



THE LENGTH OF VERMONT ON SKIS Catamount Trail NEWS



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Racers Compete For King of the Highest Mountain in Vermont

For some, racing is all about beating their competitors. However, for 270 racers who participated in the Race To The Top Of Vermont on Labor Day weekend, it was more about challenging themselves and the terrain of the State's highest mountain. Under clear blue skies with temperatures hovering in the upper 60's, competitors confronted the 2550 foot vertical climb up the famous Mt Mansfield Toll Road in Stowe, VT. At 10:00am, 80 mountain bikers began the ascent from the Stowe Mountain Resort's Toll Road parking lot. The bikers were followed by 190 runners ten minutes later. Climbing grades up to 10% along the dirt road course, racers kept their heads down concentrating on one goal, to reach the top.

The event was a race within a race, with bragging rights awarded to the person, runner or biker, with the fastest time to the summit of the Toll Road. 2010 Olympic biathlon hopeful Jesse Downs of Jericho, VT stretched out his lead over Brian Reilly of Stowe, VT by 1 minute and 23 seconds to nail down an impressive 37:12 winning time. As the runners made their way to the summit,



Runners race to the top of Vermont.

it was a three-way sprint for the finish. Dave Dunham of Bradford, MA captured the fastest time in 37:50 followed by local favorites Eli Enman of Huntington in 37:56 and Erik Carter of South Burlington in 37:58. When the dust settled, mountain biker Jesse Downs beat runner Dave Dunham by 38 seconds and was crowned King of The Mountain.

In the women's categories, mountain biker Susan Lynch of Medfield, MA reached the top fastest in 45:37, followed by national triathlete champion Donna Smyers of Adamant, VT in 45:49, and Marilyn Ruseckas of Waitsfield, VT in 47:06. Among the runners, Tracy Rose of Woodstock, VT outpaced her nearest competitor, Kelly Anne McKeown of Deerfield,

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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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The CTA Welcomes New Trail Management and Protection Director

The Catamount Trail Association would like to welcome Amy Diller of Burlington, VT to the full-time position of Trail Management and Protection Director. Amy will be taking over for the two part-time staff members Tara Hamilton (Protection Director) and Lenore Budd (Trail Manager) who have recently retired from their positions with the CTA. We would like to acknowledge their years of professional dedication to the Catamount Trail and we wish them the best of luck with their future endeavors.

Amy comes to the Catamount Trail Association with valuable professional experience as an outdoor educator and land-use planner. Amy instructed outdoor and leadership skills for five years as a senior field instructor at the National Outdoor Leadership School (NOLS). Most recently, she was employed by the Addison County Regional Planning Commission in Middlebury, VT as its Watershed Planner. She received a BA in Geography from Middlebury College and a MS in Community Development and Applied Economics

from the University of Vermont. An avid backcountry skier, Amy brings a high degree of passion for the Catamount Trail and has led and participated in CTA workdays, tours, and clinics in the past.



At CTA, Amy will focus on maintaining, improving, and conserving the Catamount Trail. She will work with the many private landowners whose properties are crossed by the CT as well as with state and federal agencies that host the Trail. She will also recruit, coordinate, and assist CTA's invaluable Trail Chiefs and other volunteers who donate their time and skills to maintain the Trail, and she will work with private landowners interested in conserving the Catamount Trail on their property.

When Amy's not at work, you're likely to find her playing outside on skis, a bike, or on foot enjoying Vermont's rural landscape. ♦

Catamount Trail Forum

Bridge out? Equipment to sell? Great skiing? Looking to carpool to a CTA tour or event? CTA has an online forum to help you communicate about your backcountry adventures. You can use the forum to ask questions, share information about trips you are planning, or relate experiences you have had out on the Trail. The forum is also an appropriate venue to discuss general issues, concerns, and suggestions you have regarding the Trail and its use. Log in often to check out how you can be involved with CTA, trail maintenance, and other events.

Check out forums.catamounttrail.org to join in the discussion!



Catamount Tales



by Jim Fredericks –
Executive Director

A Year of Change and Celebration

What a whirlwind it's been since the last newsletter in the spring. Since then, both Lenore Budd, the CTA Trail Manager and Tara Hamilton, the Trail Protection Director, have left their posts to pursue positions elsewhere. In an organization staffed by only four people, it came as a big challenge to fill the positions of two key staff members. Lenore and Tara were very helpful breaking me into my role as Executive Director almost two years ago, and losing them created a large void. Lenore's knowledge of the CT and dedication to her job will be truly missed. Fortunately, we will still be graced by her true passion for maintaining the Trail as a reliable trail work volunteer. With the rising cost of gas prices and long commute to CTA office, Tara's decision to pursue her private consulting business took priority. Tara was instrumental in the development of CTA's Trail Protection Program and Stewardship Fund and responsible for the conservation of miles of Trail, including several recent easements in the Huntington and Bolton areas. Speaking on behalf of the CTA Board of Directors, Trail Chiefs, and the many other people who were in contact with Lenore and Tara, we wish them all the best in their new careers.

With two part-time positions vacant, the search began for the newly created full-time position of Trail Management and Protection Director. During the job search we were delighted to find numerous individuals qualified to fill the position. When the dust settled, Amy Diller rose to the top with the enthusiasm and qualifications to fill the position.

Since she started in August, Amy has pursued the duties of her new job with the passion of a true veteran. Read more about Amy on page 2.

Goals are never achieved unless you try! In the beginning of the summer the CTA was honored as one of the top five non-profit outdoor organizations out of the 100+ who applied for the Redwood Creek Greater Outdoor Project grant. As a result of this honor, the CTA became a contender in the Redwood Creek Greater Outdoor Project contest. The contest winner was tabulated based on the total number of votes received in support of each organization. The first place prize grant was \$50,000. \$10,000 went to the 2nd place finisher. The CTA was up against some well known national organizations in its quest to win the contest. Unfortunately, we finished in the number three position having missed the second prize grant by a very slight margin. Although we didn't obtain any grant money, the CTA was featured in many national and local news articles

as a result of this contest, furthering our goal of protecting the CT by increasing awareness of the Trail. I want to thank all of you who took the time to vote and help carry on the important mission of Trail Protection.

Patience is a virtue. Two long-range projects finally received their due this summer after many years of negotiations and planning. In August, an easement was conveyed for the Green Crow parcel of land in Bolton. This will give the CTA the option to reroute about one mile of the Trail off the VAST corridor. We owe much thanks to CTA board member John Riley for his legal help with this and several other easements. In the Fayston area, some VT State Forest land known as the Phen Basin had been locked up for years in state bureaucracy. We finally received permission to reroute about three miles of the CT off the current VAST corridor. Amy Diller, Trail Chief Mark Schwabe, UVM Trek, and the Vermont State Trail crews are respon-

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Celebrate With Us At Our Annual Meeting

You are all invited to join us at Stratton Mountain Vermont to celebrate the 25th Anniversary of the Catamount Trail Association. The theme of this year's meeting will be "From Vision to Reality – The Catamount Trail After 25 Years". Our guest speakers will be Ben Rose, Steve Bushey, and Paul Jarris, the original founders of the Catamount Trail Association. They will take you on a multi-media journey of their first End-to-End expedition on the Trail and share how the CTA organization was formed. We will also be honoring a few special people who have been instrumental in building and nurturing the Catamount Trail over the past 25 years. This will be a great time for all, so bring your friends and spread the word.

We would like to thank Intrawest ULC and the Stratton Mountain Corporation for generously hosting



Paul Jarris, Steve Bushey, and Ben Rose on the 1st End-to-End

our 25th Anniversary meeting at this beautiful facility.

Date: Saturday, November 15

Location: Stratton Mountain Club, Stratton, VT

Time: Optional Hike 1-3:30pm

Meeting: 4:00-7:00pm

Please RSVP to the CTA office by November 7th so we can be sure all are fed. ♦

Ticks in the "LymeLight"



by George Terwilliger, M.D.

Lyme disease (LD) is an infection caused by *Borrelia burgdorferi*, a type of bacterium that is spread by the bite of infected

deer ticks. Untreated, the bacteria can travel through the bloodstream infecting various organs causing a wide variety of possible problems. While Catamount Trail skiers cannot catch LD during the winter, those who volunteer to work on trails in the fall do incur some risk of contracting it. Having a clear picture of LD will minimize the risks of getting it.

What is the Risk of Getting Lyme Disease?

