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**MARCH**  
**2010**



THE 2009 TOUR OF THE BATTENKILL PELOTON THUNDERING OUT OF THE EAGLEVILLE COVERED BRIDGE DURING THE PRO RACE. THE LEADER IS SCOTT NYDAM OF TEAM BMC, THE EVENTUAL WINNER. PHOTO BY DAVE KRAUS

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## Spring Bicycle Racing

by Dave Kraus

March is a time of excited expectation for many upstate cyclists. While the snow may still be piled deep, they know it's only a matter of a few short weeks before the white stuff melts, the roads clear, and the new cycling season begins. Riders who have been training inside on stationary bikes all winter heave a sigh of relief, and the few hardy souls who have been riding outdoors all winter look forward to being able to venture out without dressing like an Eskimo.

For racing enthusiasts in particular the Capital Region and Adirondacks offer a rich schedule of spring and early summer events where they can stretch their competitive legs.

In the Washington County town of Cambridge, the **Tour of the Battenkill** has in a few short years become the largest one day racing event in the nation. This year plans are in place to expand the event to two weekends, with a series of Pro/Am races on April 10 and the Professional Invitational men's race the following weekend on April 18 sanctioned by pro cycling's world governing body, the International Cycling Union.

On the southern end of the Capital Region in Coxsackie, the **Trooper David Brinkerhoff Memorial/Johnny Cake Lane Spring Series** takes place on three different weekends.

Up north in Wilmington and Saranac Lake, the **Adirondack North Country Race Weekend** kicks off the summer on June 12-13.

The Tour of the Battenkill, started by Cambridge resident Dieter Drake, has a unique place in American racing with its mix of paved and unpaved roads. The format is old hat in Europe, where many of the spring classics race over dirt or cobblestone roads. But the mix of surfaces was almost unknown in this country until Dieter started the Battenkill race in 2005.

Asked about the origins of the race, Dieter recalls "It was really an afterthought." After successfully producing the Cambridge Balloon Festival Classic race in 2004, he was looking for a different kind of event to do the next year, starting in Salem. After looking at roads in the area, Dieter put together "something like you see in France and Belgium this time of year."

The event has also turned into a tourist draw for the area. Spectators and racers fill local businesses on race weekend and many revisit the area at other times of the year to ride the course under slightly less stressful conditions. Dieter says he feels good that people are coming to enjoy Washington County. He admits that in April "not a whole lot" would be going on if it weren't for the race.

See **BICYCLE RACING, 18** ▶

• Adventure • Backpacking • Bicycling • Canoeing

• Duathlon • Environment • Fitness • Health • Hiking • Running • Bicycling • Hiking

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PHOTOS BY BRIAN TEAGUE

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**Exhibitors as of March 5  
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 See April's Attendee Guide for full list

**Adirondack Adventures Rafting/Tubing**  
[adkadventures.com](http://adkadventures.com)

**Adirondack Connections Guide Service (2)**  
[adirondackconnections.com](http://adirondackconnections.com)

**Adirondack Lakes & Trails Outfitters (2)**  
[adirondackoutfitters.com](http://adirondackoutfitters.com)

**Adirondack Marathon Distance Festival**  
[adirondackmarathon.org](http://adirondackmarathon.org)

**Adirondack Mountain Club (2) • adk.org**

**Adirondack Paddle N Pole**  
[onewithwater.com](http://onewithwater.com)

**Adirondacks Speculator Region Chamber**  
[speculatorchamber.com](http://speculatorchamber.com)

**Albany Running Exchange (2)**  
[runalbany.com](http://runalbany.com)

**American Diabetes Association/Tour de Cure**  
[diabetes.org/tour](http://diabetes.org/tour)

**Arbonne International**  
[sheila.myarbonne.com](http://sheila.myarbonne.com)

**Back in Balance Therapeutic Massage**  
[bibtherapeuticmassage.com](http://bibtherapeuticmassage.com)

**Battenkill Riversports & Campground**  
[brsac.com](http://brsac.com)

**Bromley's Sun Mountain Adventure Park**  
[bromley.com](http://bromley.com)

**Clover Combo Classic 8K Run • ccef.com**

**The Crux/Champlain Valley Climbing Center**  
[pmoec.org](http://pmoec.org)

**Cummings Advertising Art**  
[cummingsadvertisingart.com](http://cummingsadvertisingart.com)

**Enchanted Forest/Water Safari**  
[watersafari.com](http://watersafari.com)

**Esperanto Restaurant • go2esperanto.com**

**Firecracker 4-Mile Road Race**  
[firecracker4.com](http://firecracker4.com)

**Freihofer's Run for Women**  
[freihoferstrun.com](http://freihoferstrun.com)

**The Gear Source • thegearsorceonline.com**

**Gerber Chiropractic • gerberchiro.com**

**Gore Mountain • goremountain.com**

**Gore Mountain Region Chamber**  
[gorechamber.com](http://gorechamber.com)

**High Peaks Cyclery/Mountain Adventures (2)**  
[highpeakscyclery.com](http://highpeakscyclery.com)

**Hudson-Mohawk Road Runners Club**  
[hmrrc.com](http://hmrrc.com)

**Huff N' Puff • huffnpuffinc.com**

**Just Plain Good/Life Is Good (2)**  
[justplaignood.net](http://justplaignood.net)

**Lake George Kayak Co. (4)**  
[lakegeorgekayak.com](http://lakegeorgekayak.com)

**Leukemia & Lymphoma/Team in Training**  
[teamintraining.org/uny](http://teamintraining.org/uny)

**LiveWell ADK & LiveWell Saratoga**  
[livewelladk.com](http://livewelladk.com)

**Mohawk-Hudson Cycling Club**  
[webmhcc.org](http://webmhcc.org)

**Montreal Esprit Triathlon**  
[esprittriathlon.com](http://esprittriathlon.com)

**The Mountain Goat (4) • mountaingoat.com**

**Mountainman Outdoor Supply Co. (18)**  
[mountainmanoutdoors.com](http://mountainmanoutdoors.com)

**My Fitness Recovery/Chi Running-Walking**  
[myfitnessrecovery.com](http://myfitnessrecovery.com)

**National MS Society/Bike MS**  
[msupstateny.org](http://msupstateny.org)

**Northern New York Paddlers • swcweb.org**

**NYS Outdoor Guides Association • nysoga.org**

**Out of Control Ski Club • ocskiclub.org**

**Placid Boatworks (2) • placidboats.com**

**Placid Planet Bicycles**  
[placidplanetbicycles.com](http://placidplanetbicycles.com)

**Pok-O-MacCready Outdoor Education Center**  
[pmoec.org](http://pmoec.org)

**Prudential Manor Homes Realtors**  
[prudentialmanor.com](http://prudentialmanor.com)

**Read Run 5K Race • literacynycap.org**

**Saratoga Lake Sailing Club**  
[saratogasailingschool.org](http://saratogasailingschool.org)

**Saratoga Photobooth Co.**  
[saratogaphotobooth.com](http://saratogaphotobooth.com)

**Saratoga Soaring Association**  
[saratogasoaring.com](http://saratogasoaring.com)

**Saratoga Stryders Running Club**  
[saratogastryders.org](http://saratogastryders.org)

**Saratoga Triathlon Club**  
[saratogatriathlonclub.org](http://saratogatriathlonclub.org)

**Schenectady Wintersports Club**  
[swcweb.org](http://swcweb.org)

**SHAPE Multi-Sport Camps • shapecamp.org**

**Silhouette Eye Studio**  
[silhouette-eyestudio.com](http://silhouette-eyestudio.com)

**Silverleaf Resorts (2) • silverleafresorts.com**

**SkyHigh XTERRA Off-Road Triathlon**  
[skyhightri.com](http://skyhightri.com)

**Sunnyview Rehabilitation Hospital**  
[sunnyview.org](http://sunnyview.org)

**Tour of the Battenkill Bicycle Race**  
[tourofthebattenkill.com](http://tourofthebattenkill.com)

**Towns & Villages of the Battenkill Valley**  
[visitbattenkillvalley.com](http://visitbattenkillvalley.com)

**USA Track & Field/Adirondack**  
[usatfadir.com](http://usatfadir.com)

**Washington County Tourism**  
[washingtonnycounty.com](http://washingtonnycounty.com)

**Watervliet Arsenal City Run**  
[watervliet.com](http://watervliet.com)

**Whiteface Business & Tourism Center**  
[whitefaceregion.com](http://whitefaceregion.com)

**The Wild Center • wildcenter.org**

**Wild River Press/Discover the Adirondacks**  
[hiketheadirondacks.com](http://hiketheadirondacks.com)

**YMCA Camp Chingachgook**  
[lakegeorgecamp.org](http://lakegeorgecamp.org)

For Updated Exhibitor List, Seminar/Pool Schedule & More:

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## /// RUNNING & WALKING ///

# Spring Out of the Box

By Laura Clark



COURTESY OF NEW BALANCE

According to a *Psychology Today* survey, the top three New Year's resolutions involve losing weight, exercising more and quitting smoking. If you are reading this, odds are you are not a smoker, so that leaves the other two. Even top athletes sometimes feel the need to trim holiday weight gain or at least reconsider Bill Roger's notorious Twinkie diet.

But since it is now March and three months into 2010, where does that leave you – an athlete whose resolve has faltered during the cold, dark Northeastern winter? Seasonally, we New Yorkers are at a resolution disadvantage. Just when we are pumped and ready to “go for the gold” we get slammed by Old Man Winter, making watching the Olympics on TV more appealing than acting out our own personal fantasy. So rather than throwing in the towel after three months of less than perfect attendance, March is the time to spring out of the box and perhaps take a more creative look at typical hackneyed resolutions.

With the new, improved Daylight Saving Time early-birding on March 14, we can timeframe that date as a more realistic starting gate. Even with stockpiles of snow backhoed into parking spaces, there is a certain whiff of something in the air, a palatable invitation to toss the Twinkie and become a participant.

In your haste to get out of the box, it does pay to exercise a certain amount of road savvy. With more folks hitting the roads as drivers, bikers or runners, there has been an alarming increase in pedestrian accidents. Don't become a statistic! Visit [runnersworld.com](http://runnersworld.com) and search for “Collision Course” in the January 2010 issue. Memorize it. And then log onto [roadid.com](http://roadid.com) and order yourself a Road ID with contact information and blood type just in case an accident does occur.

In a contest between you and an automobile, four tires will always win out over two feet. Despite the mythical promise of a rosy-fingered spring, morning runners will find themselves thrust back into darkness while evening runners will be tempted by the warmer temperatures to imagine that their reprieve from sunset will extend into summertime expectations. Either way, follow Saratoga Stryder Kim Zimbal's

example and accessorize like a Christmas tree. Take a cue from Kim's triathlete training and include plenty of blinking lights. A few interactive flashes will get the attention of tired drivers more effectively than the placid orange safety vest.

Before venturing outdoors remember that in our northern clime spring is a promise and not a guarantee. I vividly recall one March morning when I headed out for my final pre-Boston Marathon long run. The air was soft, robins were singing and rabbits were busy hiding eggs. About an hour into my journey, the wind hardened, the temperature dropped and the snowflakes got serious. After witnessing a car careen onto a neighbor's lawn, I decided discretion was the better part of valor and reluctantly hastened to the nearest treadmill. Like the groundhog, it sometimes pays to reconsider.

And now here is the fun part – you get to reward yourself for your good intentions with some terrific new gear. According to Charles Woodruff, owner of Albany's Fleet Feet Sports, March is the store's biggest month for shoe sales, topped only by August. That is encouraging. Presumably, then, many March resolutions at least work their way through several pairs of shoes on their quest toward fall marathons and fast 5Ks.

Unless you have been living totally inside your box, the benefits of fast-drying, wicking gear go without saying. So now is the time to venture farther afield and experiment with some of the latest innovations. While we have all seen the form-fitting apparel favored by triathletes and Olympic athletes, that look might seem a bit extreme for many of us. Enter compression garments which provide the same support benefits without the total superman look.

Or better, for still-fickle spring conditions, experiment with a pair of “arm sleeves” that pull-up to just below your shoulder, making a liberating short-sleeved shirt a definite option during changeable weather. There is also a wide array of compression socks available. Even if, like me, you are rather particular about sock thickness inside your sneakers, these give wonderful post-race support with a palatable “AAH!” sigh of relief as they hug and caress your tired calves. Check out “Is Tight Right?” in the November 2009 issue of *Trail Runner* magazine.

And now for the really fun part, open your door, take a deep breath and step outdoors. Just don't do it too quickly. Coach Jeffrey Lutzker of the Saratoga Stryders states that “The most important recommendation I can give is to go easy.”

To edge back into speed-work, he initially recommends any run faster than training pace: hill repeats, tempo runs, telephone pole jaunts, and four by one-minute hard/easy repeats – gradually building up to eight to ten repeats.

And what if, like me, you really enjoy the winter months and fill your days with cross-country skiing, snowshoe racing, and occasional strength workouts involving a snow shovel or stuck vehicle? You should be good to go, right? Not exactly, as I discovered several years ago when I attempted the HMRRRC Winter Marathon – a last-chance Boston qualifier involving endless loops around the University at Albany campus... Ouch! Those roads are not nearly as soft as the snow my quads were used to. OK, so maybe not this year, but you get the picture. Anticipate the end of winter by substituting a springtime workout for a snow-day celebration one or two days per week.

And while you are at it, heed Coach Jeff's next bit of advice, “I believe one of the most overlooked training fundamentals for runners is strength training – as the arms swing, the stride follows.” So on those truly lamentable spring days, instead of heading back inside your box, visit the gym instead!

Above all, make it fun. After all, this is not meant to be a job unless you are an Olympic hopeful. Dare to spring outside your preconceived boundaries. From the local March and April events listed here, select one that you might not have otherwise considered: Run For Your Life 5K (and three-person relay); Metroland 5K Run/Walk; April Fool's 10K Race and 5K Run/Walk; Dodge the Deer 5K; St. Peter's Keys Run 10K/5K; Fight For Air Stair Climb; St. John's/St. Ann's Spring Run-Off 5K/10K; Bill Robinson Masters 10K Championship; and Sean's Run 5K.

Participating in something different will let in a fresh breath of air and make you a winner – regardless of your finishing time or age group status. Enjoy! 🌲

*Laura Clark (lclark@sals.edu) of Saratoga Springs is an avid trail runner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.*

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ISSUE #113

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**Calendar of Events**  
 March - May 2010  
  
  



**ALPINE SKIING & SNOWBOARDING**  
 ONGOING

- Fri** **Ski Bus Trips: 3/19 Bromley; 3/26 Killington; 4/2 Gore.** Out of Control Ski Club, Albany. 475-7553. ocskiclub.org.  
**Sun** **Ski Bus Trips: 3/14 Mt. Snow; 3/28 Stratton.** Out of Control Ski Club, Albany. 475-7553. ocskiclub.org.
- MARCH**
- 13** **Big Air at Little Gore: Slopestyle Competition.** 5:30pm. Ski Bowl, North Creek. 251-2411. goremountain.com.  
**13** **Terrain Park Face Slope/Team Slopestyle Contest.** 12-2pm. West, Glens Falls. 793-6606. skiwestmountain.com.  
**14** **Ski & Snowboard Demo Day.** Whiteface, Wilmington. 946-2223. whiteface.com.  
**14** **Super Sunday: Discounts, music, games & Whiteface Open.** Whiteface, Wilmington. 946-2223. whiteface.com.  
**19** **Alpine Sport Shop: '10/11 Demo Day.** Gore, North Creek. 251-2411. goremountain.com.  
**19-20** **Slopestyle Contest.** 7-9pm. West, Glens Falls. 793-6606. skiwestmountain.com.  
**20** **Gail's Bump Camps.** Gore, North Creek. 251-2411. goremountain.com.  
**20-23** **U.S. Alpine Skiing National Championships.** Whiteface, Wilmington. 946-2223. whiteface.com.  
**21** **Ski Bus Trip: Sugarbush.** 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.  
**21** **Walt's Bump Contest.** Gore, North Creek. 251-2411. goremountain.com.  
**22-28** **Take Your Son to Gore Week.** 19 & under. Gore, North Creek. 251-2411. goremountain.com.  
**27** **Slush Cup.** 11am-5pm. West, Glens Falls. 793-6606. skiwestmountain.com.  
**28** **Family Fun Dual Slalom.** Parent/son teams. Gore, North Creek. 251-2411. goremountain.com.  
**28** **"Apple Butter Open" Mogul Competition.** Whiteface, Wilmington. 946-2223. whiteface.com.

- APRIL**
- 3** **"Your Park Never Dies" Rail Rally.** Gore, North Creek. 251-2411. goremountain.com.  
**4** **Easter Sunrise Service & Easter Buffets.** Gore, North Creek. 251-2411. goremountain.com.  
**4** **Retro Super Sunday & Mini Park Meltdown.** Whiteface, Wilmington. 946-2223. whiteface.com.  
**10** **Pond Skimming Contest.** 11am-2pm. Gore, North Creek. 251-2411. goremountain.com.  
**10** **Pond Skimming Contest.** 12pm. Whiteface, Wilmington. 946-2223. whiteface.com.

**BICYCLING & MOUNTAIN BIKING**  
 ONGOING

- Tue** **"Bike & Brew" Spin Training.** 6:30pm. Bring bike/trainer or use spin bike. High Peaks Cyclery & LP Pub/Brew, Lake Placid. 523-3764. highpeakscyclery.com.  
**Tue** **Rensselaer County Multi-Pace Ride: Starts 4/6.** 30M. 5pm. Park/Ride, Defreestville. Sharon Gibbs: 283-0155. webmhcc.org.  
**Tue** **Albany County Tour Ride: Starts 4/6.** 25M. 5:30pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.

n. 6/13: Saranac Lake Downtown Crit  
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- Wed** **"Pre-Wacky" Tour Ride: 3/24-30.** 20M. 5:30pm. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.  
**Wed** **CBRC Quick Training Ride: Starts 3/31.** 30M. 6pm. South Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.  
**Wed** **Wacky Tour Ride: Starts 4/7.** 22M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.  
**Sat** **Matinee Tour Ride.** 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.

- MARCH**
- 13** **River Rd Loop Quick Ride.** 35M. 11am. St. James Square, Niskayuna. David Beals: 456-3728. webmhcc.org.  
**20** **David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #1.** 18-54M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.  
**27** **David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #2.** 18-54M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.  
**28** **Saratoga 200K Brevet Ride.** Schuylerville. John Ceceri: 583-3708. adkultracycling.com.  
**28** **Easter Mountain Bike Race.** 9-11am. Central Park, Schenectady. 346-1522. bikereg.com.

