

VERMONT



AUGUST 2012  
VOLUME XXI NO. 9  
VTSPORTS.COM

# SPORTS

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New Hampshire*

*Divas and Bellas*  
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**5K**

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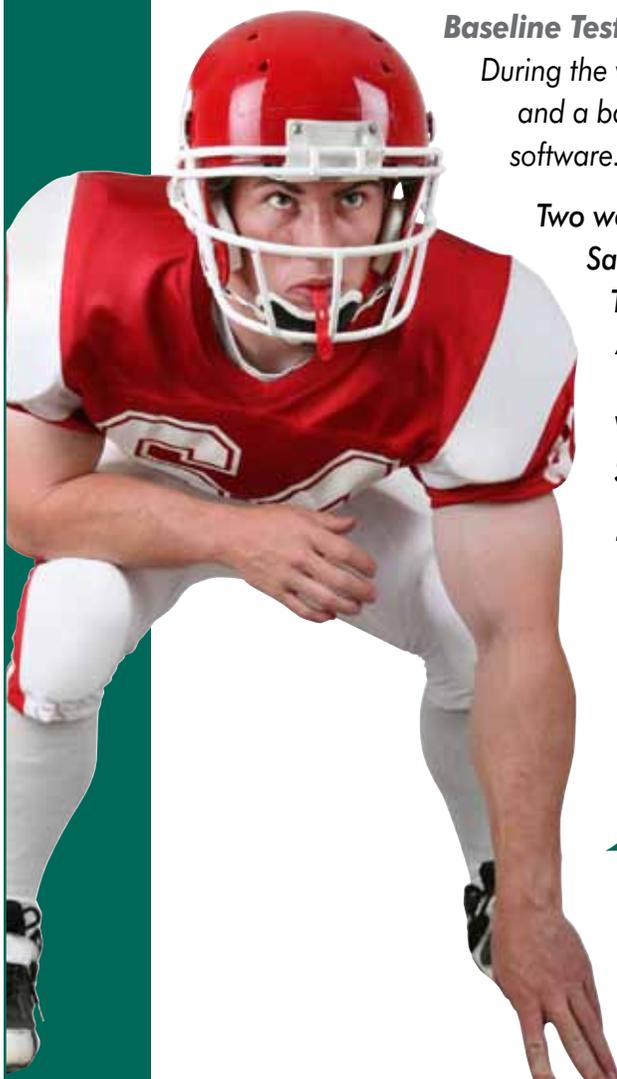
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**ON THE COVER**  
Carolyn Casner paddles past a herd of curious cows on Lewis Creek in Ferrisburgh, VT. Photo by Jeb Wallace-Brodeur



A hiker relaxes on Franconia Ridge. Photo by Josh Gleiner.

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vermont sports

## MAKE THE MOST OF SUMMER CHALLENGE 2012

Finally.

After 2011 spring flooding, Tropical Storm Irene, and The Winter that Wasn't, we certainly deserved to have a season that was ... enjoyable. Our outdoor economy needed it, our tourism sector needed it, and our psyches needed it (mine did, anyway).

So here we are, in August, the sweetest and, in my opinion, saddest month, because as the red leaves start to appear on the trees and the nights seem that much cooler and the mist seems a bit heavier in the morning, you start to realize summer's days are numbered.

So my challenge to you is to make the most of what's left of the dry hiking trails and easy breezy road biking under the hot sun.

This is our Make the Most of Summer Challenge. Complete the five tasks below, and send a photograph of each task (must be done in August 2012) to [editor@vtsports.com](mailto:editor@vtsports.com). A randomly selected person who completes each task and has proof will receive a gear pack valued at more than \$100.

- Hike the Whites. Stand tall on the summit of any of New Hampshire's peaks mentioned in Lisa Densmore's article (pages 12-15).

- Practice yoga outside. Take advantage of Sophia Barsalow's talented instruction on page 6.

- Ride singletrack. Be inspired by the girls who participate in Little Bellas and Dirt Divas (page 8), and hit up any one of the trails that have made Vermont known as the mountain biking of the East.

- Get on the water. Swim, kayak, canoe, SUP, or sail (page 10) before it's all ice.

- Run a 5K. August is chock full of 5Ks, from Zoe's Race (page 16) and many more (page 24).

Ready? Clock's ticking. Entries must be sent to us by Sept. 5. We'll publish the best photos on our blog at [vtsports.com](http://vtsports.com).

See you out there,  
Sky



## Join us for the Best Dam Walk/Run in Vermont Sunday, September 9, 2012

Starting at the Harriman Dam in Whitingham, the easy, flat 7-mile scenic trail follows an old railroad bed along the lake. Walkers can do a half marathon round trip or a shorter distance. Ask your friends to sponsor you. All proceeds benefit the Deerfield Valley Community Cares Fuel Assistance Fund and will help to keep our neighbors warm this winter.

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# race recap

## MURKY EXCURSION

JUNE 8-9, 2012 | HARDWICK

THE MURKY EXCURSION is an eight-hour overnight adventure race for teams of two or three, which is run under the auspices of the Green Mountain Adventure Racing Association. The race requires navigation skills and includes trekking, mountain biking, “plus a few surprises along the way.” Kit Vreeland, a 29-year-old from Winooski who works as a clinical assistant professor at the University of Vermont had an adjusted time of 7:49 for her team, Night Riders. She and her teammate, Liz Brownlee, were the only two-person women’s team.

### VS: Was this your first time doing the Murky Excursion?

KV: It was my first time for the race and my first time doing an adventure race at night. It was awesome. I love having new little tricks and challenges. Everything you’re looking at must be within range of your headlamp, and you have to be extra careful on your feet and on the bike. I thought it was a really cool challenge, and I’d love to do it again.

### VS: How did you feel about your finish?

KV: My original teammate couldn’t take part, so I went with someone who was doing her first adventure race. That meant we had to approach it a little differently, and I went in looking for a fun experience, not for a fast time.

### VS: Can you explain how the race works?

KV: These are multidisciplinary events so you never really know what you’ll be doing. This race had biking and running but no paddling or swimming since it was at night. The race started at 10 p.m., and we got the maps at 9:45. We only knew



we would start on foot for the first hour or so and then switch to our mountain bikes and then back to trekking. Murky Excursion is an apt name because we were in a swamp for a few hours. Every 10 minutes or so I had to pull my boot out of the mud to make sure I didn’t lose it. The rest was either on unmaintained trails or just out in the middle of the forest. Our biggest challenge was finding the checkpoints in the swamp. We ended up in the wrong swamp, so we didn’t get any of the checkpoints from the middle of the race. I like to study the maps afterward, and I realize now where we made a wrong turn.

### VS: Do you participate in other adventure races?

KV: I’ve done seven of these races and really enjoy them. I had to warn my teammate that she would have to remind me to eat because, generally, I’m having such a big endorphin rush that I forget to eat, and then I mentally check out for a while. I also warned her that I’d talk a lot because generally these races are the best days of the year for me. I really love the eight- or 12-hour mental, physical, and emotional challenge of having to find your way without a path (and in the Murky, without any sunlight!), through streams and thickly wooded and nettled

forests, enjoying the dark, quiet hours with only your teammates and the forest plants, animals, and if you’re lucky, the stars above. I love feeling the weight of my pack on my shoulders, feeling confident and prepared, but asking my teammate to help me remember to eat and drink in order to stay energized and mentally competent. I love the challenge of the 2-D map, and having to bring it alive by studying the contour lines, the streams, the swamps, and the distances. I absolutely love Vermont, and the GMARA affords me the opportunities to explore and experience it in ways and during hours that very few people get to. I love the gear, the people I race with, the directors and volunteers, the problem-solving, the muddy shoes, the moment when you decide to step into the flowing stream and let go of the inhibitions, enjoying the sunrise from a mountain bike, the post-race food and that first beer. ... I could go on for hours.

### VS: What did you like best about the course?

KV: There’s a real rush when you find the checkpoints. They are boxes with orange and white triangles with tweezers underneath for you to clip your passports. When I see one of them I get the biggest rush. It’s kind of like hitting the finish line, but then you need to prepare for the next one, which might be through a stream or over a mountain. I’m famous for always wanting to go up something.

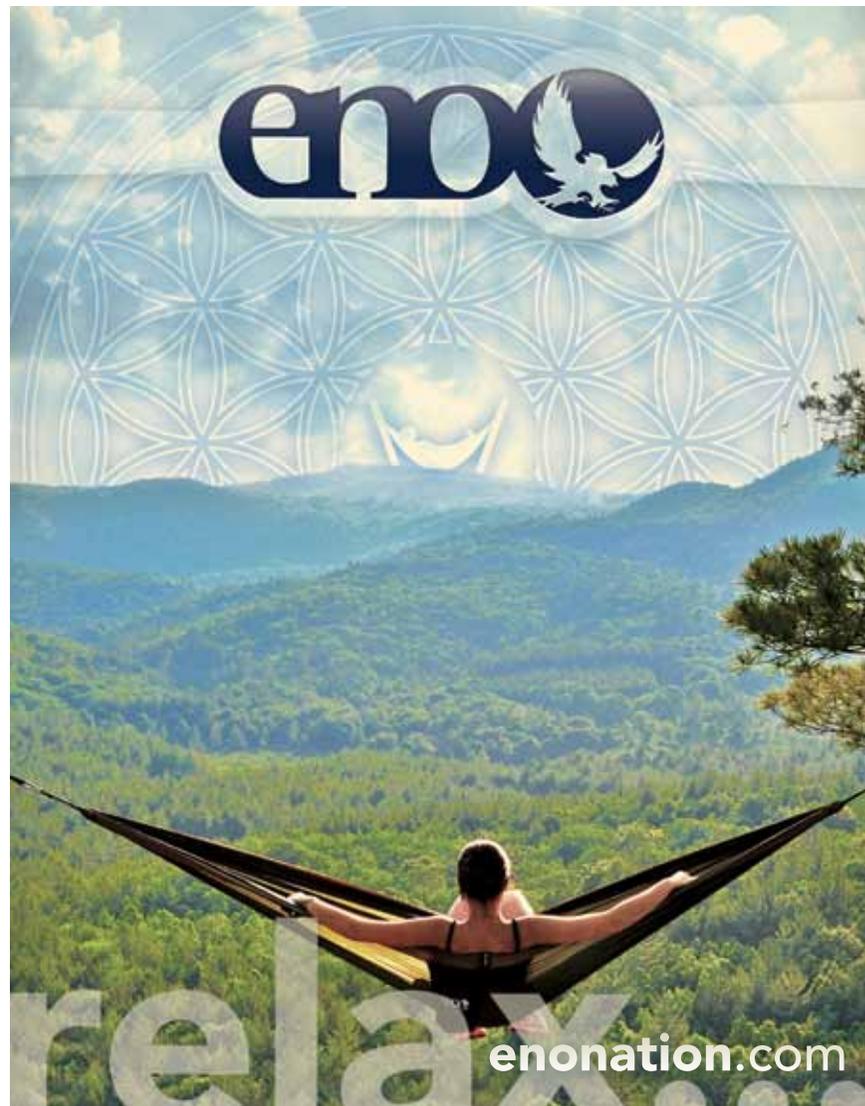
When everyone is tired, I still want to go up.

### VS: If you were in charge of the race, would you do anything differently?

KV: There are other races for which I’d suggest changing the layout but not for this one. It was really well done. I just wish we could get more people doing it, but I think a lot of people don’t want to race at night. GMARA does a really good job of being inclusive and making the race easier for first-timers. If you get to a checkpoint, and you’re lagging behind, they might suggest that you skip one and point you toward another. This is really a personal competition more than a traditional one competing against others.

—Phyl Newbeck

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She is a skier, skater, cyclist, kayaker, and lover of virtually any sport that does not involve motors. 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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MY FAVORITE SUMMERTIME activity is traveling by bike to one of Vermont's many lakes, ponds, to swimming holes, with a lunch, towel, and bathing suit in hand. For those especially long rides, remember to stretch and strengthen to prevent stiffness during and after your trip. The ideal time to stretch is during breaks in your ride and directly after; this is because your muscles are warmed up from the biking you have already done. On your bike, quadriceps, hamstrings, and hips never rest. As a result, riders often have overdeveloped quadriceps and tight hamstrings, which can pull the hips and pelvis out of alignment. Also, the body position on the bike requires the spine to be in constant forward flexion. If proper form isn't maintained, it can result in muscle pain and strain in the back and shoulders. This yoga sequence is designed to ease tightness in the legs, while aligning the hips and spine. Of course, you don't have to be a cyclist to benefit from these poses!

