



THE LENGTH OF VERMONT ON SKIS Catamount Trail NEWS

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“Where in the Blue Blazes Are We Going?”

A report on the CTA 2008 Weeklong Tour

By Sam Bartlett, with help from Lynn Fisher, Marie Bartlett, and Andrew Harper

“Pie crust.” It was Day 2 of the Catamount Trail Association’s Weeklong Tour (WLT) and I had just stuck my boot in a snowbank to see what damage the overnight rain had wrought to the first day’s beautiful powder. I had expected a bullet-proof crust, or at least styrofoam, so “pie crust” wasn’t so bad. And it was mashed potatoes underneath, kind of like shepherd’s pie. Or maybe I hadn’t had enough breakfast yet?

Every year CTA puts on an extended tour, geographically successive Weeklong Tours for four years, then a Month-long Tour, etc. Just as a backcountry “12-mile day” seems like 14, the WLT is actually eight or nine days long (counting one rest day), and the Month-long Tour is 33 days, counting two rest days. A varying group of about thirty of us skied the 2008 WLT, from Edson Farm Resort to Quebec.

The trail for these last seven sections was classic CT fare: wide, cleared backcountry trails, narrow but cleared backcountry trails, blazed bushwhacks, snowmobile trails (both busy and



Priscilla Carr, Cathy Hunter, and Sam Bartlett making some sweet tele turns down the west side of Lowell Mountains.

quiet), groomed cross-country trails (even private ones!), and an occasional roadwalk. Some climbs (and descents for some skiers) were easier with skins but most of the trail was not too technical. Our pace was roughly two miles per hour, sometimes we were all in a bunch, other times spread out over a mile or more of trail. We saw the full spectrum of Vermont’s rural beauty: stately hardwood forests, long vistas, farms in all states of repair and use, notches and lakes, villages, logged-over brushy areas and aban-

doned camps and fire trucks. Except for the rain on the night of Day 1, the weather was very agreeable (“May I borrow your sunblock?”). There was plenty of snow, with a good base, though after the first day of a foot of new snow we mostly had mush and crust to work with.

So who are the men and women who ski an extended trip like this, where conditions vary from frozen-like-concrete troughs with icy bottoms

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"The Length of Vermont on Skis"

The *Catamount Trail News* is published by the Catamount Trail Association, a member-supported, non-profit organization dedicated to developing, maintaining, and protecting the 300-mile Catamount Trail and promoting backcountry skiing in Vermont.

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Kroka Expeditions, Vermont Semester Program '08

300 miles by Ski: the Length of the Catamount Trail

By Lisl Hofer, *Kroka Expeditions Semester Programs Coordinator*

Imagine, ten teenagers and three teachers with backpacks full of their belongings, one of them pulling a sled, carving Telemark turns on their descent from Mt. Abraham. Who would think that these young people had come all the way from southern Vermont skiing the beautiful Catamount Trail, carrying their gear and food and pulling a sled with a titanium cook stove and the cooking kit. Every night they set up their camp, sleeping in lightweight cotton canvas tents. The next morning they move on, northward, following the blue paw markers of the Catamount Trail.

They left Somerset Reservoir on January 31st and their goal is to reach the Northwoods Stewardship Center in East Charleston, Vermont by the end of March. The students are between 15 and 19 years old. They spent the month of January at Kroka's base camp in Marlow, New Hampshire, preparing for their skiing expedition. Students learned how to live simply, how to ski, how to cut logs and chop wood, how to cook nourishing meals and much, much more. They worked outside adjust-



Hauling provisions for the long journey.

ing to the cold of winter. Their bodies got used to waking up early for chores; their thinking was engaged in processing the new experiences they encountered; their hearts were filled with joy and love for an exciting life they were creating with each other every day.

Here is a journal entry from one of the students after the first week on the trail: *"We are sitting in our dry tent, warm bowls of soup are being passed around and we are reflecting upon the past week of our journey. It only seems like yesterday when we were dropped off at Somerset Reservoir, the starting point of our 300-mile journey along the Catamount Trail with our packs, filled with the entire trail gear and food for 10 to 12 days, looking like overstuffed sausages. We skied through narrow woods with trails going down hills in excitement or in fear. We wove our way through trees and charged through brush, making it to the bottom with a smile of triumph or a trail of fall marks. Our backpack is a challenge, using its momentum to fling us from one*

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Making spoons from wood and fire.



Wilderness Medicine on the Trail



by George Terwilliger, M.D.

You are out for a day of skiing on a remote section of the Catamount Trail when one of your

two companions gets seriously injured. What do you do? How should you get this person to medical help? What treatment should be rendered? How does having a heart attack or stroke change this?

This gloomy topic often elicits only denial from otherwise intelligent and rational ski trekkers. We owe it to ourselves and our fellow snow travelers to consider what to do before the unthinkable happens, not while panic-stricken on a cold, windy, isolated trail with the sun about to go down.

Many of us have a tendency to panic when bad things happen. Panic will only serve to compound a bad situation. Before hastily sending an out-of-control skier to the trailhead, first address immediate needs of the afflicted and then form a reasoned, safe plan in a deliberate way.

In a crisis, remember the mnemonic:

STOP

S = stop, look around

T = think, what is your situation, what can hurt you and your party further, are we panicking?

O = observe, what is in our packs and the environment that can help us? What time is it? What is the weather?

P = plan a rational course of action

What to Do

First, make sure all are safe from further trauma. Move out of the way of traffic, be it other skiers coming down a hill or snowmobilers. Second,

assess and attend to airway, breathing and circulation. If there is any suspicion of a serious neck or back injury take proper precautions to keep the spine straight and immobilized. Protect the victim from the environment, that is, keep him warm and out of the wind and precipitation.

Place emptied packs, foam pads, evergreen boughs, and extra clothes under him to keep precious body heat from passing to the snow. Expose injuries for proper evaluation. Put pressure on any serious bleeding.

Splint fractures. Significant deformities are almost always best treated by straightening with in-line traction and maintaining position with a splint. The ancient first aid adage of "splint it as it lies" is wrong. Straightening a deformed fracture will only improve things. Splints can be fashioned from sticks, ski poles, or foam pads, and tape. You did pack some duct tape, didn't you?

The victim should then be covered in as much extra clothing as the party can spare. Immobility caused by the injury greatly increases the risk of hypothermia which must be zealously avoided.

In certain situations it may be best to construct a litter in which to carry or drag the victim. This can be constructed from skis, poles, branches and tape. However, moving a victim with only a small party is very arduous and slow. Usually, it is safer and more expeditious to send for a rescue party.

Medical emergencies can be just as devastating as trauma. If the victim appears to be having a heart attack (chest pain, possibly radiating to the left shoulder and arm, with shortness of breath) or stroke (usually one sided weakness of limbs and speech difficulties) keep him warm and minimize his level of exertion. Heart attack victims should be given an aspirin. However, do not give aspirin for strokes because of the possibility of bleeding in the brain. These people should remain still and be evacuated to an emergency room as soon as possible.

Sending for Help

Most of us would tend to send one person for help and for one or more to stay and tend the victim. However, this caring response may be misguided in some situations. Usually, the ski party does not have enough extra clothing to keep many people warm for long. In a cold environment inactive, poorly dressed people (the victim needs all available extra clothing) can become hypothermic, potentially increasing the number of people needing rescue. Further, the person going for help could have an accident, get lost, or take far longer than the waiting person deems reasonable. There are cases in which the person attending the victim eventually heads out for help as well, believing that the first person to leave is in trouble. Confusion ensues, often greatly hampering rescue efforts. Ideally, at least two of the party should go for help, taking great pains to remember the way back, frequently turning around to memorize the way the trail looks in the direction of rescue.