The incidence of LD is rapidly increasing. For the U.S. in 2006,

Vermont had the thirteenth highest rate of LD at 16 cases per 100,000 residents. Statistics like this can be hard to fathom. For perspective, here are the national rates of other common mishaps:

- Number of people injured in car accidents in 2005: *911 per 100,000*
- Number of people killed in car accidents in 2005; *14.6 per 100,000*
- Yearly cases of food poisoning: *300-1300 per 100,000*
- Yearly deaths from food poisoning: *4 per 100,000*
- Injuries per single day of skiing: *72 per 100,000*

These data indicate that the risk of contracting LD is much less than receiving injuries from daily activities such as eating and driving. Further, a skier is much more likely to be injured in a single day of skiing than he is to get LD in an entire Vermont tick season.

How Can I Lower My Risk of Getting Lyme Disease?

Geography matters. According to the Centers for Disease Control, the southern half of Vermont poses a medium risk for LD exposure while the northern half poses a low risk. There is some comfort in evidence that higher altitude areas where much of the Catamount Trail runs have both lower deer tick densities and lower infection rates of the ticks with the disease. Ticks become inactive at temperatures below 35 degrees F making cold fall days particularly attractive for doing trail work in areas with tick infestations. For trail workers, it is reassuring that the fall is much safer than spring and summer with 80% of LD cases contracted in the months May through August.

To minimize tick bites while working in infested areas, the Vermont Department of Health advises:

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On The Trail



by Amy Diller – Trail Management and Protection Director

As an outdoor educator, I spent a lot of time reading and teaching others to read

topographic maps. We'd often travel without a compass, using the maps and terrain as our guide. The map showed us where we were going, and when we weren't quite sure of where we were, we would look carefully at our surroundings and where we had been. My office has walls and windows now, but still lots of topo maps, along with old files, correspondences, and dedicated volunteers to help me understand where CTA is coming from and where we are headed. I can't say I'm found yet, but I'm pick-

ing up lots of helpful clues along the way.

As I filtered through old emails to find my bearings in August, I found this, dated May 29, 2001:

Hi all,

The new date for walking and flagging the proposed route on the Lathrop and Big Basin parcels in Fayston is now June 11...My mission is to learn the proposed route across the Lathrop land from our Trail Chief and to flag it in preparation for the UVM field crew's work in August. I'll also be making an inventory of exactly what work needs to be done and what tools and supplies are needed. I'll also need to identify an appropriate camping site for the UVM field crew....

Please let me know whether or not you can make this date.

Thanks.

Lenore

I am delighted to report that after 7 years of planning and negotiations the goals of that June 11, 2001 walk in the Phen Basin are coming to fruition. Read on to learn more about the Phen Basin project, other reroutes you will be able to enjoy in the coming season, and recent protection efforts.

Phen Basin

CTA, in collaboration with the State of Vermont and private landowners, is re-routing much of the CT between VT Route 17 (Mad River Glen) and Huntington Gap. Two portions of the 4-mile section will be re-routed and will be connected by the existing trail. The re-routed trail eliminates about 300 vertical feet of the steepest up hill climb, puts most of the section on State land, and eliminates almost all of the snowmobile trail.

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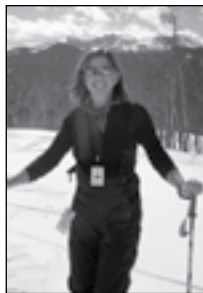
Welcome to Our New Trail Chiefs!

Trail Chiefs make the Catamount Trail possible. Every fall each Trail Chief organizes one or more trail workdays (see this year's calendar on page 15 and on the CTA website) to prepare the CT for the upcoming ski season. Our Trail Chiefs post blazes, build bridges, and just about everything in between. In the winter many Trail Chiefs organize and lead tours and other events along the Trail. During other seasons they are scouting trail reroutes, updating our landowner database, securing landowner permission for the Trail, monitoring trail easements, and sending an annual thank you to landowners. They are an energetic and enthusiastic bunch and they help keep CTA connected to the local community.

This fall we would like to introduce several volunteers who are joining the Trail Chief ranks. Grant Braddish and Andy and Laura McIntosh officially donned their work gloves in Fall 2007. All others are taking on Trail Chief roles as of Fall 2008.

Lynda Baydin

Lynda Baydin, a CTA Board Member since 2003, is assuming Trail Chief responsibilities for the section of Trail from Great Roaring Brook Bridge to Tin Shanty with Lynn Fisher.



Lynda grew up alpine skiing in Quebec, and while she continues to alpine ski, she prefers backcountry skiing. One of her favorite spots on the Catamount Trail is along the river on the Greendale section. You're likely to find her skiing there with her dog Clementine. Hiking, paddling, tennis, and travel are also favorite pastimes. Lynda is an attorney and lives with her husband Jeff in New Jersey and on Lake Rescue in Ludlow. Having spent summers in Vermont since age 9, her ties to the Green Mountain State are

strong. Lynda's children are also skiers, and she expects her grandchildren will be on skis soon, too.

Grant Braddish

Grant took over Section 7 (Route 11 to Landgrove) duties in the 2007-2008 season. Grant lives in Peru, Vermont, with his wife and two daughters, both of whom love nordic skiing and race in the Bill Koch League. Prior to moving to Vermont seven years ago, the family lived in Seattle where Grant volunteered with work crews for the Washington Trails Association. He hopes to work with the CTA and several property owners to eliminate a long road walk in his section. Grant spends most of the winter and spring skiing (or figuring out ways to get on skis) and most of the fall cleaning last year's klister off of skis! Summers are spent hiking, biking, gardening, and counting down to the solstice and winter's return.



Debby Dorsett

Debby Dorsett worked for the Forest Service when CTA first proposed creating the Catamount Trail in the Peru/Landgrove area. She supported the Trail's creation then, has continued to support the CTA as a member and frequent Trail user, and is now taking on Trail Chief duties for the trail from Kendall Farm Road to South Road. This section of the CT, which passes close to her house in Peru, is one of favorites because it is a quiet woods trail where she and her dog Kaiden can enjoy a ski together. Debby is an active outdoor enthusiast and in addition to skiing, enjoys hiking, biking,



swimming, and riding her motorcycle. She has skied the entire CT, hiked the length of the LT and is delighted to be able to give something back to ensure that the CT continues. She has 2 grown children who occasionally join her for a ski, and when she is not out on the trails, she is busy at one of her jobs (both of which she loves) as a mediator or as a pet groomer.

Lynn Fisher

Lynn's skied for many years. She backcountry skis the mountains around her house and on the Catamount Trail when she's not teaching math and computer science in Woodstock. The section she's adopted with Lynda Baydin, has (in her opinion) the sweetest glade on the southern half of the trail: the east side of Burnt Mountain is an attractive local tele destination. Lynn's been on the CTA Board of Directors since 2005 and is a recent CT end-to-ender. She and her partner Jeanne Briand have a couple of new grandkids with whom she's excited to share adventures on the CT.



Marc Gilbertson

Marc has been cross-country skiing since his family moved to Vermont in 1976. After racing competitively for years, he started backcountry skiing more when his daughter was born. Marc is lucky enough to have the Catamount Trail run directly past his house in Hyde Park. He knows the Executive Director of the CTA, Jim Fredericks, from Jim's days as the race director at Rossignol, and was recruited by



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Lost and Found on the Catamount Trail

by Peter Wadsworth

“We’ll be back by lunch?” She asked, rhetorically.

“Sure, just a quick look up on the ridge. Ski down. Then, back to chores.” I answered.

That was the plan at least. We had a lot of work to do at home. We hadn’t been around much recently. Instead, we had been giddily skiing terrain all week that is usually unthinkable. With over 8 feet of snow pack slopes that are usually choked with brush and rocks were now perfect descents. Because of this our chores, jobs, and class work had suffered. We needed this to be a quick outing. Given the amazing snow conditions we decided to explore a slope that I had located on a topo-map a year earlier. It was close to a hiking trailhead and not too tall. It should take us less than two hours to reach the top, even with breaking trail and some bushwhacking. We got excited just driving the dirt road to the trailhead. The steep slopes rising from either side of the road were buried in pristine powder. Despite the cold cloudy weather, this was going to be a great day.

“Hey look, a blaze.” I pointed out, as we wound the car up the bumpy road.

“A blue diamond. Did you know the Catamount Trail came through here?” She asked.

“No, but it obviously crosses this road.” I replied. “We really should explore some of the trail in this area. Another day.....”

“Sure” she said, “another day.”