- APRIL**
- 3** **David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #3.** 21-63M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.  
**3** **Chango Novice Really Casual Ride.** 9M. 10:30am. Chango E.S., Round Lake. Bob Cohen: 855-5552. webmhcc.org.  
**4** **Find Your Legs Casual Ride.** 20M. 1:30pm. Park/Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.  
**10** **Tour of the Battenkill: Pro/Am Race.** 62-80M. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.  
**16** **Tour of the Battenkill: Victory Time Trial.** Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.  
**17** **Tour of the Battenkill: Ride2Recovery Cyclefest.** Improving the lives of injured veterans. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.  
**18** **Tour of the Battenkill: Professional Invitational Race.** Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.  
**18** **Tour de Columbia County.** 35-50M. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.  
**24** **Saratoga 300K Brevet Ride.** Schuylerville. John Ceceri: 583-3708. adkultracycling.com.  
**24-25** **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

- MAY**
- 16** **Tour de Columbia County.** 35-50M supported ride. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.  
**16** **6th Team Billy Bike Ride & Walk for Research.** 10/25/50M ride. 3M walk. 8:30am. High Rock Park, Saratoga Springs. teambilly.org.  
**16** **Sweat N' Spring Century & Metric.** 100M: 8am. 62M: 9am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. bikereg.com.  
**29-31** **Killington Stage Race.** Killington, VT. 802-496-5415. killingtonstagerace.com.  
**30** **Inaugural "ADK 80K" Mountain Bike Race.** 12pm. Solo & teams. Plus, Trail Run & Duathlon. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.

- JUNE**
- 6** **ADA Tour de Cure.** 100M-7am. 62.5-7:30am. 50M-8:30am. 25M-9am. 10M-10am. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755 x3606. diabetes.org.  
**12** **Adk North Country Race Weekend: Wilmington-Whiteface Road Race.** 28-55M. 8am. Wilmington. 873-2413. teamplacidplanet.org.  
**13** **Adk North Country Race Weekend: Saranac Lake Downtown Criterium.** Village, Saranac Lake. teamplacidplanet.org.  
**19** **9th Whiteface Mountain Uphill Bike Race.** 7.8M. 5:30pm. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whitefacrace.com.

**Metroland Bodybuilding & Figure Championships**  
**Saturday, March 27 • 9am**  
**Albany Academy High School**  
**135 Academy Road, Albany**  
 A drug-free event showcasing local athletes dedicated to fitness and health  
**Health & Fitness Expo: 9am-5pm**  
 Fitness exhibitors & strength demo  
**5K Run/Walk: 9:30am**  
 To fight child obesity  
**metrolandchampionships.com**  
 John Weissenburger: 573-8664

Join in the 10th anniversary  
**Pat Stratton Memorial Century Ride**  
  
**Best Ride in the Adirondacks!**  
**Saturday, August 28, 8am**  
**Mt. Pisgah Lodge, Saranac Lake**  
 100mi, 50mi, 25mi & kids' ride  
 Rides for all ages & abilities  
 T-shirt, picnic, music, poker ride w/prizes!  
**Register: Active.com**  
 Info: Bob Scheefer (518) 891-5873  
 adkbuild@roadrunner.com  
 Benefits Kiwanis Club of Saranac Lake youth programs

**Enjoy Road or Mountain Biking in the Capital District & Saratoga?**

*Join MHCC Today!*

- All levels of ability welcome
- More than 300 rides per year

*Pick up an application at bike shops or visit [www.webmhcc.org](http://www.webmhcc.org)*



**Mohawk-Hudson Cycling Club**

**Rick's Bike Shop**



Mountain, Road, Hybrid, Kids, BMX  
**TREK • SPECIALIZED ELECTRA**  
*Expert Repair Work on All Brands*  
Corner of Quaker Rd and Ridge Rd  
Queensbury  
[www.ricksbikeshop.com](http://www.ricksbikeshop.com)  
**(518) 793-8986**

**SARATOGA LIONS DUATHLON**



**Du-It for Sight and Hearing**  
**Sunday, May 30 at 8am**  
**Skidmore College, Saratoga Springs**  
**5K Run, 20M Bike, 5K Run • Individuals & Teams**  
**Print Application & Online Registration: [SaratogaLions.com](http://SaratogaLions.com)**

*Micro-mesh T-shirts to first 250 entrants*

**Raffle: \$20 per Ticket** – Prize options are: \$4,300 Serotta Bicycles gift certificate; \$800 Southwest Airlines tickets; \$500 Blue Sky Bicycles gift certificate; Overnight Stay at Mirror Lake Inn

*Proceeds benefit sight and hearing projects of the Saratoga Lions Club*

- JULY**
- 10 Bike MS: Follow the Foothills.** 10/25/50/62/100M. West Mountain, Queensbury. Kelly Davey: 464-0960. [msupstatenyalb.org](http://msupstatenyalb.org).
- 25-31 10th Great Big FANY Ride.** 500M across NY. Niagara Falls to Saratoga Springs. [fanyride.com](http://fanyride.com).

**AUGUST**

**28 10th Pat Stratton Memorial Century Ride.** 100/50/25M & kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob Scheefer: 891-5873. [active.com](http://active.com).

**CROSS-COUNTRY SKIING**

**ONGOING**

**Daily X-C or BC Ski Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Daily Ice Climbing.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Wed X-C Ski Trips.** Schenectady Wintersports Club, Schenectady. Schedule: [swcweb.org](http://swcweb.org).

**Sat Afternoon Tea & Movie or Speaker.** 5pm. High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Sun Nordic & Alpine Ski Bus Trips.** Sun & weekdays. Out of Control Ski Club, Albany. 275-7553. [ocskiclub.org](http://ocskiclub.org).

- MARCH**
- 13 Classic Instruction: For women, by women.** 10:30am. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**HEALTH & FITNESS**

**ONGOING**

**Daily CardiotFit Classes: Call for Schedule.** Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).

**Mo-Tu Beg/Intro Pilates Mat Class.** Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://maltapilatescenter.com).

**M-Tu-W Yoga Open Level Class.** Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://maltapilatescenter.com).

**Mo-Fr Capital District Adventure Boot Camp for Women.** Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. [cdbootcamp.com](http://cdbootcamp.com).

**Mo-Fr Boot Camp Challenge.** Albany, Saratoga & Schenectady counties. 366-1901. [makeitfittraining.com](http://makeitfittraining.com).

**Mo-Fr Pilates Tower Class.** Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://maltapilatescenter.com).

**Mo-Sa Yoga, Circuit Training & Stretching Classes.** High Peaks Cyclery, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).

**Tu-Th-Sa Pilates Open Level Mat Class.** Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://maltapilatescenter.com).

- MARCH**
- 27 Metroland Bodybuilding & Figure Championship.** 9am. 5K Run/Walk: 9:30am. Expo: 9am-5pm. Albany Academy, Albany. John Weissenburger: 573-8664. [metrolandchampionships.com](http://metrolandchampionships.com).

- APRIL**
- 24-25 5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**HIKING & ROCK CLIMBING**

**ONGOING**

**Daily Snowshoe Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Sun X-C Skiing & Ice Climbing.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

- MARCH**
- 28 Two-for-One Climbing Day.** 10am. The Crux: Champlain Valley Climbing Center, Willsboro. Julia Backus: 963-4646. [pmoec.org](http://pmoec.org).

- APRIL**
- 2-9 Spring Fever – Climb the Walls at A.I.R.** 4-9pm. Albany's Indoor RockGym, Albany. 459-7625. [airrockgym.com](http://airrockgym.com).
- 24-25 5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

- MAY**
- 15 End-to-End 29M Endurance Challenge.** 5:30am. Pittsfield S.P., Pittsfield, MA. [taconichikingclub.blogspot.com](http://taconichikingclub.blogspot.com).
- 22 Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 24 Women's High Ropes Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

**KAYAKING & CANOEING**

**ONGOING**

**Tue/Wed Evening Tours: 5/4-6/29.** Various locations. Adk Paddle N Pole, Colonie. 346-3180. [onewithwater.com](http://onewithwater.com).

- MARCH**
- 10, 24 Rolling Instruction.** 8-9:30pm. Jewish Comm. Ctr., Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 17 Rescue Instruction.** 8-9:30pm. Jewish Comm. Ctr., Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 28 Tenandeho Whitewater Derby.** 4.5M on Tenandeho Creek. 12pm. Coons Crossing, Stillwater to Mechanicville. John Casey: 810-7579. [mechanicville.com](http://mechanicville.com).

- APRIL**
- 7, 14, 28 Rolling Instruction.** 8pm. Jewish Comm. Ctr., Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 16 Northern Forest Paddler's Film Festival.** Center for the Arts, Lake Placid. Adk Lakes & Trails Outfitters: 891-7450. [adironackoutfitters.com](http://adironackoutfitters.com).
- 18 Little River Ramble.** 2-6M. 1pm. Boat Laaunch, Canton. Steve Coffin: 315-854-0881. [slvpaddlers.org](http://slvpaddlers.org).
- 21 Rescue Instruction.** 8pm. Jewish Comm. Ctr., Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 24-25 5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 24-25 Mountainman Outdoors: Canoe/Kayak Pre-Season Sale.** Adk S&F Summer Expo, Saratoga Springs City Center. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 25 Family War Canoe Tour.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

- MAY**
- 1 Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 1-2 53rd Hudson River Whitewater Derby.** Sat, 11am: Novice, Giant Slalom & Sprint races & Downriver Race. Sun, 11am: Downriver Race. North Creek. 251-2612. [whitewaterderby.com](http://whitewaterderby.com).
- 1-2 49th Canton Canoe Weekend.** Taylor Park, Canton. Chuck Bolesh: 315-379-9241. [slvpaddlers.org](http://slvpaddlers.org).
- 5 Rescue II Instruction.** 8pm. Jewish Comm. Ctr., Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 8 Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 8-9 Canoe/Kayak Demo Days.** On-water sale. Riverside Park, Saranac Lake. 800-491-0414. [adironackoutfitters.com](http://adironackoutfitters.com).
- 15 Round the Mountain Canoe & Kayak Races.** 10.5M. 11am. Lower Saranac Lake to Lake Flower, Saranac Lake. [macscanoe.com](http://macscanoe.com).
- 15, 30 Kayaking Days.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 16, 30 Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

**Southern Saratoga YMCA**

17th Annual  
**Anyone Can 'Tri' Triathlon**  
**Sunday, May 2 • 7:30 AM**

350yd indoor swim  
11M bike • 3.2M run  
Ironpersons or 3-Person Ironteams

Register early, it fills fast!  
Fees increase after 4/24 (postmark 4/23)  
Registration deadline: 4/29

5th Annual  
**Kids Can 'Tri' Too Mini-Triathlon**  
**Sunday, May 2 • 10 AM**

Age 9-13: 50yd swim, 1M bike, 0.5M run  
Age 8-under: 25yd swim, 0.5M bike, 0.25M run

Southern Saratoga YMCA  
1 Wall St, Clifton Park  
Entry Form/Info: [cdymca.org](http://cdymca.org)  
(see Southern Saratoga branch)

**(518) 371-2139**

**SUGARBUSH adventure GAMES**



**Saturday, April 10**  
**SUGARBUSH KIDS' TRIATHLON**

**Sunday, April 11**  
**THE SUGARBUSH TRIATHLON**  
a four-event triathlon, open to individuals and teams.  
(Run, Kayak/Canoe, Cycle, XC Ski)

Register online by April 7, 2010 (\$40) or by mail by April 2, 2010 (\$35)  
For more information, visit [sugarbush.com](http://sugarbush.com)



The Mad River Path Association

37th ANNUAL



**Tenandeho WHITE WATER DERBY**

**Sunday, March 28 • 12pm**  
Coons Crossing Rd, Tenandeho Creek  
Stillwater to Mechanicville  
Registration: 9-11am  
John Casey: 810-7579 [canoerj@msn.com](mailto:canoerj@msn.com)  
Jim Ernst: 584-2061 [jernst12@nycap.rr.com](mailto:jernst12@nycap.rr.com)

**NEW MEMBERS WELCOME!**  
Application Online or Register on [www.active.com](http://www.active.com)



**Join by 5/1 for club clothing!**  
Details: [www.cdtriclub.org](http://www.cdtriclub.org)  
More info: Jenny Stahl (518) 312-6686

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**Guaranteed Lowest Price in the Nation!**  
We Even Beat Internet Pricing!

**2010 Specialized Bicycles in Stock**  
**Free Cyclops Trainer with Purchase of Road Bike**

Visit [plaineandson.com](http://plaineandson.com) for printable coupons you can use in our store  
**1816 State St, Schenectady • (518) 346-1433**  
Monday-Friday 10-8, Saturday 10-6, Sunday 12-5

- 16,000 Sq. Ft. Showroom
- Expert Service
- Club Discounts

# SKYHIGH MULTI-SPORT LIFE

## SHAPE Multi-Sport Camps

Ages 8-15 • Averill Park, Colonie, Grafton  
Five sessions (M-F 9-5): June 28 to July 30  
Experienced staff

- Swim/bike instruction, running games, teamwork
- Safe, fun learning environment
- Led by certified educators & coaches
- USA Triathlon sanctioned camp

SHAPEcamp.org



## SKYHIGH XTERRA Off-Road Triathlon

Sunday, July 18 • 8am  
Grafton Lakes State Park, Grafton  
1K swim/20K mtn bike/6K trail run  
XTERRA Point Series • Individuals/Teams

## SKYHIGH Kids' Triathlon

Saturday, July 17 • 9am  
100m swim/5K mtn bike/1K trail run  
USA Triathlon sanctioned • Ages 8-14

SKYHIGHadventures.com

## 31<sup>ST</sup> ANNUAL ST. PETER'S KEYS RUN

A Grand Prix Event of the Adirondack Runners



Saturday, April 17

5K & 10K USATF Certified

10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM  
SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS

ENTRY FEE 5K & 10K \$15 / \$20 day of race (1 fee covers both races)  
1-Mile \$10  
Family Discounts (5K & 10K): \$50 preregistered / \$60 day of race

Online Registration & Application: [www.saratogastryders.org](http://www.saratogastryders.org)

INFORMATION Jeff Clark 581-7550 OR Laura Clark [laura@saratogastryders.org](mailto:laura@saratogastryders.org)

Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!



## 4-Mile Road Race

Sunday, July 4 • 8am  
Run Thru Historic Saratoga Springs, NY  
USATF Certified & Chip-Timed

Start/Finish: Saratoga City Center  
Kickoff day two of Saratoga's  
All-American Celebration

\$20 by 7/2 or \$25 race day  
Dry-fit shirts to first 2,000 paid registrants

Register: [www.Firecracker4.com](http://www.Firecracker4.com)  
Awards: Top 10 M/F overall, top 3 M/F 5-yr  
increments & top 3 M/F fire/police/EMS

Race Directors:  
Peter Goutos: [pgoutos@casmithllc.com](mailto:pgoutos@casmithllc.com)  
Bob Vanderminden: [bobjr@telescopecasual.com](mailto:bobjr@telescopecasual.com)  
Info: 518-316-4445

A Streaks Running Club event - Proceeds benefit  
Saratoga Springs H.S. XC & track/field programs

## Literacy 5K Run/Walk 2010

Sunday, May 2 • 10am  
Children's Museum of Science & Technology  
Rensselaer Tech Park, Troy

Register: [Active.com](http://Active.com)  
\$15 registration; \$20 race day  
Children's Fun Run - 9am (\$6)  
Youth Mile - 9:30am (\$10)

Complete info: [Ivorc.org](http://Ivorc.org)  
Literacy Volunteers of Rensselaer County  
(518) 274-8526

## 30th Anniversary HMRRRC

### Bill Robinson Masters 10K Championship

For runners 40 years or older  
Saturday, April 24  
9am - New Time!  
Guilderland High School  
Guilderland Center

Application: [hmrrc.com](http://hmrrc.com)  
Jim Tierney  
869-5597 / [runnerjmt@aol.com](mailto:runnerjmt@aol.com)

- 19 & 21 **Fund. of Kayaking.** 6:30pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).  
21-23 **Adirondack Paddlefest.** On-water sale, demos, clinics. Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).  
22 **Women's Whitewater Rafting.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).  
26 **Intro to Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

## MOUNTAINEERING & WILDERNESS SKILLS ONGOING

Daily **Alpine or Telemark Ski Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

### MARCH

- 20 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
27-28 **Wilderness First Aid Course: SOLO Cert.** 8am. Ndakinna, Greenfield Center. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).

### APRIL

- 6 **Native American Games Day.** Ages 6-12. Ndakinna, Greenfield Center. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).  
7 **Spring Animal Tracking.** Ages 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).  
10-11 **Wilderness First Aid w/WMA.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

### MAY

- 15 **Lost in the Woods!** Wilderness Survival Basics. Adult & teen. 9am. Ndakinna, Greenfield Center: 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).  
16 **Spring Tracks & Scats Workshop.** Adult & teen. 9am. Ndakinna, Greenfield Center: 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).  
22-23 **Wilderness First Aid Course: SOLO Cert.** Adult & teen. 8am. Ndakinna, Greenfield Center: 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).

## MULTISPORT: TRIATHLON & DUATHLON

### APRIL

- 10-11 **32nd Sugarbush Adventure Games.** Sat: Kids' Triathlon. Sun: Sugarbush Triathlon. 5M run, 6M paddle, 10M bike, 3M X-C ski. Sugarbush, Warren, VT. 802-583-6300. [sugarbush.com](http://sugarbush.com).  
24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

### MAY

- 2 **17th Anyone Can 'Tri' Triathlon.** 7:30am. 350yd swim, 11M bike, 3.2M run. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).  
2 **5th Kids Can 'Tri' Too Mini-Triathlon.** 10am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).  
2,9,16 **T3 Duathlon Series.** 1.6M run, 8M bike, 1.6M run. 8am. Aviation Mall, Queensbury. [t3coaching.net](http://t3coaching.net).  
30 **Inaugural "ADK 80K" Duathlon: Mtn Bike & Trail Run.** 8am. Solo & teams. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).  
30 **Saratoga Lions Duathlon.** 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. 899-5544. [saratogalions.com](http://saratogalions.com).

### JUNE

- 26 **4th North Country Triathlon.** Olympic, 8am: 1.5K swim, 40K bike, 10K run. Sprint, 8:20am: 750m swim, 20K bike, 5K run. Hague Beach, Lake George. [northcountrytri.com](http://northcountrytri.com).

### JULY

- 17 **8th SkyHigh Kids' Triathlon.** Ages 8-14. 100m swim, 5K mtn bike, 1K trail run. 9am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).

- 18 **8th SkyHigh XTERRA Off-Road Triathlon.** 1K swim, 20K mtn bike, 6K trail run. 8am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).

### AUGUST

- 6 **3th Fronhofer Tool Kids' Triathlon.** Ages 6-17. 50yd swim, 2.4M bike, .5M run. 6pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. [fronhofertooltriathlon.com](http://fronhofertooltriathlon.com).  
7 **4th Fronhofer Tool Triathlon.** Olympic, 8am: 1.5K swim, 40K bike, 10K run. Sprint, 2pm: 0.5M swim, 14.5M bike, 5K run. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. [fronhofertooltriathlon.com](http://fronhofertooltriathlon.com).

