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MOUNTAIN BIKE TRAIL GUIDE

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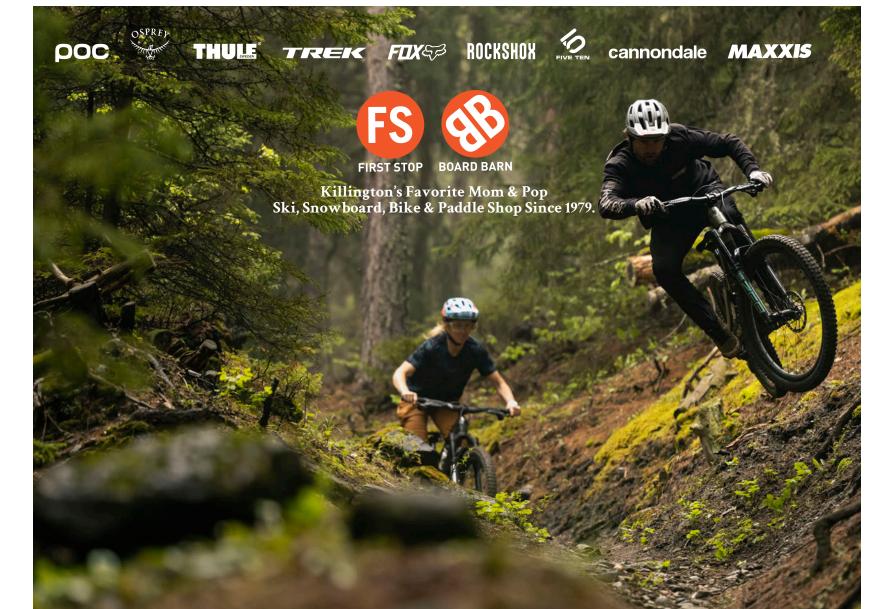
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Brian Kerns Vice President, Human Resources



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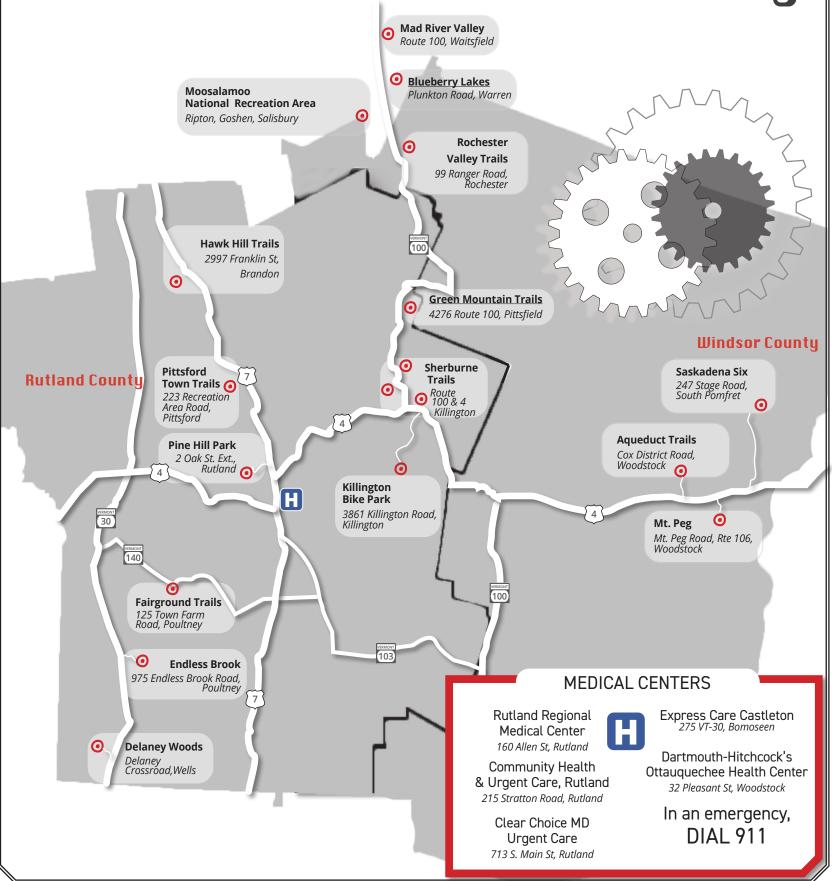
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Get a GRIP

Hold on, don't lose traction — get a GRIP! It's time to ride, and Central Vermont is a great choice! With over 280 trails within 45 minutes of Killington this trail guide will show you all there is to discover — and enhance your experience with tips on where to go, what to do and where to go to refuel along the way. (While this guide is unlikely to narrow down the choices too much, it will provide a many new "must see" and "must ride" destinations that'll have you itching to come back to explore over and over again!)

Inside there are up-to-date trail maps for 18 mountain bike networks in the area (see map, left) with over 280 trails covering more than 187 miles! 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 contribute to making the region vibrant.

This guide has been published thanks to local business support for local mountain biking. Enjoy the flow, keep your GRIP!

Sincerely, 10thy Mikola

MOUNTAIN TIMES Polly Mikula, editor/designer

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Mountain biking has changed summer

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

By Polly Mikula

Over the past few years, the surge in mountain biking has grown to the point that it's fundamentally changed the experience of summer in Vermont. There is a vitality in regions with trail systems that simply wasn't there a decade ago.

The influx of riders has spurred the growth of lodging, restaurants, bike shops, and events, creating jobs and revitalizing communities.

The growth began about 25 years ago. Slowly at first, gaining strong momentum about 10 years ago and since then has been exponential.

Trail networks have expanded rapidly across the state. The growth was fueled in part by passionate local advocates and organizations like the Vermont Mountain Bike Association (VMBA), which has led efforts to develop high-quality, sustainable trails accessible to riders of all skill levels. Vermont now boasts 2,520 bike trails—the highest per capita in the U.S.—and is widely recognized as a top state for mountain biking.

The growth of the sport has also opened up new opportunities for outdoor adventure, making Vermont summers more dynamic and active. More trails are now accessible for more skill levels at both paid lift-serve downhill areas and on the free crosscountry community trails that have sprouted up in pockets all over the state. Overall, the sport has boosted tourism, strengthened communities, and enriched the region's outdoor recreation offerings.

MTB then and now

Mountain biking as a sport was very different when it first began than it is today. Early mountain bikes were only slightly different than their road counterparts in that they had slightly wider tires and more tread. They still had small wheels, narrow bars, center-pull brakes and fixed seatposts. 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 of the sport. Specific mountain bike trails began to be built in earnest in the early 1990s, mostly in recreationfriendly areas like the ski towns of Killington, Ascutney, the Mad River Valley and Stowe. But since they were built on ski slopes, they were almost all extreme routes — only the experts could ride them.

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

"Typically bike parks at ski areas didn't offer the right product, there is just too much vertical,"explained 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... it only caters to a very small percentage of riders," Kelly explained.

Staggering growth

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 over the past few years (partly due to the pandemic and then wet weather/flooding events).

While biking at Killington may never be quite as popular as skiing (to be fair, the summer season is much shorter with many more options that disperse riders) its growth has brought 10s of thousands of new people to the state to enjoy the sport and its events.

Riders have been calling Vermont the "Moab of the East" since the '90s, but today it may actually have grown into that Mecca. Here in central Vermont, with 35 lift-serve trails at Killington Resort, plus over 250 cross-country trails within a half hour's drive, it's truly become a summer destination that's simply hard to beat.



Popularity: mountain biking expands

Growth spurs tourism and additional trail maintenance

By Polly Mikula

Mountain biking in Vermont is the state's fastest-growing form of outdoor recreation, according to the Vermont Mountain Bike Association (VMBA) a nonprofit established in 1997 that provides advocacy, education,

and communitydriven stewardship statewide and to local chapters. "The growth

of the sport has been exponential," said Mark Harris, a Woodstock Area Mountain Bike

Vermont to ride has exploded in recent years," VMBA stated.

Association board member. "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, many riders log their rides on apps like Trailforks or Strava (580,000 rides logs in 2022, according to the most recent data on VMBA's site) and resorts offering lift-serve do require tickets (like Killington Resort) - 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 9,100 members and 28 local chapters who steward 1,000+ miles of public-access trails.

"Our trails are the product of an unprecedented level of cooperation between private landowners, Chapters and trail day volunteers," VMBA states on its website.

Approximately ³/₄ of trails in Vermont are on private land, and half of VMBA's trails are.

The efforts both to maintain good partnerships with private landowners and maintain quality trails in a growing network have been met with resounding approval from the riding community and the communities they support.

The quality of Vermont's trails is now widely known. "Out-of-state riders traveling to Vermont to ride has exploded in recent years," VMBA stated.

"My husband and I have spent the last 2 months on Vermont's

> beautiful MTB trails. The effort of VMBA

is incredible," Diane

Pizzano posted on the VMBA site." We've ridden

in Vermont for 30 years

and love the evolution.

We hope to relocate to

Vermont within the next

The quality of Vermont's trails is now widely known. "Out-of-state riders traveling to

12 months if at all possible."

However, with increased growth comes increased impact and those at the helm of VMBA acknowledged the need for a longterm plan to support this growth and ensure sustainable trail riding.

"Many sensitive trail systems were never intended to see such levels of use. Successfully preserving and sustainably growing Vermont's public-access trails requires attractive, diverse alternatives and greater resources for trail stewardship," VMBA stated. "VMBA's relationships with state agencies, public land managers, and private landowners are key in protecting our trails and promoting trail diversity for all rider levels."

Nick Bennette, VMBA executive director, added, "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."

"We envision a future where mountain biking is at the center of healthy,

economically vibrant, and environmentally sustainable communities throughout Vermont, with well-planned, accessible, and progressive trail systems state-wide," VMBA states. "In pursuit of our vision, we work to ensure the sustainability of mountain biking in Vermont and thoughtfully promote exceptional riding experiences for all through advocacy, education, and community-driven stewardship."

VMBA defines success as:

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

trying to establish is community-supported stewardship," said Bennette. For more information, visit: VMBA.org.

"The model we're really

GRIP | 2025 Mountain Bike Guide 12

The cost per mile a to build a mountain bike trail in Vermont (\$7 to \$10 per foot or to \$30k-\$70K per mile)

\$5,000+

The cost per year to maintain each mile of trails (\$1-2 per foot or \$5,000 - \$10,000 annually for one mile of trail)



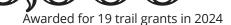
Miles of trail maintained by VMBA

Trail networks statewide

VMBA members

28 MTB chapters





More awarded for 2025 as of May 22

Future riders: Young and old Technology, terrain make riding accessible for all ages

Mountain biking is a versatile and rewarding activity that has increasingly included the very young and old as beginner trails proliferate and bike technology advances. The sport not only offers physical benefits, but also important mental health and social benefits.

Ben Colona, owner of Base Camp Bike & Ski in Killington and formerly the manager of the Killington Bike Park, is also the 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 for riders as young as 5 years old. The large tires of mountain bikes allow young riders to get a feel of the trails with increased stability and grip.

Some families aren't even waiting until their kids are 5 to get them going. There are now shotgun seats that fit just behind the handlebars of an adult bike for toddlers (18-months old and up) and bungee-style towing devices to help young children keep up or join in on longer rides.

Colona said the sport is fast-evolving, not only for young riders but new riders of all ages.

For kids, mountain biking helps develop coordination and confidence. For older adults, mountain biking can also help maintain fitness, strength, flexibility and balance.

"The trails have gotten more accessible and the bikes have gotten better," Colona explained.

Full-suspension bikes and ergonomic grips can increase comfort for older riders, too.

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

"There is amazing progress and it's happening," he said.

With the right approach, equipment, and attitude, mountain biking can provide lifelong benefits for both young and old, fostering physical health, mental well-being, as well as strong family connections.



Courtesy Kids Ride Shotgun Shotgun seats let kids as young as 18-months to join in on family trail rides.



EverWildVisualResearch Quinn Uva captained the varstiy team last fall.

Woodstock debuted varsity mountain bike team

First public school in Vt to offer mtb as a varsity sport

Mountain biking was such a popular club sport at Woodstock Union High School that it's been elevated to a varsity sport— the only public school varsity mountain biking team in the state.

"They're very serious athletes competing at some of the top national levels," said Matt Stout, a member of the Woodstock Area Mountain Bike Association (WAMBA).

The varsity level recognition allows the team to have more funding and opportunities, explained Woodstock mountain bike coach Todd Uva. "It finally gives us a budget," Uva said. "We've been operating for a number of years with no budget and no transportation."

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.

"I'm just a lover of cycling," Uva said.

"I wanted to share this passion with adolescents."

When the club team debuted there were 13 riders but had grown to 33 athletes before becoming a varsity sport. Its first year as a varsity sport, 43 students joined making it one of the largest programs in the school.

Quinn Uva, coach Uva's son, was the first captain of the Woodstock Varsity Mountain bike team last fall, his senior year. Quinn Uva has podiumed in race circuits across the northeast throughout his teenage years often besting riders with many more years under their belts!

Quinn and Todd Uva are continuing to develop the sport in Woodstock. This summer they're helping to debut a new event: the Triple Crown Throwdown, Aug. 17. (See page 21.)

Like other varsity sports, the Woodstock team will start preseason in August and continue until the championship race in October.



Divas of Dirt meet Fridays from 3-5 p.m. at Killington Resort. Ladies only! Riders can join for one ride or the whole season of fun, learning and laughs.

Calling all ladies to the Divas of Dirt Group rides foster camaraderie, confidence while learning news skills

By Polly Mikula

"Whether you're just starting out or have years on the trail, this program is all about riding together, building confidence, and sharing a passion for the sport," Killington Resort states on its website.

The group rides focus on learning and practicing skills in a supportive and fun environment. Skills covered include: body position, visual skills, braking, balance, cornering, off-camber work, rock gardens, high speed cornering, descents, drops and other skills, based on group needs/interest and time.

"The women there are so incredible," said Ali Hannon, from Chittenden. "They're really inspirational and they take the time to answer all of your questions. It's such a range of ages and abilities. I typically ride with all men... I was able to go down my first black diamond bike trail with Divas of Dirt because they showed me that I could set my it leveled the playing field. Watching women 1-2 decades older and younger than me was like being in an intergenerational emotional support group but for downhilling," she said. This year marks the ninth

"Watching women 1-2 decades older and younger than me was like being in an intergenerational emotional support group but for downhilling," Hannon said.

own line and navigate harder terrain by planning for smaller sections of the trail. Being in a group of women led by women reduced the stress I had about performance and it felt like summer for the successful women's program. It began in 2016 when downhill/enduro pro racer Amy Alton partnered with Killington Resort and launched "Divas of Dirt Gravity Camp." While the program has changed over the years, it has always been committed to fostering camaraderie and confidence while learning new skills in a supportive, welcoming environment.

Divas of Dirt is open to all women age 18-plus. Preregistration is required as space is limited to 20 riders per session. The sessions are 2-hours long (3-5 p.m.) on Fridays from June through September (June 27; July 11, 18, 25; Aug. 1, 8, 15, 22; Sept. 5, 2025). Participants can choose to sign up for a single session (\$20) or join for the season (\$99).

Rentals and lift access are also required to participate (discounts offered for those without equipment or a pass).

Weekly mountain bike group rides

Rides for all abilities and ages

KILLINGTON

Base Camp Group Ride, Saturdays

A free group ride departs at 8 a.m. at Base Camp Bike & Ski at the intersection of Route 4 and Killington Road in Killington. The ride is for intermediate to advanced riders and will be 1.5-2 hours long. Trails will include Base Camp/Sherburne, and Gifford Woods trail networks. Visit: basecampvt.com.

Women's Clinic, every other Thursday

Ride with other women in a supportive, skill-building group led by local pro Ashley Sterns every other Thursday at 5 p.m. July through August. The program is offered from Base Camp Bike & Ski and is free and open to women riders of all abilities. Visit: basecampvt.com.

Divas of Dirt, Killington, Fridays

Female mountain bikers of all ability levels are invited to share their passion for downhill riding and meet like-minded riders during a series of free Friday night group rides at Killington Resort from 3-5 p.m. Fridays on June 27; July 11, 18, 25; Aug. 1, 8, 15, 22; and final day Sept. 5. Registration is required as it's capped at 20 riders. Visit: Killington.com.

Fun Kids' skill building, Saturdays

Base Camp Bike & Ski offers a skill building program for young riders at 10 a.m. at the shop. The program is free. Visit: basecampvt.com.