In the lot we put skins on skis and pads on knees, as Carter the Dog pranced around urging us to hurry up. We were pleasantly surprised to find that a few snowshoers had headed up the trail before us. No breaking trail today, well at least until we started the bushwhack off the main route. Carter easily ran up the packed trail ahead of us. In less than an hour we ascended into the low hanging clouds and

reached the saddle where the snowshoe trail continued one way, and it was time for us to look the other way for an opening in the tight woods. I glanced at my topo-map and tried to reconcile it with the land around me. I felt fairly confident that we could cross this ridge and find our goal. I headed off into the spruce maze, slightly downhill, with Jessie following and Carter now joyfully wallowing in the deep snow behind us.

The breaks in the trees started to grow larger, a promising sign. As we traversed the ridge the steeper fall-line rolling off just to our right started to draw me. What *was* just over that hill? “This is starting to look like *really* good skiing.” I thought to myself, “I wonder how far I’d have to drop to find hardwoods on this slope.....” We slogged on. The clouds grew thicker and I soon realized that I hadn’t made visual contact with our goal in some time. Had we completely crossed the ridgeline? We should be there by now.

I pulled out the topo, but my compass was still buried in my pack. I turned around trying to get a glance back up our track at the knob we had traversed from, but it was lost in the thickening clouds. I turned the direction I thought was East trying to make out something in the valley down by the car; nothing. Then just as I was starting to get confused there was a break in the clouds and the sun shone down on two little knobs and what looked like the connecting saddle disappearing into the sky in front of us. It was a lot further to our right than I thought it should be. “I must have wandered in the spruce maze” I thought, “but that’s the way to go.”

I confidently strode down the grade. Huge piles of light powder flowed around my feet, and I was transfixed by the fat tips of my telemark skis just breaking the surface of the snow in front of me. Up ahead I could see more light shining down through the forest canopy.

“Jess, I think we found something!” I called excitedly. The dog



Photo credit: Jessie Willow Jarowski

Peter Wadsworth and Carter drop into a steep gully in the Vermont backcountry.

whined as he porpoised through the snow to my side. Jessie joined me as we skied right to the top of a beautiful frozen drainage. We looked down what seemed to be an elevator shaft descending into the forest below. In the summer this must be a beautiful cascading brook, choked with rocks and cataracts and fallen trees. But now it lay silent and buried, and inviting. The deep snowpack safely buried all the hazards several feet below our fat skis. I grinned at Jessie and quickly blurted out, “I’ll go first and get some photos of you ripping down this!” If she had voiced any reservations I couldn’t hear them as I hooted and launched into several deep turns down the throat of this frozen stream.

A day later, examining my topo map in a post-mortem of this trip, I would find that this 10-20ft wide streambed drops well over 1,000 vertical feet at an average slope over 33degrees: pure powder heaven. Jessie followed me, snow flowing above her knees. Carter bounded after us in our tracks, often completely disappearing from view as he crouched for the next leap down the slope.

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UVM Trek Crew Re-Routes Trail in Phen Basin

Trek, UVM's Orientation Program for first year students, returned once again to help CTA this fall. For four days at the end of August, seven first year students and two student leaders assisted Trail Chief Mark Schwabe and Trail Management and Protection Director Amy Diller in rerouting the Trail between Route 17 and Huntington Gap. Kae Crowley '09 and Colin Hunt '10 led this year's Trek crew. Here is Kae's account of Trek's days on the trail:

Every year, new students at the University of Vermont participate in week-long Trek trips to get to know each other and the great state of Vermont. Along with my co-leader Colin Hunt, I had the pleasure of leading a group of seven first year students on the Catamount Trail Trek.

For four days we worked on relocating the Catamount trail off of the VAST trail in the Phen Basin. We started our days at the Battleground Condominiums and hiked a few miles into our worksite. Amy Diller and Mark Schwabe did an excellent job teaching us how to use loppers and saws to clear a new trail. One day we were joined by the State Trail crew and helped carry supplies up to a site where they are building a bridge. It was great to see how many people work together to make the Catamount Trail a success.



Trek Crew in the Phen Basin. August 2008.

Working so closely together on this project was also a great way for the new students to get to know each other and ask Colin and me tons of questions about life at UVM. We spent lots of time bonding at the Green Mountain Family Campground where we stayed for the week and enjoyed playing volleyball, cooking everything on a stick, and swimming. On our last night, we got a taste of small town Vermont by visiting the Bristol Farmer's Market and attending a concert on the green.

For all of us, the trip was a great way to get outside and do some physical work before heading to classes and buckling down for the semester. But despite getting some of the energy out, it won't stop me from daydreaming in class about skiing down that new trail we built!

We are very thankful to Kae, Colin, and the entire Trek crew for their assistance, and also to UVM's Trek program for its ongoing support of the Catamount Trail. ♦

2008 Trail Register Box and Map Board Project

*Sean Grzyb
TRB and GIS Mapping Intern*

Everybody who uses the Catamount Trail (CT) has seen its trail register boxes (TRB's). There are 24 of them on the trail and they were installed about ten years ago. Originally they were installed with the intention of:

- Providing CTA membership information.
- Allowing skiers to communicate trail conditions.
- Displaying a trail map.

- Providing search and rescue information (sign in/out, address, etc.)
- Collecting Trail-use data.

Many of these boxes have had repairs and all in all they seem to be in pretty good shape. Each fall they get re-stocked and repaired. I have been in contact with most Trail Chiefs as to the condition of the TRB's in their section.

Over the last year CTA has spent some time evaluating the usefulness of the TRBs. At the time of installation, CTA didn't have a website

providing maps, membership information, and a discussion forum. Additionally trail-users often neglect to use the sign-in forms. Many of the trail chiefs believe the TRB's are not opened enough to adequately communicate CTA information or collect user information.

However, it is important to the CTA mission and establishment of the trail to have our territory "marked" in an effective yet easy to maintain way. Jim, Amy, Bill

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Lost and Found on the Catamount Trail *continued from page 6*

We descended, and descended.... and descended. Somewhere along the way Jessie and Carter passed me. As I watched them bounce down the hill in front of me, I suddenly realized: We hadn't climbed very far from the car. If we were now actually heading back *towards* the trailhead we should be on the flat by now, possibly even see the snowshoe trail. Where was it?!

I ripped my pack off and rummaged for my compass. I pulled it out and anxiously stared as the needle swung around. I tapped it. I shook it. I swore at it, loudly. The compass insisted on pointing the wrong way. In a rush of anxiety I realized that while up on the saddle, lost in the clouds and transfixed by my own ski-tips, I had led us off the complete wrong side of the mountain. Instead of being almost back to the car, we were now several miles and many thousands of vertical feet from the end of our trip.

"Wait!" I called after them. When I finally caught up I tried to explain the situation as clearly and calmly as possible. Meaning I tried to take as little of the blame for myself as I could. It didn't work.

Jessie was not pleased, but she re-skinned her skis, extended her poles and turned around, slogging back up that steep slope. I fell in behind her, still pushing a lot of snow out of the track even though she was breaking trail. That's when Carter started to whimper. He couldn't move. On our original ascent the path had been packed by several snowshoers, and us, so he could run right up the mountain. While descending, he could jump straight out from the mountain and bound downhill through the deep snow. But now, even with two skiers breaking trail, the fluffy snow filled in and he just wallowed, unable to make any uphill progress. I tried assisting him by lifting his skijor harness, but that didn't work. I



Photo Credit: Peter Madsen

Jessie makes some sweet turns in virgin powder.

briefly tried to carry him across my shoulders like I did when he was a puppy, but he was now over 60lbs and I couldn't manage his weight. We were in big trouble.

We considered the cell phone. But who to call and what would they be able to do anyway? Maybe one of us could go for the car and the other could descend this valley with the dog and wait at the next road? But, we both knew that almost every tragedy in the mountains starts with the party deciding to split up. I pulled out my topo map and located the nearest road. It was several miles away down the valley, and it was only a dirt track that then led several more miles to a real road, all of which was in the opposite direction of our car and our home. I was devastated. How did I get us into this mess?

"The Catamount Trail!" She said.

"What?"

"The Catamount goes back towards the car. We saw the blaze before the lot."

"Ok, but where is it?" I retorted.

"I don't know. You have the map." She snapped.

I took a look. The CT wasn't marked on my USGS Topo, but some other routes were, and some old logging roads were hinted at. I knew that the CT planners would try to use as

much of the existing trail space as possible and they would strive to contour the trail smoothly the hills for good cross country skiing. We also knew roughly where the CT crossed the road on the other side of this mountain. It looked good. The natural flow of the land and the old roads marked made an obvious route that the CT *should* use to enter this valley and continue north. I talked it over with my partner, suddenly not wanting to be the sole navigator on this trip anymore.

