

GRIP

2024
FREE

MOUNTAIN BIKE GUIDE

250+
trails

18
areas

Ride the heart of the
Green Mountains:

Killington, Rutland, Woodstock,
Poultney, Pittsfield, Rochester,
Ludlow, Pittsford, Brandon

MOUNTAIN TIMES

A—P—L—A—C—E—A—L—I—T—S—O—W—N

FAMILY TRADITIONS ARE JUST WAITING TO BE LAUNCHED.

Beyond the everyday there is something new, something unexpected.
A varied approach to direction can lead to wonder. It can inspire, restore,
and bring you to a whole new state. #ThisisVT

START PLANNING TODAY @ VERMONTVACATION.COM





KILLINGTON'S BEST FOOD AND DRINKS



Check out our rooftop patio with
mountain views & pup-friendly lower deck!

Open Daily for Lunch & Dinner



ROOF TOP DECK
LOBSTER ROLLS
BURGERS
WHOLE BELLY CLAMS
SALADS

CRAFT BEER
BEST WINGS
FISH & CHIPS
SANDWICHES
BBQ RIBS

TAKE OUT
PRIVATE PARTIES
PATIO GAMES
KIDS MENU
GAME ROOM



Open daily
11:30a.m.

EVERY RIDE SHOULD END AT THE
LOOK OUT
TAVERN



2910 KILLINGTON ROAD,
KILLINGTON VT
802-422-LOOK • LOOKOUTVT.COM



BASE CAMP

YOUR **HUB** FOR ALL WALKS OF LIFE



BIKES • RENTALS / SERVICE • GEAR • BEER

BASECAMPVT.COM

2363 US Route 4, Killington (Just at the base of the Killington Access Road) • 802.775.0166

HARD ROCK HARD WORK SWEET TRAILS

Decades of hard work and love by home-grown volunteers have made Pine Hill Park, Redfield Trails and the Carriage Trail one sweet place to ride.



Our trails need you, your work,
your donations, and your passion.



WWW.PINEHILLPARTNERSHIP.ORG

TAKE A SPIN. **LEND A HEND.** **SHARE THE LOVE.**

Even our VP of HR Shreds the Trails

Vermont is tops for outdoor recreation and has a casual style with a “help-your-neighbor” attitude that makes living here special.

Find your career match at Rutland Regional Medical Center and enjoy a relaxed work environment with a supportive, award-winning, and dedicated team.

Find Your Career Match Today
RRMCCareers.org

Brian Kerns
Vice President, Human Resources

 **Rutland Regional Medical Center**
www.RRMC.org | 160 Allen Street, Rutland, VT | 802.775.7111

Healthy You. Healthy Together.

POC OSPREY THULE TREK FOX ROCKSHOX FIVE TEN CANNONDALE MAXXIS



FIRST STOP



BOARD BARN

Killington's Favorite Mom & Pop
Ski, Snowboard, Bike & Paddle Shop Since 1979.



JOY RIDES FOR ALL

DEMO A NEW TREK SLASH OR FUEL EX TODAY.

**RESERVE A NEW TREK SLASH OR FUEL EX FOR \$100/DAY.
APPLY UP TO 2 DAYS OF YOUR DEMO FEES TOWARDS THE PURCHASE
OF YOUR NEW BIKE WITH HELP FROM ONE OF OUR EXPERTS.**

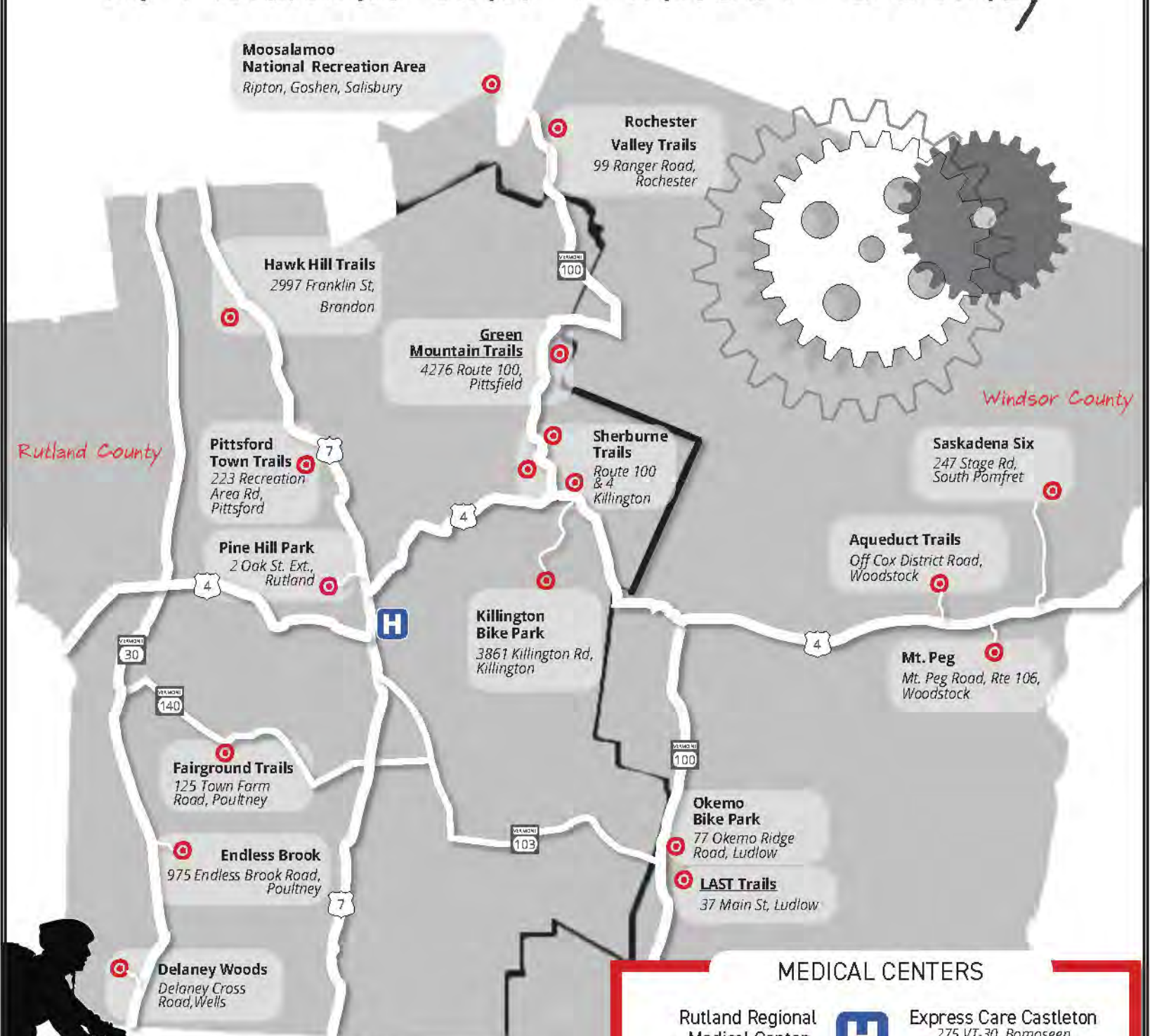
8474 US Route 4 in Killington, Vermont

Open 7 days a week


www.firststopboardbarn.com



18 bike parks in Rutland and Windsor County



MEDICAL CENTERS

Rutland Regional Medical Center 
160 Allen St, Rutland

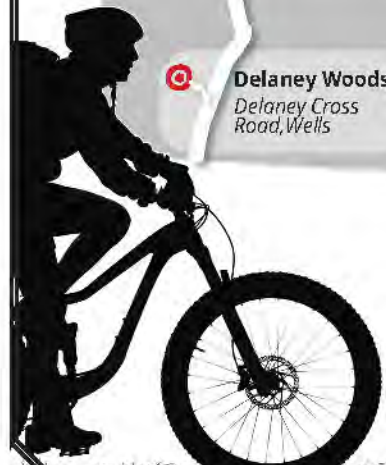
Express Care Castleton
275 VT-30, Bomoseen

Community Health & Urgent Care, Rutland
215 Stratton Road, Rutland

Dartmouth-Hitchcock's Ottauquechee Health Center
32 Pleasant St, Woodstock

Clear Choice MD Urgent Care
713 S. Main St, Rutland

In an emergency, DIAL 911





Get a GRIP

Hold on, don't lose traction — get a GRIP! This mountain bike (mtb) trail guide will help you find great opportunities to ride throughout central Vermont — and enhance your experience with tips on where to go, what to do and where to go to refuel.

There are up-to-date trail maps for 18 mountain bike networks in the area (see map, left) with over 250 single-track trails covering more than 177 miles all within about a 30-minute drive from each other! Central Vermont is quickly becoming a popular hub for mountain biking in the East. The expansion of trails over the past decade has been exponential — and riders are beginning to flock to local areas as soon as the snow melts. Riders of all ages and abilities from near and far make the entire region vibrant.

This guide has been published thanks to local business support for local mountain biking.

Enjoy the flow, keep your GRIP!

Sincerely,

MOUNTAIN TIMES

Polly Mikula, editor/designer

Jason Mikula, sales

Lindsey Rogers, sales

Contributors:

Katy Savage, Cristina Kumka, Victoria Gaither, Curt Peterson, Courtney Behnken

Cover photo (and photo, left) courtesy Killington Resort taken on Scarecrow just below the Peak Lodge.

Inside:

MTB evolution, popularity	11
Velomont expands	15
Club to varsity sport	17
Top events	18
Weekly rides	21
Tips to maintain your mtb	24
Ride Killington	26
Ride Rutland	34
Q&A with Ethan Nelson	38
Ride Poultney	40
Ride Woodstock	48
E-bike: go farther	54
Accessible trails	56
Ride Pittsfield & Rochester	60
Ride Moosalamoo	68
Q&A with Scott Corbett	72
Ride Pittsford & Brandon	74
Ride Ludlow	80
Book review: Proto-Cycology	85

MOVE TO VERMONT.

THE LIFE YOU
WERE MEANT FOR.

LIKE THE GREAT OUTDOORS?
ENJOY THE VERMONT LIFESTYLE?

We're here to help. Connect with one of our friendly concierge volunteers to learn more about life in Rutland County, Vermont.



Mountain biking's evolution has changed the sport & summers in Vt

Improvements in equipment and trails over the past decade have made the sport more fun for more people

By Polly Mikula

Mountain biking even just a few decades ago was a very different sport than it has evolved to be today. Mountain bikes “back in the day” were only slightly different than their road counterparts in that they had slightly wider tires and a bit more tread. They still had small wheels, narrow bars, center-pull brakes and fixed seat-post. And mountain bike “trails” were often just Class 4 roads, logging and farm roads, cross-country ski trails and lower angle hiking trails.

The modern era of mountain biking is said to have begun in the 1980s, but real changes to the sport didn't occur until the '90s, according to most “historians” writing on the matter. Specific mountain bike trails began to be built in earnest in the early 1990s, mostly in recreation-friendly areas like the ski towns of Killington, Acutney, the Mad River Valley and Stowe. But since they were built on ski slopes, they were almost all expert routes.

Killington was among the earliest adopters. It began lift-serve mountain biking in 1991 with trails straight off Killington Peak — a 1,700 foot vertical from the top of K-1 to the base.

“Typically bike parks at ski areas don't offer the right product, there is just too much vertical,” explained said Dave Kelly, co-founder of Gravity Logic, the consulting company Killington hired to design and build a 5-year plan to improve its mountain bike trail systems.

“Most of what they had was comparable to a ski mountain that offers only double black diamonds with no grooming so there are 10-foot moguls to contend with... it only caters to a very small percentage of riders,” Kelly explained.

In the fall of 2014, Gravity Logic projected that Killington could see 50,000 bikers annually, if its master plan was followed to completion — up from about 2,000 riders per year prior to Gravity

Logic's engagement.

“There is nowhere in the East that has the potential that Killington has,” said Kelly in 2014.

The resort hit that target in 2021, one year after the five-year buildout was complete. Growth has continued since, albeit not quite as exponentially with ridership leveling off in the 50,000-55,000 range.

Although perhaps most famous for building up the bike park in Whistler, British Columbia, Gravity Logic was not new to Vermont. Starting in 2007, VMBA brought in Gravity Logic for several annual conferences for ski resorts to share and learn about the development of mountain bike trails as part of summer operations. Their trail building advice applied to non-lift-served networks too and these conferences were instrumental in educating many riders and trail-builders throughout the state's mountain bike community.

Today, VMBA boasts more members per capita than any other state, a strong foundation of support with 30 local chapters and collectively manages over 1,400 miles of public access multi-use trails.

Bikes themselves have changed significantly, too, of course. Now standard are full suspension, 29-inch wheels, powerful hydraulic brakes, adaptable “dropper” seatposts and fat, grippy, tubeless tires — all of which radically improve the mountain bike experience.

“The technology improvements upgraded my attitude. Mountain biking transformed from an activity I felt I ought to enjoy into a sport I really, really want to do every day,” wrote Stephen Shankland, a journalist who covered the tech industry for more than 25 years. “That's good news for a middle-aged man who spends an awful lot of time parked behind a computer screen.”

Continued on page 12 →



Okemo

Future riders

More fun, lower barriers to entry attract more riders of all ages

By Cristina Kumka

Ben Colona has made mountain biking a family affair — and he supports more of that for more people. As the owner of Base Camp in Killington, former manager of the Killington Bike Park, and now president of the Killington Mountain Bike Club, Colona says he sees many families riding together — and the youngest riders are getting younger. Base Camp now sells 20-inch full-suspension bikes with disc brakes and for 6- and 7-year olds. They have large tires and really allow young riders to get a feel of the trails.

Colona was in attendance with his family at the Poultney Learn to Ride Day hosted by Vermont Mountain Bike Association (VMBA) and Slate Valley Trails on June 1. He said the event was important because the sport is fast-evolving. And not only for young riders but new riders of all ages.

In 2015, the KMBC had no trails built and no members. Now, there are about 20 miles of single track trail and 350 members.

“The trails got more accessible and the bikes got better,” Colona said.

Colona equated the rise in trail networks throughout Vermont to the low entry barrier, more programs and more beginner-friendly terrain.

“Gone are the days of bulky external shell padding,” he said.

But, he added, there is more work to do.

For the average person, the price of bikes is still high but that outweighs the alternative — paying for lift tickets or park entry fees.

“At the end of the day, with skiing, for example, your equipment is a price but you also have an access price. Mountain biking, it’s just the equipment,” he said.

The town plans to be a hub on the Velomont Trail — a statewide trail network for mountain biking and camping, a lot like the Long Trail for hikers (see story on page 15).

“There is amazing progress and it’s happening,” he said.



← Continued from page 11

Improvements in equipment and trails over the past decade have made the sport more fun for more people. Biking in Vermont may never be quite as popular as skiing (to be fair, the season is much shorter with much more rival options for recreation) but its growth has brought tens of thousands of more people to the state to enjoy the sport and its events.

Businesses in ski towns like Killington a short decade ago, struggled to stay open during the summer month (and many didn’t), now nearly all are open. Restaurants offer outdoor seating (a positive outcome of the pandemic) and new bike shops are opening every year. The dream of Vermont becoming the “Moab of the East” was first idealized by Rochester in the ‘90s, then adopted by the Kingdom Trails in the Northeast Kingdom; but today Killington may have the best claim to that title with its worldclass lift-serve offerings, plus over 250 cross-country trails within a half hour’s drive. As a destination for riders of all abilities, it’s simply hard to beat.





Popularity: ridership, trail use, local chapters expand

By Polly Mikula

Mountain biking in Vermont is now the state's fastest-growing form of outdoor recreation, according to the Vermont Mountain Bike Association (VMBA) a nonprofit that provides advocacy, education, and community-driven stewardship statewide and to local chapters.

"The growth of the sport has been exponential in the past — call it five years," Mark Harris, a Woodstock Area Mountain Bike Association board member said last summer. "It's really hard for us to quantify what's happening, but you can feel it."

While the total number of rides or riders in Vermont is impossible to tally as there are no fees or trail counters on most trail systems, some do choose to log their rides on apps like Trailforks or Strava and resorts with lift-serve do require tickets (like Killington Resort) and by all those measures growth has been exponential. With many metrics showing ridership *doubling* in a few short years. VMBA has also grown, with over 9,600 members

and 28 local chapters who steward 1,000+ miles of public-access trails.

With increased growth, however, comes increased impact and those at the helm of VMBA acknowledged the need for a long-term plan to support this growth and ensure sustainable trail riding.

"Taking stock of the state of the big challenges and opportunities for mountain biking here in Vermont, as well as the strengths VMBA has developed as an organization, allowed us to put together a plan that we believe will bring trail riding in Vermont to the next level," said Nick Bennette, VMBA executive director.

VBBA defines success as:

- More and better, sustainably-built trails
- Quality riding experiences
- Engaging events
- Stronger relationships
- Increased volunteerism
- Healthy communities
- A vibrant, sustainable outdoor recreation economy

The model we're really trying to establish is community-supported stewardship," said Nick Bennette, VMBA executive director.

A good place to start is to become a member of VMBA and/or a local chapter and stay connected to future opportunities. For more info visit: vmba.org.

Is Vermont the 'Moab of the East?'

By Jason Mikula

It's hard to believe that in just a few short years Vermont is now considered among the top mountain bike destinations in the U.S. The Green Mountain State now sits on countless "must ride" destination lists alongside Sedona, Arizona, Fruita, Colorado and yes, the true "Mecca" of riding, Moab, Utah. While mountain biking has evolved (with both improved bikes and trails) everywhere, Vermont has arguably seen the greatest growth over the past decade.

Some have even ventured to call Vermont (or certain trail networks within the state) the "Moab of the East." So, is it? I recently got back from a trip there with my 16-year-old daughter. While I certainly don't claim to be the definitive voice on this matter, I have some thoughts.

Although there are some obvious differences (namely, the geology of the terrain and resulting scenery), riders flock to both.

Miles of single-track

Comparing the miles of single-track offered for mountain biking is one way to look at the question. Moab has over 120 miles. Vermont has far more. Counting only the local trail systems in Rutland and Windsor County we have 177 miles (Killington has 50 miles, Poultney 40, Rutland 18, Woodstock 14, Pittsfield 25, Rochester 20, plus another 10 miles collectively between the smaller trail systems in Pittsford, Brandon and Ludlow).



Jason Mikula

Emery Mikula, 16, rides along a ridge in Moab earlier this spring of 2024.

Continued on page 47 →

Inn at Long Trail

**PUB OPEN
SERVING FOOD
7 DAYS A WEEK**
STARTING AT 11:30am
TAKE-OUT AVAILABLE



**DELICIOUS PUB
MENU WITH AN
IRISH FLAVOR**

**Killington's first and
foremost Irish pub**

Guinness, Harp,
Smithwick's & Long Trail

Route 4 between Killington and Pico

#1 **Après MTB
Destination!**

**LIVE IRISH
MUSIC**
Every
Fri. & Sat.
Nights

The McGrath Family Innkeepers Since 1977 • Cozy Rooms • Fireplace Suites • 802-775-7181

Velomont trail network expands

The first completed multi-day segment of the Velomont Trail, a 38-mile loop in Rochester and Pittsfield is complete

By Katy Savage

For Angus McCusker, a vision he had eight years ago is coming true. His plan to build a 485-mile mountain bike trail, extending from the top of the state to the bottom, broke ground in Rochester in mid-May 2021.

A majority of the trail segments between Rochester and Pittsfield are now complete, including the 38-mile Heart of the Greens Loop — the first completed multi-day segment of the Velomont Trail.

There are two more segments left to complete in the Rochester area. A new 1-mile segment will be constructed this summer in Braintree, while trail segments connecting Pittsfield, South Pond, Killington and Mendon could start as early as 2025.

So far, it's cost about \$851,000 to build 33 miles of trail. Once complete, the project will involve hundreds of acres of state and federal land, connect 23 of the 28 Vermont Mountain Bike Association chapters, and connect 27 communities. The trail will stretch from Massachusetts in the south to Canada in the north. And a total of 30 new huts and five hostels are planned for construction along the trail. It will cross about 210 miles of private land and provide an opportunity to conserve 84,000 acres surrounding the trail.

The trail will provide a unique insight into Vermont's terrain and cross into towns, potentially boosting local businesses, leaders in the mountain bike community believe.

McCusker thought of the idea around 2016, realizing there was a need.

"The majority of trail networks in Vermont are loops — you can't really travel," he said.

McCusker grew up just over the Vermont border in Massachusetts. He came to Vermont to attend Stratton Mountain School, where he was a competitive ski racer.

McCusker calls himself a late-bloomer when it comes to mountain biking. He started biking to cross train for skiing.

"I got into mountain biking because you've got to do something in the summer," he said.

McCusker rode the length of Vermont in high school, biking about 200 miles on the road from Canada to the Massachusetts border.

McCusker has a unique and authoritative understanding of Vermont's communities because of his job. He has worked for the state for the past decade mapping with GIS software, which has allowed him to travel extensively. McCusker is also part of Vermont's 251 Club, for those who have visited all of Vermont's 251 towns.

He has also lived in the southern, northern and central parts of Vermont. "It's handy to have that understanding of the terrain and the communities and find a way to bring that together in a way that makes sense," McCusker said.

The Velomont Trail Collective was officially formed in 2019.

While the Velomont is underway, RJ Thompson, the director of the Vermont Huts Association, holds a similar ambition to build a

network of huts throughout the state.

The Vermont Huts Association has 15 huts now. The vision of the Velomont is to have a Vermont Hut every 10-15 miles apart so users of all abilities can traverse the 485-mile trail as one, long multi-day trip or by breaking it up into chunks over a longer period of time.

"We started out of necessity," Thompson said. "There wasn't a non-profit in Vermont that was focused on backcountry huts."

Thompson and McCusker quickly joined forces.

"From the get-go we knew we wanted to create a partnership to make sure if there were these new locations popping up we could put up a hut that made sense," Thompson said.

Each hut is about 512 square feet and costs \$125,000 to \$250,000 to build. The accessible huts can usually sleep up to 10 people.

Each hut is slightly different, but they are all off-grid with no plumbing. Each has mattresses, a propane stovetop, a kitchenette and a wood stove.

"It's worth noting that not all 15 huts are along the Velomont corridor, and Vermont Huts will also develop structures outside of the Velomont. However, for the short- and medium-term, the Velomont is definitely our primary area of focus due to the strong partnerships we've formed over the years," Thompson said.

No new huts along the Velomont Trail will be constructed this year, but Vermont Huts will begin renovation work on a hostel, with private and shared bunk rooms, located in Randolph.

"The Randolph hostel will create a new launch pad for folks visiting the area for any reason, but it'll be geared toward visitors seeking outdoor recreation opportunities," Thompson said.

Thompson is hoping to construct two new accessible huts in 2025. One is currently working its way through permitting at the federal level, and, if successful, would be located along the conceptual location of the future Velomont Trail near South Pond in Marlboro.

The other hut is a historic reconstruction project in Waterbury's backcountry.

"I think the progress is incredible," Thompson said. "But it's not just Velomont Trail and Vermont Huts making it happen. There are countless volunteers, partners, and land managers at the federal, state, municipal, and private levels who've brought the collective project this far."

The Catamount Trail Association (which maintains the 300-mile backcountry ski trail that runs from Massachusetts to Quebec) has helped identify segments of trail that could be improved for year-round use and has provided resources, access, and contacts to improve the trail tread. Vermont Adaptive has offered expertise regarding adaptive-friendly trail sections as well as meaningful input to help make sure huts are not just ADA accessible but "ADA awesome," Thompson said.

For Thompson, the Velomont Trail is exciting because it's led by

Continued on page 19 →



Velomont

The Velomont Trail will run the length of the state connecting existing trail systems and building many new miles of trail for a continuous mountain bike journey.



YOUR BASE FOR VERMONT RIDING ADVENTURES

Mountain Meadows Lodge offers a refreshing take on contemporary mountain lodging. Access 15+ miles of single track from our property, and 100+ miles of riding within a 45 minute drive. Plus enjoy secure bike storage, bike work stand and wash station, and shuttle service to Killington.

285 Thundering Brook Rd, Killington, VT

802-775-1010

reservations@mountainmeadowslodge.com

MOUNTAINMEADOWSLODGE.COM



RIDE FROM YOUR ROOM

Woodstock Mountain bike club goes varsity

It'll be the first public school varsity team in the state

By Katy Savage

Mountain biking has been such a popular club sport at Woodstock Union High School that next fall, it will be a varsity sport for the first time. The Woodstock School Board voted unanimously in January to elevate the club sport to varsity status.

"They're very serious athletes competing at some of the top national levels," School Board member Matt Stout said at the January meeting. Stout is also on the board of the Woodstock Area Mountain Bike Association. "It's a tremendous opportunity that we offer the kids. It's not offered in every school. Aside from the budget, these kids deserve to be recognized like all other athletes."

Woodstock mountain biking coach Todd Uva said the varsity level recognition will allow the team to have more funding and opportunities. "It finally gives us a budget," Uva said. "We've been operating for a number of years with no budget and no transportation. All the coaches were volunteering their time."

Uva launched the Woodstock High School Cycling Club in 2017. To get it off the ground, they did whatever they could. He and his wife loaded up bikes in their cars and drove kids to competitions.

Uva, who led mountain biking programs at Woodstock's summer SOAK camp, presented the concept of the club to the WUHS school board that year.

"I'm just a lover of cycling," Uva said. "I wanted to share this passion with adolescents."

When the club team debuted in 2018, there were 13 riders. Now there are 33 athletes in the club, making it one of the largest programs in the school — only behind girls' varsity soccer in numbers. That program has about 44 student athletes.

Next fall when the Woodstock varsity mountain biking team meets for the first time, it will be the only public school varsity mountain biking team in the state to do so.

"Being a varsity team will lead to a more serious attitude, more frequent practices, and easier transportation to races," said captain Levi Halley.

