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PHOTO BY BRIAN TEAGUE



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FIFTH ANNIVERSARY

# ADIRONDACK

## SPORTS & FITNESS

# SUMMER EXPO

It's time to start thinking summer! Don't miss out on the Capital Region's only outdoor sports, health/fitness and travel marketplace!

The fifth anniversary *Adirondack Sports & Fitness* Summer Expo will be back at the Saratoga Springs City Center on Saturday, April 24 from 10am-6pm and Sunday, April 25 from 10am-5pm, with our largest selection of exhibitors ever! Admission is FREE!

The Summer Expo will provide attendees with 120 exhibits offering a selection of outdoor gear, products, services and expert advice – plus many cool prizes and giveaways! Clubs, retailers, professionals and organizations will be on hand *featuring everything from running, biking, paddling, triathlon, hiking, camping, health/fitness, clothing, gear, outdoor getaways, events and races.*

Attendees are invited to discover what's new for 2010 and take part in our interactive show features. Vendors will offer great sales, product demos and membership opportunities. Health and fitness professionals will share their expertise, while travel and hospitality exhibitors will present great trips, lodging and adventures.

On-water demos will take place all weekend in the giant 20-by-30 foot pool, featuring kayaking, canoeing and stand-up paddling clinics. A variety of seminars will be led by *Adirondack Sports & Fitness* magazine contributors and local experts. Topics will include running, hiking, biking, triathlon, paddling and walking.

The 25-foot rock climbing wall from Climb Time will challenge the vertical skills of adults and children. Delicious, healthy food from Esperanto will be available such as doughboys, burritos, pizza and more.

To get everything you need to kickoff your summer, the Summer Expo in Saratoga is the place to be! For details, see the Attendee Guide on pages 10-13 of this issue. For updates, visit [AdkSports.com](http://AdkSports.com). We look forward to seeing you there!

*Daryl & Mona*

See EXPO GUIDE, 10 ▶

See us at the Expo April 24 - 25!

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## BICYCLING

# Benefit and Century Rides

## Early Summer Events Preview



MOHAWK-HUDSON CYCLING CLUB 50-MILE RIDERS AT THE 2009 ADA TOUR DE CURE IN SARATOGA SPRINGS.

PHOTO BY DAVE RENDER

Benefit and century rides in upstate New York are plentiful this summer. The benefit tours are a popular way for organizations to increase awareness of an issue, while cyclists of all levels train and fundraise for causes they support. Some events require a registration fee and collection of pledges, while others charge an entry fee and donate a portion of their proceeds.

The century and half-century events, bike club rides, organized tours, and ultra-distance races challenge participants to train properly, improve fitness and achieve personal goals. These events attract from 25 to 1,500 cyclists, who choose routes from ten to 100 miles – or even a 540-mile RAAM qualifier. Here are some rides from May through July events to consider – we'll preview late summer rides in the June issue.

On May 16, the sixth annual **Team Billy: Billy Grey Ride/Walk for Research** will take place at the Farmer's Market at High Rock Park in Saratoga Springs. Three rides of 50, 25 and ten miles in Saratoga County will be offered. A three-mile walk is also part of the event. It commemorates Billy's life as well as fostering public awareness of brain tumors, and directly supports the Billy Grey Research Chair. Visit: [teambilly.org](http://teambilly.org).

CycleLogical Bike Tours offers their **Tour de Columbia County** on May 16 and June 20 and the **Tri-State Ramble** for three days on July 16-18. The Columbia County tour is a 35-to-50-mile fully supported ride starting in Craryville. Ramble riders can see New England at its best on these fully supported, 25-to-160-mile tours covering corners of Massachusetts, New York and Connecticut. Participants can ride one to three days on rolling ter-

rain to see the Berkshires, Taconics, vast farms and pastures, lakes and creeks and quaint villages. Lodging options are flexible. Visit: [cyclelogicaltours.com](http://cyclelogicaltours.com).

