

EVERYONE SHOULD RUN A MARATHON > STARK RAVING MUD > CALENDAR OF OUTDOOR EVENTS > CLASSIFIEDS

VERMONT SPORTS MAGAZINE



MAY 2011
VOLUME XX | NO. VII



2011 MOUNTAIN BIKE SEASON PREVIEW

ALSO



**Death
Race**
p. 16-17



**White-Knuckle
Water**
p. 22-23



**Vermont City
Marathon**
p. 26-27

ADD YOUR OWN SCENERY



REFUGE PRO VENT

Every day brings new adventure. That's why versatility is key to everything Merrell does. Take our Refuge Pro Vent. Built with a combination of super stable Split™ heel technology and airy uppers, these pinnacle performers deliver serious comfort and shock absorption. Your next outdoor mission will be a breeze.

So wherever you want to go, Merrell shoes and clothing will get you there.

Find out how at merrell.com

MERRELL 
LET'S GET OUTSIDE™

CONTENTS

14-15

2011 MOUNTAIN BIKE SEASON PREVIEW
Trail updates, new bikes, MTB events

16-17

YOU MAY DIE IN PITTSFIELD
The only known in the Death Race is excruciation.
So how do participants prepare?

18-21

GREEN GEAR FOR THE OUTDOORS
Our annual review of sustainably minded products

22-23

WHITE KNUCKLE WATER
A photo essay of the Bliss-Stick US New Haven Open

24-25

A SWORDED AFFAIR
A growing number of Vermonters are falling for fencing

26-27

5 KEYBANK VERMONT CITY MARATHON RUNNERS TO WATCH

Photo by Stephen Mease

DEPARTMENTS

4 From Vermont Sports
First and Last

6 Sign In
News, Views, and Ideas
From the Outdoor
Community

7 Retail Junkie Superstar
Stark Raving Mud

8 Sports Medicine
Everyone Should Run a
Marathon

9 Out and About
Biathlon Bookends for
the Season

10 18 & Under
40 Youths get the
Running Start of a
Lifetime

13 Muscles Not Motors
Messenger bag, solar
charger, OG skates

28-29 Reader Athletes
Jack Pilla
Victoria Hill

**29 Vermont Sports
Business Directory**

30 Classifieds

**30-31 Calendar of Outdoor
Events**

On the cover: David Brochuraski performs a 360 over the Ide Ride Gap during the Burke Mountain Bike and Brew Fest. Photo by Aaron Codling.

VERMONT SPORTS MAGAZINE

Publisher & Editor
Sky Barsch Gleiner
publisher@vtsports.com

Art Direction & Production
Shawn Braley
braleydesign@mac.com

**Advertising Sales
and Classifieds**
Tristan Von Duntz
Sales Representative for
businesses north of Route 4
advertising@vtsports.com
(802) 454-1737

Greg Meulemans
Sales Representative for
businesses Route 4 and South
greg@vtsports.com
(802) 366-0689

Reader Athlete Editor
Phyl Newbeck
phyl@together.net

Project Coordinator
Josh Gleiner

**This month's
contributing writers**
Mark Aiken, Aaron Codling,
Emily Johnson, Ryan Leclerc,
Patrick Kell, Chris Keller,
Brian Mohr, John Morton,
Phyl Newbeck, Tim Reynolds,
Rob Rindaldi, DPM

**This month's contributing
photographers**
Aaron Codling, Caleb Kenna,
Brian MacDonald, Stephen
Mease, Curtis Savard,
Jamie Stenger

**Editorial and
Production Office**
Vermont Sports Publishing LLC
19 High St., Orleans, VT 05860
(802) 754-2997 (office and fax)
(802) 279-0077 (mobile)
We welcome unsolicited
material but cannot guarantee
its safe return. Materials
submitted will become
property of Vermont Sports.

Vermont Sports is owned and
operated by Vermont Sports
Publishing LLC, a Vermont
limited liability company. It is
published 11 times per year.
Established in 1990.

Vermont Sports subscriptions
in the US: one year \$25.
Canada: US funds, please add
\$5 per year postage. Other
international subscriptions,
please call (802) 754-2997 for
information. POSTMASTER:
Please send address changes to
Vermont Sports Publishing LLC
19 High St., Orleans, VT 05860

Story and article submissions:
Vermont Sports welcomes
writers and photographers to
submit article queries and
photographs. We accept only
electronic submissions, mailed
to publisher@vtsports.com.
Please send a query letter; do
not send complete articles. For
photographs, please send low-
resolution jpegs. Response time
can take up to one month.

PROUD MEMBER OF



EXPERIENCE WHEN YOU NEED IT MOST

"I had not one, but two hips replaced by Dr. Bryan Huber of Mansfield Orthopaedics. I was extremely impressed with the respect with which I was treated, and the way he answered my questions. I absolutely recommend Dr. Huber and his associates at Copley Hospital."

Pixie Loomis
Hyde Park



**MANSFIELD
ORTHOPAEDICS**

MORRISVILLE • NEWPORT
A Practice of Copley Hospital

• Joint Replacement • Arthritis Care • Arthroscopic Surgery
• Hand, Ankle and Foot Surgery • Sports Medicine • Fracture and Trauma Care

555 Washington Highway, Morrisville
802-888-8405
mansfieldorthopaedics.com



**PUBLISHER
COMMENTARY**
BY
SKY BARSCH GLEINER

FIRST AND LAST



Photo by Jamie Stenger

For some reason, I showed up at the inaugural Jay Peak Nordic Sap Run 10k race on April 3.

I'm a slower skier, and I hadn't skied since the Craftsbury 25k Tour on March 5. I took some time off after Craftsbury, where I wiped out trying to get out of the tracks, spraining three fingers.

So what possessed me to enter the Sap Run, I'm still trying to figure that out. I suppose I knew it was a distance I could finish, even if I skied slowly. I didn't see the race advertised anywhere except the Jay website, so I counted on few competitors, which eased my nerves.

I just didn't count on how few competitors would be there. Four other racers and I showed up for the start. My plan to hide in the middle or back of the pack wasn't going to work. Not only were there only four other racers, but the caliber was incredible: Susan Dunklee, a world-class biathlete. Jim Fredericks, head of the Catamount Trail Association. Bob Primeau, who owns his own Nordic trail network (that he graciously shares with the rest of us through the Memphremagog Ski Touring Foundation). And there was another guy, who's name I didn't catch, but I heard him talk

about a race he had just competed in. In other words, he was no novice.

Eek.

I thought about running for my car and heading home, but it was too late. I tried to calm my nerves by telling myself I would enjoy the ski—a chance to try out Jay's new Nordic trails on a glorious spring morning. But the race jitters were getting to me. Would the other participants, or the race organizers, laugh at me? As I struggled for good form, with tight legs from the previous day's downhill adventures, I worried I was embarrassing myself. As I took it too slow down the hills—rattled from my Craftsbury wipeout—I beat myself up for not being aggressive enough.

As I passed the timing area, on my way toward the final two loops, I saw Susan and Jim catching their breath, already finished. When I passed by the area again, ready for the final lap, I saw everyone had finished. I tried to yell to them, "You don't have to wait for me!" but someone motioned to complete the loop—maybe they thought I wasn't sure which direction to go. I felt terrible that everyone had to wait around.

On the final loop, I could sense a skier behind me. I asked him if he wanted to pass, and it turned out it was Bob, who came to introduce himself (I've written about his trails before, but never met him) and told me he wanted to keep me company on the last stretch.

And as I approached the finish line, everyone began cheering me on. "Throw the hammer down," Jim yelled. I laughed, thinking how I got a speed governor instead of a hammer, and crossed the finish line with a smile on.

I was so touched by the support I received. No one was upset they had to stand around an extra 15 minutes. No one made me feel slow or poor about my performance. And no one laughed at me. I skied some new trails and got a killer workout. Oh, and I won my division! I was first in the women's classic division. OK, OK: I was the only one in the women's classic division.

The support I received reinforced how special our athletic community is. While we do have the uber-competitive types here and there, in general, there is a wonderful sense of camaraderie among those who participate in outdoor sports. Even the most elite athletes show up for hometown events and cheer on the not-so-competitive participants. We're lucky to live in such a place.

That supportive environment is one of the elements that make the KeyBank Vermont City Marathon so successful. I have interviewed many marathoners over the years, and when I ask them what their favorite aspect of the race is, many say the cheering crowd. I've been told that it was the cheering that helped runners push through the urge to give up, and cross the finish line.

In this issue, Tim Reynolds profiles five VCM runners to watch, including a barefoot runner and an aspiring Olympian. Make sure you check out his feature and then try to spot these runners on the course. Chris Keller, our 18 & Under writer, introduces a very cool RunVermont youth running program. The program started as a way to introduce financially disadvantaged kids to the wonderful world of fitness, and it has grown to include kids from the full economic spectrum. If you're inspired by these stories and want to train for a marathon, Rob Rinaldi, DPM, has a truly educational piece that will help you prevent injuries during your race preparation.

I realize we're not all runners, so for those who prefer a pair of fat tires to a pair of Asics, check out Vermont Mountain Bike Association Director Patrick Kell's 2011 mountain bike season preview. It has me dreaming of single track. ...

See you out there,
Sky



Tune Up to Get Out!

\$45 Spring Super Tune*

with Bike Tech Dana Jourdan

Bring Any Make and Model
(Kids or Adults • Mountain or Road Bikes)
to our Full Service Bike Shop at The Outdoor Center

And of course, Check Out our Retail Shop
for Active Summer Wear & Gear!

Trapp Family Lodge

B:\junf\pgt\Bvtusjb\B\pup\pgt\Wfsrnpow\

Stowe, Vermont 802-253-5755 www.trappfamily.com

* Super tune price does not include parts. Offer valid until May 31, 2011.



- **Thurs-Sun, 5:00-9:30pm**
- All Natural Pizza Baked in a Wood Fired Oven
- Farm to table cuisine
- Local craft brews on tap
- Nightly camp fire

ph: (802) 496-8856/www.americanflatbread.com



- **\$85-\$135 per night, Hearty farmhouse breakfast included**
- Minutes from Mad River Glen & Sugarbush
- Stay 3 nights, 4th night free
- Families & Pets accommodated

ph: (802) 496-4949/www.lareaufarminn.com





OSPREY

TALON11
WWW.OSPREYPACKS.COM

LOCATION: LASSEN PEAK, CA
PHOTO: ANNIE VRANIZAN

Dandelion run



May 21, 2011
just for the fun of it

Half Marathon Relay | www.dandelionrun.org

Walkers Welcome
To Support the Orleans County Victims Assistance Fund
and IROC's Healthy Changes Initiative

iroc **Derby, Vermont** **Ti Sports**

Hosted by Indoor Recreation of Orleans County
400 Quarry Road | Derby, VT 05829 | (802) 334-8511

MVP HEALTH CARE
JAY PEAK VERMONT
LAKEVIEW WORLD
CENTINITY National Bank
BSC boston sports clubs
StateCafe
VERMONT HIGHLANDS



emo

DoubleNest™ Hammock

The *DoubleNest* reigns supreme. It's our bread-and-butter. It's your all-access pass to relaxation. Big enough for two and palatial for one, the *DoubleNest* still manages to stuff easily into its attached compression sack. Take it anywhere, set it up in seconds flat, lay back and... Oh, did you want to join me? I've got room for one more...



www.eaglesnestoutfittersinc.com

f t



SIGN IN
A PLACE FOR NEWS,
VIEWS, AND IDEAS
FROM THE OUTDOOR
COMMUNITY

SWEET 16 FOR OGE

Outdoor Gear Exchange is moving, and growing! The fixture in the climbing-hiking-camping-skiing community is settling into more than 44,000 square feet on Church Street this month, in the space once occupied by Old Navy. That makes us proud to live in a community where a locally owned, high-quality gear company can occupy an anchor space at a shopping mall—and a big corporation selling cheap clothes is out of there.

OGE will use the new space for retail, administrative offices, a warehouse, and space for its national online retail business GearX.com (which accounts for 25 percent of business). Co-owner Marc Sherman said OGE has outgrown its Cherry Street location, and the new location will attract more foot traffic from the busy Church Street Marketplace.

OGE plans to increase the selection of products for its core customers, as well as offer more gear for the everyday outdoor enthusiast, the company says. "Family camping, or car camping, is one area where we definitely plan to offer more selection," co-owner Mike Donohue said in a release. "Plus, we'll finally have room for things like open-tent displays and more paddling gear, from kayaks to stand-up paddleboards."

With Climb High's recent closing, OGE is going to carry some of the brands that were popular there, such as Mammut.

And of course, the consignment section is staying, but it will be larger and better organized. Plus, OGE will offer an expanded selection of closeouts and seconds. A larger space also means the need for more jobs: OGE will add between five and 10 full-time positions.

The move is slated for May, coinciding with OGE's 16th anniversary. It will be a sweet 16 indeed!