They'll compete in the Northern New England High School Mountain Bike Series, which includes about 30 teams in New Hampshire, Massachusetts, and Maine. About 2/3 of the schools that compete in that series are from private schools/academies.

"It is definitely growing," Uva said. "There are about 320 to 400 [students] from middle school to high school."

There are three divisions in the series — Western, Central, and Eastern. Woodstock competes in the Western division with private schools like Killington Mountain School, Stratton Mountain School, Vermont Academy. Green Mountain Union High School (the only other public school in the division) supports a small club team, while



WUMSHS mtb team

Burr and Burton Academy (BBA), an independent non-profit school in Manchester, has had a varsity team for the past eight years.

Jon Mowry, one of the coaches at BBA, said the team started with around 12 athletes and it has grown to about 34-45 in the past two years.

"Mountain biking as a sport has grown, and in Vermont in particular, better trail access has led to a corresponding growth in participation," Mowry said.

BBA has 12 coaches, most of whom are volunteers who ride with kids 2-3 days a week.

The team has access to a trail network at BBA and athletes travel to other networks at least

two times a week.

Like other varsity sports, the Woodstock team will start preseason in August and continue until the championship race in October. Levi Halley, 16, of Woodstock, will be the captain of the varsity team his senior year.

"Being a varsity team will lead to a more serious attitude, more frequent practices, and easier transportation to races," he said.

Halley started mountain biking when he was 6 years old. "I enjoyed the aspects of being in nature and having fun with friends and family," he said. "As I progressed, the competitive aspects of it also became a top priority. Now, I enjoy racing on the bike team the most."

While the sport remains male-dominated, Uva said Woodstock has about 12 female athletes — which is a greater proportion of the team than most other schools.

Ada Mahood, 16, has been on the mountain biking club at Woodstock since she entered high school. She had grown bored with soccer, she said.

The rising senior is excited to compete on a varsity team. "We've worked so hard these past few years and brought home some incredible wins. We deserve the recognition of a varsity sport," Mahood said.

Mahood, who lives in Thetford, started mountain biking as a child with her family.

"I've had so many incredible teammates over the last few years, especially on our girls' team we have grown so close we even call ourselves a family," she said. "Even on days where I don't feel like doing the tough workouts they always manage to make it super fun and joyous ... For me, our team dynamic is one of the best and I look forward to every fall when I get to see everyone back in action again."

Mahood said the sport is about camaraderie, whether she wins or loses. She remembers a race she won her freshman year, when she was trailing in third, she heard her coach yelling, "It's all you Ada, it's all you."

"I finished that race in first and my team surrounded me," Mahood said. "It was just amazing. It felt nice to stand on top of the podium. But at the end of the day, it was my team that really pushed me to the finish line."

Top local mountain bike events

Maxxis Eastern States Cup: Enduro & Downhill, Killington

June 29-30

This showdown at the Killington Bike Park is a major event for downhill and enduro mountain bike racers on the East Coast. The largest prize purse is awarded to riders who conquer both disciplines. This multi-day event attracts racers of all skill levels, from beginners to experts. Racers compete on challenging natural and man-made trails that wind through Killington's three distinct mountain areas.

EasternStatesCup.com

The Prouty, Hanover, N.H.

July 13

For the first time ever, the Prouty is debuting a mountain bike event! Enjoy 18 miles of fun climbs and thrilling downhills at Oak Hill. The route will start and finish at Richmond Middle School and is designed for intermediate riders. This event will be capped at 200 bikers with a staggered start. The mtb option is added to northern New England's largest family-friendly fundraising event combining cycling, walking, rowing, golf and more to raise funds and awareness for life-saving research and critical patient and family support services at Dartmouth Cancer Center.

Tinyurl.com/ProutyNH

Slate Valley Epic, Poultney

July 13

The Slate Valley Epic is a 40+ mile, over 5,000 feet vertical mountain bike race on Vermont's newest and best single and double-track trails in the Slate Valley of southwestern Vermont in Poultney. This fourth annual event will take place Saturday at the Fairgrounds Trailhead. The event's trailhead expo is open to the public so come watch, cheer, eat, and celebrate.

Slatevalleytrails.org/slate-valley-epic

Flow State MTB Festival, Ascutney

July 26-28

Celebrate all things mtb at the third annual Flow State Mountain Bike Festival located at Ascutney Outdoor Center in Brownsville. The network boasts 35 miles of singletrack, with access to an additional 10 miles of trail on private property. Flow State features demos, guided rides and clinics as well as camping, food trucks, beer, live music and "shenanigans."

Flowstatemtbsfestival.com

Tour De Slate, Middletown Springs

Aug. 3

The Tour de Slate is made up of six different routes designed to provide an enjoyable ride no matter what your level of experience. For avid road cyclists there is the metric century (100km, 63.4 mile) ride. Other choices include: a 36 mile route, a 25 mile route or a family ride (off road on a trail). There is a ride suitable for everyone. There will also be a 40-mile and a 25-mile guided route with local elite gravel riders — all are welcome, they are "no drop" rides. Proceeds benefit Adult and Teen Challenge, VT.

Tourdeslate.org

Foundation: Women's freeride progression weekend

Aug. 23-25

This year, the second iteration of Foundation, a two-day women's freeride progression session, will take place on Black Magic, the marquee jump trail in the Killington Bike Park. The event will connect pro riders with local riders who are passionate about freeride. Unlike many of the other freeride events that serve as invitationals, Foundation will be open to the public, serving as an opportunity for grassroots riders to step into freeride terrain and maybe even find the next big talent. The two days will culminate in a rider showcase that will be open to spectators on Sunday from 3-4 p.m.

Killington.com

The Vermont Overland, Reading/West Windsor

Aug. 24

The Overland is a 55-mile dirt road bicycle ride featuring 7,000 feet of climbing, seven sectors of "Vermont pavé" (unmaintained, ancient public roads), two well-fortified sag stops, a magnificently scenic route and an awesome party afterwards. It's the ultimate overland adventure ride. Open dirt roads, amazing scenery and an epic course through a Vermont pastoral setting. Ride benefits benefit the Reading/West Windsor Food Shelf, Ascutney Outdoors and WAMBA

Vermontoverland.com/overland

Kelly Brush Ride, Middlebury

Sept. 7

Traverse the beautiful Champlain Valley on one of six different routes and end your ride with live entertainment, delicious barbecue, cold beverages, and family fun at Middlebury College. The 19th annual ride benefits the Kelly Brush Foundation and helps people with spinal cord injuries resume active lives.

Kellybrushfoundation.org

Continued on page 19 →



← Continued from page 18

Fox U.S. Open of Mountain Biking, Killington

Sept. 26-29

The Fox U.S. Open of Mountain Biking returns to Killington following the event's electrifying return in 2022 and 2023. Professional and amateur athletes from around the world will compete in the Open Class Downhill for one of the largest cash purses in racing. The event also offers amateur racing classes in Downhill, Enduro and Dual Slalom. Spectating is free. The bike park will remain open to the public during the event. Also, back by popular demand will be the Best Whip competition, taking place on a massive set of jumps carved into the base area of the bike park for easy viewing.

Killington.com

Vermont 50 Mountain Bike or Ultra Run, West Windsor

Sept. 29

The Vermont 50 is an annual race held during the last weekend of September at Mount Ascutney located in West Windsor. Bike events include: Vermont 50 mile mountain bike race, women's two-person mountain bike relay, over 60 two-person mountain bike relay, and a kids' fun bike ride. This family-friendly event offers lots of kid centered activities such as a hay bale treasure hunt, the fun run, clowns, face painting and more! Proceeds benefit Vermont Adaptive Ski and Sports.

Vermont50.com



Killington Resort



← Continued from page 15

people who simply like the outdoors.

"That's what's cool, it's not any kind of top down directive, it's bottom up and that's what I think makes it one of the more compelling projects in Vermont," he said.

The Vermont Mountain Bike Association and its chapters are also working to connect trail networks.

Nick Bennette became the new president of the Vermont Mountain Bike Association in March 2021, after moving to Vermont from Washington state. He said he was drawn to the role



Vermont Hut Association

The Chittenden Brook hut is open for year-round use and is located on a semi-remote Chittenden Brook Campground in the Green Mountain National Forest off Forest Road 45 (FR-45) in Rochester. It sleeps 10.

because of the Velomont.

"It's a legacy project — that's what really stuck with me," he said.

When he first heard of it however, "it was awe and a little bit of shock knowing what the project is — how is this going to be tenable?" Bennette remembers thinking.

Bennette, who has ridden extensively in other states, sees the potential of bringing a project like the Velomont to Vermont.

He said the Velomont could be one of the top trails in the nation.

"It could elevate the state's profile," he said.

Bennette, a former independent consultant, sold his house in Washington when the pandemic hit and lived in a van for several months with his wife and son, visiting national parks.

Bennette and his family were drawn to Vermont to be close to his parents-in-law. He just bought a house in Waterbury.

"We knew we wanted to be in a place that was more connected to nature," he said. "Things fell into place."

Bennette compared Vermont to Washington. The networks here are much smaller, but both states have a lot of mountain bikers.

"Vermont has that committed group, which gives us a community, a voice," he said. "Mountain biking feels like it's well-established within communities."

McCusker hopes to have most of the Velomont done in the next five years. But completing it is rooted in community.

"It's an ambitious project and it takes time to make sure we do it right," McCusker said. "It's truly a grassroots effort. All the local networks and community members are really guiding us through this."



Not only is it the newest GRAVITY LOGIC Mountain Bike Park in Vermont...

It's a bunch of other stuff too.




Bolton Valley
boltonvalley.com/mtb



Weekly mountain bike group rides

KILLINGTON

KMBC Bike Bum race series, Killington

Wednesday nights from 2-5 p.m. on Lower Rabbit Hole at Killington Resort June 19-Aug. 21. Run by the Killington Mountain Bike Club. After party from 5-7 p.m. at various Killington restaurants. Individuals may enter a single race for \$20. Day-of registration will take place at the start gate. Killington resort lift pass required.

KillingtonMountainBikeClub.org/bike-bum

Divas of Dirt, Killington, Fridays

Female mountain bikers of all ability levels are welcome to share their passion for the sport and meet likeminded members of the bike community during bi-weekly free Friday night group rides from 3-5 p.m. (Dates: June 28, July 12 & 26, Aug. 9 & 23, Sept. 13.) Participation is free with your own bike and a valid bike park ticket or pass. Discounted tickets and rentals are offered for \$45 each. Registration is required as its capped at 20 riders.

POULTNEY

Slate Valley Women's Ride Wednesdays

Wednesdays, June 5- Aug. 29, women riders meet at the Fairgrounds Trailhead, 131 Town Farm Road in Poultney for a weekly Women's Mountain Bike Group Ride. This is a no-drop ride and all are welcome. The group honors an inclusive and supportive environment. Please arrive at 5:30 for a wheels down departure at 6 p.m. The ride is varying distances 6-10 miles. Terrain will involve climbing. Groups self-select into groups from beginner to intermediate/advanced and be able to accommodate any rider of varying pace and experience. Bring plenty of water, snacks, and an after ride beverage.

Porcupine & SVT Group Ride, Fridays.

Fridays, May 31-Aug. join Slate Valley Trails and Porcupine Bikes (Main St., Poultney) for the Friday Night Trail Ride series. Rides start at 6 p.m. sharp — be ready for kickstands up! All ability levels are welcome. Roughly once a month, the TrailHouse will host the Friday Night Trail Ride from their trailside event space, and they'll be serving up wood fired pizza post ride (by donation). For more information and specific weekly ride locations, visit: slatevalleytrails.org/calendar.

ROCHESTER

Ridgeline Outdoor Collective Women's Ride, Thursdays

From May 23- Oct. 10, join other women to ride the Ridgeline Outdoor Collective trails in Rochester and Randolph. Riders of all abilities are welcome to explore the trails in this fun and supportive group. Check the calendar for the location each week. For more information visit: RidgelineOutdoorCollective.org.



WOODSTOCK

WAMBA Group Ride, Thursdays

Come one, come all! Join WAMBA members for a weekly, no-drop group ride. Any mtb-type (old, new, acoustic, e-bike) and rider ability (beginner, intermediate, expert) are welcome.

Locations will alternate weekly between the Aqueduct and Mt. Peg with an occasional Saskadena Six mixed in. Ride time is 6 p.m. sharp and aims for 1.5-2 hours of fun with a social afterwards — so bring a chair, a snack and a refreshment.

WAMBA Women's Ride Tuesdays

A social, fun-paced, no-drop ride for intermediate riders who want to get out and have some fun with no pressure and no intimidation. Rides are estimated to take 1.5-2 hours. Rides will alternate between Mt. Peg, the Aqueduct and occasionally Saskadena Six. Come prepared with a well-tuned bike, helmet, hydration, snacks, lights (when needed) and tools.

Youth Ride Mondays

WAMBA will be offering a youth girl's ride and a coed ride on Mondays throughout the summer starting June 17 at the Aqueduct Trails. These rides are intended for youth entering grades 5-12 with single-track riding experience. Each ride will last about 2 hours. The ride will rotate weekly between the Aqueduct, Mt. Peg, Killington, and Ascutney. Parents are encouraged to join! (Loaner Bikes are available but need to be reserved 24 hours in advance.)

Kids Ride Thursdays

It's time to get kids on bikes! WAMBA hosts a fun, group gathering to help kids learn the basics of mountain biking and increase their comfort on single-track. These rides are intended for youth entering grades 1-4 with a basic bike proficiency looking to advance their skills (this ride is not designed to teach kids how to ride a bicycle). Bring your own mountain bike and helmet. The ride typically lasts about 75-90 minutes. Parents are required to be present (to ride alongside your child or simply watch).

Woodstock Area Mountain Bike Assoc. (WAMBA) memberships are not required to join the weekly rides but waivers may need to be signed. For more information and schedule for each weekly ride destination visit: mtbwoodstock.com/group-rides

Killington hosts big mountain bike party Sept. 26-29

The Fox U.S. Open will return to Killington, Sept. 26-29, 2024.

Killington Resort has made significant investments in their bike park and the town of Killington boasts extensive après, dining and lodging options making it an ideal choice for the worldclass event. Spectating is free, and the bike park will be open to the public throughout the event. Join the party and experience epic competition, spectating, and riding with friends!

"The venue proved once again to be a great home for the USO and we are excited to continue to build on the momentum generated," stated Clay Harper, co-founder and event director of the Fox U.S. Open. "The Vermont mountain bike community is unlike any other," Harper continued.

The Fox U.S. Open of Mountain Biking was established in 2003 with the single goal of creating excitement the American mountain bike scene. Featuring a unique Open Pro/Am format, the Fox U.S. Open offers the most challenging competition in the nation, setting the standard as a proving ground for up-and-coming and elite athletes alike. It offers a full slate of amateur classes. Anyone can enter the open class and compete against the pros to prove where they rank and take a piece of the massive cash purse!

Professional and amateur athletes from around the world are anticipated to compete in the Open Class Downhill for one of the largest cash purses in racing, with additional amateur racing held in Enduro and Dual Slalom events.

This year will mark the 21st anniversary of the U.S. Open.

Nina Hoffmann, who is the defending champion of the Women's Downhill at Killington two years running, is always excited for the event to be at Killington this summer. "I really liked Killington ... It was just a good atmosphere and of course to get the win — for me was a great way to finish off the season," she said.

The Fox U.S. Open of Mountain Biking has long created opportunities for young athletes to strive toward, with a history of racers like Richie Rude and Neko Mulally, who competed as kids in the Downhill back in the mid 2000s. In 2022, the Fox U.S. Open collaborated with USA Cycling to introduce new Cat 1 age categories for athletes under 15 years old. The biggest moves, however, came from young athletes Asa Vermette, 15, and Aletha Ostgaard, 14 — both earning top five finishes in the Open Class Downhill.

"The atmosphere at U.S. Open is great!" said Asa Vermette. "The Dual Slalom and the Best Whip were sick! The DH track was insane, from chunky with roots to manicured jumps — every lap I did was so fun! Getting on the podium was crazy with all the fast guys there. I was stoked to get 3rd and I am hyped to go back for 2023!"

The U.S. Open Downhill race will remain true to its heritage as an open class event that gives up-and-coming racers the chance to compete against the pros and will again be included in the

U.S. Downhill National Series. Racers age 14 and under will also have their shot in the Next Gen Youth Downhill event, which offers categories for intermediate and expert racers.

Also back by popular demand will be the USO Best Whip, taking place on a massive set of jumps carved into the base area of the bike park for a premier viewing experience. This invitational competition is a crowd favorite and must-see.

Beyond the competition, the Fox U.S. Open attracts race fans, freeriders and families with Killington Bike Park remaining open to the public throughout the entire event week. For more event information, visit: USOpen.bike.



 Killington Resort

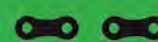
The Best Whip competition at the U.S. Open is always a crowd-pleaser!



ALPINE BIKE WORKS



FULL SERVICE BIKE SHOP



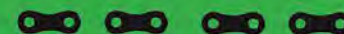
SALES | SERVICE | PARTS | ACCESSORIES
APPAREL | CUSTOM WHEEL BUILDING

DEMO BIKES AVAILABLE DOWNHILL, TRAIL & E-BIKE

FREE LIFETIME ADJUSTMENTS WITH NEW BIKE PURCHASE



NOW IN TWO LOCATIONS!



Killington:

802-773-0000

2326 ROUTE 4, KILLINGTON, VT



Keene:

603-499-8033

15 KING COURT, KEENE, NH

ALPINEBIKEWORKS.COM

Tips to maintaining your bike

Staff report

So, you bought a mountain bike. Well done! You've now got a few epic rides under your belt. Excellent. But now you wonder how to best protect your investment and keep it rolling like new. While there are many expert bike mechanics around locally that can help, here are a few basic things that you can do at home to save you time and additional expense.

Before every ride

- Check tire pressure to ensure tires are inflated to the desired pounds per square inch (psi). Measure with a gauge. (Recommended psi depends on tire size: 26"-27.5" = 40-50 psi, 29" = 35-45 psi.)
- Check the hub integrity and wheel trueness by moving the wheel side to side while holding the seat or fork; any play may indicate a loose bolt or compromised hub. Tighten with a hex wrench set. Next, spin the wheel and check for trueness and brake drag.
- Lube, then wipe down your chain. Experts recommend lube once per every 2-3 hours of riding; wipe off any excess oil.
- Check thru-axes and quick release tension to ensure that they haven't rattled loose or come undone.
- Wipe/rinse off excess dirt and mud after each ride. Dirt that's left on the components can absorb grease and lubricants, causing them to dry out faster and cause grinding on your next ride which will wear out parts over time. Wiping off dirt instead of washing your bike is preferred if it can get the job done. If extremely muddy, use a low water pressure and bike-friendly soap.

Every 3-5 rides

- Check brake pads (especially if downhill riding in wet conditions). Shine a flashlight into the brake assembly so you can clearly see the brake pad backing, brake pads, and rotor. If very little brake pad thickness remains and the brake pad backing is almost touching the rotor, it's time to replace your brake pads.
- Check shock/fork air pressure. Like tires, air shocks slowly lose pressure over time. You'll need a shock pump to gauge and add pressure, which should be done according to your bike manufacturers recommendations for weight.
- Check for chain wear. As chains wear between the pin and bushings formed into the inner plate, the chain grows in length. While it's a myth that they "stretch," they do wear down causing it to appear that way. As a chain becomes worn out, the cassette

tends to wear with it. Installing a new chain on a worn-out cassette will cause skipping, as will a new cassette paired to a worn chain. Therefore they are best replaced at the same time. But it's best to replace the chain before it takes out your expensive cassette! The only way to know if a chain is really worn out is to measure it. Most chain manufacturers say that a chain is worn out when it reaches 0.75% elongation. You can buy a chain-checker devices online or you can simply use a ruler to measure the distance between outer pins. A new chain will measure 12 1/16 inches from center to center of the pins. Any measurement over 12 1/16 inches indicates it should be replaced.

- Check bolt tensions. Loose parts can create problems fast; if your bike feels funny or is making mysterious noises, stop and figure out why. It's usually something that's worked itself loose. It's a good idea to carry a hex wrench with you on longer rides.

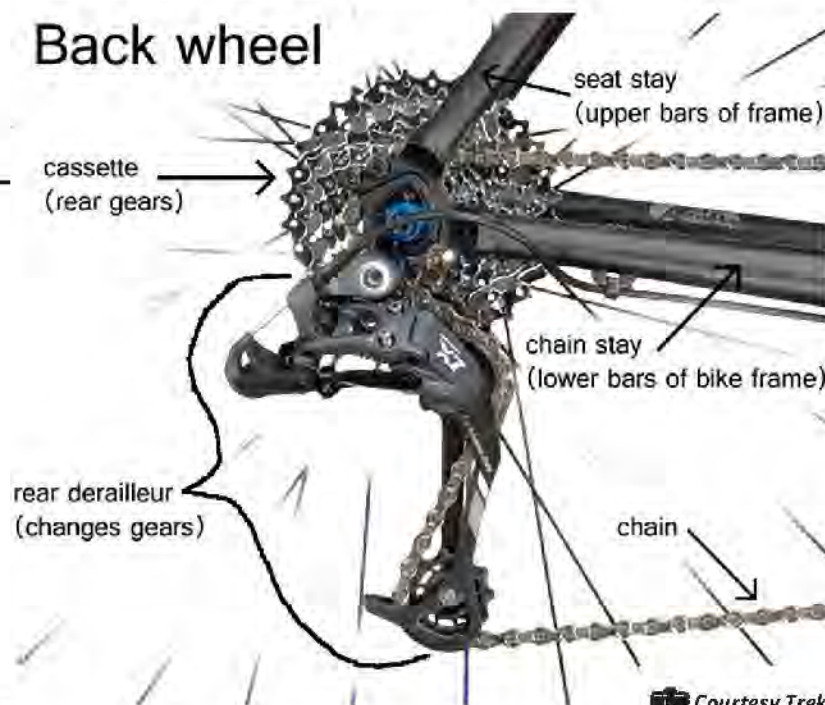
Every 6 months - 1 year

Then there's the more complicated stuff that most non-professional riders will go to a bike shop to service. (Of course, you can learn to do it at home and there are many video tutorials to show you how, but the tools, time and skill required is likely best left to the experts for most.)

Some such yearly tune-ups could include:

1. Service fork lowers. Change out seals and fork oil.
2. Bleed hydraulic brakes. Flush if fluid is darker than normal.
3. Thoroughly clean drivetrain including chain, cassette, derailleur pulleys, and chainrings.
4. Check tubeless tire fluid sealant. Verify that no cuts or wear are causing fluid to leak out; add more sealant if low.
5. Check tire tread and sidewall integrity. If low get new tires (sidewalls should be checked more frequently, especially before longer rides).
6. Service rear shock.
7. Service frame. Fully disassemble and clean all linkages, headset and bottom-bracket; replace bearings as needed and re-grease all mating surfaces upon reassembly.

Back wheel



Terms on the diagram (right):

Seat Stays: The seat stays are part of the bicycle frame. They connect the rear wheel to the seat tube.

Chain Stays: These are also part of the frame and they connect the rear wheel to the bottom bracket/crank.

Cassette: The cassette is actually a set of thin "cogs" (tiny chain rings). They are stacked horizontally from small to large and vary in number from as few as 5 to as many as 10 separate cogs. The smallest one is the fastest, the largest is the most powerful and is used for climbing hills.

Rear Derailleur: The rear derailleur literally de-rails the chain from one cassette cog to the next. It has two small cog-shaped wheels mounted in its frame, which keeps the chain tight. The rear derailleur changes gears when you tell it to.



**MOUNTAIN LUMBER
& HARDWARE**
KILLINGTON, VERMONT



UNCHAIN YOUR VISION



**WE'RE HERE TO HELP MAKE YOUR
PROJECT A REALITY
FROM START TO FINISH**

GOODROLUMBER.COM

802-422-3469


RIDE: Killington

In Killington, riders now have more options than ever! **Killington Resort** offers lift-serve downhill riding and the **Sherburne Trails** offer a variety of cross-country options from three base areas.

Sherburne Trails
Route 100 & 4
Killington

Killington
Bike Park
3861 Killington
Road, Killington



 Killington Resort

Killington Bike Park (resort)

Killington Resort's bike park is over 30 years old, but in the past decade significant investments in the park (particularly beginner and intermediate terrain) have improved and expanded it significantly! Ridership has grown exponentially from about 2,000 riders a year to over 50,000 since the build-out. There are three high-speed lifts serving over 30 miles of trails — beginner to expert. The Snowshed area offers beginner terrain with features to challenge intermediate riders, too. The Ramshead area offers intermediate and advanced terrain for riders who've graduated from Snowshed. (Tip: start with Blue Magic). The Killington Peak area is for advanced riders featuring classic New England singletrack with plenty of rock and roots. The resort also offers a skills park, kids' strider park and a designated uphill route. All riders must purchase a pass to access the trails.

Visit: Killington.com.



Sherburne Trails

The 20-mile Killington Mountain Bike Club (KMBC) trail network is comprised of three areas:

The Sherburne Trails, Gifford Woods and Base Camp trails — with trailheads located on Route 100 and Route 4. These cross-country flow trails are mostly machine-made, about 3 feet wide, and have fun features such as jumps, rock rolls and bermed turns (not technical). This network has more than doubled in size over the past few years as new trails were built and connected the three areas together. The popular Sherburner Trail opened last year. All trails in this network are multiuse and are free and open to the public.

Visit: killingtonmountainbikeclub.org.



While you're here ...

Challenge yourself

Maybe you have a fear of heights that you'd like to overcome — or maybe you don't think you'll be afraid at all? Challenge yourself! The Skye Ropes Course is located at the Snowshed base area of Killington Resort. It stands four-stories high with 42 obstacles to maneuver — it is hours of fun for daredevils, climbers and athletes of all ages. Closed heel shoes are required.