### DANCER POSE VARIATION



**BENEFITS:** Strengthens standing foot, ankle, and leg, while stretching the opposite quadriceps and top of the foot. Builds balance and focus and brings the spine into extension.

**HERE'S HOW:** Begin standing with your feet hip width apart and your second toes facing forward. Shift your weight on to the left foot, and find your right foot with your right hand. Begin to draw your right heel toward your buttock while at the same time pressing your foot into your hand. This will engage muscular energy, which protects your right knee joint and helps maintain balance. Stay in this pose, if it is challenging for you, or feel free to place a hand on your bike for balance. If you would like to go deeper in this pose, extend your left arm skyward, palm open, fingertips spreading. Begin to fold forward at your left hip crease, extending through the arm and crown of the head. Draw the chest forward as you continue to press the back foot into your hand, lifting your heel away from your buttock. Sense your stability and balance as you open the front side of your spine and leg. Stay here for 10 breaths. When complete, move out of the pose the same way you came in, with control and focus. Repeat on the other side.



### STANDING FORWARD FOLD VARIATION

**BENEFITS:** Strengthens feet and quads, while stretching hamstrings, calves, and Achilles tendon. Brings the spine into proper alignment while developing flexibility in the pelvis and toning the core.

**HERE'S HOW:** From standing, place your hands on your hips, and on your inhale, lengthen the spine, reaching the crown of your head skyward while keeping your shoulders down and back. On your exhale, begin to fold forward, keeping the extension in your spine. Feel your sitting bones begin to lift up and back. Pause at the place where you feel your spine lengthening while keeping the natural curves of the spine intact. To check your spinal alignment, place a hand on your lower back to make sure it isn't rounding. You will know it is rounding when you feel your vertebrae poking out. Keep your head in line with your spine, your neck long, and draw your belly in and up to stabilize your core while gently lifting your tailbone up and back. Sense the stretch in your hamstrings, and feel your weight evenly distributed across the balls and heels of the feet while gently lifting and spreading the toes. To prevent overstretching in your knee joint, bend it the tiniest amount, and if you are really tight, you may need to bend your knees more deeply in order to find your optimal spinal alignment.

### CAT AND COW



**BENEFITS:** Brings spine into flexion and extension, massages discs in between vertebrae, strengthens arms, and teaches the synchronization of breath and movement.

**HERE'S HOW:** From standing forward fold variation, come on to your hands and knees. With your hands grounded and finger tips spread and rooting into the ground, curl your toes under to stretch the soles of your feet. Place your hands

directly below your shoulder joint and your knees below your hips. With your inhale, lift your tailbone toward the sky, feel this action ripple up the front of your spine as your belly descends toward the ground, your chest broadens and lifts, and your eyes look up. With your exhale, curl your tailbone, tucking your pelvis and drawing your naval toward your spine, gaze to your navel. Experience a deep stretch in the back muscles as your back body arches up, stretching like a cat. Continue in this way, synchronizing breath and movement, and keeping your gaze like a pendulum, looking at one point skyward, and back to your naval. Keep the arms active and hugging toward one another while the balls of your big toes ground down to create a stable foundation for these movements. Complete 5–12 rounds.

### SPHINX



**BENEFITS:** Brings the spine into extension, gently stretches and maintains elasticity in the ligaments that connect the bones of the spine together. Tones core and stabilizes hips and pelvis.

**HERE'S HOW:** From Cat and Cow, come on to your belly. Support yourself on your forearms, assuming the position of the Sphinx in Egypt. Make sure your elbows are shoulder width apart and that your shoulders are stacked over your elbows. Notice your forearms and hands; line up your wrists with your elbows, and spread and root through your fingertips. Press your hands away and feel this action open the front side of your spine as you draw your heart through the gates of your arms to expand the chest. Move your legs wide apart, and gently lift your lower belly off the floor to stabilize and strengthen your core, keeping your shoulders down and back. With each inhale, feel the crown of your head lifting skyward and the back of your head drawing back. Stay here for 3 to 5 minutes, counting your breaths. When complete, slowly release down to the ground, make a pillow with your hands on which to rest your head. Breathe deeply into your back, this stretches out the back muscles you were just contracting. Feel with each inhale your back floating up to the sky.

### RECLINING HAND-TO-TOE POSE

**BENEFITS:** Stretches the hamstrings, calf, and foot without any strain on the back. Grounds and aligns hips. Tones and stabilizes the core.



**HERE'S HOW:** Come to the floor, resting on your back. It is helpful to have a strap for this pose, but not necessary. On your inhale, lift your right leg up, point your foot toward the sky. Interlace your hands behind your leg to support the lift and to find a deeper hamstring stretch. Begin to roll your ankle, which stretches and lubricates this joint. If you have a strap, place it over the ball of your right foot, spread your toes and bring the ball of your foot and heel parallel, as if you could balance a vase of flowers on your foot. Hold the strap in your right hand only and make sure your arm is straight—no bent elbows. Keep your grip on the strap light, do not squeeze. Let the big muscles of your legs and core support the lift in the legs, rather than your arm muscles. Bring your attention to your left leg, and press this leg down into the ground while flexing your left foot. Your left leg, hip, core, and both shoulders are the anchor for this pose, allowing you to stretch your right leg safely and fully. Stabilize your core by drawing your lower belly in and up and slightly descending your lower back toward the ground, but not to touch. From here, begin to open your right leg out to the side, keeping a little lift on the strap so that your toes point toward the wall behind your head. Let your leg come out and down slowly so as to utilize your core muscles. Keep your leg hovering off the floor. Stay here for 5–10 breaths, then inhale as you move your leg back to center, staying grounded in your left leg and hip. See if you can let go of the strap as you bring your leg back up; this will utilize your core strength. Slowly bring your lifted leg straight down to the ground while keeping your lower back moving toward the ground, but not touching. Notice your core toning while you do this. When your leg finds the floor, pause and notice the difference between the two legs. Repeat on the other side.

**HELPFUL HINT:** HAVE SOMEONE READ THE DIRECTIONS TO YOU THE FIRST TIME YOU TRY THESE POSES.

*Sophia Light Barsalow is a certified yoga instructor who lives in Greensboro and teaches in the surrounding area. An affection for the outdoors and love of community tie into her uplifting teaching style. She can be reached at [yogalightvt@gmail.com](mailto:yogalightvt@gmail.com).*



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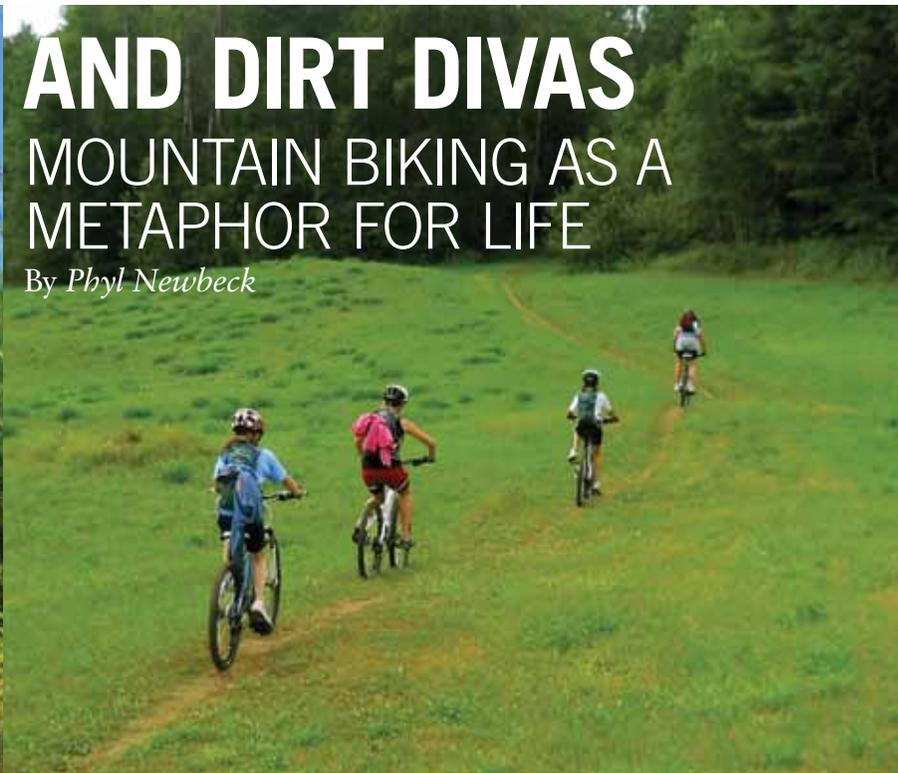
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# LITTLE BELLAS AND DIRT DIVAS

## MOUNTAIN BIKING AS A METAPHOR FOR LIFE

By Phyl Newbeck



VERMONT GIRLS should be willing to get a little dirty.

That's the message sent by two Vermont-based mountain bike programs, Dirt Divas and Little Bellas, which are designed specifically for girls. While participants shift gears, pedal fast, and climb hard, both programs teach a lot more than just cycling skills.

### LITTLE BELLAS

Little bellas was founded five years ago by sisters Lea and Sabra Davison, nationally ranked mountain bikers, and their friend Angela Irvine. The program is designed for girls between the ages of 7 and 14 and uses mountain biking as a vehicle for teaching life skills such as teamwork, goal-setting, and healthy habits. Girls are broken into groups based on age and ability with one mentor for every two or three girls.

Sabra Davison runs the program, which includes Sunday sessions in June and August at Catamount Outdoor Family Center in Williston and several weeklong camps, three of which take place out of state (the program went national in 2010).

The impetus for founding the program was the gender imbalance among junior racers. "We had just gotten off racing the junior ranks," said Sabra, "and seeing the difference in the start line numbers was pretty staggering. This is a great lifetime sport for girls. It builds confidence. You can literally get over obstacles."

The Catamount camps have a cap of 20 girls (40 for the Sunday program). Sabra said parents often say their daughters undergo a transformation after Little Bellas camp.

"It's not just getting on a bike, but their confidence carries over to other aspects of their lives," she said. "It's always a goal of ours for girls to ride confidently and feel good about their bodies. We have such an amazing crew of mentors who infect these girls with confidence. They need to know that they can fall on the bike just as they can fall in life, and still get up."

On a warm June Tuesday, the Little Bellas were all smiles, having just come in from learning how

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—A DIRT DIVAS PARTICIPANT

---

to position their feet while riding down hills. Katie Holden, a World Cup cyclist from California, had joined the camp for a day, and the girls were looking forward to the following day when they'd meet Lea Davison who had just been named to the US Olympic team. In addition to learning cycling techniques, one girl said she had learned not to be afraid. The campers were clearly thriving in the all-female atmosphere.

One girl said she usually mountain biked with boys but joined the camp because she wanted to do things with other girls. Another added that biking with girls was more fun because they had similar interests. It was clear the young cyclists would continue biking long after camp had ended. They all chimed in about how they liked that the sport was "fun and fast," and made them strong and athletic.

### DIRT DIVAS

Founded in 2001, Dirt Divas consists of several five-day camps for middle school girls at locations across the state "designed to cultivate confidence, courage, and leadership through outdoor adventure and a supportive environment." In addition to mountain biking, the girls learn to build and maintain the trails and take care of their bikes. Each camp has a community partner: a school, recreation department, or local program for kids.

Dirt Divas has a maximum of 12 girls per camp with two full-time instructors and one junior instructor. Although based around mountain biking, founder Nadine Budbill said the heart of the program is "social and emotional learning." There are activities based around team building, goal-setting, journal-writing, media literacy, healthy relationships, and body image. This year, self-defense has been added to the mix. "We let the girls express themselves, take risks, fall down, and get back up," Budbill said. "They dig deep and find their own courage and determination."

Students pay on a sliding scale, and Budbill

said no girl has ever been turned away because of finances. More than half of the girls qualify for free or reduced lunches, and it is no accident that the program is based in poorer, rural areas like Hardwick and Glover. "We're committed to being in those communities where there are fewer options for girls," Buddbill said. "This is a powerful antidote to being female and adolescent in our culture. We're giving them a chance to do something they didn't think they could do. It gives them a newfound sense of strength, pride, and accomplishment. Mountain biking is a good metaphor for life."

