



Vermont 100

Vermont 50/75/25

Vermont Intro Ride 13



July 18, 2026

Celebrating the 35th Anniversary of the Ride and Run



Vermont 100 Ride & Run

WELCOME / BASIC INFORMATION



Pam Karner and Meg Sleeper, 2005

On behalf of the Ride Committee, we wish you a great ride. GOOD LUCK and enjoy the Vermont scenery and hospitality. Please also observe the following:

Keep dogs in the horse camping area and on a leash. Do not bring your dog to the vetting area. Many runners want to bring dogs and are not allowed to. In the interest of courtesy, please be discrete about your dogs.

ONE properly tagged crew vehicle per rider.

PLEASE drive with care and reasonable speed. The #1 complaint from locals is fast truck traffic on back roads. Don't be the one...!

Briefings are mandatory to review trail conditions, markings, locations and checks and holds, plus any last-minute changes. This is the time to ask questions.

Please remove/dump unused water at the holds for biosecurity reasons!

All horses pulled from the ride must see the treatment vet at the treatment barn for a safety check before returning to camp. No horse may be removed from the grounds prior to the finish of the event without veterinary permission.

Silver Hill Road must be clear for vehicles at all times. Please walk/ride your horses on the grass next to the taped pedestrian sidewalk.

There is no pre-riding of the trail, but there are instructions on how to pre-ride the finish later in this program.

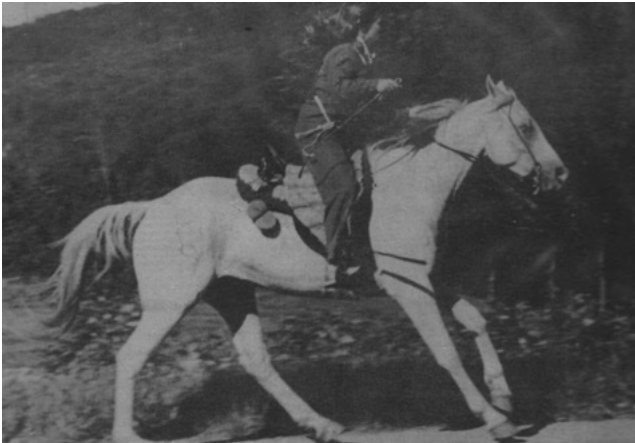
A friendly reminder to all participants and guests – please be respectful of the beautiful environment that surrounds you. Leave no trace!

Happy Trails!!

**The Vermont 100 wishes everyone
the best of luck!
Have a great ride!**

Kudos to all of the runners, riders, friends, family, landowners, and organizations that have put in hundreds of hours clearing our trails after this winter's ice storm. Guys and gals with chainsaws, clippers, shovels, tractors, and 4-wheelers have been and are working on getting the VT100 trails opened.

Please thank all of the wonderful volunteers and landowners for making this event happen!



Valerie Kanavy

EVENT SCHEDULE



Thursday

NOON – Horse camping opens

Friday

9:00 am – Runners camping opens

10:00-3:30 pm – Runner registration (main tent)

12:00-4:00 pm – Horse registration (white house area)

2:30-4:00 pm – Horse vetting (finish line area)

5:00 pm – Dinner (main tent)

6:30 pm – Horse pre-ride briefing (white house area)

7:00 pm – Raffle drawing

Saturday

3:00-3:45 am – 100-mile runner check-in (main tent)

4:00 am – Trail opens for 100-mile runners

4:45 am – 100-mile and 50-mile ride check in (start line)

5:00 am – Trail opens for 100-mile and 50-mile ride

5:45 am – 25-mile check in (start line)

6:00 am – Trail opens for 25-mile ride

6:45 am – Intro ride check in (start line)

7:00 am – Trail opens for Intro ride

8:00-8:45 am – 100K runner check-in (main tent)

9:00 am – 75-mile ride check in (start line)

9:00 am – Trail opens for 100K runners

9:15 am – Trail opens for 75-mile riders

12:00 pm – Trail closes for 25-mile riders

5:00 pm – Trail closes for 50-mile riders

Sunday

3:15 am – Trail closes for 75-mile riders

5:00 am – Trail closes for 100-mile riders and 100K runners

9:00 am – Ride and run/ride team awards (white house) with
light breakfast

10:00 am – Trail closes for 100-mile runners

THE PEOPLE WHO MAKE THIS HAPPEN

THE VERMONT 100 COMMITTEE

Mel & Jeff Blittersdorf, Sophia Donovan,
Chelle Grald, Dr. Heather Hoyns, Dr. Pam Karner,
Jenny Kimberly, Steve Rojek, Kathy Callan Rondeau, Jo Steele