Enjoy the 4,241' view!

From the top of the K-1 Gondola, it's a short 5- to 10-minute walk to the top of Vermont's second highest mountain: Killington Peak — elevation 4,241 feet above sea level. Enjoy the 360-degree views up the spine of the Green Mountains. It's a great spot for a picnic, too!



Paddle on 2 ponds

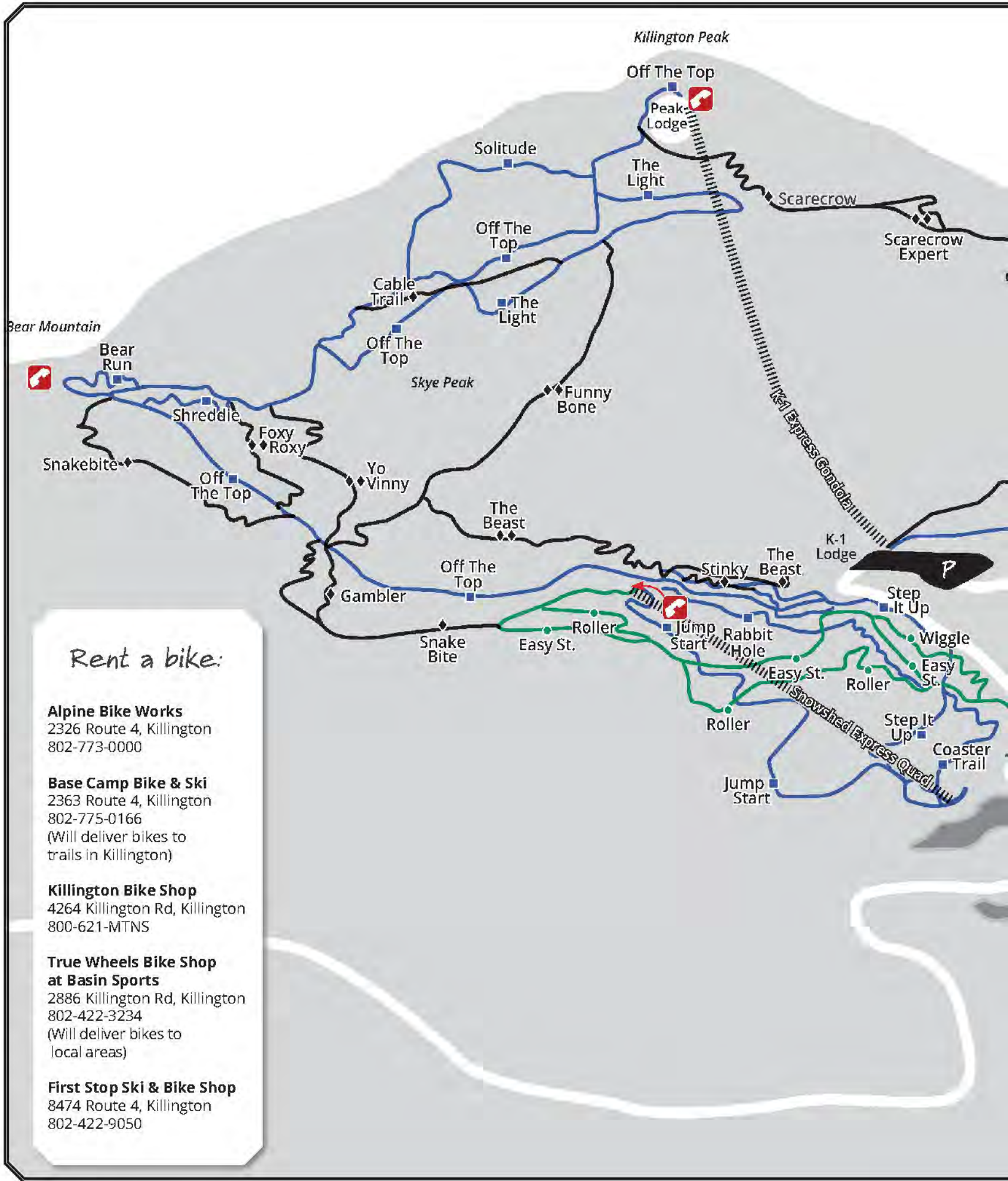
The town of Killington is home to two picturesque ponds: Kent and Colton ponds, both with access off Route 100. Kent Pond has a designated boat launch area and is the larger of the two with great views of Killington mountain. Colton Pond is just a bit further north on Route 100. The boat launch is by the beach area. Go there at sunset and capture a stunning reflection.



Enjoy a picnic at a concert

Head to the Snowshed base area at Killington Resort for a free Cooler in the Mountains outdoor concert every Saturday from 3-5:30 p.m. June 29-Aug. 21. Bring a lawn chair, a beach blanket and the whole family for this all ages event. On-site bar and BYOB area provided!





Rent a bike:

Alpine Bike Works

2326 Route 4, Killington
802-773-0000

Base Camp Bike & Ski

2363 Route 4, Killington
802-775-0166
(Will deliver bikes to trails in Killington)

Killington Bike Shop

4264 Killington Rd, Killington
800-621-MTNS

True Wheels Bike Shop at Basin Sports

2886 Killington Rd, Killington
802-422-3234
(Will deliver bikes to local areas)

First Stop Ski & Bike Shop

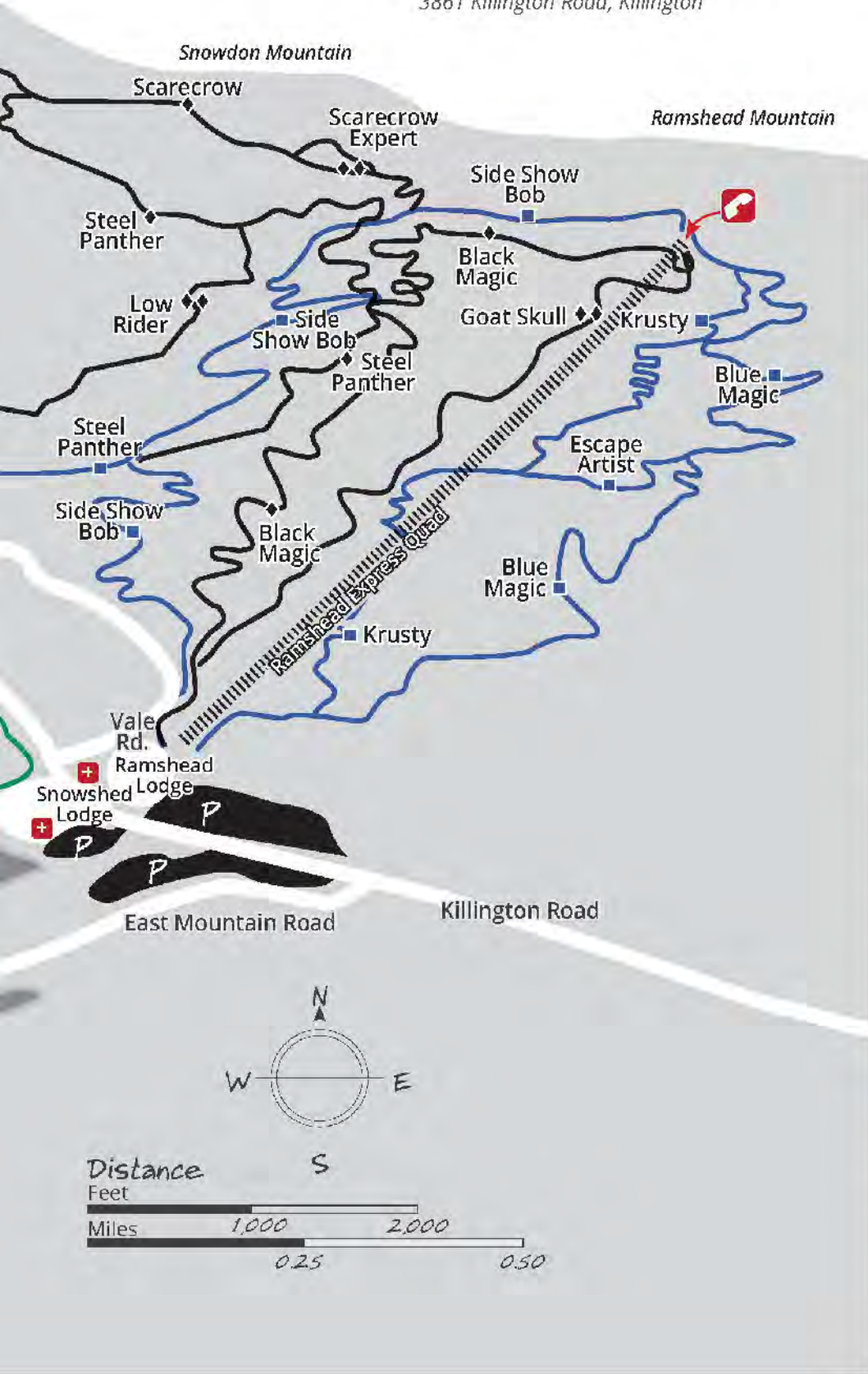
8474 Route 4, Killington
802-422-9050

Killington

BIKE PARK

Killington Resort

3861 Killington Road, Killington



Best ride to:

..... Start it

Easy Street and Wiggle are recommended for first time mountain bikers — and those looking to warm up, get a feel for new rental equipment or just need a confidence boost! Once comfortable, try Roller to practice berms. Some riders cruise these trails fast, so be aware. Don't be afraid to stop on the side and let others pass. For the smallest riders, there's a strider bike park at Snowshed, too.

-- Feel it

Step It Up at Snowshed is a great place to start for intermediate riders with berms and small jumps. Jump Start is also a great choice on Snowshed. If you venture over to Ramshead, start with Blue Magic, a serious jumps trail where it's fairly common for riders to hit speeds of 20 mph and get some big air. Side Show Bob is a good choice if you are looking for a flow trail with rollers and berms with no jumps.

∞∞ Send it

The Cable Trail from the top of Killington Resort via the K-1 Gondola is a "must ride," as its a "classic Killington trail," according to advanced riders and trail builders alike. While the riding is technical and sure to challenge even the best, it's "not going to eat you," they assure us. Take Off the Top, then a left onto The Light, then a right to the Cable Trail — it's a fairly short section, but don't be fooled! Alternatively, try Scarecrow, a much longer trail from the Peak that brings you by Snowdon Mountain and ends at Ramshead base area.

Legend

- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/ double track
- Roadway
- Emergency Phone
- First Aid
- Lift service
- One way

Best ride to:

..... Start it

Mind Eraser and Paca's Path on the Sherburne Trails are great for beginners, including first time riders. The wide machine-made trails offer relatively easy pedaling and minimal hills.

-- Feel it

Head to the Sherburner (on the Gifford Woods side). It's simply the most popular pedal trail in the area — and for good reason! There's a series of 6-8 tough switchbacks back-to-back but otherwise it's a pretty friendly ascent and well worth it for the flowy downhill ride!

○○○○ Send it

Ride TBR to Betty Trail to Archie Baker if you are looking to challenge yourself on some features. Archie Baker is packed with fun and unique rock rolls as well as some jumps and drops. There is a new feature to hit around every corner! Take the Picnic Table Cut Off back, or, if you are looking to get in more miles, continue on Betty Trail loop.

Legend

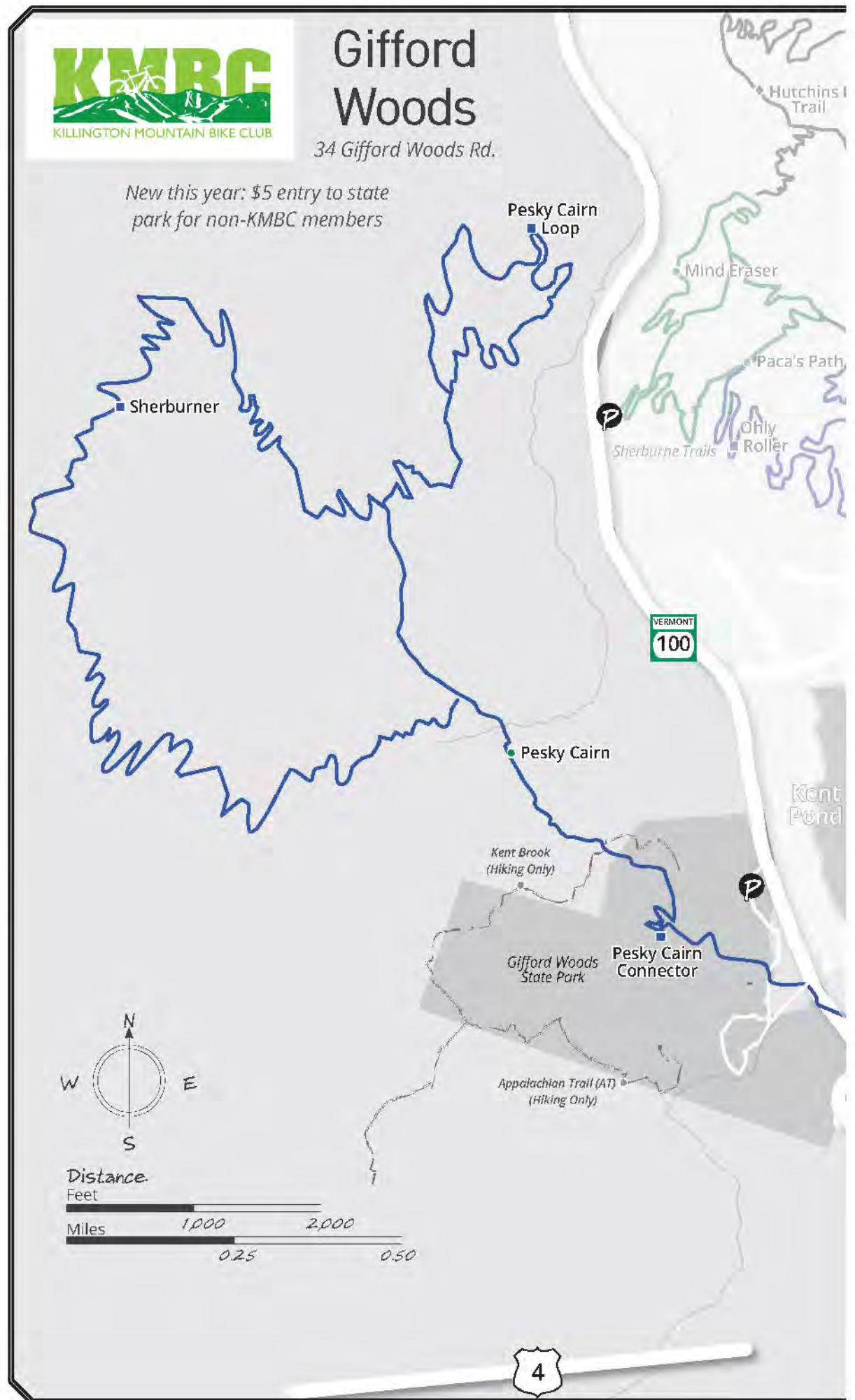
-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Access Roads/
double track
-  One way



Gifford Woods

34 Gifford Woods Rd.

New this year: \$5 entry to state park for non-KMBC members



Sherburne Trails

1756 VT-100, Killington



Base Camp

2363 Route 4, Killington



Do you ever wonder what life might be like if all that fun was just outside your own back door?

We'll help you find your slice of paradise.



34 Main Street | Middlebury
phone: 802.388.4242
email: info@ipjrealestate.com

ipjrealestate.com



Meulemans' CRAFT DRAUGHTS



Vermont's Premier Craft Beer Shop

Superbly Curated with Personal Service

Over 400 Craft Beers, Ciders, Meads

Wines & Artisanal Cheeses

Junction VT Rt 30N & 100N – 802-297-9333

GPS: 8814 Route 30, Rawsonville, VT

www.CraftDraughts.com

Located on the VTXL
Scenic Route 100 Byway
and 6 miles from Stratton

Creating a sustainable Vermont through our people, assets, relationships and operations.

velco.com



Repairs & Service, Rentals,
New & Used Bikes Sales

Find us at porcupinebikes.com | 144 Main St. | 802-884-8429



BASIN
SKI·RIDE·BIKE

We Live To Ride

Sales | Service | Rentals | Apparel

2886 Killington Rd.
Killington, VT 05751

BasinSki.com

802-422-3234



CONVENIENT LOCATION
ON RT.4, STOP BY TODAY!



512 WOODSTOCK RD, WOODSTOCK, VT
(802) 457-1326 • WOODSTOCKBEVERAGE.COM

RIDE: Rutland

Carved out of rolling hills in the woods of Rutland City, the **Pine Hill Park & Redfield Trails** are multiuse and accessible for all levels. While many new trails have been built, this park is over 100 years old!

Pine Hill Park & Redfield Trails
2 Oak St. Ext., Rutland



By Abby Allaire
Jake Wlochowski smiles riding a banked wooden berm at Pine Hill Park.



Pine Hill Park & Redfield Trails

Pine Hill Park (PHP) offers 18 miles of single-track trail spread over 325 acres of terrain. This trail network is relatively easy to pedal and packs a lot of miles in a small area without having to take the same trail twice! Pine Hill Park also boasts seven unique bridges! You can ride them all in about 1.5 hours at an easy pace. (See icons on map.) These multiuse trails are free and open to the public for non-motorized use.

The Carriage Trail was established in the late 1700s to get

from Proctor to Rutland. It's now a 5.1 mile mountain bike ride that passes by ponds full of wildlife and reward the hardy with great views of Blue Ridge Mountain and Pico.

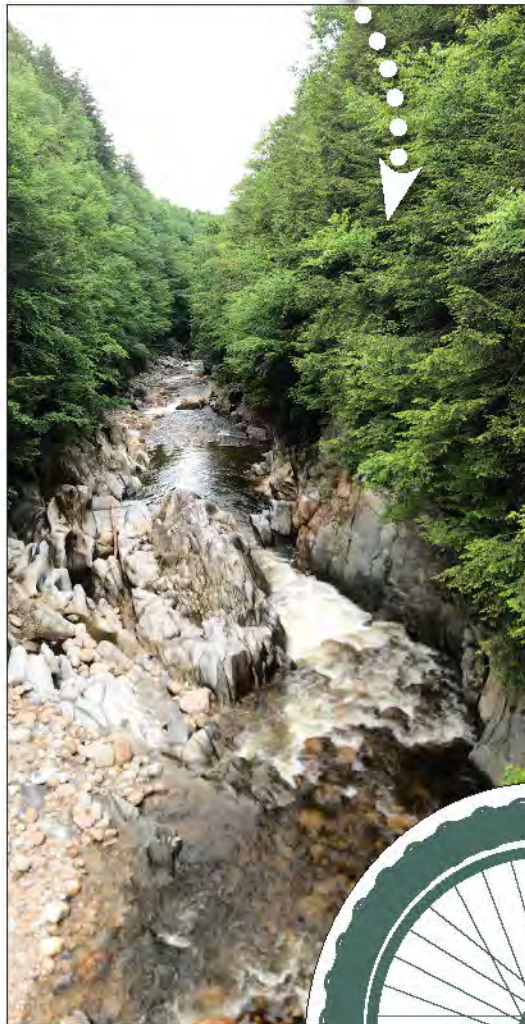
The Redfield Trails offer 4.4 miles of easy/moderate riding primarily on old woods roads with a grass and dirt trail surface with views south to the Taconic Mountains. The best way to ride these trails is in a clockwise direction. Visit: pinehillpark.org.



While you're here ...

Swim in a gorge

Walk across a 30-foot long swinging suspension bridge and cool off in the river pools below. The Clarendon Gorge is an impressive sight. To get there, take Route 7 south from Rutland, then Route 103 south for 2.3 miles. Look for the large Appalachian/Long Trail parking lot on the right. It's a very short walk from there.



Catch a concert downtown

Friday Night Live returns downtown this summer featuring Captain Mike and The Shipwrecked on July 26, Zach Nugent's Dead Set on Aug. 16, and Foreigners Journey on Sept. 6. Head to Center Street between Merchants Row and Wales Street. Grab a bite at a local restaurant or from a food truck!



Visit the year-round farmers' market outside

Stop by the Farmers' Market in Depot Park in downtown Rutland before or after your ride to fuel up on a variety of local foods. Offerings vary by season, but there's always lots to choose from. It's a great place to come to pack a picnic, too!
It's open from 9 a.m.-2 p.m., Saturdays; and 1-5 p.m., Wednesdays.

Cast a line

East Creek, located just east of the Pine Hill Park parking lot, is a great place to fish. Stocked in the spring, anglers frequently pull out 16-20" rainbow trout! The ease of access can't be beat!

It's also great for spectating for those that like to witness the thrill without slimy fingers.



 Downtown Rutland Partnership

Best ride to:

.....

Start it

Don't miss Voldemort, local rider Connor McGrath advises. "It has the smoothest berms and is non-technical." Here's a 2.4-mile loop with some climbing and fun descents: Escalator, Svelte Tiger, Sisyphus, Watkins Wood Rd, Sore Elbow to Milk Run, back up Watkins to Voldemort, Birches, Trillium, Svelte Tiger, Escalator.

--

Feel it

Make your way to the overlook to enjoy views of Rocky Pond and the mountains beyond. Here's a 5.2-mile loop: Escalator, Svelte Tiger, Droopy Muffin, Underdog, Shimmer, Overlook, PA4J, Strong Angel, Santa's Little Helper, Jigsaw, Milk Run, Watkins Wood Rd, Evergreen Falls, Furlough, Exit Strategy.

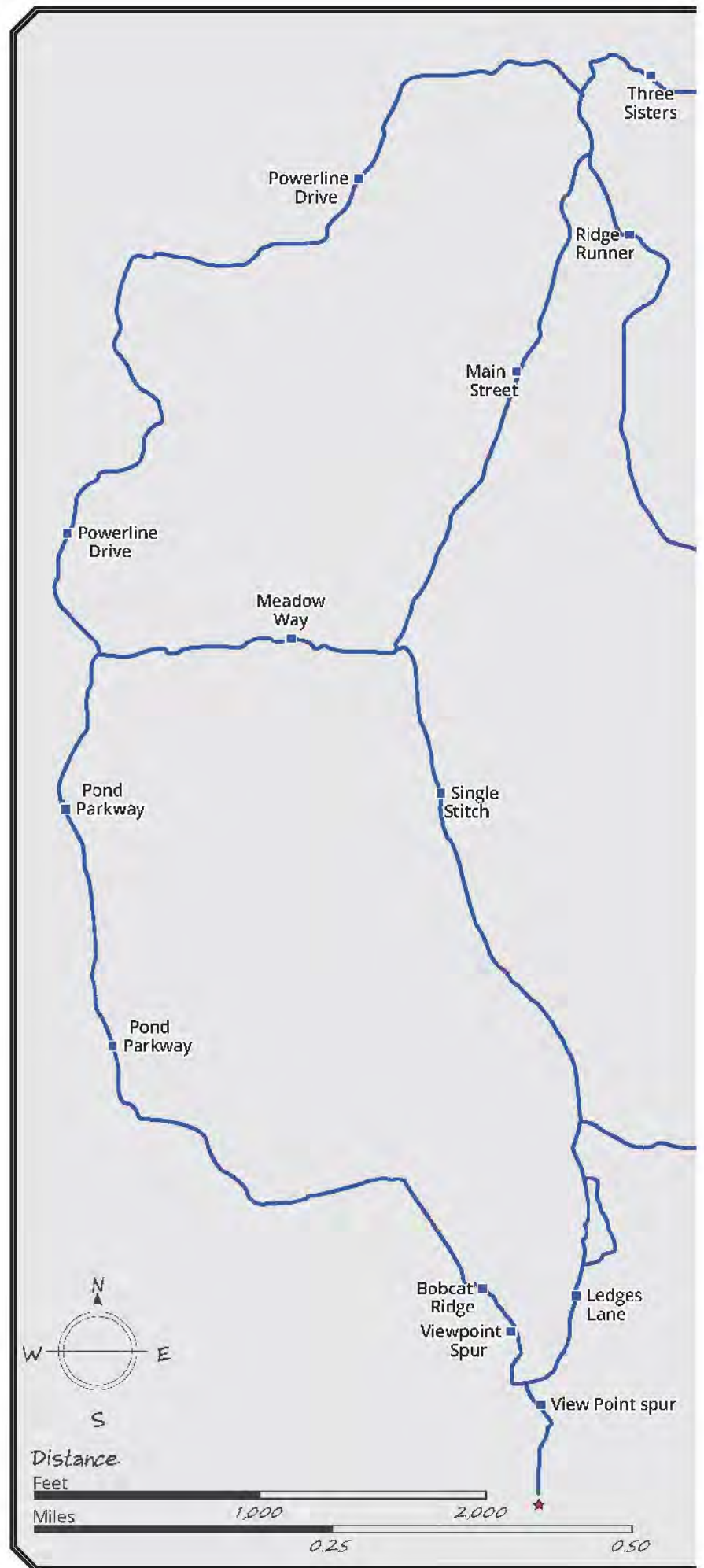
oo

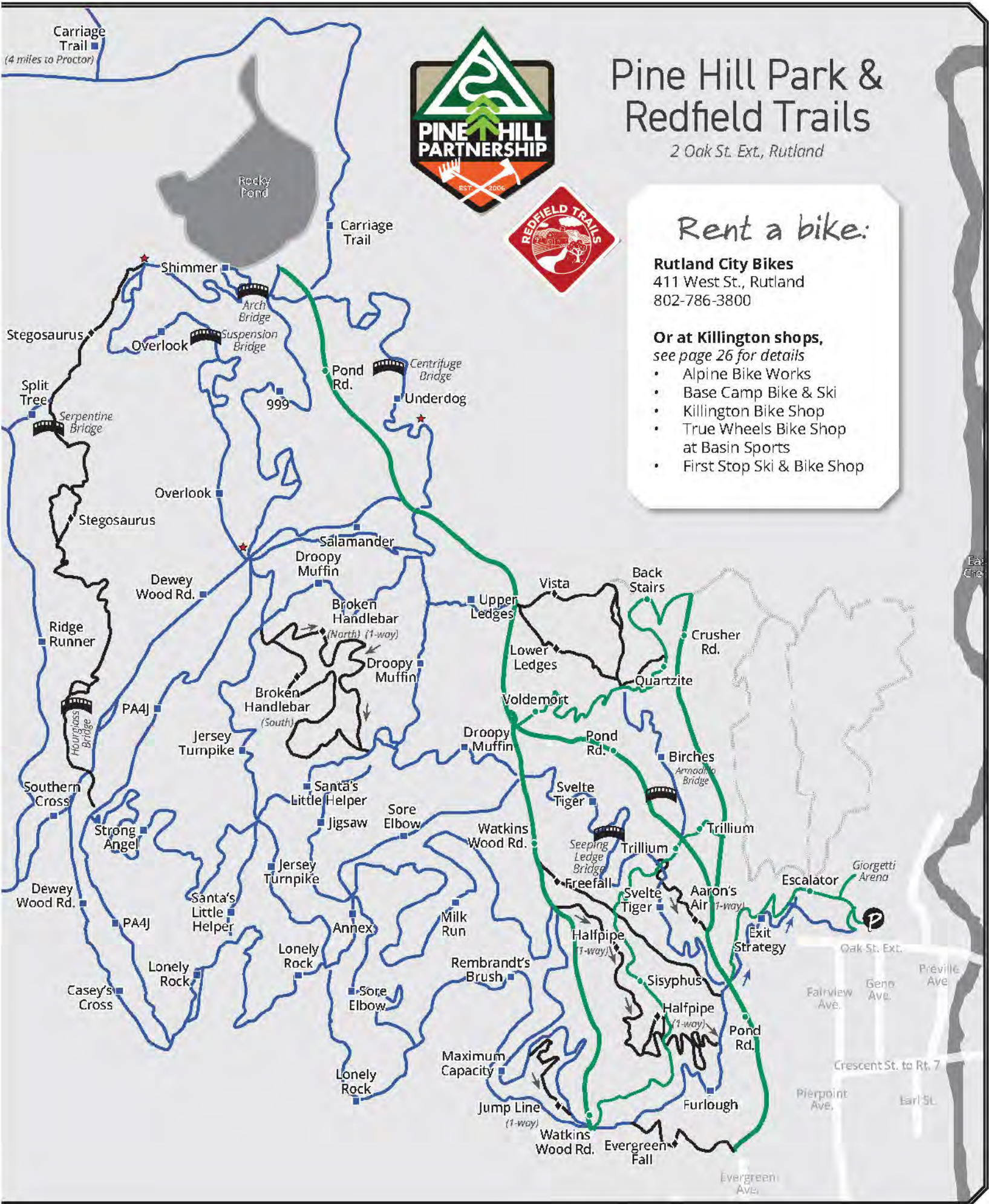
Send it

Get to the Half Pipe for an aerobic experience down the one-way singletrack. Here's a 5-mile loop: Escalator, Svelte Tiger, Trillium, Birches, Vista, Upper Ledges, Droopy Muffin, Overlook, Shimmer, Underdog, Salamander, Droopy Muffin, Broken Handlebar North, Santa's Little Helper, Jersey Turnpike, Lonely Rock, Rembrandt's Brush, Watkins, Halfpipe, Furlough, Exit Strategy.