POULTNEY

Slate Valley Women's Ride, Wednesdays

Wednesdays, June 4- Aug. 27, women riders meet at the Lake St. Catherine Country Club (2725 Route 30) in Poultney for a weekly Women's Mountain Bike Group Ride. This is a no-drop ride and all are welcome. Arrive at 5:30 p.m. 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: beginner or intermediate/ advanced to be able to accommodate any rider of varying pace and experience. Bring plenty of water, snacks, and an after ride beverage. Visit: slatevalleytrails.org/calendar.

Porcupine & SVT Group Ride, Fridays

Fridays, June 6-Aug. 29. Join Slate Valley Trails and Porcupine Bikes (Main St., Poultney) for the Friday Night Trail Ride series. Most rides leave from the Lake St. Catherine Country Club (2725 Route 30) in Poultney (check calendar for weekly locations). Rides start at 6 p.m. sharp — be ready for kickstands up! All ability levels are welcome. Roughly once a month, the Trail House 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). Visit: slatevalleytrails.org/calendar.



💼 Killington Resort

ROCHESTER

Ridgeline Outdoor Collective Women's Ride, Thursdays

Open to all women and non-binary and gender-expansive riders of all abilities looking to explore trails in the Randolph and Rochester area. It's a fun and supportive group. Weekly run May - October. Check the calendar for the location each week. Visit: RidgelineOutdoorCollective.org.

WOODSTOCK

WAMBA Group Ride, Thursdays

Come one, come all! Join WAMBA members for a weekly, nodrop 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. 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. Visit: mtbwoodstock.com.

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. Rides begin at 6 p.m. sharp and usually go 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. Visit: mtbwoodstock.com.

Youth Ride, Mondays

WAMBA will be offering a youth girl's ride and a coed ride on Mondays throughout the summer June-August 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.) Visit: mtbwoodstock.com.



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は 「 *G R I P* | 2025 Mountain Bike Guide

Local mountain bike events

The Prouty, Hanover, N.H.

July 12

Enjoy some of the best single and double track traveling through the Oak Hill and Trescott Lands trails. Riders can choose between a novice/intermediate 8-mile loop or an intermediate/advanced 17-mile loop with 1,100 and 2,400 feet of climbing respectively. A rider-led staggered start will launch in three waves. The race is part of 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 services at Dartmouth Cancer Center.

Visit: Tinyurl.com/ProutyNH

Slate Valley Epic, Poultney

July 19

The Slate Valley Epic is a 40+ mile, 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 fifth 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. Race starts at 7:30 a.m. and all racers are expected to complete by 4 p.m. Debuting this year: a relay option! (Teams of two only).

Visit: slatevalleytrails.org/event

Maxxis Eastern States Cup: Enduro ¢ Downhill, Killington

July 19-20

The Thule Showdown weekend of the Maxxis Eastern States Cup 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.

Visit: EasternStatesCup.com

Flow State MTB Festival, Ascutney

July 25-27

It's 3 days of peace, love & dirt in the heart of Vermont! Celebrate all things mtb at the fourth 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."

Visit: Flowstatemtbsestival.com

Tour De Slate, Middletown Springs Aug. 2

Tour de Slate "ride to end addiction" is a bicycle ride that raises funds for Adult and Teen Challenge Vt. The tour is made up of six different routes designed to provide an enjoyable ride for all levels. For avid road cyclists there is the metric century (100km, 63.4 mile, then there is a 36 mile route, a 25 mile route or a family ride 8 miles on the Delaware and Hudson Rail Trail.

Visit: Tourdeslate.org

Slab City Trail Challenge, Randolph

Aug. 2

Riders will tackle a distance of approximately 20 miles, primarily on single track trails. This annual fundraiser for the Ridgeline Outdoor Collective's Youth Program will take you through the Randolph area trail network. Limited to 200 riders. Visit: ridgelineoutdoorcollective.org

Asit: hagelineoutdoorcollective.org

Grateful Gravel, Waitsfield

Aug. 2

Aug. 24

Head to Mount Ellen at Sugarbush for a range of killer ride options from super chill to unspeakable suffering, then enjoy a full re-creation of a classic Dead show. There will be a Friday night preparty to get stoked for Saturday's ride and show. Event is hosted by the Mad River Riders.

Visit: Madriverriders.org

Triple Crown Throwdown, Pomfret Aug. 17

The Woodstock Triple Crown Throwdown is a new event this year featuring an unparalleled adventure to support Woodstock area trails with a test of endurance in a 38-mile, 5,000 foot elevation race. The course will span three trail networks and include three crosscountry "Superstages" and three Enduro "Substages." All proceeds fund ongoing trail work and future projects at Woodstock Area Mountain Bike Association (WAMBA).

Visit: mtbwoodstock.com/triple-crown-throwdown

The Vermont Overland,

Reading/West Windsor

The Overland is a 55-mile dirt road 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, starting at 9 a.m. Open dirt roads, amazing scenery and an epic course through a Vermont pastoral setting. Race is limited to 1,000 riders. The ride benefits the Reading/West Windsor Food Shelf, Ascutney Outdoors and WAMBA.

Visit: Vermontoverland.com/overland

VMBA Days at Killington

Aug. 30 The VMBA Days series is coming back for its 4th season. This year on Aug. 30 at Killington there will be new-to-downhill group rides on lift-accessed trails at the resort as well as a new-to-Killington Resort group ride that shows people around VMBA ambassadors' favorite trails. VMBA members get a complimentary Killington mountain bike lift ticket voucher for the day of this event.

Visit: vmba.org/event

Season S'Ender, Pomfret

Sept. 21

For the third year in a row, VMBA is wrapping up the season with a day on the WAMBA trails! Head to Saskadena 6 in Pomfret.

Visit: mtbwoodstock.com/calendar





Askel Forsthuber (6) raced in the 2024 Fox U.S. Open with his mom, Lindsay.

Events, from page 18

Fox U.S. Open of Mountain Biking, Killington Sept. 25-28

The Fox U.S. Open of Mountain Biking returns to Killington. 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. 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. Spectating is free. The bike park will remain open to the public during the event.

Visit: Killington.com

Vermont 50 Mountain Bike or Ultra Run, West Windsor

Sept. 28

The 32nd annual Vermont 50 is 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.

Visit: Vermont50.com

Killington host 10th annual weekly Bike Bum race series

Got plans Wednesday afternoon? Killington Mountain Bike Club riders do. From 2-5 p.m. they'll be racing at Killington Resort then celebrating together at an after party at various Killington restaurants. The local race series is all about fun and friendly competition and it's been going strong entering its 10th year this summer.

The season begins on June 18 and runs for 10 weeks, ending Aug. 20.

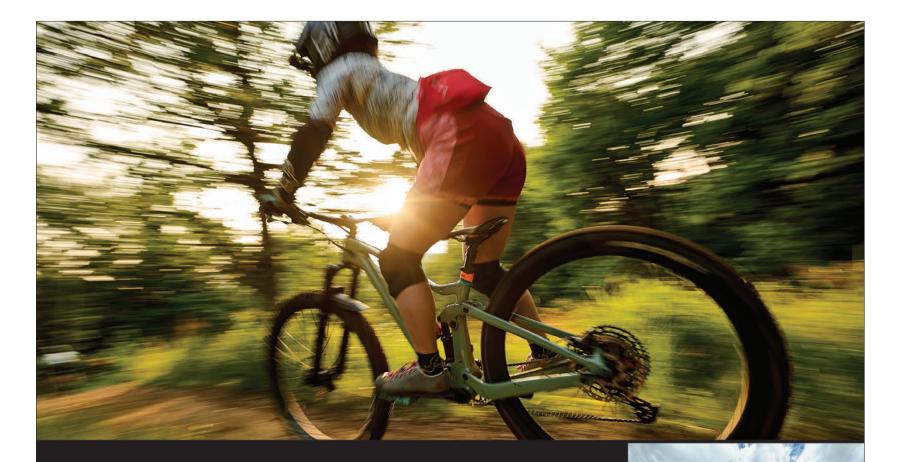
All racers must check in at the top of the race course before 4:30 p.m. each week in order to participate. Solo racers (\$50) or teams (\$200) with up to five people can register. Individuals may enter a single race (\$20). Dayof registration takes place at the start gate. (Killington resort lift pass required.)

Bike Bum is a fundraising event for the Killington Mountain Bike Club and all proceeds go directly towards building new bike trails and trail maintenance.

Riders race in divisions by gender and age starting with 10 & under and going up to 60+. Each rider gets one timed run each week.

All races are held on Rabbit Hole at Snowshed, an intermediate trail that's fast and flowy with some small doubles and gaps that will challenges rider's skills. The trail is accessed via the Snowshed Express lift.

For more information, visit: KillingtonMountainBikeClub. org/bike-bum.



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

It's a bunch of other stuff too.





WAMBA debuts Triple Crown Throwdown

1-day, 3-trail networks: New marathon mountain bike event sends riders on single-track stage race

By Polly Mikula

Mountain biking events are growing with the popularity of the sport. But new largescale events require a huge amount of logistic coordination and manpower — creating one that spans the town of Woodstock connecting three trail networks for hundreds of mountain bikers is certainly a big feat. But that's exactly what the Woodstock Area Mountain Bike Association (WAMBA) is doing Sunday, Aug. 17 with the debut of the Triple Crown Throwdown.

The event will replace the Eastern States Cup, which the association supported in past years.

"The whole board was behind the idea of doing our own fundraising event, instead," said Quinn Uva, the race director. "My dad [Todd Uva, coach of Woodstock's varsity mtb team and an active WAMBA member] mentioned: 'How do we work with the flow of the town without disrupting the lively atmosphere of Woodstock and put on a fun event?' So I was like, 'Well, why don't we just do it as a one day stage race?' So then I pitched that to the board and then got named race director."

All proceeds from the Triple Crown Throwdown will fund ongoing trail work and future projects at WAMBA.

The event will be headquartered at Saskadena Six (247 Stage Road, South Pomfret). Racers will begin by riding to Mount Peg for the first stage, then to the Aqueduct Trails, then back to race Saskadena.

The total distance is about 38 miles, which includes the road transfers. About 24 miles of it will be timed riding on single track, Uva explained.

"It's essentially three back-to-back crosscountry races," said Uva. "Plus, it combines enduro segments."

"There is no event like this," said Uva. "Nobody really does mountain bike stage races anymore. They were a thing at one point and now we're kind of (hopefully) trying to bring this back... we hope to get a good crowd, and then next year we can expand," Uva said.

Racers will be timed from start to finish at each of the three crosscountry networks (superstages) as well as separately for a downhill portion within each of those legs (enduro substages).

"If you don't like going fast downhill, you can just focus on the crosscounty segments," said Uva. "But, on the other side, a lot of people may not be quite as big into crosscountry and just want to rip the Enduro portion. That's cool, too. We'll have a separate podium just for the three enduro segments... but all participants must ride all segments. Whatever you choose to focus on, you're still doing 38 miles and 5,000 vertical."

Uva estimated that the top riders will complete the event in under 4 hours. "I think it's possible someone could do it in the low 3-hour range, but they would have to be moving, like full gas the whole

time. It's hard for me to gauge because there's a lot of winding around so as not to cross paths with other racers. It's an all-day adventure for sure," Uva said, adding, "In the next couple of weeks I'm going to do it myself. Obviously, as the race director, I

can't race my own

race, so I'm going to do it solo, to just see."

Uva just finished his senior year at Woodstock High School where he was a captain of the varsity mountain bike team. In the fall, he will attend Saint Michael's College to study mechanical engineering and physics. He will also continue to compete mountain biking as well as race on the NCAA Nordic Ski Team. In addition to preparing for the Triple Crown Throwdown this summer, Uva is racing the RaceDay XC Series. He plans to go to the crosscountry nationals in mid-July, where he will race both XCO and marathon championships as a first-year U23.

An endurance test; e-bikes welcome

Uva and the WAMBA board hope the new event will attract riders of all abilities, not just elite racers.

"Anyone who feels confident in their MTB skills could do it," said Uva. "All features have ride-arounds. All of the trails are certainly rideable by intermediates and up."

While the race does have a junior (under 18) category of entry, "It's probably too long for most young kids," Uva said. "I would guess that there are some kids in the Vermont Youth Cycling League that'll do it. If you're a high school 'A' rider you're going to do it okay. Or even some of our 8th graders on the mountain bike team — some of those guys have done the Vermont 50 and the Overland before, which is probably just about the same amount of time on a bike," he said referring to two long-established mountain bike events that are 50 miles and 55 miles, respectively.

For those that want to enter the event but are unsure they have the endurance, Uva strongly recommends



Quinn Uva, varsity captain and race director of the new event.

e-biking. "We're definitely super welcoming to e- bikes. I want to make that clear. We hope it'll allow more people to participate, and they can use as much or as little pedal-assist as they need," he said.

WAMBA has not set a cap on entries but might

if registration gets too high. "We don't have a particular cap, per se, but I think there's a limit to how much we could actually handle," Uva explained. "Like 500 would be insane. I think we'll probably have a loose cap at around 200 to 300 riders."

WAMBA

Many well-established races in Vermont, like the Vermont Overland and Vermont 50, sell out quickly.

To encourage early registration there was early bird pricing of \$95 for open adult categories through June 17. After that the price increased to \$135 and \$70 for juniors. Registration includes food provided by Ranch Camp and beer from Long Trail Brewery.

The price for this event is less than other long-distance races like the Vermont 50 (starting at \$190) or Vermont Overland (\$208), but slightly more than the Slate Valley Epic (\$100). But most importantly, it's a fundraiser for the local trails.

"The average entry for a mountain bike marathon event is in the \$150 to \$200 range," said Uva. "We didn't want to make it too crazy so that we could get more participation."

Getting a good turnout is the primary goal for the first year of the event. "We wanted to create a really fun community event that is also a fundraiser," Uva said. "If you want to race it, it's a race, but it's really a fundraiser and just a really good time."

For more information, visit: mtbwoodstock. com/triple-crown-throwdown.

U.S. Open: Racing through the forest and throwing tricks high in the sky Killington hosts big mountain bike party Sept. 25-28

The Fox US Open of Mountain Biking returns again to Killington Resort on Sept. 25-28. Professional and amateur athletes from around the world will compete in the Open Class Downhill for one of the largest cash purses in racing.

As always, the Fox U.S. Open also offers amateur racing classes in Downhill and Dual Slalom.

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 & under will also have their shot in the Next Gen Youth Downhill event, which offers categories for intermediate and expert racers.

Spectating is free, and approved areas of the Bike Park are open to the public during the event (access up the Ramshead chairlift for spectators will be available for purchase).

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

"The Vermont mountain bike community is unlike any other," Harper said. 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 in 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.

This year will mark the 22nd anniversary of the U.S. Open. Nina Hoffmann, who is the defending champion of the Women's Downhill at Killington three years running (2022-2024), is always excited for the event to be at Killington. "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 decorated German Downhill MTB Champ has her sights set on victory again this year. As a former track and field athlete, the discipline and competitive edge required to win were instilled in Hoffmann early on — and her determination transferred to riding. After her first five years racing at the World Cup-level, Hoffmann was already a household name having graced more podiums than most seasoned pros. And she shows no signs of stopping.

The Fox U.S. Open has long created opportunities for young athletes to strive toward, with a history of producing professional racers like Richie Rude and Neko Mulally, who competed as kids in the Downhill back in the mid 2000s. Asa Vermette also earned a podium finishes at the Killington Open Class Downhill when he was just 15 years old.

"The atmosphere at U.S. Open is great!" said Vermette. "The Dual

Slalom and the Best Whip were sick! The Downhill 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!"

> The most popular event of the weekend (especially for spectators) is the USO Best Whip contest — when riders huck themselves off a massive set of jumps carved into the Ramshead learn-to-ski area (between the magic

carpets). It's a premier viewing experience. This invitation-only 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 information, visit: USopen.bike.

By PJ Rice

Nina Hoffmann has won the Women's Downhill for the past three years at Killington, 2022, 2023 and 2024. Can she defend her title this year, too?



Killington Resort

Trail expansions, construction closures

Gravity logic is back at Killington Resort to help build new trail on Ramshead

Killington Resort filed an Act 250 permit with the state on May 6, 2025, for a new mountain bike trail.