LANDOWNER LIAISONS

Laura Farrell, Jenny Kimberly, Faith Raymond, Stew Stryker

VETERINARY STAFF

Dr. Joan Hiltz – Head vet

Dr. Tyler McGill – Treatment vet

Dr. Jullia Gray

Dr. Nick Kohut

Dr. Douglas Shearer

Dr. Ann Stuart

Dr. Heather Hoyns on call Thursday and Sunday 802-484-9100

FARRIER

Steve Kraus

Available Friday late afternoon and during the ride. It's a good idea to bring a spare set of shoes. Please take care of payment before leaving.



Maggie Price (left), Kathy Downs (right)

THANK YOU!

**THANK A VOLUNTEER AND A LANDOWNER!
THEY MAKE THIS EVENT HAPPEN FOR YOU!**

Vermont 100 Ride & Run

VOLUNTEERS

SCRIBES

Marianne Allen
Kathy Downs
Chelle Grald
Ranelle Kohut
Stephanie Rice

CHEFS

Wendy Bejarano
Lou Clarino
Linda Glock
Cindy Hampton
Jill Helmer
Ted Hilles
Eva Norris
Jane Osgood
Polly Smith
Stephanie Weaver

RESCUE TRAILER DRIVERS

Linda Blais
Steve Blais
Brittany Fells
Chris Higgins
Peter Hudkins
Daisy Johnson
Kerry Wales

PARKING

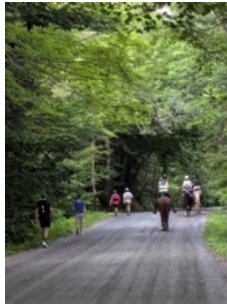
Doug Bejarano
Bill Rice

HOLD MANAGERS

Doug Bejarano
Wendy Bejarano
Janet Mayberry
Monica McKenna
Eva Norris
Cathy Turcotte

WATER CREW

Jeff Blittersdorf
Mel Blittersdorf
Bruce Hickey
Chip Kendall
Jim Lawrence
Bill Rice



FINISH

Gigi Lawrence
Randy Warner

TIMERS, TRAIL HELP AND MORE

Joy Axton
Jamie Bratt
Emily Bryant
Mary Coleman
Laura Cousineau
Amy Ducey
Tim & Tuesday Evans
Brittany Fells
Kathy Gallaer
Barb Gerstner
Linda Glock
Hallie Goetz
Erin Grogan
Laurie Hall
Cindy Hampton
Lyndsey Lewis
Jan Lord
Autumn Lucas
Robin Malkasian
Judy Ness
O&H Farm Crew
Amy Porter
Bambi Prigel
Reka Reisinger
Rojek Farm Crew
Ann Marie Savino
Olga & Todd Spanhoff
Ellen Tully
Kerry Wales
Mindy Weschler
Drew Wexler

PROGRAM, WEBPAGE

Rachel Lodder
Jessica Wilson

**And all the appreciated
people who maybe got
missed on this list!**

Vermont 100 Ride & Run

LANDOWNERS

A HUGE thank you is due to the landowners who allow the events of the Vermont 100 to use their property each year.

Scott & Katherine Alfieri
Curt Allen
Jane Ashley
Tina Barr Tuckerman
Fred & Corrine Barr
Jamie Birmingham
Darci Blanchard
Louise & Jerry Blakeney
John & Jess Brodie
Tom & Kathy Callan Rondeau
Mary Jo Cooke
Gayle Davis
Tom Debevoisse
Brad & Gail Devine
Timothy Durkin
Tom & Jennifer Eddy
Tuesday Evans
Rick & Kathleen Fallon
Linda H Farnsworth
Robert & Laurie Ferris
Willy Fischler
Stacey Gallowhur
Jason Gravelle
Sue & John Greenall
Roland & Susan Greenvall
James Hagedorn
Larry & Susan Hathorn
Chris Higgins
Renee Johannensen
Dan & Julie Kenary
Bill & Sharon Kulken

