

THE SWELLEST BACHELOR PARTY > ATHLETES EXCEL OFF THE COURSE > CALENDAR OF SUMMER EVENTS > FIX YOUR FOOT PAIN

VERMONT SPORTS MAGAZINE



JUNE 2011
VOLUME XX | NO. VIII

Our Great Lake

8 WAYS TO
HAVE FUN
ON LAKE
CHAMPLAIN

FREE!

ALSO



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On the cover: Jason Starr and Sarah Tuff Dunn standup paddle on Lake Champlain. For information on SUP rentals and lessons, see story on page 12. Photo by Curtis Savard, www.curtissavardphotography.com or curtissavard.blogspot.com.

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PUBLISHER COMMENTARY BY SKYE BARSCH GLEINER

QUEEN CITY AND HER CROWN

This summer, Burlington has the high honor of hosting the USA Triathlon National Age Group Championship on Aug. 20. The nation's best triathletes will compete against each other in an Olympic-distance event, vying for their respective age division title.

This is major news for Burlington. As you'll learn from reading Phyl Newbeck's piece on page 10, Burlington could reap a projected \$2 million in economic rewards from hosting an event that should draw 2,000 athletes and 4,500 spectators. We have the Vermont Convention Bureau, as well as RunVermont, the organization that puts on the Key-Bank Vermont City Marathon, to thank for their tireless work to land such a great event.

While this is a win for our region, we think this event is a win for participants too. When they're cranking away on their bikes, or reaching for that longer stride on their run, they'll have the supreme beauty of the Burlington area to encourage them on. As they swim in Lake Champlain, bike up Spear Street, and run on North Avenue, they'll have

some of the best views of the region, especially the view over Lake Champlain to the silhouetted Adirondacks.

Perhaps these athletes will plan a repeat visit to explore other recreational opportunities in Vermont. Who knows, maybe some will want to move here, or start a business here. The Green Mountains have been known to have that effect on people.

We sure have the perfect environment for outdoors and fitness-minded people. Just look at the retail landscape in the Burlington area. Outdoor Gear Exchange recently moved into a large and one of the major retail spaces in the city. That alone would say something about the "outdoorsiness" of our community, but when you factor in how many outdoors-minded retailers are in the Burlington area, including Skirack, a new Patagonia Burlington store, Earl's Cyclery, The Old Spokes Home, EMS, Burton, Alpine Shop, The Northface Store, North Star Sports, and others, there is a LOT of retail space devoted to fitness and outdoor recreation for a small metro area.

These retail shops are sustainable

because many of us would rather splurge on a Louis Garneau bike than a Louis Vuitton bag, or on a pair of Karhus over a pair of Kate Spades. I know I would. I honestly don't know what a Louis Vuitton bag looks like. But the Louis Garneau outlet in Newport? I could lose a paycheck in there, even with the discount prices.

We are, without a doubt, an outdoor mecca. Hosting top-level events, like the USAT Age Group Championship, is one more jewel in the Queen City's crown, and more broadly, another example of how Vermont is the outdoors place to be. Let's keep this ball rolling.

See you out there,
Skye

LETTER TO THE EDITOR

I've been a reader of *Vermont Sports* from day one, and this past issue (May) was the best one I've ever seen. There is far more to "Vermont sports" than running and cross-country skiing. Way to show some love to gravity, highlight an amazing action photo on your cover, do some great reviews, and just overall kick some major butt!

—Skye Nacel, Mocean365
Morrisville



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LIFT-ACCESS MOUNTAIN BIKING OPENING AT THE KINGDOM TRAILS

The Kingdom Trails Association plans to open its lift-served trails at Burke Mountain Ski Area in mid-June. Lift service, via the Sherburne Express chairlift, runs on weekends and holidays through mid-October.

You can access four improved and rerouted single-track trails, and the new jump trail, Knightslayer, featuring world-class tabletops, step ups, step downs, rollers, and sky-high berms. A grand-opening celebration is tentatively set for June 25.

NEW DIRECTOR FOR THE GREEN MOUNTAIN CLUB

Will Wiquist, former press secretary for U.S. Sen. Bernie Sanders, is the new executive director of the Green Mountain Club. Wiquist is the first new director in more than a decade for the 101-year-old, 10,000-member club that maintains Vermont's 273-mile Long Trail network and seeks to promote the role of the mountains in people's lives.

"We are really pleased to have Will Wiquist as our new executive director," said Marge Fish of Londonderry, president of the Green Mountain Club.

"He brings great energy and enthusiasm to the job. He has already shown that he can review and absorb large amounts of information, interact with a diverse group of people, and triage the most important issues to work on. We look forward to a long and productive association with him."

Prior to working for Sanders, Wiquist worked as compliance director for now-Rep. Peter Welch's 2006 campaign for Congress and as a senior analyst for the Federal Election Commission. He also has extensive campaign experience in volunteer organizing. Wiquist has a Master's degree in Public Policy from American University and an undergraduate degree from Franklin and Marshall College.

"The Green Mountain Club is a wonderful Vermont institution led by dedicated volunteers and a talented and experienced staff. It is a great honor to be a part of this community," Wiquist said.

Following the highly successful tenure of Ben Rose as director, Wiquist began work Monday in the club's Waterbury headquarters and visitor center on Route 100 near Stowe.



BIKE-FRIENDLY STREETS BILL SIGNED INTO LAW

On May 18, Gov. Peter Shumlin signed into law a "complete streets" bill, which requires state and municipalities to consider the needs of cyclists and pedestrians when designing roads. The law affects projects that have not been engineered at this point.

Also passed by the Legislature is a bill that would expand and improve bike parking options at state buildings. If you know of a state building that needs parking for bicycles or improvements to existing options, fill out this survey: <https://sites.google.com/site/vtbikeparking>.

The Vermont Bicycle and Pedestrian Coalition worked very hard during the recent legislative session to see the passage of both bills.

KING OF THE EAST

The fat lady finally sang, but she waited until May 15. That was when the sole open ski area, Jay Peak Resort, closed, capping the 2010-11 Eastern North American ski season. A few skiers braved the rain to close out the final day, the latest Jay has ever been open, and the first time skiing and golf have been open on the same day.

Another honor came to Jay, this one for the third year in a row. The National Ski Area Association named



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OUTDOOR COMMUNITY



the northern resort as having the Best Overall Marketing Program for a resort with between 100,000 and 250,000 skier visits. It's Jay's fourth time winning the award in the past five years.

President and CEO Bill Stenger attributes the honor to the hard work of the employees and the direction of Steve Wright, vice president of marketing and sales.

Raise 'em, Jay.

3 PEAKS/1 DAY CHALLENGE UPDATE

Last month, we told you about Shelburne resident Anthony Seidita, who is hiking the three high peaks in three Northeast states to raise money for the American Diabetes Association. We thought he might be the first to complete the feat, but we heard from Gregory Osilka, of Burlington who, it turns out, completed the hike in 1999. While Seidita may not be the first, we highly commend his efforts. You can donate to the cause at <http://main.diabetes.org/goto/hike>. 7



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**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC

SHOOTING PEEPS FROM A SLINGSHOT AND OTHER MATURE BACHELOR PARTY ANTICS

It turns out I am getting older. One clear sign is the significant number of 40th birthday parties I have attended in the past few years. I can't say exactly how many because my memory is starting to go, but there have been a lot, by cracky! And at each one, it is generally the same group of people, only a different person is wearing a silly hat or a sash. I don't need numerous 40th birthday parties to point out the fact that I'm getting older. My aching bones do a perfectly good job of that. Nevertheless, my aching bones went to another 40th birthday party two weeks ago, and there are many more on my schedule in the near future. When at last they taper off, the cycle of 50th birthday parties will begin, and I'm sure my bones will still be aching. As for my own 40th birthday party coming up in less than two years, you're all invited. Please come and have a great time. When it's over, give me a shout. I'll be curious to know how it went.

Weddings and bachelor parties have also become regular affairs, as many of my close friends, family members, and fellow co-workers, who are also getting older are deciding it's finally time to grow up. Recently, I attended a bachelor party in honor of Land Beaver, Bart's older brother. Bart of course, as the four or five of you who read this column know, is hands down, without question, one of



my most favorite fellow coworkers, and although Land Beaver has a real job and doesn't work at the bike shop, he is nevertheless a very colorful patch stitched into the patchwork quilt that is the bike shop extended family. He is a regular on our shop bike rides and ski excursions, and he helps out each year at our annual bike swap, as well as joins us in our bike brigade during the annual Fourth of July parade. If you've ever been to the bike swap, he is the guy wearing a sombrero, loading up all the free, abandoned junk bikes into the back of his car. If you've watched

the parade, he's the guy wearing knee-high tube socks and a backpack zooming around on inline skates with a tow-rope in his hands, the guy who I am cursing at for attaching his tow hook to the back of my penny-farthing.

Land Beaver's bachelor party was nothing like your archetypal bachelor party in Las Vegas, Montreal, or at a rented condo a few towns over. There were no inappropriate shenanigans involving adult entertainment professionals. No tigers or chickens were harmed, and no one lost any teeth. There were no cigars, no drinking games, and no keg stands. A mason jar full of fresh corn whiskey, generously donated to our cause by Jesus H. Renko's fiancé, remained unopened. And even though by 11 p.m. the nine of us were all sitting quietly around a campfire struggling to stay awake, we all had a swell time, by cracky!

Seriously though, we did have a swell time. Perhaps the swellest time anyone has ever had at a bachelor party, or at

least at a mature bachelor party, which is what I would call it, because we are all very mature gentlemen who are all married or engaged. We enjoyed a very mature bachelor party involving two mature days and two mature nights of tenting, mountain biking, archery, primitive weapon making, pine pitch torch burning, glass sculpting, and shooting Peeps at each other with slingshots. We enjoyed a lot of good mature camp food, including sausages and beans (insert joke here) as well as polenta, peanut butter, potatoes, and of course, Peeps. Yes we enjoyed a few beers, but as a true indicator of how mature we are, all but one of us listened to our wives' recommendations and remembered to drink lots and lots of water.

Aside from celebrating Land Beaver's imminent nuptials and bemoaning his fleeting bachelorhood, the main purpose of this trip, of course, was the mountain biking. We are all mountain bikers, and even though it was early spring, and most of us hadn't sat on a bicycle since last fall, the idea of two days of epic mountain biking following two nights of mature bachelor party action sounded like a great idea to us. And even though by the end of the second day, the ache in my bones had spread to my back, neck, legs, and especially my bottom, I would do it all over again. I would just enjoy fewer beers, and I would bring a much more significant and cushy sleeping pad to rest my aching body upon. Fortunately, the aches in my body have retreated back to their home in my bones, and I'm walking in a normal fashion again. I'm feeling ready as ever for the next mature event, which is another 40th birthday party. As for a gift for the lucky 40 year old, I'm thinking an unopened mason jar full of fresh corn whiskey is a swell idea. ☞

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.