It's an amendment to its existing permit "for the addition of a blue or intermediate level mountain biking trail within the existing Ramshead mountain bike trail network," according to the Act 250 application. "The trail will be lift serviced by the Ramshead ski lift and extend the length of the lift. The trail type is consistent with other single track flow trails in the network and will enhance the disbursement of rider trail density in this area. The trail has been designed to avoid delineated riparian and wetland impacts. The trail is partially located on our State leased land, Pico Pond leased land and KPSRP owned land," the permit states.

"It's currently in the permitting process and looking like it will be completed by the end of next season," said Brooke Geery, Killington Resort marketing specialist.

The resort is working again with Gravity Logic — whom it tapped for its massive five-year buildout of Snowshed and Ramshead 2018-2022 — on this new expansion.

Two years ago the resort had said the cost for the new trail would be about \$300,000. The work was first announced as part of the \$30 million upgrades the new independent owners planned to spend on improvements to the mountain.

The new trail will start at the top of the Ramshead head and snake down just north of Blue Magic on the far boundary for more than two miles, with an intermediate pitch, the resort stated. It will be mostly single track with a "narrower feel" than the nearby Blue Magic Trail.

The new Ramshead Trail will intersect with Blue Magic at several points, giving riders the option to easily switch between the trails, creating multiple different experiences on different laps. The trail will use natural terrain to create jumps and step downs, and will have wooden features including berms, diving boards and whale tails. Stay tuned!

New access for Sherburner awaits funding

The Pesky Cairn Connector Trail, which used to bypass the main entrance of Gifford Woods State Park and provided access to both the Pesky Cairn and Sherburner Trails has been closed forcing summer trail users to travel through the main park entrance and pay for entrance. Either State Park passes (seasonal or \$5/day) or

"We have the plans but now not the funding," said Ben Colona. Killington Mountain Bike Club (KMBC) membership are now required to travel through the fee-controlled area. The good news is that parking is included.

KMBC members must visit the Park office during business hours with proof of KMBC membership, either as a primary or add-on VMBA chapter (a screenshot

VMBA membership works great) to receive their Season Pass.

KMBC had a grant, permits and was working on engineering plans for a new trail connector that would provide access to the trails outside of the fee-controlled area of the Park and forego the need to enter through Gifford Woods. But the grant funding the project got canceled.

"Usually the permitting is the hardest part," said Ben Colona, president of KMBC and owner of Base Camp Bike & Ski. "We have the plans but now not the funding... It requires a bridge with a pretty big span across a river... The original quote was \$80,000, but that was a few years ago. It's probably double that today," he said.

Currently, there is no known timeline now for this project to be restarted, so this summer access to the popular Sherburner trail and Pesky Cairn will only be through the main entrance.

Pine Hill Park's Carriage Trail is closed this summer due to logging in Proctor

Due to logging on the 600 acres of Proctor Library lands, the Carriage Trail is closed from Resting Brook to Proctor. Pine Hill Park asks all riders to please respect this trail closure by staying off the trail.

Velomont trail network grows

The 485-mile route spanning the length of the state continues to be built out with local loops emerging along with overnight huts for riders

By Katy Savage

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

Now, 33 miles of continuous trail have been built. Of those, 30

miles are singletrack, and also suitable for adaptive use. Progress is ongoing: a new 0.8-mile segment in Randolph, called Sap Rise, was constructed by Apex Trailworks last fall, and a new 4-mile segment between West Hill Road and Bingo Road in Rochester is under construction this summer.

"This new segment will allow trail users to bypass a stretch of paved road along Route 73," McCusker said.

Improvements are also underway to Atlas Trail and Earl's Trail—both originally hand-built trails located on private land in Rochester—to meet sustainable trail standards and Velomont guidelines, as well as requirements for adaptive use.

"2025 will be a bit of a slower season on the trail construction front, but things have been very busy on the planning and permitting front," McCusker said. "If all goes well, we expect to see some significant on-the-ground additions in the next five years, which is super exciting!"

The cost to build the 33 miles of trail so far has totaled around \$851,000. Once complete, the project will span hundreds of acres of state and federal land, cross about 210 miles of private land, and provide an opportunity to conserve 214,000 acres surrounding the trail. It will connect 23 of the 28 Vermont Mountain Bike Association chapters and 27 communities. The trail will stretch from Massachusetts in the south to Canada in the north. A total of 30 to 45 new huts and five hostels are also planned to offer overnight accommodations along the trail.

A total of 30 to 45 new huts and five hostels are also planned. The Velomont Trail will offer a unique view into Vermont's terrain and pass through towns—potentially boosting local businesses, mountain biking leaders believe.

McCusker came up with the idea around 2016, realizing there was a gap. "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. He calls himself a late bloomer when it comes to mountain biking, which he started doing as cross-training for skiing.

"I got into mountain biking because you've got to do something in the summer," he said. In high school, McCusker rode the length of Vermont, biking about 200 miles on the road from Canada to the Massachusetts border.

He has a unique and authoritative understanding of Vermont's communities because of his work. For the past decade, he's worked for the state using GIS mapping software, which has taken him all over Vermont. He's also a member of the 251 Club—those who have visited all of Vermont's 251 towns.

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

The Velomont Trail Collective was officially formed in 2019. While Velomont continues to grow, RJ Thompson, the director of the Vermont Huts Association, holds a similar vision—to build a

> network of huts throughout the state. The association currently operates 16 huts. The long-term goal is to place a hut every 10 to 15 miles along the Velomont Trail, so users of all abilities can either traverse the 485-mile route in one extended trip or break it into smaller sections over time.

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

Thompson and McCusker quickly teamed up. Last year, their two nonprofits officially partnered to tackle the Velomont Trail together and formed Vermont Huts & Trails. They now share an office in Waterbury.

"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.

A new hostel, owned and operated by Vermont Huts & Trails, will be located in downtown Randolph across the street from the Gear House bike shop. It will serve as a key anchor along the trail, alongside Stable Inn in Rochester and Chittenden Brook Hut. Once complete... It will connect 23 of the 28 Vermont Mountain Bike Association chapters and 27 communities.

Each hut is about 512 square feet and costs between \$125,000 and \$250,000 to build. They can typically sleep up to 10 people. Though each hut is slightly different, they are all off-grid, without plumbing. Each includes mattresses, a propane stovetop, a kitchenette, and a wood stove.

"I think the progress is incredible," Thompson said. "But it's not just the 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 this collective project this far."

The Catamount Trail Association, which maintains the 300-mile backcountry ski trail from Massachusetts to Quebec, has helped identify trail segments that could be upgraded for year-round use and has provided resources, access, and contacts to improve trail tread. Vermont Adaptive has offered critical input on adaptivefriendly trail design, including insights to make huts not just ADA accessible, but what Thompson calls "ADA awesome."

For Thompson, what makes the Velomont Trail exciting is that it's led by people who simply love 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 local chapters are also working to connect regional trail networks.



Ride hut-to-hut: Vermont debuts first long-distance, overnight trail loop

By Katy Savage

A new 38-mile backcountry trail connecting Rochester and Pittsfield is giving outdoor adventurers a unique way to experience Vermont's rugged terrain and its small-town charm.

The trail, called the Heart of the Greens Loop, opened last summer and it's the first completed segment of the Velomont Trail, a statewide 485-mile project aiming to connect the length of Vermont from Massachusetts to Canada via mountain bike-friendly trails with overnight huts along the way.

The loop weaves through public lands and historic logging routes offering a mix of singletrack (54%), gravel (27%), and pavement (19%). The trail is designed for multi-day trips on bike or foot, with backcountry huts and town stays available along the way.

One of the overnight options, the ADA-accessible Chittenden Brook Hut, is powered by solar and heated by woodstove. For those preferring indoor comforts, the loop's design intentionally connects to inns, B&Bs, and restaurants in surrounding communities.

Organizers say the loop is an investment in Vermont's rural economy and outdoor infrastructure. "This loop captures the Velomont vision and turns it into reality: connect rural communities to each other and to public open space via purposebuilt single track trails," the Ridgeline Outdoor Collective, one of several trail groups collaborating on the effort, said on its website.

See map of the Heart of the Greens Loop, page 64.



🞯 Vermont Huts & Trails

Chittenden Brook Hut is the original Vermont Huts & Trails backcountry accommodation. It's located deep in the Green Mountain National Forest (Route 73 and off Forest Road 45) yet conveniently reachable by bike (or car) in the summer or by a 2-mile ski/hike in the winter. Just steps away from the Velomont Trail and the Long Trail, as well as managed backcountry skiing zones. There is no running water. The hut sleeps 10 guests with eight mattresses total (six twins and two doubles). Summer rates (mid-April – mid-Oct.) are \$99/weekday night and \$119/weekend night. Bookings are for exclusive use of the hut; prices will not change based on group size.



Velomont Trail, from page 24

Nick Bennette became the 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 because of the Velomont.

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

But at first, he was overwhelmed.

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

Having ridden extensively in other states, Bennette sees the potential of bringing something like the Velomont to Vermont.

"It could be one of the top trails in the nation," he said. "It could elevate the state's profile."

During the pandemic, Bennette—then an independent consultant—sold his house in Washington state and lived in a van for several months with his wife and son, visiting national parks. They were ultimately drawn to Vermont to be closer to his wife's parents. He recently bought a home 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's trail network

to Washington's. While Vermont's are smaller, they're tight-knit.

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

To help with funding, Vermont Huts & Trails will soon launch a Velomont capital campaign focused on central Vermont. The campaign will prioritize trail connectivity between Rochester and Randolph.

"Grants—especially federal ones—are a little harder to come by these days," McCusker said. "We've been so focused on what we haven't tackled yet that it's easy to forget what already exists," he added. "At times it can feel slow-going as we work through all the planning, permitting, and fundraising that needs to be done."

McCusker hopes to have most of the Velomont Trail completed within five years. But he knows the key to getting it done is people.

"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."

For more information, visit: vermonthuts.org.



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.

RIDE: Killington



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 in the past decade. 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.

The Killington Peak area is for advanced riders as it features classic New England singletrack with plenty of rocks and roots. The resort also offers a progression park, kids' strider park and a designated uphill route from K-1 to the Peak. 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 crosscountry flow trails are mostly machine-made, about 3 feet wide, and have fun features such as jumps, rock rolls, shallow river crossings and bermed turns. This network continues to improve as the networks have become increasingly connected. The popular Sherburner Trail at Gifford Woods has been a draw for riders near and far.

Trails from Base Camp and the Sherburne Trails are multiuse, free and open to the public. Trails from Gifford Woods require a state park pass (\$5/day) or proof of KMBC membership. 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 fourstories high with 42 obstacles to maneuver — it is hours of fun for daredevils, climbers and athletes of all ages (42 inches tall and up). Closed heel shoes are required.



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 farther north on Route 100. The boat launch is by the beach area. Go there at sunset and capture a stunning reflection. Enjoy the 4,241'view!

From the top of the K-1 Gondola, the summit of Killington Peak is a short 5-minute walk. Vermont's second highest mountain, Killington Peak is 4,241 feet above sea level. Enjoy the 360-degree views up the spine of the Green Mountains. It can be cold and windy up there so dress accordingly. It's a great spot for a picnic, too!

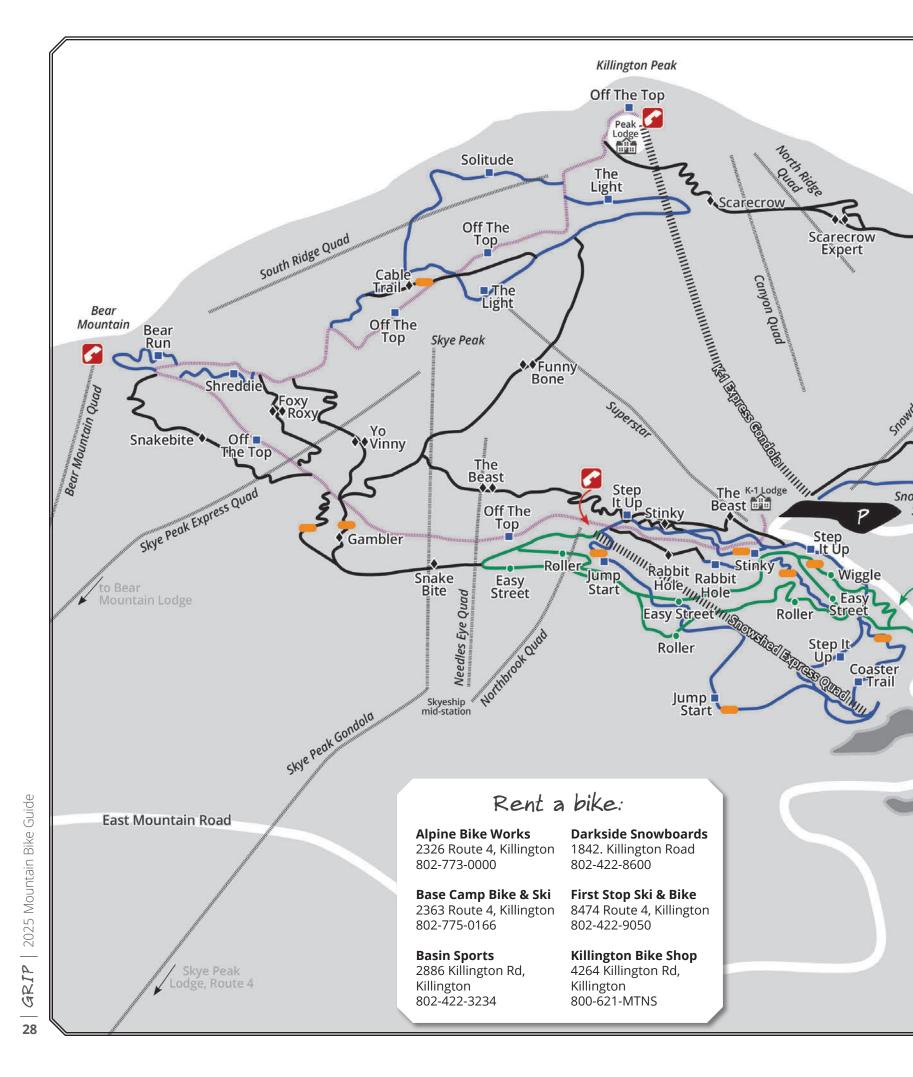


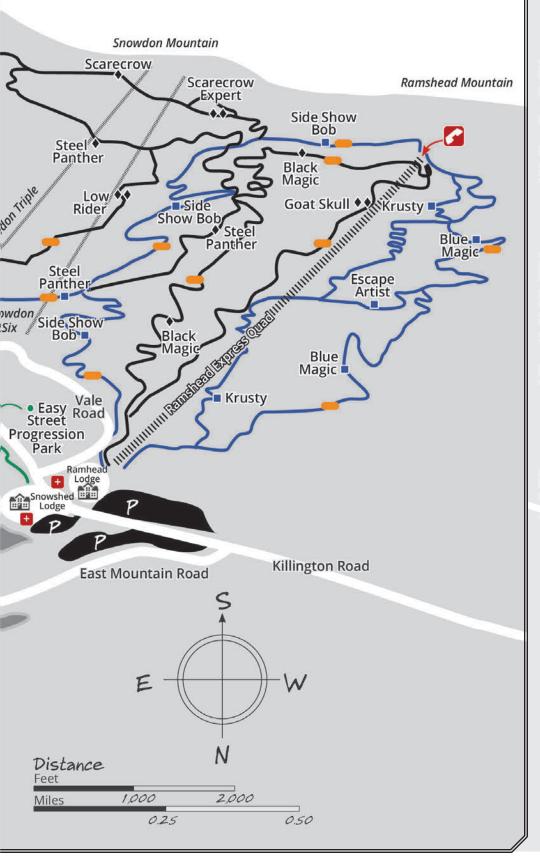
By Polly Mikula

Enjoy a slopeside 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. July 5-Sept. 6. Bring a lawn chair, a beach blanket and the whole family for this all ages event. On-site bar and BYOB area provided!

Killington Resort





Best ride to:

····· Start it

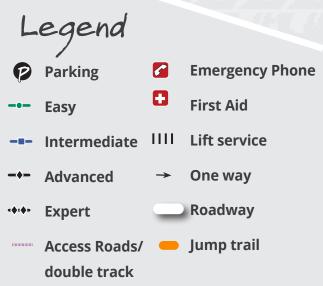
Easy Street and Wiggle Trails are recommended for first time mountain bikers — and those looking to warm up, get a feel for new rental equipment or just need a confidence boost! At the end of both runs hit the Easy Street Progression Park. There are three options that riders can lap for extra skills practice. 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 who like to play on berms and small jumps. Jump Start is also a great choice on Snowshed. On Ramshead, start with Blue Magic, a serious jumps trail where it's fairly common for riders to hit speeds of 20 mph and get big air. Side Show Bob is a good choice if you are looking for a flow trail with rollers and berms and no jumps.

