for Air 5K Walk/Run Hillclimb for American Lung Association, Bolton Valley Resort, VT, Ron Douglass, 802-876-6860, rdouglass@lungne.org, www.lungusa.org/associations/charters/new-england/events/climb/
- 11 Maple Leaf Half-Marathon and 5K Fun Run, Manchester Center, VT, Lynn Grieger, 802-362-2810, lynn@lynngrieger.com, www.manchestervtmapleleaf.com/
- 11 Citizens 5K Cross-Country Run, Williston, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 11 Stowe 2010 Trail Race Series: Trapp Cabin 10K, Stowe, VT, Cynthia Needham, cynthia@smartsience.org
- 12 GMAA Archie Post 5 Miler, Burlington, VT, Russ Cooke, archiepost@gmaa.net
- 18 Citizens 5K Cross-Country Run, North Beach, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 18 GMAA Common to Common 30K, Essex, VT, Steve Eustis, common2common@gmaa.net
- 19 Dog Run Dog 10K/5K Race for Dogs and People, race, run, or walk, with or without a dog, Norwich, VT, Paul Gardner, doginfo@dogrundog.com, www.dogrundog.com
- 19 5th Annual IDIC 15K/5K Run/Walk & Kids' Fun Run, Killington Rec. Field, Killington, VT, Sarah Rasmussen, 802-236-1988, serasmussen@comcast.net, www.idic15race.com
- 25 13th Annual Run for J.U.M.P 5K & 1K Kids' Fun Run, Burlington, VT, Suzie Crews, slcrews1@msn.com, www.jumpvt.org
- 26 Cider House 2-Mile Run/Walk, Shelburne Farms, Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 26 Downtown 10K, Church Street, Burlington, VT, Susan Criscuolo, 201-638-9646, susancrisuolo@hotmail.com
- 26 Vermont 50 Ultra Run, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.com
- 26 Trail Around Middlebury TAM Trek, Middlebury, VT, Joni Osterhaut, info@maltvt.org

OCTOBER

- 2 NH Marathon, 10K, 5K Health Walk & Craft Show, Bristol, NH, Everett Begor, 603-744-3335, littletown@metrocast.net, www.nhmarathon.com
- 2 12th Annual Stark Mountain Hill Climb, Mad River Glen, Fayston, VT, Dot Helling, 802-279-8199, ultradot@myfairpoint.net, www.startmountain.org
- 3 Shelburne Farms 5K, Shelburne Farms, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 9 The 5 Town 5K Run/Walk and Tot Trot, Jerusalem Schoolhouse, Starksboro, VT, Susan Pare, 802-453-5052, runlong@gmavt.net, http://scpschool.org
- 9 GMAA Art Tudhope 10K, Shelburne Beach, Shelburne, VT, Jessica Bolduc, 802-658-1753, tudhope@gmaa.net, www.gmaa.net

- 16 Leaf Chase 10K, Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org
- 17 GMAA Green Mountain Marathon, South Hero, VT, Jessica Cover, gmm@gmaa.net, www.gmaa.net
- 30 The Kingdom Challenge 1/2 Marathon and 5K, Lyndon Town Offices to Lyndon School, St. Johnsbury, VT, Kelly Urie, thekingdomchallenge@yahoo.com, www.thekingdomchallenge.com

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226

Tuesdays (thru Aug. 31), 6:15PM, Trapp Family Lodge Tuesday Night Fun Runs, Adult 5K & Kids' 2K, Trapp Family Lodge, Stowe, VT, 802-253-5755, www.trappfamily.com

Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com

Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT

Wednesdays, 6PM (June 9-Sept. 15), Craftsbury Outdoor Center Summer Trail Running Series, Craftsbury, VT, Tim Reynolds, 802-586-2328, www.craftsbury.com

Wednesdays, 6PM, Hard'ack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266

Wednesdays (thru Nov. 12), 6PM, Sportshoe Center Group Runs, So. Burlington, VT, Kara Bolton, 802-862-5666, karab@sportshoecenter.com, www.sportshoecenter.com

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

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RIVER RIDE**
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MAD RASH



2010

5K and 10K Foot Races 4-Mile Fitness Walk • Kids' Fun Run

Sunday, September 19, 2010

Race start: 10 a.m. • Kids' Fun Run: 12 p.m.
Register online today at www.active.com

Proceeds to benefit the
Mad River Path Association
www.madriverpath.com
Mad River Greenway
Meadow Road, Waitsfield, VT



5th Annual IDIC 15 5K Run/Walk & 15K Run and Kids Fun Run Sunday, September 19, 2010 Killington, VT



This is a benefit road race to promote a better understanding of a rare genetic disorder called IDIC 15. All entrants will be eligible to win a 2010/11 Killington Season Pass. The course is FLAT and FAST. Great prizes awarded!