Although it may be a very hard choice to make, it may be safer for everyone involved to leave the victim alone in certain situations involving small parties and cold weather. Great care must first be taken to stabilize the victim, bundle him up with as much extra clothing as can be spared and given food, shelter, and water. With larger parties it is possible to leave some members to tend the victim and build shelter and a fire.

With cell phone coverage expanding to even wilderness areas, it is possible to direct a rescue party to you without leaving the victim. Be sure you have the skills to pinpoint your position on a map as well as the closest trailheads. However, do not count on always being able to use the cell phone at the scene as there may be no reception, batteries may fail, or the device may malfunction due to cold, moisture, or damage. There are beacons available (i.e.: <http://findmespot.com>) which can be activated in an emergency which

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Catamount Tales



By Jim Fredericks,
Executive Director

Abundant Snow, Dedicated Volunteers, and Hard Work Bring Success to the Catamount Trail

Who would have thought that this winter was going to be one of the snowiest on the record books? The snow came in early December and just never disappeared in most parts of Vermont. Even with all the talk about global warming, we were blessed by the snow gods delivering storm after storm for some of the most delightful skiing in recent memory. Even now in mid-March, the snow pack in the higher elevations is exceptional and we hope to be skiing well into April.

With countless hours on the phone and emails to numerous contacts, CTA Board member Bob Jordan put together the most extensive tour schedule to date with more than 50 individual tours. For the first time, instruction was also included in the schedule and was well received by those who wanted to perfect their Telemark turns or learn proper striding and skating technique. Trina Hosmer, another CTA Board member, organized the Annual Women's Day event at Mt Top Resort with more than 200 eager women skiers signing up to participate in this day of instruction and camaraderie. Numerous other board members, trail chiefs, and other volunteers donated their time and expertise to lead various tours throughout the season.

The Weeklong Tour (WLT) was one of the most widely attended events of the season, filling up within a couple of weeks after its announcement in the fall. There is talk about expanding this event to accommodate two separate tours in the future to better serve the needs of our members. With the generous help of

Board Chair Jan Rozendaal and other friends of the CTA, WLT participants were treated to warm and hospitable accommodations on their trek from Morrisville to the Canadian border. Many fine days of excellent powder skiing with abundant sunshine and only one morning of rain made for a most enjoyable trip for all 30 tour participants. A big thanks goes out to all the leaders who helped make this year's WLT a success.

As I am writing, Kroka Expeditions has a group of ten students and four faculty skiing the entire length of the Catamount Trail. These kids are sleeping out in tents and learning valuable wilderness survival skills, local history, culture, and natural sciences from teachers and local experts who will join the group along their route. The CTA website is posting updates of their travels. Overall the Kroka Expedition has raised \$1000 for the CTA. Many thanks to the Kroka Expedition and good luck on the remainder of your journey. For more information about Kroka, visit www.kroka.org.

After more than five years in the making, Trail Protection Director Tara Hamilton succeeded in nailing down an easement with the Catamount/Bolton Land LLC (which owns Bolton Valley Resort) to protect the passage of the Catamount Trail on the Bolton Valley property. This added another 3.5 miles to our protected CT list. With more potential easements in the works, we look forward to adding more miles to the protected list in the near future.

Publicity reached an all time high this year for the Catamount Trail Association as hundreds of newspapers across the U.S. and beyond picked up an Associated Press article about the completion of the last five miles of the Catamount Trail in the GMNF in Winhall. Not long afterward the Associated Press travel editor did another story that also went national. The *Burlington Free Press* gave us some great coverage in many articles throughout the winter and we took advantage of numerous opportunities to be interviewed live

on Vermont Public Radio, WDEV, and local television stations. The game show *Jeopardy* even used the Catamount Trail as one of their questions. "What activity do people do on the Catamount Trail?" The contestant actually got the answer correct. Articles about the Catamount Trail appeared in the *New York Times*, *Boston Globe*, *Chicago Sun Times*, *Hartford Courant*, *Christian Science Monitor*, *Pittsburgh Tribune*, and many other notable newspapers and magazines.

This publicity is not only good for the Catamount Trail but also important to the State of Vermont. I just testified before the Vermont Legislature justifying the importance of the Vermont Housing and Conservation Board and its role in supporting our organization's efforts. They are projected to receive a 35% budget cut, which would directly impact the funding for CTA's trail protection program. Hopefully our recent publicity bonanza and continued work maintaining and conserving the Trail will pay off in the long run to help make the case that VHCB should be level funded.

Back in the CTA office Diana Vachon was hard at work answering a barrage of email inquires from all the publicity we were receiving, processing the many new members who decided to take advantage of our new membership package, and attending to the new website with its e-commerce capabilities. Add these responsibilities to her bookkeeping role and there was no time for rest.

Also in the CTA office, Trail Manager Lenore Budd has been working diligently creating up-to-date trail maps and descriptions for our new website while also overseeing the other logistical aspects of physically keeping the Catamount Trail in good condition from north to south. Coordinating her 40+ Trail Chiefs is always a time-consuming but rewarding effort.

We are currently in the discussion and organizational phase of planning next year's events. It will be the Catamount Trail Association's 25th

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CTA Conserves Part of Historic Bolton-to-Trapp's Trail!



By Tara Hamilton,
Trail Protection
Director

CTA completed a trail easement on January 18, 2008 that will permanently conserve 3.5 miles of the Catamount Trail in Bolton Valley.

Catamount/Bolton Land LLC, which owns the Bolton Valley ski resort, generously donated a trail easement that will ensure skiers the opportunity to traverse this area and provide access in perpetuity to the historic and much-loved Bolton-to-Trapp's backcountry ski route.

This newly conserved section of the Catamount Trail runs the entire length of the Bolton Nordic Center cross-country trail network, sharing the Grand View, Broadway, World Cup, and Bryant trails along the way before passing Bryant Camp and crossing onto state land.

The easement is part of CTA's larger Bolton project, which seeks to ensure, that there will always be a trail connecting the Nebraska Valley area of Stowe with points farther south on the Catamount Trail – the popular Honey Hollow Trail, and the groomed trail network of Camel's Hump Skiers' Association in Huntington.

Ben Rose, now the Executive Director of the Green Mountain



Tracks through snow laden landscape on the Catamount Trail at Bolton Valley.

Gardiner Lane is smiling!" he said.

A longtime resident of Bolton Valley, Gardiner Lane worked tirelessly to build and maintain the Bolton Valley Nordic trail system, including what is now the Catamount Trail, with Johannes von Trapp developing the high-elevation trail that connects Bolton with Trapp's in Stowe.

We're very pleased that the easement donated by Catamount/Bolton Land LLC will provide permanent access to this great backcountry trail."

A Big Help Toward Reaching Goals of CTA's Trail Protection Campaign

While 135 miles of the Trail are on public land, 165 miles are made possible by permission of nearly 200 private landowners. CTA has worked to conserve more than 75 of these privately held miles, primarily utilizing trail easements and by partnering with other conservation organizations. Of the CT's 300 miles, CTA now has only approximately 90 miles left to conserve.

"This easement is a great step forward toward reaching that goal," said Jim Fredericks, CTA's Executive Director.

A trail easement is a legal document recorded in the land records by

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"Somewhere up there, Gardiner Lane is smiling!"