···· Send it

The Cable Trail from the top of Killington Resort via the K-1 Gondola is a "must ride," as it's 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.



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

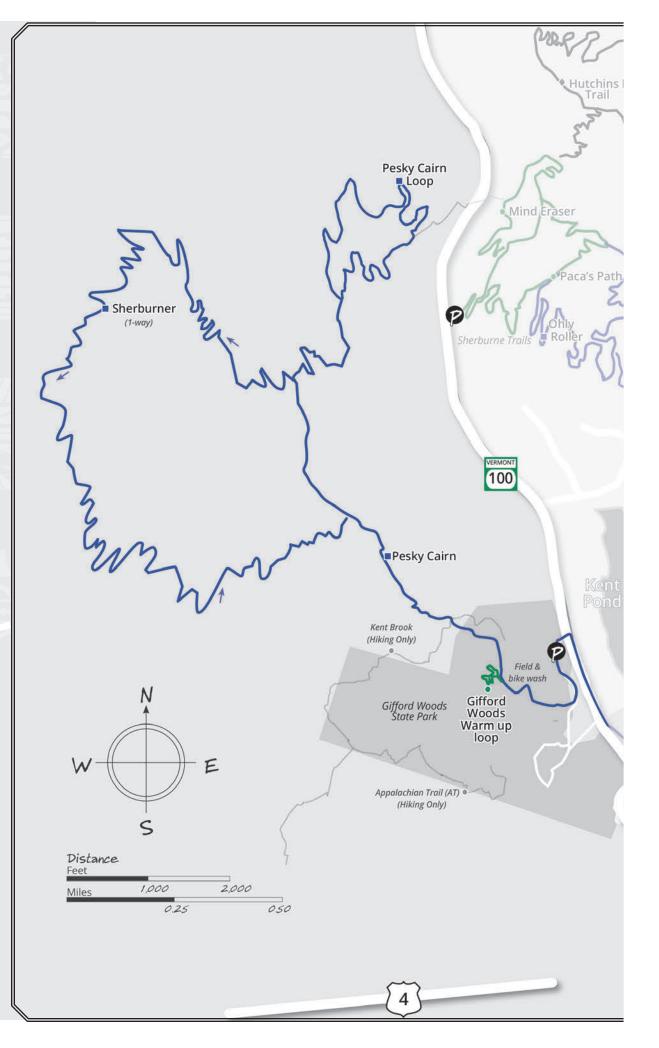
Head to the Sherburner (on the Gifford Woods side). It's simply the most popular pedal trail in the area — and for good reason! There's a series of 6-8 cardio-challenging switchbacks in the beginning to get you going. The flowy downhill ride make is all worth it!

···· Send it

Ride TBR to Betty Trail to Archie Baker if you are looking to challenge yourself on some tech 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
 - > One way





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

velco.com



Vertion less







TRIPLE



Stay Where the Trails Start

With over 170 miles of riding within 45 minutes, Killington has become a fourseason basecamp for serious riders and curious beginners alike. The Killington Group offers trail-close vacation rentals and local insights to make your ride smoother from first gear to après-bike.

Explore places to stay at



(802) 422-2300



Join us for this one of a kind event! 1 day, 3 trail networks, 3 XC "Superstages," and 3 Enduro "Substages."

CROWN

38 miles with approx. 5,000 feet of elevation Registration includes food and drink provided by Ranch Camp and Long Trail Brewery

SUNDAY, AUGUST 17, WOODSTOCK, VT

REGISTRATION AND INFORMATION (DISCOUNTED EARLY BIRD REGISTRATION ENDS ON JUNE 17)



Throwdown proceeds will fund ongoing trailwork and future projects at WAMBA.



RIDE: Rutland



Pine Hill Park & Redfield Trails

Pine Hill Park (PHP) offers 16 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

but for the summer of 2025 it's closed due to logging. 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 'easier way' to climb into the park is to ride the trails counter clockwise. Ride the park clockwise for a more aerobic challenge. Visit: pinehillpark.org.

While you're here ...



Catch a show!

Renowned for its classical exterior and its lavish Victorian opera house interior, the Paramount Theatre in downtown Rutland hosts a wide range of live performances and films. It serves as a vibrant center for arts, culture, and education, offering a diverse array of events with a seating capacity of 838.



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.

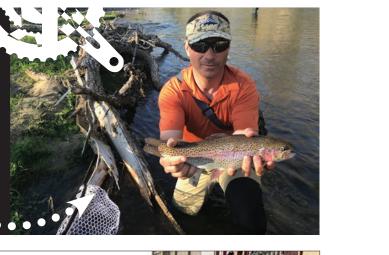
FRIDAY NIC

💿 Downtown Rutland Partnership

LIVE AUG 41

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.



Party in the streets downtown

Friday Night Live returns to the streets of downtown Rutland this summer on July 11 and Aug. 1. Head to Center Street between Merchants Row and Wales Street. Grab a bite at a local restaurant or from a food truck! These are always popular events for all ages with a large stage set up at the base of the road.

Best ride to:

····· Start it

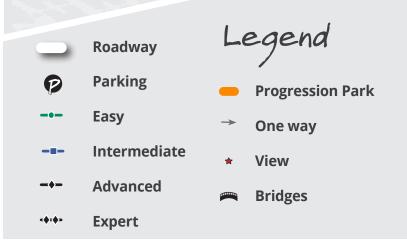
For a taste of flowy fun start on Escalator. At the wooden corral go right on Pond Rd, then right on Crusher Rd, left on Trillium and cross the Pond Rd to Svelte Tiger/Sisyphus. Continue straight on Sisyphus to Watkins Wood Rd. Right on Watkins Wood Rd to Droopy Muffin (int 22), left on Droopy Muffin to Santa's Little Helper (int 22A), left on Santa's to Jersey Turnpike (int 22b), left on Jersey to Annex (int 25A), left on Annex to Sore Elbow/Milk Run (int 36). Then take Milk Run to Maximum Capacity (int 38) to Watkins Wood Rd (int 20 again). End the ride down Furlough back to intersection 9 and out Exit Strategy.

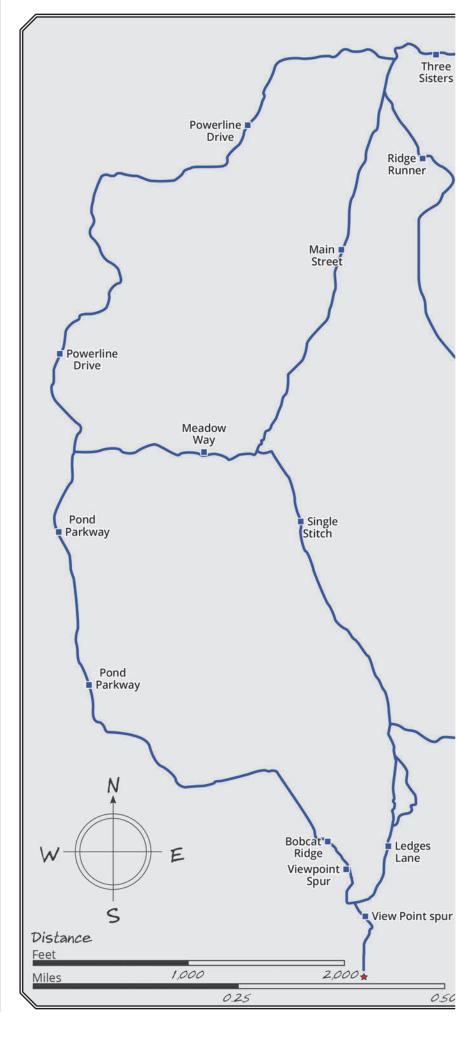
-- Feel it

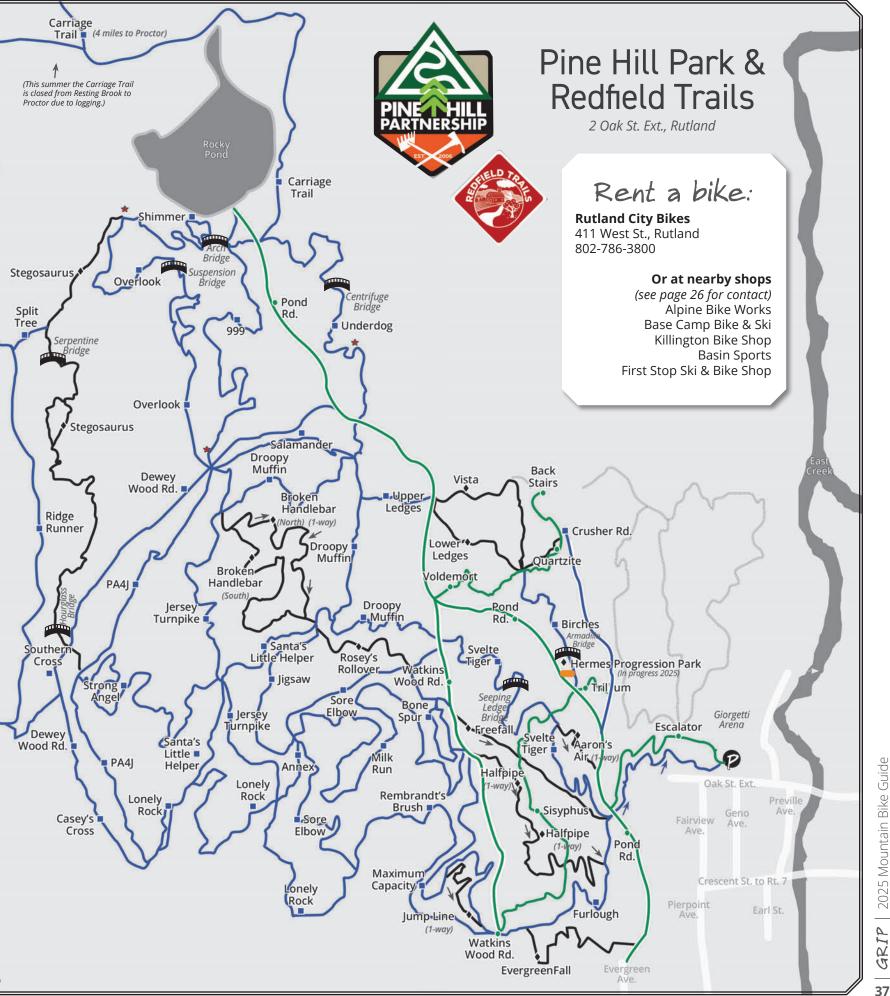
For a ride that gives you a taste of what Pine Hill Park has to offer, from short power climbs to fun flow. ... Start on Escalator to Svelte Tiger to Droopy Muffin to Underdog. Take a right off Underdog to Rocky Pond. Then take Shimmer over Arch Bridge and up to the Rocky Pond Overlook. Ride the Overlook trail to PA4J, which was recently refurbished by hand. Take a left on Strong Angel then Jersey Turnpike then Annex. At the top of the hill on Annex, turn right onto Milk Run for swoopy fun, then turn hard right onto Maximum Capacity for more flow. Then straight across Watkins Road to Furlough, which has two new big (optional) features, and out Exit Strategy.

···· Send it

For a challenging ride, follow the same ride as "feel it" to the Rocky Pond Overlook. From there, ride Stegosaurus (old-school rocky, with two significant bridges), then turn left on PA4J. Climb Droopy Muffin to Broken Handlebar. From here there are two options off Lunch Rock: a table top down into a freestyle trail called Broken Handlebar North, or a little more subdued Broken Handlebar South. Both trails come out at the same intersection. Ride Jigsaw to Milk Run to Upper Halfpipe then Lower Halfpipe, which has both flow and features. Then turn left on Furlough to Pond Road. From here, climb Svelte Tiger (left) to hit Aaron's Air. Back on Pond Rd to the exit.







2025 Mountain Bike Guide GRIP



Courtesy Ranch Camp

Rendering shows what the converted bank in East Woodstock will look like by summer's end when it opens as Ranch Camp, a hub for mountain bikers.

Ranch Camp to open in Woodstock

Known for its 'bikes, beers \$ burritos' new hub is 'like mtb base lodge'

By Polly Mikula

A new hub for mountain biking plans to open in the fall. Ranch Camp, a popular bike shop/restaurant/mountain bike hub in Stowe, plans to open a second location in East Woodstock village. Construction will be ongoing through the summer at the former Mascoma Bank at 431 Woodstock Road.

When asked: why Woodstock? Owner Nate Freund, who lives in Woodstock, answered simply: "It's really the riding community." Adding, "the trails are just so good here; the community is so strong. But it feels like there's a huge void not having a full brick-and-mortar bike shop. And as far as the restaurants go, there's a lot of variety, a lot of good food, but nothing exactly along the lines of what we do. We just felt there was a need for it."

"And, I can bike to work from my house!" said Freund of living locally.

As for the specific location, he said, "the East End of Woodstock and particularly the area around East End Park has been significantly underutilized in town for many years. Part of the town's initiative is to revitalize that area. There's a lot of potential there, the proximity to town, to the Mount Peg trails, as well as to the walking path by the river... It's the gateway of the town from the East, it's the first thing you see."

For mountain bikers, it's also less than a mile to the Mount Peg trail system - either via the Lincoln Street entrance or the Village Trail entrance. "I think it's less than a 6 minute ride to the trails," Freund said.

(Mount Peg has three entrances — the third is Knox Meadow off Route 106 South.)

Freund is joined by business partners Ryan Thibault and Evan Chismark, who together own Ranch Camp as well as The Backyard (another restaurant in Stowe located behind Ranch Camp). For the Woodstock branch they're bringing on a fourth partner: Brian Burchell.

"I've known Brian for a long time," Freund said. "Our kids did the Pico Ski Club together... we've been skiing and riding and friends for like 10 years."

"As friends, co-conspirators, and rabble rousers ...[the partners] share an addiction to all things mountain bike... As a full service bike shop coupled with a fast casual eatery and tap room, Ranch Camp is guite literally a mountain bike base lodge," the partners shared on the Ranch Camp website. "The team's vision for Ranch Camp has always been about more than just selling bikes and slinging beer; the collective aim is to utilize bicycles, food, and beer as a tool through which to build community, foster relationships new and old, all while providing a trailside meeting point where all are welcome and friendships are born."

Woodstock's Ranch Camp will be about the same size as the Stowe building approximately 3,700 square feet — but

"Woodstock has a larger covered outdoor seating area," Freund explained. "We're gonna put the outdoor seating underneath the roof of the bank's old drive-through," he said.

The bike shop will be located downstairs and will offer sales, repairs and modification to meet riders needs. Food will be served upstairs and outside.

The restaurant will be able to seat 50 inside with 25 more outside. It'll have a full bar and serve a variety of foods including bowls, burritos, sandwiches, creative appetizers, and some entrees. There are also lots of gluten free, vegan and vegetarian options as well as takeout, Freund said.

"It'll have healthy fare at affordable prices. We call our restaurant's style 'fresh casual,' we use fresh ingredients and we make the foods from scratch, and it's all at approachable prices," Freund said.

Ranch Camp will be open seven days a week, 11 a.m. to 9 p.m. as in Stowe.

"We're hoping to be open for the foliage season. And that's looking good," Freund said in an interview at the beginning of June.

"We're very excited and it's great to hear how excited the community is, too," Freund said. "We're just looking to serve the greater Woodstock community, to be a resource and fill in where we see a need. From the restaurant to the bike shop, we just want to provide a service that we think is amazing," Freund summarized.



Courtesy Ranch Camp Bowls, tacos are staple menu items.

Riders in the Mad River Valley have been draw to Mad Bush Falls Rider Outpost in Waitsfield ever since it opened in 2022.

MTB hub: Base Camp

Base Camp Bike and Ski, at the intersection of Routes 4 and 100 in Killington, is widely recognized as a central hub for mountain bikers in the region. It serves as a trailhead for the Base Camp Trails operated by the Killington Mountain Bike Club (KMBC) in addition to being a full service bike shop.

Ben Colona, owner of Base Camp Bike and Ski, is also a founding president of KMBC. His passion for riding goes well beyond business interests alone.