Registration information www.idic15race.com



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Big Races
Offer"
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5K & 10K Races
9:30am, Sept 25, 2010
Chestertown, New York
Kids 1K Fun Run - 2pm
Sept 25 - Schroon Lake, New York

Marathon & Half Marathon
2-Person Marathon Relay
9am, Sept 26, 2010
Schroon Lake, New York

For Info & Registration Form
1-518-532-7675
www.adirondackmarathon.org



CALENDAR OF EVENTS

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

SWIMMING

AUGUST

- 14 Betsy Owens Memorial Lake Swims, 1- and 2-mile swims on Mirror Lake, Lake Placid, NY, Ann Svenson, annb48@earthlink.net, www.clubassistant.com

ONGOING

Mondays, 5:30PM, Open Water Swims, Waterbury Reservoir/Little River State Park, Waterbury, VT, sponsored by QT2 Systems, John Spinney, spinney21@hotmail.com
Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512
Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
Mon. through Fri., 6-7AM, Edge Swim Club practice, Age Group Teams, 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., 6-7:30PM, Edge Swim Club Practice, Age Group Teams, 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

TRIATHLON

AUGUST

- 7 Kingdom Triathlon, 500-yard swim, 13-mile bike, 5-mile run, Derby, VT, Pete Kellaway, 802-334-8511, triathlon@orleansrecreation.org, www.kingdomtriathlon.org
7 Aquaman "Even-Up" Triathlon, 3.5-mile swim, 35-mile bike, 13.1-mile run, Derby, VT, Pete Kellaway, 802-334-8511, triathlon@orleansrecreation.org, www.kingdomtriathlon.org
7 Fronhofer Tool Olympic, Sprint, & Kids Triathlon, Cambridge, NY, Bridget or Kevin Crossman, crossm85@hotmail.com
7-8 6th Annual Xterra Stoaked, Saturday: half-mile pond swim, 8.5K mountain bike, 4K trail run, Sunday: 1-mile pond swim, 17K mountain bike, 8K trail run Hanover, NH, Chad Denning, elkmountainrace@hotmail.com

- 8 Lake Dunmore Triathlon, .9-mile swim, 28-mile bike, 6.2-mile run, Lake Dunmore, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com
14 Racevermont.com Sprint Triathlon III, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
28 Racevermont.com Sprint Triathlon IV, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
29 Half Vermont Journey, 1.2-mile swim, 56-mile bike, 13.1-mile run, Salisbury, VT, Lake Dunmore, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com

SEPTEMBER

- 12 Josh Billings RunAground Triathlon, bike 27 miles, paddle 5 miles, run 6 miles, Great Barrington, MA, Patty Spector, patty@joshbillings.com, www.joshbillings.com
12 The Burlington Triathlon, .9-mile swim, 22.5-mile bike, 6.2-mile run, North Beach, Burlington, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com



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RACE RESULTS

VERMONT SUN SPRINT TRIATHLON #1 June 27, 2010 Branbury State Park Salisbury, Vermont

600-yard swim, 14-mile bike, 3.1-mile run

Top 5 Men Overall

1	Lucas Moore	Wolcott VT	1:02:36
2	Christopher Coffe	New Haven VT	1:03:02
3	Peter Dodds	Burlington VT	1:03:56
4	Cory Coffey	Vergennes VT	1:04:00
5	Jason Baer	Burlington VT	1:04:18

Top 5 Women Overall

1	Jessie Donovan	Shelburne VT	1:07:42
2	Amy Miner	So Burlington VT	1:12:13
3	Dot Martin	Montpelier VT	1:13:12
4	Courtney Kutler	So Burlington VT	1:13:59
5	Brooke Jette	Middlebury VT	1:14:44

Men 14-19

1	Rainer Kenney	Brandon VT	1:24:37
2	James Hughes	Mendon VT	1:26:41
3	Thomas Swinchoski	Waterville VT	1:27:52

Men 20-24

1	Mark Johnson	Grand Rapids MN	1:04:31
2	Ike Tucker	Colchester VT	1:05:45
3	Robert Cuthbert	Pittsfield MA	1:08:22
4	John Lavoie	St Albans VT	1:09:03
5	Ian Tovell	Burlington VT	1:14:48
6	Matthew Myers	Brandon VT	1:19:44
7	Andre Bolduc	St Albans VT	1:23:20
8	Eric Besaw	Glens Falls NY	1:26:04
9	Neil Mackenzie	Brandon VT	1:32:07