Legend

-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Access Roads/
double track
-  One way
-  View





Q&A with Ethan Nelson

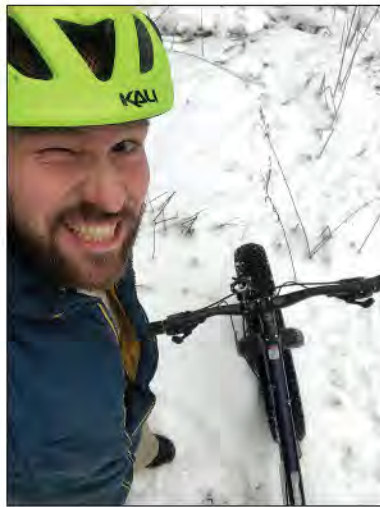
Speech-language pathologist from Brandon

What makes the Slate Valley Trails unique?

Two things make the Slate Valley Trails (SVT) unique. (Being from Brandon, I spend a lot of time at Rochester and Rutland trails as well for comparison.)

The first thing that makes the SVT unique is the geology. The name is appropriate. The slate content is a defining feature. The soil varies when you get into the deeper woods of Endless Brook vs. some of the long fields of the Fairgrounds area, but compared to Pine Hill Park or Rochester, there's just more edgy stone overall. That makes the features different as well as most riding surfaces.

The second thing that makes SVT unique is its engineering. Rutland has KSA, Rochester has Tom Lepesquer, and the SVT has trail-builder Hardy Avery. I have never met him, but riding his expansive gnarly work out there in the Poultney area, I get the distinct impression that he is a serious rider who thinks big, dreams big, and makes the dream happen. He worked with the landscape to make something characteristic of the naturally occurring material. The switchbacks and bridge on Endless Brook epitomize the intersection of Hardy's ethos and the stony geology with which he was working.



 Ethan Nelson

What should first time riders know about the SVT trails before they arrive?

They're very accessible from the multiple official parking spots. The maps are all available and user-friendly. One thing that caught me up a little bit was that there are a couple places where the vast and gnarly network crosses the road — just keep your wits about you for those transitions. Otherwise, things are well-signed and well-designed.

What's your favorite trail and why?

My buddy likes Big Top and that whole sprawling loop with all the climbing on the far side of Fairgrounds. I like the sweet tasty downhill flow after climbing Endless Brook.

Which trail is best for a beginner rider? Which would you recommend for an advanced rider, someone who wants a challenge?

There's something for everyone. I'd say the simplest things are not even what I'd recommend for the beginners. The whole fam can access Poultney Village Trails or Delaney Woods, but for biking go ahead and do yourselves the favor of starting right out with the Fairgrounds parking lot. Hit Cotton Candy and Clown Shoes. If you're looking for a challenge, loop from there up to Endless Brook and do the whole kaboodle

Continued on page 39 →



 Courtesy Ethan Nelson

No only does Ethan Nelson enjoy the trails (and their features) by day, he also rides at night — with his canine companion who happily chases after him.



← Continued from page 38

over to Cliff Hanger and Big Top. There are over 30 miles of riding and all of it is well-planned and maintained.

When did you first get into mountain biking?

I started road biking out of necessity for transportation in college. I switched to mountain biking when I moved back to Vermont from Seattle. I discovered that it's a lot more accessible and safer than I'd thought. It keeps me away from the cars and into the tranquil forest. Vermont's trails are like an open secret — no crowds, just sweet riding.

How did your passion for the sport begin?

I have always loved the freedom and joy of riding a bike since I was small. That switch from road to mountain biking, though, I wish I'd made earlier.

Who or what inspires you when you ride?

If I'm going to be honest, I probably wouldn't have gotten into mountain biking if it weren't for my father-in-law, Karl Fjeld. He's a legend of local skiing and biking. He gave me one of his bikes as my first mountain bike and showed me my first single track. I also want to give a shout out to Green Mountain Bikes in Rochester — that whole

team rides everything and knows everything about the area. Check them out for repairs, bikes, and information about the entire region.

Do you have a favorite local spot to recommend after a ride?

If you're down in the area, especially with friends and family, consider going to The Cluckin' Cafe at Cone's Point. It's very near the SVT, just down Route 30. They have creemees and cold drinks to cool you off and recharge you. The fried chicken and fries are classic and the specials are always interesting and decadent. It's good food for fully indulging in something maximally rich after a big ride. A fun fact is that I built the newest little features

on their mini golf course and have plans to build more soon. Maybe I should do the next one in homage to the SVT nearby!

Is there anything else local riders or visitors should know?

Green Mountain Bikes also sells the "Proto-Cycology" books — a fictionalized account of post apocalyptic mountain bike clans in Vermont loosely based on some true stories and closely based on the real trails of the area, written by Angus Chaney. The SVT is mentioned explicitly in the first book, though the events center mostly around the Brandon Gap and Rochester area.

Vermont's trails are like an open secret — no crowds, just sweet riding.



Courtesy Ethan Nelson

Ethan Nelson and his family stop at a lookout in Brandon near Mount Pleasant where they live.

RIDE: Poultney

The **Slate Valley Trails** is a diverse community trail system in its variety of offerings to bikers, hikers and other non-motorized users.

Slate Valley Trails

Endless Brook

975 Endless Brook Road,
Poultney

Fairground Trails

125 Town Farm Road,
Poultney



Slate Valley Trails

Delaney Woods

Delaney Cross Road,
Wells



By Polly Mikula

Slate Valley Trails

Slate Valley Trails has an extensive network of about 40 miles of multiuse trails in Poultney, Wells and Castleton. Endless Brook Trails and the Fairground Trails in Poultney each offer 15 miles of trails, Delaney Woods in Wells has a 5-mile network Castleton University trails has 2 miles and the Poultney River Loop is 3.3 miles (flat) and includes portions of the Delaware and Hudson (D&H) Rail Trail and a corridor bordering the Poultney Elementary School. Vermont



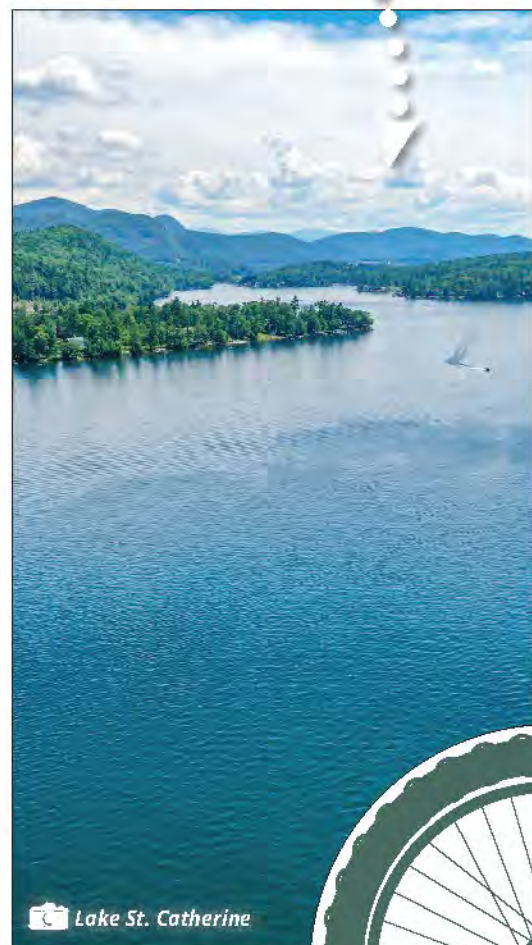
State College's Castleton campus also offers a network of trails. In total there are over 50 miles of existing trails. All are multiuse trails and are free and open to the public for non-motorized use.

The trails were made through the generosity of private landowners, with the support of local towns, and by the help of volunteer stewards. Visit: slatevalleytrails.org.

While you're here ...

Cool off, take a dip!

Head to Lake St. Catherine State Park — at the base of Endless Brook trailhead — and enjoy a refreshing swim. Lake St. Catherine is a large lake of 930 acres which begins at the Lily Pond in Poultney and drains south into Wells. The lake has a maximum depth of 68 feet, an average depth of 32.2 feet. The park also has a variety of amenities, like barbecue grills and picnic tables as well as boat rentals.



Tour the slate of Slate Valley

There's a good reason for the valley's name. The slate quarried from Poultney is beautiful! Head to Main Street in Poultney to see a variety! Slates quarried in the northern section valley keeps its original color when exposed to weathering, while some from the southern section are referred to as "fading." Visit Slate Quarry Park at 76 Main St.

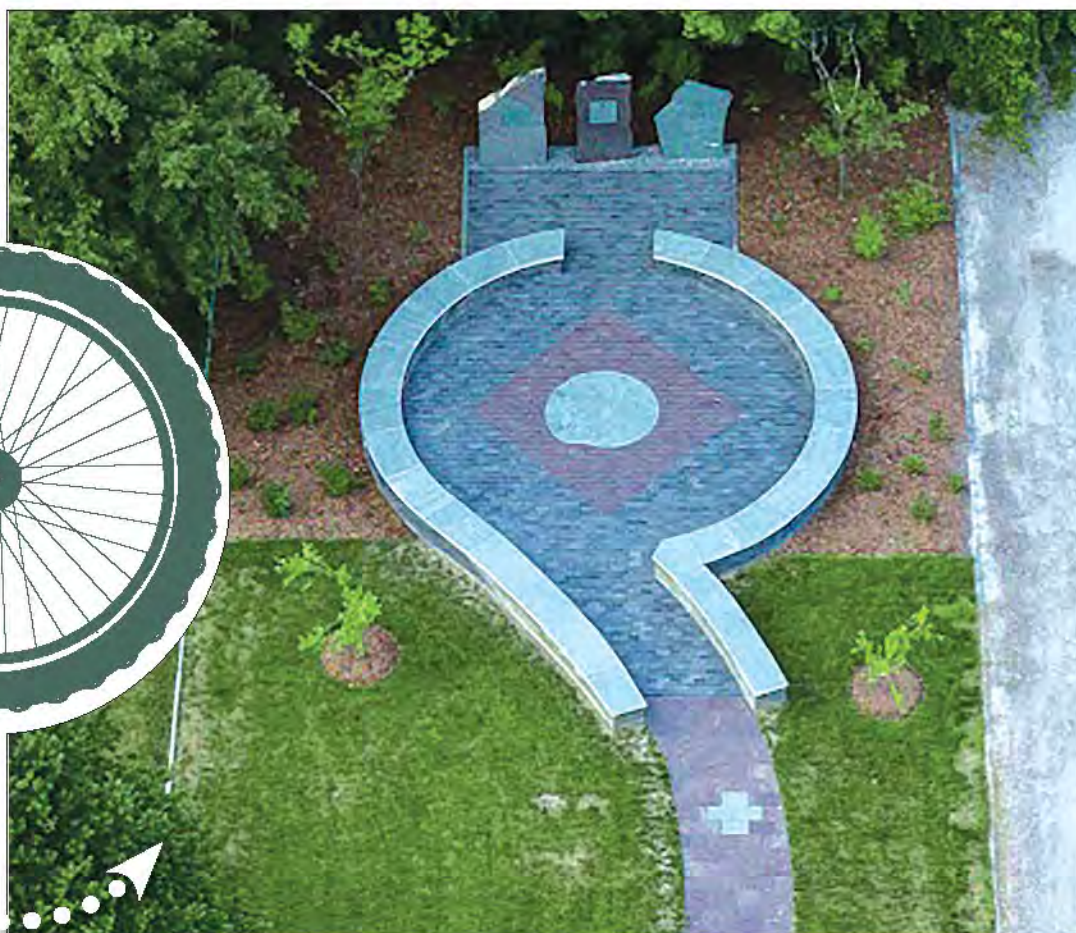


Explore the town

The Poultney Historical Society has published a historical walking and driving tour brochure that will lead you on walking tours of downtown Poultney and East Poultney, and a driving tour of the surrounding hollows, farms, and quarries that together make up the history of the town. The society also offers three audio tours of Poultney hosted by Vermont's master storyteller Willem Lange. For more info visit: poultneyhistoricalsociety.org/tours.

Catch a rodeo

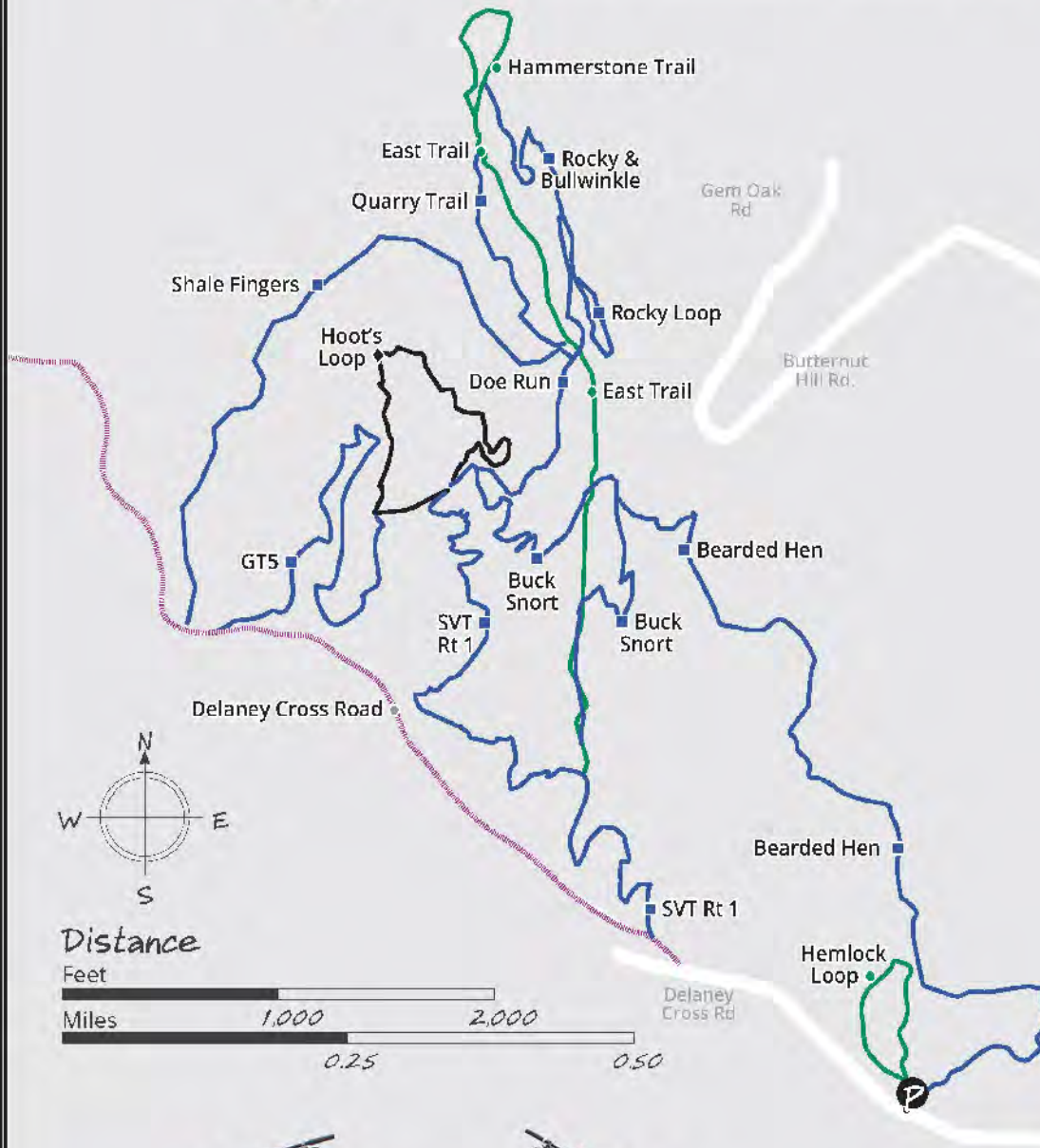
Pond Hill Ranch in Castleton has hosted rodeos for over 50 years and it's a show you don't want to miss! Events begin at 7:30 p.m. every Saturday in July and August. For a unique experience in Vermont, go watch these cowboys and cowgirls rope and ride! For more information visit pondhillranch.com.





Delaney Woods

Delaney Cross Road off
North Street, Wells (across from Lakeside Park)



Other Slate Valley Trails:

Poultney River & Rail
3.4 miles

Castleton University
1.6 miles

Gravel ride network:
16 gravel routes
All trails are multi-use.

Legend

- Roadway
- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/
double track
- One way

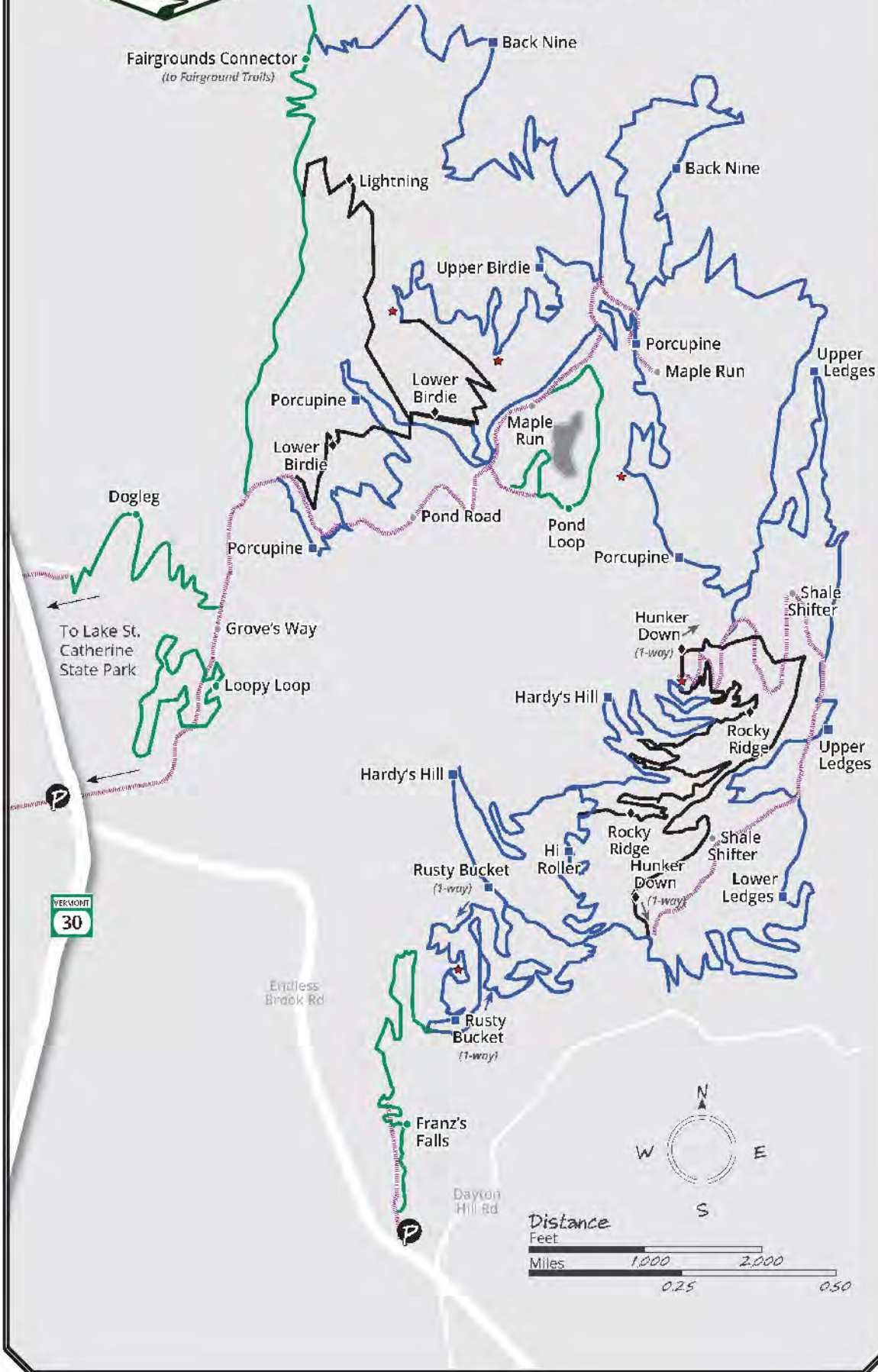


Killington Resort



Endless Brook Trails

975 Endless Brook Road, Poultney



Best ride to:

..... Start it

Head to Hardy's Hill (1.9 miles) via Franz's Falls and Rusty Bucket (N). Once you reach the highest point, the views of Lake St. Catherine are amazing, and so are the fast berms on the long descent. This can be ridden as an out-and-back or as a loop.

-- Feel it

Head for the Rusty Bucket Loop (1.4 miles). This narrow singletrack trail loop climbs and descends through open forest, featuring many tight turns and a beautiful overlook from the summit ledge. For an extended ride, connect with Hi Roller.

∞∞ Send it

Challenge yourself on Hunker Down, a 4,534-foot popular black diamond singletrack trail. It's for mountain biking only and one-way. It has a hard overall physical rating, but you'll be rewarded with a view from the top. There are fun rock rolls and jumps towards the bottom.

Rent a bike:

Analog

188 Main St.
Poultney, Vt.
802-304-0512

Johnson & Son Bikeworks

41 Greenfield Lane
Hampton, N.Y.
518-282-9089

Porcupine Bikes

144 Main St.
Poultney, Vt.
802-884-8429

Best ride to:

Start it

From the trailhead take Maple Sugar until you reach the doubletrack trail intersection to your left. Take that trail until you reach Cotton Candy to the right or Clown Shoes to the left — both are a little over a half mile back to the double track.