– Ben Rose

Club and one of the three UVM students who first laid out the Catamount Trail in 1984 and started the Association, is pleased this section is now protected. "Having the Catamount Trail route secured through Bolton Valley is geographically critical. This is a terrific accomplishment! Somewhere up there,

Sheri and Rich Larsen, who have maintained the trail between Bolton and Trapp's since before CTA was founded, are also happy about the easement. According to Sheri, "The Bolton-to-Trapp's section is enjoyed by skiers from near and far because of its challenging climbs and descents and outstanding scenery.

Catamount Trail: Complete but Still Changing

By Lenore Budd, Trail Manager



So, if the Catamount Trail is complete (Winter 07/08 Newsletter), why does its route keep changing?

Think of the Catamount Trail as a length-of-Vermont snake. The basic route of the Trail (the snake) has been completely laid out from Massachusetts to Quebec. You can ski from head to tail or tail to head. But the exact route that you will ski continues to change as the snake bulges and wiggles to accommodate a dynamic situation on the ground. There are basically four kinds of situations to which our snake must react:

- Changes in land ownership,
- Opportunities to abandon segments shared with snowmobiles,
- Opportunities to improve the “skiability” of a segment, and
- Temporary conditions such as logging operations, bridge closures, etc.

Of course we want to keep our snake alive and healthy so all four situations require actions. The first situation is the biggest concern, however, because it has the potential to chop the snake into separate pieces. It takes a lot of work to reconnect the pieces but it usually can be done. I'd like to tell you how we go about it.

How do changes in land ownership affect the Trail?

Much of our snake lies on privately owned land and is dependent upon the permission of the landowner. On properties where CTA has acquired a permanent trail easement, the route is fixed, i.e. that portion of the snake is protected and essentially immobile (notwithstanding the fact that all of CTA's easements do contain relocation language allowing the landowner to adjust the location of the route if absolutely necessary). It

is the as-yet-unprotected segments of the snake that are vulnerable. They must bend or wiggle to accommodate the wishes of new landowners when a property changes hands and yet still connect to the immobile (easement-protected) segments.

How does CTA learn that land has changed hands?

Only rarely does a landowner think to alert us when s/he is contemplating or completing a sale. Trail Chiefs who live near their section of the CT are sometimes aware of land

changing hands but sometimes not, and many Trail Chiefs do not live near their sections. If the landowner resides on the property we may learn of the ownership change during fall trail maintenance or when a tour goes through. Often, however, the change isn't discovered until I send out annual landowner thank you letters in the spring and the previous landowner calls or writes saying s/he no longer owns the property.

This triggers a call to the Town

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Skiin' & Pickin' At Feb 3 Tour de Blueberry Hill is fun for all ages

by Lynn Fisher

Sunday, February 3rd fell on the heels of a low-snow January and on the weekend of major events at the Craftsbury Marathon and the NENSA Women's festival. Nonetheless, 30+ skiers and revelers at Goshen's Blueberry Hill Nordic Center found fine skiing followed by hot food and great music. The musicians, Mike and Carol Moriarty of Woodstock, and John Waldo of Montpelier, stylishly tele'd down Romance Mountain in advance of their gig. The bluegrass sounds, con-



Kurt & Patty Giavara take in the view of the frost-coated forest

versations, laughter, and even clogging resounded throughout Blueberry Hill's Nordic Center.

Two different tour groups completed the challenging climb and descent over Romance Mountain, and a third “Lite” tour skied to the Goshen Dam and then through several k's of Blueberry Hill's gorgeous trails.

Look forward to bringing your family, your musical instrument, and especially your adventuresome self to next winter's 4th Tour de BBH. ♦



Carol Moriarty, Mike Moriarty, Jan Noskey, John Waldo, Nancy Pejouhy, and in front is Dave Scott, the Trail Chief for the Catamount Trail in Lincoln.

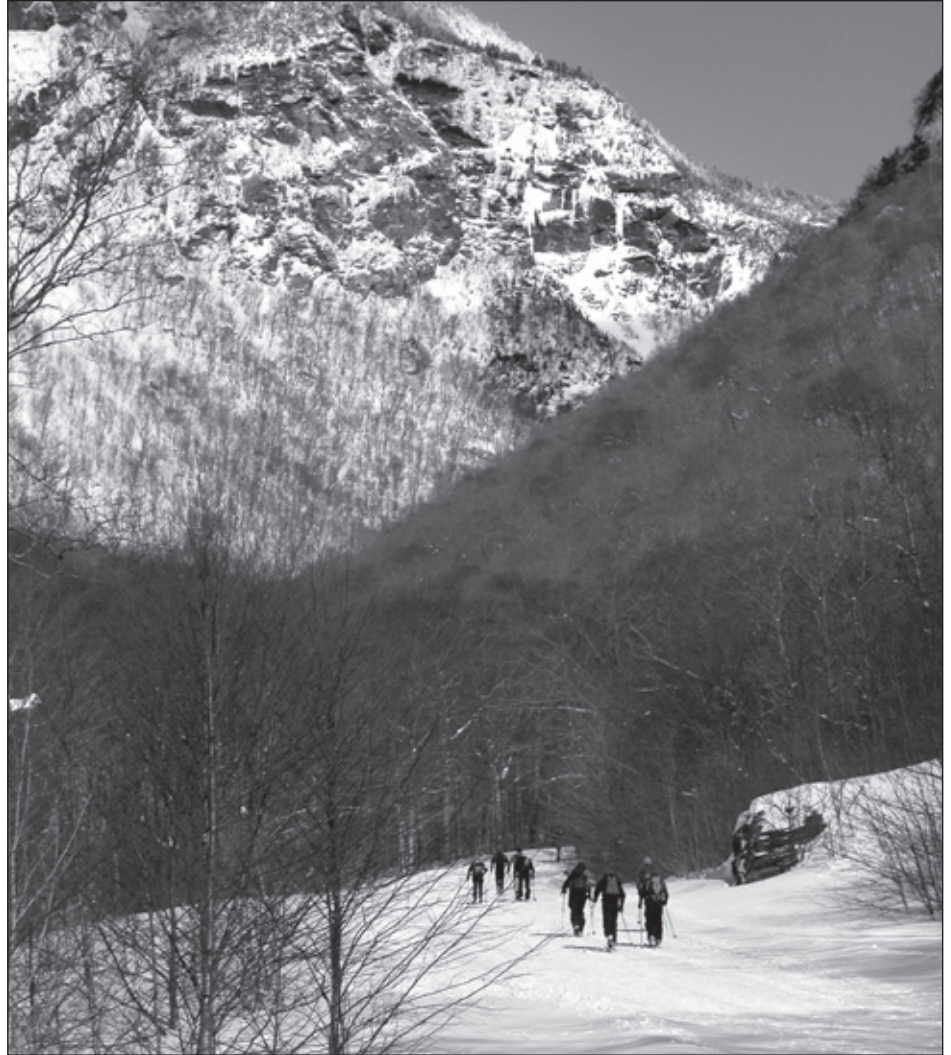
The Mount Mansfield Circ II – An Epic Tour Not To Be Forgotten

by JoAnn Hanowski

For the past 24 years I have been in northern Wisconsin to compete in the American Birkebeiner cross-country ski race. This year's race was the 35th annual for North America's largest ski race and the snow conditions were shaping up to be some of the best in history. Sometime in January, I realized that house building and moving between houses was taking up a lot of time and energy and that I would stay in Vermont this February and not ski the 51km from Cable to Hayward, Wisconsin. However, I was looking for something that would replace this event and it would have to be epic.

The second annual Mount Mansfield Circ. – a ski around the mountain – seemed to fit the bill. This locally organized tour had been completed in 2007 and was set for the 15th of February of 2008. At 25 miles, it is shorter than the distance between Cable and Hayward, but the trail is narrow, steep in places and not machined groomed. There would be no aid stations along the way, no crowds, and no chaos at the start.