On June 5, the **Spring Century and Half-Century**, organized by Placid Planet Bicycles, will start and finish in Lake Placid. Each year, organizers strive to bring new routes of 50 and 100 miles consisting of the best roads they can find. The rides include sag wagons, rest stations, prizes and a great picnic. The proceeds benefit a worthy cause each year. Visit: [placidplanetbicycles.com](http://placidplanetbicycles.com).

On June 6, cyclists will gather for **Tour de Cure**, an event of the American Diabetes Association, which will raise money for diabetes – the nation's fifth leading cause of death by disease. Over 1,500 riders participated last year making it the largest ride in the area. This 17th annual ride has an increased fundraising goal of \$825,000 to support research for a cure. There are five routes from Saratoga Springs High School, covering 10, 25, 50, 62.5 and 100 miles, with fully supported with rest stops and sag vehicles. A "3-Hour Spin" is also offered. Riders can register as an individual with a minimum fundraising goal of \$150 or as part of a team. Visit: [diabetes.org](http://diabetes.org).

On July 10, the **Bike MS: Follow the Foothills** ride starts and finishes at West

Mountain Ski Resort in Glens Falls. This fun and inspirational tour is set in the spectacular scenery of Warren, Saratoga and Fulton counties, with fully supported route options of 10, 30, 62 and 100 miles. Lunch is provided along the route, and riders enjoy a catered buffet-style dinner at the conclusion of the ride. Cyclists are encouraged to register, raise funds for prizes and enjoy the ride. The National Multiple Sclerosis Society is working to create a world free of MS. Visit: [mssup-stateny.org](http://mssup-stateny.org).

Adirondack Ultra Cycling promotes endurance events in the region for both competitive and recreational riders. On July 10-11, the **Saratoga 12/24** will be held on a rolling 32-mile loop, based in Schuylerville. The weekend consists of the 24-hour race, 12-hour day/night races, 96-mile challenge, 32-mile fun ride, and a midnight 32-mile fun ride. Visit: [adk-ultracycling.com](http://adk-ultracycling.com).

On July 25-31, **The Great Big FANY Ride** will celebrate its tenth anniversary,

traveling "Five-hundred miles Across New York." Cyclists will visit Niagara Falls, Lake Ontario, the Erie Canal, Finger Lakes wineries, Amish country, the Adirondacks, Saratoga Springs and Battlefield, and the Hudson River. The FANY Ride contributes at least five-percent of each paid registration directly to Double H Ranch in Lake Luzerne (2009: \$6,800), which provides support for children confronting life-threatening illness. Riders bike 70 miles per day on back roads with sag support, cue sheets, camping or hotel options, bus to the ride start – and fun! A "Sore FANY" 250-mile option to share the experience without riding the entire tour is available. Visit: [fanyride.com](http://fanyride.com). 🌲

"You never have the wind with you – either it is against you or you're having a good day." –Daniel Behrman, The Man Who Loved Bicycles.

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ISSUE #114

## ADIRONDACK

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100mi, 50mi, 25mi & kids' ride  
Rides for all ages & abilities  
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## Calendar of Events

### APRIL - JUNE 2010

APRIL 2010							JUNE 2010										
S	M	T	W	T	F	S	S	M	T	W	T	F	S				
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18	19	20	21	22	23	24	20	21	22	23	24	25	26				
25	26	27	28	29	30	31	27	28	29	30							

MAY 2010						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**30-5/2 Inaugural Adirondack Adventure Festival.** Guided road & mtb bike tours: 10-50M. Also hikes, paddling demos, helicopter rides. North Creek. Gore Mountain Region Chamber: 251-2612. gorechamber.com.