PINE HILL PARK VISIONARY HONORED WITH CVPS- ZETTERSTROM ENVIRONMENTAL AWARD

Michael Smith of Rutland was honored by Central Vermont Public Service for his leadership in turning a city forest into the 300-acre Pine Hill Park—now well known for its extensive mountain bike trails. The award, named for famed osprey advocate Meeri Zetterstrom, includes a \$2,500 cash award to support continued improvements in the park, according to a release from CVPS.

"Michael Smith has not only devoted his life to making Pine Hill Park accessible and enjoyable to thousands of people, he has done it in a way that highlights its importance as an environmental oasis in the middle of an urban center," CVPS Executive Chairman Bob Young said. "Michael, much like Meeri Zetterstrom, has educated thousands of Vermonters

about the importance of preserving natural spaces for future generations." We couldn't have said it any better—thanks Mike, for all you do!

GMC AT 10,000

The Green Mountain Club reached its "Project 10K" goal of 10,000 members—right on its 101st birthday in March. The Waterbury-based nonprofit maintains and protects the 273-mile Long Trail. Vermont Sports is proud to be one in 10,000 as well, as we recently secured our business membership. Here's to the continued success of the GMC, and its next 10,000 members.

SHELburne MAN AIMS HIGH FOR DIABETES FUNDING



Anthony Seidita, a 38-year-old from Shelburne, is reaching for the sky as he attempts to climb the three tallest peaks in New Hampshire, New York, and Vermont in less than 24 hours. Seidita says this hike has never been done before, and the

reason he's eager to complete the task is to raise money and awareness for the American Diabetes Association.

He's going to start on June 25 at midnight, with a hike up Mount Marcy in New York. Then, he'll be driven to Vermont and summit Mount Mansfield. Finally, he'll be driven to New Hampshire to hike up Mount Washington, the tallest mountain in the Northeast. It will be a total of 29 miles of hiking, and a total elevation gain of 9,400 feet. His goal is to raise \$10,000 for the ADA. If you'd like to learn more, or pledge financial support, visit <http://main.diabetes.org/goto/hike>.

STOWE GETS SPEEDIER

Stowe is saying goodbye to its FourRunner chairlift and hello to a new high-speed quad. The FourRunner, installed in the 1980s, has carried more skiers and riders than any other lift in Stowe's history, said company spokesperson Jeff Wise. The new quad, name to-be-determined, will debut at the start of the 2011–2012 season.

WOMEN CAN SKI JUMP IN 2014 OLYMPICS

Although it's hard to believe, women have not been allowed to participate in the Olympic ski jumping event. But the International Olympic Committee finally woke up and is allowing women to ski jump in the 2014 Sochi Olympic Games. Top women are capable of jumping the same distances as top men, reports ESPN, because while men build up more speed on the approach, women, because they are lighter, can sail farther in the air. "Lindsey Van, the 2009 world champion from the United States, held the distance record for both genders on the normal hill in Vancouver for two years before it was broken by several male skiers in the Olympics," states ESPN. We look forward to both genders bringing home the hardware. mont Ski Areas Association). ☐

Do you have news you'd like to share with the outdoors community? E-mail us at editor@vtsports.com.

July 31, 2011 • 9am
Bayside Park on Malletts Bay, Colchester

27th Annual Colchester "Tri-Option" Triathlon

Swim 1/2 mile or kayak 2 miles,
bike 12 miles, run 3 miles

(swim course is different from paddle course)

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

For more info call the
Colchester Rec. Department

802-264-5640
www.colchestervt.gov/recreation

New Season ADVENTURES!

NEW FOR 2011
Lightweight ELIE Kayaks

sound 100	\$429.00
sound 120	\$629.00
straight 140	\$999.00

**STAND UP
PADDLEBOARDS
FROM SURFTECH,
TAHOE, BIC, AND
OCEAN KAYAK!**

UMIAK
Outdoor Outfitters



Route 100, Stowe, VT
253-2317
www.umiak.com
OPEN 7 DAYS

STARK RAVING MUD

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



Like any good Mainer, my Mom has a lot of great expressions. "I've never seen luggage on a hearse," and "It would take a hell of a man to replace no man," are two classics. One of my favorites has always been "uglier than a mud fence," which she uses when describing people and objects that are simply too ugly to look at. "That statue is uglier than a mud fence!" she'll proclaim. I've seen a lot of fences in my 38 years, but I have never seen a mud fence, and I'm not sure she has either, but judging from that expression, a mud fence must be pretty darn ugly.

When my time comes to build a fence, I'll be sure to look into other types—picket, wrought iron, wattle, palisade, split rail, or maybe even chain-link if money is, as Mom would say, "tighter than the skin on a hot-dog"—but definitely not mud. Although I have never seen a mud fence, I have seen a lot of mud, especially this spring, which has rolled in on the coattails of one doozy of a winter. Let's not forget, Old Man Winter has a mom too, and apparently she came to visit this year to show her reprehensible son how they did things back in the day.

When I was a muddy-kneed little kid, I used to make great mud pies. I would fill a pie pan with wet soupy mud and pat the surface with my little hand, maybe sprinkle some grass on top, and it was done. My lovely wife had a different method. She would find thicker mud and shape out a mud pie on the driveway, let it bake in the sun, and then feed it to her little brother.

Imagine the mud pie you could make with the muddy dirt roads that are out there this spring. "Home of the World's Largest Mud Pie" could become a distinction for your town. I consider myself an exceptionally good driver, but having grown up surrounded by paved roads, I was never taught how to navigate a vehicle on the open sea, or down muddy dirt roads with huge swells and tall waves of mud crashing down, all of it working to swallow my Mazda like a leather boot. We recently went to a dinner party at Uncle Robby's cabin, which is located on a very muddy dirt road at the bottom of a very long hill. For most of the drive, all was going well, and we were almost there, when suddenly the road came alive. My lovely wife did her best to instruct me, telling me to go that way and that way, but that no matter which way, not to stop! Fortunately, we were going downhill, so we had gravity on our side, and by the skin of our clenched teeth, we made it down. I was convinced, however, that when it was time to go, we'd never make it up.

The image of the Mazda sunken in a muddy ditch, and the prospect of being marooned at Uncle Robby's cabin preoccupied me throughout the evening. You might say I was a stick in the mud. My lovely wife however, who was born on a muddy dirt road, wasn't concerned in the least. When it was time to go, she turned the ignition key and put it in drive, pulled out of the driveway, and headed directly into the belly of the beast.

There was no turning back.

The journey up the road was tense, harrowing, and perilous. We were yelling and hooting, "Go! Come on!

Yes! No! Yes! Oh no!" At one point she skirted the very edge of the road and it looked like we were doomed, but she held on and never stopped, never gave it too much gas, never kept the steering wheel turning in one direction, never stopped believing, and we made it out. The Mazda came out covered in mud pies, but it was nonetheless a triumphant, exhilarating moment.

Monster truck enthusiasts aside, I can't think of too many people who particularly like mud. Most people complain about it, make efforts to avoid it, or try to get rid of it. That is, until they get on a mountain bike. Why anyone who generally avoids mud would suddenly aim for it, just because they're riding a mountain bike, is beyond me. Mud is gritty paste that, like sand at the beach, gets everywhere. Short of tying an anchor to your bike and throwing it into the ocean, or placing it beneath the wheels of a monster truck, riding in mud is the single worst thing you can do to your bicycle. Mud is great for making mud pies or mud fences, but it wreaks havoc on every part of a bicycle: the braking pads and braking surfaces, suspension seals and suspension pivots, bearings and bearing races, chain and chainrings, and cables and cable housings. It drastically decreases the performance of your shifting and braking systems while exponentially enhancing the performance of your creaks, squeaks, and chirps. Riding in mud, of course, has also been shown to promote trail erosion, but that is another argument for another day.

I'm not saying that you can avoid mud entirely, but you can cut back by simply waiting until the trails are dry enough to ride, which around here, is usually not until May. During riding season, if it is still a little wet out there, choose the trails that are the least wet, and when you come upon a giant mud puddle or muddy section, stop and walk around. If what I am saying is as clear as mud, or you just plain can't stay away from the stuff, at least clean your bike after your ride. If you don't, so be it, but when your creaky, mud-caked bicycle isn't working so great on your next ride, please don't drag your bike shop's name through the mud. ¶

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

Wanna Stand Up Paddle?

- ◆ introductory lessons
- ◆ guided tours
- ◆ short & long-term rentals
- ◆ affordable boards & paddles

Paddlesurf Champlain

www.paddlesurfchamplain.com
jason@paddlesurfchamplain.com
802-881-4905

Gregory

**SAVE ON
CLOSEOUTS
AND
SAMPLES!**

DAY AND MIDSIZE PACKS

**AND
MULTI-DAY
PACKS**

**COME SEE OUR
FULL SELECTION!
ONLY AT**

gearX.com

Outdoor Gear Exchange
37 CHURCH STREET
152 CHERRY STREET, BURLINGTON
(888)-547-4327



**SPORTS
MEDICINE**
BY
ROBERT RINALDI, DPM

EVERYONE SHOULD RUN A MARATHON

The world would be a better place if we all trained for a marathon. People would be healthier, happier, and kinder to each other. Every athlete knows that running can be a form of meditation, and that it can help the mind solve difficult problems. Running is a fast way to help discover yourself.

Preventing injury by avoiding common mistakes is the best insurance for keeping the runner on course, so here are some often forgotten training tips.

REST

The single biggest mistake made by many athletes is failing to schedule rest into the training schedule. Easy training days are filtered between hard days. Fast speed workouts are mixed with long, slow, distance training, but too many times rest is not a factor in the training schedule.

Bill Rodgers is perhaps the most famous American marathoner. He ran in 59 marathons, winning 22, with his most famous races being in Boston. Bill said that he could beat any working man, as the person who works doesn't have enough time to rest. Another Boston marathoner, and very good friend, is Rosa Mota. She raced in 22 world-class marathons, winning gold 14 times, including three Boston crowns. I worked with Rosa in the early days of her race career, after her first

marathon gold medal in the 1982 Athens, Greece, marathon. Rosa's coach, Jose Pedrosa, insisted that Rosa train twice per day. Between the morning run and the afternoon workout, Rosa had to nap for two hours. Pedrosa, a physician himself, insisted that rest was the most important item on the training agenda. Both Rosa and Bill taught me the importance of a good nap. Learn to power-nap during your workweek. Schedule 20 minutes of downtime during lunch daily, and play catch-up on weekends with a midafternoon, two-hour rest after a morning workout.

INADEQUATE TRAINING

Cardiovascular fitness comes in many forms. The swimming athlete may be fit, but not in shape to run the marathon, as gravitational forces on the lower kinetic chain are absent in the swim workout. The runner increases gravitational forces on the body by two to 12 times, and this takes muscle specialization and strength to carry the body through a race distance. This same concept applies to the fit cyclist with super leg strength. These same strong muscles lack the conditioning to carry a runner 26.2 miles. As an example, the average person will strike each foot 2,112 times per mile for a total of 55,334 strikes for the marathon. If this same person weighs 150 pounds, it would

mean that each foot and leg would carry 4,150 tons for the marathon distance, and this does not factor in increased gravitational forces. The efficient runner will have a factor closer to two, and the least efficient athlete will have a much higher factor. Faster runners are smoother, use less energy, and pound the ground easier. Choose a training schedule that will gradually take you on longer and longer distances over a period of months, so that muscle adaptation will take place with a low incidence of injury.

HYDRATION AND NUTRITION

The long-distance runner must learn to hydrate on the run. Water is necessary for the smooth function of muscle and tendon tissue, as well as joints. On a daily basis, the athlete should be drinking a minimum of 64 ounces of fluids. Water is still the best and cheapest. However, when exercising, consumption should be increased, and a good rule to follow is to drink when thirsty. The first sign and symptom that you may be dehydrated will be twitching of the eyelid, followed by muscle stiffness or soreness. The best hydration gauge is your urine. It should always be straw col-

ored or clear as water. If the color darkens (tea like), you can be sure you are on the verge of dehydration.

Endurance runners should stay away from protein supplements, as these will increase the need for fluids. The best diet is eating the good, healthy, complex carbohydrates found in fruit, vegetables and grains; along with clean proteins found in fish and poultry, and polyunsaturated fats. I found that my body worked best on 85 percent complex carbohydrates and 15 percent fat protein and fat. Experiment and you will find very quickly what works best for your machine.

KEEP A DAILY LOG

Like rest, this is often an overlooked item, but it is a key to staying injury free. Your log should include notes on sleep patterns, running distances, temperature and humidity during the workout, heart rate, and finally, simply how you feel each day. Any variations in pattern can be an indication of troubled waters. The log is a barometer for an injury about to happen. If all is well, your log will indicate only feelings of well-being. When this changes, you might want to take heed and schedule a day off from training. [7]

Rob Rinaldi is a board-certified podiatrist on staff at the Gifford Medical Center in Randolph. He is a fellow and founding member of the American Academy of Podiatric Sports Medicine. He is formerly a nationally ranked long-distance runner, having completed 25 world-class marathons. You may reach him at Gifford Medical Center's Sharon Clinic, (802) 763-8000 or rrinaldi@giffordmed.org.