Men 25-29

1	Matthew Puza	Henniker NH	1:10:59
2	Elliot Cless	Arlington MA	1:12:45
3	Gregg Murray	Northampton MA	1:13:34
4	Jordan Neviackas	Boston MA	1:13:57
5	Brian Stitt	Ballston Lake NY	1:17:06
6	Michael Carver	New York NY	1:19:24
7	Spencer Fetrow	Belchertown MA	1:22:59
8	Christopher Ruozz	Braintree MA	1:23:14
9	Timothy Torrisi	Boston MA	1:26:17
10	Sean Warnock	Lakeville MA	1:47:08
11	Eric Sabo	Hudson Falls NY	1:51:19

Men 30-34

1	Christopher Sabot	Williamstown MA	1:06:21
2	Chris Mulford	Schenectady NY	1:07:30
3	Chas Lyons	E Middlebury VT	1:09:53
4	Zachary Kramer	Colchester VT	1:12:34
5	Thomas Long	Amherst MA	1:14:54
6	Marshall Merriam	Peterborough NH	1:17:16
7	Patrick Wood	Burlington VT	1:18:07
8	Evan Glasier	Arlington VA	1:19:26
9	Levi Clarke	Colchester VT	1:21:57
10	Tyler Weideman	Rutland VT	1:22:05
11	Mike Keiley	Kittery ME	:23:17
12	Chris Larose	Gloversville NY	1:23:33
13	Eric Abbale	Queensbury NY	1:23:34

14	Liam Murphy	Salisbury VT	1:27:05
15	Chris Kennedy	Norfolk VA	1:28:49
16	Evan Langfeldt	Charlotte VT	1:32:49
17	Brandon Magnuson	Ashland MA	2:02:25

Men 35-39

1	John Dunbar	Putney VT	1:05:23
2	Sainz Herman	Montreal QC	1:06:59
3	Eric Darling	Shelburne VT	1:07:17
4	Joe Marinucci	Moultonborough NH	1:07:37
5	Julian Underwood	Woodstock VT	1:09:00
6	Eric Solsaa	Rutland VT	1:20:25
7	Scott Berry	Carolina RI	1:24:28
8	Bruce Turpie	Waltham MA	1:24:39
9	Matthew Daly	Hinesburg VT	1:28:27
10	Kenny Kunisch	Manchester Ctr VT	1:29:43
11	Edward Scheid	Voorheesville NY	1:30:02
12	Judd Mackey	Salisbury VT	1:31:11
13	Bob Trautwine	Shelburne VT	1:39:01
14	Javier Cheung	Boston MA	1:50:49
15	John Conaway	Albany NY	1:59:02

Men 40-44

1	David Connery	Shelburne VT	1:05:05
2	Keith Wilkerson	Middlebury VT	1:07:44
3	Ryan Rath	Ballston Spa NY	1:08:11
4	Steven Urish	Burlington VT	1:10:06
5	Jared Katz	Richmond VT	1:10:22
6	Michael Chase	No Hero VT	1:10:37
7	David Nottoli	Cambridge MA	1:12:04
8	Jason Gardner	Glens Falls NY	1:13:41
9	Patrick Berry	Middlebury VT	1:13:47
10	Jason Van Wie	Amsterdam NY	1:20:34
11	Andrew Jacobson	Greenwich CT	1:21:14
12	Jason Bellingham	Manchester Ctr VT	1:22:55
13	Eric Gleason	Pittsburgh PA	1:27:15
14	Dan Dickerman	Carolina RI	1:29:02
15	Jeff Earl	Wilton NY	1:29:58
16	Scott Buckingham	Hinesburg VT	1:30:11
17	Mcshane Jones	Westmount QC	1:31:00
18	Richard Collins	Bennington VT	1:32:03
19	Sean Sargeant	Rutland VT	1:35:59
20	Guy Gardner	Vergennes VT	1:40:06

Men 45-49

1	Andreas Nolte	Jericho VT	1:06:42
2	Michael Gayda	Peru VT	1:07:11
3	Marc Meredyth	So Burlington VT	1:08:20
4	Jonathon Vass	Waitsfield VT	1:12:58
5	John Whitcomb	Newburyport MA	1:15:15
6	Tom Rigley	Springfield VT	1:16:43
7	Peter Glenshaw	Lyme NH	1:16:59
8	John Braun	Charlotte VT	1:18:20
9	Bill Maine	Carolina RI	1:19:11
10	Mark Morse	Weathersfield VT	1:20:26
11	Gary Koval	Huntington VT	1:20:45
12	Brian Richard	Milton VT	1:31:26
13	Dan Kelleher	Manchester Ctr VT	1:33:02
14	Brian Jerome	Brandon VT	1:39:01