#### MAY

- 1-9 HPC Annual Bike Swap & Sale.** Bring in gear for store credit or cash. Drop-off starts 5/1. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 2 Five Boro Bike Tour.** 42M. 8am. Battery Park to Fort Wadsworth, New York. bikewyork.org.
- 2 Marshall & Sterling Downtown Criterium Race.** Saratoga Springs. Dieter Drake: 677-8423. anthemcycles.com.
- 15 Tomhannock Bicycles: Grand Opening Celebration.** 10am-5pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles@nycap.rr.com.
- 15 Team Billy Registration Pick-up, Serotta Owner's Club Open House, Factory Tour & Free Bike Check.** 584-8100 x104. Serotta Competition Bicycles, Saratoga Springs. serotta.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 Tour de Columbia County.** 35-50M supported ride. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.
- 16 Sweat N' Spring Century & Metric Rides.** 100M: 8am. 62M: 9am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. bikereg.com.
- 16 Bear Mountain Spring Classic Bicycle Race.** 40-80M. Bear Mountain. crca.net.
- 19 Ride of Silence.** 12M. 6pm. Slow-paced ride honoring cyclists killed/injured in auto collisions & promoting safety/mutual respect. Corning Preserve Boat Launch, Albany. Claire Nolan: 209-6477. rideofsilence.org.
- 29-31 Killington Stage Race.** Killington, VT. 802-496-5415. killingtonstagerace.com.

#### JUNE

- 5 Placid Planet Century & Half-Century Rides.** Lake Placid. 523-4128. placidplanetbicycles.com.
- 5-6 Balloon Festival Classic & Battenkill Valley Jr. Grand Prix/ NYS Jr. Road, Time Trial & Criterium Champs.** 14-82M. Cambridge. 677-8423. farmteamcycling.org.
- 6 ADA Tour de Cure.** 100M-7am. 62.5-7:30am. 50M-8:30am. 25M-9am. 10M-10am. Plus, 3-Hour Spin. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755 x3606. diabetes.org.
- 12 15th Black Fly Challenge.** 40M mtb & cyclocross bikes. 10am. Inlet to Indian Lake. 6/13: Trail Exploration Day (10am), Inlet. 315-357-3281. blackflychallenge.com.
- 12 Adk 540 Ultramarathon Race Course Preview.** 136M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 12 Champ Ride 2010.** 12/25/55/70/100M. 6:30am. Kingsland Bay S.P., Ferrisburg, VT. 800-649-2437. vtcares.org.
- 12-13 Adk North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race (28-55M), Wilmington. Sun: Saranac Lake Downtown Criterium, Saranac Lake. 873-2413. teamplacidplanet.org.
- 19 9th Whiteface Mountain Uphill Bike Race.** 7.8M. 5:30pm. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whiteface.com.
- 20 Tour de Columbia County.** 35-50M supported ride. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.
- 25-27 Pedals for Medals Bike Ride.** 8:30am. Skaneateles. Hilary Kellogg: 388-0790. kintera.org.

#### JULY

- 10 Bike MS: Follow the Foothills.** 10/25/50/62/100M. West Mountain, Queensbury. Kelly Davey: 464-0960. msupstatenyallb.org.
- 16-18 Tri-State Ramble Bike Tour.** 120-180M in NY/CT/MA. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.

### BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club: Road Rides in the Capital Region for all levels of riders.** Non-members welcome. Skip Holmes: 439-8863. Ride schedule: webmhcc.org.
- Tue Rensselaer County Multi-Pace Ride.** 30M. 5pm. Park/Ride, Defreestville. Sharon Gibbs: 283-0155. webmhcc.org.
- Tue Albany County Tour Ride.** 25M. 5:30pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Wed CBRC Quick Training Ride.** 30M. 6pm. South Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Wed Wacky Tour Ride.** 22M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- Fri Serotta Open Fit Lab & Factory Tours.** 11am. Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104. serotta.com.
- Sat Matinee Tour Ride.** 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.

