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## **Stowe Land Trust and AbilityPLUS Partner to Present The 2010 Stowe Trail Race Series – Run for a Reason!**

Stowe Land Trust (SLT) and AbilityPLUS have joined together to present the 2010 Stowe Trail Race Series – Run for a Reason. This is an opportunity for all who love the outdoors to come together to support two important causes with all proceeds going to sustain the mission of both organizations. The premier race series highlights the unique lands conserved by SLT, keeping them open to the public for recreation. AbilityPLUS opens the door to outdoor recreation for everyone, regardless of their individual abilities.

The Stowe 2010 Trail Race Series opens on July 11<sup>th</sup> with a 5K run on the cross country trails of Mt. Mansfield, before returning to Stowe Mountain Resort's Nordic Center. The second run in the series departs and returns from the Golden Eagle Resort on Saturday, August 28<sup>th</sup> highlighting the extensive network of trails known as the "town loops". These trails traverse Macutchan Town Forest as well as neighboring properties that generously permit public access. The final event, hosted by Trapp Family Lodge on Saturday, September 11<sup>th</sup>, is the second running of the Trapp Cabin 10k. The Trapp Cabin 10K will be followed by a series race party with prizes for series winners in both Master's and non-Master's categories, a race number bib raffle, and plenty of food and beverage. At all three races, prizes will be awarded to the winners of each age group in both open and Master's categories.

Stowe Land Trust is a membership based non-profit dedicated to the conservation of scenic, recreational, and productive farm and forest lands for the benefit of the greater Stowe community. By protecting Stowe's unique natural resources through conservation and stewardship, Stowe Land Trust helps to create and maintain a vibrant, economically healthy, and genuinely livable community.

AbilityPLUS is a non-profit New England organization dedicated to helping disabled people of all abilities realize their dreams of inclusion through adaptive sports. AbilityPLUS supports the adaptive program at Stowe Mountain Resort's Ski and Snowboard

**Mike Dolan**, one of last season's AbilityPLUS scholarship recipients, is a full time student at Johnson State College. Mike was an avid snowboarder until a swimming accident left him paralyzed from the neck down. "I was in active snowboarding every winter since I was young. When I had my accident my life changed in all areas. Last February when we got all the snow, I felt down because I really, really wanted to be out on the hill. My mom called Stowe Mountain Resort's adaptive program and they welcomed me! The first day in the snow my spirits were lifted and I felt really, really good and loved my experience. The instructors were professional and made my day fun and I was one with the mountain again. I gained confidence only because of the instructors, my being welcome at the mountain and my feeling that I can still snowboard!!" This season, AbilityPLUS awarded seven scholarships of \$1000 each, and Mike is back skiing along with six other locals.

School by granting scholarships to local athletes, purchasing specialized equipment, and supporting adaptive training for Stowe's instructors.



Mike Dolan out on the hill with Ability*PLUS* instructors.