A group of nine skiers started the journey under a crisp, dark sky. It was about 5 below at 6:30 AM when we left our warm vehicles at the end of Stevensville Road in Underhill Center. The initial climb on the Underhill Trail to Devil's Dishpan was enough to warm us before we descended through 20 inches of powder on the Overland and Bruce



Taking in the magnificent views of Smuggler's Notch.

trails. With grins from ear to ear we all attacked the downhill sections squeezing in as many turns as the elevation drop would allow.

The only other tracks were those of a moose that was wallowing around in the four feet of base deep

snow. We reached the groomed trails of Mount Mansfield Nordic Center via Bear Run and had some good track skiing for a few kilometers. From here we climbed on the Houston Trail up to the Toll Road

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Catamount Trail End-to-Enders as of March 2008

Steve Bushey
Ben Rose
Paul Jarris
Nancy Langkopf
Eric Barradale
Joan Barradale
Elizabeth Stone
Jon Stone

Sharon Trimble
Jean Coello
Bryan Liss
Richard Saul
John Martin
Sue Martin
Michael Hallock
Mary Bellinzier

Donald Wallace
Scot Applegate
Frank Wootten
Bernie Webber
Sylvie Finer
Nancy Gates
Martha McPheeters
Mark Schwabe

Greg Pedrick
John Stearns
Paul Kendall
Kim Dunkley
Kim Potter
Paul Demers
Dennis Clarke
Jim Taylor

Lynn Fisher
Dagny St John
Peter Lane
Todd Holden
Rick Molz
Priscilla Carr



Thank You For Your Gifts

Each year, CTA asks its members for financial support of our mission above and beyond their membership dues. Gifts to our year-end Annual Fund appeal help cover our general operating expenses, and gifts to our spring Trail Fund appeal are used to

support the program costs of our Trail Conservation Program.

We are extremely grateful for the following gifts received between Jan 1, 2007 and December 31, 2007. If we missed anyone in this list, we sincerely apologize.

UP TO \$99

Roselle Abramowitz
 Jim & Jennifer Adkisson
 Aetna Foundation, Inc.
 AIG International
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Catamount Trail: Complete but Still Changing *continued from page 6*

Clerk or Lister to acquire the contact information for the new landowner(s). If the property has been subdivided, I request a copy of the survey so I can add the new parcels to our landowner database. I write to the new landowner(s) introducing them to the Catamount Trail and requesting permission for the Trail to remain where it is. With luck, I receive permission and the only change is to our database.

What happens if the new landowner refuses to host the Trail?

Sometimes the new landowner may not want the Trail on his or her property. This triggers a map analysis to determine which surrounding properties provide potentially suitable terrain for the Trail. I consult with the Trail Chief and others who may know of existing logging roads or rights-of-way that may serve our purposes. I then go out, with GPS in hand, and scout the possibilities. Once I have identified a potential route, I write to the landowners involved to introduce the CT. I include a custom map to illustrate where the trail has been in the past and how we would like to route it.

Occasionally a landowner immediately agrees to host the Trail. Occasionally a landowner says unequivocally "no." More often, we have a discussion over weeks or months and frequently at least one site visit to flag the route with the landowner. If and when we reach agreement on the route of the new segment of the Trail, I enlist the Trail Chief and others to help clear and mark it.

In the cases where a landowner is unwilling to host the Trail, I continue the scouting and landowner courting process until I find a solution. Sometimes the only solution is a temporary road walk while we wait for land to change hands yet again.

What happens in the other three situations?

This same process is followed in the other three situations listed above

but the big difference is the level of urgency. Where we are trying to improve the route, the changes are optional and are not a response to an immediate threat to the integrity of our snake. Similarly, temporary adverse conditions, such as logging operations, can usually be accommodated by temporary reroutes. But these, too, must be scouted, mapped, and approved of by the affected landowners.

So, for a while longer, expect our snake to keep twisting and bending in response to these changing situations on the ground. And expect to receive a request to come out and help make a new segment of the snake a reality. ♦



Fifty feet south of the Quebec border, end-to-end-er Lynn Fisher, chats with Tim Dull, a local resident who guided the 2008 week-long skiers on an impromptu last quarter mile to the border to bypass a new home that had suddenly appeared on the Trail.

Getting Ready for the 2009 End-to-End Event

After completing a series of five 'one-week' tours that took participants from Massachusetts to Quebec during the last five winters, the Catamount Trail Association has announced that it is planning a month-long, end-to-end ski event to celebrate the 25th anniversary of the Catamount Trail in the winter of 2009. At this point, fewer than 45 people have documented the completion of the trail from end-to-end.

While firm dates have not been set, the general plan is to ski the CTA from south to north during the month of February, plus or minus a couple of days. There are a total of 31 sections to ski and there will be two to five rest days taken during the tour. Detailed plans will be on the website by June 1, 2008.

Besides the end-to-end group activities, the CTA will have a series of special weekend and weeklong tours to allow skiers with less free time an opportunity to join the tour for extended periods of time.

The year 2009 marks the 25th anniversary of the first end-to-end tour and the 2009 tour will be a large

component of the 2009 CTA event calendar.

So what's needed?

- 1). The CTA needs from current members a reading on the level of interest in:
 - a. The end-to-end tour
 - b. Week-long tours
 - c. Special 'long weekend' events
- 2). CTA needs to line up:
 - a. Tour leaders
 - b. Week-long coordinators
 - c. Accommodations
- 3). This is a special opportunity to connect with the communities along the Catamount Trail.
 - a. Do you have a town/business on the Catamount Trail that wants to be part of the 25th Anniversary End-to-End Tour?
 - b. Special events (dinners, school visits, 25th anniversary events)

Please email Paul Demers (pdemrs@vmec.org) with your interests/preferences. This preliminary survey is to assess the level of interest and does not constitute a reservation for the tour. ♦

1ST Annual Catamount Trail BC Challenge Race Becomes a Reality

by Jim Fredericks

A backcountry race from Trapp Family Lodge to Bolton Valley Touring Center – what will they think of next!

Talk is cheap and there were plenty of discussions about organizing such an event but no one was

willing to step up to bat to make it a reality. It wasn't until Liz Hollenbach, the Nordic Director of Bolton Valley, Sam von Trapp of the Trapp Family Lodge, and I decided make the 1ST Annual Catamount Trail BC Challenge a reality. With the idea of hosting the event on a very small level for the first year to see how the logistics would play out, we made the

decision to have the race one month prior to the event. We were hoping to attract a small field of racers, nail down the logistical aspects of hosting the event, and use it to fine tune for a larger scale race in the 2009 season.

Trying to discourage all but the hardest backcountry skiers, the race poster read "No Wimps Allowed." This didn't discourage 14 hardy souls who signed up to take the challenge and when it came to race day, 12 racers stepped up to the starting line.

Socketed in by dense fog and threatening rain, the racers sprinted out of the start on the groomed trails at the Trapp Family Touring Center. After three kilometers, they made a sharp turn onto the Old County Road and the ungroomed Catamount Trail. After another couple of kilometers, the racers were greeted by the Stowe Mountain and Rescue Squad at the beginning of a seven-kilometer grueling climb to the highest point on the Catamount Trail at 2420 feet. At that point Eric Tremble led the charge at a blistering pace with Justin Beckwith in hot pursuit, 30 seconds behind.