July 31, 2011 • 9am

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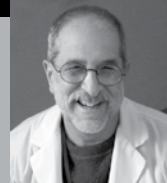
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LATERAL COLUMN DYSFUNCTION

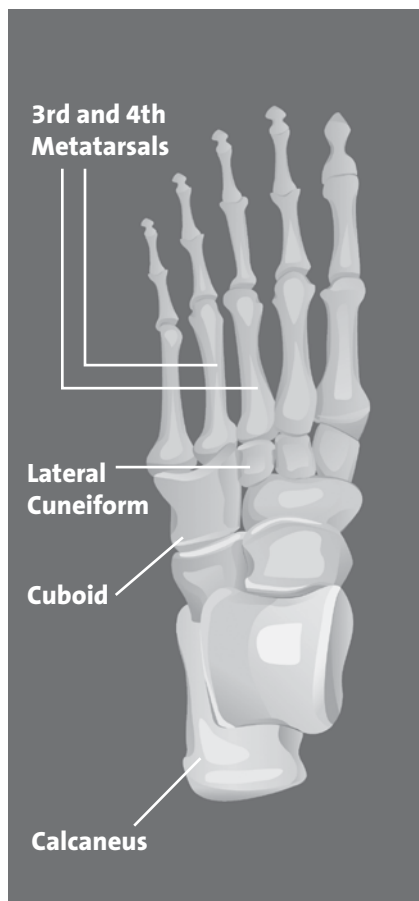
**SPORTS
MEDICINE**
BY
ROBERT RINALDI, DPM



Lateral column pain can be very disabling to any athlete, and it should not be overlooked. Runners are especially prone to this kind of pain, as are ballet and clog dancers.

Lateral column pain refers to pain on the lateral (outside) of the foot. The problems are centered in an area made up of the fourth and fifth metatarsals and the associated tarsal joints. Pain in the lateral column may involve the calcaneocuboid joint or the fourth and fifth metatarsal-cuboid joints. As with so many areas in the foot, the problems can be very complex. I think of the foot as a clock filled with gears for movement to measure time. If one set of gears fails to function properly, the whole clock mechanism is affected. The foot is composed of 26 bones, 33 joints, and hundreds of ligaments. Just like the clock, there are a lot of gears interacting.

Symptoms include pain on weight bearing in the area of the base of the fifth metatarsal, but more on the top of the foot. If you draw an imaginary line back from your fifth toe, on the side of the foot, you will find a bony prominence. At this point travel up about one inch onto the top of the foot. This roughly locates the cuboid/metatarsal joints and is basically at the epicenter of the lateral column.



CAUSES OF LATERAL COLUMN DYSFUNCTION

The short list includes arthritis, biomechanical abnormalities resulting in chronic plantar fasciitis, fracture (including stress fracture), overuse, tendonitis, and ankle sprains.

- Osteoarthritis is very common of the base of the fourth and fifth metatarsals, the lateral cuneiform, and the cuboid bone. Trauma is thought to be the cause of arthritis, but in this joint, it may be the trauma of overuse secondary to hyperpronation. Hyperpronation affects 85 percent of the population and can be easily treated.
- Stress fracture of the cuboid bone is not a common injury, but in the running athlete's foot that is hyperpronating, the pressures mount rapidly and the cuboid can fracture. This is a very elusive injury. The best examination to establish a diagnosis of stress fracture of the cuboid is the

MRI. Symptoms of lateral column pain secondary to cuboid fracture will have an acute onset; they will subside with rest and exacerbate with activity.

- Inversion ankle sprain may result in lateral column syndrome by causing a disruption of the complex cuboid/metatarsal joint with a minor dislocation of the joint called subluxation. Symptoms are often nonspecific, but will usually be excited with activity. Diagnosis is also very difficult, and though the MRI may be useful, it is best that a detailed history and clinical exam be performed.
- An often overlooked cause is chronic tendonitis and associated dysfunction of the peroneus longus and brevis tendons. This can cause joint stress in the lateral column and may result in pain and joint inflammation called capsulitis. The peroneal

tendons pass through a notch in the heel bone and are held in place by a strong ligament, but a ligament subject to injury in a lateral ankle sprain. The ligament tears, causing the tendons to separate from the notch and this will result in tendonitis, stiffness, and pain. Even walking becomes difficult. The sufferer will compensate with altered gait patterns that can put stress on the lateral column.

- A common complication of surgery to the plantar fascia can affect the lateral column. The plantar fascia is made up of three distinct bands. Surgery for recalcitrant plantar fasciitis must be limited to the medial two bands to prevent a destabilizing of the lateral column. When this surgical complication occurs, it will result in increased stress on the tarsal-metatarsal joints within the lateral column and result in pain.

ESTABLISHING A DIAGNOSIS

A detailed clinical history of the injury

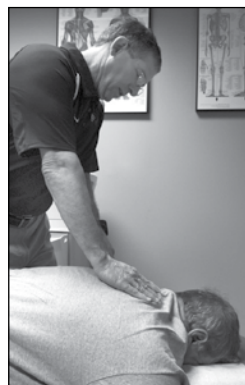
processes and a thorough examination are imperative. Very important information that will help your provider establish a diagnosis includes the symptom onset and complexity. Did these symptoms begin suddenly or gradually? Does pain intensify with activity or subside? A sudden onset often results in bone or joint pathology. If pain subsides with activity and returns after rest, I would be thinking of tendon pathologies. X-rays are the first most important imaging process that should be completed. MRI combined with X-ray usually is necessary to completely establish a diagnosis and treatment plan.

TREATMENT

Lateral column pain often responds to a treatment plan that includes rest, control of faulty biomechanics, occasionally injection therapy, and casting. Early identification and treatment usually result in an excellent outcome and early return to sport. □

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

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MUSCLES NOT MOTORS GEAR GUIDE

BY
RYAN JAMES LECLERC

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



SIERRA DESIGNS PYRO 15 SLEEPING BAG

I am afflicted with a rare condition known as Sleeping Bag Zipper Adversity Syndrome. But despite the fact that I have never once managed to zip a sleeping bag without snagging the zipper, I have learned to live a relatively normal life. For people like me who struggle with SBZAS, the snag-free zipper tracks on the Sierra Designs Pyro 15 sleeping bag are big news, but they aren't the biggest news regarding this technically innovative bag. Rather, it is a new technology called Core Comfort. Designed to maximize warmth and loft in the most critical areas, while minimizing unnecessary overall bulk and weight due to excess insulation, the Pyro 15 with Core Comfort technology is constructed with two extra baffles strategically placed around the torso area and foot box. The baffles contain a higher amount of 600-fill down insulation than the rest of the bag. Sierra had me at the snag-free zipper tracks, but I should also mention that this comfortable and thermally efficient bag also features a draft tube and draft collar as well as a hood with a convenient pillow pocket. It weighs in at 2 pounds, 13 ounces, and compresses to 16 inches when stuffed in the included stuff sack.

\$249.95, www.sierradesigns.com.



THERM-A-REST ALPINE DOWN BLANKET

If sleeping bags aren't your thing, if you suffer from SBZAS (see prior blurb), or if you're just plain fed up with being confined in a sack, unable to easily kick the person next to you who is snoring loudly, consider the Therm-a-Rest Alpine Down Blanket. Designed to work in conjunction with a Therm-a-Rest sleeping pad, which aside from providing cushy comfort, protects you from the cold ground and helps retain your body heat, the Alpine Down Blanket enables unhindered movement and zipper-free ease of entry, resulting in a backcountry sleeping experience more similar to that at home. The box-baffled Alpine Down Blanket uses 700-fill goose down and weighs a scant 1 pound, 5 ounces. Perimeter snaps allow you to integrate the blanket with your Therm-a-Rest mattress (when using the Mattress Snap Kit), and an elasticized foot box keeps drafts from tickling your toes. Rated to 35 degrees.

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TECNICA DIABLO MAX TRAIL RUNNING SHOE

Running season is here, and if you're a runner, I'm sure you're excited. I know I am, and I'm not even a runner, although my imagination likes to run wild and my money tends to run out quite often. I may not be a runner, but I am a rocker, so I have something in common with the Tecnica Diablo MAX, a new trail running shoe that utilizes an oversized rocker profile with a 55 percent greater toe and heel rocker height to optimize energy transfer and propulsion. The Diablo MAX also features TRS MAX, a midsole/outsole designed with a 30 percent larger platform and customized geometry that delivers exceptional stability and cushioning to reduce fatigue and stress. With twice the cushioning of traditional trail runners, this revolutionary shoe is ideal for all-day activity on the trail and in the mountains, and weighs 360 grams per set. Run out and get yourself a pair.

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THE INTANGIBLE REWARDS OF COACHING

**OUT &
ABOUT**
BY
JOHN MORTON



Coaching high school or collegiate athletes can be stressful, exhausting, and incredibly time-consuming. Unless you are coaching one of the revenue-producing sports (football or basketball) at a major university, the financial compensation is nothing to brag about. And there is virtually no job security: one or two losing seasons, perhaps due to fluke injuries to key team members, and you might be looking for a new job.

The rewards of coaching, especially a "minor" sport like skiing, are more intangible. One of the most gratifying is the opportunity to work with eager, motivated students at a time in their athletic development when they are capable of the most dramatic improvement. There is tremendous satisfaction in coaching an inexperienced, but determined, high school or college freshman into a varsity letter winner by senior year. I was privileged to enjoy this experience during five years of coaching high school runners and skiers in Anchorage, Alaska, and 11 years of coaching Nordic skiers at Dartmouth College.

But in the years since I gave up coaching, another, even more significant, reward has emerged: observing what my former athletes have done with their lives. Not surprisingly, the competitive zeal and work ethic of the endurance athlete is still evident regardless of the career path. These were high school and college students who were driven to do their best, both in the classroom and in sports, so it is little wonder that they excel in their pro-



Tom Longstreth

fessions as well. Two excellent examples are Tom Longstreth and Max Cobb, who both make their homes in Vermont.

Tom Longstreth arrived at Dartmouth College from New York City, looking more like a lanky basketball player than a Nordic skier. But what he lacked in experience on snow, he made up for in quiet, unassuming dedication. By sophomore and junior year, he was challenging skiers who had been winning races since junior high school, and by his senior season, Tom was a regular on the six-man Winter Carnival team. Twenty-five years out of college, Tom (or Stretch, as he was known to his Dartmouth teammates) continues to race well in local and regional Nordic events, including the annual Craftsbury Marathon.