"See how there's this low saddle between this mountain and the next hill?" I asked. "Well, that's pretty close in elevation to where the CT crossed the road. It makes sense that the trail goes through there and then comes into the valley somewhere down.....there." I pointed off down the hill. "It should be only a mile.... or two."

We talked it over and all things considered it seemed the least dangerous, though not necessarily the shortest, route home. We de-skinned again and strode downhill, hoping for a marked, and packed, way out. Carter just managed to stay with us as long as the slope continued somewhat down.

With the uncertainty and tiring conditions it seemed to take forever. But soon we spied what looked like

a boulevard through the forest. Up ahead was the remnant of some old logging road, and sure enough down the center of this path was a beautifully packed double-ski track. "Thank god for hearty Vermonters getting out here right after a storm and packing this trail for us." I thought "And thank God for the Catamount Trail!" Jessie made me double check the compass before we decided which way to turn onto the CT. I patted the little plastic blue diamond mounted on a tree marking our way home in gratitude.

It still wasn't an easy journey. Fat skis with full width skins and plastic telemark boots aren't made for covering distance on the flats, but Carter could follow us on this terrain, and we were no longer stuck wallowing uphill in deep powder. We did get a very quizzical look from one cross country skier as she glided past and watched us slog with full packs and helmets on. It took almost 5 more hours, most of the remaining daylight, to kick-and-grunt our way all the way around the mountain to the road. We then had to walk up that steep road for more than a mile in plastic boots with our skis on packs in order to reach our car. Emergency food that we keep stashed in the bottom of our packs was gratefully devoured that day. We finished near dark, tired, hungry, thirsty...and much wiser.

We now use the Catamount Trail often for these backcountry scouting missions. My Catamount Trail Guide stays in my pack most of the winter. It's a wonderful resource, a backcountry thoroughfare providing sure and fast access to all the great powder glades in Vermont. We still slog down the double track on heavy, fat telemark gear, but at least it's on purpose now.

Special Ski Events To Celebrate The Catamount Trail's 25TH Anniversary

The Catamount Trail was born in 1984 when three intrepid, young Vermonters skied from the Massachusetts border to Canada. To celebrate its 25th anniversary this season the Catamount Trail plans to offer some new and special ski events designed to appeal to a broad range of interests among our members.

These special events will include one three day "Golden Spike" weekend tour and a six day tour, neither of which we have done, as well as the annual weeklong tour over President's Week with a special 25th anniversary party. As usual, **all CTA tours are guided and FREE!**

For the weekend and six day tour, participants may sign up for the entire tour or as many days as they wish, and we will make every effort to accommodate ALL who want to participate. The annual President's weeklong tour will be limited to 30 participants. Due to the popularity of our weeklong tours, we require a \$50 non-refundable charitable contribution to the CTA to reserve a spot. More skiers will be allowed to sign up on a daily basis as space allows. Registration for the President's week tour will open on Monday October 20.

Three Day "Golden Spike" Weekend Tour

Our first special event will be a three day "Golden Spike" tour from Friday, February 5 to Sunday, February 7 to celebrate the completion last season of the Catamount Trail's one remaining section, Kendall Farm Rd to South Rd, just below Bromley. The three day event will run from Kendall Farm Rd to Greendale, near Weston. Participants

may sign up for any number of days they wish. **All CTA members are invited to CTA's "Golden Spike" party Saturday evening, February 6.**

President's Week Seven Day Tour

Our usual weeklong will start Saturday, February 14 and end Sunday, February 22 and run from Route 4 to Trapps in Stowe. The final day will be the spectacular route from Bolton to Trapps, and for those of you who like turns, the next to last day will be from Bolton to Route 2, nearly all downhill with a 2,000 foot descent. The tour will include two sections that we have rerouted significantly since last season to get them off snowmobile trails. **Even if you don't ski, come to our anniversary celebration party in the Stowe area on Saturday evening, February 21.**

Six Day Tour In Early March

The six day tour will be on more gentle terrain and will be less strenuous than the President's week tour. It is scheduled to run six consecutive days from Thursday, March 5 to Tuesday, March 10. The objective of this event is to accommodate people who would like to ski a weekend and perhaps one or two days on either side, but participants are welcome to sign up for all or any days they wish.

In addition to the special events above, CTA will offer many one day weekend tours, a telemark clinic, a women's nordic ski day, a backcountry ski festival at Bolton Mountain Resort, and the Backcountry Challenge Race in March. Stay tuned for more details in the winter newsletter and winter events calendar. ♦

Trapp Family Lodge



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Ticks in the "LymeLight" *continued from page 4*

- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Tuck your pants into your socks to form a barrier to tick attachment.
- Wear light-colored clothing to make ticks on your clothing easier to see.
- Check for ticks, looking particularly for what may look like nothing more than a new freckle or speck of dirt.
- Use tick and insect repellents containing DEET or permethrin to help protect against Lyme disease. DEET-containing preparations should be used sparingly, following the label instructions carefully.

Deer ticks are tiny and often go unnoticed. For example, nymphal deer ticks, the most common transmitters of Lyme disease, are about 2mm, or the size of this dot (•); see photo below. If you get bitten by a tick, follow these steps to safely remove it:

- Using a pair of pointed precision tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Alternatively, there are plastic tick removal devices commercially available.
- Without jerking, pull firmly and steadily directly outward. DO NOT twist the tick out or apply petroleum jelly, a hot match, alcohol or any other irritant to the tick in an attempt to get it to back out.
- Clean the bite wound with disinfectant.
- After removal, a small red spot may appear. This is just an allergic reaction to the bite, nothing to be concerned about.

An infected tick does not transmit the bacteria until it has been attached for about 36-48 hours. Therefore, one of the best defenses against infection when you have been in a risky environment is to examine yourself at least once daily and remove any ticks before they become engorged (swollen) with blood. Generally, if you discover a deer tick attached to your skin that



From left to right: adult female, adult male, nymph, larvae (scale in cm).

has not yet become engorged, it has not been there long enough to transmit the LD bacteria. If a tick has been attached for 36 hours or more, a single dose of antibiotic is very effective at preventing disease if started within 72 hours of discovery and removal of the tick. After a tick-bite be alert in case any symptoms do appear.

What are the Symptoms of Lyme Disease?

The first symptom is usually an expanding rash called erythema migrans (EM). It has the following characteristics:

- Usually starts at the tick-bite
- Solid red expanding blotch or central spot surrounded by clear skin that is in turn ringed by an expanding red rash (like a bull's-eye)
- Appears about 7 days (range 3-32 days) after the bite
- Average diameter 5 to 6 inches
- Lasts about 3 to 5 weeks
- Usually not painful or itchy

For photos of this rash, guide your web browser to: <http://www.aldf.com/EMPoster.shtml>

Other symptoms which could signal first stage LD, even if the rash never developed, include headache, fever, fatigue, or joint pains in the first month following the deer tick bite.

If you think you have LD contact your physician immediately. The EM rash, which occurs in up to 90% of reported cases, is a specific feature of LD and requires immediate treatment. Even in the absence of an EM rash, diagnosis of early, or Stage 1, LD should be made on the

basis of symptoms and evidence of a tick bite. Blood tests can often give false results if performed in the first month after initial infection; later on the tests are somewhat more reliable, though not perfect. If diagnosed and treated early with antibiotics, LD is readily cured. In its later stages LD can also be treated effectively, but some patients may have symptoms that linger for months or even years following treatment. Rarely, LD causes permanent damage. Later stages of LD have varied symptoms:

Stage 2 (weeks to months):

- Two or more rashes not at site of bite
- Migrating joint pains
- Headache
- Stiff, aching neck
- Facial paralysis
- Tingling or numbness in extremities
- Large lymph nodes
- Abnormal heart beat
- Fever
- Severe fatigue

Stage 3 (months to years):

- Pain and swelling of one or two large joints
- Disorientation, confusion, dizziness, short-term memory loss, inability to concentrate
- Numbness in arms/hands or legs/feet

Bottom-line

The risk of contracting LD in Vermont is a real but manageable threat. We manage all sorts of risks in our everyday lives: we wear seatbelts when driving, make sure poultry and ground meat are well-cooked, ski in control at all times, and wear helmets when bicycling. I believe that the possible health risks of contracting LD are far out-weighted by the health benefits of exercising in the outdoors. So, when you are outdoors during non-winter months, take the above precautions to avoid LD and stay healthy. I hope to see you on the trail this fall and winter. ♦

Reference: <http://healthvermont.gov/prevent/>
Wilderness Medicine, 5th Edition, Paul S. Auerbach

CTA First Annual Ladies Nordic Ski Expo

Ladies, will you be tired of football by next January? If so, please mark your calendars and join us for the first annual Ladies Nordic Ski Expo on January 10th at Trapp Family Lodge in Stowe, Vermont. As the name implies, this is a ski event for women only and by women only.