The other competitors were more spread out as they paced themselves for the long climb ahead. Racers using lighter weight racing poles with small baskets punched through the top layer of crusty snow causing more difficulty in the climb. About 45 minutes into the race the going got even tougher for the competitors as a cold rain created an icy coating on the course and harder climbing conditions for all those except racers with kicker skins.

The finish arena was a welcome site for the competitors at the Bolton Valley Touring Center with professional race course fencing, pop up tents, and an enthusiastic group of spectators. First over the line was Eric Tremble of Jericho, Vermont who maintained his lead throughout the race and nailed down a lightning time of 1:42:39. Tremble crossed the finish line displaying a big smile and a trace of souvenir blood on his face caused by a crash in his daredevil descent. Justin

(continued on page 15)



They're off! Racers hammer the start at Trapp Family Lodge.

World Masters Champion Trina Hosmer Wins It All

Over twelve hundred skiers converged on the small town of McCall, Idaho for 2008 Masters World Cup March 1ST-8th. After a ten-year absence, the event returned to the U.S. to test the top cross-country racers from throughout the world. With representation from 23 countries, all the events were hotly contested as racers competed for top honors in both classic and free-style competitions.

Winning all four races in her age category, CTA Board member Trina Hosmer once again defended her World Masters Champion status for the 60-64 age group. Trina's race times were also fast enough to win the younger 54--59 age group. She won each of the following events making



Nailing down the 10km Classic gold.

her the undisputed fastest women in the world for her age. 15km FS 1ST 46:31.8, 10km Classic 1ST 35:23.5, Relay 1ST 15:31, 30km FS 1:26:23.9 Hats off to Trina for a job well done! ♦



Kroka Expeditions, Vermont Semester Program '08
continued from page 2

side to the other. We glided over vast frozen lakes isolated by sheer open space and encompassed in a flurry of snowflakes. The rhythm of our bodies became fluent with our breath sounds and feelings, blurring together and creating something endless, our body moving by itself. Our group, our hardy Kroka crew, is flowing like a stream through trees leaving imprinted streaks in crusty or soft snow. One person is pulling the sled, which carries the stove and the cook kit. Pulling like a mule up hills working harder than all the others and being extra cautious down slopes, in watchfulness that the sled doesn't catch and jerk them backwards."

– Joey Becker, 16, Leyden, MA., VSP '08

Every 8 to 10 days I meet the group with staples of food for their re-supplies. They get a couple of days rest, repair gear and equipment, write letters to their families, and catch up on academics. Sometimes these layovers are near the trail, sometimes we have facilities available to us like at Farm and Wilderness in Plymouth, Maple Wind Farm in Huntington, and Sterling College in Craftsbury.

"I'm sitting at a round table, papers spread all around me, like a newspaper reporter trying to meet a deadline for an article on a cross country skiing expedition. But what we are experiencing is much more than these words can tell. The feeling of skiing for six hours each day, carrying all that we need on our backs or in sleds behind us is changing something inside of us. We are learning to ask questions, search inside and outside for answers, live together as a community, put others needs before our own, see the wilder-



Luxury living in the Kroka lightweight cotton canvas tent.

ness around us in a different light. We are learning to listen to what the Earth is telling us." – Ilene Price, Wynnewood, PA, VSP '06

"It felt good to get back on the trail and get moving again. With our packs re-loaded with food and the snow slightly sticky, the first day seemed a little harder; for me at least. But it also passed quickly and before we knew it we arrived at Moses Pond, and set camp on one of the most beautiful sites yet. We were tucked into the trees that blocked us from the wind and gave us a surplus of boughs and firewood. Before us stood a wide open beaver flowage and the beautiful Peabody Hill in perfect view. From there on out the days seemed to become easier." – Taylor Shultz, West Linn, OR, VSP '08

Another week and then they will have reached their first destination,

the Northwoods Stewardship Center. April is devoted to canoe building, paddle and basket making and of course the preparations for their southward journey on the Connecticut River. I feel so privileged to be part of their journey and watch the changes in each one of them. The proficiency in their daily work, the wonderful meals they create, the confidence they are meeting me with and the depth of their caring for one another. Last but not least they have rediscovered the wonders of the natural world. On June 14 we will graduate these courageous young people and send them into the world with hope for our future.

Kroka Expeditions wants to thank all those who have helped to create the beautiful Catamount Trail through Vermont. ♦



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"Where in the Blue Blazes Are We Going?"

Continued from page 1

to three feet of powder, from rain to frost-bite cold? Some can tell you tales of heli-skiing out west, some just ski locally. Some are always ready to get going and keep going, others are happy to stop for lunch, extra "yo-yo'ing," lunch, sight-seeing, and lunch. Some take dozens of photos and video, others hide from the cameras. Some can tell you your latitude, longitude, and elevation, some just follow the blue blazes, others "puppy-dog" off to the sides, looking for turns and drops and speed. Some use heavy backcountry gear and others like lighter gear. Some can tell you the right wax for the moment, others have never seen klister. Some want to ski every inch of the trail northbound, others are happy to complete ten miles regardless of direction.



Cathy Hunter negotiating a stream crossing.

Our group encompassed a wide age range, with one thing in common: a positive attitude and the ability to find fun in almost any situation.

Here are a few vignettes contributed by tour members:

Climbing up Mt. Elmore in glorious deep powder: I had on half-skis to save some energy since I figured the fourteen-mile day would be a long one. Suddenly, off to my left in a gladed yet clean slope, one of my fellow skiers tele'd by, headed back down the mountain. He'd dropped his pack up higher and was "yo-yo'ing" to take advantage of the great snow and the perfect turning spot. I talked to my fellow climbers about not wanting to stop climbing: how I was trying to save energy for the long day, didn't want to de-skin ... but I was hoping to be egged on into dropping my pack and playing on the hill, too. Sure enough, the more experienced free-heeler who was climbing in front of me said "just stuff your skins into your pocket" and that was all the convincing I needed. But as I pulled off the trail to drop my pack and de-skin, she was continuing to climb and making excuses herself: "I don't have my tele skis. I don't have my knee pads." I took my turn at exerting peer pressure and soon enough a nice group of us were happily un-doing the climb we'd just earned. Even the guy who face-planted was smiling through the snow in his sunglasses.

Twelve of us skied north to south from East Hill Road to Route 15 on the second day, when we had awakened to buckets of pouring rain. The

rain had now stopped, the air was warming up rapidly and we were surrounded by a spooky gray fog as we followed the curvy backcountry trail through the forests of Eden. One by one, members of our group would drop back in order to take off layers. We amused ourselves, though, by imagining that we were in a murder-mystery ski tour in which, one by one, skiers would drop off the back of the pack and be lost in the fog forever.

By pre-arrangement I had agreed to be the sweep for the 4th day's Craftsbury-to-Lowell run. But the previous day was a rest day spent relaxing at friends' house in Waitsfield and updating my trail wardrobe in Montpelier and I had underestimated the drive time from there to the Touring Center and the coffee time in house and so I was just a bit late.

In my absence, someone else volunteered to be the sweep, which carried the responsibility of carrying a two-way radio and a voluminous belt pack of medical supplies – probably capable of treating every tour participant for every possible ailment. When I showed up he quickly ceded possession of the heavy belt pack and the role of co-sweep to me – but kept the radio. Little did he know how soon he would need it.

After the leader's intro to the day's ski, participants were off quickly, wanting to get a jump on the morning, what with the later 10:00 start time. By the time my co-sweep and I got off, we had long lost contact with the peleton, so we just started following each other and some blue diamond blazes that looked an awful lot

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The 2008 Weeklong Tour ends at the Canadian border.

like Catamount blazes. After a quarter mile or so we realized that the little blue blazes had arrows on them – not cat’s paws – and that we were somewhere in the Craftsbury trail network, but not on the CT at all.

