

FOR IMMEDIATE RELEASE:

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**The Swimming Hole is combining it's premier fitness program ~ FITCAMP ~ with the Stowe Derby for the ultimate in fitness conditioning with an athletic performance goal!**

Stowe, VT, 11/5/08

Ready to get in shape this winter, lose body fat, and set your sights on completing the Stowe Derby? See where health and fitness can take you! Combine training and fitness homework at The Swimming Hole led by Executive Director Charlotte Brynn with on-snow technical instruction and coaching from Scott Dorwart, Director of Stowe Mountain Resort Cross Country Ski Center.

Brynn holds a Bachelors Degree in Physical Education and is a Certified Personal Trainer, Kranking Instructor, Spinning Instructor, Aqua Instructor and Certified Swim Coach. Dorwart is Head instructor for Cross-Country skiing, Stowe Mountain Resort, Member of the Stowe-Onion River Professional Masters Cycling Team. Scott's past fitness accomplishments include being a member of the Middlebury College Ski Team, a member of the 1980 U.S. Olympic Road Cycling Team and a Pro Cyclist with Tempo-TSD-Guerciotti Team 1980-82. He is a 10 time champion of the Stowe Wintermeister Winter Triathlon, 3 time winner of Stowe Derby age group class, 2 time overall winner of Stowe Nordic Outing Club cross-country race series and 3 time overall winner of the Stowe Bike Club Wednesday Time Trial Race Series.

“The Stowe Derby started in 1945 as a personal challenge between two amazing skiers- Austrian, Sepp Ruschp who was hired to come to America and head the new ski school at Stowe and Erling Strom, world famous mountaineer from Norway. The challenge was the same as it is today- a race from the top of Mt. Mansfield, Vermont's highest peak to the historic village of Stowe. The catch was only one pair of skis could be used. The combination of downhill and cross-country skiing was (and still is) considered the ultimate test of a skier's ability. Ruschp was the winner of the first Stowe Derby.

Today, the race attracts as many as 1,000 competitors each year, ranging from Canadian Cross Country Ski Team members and NCAA Champions to recreational skiers looking for a thrill. While the race can be very competitive at all levels, it is also a fun race, having been chosen as one of the top sporting events in the state by readers of Vermont. The Stowe Derby is coordinated by the MMSC.

“We couldn’t do it without the major support from the Stowe Mountain Resort Cross Country Touring center, Trapp Family Lodge and the Stowe Rotary, along with the many volunteers, it is great to see the community pull together and support these competitive and recreational skiers, the beauty of the event is that it is so much fun for such a wide range of ages and abilities,” Pascale Savard this year’s Derby coordinator said.

FitCamp is a semi-private personal training regimen hosted by The Swimming Hole. Participants begin with body fat analysis, go through seven weeks of rigorous workouts and homework assignments with their group, and end up seeing AMAZING results! “The Swimming Hole is excited to team up with the organizers of The Stowe Derby, it is a fantastic event and with training, on snow instruction and accountability anyone ready and willing to get in shape and learn and/or improve their cross country skiing will have a blast and leave the program with the satisfaction of reaching a goal they had never considered being eligible to them in the past”  
- Charlotte J Brynn, Executive Director

Rates for the Stowe Derby Fit Camp are \$300 for Swimming Hole Members who hold a Stowe Mountain Resort Pass and \$425 for Non Members; Non pass holder rates are also available. ~ Beginner Skiers welcome.  
For more information or to register, contact The Swimming Hole at (802) 253-9229 or email [cbrynn@theswimmingholestowe.com](mailto:cbrynn@theswimmingholestowe.com)

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