

For the Week of October 6, 2025

Colchester Fall Market – 1 Week To Go!

Only one week to go until the 4th Annual Fall Market!

Browse goods made by 50 local vendors and artisans. Goods include handmade jewelry, local honey, books by local authors, pottery, handcrafted bags, and much more!

Enjoy food trucks, a craft room for kids, and community connection.

This event will be held on **Saturday, October 11 from 10:00 a.m. to 3:00 p.m.**

Please note that the event will be held at the **Colchester Recreation Center** located at 80 Dick Mazza Drive.

We look forward to seeing you there!

Questions about the event can be directed to rtetrick@colchestervt.gov



Take a Free Foliage Tour Throughout Historic Colchester

When you're out riding around during this foliage season, consider taking the Self-Guided Colchester Historical Driving Tour. Cruise through four historic regions of town -- Fort Ethan Allen area, Airport Park area, Colchester Village area, and Malletts Bay area. The tour is free, may be done on your



own time, and at your own pace. Pick and choose the sites you'd like to see. Brought to you by the Colchester Historical Society, it's a lovely opportunity to entertain and educate friends and family about Colchester's unique and interesting history. This tour won an Award of Merit from the Vermont Historical Society. Get started at <https://colchestervt.gov/3257/Driving-Tours>.



For more information about the Colchester Historical Society, please visit its website at <https://www.colchestervt.gov/422/Colchester-Historical-Society>, and its Facebook page at <https://www.facebook.com/ColchesterVermontHistoricalSociety>. New members are always welcome.

State Laws and Town Ordinances Surrounding Motor-Driven Cycles and Electric Bicycles

With the introduction of more advanced and high-powered motor-driven cycles and electric bicycles, we would like to take this opportunity to clear up some confusion that has arisen regarding these vehicles.

Motor-driven cycles are defined as motor powered vehicles equipped with a power source providing a maximum of two brake horsepower and having a maximum piston or rotor displacement of 50 cubic centimeters if a combustion engine is used. Motor-driven cycles do not have pedals and can reach speeds up to 30 mph.

Motor-driven cycles must be registered, carry insurance, and be operated by a licensed driver of 16-years of age.

Electric bicycles are also increasing in popularity. These cycles have fully operable pedals with an electric motor of less than 750 watts. Electric bicycles can fall into one of three classes with each class differing in the maximum speed the bike can reach and the assistance provided to the rider.

Class 3 electric bicycles, the top class, must be equipped with a speedometer and can only be operated by people over the age of 16.

Town Ordinance prohibits the use of motorized vehicles of all kinds and descriptions from driving on Colchester recreation paths. Bicycles can not be raced on recreation paths and all users must obey all applicable rules and regulations.

Visit this link (https://clerkshq.com/Content/Attachments/Colchester-vt/info250923_c1.pdf?clientSite=Colchester-vt) for an in depth description of the rules and regulations described above.

Be Cool! Give Blood! – Upcoming Blood Drive in Colchester

The Colchester Milton Rotary Club is partnering with the American Red Cross to hold a blood drive in our community.

Organizers are encouraging eligible donors to consider signing up to donate blood. The event aims to help provide local hospitals with an adequate blood supply to aid in emergency responses.

Appointments can be made at <https://www.redcrossblood.org/>. Donors will receive a \$10 Amazon gift card and be entered to win a pie of their choice from Sam Mazza's.

The drive will take place October 14, 2025, from 12:00 to 5:00 p.m. at Our Lady of Grace Catholic Church, 784 Main Street.

Department Updates

Department of Parks & Recreation – October Fitness Schedule and Newsletter!



October

SUN	MON	TUE	WED	THU	FRI	SAT
-Registration is required for all Fitness Classes -Classes are subject to change monthly, and we encourage any new class suggestions -Please arrive 5-10 minutes prior to class if the class requires weight set-up -You must bring indoor sneakers for all classes in any of our spaces. Outdoor sneakers are not permitted -It is recommended that you bring your own yoga mat and blanket for classes Visit our website for full class descriptions			1 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 4:30p - Strength & Cardio HIIT Circuit (Alli) 5:30p - Yoga for Fitness (Carol)	2 9:15a - TRX (Nicole) 6:00p - Gentle Yoga (Hanna)	3 6:45a - Cardio & Core (Alli) 9:00a - Flow Yoga (Hanna) 12:00p - TRX (Nicole)	4 9:00a - Yoga for Fitness (Carol)
5 9:00a - Vinyasa Yoga (Lisa)	6 8:15a - Intro Pilates (Kim) 12:00p - TRX (Intro) (Nicole) 4p - Props & Pilates (Kim) 5:15p - Strength Training (Alli)	7 10:00a - 12:00p - Balance Programs (Nicole) 6:00p - Yin Yoga (Kelly)	8 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 4:30p - Strength & Cardio HIIT Circuit (Alli) 5:30p - Yoga for Fitness (Carol)	9 8:00a - Intro Pilates (Kim) 9:15a - TRX (Nicole) 4:30pm - Spinn (Jenn)	10 6:45a - Cardio & Core (Alli) 9:00a - Flow Yoga (Hanna) 10:30a - Senior Silver Spin Program (Jenn)	11 9:00a - Yoga for Fitness (Carol)
12 9:00a - Vinyasa Yoga (Lisa)	13 8:15a - Intro Pilates (Kim) 12:00p - TRX (Intro) (Nicole) 4p - Props & Pilates (Kim) 5:15p - Strength Training (Alli)	14 10:00a - 12:00p - Balance Programs (Nicole) 4:00p - Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	15 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 4:30p - Strength & Cardio HIIT Circuit (Alli) 5:30p - Yoga for Fitness (Carol)	16 8:00a - Intro Pilates (Kim) 9:15a - TRX (Nicole) 4:30pm - Spinn (Jenn) 6:00p - Gentle Yoga (Hanna)	17 6:45a - Cardio & Core (Alli) 9:00a - Flow Yoga (Hanna) 10:30a - Senior Silver Spin Program (Jenn)	18 9:00a - Yoga for Fitness (Carol)
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Register Online at colchestervt.gov/recreation