Feel it

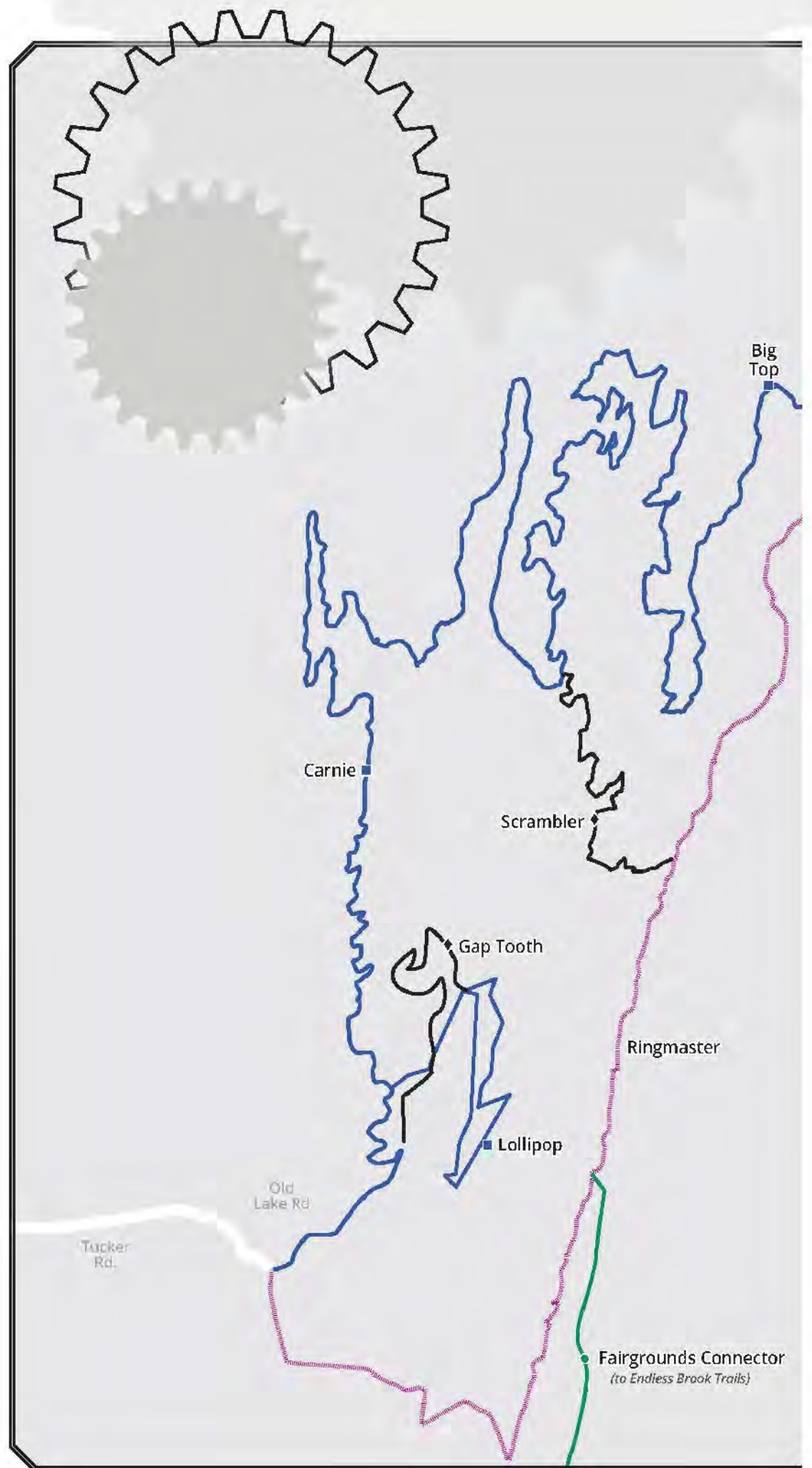
Merry-Go-Round is a 1.6-mile loop just to the east of the trailhead. The moderate singletrack trail is definitely a step up from the green loops, but rides smoothly with moderate natural features.

Send it

For an adventurous ride, take Cliffhanger (2.4 miles) up to Midway for some excellent views! Take Loop the Loop to Freefall for a different way down. There's another lookout on Loop the Loop with great views from the ridge.

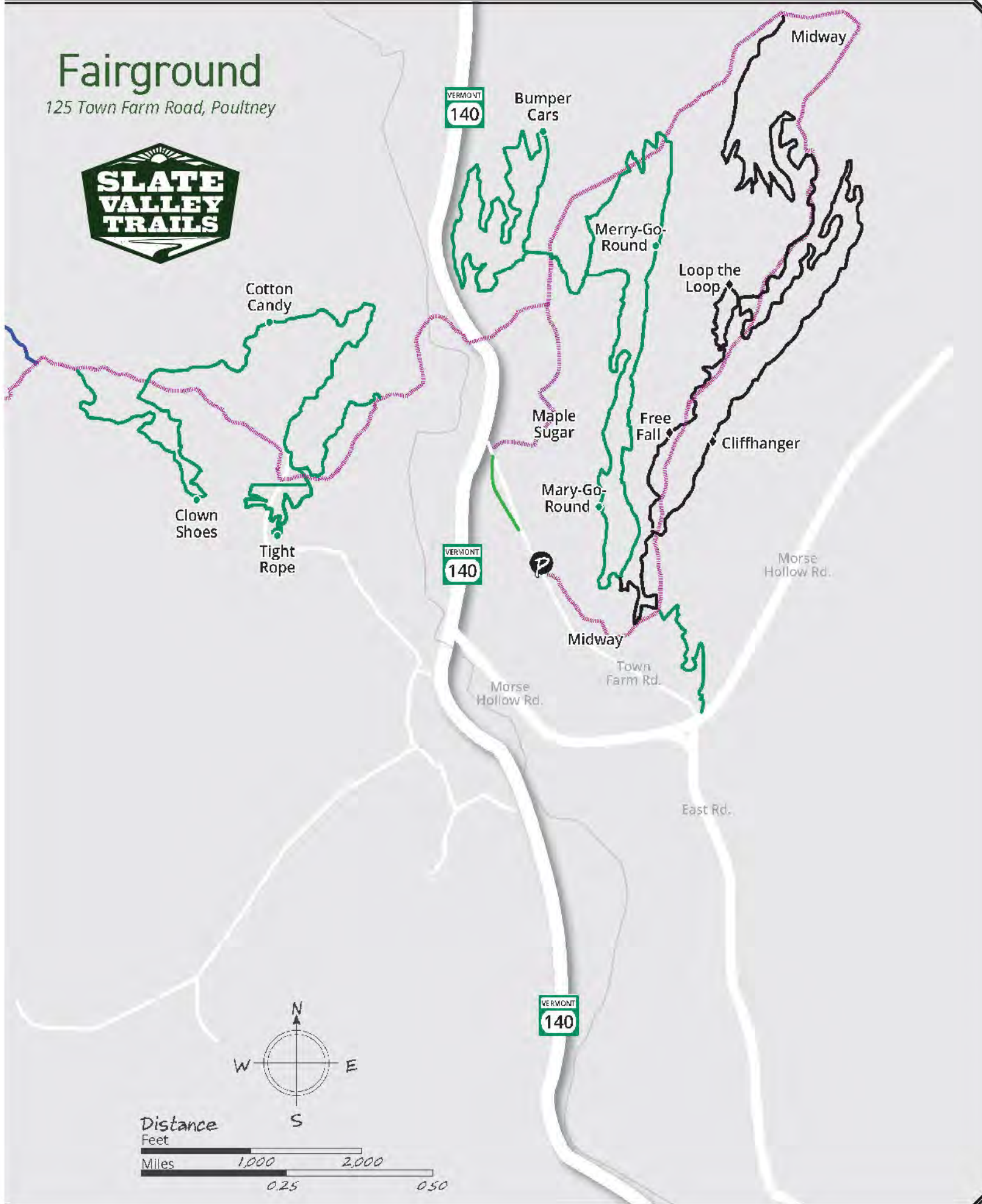
Legend

-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Access Roads/
double track
-  One way



Fairground

125 Town Farm Road, Poultney



OMYA

THINKING OF TOMORROW.
SINCE 1884.



TOWN OF
KILLINGTON
PARKS AND RECREATION



Fourth of July Celebration:
Parade, BBQ, Family Games, Fireworks

Summer fun awaits!



Pool information:

The Johnson Recreation Center Pool is open daily from 11am-5:30pm starting June 15th through mid-August. The pool offers swim lessons, open swim, adult swim and swim team. Daily and seasonal passes are available for purchase for non-residents from lifeguards.

2024 River Road Concert Series

Thursdays 6-7:30 p.m. June 27 through Aug. 29

At the Sherburne Memorial Library,
2998 River Road, Killington

Join us for FREE live music!

Bring a picnic, lawn chairs, friends and family!

- June 27: Bloodroot Gap
- July 4: Summit Pond Quartet
Performance at Johnson Rec Center as part of the July 4th Fireworks Display. 6-9 p.m.
- July 11: TwangTown Paramours
- July 18: Ray Boston/ Bass Player
- July 25: Last Chair Band
- Aug. 1: Rick Redington and Tuff Love
- Aug. 8: John Lackard Blues Band
*Chili Cook-Off; Performance at K1 Base Lodge
- Aug. 15: Shellhouse
- Aug. 22: Moose and Friends
- Aug. 29: Stone and Snow



All activities take place
on River Road
from 10am-9:30pm



Killington Chili Cook-Off 2024

Thursday, Aug. 8
5-8 p.m.

At K-1 Base Lodge, Killington Resort

For more info on Killington Rec programs and events visit: killingtonvt.myrec.com

Slate Valley is booming with bikes

By Cristina Kumka and Courtney Behnken

Single-track mountain bike trails make up 60 miles in Poultney alone.

"Slate Valley Trails was founded in 2015 by two generous visionaries who saw the potential of trails in Poultney, Vermont," according to information provided by Behnken.

Poultney is located in the heart of the Slate Valley with mountains and hills that stretch along the border of New York and Vermont. In 2019, at the same time the trails were being developed, Poultney's popular and biggest economic driver, Green Mountain College, closed. This event sparked the community's interest in outdoor recreation and the development of the extensive trail network as envisioned by the private benefactors. With community support and funds from the two private benefactors, Slate Valley Trails was able to grow its network from 10 miles of trail in 2018 to over 60 miles of world-class biking and foot trails in 2023.

The organization is driven by a volunteer board of directors made up of community leaders, business owners, and trail users and has grown from an all-volunteer group to having one year-round full-time director of operations and a seasonal trail maintenance staff.

"Slate Valley Trails is focused on maintaining the world class trail network, adding trails and amenities to enhance connectivity and serve a diverse user group, all while leveraging the trails to support a robust outdoor economy in the southwest region of Vermont," the organization states.

At a Learn to Ride event, held Saturday June 1, at the Fairground trailhead, 40 participants split into three groups: new to riding, new to mountain biking and improve my mountain biking.

"This is, by far, is my favorite event that SVT hosts," Behnken said. "I think what I love most about this event is the complete transformation in our participants from the beginning of each

session to the end. When we do our opening circle, folks are nervous and a bit timid. Once we get into the group lessons and begin having fun on bikes, you can see the light bulbs switching on and they begin transforming their nervous energy into exciting and courageous energy. The looks on their faces when they conquer a section of trail that they would have otherwise walked is so inspiring. I love coaching mountain biking to new learners because I am able to give them a solid foundation in which they can build upon. Mountain biking has given my life so much meaning and I absolutely love sharing it with others."

Slate Valley Trails was able to grow its network from 10 miles of trail in 2018 to over 60 miles of world-class biking and foot trails in 2023.



By Cristina Kumka

Slate Valley Trails held a learn-to-ride event at the Fairgrounds Trailhead, June 1.



← Continued from page 13

The vibe

Moab, Utah, has established itself as a mecca for the mtb community and created a "vibe" with a strong culture. Open air bars and restaurants with bike racks on every vehicle is a common sight any day of the week — especially in the spring and falls months before it gets too hot in the desert. But such sights are becoming increasingly popular in Vermont, too. Go to the Kingdom Trails in East Burke and the whole place is crawling with bikers. Killington Resort can fill up its huge skier parking lots easily on summer weekends as riders flock to Snowshed, Ramshead and K-1 base areas. Other areas are more remote riding, often solitary — which many prefer.

Terrain

As for the terrain, it's obvious Vermont and Utah are on the complete opposite poles. Utah is famous for its "slickrocks" and open desert riding with spectacular views and iconic



By Jason Mikula

The terrain differs greatly between UT and VT.

red rock formations as the backdrop to every ride. Trails like Slickrock and the Whole Enchilada attract riders from all over the world and offer 20-plus miles and over 5 hours of climbing and heart-stopping descents. Everything in the west is just bigger and more vast. Even if you consider yourself an "expert" rider, Moab will challenge you. Moab is a place where riders push their limits.

Vermont's terrain, by contrast, is hidden under a canopy of trees with hard-pack single track carved out of a lush green forest. Vermont's trails can be steep, rooty and rocky, but most well-built trail systems also offer flowy routes with well-placed burms and a mix of natural features and obstacles. Scenic lookouts in Vermont are destinations — or surprise glimpses in a forest clearing — though the forest trails themselves are exquisite places.

Vermont's reputation as a mountain bike mecca is certainly less well-established than Moab's, but that is changing. So are we the "Moab of the East?" Not quite yet but we certainly have the potential to be. And if not us, then who?

RIDE: Woodstock



The **Aqueduct, Mt. Peg, and Saskadena Six Trails** offer cross-country experiences for riders of all abilities with excellent views. There are challenging climbs and easy kids rides; you choose!

- Aqueduct**
Off Cox District Road, Woodstock
- Saskadena Six**
247 Stage Rd, South Pomfret
- Mt. Peg**
Mt. Peg Road, Route 106, Woodstock

By Jason Mikula

Aqueduct Trails

This network is comprised of 26 mountain bike trails over about 14 miles in West Woodstock. The flowy trails are great for riders of all abilities looking for a cross-country experience in the woods. A pump track is at the base of the green trail TNT. Managed by the Woodstock Area Mountain Bike Association (WAMBA) the multiuse trails are free and open to the public for non-motorized use. Visit: mtbwoodstock.com.



Mount Peg Trails

This network offers 16 miles of machine groomed multi-use trails as well many sections of packed single track and is co-managed by the Woodstock Area Mountain Bike Association and the Woodstock Inn and Resort. There are two trailheads that access this trail system, both off Route 106: Knox Meadows or the Woodstock Athletic Club. The popular Village Trail connects the summit of Mt. Peg directly to downtown Woodstock and is a relatively easy 1-mile ascent. All trails are free to use. Visit: mtbwoodstock.com.

Saskadena Six

Get your downhill fix, while earning your berms! By way of pedal power, you'll find flowy tracks, progressive terrain, and features for everyone on the trails at Saskadena Six. The uphill routes range from easy ascents to challenging climbs. There is no lift-serve access to the trails in the summer months. The trails are free to use. Visit: saskadenasix.com.



While you're here ...



See raptors up close!

Just a short drive on Route 4 east to Quechee is the Vermont Institute of Natural Science (VINS) where you can see a variety of raptors large and small up close and learn about research, avian wildlife and their rehabilitation locally.



Visit Billings Farm

Visit Billings Farm & Museum and meet some of the award-winning Jersey dairy cows, draft horses, and sheep, then sample some Billings Farm cheddar cheese while you're there. The farm offers exhibits and events through the season. The farm is located at 69 Old River Road in Woodstock.

Fire on the mt

It's a short relatively easy 1-mile climb to the top of Mount Peg via the Village Trail and the views from the top are spectacular! There is a fire pit at the top for those that prepare —make sure you have a plan to get down if you stay until dark, the woods are much darker than the open vista. A fire atop the mountain makes for a spectacular evening.

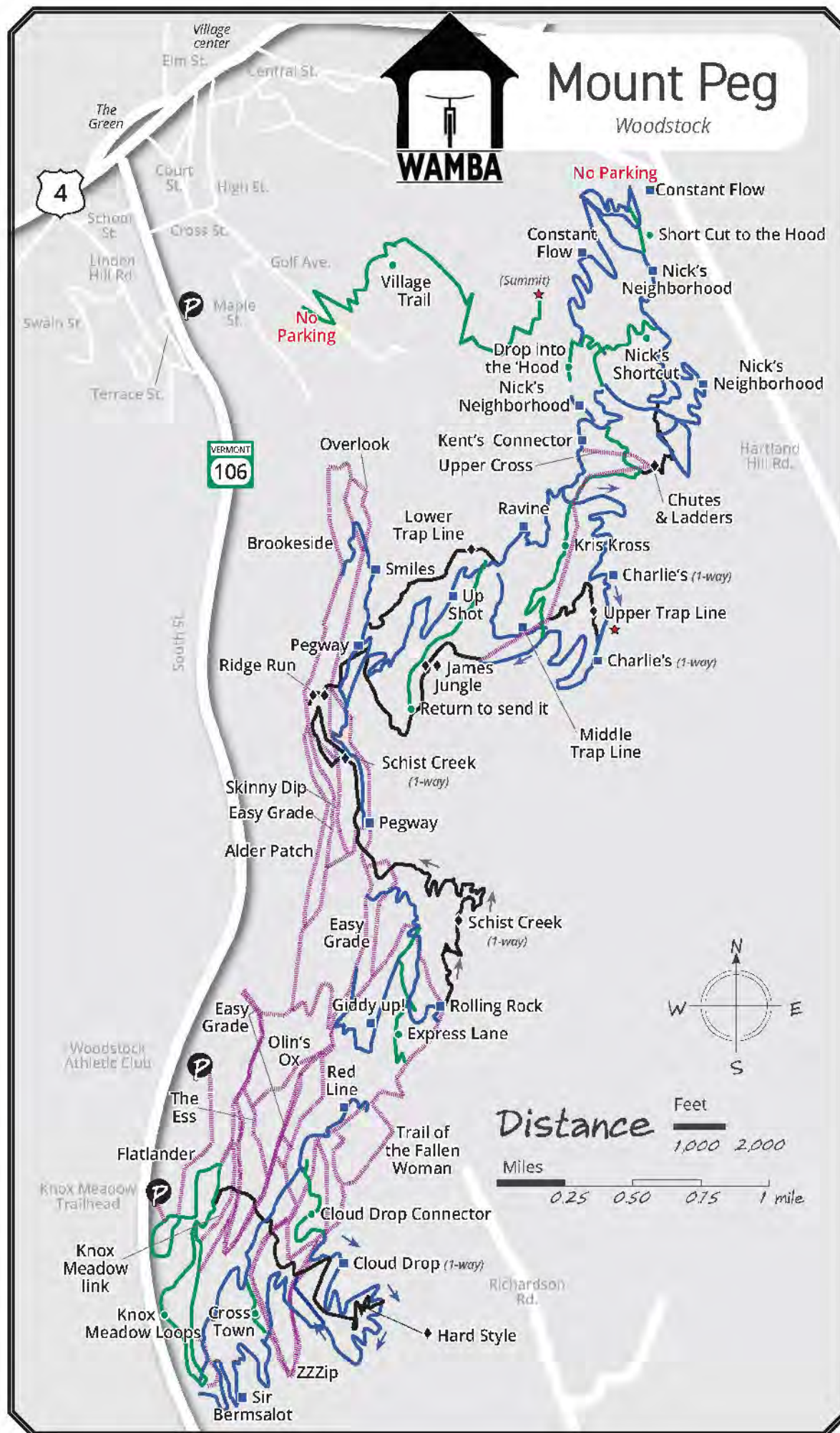


Stroll the quintessential Vt village

Woodstock has been named "The Prettiest Small Town in America" by the Ladies Home Journal magazine, and both Park Street and Elm Street have won awards for intact historic streetscapes from the American Planning Association.

The Rockefellers had an enormous impact, which is still evident today.





Best ride to:

..... *Start it*

Head to the skills park at the base of Mt. Peg in the Knox Meadow. All level riders will have fun on log ladders, jumps, skinnies, and more. Play on the natural and man-made features to gain balance and improve your bike handling, while trying new tricks! It's a great place to start your day.

-- *Feel it*

Sir Bermsalot lives up to its name. It has just the right amount of tight turns for advanced beginners to intermediate riders

∞ *Send it*

For an extra challenge take Upper Trap Line. The trail is linked by steep corners that are sure to throw you for a loop. Also check out Schist Creek, one of the newest enduro segments to be added to the Mt. Peg network. It features natural rock drops and steep narrow single track.

Rent a bike:

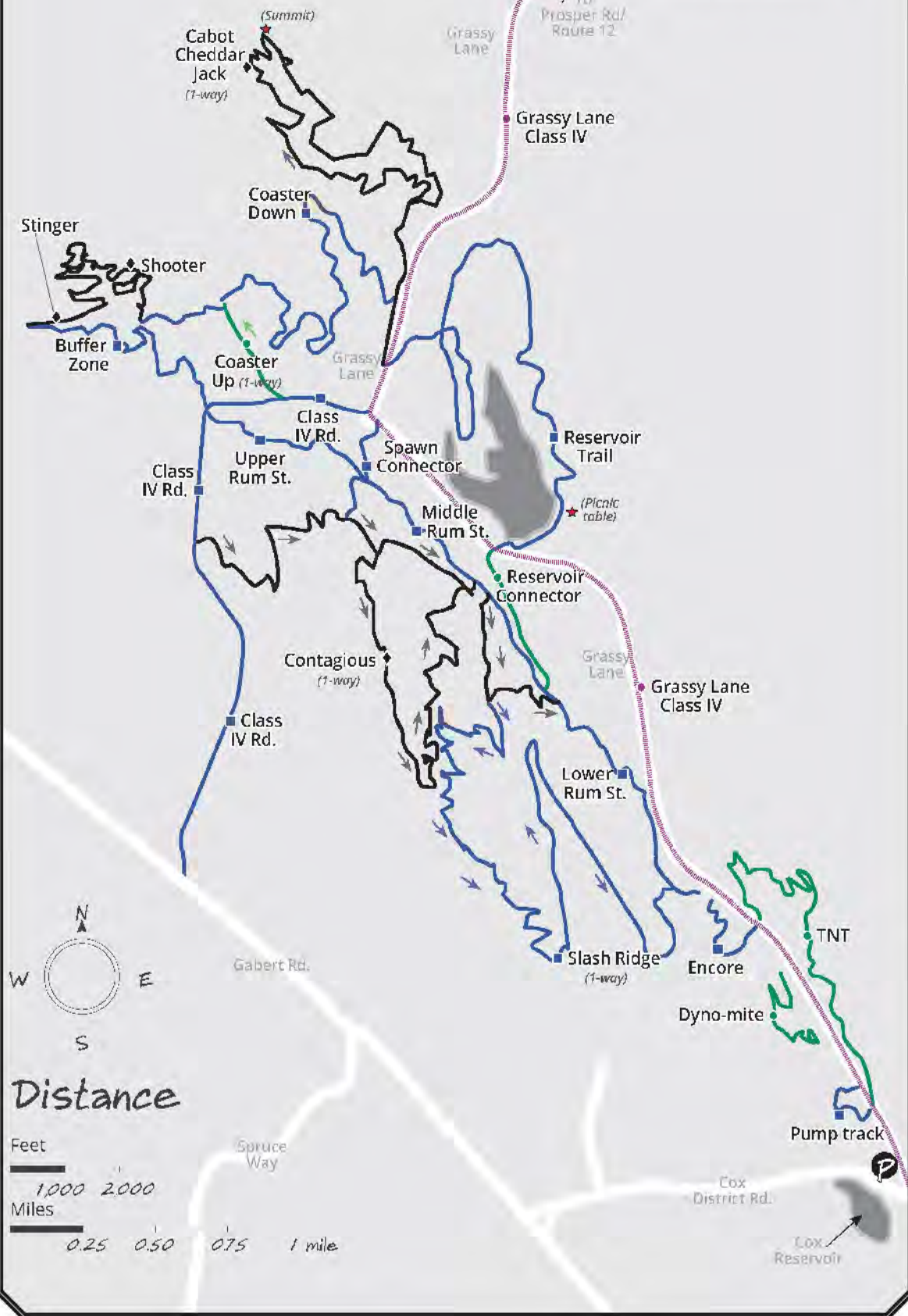
Woodstock Sports
30 Central St., Woodstock
802-457-1568
(Limited availability)

Woodstock Inn Activity Center
9 Cross St., Woodstock
802-457-5530



Aqueduct Trails

Off Cox District Road,
West Woodstock



Best ride to:

..... Start it

TNT is a flowy green trail that's ideal for first time riders looking to have some fun.

The Reservoir Connector is great for beginners, including first time riders. The trail features a bridge and singletrack trail.

-- Feel it

Take the Reservoir Loop for a more technical trail with a good downhill section. Coaster is a great flow trail with berms and jumps (toward the end). Last year Slash Ridge debuted.

∞∞∞ Send it

Spawn of Vaughn, a skinny trail with a rock garden, is perfect for advanced riders.

Legend

- Roadway
- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/
double track
- One way
- View

We WORK, so you can PLAY!

Markowski
Excavating, Inc.