But Tom's most significant achievements since college have not been on skis. Always an activist for the disadvantaged

and underprivileged, Tom followed several years of working with Vermont's Youth Conservation Corps with earning a master's degree in public policy from Harvard's Kennedy School. He then returned to Vermont in 1996 to lead ReCycle North, an innovative program in Burlington with a three-pronged mission: first, to accept unwanted household appliances, thus keeping them out of our overflowing landfills; second, to teach unemployed people the skills needed to repair the discarded appliances (in the process giving them the confidence and training to become productive members of the community), and third, to operate a store in which the repaired appliances and other household items are sold at very reasonable prices.

Since he took over, 750 people have received job training skills, 10,000 low-income folks have purchased needed appliances and household goods, and 10,000 tons of waste have been kept out of our landfills. Because of the continually expanding programs, including a recently opened facility in Barre, the organization is now known as ReSource.

Max Cobb arrived at Dartmouth from Cambridge, Mass., via Proctor Academy, where he developed a love for Nordic skiing and the outdoors. As a freshman, Max claimed the dubious distinction of being responsible for a team helmet policy; since he fell so frequently on roller skis, it was determined that he (and everyone else) should be required to wear helmets during those workouts. Yet, by his junior

year, Max was guiding his Dartmouth teammate Joe Walsh to a medal in the blind category of the Disabled World Skiing Championships. Two years later, the pair won Paralympic bronze at the 1988 Games in Innsbruck, Austria.

That taste of international competition prompted Max to accept a position with the U.S. Biathlon Association as the domestic race coordinator, where he quickly learned the essentials of the sport. A year later, when the association hired a couple of European Olympians as coaches, Max was promoted to assist them. Through the following years he waxed skis, drove vans, made travel arrangements, scheduled training camps, and coordinated with the Olympic Committee. When Salt Lake City won the bid to host the 2002 Winter Olympics, Max Cobb was the unanimous choice for the vital position of Chief of Competition. The success of those events catapulted Max to leadership positions within the U.S. Biathlon Association and even more impressively, in the International Biathlon Union.

Both Max and Tom continue to demonstrate the quiet determination that distinguished them as college skiers, but now their efforts benefit their communities and beyond. □

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.



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Photo courtesy of Rushton Sports

GIVING BURLINGTON A TRI

THE QUEEN CITY HOSTS THE USAT AGE GROUP NATIONAL CHAMPIONSHIPS, A FIRST FOR VERMONT

BY PHYL NEWBECK

On August 20, the best triathletes in the country will compete in Burlington at the USA Triathlon Age Group National Championship. Waterfront Park will be the center of activity for athletes proving themselves in three disciplines: running, cycling, and swimming.

This will be the first time Vermont hosts the national championships. Local athletes get the home course and hometown crowd advantage, plus the event adds an economic benefit to the Burlington area. The Sprint National Championship will be held the same day.

Burlington was chosen in part because the organization is divided into 10 regions, said Jeff Dyrek, national events director for USAT, and the race hadn't been to the Northeast in awhile. But Dyrek hastened to add that there was more to the decision.

"We're impressed with the support the city is providing," he said. "The governor was at the news conference, as was the mayor, and the level of encouragement has been great." In addition, Dyrek noted that RunVermont (organizer of the KeyBank Vermont City Marathon) has proven it is capable of putting on a large-scale athletic event. Lastly, Dyrek said, "athletes have told us that Burlington is a place everyone wants to go. Now they have a reason to." Athletes will compete in five-year age group categories. To qualify for August's race, they must have finished in the top third of either a special qualifying races or a regional championship race. The Age Group Nationals consists of a 1.5K swim, a 40K bike ride and a 10K run.

The Vermont Convention Bureau was instrumental in pitching the Queen City to USAT. Peter Delaney, executive director of RunVermont, said the hope was to have the event in conjunction with the 2009 quadricentennial celebration of Samuel de Champlain's visit to the region, but organizers don't mind having it a few years after that gala. "To have the opportunity to showcase northern Vermont and all that we have to offer to a national championship audience is a tremendous coup for everyone in Vermont,"

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Donna Smyers competing in Kona, Hawaii



Delaney said. "I think it will be a huge benefit to the state both economically and from a tourism marketing perspective. It's very consistent with the lifestyle we enjoy on a regular basis. It couldn't be a better fit."

Gen Burnell of the Lake Champlain Chamber of Commerce said the event will bring in close to 2,000 athletes and estimates it will attract 4,500 spectators, providing a benefit of at least \$2 million to the Burlington economy. Another advantage to the Burlington locale is that 100 spots in the sprint distance are being reserved for Vermont residents. Those 100 spots, which can be filled by individuals or teams, are being referred to as the VTtri and all proceeds from those entrance fees will go to Vermont Special Olympics.

Jerrod Rushton is the director of the Rehab Gym and organizer of the annual Lake Dunmore Triathlon, which is one of the qualifying races for the Nationals. Rushton said the age group race is the flagship event for USAT and he is very excited to have it come to Vermont for the first time. "The sport of triathlon has really been growing," he said, "and there's a core contingent of triathletes in Vermont. We'll have a lot of great athletes and a lot of buzz."

As of press time, 20 Vermonters were registered for the race ranging in age from 27 (see profile of Nicole Schneeberger on page 27) to 70-year-old Albert Farrington of South Burlington.

Maria Cimonetti, a swimming and triathlon coach, has come a long way since her first triathlon in 1983. She had just started her studies at the University of Vermont and wasn't even sure what a triathlon was. She did the swim leg, but the team's cyclist got lost, and the runner passed out, so it wasn't the most successful outing. Almost two decades later in 2002, Cimonetti decided to try a sprint triathlon in her home town of Shelburne. "I had a ton of fun," she said "and thought I could do better if I knew what I was doing."

That's an understatement. The following year, Cimonetti's triathlon performances were good enough to earn the chance to race at the USAT Nationals.

Cimonetti is thrilled the Championship will be in Burlington, having competed in less-than-stellar locations like Kansas City, Mo., where the entire championship was canceled one year because of a ferocious storm; and Shreveport, La., where the swimming took place in a "muck hole." On the other hand, the World Championship sites she has visited with Team U.S.A. as a result of her performance at Nationals have been well worth the travel, including Madeira, a Portuguese Island "in the middle of the ocean," Honolulu, and Lausanne, Switzerland.

At 45, Cimonetti is pleased to be entering a new age group. She missed a few years with a bad back and is looking forward to returning to the national level for her comeback. Still, she's taking nothing for granted.

U.S.A. TRIATHLON AGE GROUP NATIONAL CHAMPIONSHIPS

WHAT: The U.S. championships by age group; entrants must have qualified in previous triathlons.

DISTANCE: 1.5K swim, 40K bike, 10K run

WHEN: Saturday, Aug. 20

WHERE: Burlington Waterfront

ALSO THAT DAY: Sprint National Championships: 750m swim, 20K bike, 5K run

"I'd like not to embarrass myself," she said. "This is a really big deal. People will come from all over. A lot of them have expensive bikes and fine tastes in gadgets. They'll enjoy Burlington and they'll spend money."

Donna Smyers, a veteran triathlete from Adamant, agrees with Cimonetti's assessment of the less-than-stellar locations for previous Nationals. "It's not about finding a scenic place," she said, "and it's not necessarily decided with the athletes in mind. That's why it's so exciting to have it in Burlington." Like Cimonetti, Smyers hopes to attend the World Championships, an event she has qualified for on at least 10 occasions. This year they are scheduled to take place in New Zealand.

"What I love about triathlons," said Cimonetti "is that it's playing: I'll race you to the buoy; I'll race you down the road. It's how I like to play, not doing the same thing all the time but using as many talents as I can summon." ¶

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. Her failure to do any swimming stroke other than the sidestroke and dislike of running are two very good reasons why she will not be competing in the USAT event. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

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A large, light-colored number '8' is superimposed on the left side of the image. Inside the top loop of the '8', there is a circular inset showing a person standing on a paddleboard, using a paddle on the water. The background of the entire page is a photograph of a person stand-up paddleboarding on Lake Champlain at sunset. The water is calm, and the sky is a warm orange color. In the distance, there are dark, silhouetted hills.

GREAT THINGS TO DO ON LAKE CHAMPLAIN THIS SUMMER

BY SKY BARSCH GLEINER

With 490 square miles of surface, 587 miles of shore, and water as deep as 400 feet, Lake Champlain is truly our great lake. This year especially, with record flooding.

There are endless opportunities for fitness, adventure, and recreation along this gem, and you may already have a favorite lake pastime. But when was the last time you tried something new on Lake Champlain? If your answer is, not recently, you may be missing out on the fun. Adventure-minded entrepreneurs and dedicated outdoors nonprofits offer an array of ways to take advantage of the jewel of northwest Vermont. We rounded up our eight favorite ways to have fun on Lake Champlain, and give you the deets to make them happen.

A word of caution—the severe flooding has caused a high amount of debris to be in the lake, so be on the lookout for items like propane tanks, garbage cans, and other debris. And it's always a good idea to call ahead when making plans, in case the high waters have impacted your desired activity.



STAND UP PADDLE

Most of you have heard of stand up paddling by now, but have you tried it? If not, what are you waiting for? Jason Starr offers lessons on Lake Champlain by appointment (881-4905). The learning curve isn't too steep—Starr says that in around 10 minutes, just about anyone can stand comfortably on the board. Next you'll learn the basic strokes, something that should come more naturally to canoe or kayak paddlers. Soon you'll be propelling yourself across the lake. "I love to be out on the water, and this to me is the simplest and most fun way to travel," Starr says. "It's the minimum amount of equipment you need, and you can go for as big an expedition as you want." Starr also offers SUP board and paddle rentals from Oakledge Park (Wednesdays from 4 p.m. to dusk; Saturdays and Sundays 11 a.m. to dusk; mid-June through mid-September).

SIT DOWN AND PADDLE

Take in the glorious views of the Adirondacks as you paddle along Lake Champlain in a kayak. A great upper body and core workout, kayaking allows you access to all the pockets and coves not accessible by motor boat. You can rent canoes and kayaks from Canoe Imports at North Beach (first come, first served basis). If you've never been, or have never kayaked on a large body of water, a little instruction can go a long way. Canoe Imports offers Intro to Kayaking, Sea Kayaking, Kayak Rescue, and Kayak Rolling classes. Intro and Sea Kayaking classes run Saturdays from July to August, reservations required (651-8760). Join the Champlain Kayak Club to enjoy paddle trips with other members (ckayak.com).

DIVE!

Think diving is only for the tropics? Diving in Lake Champlain will have you rethinking that notion. The lake is home to nine buoyed shipwrecks, most of them well preserved thanks to the hospitable cold-water environment. Jonathan Eddy, co-owner of Waterfront Diving Center in Burlington, says his favorite shipwreck is canal schooner O.J. Walker. The boat was built in 1862, sinking 33 years later in 1895. Both masts are still on the ship, and the ship is still carrying its cargo—bricks. Even the hand-carts used to move the cargo about the ship remain part of this archeological wonder. The Horse Ferry is another must-see. It's the only known wreck of a horse-powered ferry—so rare it was featured in National Geographic.