Jim Lakey (caretaker)
Allison & Ryan Longfield
Garret & Kit Mead
Wynn & Betsy Medinger
Helen Moore
John Murphy
Ken & Sandy Niemczyk
New England Forestry
Jane Osgood & Ted Hilles
Luke & Naomi Paige
Evan & Amy Peebles
Bambi Prigel
Chris Pryor
Mary Rech
Steve & Dinah Rojek
Alison Sander
Barbara & Sebastian Scripps
John Jr Seabrook
Ken See
Ad & Mavis Shaw
Boolie & Justin Sluka
Gardner & Cathee Smith
Matt & Sheri Smith
Laura Spittle
Bill Stilton
Elisa Tarlow
Rebecca Tinsman
Steve & Lois Tynan
Kirby Walsh
Windsor Coon Club



GENERAL RULES AND INFORMATION

- **Do not, for any reason, park near the tent: that area must be kept open for emergency vehicle use!**
- All riders must be wearing helmets when mounted.
- Any horse remaining in camp during the ride must have someone available to care for it, please!
- All riders must wear **lighted gear** (glow sticks are ok) front and rear for the night portion of the ride.
- ALL horses pulled need to be cleared at the treatment barn before leaving camp. This includes rider option pulls.
- PLEASE drive conservatively on the narrow dirt roads at all times coming and leaving camp.
- There are dumpsters located next to the big tent – please do not leave any debris at your campsite. We have quite a few bear in these woods looking for an easy snack.
- A nightly noise curfew will be in place at Silver Hill: 10PM on Friday night and 11PM on Saturday night. We wish it were different, but no cheering after this hour.
- **Please leave your campsite clean, with manure and hay spread evenly across the field.**



Jenny Kimberly, ride briefing

WATER

Please do not use the tanks located at the finish line until you finish, or are a 50, 75, or 25 mile rider at your pit crew spot or hold.

Please conserve water, fill & refill your tanks at the following places:

- Hose at **Silver Hill barn**, across road from camp.
- **South Woodstock Fire House** has a hose between the doors.

- **Kedron Valley Stables** - Rte 106 just north of South Woodstock.

Water on trail: Landowners put out tanks and hoses. Keep your eyes open for these, and use the hose on your horse. We ask them to put tanks in visible spots.

SUPPLIES

Ice goes fast - buy early.

- Ascutney (Exit 8 on I-91) gas/diesel/food/ice
- Downer's Store (junction of VT106 & RT131, south of camp) gas/diesel/food/ice
- Mike's in Hartland (RT 5 after Exit 9 of I-91) gas/diesel/food/ice
- Sunoco Woodstock (RT 4W) gas/diesel
- Maplefield's Woodstock (RT 4W) gas/food/ice
- Cumberland Farms Woodstock (RT 4W) gas/food/ice
- Teago Store (Pomfret) food/ice
- South Woodstock Store (RT 106) food/ice
- Price Chopper, Windsor (RT 5N) food/ice
- Cumberland Farms, Windsor (RT 5) gas/food/ice
- Brownsville Butcher and Pantry, Brownsville (Rt 44) food/ice
- Ascutney Market (RT 5) gas/food/ice



CREW TRUCKS

When on trail, watch for runners, especially at night! When approaching horses it helps to use just your parking lights. Do not stop in the middle of the road to talk and pull off as much as possible when parking. Please obey the speed limits, or go slower. Big trucks hogging the road are the biggest complaint we get from locals. Runners also have support crews who are being asked to be cautious. All vehicles must be tagged or forfeit your rider!

There is a landline phone at the Silver Hill white house. The number will be available at HQ. If you need assistance on trail, ham radio operators are located at or near each of the holds (at the runner aid stations). A horse ambulance will be available at holds or you may transport your own horse. Cell coverage is sporadic.

Ride manager: Pam Karner 607-280-2282

Jo Steele 603-208-7005

TRANSPORTING CREW BAGS

This ride has all holds away from camp. We are not allowed to bring crew bags to the holds before the holds open. They are on private property and wildlife (bear) damage is a concern. Many riders have crews but if you do not, try to pair up with someone. But.... read on. We will bring your SMALL crew bag to a hold. All holds have grass, we will provide some hay at hold 5, and we will have some buckets at each hold. You must have a separate bag for each hold and do not expect to see that bag again until Sunday. Please leave your bag, marked with your name at the specified spot near the white house. Instructions will be given at the pre-ride briefing. Please help us make this a success by having small bags, picking up after yourself at the end of the hold, and returning your bag to the specified location.