## OTHER EVENTS

### APRIL

- 30-5/2 **Inaugural Adirondack Adventure Festival.** Outdoor activities & programs for adults, kids, families. Paddling, biking, fly-fishing activities & demos; helicopter rides, vendors, live music, more. North Creek. 251-2612. [gorechamber.com](http://gorechamber.com).  
30-5/2 **Mother-Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

### MAY

- Tue **Leukemia & Lymphoma Society's Team in Training Informational Meetings.** 6pm. 5/4: The Desmond, Albany. 5/11: Courtyard Marriott, Poughkeepsie. 5/11: YMCA, Saratoga Springs. 5/18: Holiday Inn, Kingston. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).  
Wed **Team in Training Informational Meetings.** 6pm unless noted. 5/5: Hampton Inn, Clifton Park. 5/5: Queensbury Hotel, Glens Falls. 5/12: YMCA, Burlington, VT. 5/19: YMCA, Plattsburgh. 5/19: 12pm: Leukemia & Lymphoma Society, Albany. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).  
Thu **Team in Training Informational Meetings.** 6pm. 5/13: Best Western, Albany. 5/20: Fleet Feet, Essex Jct., VT. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).  
Sat **Team in Training Informational Meetings.** 12:30pm. 5/15: Library, Ludlow, VT. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).  
14-16 **Father-Son Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).  
28-30 **Family Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

## RUNNING & WALKING

### ONGOING

- Daily **ChiRunning/Walking Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. [myfitnessrecovery.com](http://myfitnessrecovery.com).  
Mon **"No Boundaries" 5K Training & Sportswalkers Club.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
Thu **Fleet Feet Fun Runs.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
Sat **Fleet Feet Fun Runs.** 10am. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

### MARCH

- 13 **Northfield States Snowshoe Race.** 3-5M. 9am. Dion Snowshoe Series. Northfield, MA. [runwmac.com](http://runwmac.com).  
18 **Benefits of Training/Racing with a Heart Rate Monitor w/ Polar Rep.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
20 **Catamount Sunset Snowshoe Race.** 3M. 4:30pm. Dion Snowshoe Series. Catamount, Hillsdale. [runwmac.com](http://runwmac.com).  
20-21 **Nike Track & Field Spike Weekend.** Sale, gifts, raffle. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
21 **New York City Half-Marathon.** 13.1M. Central Park, Manhattan. [nyrr.org](http://nyrr.org).  
27 **Inaugural Firefighters Run for Your Life 5K Race.** Plus, 3-person relay, kids fun run. 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. [areep.com](http://areep.com).  
27 **Metroland Championships 5K Run/Walk Against Childhood Obesity.** 9:30am. Bodybuilding & Figure Championship: 9am. Health & Fitness Expo: 9am-5pm. Albany Academy for Boys, Albany. John Weissenburger: 573-8664. [metrolandchampionships.com](http://metrolandchampionships.com).  
27 **9th Wurtsboro Mountain 30K & Relay.** 9am. Emma Chase School, Wurtsboro. 845-866-1345. [sullivanstriders.org](http://sullivanstriders.org).

## 7<sup>th</sup> Annual St. John's/St. Ann's SPRING RUN-OFF



Saturday, April 24<sup>th</sup>

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am ..... 10K 10 am ..... 5K  
10 am ..... 1 Mile Family Fun Walk  
Fees: 5K & 10K: \$15/person, per race (\$20 after 4/14), Family Walk \$10/adult, \$5/child

Register Online: [www.Active.com](http://www.Active.com) • Info/Entry Form: [www.springrunoff.com](http://www.springrunoff.com)  
Or call St. John's/St. Ann's Center (518) 472-9091

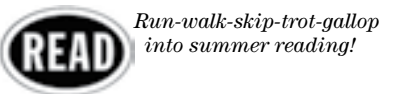
FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS

## Read Run 5K

To benefit Literacy  
Sunday, June 13 at 9am  
Saratoga Springs Public Library

- Unique, In-Town Course
  - ARE chip timing • A great family event!
- Register: [AREEP.com/events/readrun](http://AREEP.com/events/readrun)  
Info: [literacynycap.org](http://literacynycap.org) • 518.226.0040

Save money - register by June 3  
T-shirt to first 500 entrants



Run-walk-skip-trot-gallop into summer reading!

## 33RD ANNUAL WHITEFACE MOUNTAIN UPHILL FOOT RACE

Sunday, June 6<sup>th</sup>



[WhitefaceRace.com](http://WhitefaceRace.com)  
888-944-8332

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Contact Darryl: (518) 877-8788  
Darryl@AdkSportsFitness.com

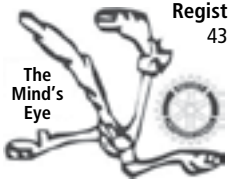
Media Kit: AdkSportsFitness.com

## 31st Annual Salem APRIL FOOL'S RACE Saturday, April 3

Run in scenic and historic Salem, NY  
Start/finish: Salem High School  
10:00am 1-mile children's race (14 & under)  
10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

Registration: Dan Sheldon  
4361 State Route 22  
Salem, NY 12865  
(518) 854-9262  
drshwf@yahoo.com



All entrants receive April Fool's T-shirt!

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The Capital Region's most fun club!

NEED MOTIVATION?	LIKE TO RUN?	LOOKING FOR FUN?
Daily Group Runs Online training log Fully interactive website Organized trips near and far Members of all ages and abilities		In 2009... Over 400 new members LIVE group runs and counting Numerous parties and social events Countless memories and new friends

**Just \$10 a year\***  
\*Includes about 25 free cookouts, countless intangible perks, and a new you!

**WWW.RUNALBANY.COM**

- 27 Spring Fling 5K/10K. 9am. Shelburne Health/Fitness, Shelburne, VT. Rayne Herzog: 802-985-3141. [racevermont.com](http://racevermont.com).
- 28 34th Shamrock Shuffle 5M Road Race. 11am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. [adirondackrunners.com](http://adirondackrunners.com).
- 28 31st Kaynor's Sap Run. 10K. 12pm. Westford School, Westford, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net).

### APRIL

- 3 31st April Fool's Race.** 10K: 10:05am; 5K Run/Walk: 11am; 1M Kids' Run: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. [aprilfoolsrace.com](http://aprilfoolsrace.com).
- 3 16th Rabbit Ramble 4M Run & 2M Walk. 10am. Guilderland H.S., Guilderland Center. [active.com](http://active.com).
- 3 Fort to Fort 5K/10K Run, 5K Walk. 9am. Griffiss AFB Park, Rome. [uticaroadrunners.org](http://uticaroadrunners.org).
- 10 Spring Sprint 5K. 9am. Fulton Co. YMCA, Johnstown. Peter Riley: 848-3447. [fultoncountyyymca.org](http://fultoncountyyymca.org).
- 11 22nd Delmar Dash. 5M. 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. [hmrrc.com](http://hmrrc.com).
- 11 Inaugural Spring 5K Run/Walk. 1pm. The Glen at Hiland Meadows, Queensbury. Ronnie Chase: [chaser@nehealth.com](mailto:chaser@nehealth.com).
- 17 3rd Peppertree Furry Fun 5K Run/Walk. 9am. University at Albany, Albany. Catherine Kunz: 326-6090.
- 17 31st St. Peter's Keys Run.** 10K: 9am. Kids' Fun Run: 10:30am. 5K: 11am. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org).
- 17 8th Dodge the Deer 5K & Mile Fun Run.** 10am. Schodack Island S.P., Schodack. Josh Merlis: 320-8648. [runalbany.com](http://runalbany.com).
- 18 American Lung Association's "Fight for Air" Stair Climb.** 10am. One Commerce Plaza, Albany. Kate McLaughlin: 465-2926 x306. [alany.org](http://alany.org).
- 18 Inaugural Plattsburgh Half-Marathon - FULL. 9am. Recreation Center, Oval, Plattsburgh. 324-7709. [areep.com](http://areep.com).
- 18 Saints Race for Red Cross 5K/2M Walk. 9am. The Crossings, Colonie. Nikhil Godbole: 229-8689. [redcrossnyny.org](http://redcrossnyny.org).
- 19 114th Boston Marathon. 26.2M. 12pm. Hopkinton to Boston. [bostonmarathon.org](http://bostonmarathon.org).
- 24 7th St. John's/St. Ann's Spring Run-Off.** 10K Run: 8:30am. 5K Run & 1M Family Fun Walk: 10am. Corning Preserve, Albany. 472-9091. [springrunoff.com](http://springrunoff.com).
- 24 30th Bill Robinson Masters 10K Championship.** 9am. Guilderland H.S., Guilderland Center. Jim Tierney: 869 5597. [hmrrc.com](http://hmrrc.com).
- 24 Run 4 Vocations 5K. 11am. Christian Brothers Academy, Albany. 674-3818.
- 24 Spring for a Cure 5K Run/Walk. 9am. The Crossings, Colonie. Leukemia & Lymphoma Society. Sarah Douglas: 466-6791.
- 24 32nd Rollin Irish Half-Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. 802-598-5624. [gmaa.net](http://gmaa.net).
- 24-25 5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 25 9th Sean's Run.** 5K & Community Walk: 1pm. Meghan's Mile Race & Walk: 12:30pm. Prevention Education Expo: 10am. Chatham H.S., Chatham. Mark French: 392-5483. [seansrun.com](http://seansrun.com).
- 25 Cherry Blossom Challenge 5K. 10:15am. Congregation Gates of Heaven, Niskayuna. Tim Fecura: 320-6770.
- 25 More Magazine Women's Half-Marathon. 13.1M. Central Park, New York. [nyrr.org](http://nyrr.org).

### MAY

- 1 Capital District YMCA Race Series #1: Albany 5K Run/Walk.** Washington Park, Albany. 869-3500. [cdymca.org](http://cdymca.org).
- 2 Literacy Run/Walk 5K.** 10am. Youth Mile: 9:30am. Kids' Fun Run: 9am. Children's Museum of Science & Technology, Rensselaer Technology Park, Troy. 274-8526. [lvorc.org](http://lvorc.org).
- 2 JDRF 5K Run to Cure Diabetes. 10am. The Crossings, Colonie. Nancy May-Skiner: 477-2873.
- 2 Jog for Jugs 5K & Half Marathon. 8:30am. Duanesburg. Jessica Mitchell: 229-5611. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).
- 2 33rd Steve Zemianek Bennington Road Race. 3.8M/10K. 10am. North Bennington, VT. 802-447-9732. [bkvr.org](http://bkvr.org).
- 8 21st Prospect Mountain Road Race.** 5.67M. 9am. Lake George E.S., Lake George. [adirondackrunners.org](http://adirondackrunners.org).

- 8 22nd Towpath Run 10K/2M Race. 5:30pm. Marina, St. Johnsville. John Geesler: 568-7509.
- 8 RaceVermont.com Half-Marathon. 13.1M. 8am. Shelburne Health/Fitness, Shelburne, VT. [racevermont.com](http://racevermont.com).
- 8 8th Humane Race. 5K/1M Walk. 10am. Water St, Williamstown, MA. [humanerace.org](http://humanerace.org).
- 9 30th Mother's Day 3.5 Miler.** 10am. Kids' Races: 11am. Hamagrael School, Delmar. Sharon Boehlke: 439-4498. [hmrrc.com](http://hmrrc.com).
- 9 Habitat for Humanity Annual 5K Race. 10am. Casa Dolce Casa, Schenectady. Jennalee Wright: 265-0797.
- 15 CCRC 5K Run/Walk, 1K Kids' Run & BBQ. 3pm. CCRC, Clifton Park. Pat Glover: 877-0654.
- 16 Team in Training Freihofer's Training Info Session.** 5-7pm. Glennpeter Diamond Center, 1544 Central Ave., Albany. Robyn Haberman: 438-3583. [tts.org](http://tts.org).
- 16 6th Team Billy Walk & Bike Ride for Research. 3M walk. 10/25/50M ride. 8:30am. High Rock Park, Saratoga Springs. [teambilly.org](http://teambilly.org).
- 16 Dragon's Pride Run. 5K. 9am. Saratoga Spa S.P., Saratoga Springs. [active.com](http://active.com)
- 16 Inaugural Spring MAY-hem 5K. 10am. Columbia-Greene Comm. College, Hudson. Phil Carducci: 861-6350.
- 20 34th CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. Pete Newkirk: 273-5552. [cdphpwtc.com](http://cdphpwtc.com).
- 23 SPAC 5K Rock & Run. 5K: 9:30am. Kids' Run: 10am. Saratoga Spa S.P., Saratoga Springs. 584-9330. [spac.org](http://spac.org).
- 29-30 Inaugural Memorial Day Marathon/Half-Marathon & 10K/5K. 8am. Lenox, MA. [memorialdaymarathon.com](http://memorialdaymarathon.com).
- 30 Inaugural "ADK 80K" Trail Running Race.** 8am. Solo & teams. Plus, Mtn Bike Race & Duathlon. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 30 21st Key Bank Vermont City Marathon & Relay - FULL. Burlington, VT. [runvermont.org](http://runvermont.org).

### JUNE

- 5 32nd Freihofer's Run for Women 5K.** 9:30am. Kids' Run, Community Walk, Expo. Empire State Plaza, Albany. [freihoferstrun.com](http://freihoferstrun.com).
- 6 33rd Whiteface Mountain Uphill Foot Race.** 7.8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. [whitefacepace.com](http://whitefacepace.com).
- 13 Lake Placid Marathon & Half-Marathon.** 26.2M & 13.1M. Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).

### JULY

- 4 4th Firecracker 4M Road Race.** 8am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. [firecracker4.com](http://firecracker4.com).

### SEPTEMBER

- 25 Adirondack Distance Festival: 5K & 10K Races.** Chestertown. 888-724-7666. [adirondackmarathon.org](http://adirondackmarathon.org).
- 26 Adirondack Distance Festival: Marathon & Half-Marathon.** 26M & 13.1M. Sat, 9/25: Expo. Schroon Lake. 888-724-7666. [adirondackmarathon.org](http://adirondackmarathon.org).

### OCTOBER

- 10 HMRRC Mohawk Hudson River Marathon & Half-Marathon.** 26M: Schenectady to Albany. 13.1M: Colonie to Albany. Sat, 10/9: Expo. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

### SWIMMING

#### MARCH

- 27 Schenectady-Saratoga Swim Club Tryouts. 11:30am. BH-BL H.S., Ballston Lake. 383-8741. [schenectadyswimclub.org](http://schenectadyswimclub.org).

#### APRIL

- 10 Schenectady-Saratoga Swim Club Tryouts. 11am. Skidmore, Saratoga Springs. 383-8741. [schenectadyswimclub.org](http://schenectadyswimclub.org).
- 12 Schenectady-Saratoga Swim Club Tryouts. 11am. Union, Schenectady. 383-8741. [schenectadyswimclub.org](http://schenectadyswimclub.org).

**Bold listing** = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.

*Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.*

**SUNDAY, JUNE 13, 2010**  
LAKE PLACID, NEW YORK, USA

## MARATHON HALF MARATHON

Ranked as a Top U.S. "Destination Race"

On pace to sell out in record time!

2010 Registration via [Active.com](http://Active.com) or  
download a registration form at:  
[www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com)  
[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

March 27 - 9:30 am  
Central Park, Schenectady  
*Schenectady Firefighters' Inaugural*

### RUN FOR YOUR LIFE

5K Race • Kids' Fun Run (free)  
3-Person Relay • Team Scoring

To benefit American Heart Association  
5K: \$20 by 3/16, \$25 after  
T-shirt for first 300 registrants

Register Online or Entry Form:  
**AREEP.com**  
Info: Brian Demarest 365-3883

21st Annual  
**PROSPECT MOUNTAIN ROAD RACE**  
Lake George, NY  
Saturday, May 8 • 9am  
*Course: 5.67 miles*  
*Prospect Mtn gate, up 1,601 feet to summit*  
*Events: Lake George Elementary School*

Register Online: [active.com](http://active.com)  
Application: [adirondackrunners.org](http://adirondackrunners.org)  
Info: Heidi Underwood 518-656-3127  
Tech shirts to first 240 registered by 5/7  
*Sponsored by The Adirondack Runners*

The Albany Running Exchange is thrilled to present its 8th annual

## Dodge the Deer 5k

*Mile Fun Run and 200m Kids Sprint*  
**Saturday, April 17, 10am**  
Schodack Island State Park (8 miles south of Albany)

Family event with drawing contest + more

Fun run and kids sprint finishers receive a ribbon

ONLINE REGISTRATION

- Chip timing with split mats
- Visit website for all info!

First 400 preregistered runners receive Dodge the Deer flip-flops!

*Costumed characters, a beautiful course along the Hudson River and a musical*  
*Ample food, animals everywhere and more than anything else, FUN!*

Visit [AlbanyRunningExchange.org](http://AlbanyRunningExchange.org) to register online  
And learn more about Dodge the Deer, Chase Chipmunk and Bully the Bear

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518-523-5310 / [thefallenarch.com](http://thefallenarch.com)

**AROUND THE REGION**

*News Briefs*

**Parks to Close Unless You Speak Out**

ALBANY – The Governor's proposed budget slashes funding for state parks – up to 91 parks will have to close their doors to the public this year. To view the list of parks that are slated to close or cut back services, visit Parks & Trails New York at [ptny.org](http://ptny.org).

**Please take just five minutes to help parks by contacting your legislators this month.**

State parks and historic sites contribute \$2 billion to the state's economy, returning \$5 for every \$1 the state invests. Park closures will devastate many of our communities, where parks are the main economic engines. In addition to boosting the economy and providing jobs – 20,000 in addition to state park employees – parks provide safe, affordable recreation close to home and they protect many species of wild-life and plants. In this tough economy, more people are using state parks than ever before.

Legislators will be deliberating the budget this month, so they need to hear from you now!

**THREE THINGS YOU CAN DO TO HELP PARKS**

**1) Send An Email To Your Legislators.**

- Contact Your Assembly Member:  
<http://assembly.state.ny.us/mem>
- Contact Your Senator:  
[http://www.nysenate.gov/contact\\_form](http://www.nysenate.gov/contact_form)
- Contact the Governor:  
<http://www.ny.gov/governor/contact>

**2) Call Your Legislators.**

Legislators get a lot of emails so calls carry more weight. And calling is a lot less scary than you might think – you'll probably just leave message with a staff person.