Men 50-54

1	Jeffrey Schumann	Salisbury VT	1:06:20
2	Mark Mulder	Allendale NJ	1:07:08
3	Steve Hare	Middlebury VT	1:08:07
4	Charlie Tipper	Burlington VT	1:13:07
5	Sky Foulkes	Jamaica VT	1:15:12
6	John Berino	Hinesburg VT	1:15:41
7	Steven Gibbs	Farmington CT	1:16:32
8	Steve St. Clair	Williamstown MA	1:16:37
9	Kurt Virgilio	Dalton MA	1:17:08
10	Kurt Kenney	Brandon VT	1:20:06
11	Jim Driver	St Albans VT	1:20:59
12	Doug Robinson	Brandon VT	1:24:42
13	Tim Gilbert	Lebanon NH	1:28:35
14	Larry Raike	Malta NY	1:41:14

Men 55-59

1	Dennis Shaffer	Plainfield VT	1:13:34
2	Bob Corey	Colchester VT	1:17:30
3	Grant Orenstein	Calais VT	1:18:22

4	Edward Mahoney	Deerfield NH	1:18:59
5	John Martin	Montpelier VT	1:21:15
6	Christopher Ludin	Morrisville VT	1:25:57
7	Bruce Larson	Lee NH	1:27:42
8	Jim McCarty	Glens Falls NY	1:35:43

Men 60-64

1	Steve Watson	Middlebury VT	1:17:55
2	Dale Lane	Cambridge VT	1:20:24
3	John Gowdy	Montreal QC	1:32:42
4	George Wilcox	Shoreham VT	1:52:05

Men 65-69

1	Stephen Mitchell	Malta NY	1:34:13
2	Alan Brenner	Elkins NH	1:47:19

Men 70 & Over

1	Ed Tucker	Colchester VT	1:31:19
2	Sid Kastner	Stowe VT	1:59:11

Women 15-19

1	Hannah Hausman	Williamstown MA	1:16:23
2	Danika Frisbie	Williston VT	1:19:39
3	Kelsey Kelleher	Manchester Ctr VT	1:24:10
4	Magen Bissell	Rutland VT	1:32:54
5	Nancy Seem	Manchester Ctr VT	1:33:30

Women 20-24

1	Mary Stewart	Ripton VT	1:25:49
2	Christina Stacey	Durham NH	1:26:51
3	Ally Allen	Washington VT	1:28:35
4	Catherine Mezzaca	Boston MA	1:32:24

Women 25-29

1	Allie Silverman	So Royalton VT	1:14:58
2	Jennifer Mygatt	New Haven CT	1:15:58
3	Katheryn Mitchell	Stratton Mountain VT	1:17:57
4	Seana Phillips	Boston VT	1:20:46
5	Catherine Mygatt	Winooski VT	1:23:18
6	Karen Bertasso	Scotia NY	1:23:23
7	Leslie Kaufman	Burlington VT	1:23:32
8	Melissa Oleson	W Lebanon NH	1:30:04
9	Jessica Duclos	Shelburne VT	1:32:52
10	Julie Stevenson	So Burlington VT	1:33:50
11	Sarah Comtois	Burlington VT	1:34:01
12	Jennifer Schermer	Nassau NY	1:36:00
13	Tara Whitney	Burlington VT	1:36:03
14	Emily Luman	Boston MA	1:39:19
15	Molly Sheehan	Hinesburg VT	1:41:37
16	Julie Stevenson	Litchfield Me	1:42:35
17	Jessica Wilkerson	Randolph Ctr VT	1:45:28
18	Meghan Stockmore	Colchester VT	1:49:37
19	Ashley Dzioba	Lebanon NH	1:49:55

Women 30-34

1	Melissa Tanguay	Jamaica Plain MA	1:23:41
2	Lynne Ruozzi	W Roxbury MA	1:25:51
3	Jessica Bolduc	So Burlington VT	1:27:13
4	Bethany Hanna	Richmond VT	1:29:34
5	Kim Didrich	Rensselaer NY	1:30:14
6	Lori Mackey	Salisbury VT	1:32:47
7	April Bailey	Medford MA	1:33:15
8	Amy Ryan	Salisbury VT	1:41:06
9	Elizabeth Langfel	Charlotte VT	1:41:37
10	Emily Eakin	Williamstown MA	1:47:37
11	Tammy Foster	Colchester VT	1:50:25
12	Julie Young	Queensbury NY	1:51:18
13	Angela Herrera	Cambridge MA	1:57:30