TRAIL MARKING

The **100-mile** trail is marked by and for the runners. The course is marked with 10" diameter **yellow** plastic plates, with bold dark black arrows indicating go right, left or straight. The plates are low so runners can see them. The standard for a turn will be 1 arrow plate 50 to 100' before the turn, two plates at the turn and a confidence plate 50 to 100' after the turn. Confidence means a yellow plate with a black arrow. The night section will be marked with green glow sticks and yellow plates with reflective tape on the arrows. **Horse trail deviations will be marked with white plates with black (maybe some red) arrows and the word Horse. Night section deviations are RED glow sticks. NOTE: red and green headlamps will make the reflective arrows that color.**

The **75 mile** first loop is 13 miles marked with **orange** plates with white arrows. Pit crew stop is at Silver Hill. Then, start loop 2 on Silver Hill Road, and follow **pink** plates with black arrows to Hold #2, after which follow **yellow** plastic plates with bold dark black arrows indicating go right, left or straight. The plates are low so runners can see them. The standard for a turn will be 1 arrow plate 50 to 100' before the turn, 2 plates at the turn and a confidence plate 50 to 100' after the turn. Confidence means a yellow plate with a black arrow. The night section will be marked with green glow sticks and yellow plates with reflective tape on the arrows. **Horse trail deviations will be marked with white plates with black (maybe some red) arrows and the word Horse. Night section deviations are RED glow sticks. NOTE: red and green headlamps will make the reflective arrows that color.**



The **50 mile** trail is exactly the same as the 100-mile trail to the first stop and go, Hold #1, and Hold #2. After Hold #2, follow **blue** plates with white arrows to the finish at Silver Hill.

The first 13 mile loop of the **25 mile** ride is marked with **orange** plates with white arrows and comes back to Silver Hill for the hold, which will be near the start/finish area in base camp. The second loop will also follow **orange** plates with white arrows.

The **13 mile Intro** ride is the first loop of the 25 mile ride.

Riders are responsible for following marked routes and deviations!

Please take the time to read all signs. It is a good idea to carry a flashlight for the night section of the trail if you need to check.

PHOTOGRAPHER

Ben Kimball Photography will be shooting the ride this year.
Find them at:

<https://northeastracephoto.smugmug.com/>

Pre-ride the FINISH

From the finish line, follow small white plastic arrows (made from pieces of plates) to the junction of Best and Jenneville Roads. Turn around and ride back. No other trails are open for riding.



Sue Greenall (left), Mary Coleman, Beth Krusi, Nancy Lewis, Peter Fields (right)