The Ski Expo is unique in that it will offer women an opportunity to receive instruction in the traditional skinny-ski track disciplines of both classic and skating as well as back-country and telemark techniques. Participants will be able to pick and choose which type or types of instruction they want to receive in this day long event.

Instructors for the event will be top-notch and will include some of the world's best master skiers. To maximize the learning opportunity, we will strive for a low pupil to teacher ratio.

The schedule for the event (9AM – 4PM) includes four on-snow instruction sessions, lunch at the Trapp

Family Lodge and an opportunity for video analysis. The video analysis may be especially helpful for those wanting to improve and refine their skiing technique. If you are planning to ski in the Craftsbury Marathon in late January, the video analysis will be especially helpful in making your technique more efficient.

The Trapp Family Lodge, with its new snow-making equipment, great access to back-country and telemark terrain, and exceptional facilities and views, will provide a perfect setting for this event. The Catamount Trail also incorporates a portion of the Trapp Family Nordic trails as it passes through the Stowe area.



Little known fact: smiling enhances ski performance!

The cost for the entire day of instruction, lunch, video analysis and trail pass is only \$50.00. Rentals are available at the Trapp Family Nordic Center (please call ahead). This event will benefit the CTA and is sponsored by Trapp Family Lodge.

Registration will be limited to 100 and is available through the CTA web site.

Please contact JoAnn Hanowski at jhanowski@pshift.com for questions. ♦

Welcome to Our New Trail Chiefs! *continued from page 5*

Jim to be a Co-Trail Chief with Sigh Searles. Marc will share Trail Chief responsibilities for Section 27, East Hill Road to Craftsbury, with Sigh. Marc's trail experience comes from helping out at the Cricket Hill trails at Lamoyille Union High School, where he teaches history. Marc is looking forward to working and skiing on the trails this season.

Laura and Andy McIntosh

Andy, a geologist, and Laura, a pediatrician, became trail chiefs in the 2007-2008 season. Both are avid skiers and happy to be part of the CTA. They moved to Ripton (Andy returning to his hometown) in November 06, nine days after the birth of their first child, Beth. Andy performed the majority of the trail



work during their first season as trail chiefs, as their second child, Matthew, was born in March '08. Both Laura and Andy look forward to a long tenure with the CTA and can't wait to get the kids out skiing!

Sigh Searles

Sigh lives with his wife Sally, dog Rinji, and Elsie the cat on 30 acres at the end of a dirt road in Hyde Park. He has lived his entire life in Northern Vermont. Sigh started nordic skiing in 1963 and skis mostly on prepared track at the Craftsbury Nordic Center. He also lives about a mile through

the woods from the Catamount Trail, where he takes an occasional tour. In addition to xc skiing, Sigh is addicted to long distance running. Sigh says, "When offered an opportunity to be a co-trail chief with Marc Gilbertson on this section, and to serve in a capacity for an organization and idea that holds much merit for me, I just couldn't refuse. The CT runs through countryside that is near and dear to my heart and has been my playground for over 35 years."

In addition to being outdoors, he enjoys reading fiction, golf, teasing his friends, and spending time with his 2 sons and their families, especially his three wonderful granddaughters. ♦



On The Trail *continued from page 4*

In August and early September, VT Department of Forests, Parks, and Recreation's (VT FPR) trail crew worked on the project building three new bridges. Nine students participating in the University of Vermont's (UVM) orientation program, also known as Trek, assisted CTA and VT FPR efforts. Under the guidance of Trail Chief Mark Eliot Schwabe, the Trek crew spent 4 days sawing, lopping, and tossing logs and brush in the Phen Basin. Their labors made a significant dent in the work to be done. (See the article written by Trek leader Kae Crowley UVM 09 in this issue).

CTA is grateful to trail chief Mark Eliot Schwabe, Trek, and the State for their perseverance, good humor, and hard work. Their work this summer and fall will enhance each skier's experience and the value of CTA's existing trail easement. Skiers traveling between Rte 17 and Huntington Gap will have a gorgeous new trail to ski and 5 sturdy and attractive bridges to cross.

Natural Turnpike

Between Ripton and Lincoln, the CT travels approximately 3 miles on the Natural Turnpike (FR54). While the Natural Turnpike has served the CT well, it is also a VAST corridor, and one mile of the route is plowed. In an effort to provide a more pleasant ski experience, Dave Scott, Salisbury based Trail Chief for the Section, and Lenore Budd, former CTA Trail Manager, scouted a reroute and nurtured relocation plans through the US Forest Service's approval processes. The project will replace about 1.5 of the 3 mile Natural Turnpike section with an independent CT. This relocation will eliminate a mile of road walking, allowing users to ski continuously from Ripton to South Lincoln and on to Lincoln Gap. The new trail utilizes old logging roads as well as newly cut trail through tall red

spruce, white pine stands and mixed hardwood forest. The route will provide skiers with a variety of terrain and scenery. Dave and his volunteer crews have made great progress thus far and will be hard at work this fall completing the relocation.



Sherry Smecker-Winne (Dept of FPR), Mark Eliot Schwabe (CT Trail Chief), Jessica Ricketson (VT Trail Crew Coordinator)

Okemo Mountain Bypass

CTA is working on a major reroute on the north slope of Okemo Mountain to bypass a steep and sometimes dangerous descent on a VAST Corridor Trail (Section 9). The new route has been flagged and cut, and should be brushed and marked in time for skiing this winter. Trail Chief Andrew Harper is coordinating the effort and reports that the new route passes through superb stands of mature northern hardwoods and will be a gorgeous ski.

At press time, there is still work to be done on each of these reroutes. If you would like to lend a hand, check the trail work calendar in this issue. If you are traveling on the trail this fall and have identified any issues that need attention, please call or email and let us know.

Green Crow Easement

CTA finalized an easement on July 31, 2008 that will protect another .6 miles of the Trail in Bolton. Green Crow Corporation, a timber management company operating in the Northeastern and Northwestern US, as well as in New Zealand, has

hosted VAST and the CT for several years. Green Crow's generous easement donation ensures access for CT skiers for many years to come. The easement will also allow us to reroute the trail off of the VAST corridor. (A new trail location is in the works, but may not be finalized for the coming season. Check the website and forum for updates.)

The Green Crow easement is part of CTA's larger Bolton project. The Bolton project 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, such as Honey Hollow and the trails of the Camel's Hump Skier's Association in Huntington. CTA holds an easement for 1.6 miles of trail on the Rolling Hills parcel just to the north of Green Crow and plans to separate the trail from the VAST corridor on that parcel in the future as well.

A Final Note on Conservation

In 2008, housing and conservation organizations narrowly avoided a significant funding reduction to the Vermont Housing and Conservation Board (VHCB). VHCB is the main source of state investment in housing and conservation efforts. CTA's Trail Protection Program depends on VHCB for operational support and to purchase conservation easements. Thanks to the hard work of a number of housing and conservation advocates, including Jim Fredericks, CTA's Executive Director, the legislature chose not to cut VHCB's funding last year. The debate about cutting VHCB funding and eliminating land conservation investments will continue in the 2009 legislature. Now is the time for supporters of VHCB's conservation investments to speak out to friends and lawmakers. We are all busy, but if you can, take a moment to write your Vermont lawmakers and let them know why conservation is important to you. The Catamount Trail and other trails many of us enjoy depend on it.

See you on the trail! ♦

Racers Compete For King of the Highest Mountain in Vermont *continued from page 1*

MA by 46 seconds to take the women's overall title in 48:41. Third place went to Georgina Milligan of Middlebury, VT in 50:19.

The CTA Board of Directors was well represented with runner Priscilla Carr placing 6th in the 31-40 age group, followed by Emily Steers in 7th. Moira Durnin ran a strong race, taking home the 2nd place award in the 51-60 age group, and Trina Hosmer was the fastest runner in the 61+ age group.



Pedal to the metal for Bruce Bell!



Over the hill and her cheerleaders.

After the competition, racers were treated to a post race meal and over \$4000 worth of awards and raffle prizes at the Matterhorn Restaurant in Stowe. The race was part of the Catamount Trail Challenge Series, a series of annual fundraising race events hosted by CTA. The next race, the Catamount Backcountry Challenge, a backcountry ski race on the CT, will take place in March.