Women 35-39

1	Molly Robinson	Middlebury VT	1:20:08
2	Molly Mchugh	Orford NH	1:21:54
3	Jennifer Colman	Cambridge MA	1:22:06
4	Tanya Benosky	Shelburne VT	1:22:41
5	Ann-Marie Stearns	Bethel VT	1:25:02
6	Anne Michaels	W Windsor VT	1:25:14
7	Missy Goodwin	Barre VT	1:25:51
8	Bonnie Underwood	Woodstock VT	1:27:33
9	Rachel Payne	Bennington VT	1:27:47
10	Christine MacPher	Glens Falls NY	1:28:14
11	Maria Bartini	Clarksburg MA	1:28:29
12	Jamie White	Salt Lake City UT	1:28:51
13	Becky Lusignan	Pittsfield MA	1:32:06

14	Tami Wuestenberg	Cambridge VT	1:33:48
15	Keira Zimmerman	Chicago IL	1:34:00
16	Anju Wurm	Vergennes VT	1:43:40
17	Carrie Jacques	Cambridge VT	1:47:01
18	Sarah Crosier	No Bennington VT	1:47:54
19	Debbie Lapier	Queensbury NY	1:54:28
20	Jodi Joseph	Williamstown MA	1:54:51

Women 40-44

1	Melissa Rowe	Bennington VT	1:16:05
2	Sarah Pribram	Shelburne VT	1:16:08
3	Kimberly Cilley	Manchester MA	1:17:17
4	Sheridan Bauman	Westbrook CT	1:18:31
5	Lara Shore-Sheppa	Pownal VT	1:19:46
6	Katherine Rooks	Wellesley MA	1:21:01
7	Chris Kogut	Charlotte VT	1:21:16
8	Lynn Whitcomb	Newburyport MA	1:22:39
9	Andrea Solomon	Middlebury VT	1:23:34
10	Maeve Muldowney	Westmount QC	1:25:22
11	Amanda Drake	Moretown VT	1:25:39
12	Cindi Wight	Rutland VT	1:25:42
13	Sarah Dahl	Bennington VT	1:26:58
14	Lauren Gotlieb	Williamstown MA	1:28:52
15	Heidi Higgins-Cut	Waterbury VT	1:31:54
16	Jennifer Baumann	Randolph VT	1:32:45
17	Bernadine William	Williamstown MA	1:34:06
18	Natalie Boyle	Rutland VT	1:34:21
19	Rebecca Weiderman	Johnstown NY	1:35:27
20	Meredith Rosentha	Cambridge MA	1:35:34
21	Lynda Provencher	Huntington VT	1:37:27
22	Jennifer Nault	Lincoln VT	1:37:29
23	Kristen Savitsky	Williamstown MA	1:44:04
24	Patricia Casey	Bennington VT	1:45:26
25	Pamela Magee	Scott Plains NJ	1:47:22
26	Andrea Malinowski	Bennington VT	1:53:31
27	Wendy Monahan	Colchester VT	1:56:55
28	Cynthia Collins	Bennington VT	1:57:25
29	Amy Stevens	Adams MA	2:10:18



RACE RESULTS

RACEVERMONT SPRINT TRIATHLON July 3, 2010 Shelburne, Vermont

500-yard swim, 15.4-mile bike,
3.1-mile run.

Male 15-19

1	Jacob Schultz	Marion AR	1:18:32
2	Brian Vargo	Shaftsbury VT	1:19:47
3	Johannes Suppani	Burlington VT	1:30:26

Male 20-24

1	Steven Vargo	Shaftsbury VT	1:13:06
2	Conor Frantzen	Williamstown MA	1:16:58
3	Wesley Vinson	Center Valley PA	1:21:12
4	Scott Buckman	Boston MA	1:25:05
5	Sam Werbel	Norwich VT	1:26:37
6	Timothy Varhue	Georgia VT	1:28:02
7	Andre Bolduc	St Albans VT	1:29:09
8	Harrison Little	Deerfield MA	1:58:13

Male 25-29

1	Kevin Bouchard-Hall	Jay NY	1:03:14
2	Joel Bradley	Worcester MD	1:12:45
3	Charles Howe	New York NY	1:16:54
4	Tyler Griffith	Stowe VT	1:26:48
5	Ilsey Ben Colton	Burlington VT	1:26:49
6	Jasmin Mujkanovi	Burlington VT	1:27:25
7	Michael Kijewski	Phoenixville PA	1:37:18
8	John Wilson	Burlington VT	1:40:53
9	Andrew Nenke	Essex Jct VT	2:01:47