Beyond shipwrecks, diving in Lake Champlain will

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Protect your camera from the sand, mud, and spray you encounter in and around the lake, with these waterproof pouches. The hefty, padded pouches are pretty rugged, and do their best to protect your expensive camera and other electronic equipment. The small pouch (ideal for point-and-shoots) retails for \$35 and the medium (for SLRs) for \$50.



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give you a unique view of the dramatic cliffs, Eddy says. Where you see cliffs on the surface, many continue under water. “There are really steep drop offs,” Eddy says, “with vertical walls just like you’d see in the Caymans or Bahamas.”

Advanced divers might like to try winter diving, and once under water, flipping so their feet are walking on the underside of the ice.

To find out if diving is for you, take the Try SCUBA, which will get you acquainted with the sensation of breathing under water. If you’re ready to jump in, you can get certified through SCUBA Diver, a class offered through September 22. Check www.waterfrontdiving.com for dates.



Burton Island. Photo courtesy Vermont State Parks.

GO SAILING

You can learn to sail at the Community Sailing Center in Burlington. Choose from a dinghy or keelboat beginners course. These multiday classes are designed for those who have never sailed before and for those who need a refresher. 864-2499. International Sailing School in Colchester also offers introductory classes on both keelboats or dinghies, with two-day to five-day beginner course options. 864-9065.

Experienced sailors can rent one of the luxurious 30- and 40-foot Beneteaus from Lake Champlain Sailboat Rentals, such as the three-cabin Rio Beneteau 393. You’ll have to provide proof of your sailing abilities to rent one of these beauties, or you can hire a captain or crew. Sail for a

day, or make a week-long vacation out of it. Prices vary by boat and length of rental. (514) 617-3345.

If you’d rather a crew did the work, enjoy a two-hour cruise on a Friend Ship sloop, through the Whistling Man Schooner Co. \$35/adults; \$20/children. Departs from a slip next to ECHO. 598-6504.



TIE A FLY

Lake Champlain is full of bass, pike, panfish, sunfish, perch, and carp. Try the challenge of catching them by fly fishing. Drew Price, a self-described “fish geek,” brings one or two guests to the best spots on the lake, via a canoe or kayak. The motorless boat allows you access to places motors don’t (and fishing guides operating a motor boat need a captain’s license, as Lake Champlain is international waters). Though carp are often thought of as “trash fish,” they can certainly be eaten. You can find carp in excess of 40 pounds and 40 inches long in Lake Champlain, though they are one of the toughest fish to catch. Price requires advanced reservations (324-5651).

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Schirmers Fly Fishing Guide of South Burlington offers guided canoe trips on Lake Champlain for bass, pike and carp fishing. Whole or half day trips available, equipment rental available (863-6105).

Fishing Champlain's main catches are large- and smallmouth bass and pike. Nihad Basic can zip you out to the best spots via motorboat. Advanced reservations required. 734-7092.

HAVE A PICNIC ON THE BEACH

What's more romantic than a sunset picnic?

With more than 50 public beaches on its shores, Lake Champlain is the perfect spot for a summer picnic. There's a picnic area at Bayside Beach in Colchester (free entry, no glass containers), a picnic pavilion on North Beach in Burlington, and Plattsburgh City Beach has a picnic area as well. Great places for scrumptious take-out near the lake include Fresh Market at 400 Pine St. in Burlington; Burlington Bay Cafe; and Burlington Farmers' Market (Saturdays 8:30 a.m. to 2 p.m.).



ISLAND HOP

Travel to Burton Island! This Vermont State Park is like no other, featuring a marina instead of a parking lot. The 253-acre park has camping, restrooms with showers, hiking trails, a store, and more. Don't have your own boat? Access Burton Island via a ferry that departs from Kill Kare State Park in St. Albans (fee).

TAKE IN SOME TUNES

There must be some happy fish in Lake Champlain because each summer is chock full of great lakeside music. The Lake Champlain Maritime Festival (Aug. 11-14) features hometown faves Grace Potter and the Nocturnals, and O.A.R. The Battery Park Free Concert series returns on Thursdays this summer.



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Photo by Jim Fredericks

CRANKING FOR A CAUSE

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The granddaddy of charity events in the region, the Prouty, turns 30 this year. Colossal in both headcount and dollars raised, the Prouty, on July 9, is the chief fundraising event for the Norris Cotton Cancer Center at Dartmouth-Hitchcock Medical Center in Lebanon, N.H.

Dave Bradley has ridden in all but six Proutys. The 75-year-old from Hanover, N.H., was cajoled into his first century ride by his law firm partners. At the time, he recalls, he hadn't ridden more than 5 or 6 miles at a stretch. Twenty-four Proutys later, he still cranks out the entire 100 miles, which is almost as impressive as the \$300,000 he's raised over the years.

"My friends, and sometimes my wife, worry I'm too old for this sort of thing. I figure it keeps me young," Bradley says.

The Prouty offers a menu of participation options, including the century ride, shorter rides, walking options, and new this year, rowing. Organizers expect more than 4,600 participants, of which 3,200 are cyclists. Last year the event raised more than \$2.3 million, and this year's goal is \$2.5 million.

Money raised is earmarked for grants that support research in its nascent stages. Data established with early studies is crucial to landing larger federal grants, explains Jean Brown, executive director of Friends of Norris Cotton Cancer Center. From 2004 through 2008,

the organization awarded \$950,000 in seed grants that returned \$13 million in federal grants to the cancer center. The money also supports programs for patients that are not typically covered by insurance, such as massage therapy and writing therapy.

Four years ago, a two-day double century ride, the Prouty Ultimate, was added to the mix. Riders start with a point-to-point from Manchester, N.H. to Hanover, N.H., staying over in Dartmouth College dorms and riding in the Prouty the next day. The event is capped at 150 riders and registration closes on June 30. The minimum to enter the Ultimate is \$2,500, but if two people enter as a pair—"Ulti-mates"—the minimum is \$1,750 per person.

Here's a look at the Prouty, and several other fundraising events around our region.

June 1-5 TOUR DE KINGDOM 25, 50, 75, 100 miles

This year the popular tour is expanded from two days to up to five days of cycling in the hilly Northeast Kingdom, and now branches into New Hampshire and Quebec's Eastern Townships. Each weekday features four guided rides with long and short options. Saturday and Sunday is the Double Century Challenge, guaranteed to grind your gears. There are shorter distances on the weekend as well. Rides start and end at the Indoor Recreation of

Orleans County facility in Derby. Benefits IROC's Healthy Changes Initiative for people suffering from chronic conditions.

More info: Pete Kellaway, 334-0223, www.tourdekingdom.org.

June 11 CHAMP RIDE FOR VERMONT CARES 12, 25, 50, 70, 100 miles

Rides begin and end at Kingsland Bay State Park on Lake Champlain in Ferrisburgh. All routes are through rolling farm country with beautiful views of the Green Mountains, Adirondacks, and Lake Champlain. The Champ Ride raises awareness about HIV/AIDS. Individuals and teams are welcome.

More info: Roy, roy@vtcares.org, (800) 649-2437 or 863-2437, www.vtcares.org.

June 19 GREAT RIVERS CENTURY 25, 50, 80, 100 miles

The rides start at the Cavendish Elementary School in Proctorsville and raise money for Windsor County Youth Services. You can expect minimal climbing, lots of scenic riverside riding, waterfalls, covered bridges, aid stations, and post-event food.

More info: Rick Trainer at Mountain Cycology in Ludlow, 228-2722, cycology@tds.net.

June 25
KIDSAFE ISLAND RIDE
METRIC CENTURY
100, 40, 10 kilometers

The KidSafe Island Ride is a metric century through the scenic Champlain Islands, along the shores of Lake Champlain, beginning and ending at Grand Isle State Park in Grand Isle. The event benefits the KidSafe Collaborative of Chittenden County, a nonprofit that works to improve the community's response to child abuse and neglect.

More info: Sally Borden, 863-9626, www.kidsafetv.org.

June 25
TOUR DE BOOK
13, 32, 60 miles

The Tour de Book benefits the Windham County Reads' award-winning bookmobile program. The beautiful river-valley rides include routes for dedicated cyclists and a family-oriented ride. Rides start at the Brattleboro Petting Farm in Brattleboro.

More info: 257-5725 or wcreads@sover.net, www.windhamcountyreads.org.

June 26
CENTRAL VERMONT CYCLING TOUR
15, 30 or 60 miles

Help support the Cross Vermont Trail by cycling on some of central Vermont's most bucolic dirt roads. Enjoy delicious local Vermont food along the way. Rides begin and end at Morse Farm in East Montpelier. This year's event celebrates the memory of David Blumenthal.

More info: Eric Scharnberg, 498-0079, eric@crossvermont.org, www.centralvtcyclingtour.org.

July 8-9
THE PROUTY ULTIMATE
200 miles

This two-day, double century, in its fourth year, supports cancer research and patient services at Dartmouth's



100 miles along a challenging route from Manchester, N.H., to Hanover, N.H. On day two, riders join the Prouty Century Ride (see next listing). Participants start in Hanover and travel on a 100-mile loop through the Connecticut River Valley.

More info: www.theprouty.org or call (800) 226-8744.

July 9
THE PROUTY BIKE RIDE & CHALLENGE WALK
20, 35, 50, 100 miles

The 30th annual Prouty Memorial Century begins and ends in Hanover, N.H., and raises money for cancer research at Dartmouth-Hitchcock Norris Cotton Cancer Center. Besides the bike rides, various walks are an option, and for the first time, participants can row in sculls and sweeps at several distances.

More info: www.theprouty.org or call (800) 226-8744.

July 10
CHAMP'S CHALLENGE FOR
CYSTIC FIBROSIS
7, 40, 60, 80 miles

Champ's Challenge starts and finishes at Basin Harbor Club on Lake Champlain in Vergennes. All routes have sweeping vistas of the lake and the Champlain Valley. Registration includes a lakeside barbecue hosted by Basin Harbor Club.

More info: Debra Maloney-Evans, 485-8347, www.champschallenge.org.

July 16
MOUNT WASHINGTON CENTURY
40, 80, 100 miles

All three rides begin and end at the Tin Mountain Nature Learning Center in Albany, N.H. The century, which encircles the base of Mount Washington, includes several challenging climbs in the White Mountains. Proceeds benefit the Tin Mountain Conservation Center.

More info: Tin Mountain, (603) 447-6991, www.tinmountain.org.

July 24
TOUR DE GRACE
19 miles

This downhill ride from Stratton Mountain Resort to Grace Cottage Hospital is fun for all ages—although it is highly more enjoyable on a hybrid or mountain bike than a road bike. Rides start between 8:30 and 10 a.m., and proceeds benefit Grace Cottage Hospital. Register at www.gracecottage.org/events.

