



A September New England Epic – 7 Peaks in 7 Days September 6th to the 12th 2003

September 15th 2003. New England – Members of Team Nomad adventure racing just completed an epic outdoor endurance challenge. For seven days in early September, four Nomad athletes -- Scott Cole, Scott Berk, Jason Shibata, and Grant Sisler -- cycled a 750-mile clockwise loop through the back roads of New England on a road bike, linking together a series of "day hikes" (~32 miles) to the highest point in Rhode Island, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.¹ *7 Peaks in 7 Days* was not only a record-setting endurance event – "bagging" all New England highpoints in the shortest period of time without the use of an automobile – but it was also the Team's First Annual Epic Fundraiser, raising over \$6,000 for Trips for Kids, an organization that sponsors mountain bike outings for inner city kids (www.tripsforkids.org)

Six days and four hours after leaving Jerimoth Hill, the team reached Mt. Katahdin on a clear Friday morning, exchanging tales with AT thru-hikers reaching their own milestone. Soaking up the rays on a rare calm day atop Maine's highpoint, the Team reflected on their fortuitous weather window (7 days of blue skies and crisp mornings), the efficiency of a four-person pace-line, and the fact that they no longer had to share the roads with Maine's logging trucks.

The epic included six consecutive 12+ hour days (plus a final day hike up Katahdin) gaining over 54,000 total vertical feet. Nomad reached deep on Days 2 and 5, cycling 160 and 145 miles respectively, despite mounting saddle sores. The event's true highpoint came on Day 4 atop New Hampshire's 6,288-foot Mt. Washington (highest point in the Northeast), but Team member Scott Cole notes that the real highlight was Day 3. "The hike-a-bike from west to east over Vermont's Mt. Mansfield saved us about 20 miles of road biking. It also had the feel of an adventure race, which made us all more comfortable ... so to speak." Mansfield's short but steep CCC Trail climbs just over 2,000 vertical feet in 2 miles, making for a slow and steady push. Upon reaching the summit, Nomad had plenty of time to catch their breath, un-shoulder their bikes, and take in the outstanding views of Burlington, Vermont, and Lake Champlain to the west and the summit of Mt. Washington to the east. They were also kept busy explaining their choice of day-hiking gear. One of the hikers was impressed enough that he throw down \$20 to go toward the Trips for Kids fundraising goal. To finish the day, Nomad cycled to Steve Genereaux's farmhouse in South Ryegate, VT, (Nomad's Team Doc), and celebrated with a bonfire under a full moon.

Nomad was thrilled with the enthusiastic support for the Team's First Annual Fundraiser, particularly the opportunity to raise awareness of the Trips for Kids mission. Besides providing mountain bike outings to underserved youth, TFK teaches lessons in personal responsibility, achievement and environmental awareness. *Look for an upcoming article on 7 Peaks in the Nov-Dec issue of Adventure Sports Magazine (www.ASMagazine.com).*

Nomad is already planning next year's epic -- a paddle and hike adventure somewhere in ... ?

Visit www.teamnomad.com to read the detailed ride reports and view pictures. In 2001, Nomad summited all Vermont 4,000-foot peaks in just under 18 hours (but, yes, we used automobiles).

¹ There is some disagreement in Connecticut regarding the highest "point" and the highest "peak." Nomad summited both the highest point, which falls on the southern slope of Mt. Frissell (whose peak is officially in Massachusetts) and the highest peak, Bear Mountain, which falls entirely in Connecticut.