Get back on course with Gifford



Gifford Medical Center is committed to high-quality care for athletes of all abilities - through the Sharon Health Center's vibrant sports medicine practice, our Randolph surgery center, Randolph and Berlin orthopedics practices, and physical therapy locations in Randolph, Sharon and Wilder.

Our newest location in Wilder is home to Advance Physical Therapy. It's a convenient, attractive and professional space for athletes from the Upper Valley and beyond. Call today for an appointment. *Aquatics therapy available!*

Advance Physical Therapy 295-7333
331 Olcott Drive • Wilder, VT

Gifford Medical Center 728-7000
44 South Main Street • Randolph, VT



www.giffordmed.org

It's a Race against time. In a very beautiful place.



Whether you run, walk or stroll, discover with every step your power to change the world. Join the Susan G. Komen Race for the Cure® and the movement that started it all. Together, we promise to end breast cancer forever.

SATURDAY, JULY 23, 2011

HILDENE MEADOWS, MANCHESTER, VERMONT
5K RUN/WALK • KIDS FUN RUN

REGISTER ON-LINE • PLEDGE ON-LINE • komeenvtnh.org



P.O. Box 2496, Manchester Center, VT 802-362-2733

BIATHLON BOOKENDS FOR THE SEASON

OUT &
ABOUT
BY
JOHN MORTON



I know: the grass is green, the flowers are blooming, and everyone is training for the Vermont City Marathon. But I can't help one look back at the recent, remarkable ski season. The snow may have been late in arriving here in New England, but when it came, we got buried. Places to the south and over near the coast, which typically have decent skiing a couple of weeks each winter, were grooming their trails for months in old-fashioned, deep-powder conditions.

Partly due to coincidence, my winter was bookended by two biathlon events, which make for some interesting comparisons. The first was the Biathlon World Cup at the Nordic Heritage Center in Presque Isle, Maine, early in February. Because many of the January storms went well south of Aroostook County, the dedicated volunteers who hosted the event worked hard to cover the race course with man-made snow. By the time the European teams arrived, Mother Nature made a contribution as well, so at least it looked like winter across the potato fields and into the forests.

Following the example of World Cup sites in Germany and Scandinavia, Presque Isle, and a week later, Fort Kent scheduled community festivals around the biathlon races. There were the opening ceremonies, dogsled demonstrations, sleigh rides, art exhibits, quilt shows, a hypnotist, a wide assortment of musical groups, and of course, fireworks. At the competition venue, it was possible to watch the athletes practicing their marksmanship on the shooting range, while coaches and waxing technicians repeatedly rode skis through speed traps to determine the fastest wax.

Race days were a kaleidoscope of activity, color, and sound. Upbeat music filled the stadium when the announcers weren't alerting the spectators to developments during the race. Busloads of school children in colorful hats cheered for foreign athletes whose home countries they had studied. A jumbo television screen broadcasted what was going on out on the ski course to fans at the shooting range. The competitions were a blur of some of the world's fastest Nordic skiers, as well as some very exciting shootouts on the range. That's where athletes arrive together and the most poised, accurate shooter leaves with a clean target, while the others—perhaps rattled by the pressure—miss and circle the penalty loop.

The spectators were hoping to see an American on the podium, which wasn't to be this World Cup, but most of us came away encouraged by the grit of the U.S. athletes we watched compete. In this intensely competitive sport, where a millimeter on a target can mean the difference between a medal and the third page of the results, the American team is steadily gaining on the Europeans.

Late in March, I had the opportunity to travel to the opposite side of the country, Southern California, to help at another biathlon race. Four years ago, Dr. Mike Karch, an orthopedic surgeon who has served as the physician for the U.S. Nordic Combined Team, organized an invitational biathlon event in his community of Mammoth Lakes. Mammoth Mountain, founded decades ago by Alpine skiing pioneer, Dave McCoy, is also noted for its mind-boggling snowpack. Located just over the mountains to the east of Yosemite, it is not unusual for Mammoth to have 20 feet of snow on the ground in March. This year was especially bountiful, even by local standards, and several of the cabins at the Tamarack Lodge were accessed by tunnels that had been carved deep into the drifts.

In the four years that Karch has hosted his biathlon event, it has grown to involve more than 200 competitors. There is a novice youth category, where the youngsters shoot laser rifles on an abbreviated range (to promote initial success in hitting the targets). This year, several members of the Wounded Warriors of the Eastern Sierra (a program devoted to helping disabled combat veterans rediscover the joy of sport) participated to the thunderous encouragement of the assembled spectators and other racers.

As frequently is the case in the Sierras, a blizzard blew in on Saturday, forcing a revision from biathlon races to cross-country skiing events because the howling wind and thick snow made seeing the targets impossible. However, dozens of competitors skied through the storm and will no doubt be talking about it for years. Sunday broke clear and brilliant.

As if skiing fast and hitting the targets were not enough of a challenge, the course was located at 9,000 feet above sea level. Even the more accomplished biathletes experienced first-hand just how difficult it is to hit those targets, especially shooting with a high pulse.

It was a terrific event, especially considering the amazing diversity represented by the participants. I guess it's safe to say that coast to coast, biathlon has arrived. ▢

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



WE'VE GOT THE FOOTWEAR YOU NEED!

CLOSEOUTS TOO!

gearX.com

Outdoor Gear Exchange
37 CHURCH STREET
152 CHERRY STREET, BURLINGTON
(888)-547-4327



18 & UNDER
BY
CHRIS KELLER

40 YOUTHS GET THE RUNNING START OF A LIFETIME

On May 29, more than 8,000 runners will weave their way through downtown Burlington as part of the 2011 KeyBank Vermont City Marathon. Some of these participants will traverse the entire 26.2-mile course, while others will only cover a fraction of the total distance. The participants will represent people of all ages, from all walks of life, and from all parts of the country. Merely completing the race will be a satisfactory accomplishment for some, while others will be hell-bent on covering the course as fast as humanly possible, in pursuit of age-group records and first-place finishes.

But for 40 young runners, training for the VCM will be more than just a jog on the bike path: it will be their first encounter with the sport of running as a platform for physical fitness and a healthy lifestyle.

May 29 represents the culmination of 10 weeks worth of hard work for these athletes, and very well could be a stepping-stone to many future races. These 40 runners are members of RunVermont's Junior Youth Relay program, which gives Burlington-area youth ages 11 to 16 the opportunity to participate on a two- or five-person relay squad and learn what running is all about. Oh yeah, and they get outfitted with free gear from the Skirack too.

The Junior Youth Relay program was designed to give underprivileged kids an opportunity to run the relay portion of the marathon. In conjunction with youth centers in Burlington—including the King Street Center, the Boys & Girls Club and the New North End Youth Center—the program stays true to its initial goal, but it also



has pursued a more basic ideal: getting kids outside and moving, regardless of class or socioeconomic status. Scott LaMothe, in his sixth year as the program's coordinator, says the program has opened its doors to be more inclusive. "The program's branched out a little bit to include a few teens who wouldn't be considered 'underprivileged,' in order to mix socioeconomic backgrounds," he says. "The basic concept of the program remains the same. I sometimes don't know who's who, with respect to the kids' backgrounds, and that's fine by me—the approach is exactly the same: it provides them an opportunity to explore running as an option and exposes them to a healthy lifestyle."

The program does more than just give kids the opportunity to run. It educates them on various aspects of healthy living, including nutrition, stretching, and injury prevention. According to LaMothe, it's sometimes difficult to get a group of energetic adolescents to pay attention to these lessons. "We have guest speakers who come and talk to these kids about taking care of your body. It's a very comprehensive program in that regard. [The kids aren't] too thrilled about the education aspect. The guest speakers will probably only affect 10 or 15 of them. A lot of them are antsy, and just want to get out and go, but I think it's important to expose them to it, so we continue with it," he says.

The program has grown in scope in recent years and



Photos by Brian MacDonald

has evolved into a kind of development program whereby kids can build off what they accomplished last year and run longer distances. "We get so many kids who want to come back and do it," LaMothe says. "The kids start out when they're 10 to 12 years old, and as they get older, we promote the half-marathon relay. We're in our second year of kids who split it [the marathon]. They've grown with the program, and they're ready for the challenge. We have one kid who's been doing the program so long, he's running the whole thing—he's a mentor too, and he helps out with coaching responsibilities."

Sevin Gulfield, a 13-year-old from Burlington, is one of the athletes who will be tackling the 13.1-mile challenge this year.

"I knew immediately after running last year, that I wanted to run this year," he says. "It was my decision to run the half, because I felt it would be more fun to run a lot longer. I like spending more time out there. I'm going to do a six- to 10-mile run leading up to the race. I'm going to adopt a slower pace to be able to run long, and I'm going to train more. I deal with the frustration of slowing down by remembering how long I have to run."

The popularity of the program might have something to do with the sense of accomplishment it provides and the lessons it imparts. Even though many of the kids in the program are new to running, the universal sense of satisfaction we all get after a good hard run has a profound effect on them. "I just like running the actual leg a lot and how I feel afterward," says Guthrie Cannon MacMarin, a 12-year-old who goes to Edmunds Middle School in Burlington. "It's really nice to know you've run what you ran, and getting to look at the results and see your team on there. I'm definitely going to continue in the future—my school has a cross-country team that I'll probably start running on."

Anders Cole, a first-year participant in the Junior Youth Relay program, views running as a holistic activity that challenges both his physical and mental capabilities. "I play tennis a lot. What I like about running is that it's sort of getting to know yourself and how you coordinate your mind and your body, and that's really interesting to me. Tennis is the same way. I like the fact that it's not just about strength, it's about endurance," he says.

To learn more about the Junior Youth Relay program and RunVermont's other programs, including the upcoming KeyBank Vermont City Marathon, visit www.runvermont.org.

Chris Keller, a senior at Montpelier High School, is writing at Vermont Sports as part of a community-based learning project. He hopes to share with readers the passion that Vermont youth (including him) have for the outdoors. If you have any good story ideas, feel free to e-mail Chris at kellerc@mpsvt.org.

VERMONT SPORTS MAGAZINE

COMING NEXT MONTH

LOVE OUR LAKE:
SIX WAYS TO FUN ON
LAKE CHAMPLAIN

U.S. TRIATHLON NATIONAL
CHAMPIONSHIPS
COME TO BURLINGTON

CHARITY RIDES

CENTRAL VERMONT
CYCLING TOUR



gearX.com



• Outdoor Gear Exchange •

WE'RE MOVING!
TO 37 CHURCH STREET THIS MAY!

In the meantime, come take advantage of our

**HUGE MOVING
SALE SAVINGS!**

To all our loyal customers
for making this possible,

**Thank
You!**



(NOT FOR LONG!)

152 CHERRY STREET, BURLINGTON (888)-547-4327

CLOSEOUT

**DARN
TOUGH
VERMONT™**

Locally Made &
Guaranteed for Life



**Black Diamond
DISCOUNTS**



CASCADE
DESIGNS

PROVIDING ALL YOUR
CAMPING NEEDS

SEAL LINE

(DRY BAGS, STUFF SACKS, ETC.)

THERMA-REST

(SLEEPING PADS)

platypus

FLEXIBLE HYDRATION SYSTEMS

(HYDRATION SYSTEMS)

MSR

(STOVES, WATER FILTERS,
TENTS, AND COOKWARE)

**SAVE UP TO 20% ON
COSMETIC BLENDS**

**BASECAMP
SLEEPING PAD**



**PROLITE PLUS
SLEEPING PAD**

ONLY AT

gearX.com



• Outdoor Gear Exchange •
37 CHURCH STREET

152 CHERRY STREET, BURLINGTON
(888)-547-4327

epic
performance
for epic
distances

SPECTER TRAIL RUNNING SHOES



patagonia®
footwear

SPECTER TRAIL RUNNING SHOES

Weighing in at just over 8 ounces (women's) and 11 ounces (men's) per shoe, our high performing Specter is light and airy for the sun-drenched Badlands, yet burly and secure for the rocky Fall Canyon. This shoe's gender-specific anatomical trail running last and dynamic lacing system provide a precise fit for control on varied terrain. For more, search **Specter** at patagonia.com.

Senja Palonen out for the early morning light. Death Valley National Park, California. RICH WHEATER



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.