The Dirt Divas weren't having good luck with the weather during their June camp in Montpelier. The rain had been coming down for three straight days, so the girls had been out on their bikes only once, and had supplemented their team-building activities with a trip to Petra Cliffs for rock climbing. They started their Wednesday morning by standing in a circle holding hands and passing a bicycle tire from girl to girl without letting go of each other. The circle of 11 completed the task in a record 45 seconds. Despite the poor weather, they each gave a thumbs up when asked about the previous two

days of camp. "It's fun even though we haven't done a lot of mountain biking," one girl opined, adding that a self-defense class the day before had been a highlight.

Like their counterparts at Little Bellas, the girls were enjoying the opportunity to spend time with their peers. "I like being with all girls," said one, "and this group is really awesome." Another camper was attending her third Dirt Divas camp, timing her trips from New York to visit her cousin so that she could attend. "It's fun that it's all girls," said one young camper "because we all learn together and sometimes boys are more experienced or learn differently." Another added that it was easier to feel confident in an all-female atmosphere where they were less concerned about what others might think. "This is less judgmental," she said.

At the Little Bellas camp, a few girls mentioned disparaging comments that boys had made about their sports interests, with one girl saying that when she biked to school, boys wanted to know why she was doing a boy's sport. "This isn't a boy's sport," she said. "This sport is for everybody."



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## SWEET SUMMER FLEETING

Peter Wadsworth captured this Intentional 14 sailboat on Lake Champlain. Chris Johnson is the sailor, owner, and builder of the boat.

We want to see your summer moments. E-mail your best Summer 2012 photos to [editor@vtsports.com](mailto:editor@vtsports.com). We'll give away prizes to the best entries.



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New member programming: three yoga sessions! Find schedules and full details at [www.craftsbury.com](http://www.craftsbury.com).



### August 18 - Kingdom Farm & Food Tour

2 dirt-road bike tours let you explore the beautiful farms and scenery of the NEK. Post-ride picnic at Pete's Greens!



### August 28 - Last 5k Trail Race of 2012

Our weekly Tuesday race series wraps up. Bike or run, join the fun for only \$5 per race - members race for FREE!



### August 31 - Harvest Weekend

Celebrate summer with 4 days of tours, presentations, and a wide variety of hands-on learning opportunities.



### September - Special Fall Programming

Our running and sculling camps celebrate fall with specially themed weeks that combine training and other activities.

Read more about these opportunities & many more at the website - [www.craftsbury.com](http://www.craftsbury.com)



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## VERMONT SPORTS

# MAKE THE MOST OF *summer* CHALLENGE

Complete the five tasks below, and send a photograph of each task (must be done in August 2012) to [editor@vtsports.com](mailto:editor@vtsports.com). A randomly selected person who completes each task and has proof will receive a gear pack valued at more than \$100.

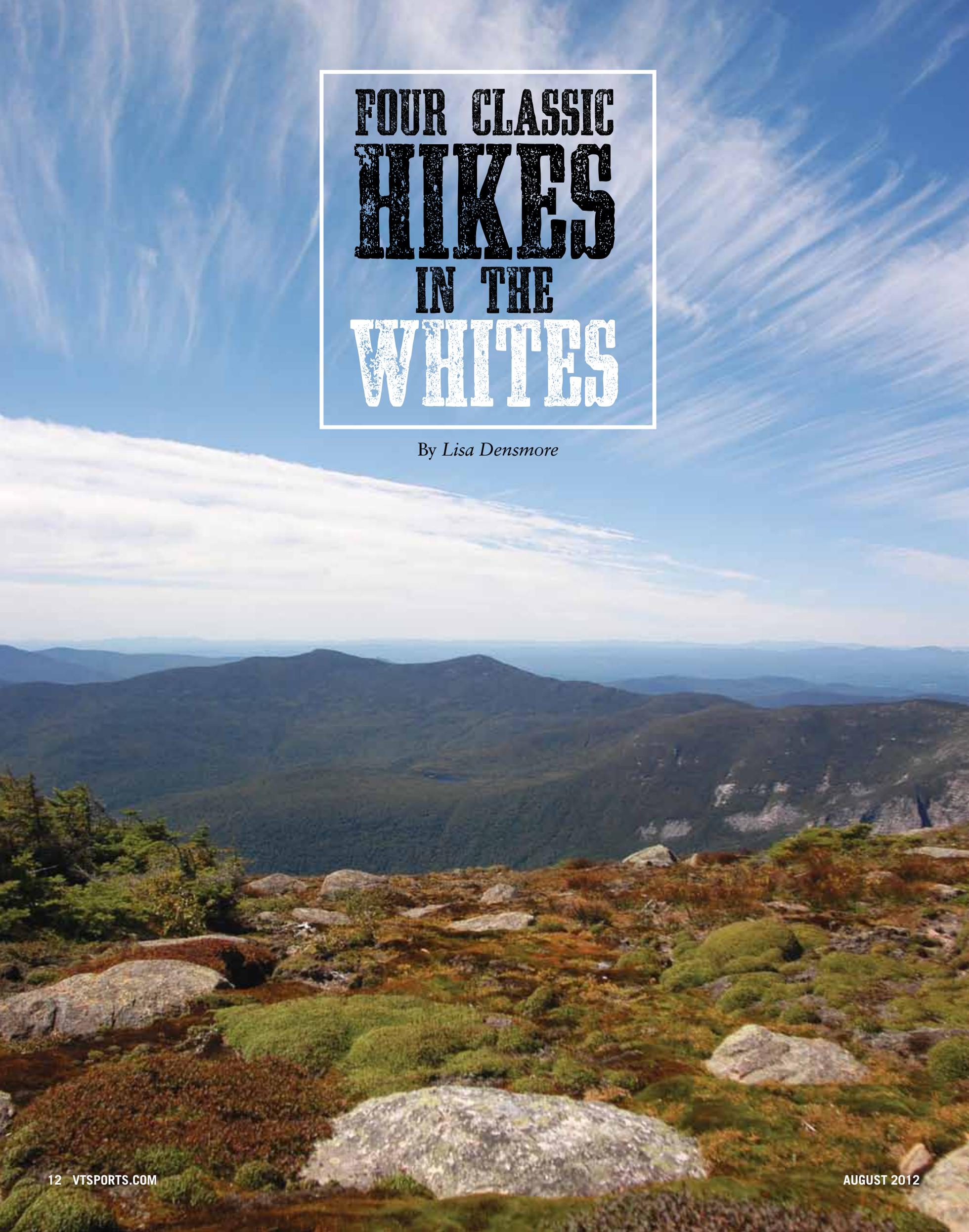
**HIKE THE WHITES.** Stand tall on the summit of any of New Hampshire's peaks mentioned in Lisa Densmore's article (pages 12-15).

**PRACTICE YOGA OUTSIDE.** Take advantage of Sophia Barsalow's talented instruction on page 6.

**RIDE SINGLETRACK.** Be inspired by the girls who participate in Little Bellas and Dirt Divas (page 8), and hit up any one of the trails helping Vermont be known as the mountain biking mecca of the East.

**GET ON THE WATER. SWIM, KAYAK, CANOE, SUP, OR SAIL** (page 10) before it's all ice.

**RUN A 5K.** August is chock full of 5Ks, from Zoe's Race (page 16) and many more (page 24).



# FOUR CLASSIC HIKES IN THE WHITES

*By Lisa Densmore*

MY HIKING PREFERENCES have migrated east over my lifetime. I grew up in the Adirondacks, summiting iconic 4,000-footers such as Mount Marcy, Whiteface and Algonquin Peak, which scratch the sky with their bald rocky pates.

In the 1970s, I went to high school in southern Vermont where I discovered equally iconic peaks in the Green Mountains. The Green Mountains were different though. After climbing Vermont's five 4,000-footers, I sought views from historic fire towers, first atop well-known high points such as Stratton Mountain and Mount Ascutney and then more obscure spots such as Mount Belvidere and Spruce Peak.

Then, I went on a college orientation camping trip in New Hampshire's White Mountains and discovered a delightful combination of bald summits and tantalizing towers. Hiking in the Whites is pure delight.

Over the last 25 years, and after writing five hiking guidebooks covering the Adirondacks, the Green Mountains, and the White Mountains, the White Mountains are my favorites, and not because the range has the most 4,000-footers (which it does, 48 of them). I love the Whites because they reward hikers with the most variety. Whether I'm poking up a trail with my camera or my kid, carrying a load on a multiday trip, or simply looking for some exercise and fresh air, I have not one or two, but dozens of options.

Most important, the White Mountains reward with endless views. That's the real reward. I love jumping in a chilly swimming hole or discovering a secluded clearing in which to pitch my tent, but what ultimately entices me is the promise of an expansive panorama. Sitting atop a peak lifts me above my daily cares. It sets me free. For a short time, I can forget my responsibilities and simply enjoy the moment.

Here are a few of my favorite White Mountain peaks where I always feel on top of the world:

## MOUNT CARDIGAN

(3,121 feet)

**NEAREST TOWN:** Orange, New Hampshire

**TOTAL DISTANCE:** 3 miles, out and back

**VERTICAL GAIN:** 1,220 feet

**CANINE COMPATIBILITY:** Dog-friendly

**TRAILHEAD COORDINATES:** N43 38.717  
W71 56.249

With an expansive bald top, a fire tower, and a 360-degree view, it is hard to find a hike with a better reward for such a modest effort than Mount Cardigan. I usually go up the West Ridge Trail, a kid- and dog-friendly route. The path traverses more and more slab as you climb, eventually passing among low blueberry bushes before breaking into the open.

Although technically not above tree line, the top of Mount Cardigan is an expansive bare dome thanks to a forest fire back in the 1800s. It takes about 10 minutes to cross the rocky summit area to the fire tower. The tower is usually closed, but you can climb the stairs. On a clear day, you can see the Franconia Ridge to the east beyond Newfound Lake, with Mount Washington in the distance. Mount Sunapee (the ski area) and Mount Kearsarge (fire tower on top) lie to the south. Mount Ascutney in Vermont dominates the western view.

**CONTACT:** New Hampshire Division of Parks and Recreation, (603) 271-3556, [nhstateparks.org](http://nhstateparks.org).

## MOUNT MOOSILAUKE

(4,802 feet)

**NEAREST TOWN:** Warren, New Hampshire

**TOTAL DISTANCE:** 7.6 miles, loop

**VERTICAL GAIN:** 2,550 feet

**CANINE COMPATIBILITY:** Dog-friendly

**TRAILHEAD COORDINATES:** N43 59.598  
W71 49.016

Mount Moosilauke is the westernmost 4,000-footer in the White Mountains and the dominant mountain along the Upper Connecticut River Valley. It is a hulk of a peak with a sprawling open summit, the 10th highest in New Hampshire.

The name "Moosilauke" has nothing to do with the large-hoofed beast common to its slopes. It is derived from the Abenaki Indian words "moosi" and "auke," which mean "bald place." About 100 acres of the mountain is above tree line.

There are a half-dozen ways to hike Moosilauke. I like ascending the Gorge Brook Trail, then descending via the Carriage Road to the Snapper Trail. The lower Gorge Brook Trail was part of the famed Hell's Highway ski trail where the first U.S. Downhill Championships were held in 1933. The Snapper Trail was also originally cut for skiing. Today, the entire route is a well-maintained footpath.

The advertisement features a scenic mountain landscape with a hiker in the foreground carrying a large roll of gear. A sleeping bag is shown in the foreground. The NEMO logo is in the top right, and the slogan "Take Comfort Far From Home." is centered. The Tango Duo product name and description are in the bottom left, and social media links are at the bottom.

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WATER REPELLENT



The lower Gorge Brook Trail follows its namesake brook, climbing moderately. At 1.6 miles, the trail leaves the brook behind and angles up the mountain in a northerly direction. There are several cuts in the trees offering nice views, but the real treat begins at 3.5 miles when the trail breaks from the krummholz. An impressive view of the Franconia Ridge and Presidential Range lies to the northeast beyond the lawn of alpine sedges and mountain cranberries.

In 1860, local businessmen built a summit house, accessible by carriage road, but in 1942, it was struck by lightning. All that remains today are

parts of the old stone foundation, which offer hikers welcome protection from the wind.