July 30
ONION RIVER CENTURY RIDE
111 miles, 110 kilometers, 24 miles

Rides begin at 8:30 a.m. at the Montpelier Pool with a

CONTINUED ON NEXT PAGE >

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police escort through Montpelier. Rides go through Adamant (24 miles), Hardwick and Elmore (110 kilometers), and the Northeast Kingdom (111 miles), by picturesque farmland and rolling countryside. Proceeds benefit the Kellogg Hubbard Library.
More info: Carrie, 229-9409, www.onionriver.com.

**August 6-7
GREEN MOUNTAIN GETAWAY
MS BIKE TOUR
20, 40, 75, 100 miles**

Ride Saturday and/or Sunday (20 mile option only on Saturday). Cyclists begin and end at Castleton State College in Castleton and raise money for the National Multiple Sclerosis Society. The routes are different on Saturday and Sunday but all have rolling, scenic farmland.
More info: Ashley Pence, 871-5696, www.bikemsgne.org.

**August 13
HARPOON POINT TO POINT RIDE
25, 50, 115 miles**

A day of bicycle rides across Vermont to benefit the Vermont Foodbank. The 115-mile ride starts at the Catamount Outdoor Center in Williston. The 50-miler starts in Bethel, and the 25-miler is a loop out of Windsor. All riders finish at the Harpoon Brewery in Windsor, with a barbecue, live music, and fresh beer!
More info: (888) HARPOON or www.harpoonbrewery.com/pointtopoint.

**August 28
RACE TO THE TOP OF VERMONT**

The Catamount Trail Association puts on this annual fundraiser. Participants can bike, run, or hike to the top of Mount Mansfield on the Toll Road. The course is 4.3 miles long and climbs 2,550 vertical feet. Participants are rewarded with one of the most spectacular views in the east, overlooking three states and Canada.
More info: Jim Fredericks, 864-5794, jf Fredericks@catamounttrail.org, www.catamounttrail.org.

**September 10
KELLY BRUSH CENTURY RIDE
28, 50, 65, 85, 100 miles**

Former Middlebury College ski team member Kelly Brush started a foundation to prevent spinal cord injury and support research after she was paralyzed in a ski-racing crash. This annual fundraiser, which is the largest charity ride in the state, includes a division for handcyclists. Start and finish is at the Middlebury College football stadium in Middlebury. Routes are through rolling farm country and along Lake Champlain.
More info: www.kellybrushfoundation.org.

**September 17
TERRY & BEN CLAASSEN MEMORIAL
NORTHEAST KINGDOM LAKES CENTURY
TOUR
25, 50, 75, 100 miles**

These rides raise money for the Orleans County Citizen Advocacy, a nonprofit that brings together volunteers and people with disabilities. Rides begin and end at Crystal Lake State Park in Barton and go past several lakes in the Northeast Kingdom.
More info: Ellen Bowen, 873-3285, ellen.bowen@orleanscountycitizenadvocacy.org or www.orleanscountycitizenadvocacy.org.

**September 18
TOUR DE FARMS
10, 25, 30 miles**

The Tour de Farms offers a choice of three bike routes that wind through the beautiful countryside of the Champlain Valley. Along the way, bicyclists stop at a variety of farms to sample foods grown and prepared by local producers, such as cheeses, breads, yogurt, cookies, wine, and cider. At the conclusion of the ride, an AppleFest offers music and more local foods! The Tour de Farms is a fundraiser for the three nonprofit groups that co-organize it: Vermont Bicycle & Pedestrian Coalition, Rural Vermont, and Addison County Re-localization.
More info: Nancy Schulz, 225-8904, nancy@vtbikeped.org, www.vtbikeped.org.

**September 25
VERMONT 50-MILE MOUNTAIN BIKE OR
ULTRA RUN**

The Vermont 50 takes you over 50 miles of dirt roads and trails, including private land only open for the event in south/central Vermont, beginning and ending at Ascutney Mountain Resort in Brownsville. All proceeds go to Vermont Adaptive Ski & Sports. Register online only at www.vermont50.com, starting at 7 p.m. on May 25.
More info: Mike Silverman, (603) 381-9993, allenstreet.mike@gmail.com, www.vermont50.com.

**October 1
ALLEN CLARK MEMORIAL HILL CLIMB**

A grueling time trial up Appalachian Gap, the Allen Clark climbs 1,600 vertical feet in just 6.2 miles. Starts at the intersection of Routes 100 and 17 in Waitsfield. Benefits Vermont Adaptive Ski & Sports.
More info: climb@achillclimb.org or www.achillclimb.org.

**October 1
COCHRAN 100 BIKE RIDE
50 or 100 miles**

Rides begin at 9 a.m. and start and finish at Cochran's Ski Area in Richmond. Routes pass through valleys in the northern Green Mountains. Proceeds benefit kids' learn-to-ski programs.
More info: www.cochranskiarea.com.

**October 1
PEAK SEASON CENTURY RIDE
25, 60, 100 miles**

Enjoy the fall foliage while supporting The Leukemia & Lymphoma Society on a ride around Lake George, N.Y. The 100-mile scenic route will have supported rest stops, and bicycle mechanics will be on hand for any necessary maintenance. A 60-mile ride originating in Ticonderoga, N.Y., is also available. There's a 25-mile family ride too. Registration is limited to 500.
More info: Gary Olsen, golsen4@nycap.rr.com, www.peakseasoncentury.org.

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FOUR HOOVES, TWO TIRES, AND A SAVIOR

Each in Their Saddle, a Montpelier Couple Navigates 26 Miles to Groton State Forest

BY DARREN M. ALLEN AND PHILENE TAORMINA

GROTON STATE FOREST—John Davey is a savior. Not in a spiritual or existential sense—though he certainly, in the end, provided a little bit of both—but in a real, without-him-this-trip-would-have-been-ruined sense.

“The map says we should be able to pick up Silver Lake right here,” Darren said, looking back and forth between Philene, and an obvious dead end. Problem was, even after months of downloading the most detailed maps of every square inch of Central Vermont, we seemed to have missed a whole grid—acres of land, trails and sub-class 4 roads that would have obviously answered the central question of the time: Where the hell were we?

We were about three hours into a crazy journey, one that brought together a woman, her horse, her partner, a GPS, and a mountain bike. A journey that was nearly a year in the making, built up with painstaking research and hours of wine-fueled

exploration at the kitchen table staring at maps of the ground we were going to cover.

The trip was supposed to be—according to all available information—a relatively smooth, 26-mile trek that should have taken about six hours or so.

But here we were, after everything went exactly as we expected, with really no godly idea of where to turn next.

Vermont is a paradise for horse riding and mountain biking. It certainly is one of the best places in the country to break camp. But we were determined to combine the three, marrying these passions into a singular, transcendent trip.

Philene rides her horse at least three days a week in the summer, and almost never goes more than a dozen miles at a

time, usually along “major” dirt roads and well-established logging trails in and around Plainfield.

Darren is really a novice at mountain biking, preferring the ethereal thrill of covering 30, 40, or 60 miles in a few hours along paved roads throughout Central Vermont.

But both of us love camping, love the mountains, and love being outdoors. And this trip would give us a chance to spend sometime in our various saddles together for a change.

The idea was to map a route, practice a portion of it, then plan for a day’s journey to the campground. Philene and a friend of ours would drive to the campground, and leave behind our car, our food, tent, and supplies, and we would make the return by horse and bike three days later.

Unlike taking a bike ride (mountain or otherwise), there is no network of trails designated for horses. Sure, logging trails,

the VAST network, or even the abandoned Central Vermont Railroad right-of-way (part of the Cross-Vermont trail, it is now a wonderland of a recreation trail throughout much of Groton State Forest) can be a start. But it’s more complicated when you throw in a half-ton animal who is more used to short distances—and calling the shots. And used to food and water at will.

So we enlisted the help of a GPS. At first, we thought we might be able to use the built-in features of our smart phones. That might work in suburban America, but not here, where a “major” road might be a two-lane dirt passage that can barely accommodate two cars passing side-by-side at the same time.

We opted for a DeLorme Earthmate PN-30, a sleek, green hand-held device that will set you back at least \$300. It doesn’t talk to you, and while it can help you get to the movies or to Montreal, that’s not what it does best.

The Earthmate is full of information useful for athletic endeavors in the backcountry: elevation, distance traveled, speed, types of paths. And with the requisite software and latest maps from Maine-based DeLorme, it’s a treasure-trove of possibilities.

For a mountain-biker, 26 miles is nothing, particularly if the route covers rolling terrain. But for a horse, it’s an all-out day. After the mapping, we had to work up distance over weeks. We started doing 5 miles together; then 10; then almost 15 before we felt confident that ZZB could handle the stress.

We also needed to test for other stresses: how would the horse react to dogs; to cars; to ATVs; and to any number of distractions that, handled incorrectly, could become hazards to her and to Philene.

And then there was dealing with the realization that a horse, over the course of a multi-hour trail ride, averages about 4 miles an hour at the walk—considerably less than the 16 miles an hour or so I’m used to on my road bike.

We mastered all of those variables, and then made sure we had enough food for us and for ZZB; a fairly extensive emergency and first-aid kit, again for the humans and the horse; water for all of us (we knew, however, that we’d encounter plenty



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of streams for ZZB); and the just-in-cases, like a tarp, flashlight, and matches.

Of course, we already dropped the bulk of our trip's supplies at New Discovery a day earlier, with the help of a friend. We left the car there, along with a two-person tent, sleeping bags, a stash of food, firewood, magazines and books (the latter two items should be considered essential, particularly if you're stuck in the tent for an afternoon storm).

The horse camping sites at New Discovery are in the back of the park, around a semi-circle of a field, set off from the other campsites. It's a great set-up: there are places to fence in the horses adjacent to each campsite.

But despite all this planning, we found ourselves lost on a dirt road, somewhere between Pigeon Pond Road and the Silver Ledge Trail, with a big body of water and thick forest between the two.

Enter John Davey.

Barreling down the dirt road in a beat-up Ford truck, John looked at us, waved, and continued. A few minutes later, apparently after realizing a couple and their horse stuck in the middle of nowhere merited further investigation, he came back. John promised he would help us find our way from where we were to where we wanted to be: at the New Discovery State Park, the only state campground that allows overnight camping with horses. And there was no obvious way from here to there.

Darren was certainly ready to head back to Breckenridge Farm in Plainfield, a mere 15 miles or so away at this point. He definitely didn't have much confidence in our American Quarterhorse, Zip Zan Babe (who we call ZZB), my mountain bike, the GPS, and certainly not John Davey.

"I can get you where you want to go," he said.