The shop is known for its welcoming atmosphere, knowledgeable staff,

repairs, Base C relax after craft be parking th o o file e

Colona rides with his daughter.

and support for riders of all abilities. Beyond gear and repairs, Base Camp fosters a social environment. Riders can relax after a day on the trails with a selection of local craft beers for sale in the shop. The presence of parking, a trail kiosk, and regular group rides—some of which have grown from small gatherings

to events with dozens of participants highlight Base Camp's role as a cornerstone of Killington's mountain biking culture.

Base Camp Bike and Ski is a vibrant hub for mountain bikers. With its prime location, extensive services, and deep community roots, it plays a key role in making Killington a destination for mountain biking enthusiasts of all ages and skill levels.

MTB hub: Mad Bush

Madbush Falls Riders Outpost was created expressly to celebrate its local trails, mountains, rivers, and incredible culture and community. It quickly established itself as a premier headquarters for mountain biking in Vermont's Mad River Valley, offering a unique blend of trailside access, community, and rider-focused amenities.

The lodge features a bike shop with rentals and gear, a guiding center, and a vibrant restaurant and bar, all designed with riders in mind. The community-built and maintained trails cater to every level, from flowy singletrack to technical challenges, and the on-site amenities—like a sauna, waterfall swimming hole, and bike wash—create a true basecamp experience. The inn's deep ties to the local biking scene and its celebration of Vermont's outdoor culture make it uniquely welcoming for both avid and aspiring mountain bikers.



Mad Bush Falls Two ride back to the lodge.

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!

Saskadena Six 247 Stage Rd, South Pomfret Ο

Aqueduct Off Cox District 🧿 Road, Woodstock

Mt. Peq Mt. Peg Road, Route 106 Woodstock

mpressive! 2024, WAMBA trails had 37,000 users

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

WAMB/

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. 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 comanaged by the Woodstock Area Mountain Bike Association and the Woodstock Inn and Resort. There are three access points: the easiest parking is off Route 106 at Knox Meadows, the popular Village Trail is accessed from Golf Ave (a relatively easy 1-mile ascent to the summit) and from Lincoln Street. All trails are open to the public and free to use. Visit: mtbwoodstock.com.

Saskadena Six

Get your downhill fix, while earning your berms by way of pedal Woodstock power. You'll find flowy Inn & Resort tracks, progressive



terrain, and features for all levels 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 open to the pubic and 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.



Ride to a sunset

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 visita. A fire atop the mountain makes for

a spectacular evening.

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.

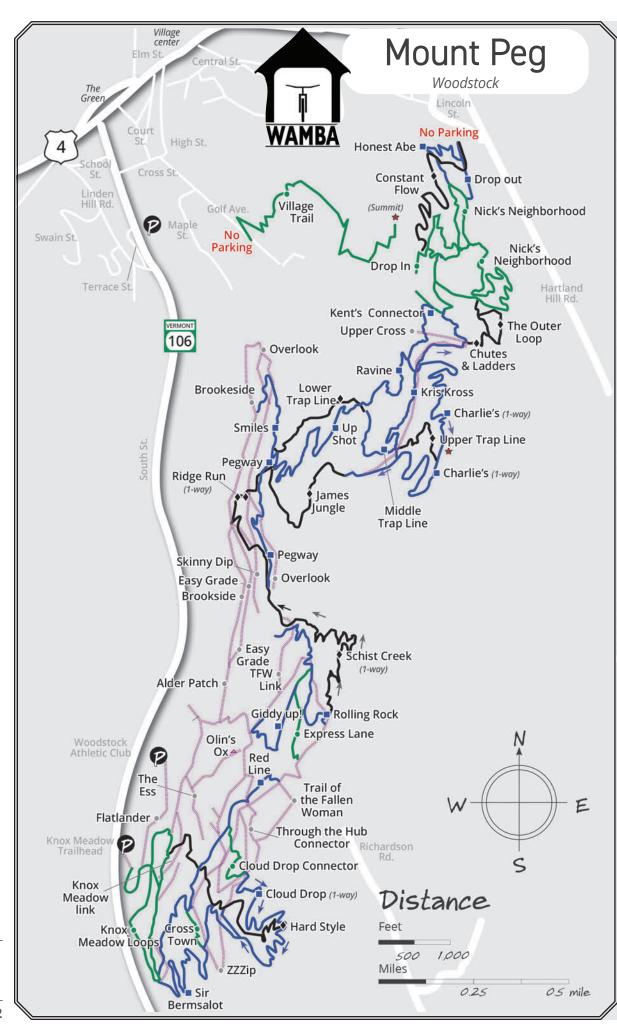


1015

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 ~~~~

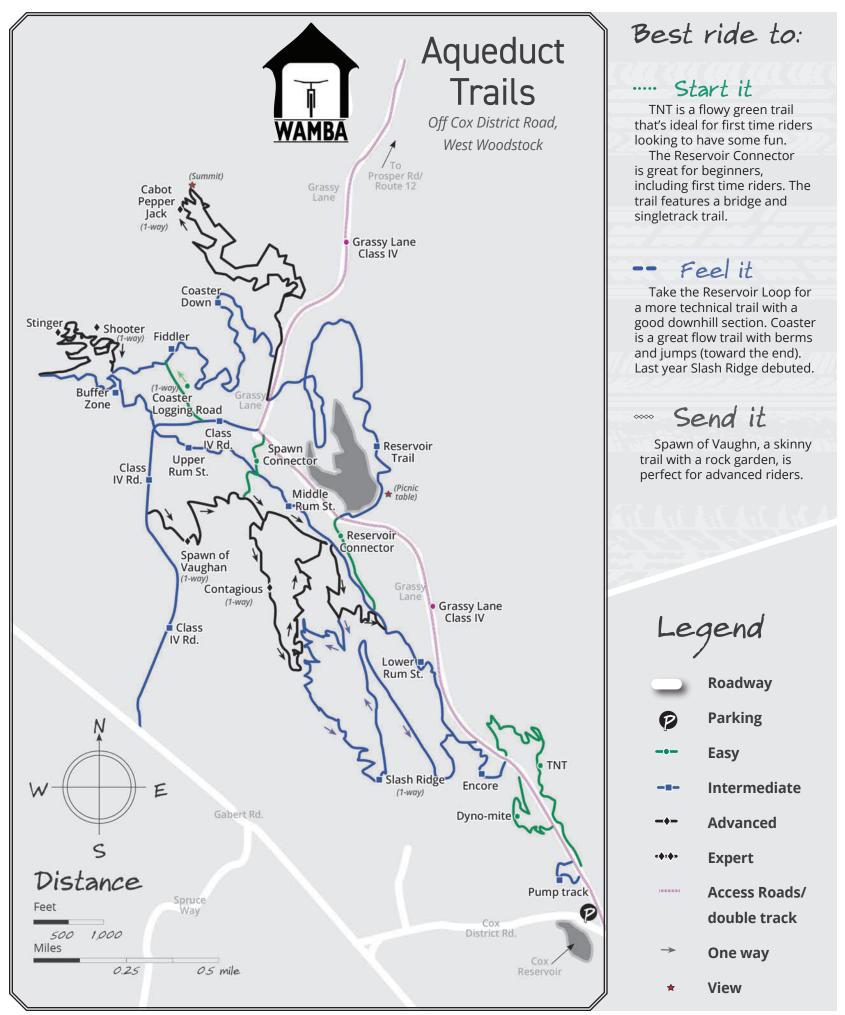
For an extra challenge take Upper Trap Line. The trail is linked by steep corners that are sure to throw you for a loop. Also check out Schist Creek, one of the newest enduro segments to be added to the Mt. Peg network. It features natural rock drops and steep narrow single track.

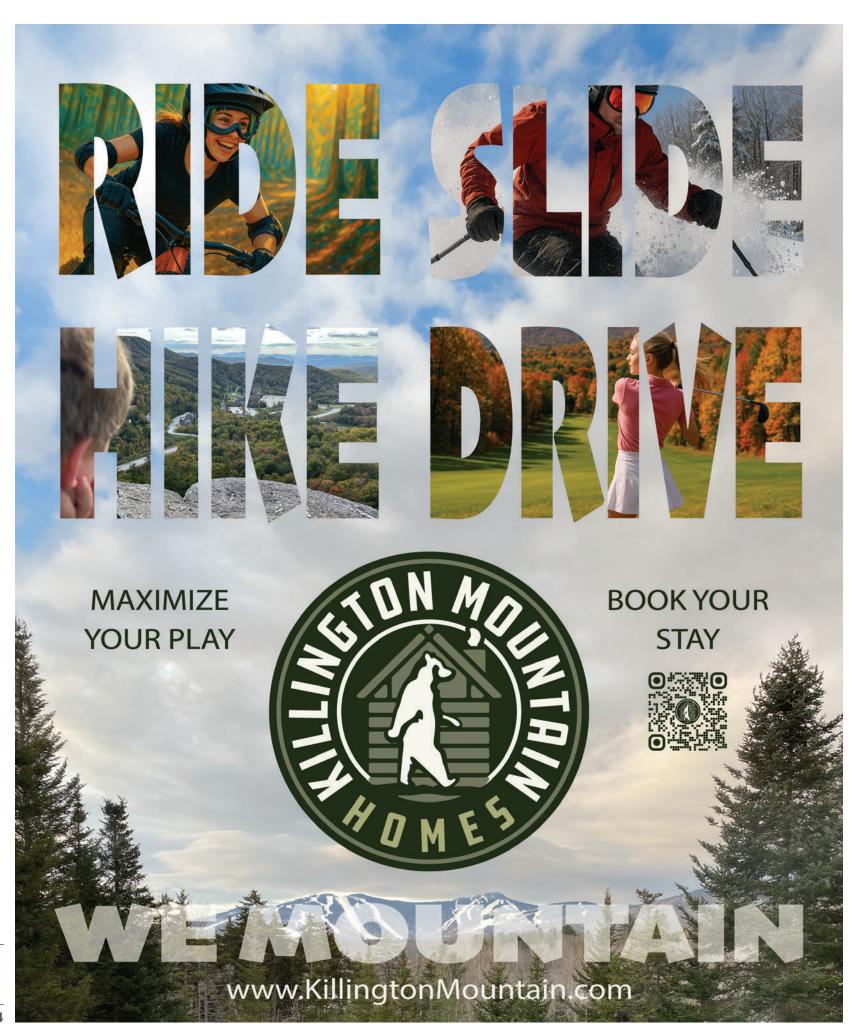
Rent a bike:

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

Woodstock Wheels 802-281-9012 (E-bikes only)

Ranch camp 431 Woodstock Road Ranchcampvt.com (Opening in the fall 2025)









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From backyard trails: Gavin Vaughn's path to shaping Woodtock's ride

By Katy Savage

Before Gavin Vaughn was the head trail builder for the Woodstock Area Mountain Bike Associ-

ation (WAMBA), he was just a kid digging in the dirt behind his house. Like many in the mountain biking world, his passion started early—and close to home. "I grew up with

bikes," Vaughn said. "I learned how to ride as a kid, but what really got me into mountain biking was my dad. He picked up a Specialized Stumpjumper in 1999. He was road cycling before and he started cross country mountain biking. I thought that was cool."

That early influence lit a fire. Vaughn dove into racing himself, starting with cross country events and gradually expanding his love for riding into a love for the trails themselves. Over time, what began as a thrill-seeking hobby evolved into something deeper—a connection with nature, a love for exploring new places, and a sense of belonging in the biking community.

"When I was younger, it was about the speed, the flow, the fun of flying downhill. I snowboarded a lot, too, so I loved that gravity-fed movement—just being pulled down the mountain," he said. "But as I got older, I started to appreciate just being outdoors, seeing new stuff through mountain biking. It's a really good community."

Vaughn started volunteering with WAMBA in 2016. By 2022, he had stepped into the role of head trail builder. These days, he's the one guiding the shape and feel of many of the public trails around Woodstock.

He still remembers the feeling of his first trail work projects.

"There's just something about it," he said. "The appreciation you

get from riders, seeing people get

stoked about something you helped create—that's really rewarding."

Although most of the trail system around Woodstock is now built out, Vaughn and the WAMBA crew are still hard at work, focusing on maintenance, improving drainage, and making trails more accessible.

Gavin Vaughn more accessible. One of his proudest recent projects was the transformation of two miles of old-school singletrack on the north end of Mount Peg.

"It was this narrow, rocky, rooty trail that had been there since WAMBA was founded," Vaughn said. "Last year, we came in with a two-ton mini excavator and turned it into a smoother, modern, fourfoot-wide trail that's much more beginner-friendly."

The trail is also being assessed in partnership with Vermont Adaptive to see if it meets standards for adaptive mountain biking, with potential for more accessibility improvements ahead. The feedback so far, Vaughn said, has been overwhelmingly positive.

"I've had mountain bikers tell me they got their spouses into riding because of that trail," he said.

While Vaughn appreciates the role of machines in modern trail work, his heart still lies in reading the land and finding the perfect line.

"I used to do cross country racing, but I really got into downhill," he said. "I don't mind climbing, but I like a natural, technical downhill. That's the stuff I like to build and ride myself."

At the same time, he admits there's a unique satisfaction in machine-built trails too.

"It's kind of like a video game," he said. "You're sitting in the machine, making shapes out of the earth."

Digging in: For Graham Farrington, building trail is a way of life

By Katy Savage

Graham Farrington first started building trails at 13 years old. He was a student in Woodstock with a bike and a shovel and he found joy in shaping the land behind his house into something rideable. It wasn't just about mountain biking. It was about being outside, touching the earth, and working with it.

"I really like moving dirt," he said. "When you're in high school, it's jumps, berms, and rollers—very feature-heavy. The trail behind my house had no dead space. There was always a turn or a drop or a jump. It was not boring."

Now 20, Farrington lives in Barnard and still spends his days outside. He's a part-time trail builder for the Woodstock Area Mountain Biking Association (WAMBA), helping maintain and shape the network of public trails that crisscross the region. He also works full-time doing high-end landscape construction, and picks up independent dirt-shaping jobs on Saturdays. Wherever he is, he's usually outdoors, working with soil.

"I kind of figured out that the dirt work—anywhere—and technical dirt work is my favorite," he said. "I do it for fun. I work on public trails, which are free to use, and tons of people ride them. The positive feedback means a lot. But also, just shaping dirt—getting it right, thinking about drainage, making sure it holds up—that's really satisfying."

Farrington doesn't design entire trails, but he's had his hands in many. On the Pepper Jack Trail—constructed with help of a grant from Cabot Cheese—he helped select features and elements that shaped its character.

"My favorite is when there's a transition from a high-speed, like from a flow section to a looser section," he said. "It's that shift from machine-built surface to rake-and-ride."

Farrington has a certificate in sustainable trail building from Vermont State University, which gave him a more formal understanding of the practices he was already doing by feel.

"I learned a lot of technical terms and exactly why we do everything," he said. "I had a lot of the practices down, but didn't really know the 'why' behind it."

What really drives him isn't just technique—it's the landscape. He lights up talking about natural features, like mounds left by fallen trees, and how to turn "dead space" into something interesting with a clever turn or a well-placed rock.

His path to trail building started with a decision to walk away from football in school. It was hard on his body, and mountain biking gave him something gentler but just as intense. He was part of the former highly competitive Woodstock Union High School mountain biking club. (Mountain biking has since become a varsity sport at the school.)

"That was the best decision I ever made," Farrington said. "All the jobs I have today, all the people, all the best friends I have, all came from that. Just because the mountain biking community is so strong."

Graham Farrington

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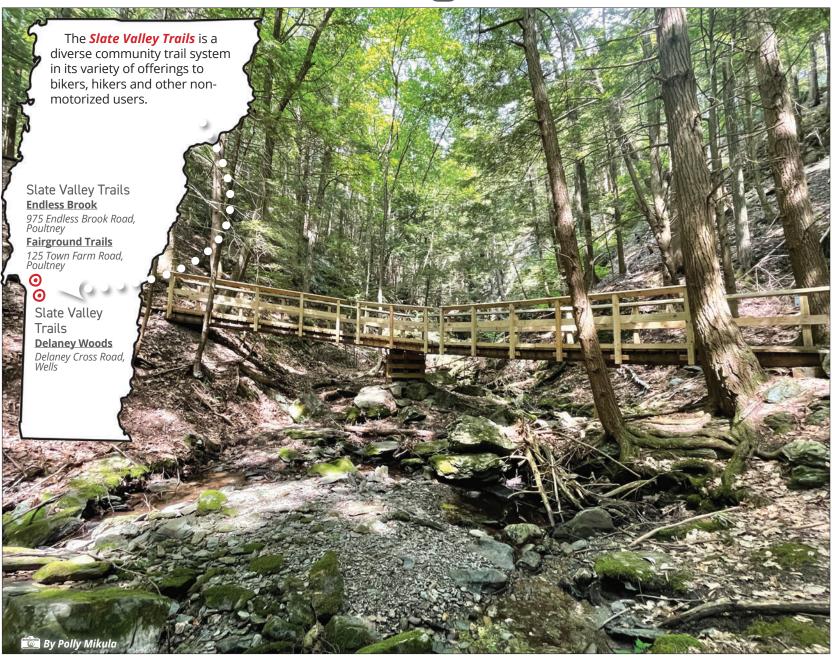
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RIDE: Poultney



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. Vermont State University-Castleton has 2 miles of trails. The Poultney River Loop has 3.3 miles and includes portions of the Delaware and Hudson (D&H) Rail Trail and a corridor bordering the Poultney Elementary School. Vermont

Slate Valley Trails



State University'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 nonmotorized 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 State¹ 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.