From the summit, the Carriage Road/Appalachian Trail-South (white blazes) heads across the broad alpine expanse toward the mountain's southern sub-peak, eventually reaching the junction with the Snapper Trail. From there, the descent continues through airy woods back to lower Gorge Brook, closing the loop.

**CONTACT:** Dartmouth Outing Club (DOC), (603) 646-2834, [dartmouth.edu/~doc/](http://dartmouth.edu/~doc/)

## FRANCONIA RIDGE

**NEAREST TOWN:** Franconia, New Hampshire

**TOTAL DISTANCE:** 7.9 miles, loop

**VERTICAL GAIN:** 3,850 feet

**CANINE COMPATIBILITY:** Experienced dogs only. Dogs are not allowed inside the AMC Greenleaf Hut.

**TRAILHEAD COORDINATES:** N44 08.554 W71 40.938

The Franconia Ridge is one of the most dramatic alpine ridge walks in the northeast. I like to ascend via the Falling Waters Trail to the top of Little Haystack, cross the ridge over mounts Lincoln to Lafayette, then descend via the Old Bridle Path to close the loop. Some prefer to hike the loop in reverse, although I find the Falling Waters Trail easier to go up than down, especially if conditions are wet.

The grade is easy at first through a hardwood forest then becomes more persistent, passing several small cascades as it climbs. At 1.3 miles, the trail passes Cloudland Falls, an 80-foot cascade. By 2.7 miles, views of South Kinsman appear across the valley. A moment later, a spur leads to Shining Rock Cliff, where you'll find a more extensive view of the Kinsman Range and Mount Moosilauke farther to the west.

At 3.2 miles, the trail clears the tree line just before meeting the Franconia Ridge Trail, by the summit of Little Haystack. At 4,760 feet high, Little Haystack is hardly little; however, it is considered a sub-peak of Mount Lincoln.

Atop Little Haystack, the route turns north on the Franconia Ridge Trail/Appalachian Trail (AT). Once on this alpine knife edge, the views are boundless to the east across the Pemigewasset Wilderness, and to the west all the way to the Green Mountains.

After reaching Mount Lafayette, the high point of the loop, the route drops down through a scree field toward the AMC Greenleaf Hut just beyond Eagle Lake, a small alpine tarn. Cannon stands in rugged splendor across Franconia Notch for most of the way down to tree line and the hut.

The Old Bridle Path Trail departs to the left of the hut, allowing yet more impressive views, until the evergreens and birches take over, this time across Walker Ravine. At 8.5 miles, the Old Bridle Path meets the Falling Waters Trail again, closing the loop.

**CONTACT:** Appalachian Mountain Club, (603) 466-2721, [outdoors.org](http://outdoors.org).

## POST HIKE INDULGENCES

Go ahead, indulge! You've earned it after reaching the top of any of these peaks. Here are my favorite ways to recharge after a day on the trail:

**MOUNT CARDIGAN:** A cold beer and wood-fired pizza at LuiLui's at the Powerhouse Mall in West Lebanon next to the Mascoma River.

**MOUNT MOOSILAUKE:** Soft ice cream at Fat Bob's in Warren—they're HUGE! And you have a choice of 48 flavors.

**FRANCONIA RIDGE:** Homemade gourmet pancakes with real maple syrup at Polly's Pancake Parlor on Sugar Hill. Savor the best pancakes in the region while ogling the ridge you just traversed.

**MOUNT WASHINGTON:** A burger at Fabyan's Restaurant in Bretton Woods—or check into the Mount Washington Hotel where you can savor crême brulee and other gourmet treats after having the spa masseuse rub all your hiking aches away.

## MOUNT WASHINGTON

(6,288 feet)

**NEAREST TOWN:** Bretton Woods, New Hampshire

**TOTAL DISTANCE:** 9.2 miles, out and back

**VERTICAL GAIN:** 3,800 feet

**CANINE COMPATIBILITY:** Not dog-friendly due to extensive boulder field on summit

**TRAILHEAD COORDINATES:** N44 16.170

W71 20.953

Mount Washington is the tallest, not only in the White Mountains, but in the entire Northeast. It dominates the view from many summits in New Hampshire as well as from high points in Vermont on a clear day. This lofty summit is accessible by car and cog railway. It is far from a wilderness experience at the top, but I include it because it's on virtually every hiker's bucket list in the region.

There are trails to the summit from every direction. The Ammonoosuc Ravine Trail from the west is one of my favorites for several reasons. First, although a hefty 4.6 miles and almost 4,000 vertical feet from the trailhead to the summit, it is one of the shortest routes up this formidable peak. In addition, it climbs beside a series of cascades en route to the AMC Lakes of the Clouds Hut and its two namesake

ponds, which are the source of the Ammonoosuc River.

From the trailhead, the path follows the Ammonoosuc River, which is more brook than river here. The trees begin to get scrawnier and more weathered as you come to Gem Pool, a clear pool of water at the bottom of a low mossy waterfall.

At 2.5 miles, the first view toward Bretton Woods opens to the west. Soon, Mount Washington and the Presidential Ridge tower above you. You can hear the whistle of the cog railway and see the dark plume from its smokestack throughout the upper part of the climb. The trail clears tree line and the grade eases just before reaching Lakes of the Clouds Hut at the junction with the Crawford Path/Appalachian Trail. From the hut, the trail passes between the two Lakes of the Clouds, then continues to climb over rocks and slab toward the summit.

The summit of Mount Washington has been dubbed "The Rock Pile" and for good reason. The summit cone is a massive jumble of boulders. Interestingly, though New Hampshire's nickname is The Granite State, the rock pile on Washington is mainly mica schist and quartzite. The

## APPALACHIAN MOUNTAIN CLUB HUT SYSTEM

CAMPING IS NOT ALLOWED above tree line in the Presidential Range (or anywhere in the White Mountains); however, the Appalachian Mountain Club maintains a series of rustic huts that are spaced roughly a day's hike apart. The huts are wonderful destinations in their own right, historic, remote, and scenic, or consider hiking hut to hut.

The huts vary in size, with Lakes of the Clouds, the largest, sleeping 90; and Zealand Falls Hut, the smallest, sleeping 36. Dinner and breakfast are included. You'll also find a pillow and a basic wool blanket on your bed, which might be the third tier of a triple-decker bunk in the coed bunkroom. A sleeping bag, or at least a sheet sack, is highly recommended!

There are eight AMC huts scattered across the White Mountains:

### PRESIDENTIAL RANGE/ CARTER-MORIAH RANGE

Mizpah Spring Hut (Mount Clinton)  
Lakes of the Clouds Hut (Mount Washington)  
Madison Hut (Mount Madison)  
Carter Notch Hut (Carter Dome)

### FRANCONIA RIDGE

Lonesome Lake Hut (Cannon Mountain)  
Greenleaf Hut (Mount Lafayette)  
Galehead Hut (Garfield Ridge)  
Zealand Falls Hut (Zealand Notch)  
For more information, contact the AMC at (603) 466-2727, outdoors.org.

view is spectacular, reaching into four states (New Hampshire of course, plus Maine, Vermont, and New York), the province of Quebec in Canada, and the Atlantic Ocean. About 60 percent of the time, clouds shroud the peak, and it's almost guaranteed to be windy and cold, maybe even snowing, regardless of the month, so be sure to pick your day

wisely for this hike.

**CONTACT:** Appalachian Mountain Club, (603) 466-2721, outdoors.org

*Lisa Densmore is the author of seven books, including Best Hikes with Dogs: New Hampshire & Vermont, Hiking the Green Mountains, Hiking the White Mountains, and Hiking the Adirondacks. densmoredesigns.com*

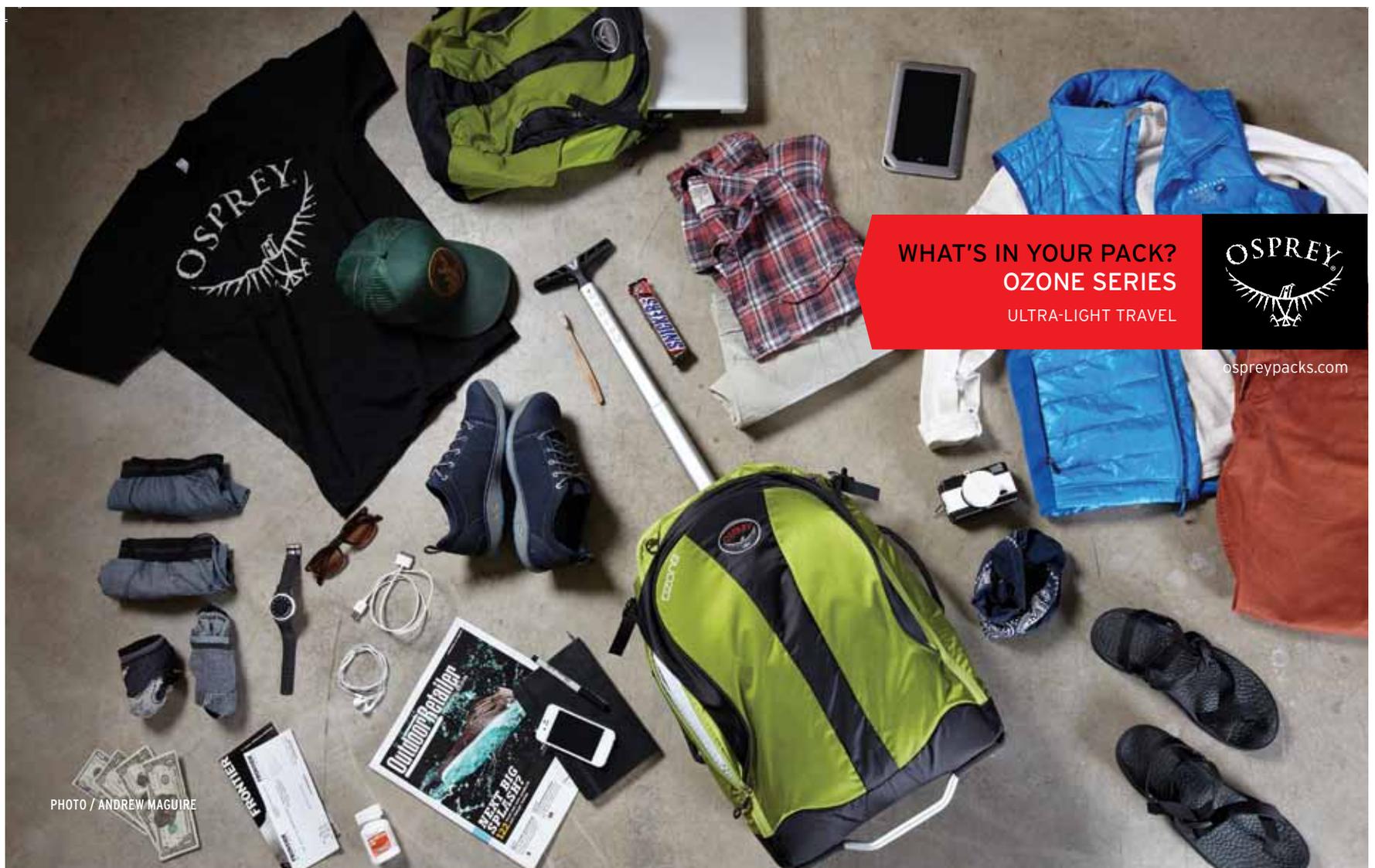


PHOTO / ANDREW MAGUIRE

# Zoe's Race



# A 5K That Makes Homes Accessible for Children with Disabilities

By Phyl Newbeck





To date, seven homes have been made handicapped-accessible, and volunteers are working on numbers eight and nine.



WHEN ZOE NESTOR was 18 months old she nearly drowned in her family's swimming pool. The resulting brain damage left her unable to move, breath, or eat on her own. Her parents, Erika and David Nestor, set out to make their home handicapped-accessible so Zoe's wheelchair could be maneuvered around the house with ease. During the process, though, Erika learned there was virtually no funding available for such renovations, putting an accessible home beyond the financial reach of many families.

Inspired to change that, in 2009, she teamed up with the Howard Center to inaugurate a 5K and 1K run in her daughter's name to raise money to help renovate homes for children with mobility impairments.