Male 30-34

1	Zachary J Kramer	Colchester VT	1:12:22
2	Mike Fink	E Dummerston VT	1:19:41
3	Michael Torney	So Burlington	1:19:43
4	Jeffrey Alexande	Shelburne VT	1:20:41
5	Sean Doyle	Valhalla NY	1:23:13
6	Eric McCarthy	Essex Jct V	1:23:18
7	Kevin Thorley	Colchester VT	1:26:38
8	Martin Courcelle	Colchester VT	1:27:53
9	Chris Mathieu	Newton MA	1:39:12

Male 35-39

1	Eric Darling	Shelburne VT	1:10:21
2	Bob Trautwine	Shelburne VT	1:16:55
3	Tom Kelly	Westford VT	1:17:48
4	Jeff Wallis	So Burlington VT	1:22:20
5	Timothy Ryan Ziter	Colchester VT	1:22:32
6	Craig A Manning	Nedford MA	1:23:36
7	Shawn Magoon	Shelburne VT	1:23:47
8	Andrew Powers	Richmond VT	1:24:14
9	Ian Schmidek	Weston MA	1:24:47
10	Donald Wignall	Cranston RI	1:25:40
11	David Cann	Queensbury NY	1:28:22
12	Zebulon Scoville	Shelburn	1:28:23
13	Dean Robert	Weston CT	1:28:58
14	Justin Siegel	Colchester VT	1:31:26
15	Jen Wolff	Burlington VT	1:43:49
16	Scott Thompson	Jericho VT	1:44:11

Male 40-44

1	David Connery	Shelburne VT	1:06:51
2	Andrew Tripp	Montpelier VT	1:12:50
3	Eric Griffin	So Burlington VT	1:13:18
4	Jason F Schreer	Potsdam NY	1:14:20
5	Greg Bagnato	Shelburne VT	1:17:03
6	David Nottoli	Cambridge MA	1:17:28
7	Jack Hergenrother	Ridgefield CT	1:20:21
8	Eric Bokelberg	Colchester VT	1:24:55
9	John Tedesco	Richmond VT	1:36:33
10	Peter Santos	Waterbury Ctr VT	1:36:57
11	William Chatoff	Hinesburg VT	2:02:28

Male 45-49

1	Marc Meredyth	So Burlington VT	1:13:17
2	Chip Martin	Waterbury VT	1:16:23
3	Tom Noonan	Jeffersonville VT	1:24:32
4	Brian J Knox	Plainville MA	1:25:42
5	David Spielman	Exeter NH	1:27:22
6	Brian Moody	Elmore VT	1:28:43
7	John Kurowski	Jericho VT	1:29:24
8	Carl Hager	Stevensville MD	1:31:39
9	Paul Menichelli	Underhill VT	1:32:16
10	David Ospina	Williston VT	1:40:23
11	Steven Lamore	Colchester VT	1:52:49

Male 50-54

1	Jeffrey A Schumann	Salisbury VT	1:11:08
2	John G King	Shelburne VT	1:19:09
3	John Berino	Hinesburg VT	1:24:15
4	Jeff Dannies	Williston VT	1:26:31
5	Richard Vaughan	Williston VT	1:30:43

Male 55-59

1	John C Martin	Montpelier VT	1:25:43
2	Douglas Dulli	Madison WI	1:30:55

Male 60-64

1	R Stephen Sheridan	Weston M	1:37:31
2	Michael McNally	Queensbury NY	1:38:05

Male 65-69

1	Ed Tucker	Colchester VT	1:38:40
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Female 14 and under

1	Teresa Groton	Charlestown NH	1:32:48
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Female 20-24

1	Sarah Miller	Burlington VT	1:38:53
2	Casey Giebink	Shelburne VT	1:39:49
3	E Marga Hanly	Toronto ON	1:52:26
4	Hannah DuPrat	Fairfax VT	1:55:33
5	Shannon Begins	Colchester VT	2:33:11

Female 25-29

1	Elissa Rehm	Worcester MA	1:23:51
2	Phoebe Kittredge	Burlington VT	1:24:56
3	Jordan Burke	Lyme NH	1:31:17
4	Jessica Duclos	Shelburne VT	1:37:19
5	Laura Giebink	New York NY	1:38:10
6	Colleen Moore	So Burlington VT	2:33:11