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.

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.

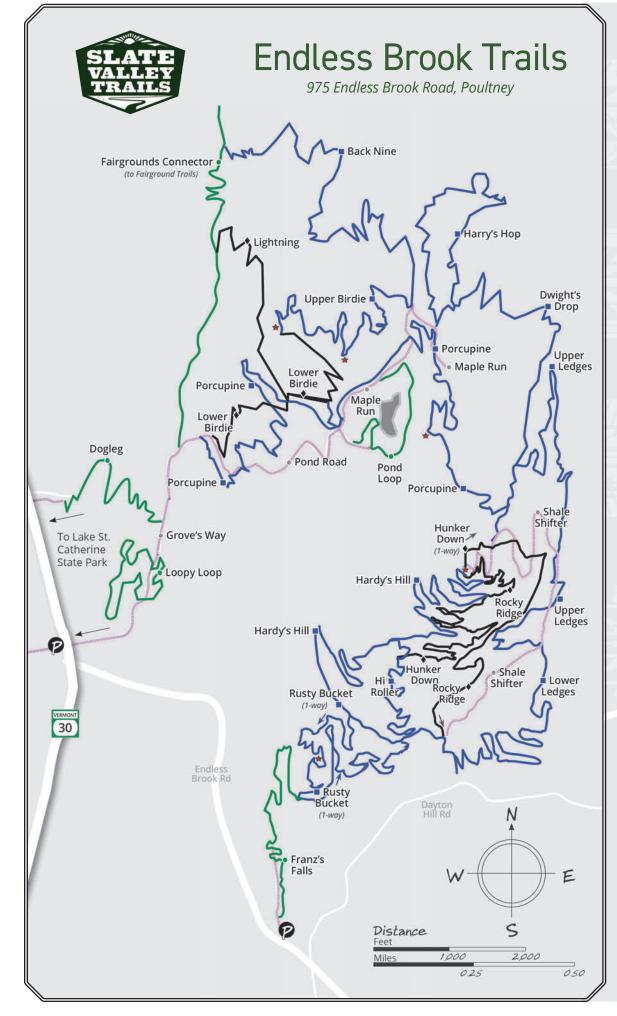


💼 Lake St. Catherine

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! Slate quarried in the northern section of the valley keeps its color when exposed to weathering, while some from the southern section is referred to as "fading." Visit Slate Quarry Park at 76 Main St.





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 outand-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

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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. 802-214-5400

**Porcupine Bikes** 144 Main St. Poultney, Vt. 802-884-8429

#### Best ride to:

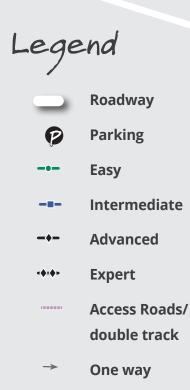
#### ····· Start it

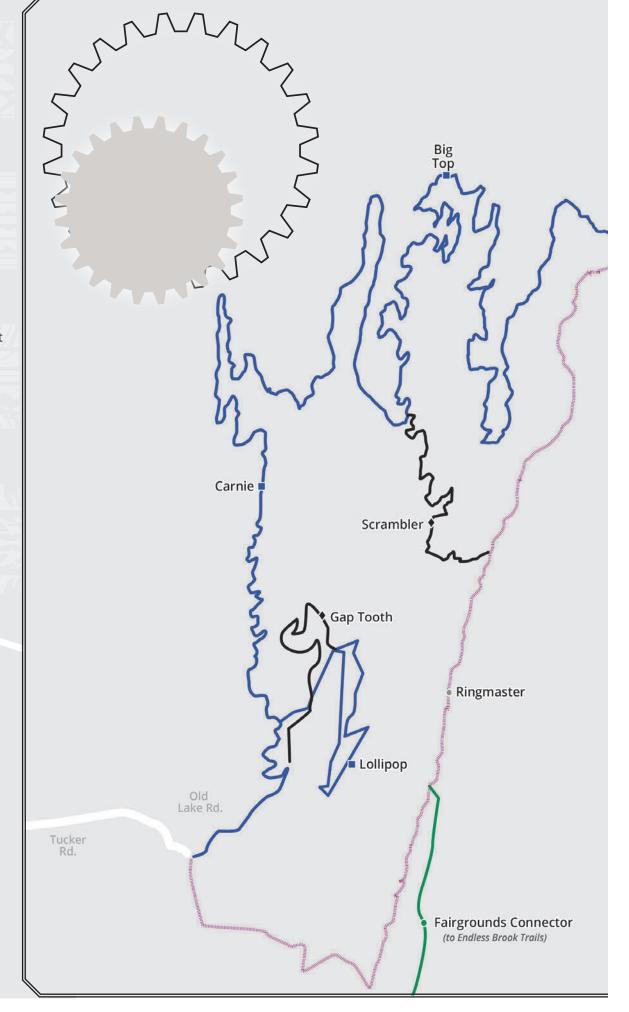
From the trailhead take Maple Sugar until you reach the doubletrack trail intersection to your left. Take that trail until you reach Cotton Candy to the right or Clown Shoes to the left — both are a little over a half mile back to the double track.

• Feel it Merry-Go-Round is a 1.6mile 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.

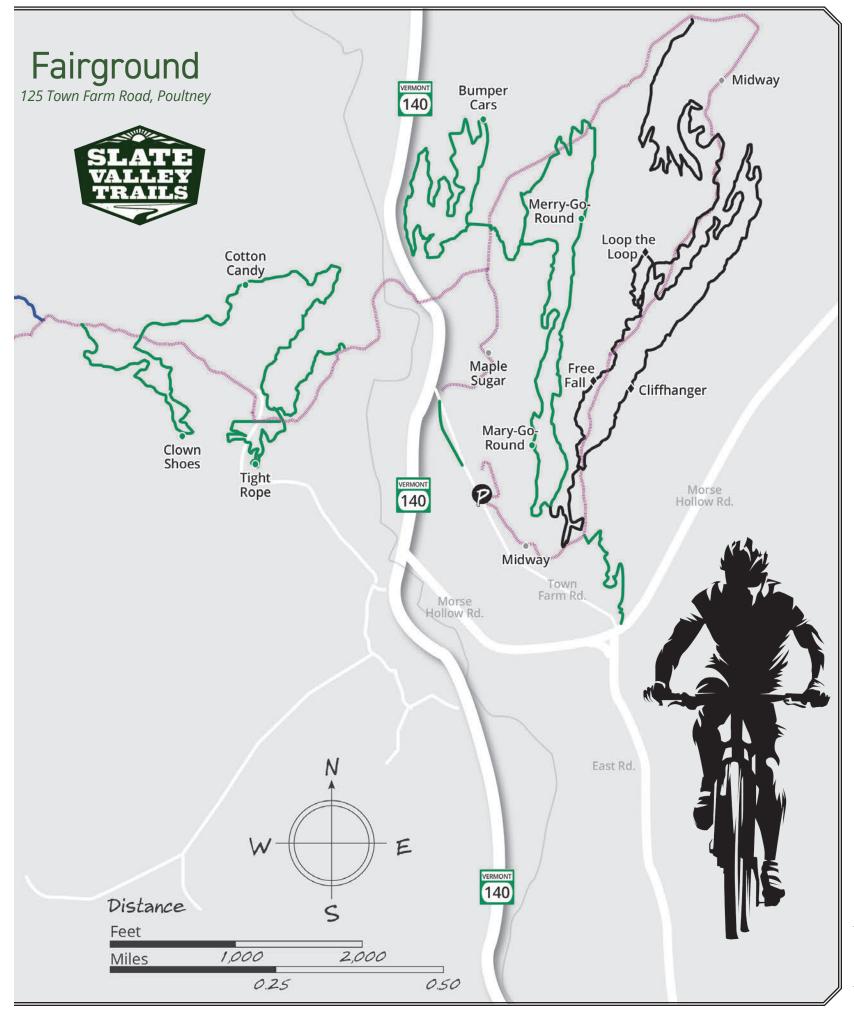
#### ···· Send it

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.





S | GRIP | 2025 Mountain Bike Guide





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# E-bikes allow riders to go farther

E-bikes, or electric bicycles, help riders enjoy cycling and travel longer distances by combining human pedaling with electric motor assistance. This hybrid approach addresses several common barriers to riding, making cycling more accessible and enjoyable for a wider range of people.

Here are a few benefits of pedal-assistance:

- Reduced physical barriers: E-bikes make cycling accessible to people who might find traditional bikes challenging due to low stamina, joint pain, heart conditions or other health factors. The pedal-assist feature provides extra power with each effort, so leg muscles don't have to do as much work to propel a rider forward. This allows people to keep riding even when they otherwise might have been too fatigued, making the sport more inclusive.
- 2. Longer rides: With the extra boost, e-bike riders can cover longer distances and tackle hilly or challenging terrain without becoming exhausted. This allows for more exploration, longer journeys, and the ability to enjoy scenic routes that might be too physically demanding on a traditional bike.
- 3. More enjoyable, consistent exercise: Because e-bikes reduce the strain and effort required, riders are more likely to stick with cycling as a regular activity. This consistency helps build endurance and overall fitness, while also making each ride more enjoyable and less daunting.
- Flexible assistance levels: Riders can adjust the level of motor assistance, choosing to pedal more for exercise or rely more on the motor for a relaxed ride. This flexibility means e-bikes can suit a wide range of fitness levels and preferences.

JT Look, a certified Yamaha Power-Assist Bicycles dealer and owner of Rutland City Bikes, said there's a lot for every level of rider to love about e-bikes, "You can go faster up hills and ride for longer," he said.

"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 just is amazing," Look added.

"I would say it's a misconception that this bike will make you lazy and not give you exercise," Look said, referencing a customer who maintained a heart rate of 160 beats per minute (bpm) on his e-bike compared to 170 bpm on his regular mountain bike.

#### How E-bikes work

E-bikes operate by combining traditional bicycle mechanics with an electric motor and battery system. The motor converts electrical energy from the rechargeable lithium-ion battery into mechanical power to assist with pedaling, which propels the bike forward with much more force than leg muscles alone. The pedal-assist controller manages how much power is delivered to the motor based on rider input from sensors (cadence or torque). The level of assistance can be adjusted via a handlebar display. When a rider starts pedaling, sensors signal the controller to activate the motor, providing assistance proportional to the pedaling effort.

Most e-bikes, like the Yamaha Power-Assist, will charge to 80% in 1 hour and be fully-charged in 3 hours. E-bike speeds tops out at about 20 mph. They can get about 30 miles on a full battery.

Overall, e-bikes can empower riders to enjoy cycling with less effort (if they so choose) and go farther with greater confidence thanks to the integration of electric power.

Cristina Kumka contributed to this reporting.

— By Zach Godwin/Killington Resort Emery Mikula, 15, smiles on her way by Snowshed Pond during an e-bike tour at Killington Resort, September 2023. 55



Ben Hannibal mountain bikes at Killington Resort with assistance from Vermont Adaptive.

## **Trails accessible for all abilities expand** Vermont Adaptive offers bikes, group rides on trails statewide

Vermont Adaptive Ski & Sport empowers individuals with disabilities by providing access and instruction to sports and recreational activities and aiding independence.

Vermont Adaptive has a fleet of over 50 mountain bikes — including 15 three-wheeled bikes and over 40 two-wheeled bikes — that help riders of all abilities enjoy both trail and lift-serve mountain biking.

"As mountain biking began to explode in the Northeast in 2017, Vermont Adaptive was the first adaptive sports organization to introduce and offer consistent adaptive mountain biking programs in New England," Vermont Adaptive states on its website.

"With the advances in mountain bike equipment for those in the adaptive mountain biking (aMTB) community, more and more athletes are able to access trail networks like never before," said Felicia Fowler, program manager at Vermont Adaptive, in a news release on the website. "Adjustments to existing trails are fairly simple but are an important improvement to create access for these bikes."

Trail assessments began in the late summer of 2020 at the Slate Valley Trails and Cady Hill Trails. Today, there's a statewide adaptive assessment program led by the Vermont Mountain Bike Association (VMBA) and supported in part with grant funding from the Kelly Brush Foundation (KBF). Vermont Adaptive programmers and athletes are part of the assessments and provide critical details and information for what is needed for trail work and adjustments.

"We work with experienced adaptive riders to determine what's needed. Is it a wider trail? A rebuild of a bridge? Changing the angle of a berm?" Fowler continued. "Small tweaks go a long way by simply analyzing gentle grades, more room for turning radius and wider trails. We walk and ride through existing trails to access, then provide recommendations to trail builders to improve the terrain. It's a win-win for everybody." Trail work as a result of these assessments have been made locally at Slate Valley Trails, Pine Hill Park, the Sherburne trail network, Ridgeline Outdoor Collective trails, and Mad River Riders as well as at many other trail networks statewide.

Nine new assessments on mountain bike trails were completed in 2024.

In addition to funding from KBF grants, funding comes from VMBA membership fees when riders choose Vermont Adaptive as a community builder "add on" to their membership for \$30.

Jeff Alexander, director of strategic partnerships at Vermont Adaptive, explained, "The funds from Vermont Adaptive add-on are split in half, with half going toward maintaining our massive fleet of bikes and the other half is used to add to the KBF grant funding to VMBA Chapters to implement trail upgrades. It's great for everyone."

For more information on adaptive programs and events, visit: vermontadaptive.org.

## **Vermont Adaptive partners with G-Form**

Launches the first-ever adaptive riding bib for mountain biking

In a breakthrough for adaptive sports gear, impact protection innovator G-Form has launched an adaptive riding bib—the first padded base layer bib explicitly designed for adaptive mountain biking (aMTB). Developed in partnership with Vermont Adaptive Ski and Sports, the new product provides targeted protection and seated comfort for athletes with disabilities, addressing long-standing challenges in adaptive gear design.

> "It's incredible to see a global brand like G-Form prioritize protection and inclusion for all MTB athletes," said Jeff Alexander.

The bib was created with input from experienced adaptive riders and features G-Form's proprietary SmartFlex technology flexible padding that hardens on impact to protect hips and critical pressure points. It also includes an extended lower-back chamois for seated comfort and an easy-access design free of hardware closures, making it suitable for adaptive mountian biking and other adaptive sports and daily use.



An adaptive riding bib fits under mountain bike shorts offering targeted protection and seat comfort.

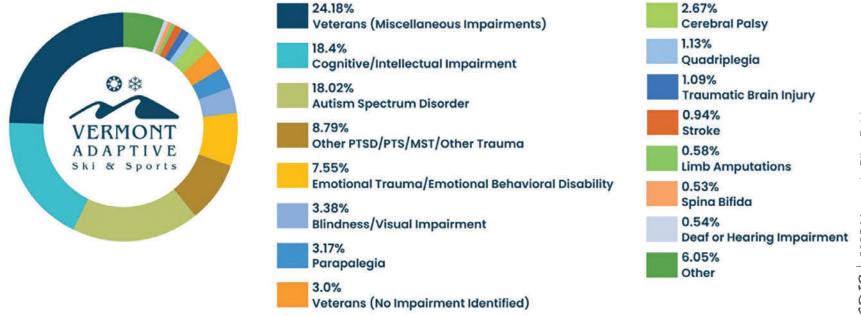
"Developing the adaptive riding bib has been an important and meaningful project for G-Form," said Kris Lonergan, G-Form's director of product development. "It supports our mission to empower every athlete to reach their full potential."