Nestor said her first plan for creating a fund for accessibility renovations was to compete on the television show "Survivor". When that fell through, Nestor, an avid runner, started looking at events sponsored by nonprofits, and the idea of a run made the most sense. In 2009, the first Zoe's Run was held, raising \$15,000 to help renovate homes. In 2010, the race raised \$20,000, with slightly more in 2011. This year, Nestor is hoping to raise \$30,000.

"It ended up being a perfect fit since it's what I do," she said.

The run is a family-friendly event held at Oakledge Park in Burlington and is completely handicapped-accessible. Children run the 1K (sometimes with their parents) while the more serious

## ZOE'S RACE

Aug. 26

Oakledge Park, Burlington

➔ More info: [zoesrace.com](http://zoesrace.com)

runners do the 5K distance. Sponsors donate roughly one-third of the money raised, and the runners provide the rest. This year, Nestor is asking runners to try to raise \$150 from friends and family.

"It's a request, not a requirement," she said, "but it could really boost our totals."

Families in need of funding for renovations go through what Nestor describes as a fairly simple application process. To date, seven homes have been renovated, and volunteers are working on numbers eight and nine.

Nestor was thrilled at the completion of the first home the organization constructed. "Just seeing the idea become reality," she said, "probably made that the most emotional home, but every single one has a story that tugs at your heartstrings."

No applicant has been turned down. Nestor recognizes that there may come a time when there are more applicants than money and volunteer time, but she believes this would be remedied by the creation of a waiting list. The renovations are focused in Chittenden



County, but Nestor hopes that will change.

"As we raise money, I'd like to keep moving outward to serve more of Vermont," she said. "I dream of it getting bigger and one day even having a Habitat for Humanity model."

Nestor said most renovations involve doorways and bathrooms. Prior to renovating their home, she and her husband felt as though they were constantly banging Zoe's wheelchair into doorframes.

"At the end of the day, our nerves were shot," Nestor said, "and you could only imagine how she felt. Renovations made such a difference for us that we wanted to ensure others would have the same opportunity."

So far, Zoe's race has taken place in good weather, but organizers rent tents and have access to the Oakledge Park pavilions just in case. The day starts with music from the Hokum Brothers,

followed by entertainment from Waldo and Woodhead. Food is donated by Bolo, Bruegger's Bagels, Rhino Foods, and Shelburne Supermarket. Nestor said 90 percent of race funds come from donations. "We try so hard to have every penny spent on houses and not anything else," she said. "Money gets raised and turned right over into the community. Labor is donated, so most of what we spend is on materials. Because of discounts and free labor, we can do two or three buildings for what would ordinarily only cover one."

Every child who enters the 1K run gets a medal. The 5K run, while still a race, is more fun than competitive and often includes costumed runners. Nestor enjoys seeing the kids with disabilities "run" in the 1K with their able-bodied peers. "I think their peers really love that they're all there together," she said. "It's just a happy day."

Olympic ★ Sprint Distance  
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**2012 Age Group**  
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 Burlington, Vt. ★ Aug. 18-19

**Schedule of Events**

- ★ **MULTI-SPORT EXPO**  
 Thursday, August 16, 2:00pm-6:00pm  
 Sheraton Hotel & Conference Center
- ★ **FRIDAY**, August 17, 10:00am-6:00pm  
 Sheraton Hotel & Conference Center
- ★ **SATURDAY**, August 18, 8:00am-6:30pm  
 Waterfront Park
- ★ **SUNDAY**, August 19, 8:00am-11:30am  
 Waterfront Park

- ★ **OLYMPIC DISTANCE NATIONAL CHAMPIONSHIP**  
 Saturday, August 18  
 7:30am First Swim Wave
- ★ **SPRINT DISTANCE NATIONAL CHAMPIONSHIP**  
 Sunday, August 19  
 7:30am First Swim Wave
- ★ **VTRI SPRINT RACE**  
 Sunday, August 19  
 9:15am First Swim Wave

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GEAR: KEEN OWYHEE

For testing this product we let trail director of the Northern Forest Canoe Trail, Walter Opuszynski, take these shoes out with his work crews and really put them to the test. Walt said, they stayed on exceptionally well, even in "mud up to my shins," an important feature when portaging in boggy areas. He also felt that they dried relatively quickly—in an estimated six hours on a cloudy but not-so-humid day. The time it takes to dry footwear is crucial when attempting not to carry invasive species like silver

milfoil from one body of water to another. On the other hand, Walt said he felt that the footwear ran a little wider than most, yielding a bit too much lateral play in the foot. He liked the lightness of the shoe, but was glad that it also maintained beefiness in the sole and gave his toes necessary protection in longer portages. He wasn't crazy about the lacing system with the draw cord flopping, but found it tolerable when he tucked it in.

\$90; AJ's Ski & Sports, Stowe; Paradise Sports, Windsor; The Mountain Goat, Hanover, N.H.



GEAR: OSPREY ZEALOT

The folks at Osprey just know how to construct a pack and really are producing some of the finest on the market. A new line for Osprey this year, the Zealot is billed as a mountain biking pack ... and with good reason. All your mountain biking gear, whether downhill or cross-country, has a home in this pack. Osprey has this great way of making the outside of the pack more functional so the interior doesn't have to be so large, thus saving weight while keeping things more accessible. A large open stuff pocket in back has room for all one's body armor, and is designed with a fastening system for a full face-shield helmet. If you're not into lift-serve terrain, there's also a trademarked bungee attachment, on the back of the pack, for regular helmets. The bottom of the pack unzips to reveal a roll-out tool pouch that you can detach from the pack and hang up for easier access during repair. There's even a diagram that guides you through some of your bike's schematics. Side pockets

neatly hold your shoes, and a hydration system holds 3 liters of water (the reservoir is included in select markets only). The only small gripes: they probably could have left off the Velcro covering the tool pouch (it's just sort of annoying), and one tester felt that the magnet that holds the drinking tube's mouthpiece in place (along a chest strap) gathered and retained dirt easily, making the magnet less powerful. Of course, not being so adept at performing endos might prevent dirt from getting there in the first place. You can stash all your gear in this satchel after your ride and just pick it up and go when the itch to ride again strikes. Making your life more organized and simpler will assure that that itch comes soon!

\$128-\$149, depending on size; CC Outdoor Store, Waterbury; Mountain Travelers, Rutland; Sam's Outdoor, Brattleboro

BEER: TROUT RIVER RAINBOW RED

This brew is an oldie-but-goody. This amber-colored beverage is topped with a rapidly falling head. Fragrances of caramel, nuts, and faint fruits rise from the glass. The taste comes across as caramelly, too, with some toasted malt, but very little hoppiness. It's pretty easy drinking, if you're not one for bitterness. It's also quite light-bodied for a red, so it doesn't cling real strongly to the palate. Don't take my word for it, though, try it on tap at the brewery itself in Lyndonville (which serves pizzas on Friday and Saturday nights), or pick yourself up a six-pack at most major grocery stores and many town general stores.

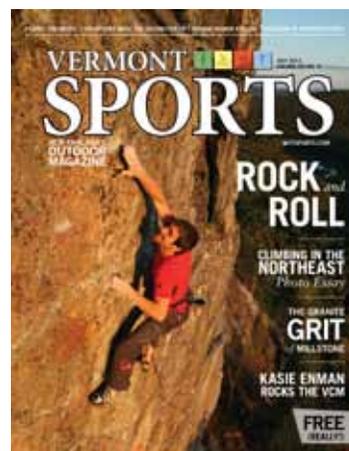
Josh Gleiner is the Beer and Gear Editor for Vermont Sports. He can be reached at gear@vtsports.com.



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Age: 41 | Residence: Middlesex | Family: Husband, Phil Beard; sons, Austin and Carson, 8; chocolate Lab, Ali

Occupation: Organizing director for Kids Are Priority One Coalition | Primary sports: Mountain biking



**KELLY AULT** HAS A PASSION FOR KNOBBY TIRES. SHE SHARES THAT PASSION WITH HER HUSBAND AND HAS PASSED IT DOWN TO HER SONS, BUT SHE WANTED TO GO ONE STEP FURTHER. TWO YEARS AGO SHE FOUNDED MOUNTAIN MOXIE TO HELP GET MORE WOMEN INTO MOUNTAIN BIKE RACING, AND THIS YEAR SHE BECAME INVOLVED WITH MOXIE SPARKS, AN INITIATIVE TO BRING MORE GIRLS INTO THE SPORT.

**VS: Tell us about Mountain Moxie.**

KA: Two summers ago I was racing mountain bikes, and I felt like I was having a hard time connecting with other women. After Millstone Grind, I talked to [Race Director] Andrew Wellman, and he asked me how we could get more women into racing. It got me thinking about Vermont Women's Cycling/Team Betty, who I rode with when I first moved to Vermont. The idea that I could be part of recreating that was exciting. I did a Beers and Gears event, and a number of women attended. By the end of the meeting, we had a team, a name, and a mission. It's not just about riding, training, and racing, but also about giving back to the community and creating greater access to the sport for women and girls. That was a year and a half ago, and now we have 24 women involved.

**VS: How has it been going?**

KA: It's been wonderful. It certainly has brought women together to share in the racing experience. For example, 12 of the 14 women who raced the new 12 Hours of Millstone last summer were from Mountain Moxie. We provided some structure, as well as camaraderie. For some women, it was their only race of the year, but others continued for the rest of the season. This year we're going a step further by partnering with the Stride Foundation and Little Bellas (see story on page 8) to create Moxie Sparks. We are sponsoring three sixth graders for an entire summer of racing. I've been racing for 20 years, and I took a lot from the sport, but I want to do something greater than myself. I want to give girls experience and life skills.

**VS: What was your favorite bike race?**

KA: That would have to be the BC Bike Classic. Almost two years ago, I was looking ahead to a race goal for the following year. My husband and I knew it

would be our 40th birthdays, as well as our 10-year anniversary. We wanted to combine something really fun and adventurous with those milestones, so we signed up for the race and committed ourselves to training. The BC Bike Classic is a seven-day stage race from Vancouver to Whistler. It was a really challenging course. There were racers from all over the world, and the relationships we developed over that challenging terrain were very powerful. It was a really great experience.

Phil and I did really well in the race. We had no idea the Vermont terrain would prepare us so well. We rode in April in the mud and did a lot of climbing. Vermont offers so much technical terrain that we felt like we could handle anything thrown at us. My husband was seventh in his age group, and I was third among women. I was on the podium almost every day.

**VS: What other sports do you do?**

KA: I did five years of triathlons, but three years ago I hung up my running shoes and wetsuit to focus on mountain biking. I ride through the winter, but I love to tele-ski, and I really enjoy the backcountry. I just play; I don't race. It's fun to go to the mountain with my family. It's our family play time. Tele-skiing is also such a vigorous sport that it's great training for cycling, but I might have to turn to Alpine so I can keep up with my boys.

**VS: How do you find time to train?**

KA: That's always the tricky part. I do feel like having a goal helps me develop structure in my weekly life for training. Sometimes I ride at 6 a.m., doing a lap on the Waterbury trails before work. My husband is a competitive cyclist, so we understand and respect each other's needs for time. I benefit from having so many trail networks so close to home and having a flexible schedule, to some

degree, so I can take a lunchtime ride and not throw off the work/family balance.

**VS: What do you enjoy about mountain biking?**

KA: In general I'm motivated by the terrain and beautiful trails, but for me, mountain biking can also be time for reflection and time to roll by myself in the woods where it's quiet. Because I'm balancing work and family, it's about time for myself and my friends to play. It's also a big family thing for me, since it allows us to play together as a family. A lot of times, everybody does their own sport, but this is something that's able to bring us together. I feel very grateful for that.

Vermont is becoming a mecca for mountain biking. We have incredible trail networks that are beautifully built and include cross-country, downhill, and pump tracks, which have opened

the sport up to kids and youth and added a free ride aspect to the sport. I'm constantly challenging myself emotionally and intellectually on the trail. Plus, the progression is obvious, and there is real empowerment that comes from that.

**VS: Did you mountain bike as a child?**

KA: I always had bikes as a kid, but I got my first mountain bike in college, and that's when I did my first race. Now bikes have suspension and beautiful geometry, and it makes the sport even more enjoyable and fun. You used to ride on old woods roads with stiff hard tails, but now you feel like you're floating. My children have been biking since they were 2 or 3, and now they are racing at Catamount. I'm finding as much joy and reward in watching them as in riding myself.