Out comes the radio, and we make an embarrassed call to the leader telling him the sweeps are lost before we even started. Then we limped lamely back to the Touring Center and started the tour over, catching one more skier in our net.

After crossing Route 14, the climb up the ridge to Craftsbury Common was steep. But it’s on a wide yet quiet snowmobile trail so we managed to converse (children, relationships, farmed vs. wild salmon) while climbing. I think I was skiing near the back of the pack this day. My small affinity group and I crossed over to the east side of the ridge and joined the Craftsbury Marathon Trail. It

was freshly groomed and carefree to zip down. Rounding a bend, at a major junction of several Craftsbury Outdoor Center Trails, I found over a dozen WLT skiers sitting in and near the wide groomed trail. This was nothing like the efficient, almost frantic, feed stops on a longer and colder day: This group was not doing much of anything except relaxing in the sun. It was 11:30 and we were within 2K of our destination for the day. “It’s too soon to quit for the day,” someone in the group explained to me. I unrolled the thermarest, drank tea, and enjoyed the company for quite a while.

“Look, flying bunny tracks! Here is where the snowshoe hare was hopping around in the fresh snow, and here are the wing marks where he took off!” We decided that, magical as the surroundings were along the Bailey-Hazen Highway, it was more likely that the hare had been picked

off by an owl or hawk. Earlier in the week we had seen turkey, partridge, rabbit, otter, deer, and moose tracks, and one turkey kill site.

Climbing higher and higher out of Craftsbury toward the Lowell Mountains, our views of the Kingdom became increasingly spectacular. “We’re not in Kansas anymore.” We marveled at the far reaching uninhabited views of unfamiliar mountains to the east. Some said that the landscape reminded them of Chittenden County when it was less developed. Cresting the Lowell range, the Catamount Trail diverges from the VAST trail and becomes a twisty yet wide backcountry descent through the woods. At the bottom, the forest opens up and the view changes again: now facing north and northwest. The huge field slanting downhill in front of us is covered with ski tracks from the two dozen skiers

(continued on page 14)



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**"Where in the Blue Blazes
Are We Going?"
Continued from page 13**

who have preceded us. They've apparently fanned out across the field in an effort to make fresh tracks in the 4" of fluff on top of the crust. Farther in the distance is the distinctive shape of Hazen's Notch, where we'll ski tomorrow. To the south of Hazen's Notch is Belvedere Mountain. The air is clear enough to see the fire tower on top. To the north is Jay Peak, where we'll be in two more days. And now, for the first time, we can see the mountains of Quebec. O Canada!

Even though it was a weekday, Hazen's Notch was fairly busy with snowmobile traffic. As a rule, I wave and/or smile to the 'sheeners as they zip by because I'm grateful that they're sharing the trail with us, and I guess I figure we're all fellow travelers on this wintry planet so we might as well spread some good will to each other. At one point, near the junction with the VAST trail north to Jay, a group of five or six riders had stopped. I skied between their parked machines and the woods in order to stay out of the middle of the trail. Our eyes met and I sensed something odd, causing me to wonder what offense I may be causing. It was when I skied over a small patch of jaundiced snow that I realized that I had interrupted an important moment for the fellows. Ooops.

"This is it!" I was thinking. "The culmination of four weeks of skiing over five years." We were on the last leg, Section 31, less than a mile from the Vermont/Quebec border. The guidebook described the border as an anti-climactic sounding chain-link fence across a pipeline right-of-way. The trail had been recently rerouted (due to logging), but luckily we had Lenore Budd, CTA's trail manager, with us to work our way through the reroute and know when to ignore the blazes that hadn't been relocated yet. We were skiing along the right-of-way when a neighbor came trudging



Bob Jordan sets the pace on the first day of the Weeklong Tour.

up a sidepath to say that we were off the trail. He had been skiing the CT around there for years and the blazes went the other way at that last intersection, he explained. I told him about the reroute, and he said folks often skied across the field near his house to get to the border, and invited us to do so, but we wanted to stick to the new trail, so we skied on. This was the first interaction with a landowner or trail neighbor that I remembered in any CT trip. Shortly our leaders were turning back, after being told by the (possibly northern-most) landowner "Excuse me, you are skiing across my driveway and front lawn, please go away!" We thought we had permission to ski along the pipeline right-of-way, but this didn't seem to be the time to work that out. So we went back to the first fellow, and he and his dog guided us across a beautiful field to a stone monument at the border. We took turns tagging it and having our pictures taken, sang a few refrains

of "O Canada" in French and English (lyrics provided by a forward-looking tour member) and ate celebratory chocolate. Our new guide showed us some large cat tracks, probably lynx, but I like to think a catamount had been there preparing for our visit. The usual suspects then tried to get a few turns in on the not-really-steep-enough field, and we all headed home.

I know I speak for all the group members, those who skied all 31 days and those who only did one, when I express my thanks to all the trip leaders, trail maintainers, and CTA staff who made this trip happen. And I know I speak for all the trip leaders and trail maintainers and CTA staff when I ask that skiers look for opportunities next fall to help with trail work and lead trips. Next year is the Month-long Tour, tentatively set for 1/27 to 2/28/2009. Watch for details in the fall newsletter. ♦

1ST Annual Catamount Trail BC Challenge Race Becomes a Reality *Continued from page 10*

Beckwith of Waitsfield, Vermont never backed off his pursuit of Tremble and crossed the finish line soon after in 1:44:40. Third place went to Chris Rodgers of Westford in 1:56:11. In the women's category Sarah Moore



Sarah Moore on her way to top women's finish.

from Waitsfield overtook Betsy Richert of Keene, New York on the descent to take top honors in 2:23:48. Unable to detach her kicker skins, Richert lost valuable time in the downhill and finished one minute and 14 seconds off the pace.

Competitors used a wide range of equipment from no-wax touring skis and boots to heavy backcountry equipment and plastic boots. The winner, Eric Tremble used no-wax touring skis, light touring NNN boots, and BC telescoping poles. Beckwith raced with light metal edged BC skis outfitted with NNN racing bindings and a combi boot. His Swix universal klister worked extremely well throughout the race but he said his race poles with smaller baskets hindered his climbing ability.

Following the race, all competi-



2nd Place Justin Beckwith, 1st Place Eric Tremble, and George Potter, General Manager of Bolton Valley Resort.

tors and volunteers were treated to a much-appreciated pasta buffet at the Bolton Valley Nordic Center. A great array of prizes were donated by Karhu USA, Trapp Family Lodge, Rossignol, Bolton Valley, and the Catamount Trail Association. When the day came to an end, all the racers had a great time and vowed to return for next year's 2nd Annual BC Challenge. The profits from the race will be donated to the Catamount Trail Association. ♦

Catamount Tales *continued from page 4*

anniversary and we plan to make it one that will bring serious recognition to the Trail and its importance to the State of Vermont.

In the mean time, we would like you to spread the good word about the Catamount Trail to your friends and neighbors. The growth of our membership, the generosity of our volunteers, and the passion of those who truly believe that the Catamount Trail is a vital recreational resource to Vermont are what is going to keep this dream of permanently protecting all 300 miles alive. Get involved, contribute to our Trail Protection campaign, and check out our website to keep informed about the many new events we will have for our members and friends. Have a wonderful spring. ♦

Wilderness Medicine on the Trail *continued from page 3*

will transmit your GPS coordinates via satellite to a company which will notify friends and local search and rescue teams. In this case it is very important to stay put until contacted by rescuers.