Markowski Office | 2704 West Creek Road, Florence | (802)-483-6469



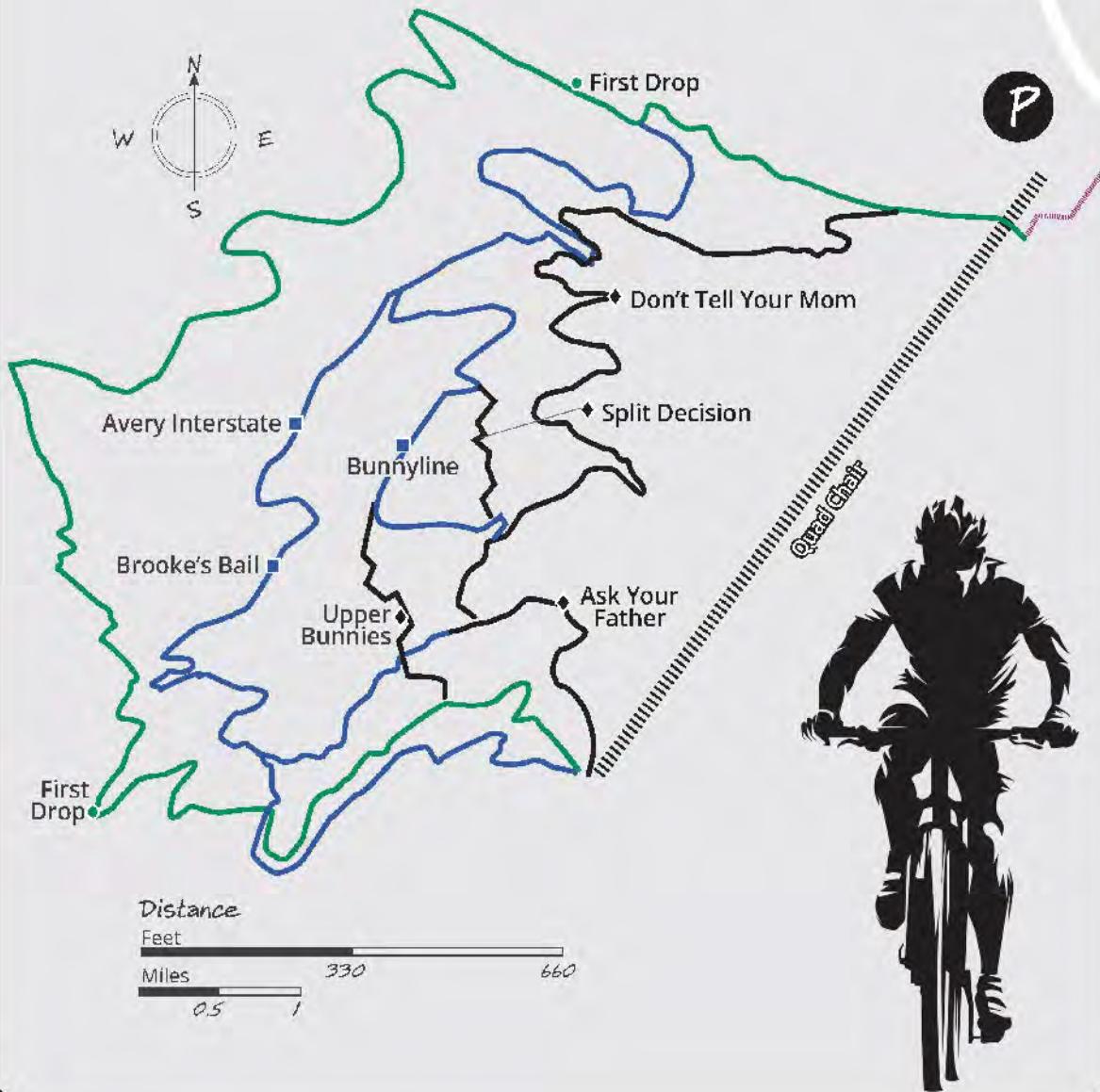
We make big things happen
Family owned for over 50 years



Saskadena Six

247 Stage Rd,
South Pomfret

Stage Rd.



Legend

- Roadway
- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/
double track
- One way
- View



MASSAGE
 POOL, HOT TUB, DRY
 SAUNA, & STEAM ROOM
ACUPUNCTURE AND MORE

15%
OFF*
*MUST HAVE THIS
 COUPON



802-422-3105

www.spaatthewoods.com

53 Woods Ln, Killington, VT 05751

'Doomed for Happiness'

Power-assist e-bikes offer physical and mental health perks, allowing riders to go farther

By Cristina Kumka

"Here, take my bike," said JT Look, owner of Rutland City Bikes.

Even though I've known the guy for almost two decades, I was still hesitant.

"An e-bike, really?" I thought to myself, reflecting on my years of traditional mountain biking experience.

From building trails in Pine Hill Park, to pedaling hard up Killington to bypass the lift because it was the hardcore thing to do, never once did I ever think I would be standing in front of the new Yamaha Power-Assist mountain bike.

It was a sunny spring Saturday in Poultney, and among the tag sale signs and the wildflowers and the passing cars, there was a new sight: bikers, plenty of them, all headed to and coming from central command — the Slate Valley Trails in Poultney.

JT Look was there among other bike dealers and demonstrators, instructors and bike enthusiasts there for the Vermont Mountain Bike Association (VMBA) second annual Learn to Bike Adult Clinic out of the Fairgrounds trailhead.

More than 40 participants came to the event, part of VMBA's Diversity, Equity, and Inclusion initiatives "to get more folks on bikes and break down the barriers many face when wanting to try mountain biking. The event was free of charge and demo bikes were made available so anyone could participate whether they owned a bike or not," said Courtney Behnken, Slate Valley Trails director of

operations.

Riders ranged in ability and self-selected into groups including "new to riding," "new to mountain biking" and "improve my mountain biking," according to Behnken.

JT said his bikes cater to all. He is a certified Yamaha Power-Assist Bicycles dealer out of his shop in Rutland, Rutland City Bikes.

"Yamaha has been productively selling a power assist bike in Japan for 30 years. They came to America in 2018 because they know the market and it's one of the last companies in the world, in my opinion, that is family owned," JT said.

Bikes cost anywhere from \$3,000 to \$6,400, which is a lot, but when compared to a \$12,000 Santa Cruz or other high end traditional mountain bike, it seems reasonable — particularly when considering the added benefits of power-assist. Not only can the power aid riders up hills or tougher sections of trails, but it can actually allow a rider to do more exercise, as they can ride for longer periods of time.

I wasn't convinced.

I got on Look's personal bike. I put my foot on the pedal and felt the mid-drive motor engage. The bike took off with my crank of the pedal and I felt weightless. Although the bike was heavy, roughly 50 pounds, I felt like I was flying.

I screamed, "I feel like a bald eagle!!"

Cruising down the flowy single track, I was still pedaling, still breathing

Continued on page 55 →





By Zach Godwin/Killington Resort
Emery Mikula, 15, embarked on a group e-bike tour at Killington Resort in September 2023.



By Cristina Kumka
A few components unique to e-bikes.

← *Continued from page 54*

heavy, heart rate escalated and I was able to adjust how much power I got, or less, to help up the hills.

I was a convert.

"After a ride on this, you will be doomed," Look said. "Doomed for happiness."

"You can go faster up hills and ride for longer," he said.

"The balanced power of the motor and the handling is really what I love about it...and maintenance, regular maintenance. Something else I love is how they are using a company called Magura brakes and Shimano components for shifting. They reach for quality companies to put on their bikes but they design the frame, their wheels and their whole electric system altogether.

"For the friend who can't keep up (or for you) ... you get so much exercise out of these because they are so addictive, it's nuts. Don't get me wrong, we love our regular bikes, but on the days when it's like 'oh, I'm so tired, I don't feel going up that hill,' you just look at this thing and you're like, 'This thing is amazing' and you just ride it and it really is amazing," he said.

Yamaha Power-Assist bicycles contain a Bosch motor that charges to 80% in one hour and fully-charged in three hours. They don't require a PC update and have fewer warranty issues. Plus, Look says he can make contact with a real person at a help desk, not just through email as with other e-bike companies in the last five years.

"These are straightforward and simple. This is what I wanted because I don't have a PC," he said.

"I would say it's a misconception that this bike will make you lazy and not give you exercise," Look said.

Look reported that one of his customers maintained a 160 beats per minute (bpm) heart rate compared to 170 bpm on his regular mountain bike and engaged his body differently because of the weight of the bike.

The bike speed tops out at 20 mph and can go 30 miles on one battery charge.

For more information visit Rutland City Bikes, or other local shops — most are now selling, renting or at least knowledgeable about this increasingly popular option.



By Cristina Kumka
JT Look, of Rutland City Bikes, brought e-bike demos to Poultney's learn-to-ride event.



 Submitted

Hannibal comes to Killington about once a year on a mountain bike trip and he participates in the annual Vermont Adaptive Charity Challenge in June. He loves to ride the loop trails and roads through Killington, Pittsfield, Bethel, Barnard, Woodstock, Ludlow, Bridgewater, and Plymouth.

Trails accessible for all abilities get funding

State recognizes benefit to all when trails meet requirements

By Katy Savage and Polly Mikula

Trail accessibility for mountain bikers of all abilities, including adaptive riders, got a big boost this year with the addition of dedicated funding from the Vermont Outdoor Recreation Economic Collaborative (VOREC). In total, 51 projects split the annual investment of over \$6 million — the most awarded to date — to help spur Vermont's outdoor recreation economy.

This year the state awarded \$196,585 to conduct a recreator survey and economic impact analysis for adaptive recreation and \$644,437 for the Vermont Trails and Greenways Council in partnership with Vermont Adaptive, Northern Forest Canoe Trail, Vermont Mountain Bike Association, Upper Valley Trails Alliance, and Community Geo, to develop a statewide trail accessibility hub and complete detailed trail assessments

in order to promote and share high-quality information about trail access across the state.

"Vermont is accessible, Vermont is for everybody and there are more places to play," said Jeff Alexander, the director of strategic partnerships and business development at Vermont Adaptive. "Everybody deserves to play and have the ability to get out."

The state initiative to increase tourism with the explosion of mountain bike trails and riders flocking to the state, specifically includes projects that focus on diversity and inclusion. VOREC projects awarded this year fall into one of four tracks: implementation, project development, outdoor equity, and flood recovery.

It's the first time the grant program has specifically encouraged projects focused on outdoor equity to apply to a dedicated

funding track. Grant recipient Arwen Turner, executive director of Come Alive Outside, said: "Come Alive Outside is thrilled to receive funding through the VOREC Community Grant Program's Outdoor Equity track. This funding supports the continued work of Come Alive Outside's Outdoors For All Initiative, a collective of organizations, businesses, and advisors with experience representing underserved and underrepresented populations in outdoor recreation. This funding will boost the collective's ability to develop both simple and highly innovative solutions that make accessing the health, wellness, and joy benefits of outdoor activities in Rutland more equitable."

"These grants are an investment in

Continued on page 57 →



Courtesy Vermont Adaptive Ski and Sport

About 75 stakeholders gathered at Vermont Adaptive's headquarters at Pico Mountain on May 29, 2024, to celebrate \$6 million in recreation funding.

← Continued from page 56

Vermont's future," said Agency of Natural Resources Secretary Julie Moore. "They will help communities revitalize their outdoor recreation assets, create jobs, improve access to nature for everyone, and build stronger, more resilient communities for generations to come."

For adaptive riders, trail width and turning radius are most important. Trails need to be at least 3 feet wide for accessible bikes. Sometimes trails aren't accessible because of parking or problems getting to the trails themselves.

"I think it's needed, I don't think most people know that adaptive biking is a thing," said Ben Hannibal, an adaptive rider. "I think people would realize how many things we can do."

Hannibal, who lives in Washington, D.C., heard about adaptive mountain bike opportunities in Vermont through an Instagram post in 2021.

"I saw a guy I follow who was doing it and so I was like, 'I want to do it,'" he said.

Hannibal grew up in Maryland and spent most of his days outside before failed spinal surgery in 2006 left him partially paralyzed. He now works for the U.S. Department of Agriculture in Washington, D.C. and he comes to Killington once a year to mountain bike.

"To have a chance to mountain bike again is rewarding," he said. "I like being out in the woods, you have that peace, you're climbing these hills, you're being outside."

For Greg Durso, a paraplegic and program director at the Kelly Brush Foundation (KBF), being outside is just as important now as it was before a sledding accident in Ludlow left him partially paralyzed.

"To me being active is so important and part of my identity, but even more important, being in a wheelchair, it helps you thrive post-injury, introduces you to a new community of people, gets you out of the house, helps in getting back to work,"

said Durso on the KBF website. "It has so many facets that help you physically, socially and mentally and sets you up for success. It also translates to everyone else in life too, so you can connect with others on so many different levels."

Other local VOREC grants include:

- \$365,680 to Merck Forest and Farmland Center to install a universal access trail and boardwalk to connect Mettawee Community School to Merck Forest and Farmland Center's trail network and property.
- \$298,950 to Come Alive Outside to provide capacity and programming support to its outdoor equity efforts in Rutland County.
- \$100,000 to Green Mountain Horse

Association to develop a flood mitigation and management plan for their main campus in South Woodstock.

- \$92,298 to Smokey House Center to develop a community-informed plan to revitalize Smokey House's degraded trail system and design a trail-based community science program.
- \$84,000 to the Town of Killington to build a critical connection between the Sherburne Parking Lot and Pesky Cairn trails.
- \$44,166 to Hartland Winter Trails to repair and make more resilient the Hartland Winter Trail system that was damaged in floods.



By Jeff Alexander, Vermont Adaptive

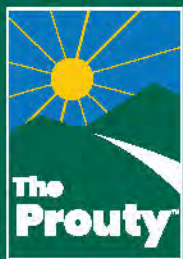
Vermont Adaptive riders join a group mountain bike ride at Killington Resort.

A Killington Vacation Awaits YOU

Choose a luxury vacation rental!

- The highest standards make for the best stays
- Airbnb Superhosts with 360+ reviews
- Averaging 4.97 stars

KillingtonMountain.com



Benefiting:

Friends of
Dartmouth
Cancer Center



Go all in to end cancer.



NEW
Mountain
Bike Route!

Bike, Walk, or Row with us this July!

Register today: **TheProuty.org**

info@TheProuty.org | 603-646-5500



BEDS & n- BIKES

RUTLAND - VERMONT

Come stay in our 2 room, full bath, open atmosphere rental alongside the bike shop. Bring friends — the space can sleep up to 6!

We're a stone's throw from downtown Rutland with miles of mountain/road biking, hiking and amazing art spots. Take your own ride, or go on a tour with your host!



@bedsnbikes

RUTLAND CITY BIKES

we'll keep you pedalin'

411 West Street, Rutland City, VT 05701
802-786-3800

rutlandcitybikes.com



MAPLE Sugar & Spice

VERMONT



Check out our menu online!

Come to our sugarhouse for the best breakfast around! After breakfast check out our gift shop for all your souvenir, gift, and maple syrup needs.

WE LOOK FORWARD TO YOUR VISIT!

Outdoor seating & dining now open!
Take-out available.



Sugar & Spice Restaurant & Gift Shop | Rt. 4 Mendon, VT | 802.773.7832 | vtsugarandspice.com

RIDE: Pittsfield & Rochester

Rochester Valley Trails & The Green Mountain Trails

offer extensive networks of singletrack rides through the heart of the Green Mountains. These multiuse trail systems are free and open to the public for non-motorized use.

Rochester Valley Trails

99 Ranger Road,
Rochester

Green Mountain Trails

1199 Tweed River Drive, Stockbridge



By Polly Mikula
Mikkel Forsthüder, from Killington, admires a lookout on Tunnel Ridge.



Green Mountain Trails

This multiuse network covers over 25 miles with singletrack trails and 1,000-foot vertical in Pittsfield — intermediate and advanced riders will enjoy these trails most. Though most of the trails are relatively smooth and flowy, there are several miles of rooty, rocky, technical singletrack, and over 100 bermed switchbacks. Descents can be as long as 6 miles. Park at the top of Tweed River Road (1199 Tweed River Drive) off Route 100. Parking is prohibited at Riverside Farm and on Route 100. Visit: gmtrails.org.



Rochester Valley Trails

The Rochester Valley Trails under the leadership of the Ridgeline Outdoor Collective (formerly Rochester/Randolph Area Sport Trail Alliance or RASTA) has over 20 miles of sustainable trail and glade networks for non-motorized activities including mountain biking. The network is designed for multi-use, year round access combining classic RAWchester rake and ride with the new machine built trails which are turning Rochester into the Kingdom of Flow! Visit: ridgelineoutdoorcollective.org/rochester-valley-trails.



While you're here ... Vermonty charm and indulgences

Sandy's Books & Bakery in Rochester village is a community staple. Munch on baked goods, bagels, soups, salads, quiches and so much more — grown locally and homemade — while perusing an eclectic selection of literature. A relaxing and replenishing combination after a ride, or a great place to fuel up before you go!



Refuel outdoors

After a summer ride, you're bound to be hungry, but also quite sweaty! Formerly an old-fashioned drugstore, Rochester Cafe & Country Store offers a big covered porch, indoor tables, and the original soda fountain. A large wrap-around deck provides cover from sun or rain. The food is made fresh in the kitchen daily.



Harvest your own snack

After a ride, pick fresh, organic berries at Rochester Valley Trails' neighboring site — Sunshine Valley Berry Farm. In-season berries begin with strawberries, then raspberries to blueberries in July, then fall raspberries to blackberries in August and September. The farm offers a peaceful atmosphere of pick-your-own rows, or purchase pints of already harvested berries. The raw honey and homemade jams are also local favorites!





GREEN MOUNTAIN TRAILS

4276 VT-100, Pittsfield

Rent a bike:

Green Mountain Bikes
105 N. Main St., Rochester
802-767-4464
(Will transport bikes, \$50 fee)

Alpine Bike Works
2326 Route 4, Killington
802-773-0000

Base Camp Bike & Ski
2363 Route 4, Killington
802-775-0166
(Will deliver bikes to trails in Killington)

Killington Bike Shop
4264 Killington Rd, Killington
800-621-MTNS

True Wheels Bike Shop at Basin Sports
2886 Killington Rd, Killington
802-422-3234
(Will deliver bikes to local areas)

First Stop Ski & Bike Shop
8474 Route 4, Killington
802-422-9050

Best ride to:

Start it

Advanced beginners should try Zebedee, a turny ride with some technical elements, which is why it's marked as a blue/intermediate ride. Riverside Run (which connects Ameer Farm on Route 100 with Riverside Farm) and the Green Trail (which leads you to the summit) are marked green and are easier rides.





Feel it

Luvin' It features bedrock so close to the surface that much of the trail is exposed ledge. This trail is a vital link to Shrek's Cabin, a stone hut at the top of the mountain with gorgeous views. It's a must-see destination and a great spot for a short break or a picnic.

Send it

On Fusters you will feel the burn. Visit the scenic waterfall on this black, which crosses many small ravines and a couple of larger ones which lend the trail its natural swoopiness. It's some rugged terrain to build in.

Legend

-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Hiking only
-  View
-  Stone Steps
-  Muddy's
-  Shrek's Cabin



 By Polly Mikula
Two women enjoyed the view from Shrek's Cabin after riding the Green Mountain Trails.

Best ride to:

..... Start it

Sap Boiler is a beginner trail that takes off from the U.S. Forest Service Ranger Station Visitor Center on Route 100 north of Rochester village. The dirt track is machine-built with wide berms and bridges to make for an easy, fairly smooth ride through the woods.

= Feel it

Tunnel Ridge is all the talk for a long-distance adventure that will have you cursing the 100+ switchbacks but also planning for a return trip ASAP. Its construction is flawless!

∞∞∞ Send it

Head to Atlas for a ride that will challenge your technical skills and endurance.

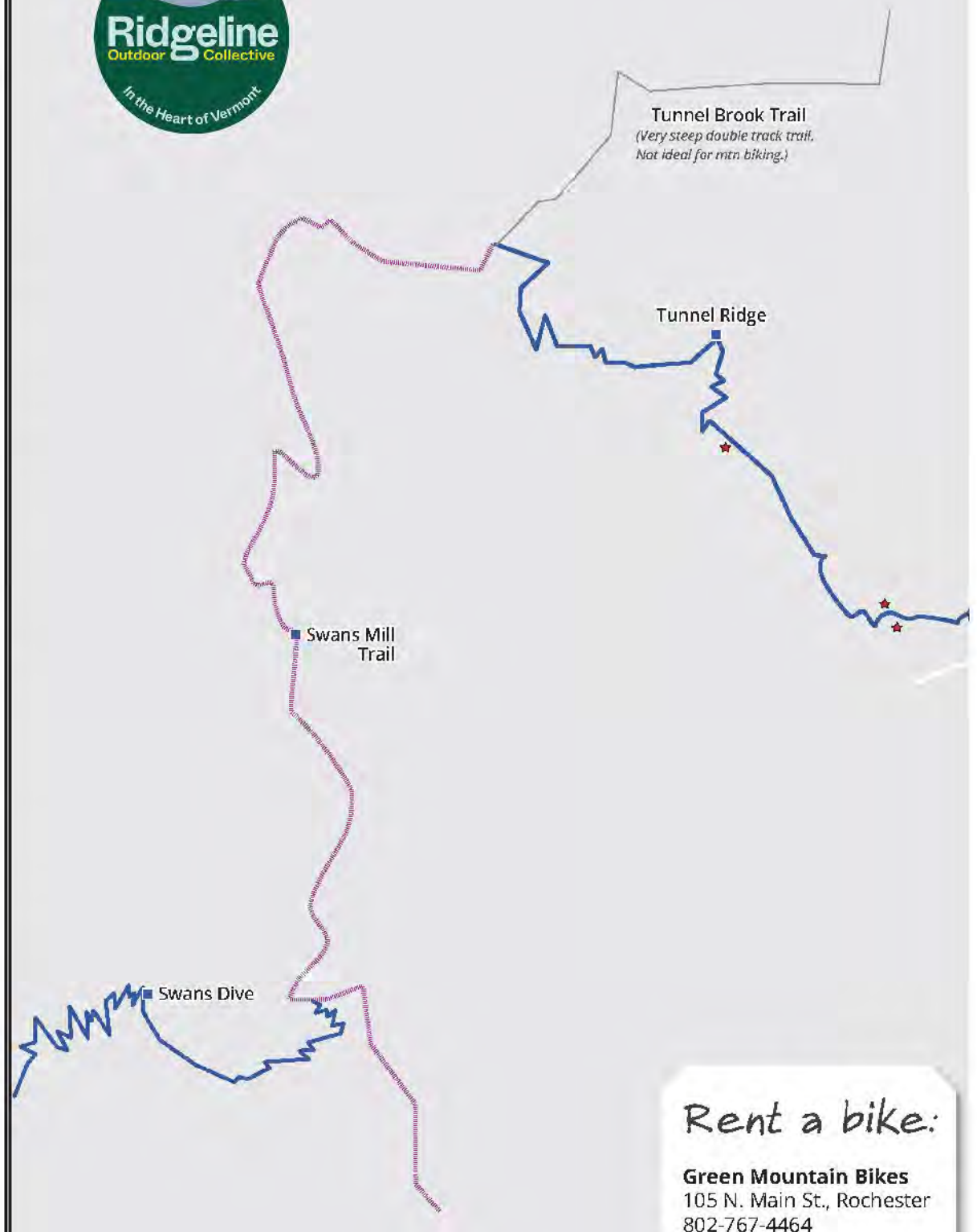
Atlas connects to Brook Street, for an alternative exit back to the village.

Legend

-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Access Roads/
double track
-  One way
-  View

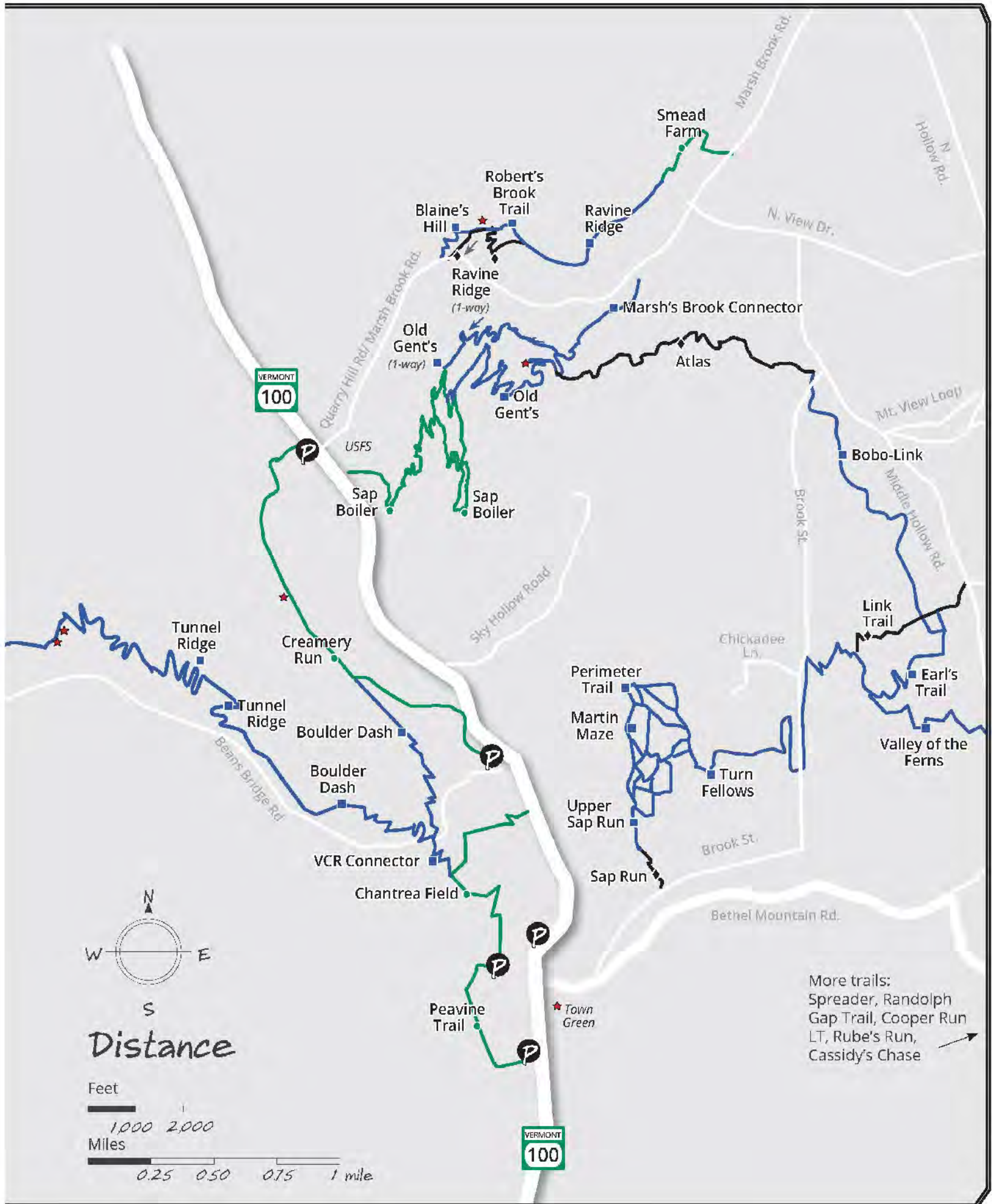
Rochester Valley Trails

99 Ranger Road, Rochester

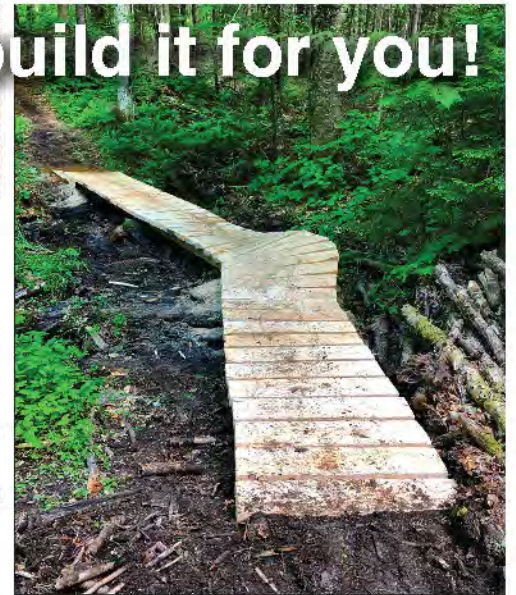


Rent a bike:

Green Mountain Bikes
105 N. Main St., Rochester
802-767-4464



Everyone needs adventure, we build it for you!