MUSCLES NOT MOTORS GEAR GUIDE

BY
RYAN JAMES LECLERC



FREELINE OG SKATES

BAILEYWORKS
253 COURIER
MESSENGER BAG



BRUNTON SOLARIS USB 4 SOLAR PANEL

BAILEYWORKS 253 COURIER MESSENGER BAG

Talk to a bike messenger, and you'll hear of the many rigors bike messengers face: lousy pay, physical exhaustion, scorn from disagreeable drivers, potholes, etc. Talk to a messenger bag, and you'll hear of the many rigors messenger bags face—constant exposure to all kinds of nasty weather, being stuffed to capacity with heavy loads, repetitive opening and closing, scorn from elitist designer handbags, and the occasional slide across the pavement while strapped to a bike messenger's back. Designed first and foremost to withstand these abuses, BaileyWorks bags (proudly handmade in Portsmouth, N.H., since 1993) are durable, simple, and functional bags that anyone can appreciate. Built for bike messengers, urban commuters, and pedestrians alike, the 253 Courier features a highly durable Cordura shell with a reflective strip, a Coverlight waterproof lining, and a corrected angle strap and removable waste belt for a more stable and comfortable fit. Inside, it features two bellows pockets, a rear interior pocket, and a zip pocket. Choose from more than 20 colors and three sizes: small (840 cubic inches), medium (1,232 cubic inches), and large (1,728 cubic inches). \$119–\$139. www.baileyworks.com

BRUNTON SOLARIS USB 4 SOLAR PANEL

Portable electronic devices are great, but when they don't function because the batteries have died, they are useless pieces of junk that can only do one thing: break your heart. Ever been on a plane when your iPod suddenly dies, and you're stuck listening to that guy behind you blabber on about his Caribbean cruise? Ever missed that life-changing phone call because your cell phone ran out of juice? Ever pulled out your dead digital camera and missed your chance to capture an image of the elusive bay cat of Borneo, the long-legged warbler of Fiji, or perhaps the albino moose of Norton standing on its head? The 9-by-13-by-25-inch Brunton Solaris USB 4 portable charger—which generates solar power for your USB-compatible MP3 player, cell phone, or digital camera—aims to minimize these dreaded moments. Made with four flexible CIGS solar cells, the durable, lightweight, and easily foldable Solaris 4 works in all types of weather and is ideal for traveling, camping, or at home, and it can charge your electronic device even when sunlight is low. You may have missed your chance with the albino moose, but the elusive quetzal of Costa Rica cannot hide forever, so be ready the next time it appears. \$252. www.brunton.com

FREELINE OG SKATES

I consider myself a fairly coordinated person, but the first time I put a set of Freeline skates under my feet, my right foot suddenly felt a lot like my left foot. I was intrigued nonetheless, especially after watching the expert dude effortlessly zip around me in circles. The first time you see someone cruising around on these things, you'll probably say, "Hey, look at that guy! What the heck are those?!" My best explanation is as follows: They are two small decks, each mounted with trucks, supporting two wide wheels, one in front of the other. They are designed to be ridden sideways like a skateboard and are self-propelled by alternating your feet back and forth. If you've ever watched figure skating, you've seen the technique. Once you get the hang of them, you can carve smooth turns, achieve exceptional speeds, ride uphill, and enjoy a totally new and exciting riding experience on the street or in the skate park. And as you would expect, the kids are already out there pushing the limits, dropping into vert, catching air, thrashing, shredding, grinding, and doing all sorts of insane tricks on them. You may see me catching air on them too, but it won't be intentional. \$149.99. www.freelineskates.com

advocate weeks

HELP SUPPORT LOCAL
CONSERVATION EFFORTS

Patagonia footwear will donate **\$10 to local conservation efforts** for each pair of Patagonia shoes you purchase at participating retailers.



May 14-31

RETAILERS

Onion River Sports
Montpelier, VT
onionriver.com

Outdoor Gear Exchange
Burlington, VT
gearx.com

Sam's Outdoor Outfitters
Brattleboro, VT
samsoutfitters.com

Sensible Shoe
Rutland, VT
sensibleshoe.com

The Mountain Goat
Manchester Center, VT
mountaingoat.com

LOCAL BENEFICIARY

Green Mountain Club
greenmountainclub.org

Maintaining and protecting Vermont's Long Trail since 1910, the Green Mountain Club's mission is to make the Vermont Mountains play a larger part in the life of the people through advocacy, education, stewardship and trail maintenance. Through its land protection program, the Club has protected more than fifty-five miles of the Long Trail System and 16,000 acres of backcountry land.

Product selection may vary.

patagonia
footwear

patagonia.com

©2011 Wolverine World Wide, Inc.

2011 VERMONT MOUNTAIN BIKE SEASON PREVIEW

BY PATRICK KELL, VERMONT MOUNTAIN BIKE ASSOCIATION EXECUTIVE DIRECTOR
PHOTO BY CURTIS SAVARD



“We encourage Vermont’s riders to **pitch in** with the statewide effort, either **join** your local club, lead a kids ride, **help** with trail-work, whatever it takes to keep the mountain bike revolution growing.”

The mountain bike revolution continues to grow throughout Vermont. Access has greatly expanded thanks to members, bike shops, and donors who support getting folks on bikes and into the forest to enjoy a good healthy buzz.

We have plenty of good news for 2011. Along with our clubs completing projects in Hinesburg Town Forest, West Windsor Town Forest, Pine Hill, Pittsfield, and other areas, we are working on two major initiatives that will create trails around the state for riders of all abilities:

GROW STOWE GROW

We will continue working on the Vermont Ride Center/Mansfield Trail Network, seeing trails on the Adams Camp property in Stowe connect to the new singletrack network at Trapp Family Lodge, the Stowe Town Loops, and onto Cotton Brook and Little River State Park in Mount Mansfield State Forest. Lots of bridge and trail work was completed in 2010, with more projects slated for 2011, including new trails on the Adams Camp property and trail-design work in Little River State Park. This network grows each year, with existing and new trails com-

ing together to create a destination-quality network. Stay tuned for awesome new riding opportunities!

NINE MILES IN HEAVEN

Our work in the Moosalamoo National Recreation Area within the Green Mountain National Forest will take a huge leap this year, thanks to the U.S. Forest Service allocating \$154,000 toward Chandler Ridge and Leicester Hollow. This nine-mile circuit will offer vistas across southern Lake Champlain and the Adirondacks on a trail ascending to an amazing ridgeline, descending through ferny glades, and winding through the boulder-strewn Leicester Hollow, then back to the Silver Lake Campground. This is the start of a one-of-a-kind system, and the first on federal land in Vermont—a big thanks to the USFS for its vision with this project. We encourage Vermont’s riders to pitch in with the statewide effort, either join your local club, lead a kids ride, help with trail work—whatever it takes to keep the mountain bike revolution growing. Check us out at www.vmba.org and on Facebook, and hopefully on the trails!

Some new bikes (or heavily updated models for 2011) are the Kona CoilAir; Specialized Enduro; and Knolly Endorphin. These bikes are versatile, perfect for riding the varied terrain found in Vermont.



KONA COILAIR

The story: The CoilAir is built for everything—climbing, hucking, the bike park, cross-country. I'm looking forward to the chance to check out their Magic Link suspension to see what that is all about.

The specs: Gen2 Magic Link rear suspension technology, with 130 mm to 200 mm travel range; Kona Clump 7005 Butted Aluminum Tubing/Zero Stack 1.5 Tapered Head tube; New travel adjust Fox 36 180-mm Talus fork; SRAM 9-speed drivetrain/Avid Elixir 5 hydraulic disc brakes; Sweet Easton Vice wheelset. \$3,569.



SPECIALIZED ENDURO

The story: An all-mountain bike, the Enduro will let me see what a 30-pound, do-it-all rig is capable of.

The specs: M5 alloy FSR frame, with ORE tubing, ISCG mount, and replaceable derailleur hanger; Custom Fox RP2 rear shocks; RockShox Lyrik 20-mm Maxle thru-axle fork with 160 mm of travel; 2Bliss ready Clutch Control 2.3; dual compound front tire and rear Purgatory Control 2.2-inch tire; Avid Elixir R SL lightweight hydraulic disc brakes. \$3,000.



KNOLLY ENDORPHIN

The story: The completely redesigned Knolly will give me a chance to check out a brand that we don't see much on the East Coast and see why people are so stoked on them.

The specs: 140 mm of rear travel; 12-by-142-mm thru-axle rear-wheel spacing; 44-mm head tube; e-type direct mount front derailleur. \$4,995. ☐

—PK

MAY 12 AND 13: The Vermont Mountain Bike Summit at Trapp Family Lodge in Stowe. Municipal managers and ski resort staff will gather for a training presented by Gravity Logic, the builders of the Whistler Bike Park—the biggest and best bike park in the world. Gravity Logic will offer workshops on developing world-class facilities, which we hope to see at resorts throughout Vermont in the coming years. Call 253-5900 and use code 50C39P to get a discounted rate on lodging at Trapp. More info on the summit at www.whistlergravitylogic.com.

MAY 14: Trail-work day at Strawberry Hill Farm Trails (meet at Stowe High School)—through the Stowe Mountain Bike club, 9 a.m.

MAY 15: Volunteer work day at Pine Hill Park, Rutland. 9 a.m. www.pinehillpark.org

MAY 21: Kingdom Trail Association's Back in the Saddle III at Tamarack Grill in Burke. The Nick Cassarino Trio helps kick off another year of awesome riding in the Northeast Kingdom. www.kingdom-trails.com

MAY 28: Season opener at Grafton Ponds, Grafton. 843-2400

JULY 16 AND 17: The fourth annual Vermont Mountain Bike Festival at the Ice Center in Waterbury. Everything you can imagine in Vermont mountain biking. Rides for all abilities at Hinesburg Town Forest, the Trapp Family Lodge and Stowe

trails, the trails around Sugarbush and the Mad River Valley, and right at Perry Hill in Waterbury. Vendors include Onion River Sports, Vermont Peanut Butter, Mocean Mate, Earl's Cyclery, Trek Bikes, Clif Bar, and Dakine, among many others. Vermont Sports will be there giving away great prizes from Osprey, Eagle's Nest Outfitters, MSR, and Thermarest. www.vermontmountainbikefestival.com

ONGOING MTB RIDES

Five Hills Bike Shop rides on the Waterbury Trails. Leave from Five Hills Bikes at 6 p.m. on Thursdays. Ride is about two hours, mostly in the Perry Hill area. 244-7330

Tuesday Night Ride begins on April 19. Dirt road rides in the Ascutney Basin area. www.stabvt.org

Tuesday Ladies' Night Rides. Various locations in the Waterbury area, not for beginners. mandy@bike29.com

iRide Bike Shop Monday night rides at 5 p.m., meet at the Stowe shop. 253-1947

Skiershop Friday night rides at 6 p.m., meet at the Stowe shop. info@skiershop.com

Green Mountain Trails Group Mountain Bike Rides, Pittsfield. Meet at the giant wooden bike tire. Group will determine pace and difficulty. Sundays at noon. greenmountaintrails@gmail.com

Hit the Trail!

Is 2011 the year
for a new
Hardtail,
Full Suspension,
29er?
We've got your
NEW Bike!

ORS
Bike Swap
Sat., May 7
9am-1pm

20 Langdon Street
Montpelier, VT
www.onionriver.com



802-229-9409

A full-page photograph of a man on a mountain bike in a muddy trail. The man is in the foreground, wearing a grey and blue shirt, black shorts, and a race bib that says "Peak Races 402 Benios, Tom". He is looking directly at the camera with a determined expression. His bike is orange and black. The trail is muddy and surrounded by dense green foliage. In the background, another person is visible on a bike, also in the mud. The overall scene is one of a challenging outdoor activity.

YOU MAY

DEATH

IN PITTSFIELD

THE ONLY KNOWN IN THE DEATH RACE IS EXCRUCIATION. SO HOW DO PARTICIPANTS PREPARE?

BY MARK AIKEN

PHOTOS BY CALEB KENNA



ndy Butterfield plans to participate in this year's Death Race, and he intends to finish.

There are, however, some unknowns. For example, he doesn't know the race distance, how long the race will last, or what activities he will be required to do.

"It's hard to really be 'prepared' for this race," he says.

You may wonder what exactly do participants know? Short answer: not much. The brainchild of ultrarunners Joe Desena and Andy Weinberg, Death Racers do know the event takes place at Pittsfield's Amee Farm on June 25. And that Desena and Weinberg, who named their website www.youmaydie.com, and who pride themselves on a lowly 20 percent finishing rate, want their event to be the world's toughest race.

"If participants are having fun," Desena says, "we're not doing our job."

Participants can, of course, refer to Death Race history. Past participants have hiked with unwieldy loads, run, biked, split wood, crawled under barbed wire, hauled manure, dived in frigid ponds, completed mind games and puzzles, counted pennies, eaten raw onions, and translated Greek. To complete—or even just compete—one needs to be in peak physical condition and possess a unique mental toughness and resilience.

How does one prepare for a Death Race? Jack Cary finished 2010's Death Race in 35 hours and 20 minutes (including the all-night pre-race "meeting" during which participants were made to haul wooden boardwalks and gravel over a mountain). He has included a 50-mile trail race, marathons, and bicycling time



trials in his training regimen this year. He also practices visualization exercises.

"I actually close my eyes and see myself making impossible things possible," he says.

Andy Butterfield runs 40 miles per week, lifts weights three days per week, practices Bikram yoga three days per week, stretches, and gets plenty of sleep. And he plays soccer.