—Phyl Newbeck




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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 cannot print all of the events posted on our website, so be sure to check [www.vtsports.com/events](http://www.vtsports.com/events) for a comprehensive listing.

## BACKPACKING/HIKING

### August

14-15 **LONG TRAIL BOUND EDUCATOR SUMMIT.** Educators are invited to the Green Mountain Club to learn about the natural history of the Green Mountains, develop outdoor leadership skills, and become familiar with the Long Trail Bound activity guide. 10 a.m.-7 p.m., Aug. 14, and 8:30 a.m.-4 p.m., Aug. 15, Waterbury Center. [jwhitson@greenmountainclub.org](mailto:jwhitson@greenmountainclub.org), 244-7037.

15-18 **WHITE MOUNTAIN HIKER.** For 13-17-year olds who want to explore Alpine territory high in the White Mountains. Learn leave-no-trace ethics, backcountry travel skills, and campcraft. Physical fitness required. 9 a.m., Northwoods Stewardship Center, East Charleston. [maria@northwoodscenter.org](mailto:maria@northwoodscenter.org).

25 **HIKING AND YOGA WITH THE GMC.** An afternoon of hiking and yoga. Depart the visitor center at 1 p.m. for a three-hour moderate hike, and then return at 4 p.m. for a relaxing yoga practice. GMC Visitor Center, Waterbury Center. [greenmountainclub.org](http://greenmountainclub.org), 244-7037.

### September

8 **MAP AND COMPASS I: LAND NAVIGATION BASICS.** Develop your navigation skills in the woods with a map and compass.

Build your confidence in using these essential outdoor tools as we practice "getting lost" and finding ourselves in indoor and outdoor exercises. 9 a.m., GMC Visitor Center, Waterbury Center. [greenmountainclub.org](http://greenmountainclub.org), 244-7037.

## BIKING/CYCLING

### August

5 **GMBC CLUB RIDE BUCK HOLLOW AND BEYOND.** The 40-mi route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 mi) continues into Sheldon. Milton High School. [thegmbc.com/touring.shtml](http://thegmbc.com/touring.shtml), 893-1690.

11 **HARPOON POINT TO POINT.** A day of bicycle rides across the state of Vermont to benefit the Vermont Foodbank. The 115-mi ride starts at the Catamount Outdoor Family Center in Williston, the 50-mi ride in Bethel, and the 25-mi ride is an out-and-back from the Harpoon Brewery in Windsor. All riders finish at the Harpoon Brewery for a BBQ with fresh Harpoon beer. Sponsored in part by Vermont Sports. 7 a.m. [harpoonpointtopoint.com](http://harpoonpointtopoint.com).

**GMBC INTERMEDIATE TOURING RIDE.** 25-30 mi at a leisurely pace for folks interested in going a step up from our intro rides. The ride will head south to Charlotte for pastries at the Old Brick Store. 9 a.m., Dorset Park, South Burlington. [thegmbc.com](http://thegmbc.com), 363-0663.

12 **GMBC BIKE RIDE JOURNEY FROM JOHNSON.** This scenic ride travels from Johnson to Lowell and then through Irasburg, Albany, Craftsbury, and Hardwick with views of Lake Eligo and a camera-worthy spot at the peak of Route 58 with views of Jay Peak and the Green Mountains. The short version of the ride cuts off some mileage. [thegmbc.com](http://thegmbc.com), 309-3467.

15 **VERMONT CHALLENGE BICYCLE TOUR.** 1-, 3-, and 4-day tour packages available through southern and central Vermont. Dedicated to riders who do 30-40 mi regularly. Various locations. [vtchallenge.com](http://vtchallenge.com).

18 **MT. WASHINGTON AUTO ROAD BICYCLE HILLCLIMB.** A bicycle race up the Mt. Washington Auto Road. Deemed the Toughest Hillclimb in the World! 8:50 a.m., Mt. Washington Auto Road, Gorham, N.H. [mwarbh.org](http://mwarbh.org).

19 **MILLSTONE GRIND XC & MARATHON MT. RACE.** A cross-country race with categories for all abilities and ages (12 and up). It takes place in a truly unique setting: the 8.5-mi rolling course loops among spectacular former granite quarries on trails maintained by the Millstone Trails Association. 10 a.m., Millstone Touring Center, East Barre. [millstonegrind.com](http://millstonegrind.com).

20 **DROOPY PEDAL MOUNTAIN BIKE SERIES.** Join us for fun & fitness for all ages and abilities. Choose from a 3- or 6-mi course. Short course starts at 6 p.m. and long course at 6:30 p.m. Giorgetti/Pine Hill Park, Rutland. [rutlandrec.com](http://rutlandrec.com), [jaythomas24@comcast.net](mailto:jaythomas24@comcast.net).

25 **BUMP YOUR RUMP 6-HOUR MOUNTAIN BIKE RACE.** Six hours of cross-country mountain biking! Four-mile primary racetrack, starting at Grafton Ponds and continuing on the Grafton Village Trails and through village of Grafton. 9 a.m., Grafton Ponds Outdoor Center. [graffonponds.com](http://graffonponds.com), 843-2400.

26 **THE NORTH FACE RACE TO THE TOP OF VERMONT.** Run, mountain bike, or noncompetitively hike up the highest mountain in Vermont on the famous Mt. Mansfield Toll Road. The course is 4.3-mi long and climbs 2,550 vertical feet to some spectacular views at the summit of Vermont. 9 a.m., Toll Road, Stowe. [catamounttrail.org](http://catamounttrail.org).

31 **GREEN MOUNTAIN STAGE RACE.** 4-day road bicycle state race. One of the largest Pro/AM stage races in North America! Voted top road bicycle race in Vermont by Vermont Sports readers. 9 a.m., Warren Village. [gmsr.info](http://gmsr.info).

**CRAFTSBURY DIRT ROAD BIKE TOUR.** Exploration of the back roads of Vermont's Northeast Kingdom by mountain bike, includes lodging and meals. Craftsbury Outdoor Center. [craftsbury.com](http://craftsbury.com), 587-7767.

### September

2 **DARN TOUGH RIDE.** The Century ride is a loop that starts in Stowe and goes over to Jay Peak and back to Stowe over Smugglers Notch. The route is very challenging but extremely rewarding, with many big climbs and even longer descents. 25-, 45-, and 65-mi routes also available. 7 a.m., Mt. Mansfield Winter Academy, Stowe. [darntoughride@mmwa.org](mailto:darntoughride@mmwa.org).

8 **PEAK 6/12/24 MT. RACE.** Join us on Pittsfield's Green Mountain Trails at Amee Organic Farm for our seventh annual mountain bike endurance race. 6-, 12-, and 24-hour races available. Bike demos and pig roast to follow. 6 a.m., Green Mountain Trails, Amee Barn, Pittsfield. [peakraces.com](http://peakraces.com).

**KELLY BRUSH CENTURY RIDE POWERED BY VBT BICYCLING AND WALKING VACATIONS.** Scenic charity road ride through the Champlain Valley with distances of 25, 50, and 100 mi. More than 700 riders and dozens of handcyclists. 7:30 a.m., Middlebury College Football Stadium. [kellybrushfoundation.org](http://kellybrushfoundation.org).

9 **FALL FOLIAGE RUN, WALK, AND BIKE.** Half-marathon: A point-to-point half-marathon. Beginning and ending at the Old Stone

● ● ● ● ●

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### 2012 Summer Race Series

**DATES** July 12, 19, 26, August 9, 16, 23

**TIMES** 5:00 pm - Registration  
5:30 to 6:15 pm - Zeroing & novice clinic  
6:30 pm - Race start

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- 16 **TOUR DE FARMS.** Three bike routes (10, 25, and 30 mi) that stop at a variety of family farms. Each farm provides free samples of locally produced foods. Also available are multiple walking routes for families to enjoy children's books in the StoryWalk format. Co-organized by and a fundraiser for ACORN, Rural Vermont, and the VT Bicycle & Pedestrian Coalition. 10 a.m., Shorham Town Green. ruralvermont.org.
- 29 **HUNGRY LION BIKE TOUR.** Benefit for the annual Hunger Relief Program that is spearheaded by the Whitingham-Halifax Lions. There will be 30-mi and 50-mi tours. 11 a.m., Town Hill, Whitingham. hungrylionbiketour.com.

## October

- 28 **THE CIRCUMBURKE 2012: MOUNTAIN BIKE CHALLENGE, TRAIL RUN, AND FESTIVAL.** A demanding 20+ mi circuit that climbs up over the shoulder of Burke Mountain from Kingdom Trails before diving into wilds of Victory. 10 a.m., Burke Mountain Resort, East Burke. circumburke.org.

## Ongoing

**UNION RIVER SPORTS CYCLING 101 WEEKLY RIDE.** Need tips on how to ride safely, check your bike fit, find a century training plan, deal with traffic, acquire new cycling skills or polish the old ones, and learn more about your bike? Just simply need the courage to get out there? All levels will be accommodated. Tuesdays, 5:30 p.m., Montpelier High School.

**DAKINE SUMMER MOUNTAIN BIKE SERIES.** A weekly mountain bike race series for all abilities and ages. Every Tuesday for eight weeks racers can bike the long, short, or mini courses between 3:30 and 7 p.m. Great Glen Trails, Gorham, N.H. greatglenraces.com.

**CLAREMONT POINTS RACE SERIES.** 1/3-mi oval, 40- and 60-lap races. Held under USA Cycling event permit, USAC license required, available at event. Hosted by Claremont Cycle Depot Bike Club. 5:30 p.m., Twin State Speedway, Claremont, N.H. ccdbikeclub.com, (603) 477 4848.

**PITTSFIELD BIKE CLUB GROUP RIDE.** All are welcome to join us on the Green Mountain Trails every Thursday for a fun ride until dark. 5 p.m., Pittsfield Village Green. greenmountaintrails.com.

## CLIMBING/MOUNTAINEERING

### Ongoing

**LADIES NIGHT CLIMB.** Valley Rock Gym, 5:30 p.m., Tuesdays, Sugarbush Health and Sports Center, Warren. 583-6700.

## FAMILY

### September

- 23 **RACEVERMONT.COM CIDER HOUSE RUN/WALK.** Walk or run through the orchard, enjoying gorgeous views along the way. Pick your own apples after the race and take a bit of Vermont home with you. 11 a.m., Shelburne Orchards, Shelburne. rayne@racevermont.com, 985-3141.

## MISCELLANEOUS

### August

- 6-11 **ECO-EXPERIENCE TEEN RESEARCH CAMP.** Kids ages 13-17 are invited to join NorthWoods and collaborating research organizations in this six-day intensive program. Participate in current research projects on songbird populations, brook trout habitat, small mammals, and climatology. Northwoods Stewardship Center, East Charleston. maria@northwoodscenter.org.
- 5 **CITIZEN'S BANK LAKE CHAMPLAIN DRAGON BOAT FESTIVAL.** Ninety teams representing breast cancer survivors, local businesses, organizations, and neighborhoods will compete in 41-foot Dragon boats. 8 a.m., Waterfront Park, Burlington. www.survivorshipnowvt.org.
- 25 **GREEN MOUNTAIN WATERSKI TOURNAMENT.** Green Mountain Waterski's will be hosting the Vermont State Waterski Championship and Fun Tournament. Three of the best world-ranked pro skiers will be attending for a head-to-head shootout! 7:30 a.m., Wrightsville Reservoir Beach, Montpelier. greenmountainwaterski.com.

### September

- 22 **WALTER N. LEVY CHALLENGE.** Levy Challenge is a 6.5-mile endurance race that will challenge you both mentally and physically. Compete as an individual or as a 4-person team. 8 a.m., Norwich University, Northfield. norwichuniversitynrotc@yahoo.com.
- 23 **VERMONT SPARTAN HIGH SCHOOL CHALLENGE.** The High School Challenge is a specially designed 3-mi Teen Beast Course. Participate for fun or competition. Race as an individual or part of a team. 12 p.m., Killington Resort. spartanrace.com.

## PADDLING

### August

- 18-19 **PADDEPOWER.** Raise awareness about depression and suicide, and raise money for suicide prevention. On Saturday, Aug. 18, paddlers travel south on the river from Orford to

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# calendar of events

Hanover, N.H. On Sunday, Aug. 19, paddlers return to the river and paddle from Hanover to Kilowatt Park in Wilder, Vt., for BBQ and closing ceremony. 7 a.m., Boat launch off of Rt. 10, Orford. [paddlepower.org](http://paddlepower.org), (603) 448-0126.