*Hi, my name is (your name) and I'm calling from (your address). I urge (legislator's name) to restore at least \$11.3 million in operational funding to State Parks and Historic Sites and prevent any parks or historic sites from closing. Parks are economic engines that generate \$2 billion annually in New York State. If the budget is passed, parks will have suffered 40-percent cuts to their operating budget in the last two years and will force many parks to close. I understand that it's a tough economic year, but parks contribute to our economy, and they have taken more than their fair share of cuts.*

**3) Visit Your Legislator in Person.**

The absolute most effective way to persuade legislators is to meet with them one on one. That's why Parks & Trails New York is looking for people to organize meetings with legislators in their home district offices. To volunteer to help organize district meetings send your

Dear Senator/Assemblymember (name),  
I strongly urge you prevent 91 state parks and historic sites from closing by restoring at least \$11.3 million to their operating budget.

State Parks and Historic Sites are economic engines that contribute \$2 billion dollars and generate 20,000 jobs annually to the New York State Economy. At a time when more people than ever are visiting our parks and historic sites because they are close by and affordable, closures will deprive our communities of much-needed revenue, and jobs.

Of course parks and historic sites are more than revenue and job creators. They enhance our quality of life, and (Your Area) residents take great pride in (name of your parks/historic sites). Please fill in any local information about your park – for example, how you use it and what it means to you and the people you know.)

Considering the great wealth and pride our parks and historic sites provide our communities, they are but a tiny investment for New York. Parks and Historic sites are only one-quarter of one percent of the state budget. Yet despite their great return for so little an investment, the Executive Budget proposed to slash State Parks operation funding by 20-percent. I understand that the state is in a dire economic situation right now, but cutting parks by such a disproportionate amount is unjust and imprudent.

(Your park or historic site) is an economic engine that also enhances the quality of life for my neighbors and me. Please prevent the closing of our (park/historic site) by restoring the funding State Parks need to safely operate all of their statewide facilities.

Sincerely, (Your Name, Address, and e-mail)

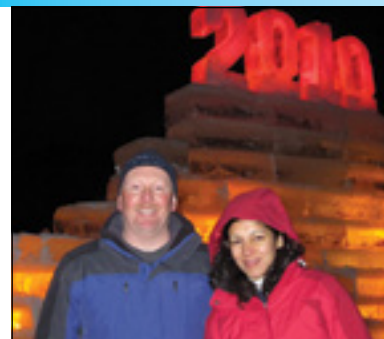
name, e-mail, address, and phone number to [ptny@ptny.org](mailto:ptny@ptny.org). Below are talking points for visiting legislators.

- If the Governor's budget proposal is enacted, State Parks' operating budget will have been slashed 40 percent over the last two years, forcing many State Parks and Historic Sites to close.
- State Parks have taken a disproportionate cut in the executive budget. The \$25 million cut to their operating budget represents about 20-percent of the agencies operating budget. The agency need less than half of that money, about \$11.3 million, restored in order to keep all state parks and historic sites open.
- Closing parks will hit surrounding communities hard. Parks are economic engines that generate \$1.9 billion and 20,000 jobs annually (not including park staff). These jobs are long term, sustainable jobs that will last as long as we protect and maintain state parks.
- A good number of parks are located in upstate New York, where the economy has been

**FROM THE PUBLISHER & EDITOR**

*Spring into Action!*

Spring is just about here and there's a lot to be excited about! Workouts outside, shedding heavy layers, daylight saving time, the Summer Expo – and spring skiing! March is a fun time of year where you can ski one day and play outside in shorts and a T-shirt the next. Take advantage of those last few days at the downhill and cross-country ski areas until the snow is completely gone.



If you're done with winter, we encourage you to start thinking about your spring endeavors. This issue is packed with lots of encouragement and motivation to try something new: Sign up for a race or event you've never tried; join a club to get more involved; or simply freshen-up your workout routine. As a reminder, March is a great time to get your equipment serviced, purchase new gear or clothing; sign-up for a fitness group; and start planning your spring/summer travels.

Save the date for the fifth anniversary of our Summer Expo on April 24 and 25 – the only show to combine running, hiking, bicycling, paddling and triathlon! Plus, health, fitness and summer destinations! See page 2 for a preview of who's coming so far. We'll have the complete list of exhibitors, seminar and pool schedule, floor map and special offers in April issue's Attendee Guide and on [AdkSports.com](http://AdkSports.com).

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*Daryl and Mona*

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suffering longer than the current economic meltdown. The closing of parks would exacerbate upstate New York's economic woes.

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**SPRING HIKING**



# Gull Lake

by Bill Ingersoll

GULL LAKE. PHOTO BY BILL INGERSOLL

To reach the lean-to, turn left. The trail sticks to the high ground as it gives two bays a wide berth, with some ups and downs along the way. It seems to be a rather long and circuitous route, but soon it approaches the lean-to from behind, 3.3 miles from the start. The site is located near the tip of a prominent peninsula on the north shore, and it commands excellent views of the lake. There are indeed gulls at Gull Lake; in March 2009 I saw them here before the lake ice had even melted. Rocks to the west of the lean-to provide additional views.

**EXPLORING THE OUTLET**

Depending on the springtime conditions, an interesting side trip may be possible that involves hiking to the outlet at the west end of the lake and beyond. From the last trail junction at the north side of the lake, the snowmobile trail leads southwest toward Gull Lake Outlet. It is just a 0.5-mile walk from the junction to the point where the lake tapers into a moderate-size stream in spruce-filled woods. Springtime flooding may limit how far you can go, but you should be able to hike far enough to explore the beaver dams and rocks that mark this area. Of all the lakes in the western Adirondacks, Gull certainly stands out for the amount of glacial rock strewn all along the shore.

If the stream crossings are not an issue, this snowmobile trail can be followed for another 1.6 miles to a junction with the Chub Pond trail. This in turn leads 1.9 miles back to the starting point for an enjoyable loop. 🌲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirkondacks.com) and author of Snowshoe Routes: Adirondacks & Catskills. For more on this region, consult Discover the Southwestern Adirondacks by Barbara McMartin and Bill Ingersoll.*

There are many Gull Lakes in the Adirondack Park, but this one located in the southwestern region near Woodgate is certainly a favorite. It is considered a fairly easy hike to a scenic destination with one of the most attractive lean-to sites anywhere. Muddiness can be a problem, but nevertheless this makes a great spring hike.

**GETTING THERE**

Follow NY Route 28 to the hamlet of Woodgate north of Forestport, just outside the Adirondack Park boundary. At the blinking light, turn east onto Bear Creek Road and follow it for 3.2 miles to the large parking area at the end. This trailhead, located at the edge of state land, also marks the Oneida-Herkimer county line.

**THE TRAIL**

The main trail continuing beyond the trailhead is as wide as a road, and in fact it is used as a rough road by some in the summer. In the winter it is a wide, groomed snowmobile trail, and its surface of compacted snow can be slow to melt in the spring. Under the right conditions, this ice can be a good walking surface that paves over the roughness of the road.

At 0.3-mile the snowmobile trail to Chub Pond bears right. Shortly afterward, at 0.5-mile, you reach a fork. If you are not fond of hiking roads, then there is a parallel foot trail that bears left here. In terms of being a route to Gull Lake, it is longer than the road by 0.7-mile, but it does offer a few chances to view Bear

Creek. Look for a side route leading down to the site of a stone dam. Signs will point you to the right turn that leads back to the roadway and the trail to Gull at the end of this detour.

If you choose the direct route by hiking the road, it will be a two-mile walk from the trailhead to the junction with the trail to Gull, which bears right at a four-way junction. This trail is used much less frequently by snowmobiles in the winter, but it is used by ATVs questionably in the summer. As it leads east away from the road, it climbs about 200 feet over a hardwood-forested hill to another junction at 0.6-mile, with the lake visible through the trees ahead.

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# ATHLETE PROFILE

## Janet Findlay and Jon Santor

**Age:** 56

**Current Residence:** Lake Placid

**Occupation:** Owner, Mississippi Kayaks

**Family:** Husband, David Hunter

**Sport:** Cross-Country Skiing

**Team:** Peru Nordic Masters

**Other Sports:** Ski-Orienteering, Canoe/  
Kayaking, Trail Running,  
Rollerskiing, Biking

**Age:** 23

**Current Residence:** Plattsburgh

**Graduated:** Paul Smith's College, Fish and Wildlife  
Management

**Family:** Parents, Gordy and Lu-Ann;  
Siblings, Tori and Tina

**Sport:** Cross-Country Skiing

**Team:** Peru Nordic Masters

**Other Sports:** Marathon Canoe Racing,  
Running, Rollerskiing



by Jenna E. Caputo

The Olympics are always a time to remember yet again how incredible athletes are. But in watching some of the amazing feats at this year's Winter Games, it's easy to either be inspired to try something new, or to think that it would be impossible to start a new sport. Perhaps it seems that it's just too late to start. Bill Demong, the 29-year-old Vermontville native that won the first ever US gold medal in this year's Nordic combined makes it look impossible for the "average" person. He was profiled as a medal contender even before the 2002 Winter Games. What about the rest of us? Is it even worth it to try to get into something new? Well, you never know what you may find once you get out there and look at your local options.

Janet Findlay and Jon Santor are two perfect examples here in our own backyard of what it means to partake in something you love – whether you are new to it, or have been doing it for years. Born and raised in Ontario, Canada, Janet originally started her sports career as a kayak racer. Cross-country skiing was not very common at the time. It became more popular towards the end of her paddling career, and after she moved farther north in her 30s, she found a local ski team, received good coaching, and began racing on a regular basis.

Janet has now been skiing for about 25 years and classifies it as her favorite sport. She says the best thing about cross-country is the motion and feeling. The gliding fast, being outside and the camaraderie – it all adds to the overall pleasure of the sport. She especially likes that a lot of cross-training activities nicely complement skiing. In addition to ski-orienting, in the off-season she partakes in paddle marathon racing, trail running, bicycling and roller skiing. Janet says that in skiing, "You are able to always set challenges. There's always motivation."

Jonathan Santor, also a cross-country skier and a teammate of Janet's, agrees. He loves "the friendly competition – you don't have to be the best racer in the world to find your niche. It's competitive, though not world class." Jon is relatively new to the sport. Just finishing his fourth season, he first began seriously skiing in his junior year at Paul Smith's College. After a hia-



PHOTO BY DAN KARIG

tus, the school had decided to bring the club back and is now part of the U.S. Ski & Snowboard Association – a sports federation for collegiate team ski racing and snowboard competitions.

Last year Jon joined the Peru Nordic Masters (perunordic.com), a ski club led by Chris Rose and Jim Kobak, president of the NYS Ski Racing Association, to keep training and racing now that school was over. He says that Jim and Chris have quickly become mentors, helping him considerably with learning the right technique. Jon said that Jim makes training fun by hosting a weekly training race series in Morrisonville. Every Wednesday evening, he provides a themed race that not only helps level the playing field between the new and seasoned skiers, but helps them work on a different aspect of their training in a unique way.

One example is the Fat Tuesday Race where in between 4K laps, the racers have to stop and eat one thing. The calories of the food of choices are subtracted off of the final race time – in seconds. The catch is you have to keep it down for the rest of the race! Jon says the themed races are always a lot of fun because, "You have to find your own tactics... It tricks you into training because you think of it as more of a game."

Jim says "Jon has really improved quite quickly and has become one of the best skiers on our club." Janet agrees, saying that Jon's natural build and other experience in canoe racing has given him extra strength and endurance to be a strong skier.

The Peru Masters' motto is "Ski and Destroy!" Jim says they expect the skiers to "train hard and race harder." And, Jon and Janet personify that mantra. Janet skis in the NYSSRA series for both cross-country and ski-orienting. She recently skied at the Masters National Cross-Country Championships in Craftsbury, Vt. A couple of weeks later, Janet won gold in the Ski-O National Championship, also held in Vermont.

Janet's favorite event is the Lake Placid Loppet. She says that despite the difficult course, she is very comfortable with it because she often trains on the same trails. It is a well-organized race that includes a nice banquet, and provides a wonderful opportunity to see all the friends that always come out for the event. Jon agrees that the Loppet is his favorite race so far as well. "It was an eye opening experience," he says. He raced in the 25K freestyle and ended up winning his age category and was eighth in his start group. "I thought that maybe I can really hang in this sport."

Jon has enjoyed the sport so much that he has even pulled his father in on the fun. He bought him skis for Christmas and convinced him to try classic skiing at the Loppet. His father has since joined the club and has quickly improved his time as well as learning new styles.

Jon's focus in his training right now is to continue to learn the technique. Janet cross trains in the summer and fall, and makes her workouts more structured as ski season approaches. She also enjoys participating in off-season training events that Jim organizes, which she calls "very motivating and fun to be involved in." She alters her sessions between hard workouts and steady training, being careful not to overdo it. But neither of them views it as real work. It is something they love. Jim comments, "They are strong skiers who really have a passion for Nordic ski racing. They spend hours training in the cold and dark of winter because they love being outdoors and like the challenge of ski racing."

They share similar advice for those just starting out in pretty much any sport. Janet says to first get some good guidance for equipment and training. There are lots of ski clubs and teams in our region. "You should never feel intimidated in contacting them. They are always looking for new people and it allows you to meet like-

minded people." Jon agrees, saying that it is so helpful to find and follow other individuals who have already been doing these things. And most importantly, keep it in perspective: "Don't set your goals too high at first. Remember that there is a learning curve. Focus and keep it fun!"

These two skiers were proud to watch Bill Demong and his teammates do so well in the Olympics. "It was tremendous," Janet says of the man who has passed her on the ski trails when he is training at home. "The whole team has come such a long ways in a short time."

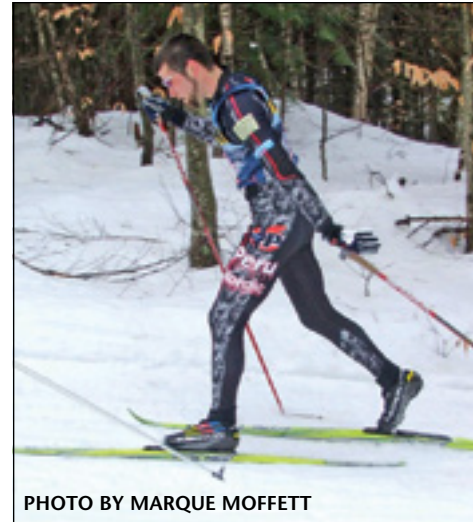


PHOTO BY MARQUE MOFFETT

Up next for these two? If the weather holds, Jon has a couple of races coming up in March. Then it's on to canoe racing for the summer. As the weather warms, Janet will also be hitting the water. There is a stretch of the Saranac River that never freezes, so she plans to go out with her husband in a couple of weeks and start paddling. "It's nice to get out this time of year to see the transition of the seasons."

The Olympics are one thing, but there's always so much going on here at home – and lots of local talent that we're all so proud of. Janet and Jon prove that whether you are a seasoned athlete or just starting out, it is always worth it to get out and try! 🍁

*Jenna Caputo (silverpenproductions.com) is a freelance writer and ballroom dance instructor based in Ballston Spa. Jenna also enjoys yoga, cross-country skiing and curling.*

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## // TRIATHLON //

# Get Spring Fever

## CATCH THE TRI-BUG

by Jenny Stahl

**D**o you hear the clock ticking? It's time to register for races, clubs and a triathlon training program! Early registrants avoid late fees, and often access the early-bird benefits that late comers often miss out on. Did you renew or join your local triathlon club to access the full membership benefits? As the weather gets warmer, try to beat the rush at the cycling shop and get your bike tuned up now.

Ideally a triathlete creates a racing calendar, and then develops a training plan to be at peak performance during race season. Athletes should be maintaining an aerobic base during the off-season to spring into a higher gear as March comes along. It is time to move your indoor training to the great outdoors where you can face the elements. Whether you are a newcomer or an experienced athlete, race goals require planning.

Endurance athletes strategically plan their race calendar to put themselves at peak performance for their "A race." The A race is the *one* race you have chosen as your highest priority race for the season. For example, maybe last year you targeted Olympic distances, but want to try your hand at a half-Ironman like the Tupper Lake Tinman. When choosing A races, it's key to build a race calendar with supporting "B races." For example, if you are doing the Ironman Lake Placid in July, you may also consider registering for a benchmark race such as the Lake Placid Marathon or Half-Marathon in June. It's easy to miss a leisurely long run, but if you are registered for a race, you have set a more committed plan to support your goals.

A race calendar helps increase your chances for success, while avoiding burn-out or injury. Consider consulting a triathlon coach to tweak your race calendar and help you create a weekly training plan that incorporates the science behind the sport. Triathlon coaches help you practice race-day nutrition strategies, balance volume and intensity, and mentally train for unplanned adventures – bad weather, flat tires and adrenalin rushes.

One of the most effective ways to train is to join a triathlon club because it exposes you to a race-like atmosphere for training. Joining a club is a time and cost effective strategy to improve your race performance, gain race experience, and meet like-minded members. Annual fees range from \$20 to \$55, and often have discounts for couples and families. Some clubs have 150-plus members, while others are smaller. Be selective and consider the benefits when choosing a club. Be warned – triathlon clubs are a welcoming, gregarious bunch of tri-addicted folk who love newbies!

A club's core advantage is weekly training sessions for practicing full-race swim, bike and run simulations with T1 and T2 transitions included. Ideally, weekly sessions in a safe open-water course ranging from a one-half to one-mile. Some clubs hire certified lifeguards in boats for safety and provide buoys to help swimmers navigate. Next, transition to the well-marked bike course, follow the rules of the road, and reenter the transition to head out on the run course.

The training sessions allow members to focus on their weakest component.



TRANSITIONING AT THE 2009 SARATOGA LIONS DUATHLON. PHOTO BY BILL GIBEAULT/STORY MAVERICKS

For example, you must train your body to handle the "brick" workout. The brick challenges you to transition from cycling to running with no rest period. You never forget the first brick, whereby your seemingly well-trained legs suddenly feel like cement during the run start. As you become more seasoned, the weekly training allows your body to move beyond this sensation at a faster rate.

Many clubs host a USA Triathlon-sanctioned race during the season. This can allow members to have home-team advantage because they can practice the course. Clubs may offer free clinics or discounted programs, or guest speakers prior to a workout for coaching. Some clubs have a kickoff training session to welcome newcomers.

Club members may have access to online forums. If it's a USA Triathlon-approved club, members receive USAT benefits ([usatriathlon.org](http://usatriathlon.org)).

Annual fees typically include club clothing such as a racing singlet or riding shorts. Many clubs are supported by sponsors or partners that provide product and gear discounts.

The camaraderie found at triathlon clubs will follow you to race day. A newcomer might find the first race to be slightly intimidating. This can be rem-

edied if you approach a volunteer at the sign-in table to partner newcomers with mentors, like me! Clubs have many leadership and volunteer opportunities. Although club members train hard, they like to play hard too, so find one that offers club get-togethers. Socialization and networking can lead you to a lifetime of friendship.