Soccer, you say—for a Death Race? Butterfield doesn't play on just any coed, rec-league soccer team; rather, he plays on a co-ed, rec-league team with seven teammates who have registered for 2011's Death Race. Long hours on distant, unmarked trails during the race—and even the long months of training leading up to the event—are that much less lonely when one knows his or her teammates are suffering the same tribulations.

Each teammate approaches training somewhat differently. For example, Emily

Harwood trains by rock climbing, while Jason Charest and Kristy Hart swear by Tony Horton's P90X workout series. Lionel Welch concentrates on building endurance. Neil Preston hikes after dark, carrying heavy loads, and Bryon Keiser wrestles with his dog. All take solace in the knowledge that their friends are experiencing the same pain.

Seven of the eight soccer players have prior Death Race experience, but none has finished. Butterfield, however, believes that knowledge gained from last year's attempts will help. By design, the Death Race is not an event that leaves participants or supporters feeling warm and fuzzy. It is muddy, bloody, and discouraging, and most entrants drop out.

Still, part of entering is to find out what one is made of. Last year's finisher, Cary, approached the race as an experiment.

"I wanted to see what would happen if I kept moving forward no matter what

happened," he says. He views this year's follow-up as another experiment.

As he puts it, "I want to try to do it with a smile." ¶

Mark Aiken is a ski instructor at Stowe and a freelance writer. He is a recreational marathoner and triathlete who will never compete in a Death Race.

2011 DEATH RACE

Date: June 25

Location: Amee Farm, Pittsfield

Registration: By June 1; limited to 200

Cost: \$400 to \$900, depending on registration date

More info: www.youmaydie.com

INTRODUCING THE ORIGIN SERIES OF HYDRATION PACKS.

Obsessively designed, multisport hydration packs built to fuel you through it all.

Find them at platypus.com.



ORIGIN SERIES

3 5 9 22 32



WEATHERPROOF CONSTRUCTION // INTEGRATED HYDRATION // CLEAN DESIGN

PLATYPUS IS HYDRATION EVOLVED...TO PERFECTION

platypus®
platy.com

GREEN GEAR FOR THE OUTDOORS

BY BRIAN MOHR AND
EMILY JOHNSON

As it becomes increasingly clear how fragile the connection between our natural environment and the health of our society really is, outdoor brands are investing more than ever in creating positive change by adopting manufacturing, distribution, and resource recycling practices that reduce the environmental impact of our outdoor pursuits. From GoLite's determination to become the greenest outdoor brand in the industry, to Vermont Peanut Butter's dedicated use of organically-grown peanuts, many brands are finally going beyond offering a few "green" products—and thinking big. While there is still much work to do, the following products are examples of how the outdoor industry is making progress.

Prices listed are the manufacturer's suggested retail price; actual price may vary by location.



GOLITE QUEST

C golite.com

GoLite is not merely trying to reduce its environmental impact as a manufacturer of outdoor gear. It aims to go beyond eliminating 100 percent of its environmental footprint and to produce a net-positive impact on our environment and society. These are lofty goals, but if there's one brand that can pull it off, it's GoLite. Its commitment to making products that allow you to do "more with less" has not only unleashed some of the lightest high-performance backpacks, shelters, and sleeping bags on

the market, but it's driving the company to develop backpacks like the Quest. A fully featured, 70-liter backpack—capable of going anywhere, in any season—the Quest is one of the first packs on the market to use a high-percentage (50 percent-plus) recycled fabric in its construction. By incorporating high percentages of recycled nylon and polyester in its products, GoLite is dramatically reducing the energy consumption and greenhouse gas emissions associated with manufacturing.

\$175; Eastern Mountain Sports (Manchester, South Burlington, Rutland); Outdoor Gear Exchange, Burlington

LA SPORTIVA FC ECO 3.0 GTX HIKING BOOT

C sportiva.com

The FC ECO 3.0 GTX is a relatively lightweight, midheight hiking boot designed for day hikes and moderate backpack loads. It's an especially durable and comfortable boot that fits more like a trail shoe than a hiking boot, and it handles a wide variety of trail conditions with ease. A Gore-Tex liner helps keep your feet extra dry too. The boot is available in men's and women's styles, has a Vibram outsole composed of 30 percent recycled rubber, an upper that

uses 100 percent recycled nylon for the mesh, laces, and webbing, and a liner made with recycled materials. It's a far cry from shoes made from 100 percent recycled material, but this shoe and others in the FC ECO line are a big step in the right direction for La Sportiva and the high-performance footwear market in general.

\$150; Outdoor Gear Exchange, Burlington; Mountain Goat, Manchester

ISIS HANG-LOOSE CAPRI

C isisforwomen.com

These are incredibly comfortable pants



manufactured by Isis, made from an environmentally friendly blend of hemp and recycled polyester. Isis incorporated a bit of lycra into these pants, too, which improves their fit and ease of movement. The pants feature a removable draw cord, small front and back pockets, and a durable construction that wears longer than cotton. Hemp is one of the oldest cultivated fibers on the planet—a fiber, unlike cotton, that is often grown without the application of water-polluting pesticides and chemical fertilizers.

\$65; Mountain Travelers, Rutland; Skirack, Burlington

SOLE CASUAL FLIPS

C yoursole.com

Save your wine corks! SOLE has helped to organize the ReCork program (www.ReCork.com), which aims to recycle cork for use in SOLE's sandals, as well as other products. SOLE's Casual Flips are not only extremely comfortable and certified by the American Podiatric Medical Association, they feature a footbed and midsole constructed from cork. The sandal strap also features a 50/50 mix of hemp and recycled polyester. SOLE uses a corn-based material



for the retail packaging of its footbeds and sandals, and they continue to explore alternatives to petrol-based foam and adhesives used in some of its products.

\$75; Skirack, Burlington; Skier-shop, Stowe; First Trax Sports Shop, West Dover

VERMONT PEANUT BUTTER

C vermontpeanutbutter.com

This is without a doubt the best peanut butter we have ever tasted, and it's especially cool that it's made right here



in Vermont. Featuring only organically grown nuts—nuts grown without the use of pesticides and artificial fertilizers—and totally free of hydrogenated oils and trans fats, Vermont Peanut Butter comes in a great variety of flavors. Our favorite is "Avalanche," a rich and creamy peanut butter blended with white chocolate—a perfect addition to your food supply when heading out for a few days in the mountains or on the river. One especially tasty flavor—a unique blend of organic almond and peanut butters—is the "Mad River Mojo." This is blended with Vermont honey, and the addition of antioxidant-rich dried cranberries and omega-three-rich flax makes for one outrageously tasty and nutritious nut butter. All of Vermont Peanut Butter's flavors include the addition of 100 percent pure whey isolate, making these nut butters some of the most protein-rich on the market.

\$6–\$10 per jar; Pittsfield General Store, Pittsfield; Onion River Co-op, Montpelier

Continued E

Proud sponsor of the KeyBank Vermont City Marathon, GMAA, Girls on the Run & events throughout Vermont.

SKIRACK

RUN CENTER

Minimalist to Supportive, Road to Trail...
The Right Fit for Every Runner



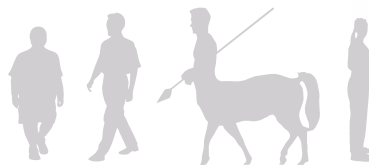
85 Main St Burlington VT (802) 658-3313 www.runcentervt.com

May 2011



ONE SIZE DOES NOT FIT ALL.

New 2011
Baltoro 65



Response™ Auto Fit Suspension does.

That's because packs like the Baltoro and Deva in the Gregory Response AFS line have interchangeable harnesses and waistbelts – allowing you to customize and perfect your packs fit right there in the store – improving overall comfort and performance while out on the trail. Centaurs everywhere raise a hoof and rejoice. To see the full line of customizable fit packs visit gregorypacks.com.

GREGORY

Quality. In Life.

NIKWAX TX DIRECT WASH-IN

C nikwax.com

Extending the life of your valuable outdoor gear makes good environmental sense, and Nikwax's various waterproofing and washing products offer one of the easiest and most environmentally sound ways to do just that. The TX Direct Wash-In works by immersing your entire garment into a nontoxic, water-based waterproofing solution. This process helps to rejuvenate the water repellency of the garment whenever it feels a bit worn. (We do this approximately once a year with most of our layers). This is also a great way to enhance the water-repellency of lighter-weight layers not necessarily designed for wet weather. Nikwax offers water-based waterproofing and washing solutions for gloves, sandals, climbing ropes, maps, wool, down, and other outdoor gear. Nikwax's products are free of all fluorochlorochemicals and volatile organic compounds.

\$13; Pinnacle Ski and Sport, Stowe; Clearwater Sports, Waitsfield; Mountain Goat, Hanover, N.H.

PRIMUS ETAPOWER POTS

C primuscamping.com

Primus produces some of the finest cookstoves, lanterns, and camping ac-



cessories on the market, including several high-quality tents and pads. The company's relatively new series of EtaPower Pots, available in five sizes (1 to 2.9 liters), are unique in that they are equipped with a nifty heat exchanger that will make any stove up to 50-percent more fuel efficient. This saves precious and increasingly expensive fuel, as well as time spent heating water and cooking, while helping to reduce the amount of fuel you'll need to carry. The pots come with lids and pot-grabber handles, are constructed with hard-anodized aluminum, and feature a non-stick titanium surface on the inside. Combine these pots with one of Primus' cookstoves, like the EtaPower MF

stove, and enjoy some of the most fuel-efficient camp cooking on the planet.

\$58-\$78; Outdoor Gear Exchange, Burlington; Eastern Mountain Sports (Manchester, Rutland, South Burlington)

BIG AGNES ENCAMPMENT SLEEPING BAG

C bigagnes.com

Big Agnes has been a leader in the outdoor industry for utilizing eco-friendly alternatives to virgin and petrol-based materials, and for seeking alternative manufacturing practices that reduce waste, water pollution, and the carbon footprint of its products. Its Encampment sleeping bag is a roomy and

highly functional, three-season sleeping bag made with 97-percent recycled synthetic fill. This bag is rated down to 15 degrees, has a built-in pillow pocket, and features an integrated sleeping pad sleeve so you will never roll off your pad again.

\$145-\$160; Sam's Outdoor Outfitters, Brattleboro; Onion River Sports, Montpelier; Mountain Goat, Hanover, N.H. ☐

Brian Mohr and Emily Johnson of Moretown own Ember Photography and publish AdventureSkier.com. They can be reached through their website, EmberPhoto.com.



Vermont's Best Selection of Road Bikes and Accessories!



Aluminum and Carbon Bikes from Trek, Orbea, Giant, and Masi
Full Selection of Women Specific Bikes
FREE Professional Fit
with every road bike purchase!



Green Mountain Orthopaedic Surgery

Advanced Surgical Care Close to Home



Board Certified & Fellowship Trained

Orthopedic & Sports Medicine

Comprehensive Surgical & Non-Surgical Care

Berlin Vermont

802 229 BONE (2663)
greenmountainortho.com

GREEN GEAR GUIDE EDITOR'S PICKS



IBEX WOMEN'S SHAK LITE 1/2 ZIP OR MEN'S SHAK LITE FULL ZIP

C ibex.com

There are plenty of reasons Ibex stands out as a green company. Located in White River Junction, the outdoor clothing company specializing in Merino wool supports our local economy.

On a global scale, Ibex participates in the Zque certification process. Zque, in essence, is ethical wool, meaning the wool comes from sheep farmers who meet environmental and animal welfare standards. For instance, Zque has a no mulesing policy (mulesing is a process in which the skin on the buttocks of a lamb or sheep is removed, in an effort to prevent fly larvae from feeding on the sheep). It's pretty gruesome. Google it if you want to see some photos.

You can feel good wearing Ibex, knowing that they care about the sheep that provide this beautiful wool. We are recommending the Shak line in particular. The fabric is named after Ernest Shackleton, a pioneering explorer of Antarctica. If Ibex considers this fabric worthy of an Antarctica association, it'll probably do the job here in the Northeast.

I found the Women's Shak Lite 1/2 Zip to be an excellent mid-layer for downhill skiing when temps were in the 20s and 30s. I wore it over a silk thermal base layer, and under a windproof shell. For spring skiing, I could wear it as an outer layer, and for hiking, perfect for the top of the mountain, when the terrain is more exposed and the wind picks up.

Not to get all girly, but with flattering colors like Mid Violet and Sky Blue and a nice semi-fit, it wears well for whatever you'll do apres-hike. And it being Merino wool, you won't smell quite as bad either.



\$120, Ibex products available at Woodstock Sports and Paradise Sports, Windsor; The Basin Ski Shop, Killington; Farm-Way, Bradford; Onion River Sports, Montpelier; West Hill, Putney; Trapp and Nordic Barn, Stowe; Outdoor Gear Exchange and Skirack, Burlington.

ALEX BOTTLE

C alexbottle.com

To be honest, sometimes I don't use my reusable water bottle because I can never quite get the bottom clean. We all know that nasty, old water taste, only palatable when your body is pleading for hydration on a tough outing.