#WeDigYouRide

ksabuilt.com • 802-342-5982



Full-service trail design and construction

DOMINATE THE TRAILS

WITH OUR HIGH-PERFORMANCE eBIKES & MT BIKES



SPECIALIZED



eBIKE DEMO CENTER

Full Service
**BIKE
SHOP**

Sales
Repairs
Adjustments
Maintenance

Apparel
Accessories
Guided Tours
Rentals & Demos



Call Us (802) 228.2776
Okemo Access Rd., Ludlow, VT

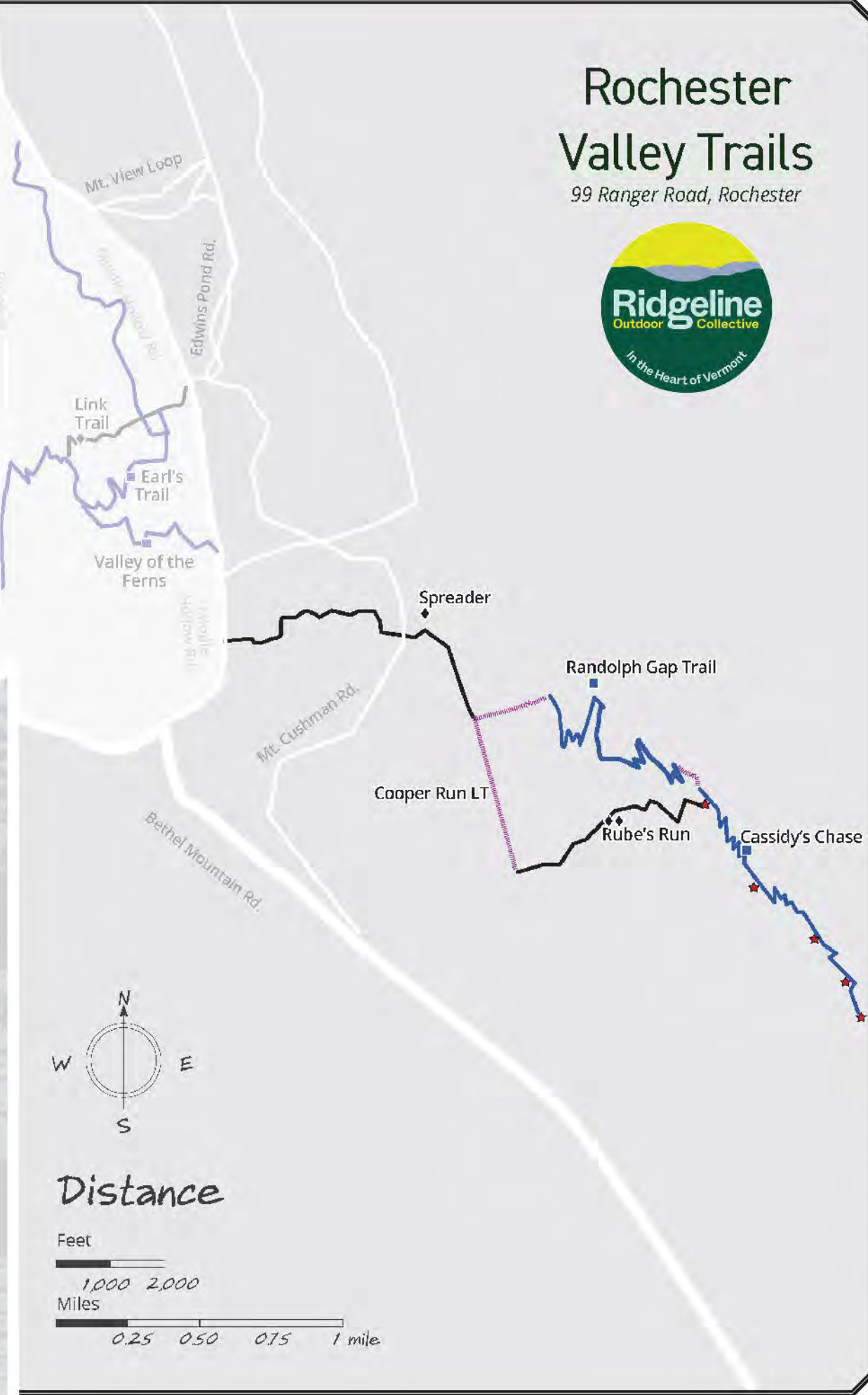
Rochester Valley Trails

99 Ranger Road, Rochester



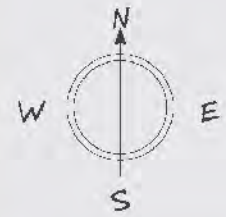
← Connects with more trails, see page 61.

Perimeter Trail
 Martin Maze
 Turn Fellows
 Upper Sap Run
 Sap Run

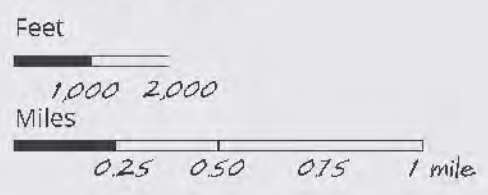


Legend

- Roadway
- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/
double track
- One way
- View



Distance



RIDE: Moosalamoo



Moosalamoo National Recreation Area is designated as one of Vermont's two national recreation areas in 2006, is cherished for its secluded trails and unspoiled environment.

Moosalamoo National Recreation Area

15,857 mountainous acres spanning Ripton-Salisbury-Goshen-Brandon.

 **Moosalamoo National Recreation Area**

A man enjoys biking along side of Silver Lake on the Chandler Ridge trail, known for its classic singletrack.



Moosalamoo National Recreation Area

Mountain biking in the Moosalamoo National Recreation Area (MNRA) is a throwback to what mountain biking was in its initial stages — a unique way to cover distances in the backcountry, with more than 70 miles of trails within the 15,857 acres of the MNRA, ranging from marked forest roads to groomed and buffed-out singletrack to ungroomed moderate trails that cover 6- to 25-mile loops as well as many point-to-point rides.

Go for an hour up to Silver Lake over moderate terrain, or make it a half day up the challenging terrain of Mount Moosalamoo and the 16-mile Chandler Ridge loop. Stop in at Blueberry Hill Outdoor Center (1245 Goshen-Ripton Road) for maps, snacks and info about year-round recreation. At Moosalamoo Campground there's a pump track. While at the campground, don't miss the Voter Brook Overlook view down the Valley of Vermont! Visit: moosalamoo.org/biking.

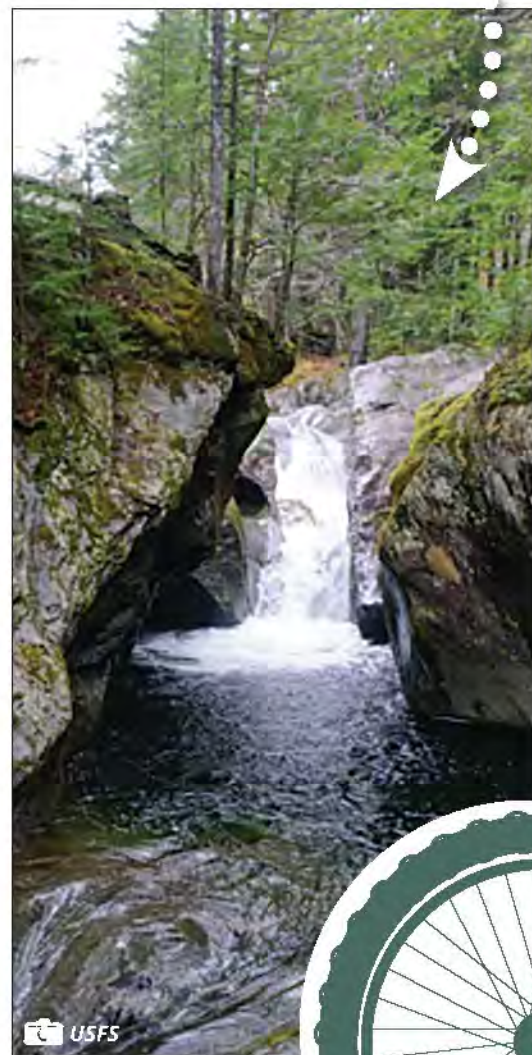


Moosalamoo
VERMONT

While you're here ...

Visit Texas Falls

Go see this impressive cascading falls down a scenic gorge, small but powerful. There's an easy walking trail, a picnic pavilion and footbridge across the gorge. Texas Falls is off Route 125 out of Hancock. Caution: do not enter the water above the cataract, and restrain dogs. The current is very swift.



Paddle on Lake Dunmore

What's summer without a day on the lake? Lake Dunmore's Branbury State Park is adjacent to the Silver Lake trailhead. The park has a long sandy beach, playground, snackbar, camping sites, picnic tables and grills. Canoes, kayaks, pedal boats and a rowboat are also available to rent.



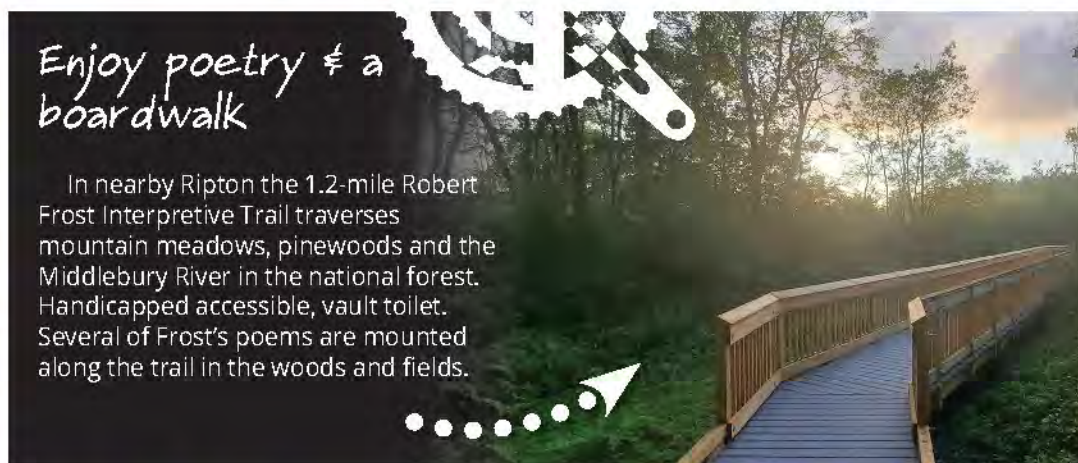
Get a brew with a view

Paddlers Pub is the only restaurant located on scenic Lake Dunmore. Enjoy a great selection of local brews or a specialty cocktail and choose from a popular menu on the deck while overlooking the beautiful lake and mountains.

A marina/boat launch and a small swimming area with a large selection of toys is also on premise for a plethora of options to enjoy before or after you dine.

Enjoy poetry & a boardwalk










In nearby Ripton the 1.2-mile Robert Frost Interpretive Trail traverses mountain meadows, pinewoods and the Middlebury River in the national forest. Handicapped accessible, vault toilet. Several of Frost's poems are mounted along the trail in the woods and fields.





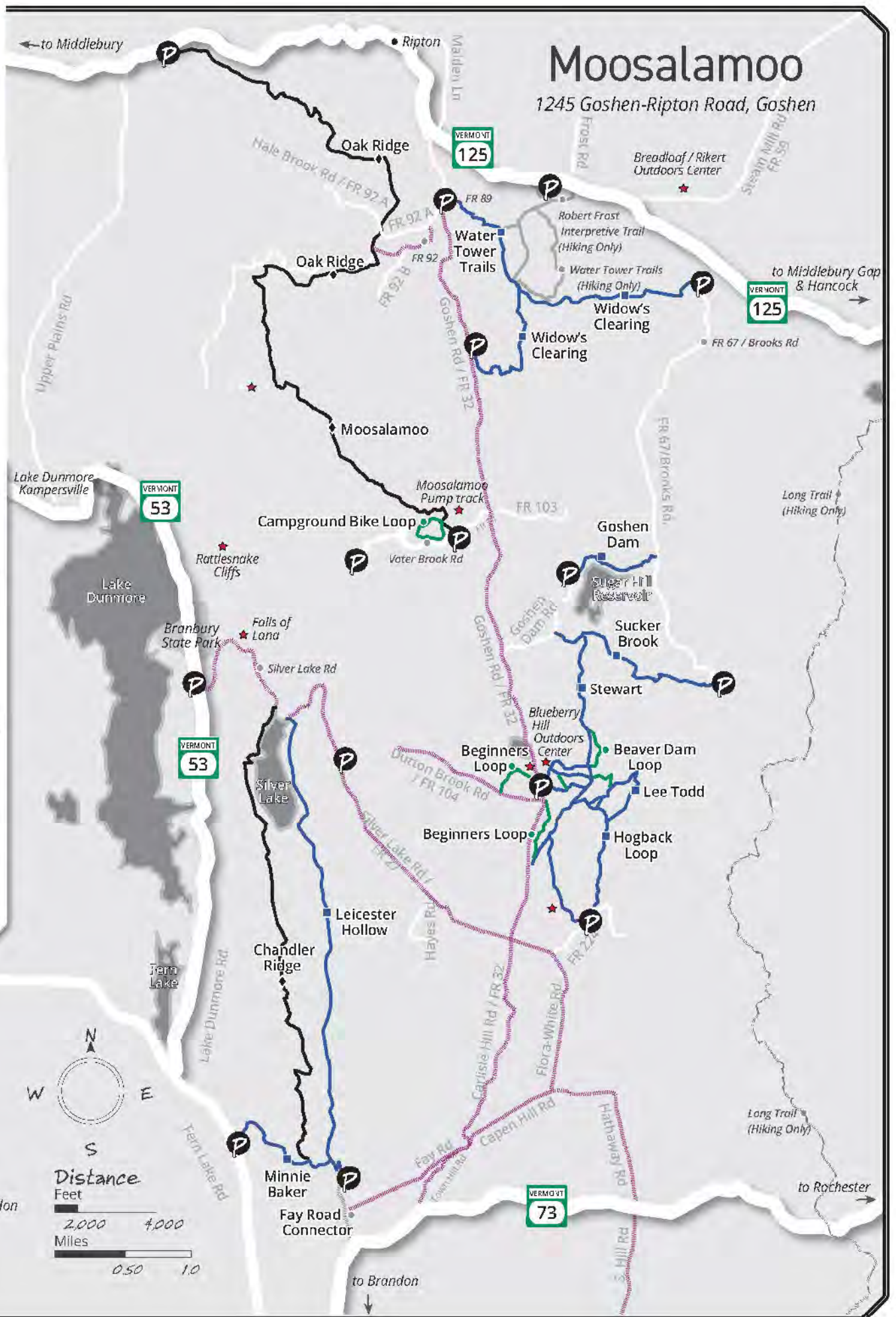
Moosalamoo
VERMONT

Legend

-  Roadway
-  Parking
-  Easy
-  Intermediate
-  Advanced
-  Expert
-  Access Roads/
double track
-  One way
-  View

Best ride to: Start it

For a fun easy 1-mile ride, try the Campground bike loop and perfect your skills on the Moosalamoo pump track nearby. From there connect with the Catamount Trail.



GETTING YOU OUTSIDE SINCE 1995



Outdoor Gear Exchange



COME VISIT OUR
BIKE SHOP IN THE
MAD RIVER
VALLEY!



**RIDERS
OUTPOST**
BY OUTDOOR GEAR EXCHANGE

- MOUNTAIN BIKES
- RENTALS & SERVICE
- EASY ACCESS TO LOCAL TRAILS



AWARD WINNING STORE:
VOTED VERMONT'S BEST 2023
OUTDOOR OUTFITTER, BIKE
SHOP, AND BIKE RENTAL SHOP

7575 MAIN ST. WAITSFIELD, VT 802.496.7575 @RIDERSOUTPOST

FRIENDLY, EXPERT STAFF

GENIUS BIKE WIZARDS

EXTENSIVE DEMO FLEET

FLAGSHIP STORE: 37 CHURCH ST. BURLINGTON, VT NEW, SECOND LOCATION: 21 ESSEX WAY, #113, ESSEX, VT
888.547.4327 GEARX.COM @OUTDOORGEAREXCHANGE

Q&A with Scott Corbett

Director of the Allen Street campus
Rutland City Public Schools

What makes the pump track at Allen Street Campus unique?

The pump track at Allen Street Campus was designed in collaboration with Powder Horn Trail Company to cater to riders of all skill levels, from local heroes to 2-year-olds on strider bikes. Our students learn bike maintenance, track shaping, and skill development as part of their physical education requirements. Access to a pump track and mountain bikes makes our campus unique and engaging for students and staff. By providing access to lifelong sports, we are promoting both positive mental and physical health in our school communities and beyond.

What should first-time riders know about these trails before they arrive?

We ask that riders access the track after 3 p.m. when our students go home and open access it only from dawn to dusk on the weekends. Please respect our campus and leave no trace. To prevent damage to the surface please stay off the track when it is wet or closed for the season.

What's your favorite trail and why?

Trails change with the weather, and new trails are always being added, so it's hard to pick just one. Currently, I've been riding Sherburner in Killington a lot, as well as a local trail from my house

in Ludlow. My favorite trail is the one I'm riding in the moment with my favorite people.

When did you first get into mountain biking?

I started to mountain bike in the mid-'90s.

How did your passion for the sport begin?

My love for biking began as a means of exploring my surroundings and experiencing freedom during my childhood. While I used to explore my local neighborhood when I was young, I now enjoy accessing Killington Bike Park, riding single tracks, and e-mtb logging roads.

Who or what inspires you when you ride?

I am inspired by the progress our students make in school and on bikes. It motivates me to ride and, more importantly, to advocate bike access for our kids and the community. I love leaving work at the end of the day and seeing families riding the track together as the sun sets over the steeples of Rutland.

Do you have a favorite local spot to recommend after a ride?

After visiting the ASC pump track or Pine Hill Park, you should consider exploring Rutland's downtown area and supporting local businesses. Rutland has a wide variety of offerings, including bike shops, great food, and a fabulous record store.



 Courtesy Scott Corbett

A young rider prepares to mount his bike at the pump track.



 By Abby Allaire

Jake Wilchowski gets air as he crests the top of a roller at the Pump Track at Allen Street Campus.

LIQUID ART



LIVE MUSIC
HEALTHY FARE
PATIO DINING



So Much
MORE THAN JUST COFFEE

FUEL UP FOR THE RIDE

KILLINGTON, VT | 802-422-2787 | LIQUIDARTVT.COM



BigTown, VT

*Center of the state;
In the Kingdom
of Flow!*

OPEN 7 DAYS 10am-6pm

GREEN MOUNTAIN BIKES

800-767-7882

GreenMountainBikes.com

Ride. Break. Fix.

NEW & USED BIKES

ORBEA, HINDERYCKX, SANTA CRUZ,
KONA, JAMIS, TRANSITION, JULIANA



Turn of River Lodge

5672 US Route 4

Killington VT 05751

(802) 422 3766

turnofriverlodge.com

TORLodge.info@gmail.com

TURN
OF
RIVER
LODGE

- Owned and operated by Mountain Bikers!
- Bicycle storage
- Repair stand and tools
- Wash station

RIDE: Pittsford & Brandon



Brandon's Hawk Hill Trails and the Pittsford Trails offer a series of trails open for hiking and biking.

Hawk Hill Trails
2997 Franklin St. (Route 7)
Brandon



Pittsford Town Trails
Multiple locations, Pittsford

By Baird Morgan



Pittsford Town Trails

These multiuse trails provide recreational experiences through all four seasons. Trails are well-marked and traverse open fields, meander along rivers and waterfalls (don't miss the Chaffee Falls on Furnace Brook) and through woodlands. This trail network has been developed and maintained by volunteers with support from Pittsford Town, private landowners, and grant funding from the state. When the ground is soft and wet, the town asks mountain bikers not to ride, as ruts and holes contribute to trail damage. The trails are open to all non-motorized uses and are free and open to the public. Visit: pittsfordvermont.com/trail-maps.



Hawk Hill Trails

This 3-mile network is located behind Otter Valley Union High School, 3.1 miles south of Brandon, on Route 7 (Franklin Street). Trail access is in the southwest corner of the football field directly behind the school. A large kiosk across the athletic fields marks the trailhead.

The trails form a series of interconnected loops marked with white and blue blazes. The multiuse trails are open to all non-motorized uses and are free and open to the public. For more information visit: townofbrandon.com/hawk-hill-trail-map.



While you're here ...



Stroll downtown

Brandon's downtown recently got a facelift with the reconstruction of Route 7. New sidewalks, benches, flowers and trees now grace every corner. The art galleries, shops, bakery and restaurants offer unique Vermont-made treats and crafts. The village green offers a Victorian fountain and a bandstand, when you need a rest.



Taste local brews

Brandon is Rutland County's northernmost town. It features two microbreweries and a winery in town. It's a great place to discover a new thirst-quenching beverage this summer. Red Clover Ale Company, Foley Brothers Brewing and the Neshobe River Winery all call Brandon home. Schedule a tasting or try one of these local favorites at a downtown restaurant and enjoy the newly renovated town center.



 Downtown Brandon

Visit alpacas

Maple View Alpaca Farm is just 2.5 miles north of Brandon. The farm is open to visit and learn about these gentle, intelligent creatures. The farm store features products made from luxurious alpaca fiber, too!



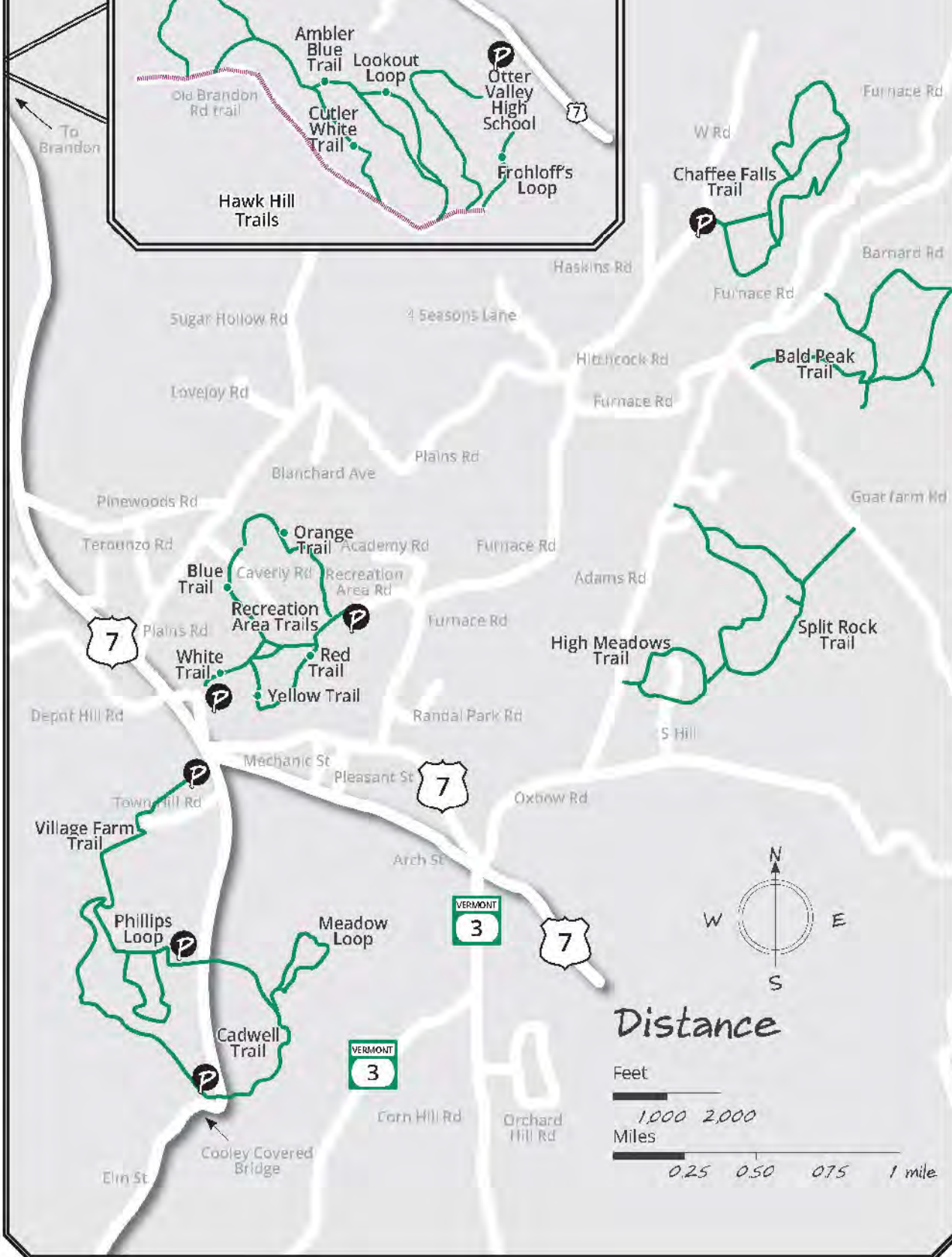
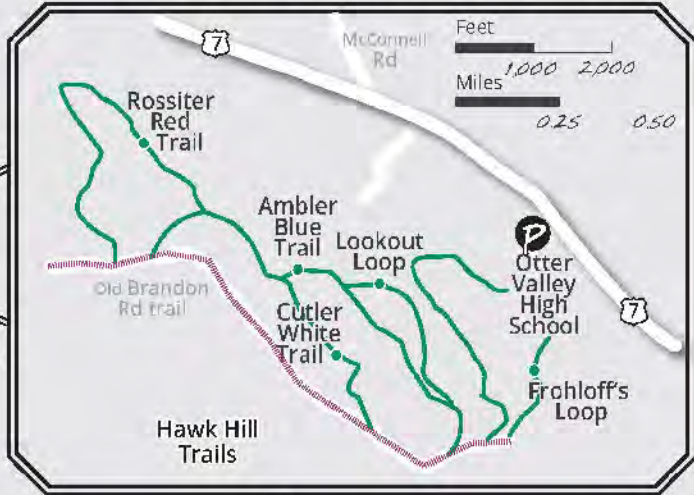
Music at the Village Farm

Pittsford Village Farm's "Tuesdays series" presents nine outdoor concerts throughout the summer season: Tuesdays, June 18-Aug. 13 from 6-8 p.m. The events are free and open to the public. Donations are appreciated. Concerts are outside on the farm grounds and will be canceled if weather requires.