Course Records

11:22 – Hot Desert Knight, Farzad Faryadi – 2009

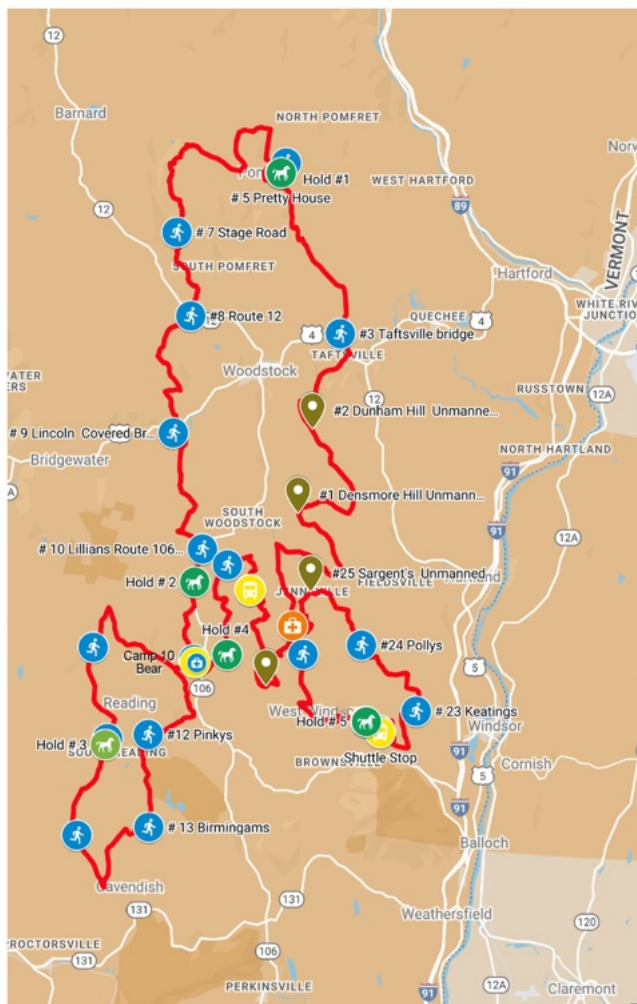
14:47:35 – Brian Rusiecki (men) – 2014

16:42:32 – Kami Semick (women) – 2010

VERMONT 100 COURSE

with runner aid stations and horse holds

-  Start/Finish/First Aid
-  #1 Densmore Hill Unmanned
-  #2 Dunham Hill Unmanned
-  #3 Taftsville Bridge
-  Hold #1
-  #5 Pretty House
-  #7 Stage Road
-  #8 Route 12
-  #9 Lincoln Covered Bridge
-  #10 Lillians Route 106
-  Hold #2
-  #11 Camp 10 Bear / First Aid
-  #12 Pinkys
-  #13 Birmingams
-  #14 Margaritaville
-  #15 Pruckerbrush
-  Hold #3
-  #16 Brown School House
-  #17 Camp 10 Bear / First Aid
-  Hold #4
-  #18 Seabrook
-  #19 Spirit of 76
-  Shuttle Stop
-  #20 Goodman's Unmanned
-  #21 Cow Shed
-  Hold #5
-  #22 Bills
-  Shuttle Stop
-  #23 Keatings
-  #24 Pollys
-  #25 Sargent's Unmanned



HOLD HOURS AND TIMES

HOLD TIMES FOR 100 MILE RIDERS			
Hold	Opens	Closes	Hold time
PC #1 Gratiot's Field	6:30 am	8:15 am	10 min stop & go
Hold #1 Galaxy Hill	7:30 am	10:00 am	45 min
Hold #2 High Brook	11:00 am	3:00 pm	45 min
Hold #3 Alfieri's	1:45 pm	7:00 pm	50 min
Hold #4 Spring Brook	3:30 pm	9:45 pm	45 min
Hold #5 O&H	6:00 pm	2:00 am	30 min
<i>Closing time means pulse time</i>			

HOLD TIMES FOR 75 MILE RIDERS			
Hold	Opens	Closes	Hold time
Hold #2 High Brook	11:00 am	1:30 pm	45 min
Hold #3 Alfieri's	1:45 pm	5:45 pm	50 min
Hold #4 Spring Brook	3:30 pm	8:30 pm	45 min
Hold #5 O&H	6:00 pm	12:30 am	30 min
<i>Closing time means pulse time</i>			

HOLD TIMES FOR 50 MILE RIDERS			
	Opens	Closes	Hold time
PC #1 Gratiot's Field	6:30 am	8:15 am	10 min stop & go
Hold #1 Galaxy Hill	7:30 am	10:00 am	30 min
Hold #2 High Brook	11:00 am	3:00 pm	45 min
<i>Closing time means pulse time</i>			

HOLD TIMES FOR 25 MILE RIDERS			
	Opens	Closes	Hold time
Hold at Silver Hill	7:15 am	9:00 am	30 min
<i>Closing time means pulse time</i>			

Ride manager: Pam Karner 607-280-2282

Jo Steele 603-208-7005

Raffle

Support Vermont Adaptive Ski and Sport and win something fun! There are some great raffle prizes and awards this year. Get your tickets at the table next to registration for \$2 each, three for \$5, six for \$10, and 12 for \$20.

Donated Awards

Thank you to several anonymous donors from our equine community for many of this year's awards, as well as the raffle items. Thank you to Sophia Donovan for her hand-made Turtle awards. Carrie Tenney yet again generously donated ride entries. Thank you to Mary Coleman for her continued generosity, especially for Junior awards.

Vermont Adaptive Ski & Sports

Vermont Adaptive was founded by Laura Farrell in 1987 operating at Ascutney Mountain Resort as the Vermont Handicap Ski Foundation. It was the first disabled skiing program in Vermont that worked with people of all ages and abilities and promoted the beneficial aspects associated with sports and recreation.

During this same time, Laura and her running and equine friends and dedicated supporters of the organization established the VT 100 and the VT 50 races to help subsidize the organizational expenses.