Enter the Alex Bottle, one of those inventions I can't believe no one has thought of before. The stainless steel (no BPA!) water bottle unscrews in the middle, so you only have to reach half as far to scrub the bottom of the bottle. Available in 20 or 32 ounces, the Alex Bottle is sleek, made from 50 percent recycled steel, and coated in environmentally friendly paint. Even the top strap is made from recycled plastic water bottles. To add to the feel-good vibes, \$2 from every bottle sold goes to giving access to clean drinking water for those in need. \$25.95 to \$29.95. As of press time, the company



was working to secure a Vermont retailer. We'll update you on www.vtsports.com when we learn more. In the mean time, you can purchase via www.alexbottle.com.

OSPREY RESOURCE SERIES ELROY

C ospreypacks.com

It's one thing to recycle, but even better to buy recycled products—putting to good use the materials we were smart enough to divert from the landfill. Osprey has a line of products featuring a minimum of 70 percent recycled materials, including 100 percent recycled Polyethylene Terephthalate (ground up water and soda bottles), as well as 100 percent recycled mesh pockets, binding tape, webbing, and fabric zipper pulls. The Elroy is 72 percent recycled materials, and is a great all around sporty version of a briefcase, with a laptop sleeve, cell phone pocket and tons of other pockets. We'd love to see Osprey develop this line further.

\$99, ReSource products available at EMS, South Burlington. ☐



—Sky Barsch Gleiner



Discover the Kingdom: June 1-5, 2011

www.tourdekingdom.org



White-Knuckle WATER

KAYAKERS DIVE INTO THE SEASON AT THE NEW HAVEN OPEN

PHOTO ESSAY BY AARON CODLING



THE BLISS-STICK US NEW HAVEN OPEN

What: A whitewater kayak race for experienced kayakers. Drops 245 feet per mile.

When: April 9 on the New Haven River in Bristol

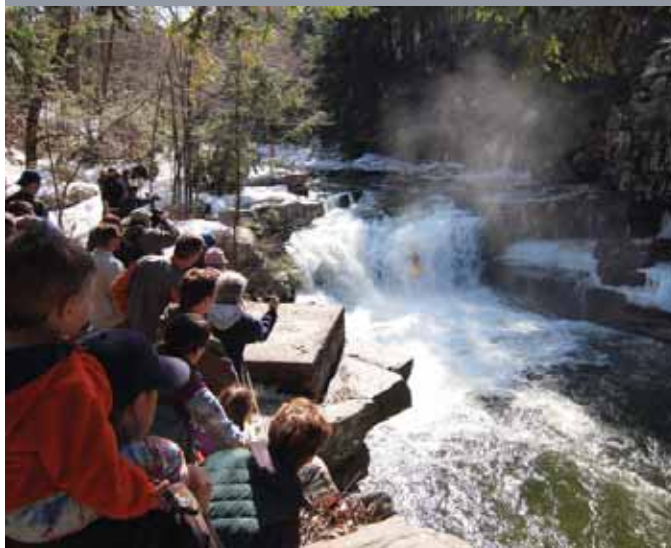
Details: The number of entrants doubled this year. The race was run in head-to-head format, with double elimination. The top two finishers from each heat move on, while the bottom two go to the losers bracket. Participants can lose in the first heat, but still end up in the finals, by winning the losers bracket.

How tough is it? We asked local resident Ian Forgays what he thought of the event, and the skill level required. His answer? "This event is awesome but we do this all the time in inner tubes." ¶



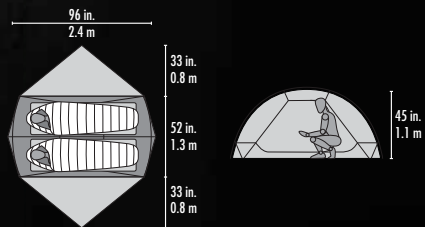
First time competitor Daphnee Tuzlak, a Middlebury College student from the Yukon Territories of Canada, said "It was a blast!" "Can't wait 'til the next event."

Spectators gather at the "Toaster" as competitors take the plunge. Ed Moorhead (pictured below) was the first to complete the course. When asked how it was, he replied, "This event is so much fun! It's my first run of the season, and I was winded in the first 150 feet."



LIGHT ON WEIGHT. BIG ON SPACE.

The new MSR® Hoop™ Tent delivers big-time space and livability for two with minimal weight. Stash the optional spreader poles and hit the trail at just over 2 pounds per person, or bring them along for added freestanding convenience. And don't worry about the weather. Stout, three-plus season protection will keep you covered through just about anything, while you enjoy the feeling of carrying just about nothing.



Minimum Weight: 4 lbs. 8 oz. | 2.05kg



Go to www.facebook.com/msrgear
to enter to win an MSR gear package.

©2011 Cascade Designs, Inc. | Photo ©Mike Titile



MOUNTAIN SAFETY RESEARCH®
msrgear.com

A Sworded Affair

A GROWING NUMBER OF VERMONTERS ARE FALLING FOR FENCING

STORY AND PHOTOS BY PHYL NEWBECK



I love it, because it's challenging to both the mind and the body. It's psychological and physical.

—Viveka Fox, Vermont Fencing Alliance founder

En garde! It's all over in a matter of minutes, but those minutes can be intense. Two fencers, padded and masked, face off with swords, in a sport that requires quick feet and quicker thinking.

"Fencing is all about strong legs," says Dale Rodgers, owner and operator of Westford Sports Center in Westford. "Fencing is a skillful sport, but it also involves fitness."

Unbeknownst to most Vermonters, there is a vibrant fencing community here in our state. The Green Mountain Division of the U.S. Fencing Association has six clubs that compete locally as well as outside of the state.

The largest of the clubs, the Vermont Fencing Alliance, has 70 members based in two locations: Middlebury and Charlotte. Founded in Middlebury in 1992 by Viveka Fox, it became so popular, the club added the second location five years later.

Fencers compete from September to Memorial Day. Although many competitions are relatively close by, Fox recently took some of her charges to Texas for the National Junior Olympics. Fox got her start fencing when she was 12 years old and continued fenc-

ing through college, earning a North Atlantic Foil Championship along the way. At 5 feet, 2 inches and 125 pounds, Fox likes the fact that brute force is not a necessity for a good fencer, but technique and strategic thinking are. She says a good analogy is boxing, given that the sport involves sudden bursts of energy.

Ray Schuppe, one of the assistant coaches at the Charlotte site, agrees, saying that fencing has been compared to a physical game of chess. That's true, but the attire is slightly different: fencers wear a considerable amount of padding. The sport is a safe one, but also a very warm one.

"If you're not sweating," says Schuppe, "you're not really fencing."

Schuppe says those new to watching the sport may not think fencing is much of a workout, but, "Sometimes it's so intense that you're barely hanging on."

Rodgers, who founded the Westford Sports Center in 1996, is a former Olympic pentathlete (fencing, marksmanship, swimming, running, and horseback riding). He has coached a number of sports, including cross-country skiing and biathlon, but fencing is fast becoming one of his more popular programs.



Rodgers attributes this to the fact that fencing is a social sport, but doesn't discount the effect that movies like the "Pirates of the Caribbean" series may add to the appeal for children. He believes adults like the fact that it is a "lifetime sport," with the potential for constant skill development.

Rodgers says it is very unusual for one state to have its own division; usually several have to band together. Vermont's growing interest in fencing

is music to Rodgers' ears, however, because he has a passion for introducing kids to fitness, and fencing is welcoming to children.

"My biggest goal is to keep kids active," he says, "and fencing really fits that niche."

Rodgers likes to have kids start as early as 6, using plastic swords and eventually graduating to the real thing. When it comes to the upper end of the spectrum, there may be no boundaries.



Fencers use three distinct types of weapons: the foil, the epee, and the saber.

FOIL: Viveka Fox, founder of Vermont Fencing Alliance, starts her students out on the foil because it is light and points can only be scored by hitting an opponent's torso with the tip of the weapon.

EPEE: Slightly heavier with points awarded for hits over the entirety of an opponent's body.

SABER: Fencing with a saber is faster paced, and it is the only discipline where points are awarded for contact with the side of the blade, as well as the point.

While most sports begin their master's division at age 35, fencers don't achieve veteran status until they are 50. One of the regular students in the Vermont Fencing Alliance is over 70.

It's an excellent sport for any age, because of the mental and physical components. As Vermont Fencing Alliance's Fox puts it: "I love it, because it's challenging to both the mind and the body. It's psychological and physical." ☐

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She is a skier, skater, cyclist, kayaker, and lover of virtually any sport that does not involve motors, but she has yet to try fencing. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

Summer Doe Camp 2011

the ultimate retreat for the adventurous woman



June 24-26, 2011
Save the date!

Gift Certificates Available! Discounts for mother/daughters and soldiers and their families.



contact us: www.voga.org · 800.425.8747 · vow@voga.org

Join our e-mail list to find out about more women specific activities. Join us on Facebook/Twitter: VTOutdoorsWoman

©PattlucciPhoto

Still fresh, you decide to go for 3 more miles 18:45

With 2.5 inches of loft, you can't wait to hit the sack 21:30

Innovative internal trusses stabilize the mattress and retain heat, but you're asleep and don't notice 03:15

05:45 After an effortless sleep, you resolve to increase your distance again today

Revolutionary, ultralight air mattress comfort—that's what you get when you combine nearly 40 years of mattress making with a passion for innovation. Integrating multiple, patent-pending technologies, every Therm-a-Rest® NeoAir™ mattress provides unmatched stability and no-bulk warmth in a compact, lightweight package that lets you enjoy comfort around the clock. Discover them at thermarrest.com



NeoAir Trekker Regular:
Weight: 540g / 1 lb. 3 oz.
Thickness: 6.3cm / 2.5 in



NeoAir Regular:
Weight: 410g / 14 oz.
Thickness: 6.3cm / 2.5 in

THERMA-REST®
MADE IN SEATTLE, USA

5

KeyBank Vermont City Marathon Runners to Watch



BY TIM REYNOLDS

The 2011 KeyBank Vermont City Marathon is set for May 29. *Vermont Sports* wholeheartedly congratulates the participants for their dedication to running and honors all the time they have spent training for this 26.2-mile, hilly run through the fabulous city of Burlington. We also congratulate RunVermont, which has successfully organized this event for 23 years. Through RunVermont's hard work, the Keybank Vermont City Marathon has grown to be one of the most respected marathons in the country.

Among the predicted 3,600 marathoners, there are five that we found worth keeping a sharp eye on. From a barefoot runner to an Olympic hopeful, there's plenty of excitement in this year's pack.

We wish these five profiled runners, as well as all of the participants, the best of luck in the 2011 race.

NEWTON BAKER

Age: 69

Residence: Montpelier

Baker, a 69-year-old who uses marathons to train for the 24-Hour Run National Championships, will be racing in his 23rd VCM this year. In 2008, he was inducted into the RunVermont Hall of Fame for racing and finishing all 20 Vermont City Marathons. In 2009, a broken ankle threatened to break his participation streak, but after training with crutches, he was able to race the first loop of the course and keep his record alive. The 2011 Vermont City Marathon will be his 142nd marathon and his 55th in Vermont.



Eureka!
FOR LIFE OUTDOORS.

**EUREKA! SLEEPING BAGS ARE
AVAILABLE AT THESE DEALERS:**

Outdoor Gear Exchange

www.gearx.com
Burlington, VT

Kittery Trading Post

www.kitterytradingpost.com
Kittery, ME

Don Gleason's

Camping Supply Inc
www.gleasoncamping.com
Northampton, MA

Hilton's Tent City

www.hiltonstentcity.com
Boston, MA

Sam's Outfitters

www.samsoutfitters.com
North Swanzey, NH
Hadley, MA
Brattleboro, VT

RELAX
AND BE COMFORTABLE AT
YOUR CAMPSITE!

Eureka! sleeping bags and furniture utilize the same quality and durability that you've come to trust in our tents, which makes shopping easier and camping even more enjoyable! See the entire line of camping products at eurekatents.com





Marathon photos by Stephen Mease.

HEIDI WESTOVER

Age: 30

Residence:

Walpole, N.H.

Westover can run. She has won the VCM in four of the last five years, finishing third in 2008. That third place must have lit a fire because she came back in 2009 to destroy the old course record by several minutes. She ran 2:35:02. This year, Westover is looking to meet the "A" standard (2:39) for the 2012 Olympic Trials as part of her training for the Chevron Houston Marathon in January. Perhaps most impressive, though, is she trains at such a competitive level and is a full-time, fifth-grade teacher at North Charlestown Community School in Charlestown, N.H.



TEAGE O'CONNOR

Age: 26

Residence: Burlington

Teage should be easy to spot in this year's VCM; he's likely the only one racing barefoot. He ran his first VCM last year in a thin pair (about 1/8-inch thick) of leather sandals to protect his feet from rocks and broken glass. This year, after more running sessions sans shoes, he'll be looking to run the whole 26.2 barefoot. "In a longer race, the biggest issue is having to respond to every piece of topography on the ground," says O'Connor. "I find myself gravitating towards the painted lane strips or sections where cracks have been filled in." His goal: an ambitious sub-2:30.