## September

28-30 **FALL FOLIAGE FAMILY CANOE ADVENTURE.** Paddle and camp along the Connecticut River with your entire family. Skilled instruction, transportation, canoes, cooking gear, group equipment, and delicious food are all provided by the Hulbert Outdoor Center. 5 p.m. Friday to 5 p.m. Sunday, Hulbert Outdoor Center, Fairlee. [tinyurl.com/HOC-VT](http://tinyurl.com/HOC-VT).

## Ongoing

**STAND-UP PADDLEBOARD EXERCISE CLASS.** Challenging paddle out on the reservoir to fit your individual needs. Previous SUP paddling experience is required. 8 a.m. Tues. and Thurs.,

Waterbury Reservoir Day Use Area. [paddle@umiak.com](mailto:paddle@umiak.com), 253-2317.

**INTRO TO STAND-UP PADDLEBOARDING.** The class is taught using SUPs that offer the stability beginning paddlers need to be successful. Thursdays at 6 p.m., Waterbury Reservoir Day Use Area. [paddle@umiak.com](mailto:paddle@umiak.com), 253-2317.

**INTRO TO KAYAKING.** The class is taught in recreational kayaks, which offer the stability new paddlers need. Learn about carrying, launching, and getting out of kayaks, basic paddling strokes, and maneuvering. Sundays during August at 10 a.m., Waterbury Reservoir Day Use Area. [paddle@umiak.com](mailto:paddle@umiak.com), 253-2317.

**KAYAK ROLLING.** This is a "must have" skill for those inspired to learn white-water kayaking or offshore kayak touring. Wednesdays during August at 6 p.m., Waterbury Reservoir Day Use Area. [paddle@umiak.com](mailto:paddle@umiak.com), 253-2317.

**SELF-GUIDED RIVER TRIPS.** Paddle one of the most scenic stretches of river in the Northeast! This is a gentle, slow-moving river and is perfect for beginner paddlers. 12 p.m. for 8-mi trip, 2 p.m. for 4-mi trip. Daily, Jeffersonville Outpost on the Lamoille River, VT-15 W/Grand Army of the Republic Hwy., Cambridge. [paddle@umiak.com](mailto:paddle@umiak.com).

**KAYAK OUTINGS WITH THE BRATTLEBORO OUTING CLUB.** Free and open to the public, and all are suitable for family canoeing and kayak touring. Sept. 16, 22, 23, 29, 30. [brattleboroutingclub.org](http://brattleboroutingclub.org).

## RUNNING/WALKING

### August

4 **EGG RUN.** 5K is a flat out-and-back along the river. 10K has challenging hills and great views. 5K walk and 1K kids' fun run too! Free omelets at the end for all participants. 9 a.m., Corner of Fletcher and River Rd., Fairfax. [fairfaxrecreation.com](http://fairfaxrecreation.com), 849-2641.

**EPIC SUMMER EVENT. 20/40K Mt. race; 20K Mt. Ride/Tour; 8K Trail Run—choose the best one for you.** All to benefit the Vermont Ski & Snowboard Museum. 9:30 a.m., Trapp Family Lodge, Stowe. [vtssm.com](http://vtssm.com), 253-9911.

11 **KINGDOM RUN** (half-marathon, 5K & 10K run). An out-and-back race on a scenic dirt road in the Northeast Kingdom of Vermont. 8:30 a.m., Irasburg Common. [kingdomrun.org](http://kingdomrun.org), 766-5310.

**GMAA SCHOLARSHIP 5K CROSS-COUNTRY RUN.** 5K entirely on dirt trails through the wooded Red Rocks Park. The course is gently rolling with a couple overlooks of Lake Champlain. 9 a.m., Red Rocks Park, Burlington. [gmaa.net](http://gmaa.net).

**LAKE CHAMPLAIN MARITIME FESTIVAL PIRATE 5K RUN.** Open to all ages; course runs along Burlington Bike Path. Come dressed in your favorite pirate costume! Prizes will be awarded to top male, female, and child. 9 a.m., Waterfront Park, Burlington. [leslie.davisstone@gmail.com](mailto:leslie.davisstone@gmail.com).

**SUNDAY MOUNTAIN TRAIL RUN AND PIG ROAST.** A fun, low-key, challenging 10K over Sunday Mountain. Cool off in the pond and enjoy food, beer, music, and dancing into the evening hours. 2 p.m., Dame Hill Farm, Orford, N.H. [thompsoniac@yahoo.com](mailto:thompsoniac@yahoo.com).

12 **HEELS TO PAWS 5K RUN.** Pups, bring your people to a family-friendly trek around the mountain to benefit the Second Chance Animal Shelter in Shaftsbury. 9 a.m., Stratton Mountain Resort. [stratton.com](http://stratton.com).

14 **SUMMER SUNSET 5K TRAIL SERIES.** Low-key 5K series. Participate or volunteer in all three races and get a super t-shirt. 6:30 p.m., Giorgetti/Pine Hill Park, Rutland. [cindiwright@comcast.net](mailto:cindiwright@comcast.net), [rutlandrec.com](http://rutlandrec.com).

25 **BETHEL FLOOD 5K.** Event proceeds will benefit the VT Red Cross Response Fund to provide immediate support for Red Cross relief efforts in Vt. 10 a.m., Whitcomb High School, Bethel. [bethel5k.org](http://bethel5k.org).

**ECHO LAKE ROAD RACE.** Ride your bike 10 mi (twice around beautiful Echo Lake), walk 5 mi, or run 5 or 10 mi. Echo Lake Fishing Access, East Charleston. [occa-vt.org](http://occa-vt.org), 461-7460.

26 **LONG TRAIL RUN TO BENEFIT CHCB.** Join Beth Ann Murphy for part of her run to raise awareness for preventative care for residents or join the community hike. Underhill State Park, Underhill. [crowdrise.com/longtrailrun](http://crowdrise.com/longtrailrun), 264-8193.

## September

1 **RUN STRONG VT 5K DISASTER RELIEF TRAIL RUN AT BOLTON VALLEY.** 5K trail run on the Nordic trails at Bolton Valley. The race will start out at the Sports Center and wind its way through 3.1 mi of moderate uphill and downhill elevations. Bolton Valley Resort. [active.com](http://active.com), [boltonvalley.com](http://boltonvalley.com), [runstrongvt@gmail.com](mailto:runstrongvt@gmail.com).

8 **MAPLE LEAF HALF-MARATHON AND 5K.** A scenic run, with beautiful views, looping through many back roads. Variable terrain. 9 a.m., Dana L. Thompson Memorial Park, Manchester Center. [manchestervtmapleleaf.com](http://manchestervtmapleleaf.com).

9 **FALL FOLIAGE RUN, WALK, AND BIKE.** Half-Marathon, 5K run/walk, 12-mi bike ride. Beautiful fall scenery on moderately

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challenging courses. 7:30 a.m., Old Stone House, Brownington. 754-2022.

**GMAA ARCHIE POST 5-MILER.** Certified point-to-point course has sweeping views of the Green Mountains and is entirely on bike path. 8:30 a.m., Gutterson Field House, University of Vermont, Burlington. gmaa.net.

15 **GMAA COMMON TO COMMON.** Certified 30K through the scenic farm country between historic Essex Center and Westford Commons. 8:30 a.m., Memorial Hall, Essex. gmaa.net.

21 **LIGHT THE NIGHT BURLINGTON WALK.** The Leukemia & Lymphoma Society's walk funds lifesaving research and support for people battling cancer. Annex at the Memorial Auditorium. Burlington. lightthenight.org/uny, 233-0014.

22 **RUN FOR JUMP.** The family fun event includes a 5K run, 1K run for kids, and 1K walk along the Burlington Bike Path. 9 a.m., Waterfront Park, Burlington. jumpvt.org.

23 **DOWNTOWN 10K.** A nonprofit event to benefit the Leukemia & Lymphoma Society's Team in Training. 9 a.m., City Hall, Burlington. greenmtrehab.com.

29 **NEW HAMPSHIRE MARATHON, 10K WALK, AND CRAFT SHOW.** 9 a.m., Newfound Memorial Middle School, Lake St., Bristol, N.H. nhmarathon.com, (603) 744-3335.

**RIVENDELL RAMBLE 10K/3K TRAIL RUN.** 10K and 3K trail runs, as well as trail hikes. Includes a free lunch. All on the Cross Rivendell Trail. Westshire Elementary School, West Fairlee. crossrivendelltrail.org.

## October

4 **GMAA GREEN MOUNTAIN MARATHON.** The certified marathon and half-marathon is out-and-back on the west shore of South Hero and Grand Isle; a land of farms, apple orchards, and summer cottages. Boston qualifier. 8:30 a.m., Folsom School, South Hero. gmaa.net.

6 **GMAA ART TUDHOPE 10K.** Certified out-and-back through Charlotte. This fast course is a mix of dirt and paved roads and has pleasant scenery. 9 a.m., Shelburne Town Beach. gmaa.net.

7 **HARPOON BREWERY OCTOBERFEST.** 3.6-mi race through Vermont, ending at Harpoon Brewery. 11 a.m., Harpoon Brewery, Windsor. harpoonoctoberfesttrace.com.

13 **LEAF CHASE 10K TRAIL RUN.** Join us for our last trail run of the summer and stay afterward for hot chili, fresh bread, and apple cider. 10 a.m., Giorgetti/Pine Hill Park, Rutland. cindiwright@comcast.net.

27 **RUNNING SCARED HALLOWEEN 5K.** Fun "urban" 5K Halloween race with costumes strongly encouraged! Participate in the race, visit the farmers market, and stay for our parade that night. 10 a.m., CVPS Parking lot, Rutland. rutlandrec.com.

## November

22 **ZACK'S PLACE 5K TURKEY TROT.** Meanders through the village of Woodstock. All proceeds benefit Zack's Place. 10 a.m., Woodstock Elementary. zacksplacevt.org.

**GMAA TURKEY TROT.** Certified 5K on the UVM women's cross-country course. Great footing (not counting snow or ice) on cinder/paved path and grass. Some single-track. 11 a.m., Gutterson Field House, UVM, Burlington. gmaa.net.

## December

2 **RI RA'S SANTA 5K, PRESENTED BY NEW ENGLAND FEDERAL CREDIT UNION.** All race participants must wear Santa suit on course (provided). Irish breakfast following the race. 10:15 a.m., Ri Ra's Irish Pub, Burlington. leslie.davisstone@gmail.com.

## Ongoing

St. J Striders Group Runs. Every Sunday. Informal group runs. All ages, children should be accompanied by adults. 2 p.m., St. Johnsbury Academy Field House. stjrec.com.

**CRAFTSBURY OUTDOOR CENTER TUESDAY NIGHT TRAIL 5K.** Looking for a low-key way to test your fitness this summer? Races are every Tuesday evening starting at 6 p.m., with reg. at 5:30 p.m. on the Upper Soccer Field by the Yoga Tent. craftsburys.com.

**STOWE TRAIL RACE SERIES.** Trails are a combination of moderate

and technical single- and double-track. Various locations. prerace.com, stowedaptive.org.

**NEWPORT MOMS RUNNING GROUP.** Running group for moms of all abilities. Members may run with or without a stroller. Meet at North Country High School near the track. Wednesdays through the summer at 9:30 a.m. annahsullivan@gmail.com.

## SWIMMING

### August

4 **SEYMORE SWIM II.** A 3.5-mi swim in a pristine, spring-fed lake. This is held in conjunction with Kingdom Triathlon and its Aquaman Even Up series. Lake Seymore, Morgan. kingdomswim.org.

18 **WILLOUGHBY SWIM III.** A 4.75-mi swim on one of the most majestic and cleanest lakes in the Americas. 9 a.m., Lake Willoughby, Westmore. kingdomswim.org.

25 **YMCA LAKE SWIM.** Swimmers of every age and swim level are invited to participate in an individual 1-, 2-, 4-, 8-mi swim along the shores of Lake Champlain. BBQ follows the event and an awards presentation. Camp Abnaki. North Hero. gbyymca.org.