Female 30-34

1	Angie DeFilippi	Colchester VT	1:17:42
2	Kristen Courcelle	Colchester VT	1:32:00
3	Jamie Wilhite	Salt Lake City UT	1:33:52
4	Stephanie Doyle	Valhalla NY	1:36:13
5	Kathleen Lanphea	Waitsfield VT	1:40:57

Female 35-39

1	Chris Kogut	Charlotte VT	1:24:59
2	Sara Kruk	Shelburne VT	1:25:20
3	Leigh Samuels	Williston VT	1:26:48
4	Jane Kunin	Shelburne VT	1:27:09
5	Jennifer Colman	Cambridge MA	1:28:34
6	A Page Shepherd	Colchester VT	1:29:39
7	Lauren Bailey	Montpelier VT	1:35:39
8	Britta Hensel	Lebanon NH	1:42:45
9	Amy Powers	Richmond VT	1:43:23

Female 40-44

1	Maria Cimonetti	Shelburne VT	1:18:18
2	Sarah Pribram	Shelburne VT	1:23:07
3	Christina Griffin	So Burlington VT	1:38:45
4	Mary M Mercik	Enfield CT	1:39:59
5	Heidi Higgins-Cutler	Waterbury VT	1:40:04
6	Tina Karas	Boston MA	1:44:59
7	Wendy Laine Milot	Plainville MA	1:58:32

Female 45-49

1	Dot Martin	Montpelier VT	1:20:25
2	Karen Marshall	Williston VT	1:26:07
3	Karen Newman	Old Greenwich CT	1:29:23
4	Noreen Sila	Underhill VT	1:30:48
5	Lisa Tedesco	Richmond VT	1:44:28
6	Jane Donahue-Holt	Jericho VT	1:49:07

Female 50-54

1	Jane Kolodinsky	Burlington VT	1:33:33
2	Pam K Sills	Cambridge VT	1:35:16
3	Michelle Cox Hager	Stevensville MD	1:39:24
4	K Ann Desmarais	Snohomish WA	1:49:56
5	Marjorie Meyer	So Burlington	2:01:20

Female 55-59

1	Cally Flickinger	Shelburne VT	2:02:17
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RACE RESULTS

CVH 36TH ANNUAL PAUL MAILMAN MONTPELIER 10 MILER June 27, 2010 Montpelier, Vermont

These results include the top 10 men, top 10 women,
and top 3 age division winners.

Top 10 Women

1	Tracy Joslin	Waitsfield VT	1:05:35
2	Karin George	Florence MA	1:10:31
3	Sarah London	Montpelier VT	1:11:54
4	J Miller-Arsenault	Middlesex VT	1:13:38
5	Nancy Morrison	Kanata ON	1:13:57
6	Shana Kryberg	Tallahassee FL	1:14:15
7	Ana Barria	Colchester VT	1:14:38
8	Janet Labuc	Vaudreuil-Dorio QC	1:15:48
9	Debbie Weiner	Montreal QC	1:17:28
10	Kate Bascom	So Royalton VT	1:17:44

Top 10 Men

1	Rick Rountree	Williston VT	56:40
2	Ryan Robitaille	So Burlington VT	58:08
3	Lane Thornton	Richmond VT	58:16
4	Jesse Dunklee	Dummerston VT	1:00:20
5	Gerry Mathiew	Montreal QC	1:00:47
6	Matthew Dall	Colchester VT	1:01:21
7	Steven Andrews	Etna NH	1:01:43
8	Jon Copans	Montpelier VT	1:02:06
9	Jack Pilla	Charlotte VT	1:02:14
10	Scott Sternthal	Montreal QC	1:02:43