G-Form partnered with Vermont Adaptive, a nonprofit known for its inclusive recreation programs, to produce a video campaign featuring local athletes to highlight the innovation. The organization's proximity to G-Form's Rhode Island headquarters made collaboration seamless.

"It's incredible to see a global brand like G-Form prioritize protection and inclusion for all MTB athletes," said Jeff Alexander, director of strategic partnerships and business development at Vermont Adaptive. "This product is a game-changer for accessibility in the outdoors."

The adaptive riding bib is available at select retailers and at g-form.com.

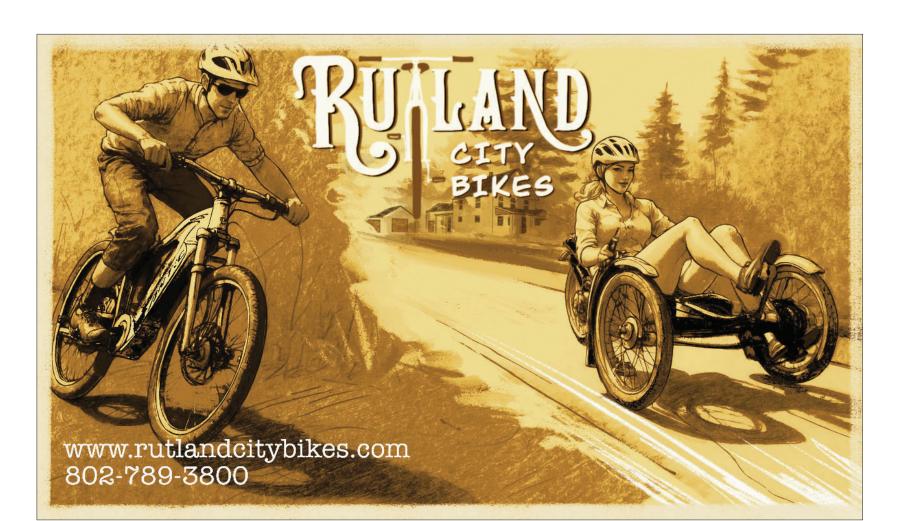
#### Disabilities of the people Vermont Adaptive served in 2024



Courtesy Vermont Adaptive

Chart shows which category of athlete disabilities were most common among athletes participating in Vermont Adaptive Ski & Sport services in 2024. 57







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# RIDE: Pittsfield & Rochester



#### 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.

MOUNTAIN

TRA

#### **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 nonmotorized 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 tralls which are turning Rochester into the Kingdom of Flow! Visit: ridgelineoutdoorcollective.org/rochester-valley-trails.



## While you're here ...

## Indulge, you deserve it

Sandy's Books & Bakery has split into two separate businesses, Sugar Mama's (Bakery), & the Bookery (next door). But don't worry the same amazing offerings continue in the heart of the Rochester community. 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!





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#### 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 pickyour-own rows, or purchase pints of already harvested berries. The raw honey and homemade jams are also local favorites!



#### 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 wraparound deck provides cover from sun or rain. The food is made fresh in the kitchen daily. | GRIP | 2025 Mountain Bike Guide

Polly Mikula



#### 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 Amee Farm Lodge 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 P Easy Intermediate **Advanced Expert** < 🌢 z 🌢 **Hiking only** View **Stone Steps** 123 Muddy's Shrek's Cabin $\otimes$



#### Best ride to:

#### ····· Start it

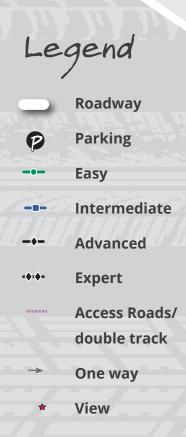
Sap Boiler is a beginner trail that takes off from the U.S Forest Service Ranger Station Visitor Center on Route 100 north of Rochester village. The dirt track is machine-built with wide berms and bridges to make for an easy, fairly smooth ride through the woods.

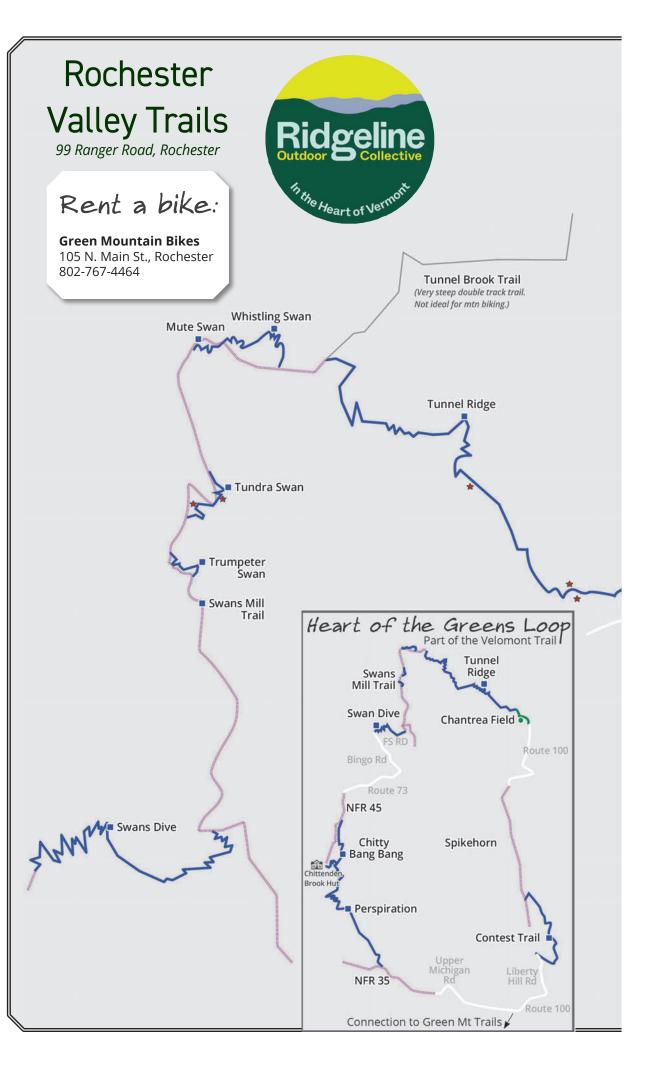
#### = Feel it

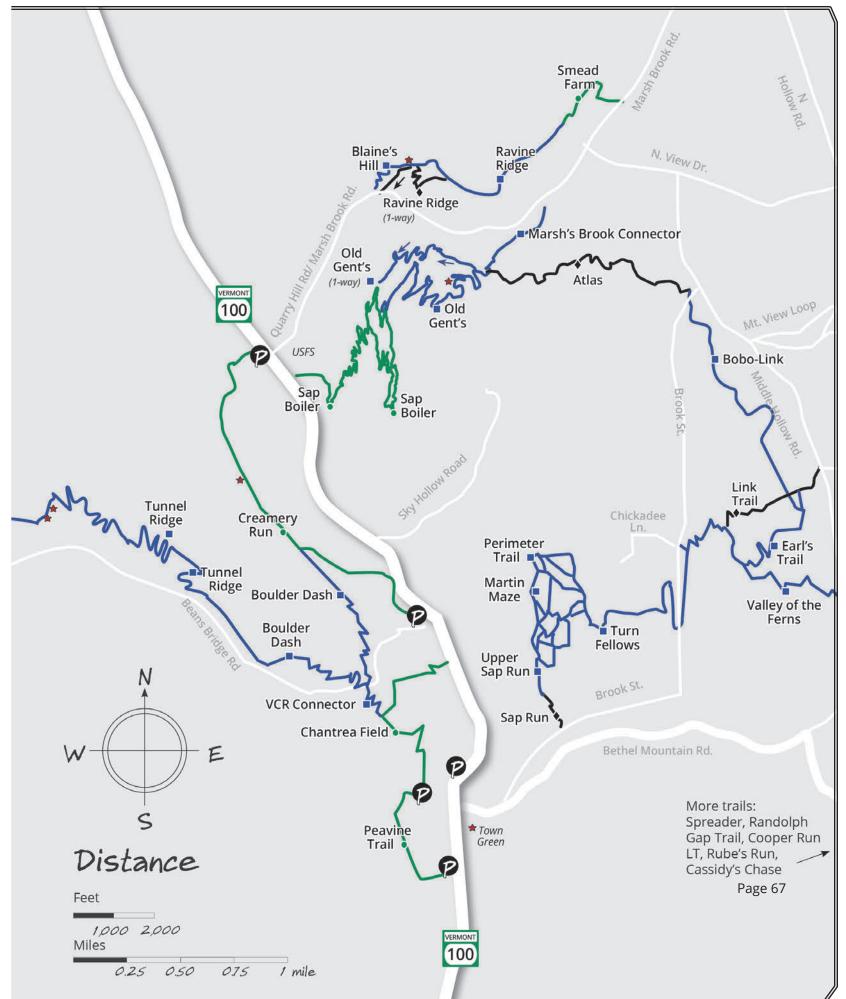
Tunnel Ridge is all the talk for a long-distance adventure that will have you cursing the 100+ switchbacks but also planning for a return trip ASAP. Its construction is flawless!

#### ••• 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.













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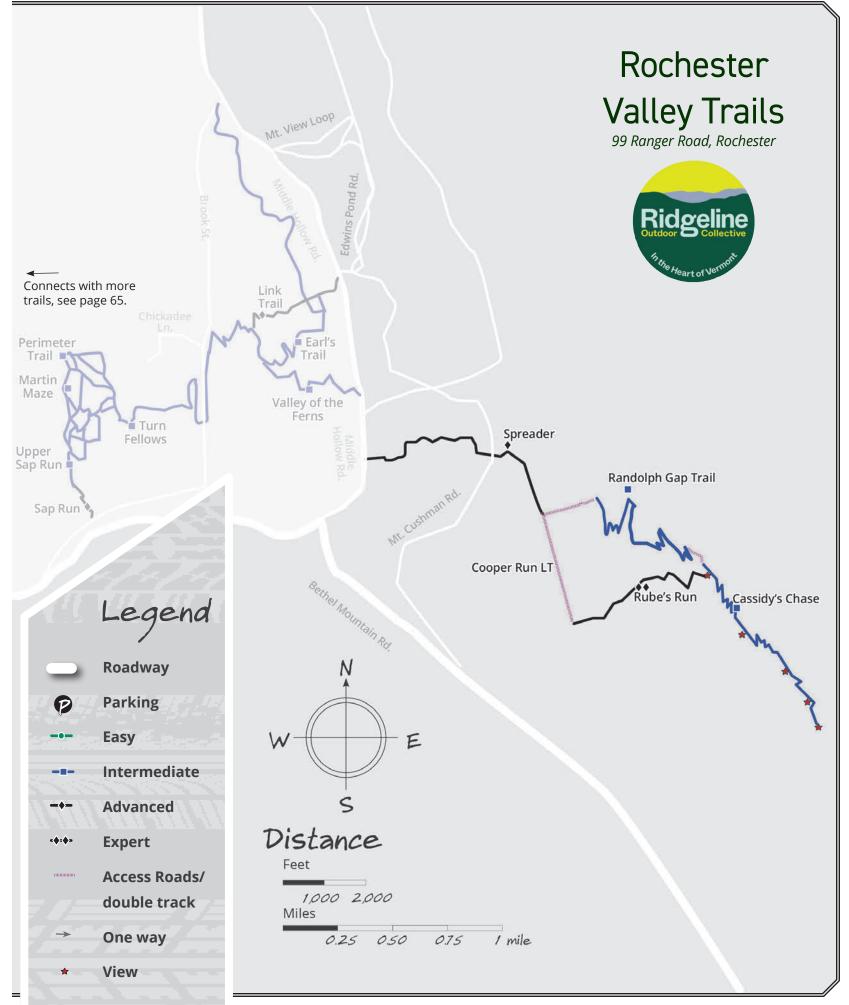
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# RIDE: Mad River Valley

The Mad River Riders are dedicated to building and maintaining a sustainable trail network across the Mad River Valley for biking, trail running, hiking, fat biking, snowshoeing, and other human-powered activities.

#### Mad River Valley Trails include 58+ miles with the cooperation GMNF/

USFS, 2 state forests, 3 town forests, and 20+ private landowners.

Rent a bike:

**Riders Outpost** 7575 Main St, Waitsfield 802-540-9201

Stark Mountain Bike Works 802-496-4800 9 Route 17, Waitsfield

The Mad River Riders

mountain bike club, based in

Waitsfield, is a founding chapter

community. The club is dedicated to building

are free and open to mountain bikers, hikers,

and maintaining nearly 60 miles of sustainable,

multi-use trails across the Mad River Valley that

of the Vermont Mountain Bike

Association and has been a cornerstone of the local outdoor

Matt Kiedaisch, Madbush Falls A rider rips around a smooth berm in the Mad River Valley, known for it's flowy trails as well as diversity of rides.

#### Mad River Valley



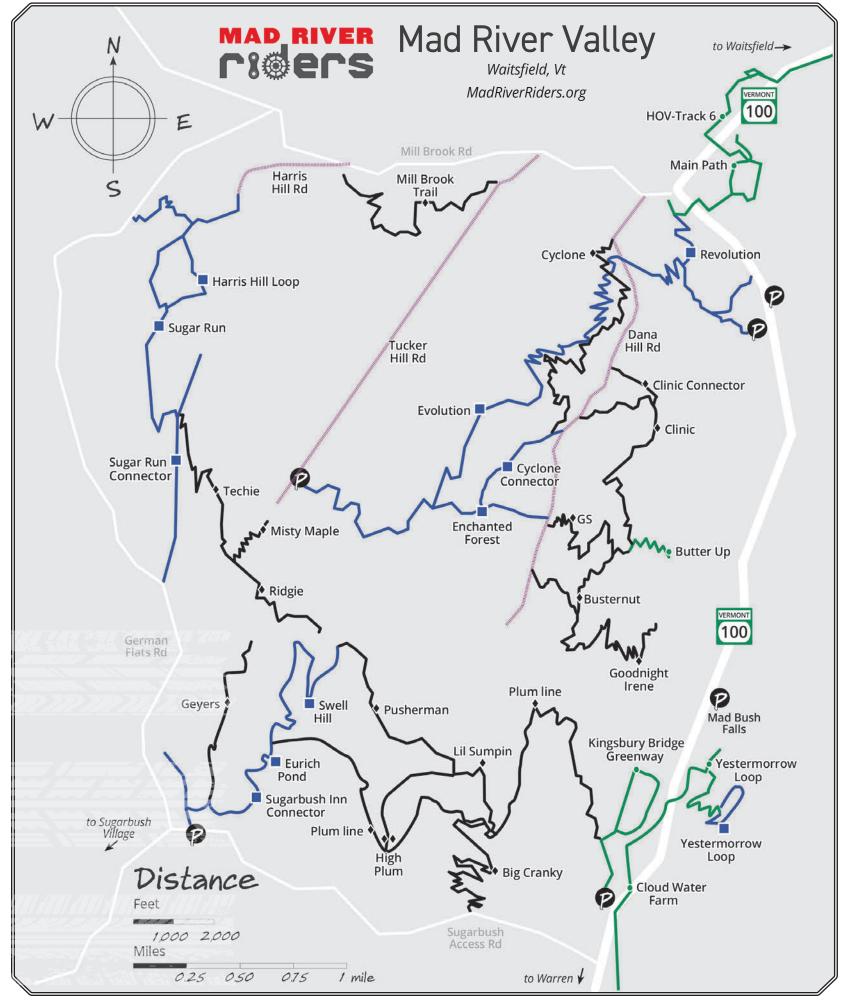
and abilities. This trail network includes beginner-friendly routes at Blueberry Lake to challenging technical singletrack (try the Howe Block Flow Tour (start at Revolution and end on

Goodnight Irene). The Riders are also known for vibrant community events, youth programs like the Mad River Rippers, and partnerships with area landowners.