The VT 100 Endurance Race is one of Vermont Adaptive's largest fund-raisers. The entry fee and participation in the optional pledge program make it possible for people with disabilities to experience the thrill of sports that is often taken for granted by able-bodied athletes.

To learn more about how your participation in the Vermont 100 helps thousands of adaptive athletes a year visit us online at

www.vermontadaptive.org





Steve Rojek



Mary Coleman and Lou Clarino



Spencer McCleery



Farzad Faryadi

Vermont 100 Ride & Run

Some Ride. Some Run. A Few Have Done Both.

There is something magical about riders and runners sharing the trail together for one long summer day in July in the beautiful hills of Vermont. Those who have experienced it BOTH on their own two feet and from the back of a faithful equine partner have a unique perspective indeed.

Did you know that the Vermont 100 began as a horse trail ride in the 1960's? It wasn't even a race at that time. In the 1970's, it was an endurance horse race, run out of Cloudland Farm in Pomfret. The Vermont 100 began to take the amazing shape it now holds in the late 80's when Laura Farrell established Vermont Adaptive Ski and Sports. Laura was the first woman known to complete a 100-mile ride and a 100-mile run in 1982. She got the idea to add a run to the Vermont 100 from that experience and in 1989, 114 runners participated in the first VT100 run, including Laura Farrell.

Laura, the Vermont 100's first Race Director, is a legendary endurance athlete. She has run the Western States 100. She also tackled the Old Dominion in Virginia as a rider, and then went back to run it and won the Women's division. Laura has run the Vermont 100 several times and has ridden it both with her mule, Tulip, in the early days and more recently with her Arabian gelding, Sven. In many ways, she is the guiding light and inspiration of the Vermont 100 and certainly embodies its spirit of inclusion, kindness, toughness, and a love of the land.



Krista Alderdice and Melody Blittersdorf (left), Kathy Broadus (right)

Here, we salute the rare individuals who have both ridden and run the Vermont 100.

Kathy Broaddus

HORSE: *Tidbit* **2009**

HORSE: *TF Red McIntosh* **2012**

HORSE: *Cowboy Bob* **2017**

HORSE: *Fougueux* **2018**

RUNNER: **2001**

Laura Farrell

HORSE: *Sven* **2018**, and her mule Tulip in early days

RUNNER: **1999, 2000**, and ran in the early days

Krista Alderdice

HORSE: *Manyone Praise Song Furka* **2001, 2003, 2004, 2005**

HORSE: *Danika* **2007**

HORSE: *LR Bold Greyson* **2008**

HORSE: *Blew Away* **2010**

HORSE: *Empiric* **2013**

RUNNER: **2017, 2018, 2019, 2022, 2024**

Michelle Rice

HORSE: *TEF Lunar Eclipse +/-* **2011, 2013**

RUNNER: **2018**

Kristen Gonyaw

HORSE: *CB Firestorm* **2018**

RUNNER: **2019**

Bill Rice

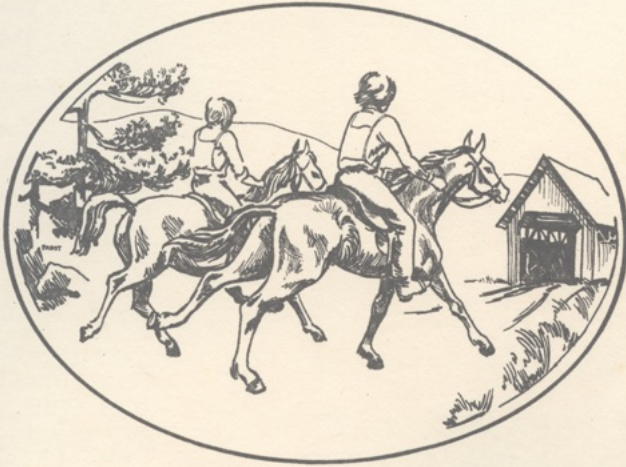
HORSE: *Tashi Samr* **2004**

RUNNER: **2002**

Read his story on completing both phases of the Vermont 100 here: <https://vermont100.com/to-finish-is-to-win/>

*The Vermont 100 Mile
Endurance Ride*

1980



Original Design of Completion Award Buckle

By Johanthan Frost

Donation \$1.00

THANK YOU!

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THEY MAKE THIS EVENT HAPPEN FOR YOU!**

Have a GREAT ride!

Vermont 100 Ride & Run