"I don't think we have a choice," Philene said, looking at her exasperated partner and knowing full well that he was no longer in the fun part of the trip.

John pointed straight ahead, at a tangle of trees, underbrush, and, to my and ZZB's dismay, no obvious trail.

For the next hour or so, we trudged, John Davey leading the way on foot, swatting away branches, jumping over running water, wading through mud and seemingly breaking trail as went.

And then we emerged. This narrow, rutted dirt road—nothing more than an overused logging trail—could have been a multi-lane freeway with marked exits and direction signs, judging by our sense of jubilation of having made it.

We hugged John, promised to send him a BIG thank-you gift, and then gazed at our maps, re-calibrated the GPS, and continued on, grateful that our first-ever horse camping experience was going to end at the campground, and not in the woods of one of the state's largest forests.

When we arrived at New Discovery, we used a portable electrified fence, and that kept ZZB safely confined when Philene wasn't on her for an hour or so ride each day.

Be prepared to make fast friends with other horse people. The weekend we camped, the horse sites were reserved by a group of people who all ride, camp, and



GETTING IN THE SADDLE

First, make sure all of your "basics" are up and running. Have your bike tuned (Onion River Sports, Montpelier, 229-9409, is the closest Central Vermont bike shop). Make sure your horse is fit, too: it's a good idea to have your vet give the OK for the journey.

Make reservations at New Discovery State Park (www.vtstateparks.com/htm/newdiscovery.htm or 426-3042). There are seven horse camping sites in the park.

You'll need all the camping basics, and plan to drop them off at the campground ahead of time: a tent, sleeping bags (rated for 45 degrees should suffice for most of Vermont's summer), portable stove, ice chest, coins for the shower (if you want hot water) and something to do if it rains (books, games, etc.).

Map out your route in detail. We recommend the Delorme Earthmate PN-30 (about \$300; www.delorme.com) global positioning system. It comes packed with the most detailed maps, but be warned: the software is challenging, but worth the effort.

Also, don't forget essentials for along the way: a bicycle repair kit (I stupidly forgot one, and experienced the singular joy of walking my bike nearly 5 miles during a solo ride); a good first aid kit (for you and the horse); potable water; grain and treats for the horse; a hearty lunch.

—DA and PT

travel together. At first, we were the sole inhabitants of a tiny tent among large recreational vehicles. We also were the only ones to ride in; the rest of the group brought their mounts in the civilized way: in trailers.

The awkwardness quickly melted away when the "ringleader" of the horse people, Carol, took us under her wing. She and the rest of the group took us in, and there were even several horse spouses, like me, to wonder aloud about the hold equines have over their humans.

The trip back—aided by a several hour trek on the mountain bike and a much closer reading of the GPS I made on the second day at camp—was a much smoother trek. We avoided the John Davey forest, cruised up and around several ridges, and landed back at Breckenridge Farm in a smidge over four hours.

It was a trip of a lifetime. And we can't wait to do it again. ▮

Darren Allen, the communications director for Vermont-NEA, and is an avid alpine skier, road cyclist and runner who has completed three marathons. Philene Taormina is the director of advocacy for AARP-Vermont who, when she is not on her horse, takes yoga and rides her bike; she participated in the 2005 Des Moines Register's Great Annual Bicycle Ride Across Iowa.

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EAST-WEST TRAIL

BY SKY BARSCH GLEINER



Pavel Cherkasov, training for the Olympics and Tour de France, set out to design a training route in Central Vermont to get the most elevation bang for the buck. After moving here from the Dolomite region in Italy, he and his wife, Jennifer, developed a 60-mile route that climbs 6,100 feet, traversing the capital region's quiet, but steep, dirt roads. They named it the Vermont Eco Tour, and it ran for several years in the early 2000s and benefited international at-risk youth. This awesome ride lives on, thanks to the

annual Central Vermont Cycling Tour. With this tour, you can trace Cherkasov's grueling climb, while enjoying the beautiful scenery of the farms, fields, old houses, streams, and forests of the capital region. Today, the ride benefits the Cross Vermont Trail Association, a group that manages an east-to-west biking route across Vermont. The Cross Vermont Trail encompasses a patchwork of other trails, including former railroad beds, bike paths, and dirt roads (see box for more details).

The tour begins and ends at Morse

Farm Maple Sugarworks, offering plenty of parking, restrooms, and of course, the Morse's world-famous maple cremees. All tours travel in a counterclockwise direction. For the long tour, you ride to Adamant, where you'll find a feed station in front of the Adamant Co-op. Continue past the Old West Church, east to Woodbury, and at the junction of Dog Pond Road and County Road, you turn back toward the west. In Maple Corner, you have another food stop, then go to Worcester, where you'll encounter a healthy climb up Min-

ister Brook Road. After going through Middlesex, you'll find your third and final feed stop on Culver Hill Road. And then ... get ready. It is a steep and steady climb up Horn of the Moon Road and North Street before you link up with Cummings Road, to County Road, and then back to Morse Farm. The medium tour begins the same as the long tour, but essentially cuts off the easternmost portion of the long tour, eliminating the visit to Woodbury. The short tour goes to Adamant, and it's there that you begin your westerly ride from Haggett

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WHERE THE MONEY GOES

The purpose of this event is to raise funds and awareness for the Cross Vermont Trail Association's trail projects in the Capital Region of Central Vermont.

In the next five years, the CVTA will build two miles of shared-use path and a 200-foot bicycle pedestrian bridge across the Winooski River in East Montpelier. The trail will connect three Capital Region towns and establish a safe route to school for students of U-32 High School.

The Cross Vermont Trail Association has raised \$1 million in federal funds for this project, but needs to raise \$250,000 in local funds and labor to complete funding.

Road to North Street, again linking with Cummings Road back to County Road.

There are several reasons why this is a great tour.

- There's something for every rider. The 60-mile tour has a timed option for serious cyclists, while the 33-mile and 15-mile routes are not timed. Last year, there were several families on the 15-mile tour, and it was great to see budding cyclists ride alongside experienced riders. And the "budding" cyclists passed some of the adult riders.

- The food is great. The rest stops along the way had a delicious hodgepodge of electrolytes and carbs, including fresh fruits, trail mix, cheese, and chocolate.

- The scenery is beautiful. Riding by farms, next to horses, by meadows, alongside streams ... you'll experience some ILOVERMONT moments.

- The post-party is super fun. Raffle prizes, a cookout, beer ... need we say more?

- The ride honors cycling enthusiast Dave Blumenthal, who was instrumental in developing the tour. Dave passed away in a tragic cycling accident in 2010.

So if you're ready to feel the burn, eat great food, and help raise money for the

Cross Vermont Trail, you can sign up at www.centralvtcyclingtour.org.

CHOOSE YOUR OWN ADVENTURE

THE LONG TOUR 59.7 miles, 92 percent gravel/dirt, more than 6,100 feet of climbing, three feed stations. Competitive timed option.

THE MEDIUM TOUR 32.7 miles, 83 percent gravel/dirt, 3,000 feet of climbing, three feed stations.

THE SHORT TOUR 14.6 miles, 88 percent gravel/dirt; more appropriate for families with children, 1,000 feet of climbing, one feed station.

WHAT KIND OF BIKE? Organizers recommend a mountain bike, a cyclocross bike, or hybrid. Some people ride these roads on road bicycles, but with heavy touring wheels (32 spokes) and large tires (25 to 28mm). Expect potholes and loose gravel on the hard-packed dirt roads.

Cost: \$50/adult; \$80/family (household); \$25 junior (13-17); free/children 12 and under



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My First 5K (In 25 Years)

And How You Can Run One Too

BY LISA DENSMORE



I like to go for a run now and again, but I'm not a runner. There's a big difference. I may lace up my Nikes a couple times each week, then trot around my neighborhood for a half-hour, but my 8:30 miles (on a good day) feel more like a heavy plod than a graceful stride down the road. When the weather cools off, and I get a good night's sleep, I nip a few seconds off my time, only to see my stopwatch dole an extra half-minute back to me on my next run for no good reason.

I run for exercise. Running makes me feel lean and fit. It lets me justify eating a huge bowl of ice cream, even though the ice cream contains far more calories than I burn on my standard three-mile jog. It is a brief interlude during my hectic day, a time to get outside and let my mind wander. It is not a competitive outlet for me. In the

winter, I ski against the clock, and in the summer, I whack tennis balls across a net as hard and as cleverly as I can. At best, running is one of many ways I stay fit for those two sports, along with hiking, paddling, lifting weights, and waterskiing.

When the invitation came from my cousin to enter the 28th annual Clarence DeMar 5K Road Race on July 4 in South Hero, I'm not sure why I agreed. For the exercise? I was likely going to run that morning anyway to offset the beer and hot dogs that were sure to hit my stomach prior to the evening's fireworks. Group spirit? I hadn't seen my cousin in a year, and the race offered an excuse to get together. A flashback to my youth? In 1978, I ran track in ninth grade. A decade later, I entered a few 10Ks in Central Park while working in New York City. It was probably a combina-

10 TIPS FOR YOUR FIRST 5K

1. **GET IN SHAPE.** If you can comfortably finish a run that is double the distance (10K) of the race, you're ready to race a 5K.
2. **ARRIVE HYDRATED.** If you're hydrated, you'll perform better, and you are less likely to cramp.
3. **ARRIVE EARLY.** Parking, registration, warming up all take time. Better to be ready than rushed.
4. **KNOW THE COURSE.** Even if you don't run it ahead of time, check the course map for the topography and landmarks along the route, so you know what to expect.
5. **WARM UP.** Get your blood flowing. Loosen up your muscles. Ideally you should break a light sweat as you approach the starting line.
6. **PACE YOURSELF.** Start out conservatively so you can finish strong.
7. **RELAX.** It's easy to get keyed, but that only makes you tight. If you relax, your muscles and your cardiovascular system work more efficiently.
8. **BREATHE.** Running is an aerobic sport. Your muscles need lots of oxygen.
9. **USE YOUR OLD SHOES, NOT NEW ONES.** Your feet expand when you race. Better to use old, broken-in running shoes than new ones in a race. If you must wear new shoes, run in them a few times before the race to avoid blisters.
10. **COOL DOWN.** Stretch more after a race than after a normal run. You've worked your body harder. A short cool-down (jog) and a lot of stretching helps get rid of lactic acid in your muscles that can lead to soreness the morning after.

tion of all three reasons. Plus the Clarence DeMar was five kilometers (3.1 miles) long on a flat course. My regular runs were the same distance on a hilly route. No problem. I entered the race.

