LONG TRAIL SCHOOL founded 1975

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Marah Bragdon in Ibarra, Ecuador, at the Youth World Climbing Championship, where she placed second.

LTS Student Ranks as World Class Climber

Dorset, VT—Marah Bragdon, a junior at Long Trail School, returned from Ecuador last week after competing in the Youth World Climbing Championship. There were over 200 climbers from 47 different countries. Bragdon competed in the Female Youth A class in Difficult Climbing (not speed) and finished second. This was Bragdon's third World Championship. She has competed in China and Austria in previous years.

Bragdon began six years ago at age 10. Currently, she trains two hours per day, five days a week at climbing walls in Northampton, Schenectady, Boston, New Jersey, and Quechee, VT. Her training doesn't only include climbing, but also a rigorous program in which she works with her own body mass, does ring work and many push-ups and pull-ups. In order to train with her two coaches, based in New Hampshire and Georgia, Bragdon puts in a lot of mileage.

"We are a driving family," says Bragdon, who often leaves school to drive and hour or more each way to train, and doesn't return until late at night. "My dad and I listen to a lot of books on tape."

Bragdon accomplishes great things in the climbing world while maintaining a B+ average. "Two of my classes are advanced placement courses. Our rule is if the homework stops getting done, I stop climbing," says Bragdon, who works hard during her study halls and after school.

Bragdon is currently in Spain competing in the Adult World Championship for climbers age 16 and up.

Long Trail School combines rigorous academics and a personalized curriculum for grades 6-12. For more information, please contact at 802.867.5717.