Women 19 & Under

1	Kate Bascom	So Royalton VT	1:17:44
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Women 20-29

1	Molly Bartlett	Jericho VT	1:18:44
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Men 20-29

1	Ryan Robitaille	So Burlington VT	58:08
2	Lane Thornton	Richmond VT	58:16
3	Jesse Dunklee	Dummerston VT	1:00:20

Women 30-39

1	Tracy Joslin	Waitsfield VT	1:05:35
2	Sarah London	Montpelier VT	1:11:54
3	Shana Kryberg	Tallahassee FL	1:14:15

Men 30-39

1	Rick Rountree	Williston VT	56:40
2	Gerry Mathiew	Montreal QC	1:00:47
3	Matthew Dall	Colchester VT	1:01:21

Women 40-49

1	Karin George	Florence MA	1:10:31
2	Jen Miller-Arsenault	Middlesex VT	1:13:38
3	Debbie Weiner	Montreal QC	1:17:28

Men 40-49

1	Sam Davis	Colchester VT	1:03:38
2	Keith Purrier	Mansfield MA	1:07:13
3	Michael Wolfe	Newton MA	1:09:02

Women 50-59

1	Nancy Morrison	Kanata ON	1:13:57
2	Janet Labuc	Vaudreuil-Dorion QC	1:15:48
3	Nina Changelion	Waterbury VT	1:18:13

Men 50-59

1	Steven Andrews	Etna NH	1:01:43
2	Jack Pilla	Charlotte VT	1:02:14
3	Donald Burke	Mansfield MA	1:06:11

Women 60-69

1	Carolyn Heuser	Freehold NJ	1:55:15
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Men 60-69

1	Gordon Macfarland	Arlington MA	1:04:40
2	Rick Bayko	Newburyport MA	1:10:28
3	Chuck Arnold	Burlington VT	1:11:08

Men 70 & Over

1	Phillip Howard	Burlington VT	1:35:34
2	Dick Fedion	No Conway NH	2:05:05
3	Paul Mcdermott	Fitchburg MA	2:39:38



RACE RESULTS

RANCH CAMP RAMBLE 5K RUN FOR A REASON July 11, 2010 Stowe, Vermont

Women 39 & Under

1	Metzi Anderson	Stowe VT	25:40
2	Cristina Mastrangelo	Williston VT	27:13
3	Erika Nichols	Stowe VT	27:43
4	Heather Furman	Jericho VT	29:42
5	Jenny Gallucci	Longmeadow MA	31:27
6	JJ Boggs	Starksboro VT	31:48
7	Emily Hoffman	Waterbury Ctr VT	42:50
8	Marci Marcotte	Jay VT	49:37
9	Shannon Kirk	Manchester MA	1:01:34

Women 40 & Over

1	Karen Hagbers	Lexington MA	27:20
2	Sheila Boyle	Stowe VT	28:37
3	Kristina Frame	Stowe VT	29:03
4	Ashley Read	Larchmont NY	29:14
5	Molra Durnin	Stowe VT	29:36
6	Kelly Wilson	Essex Jct VT	29:48
7	Trina Hosmer	Stowe VT	30:34
8	Monique Karthaus	Stowe VT	31:06
9	Nina Changelian	Waterbury VT	31:20
10	KK Harvey	Stowe VT	32:33
11	Maria Davies	Stowe VT	33:02
12	Trisha Fong	Stowe VT	33:19
13	Christine Bradley	Johnson VT	33:48
14	Jennifer Herwood	Stowe VT	35:45
15	Dee Reever	Stowe VT	43:16

Men 39 & Under

1	Tommy George	Snellville GA	20:19
2	Brendan Hoban	Duluth GA	20:22
3	E Lavoie-Trudeau	Trois-Rivieres QC	22:03
4	Joe Bekaert	Burlington VT	22:12
5	Peter Gallucci	Longmeadow MA	23:39
6	Eddie Hubeck	Williamstown VT	23:58
7	Rick Barnett	New York NY	24:20
8	Mike Kirk	Manchester MA	24:34
9	Oliver Sweatman	Stowe VT	24:42
10	John McDonnell	London England	26:42
11	Brian Kelly	Waterbury VT	26:43
12	Taggart McCurdy	Berkeley CA	27:44
13	James Hoffman	Waterbury Ctr VT	42:50
14	Maxwell Kirk	Manchester MA	1:01:20

Men 40 & Over

1	Eric Morse	Montpelier VT	20:33
2	Kurt Reichelt	Stowe VT	23:41
3	Sebastian Sweatman	Stowe VT	24:16
4	Stephen Messisr	Jeffersonville VT	24:28
5	Nick Yardley	Williston VT	25:26
6	Jack Read	Larchmont NY	25:42
7	Oliver Slesar	Stowe VT	26:13
8	Larry Lackey	Stowe VT	26:19
9	James Fredericks	Underhill Ctr VT	27:06
10	Dave Merriam	Morrisville VT	27:14
11	David Polow	Morrisville VT	29:07
12	Ethan Torrey	Cohasset MA	30:19
13	Walter Frame	Stowe VT	35:17
14	Gene Nichols	Stowe VT	36:29
15	John Cantrill	Elmore VT	36:52
16	Mary Wood	Lincoln VT	41:54
17	Alan Thorndike	Stowe VT	42:01

WALKERS

Overall Men

1	Noah Herwood	Stowe VT	54:57
2	Kai Norden	Stowe VT	55:04
3	Matt Norden	Wayne PA	55:05
4	Greg Norden	Wayne PA	55:43
5	Tom Amidon	Stowe VT	1:05:48

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