A larger version of this schedule can be viewed here: <https://colchestervt.gov/3341/Fitness-Schedule>



October 2025

**Personal
Trainer
Spotlight**



Sarah prioritizes movement and resistance training to keep bodies functional as they age, and to be strong and feel powerful in day-to-day life. She believes exercise is key to a healthy mind and body, and is the ultimate stress relief. Sarah focuses on making sure the routine you build is sustainable for your life and schedule, so you don't burn out quickly if exercise isn't already a habit in your day. She has an integrative background in kinesiology, which is helpful for troubleshooting injuries and finding the correct form and positioning for different bodies.

 **Gift Certificates
NOW available at the
Recreation Center!**

Fall is here and Winter is coming!
Please bring an extra pair of
clean, indoor sneakers to
use in the facility.



**Walking/Running
Challenge**
We are hosting our first track
challenge at the Recreation
Center. Contact the front desk to
sign up today!



Click Here!

Please complete our fitness
class survey to help us better
understand your interests.

 SNEAK PEEK

Spinning for Kids
Wednesdays, October 1-29 @ 2:15 PM
Dodgeball Night
Friday, October 3 @ 6 PM
Candle Making
Friday, October 10 @ 5:30 PM
Seasonal Science @ UMS, PPS, MBS
Starting 10/14, 10/15, 10/16 @ 3 PM
Halloween Movie Night
Friday, October 24 @ 6 PM
Pickleball Clinic
Saturday, October 25 @ 9 AM

Find more information or register for classes at colchestervt.gov/recreation

Upcoming Town Meetings & Agendas

Selectboard Meeting: Tuesday, October 14, 6:30 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.

Residents are welcome to attend the meeting. Alternatively, send a note, up to 1,000 words, to TownManager@colchestervt.gov with “Citizens to be Heard” in the Subject and your name. As with in-person Citizens to be Heard, we ask that you SHARE YOUR ADDRESS. The email will be shared with the entire Selectboard prior to the meeting and included in the information packet at the next meeting.

- Watch the Meeting Online via Live Stream: <http://lcatv.org/live-stream-2>
- Agenda: www.bit.ly/Colchester-SB-Agendas

Planning Commission: Tuesday, October 7, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Agenda: <https://clerkshq.com/Colchester-vt?docid=PLANAGENDA>

Recreation Advisory Board: Wednesday, October 8, 7:00 a.m. at the Colchester Recreation Center, 80 Dick Mazza Drive. Agenda: <https://clerkshq.com/Colchester-vt?docId=RecAdv&path=BOARDS%2CRecAdv%2C>

Development Review Board: Wednesday, October 8, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Residents are welcome to attend the meeting or public comments can be submitted prior to the hearing by email to zmaia@colchestervt.gov or by mail to Town of Colchester, c/o Development Review Board, 781 Blakely Road, Colchester, VT 05446. Agenda: https://clerkshq.com/Colchester-vt?docid=DRBAGENDA&path=DRB%2CDRB_Agendas%2CDRBAGENDA%2C

Library Board of Trustees: Thursday, October 16, 4:00 p.m. in the Burnham Room of the Burnham Memorial Library. Agenda: <https://clerkshq.com/Colchester-vt?docId=LibBoard&path=BOARDS%2CLibBoard%2C>

Colchester Conservation Commission: Monday, October 20, 5:00 p.m. at the Blakely Road Flower Beds. https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommsn.htm#_CPA1

Subscribe to the Town Newsletter: <https://lp.constantcontactpages.com/su/jkMAO2v>

For more information or to comment, call 802-264-5509 or email townmanager@colchestervt.gov