Many thanks to all our sponsors and volunteers who made this event possible: Stowe Mountain Resort, Blue Cross Blue Shield of Vermont, Concept 2, Salomon USA, Darn Tough Socks, Yankee Lanes, Trapp Family Lodge, Fleischer Jacobs Group, Climb High, SkiRack, Specialized Bicycles, Coca Cola of Northern New England, Sojourn Adventure Tours, and PowerShift online services. ♦

2008 Trail Register Box and Map Board Project *Continued from page 7*

Michels and I put our heads together and didn't come up with anything, so we decided fill all the TRB's with candy and call it good.

Kidding...

We came up with the idea of installing map boards (MB's). Information on the MB's includes literature covering all the information provided in the TRB's as well as commentary on backcountry safety and trail etiquette. Additionally they will display a large, attractive and easy-to-read map showing the CT north and south of each MB's location. Typically these maps include two to four trail sections. For instance, an MB at Rikert Ski Touring Center (on Rt. 125) will

show the trail from Rt. 73 to the south to Lincoln Gap in the north. Most of you have seen boards like these at hiking trailheads. Usually they are fairly large and have a little roof. Ours will be roughly 20" by 24", printed on maintenance-free metal and mounted on sturdy posts at high use CT trailheads.

This season we are planning to install MB's at eight ski centers along the CT. We chose these locations because ski touring centers host the highest population of skiers and will therefore be effective in reaching CT skiers, as well as in recruiting new CTA members. Ultimately we hope to replace the TRB's with MB's but are treating this winter as a trial run.

All existing TRB's will be kept and maintained as usual for the coming ski season.

This project has been CART-O-RIFIC! I've learned a lot! I hope you all find the MB's useful. On a side note (shameless plug), I have just started a small business based in Ripton (where my wife Lisa and I live) called SPG Explorations specializing in trail and agricultural mapping. My web site www.spgeexplorations.com will be up in the next couple of months.

See you on the trails!

Please let us know what you think of the Mapboards this winter. Use the Forum, or contact us directly at the office. ♦

Thank you CTA Protectors and Benefactors

As of August 31, 2008, the following CTA members have renewed their membership for the 2007-2008 season as Protectors and Benefactors. These special membership categories help provide extra support for CTA and we are extremely grateful for their continued assistance. For more information on joining CTA at an enhanced level, please visit the CTA website at www.catamounttrail.org.

Protectors (\$250+)

Bill and Nancy Anderson
Patrick and Kimberly Burke
Charles F. Christ
Richard Dreissigacker
William and Linda Goldstein
Ms. Judy Geer
Sandy Jacobs
Robert Jordan
Perk Perkins
Robert and Ellie Primeau
Robert Starbuck
John and Judy Stearns
James Sullivan
Lee and Diana Todd
Arnold and Ronna Ziegel

Benefactor (\$100+)

Paul and Lee Adams
John Bakewell
Karen and Ken Britting
William Chester
Matthew A Cole
Bob Cooper
Harvey and Jeanne DeMovick
David Dodge
Edee Edwards
Caryn Etherington

Robert Fiske, Jr
Jim and Liz Foster
Milton, Carolyn and Krysta Frye
Ronald Gingerich
Bogdan Gutowski
Richard and Susan Hart
Andy and Lynn Harvey
Trina Hosmer
Philip and Barbara Howard
Timothy Jursak
Phil and Barbara Kivlin
Doug Muth and Terry Langevin
Rich and Sheri Larsen
Debra and James Lyneis
Kristin Hanson Martin
John and Patricia McAllister
Nancy McClellan
Kate McEachern
Mary Muse
Jan and Mary Jane Rozendaal
Pierre Swick
Peter Swift
Prudie Taylor
Carol Tremble
Geoff and Margo Wade
John Wilking
David and Karen Wright

Catamount Tales *continued from page 3*

sible for much of the Trail construction and the building of three new bridges.

Looks are everything!? People often underestimate the importance of visibility in a non-profit organization like the CTA. With this in mind, I challenged myself to create an event



Jim Fredericks and JoAnn Hanowski exchange vows on Mt. Mansfield.

that would bring visibility to and generate income for the CTA. In early May, Mount Mansfield Resort gave CTA permission to host a running and mountain bike race on the Mount Mansfield Toll Road. In the hopes of hosting an annual event in a more reliable weather season, the *Race To The Top Of Vermont* was born. This year's race brought in 270 competitors from as far away as Texas and benefited from the support of numerous sponsors. We want to thank all the CTA friends and board members who took an active part in making this event so successful. We look forward to building this race into one of Vermont's premier sporting events. Please read *Race To The Top Of Vermont* for more information on page 1.

On a personal note, I am happy to announce my marriage to my long time friend JoAnn Hanowski. Blessed with blue skies on the summer solstice, JoAnn and I exchanged wedding vows on the summit of Mount Mansfield, the highest peak in Vermont. The small ceremony was witnessed by a group of close friends and curious on lookers. JoAnn, a retired ornithologist from Minnesota, volunteers her time with the CTA as a writer and event coordinator when she isn't out enjoying BC skiing and racing over Vermont's terrain. ♦

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2008 Fall Trail Work Calendar

Maintaining 300 miles of trail requires many hands. If you enjoy working in the woods and have some time to spare, please join CTA's Trail Chiefs and other volunteers in our annual effort to clear the Catamount Trail of blow-downs, branches, and brush. Check out the schedule below and contact the appropriate Trail Chief for details on meeting time and place. If you need more information, please call the CTA office at 802-864-5794. Visit www.catamount-trail.org for updates.

You'll need lunch, water, long pants, work gloves, hiking boots, and a pair of loppers or a handsaw. Pack or wear blaze orange as many of these dates occur during hunting season. Bring a friend, sneak a peek at some of our great new re-routes, give back to the trails you enjoy, and help CTA provide new trail users with great experiences in the coming season.

Columbus Day, Monday October 13, 8:30am

Route 17-Huntington Gap (Waitsfield/Huntington)
Contact: Mark Schwabe, 802-583-5496 (before 9pm) or mountainstuff@madriver.com

Saturday, October 18

Rutland City Forest (Mendon)
Contact: John Stearns, 802-672-3772, jhshill@vermontel.net

Saturday, October 25, 9am (rain date 10/26/08)

Somerset Dam to Kelly Stand Road (Dover/Stratton)
Contact: Jim or Mary Lou Briggs, 413-458-4390 or jimbriggs@earthlink.net

Saturday, October 25, 9am (rain date 10/26/08)

Tin Shanty to Great Roaring Brook (Shrewsbury/Mendon)
Contact: Lynda Baydin, 973-229-7622 (cell) 802-228-3217 (home) or lgldy@aol.com

Saturday October 25, 8:30am

Route 17-Huntington Gap (Waitsfield/Huntington)
Contact: Mark Schwabe, 802-583-5496 (before 9pm) or mountainstuff@madriver.com

Sunday October 26, 9am

French Hollow Road to Rte 11 (Manchester/Peru/Bondville)
Contact: Debby Dorsett, 802-824-3924 or 802-824-4571 or 802-558-9166

*Ask about dinner for all volunteers and accommodations for those traveling from a distance.

Monday October 28, 9am

French Hollow Road to Rte 11 (Manchester/Peru/Bondville)
Contact: Debby Dorsett, 802-824-3924 or 802-824-4571 or 802-558-9166

*Ask about dinner for all volunteers and accommodations for those traveling from a distance.

This workday will be on an as needed basis, please call to confirm.

Tuesday October 28, 9am

French Hollow Road to Rte 11 (Manchester/Peru/Bondville)
Contact: Debby Dorsett, 802-824-3924 or 802-824-4571 or 802-558-9166

*Ask about dinner for all volunteers and accommodations for those traveling from a distance.

This workday will be on an as needed basis, please call to confirm.