### September

8 **IN SEARCH OF MEMPHRE.** An epic, 25-mi international swim the length of Lake Memphremagog between Newport, Vt., and Magog, QC. insearchhofmemphre.com.

## MULTISPORT (TRIATHLON/BIATHLON/DUATHLON)

### August

4 **KINGDOM TRIATHLON.** Three triathlon events on the same day, a radically different Aquaman Even Up, an Ollie Even Up, and a traditional Sprint. 7:30 a.m., Derby Beach House. kingdomtriathlon.org.

5 **BRANBURY CLASSIC.** .9-mi swim, 28-mi bike, 6.2-mi run. USAT member. 8 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.

**FIRM RACING TRIATHLON.** 1/2-mi swim, 18-mi bike, and 3-mi road run, finishing with a DJ, giveaways, and a post-race brunch. 7 a.m., Stratton Mountain Resort. www.racesonline.com.

6 **FRONHOFER TOOL TRIATHLON.** Something for everyone, all abilities. Kids' race, Olympic distance and sprint race, and for those who really want a challenge, there is the option of competing in both races, making it a "Double Tri." Lake Lauderdale, Cambridge, N.Y. fronhofertooltriathlon.com.

11 **TRI FOR HOPE.** 1/2-mi swim in Snow Lake, 6-mi bike ride down Handle Road, and another 6-mi ride back up it. Finishes with a 5K run through the Mt. Snow property. Fundraiser for Windham County Relay for Life. Individual or team. triforhope.com.

25 **RACEVERMONT.COM SPRINT TRIATHLON III AND VT SENIOR GAMES SPRINT TRIATHLON.** Swim, bike, and run to and from Shelburne Beach. You must either be a member of USAT or pay for a day fee. 8 a.m., Shelburne Beach. racevermont.com.

26 **HALF VERMONT JOURNEY.** 1.2-mi swim, 56-mi bike, 13.1-mi run. 8:30 a.m., Branbury State Park, Salisbury. vermontsuntriathlonseries.com.

### September

8 **NORTH COUNTRY ENDURANCE CHALLENGE.** Off-road race open to relay teams or hearty solo athletes. The premiere course is 70-mi divided into 11 different legs of mountain biking, trail running, and paddling. A sprint option is also available. 6 a.m., Base of Magalloway Mountain, Colebrook, N.H. nhrace.com, (877) 486-8263.

9 **RACEVERMONT.COM SPRINT TRIATHLON IV.** See listing under Aug. 25.

16 **JOSH BILLINGS RUNAGROUND TRIATHLON.** 27-mi challenging and scenic bike race through five towns in the Berkshires, 5-mi canoe or kayak around Stockbridge Bowl, and 6-mi run around the lake to the main gate of Tanglewood. 9:30 a.m., Price Chopper Parking Lot, Great Barrington, Mass. joshbillings.com.

## Ongoing

**BIATHLON SUMMER RACE SERIES.** These races are open to beginners as well as experienced biathletes and include sprint, pursuit, individual, and sometimes relay format for distances of 5 to 10K. 5 p.m., Aug. 9, 16, and 23. Ethan Allen Firing Range, Jericho. eabiathlon.org.

**BIATHLON TRAINING.** Biathlon training for anyone 14 or older. No shooting experience required. Rifles provided. Running and rollerskiing. Mondays and Wednesdays, 5 p.m., Ethan Allen Firing Range, Jericho. eabiathlon.org.

## YOGA

### Ongoing

**HATHA YOGA.** Wednesdays 4–5:30 p.m. at The People Barn in Greensboro; Thursdays 5:30–7 p.m. at Open Space in Hardwick; Saturdays 8–9:30 a.m. at Elmore State Park. Instructor Sophia Barsalow. yogalightvt@gmail.com, 533-2671.

**YOGA FOR ATHLETES.** Yoga for athletes who wants to enhance their training regimen through guided movement at a gentle to moderate pace. Tuesdays, 5:30 p.m., Injury to Excellence/Fit to Excel, Essex. injurytoexcellence.com.

**YOGA FOR FUN AND FITNESS.** Wrap up your week with guided movement to stretch and relax your body. Fridays, 5:30 p.m., Injury to Excellence/Fit to Excel, Essex. injurytoexcellence.com.

**SUNRISE VINAYASA MONDAY AND SUNDAY.** Incorporating sun salutations, standing poses, balancing postures, seated poses, core isolation, and backbends. Sundays at 7 a.m. or Mondays at 5:15 a.m. Move You Fitness Studio, Essex. moveyouvt.com.

**YOGA FOR RUNNERS: STRENGTH AND BREATH.** Open to all levels, this energetic yoga class is specifically designed with a runner's needs in mind. Tuesdays at 7:15 p.m. Move You Fitness Studio, Essex. moveyouvt.com.

# EVENT ORGANIZERS!

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PRIOR TO THE 1960 Winter Olympics in Squaw Valley, California, where biathlon was reintroduced after a 36-year hiatus, the US Army established a training center for the sport at Fort Richardson, on the outskirts of Anchorage, Alaska. For 15 years, during the Vietnam era, promising skiers in the military sought an assignment to "The Unit" to train for, and compete in, the challenging sport of winter biathlon. Most of these athletes had competed on collegiate or university ski teams before being drafted into the service or fulfilling an Reserve Officer Training Corps active duty commitment.

For the majority of soldiers assigned to Fort Rich, many from the deep South or urban areas throughout the Lower 48, Alaska seemed to be a hostile planet: months of alarmingly brief days and endless nights, unbelievably cold temperatures and howling winds, all surrounded by vast stretches of wilderness inhabited by fearsome wild animals.

Aside from their arduous

and constant physical training, the biathletes, in contrast, regarded Alaska as a smorgasbord of outdoor adventure. There were countless peaks to climb, rivers to paddle, as well as hunting and fishing opportunities widely regarded as the best in the world. Of the several hundred athletes who cycled through the training center between 1958 and '73, many would remain in Alaska to make their homes and establish careers, while most of the others returned to Alaska sporadically to reunite with friends and get their fix of the great outdoors.

Pete, a member of the '72 Sapporo Olympic Team and veteran of the training center, had the foresight decades ago to purchase an abandoned fish cannery site on Raspberry Strait, not far from Kodiak. In the years since, he has spent a couple of months every summer cleaning up the debris from the cannery, building a comfortable cabin, and exploring the nearby bays and streams with his fishing gear and camera. Earlier this summer, Pete hosted three of his former biathlon buddies,

Terry, David, and me, to a week of the best Alaska had to offer.

From Kodiak's no-frills airport, Pete drove us to the harbor, packed with all types of craft from modest, open skiffs to the massive, commercial fishing vessels made famous on television's popular "The Deadliest Catch." After stocking up with groceries and adult beverages, we loaded Pete's 26-foot aluminum fishing cruiser for the 90-minute sprint to his cabin. The Alaskan scenery was breathtaking: snow-covered peaks in the distance, forested hillsides descending to the shore, and the icy, dark water dotted with countless, comical sea otters, floating casually on their backs as we roared past.

We spent the next week fishing for halibut, cod, and rock fish off Pete's boat. For variety, we rowed an inflatable Zodiac to shore and fly-fished for the red salmon that were working their way upstream to spawn. The fly-fishing was especially exciting considering the massive bear tracks evident in the beaten trails along the streams. Terry took the fishing honors by landing a 150-pound halibut, while David succumbed to Pete's traditional prank of secretly attaching a five gallon pail of bricks to the rookie's line. After Terry's monster, Pete's pail trick was very convincing until David reeled it to the surface.

After a full day of fishing, we would stop to pull Pete's crab pot, which several times provided a

delicious, tanner crab dinner for the four of us. To take a break from fishing, we spent a morning helping Pete repair a sea wall which had been damaged by a winter storm, and an afternoon hiking the impressive hill behind the old cannery site. The panoramic view from the summit was unforgettable; the snowcapped Alaska Range and Shelikof Strait to the northwest, Raspberry Strait and Kodiak Island to the south.

There was only one somewhat sobering aspect to this otherwise spectacular Alaskan reunion. As we began comparing notes of the 40 years since we were stationed at Fort Rich together, it became apparent that we'd all experienced some close calls and near misses. Three of us had survived serious heart issues, one had endured a recent brush with cancer, and we'd all had our share of wake-up calls. In fact, two other buddies were unable to attend due to knee replacement surgery and cancer treatment.

I guess the message here is, even highly trained, Olympic athletes are not immune to the challenges of the advancing years, and the corollary might be, if you've always wanted to experience Alaska, go now.

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](http://www.mortontrails.com).



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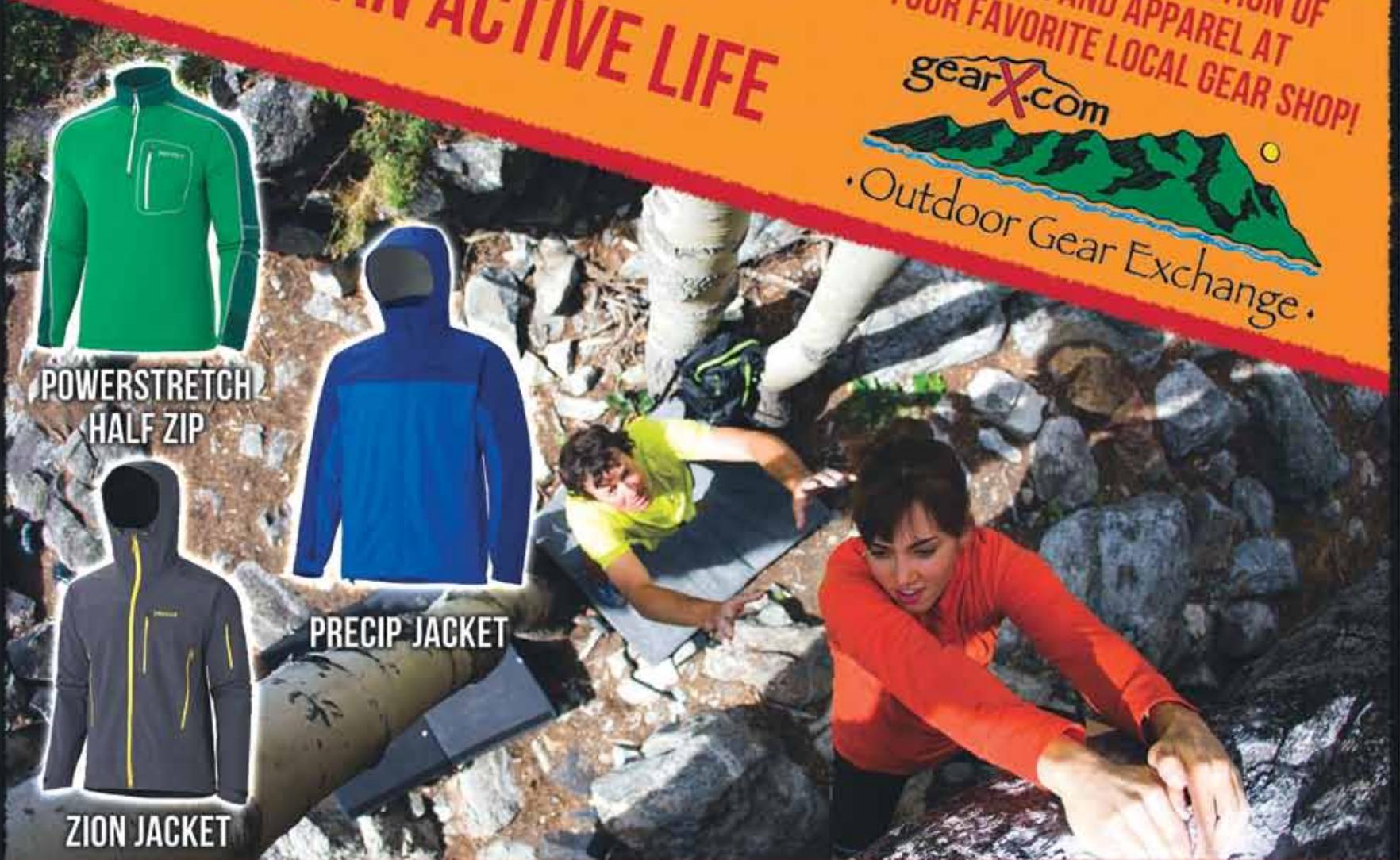
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