Hawk Hill & Pittsford Town Trails

2997 Franklin, St., Brandon & 223 Recreation Area Rd, Pittsford



Best ride to:

..... Start it

For a nice easy loop head to the Pittsford Recreation Area. Take the Orange trail which follows sections of Sugar Hollow Brook to the Blue trail (0.65 miles). To add a bit, branch off to the White, then to the Yellow then Red trails, which adds about 1/2 mile.

- Red Trail - 0.3 miles
- Orange Trail - 0.52 miles
- Yellow Trail - 0.25 miles
- Blue Trail - 0.65 miles
- White Trail - 0.3 miles

= Feel it


Ride the Village Farm Trail to the Cadwell Trail and Meadow loop then back on Arch Street. There's a trailhead on the south side of Arch Street with parking to the west of the fire house. The Cadwell Trail (2.4 miles) has entrances off Elm Street, for a shorter ride. The main trailhead is at the Recreation Area Trails but parking is also available 0.6 miles south of Route 7 or 0.4 miles further on Elm Street at the Cooley Covered Bridge.

Legend

- Roadway
- Parking
- Easy

Timeless Beauty

el
E.L. Designs
ED LEVIN STUDIO

Timco  Jewelers
and Goldsmiths

Visit Timco Jewelers and the Timco Gallery in Downtown Rutland
59 Center Street, Downtown Rutland | 802-773-3377 | timcojewelers.com

killington market
GROCERY
MEATS AND SEAFOOD

BEER & WINE
DELICATESSEN
SPECIALTY SANDWICHES
PIZZA

Boar's Head

GREAT VT CRAFT BREWS

ATM

Breakfast, Lunch, Dinner
OPEN DAILY AT 6:30 A.M.
f for closing hours

Daily Specials posted on f @KillingtonMarket

ATM available

2023 KILLINGTON ROAD
802-422-7736 or 802-422-7594 (deli)
KillingtonMarket.com

GREAT BREAKFAST/BRUNCH MENU
Open Daily at 7 a.m.

Take-out available

Check online or call for hours

BACK COUNTRY CAFE

EGGS • OMELETTES • PANCAKES • WAFFLES

Local VT Brews • Mimosas • Bloody Marys
• Coffee Cocktails • Local VT Hot Sauces

923 KILLINGTON RD.
802-422-4411



Prestige Real Estate of KILLINGTON



Over \$28 million in
Killington real
estate sales in 2022!

*Revenue is doubled to reflect credit for listing and selling office. Data is based on NREEN MLS system.

We're different. We sell real estate exclusively in Killington, the town we love and call home. We specialize in listing and selling Killington condominiums, townhomes, single-family homes, multi-family homes and land. Work with us and you'll experience unrivaled customer service and top-notch local knowledge!

Meet Your Killington, VT Real Estate Team:



Heidi Bomengen
802.342.0355



Kaitlyn Hummel
802.353.6665



Liz Sailer
802.353.5555

Exclusively Killington

HOMES | LAND | CONDOS | NEW CONSTRUCTION

www.prestigekillington.com | 802-422-3923 | info@prestigekillington.com

STILL ON THE MOUNTAIN

A COCKTAIL BAR AT THE KILLINGTON DISTILLERY



- ▶ Full Dinner Menu
- ▶ Gondola Dining
- ▶ Patio Dining & Fire Pit



Weekly Specials, Bottle Shop Open 7 Days a Week,
& Live Music Thursday - Saturday.

For reservations call 802-422-8200

47 Old Mill Rd, Killington, VT

RIDE: Ludlow



Okemo Bike Park

Okemo Bike Park offers lift-served downhill mountain biking from the Sugarhouse Lodge across from the Sunburst Six lift. The area features progressive terrain on the lower mountain served by the South Ridge Quad A lift. Please note:

Due to the ongoing lift improvement project this summer, the summit trails Scrambler and Shake and Bake will not be open.

Okemo's bike park debuted in 2015 with the trails off Quad A; it opened the summit for intermediate and expert riders in 2017. Trail access requires riders to purchase a pass. Visit: okemo.com.



Ludlow Area Sports Trails

The Ludlow Area Sports Trail (LAST) mountain bike club completed its first trail behind the Black River High School this spring! Now a hand built singletrack trail is being built to climb to a feature loop and flowy descent. But that's not all. LAST is current working to develop trails at Fletcher Farms (over 5 miles have been flagged out and is just awaiting an Act 250 permitting) as well as at Fox Run from the top of the Ludlow cemetery and the golf course. With the help of volunteers LAST plans to clear and build the uphill sections by hand, then hire professionals/machines. Visit: Facebook.com/802LAST.



While you're here ...

Take a hike

If you're looking for a mountain to climb (on foot this time) check out the Healdville Trail, a 5.9 mile hike to Okemo Mountain's 3,340-foot summit. At the top there's a fire tower and several lookouts with stunning views.



Swim in cascading waterfalls

All-time local favorite, Buttermilk Falls features a series of three main waterfalls on Branch Brook — lower falls is 8 feet; middle falls is 20 feet; upper falls is 15 feet. All have great pools to swim in and the photos are truly worth sharing! Park at the end of Buttermilk Falls Road off Route 103 in Ludlow.



Challenge yourself

The Haulback Challenge Course at Okemo features three different courses of varying levels of difficulty. The course is made up of 25 elements that challenge balance and strength on an aerial journey from one tree to another! This is a self-directed course where you hook up to a SafeRoller and maneuver along a continuous belay system through trees and over streams. Limited to participants 50-250 pounds.



By Polly Mikula



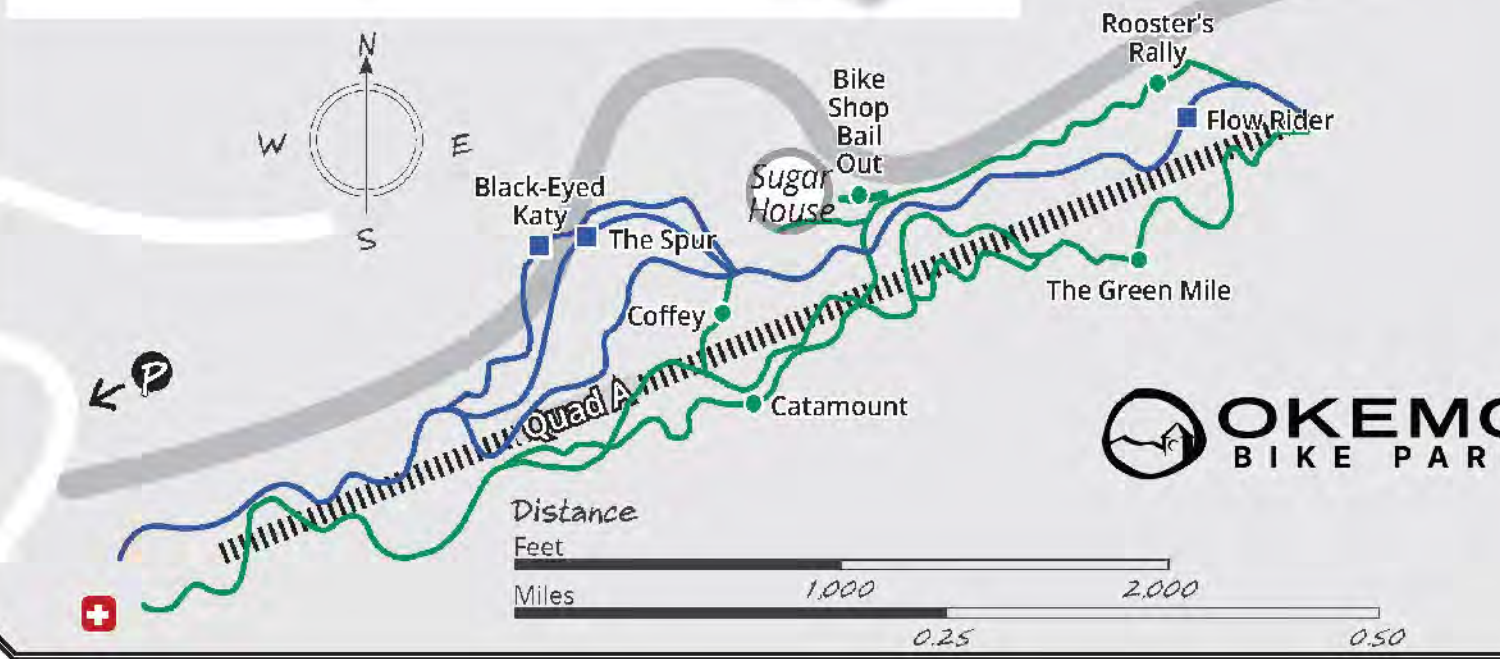
Legend

- Roadway
- Parking
- Easy
- Intermediate
- Advanced
- Expert
- Access Roads/ double track
- One way
- First Aid

Rent a bike:

Boot Pro Ski & Bike
 44 Pond St., Ludlow
 802-228-2776

Evolution Bike Shop at Okemo
 Sugar House Lodge
 77 Okemo Ridge Road, Ludlow
 802-228-1548



New "Back Forty" mountain bike trail system opens this season in Ludlow

By Curt Peterson

For more than 20 years Ludlow Area Trails Association (LAST) members have worked feverishly to design, build and be ready to open the "Back Forty" trail system that starts behind the old Black River High School. On Father's Day in July 2022, the non-profit club opened a 1,700-foot loop for mountain bikers to enjoy. Like most area trail systems, use of the Back Forty trails are free.

According to Charles Rimer, LAST president, the club has made a lot of progress, although a slight hiccup caused by last summer's flooding in slowed volunteers down.

"Most of us had flood issues of our own to deal with," Rimer told the Mountain Times, "so the project was mostly idle during the summer, although we did some improvement work on an important uphill."

The trails themselves suffered very little damage, Rimer said, because the drainage system worked as they were designed to do. A couple of downed trees across the trails, and a washed out berm were the only notable flood-related issues.

"Flood recovery on the trails was really just an afternoon's work," he said.

A grand opening party for the new trail network was held earlier this summer on June 15, 2024, at the Ludlow Community Center.

LAST members are also raising funds to complete an additional Back Forty trail, that will have about 1,500-1,800 feet of uphill, and about 1,000-1,200 feet to descend. They're seeking government grants and ARPA money from the town and state for part of the funding.

"We want to go the professional route on this section," Rimer explained. "We'll bring in machines and experts to build the descent, but we'll clear and build the uphill ourselves."

The club hopes to have additional trails open by late August.

LAST is also creating trails on the Fletcher Farm School property. They hope eventually the Back Forty and Fletcher Farm trails will connect.

"We spent the winter processing over 100 pages of paperwork to obtain our Act 250 permit at Fletcher Farm, which was necessary

before we start work building any trails," Rimer said. "We hope to have the permit in hand by mid- to late-August this year,"

According to the Trailforks directory, the Back Forty is a multiuse trail network open to mountain bike riders, e-bikers, hikers, trail runners, snowshoers, etc.

LAST joined the Vermont Mountain Bike Association (VMBA) as a member club in 2022 and is now part of that 28 club, 9,600-member consortium.

"We'll bring in machines and experts to build the descent, but we'll clear and build the uphill ourselves," Rimer explained.

SERVICE YOU CAN SEE. EXPERTS YOU CAN TRUST.SM

COUPON

\$10 OFF
ANY FULL-SERVICE
OIL CHANGE*

*With this coupon. Includes up to 5 qts. any Valvoline motor oil, std. filter, lube & maintenance check. May not be combined with other same-service offers or discounts.
Expires 12/31/2024



vioc.com

RUTLAND

60 U.S. Rte. 7 (next to Aldi)

(802) 773-0677

**OPEN
7 DAYS**

Valvoline
Instant Oil Change



Red Duck

REFUSE & RECYCLING

"We Refuse No Refuse"

Year Round • Seasonal • On-Demand • Bulk Pick-Up
Residential Trash Pick Up Service to fit your needs



Regular & Specialized Cleaning Services, for residential and commercial properties

- Upholstery
- Appliances
- Wood floors
- Tile and Grout
- Carpet Cleaning
- And so much more!

Serving all your cleaning and refuse needs since 1998. Call Today: 802-422-2230



Alison McCullough



Real Estate

alisonmcculloughrealestate.com



802-747-8822



DIVINE



25 CENTER ST. DOWNTOWN RUTLAND

A BOUTIQUE FOR THE SENSES!

Divineoncenter.com



Book review: Proto-Cycology

Local riders collaborate on circuitous story of (mostly) fictitious bike communities in central Vt

By Polly Mikula

Set in an unknown time somewhere in the central Vermont hills of Brandon, Goshen and Rochester, author Angus Chaney imagines a world organized primarily around semi-autonomous bike clans. It's a lighthearted look at a dystopian future.

Randal Smathers, director of the Rutland Free Library, called it: "Original, funny, insightful, and completely off the derailleurs," before giving it "Many stars."

The term "proto-cycology" could literally be translated as the "foremost study of cycling," although the obvious play on the word 'psychology' brings additional meanings throughout the book. Chaney's mastery of language — from the colloquial syntax he ascribes to the clans, to his continuous use of word play, puns and witty prose — makes his writing a true joy, and even inspired laugh-out-loud moments.

Chaney wrote the first of the two-book series in 2020. The sequel was published this past spring, May 23, 2024. The first book he titled "Proto-Cycology: Creation Myths for the Apocalypse;" the sequel, "Proto-Cycology: Chasing the Falcon."

While the books are challenging to categorize, Chaney keeps it simple explaining the stories as "tall-tales, mythology, and farce related to mountain biking in central Vermont."

The epigraph in the beginning of the first book it reads: "Some of this is true... or was once... or will be... The rest is savage lies."

There are some specific references to local rivers, mountain gaps and regions (from the Mad River to the Slate Valley Trails, though the events center mostly around the Brandon Gap and Rochester area). References often feel familiar without being explicit.

Topics range from extreme gourdng to barter economics to a new conception of sustainable agriculture — he describes how one of his main characters, Eben, adapts: "After many years of trying to keep the groundhogs out of his vegetables, he'd simply adapted to eating groundhog. Squash and lettuce were now just fodder for his

herd. In years when the beasts got obscenely fat on beets and carrot tops, the meat was plentiful. When their population crashed, the garden would rebound and Eben ate more green, leafy things; everyone in the cycle just consuming

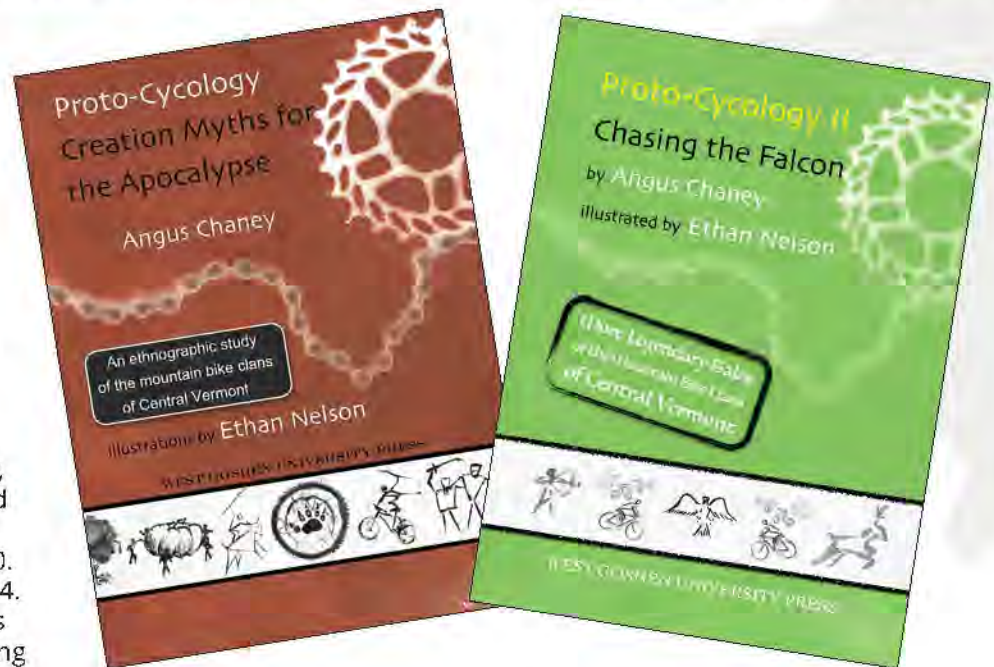
"Original, funny, insightful, and completely off the derailleurs," wrote Randal Smathers.

what fate and the season provided."

Birds of prey (and their eggs) are central characters — as well as an aggressive mallard duck. Simmering tribal conflicts and sinister fascists provide obstacles to overcome in the story arch with Eben as a delightfully picaresque type of hero.

When Eben is asked why the clans are feuding, he answers: "I suppose we inherited the quarrel from our fathers. They battled over trail permissions and seasonal maintenance; a schism born of both greed and laziness."

His friends respond: "Sounds stupid."



After the resolution, Eben reflects: "This day has moved me to reflection. We woke as enemies of the Bear Clan, and now count them as allies. The day began grim and bikeless in the foggy valley and now we roll forth in the sun on the fastest steeds our people have known. My spirit feels purified from the ceremony of the wheel, and it is time to share a secret that has burned me for many years ... there is a reason I always win when we play Snakes and Ladders."

It's passages like that that probably led Jacob Reibel, from Cycliste, to described the Proto-Cycology books as "Bill McKibben meets Mad Max," in a review.

In addition to being an author and avid cyclist, Chaney is the executive director of the Homeless Prevention Center in Rutland. His friend and fellow cyclist, Ethan Nelson (a speech-language pathologist from Brandon) did most the illustrations for Proto-Cycology. (See Q&A with Ethan Nelson page 38.)

Chaney said his first Proto-Cycology book garnered a "small but devoted following on the trails around Brandon, Goshen, Rochester and a little beyond."

While he is delighted when readers (and riders) enjoy Proto-Cycology's circuitous stories, he said he wrote mostly for the pure fun of it. "Let's be honest, we're not really authors and are frankly uncomfortable with the idea of getting tangled up in anything professional ... we have no idea what we're doing and have never had more fun!"

That joy exudes on the pages. As Dan Brett, of Hearthunder Art Collective, wrote in a review:

"Bravo! A Tour-de-Forest! This is a funny, endearing-as-hell, post-apocalyptic grown-up fairy tale for mountain bikers and the people who love them. The illustrations are the cherry on top."

Both Proto-Cycology books are now available at The Book Store in Brandon and Green Mountain Bikes in Rochester or can be ordered through most local book stores.

- Fitness Center
- BBQ + Picnic Areas
- Outdoor Heated Pool
- Air-Conditioning
- Game Room



BOOK NOW!

NorthStarInn.com
78 Weathervane Drive,
Killington
802.422.4040



Pedal your way to happiness at the Northstar Lodge!
We are a “Bike-Friendly” hotel calling you to explore the beauty of Vermont. 250 miles of trails within 30 min drive of our hotel.

Discover The Thrill.

Elevate your adventure with apparel tailored for the trails!

Mountain Bike Rentals | Fly Fishing Lessons & Trips
Orvis® | Maloja | Skida | Topo Designs | Patagonia Fishing



Activity Center & Outdoor Gear Shop
Open Daily: 9am - 5pm

Located behind the Woodstock Inn
at the corner of Court & Cross Streets,
Woodstock, VT.

woodstockinn.com | 802-457-5530





TOWN OF KILLINGTON VERMONT

Home of the largest expansion
and growth in mountain biking
over the past decade!



Killington Forward expands biking safety on roads and crossings to popular singletrack trails

The Town of Killington has received approval for a master TIF District, which includes redeveloping Killington Road and its gateway on Route 4 for multi-modal transportation — **bike lanes and safe crossings from the resort to popular cross-country trails.**

Additionally, this year the town has received an **\$84,000** grant to improve mountain bike crossings on Route 100 and connect the town's three cross-country areas: The Sherburne Trails, Gifford Woods and the Base Camp Trails.

What's next? In addition to redeveloping Killington Road, the Killington Forward plan includes constructing a brand new municipal water system serving Killington Road and its gateway on Route 4 (already under construction) and building a new workforce housing development at the base of Killington Road (land has been purchased).

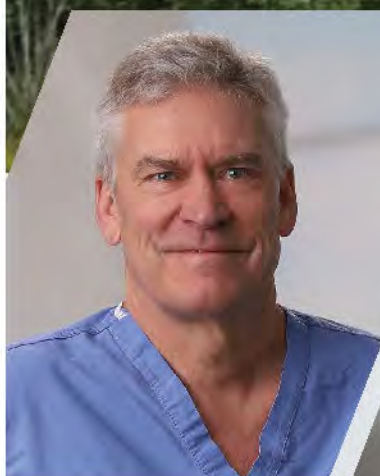
Stay tuned! Killington is poised for growth and new developments!



For more information, visit Killingtontown.com

The Trail Beckons

On or off the trails,
Vermont Orthopaedic Clinic
is here to keep you moving.



Melbourne Boynton, MD



Deborah Henley, MD



John Karl, MD, MPH



Lindsay Kleeman-Forsthuber, MD



Eric Marsh, MD



Matthew Zmurko, MD

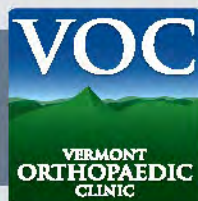
Expert Orthopedic Surgical Team,
Award-winning Care



HIP REPLACEMENT



KNEE REPLACEMENT



Locations in Rutland and East Dorset
802.775.2937 | 800.625.2937 | vermontorthodclinic.org
A DEPARTMENT OF RUTLAND REGIONAL MEDICAL CENTER

Helping you call Killington **home**
for over 50 years.



Brookside, 426 Roaring Brook Road Killington, Vermont \$2,975,000

Stunning home, amazing location! Less than two miles from Killington mountain base lodges this beautiful home has expansive mountain views in a relaxing Vermont setting. This property has the extraordinary combination of golf course frontage, and unobstructed vistas of the Killington mountain range.

In today's fast-paced market, buyers and sellers need to be agile, savvy, and well-informed. At Killington Valley Real Estate, we excel in these areas. We have a strong track record of selling properties swiftly at competitive prices, leveraging the best tools and an extensive network of buyers. Our team of five brokers and two realtors brings over 190 years of combined experience in the Killington area. Whether you're selling a property or looking to buy, let us assist you, so you can spend more time doing what you love.



2281 Killington Road, Killington VT 802.422.3610 KillingtonValleyRealEstate.com



Bret Williamson
BROKER, OWNER



Judy Storch
BROKER



Gary Thompson
BROKER



Cathy Quaglia
BROKER



Laura Derderian
REALTOR®



Walter Findeisen
BROKER



Doug Quatchak
REALTOR®

**SUSHI
YOSHI**

CHINESE GOURMET
HIBACHI
STEAKHOUSE

COME SEE HOW WE ROLL



HIBACHI | SUSHI | ASIAN

20 CRAFT BEERS ON DRAFT • FULL BAR • KIDS GAME ROOM
TAKE-OUT • DELIVERY

SERVING LUNCH & DINNER YEAR ROUND

Mid-way up Killington Access Rd. | vermontsushi.com | 802.422.4241



CASELLA

Offering waste and recycling collection and so much more!

We all play an important role in advancing sustainability for the world around us. The work we do, the infrastructure we build, and the investments we make help to enable our customers and communities to achieve their recycling goals.

Scan the QR code to learn more about our services & sustainability initiatives:



RESIDENTIAL CURBSIDE SERVICE



COMMERCIAL SERVICE



DUMPSTER RENTAL

Our team is here for you: **800-CASELLA • casella.com**



RECYCLING • SOLUTIONS • ORGANICS • COLLECTION • ENERGY • LANDFILLS

MAKE BIGGER MEMORIES.



Let your child level up their skills with **downhill youth mountain bike camps** at The Beast. Day camps are available in three and five-day sessions, open to ages 7-17 years old of all ability levels from first time mountain bikers to seasoned rippers. Campers will build confidence in themselves, learn life skills, and grow as an individual all while having the time of their lives. Reserve your slot today.

Scan code or visit killington.com/bikepark to book your lesson.