Saturday November 1, 9am

Lincoln Gap to Mad River Barn (Warren/Waitsfield)
Contact: Lauren Slater, 802-496-6793 or laurens@madriver.com

Saturday November 1, 9am

Route 9 to Somerset Dam (Wilmington/Searsburg)
Contact: Tim Marr, 802-442-3469 or hauptmarr@comcast.net

Saturday November 1, 10am

Huntington Gap to Camel's Hump Road (Huntington)
Contact: Paul Demers, 802-660-0971 or pdemers@vmec.org

Saturday November 1, 10am (rain date 11/2/08)

Farm Resort to Route 15 (Morrisville/Elmore/Wolcott)
Contact: Becka Roof, 802-223-5787 or becka_skijors@pshift.com, Jill Aspinall, 802-224-9980 or jillaspinall@alumni.uwaterloo.ca

Sunday November 2, 9am

Jay Pass to Hazen's Notch (Jay/Montgomery)
Contact: Sam Nelson, 802-524-0358 or samnelson@surfglobal.com

Sunday November 2, 8:30 am

Lincoln Gap Road (Lincoln/Warren)
Contact: Audrey and Phil Huffman, 802-496-3490 or audreya@madriver.com

Sunday November 9, 9am

Route 11 to Landgrove (Peru/Landgrove)
Contact: Grant Braddish, 802-824-6906 or braddish@gmail.com

Saturday November 15

MA Border to Route 9 (Readsboro)
Contact: Sam Bartlett, 413-624-0192 or sam@bart-tech.com (put Catamount in subject line)

Saturday November 15, 9am Rain Date 11/16/08

Landgrove to Greendale (Peru/Landgrove/Weston)
Contact: Doug Fish, 802-824-6531 or douglas.fish1395@gmail.com

Saturday December 6

MA Border to Route 9 (Readsboro)
Contact: Sam Bartlett, 413-624-0192 or sam@bart-tech.com (put Catamount in subject line)

Saturday December 6

Kendall Farm to Kelly Stand Road (Stratton/Winhall)
Contact: Andrew Harper, 802-824-3139 or ap_harper@hotmail.com
Accommodations available to those traveling from a distance

Saturday December 6, 10am (rain date 12/7/08)

Farm Resort to Route 15 (Morrisville/Elmore/Wolcott)
Contact: Becka Roof, 802-223-5787 or becka_skijors@pshift.com, Jill Aspinall, 802-224-9980 or jillaspinall@alumni.uwaterloo.ca

Blueberry Hill to Natural Turnpike (Goshen, Ripton, Lincoln)

If you are interested in helping in this area, contact Andy McIntosh at 802-388-8376 or at andymac@together.net to make arrangements.



2008 Race to the Top of Vermont Results

BIKE WOMEN 21-30

1 Kim Leslie 1:16:37.2

BIKE WOMEN 31-40

1 Joungmin Comfort 0:57:02.2
2 Rebecca Ryan 1:01:26.2

BIKE WOMEN 41-50

1 Susan Lynch 0:45:37.9
2 Donna Smyers 0:45:49.8
3 Marilyn Ruseckas 0:47:06.4
4 Mary Lockwood 0:56:14.4
5 Jean Kissner 1:07:39.2

BIKE WOMEN 51-60

1 Carrie Nourjian 0:58:11.5
2 Diana Hanks 1:02:29.4
3 Jan Reynolds 1:08:26.7

BIKE MEN 12-20

1 Michael Stearns 0:41:30.7
2 Tanner Haskins 0:50:44.0
3 Henry Harmeyer 0:52:22.8
4 Bill Harmeyer 0:56:50.7

BIKE MEN 21-30

1 Wiley Mosley 0:40:10.9
2 Noah Tautfest 0:41:17.3
3 Peter Wadsworth 0:44:01.5
4 Matthew Colburn 0:46:38.3
5 Ezra Tautfest 0:49:30.6
6 Brett Schermerhorn 0:59:22.1
7 Matthew Bruhns 1:05:39.6

BIKE MEN 31-40

1 Jesse Downs 0:37:12.9
2 Brian Reilly 0:38:35.7
3 Eric Phaneuf 0:39:39.4
4 Steven Colangeli 0:43:46.9
5 Adam Juzek 0:45:55.1
6 Mike Eastman 0:45:56.5
7 Conor Mckenzie 0:47:34.9
8 Paul Houchens 0:47:46.1
9 Shane Slayton 0:48:59.7
10 BrEndan Barden 0:49:21.0
11 Dave Blumenthal 0:49:49.1
12 Matthew Noonan 0:50:20.5
13 Chris Trapeni 0:50:29.3
14 Dave Hatoff 0:52:59.8
15 Damien Whelan 0:53:25.9
16 Thomas Desantis 0:55:21.4
17 Keone Maher 0:55:44.1
18 Chip Knight 0:59:14.6
19 Michael Manley 1:00:08.9
20 Brian Orourke 1:06:40.6
21 Michael Langlais 1:09:07.2
22 Justin Hadley 1:23:17.4
23 Kevin Brislin 1:27:09.6
24 Mark Premo 1:28:00.9
25 Lee Walker 1:44:14.9

BIKE MEN 41-50

1 Doug Jansen 0:39:08.5
2 Tod Olson 0:41:22.4
3 Thomas Barnes 0:41:27.7
4 Don Harmeyer 0:45:33.3
5 Paul Charron 0:45:52.0



Jean Kissner

6 John Wilson 0:47:06.4
7 John Witmer 0:47:53.4
8 Will Spalding 0:49:42.8
9 Gregory Teese 0:51:38.2
10 Gary Lagasse 0:51:54.4
11 Michael Hauser 0:52:55.2
12 Barry Blakely 0:53:09.6
13 Javin Pierce 0:54:31.4
14 Anthony Williams 0:55:33.6
15 Robert Taylor 0:57:12.9
16 Christopher Ford 0:58:45.8
17 Cobe Mccleary 0:58:54.1
18 Geoff Elder 1:07:41.9
19 Peter Herbert 1:10:19.1
20 Erik SchwArz 1:16:11.3
21 Jordon Warshaw 1:19:05.4

BIKE MEN 51-60

1 Bruce Bell 0:44:35.5
2 Tom Walsh 0:51:05.8
3 Ray Bulaga 1:00:13.9
4 Vernon Haskins 1:00:58.8
5 Gordan Van Dernoort 1:02:40.6
6 George Heckler 1:03:08.3
7 Paul Falcone 1:04:00.0
8 Bernard Flynn 1:08:45.2
9 Reid Wistort 1:14:00.7
10 Michael Milam 1:14:35.1
11 Bill Merrylees 1:28:03.6
12 Tad Durdeville 1:41:12.9

BIKE MEN 61-70

1 David Hosmer 0:56:54.7

AGELESS RACER

1 Chris Parsons 0:47:58.2
2 Ward Bitter 0:48:42.9
3 David Polow 0:53:25.4

RUN WOMEN 12-20

1 Lia Van Dyke 0:53:00.3
2 Hallie Grossman 0:54:37.2
3 Maggie Harmeyer 1:07:07.5
4 Maggis Duvnjak 1:49:27.2
5 Mary Duvnjak 1:50:13.2



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RUN WOMEN 21-30

1	Serena Wilcox	0:51:36.5
2	Heather Enos	0:54:07.2
3	Kelly Sosa	0:55:45.2
4	Sarah Van Dyke	0:55:53.7
5	Tiffany Shapiro	0:57:15.8
6	Kristine Lynch	0:58:10.2
7	Metzi Anderson	0:59:21.4
8	Stacey Simonds	1:00:16.9
9	Micheline Lemay	1:01:43.4
10	Lori Williams	1:04:11.5
11	Blythe Gould	1:04:29.0
12	KatherinE Wisse	1:05:54.9
13	Jenny Bitter	1:12:38.1
14	Kara Williams	1:18:31.5
15	Ann Duvnjak	1:22:01.9

RUN WOMEN 31-40

1	Kally Anne Mckeown	0:49:27.1
2	Jessica Kallis	0:52:55.9
3	Loralyn Leblanc	0:53:01.8
4	Marina Knight	0:55:00.0
5	Karen Riska	0:56:29.3
6	Priscilla Carr	0:56:45.2
7	Emily Steers	0:58:47.5
8	Kim Boyarsky	0:59:04.0
9	Jaime Lipka	1:00:09.9
10	Julie Simonds	1:00:21.2
11	Carolyn Siccama	1:00:26.6
12	Julie Porter	1:02:41.8
13	Monique Karthaus	1:06:08.6
14	Lauren Mcferran	1:07:50.2
15	Jamie Muzzy	1:11:25.0
16	Melissa Giuttari	1:11:43.2
17	Renee Wolny	1:15:00.7
18	Shelley Caldwell	1:16:12.2

RUN WOMEN 41-50

1	Tracy Rose	0:48:41.3
2	Georgina Milligan	0:50:19.6
3	Bunny Merrill	0:53:10.1
4	Theresa Kauffman	0:54:21.5
5	Karen Clark	0:57:43.9
6	Pat Harmeyer	1:03:15.3
7	Jackie Brown	1:06:14.8
8	Debrah Saylor	1:09:34.1
9	Lori Furrer	1:14:16.5

