

Liz Stephen, a native of East Montpelier, has been on the US Cross Country Ski Team since 2006. She was a member of the 2010 US Olympic Team and currently is skiing in World Cup races all over the world. She holds numerous US National Titles and is a graduate of Burke Mountain Academy, where she started as an alpine racer before switching to cross country skiing. When Liz comes home she trains and skis at Morse Farm Ski Touring Center. She also conducts dryland training with local nordic enthusiasts and junior racers. Her enthusiasm for the sport is infectious and she makes skiing and training fun for all.

"It always feels good to be home; no matter how long I am gone, I am always happy to be home. For me, it is the people that make a place special and I feel so supported by this community. I see and visit some amazing places but Vermont is very special. The Morse Farm ski trails are classic New England trails and are special to me because they take me to places in town that I know, but now see from a different perspective. I feel so lucky to have Morse Farm so close to my home! In all the places I've visited, nowhere has maple creemees and Morse's are the best! They are an extremely tasty way to refuel after skiing."

Written by: Susan & Liz Stephen. Winter 2011.