The Ten Essentials

Before heading out on the trail one should prepare for the possible emergencies. Study the route and make sure that everyone in your party can safely ski the route in the expected conditions of the day. Let someone know your itinerary so that help can

be sent if you don't come out. Carry the ten essentials:

1. Water
2. Extra food
3. First aid kit
4. Maps
5. Compass
6. Extra clothing including a hat
7. Matches
8. Knife
9. Flashlight (or, better yet, a headlamp)
10. Knowledge (of how to use a map and compass, wilderness medicine and survival)

References

Wilderness medicine (<http://www.soloschools.com/index.html>)

Wilderness survival (<http://www.bcadventure.com/adventure/wilderness/survival/basic.htm>)

<http://www.wildwoodsurvival.com>

The Mount Mansfield Circ II – An Epic Tour Not To Be Forgotten
Continued from page 7

and crossed under the chairlift where it intersected the Cross Over Trail. A quick traversing ski down the alpine trail brought us over to the Gondola Base Lodge for a quick brunch stop and a chance to warm up before heading back out in the wind.

The next part of the ski was back up and over the Mountain. We accomplished this by skiing up Smugglers' Notch and back down the other side. The views were spectacular as we trekked up through the Notch with its towering cliffs standing guard to all that would pass its sentinel. At the summit of the Notch, we were greeted by the 10th Mountain Division of the National Guard complete with a makeshift tent furnished with a wood stove that served as a portable recruiting station for anyone who was recreating in the Notch. A few words of encouragement for the guardsmen and we were on our way down the other side, double-poling on the cold dry snow. After a short ski along the road, we cruised down through the powder and trees to the Madonna-Vasa Trail. Here we were greeted by fresh, unbroken powder, warming temperatures, and a blue bird sky.

The Madonna-Vasa gently rolls around the northern side of Mt Mansfield traversing higher terrain through old forest growth as it ends on the Mountain Road in Underhill. An old racing trail back in the early 70's, the Madonna-Vasa has been kept open by small groups of local residents who keep the underbrush from taking over in the off months.



Skiers take in the view from the Madonna Vasa Trail.

The trail offers a number of spectacular westerly mountain views and one of Mount Mansfield that you can't get from the road. It is quite amazing how the view of the Mountain brings a different perspective from so many different vantage points. About a third of the trail had been skied prior to our passing so we took turns breaking trail and stopped frequently to refuel. The next rest stop was Irongate Road, where one of the group members had stashed a cooler full of espresso brownies and Sherpa tea. That combination sure beat the gel and sports drink given out along the Birkebeiner Trail.

We took on a couple of extra skiers at this stop and the group moved along at individual skier's paces. We reached Mountain Road and after some skiing in circles, reached

Mountain Road again. This was OK, every epic trip must involve at least one detour. After a short walk and ski up Mountain Road, we took another detour – two detours must equate to an extra epic adventure. At the end of the second detour I recognized the scenery and knew that we had just a short ski to reach the end. As the sun was getting close to the horizon, we skied to the cars and removed our skis and boots. Over ten hours on the trail – now I had an idea of what some of the skiers that ski the Birkebeiner experience!!! (I usually take about 2 1/2 to 3 hours to ski the race).

We shared warm food and cold beer and pondered the hypothetical. How much money would it take to get you to go out and start skiing around again? We all decided that we could wait until next year to go around again. ♦

Trapp Family Lodge



CTA Conserves Part of Historic Bolton-to-Trapp's Trail! *Continued from page 5*

which landowners allow the public to access and use the trail in perpetuity. Trail easements allow landowners to continue to manage their land as they were previously, while securing a permanent route that cannot be built upon and providing guaranteed access to the public.

Permanent protection of the Trail is a primary goal for CTA because as land changes hands and is developed it becomes increasingly difficult to ensure skiers continue to have access to the backcountry. Easements are a practical solution that enable landowners to voluntarily protect certain resources – in this case a ski trail – while continuing to be able to use their land for such uses as timber and agriculture.

With the closing of this Bolton Valley easement the protection of the Trail on private land in Bolton is now nearly complete. The Nature Conservancy/Rolling Hills project conserved 1.65 miles in Bolton back in April 2007 and two other projects are slated to close within the next few months – leaving only two privately held sections remaining in town to permanently protect. ♦



Trail Volunteers

Below is a list of dedicated volunteers who have worked to maintain the Trail in 2007. We are very grateful for all of their invaluable help. If we have omitted anyone, we sincerely apologize.



Eliza Arsenault	Fred Hiltz	Kestrel Owens
Jill Aspinall	Nathaniel Hohl	Claire Packet
Kevin Barry	Clem Holden	Jim Peters
Sam Bartlett	Dave Hosmer	Ben Porter
John Beaty	Trina Hosmer	Thayer Raines
Will Bennington	Audrey Huffman	Chris Rodgers
Jim Berry	Phil Huffman	Elizabeth Roma
Dean Block	Dave Jablonski	Becka Roof
Dave Blumenthal	Bob Jordan	Jan Rozendaal
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Stuart Bradford	Cilla Kimberly	Joshua Ryan
Jim Briggs	Joe Kingsmore	Ann Schaffner
Mary Lou Briggs	Jean Kissner	Mark Schwabe
John Brodhead	Harrison Landry	David Scott
Lenore Budd	Peter Lane	Janette Shaffer
Ralph Budd	Mike Langlais	Lauren Slater
David Burns	Rich Larsen	Geoff Slater
Matt Clegg	Sheri Larsen	Tony Smith
Tyler Cohen	Lew Lasher	Harrison Snapp
Stephen Costigan	Jerry Lasky	Devon Snyder
Peter Cottrell	Isaac Lawrence	Kaj Sonnichsen
Alyson Daniel	John Lepinski	Dagny St. John
Paul Demers	Bob Lindemann	Michael Stafford
Ellie Deneroff	Chelsea Lowe	John Stearns
Liz Dickson	Sam Lowenthal	Dave Stewart
Nathaniel Doubleday	Ron Lucier	Al Stiles
Charlie Ferguson	Denny Lyster	Barbara Stiles
Sarah Ferrari	Mike Mainer	John Sullivan
Doug Fish	Tim Marr	George Terwilliger
Marge Fish	Rayno Mayo	Carol Thompson
Jim Fredericks	Meghan McCormick	Will Timpson
Jenna Gabriel	Andrew McIntosh	Ernie Tracy
Alysia Galbraith	Laura McIntosh	Hazel Tracy
Nancy Gates	Bill McKibben	Nicola Trainor
Fred Gilbert	Ursula McVeigh	Georgios Tsangaris
Samantha Gollub	Geri Medina	Neil Ulman
Cynthia Gray	Nathan Mercer	Allison Van Akkeren
Melissa Haberman	Bill Michels	Chris Waldron
Craig Hadden	Daniel Moore	Richard Warner
George Hall	Anne Morse	Alyssa Weinfurther
Tara Hamilton	Emily Morse	Max Wingenseifen
Danielle Hampton	Jacob Morse	Tommy Wong
JoAnn Hanowski	Kathryn Morse	Chris Young
Chad Hardin	Sophie Mueller	Evangelia Zgonis
Andrew Harper	Sam Nelson	Arnie Ziegel
Bill Hegman	Terry Oaten	Ronna Ziegel
Bill Heinzerling	Adrian Owens	