RUN WOMEN 51-60

1	Judy Geer	0:53:16.3
2	Moiria Durnin	0:54:04.7
3	Linda Hallinger	0:56:52.7
4	Gina Brodhead	0:58:20.8
5	Dot Helling	0:59:28.5
6	CArol Van Dyke	1:01:06.0
7	Jeanne Vicira	1:03:04.3
8	Michelle Kupersmith	1:07:29.3
9	Barbara Duvnjak	1:28:22.4
10	Nancy Bitter	1:48:35.9

RUN WOMEN 61-70

1	Trina Hosmer	0:55:14.2
2	Sally Howe	1:02:07.6

RUN MEN 12-20

1	Daniel Brodhead	0:48:54.1
2	Patrick Saylor	0:49:05.6
3	Liam Generaux	0:55:18.3
4	Nick Conquest	0:59:41.6

RUN MEN 21-30

1	Erik Carter	0:37:58.9
2	Tim Mahoney	0:39:36.5
3	Troy Reynolds	0:41:48.9
4	Tyler Ludington	0:43:10.9
5	William Lunny	0:44:13.0
6	Johannes Hirn	0:49:50.9
7	Joshua Robert	0:56:01.0
8	Ian Graddock	0:56:02.7
9	Peter Colman	0:58:14.3
10	Jason Blanchard	1:05:37.3
11	John Dolle	1:11:27.1

RUN MEN 31-40

1	Eli Enman	0:37:56.4
2	Marc Gilbertson	0:38:57.5
3	Ray Webster	0:39:32.1
4	Keith Wilkerson	0:39:50.2
5	Charles Bieler	0:40:40.5
6	Aaron Delfausse	0:43:02.7
7	Scott Sternthal	0:43:14.8
8	Sam Mcferran	0:44:35.1
9	Jeff Brooks	0:44:58.7
10	John Grandits	0:47:28.1
11	Rick Barnett	0:48:18.8
12	Seb Sweatman	0:49:28.7
13	Robert Congdon	0:50:46.5
14	Greg Bergeron	0:50:48.9
15	Ben Drew	0:52:15.8
16	James Prontbriand	0:52:45.4
17	Tom Holmes	0:52:53.2
18	Alex Sargent	0:53:12.8
19	Brian Kaplan	0:54:02.1
20	Rob Montgomery	0:54:49.8
21	Pavel Cenkl	0:55:50.3
22	Christopher Ritter	0:56:15.2
23	Drew Palcsik	0:58:53.8
24	Stephen Baird	0:59:01.9
25	Tsahy Shapsa	0:59:10.4
26	John Locher	0:59:26.2
27	Ron Starrett	0:59:33.5
28	Stephen Fleming	1:00:23.1
29	Kevin Claire	1:00:45.7
30	Benjamin Simonds	1:04:14.1
31	David Lopez	1:05:56.2
32	Adam Cole	1:06:22.1
33	Brian Eyler	1:10:08.2
34	John Tedesco	1:14:59.8
35	Roman Wolny	1:15:01.9

RUN MEN 41-50

1	Dave Dunham	0:37:50.0
2	David Herr	0:38:12.9

3	Chris Dickerson	0:41:11.2
4	Tom Thurston	0:42:10.4
5	Bob Emmons	0:44:43.4
6	Lee Kauffman	0:45:46.7
7	Daniel Zucker	0:47:11.3
8	Keith Brown	0:48:14.8
9	Steve Generaux	0:49:04.6
10	David Casey	0:49:09.3
11	Larry Lackey	0:50:25.4
12	Nick Yardley	0:51:19.3
13	Angelo Lynn	0:51:51.1
14	Mark Leach	0:52:22.7
15	Dave Hammond	0:52:34.1
16	Eric Smith	0:54:09.2
17	Scott Buckingham	0:55:56.9
18	Dick Millar	0:56:25.8
19	Dean Bloch	0:59:05.9
20	Bikramjrt Aucakm	0:59:37.4
21	Todd Hobson	1:03:10.9
22	John Turkowski	1:03:13.2
23	Paul Barrett	1:03:49.9
24	Daniel Horsford	1:06:52.4
25	Phil Bolen	1:08:05.3
26	Wayne Reisberg	1:10:00.3
27	Joe Loughrane	1:13:59.3
28	Delbert Caldwell	1:24:47.1

RUN MEN 51-60

1	Keith Woodward	0:42:44.1
2	Paul Bazanchuk	0:45:25.9
3	Pascal Cheng	0:46:02.8
4	Bill Dysart	0:47:49.1
5	Erik Schulz	0:47:51.9
6	James Drew	0:51:28.3
7	Jon Williams	0:52:19.8
8	Steve Titcomb	0:52:47.5
9	Michael Gillis	0:52:53.2
10	Brian Clark	0:56:04.0
11	Ken Hauser	0:58:12.2
12	Randy Witlicki	0:59:30.5
13	John Mahoney	1:01:30.4
14	Edwin Bitter	1:08:33.7
15	Jeff Holmes	1:10:05.9
16	David Anderson	1:11:21.6
17	Bill Holiber	1:13:20.5
18	Karlo Duvnjak	1:28:13.7

RUN MEN 61-70

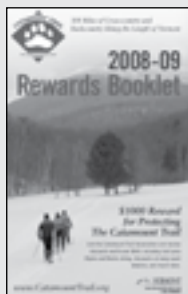
1	Peter Davis	0:50:52.1
2	John Brodhead	0:51:54.0
3	Al Daniels	0:55:47.3
4	Nat Goodhue	0:57:27.9
5	Dick Dreissiarcker	0:57:46.6
6	Rick Hubbard	1:01:32.0
7	Hawk Glass	1:03:28.2
8	Richard Ferno	1:15:23.7
9	Harry Tripp	1:45:34.5





Catamount Trail Stocking Stuffers

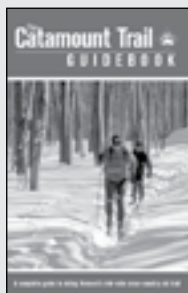
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Illustrated specifically for the CTA by world-renowned artist Ed Koren, these humorous nordic ski-themed cards are an ideal gift for backcountry ski enthusiasts both young and old.

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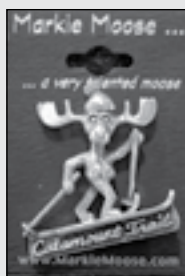
Please visit www.catamounttrail.org for ordering details.



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Blue Cross and Blue Shield of Vermont is proud to support health and wellness in Vermont's communities. Not only does the organization offer top-quality health products to its members; it organizes, sponsors or supports a wide range of community events and programs dedicated to improving the health of all Vermonters.



BlueCross BlueShield of Vermont

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This year in April, BCBSVT was proud to sponsor the second annual National Walk @ Lunch Day, gathering support with the Vermont Education Health Initiative and the American Heart Association to galvanize 45 employer groups, 37 schools and six community groups to take the first few steps to better health. Thousands of Vermonters participated and many used the day to launch their own springtime fitness programs.

Additionally, this year, BCBSVT has:

- Helped employers find worksite wellness solutions that keep their employees healthier
- Sponsored or attended health fairs, bike rodeos and other events throughout the state
- Coordinated community advisory boards in Vermont neighborhoods — groups that do everything from hiring tobacco cessation coordinators to leading community mountain climbing days
- Treated Vermont concert-goers to fresh, cold water on hot summer days and served up healthy smoothies at a variety of events
- Staged health fairs at local baseball games and other event throughout the state, teaching Vermont's children health lessons in a fun and engaging way

Through this commitment to health improvement and wellness for every resident of our state, as well as through its dedication to products and services that help members get the best care in the most appropriate and convenient ways, Blue Cross and Blue Shield of Vermont hopes to pave the way for a healthier Vermont. With Vermont as their only focus, BCBSVT employees see their customers and, indeed, all Vermonters, as neighbors and friends.

Blue Cross and Blue Shield of Vermont is the state's oldest and largest private health insurer, providing coverage for about 180,000 Vermonters. It employs over 350 Vermonters at its headquarters in Berlin and its branch office in Williston, and has offered group and individual health plans to Vermonters for more than 60 years.

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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 _____

City _____ State _____ Zip _____

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

- | | |
|--|--|
| <input type="checkbox"/> Business \$350* | <input type="checkbox"/> Patron \$75* |
| <input type="checkbox"/> Protector \$250* | <input type="checkbox"/> Family \$50* |
| <input type="checkbox"/> Benefactor \$100* | <input type="checkbox"/> Individual \$35 |

* Receive two (2) membership booklets and cards

- 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: _____

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