There are several clubs in the region to consider. *Capital District*

*Triathlon Club* ([cdtriclub.org](http://cdtriclub.org)) – Kicks off their weekly outdoor training on June 8, and hosts the Crystal Lake Triathlon, a sprint distance USAT-sanctioned race on Aug. 21. *Adirondack Triathlon Club* ([adktri.org](http://adktri.org)) – Holds regularly scheduled group training, and organizes the Lake George Triathlon, an Olympic distance USAT-sanctioned race on Sept. 18. *Saratoga Triathlon Club* ([saratogatriclub.org](http://saratogatriclub.org)) – Meets at Lake Desolation for group swims and training rides. *Team Placid Planet* ([teamplacidplanet.org](http://teamplacidplanet.org)) – A cycling and multisport club for general and racing members in the High Peaks region.

As you approach the racing season, remember to plan, join a club, and register early for races. A little peer pressure from training partners will keep you focused and committed during workouts and race days. Imagine yourself carpooling to your next race, and then discovering that you are amongst friends – who are there to cheer you on! 🌲

*Jenny Stahl* ([jj2bfree@yahoo.com](mailto:jj2bfree@yahoo.com)) of Clifton Park is a speaker, trainer and writer. She is a triathlon coach at the Southern Saratoga YMCA, and is the vice president of the Capital District Triathlon Club.



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## THE NON-MEDICATED LIFE

# The Benefits of Salt Restriction

by Paul E. Lemanski, MD, MS, FACP

Medicines are a mainstay of American life and the healthcare system not only because they are perceived to work by the individual taking them, but also because their benefit may be shown by the objective assessment of scientific study. Clinical research trials have shown that some of the medicines of Western science may reduce the risk of heart attacks, strokes and cardiovascular death.

In the first 35 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to achieve naturally for the majority of individuals most of the benefits of medications. This is especially true for a diet low in salt which may reduce the risk of developing high blood pressure, reduce elevated blood pressure once it has developed, and thus reduce the risk of heart attack, stroke and cardiovascular death.

Sodium chloride or salt is essential to life. We "like" the taste of salt because we need it to survive and it is scarce in the natural world. For salt avid creatures like humans control of the amount of salt we consume is determined only by scarcity. With no natural brake on salt consumption, over-consumption may occur when salt is available in excess.

Unfortunately, salt is in excess in a number of the prepared foods which make up an increasing proportion of our daily diet. Prepared soups, potato chips, pretzels, popcorn, pickles, soy sauce, and deli meats all contain excess salt. So

does fast food including hot dogs, fast food hamburgers and chicken, french fries and tacos. Indeed, up to 80-percent of salt consumed in our diet is a result of salt added to processed food and drink. It is not uncommon for adult Americans to consume up to 10,000 milligrams of salt per day.

The result of excess salt in prepared foods as well as unlimited access to a salt shaker is a population in which individuals are consuming large amounts of salt as compared with what the human body was built for and this is not healthy over time. Observational studies suggest that high blood pressure or hypertension occurs for the most part in societies with an average salt consumption greater than 6,000 milligrams per day (the equivalent of 2,300 milligrams of sodium), and is rare in those with less than three grams of salt per day (the equivalent of 1,200 milligrams of sodium per day). An increased consumption of salt over time may therefore cause high blood pressure.

Of perhaps greater immediate utility, however, is the evidence that salt restriction can lower blood pressure. In those with hypertension who eat salt, a reduction of daily intake of 3,000 milligrams may reduce the systolic blood pressure by five millimeter of mercury and the diastolic by three millimeters of mercury. While this may not seem significant to those with hypertension, a recent study published in the *New England Journal of Medicine* sug-

*This is the 36th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.*



gests that a population-wide reduction in salt of 3,000 milligrams per day could cut new strokes by 32,000, new heart attacks by 54,000, and deaths by 44,000 – and save ten to 24 billion dollars in health care costs annually.

Moreover, a reduction in salt intake makes most blood pressure medication work better, and thus may allow lower doses of blood pressure medications to be used with fewer side effects. Under a physician's care, salt restriction may allow a discontinuation of blood pressure medication.

Those wishing to reduce their salt intake to determine the effect on blood pressure may wish to use the new recommendations of the American Heart Association to limit daily salt intake to no more than 3,800 milligrams per day (the equivalent of 1,500 milligrams of sodium). This may be accomplished most easily by visiting a registered dietitian who will review current food and sodium intake and suggest changes to bring you to your goal. Since there is much "hidden" salt in certain restaurant food, such a visit may be well worth the effort.

For those wanting to start on their own, I suggest taking the salt shaker off the table. Many alternative condiments not containing salt are available in local grocery markets. I would also suggest avoiding consumption of salty foods such as potato chips, pretzels, pickles and prepared soups. In salt sensitive individuals

a salty snack or soup could elevate blood pressure for several days. Thus when evenly spaced in the week, two days of excess salt consumption could elevate pressure for the entire week. This could erroneously lead one to believe salt restriction was ineffective when a more consistent application would show effect.

It is important for those attempting salt restriction to realize that taste buds acclimate to a lower salt intake but that this may take six weeks. Thus food with less salt may taste bland at first. After six weeks the food will taste normal again. Returning to the prior intake of salt for even one-day generally proves a surprise as the food tastes too salty to enjoy.

In summary, excess salt consumption leads to elevated blood pressure and then to heart attacks, strokes and death. For those with hypertension, a reduction in salt intake may significantly reduce the blood pressure and it will allow blood pressure medicine to work better. Reducing salt is relatively simple. It is also easier armed with the knowledge that taste buds acclimate to lower salt intake in six weeks.

By reducing salt intake the individual may achieve a lower blood pressure and a lower risk for heart attack stroke and cardiovascular death and possibly help avoid the proverbial bottle of pills to address one of our most serious and pervasive health problems. 🍀

*Paul E. Lemanski, MD, MS, FACP (paul.lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.*

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## 32<sup>nd</sup> run for women

5km

Saturday, June 5, 2010 Empire State Plaza, Albany, NY

**Saturday, June 5, 2010, 9:30 a.m.**  
**Empire State Plaza, Albany, NY**  
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# Race Results

## 5TH ANNUAL FALL BACK 5-MILE TRAIL RACE

November 1, 2009 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 30 - 39</b>			<b>MALE AGE GROUP: 50 - 59</b>					
1	Shaun Donegan	23	25:45	1	Chris Yarsevich	31	28:19	1	Edward Gravelle	51	29:46
2	Mike Cooley	30	25:46	2	Brian Northan	34	28:57	2	Myron Ferguson	52	30:28
3	Bob Underwood	49	26:04	3	Ken Cooper	39	29:52	3	Thomas Locascio	51	30:41
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 50 - 59</b>					
1	Chelsea Maguire	23	30:14	1	Jessica Hageman	33	35:08	1	Jennifer Kuzmich	51	38:31
2	Tracey Delaney	45	34:08	2	Sandy Tatarynw	30	35:52	2	Elizabeth Gormley	51	40:14
3	Victoria Rodriguez	31	34:44	3	Abby Stoiler	31	36:39	3	Donna Lustenhauer	55	42:33
<b>MALE AGE GROUP: 19 &amp; UNDER</b>			<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 60 - 64</b>					
1	David Tubbs	13	41:18	1	Timothy Bardin	47	29:19	1	Chuck Batchter	62	41:20
<b>MALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 40 - 49</b>			<b>FEMALE AGE GROUP: 60 - 69</b>					
1	Tad Wood	24	31:09	2	Jon Gurney	46	30:04	1	Judy Harrigan	60	35:27
2	Jake Navatka	20	36:24	3	Brian McElroy	48	30:35	2	Laura Clark	62	42:32
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>					
1	Andria Bentley	26	43:02	1	Donna Ruppel	45	36:28	1	Peter Hettrich	74	46:44
2	Allison Kerr	25	47:21	2	Patty Monahan	48	37:59	<i>Courtesy of Saratoga Spa State Park</i>			
3	Megan Drosky	29	48:09	3	Debra-Jane Batchter	49	39:04				

## 40TH ANNUAL ING NEW YORK CITY MARATHON

November 1, 2009 • Fort Wadsworth to Central Park, New York City

<b>26.2 MILES - OVERALL PLACE &amp; NET TIME</b>									
<b>MALE OVERALL</b>									
1	Meb Keflezighi	M34	Mammoth Lakes, CA	2:09:15	15059	John Butler	M41	Latham	3:59:33
<b>FEMALE OVERALL</b>									
1	Derartu Tulu	F37	ETHIOPIA	2:28:52	15101	Diane Collette	F27	Carthage	3:59:38
<b>REGIONAL FINISHERS</b>									
64	Andrew Allstadt	M25	Albany	2:30:33	15699	Steven Bottini	M27	Oneida	4:01:22
900	George Murray	M35	Lake Placid	2:58:44	17076	Katherine Sabin	F52	Tupper Lake	4:05:38
1346	Russell Zelman	M53	Little Falls	3:04:12	17248	Kayti Marr	F25	Albany	4:06:13
1549	Eileen Combs	F30	Schenectady	3:06:58	17798	James Siepiola	M54	Clinton	4:07:48
1585	Tomo Miyama	M43	Valatie	3:07:28	17815	John Mesevage	M54	Ghent	4:07:52
1647	Patrick Culligan	M48	Round Lake	3:08:15	18252	Mark Grammatico	M22	Guiderland	4:09:07
1759	Nancy Briskie*	F51	Schenectady	3:09:12	18991	Timothy Diamond	M25	Watervliet	4:11:09
<i>*First Place in 50-54 Age Group - Congrats Nancy!</i>									
1861	Amy Crain	F30	Cooperstown	3:10:01	19036	Theo Vanderzee	M30	Schenectady	4:11:15
2222	Michael Getz	M43	Greenfield Center	3:13:19	19298	Karyn Reinhardt	F31	Sackets Harbor	4:12:01
2270	Karl Sindel	M44	Niskayuna	3:13:45	21527	Jim Murphy	M54	Burnt Hills	4:18:18
2556	Anita Moller	F37	Clinton	3:16:06	22324	Toni Trost	F36	Plattsburgh	4:20:27
3331	Olivier Guise	M33	Albany	3:20:47	22325	Bill Herkenham	M50	Charlton	4:20:27
3646	Benoit Fillion	M35	Albany	3:22:47	22921	Christine Cunningham	F42	Old Chatham	4:22:06
3652	Michael O'Brien	M25	Saratoga Springs	3:22:49	22923	Hilary Dunne Ferrone	F42	Spencertown	4:22:07
4223	Joseph Hayter	M28	Schenectady	3:25:48	22930	Margaret Everett	F41	Old Chatham	4:22:27
4402	Joni Lundin-Gerken	F26	Saranac Lake	3:26:41	23042	Mark Conroy	M28	Albany	4:22:25
4412	Zeryai Hagos	M28	Saratoga Springs	3:26:43	23117	Anne Marie Sheehan	F41	Loudonville	4:22:38
4465	Matt Parenteau	M45	Saratoga Springs	3:27:04	23229	Kevin Casey	M49	Altamont	4:22:54
5029	Alar Elken	M50	Loudonville	3:29:17	23784	George Stiefel	M23	Altona	4:24:26
5281	Megean Mincher	F25	Saratoga Springs	3:30:02	24221	Seth Lamont	M33	Albany	4:25:35
5326	Paul Forbes	M58	Colonie	3:30:16	24411	Randall Craig	M57	Glenmont	4:26:06
5409	John Van Cott	M44	Delmar	3:30:40	24652	Kirk Gendron	M33	Saratoga Springs	4:26:43
5737	Kathryn Jones	F26	Watervliet	3:32:05	24838	Bruce Fina	M42	Saratoga Springs	4:27:19
6672	Steve Vnuk	M52	Delmar	3:35:52	25836	Daniel Berry	M59	Delmar	4:29:51
6714	John Raymond	M45	Cooperstown	3:36:02	25932	Rebecca Corso	F35	Albany	4:30:11
7752	Anthony Stefanelli	M42	Loudonville	3:39:45	26018	David Cornell	M38	Deerfield	4:30:27
7957	Marissa Strock	F23	Sand Lake	3:40:19	26092	Sherman Jewett	M37	Albany	4:30:40
7978	Maureen Fitzgerald	F51	Clifton Park	3:40:33	26133	Joshua Baker	M31	Plattsburgh	4:30:48
8238	Russell Abraham	M49	Whitesboro	3:41:27	26267	John Gregory	M44	Clifton Park	4:31:11
8351	Robert Durfee	M45	Saranac Lake	3:41:50	26489	Elizabeth Hutchinson	F41	Alexandria Bay	4:31:51
11090	Joyce Goodrich	F50	Glennville	3:50:25	26555	Niladri Ghoshal	M27	Malta	4:32:01
12963	Sarah Barbo	F24	Carthage	3:55:11	26821	Jim Fiore	M61	Latham	4:32:57
13493	Guillermo Borges	M46	Niskayuna	3:56:23	27783	Stefanie Pitts	F34	Schenectady	4:36:04
14868	Genevieve May	F48	Queensbury	3:59:13	27892	Tim Healey	M47	Troy	4:36:22
14981	Bernard Weis	M36	Colonie	3:59:26	27978	Brian Adelson	M42	Gansevoort	4:36:40
					28777	Cheyenne Dallesandro	F35	Schenectady	4:39:08
					28847	Heather Briccetti	F43	Troy	4:39:21
					29016	Marie Boulterice	F27	Moers	4:39:49
					29413	Deanne Webster	F32	Albany	4:41:10
					29833	Holli Lynch	F50	Lake Placid	4:42:37

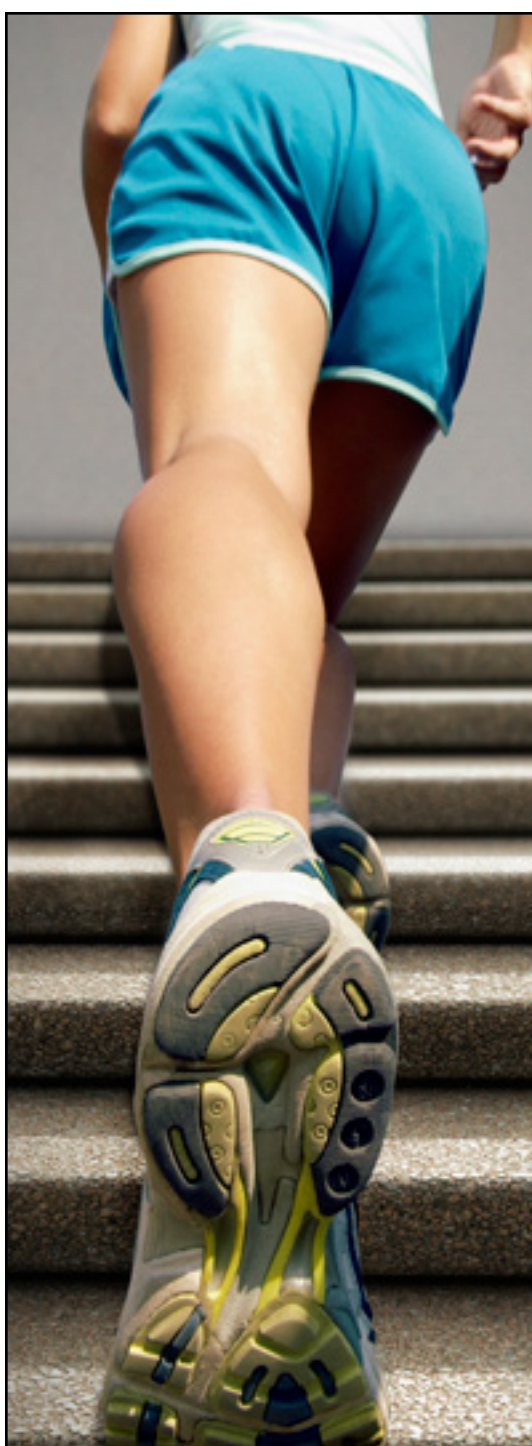
## 40TH ANNUAL ING NEW YORK CITY MARATHON *continued*

30313	Matthew Fitzgerald	M35	Albany	4:44:13	37512	Sheryl Foan	F39	Copenhagen	5:17:20
30730	James Stevens	M35	Albany	4:45:41	37740	Eugene Dehart	M44	Rome	5:19:07
31534	Thomas Dorn	M58	Voorheesville	4:48:35	37758	Liz Hamlin	F40	Albany	5:19:13
31546	Brian Holtz	M28	Averill Park	4:48:37	37765	Stephen Piorowski	M56	Delmar	5:19:17
31652	Jennifer Greiman	F36	Albany	4:48:58	37797	Christopher Ahlgrim	M24	Watertown	5:19:31
31806	Jerry Loya Jr.	M35	Pierrepont	4:49:32	37798	Paul Ahlgrim	M21	Watertown	5:19:31
32007	Gernot Grahl	M28	Saratoga Springs	4:50:12	39205	Michael Glenn	M46	Clifton Park	5:31:55
32036	Susan Polhemus	F49	Peru	4:50:17	40197	Marianna Vadukul	F39	Hudson	5:42:49
32871	JA Reed	M29	Saratoga Springs	4:53:13	40389	Cathy Biss	F61	Queensbury	5:45:01
33342	Bill Smith	M55	Troy	4:55:01	40438	Sarah Schellinger	F27	Watervliet	5:45:43
33650	Timothy Farley	M59	Scotia	4:56:11	41652	Donald Paine	M59	Albany	6:05:12
35278	Colleen Mahoney	F25	Loudonville	5:03:15	43161	Daria Pilipczuk	F61	Utica	6:58:18
35802	John Graham	M44	Saranac Lake	5:06:17	43212	Deirdre Douglas	F41	Lake Placid	7:01:30
35906	Martin Rowley	M60	Latham	5:06:59	43325	Kellyrose Bishop	F43	Bolton Landing	7:11:19
36597	Nicole Laliberte	F28	Clifton Park	5:11:23	<b>HANDICAPLED: REGIONAL FINISHERS</b>				
36613	Fran Matthews	F57	Lake Placid	5:11:31	12	Bill Schwarz	M63	Kinderhook	1:51:11
36710	Ellen Mueller	F56	Schenectady	5:12:09	<i>Courtesy of New York Road Runners</i>				
37305	Megan Forttrel	F32	Plattsburgh	5:15:51					