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 Eastern Mountain Sports Peterborough, NH
 Eastern Mountain Sports So. Burlington, VT
 Grafton Ponds Nordic Center Grafton, VT
 Hazen's Notch Association Montgomery Ctr., VT
 Highland Lodge & XC Center Greensboro, VT
 Jay Peak Resort Jay, VT
 Janet Fredericks, artist Lincoln, VT
 Fleischer Jacobs Group So. Burlington, VT
 Karhu USA Seattle, WA
 Kroka Expeditions Brattleboro, VT
 Lake Champlain Ferries Burlington, VT
 Lake Champlain Maritime Museum Vergennes, VT
 Mad River Glen Fayston, VT
 Morse Farm Ski Touring Center Montpelier, VT
 Mountain Meadows XC Ski Area Killington, VT
 Mountain Top Nordic Center Chittenden, VT

Mountain Travelers Hike and Ski Rutland, VT
 Mt Mansfield Resort Stowe, VT
 Okemo Valley Nordic Center Ludlow, VT
 Ole's X-C Center Warren, VT
 Onion River Sports Monpelier, VT
 Orlio Organic Beer So. Burlington, VT
 Outdoor Gear Exchange Burlington, VT
 Racquettes Edge Sport Centers Essex Jct. VT
 Rikert Touring Center Middlebury, VT
 Rossignol Park City, UT
 Ski Rack Burlington, VT
 Sleepy Hollow Inn Ski and Bike Jeffersonville, VT
 Smuggler's Notch Ski Resort Charlotte, VT
 Sojourn Stratton Mtn, VT
 Stratton Mountain Nordic Center Stowe, VT
 Sugarbush Resort Warren, VT
 Tango Salon and Spa So. Burlington, VT
 The Rehab Gym Williston, VT
 The White House Inn Wilmington, VT
 Timber Creek XC Ski Area West Dover, VT
 Topnotch Nordic Center Stowe, VT
 Trapp Family Lodge Stowe, VT
 Turtle Fur Morrisville, VT
 Underhill Country Store Underhill Ctr., VT
 VASA, Inc. Essex Center, VT
 Vermont Department of Tourism Monpelier, VT
 Viking Nordic Center Londondery, VT
 Woodstock Ski Touring Center Woodstock, VT
 Yankee Lanes Winooski, VT

2008 CTA Community Survey

PLEASE HELP US SERVE YOU BETTER

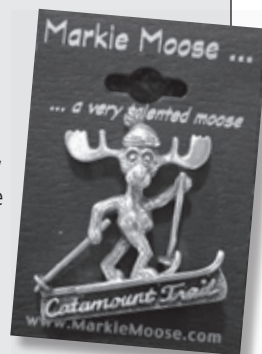
The CTA puts a tremendous amount of effort into offering tours and events for our members to enjoy backcountry skiing on the Catamount Trail and beyond. So that we can offer activities that better meet the interests of our members, please go to our the CTA website home page and fill out the survey. It should only take a few minutes of your time but it will be of great benefit to you in the long run. You may also have your friends who are not currently members fill out the survey as well. There is always room for new CTA members!
www.catamounttrail.org

No Worries, This Moose Won't Wreck the Trail!

The CTA introduces Markie Moose, the Catamount Trail cross-country skiing moose.

A great gift and a wonderful way to show your support for the Catamount Trail. This talented moose pin is made of pewter finish and will be the object of affection by onlookers. The moose pin is approximately 1" x 1" and is designed by our very own CTA Trail Chief Mark

Eliot Schwabe. You can purchase your pins on the CTA website store www.catamounttrail.org or call the Catamount Trail Association **802-864-5794**. Price: \$8.00 for members, \$10.00 for non-members.



The majestic catamount may be gone from Vermont's woods, but we can still experience the mystical cat's former haunts and protect them for future generations:

Preserve the Catamount Trail

DON'T FORGET THE TRAIL PROTECTION FUND.



FLEISCHER JACOBS GROUP



About Karhu

Born and bred in the backcountry, Karhu has led the market in backcountry performance – from recreational touring to Telemark and alpine touring – for over 30 years. Two years after its launch in North America, Karhu moved to the forefront of the backcountry experience in 1978 with the birth of the XCD concept. XCD married downhill and Nordic qualities – metal edges, Nordic builds, new sidecuts and cambers capable of touring and turning – in a single ski that became a legend. The ski was christened the XCD, the perfect encapsulation of its purpose, Cross-Country Downhill.



To a larger extent, it opened up a new world of backcountry possibilities and captured the essence of the whole Telemark revival, as the nascent sport's pioneers (Tom Carter, Allan Bard, Ned Gillette, Steve Barnett, Dickie Hall, and others) embraced the innovative new design and discovered new peaks, descents, traverses and adventures only imagined before. Because of XCD, Karhu understands that the turn alone lacks the satisfaction of the earn, and that the tour is enhanced by the thrill of the descent. The heart of the adventure is the blend of the two, and that marriage of styles – that Karhu DNA – will continue to define our brand today, in every product that we make

www.karhu.com

www.wherewillyouski.com

About Rossignol

We live for the mountains, because we need to experience the mountains every day of every year.

Begin with the world's best athletes. Listen to them. Outfit them. Make them better. Before, it was only about product and specs and design. And it still is, but now our innovations have a pulse, a human desire, and a meaning. Under our technology beats a heart. We use this expertise to create technical gear to do the stuff we love to do. Then we use the same intensity to create all that is casual. Because that's how we live in the mountains, through product that enhances the lifestyle.

We are a fundamental ingredient of the lifestyle. We are part of the lexicon. Not just the most respected brand, but a word that is synonymous with great memories, epic adventures and incredible friends. And yes, anyone can say they're an authentic mountain sports lifestyle brand. We can prove it. With our athlete-based R&D, our leading technology and our real connection to the mountains.

To most, the mountains are a part of the environment. Not for us. For us, the mountains are the blood that flows in our veins. This is the place where we become who we were meant to be. Here the air is different. Cleaner, cooler, fresher. It enables a sense of freedom and space that opens the mind and encourages adventure. And it challenges us to accomplish the unimaginable. The mountains give us a sense of place within a complex space. They deliver energy and inspire. Here we find ourselves.

ROSSIGNOL
PURE MOUNTAIN
COMPANY



www.rossignol.com

HAVE YOU RENEWED YOUR MEMBERSHIP FOR THE 2007-2008 SEASON?



If you have not renewed yet, now is the time! The Catamount Trail exists thanks to the generosity of ski enthusiasts like you. If you plan on skiing on the Trail this winter or just want to know that it will be there waiting for you, renew your membership today. We really can't keep it going without you.



THANK YOU!

THE CATAMOUNT TRAIL ASSOCIATION

1 Mill Street, Suite 350, Burlington, VT 05401 (802) 864-5794

MEMBERSHIP APPLICATION

(Membership Year June 1 - May 31)

Name (please print) _____

Address _____

Telephone () _____

E-mail _____

I am a new member.

Please send me information on Inn-to-Inn skiing.

I am willing to help with trail maintenance.

I am willing to help lead weekend ski tours.

If you do not want us to share your name with other groups, please initial here. _____

MEMBERSHIP CATEGORIES

Protector \$250 Family \$50

Benefactor \$100 Individual \$35

Patron \$75

Membership Dues \$ _____

I want to support the CTA even more. Enclosed is my additional tax deductible contribution for Trail Conservation Annual Operating Costs \$ _____

TOTAL ENCLOSED: \$ _____

Payment: VISA MasterCard Check

Card No.: _____

Exp. Date: _____

Signature: _____

CTA is a 501(C)(3) non-profit organization.



Catamount Trail Association
1 Mill St.
Suite 350
Burlington, VT 05401

Non-Profit Rate
U.S. Postage Paid
Permit #421
Burlington, VT