ANDREA SISINO

Age: 51

Residence: Hardeeville, S.C. (formerly North Ferrisburgh)

The Vermont City Marathon wouldn't be what it is without Andrea Sisino. She served as the VCM race director from 1995 until 2009, and after retiring to South Carolina, will return this year to run the relay with Runner's World's Bart Yasso. She will also be inducted into RunVermont's Hall of Fame. According to current executive director of RunVermont, Peter Delaney, Sisino is being honored for her "substantial contributions to the many events and programs that simply would not exist without her vision and hard work. Words cannot do justice to the many lives she has impacted."



CHRIS BRESEE

Age: 16

Residence: Williston

At only 16, Chris is the youngest competitor racing the full distance at the 2011 VCM. "I just wanted to do something that'd push me both physically and mentally, and that would require a lot of self-discipline," says Bresee. He found a beginner training program online and has been following it religiously for the last 16 weeks. Bresee, a novice runner, hadn't run more than a few miles at a time before deciding to race his first marathon. This year, he's just hoping to cross the finish line, but he already has his sights set on future times. 7



Tim Reynolds is a cross-country ski racer with the Craftsbury Green Racing Project. He writes from his home in Craftsbury Common.

GMAA Upcoming Races

Equinox Trail Race, Charlotte

Try out some new terrain in a fun yet challenging trail run through fields, single track and old sugar-wood roads

Come and race or cheer and then celebrate the Summer Solstice with a burger and beer post race!

5k and 10k races • BBQ after!

Saturday, June 18 at 9:30 am

Visit www.gmaa.net for more information or to register



Friendship • Health • Competition
Quality and affordable running
www.gmaa.net

VS: When did you start running?

JP: I only started running about 10 years ago. I had done other endurance sports and had always been active, but I had had some knee issues. Once I figured out how to deal with those issues, I started running.

VS: When did you run your first marathon?

JP: My first marathon was the KeyBank Vermont City Marathon in 2001. I was part of a relay team, and I was assigned to do the first two legs; but I felt good, so I just kept running until just before the finish line. My first official full marathon was the VCM in 2002. All in all, I've run about 30 marathons.

VS: But marathons aren't really enough for you, are they? You're actually an ultramarathoner.

JP: You're right. I found that 26 miles wasn't enough. I knew I could go farther, so I started running ultras in 2004 or 2005. My running career went pretty quickly from not running to running to running marathons to, "Why not go farther?"

VS: You are the first Vermont man to win Vermont 100 (held every July in West Windsor). How does that feel?

JP: I won that race in 2009. It felt good doing it on the home turf. I had a lot of friends and support there, so it was a victory for all of us as a team, not just me. That was the first year without Jim Hutchinson, who had organized the race for many years (he passed away), and had been a great director. His daughter took over for him, so it was great to have a Vermonter win as a tribute to Jim. At this point, I've probably run 50 ultra races.

VS: Is there a different mindset for ultras versus marathons?

JP: Whether it's a road marathon or a trail

READER ATHLETE



JACK PILLA

Age: 52

Residence: Charlotte

Family: Kelly Wilson, significant other; three kids, Ashley, Kate, and Nick

Occupation: Running Coach, Real Estate Agent

Primary sport: Running

VS: Tell us about your most memorable races.

JP: I guess my most memorable marathon was in Boston in 2008, when I finished in 2:43. My most memorable VCM was the first time I broke three hours. That was a big goal. It's a big number; a mark that a lot of people shoot for. Obviously, winning the Vermont 100 was a memorable ultra, but the year before, I did a race in Utah where I was up against a lot of the big names in ultra running. I had just turned 50, and I came in third overall and set an age-group record. It was fun running on their turf and doing well.

VS: You're now a Certified Running Coach. How did that come about?

JP: The real estate business hasn't been that good, so I took classes to get certified. I found that people were looking for coaches, and many were approaching me for help in doing ultras. Initially, I didn't think a lot would come out of it. I learned quite a bit about things I was doing right and wrong, and what was a "hobby job" has now become my regular job. People typi-

cally want to train for a particular race, so I help them set goals and monitor them. I work with athletes from across the country and Canada.

VS: What other sports do you do?

JP: I do Alpine and Nordic skiing in the winter, as well as mountain biking, hiking, and skydiving. Skydiving is mental training. It's really good for the head and very relaxing.

VS: Do you have an off season for running?

JP: I've had a streak going for the last four-and-a-half to five years, where I've run every day. Typically, in the winter, I'll wear a trail shoe, even when running on roads, for extra traction, but I still get out there.

VS: How do you find time to train?

JP: There are 24 hours in every day. I don't have any set time for running; it's whenever I have a free moment. I'm not a great early morning runner, but you might see me out on the road at midnight.

VS: What advice would you give folks who want to make the jump from marathons to ultras?

JP: Just do it. It's really not a big step up; it's more mental than anything. Generally, you're running on softer surfaces, so you might not hurt as much afterwards. It'll take you longer, but typically, you're out in the woods running along, and the time goes quickly. There are great people out on the trails. There's a wonderful group in the greater Burlington area, and there are more and more people stepping into the ultra world. ☐

—Phyl Newbeck

**EVOLVED,
TO PERFECTION**



The new Platypus SoftBottle™ makes hydration easy with a twist-lock HyperFlow™ drink cap, and a collapsible, taste- and BPA-free design for the ultimate in on-the-go convenience. Discover the next generation of hydration at platypus.com.



August 6, 2011

Derby, Vermont | www.kingdomtriathlon.org

Aquaman Even Up	Ollie – Even Up	Sprint
3.5 Mile Swim	1.75 Mile Swim	500 Yard Swim
30 Mile Bike	13.25 Mile Bike	13 Mile Bike
13.1 Mile Run	6.2 Mile Run	5 Mile Run

Discover the Northeast Kingdom of Vermont
Join the growing number of runners, bikers, swimmers, and triathletes who are now travelling from 35 different states and four Canadian provinces to participate in IROC's Summer Games in the Kingdom.

May 21 – 3rd Annual Dandelion Run – www.dandelionrun.org
June 1 - 5 – 5th Annual Tour de Kingdom – www.tourdekingdom.org
July 4 – Harry Corrow Freedom Run – www.kingdomaquafest.org
July 9 – 3rd Annual Kingdom Swim – www.kingdomswim.org
August 6 – 4th Annual Kingdom Triathlon – www.kingdomtriathlon.org
August 6 – First Annual Seymour Swim – www.kingdomswim.org
August 20 – 2nd Annual Willoughby Swim – www.kingdomswim.org
October 29 – 2nd Annual Halloween Hustle – www.dandelionrun.org



VS: How long have you been a runner?

VH: When I was in college, I ran as a way to relieve stress. I stopped in my mid-20s and picked it up again a few years ago.

VS: When did you do your first marathon?

VH: I started with some 5ks and a 10k, and then I did a half-marathon in the fall of 2007. My first marathon was the KeyBank Vermont City Marathon in the spring of 2008, and I've done it every year since. In 2010, I also did the Green Mountain Marathon, which takes place in the Champlain Islands.

VS: What was your inspiration?

VH: My mother died of cancer at the age 54 in 2003, when I was pregnant with my son. She had battled her whole life with obesity and died from uterine cancer, which is obesity related. I vowed I would try my best to live a long and healthy life, and I started running a few years later. At that time, I was carrying more weight than I should have. I was 32 years old, but I felt tired every day, and finally reached the point where I decided I didn't want to feel like that anymore. I wanted to be active, to be able to keep up with my kids, and to feel good again. I started taking my health and fitness a little more seriously. I joined a gym and started running again. Initially, I thought that perhaps running was no longer for me. I'd run a bit and my ankle would hurt, or my hip would hurt, but then I started doing core strengthening exercises at the gym and the aches and pains went away.

We were always aware that my mother was overweight. Don't get me wrong: My mom was fantastic. You couldn't ask for a better mom. She was a wonderful person, but by the time I got to college, I realized that obesity is a serious health problem.

READER ATHLETE



VS: Your mother's death wasn't your only family tragedy, was it?

VH: My uncle, who I was very close to, died a year ago of colon cancer, at 48. When he was diagnosed, I took on the challenge of running the marathon to raise money for his family. I was able to raise \$5,000 for them with some of the money coming from my business.

VS: What was your most memorable marathon?

VH: Definitely my first one. It was very inspiring, and the VCM has so much support. There are people everywhere. There were a few times I cried thinking about my mom. My uncle was going through chemotherapy at the time, and when I got tired, I just told myself that if Uncle Marcel can go through chemo and take care of his three sons, I can put one foot in front of the other.

VS: Do you have a goal for the 2011 VCM?

VH: I'm chasing the four-hour mark. Four

VICTORIA HILL

Age: 37

Residence: Hardwick

Family: Husband, Aaron Hill, and two children: Letitia, 9, and Carter, 7

Occupation: Physical Therapist

Primary sport: Running

hours and nine minutes was my best time. You know, the marathon is really two different races. There's the first 20, and then the last 6.2. Sometimes that last 0.2 is the worst.

VS: Why do you like training for marathons?

VH: For the challenge of it. My running time is time in my own head. I get to run in beautiful Vermont by myself with my music. It's a great stress reliever. Although I'm just a midpacker, I really like the challenge of doing a full marathon. I just plod along, but the challenge of it keeps me motivated.

VS: What do you do in the off season?

VH: I run all year, although sometimes, it's indoors on a treadmill. Even in winter, I try to get out once a week, but the temperature has to be above 15. The big challenge is the ice and the daylight. I've

always been pretty active, and I used to play a lot of soccer.

VS: Why did you become a physical therapist?

VH: I've always been interested in medicine and science. When I was 14, I tore my ACL playing soccer, and that got me interested in the human body. My older sister went to the University of Vermont to become a physical therapist, and I swore I wouldn't follow her, but I did the same thing, and now she works for me. That's the other piece of getting healthier. There I was giving people advice and not following it myself. I wanted to be a better example for my patients.

VS: Tell us about your training program.

VH: I definitely need a strict training regimen. The first year I did the marathon, a friend who is a personal trainer wrote a training program for me. I'd look at it in the morning and think, "I don't want to do this," but then I'd see her face, and I knew I had to. Ironically, my friend believes that anyone who runs more than 5 miles at a time is insane.

VS: Do your kids follow in your footsteps?

VH: My daughter was in the Girls on the Run program and she completed one 5k. We're doing a race together in Danville in May for Autism Speaks.

VS: Do you have any advice for others who want to get back into shape?

VH: The biggest thing is that your health is in your hands. If you want to feel better, your body gives you what you put into it. If you eat healthy foods and exercise, you'll feel so much better. If you want to move, move, and your body will follow you. ♡

—Phyl Newbeck

VERMONT SPORTS BUSINESS DIRECTORY

West Hill Shop
PUTNEY VERMONT



Celebrating 40 years of cycling!

Bikes • Bike Fitting • Service • Rentals

Exit 4, I-91 • westhillshop.com • 802-387-5718

BATTENKILL
SPORTS
Bicycle Shop

Trek Specialized
Cannondale

All bikes fitted to you.



Full selection of clothing.
Women's section.
Rentals: great back roads
Road Ride Thursdays 6 pm
Beginner Rides Fridays 6 pm.
Open 9:30 to 5:30 everyday.
Intersection Rt 7 and Rt 30
1240 Depot Street.
802-362-2734 800-340-2734
www.BattenkillSports.com
Manchester, Vermont

Solhem Sauna
Play Hard, Sweat Better!



Nils Per Shenholm
(802) 244-6460
Duxbury, VT
www.saunavermont.com

HELO

Road • Cyclocross • Mountain • Hybrid
Bianchi • Kuota • Kona • Ellsworth



Friendly Sales ~ Service
Bike Fitting

Paradise Sports
www.paradisepportsshop.com
802-674-6742

**ADVERTISE
YOUR BUSINESS
FOR
AS LITTLE AS
\$40 PER
MONTH.**

Call (802) 754-2997
or e-mail
advertising@vtsports.com.

**NATIONAL
LEARN
TO ROW
DAY
June 4**

**FREE Sculling Intro
for first time rowers!**

Sat. June 4, 1:30-3:00
Craftsbury Outdoor Center

Reservations - 802-586-7767

First time rowers are invited to join us for Craftsbury's edition of USRowing's National Learn to Row Day. While most think of barns rather than boathouses when it comes to Vermont, our rowing ties run deep. This opportunity is a great way for newcomers to try the sport, close to home, free of charge. The sole downside? Only 20 spaces are available for the event. Call today to reserve: 802-586-7767. Find more details at our website: www.craftsbury.com.

Hope to see you in June!



Find us on Facebook and tell us where you found this copy of Vermont Sports.

A winner selected at random will win a lightweight hammock, and the distributing business will receive a \$25 advertising credit for Vermont Sports.