A USA Track and Field-certified course, the Clarence DeMar 5K starts near the Masonic Temple in South Hero and heads south on South Street, past West Shore Road. After cresting a small hill, it rounds a cone, then doubles back, finishing at the Folsom School. The race, first held in 1983, began with both 5K and 10K events, though the 10K was eliminated in 2008. That same year, organizers added a free quarter-mile kids run in the schoolyard. Today, the Green Mountain Athletic Association runs the race, which draws about 350 people ages 8 to 78. Though the top male and female runners win a prize, most of the swag is dispersed to the crowd by random drawing. This family-oriented event benefits the South Hero Rescue Squad and GMAA. Interestingly, it is named for one of the top marathoners of the early 20th century.

Born in Ohio, Clarence DeMar won his first of seven Boston Marathons in 1911, a record that still stands today. He ran that prestigious race 34 times, finishing in the top 10 in half of them. Nicknamed "Mr. DeMarathon," he competed in three Olympics, eventually earning a bronze medal on his third try in 1924 in Paris. His connection to South Hero came well before his first marathon. At age 16, DeMar lived in this island village on Lake Champlain while working at the Kinney Fruit Farm. In 1907, he matriculated at the University of Vermont and, without any experience, joined the cross-country running team during his junior year. However, he left the team and the university shortly after that to care for his mother.

I felt like leaving the starting line of Mr. DeMarathon's namesake race as soon as the mob of runners convened there. I'm not claustrophobic, but standing shoulder to shoulder with 350 perspiring strangers—the temperature was already pushing 80 degrees—made the sweaty hair on my neck drip more profusely. I had forgotten that part of running races, but I didn't have much time to contemplate it. Before I could say "Ready, Set," the starter raised his pistol and blasted "Go!" I loped across the starting line, keeping pace with the ramped-up runners surrounding me. Had to. Group momentum. If I didn't, I feared getting trampled.

The buildings thinned quickly and

soon open fields lay to both sides of the road. I tried to relax and let my stride lengthen, but my legs felt heavy. I hoped it was because my pace was faster than usual, but it was more likely due to the slight uphill pitch of the road. About half-way to the turnaround point, a tall youthful man with exceedingly long legs sprinted down the other side of the road in the opposite direction. He had already rounded the cone though less than eight minutes had elapsed. Soon a string of strong runners went by, heading toward the finish, but the orange pylon was nowhere in sight.

Though this race was only a 5K, I pretended to be a lithe Olympic marathoner like Clarence DeMar and passed a few people. I was determined to run strongly the entire way, which is relative, of course. The long-legged leader crossed the finish line about the time I made the turn.

With the pavement now slightly downhill, my stride felt more fluid and my lungs less beleaguered. The crowd swelled as I neared the finish line. I picked up my pace, passed a couple of people for show, and then all but collapsed at the line. All of the oxygen on the planet seemed to have instantly evaporated into outer space.

Luckily it returned a moment later. An unexpected sense of accomplishment chased away whatever hurt I had inflicted upon myself. I reveled in the moment and the camaraderie with the other runners. A man resembling a patriotic Mad Hatter waved an American flag at me in a congratulatory gesture just for finishing. I knew right then, that the Clarence DeMar 5K Road Race had become my new July 4th tradition.

Maybe this means I'm a runner after all. ☞

Lisa Densmore is a multisport athlete who contributes words and images regularly to Vermont Sports and more than 30 other regional and national publications. DensmoreDesigns.com

MORE INFO

The 29th annual Clarence DeMar 5K Road starts at 8:30 a.m. at the Folsom School in South Hero on July 4. \$10 preregistration/\$15 race day. www.gmaa.net.

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VS: When did you start canoeing?

TS: I started canoeing at YMCA camps when I was 10 or 11. When I moved here for college, I fell in love with the mountains. I hiked all the 4,000-footers in New Hampshire and didn't do much paddling. Then I took out my first consumer loan for a \$300, 14-foot, aluminum Grumman canoe with a keel. It wasn't a good choice for a New England white-water boat, where water is often so marginal, but it got a lot of use.

VS: When did you get your first real white-water boat?

TS: Around 1990, I got a Royalex tandem boat to paddle with my wife. Most marriages don't survive tandem paddling, so we decided to keep the marriage and give up paddling the tandem together.

VS: So who did you paddle with?

TS: Actually, I had a kneeling board installed at midship and paddled it solo for years. The boat was 80 pounds, so it was a good workout. I even managed some challenging paddles like the Deerfield Dryway in Massachusetts in that boat. They do weekend releases throughout the summer. It's a Class III or IV river, and it's probably the toughest thing I'd ever paddled at that point in time. It was about then that I thought I should probably get a solo canoe, so I got a Mohawk Probe, which I paddled until my knees went through the bottom. I went down a 15-foot waterfall at Bartlett Falls (also known as Toaster) on the New Haven River. When my boat hit the pool at the bottom, it stopped but I kept going. The boat just ripped through underneath one of my knees.

VS: Has equipment improved since then?

TS: Oh, yes. These days, with lighter and better equipment, canoers do things we used to think weren't possible. I remember

READER ATHLETE



TONY SHAW

Age: 52

Residence: Williston

Family: Wife, Joann; two daughters, Katy and Emily

Occupation: Physical therapist at Fletcher Allen Health Care

Primary sport: White-water canoeing

when I would carry my boat on a section of the Upper Mad River that I would never consider not running now. These days I have a Mad River Outrage that's only 12½ feet long. You can bounce off rocks all day long.

VS: How long is the white-water season?

TS: One year I paddled every month, but that's unusual. The most difficult months for white water are January and February. You can always paddle in early December, and there's almost always something running before the end of March. Mud season is ideal because the snow is melting. By late April, most of the snow is gone throughout Vermont, except at the highest elevations. By May, you need to find bigger rivers with bigger watersheds or go out after it rains.

VS: Have you taken any memorable white-water trips?

TS: The most memorable was going to the Grand Canyon in 2005. There are big rapids, and you get hammered, but there's also an awful lot of easy floating with great

scenery. It was a paddler's dream. There are tougher rivers than the Colorado, but as multiday trips go, there aren't too many better than that.

VS: Do you have a favorite body of water?

TS: The Vermont Paddlers Club has worked with American Whitewater trying to get some established releases and access to places that have been posted in the past. I paddled the Ausable Chasm as part of their flow study, and now it's legal to canoe and kayak there. It has some serious white water, and it's a stunning cleft in the Adirondacks. We're also working with American Whitewater to get permission to use the Green River, which drains Green River Reservoir, and has some serious white water in the spring. A personal favorite is Joe's Brook. It flows 10 miles out of Joe's Pond to the Passumpsic and drops 1,000 feet in those 10 miles. There are steeper rivers, but 100 feet a mile for 10 miles is almost unheard of in New England.

VS: You've been involved in the Vermont

Paddlers Club for years. Tell us about that.

TS: When the club was first founded, it was called the Northern Vermont Canoe Cruisers. It used to be primarily canoers, but that's no longer the case. Before the Internet, we used to have a message phone where people could connect with others who had the yen to paddle. It's easier now. This is my 15th year as their webmaster. I've archived all the old newsletters starting from 1975. That's important because as our hunger for electricity grows, and the future of Vermont Yankee is in doubt, the pressure to develop rivers in Vermont is growing. The rivers that are steepest and have the most reliable flow appeal the most to hydro developers, but they are our favorites as well. Vermont has a doctrine called Existing Use, so having records showing that we use these rivers for recreational purposes is an important precedent.

VS: What is the allure of white-water canoeing?

TS: One of the real pleasures is going someplace new, paddling someplace you've never seen, and being transported through pristine primal forest by the water, where the moss of the forest creeps right down to the river's edge.

VS: What other sports do you do?

TS: I love hiking and backcountry skiing. This year I did the Camels Hump Challenge, which was a lot of fun. My wife and I bought some trail crampons, which allow you to hike in the winter without snowshoes. That makes it easier to bring up a butt sled and slide down. I also enjoy road biking, fly-fishing and trail running. Trail running is a great way to keep in shape. It's a shot of outdoor solitude. ▮

—Phyl Newbeck

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VS: What is your best leg of the triathlon?

NS: Swimming is definitely my strongest leg. I swam competitively in high school, so I have all that technique and form, which is a huge part of swimming. Cycling and running rely a lot more on strength and endurance. However, the run is my favorite portion of triathlons. It's near the end of the race, and you see a lot of people; it's a social time and people are cheering each other on.

VS: With two jobs, how do you find the time to train in all three disciplines?

NS: It's been a challenge finding time. I can normally eke out a two-hour chunk each day, although it might be at five in the morning or eight at night. I teach classes at IROC, so I can use my time there as training as well. Of all the training I do, I like the running best because it's fun to do with other people. I divide the training out: I'll swim two days a week, run a few days and cycle a few more, because cycling is my weakest leg. As I get closer to events, I'll try to brick them together.

VS: Tell us about IROC.

NS: IROC is a great organization. I teach a variety of classes to people of all ages, including some classes designed for kids and others for senior citizens. I really enjoy teaching a circuit class called Body Blast. There are 15 stations with different activities and people do each one for a certain period of time. I've started teaching a new class called Drums Alive, which uses a yoga ball and drumsticks. I also coach youth running groups.

VS: How did you end up in Derby?

NS: I'm originally from upstate New York. After graduating from the University of Vermont, I lived in Burlington for awhile, but then I met Alex, and he got a teaching

READER ATHLETE



NICOLE SCHNEEBERGER

Age: 26

Residence: Derby

Family: Fiancé, Alex; two dogs, Trooper and Layla

Occupation: Youth Coordinator for IROC (Indoor Recreation of Orleans County) and preschool teacher

Primary sport: Triathlon

job at North County Union High School. That first year, I stayed in Burlington and we saw each other on weekends, but that got old fast. I got a job at Holland Elementary School and moved up here, and I'm so happy I did.

VS: You seem to be very involved in the community. I see that you've been the Derby coordinator for Green Up Day.

NS: The community here is very close-knit, and I feel a sense of really belonging. This place lends itself to community involvement. I love being able to take part in things like Green Up Day, IROC special events, and school functions.

VS: How many triathlons have you done?

NS: I've done an awful lot of sprint triathlons, starting when I was 15. I used to split them with a friend; I'd swim and run, and she would do the cycling leg. After awhile I started doing them on my own. I've done two international distance triathlons in Washington, D.C., and this year I'll

be competing in the USA Triathlon Age Group Championship in Burlington (see story on page 10).

VS: Will this be your first national competition?

NS: Yes, and I'm really excited about it. It's an opportunity to compete with people who are vying for a spot on the Olympic team. That's not my goal, but competing against people at that level is awesome. On top of that, it's in Burlington, which is my old stomping grounds.

VS: Do you prefer triathlons with outdoor swimming?

NS: Absolutely. In a pool, you've got the walls and you end up making a lot of turns, but in a lake you can just flat-out go. I've got the technique from my youth, so I'm capable of doing that. A lot of people are squeamish about swimming in a lake, but I grew up on water, so I'm not worried about any of the things that might bother indoor swimmers.