Visit: MadRiverRiders.org

## Legend

|                        | Roadway                       |
|------------------------|-------------------------------|
| P                      | Parking                       |
| -•-                    | Easy                          |
| -=-                    | Intermediate                  |
| -+-                    | Advanced                      |
| <b>«∳</b> ≭ <b>∳</b> ≫ | Expert                        |
|                        | Access Roads/<br>double track |
| <b>→</b>               | One way                       |



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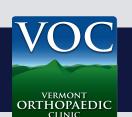


**Deborah Henley, MD** 

John Karl, MD, MPH

Lindsay Kleeman-Forsthuber, MD,

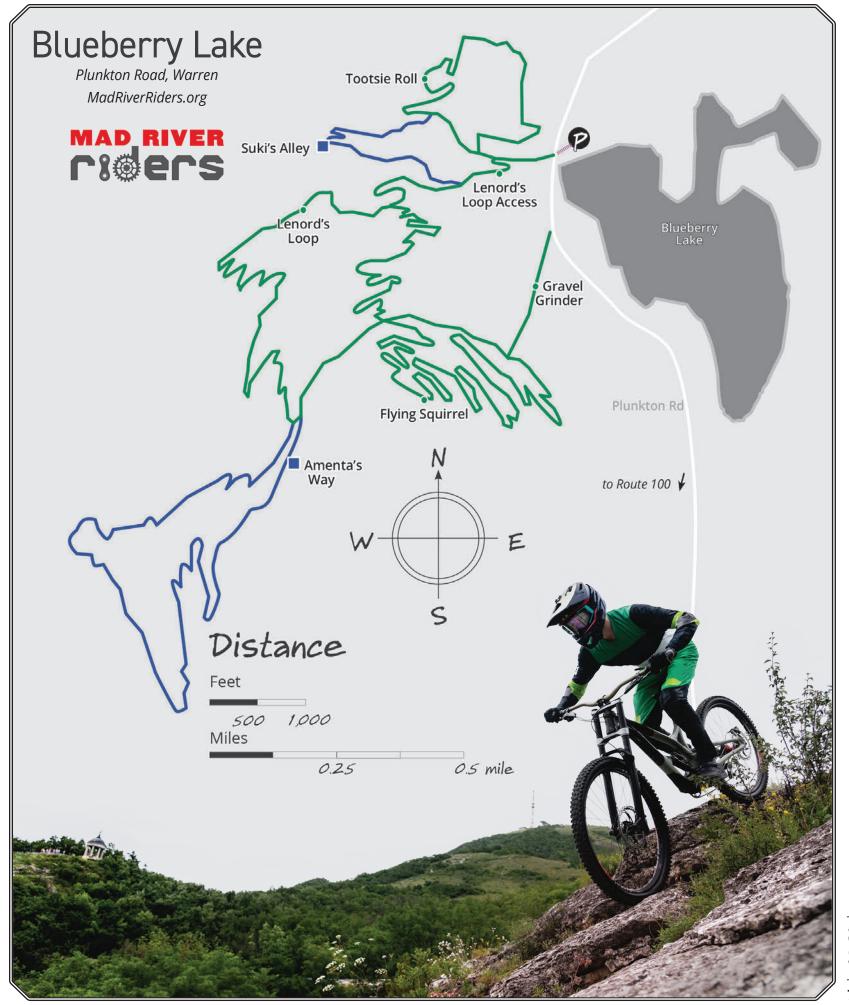




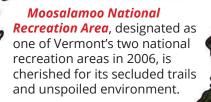
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# RIDE: Moosalamoo



Moosalamoo

ERMON

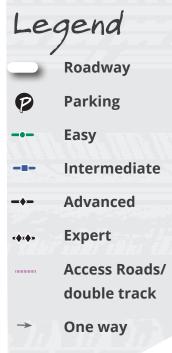
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Moosalamoo National Recreation Area 15,857 mountainous acres spanning Ripton-Salisbury-Goshen-Brandon.

A biker pedals 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 Service roads to groomed and buffedout 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.



★ View

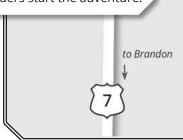
### Best ride to:

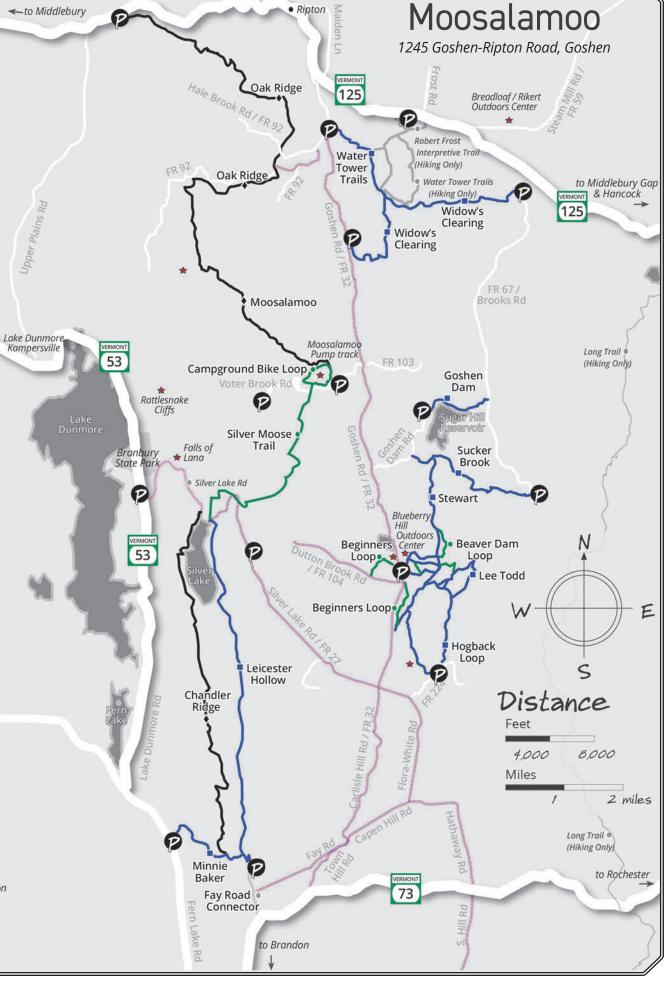
"" Start it

For a fun easy 1-mile ride, try the Campground loop and perfect your skills on the Moosalamoo pump track nearby. From there connect with the newly opened Silver Moose Trail, a 3.5 mile easy tour to Silver Lake.



The Chandler Ridge/ Leicester Hollow loop is boast beautiful views to the east and west and has received numerous awards in recognition of partnership efforts with the Vermont Youth Conservation Corps. It's an 9-13 mile loop depending on where riders start the adventure.





**GRIP** | 2025 Mountain Bike Guide



# 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.** 

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!



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It is against the law to drive or operate machinery when under the influence of this product. National Poison Control Center 1-800-222-1222.

# RIDE: Pittsford & Brandon



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

#### 0 0

Pittsford Town Trails Multiple Iocations, Pittsford

0

### 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.

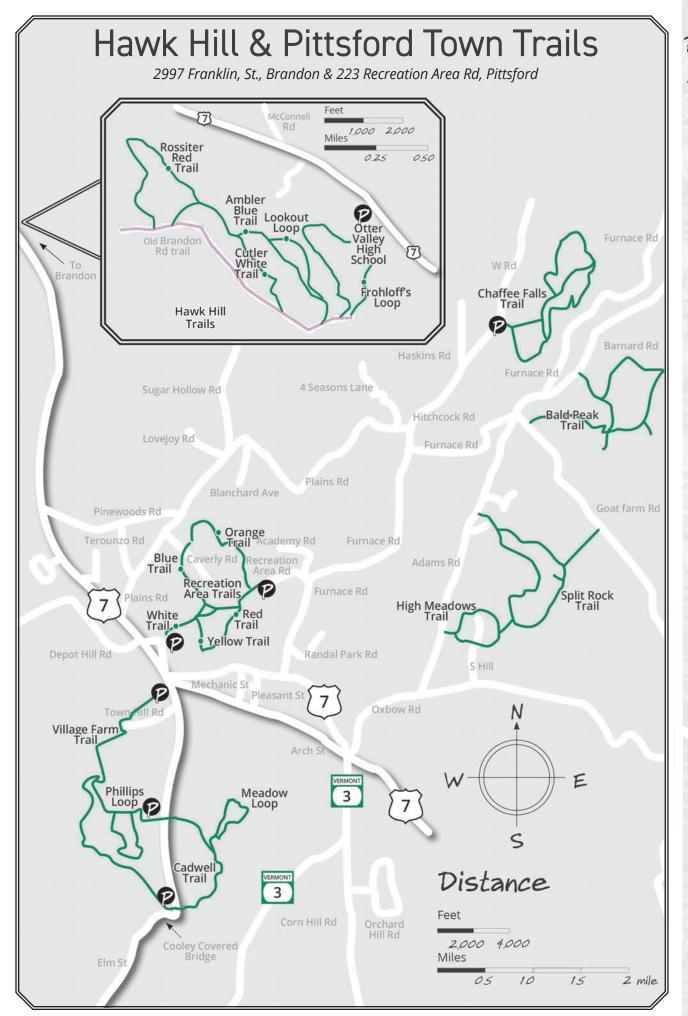
### Hawk Hill Trails

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 nonmotorized uses and are free and open to the public.

Visit: townofbrandon.com/hawk-hill-trail-map.



### 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.

egend

Roadway

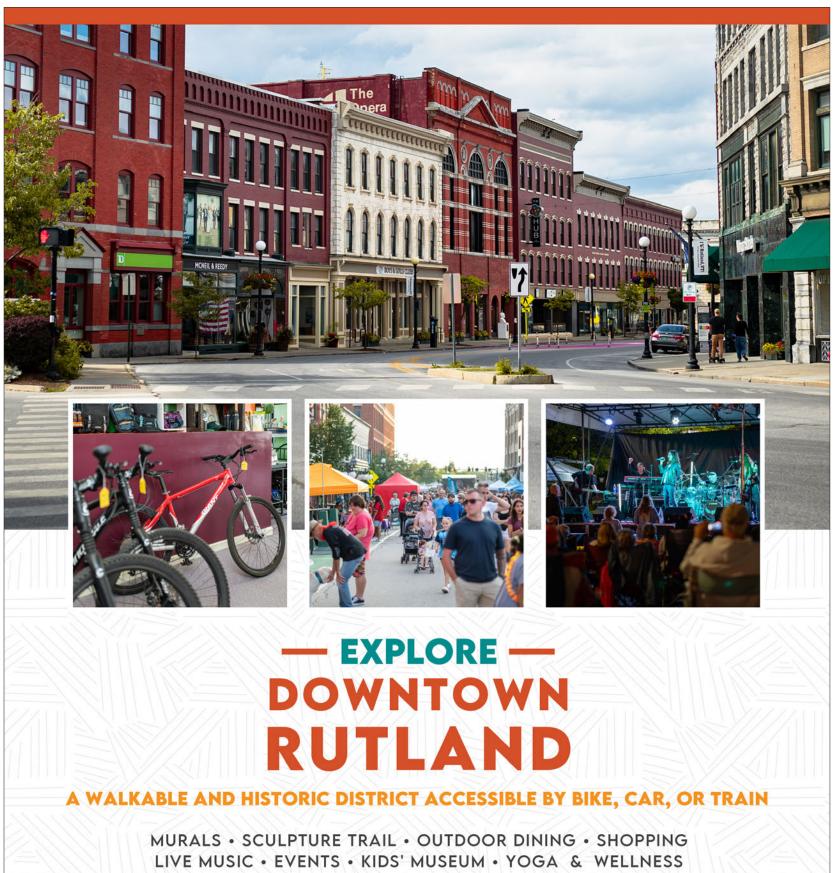
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# Tips to maintaining your bike

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-axles 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 manufacturer's 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

### 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.

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 chainchecker device online or you can simply use a ruler to measure the distance between outer pins. A new chain will measure 12 inches from center to center of the pins. Any measurement over 12 1/16 inches indicates it should be replaced.

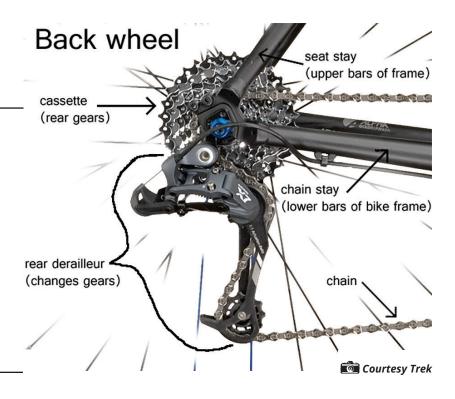
Check bolt tensions. Loose parts can create problems fast; if your bike feels funny or is making mysterious noises, stop and figure out why. It's usually something that's worked itself loose. It's a good idea to carry a hex wrench with you on longer rides.

#### Every 6 months - 1 year

Then there's the more complicated stuff that most nonprofessional 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:

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





# Tricks defined

Mountain biking is as much about skill and style as it is about speed and endurance. Whether you're a beginner or looking to expand your trick repertoire, here are some of the most popular and accessible mountain bike tricks, along with brief explanations and tips for learning them.

#### Intermediate tricks

- **Tabletop:** The rider tilts the bike sideways in the air, making the bike look flat like a tabletop.
- One-Footer & No-Footer: Lifting one foot off the pedal while in the air. Removing both feet from the pedals while airborne.
- **One-Hander & No-Hander:** Taking one hand or both hands off the handlebars while airborne.
- **ET (Pedal in the Air):** Pedaling the bike while in the air, which is a fun and easy trick for beginners.
- Whip: Kicking the rear of the bike out to the side while keeping the front wheel pointed forward.

#### Advanced tricks

- **360:** Rotating the bike and rider 360 degrees in the air.
- **Backflip:** The rider and bike rotate backward in a full loop.
- **Frontflip:** The rider and bike rotate forward in a full loop.
- Cork: A backflip combined with a sideways rotation (off-axis).
- Cash Roll: A sideways flip, often with a 360-degree rotation.
- **Can-Can:** Lifting one leg over the frame while in the air.
- **Nac-Nac:** Lifting one leg behind the saddle while in the air.
- **Suicide No-Hander:** A no-hander where the rider lets go completely and does not reach for the bars until landing.

"Practice getting the tuck nice and tight, before you go flying your hands in the air. As your front wheel comes off the lip of the jump, that's when you want to start pulling the bars towards you ... before you know it, you'll be steezing it out with a proper tuck no hander!" said pro rider Matt Jones.



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# How to take the best flicks of your tricks

To take the best photos of mountain bike tricks, focus on the technique, composition, and timing. Tips compiled from experts can help you capture dynamic shots, accurately capturing (and even slightly enhancing) the extreme nature of the feat. By combining these techniques, you can create stunning, action-packed images that truly capture the excitement and skill of mountain bike tricks.

### Key techniques

- **Positioning:** Choose a spot strategically according to the jumps, drops, or technical features. It's important that you can see the rider advance so that you can be ready to capture the right moment.
- **Angles:** Shoot from low angles to create a sense of height and drama. To achieve this, position the camera slightly below the jump or trick. Side angles can highlight the motion of the trick and offers a balanced view of the bike, rider and scenery including the jump or featured element. Shooting from above can also add depth and scale, as well as a uncommon perspective.
- **Communicate:** Talk with the rider to ensure they understand the trick, angle and effect you want to capture. This helps them look natural and confident in the photos. Depending on the angle, facial expressions could be a crucial element, too.
- **Use burst mode:** Shoot in burst mode to capture multiple shots in quick succession, increasing your chances of getting the perfect trick at its peak.
- Freeze the action: Use a fast shutter speed (1/500th of a second or faster) to freeze the rider in mid-air or at the key moment of the trick. This highlights the intensity and skills.
- **Motion blur:** For a sense of speed, try panning—lower your shutter speed to around 1/30th to 1/100th of a second and follow the rider as they move. This keeps the rider sharp while blurring the background, emphasizing motion. Panning takes practice. Experiment with slower shutter speeds and follow the rider smoothly.

#### Composition tips

- **Frame the rider:** Pay attention to the background behind the action. Use natural elements like trees, rocks, or archways to frame the rider and draw focus to the subject. Make sure the background won't distract or camouflage the subject you're trying to highlight. Bright clothing and helmets make the rider stand out even more.
- **Scale:** Include the trail or landscape beyond the feature to give context and emphasize the scale or challenge of the trick. A rider in mid-air is less impressive if there is no ground below to tell how far up he/she is from landing.

### Lighting and equipment

- **Lighting:** Photography on the trails can be tricky. Too much sun can create harsh shadows; too little light can make shots dull or underexposed. Consider moving into the forest if it's a bright day or onto more open sections of trail if it's overcast.
- **Lens:** Wide-angle lenses capture both the rider and the landscape, while telephoto lenses zoom in on the action and compress the background. The lens you choose will also depend on your position related to the feature.
- Back-ups: Bring spare batteries, memory cards, and portable chargers.



A photographer captures racer in Killington's Bike Bum series using motion blur.



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