## 34TH ANNUAL GAZETTE STOCKADE-ATHON 15K

November 8, 2009 • Central Park, Schenectady

<b>MALE OVERALL</b>						<b>FEMALE AGE GROUP: 25 - 29</b>					
1	Fernando Cabada	27	Boulder, CO	46:36	1	Mackenzie Hillard	27	Charlottesville, VA	1:02:45		
2	Jordan Davis	24	Remsen	46:56	2	Karen Bertasso	25	Scotia	1:03:45		
3	Emory Mort	26	Ghent	48:19	3	Teal Reeves	28	Glenville	1:07:08		
4	Aaron Robertson	31	Rouses Point	48:31	4	Erin McDonald	29	Delmar	1:07:30		
5	Chuck Terry	27	Albany	48:34	5	Katy Dorsheimer	26	Albany	1:07:41		
<b>FEMALE OVERALL</b>						<b>MALE AGE GROUP: 30 - 34</b>					
1	Laurel Burdick	24	Manlius	54:01	1	Michael Roda	33	Albany	53:57		
2	Jen Adams	23	Gansevoort	55:53	2	Todd Shatynski	33	Altamont	54:12		
3	Leslie Dillon	25	Lee, NH	57:39	3	Anthony Giuliano	30	Albany	54:40		
4	Emily Lasala	24	Jamesville	57:53	4	Brian Maddox	31	Rensselaer	55:01		
5	Lori Kingsley	43	Wysox, PA	58:25	5	Chris Mulford	32	Schenectady	55:03		
<b>MALE AGE GROUP: 14 &amp; UNDER</b>						<b>FEMALE AGE GROUP: 30 - 34</b>					
1	Matt Lange	14	Schenectady	1:01:06	1	Eileen Combs	31	Schenectady	58:38		
2	Kevin Stearns	13	Schenectady	1:26:05	2	Christina Ardito	30	Schenectady	1:03:33		
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>						<b>MALE AGE GROUP: 35 - 39</b>					
1	Meredith Hungerford	14	Saratoga Springs	1:04:30	1	Richard Cohen	38	Utica	55:36		
2	Sarah Morin	13	Porter Corners	1:05:16	2	Jonathan Bright	39	Slingerlands	55:42		
3	Grace Hungerford	14	Saratoga Springs	1:06:40	3	Volker Burkowski	38	Gansevoort	56:25		
4	Estela Smith	12	Ballston Spa	1:10:06	4	Matthew Howard	37	Delmar	57:28		
5	Brianna Kislawski	14	Ballston Spa	1:15:31	5	Michael Kelly	39	Selkirk	57:51		
<b>MALE AGE GROUP: 15 - 19</b>						<b>FEMALE AGE GROUP: 35 - 39</b>					
1	Kyle Gutbrodt	18	Poestenkill	54:44	1	Julie Gold	35	Malta	1:00:37		
2	Joseph Comer-Leva	16	Schenectady	55:06	2	Karen Dolge	39	Valatie	1:01:23		
3	Nicolas Santos	19	Albany	55:58	3	Lori Weaver	36	Loudonville	1:05:37		
4	Adam Coolong	17	Saratoga Springs	56:22	4	Katie Hodge	37	Delmar	1:07:04		
5	Joe Fairley	16	Saratoga Springs	56:36	5	Regina Flint	35	Amsterdam	1:07:19		
<b>FEMALE AGE GROUP: 15 - 19</b>						<b>MALE AGE GROUP: 40 - 44</b>					
1	Katie Treichel	16	Saratoga Springs	1:02:53	1	James Derick	44	Big Flats	51:17		
2	Alison Treichel	17	Saratoga Springs	1:07:43	2	Mike Rutledge	41	Utica	51:34		
3	Sarah Ruggles	15	Saratoga Springs	1:09:38	3	Ben Greenberg	40	Voorheesville	53:34		
4	Maria Magavern	19	Buffalo	1:09:54	4	Richard Wynn	42	Queensbury	55:10		
5	Anka Parzych	15	Niskayuna	1:10:59	5	Michael Cummings	42	Schenectady	56:39		
<b>MALE AGE GROUP: 20 - 24</b>						<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Scott Mindel	23	Ballston Lake	48:39	1	Kari Gathen	41	Albany	59:44		
2	Seamus Nally	22	Burnt Hills	49:02	2	Anne Benson	44	Clifton Park	1:01:08		
3	Kieran O'Connor	22	New York	49:42	3	Terri Artese	43	Scotia	1:02:40		
4	Jonathan Wetzel	22	Niskayuna	51:03	4	Judy Guzzo	42	Niskayuna	1:04:01		
5	Thomas O'Grady	24	Latham	51:47	5	Maria Barton	43	Delanson	1:07:46		
<b>FEMALE AGE GROUP: 20 - 24</b>						<b>MALE AGE GROUP: 45 - 49</b>					
1	Justine Mosher	24	Queensbury	1:06:03	1	Jeff Niedek	45	Canaan, CT	51:38		
2	Flora McDonald	22	Albany	1:06:03	2	Robert Underwood	49	Kattskill Bay	54:33		
3	Meghan Davey	24	Amsterdam	1:08:23	3	Tom Kracker	45	Delmar	55:54		
4	Caitlin Wlodarski	22	Schenectady	1:11:39	4	Ahmed Elasser	46	Latham	57:02		
5	Taryn Cooper	20	Gloversville	1:11:57	5	Bob Radliff	45	Stillwater	58:08		
<b>MALE AGE GROUP: 25 - 29</b>						<i>continued</i>					
1	Justin Bishop	28	Colonie	49:40						58:08	
2	Tim Scarpinato	26	Clifton Park	50:10							
3	Andrew McCarthy	26	Albany	55:07							
4	Dan Jordy	26	Scotia	56:33							
5	Christopher Mancuso	28	Scotia	56:48							



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# Race Results

## 34TH ANNUAL GAZETTE STOCKADE-ATHON 15K *continued*

<b>FEMALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 60 - 64</b>						
1	Mary Buck	46	Altamont	1:01:48	1	Susan Wong	61	Glenmont	1:14:28
2	Starlett Cook	45	Queensbury	1:05:22	2	Cecily Dexter	60	New York	1:21:50
3	Caitlin St. George	46	Albany	1:08:48	3	Ginny Pezzola	63	Colonie	1:22:49
4	Christine Varley	45	Albany	1:08:55	4	Lichu Sloan	61	Clifton Park	1:33:09
5	Tamera Gebo-Wilber	46	Great Barrington, MA	1:09:37	5	Virginia Mosher	63	Delanson	1:37:08
<b>MALE AGE GROUP: 50 - 54</b>			<b>MALE AGE GROUP: 65 - 69</b>						
1	John Noonan	50	Ballston Spa	54:10	1	Bill Borla	69	Torrington, CT	1:00:41
2	William Venner	50	Granville	55:03	2	Milton Schumacher	65	N. Scituate, RI	1:06:09
3	Thomas Dalton	51	Schenectady	55:55	3	Frank Klose	66	Castleton	1:16:54
4	Jim Maney	51	Slingerlands	56:01	4	Jerry Lussier	67	Kingston	1:17:23
5	John Parisella	51	Schenectady	59:43	5	Jim Cunningham Sr	65	Ticonderoga	1:18:55
<b>FEMALE AGE GROUP: 50 - 54</b>			<b>FEMALE AGE GROUP: 65 - 69</b>						
1	Beth Stalker	50	Burnt Hills	1:03:48	1	Marge Rajczewski	69	Ballston Lake	1:22:56
2	Nancy Briskie	52	Schenectady	1:03:50	2	Sakiko Claus	67	Schroon Lake	1:39:11
3	Karen Provencher	54	Glens Falls	1:04:03	3	Debbie Brown	67	Castleton	1:41:44
4	Joyce Goodrich	51	Glenville	1:10:45	<b>MALE AGE GROUP: 70 &amp; OVER</b>				
5	Liz Besio	51	Camillus	1:13:57	1	Ed Whitlock	78	Ontario, CA	1:06:13
<b>MALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>						
1	Dale Keenan	59	Selkirk	58:11	2	John Pelton	70	West Rupert, VT	1:09:52
2	Lee Pollock	57	Queensbury	58:54	3	Kermit Cadrette	71	Rome	1:15:38
3	Carl Matuszek	57	Chatham	59:54	4	Bob Husted	72	Rexford	1:19:38
4	George Shurter	55	Middletown	1:01:54	5	Wade Stockman	74	Rensselaer	1:20:58
5	Tony Maddaloni	57	Slingerlands	1:03:14	<b>FEMALE AGE GROUP: 70 &amp; OVER</b>				
<b>FEMALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>						
1	Coreen Steinbach	58	Pompey	1:05:41	1	Eiko Boque	72	Schaghticoke	1:48:15
2	Martha DeGrazia	58	Slingerlands	1:09:01	<b>TEAMS - MALE: OPEN</b>				
3	Judy Phelps	58	Malta	1:11:15	1	Willow Street Athletic Club		4:04:45	
4	Erika Osterle	58	Stamford	1:13:19	Emory Mort/Chuck Terry/Scott Mindel/Seamus Nally/Tim Scarpinato				
5	Cynthia Finnegan	56	Niskayuna	1:21:07	<b>TEAMS - FEMALE: OPEN</b>				
<b>MALE AGE GROUP: 60 - 64</b>			<b>TEAMS - FEMALE: OPEN</b>						
1	Tim Haley	60	Trivoli	59:51	1	Willow Street Athletic Club		3:14:13	
2	Ernie Paquin	63	Gansevoort	1:07:23	<b>TEAMS - MALE: MASTERS</b>				
3	Lenny Collins	60	Valatie	1:08:17	1	Adirondack Athletic Club #1		4:37:13	
4	Paul Turner	60	Delmar	1:08:51	John Noonan/Bob Underwood/Tom Kracker/Tom Dalton/Rich Cummings				
5	John Stockwell	62	Troy	1:10:25	<b>TEAMS - FEMALE: MASTERS</b>				
			<b>TEAMS - FEMALE: MASTERS</b>						
			1 Willow Street Athletic Club 3:06:47						
			Anne Benson/Mary Buck/Nancy Briskie						
			<i>Courtesy of Hudson-Mohawk Road Runners Club</i>						

## 5TH ANNUAL GREENBUSH YMCA "FALL 5" 5K RUN November 8, 2009 • Greenbush Area YMCA, East Greenbush

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 30 - 39</b>						
1	Kahlil Scott	19	Cohoes	19:23	1	Ayisha Lovell	35	Averill Park	25:14
2	Matthew Fryer	29	Clifton Park	19:46	2	Shana Marra	36	Castleton	25:27
3	James White	32	East Greenbush	19:46	3	Erika Akers	32	Castleton	25:31
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>						
1	Anne Strock	45	Petersburg	21:54	1	Paul Bohl	47	East Greenbush	20:03
2	Katrina Hines	21	East Greenbush	21:58	2	Matt Lindeman		East Greenbush	20:38
3	Laura Straw	23	East Greenbush	23:00	3	Michael Hamel	44	Castleton	21:05
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 40 - 49</b>						
1	Andrew Bohl	14	East Greenbush	23:50	1	Paula Boughtwood	48	Rensselaer	27:21
2	Brandon Ostiguy	9	East Greenbush	26:22	2	Joanne Nolette	49	Rensselaer	27:35
3	Andrew Gariepy	11	Cohoes	30:19	3	Aileen Muller	48	Castleton	27:42
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 50 - 59</b>						
1	Sarah McTague	12	Averill Park	25:12	1	Thomas Locascio	51	Albany	20:20
2	Juliana Kolakowski	13	Averill Park	26:26	2	Martin Patrick	55	East Greenbush	22:55
3	Sarah Hummel	12	Nassau	27:25	3	Glenn Herbert	51	Kinderhook	23:52
<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 50 - 59</b>						
1	Matthew Gariepy	15	Cohoes	27:09	1	Sabrina Sohn	57	Loudonville	27:34
<b>MALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 50 - 59</b>						
1	David Wojciki	28	Troy	21:25	2	Fran Pilato	50	Rensselaer	27:55
2	William Hughes	22	Troy	22:24	3	Colleen Yund	55	Castleton	29:26
3	Gabriel Leo	24	Acra	24:13	<b>MALE AGE GROUP: 60 - 69</b>				
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 60 - 69</b>						
1	Kelly O'Conner	25	East Greenbush	24:58	1	Jim Cochran	61	Rensselaer	25:29
2	Victoria Didrich	29	Rensselaer	25:31	2	Robert LaHue	60	Guilderland	33:16
3	Kayn White	28	East Greenbush	25:44	<b>FEMALE AGE GROUP: 60 - 69</b>				
<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 60 - 69</b>						
1	Dennis Beardley	37	Castleton	25:34	1	Marjorie Nieh	67	Rensselaer	43:59
2	Matthew Ostiguy	39	East Greenbush	26:23	2	Anne Testo	62	East Greenbush	48:58
3	Michael Lemme	39	Clifton Park	27:07	<b>MALE AGE GROUP: 70 &amp; OVER</b>				
			1 Donald McBain 77 Troy 38:49						
			<i>Courtesy of Capital District YMCA</i>						

## 62ND ANNUAL TROY TURKEY TROT November 26, 2009 • Troy Atrium, Troy

<b>5K ROAD RACE</b>			<b>FEMALE AGE GROUP: 50 - 54</b>						
<b>MALE OVERALL</b>			1	Ellen Predmore	51	Ballston Lake	20:29		
1	David Raucci	23	Germantown	15:22	2	Marybeth Ford	51	Brunswick, ME	23:07
2	John Moore	21	Fort Johnson	15:40	3	Maureen Kruger	51	Albany	24:01
3	Aaron Lozier	21	Albany	15:45	<b>MALE AGE GROUP: 55 - 59</b>				
<b>FEMALE OVERALL</b>			1	Rob Picotte	56	Ballston Spa	19:12		
1	Elizabeth Maloy	24	Loudonville	16:47	2	Frederick Voellm	56	Alexandria, VA	20:23
2	Emily McCabe	25	Queensbury	17:19	3	Richard Clark	55	Feeding Hills, MA	20:33
3	Lauren Esposito	30	New York	18:26	<b>FEMALE AGE GROUP: 55 - 59</b>				
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			1	Cynthia Finnegan	56	Schenectady	25:11		
1	Stephen Curry	14	Rexford	18:57	2	Carole Bieber	58	Slingerlands	25:39
2	Aaron Gialanella	14	Albany	19:10	3	Carolyn George	55	Albany	26:05
3	Eamonn Kelly	6	East Greenbush	19:14	<b>MALE AGE GROUP: 60 - 64</b>				
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			1	Frederick Eames	61	Delmar	21:43		
1	Catherine Maloy	14	Loudonville	19:13	2	Vincent Alety	62	Blue Bell, PA	21:52
2	Jacqueline-Ann Willse	14	E. Greenbush	20:32	3	James Fiore	62	Latham	22:31
3	Kaitie Schillaci	12	Albany	21:06	<b>FEMALE AGE GROUP: 60 - 64</b>				
<b>MALE AGE GROUP: 15 - 19</b>			1	Judy Lynch	60	Castleton-On-Hudson	26:01		
1	William Danaher	18	Clifton Park	15:46	2	Lichu Sloan	61	Castleton	28:58
2	Jeffrey Corelli	19	Latham	15:51	3	Mary George	61	Rensselaer	32:37
3	Chris Manico	21	Watervliet	15:56	<b>MALE AGE GROUP: 65 - 69</b>				
<b>FEMALE AGE GROUP: 15 - 19</b>			1	Michael Libruk	65	Watervliet	19:02		
1	Catherine Meyer	18	Weston, MA	18:32	2	Stan Westhoff	66	Gansevoort	24:42
2	Rebecca Martin	17	Ballston Spa	19:36	3	John Bradley	67	Schenectady	27:04
3	Lindsey Eby	19	Clifton Park	19:52	<b>FEMALE AGE GROUP: 65 - 69</b>				
<b>MALE AGE GROUP: 20 - 24</b>			1	Sibyl Jacobson	67	Canaan	30:10		
1	Kevin Treadway	21	Albany	16:00	2	Carolyn Gerber	67	Glastonbury, CT	34:20
2	Stephen Marthy	21	Latham	16:11	3	Louise Liberty	65	Troy	34:33
3	Brian Benson	21	Loudonville	17:04	<b>MALE AGE GROUP: 70 &amp; OVER</b>				
<b>FEMALE AGE GROUP: 20 - 24</b>			1	Bob Knouse	70	Voorheesville	27:08		
1	Meghan Lapoint	20	Schenectady	19:35	2	Joe Butler	72	Latham	32:31
2	Samantha Tibbitts	21	Albany	19:38	3	Edward Pierce	70	Albany	32:45
3	Shannon Finnegan	20	Schenectady	20:13	<b>1-MILE GRADE SCHOOL RACE</b>				
<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 6 - 11</b>						
1	Christopher Mancuso	28	Scotia	17:11	1	Xavier McKinley	11	Schoharie	6:09
2	Robert Kuhn	25	Norcross, GA	17:54	2	Kevin Lafleche	11	Tolland, CT	6:13
3	Joseph Crowe	26	Clifton Park	18:15	3	Joshua Paszkowski	10	Schenectady	6:38
<b>FEMALE AGE GROUP: 25 - 29</b>			4	Conor Carroll	10	Grafton, MA	6:43		
1	Julie Lafrano	27	Loudonville	18:54	5	Joseph Gaynor	11	Saratoga Springs	6:50
2	Diane Heiser	25	Baltimore, MD	19:40	6	Dermot Coughlin	11	Castleton-on-Hudson	6:53
3	Beth Pugliano	29	Brighton, MA	21:13	7	Benjamin Tietjen	11	Delmar	6:57
<b>MALE AGE GROUP: 30 - 34</b>			8	Liam Hickey	9	Waterford	6:59		
1	Anthony Giuliano	30	Albany	16:08	9	Sean Dory	11	Troy	7:00
2	Andrew Hunsberger	30	Clifton Park	17:25	10	Kevin Murphy	9	Schenectady	7:01
3	Sean Kibrick	32	Buffalo	18:19	11	Zachary Turnbull	10	Schenectady	7:01
<b>FEMALE AGE GROUP: 30 - 34</b>			12	David Benson	10	Clifton Park	7:03		
1	Estelle Burns	34	Troy	19:31	13	Adam Blanchard	10	Loudonville	7:08
2	Kelly Heaney	32	Schaghticoke	22:03	14	Ethan Snyder	9	Albany	7:09
3	Erin Gregory	33	Clifton Park	22:15	15	Maximilian Jones	10	Delmar	7:11
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 6 - 11</b>						
1	Jonathan Bright	39	Slingerlands	17:00	1	Hannah Shoemaker	11	Poestenkill	6:17
2	Ethan Staats	39	East Greenbush	17:45	2	Lauren Drake	11	Clifton Park	6:47
3	Anthony Merola	39	Waterford	18:04	3	Anne Marie Mozrall	11	Pittsford	6:51
<b>FEMALE AGE GROUP: 35 - 39</b>			4	Cheyenne Munson	10	Wynantskill	7:01		
1	Lori Weaver	36	Loudonville	20:06	5	Shannon Lavender	11	Latham	7:19
2	Jennifer Kristel	36	Ballston Lake	20:28	6	Elyse Killkelly	11	Shelburne, VT	7:22
3	Kim Miseno-Bowles	39	Amsterdam	20:35	7	Danielle Stannard	11	Schaghticoke	7:37
<b>MALE AGE GROUP: 40 - 44</b>			8	Brooke Harig	11	Manlius	7:42		
1	Timothy Hoff	43	Albany	18:01	9	Taylor Engster	10	Hollywood, CA	7:45
2	Michael Olson	44	Vestal	18:04	10	Madeleine Sirois	10	Maplewood, NJ	7:47
3	Norris Pearson	43	Troy	18:05	11	Caroline Slyer	11	Averill Park	7:48
<b>FEMALE AGE GROUP: 40 - 44</b>			12	Meagan Lettko	11	Averill Park	7:50		
1	Kate Dewey	41	Chesterfield, MO	20:24	13	Trisha Roohan	10	Delmar	7:55
2	Stacy Gaynor	43	Saratoga Springs	21:21	14	Christine Oberhausen	10	Avon, CT	7:55
3	Maryann Reilly-Johnson	41	Albany	21:42	15	Lauren Brock	10	Latham	8:08
<b>MALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 12 - 16</b>						
1	Timothy Egan	47	Latham	18:40	1	Jordan Johnson	13	Albany	5:23
2	Patrick Culligan	49	Round Lake	18:42	2	Joshua Catrine	13	Watervliet	5:43
3	Brian Killkelly	45	Shelburne, VT	19:06	3	Ryan Mulson	13	Albany	5:55
<b>FEMALE AGE GROUP: 45 - 49</b>			4	Ryun Murphy	13	Scotia	5:55		
1	Kristen Hislop	45	Clifton Park	21:17	5	Liam Maloy	14	Loudonville	5:58
2	Colleen Brachett	48	Voorheesville	21:25	6	Jordan Healy	13	Castleton	6:03
3	Anne Strock	45	Petersburg	22:05	7	Robert Benson	13	Clifton Park	6:05
<b>MALE AGE GROUP: 50 - 54</b>			8	Zachary Sternbach	13	Loudonville	6:05		
1	Daniel Predmore	51	Ballston Lake	17:44	9	Niall Coughlin	13	Castleton-on-Hudson	6:06
2	Rick Munson	52	Prattsville	18:15	10	Jacob Johnson	12	Albany	6:07
3	Kevin Dollard	54	Hopewell Jct.	18:39	11	Matthew Reeves	13	Queensbury	6:14
			12	Ricky Drake III	13	Clifton Park	6:15		