VS: Are you interested in doing longer distances?

NS: This year I'll be doing my first Half Ironman in New Hampshire. It's a personal goal to be able to say that I can do it. A friend with whom I've been running triathlons convinced me to try it, particularly since it's relatively close by.

VS: Do you have a favorite race course?

NS: That would be the Kingdom Triathlon that IROC runs. I did it before I started working for them. The swim is in Lake Salem; there's a 13-mile bike loop through Derby and West Charleston, and then a run around Derby Pond. It's a great route and very scenic. The Kingdom Triathlon was also my best showing. The first year I did it, I stuck around for the awards ceremony because the male winner was a guy who had helped me with my bicycle before the race, and I thought that was cool and wanted to support him. When they started announcing the awards, I was startled to hear my name. I was the first female finisher, and I didn't even know it. I was caught completely off guard.

VS: Why do you like triathlons?

NS: I think it comes back to the fact that I do all the sports, so being able to put them all together to do an event is just awesome. Just running would be boring. Besides, I like training in different areas. Competing is fun because of all the people you meet. There are some amazing athletes and really interesting people. At the start of the race, you're all in the same boat: nervous and scared. At the end, there's a real sense of accomplishment when you can piece so much together and do the whole thing. ☐

—Phyl Newbeck

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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

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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/events for a comprehensive listing.

BIKING

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.
- 4 and 18 Introductory bicycle ride for new riders at 10 a.m. in South Burlington. A leisurely ride for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group. Helmets required. Riders under 18 must be accompanied by an adult. Viola Chu, 399-2352. www.thegmbc.com
- 5 The Tour de Heifer: 6, 16, and 60-mile Farm-to-Farm Bike Rides in Southern Vermont (Guilford). Coincides with Brattleboro's Strolling of the Heifers. 380-1121.
- 11 Vermont CARES' Champ Ride, 12, 25, 50, 70 or 100 miles beginning at Kingsland Bay State Park in Ferrisburgh. Sag wagon and support stops. www.vtcars.org.
- 23 Red Jersey Summer Series mountain bike race, for all abilities. 6:30 p.m. at Great Glen Trails, Pinkham Notch, N.H. www.redjersey.com.
- 25 Lookout Century Ride to benefit Vt. Adaptive Ski and Sports. 100, 60, or 20 miles. 20-mile designed for handcyclists. Killington area. www.lookoutcenturyride.com.
- 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.

JULY

- 2 and 16 Introductory bicycle ride for new riders at 10 a.m. in South Burlington. A leisurely ride for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group. Helmets required. Riders under 18 must be accompanied by an adult. Viola Chu, 399-2352. www.thegmbc.com.
- 9 Newton's Revenge, a 7.6-mile hill climb up the Mount Washington Auto Road. 8 a.m. in Pinkham Notch, N.H. www.newtonsrevenge.com.
- 9 Heart of the Islands Bike Tour, 10, 25 or 27 miles. To benefit Local Motion. 10 a.m. to 4 p.m., Snow Farm Vineyard, South Hero. www.vermontfarmtours.com.
- 10 Champ's Challenge for Cystic Fibrosis. See story page 16.
- 18 Montpelier Training Series Criterium Racing and Skills Clinic presented by Onion River Racing. Skills course for kids, clinic for adults, as well as point course for Cat III and IV riders. 10:30 a.m., jmcgill64@gmail.com for more info.
- 23 Mount Ascutney Bicycle Hill Climb, a 3.7-mile course with an average 12-percent grade. Part of the Bike Up Mountains Point Series. (888) 409-7579.
- 24 Tour de Grace Bicycle Rally to benefit Grace Cottage Hospital, see story page 16.
- 24 Girls Move Mountains/Dirt Diva's Women's Mountain Bike Clinic, in partnership with Onion River Sports and Stowe Mountain Resort. For women age 16 and up, beginner to intermediate mountain bikers. info@girlsmovemountains.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.

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.
- 18 Bird Walk at Branbury State Park. 7 a.m. Sue Wetmore takes participants on a morning walk to find breeding birds of the Branbury area. Warblers, thrushes, vireos, and more are some of the possible species to spot. If you're lucky, you may see a peregrine falcon nesting on Rattlesnake Point! www.vtstateparks.com.

FIRST AID

JUNE

- 11 Wilderness Water Safety for Wilderness Trip Leaders. This class applies many of the traditional life guarding techniques to these settings in addition to the application of risk management skills for a wilderness environment. 8 a.m., Hurlburt Outdoor Center, Fairlee. www.alohafoundation.org.

FISHING

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.

GMAA Upcoming Races

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- 11 Vermont State Park Days. Fish in any state park without a license, free entry to parks.

RUNNING

JUNE

- 4 Race to the Top of Bradford, 3.5 trail race. Make a challenging 850-foot ascent to the top of Wrights Mountain on beautiful trails. Enjoy a quick view from Bradford's highest point before you loop back to the starting area. Prizes for top male and female finishers as well as various age group winners. We will also be holding a 1.5 mile kids race at the same start time. 9 a.m. www.bradfordconservation.org.
- 11 There's a Black Fly in my Eye 10-mile trail run and relay. Swat the black flies and tackle carriage roads, single track and a river crossing in this trail running race that's 100 percent New Hampshire. www.greatglentrails.com.

- 18 Women Helping Battered Women's Run for Empowerment, sponsored by People's United Bank. www.whbw.org.

- 18 GMAA Equinox Trail 5 and 10K race. Come try out some new terrain in a fun yet challenging trail run through fields, single track and old sugar-wood roads. Stay for the BBQ after the race! Prizes to the top in each age group (ten year increments after 0-19). 9:30 a.m. in Charlotte, www.gmaa.net.

- 23 Vermont State Senior 5/10K Championships, open to anyone at least 50 years old as of Dec. 31, 2011. Beginners welcome. 5:30 p.m., Shelburne Health & Fitness at the Field House, www.racevermont.com.

ONGOING

Great Glen Trails Salomon Spring Trail Running Series, a weekly trail running race series for all abilities and ages. Every Thursday through June 30 racers can run or walk the long, short or mini courses between 3:30 and 7 p.m. Pinkham, N.H. <http://greatglentrails.com/>.

JULY

- 4 Martin Devlin Memorial 5K Run/Walk, Poultney. Race begins at Green Mountain College at 8 a.m. Registration forms/info available at www.poultney.com. Tammy Alexander 645-9135 or tcloomis@yahoo.com.
- 4 Clarence DeMar 5K Road Race. See page 24.
- 4 Harry Corrow Freedom Run, 10-mile run on the Newport-Derby Bike Path and Memphremagog Ski Touring trails. <http://www.dandelionrun.org/freedom-run.php>.
- 10 Ascutney Mountain Run, climbing 2,300 feet over 3.7 miles (average 12 percent grade). USATF sanctioned. 484-5015.

AUGUST

100 on 100 Relay. 100 miles on Vermont Route 100 over a full day of running. robert_oneil@100on100.org.

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.

SWIMMING

JULY

- 9 The Kingdom Swim: 10, 6, 3, and 1 mile swims will in two divisions, wet suit and non-wet suit. Lake Memphremagog, Newport. All adult Swimmers are required to be USMS members. www.kingdomswim.org.

TRIATHLON/DUATHLON

JUNE

- 5 Stowe Sprint Triathlon, Stowe. 500 meter pool swim, 13.7 bike, 5k run. Individual and teams. 8:30 a.m. race start. www.theswimmingholestowe.com.

- 26 Vermont Sun Triathlon. 600 yard swim, 14 mile bike, 3.1 mile run – not for the meek! Participate or come watch great athletes compete. 8 a.m., Branbury State Park. www.rushtonsports.com.

JULY

- 17 Vermont Sun Triathlon. 600 yard swim, 14 mile bike, 3.1 mile run – not for the meek! Participate or come watch great athletes compete. 8 a.m., Branbury State Park. www.rushtonsports.com.
- 31 Colchester Triathlon ½ mile swim or 2 mile kayak, 12 mile bike, 3 mile run. <http://www.colchestervt.gov/Recreation/parksNRec.shtml>.

AUGUST

- 6 Kingdom Triathlon, with three options, including an "even-up" Aquaman event for strong swimmers. www.kingdomtriathlon.org.
- 6 Mount Snow Triathlon, ¼ mile swim, 12 mile bike, 3 mile run. 8 a.m., Mount Snow, West Dover. USAT sanctioning. info@mountsnow.com.
- 6-7 Xterra Stoked 14K trail run and festival weekend. Triathlon and kids' triathlon. (603) 748-1070.
- 7 Vermont Sun Triathlon, .9 mile swim, 28 mile bike, 6.2 mile run. USAT Special Qualifier for the age group national championships in 2012. [rushtonsports.com](http://www.rushtonsports.com).

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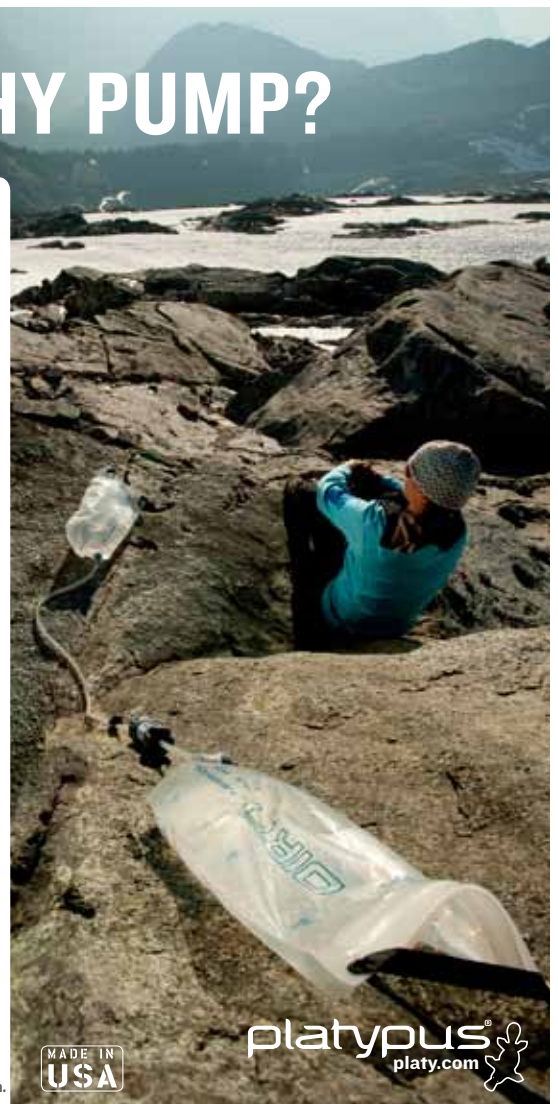



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