Thanks and good luck! Winner will be announced on Facebook.

We have classifieds!

GEAR

Classic waxless XC Rossis Zynex. 196 cm. Used, w/o bindings. \$25. (802) 754-2997.

SERVICES

Curtis Savard Lifestyle Portrait & Wedding Photography. (802) 279-9991, curtissavard.blogspot.com, curtissavardphotography.com

VEHICLES

2009 Honda Civic LX-S, 4-door sedan, 48,000 miles, manual 5-speed, excellent condition, \$13,500. Call (802) 522-8377, Montpelier.

1997 Geo Prizm, 4-door sedan, automatic, 92,000 miles, good condition. \$2,000 OBO. (802) 522-8377.

Sell your outdoor gear, extra lift tickets and more with *Vermont Sports'* low-priced classifieds.

Sick of Craigslist scams and expensive shipping costs on Ebay? Use *Vermont Sports* to speak directly to the local outdoors community. Our free magazine is available in more than 300 locations in Vermont and surrounding states, and our website, www.vtsports.com, receives more than 10,000 visits per month.

Job Postings: \$20/40 words

Gear: Under \$100: \$5/20 words;

\$100 and up: \$10/20 words;

Photos: \$5 each, must be high resolution

Tickets/Passes: \$5 per 20 words

Services: \$20/40 words

We accept major credit cards through Paypal, as well as cash and checks. All classifieds must be prepaid.

Please e-mail advertising@vtsports.com or call (802) 754-2997 (9 a.m. to 5 p.m.

Monday through Friday) to place your ad.



CALENDAR OF EVENTS

All area codes are (802) unless otherwise noted. Events are subject to change or require registration, so please call or e-mail ahead of time to double-check the information. Due to space limitations, we can not print all of the events posted on our website, so be sure to check www.vtsports.com/ for a comprehensive listing.

BIKING

MAY

- 12 Vermont Mountain Bike Summit, Trapp Family Lodge, Stowe. See details on page 15.
- 22 The Barre Grand Prix—Charlie Sempereon Memorial Criterium, Barre. Criterium race in downtown Barre. Schedule begins at 8 a.m. and is in the following order: Citizens Cat 5 Men & Cat 4 Women; Masters 45+ (Cat 1-4); Juniors: Men Cat 3 and 4; Kids Parade; Mens Pro-Am Cat 1 and 2; Women's Cat 3 and 4; Womens Cat 1 and 2. Cash prizes. jean@onionriverracing.com.
- 28 Killington Stage Race. Three stages: Mountain Times Circuit Race, Long Trail Brewery ITT, and Champion System Road Race. www.killingtonstagerace.com.

JUNE

- 1 Tour de Kingdom, Derby. The fifth annual tour has expanded. Wednesday, Thursday, and Friday feature guided rides with longer, shorter, faster, and slower options. The weekend offers a Double Century Challenge, a timed mass-start event (drawing serious riders from around the Northeast). Shorter, more recreational options also available. www.tourdekingdom.org.
- 26 Girls Move Mountains/Dirt Divas Women's Mountain Bike Clinic, Stowe. In partnership with Onion River Sports and Stowe Mountain Resort mountain bike clinics for women, ages 16 and up. We will cover the basics of gearing, shifting, braking, body position, cornering, bike handling, riding obstacles, trail riding, and bike repair/maintenance. info@girlsmovemountains.org.
- 26 Central Vermont Cycling Tour, East Montpelier. 60, 33 or 14.6 hilly miles to support the Cross Vermont Trail Association. Eric Scharnberg, eric@crossvermont.org.

ONGOING

Stowe Bike Club Time Trials, Stowe. Road cycling May 4 to August 31, every Wednesday night at 6:30 p.m. Varying distances and courses around the Central Vermont area. For more information check out www.stowetimes.org or call President Dot Helling at 279-8199. Helmets and signed waivers required, membership after three participations.

EQUESTRIAN

JUNE

5, 19 and 24 Eventing schooling trials at the Mountain Top Inn & Resort. One day horse trials to prepare the horse and rider for future competitions. 483-6089.

FAIRS, FILMS, FESTIVALS, AND EXPOS

27-28 Sports & Fitness Expo, South Burlington. Over 70 local and national exhibitors featuring the latest in sportswear, gear, and more that will appeal to anyone who is interested in the outdoors and staying active. Speakers, a course preview, and a yoga class.

FAMILY

JUNE

- 3 Becoming an Outdoor Family, Groton State Forest. Get hands-on basic outdoor skills and experiences for the entire family. Register is required and classes are on a first-come first-served basis. \$165 per family which covers your campsite, instruction, and materials. Visit UVM Extension's website for more information.

FIRST AID

- 14 Wilderness First Aid-Part II by SOLO, Hulburt Outdoor Center, Fairlee. This course provides not only more in-depth information on topics already covered

including medical and environmental emergencies, but also presents new skills like improvising litters and litter-carrying techniques. Cost: \$222, (day students \$190). 16 hrs National Registry CEUs. lynn_daly@alohafoundation.org.

Wilderness First Responder Re-certification, Fairlee

This two-day course at Hulburt Outdoor Center is designed to re-certify current Wilderness First Responders. WFR Certification must be presented. SOLO will recertify WFR'S from selected other providers. Please call for more information. \$232. includes course, meals and lodging (day students \$199). lynn_daly@alohafoundation.org.

- 16 Wilderness First Responder by SOLO, Hulburt Outdoor Center, Fairlee. 80 hour intensive wilderness emergency care course. Learn skills needed to deal with emergencies in remote settings, with a focus on the extended care often required in wilderness medical emergencies. Includes CPR. \$815. includes meals, lodging and course (day students \$615). lynn_daly@alohafoundation.org.

FISHING

MAY

- 14 Seyon Lodge Fishing Clinic Package, Groton. A great opportunity for personal fishing lessons in the spectacular setting of Seyon Lodge State Park. Call Seyon for more information or to reserve your spot. 584-3829.

JUNE

- 4 Casting Clinic at Seyon, Groton. This casting clinic is taking the first 10 to sign up for three hours of personal instruction. The cost is \$60/person and includes a two-hour boat rental, equipment, instruction, and a lunch afterwards. 584-3829.

PADDLE SPORTS

- 28 ACA Canoe Instructor Certification, Hulburt Outdoor Center, Fairlee. Intro to Flatwater, Essentials of River Canoeing, Class 1 Whitewater Certification. American Canoe Association Certificate program to become an ACA Tandem Canoe Instructor, taught by ACA Instructor Trainer. Canoeing. Canoes, PFDs, paddles and safety equipment provided. \$255; day student rates available. lynn_daly@alohafoundation.org.

RUNNING

MAY

- 1 Middlebury Maple Run, Middlebury. The Sweetest Half, half-marathon and relay. Sue Hoxie, sue@addisoncounty.com.
- 7 Vermont Respite House 5k Fun Run & Jiggety Jog, Williston. Registration begins at 8 a.m.; the timed 5k run starts at 9 a.m. with the Jiggety Jog following immediately after. Participants of all ages and fitness levels will walk, run, bike, in-line skate, push strollers and pull wagons to raise pledges for Vermont Respite House, a home-away-from-home for people with terminal illness. Pets on leads are welcome to join the fun! \$20 per participant. scheer@vnacares.org
- 7 Sunshine Run, Brandon. A Sarah Leary Scholarship Fund event to benefit Otter Valley and Proctor High School students who might otherwise not be able to afford to travel on school trips. The 5k out-and-back course is now USAFT-certified on scenic Union Street. Course closed to traffic. Kids' Fun Run for ages 2-10. Cost is only \$6 and includes a t-shirt for the first 50 entrants. The Fun Run starts at 9:45 a.m., the 5k starts at 10 a.m.
- 21 Dandelion Run, Derby. "The Dandy" is a hilly and challenging half marathon (with relay options and a five mile alternate running and walking course). The run is laid out largely on dirt roads at the height of dandelion season, when the world famous Dandelion Fields

of Derby, Morgan and Holland are blanketed with millions of dandelions. Bluegrass and old country music at the relay stations throughout the run. 13.1 miles even. Relay stations are available at the 3, 6, and 9 mile points, with the final leg being 4.1 miles to the finish. Run the whole event, or enter as a team of 2 or 4 runners. www.dandelionrun.org.

28 MVP Health Care YAM Scram, Burlington. Races for kids ages 4-14. 1/2 mile, 1 mile, and 2 mile races. All kids receive a finisher's medal, and there will be bib decorating. www.runvermont.org.

28 KeyBank Vermont City Marathon & Relay, Burlington. Full marathon, 2 person relay, or 3-5 person relay through Burlington. Boston qualifier course. Register now before the 2011 marathon fills up. www.runvermont.org.

JULY

4 Martin Devlin Memorial 5K Run/Walk, Poultney. Race begins at Green Mountain College at 8 a.m. Registration forms/info available <http://www.poultney.com>. Tammy Alexander 645-9135 or tcloomis@yahoo.com.

ONGOING

Western New Hampshire Trail Running Series. May 21 through Sept. 24, various locations in New Hampshire. To benefit

local area recreation departments. www.wnhtrs.com for more information and to register.

TRAIL WORK/VOLUNTEER OPPORTUNITIES


MAY

7 Bomoseen State Park Clean up Day, Fair Haven. Volunteers will help clean up the campground and beach area by removing brush, raking leaves, and picking up trash. There may also be painting duties or other projects available to spruce up the park. For your efforts, volunteers will receive a punch card or a FREE night of camping! Please RSVP to Lesley Porter at lesley.porter@state.us or 417-7630 and the day of, meet at the beach.

15 Woodford State Park Clean Up Day, Woodford. Come on out and assist Vermont State Parks staff with the tough but rewarding task of getting a park ready for the season. Volunteers will help clean up the campground and beach area by removing brush, raking leaves, and picking up trash. There may also be painting duties. For your efforts, volunteers will receive a punch card or a FREE night of camping! Please RSVP to Lesley Porter at lesley.porter@stats.us or 417-7630 and the day of, meet at day use parking lot.


ATTENTION EVENT ORGANIZERS!

Posting your events to www.vtsports.com is free and easy. For posting credentials, e-mail us at publisher@vtsports.com, with a brief explanation as to what types of events you'll post.



ESCAPE

The ACT Lite 65+10
Learn about this ventilated backpacking pack that reduces perspiration by 15%, visit www.deuterusa.com



Perfection you deserve.
German Engineered Since 1898

When it comes to sports injuries, we've been there, treated that.



Our sports medicine team is here to get you and your kids back to sports as quickly and safely as possible. From school sports injuries to nagging pains, we'll deliver a custom-designed treatment to get you back to your passion.

ORTHOPAEDICS | SPORTS MEDICINE TEAM
Dartmouth-Hitchcock
MEDICAL CENTER

One Medical Center Drive, Lebanon, NH (603) 650-7788

Pictured from left to right

Steve Vincente, PT
Sports medicine physical therapist
Basketball player

Paul Hecht, MD
Foot and ankle specialist
Cyclist

Charles Carr, MD
Knee and shoulder specialist
Golfer, snowboarder, skier, scuba diver

Pete Peterson, PA-C, ATC
Sports medicine physician assistant and athletic trainer
Rugby player, cyclist, kayaker, hiker

Keith Loud, MD, MSc
Adolescent sports medicine specialist
Hockey player

John Nutting, MD
Shoulder specialist
Cyclist, rower, runner, skater, windsurfer, skier

Kristine Karlson, MD
General sports medicine physician
Olympic rower, cyclist, cross-country skier, runner

John-Erik Bell, MD
Shoulder and elbow specialist
Cyclist, skier, runner

Michael Sparks, MD
Knee specialist
Runner, climber, cyclist, skier

Kirsten Gleeson, PT
Sports medicine physical therapist
Cross-country skier, runner, cyclist

Not pictured: David Edson, PT

Watch videos with sports health tips at DHsports.org or call (603) 650-7788 to schedule an appointment, no referral needed.

Our most un-buzzworthy breakthrough yet.

Say goodbye to our little friend ▶



SOMETIMES INNOVATION ISN'T BORN FROM NECESSITY SO MUCH AS A BUZZING ANNOYANCE. Bugs can ruin a short hike or a weeklong trip. So in our continuing effort to help you get more from your outdoor adventures, we introduce the Insect Blocker collection. It's another example of how ingenuity and effort can lead to practical solutions, and how we'll keep creating breakthroughs people think are worthy of a little buzz. Learn more at Columbia.com



INSECT BLOCKER™:
BUILT-IN
BUG REPELLENT

Introducing the first bug-repelling clothing registered with the EPA. It works like bug sprays and lotions, but reduces the need to use them. So you'll love it, and bugs will hate it. And they'll keep on hating it for up to 70 washes.

Insect Blocker Fabric ▼



 **Columbia**
Trying stuff since 1938

AVAILABLE AT:



Goose Hummock Shops
Established 1987 • Last word 1986



© 2011 Columbia Sportswear Company. All rights reserved.