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**62ND ANNUAL TROY TURKEY TROT *continued***

13 Chad Biddlecomb	13 Troy	6:20
14 Jack Engster	13 Hollywood, CA	6:25
15 Cory Germaine	12 Watervliet	6:26
<b>FEMALE AGE GROUP: 12 - 16</b>		
1 Julia Slyer	13 Averill Park	6:16
2 Julia Engster	12 Hollywood, CA	6:38
3 Maria Clemente	13 Eagle Mills	6:46
4 Lisa Kentris	12 Latham	6:47
5 Joselin Schmitz Morfe	12 Albany	6:47
6 Jill Furbeck	14 Schenectady	6:48
7 Emma Wuerdeman	13 Queensbury	6:55
8 Katherine Benson	12 Clifton Park	6:59
9 Meghan Dougherty	14 East Greenbush	7:02
10 Andrea Debboli	12 Troy	7:08
11 Cami Santor	13 Glastonbury, CT	7:08
13 Sarah Arnold	12 Clifton Park	7:26
14 Amanda Weaver	12 Troy	7:41
15 Marissa Eagan	12 Watervliet	7:57

<b>MALE AGE GROUP: 35 - 39</b>		
1 Volker Burkowski	38 Gansevoort	35:54
2 Jonathan Bright	39 Slingerlands	36:07
3 Rob Weingart	38 Brooklyn	38:52
<b>FEMALE AGE GROUP: 35 - 39</b>		
1 Demantra Constantine	39 Niskayuna	44:00
2 Melissa Maguire	36 Albany	44:51
3 Shanley Alber	37 Clifton Park	46:43
<b>MALE AGE GROUP: 40 - 44</b>		
1 Ben Greenberg	40 Voorheesville	35:05
2 Brian Debraccio	43 Scotia	37:37
3 Hernan Lopez	44 Hoboken, NJ	37:42
<b>FEMALE AGE GROUP: 40 - 44</b>		
1 Julia Hotmer Murphy	43 Schenectady	45:09
2 Megan Leitzinger	42 Albany	46:17
3 Janeen Lopez	43 Hoboken, NJ	46:52

<b>10K ROAD RACE</b>			
<b>MALE OVERALL</b>			
1 Chuck Terry	27 Albany	31:24	
2 Seamus Nally	22 Burnt Hills	31:46	
3 Justin Bishop	28 Colonie	32:02	
<b>FEMALE OVERALL</b>			
1 Toni Wiszowaty	23 Plattsburgh	38:06	
2 Kari Gathen	41 Albany	39:17	
3 Anne Benson	44 Clifton Park	39:22	

<b>MALE AGE GROUP: 45 - 49</b>		
1 Tom Kracker	45 Albany	36:41
2 Bob Radloff	45 Stillwater	38:03
3 Russ Hoyer	49 Voorheesville	38:34
<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Nancy Cook	45 Belchertown, MA	40:43
2 Lizette Arroyo	45 Schenectady	44:29
3 Mary McNair	47 Clifton Park	45:38

<b>MALE AGE GROUP: 14 &amp; UNDER</b>			
1 Nick Redmond	12 Delmar	46:08	
2 Graeme Corrigan	14 Troy	50:17	
3 Keith Machabee	13 Delmar	53:24	

<b>MALE AGE GROUP: 50 - 54</b>			
1 John Noonan	50 Ballston Spa	35:46	
2 Derrick Staley	51 Ballston Lake	36:13	
3 James Maney	51 Slingerlands	37:56	

<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			
1 Alexandra Rutnik	12 Slingerlands	46:23	
2 Liisi Vink-Lainas	13 Wynantskill	47:24	
3 Christina McDonald	13 Rensselaer	48:44	

<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Nancy Briskie	52 Schenectady	41:44	
2 Tracey Olafsen	54 Ctr. Sandwich, NH	47:32	
3 Lisa Faist	53 Schenectady	47:47	

<b>MALE AGE GROUP: 15 - 19</b>			
1 Andrew Coy	16 Schenectady	36:09	
2 Brian Goodman	19 Albany	36:09	
3 Chancey Wilk	19 Burnt Hills	36:41	

<b>MALE AGE GROUP: 55 - 59</b>			
1 Lee Pollock	57 Queensbury	39:06	
2 Patrick Lopiano	58 Kingston	41:16	
3 Robert Somerville	56 Wynantskill	43:29	

<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Jennifer Lackmann	16 Lititz, PA	41:44	
2 Maureen Hill	19 Watervliet	43:01	
3 Amy Becker	15 Albany	43:04	

<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Karen Provencher	55 Glens Falls	42:32	
2 Martha DeGrazia	58 Slingerlands	47:17	
3 Maryann Serian	55 Richmond, MA	49:58	

<b>MALE AGE GROUP: 20 - 24</b>			
1 Scott Mindel	23 Ballston Lake	32:12	
2 Alex Grout	23 Clifton Park	32:53	
3 Bryce Wilk	24 Burnt Hills	33:01	

<b>MALE AGE GROUP: 60 - 64</b>			
1 Patrick Glover	63 Clifton Park	41:34	
2 Ernie Paquin	63 Gansevoort	42:24	
3 Jim Bowles	60 Amsterdam	44:42	

<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Chelsea Maguire	23 Ballston Lake	40:32	
2 Megan Derby	20 Cropsyville	40:32	
3 Roxanne Wegman	22 Delmar	43:38	

<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Mary Collins-Finn	60 Menands	51:58	
2 Ginny Pezzula	64 Colonie	52:48	
3 Susan Harris	61 Albany	57:38	

<b>MALE AGE GROUP: 25 - 29</b>			
1 Andy Allstadt	26 Albany	32:29	
2 Tim Scarpinato	26 Burnt Hills	32:56	
3 Dave Vona	27 Valatie	32:59	

<b>MALE AGE GROUP: 65 - 69</b>			
1 Frank Klose	66 Castleton	51:32	
2 Bill Long	68 Clifton Park	55:54	
3 Mark-Richard Butt	67 Delmar	56:00	

<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Erin McDonald	29 Delmar	42:00	
2 Tora Olafsen	26 Boston, MA	42:38	
3 Alison Camarota	27 Latham	43:44	

<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Martha Deborah Brown	67 Castleton-on-Hudson	1:06:38	

<b>MALE AGE GROUP: 30 - 34</b>			
1 Anthony Giuliano	30 Albany	35:17	
2 Joseph Sullivan	30 Schenectady	37:21	
3 David Tromp	34 Glenmont	38:25	

<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Bob Husted	72 Rexford	52:12	
2 Joe Kelly	76 Menands	1:02:19	
3 Martin Kenneally	72 Niskayuna	1:04:05	

<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Shelly Binsfeld	30 Schenectady	41:26	
2 Nicole Ramsdill	30 Clifton Park	45:37	
3 Sara Niccoli	32 Fort Plain	46:31	

<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
1 Eiko Bogue	72 Schaghticoke	1:10:32	

*Courtesy of the City of Troy*

**8TH ANNUAL CHRISTOPHER DAILEY 5K TURKEY TROT *continued***

<b>MALE AGE GROUP: 14 &amp; UNDER</b>			
1 Stewart Scott	13 New York	20:04	
2 Dylan Murphy	13 Wilton	22:11	
3 Garrett Wysocki	13 Gansevoort	22:23	

<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Margaret Kennedy	44 Hopkinton, MA	20:42	
2 Cory Reid	41 Saratoga Springs	20:47	
3 Hope Morrissey	40 Philadelphia, PA	23:49	

<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			
1 Sarah Ruggles	14 Saratoga Springs	20:03	
2 Sarah Morin	13 Porter Corners	20:14	
3 Grace Hungerford	14 Saratoga Springs	20:16	

<b>MALE AGE GROUP: 45 - 49</b>			
1 Jim Morrissey	45 Philadelphia, PA	18:31	
2 Will Moran	49 Niskayuna	20:38	
3 Matt Parenteau	46 Gansevoort	20:46	

<b>MALE AGE GROUP: 15 - 19</b>			
1 Alex Benway	19 Queensbury	16:17	
2 Demetri Goutos	18 Saratoga Springs	16:25	
3 Aaron Newell	16 Gnarria	17:31	

<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Laura Knapp	47 Grand Rapids, MI	20:38	
2 Tracey Delaney	45 Lake Luzerne	22:48	
3 Kay Moberg	49 Greenfield Center	24:13	

<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Chloe Williams	18 Saratoga Springs	21:27	
2 Cassandra Goutos	17 Saratoga Springs	21:59	
3 Brianne Bellon	18 Greenfield Center	21:59	

<b>MALE AGE GROUP: 50 - 54</b>			
1 Rick Lesiak	50 Galway	19:31	
2 Thomas Locascio	51 Albany	20:04	
3 Cole Hickland	54 Ballston Spa	20:14	

<b>MALE AGE GROUP: 20 - 24</b>			
1 Chris Allen	20 Gansevoort	16:10	
2 Brett Wysocki	20 Gansevoort	18:24	
3 Alex Perry	20 Keene, NH	18:29	

<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Margaret Bolton	53 Stow, MA	26:34	
2 Jean Quattrocchi	53 Albany	27:34	
3 Donna Thrailkill	51 Porter Corners	27:50	

<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Emily Layden	20 Saratoga Springs	20:11	
2 Mia Ross	21 Lake George	22:50	
3 Justine Mosher	24 Queensbury	23:09	

<b>MALE AGE GROUP: 55 - 59</b>			
1 Dennis Fillmore	57 Ballston Spa	21:37	
2 Daniel Olden	58 Queensbury	22:41	
3 Rich Tanchyk	57 Saratoga Springs	23:19	

<b>MALE AGE GROUP: 25 - 29</b>			
1 Brian McNamara	27 Cambridge, MA	16:06	
2 David Kvam	27 Mechanicville	17:16	
3 Matthew Vanslyke	29 Johnstown	18:36	

<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Maryanne McNamara	56 Saratoga Springs	26:01	
2 Beverly McGaughan	59 Saratoga Springs	28:24	
3 Joan Bleikamp	56 Saratoga Springs	30:42	

<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Megean Mincher	26 Saratoga Springs	20:40	
2 Lisa Vanslyke	26 Johnstown	23:07	
3 Melissa Glotzbecker	26 Brighton, MA	23:26	

<b>MALE AGE GROUP: 60 - 64</b>			
1 Bob Ellison	61 Slingerlands	21:58	
2 Joseph Green	61 Lake George	23:46	
3 Ford Von Reyn	64 Fairlee, VT	24:58	

<b>MALE AGE GROUP: 30 - 34</b>			
1 Chris Yarsevich	31 Saratoga Springs	18:02	
2 Kevin Crossman	33 South Glens Falls	18:38	
3 Zachary Komon	34 San Diego, CA	19:13	

<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Judy Harrigan	60 Saratoga Springs	23:28	
2 Donna Martin	62 Saratoga Springs	30:03	
3 Louise Quattrocchi	62 Albany	31:42	

<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Elizabeth Fox	30 Clifton Park	21:32	
2 Jami Costello	30 Albany	22:31	
3 Lisa Plue	32 Saratoga Springs	24:51	

<b>MALE AGE GROUP: 65 - 69</b>			
1 Richard Lockwood	66 Greenfield Center	24:24	
2 Donald Haswell	65 Fayetteville	25:08	
3 Robert Toth	67 Saratoga Springs	25:10	

<b>MALE AGE GROUP: 35 - 39</b>			
1 Gregor Fowler	39 Fort Ann	18:56	
2 Robert Cooper	39 Saratoga Springs	19:23	
3 Jeff Edwards	39 Queensbury	20:08	

<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Clemence Clancy	69 Diamond Point	34:01	
2 Jean Garratt	69 Gansevoort	35:20	
3 Peggy Geniti	66 Tribes Hill	36:48	

<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Tina Genay	38 Winchester, VA	23:11	
2 Heather Hieronyai	36 Gansevoort	24:02	
3 Linda Norton	39 Ballston Spa	24:17	

<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Paul Koelbel	76 Greenfield Center	35:58	
2 Andy Keefe	79 Saratoga Springs	40:07	
3 John Hamill	74 Saratoga Springs	42:26	

<b>MALE AGE GROUP: 40 - 44</b>			
1 Cory Smith	41 Winchester, VA	19:43	
2 Jim Reidy	41 Boonton Township, NJ	19:46	
3 Dan Pierson	40 Oriskany	20:26	

<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
1 Priscilla Mueller	73 Stillwater	42:22	
2 Rita Carozza	71 Saratoga Springs	43:52	
3 Deanna Murray	71 Rochester	52:09	

*Courtesy of Christopher Dailey Foundation*

**HMRRC WINTER SERIES #1**

December 13, 2009 • University at Albany, Albany

<b>15K ROAD RACE</b>			
<b>MALE OVERALL</b>			
1 Seamus Nally	22 Burnt Hills	50:02	
2 Chuck Terry	27 Albany	50:32	
3 Thomas O'Grady	24 Latham	51:49	

1 Bruce Beesley	M40-44	Delmar	1:02:13
2 Glenn Pizarro	F40-44	Ghent	1:18:26
1 Ahmed Elasser	M45-49	Latham	57:50
1 Chris Varley	F45-49	Albany	1:13:36
1 John Parisella	M50-54	Schenectady	1:02:16
1 Nancy Briskie	F50-54	Schenectady	1:09:43
1 Bob Somerville	M55-59	Wynantskill	1:08:05
1 Martha DeGrazia	F55-59	Slingerlands	1:12:49
1 Juergen Reher	M60-64	Wynantskill	1:10:05
1 Susan Wong	F60-64	Glenmont	1:14:01
1 Tom Adams	M65-69	Schenectady	1:11:23
1 Wade Stockman	M70-74	Rensselaer	1:22:25
1 Eiko Bogue	F70-74	Schaghticoke	1:52:58

<b>FEMALE OVERALL</b>			
1 Martha Snyder	30 Delmar	1:05:28	
2 Karen Dolge	39 Valatie	1:06:00	
3 Colleen McGarry	32 Slingerlands	1:06:29	

**AGE GROUPS**			
1 Mike Libruk	M15-19	Latham	1:04:26
1 Richard Messiner	M20-24	Nassau	59:00
1 Roxanne Wegman	F20-24	Delmar	1:07:20
1 Andy Allstadt	M25-29	Albany	54:14
1 Sara Brenner	F25-29	Albany	1:13:25
1 Chris Mulford	M30-34	Schenectady	57:04
1 Estelle Burns	F30-34	Troy	1:06:14
1 Jonathan Bright	M35-39	Guilderland	56:48
1 Demantra Constantine	F35-39	Niskayuna	1:11:35

<b>3-MILE ROAD RACE</b>			
<b>MALE OVERALL</b>			
1 Dan Jordy	26 Albany	16:01	
2 Tim Hoff	43 Albany	17:52	
3 Rick Munson	52 Prattsville	17:59	

**3-MILE ROAD RACE**			
**MALE OVERALL**			
1 Dan Jordy	26 Albany	16:01	
2 Tim Hoff	43 Albany	17:52	
3 Rick Munson	52 Prattsville	17:59	

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# Race Results

## HMRCR WINTER SERIES #1 *continued*

FEMALE OVERALL		
1	Kristina DePeau-Gracey	27
2	Christina Jordy	27
3	Lisa D'Aniello	23
AGE GROUPS		
1	Ali Gohlke-Schermer	F10-14
1	Kristen Snyder	F15-19
1	Marc Sullivan	M20-24
1	Shulah Weber	F20-24
1	Zach Russo	M25-29
1	Lauren Davis	F25-29
1	Aaron Knobloch	M30-34
1	Angela Vasilakos	F30-34
1	Bob Irwin	M35-39
1	Dora Andersen	F35-39

1	John Williams-Scarfe	M40-44	Albany	21:05
1	Lori Vink	F40-44	Delmar	24:17
1	Tom McGrath	M45-49	Albany	20:45
1	Janice Phoenix	F45-49	Schenectady	23:58
1	Steve Corant	M50-59	Glenmont	19:58
1	Julie Littlefield	F50-54	Delanson	25:22
1	Martin Patrick	M55-59	East Greenbush	22:16
1	Cynthia Finnegan	F55-59	Niskayuna	25:05
1	Bob Giambalvo	M60-64	Delhi	18:42
1	Ginny Pezzula	F60-64	Colonie	26:39
1	Doug Fox	M65-69	Loudonville	23:27
1	Bob Knouse	M70-74	Voorheesville	26:27
1	Priscilla Mueller	F70-74	Stillwater	40:15
1	Anny Stockman	F75-79	Defreestville	59:17

*Courtesy of Hudson-Mohawk Road Runners Club*

## 13TH ANNUAL ALBANY LAST RUN 5K December 19, 2009 • Empire State Plaza, Albany

MALE OVERALL		
1	Dusty Kirme	23
2	Ryan Egan	17
3	David Marthy	16
FEMALE OVERALL		
1	Eileen Combs	31
2	Jacqueline-Ann Will	14
3	Erin Corcoran	35

MALE AGE GROUP: 14 & UNDER		
1	Greg Hickey	14
2	Quinn Sorady	13
3	Charles Janeway	14

FEMALE AGE GROUP: 14 & UNDER		
1	Erin Sorady	12
2	Kara Carman	14
3	Alexis Coy	14

MALE AGE GROUP: 15 - 19		
1	Kahlil Scott	19
2	Jonathan Tuttle	19
3	Connor Devine	16

FEMALE AGE GROUP: 15 - 19		
1	Emma D'Ambro	18
2	Patricia Massa	18
3	Molly Stevens	18

MALE AGE GROUP: 20 - 24		
1	Noel Lomax	22
2	Ken Little	23
3	Ross Stanton	21

FEMALE AGE GROUP: 20 - 24		
1	Caitlin Catella	24
2	Sarah Thomsen	20
3	Jessica Venezia	20

MALE AGE GROUP: 25 - 29		
1	RJ Quell	29
2	Matthew Fryer	29
3	John Holt	27

FEMALE AGE GROUP: 25 - 29		
1	Julie Staub	29
2	Emily Russell	26
3	Amanda Oliver	25

MALE AGE GROUP: 30 - 34		
1	David Tromp	34
2	Peter Herrig	30
3	Scott Hayes	34

FEMALE AGE GROUP: 30 - 34		
1	Amy Kerfoot	31
2	Sara Madden	32
3	Stephanie Wille	34

MALE AGE GROUP: 35 - 39		
1	Jonathan Bright	39
2	Anthony Merola	39
3	Matthew Perry	38

FEMALE AGE GROUP: 35 - 39		
1	Melissa Maguire	36
2	Nicole Mallory	35
3	Sally Drake	36

MALE AGE GROUP: 40 - 44		
1	Norris Pearson	43
2	Gaetan Simard	43
3	Scott LaRosa	44

FEMALE AGE GROUP: 40 - 44		
1	Patty Greene	43
2	Lisa Nieradka	44
3	Diane Montes	42

MALE AGE GROUP: 45 - 49		
1	Timothy Egan	47
2	Gary Longhi	45
3	Samuel Mercado	46

FEMALE AGE GROUP: 45 - 49		
1	Larisa Hodgkinson	46
2	Linda Seymour	46
3	Susan Motler	47

MALE AGE GROUP: 50 - 54		
1	Rick Munson	52
2	Dennis Northrup	51
3	Tom Locascio	51

FEMALE AGE GROUP: 50 - 54		
1	Lisa Faist	53
2	Julie Littlefield	51
3	Julie Posson	52

MALE AGE GROUP: 55 - 59		
1	Steve Jones	55
2	James Forbes	55
3	John Russell	55

FEMALE AGE GROUP: 55 - 59		
1	Martha DeGrazia	58
2	Carolyn George	56
3	Cynthia Finnegan	56

MALE AGE GROUP: 60 - 64		
1	Bob Ellison	61
2	Seamus Hodgkinson	60
3	Federick Eames	61

FEMALE AGE GROUP: 60 - 64		
1	Suzanne Forbes	60
2	Nancy Johnston	63
3	Linda McKenna	62

## 13TH ANNUAL ALBANY LAST RUN 5K *continued*

MALE AGE GROUP: 65 - 69		
1	Douglas Fox	65
2	Frank Klose	66
3	Christopher Tavener	66

MALE AGE GROUP: 70 & OVER		
1	Richard Eckhardt	76
2	Ned Norton Sr.	75

FEMALE AGE GROUP: 70 & OVER		
1	Eiko Bogue	72
2	Regina Tumidajewicz	82

*Courtesy of the City of Albany*

## GORE MOUNTAIN LUMBERJACK LOG JAM December 19, 2009 • Gore Mountain, North Creek

RIDERS - AGE 15 & UNDER		
1	Henry Monaco	12
2	Vincent Balzano	12
3	Jack Lehner	11

RIDERS - AGE 16 & OVER		
1	Dustin Jordan	25
2	Travis Lamp	23
3	Chris Grinnel	24

SKIERS - AGE 15 & UNDER		
1	Peter Palumbo	14
2	Will Mcintyle	13
3	Ian Delany	13

SKIERS - AGE 16 & OVER		
1	Ted Battesh	18
2	Hank Evatt	16

*Courtesy of Gore Mountain*

## 12TH ANNUAL FIRST NIGHT SARATOGA 5K RUN December 31, 2009 • Skidmore College, Saratoga Springs

MALE OVERALL		
1	Corey Robinson	20
2	Steve Murdock	21
3	Greg Kelsey	21

FEMALE OVERALL		
1	Brianne Bellon	18
2	Keelin Hollowood	14
3	Amanda Borroughs	16

MALE AGE GROUP: 1 - 14		
1	Andrew Maguire	14
2	Brian Halligan	14
3	Jaxon Smith	12

FEMALE AGE GROUP: 1 - 14		
1	Grace Hungerford	14
2	Sarah Morin	13
3	Meredith Hungerford	14

MALE AGE GROUP: 15 - 19		
1	Klaus Schmidt	19
2	Patrick Carroll	18
3	Alexander Benway	19

FEMALE AGE GROUP: 15 - 19		
1	Sydney King	16
2	Margaret MacDonald	15
3	Brianna Freestone	16

MALE AGE GROUP: 20 - 24		
1	David Raucci	23
2	Alex Grout	23
3	Ben Diestel	21

FEMALE AGE GROUP: 20 - 24		
1	Ashley Campbell	21
2	Hannah Bender	24
3	Keri McEntee	24

MALE AGE GROUP: 25 - 29		
1	Jeff Nastke	28
2	Nicholas Urbanowicz	26
3	Matthew Vanslyke	27

FEMALE AGE GROUP: 25 - 29		
1	Quynn Morehouse	28
2	Anne Warlaumont	26
3	Ariel Dickson	28

MALE AGE GROUP: 30 - 34		
1	Anthony Giuliano	30
2	Ron Lipka	32
3	Kevin Crossman	33

FEMALE AGE GROUP: 30 - 34		
1	Sanning Pingitore	31
2	Kelly Holzworth	31
3	Karen Yoon-Cooper	33

MALE AGE GROUP: 35 - 39		
1	Todd Eicher	37
2	Peter Smith Jr.	35
3	Adam Zawilinski	37

FEMALE AGE GROUP: 35 - 39		
1	Sara Bowman	36
2	Heather Kurto	36
3	Bonny Wilson	38

MALE AGE GROUP: 40 - 44		
1	Walter Boldish	40
2	Rob Cooper	40
3	John Denmark	40

FEMALE AGE GROUP: 40 - 44		
1	Virginie Poritzky	41
2	Lynn Fredericks	43
3	Pamela Delsignore	40

MALE AGE GROUP: 45 - 49		
1	Rik Stevens	45
2	Jon Gurney	46
3	Karl Sindel	45

FEMALE AGE GROUP: 45 - 49		
1	Theresa Kauffman	47
2	Joann Stevens	47
3	Jeanette Borthwick	47

MALE AGE GROUP: 50 - 54		
1	William Venner	50
2	John Noonan	50
3	Patrick Guilfoyle	50

FEMALE AGE GROUP: 50 - 54		
1	Joyce Goodrich	52
2	Jackie Wright	50
3	Jen Kuzmich	51

MALE AGE GROUP: 55 - 59		
1	Doug Wood	59
2	James Forbes	55
3	Dennis Filmore	57

FEMALE AGE GROUP: 55 - 59		
1	Martha DeGrazia	58
2	Maryanne McNamara	56
3	Linda Kranick	58

MALE AGE GROUP: 60 - 64		
1	Patrick Glover	63
2	Craig Roods	60
3	Larry Family	60

FEMALE AGE GROUP: 60 - 64		
1	Judy Harrigan	60
2	Deborah Iuliano-Cro	61
3	Rita La Bar	62

*continued*



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Apr. 24-25 - Wilderness First Aid Course (SOLO Certified) [Adult/Teen]

May 15 - Lost in the Woods! Wilderness Survival Basics [Adult/Teen]

May 16 - Spring Scats & Tracks Workshop [Adult/Teen]

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12TH ANNUAL FIRST NIGHT SARATOGA 5K RUN continued

Table with 3 columns: Rank, Name, Time. Categories: MALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 & OVER, FEMALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 70 & OVER.

Courtesy of YMCA of Saratoga

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN

January 1, 2010 • University at Albany, Albany

Table with 3 columns: Rank, Name, Time. Categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49.

3.5 MILES

Table with 3 columns: Rank, Name, Time. Categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 19 & UNDER, FEMALE AGE GROUP: 19 & UNDER.

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN continued

Table with 3 columns: Rank, Name, Time. Categories: MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59.

Courtesy of Hudson-Mohawk Road Runners Club

HMRRC WINTER SERIES #3: 3 MILES, 10K, 25K

January 10, 2010 • University at Albany, Albany

Table with 3 columns: Rank, Name, Time. Categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49.

Courtesy of Hudson-Mohawk Road Runners Club

6TH ANNUAL BRAVE THE BLIZZARD 3.8-MILE SNOWSHOE RACE

January 17, 2010 • Guilderland Elementary School, Guilderland

Table with 3 columns: Rank, Name, Time. Categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 19 & UNDER, FEMALE AGE GROUP: 19 & UNDER, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 & OVER, FEMALE AGE GROUP: 70 & OVER.

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**BICYCLE RACING** CONT. FROM PG 1



WILMINGTON-WHITEFACE ROAD RACE – 2009 MENS' CATEGORY 3/4 FIELD ON BLACK BROOK HILL. PHOTO BY JENNIFER MCCLUSKEY



JOHNNY CAKE LANE RACE SERIES – COXSACKIE "KOPPENBERG" HILL DURING 2008 RACE #3. PHOTO BY EL BUTLER

More than 1800 racers are registered and 2,100 are expected on the starting line for the Pro/Am races on Saturday, April 10. The men's Pro Invitational race with major domestic teams racing will be on Sunday, April 18.

The **Ride2Recovery CycleFest** on Saturday, April 17 is an event that benefits mental and physical rehabilitation programs for veterans. For a small entry fee, recreational cyclists can ride the actual 62-mile race route on the day when some of the racing pros will also be pre-riding the course themselves.

The Tour of the Battenkill race starts and finishes in Cambridge and races over a 62-mile course – 15 of it unpaved – through small villages and over country lanes where thousands of people gathered to watch last year's race. A variety of categories give racers as young as ten a chance to test their competitive and aerobic skills against the short but sharp dirt road climbs that are the race's hallmark. On April 18 the pros will do two laps of the same course for a total length of 124 miles and 30 miles of challenging dirt.

Meeting House Road and Juniper Swamp Road in particular provide good observation spots. The Eagleville Covered Bridge also provides a thrill as the early race peloton thunders through the wood-

en bridge that spans the Battenkill River, which is known for its trout fishing.

More information for entrants and spectators can be found at [tourofthebattenkill.com](http://tourofthebattenkill.com).

The Capital Bicycle Racing Club presents the Trooper David Brinkerhoff Memorial/Johnny Cake Lane Spring Series on three Saturdays in Coxsackie: March 20, March 27 and April 3. Covering a six-mile loop, the largely flat course provides plenty of room for local racers to stretch their legs in a fast, wide-open race. Distances are 54, 42 and 18 miles depending on category for the first two weekends, and are 63, 49 and 21 miles – with 120 feet of climbing per lap – on April 3.

In its 25th year, CBRC is one of the largest and most established racing clubs in the Northeast, with 80 members and a full schedule of training rides and races for veteran racers and novices.

Part of the race proceeds will be donated to a scholarship in the name of NYS Trooper David Brinkerhoff, who was killed in the line of duty in 2007. The scholarship will be given to an outstanding Coxsackie-Athens High School graduate interested in majoring in criminal justice or the medical field.

Tom Butler, a racing cyclist himself

and promoter of the Johnny Cake series, says the race is excellent training for the Tour of the Battenkill, and also offers great opportunities for novice racers with its Citizen First Timer category.

"It's a great venue for people who have never ever raced a bike," Tom said. "Riders should be trained but it's only 18 miles. If you've ever been curious about a bike race – never tried it before – and have reasonable fitness you should try it." Tom says the club had almost 200 racers each weekend of last year's series.

CBRC also starts their weekly training rides in April on Wednesdays at 6pm from South Bethlehem Town Park. More information is on the team's web site at [cbrc.cc](http://cbrc.cc).

In the High Peaks, Team Placid Planet presents the Adirondack North Country Race Weekend on June 12-13. On Saturday, the Wilmington-Whiteface Road Race covers a course of from 82 to 27 miles depending on category. On Sunday, the Saranac Lake Downtown Criterium race takes place on a half-mile circuit. More than 300 riders are expected on race weekend, and the events are the 2010 NYS road race and criterium championships.

Team Placid Planet, sponsored by Placid Planet Bicycles, was formed in 2005 and has 45 members in Essex, Clinton and

Franklin counties. The club also volunteers at various area cycling and triathlon events and has an active youth program.

Race coordinator James Walker notes the road race has something for everyone. Nineteen different categories give racers from boys and girls 10-12 to masters 60-plus a chance to test their mettle against the challenging climbs of the High Peaks region on a lollypop shaped out-and-back course. There's up to 6,000 feet of climbing in 82 miles for the men's category 1/2/3 riders, and the Whiteface Mountain road finish line at Santa's Workshop features a bruising 950-foot climb in the last 1.6 miles.

For those who don't want to wait for June to ride with the club, Jim says their regular training rides start the third week of April from the Village Green in Jay on Tuesday at 5:30pm. More information on the club and race weekend is on the club's web site at [teamplacidplanet.org](http://teamplacidplanet.org).

*Dave Kraus is a longtime area cyclist, freelance photographer and writer, and AFAA certified personal trainer at Best Fitness in Schenectady. Contact him at [krausgrafik.com](http://krausgrafik.com).*

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## BICYCLING

## Kids' Racing

by  
Dave  
Kraus

THE 2009 TOUR OF THE BATTENKILL KIDS' RACE GROUP JUST AFTER THE START NEAR CAMBRIDGE. PHOTO BY DAVE KRAUS

"Wow! That looks COOL!  
I want to do THAT!"

If you're a parent and show your child the speed, color, and frantic activity of a local cycling event, there's a good chance you're going to hear something like this coming out of their mouth. So now what? The equipment can get expensive, the training can be time intensive, and what nervous parent is going to want to let their kid out alone on today's busy roads to ride for hours?

Surprisingly, the sport can be affordable and fun. According to members of local cycling clubs, the Capital Region and Adirondacks offer a good opportunity for getting involved in a sport parents and kids can do together. There are also racing opportunities for juniors in many area events.

Dieter Drake of Cambridge organizes the area's most active junior cycling team. Farm Team Cycling is based in Washington County, but its 15 to 20 members come from

all over the Capital Region. The club offers weekly training rides, group safety instruction, coaching, and full racing support.

Dieter says Farm Team Cycling grew out of the reality that in a small town like Cambridge, where activities like football and soccer are dominant, "there are a bunch of kids looking for something to do who don't fit those molds." So he started the junior team out of a desire to help those kids and give them something they could do with their parents. "The parents are the critical component, really," Dieter says, "especially if you are going to involve younger kids in competitive cycling on the road."

Rural Washington County also offers a host of quiet, generally well-maintained country roads for training. But he says in any locale parental participation is still mandatory. "I would never endorse kids at 10 or 12 years old riding by themselves on a road bike anyway, but getting parents out there helping out, mentoring, and adding an extra set of eyes on traffic is really important."

"Traffic here is relatively low, of course, so we have an incredible resource for road cycling," Dieter adds. "If you're fighting traffic lights and vehicles all the time, then it's a little more challenging, but not impossible." Dieter invites interested parents to check out the team's web site at [farmteamcycling.org](http://farmteamcycling.org).

Dieter says he also addresses the issue of equipment cost with parents, and he advises them to "aim low for starters." There's no need to spend hundreds or thousands of dollars for a top-drawer bike until it's clear the youngster has shown a serious interest.

He continues, "Don't break the bank because the difference in spending \$700 and \$2,000 is very little in terms of performance. Most of the area bike shops will appreciate you getting your kids involved in the sport and will understand this." Visit: [farmteamcycling.org](http://farmteamcycling.org).

Gary Toth of the Capital Bicycle Racing Club in the Albany area agrees to initially

spend reasonably. His two children, 14-year-old Joe and 12-year-old Katy, have been riding and racing for several years under CBRC colors, so he's had plenty of experience equipping junior riders.

Gary recommends buying a cyclocross bike first, since more than half of the racing opportunities for youngsters in the area are going to be during the fall cyclocross season. The cyclocross format also avoids some of the problems of riding on open roads. Buy some smooth tires to put on for road events, he suggests.

"Keep it low key. If your child is still interested when they turn 15, then certainly go ahead and get a road bike," he says.

Gary adds that while CBRC's weekly training rides are not specifically geared toward youngsters in terms of pace or distance, any parents who want to get more information and introduce their kids to the sport can come out and ride with their children. The rides begin in April at the South Bethlehem Town Park at 6pm on Wednesdays. Visit: [cbrc.cc](http://cbrc.cc).

Farther north, James Walker coordinates the youth activities for Team Placid Planet in Lake Placid. He says the club's youth program is open to kids 10-18 and is specifically geared toward getting them ready to race. Club membership is free for juniors. Jim organizes a series of training rides at different locations several times per month, which reflect the geographic spread of the club's membership.

Jim echoes the advice for parents not to go overboard; let your child determine their own level of involvement as long as they understand it's not a lark. He adds that if your youngster has the interest, racing can be a means to a great end. "I think it's a great sport. It's a demanding sport. It's something that's really healthy for kids. It can be reasonable if you don't get carried away."

Jim concludes, "If you have a child who's excited about pedaling his or her bike fast, it's something they can enjoy and grow into whatever level becomes appropriate - it gives some of the kids who may not fit into 'normal' team sports a chance to shine." Visit: [teamplacidplanet.org](http://teamplacidplanet.org). 📍

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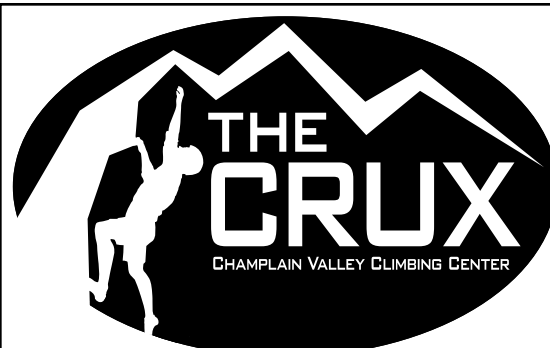


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