#### APRIL

- 10 Tour of the Battenkill: Pro/Am Races.** 62-80M. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 11 5th April 1st Ride.** 32M/15M. 10am. St. James Plaza, Niskayuna. 346-1433. bikereg.com.
- 12, 19 Monday Rides.** 15-30M. 6pm. Olde Saratoga Bike, Schuylerville. 695-9295. oldesaratogabikenboards.com.
- 16 Tour of the Battenkill: Victory Time Trial.** Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 16-18 Steiner's Annual Bicycle Tent Sale.** Steiner's Sports, Glenmont. 427-2406. steinerssports.com.
- 17 Tour of the Battenkill: Ride2Recovery.** Cyclefest to improve 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 supported ride. Craryville. Ed Fertik: 917-533-4639. cyclelogicaltours.com.
- 18 Kingston Cobbled Criterium.** 18-24M. 8am. Wynkoop Place, Kingston. 845-784-1728. cm2promotions.com.
- 23-25 Steiner's Annual Bicycle Tent Sale.** Steiner's Sports, Valatie. 784-3663. steinerssports.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.
- 25 Singlespeed-A-Polooza.** 28M. 9am. Stewart S.F., New Windsor. 845-778-6604. darkhorsecycles.com.

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<b>Bike MS: Follow the Foothills</b> July 10, 2010 West Mountain Ski Resort Queensbury, NY 10, 30, 62, or 100 mile options	<b>Bike MS: Finger Lakes Challenge</b> August 7-8, 2010 Keuka College, Keuka Park NY Day one: 25, 50, 62 or 100 mile route options Day two: 25 or 50 mile route options
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25-31 **10th Great Big FANY Ride.** 500M supported tour 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).

### 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).

### 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

#### APRIL

- 24 Woods Walks. 8:30am-12:30pm. Wilderness & kids' walk & ecology program. Dyken Pond Environmental Center. [rennselaerplateau.org](http://rennselaerplateau.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

- 8 Woods Walks. 12:30-4:30pm. Wilderness & kids' walk & ecology program. Pineridge Cross-Country Ski Area, Troy. [rennselaerplateau.org](http://rennselaerplateau.org).
- 15 Taconic Crest End-to-End 29M Hiking Endurance Challenge. 5:30am. Pittsfield S.P., Pittsfield, MA. [taconichikingclub.blogspot.com](http://taconichikingclub.blogspot.com).
- 21 **ADK Black Fly Affair: Hiker's Ball.** 7:30pm. Fort William Henry Hotel, Lake George. Deb Zack: 800-395-8080. [adk.org](http://adk.org).
- 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).

#### JUNE

4 **Trailless Peak Day Hike: Table Top Mtn.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

- 5 National Trails Day. Discover, learn about & celebrate trails. Education exhibits, trail dedications, gear demos, instruction workshops & trail work projects. Find/register an event: [americanhiking.org](http://americanhiking.org).
- 6 **Trailless Peak Day Hike: Esther Mtn.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 6 Woods Walks. 12:30-4:30pm. Wilderness walk, children's walk, ecology programs. Pineridge Cross Country Ski Area, Troy. [rennselaerplateau.org](http://rennselaerplateau.org).
- 16-20 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 25-27 **Trailless Peak Backpacking: The Santanonis.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 28 **Trailless Peak Day Hike: MacNaughton Mtn.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

### MOUNTAIN BIKING

#### 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).

#### MAY

23 Campmor H2H Mountain Bike Race #2: Tymor Park Challenge. 6-24M. Lagrangeville. 845-505-1211. [espraces.com](http://espraces.com).

#### JUNE

- 5 National Trails Day. Discover, learn about & celebrate trails. Education exhibits, trail dedications, gear demos, instruction workshops & trail work projects. Find/register an event: [americanhiking.org](http://americanhiking.org).
- 12 **15th Black Fly Challenge: Mountain Bike Race.** 40M. 10am. Cyclocross category. Inlet to Indian Lake. Pedals & Petals: 315-357-3281. [blackflychallenge.com](http://blackflychallenge.com).
- 12 6th Mix Up The Dirt Mountain Bike Festival. 10am-5pm. Group rides, BBQ, raffles, demos. Saratoga Springs. Saratoga Mountain Bike Assn. [saratogamtb.org](http://saratogamtb.org).
- 13 **15th Black Fly Challenge: Trail Exploration Day.** 10am. Arrowhead Park, Inlet. Pedals & Petals: 315-357-3281. [blackflychallenge.com](http://blackflychallenge.com).
- 19-20 **Wilmington Mountain Bike Festival.** Opening weekend w/ special events. Whiteface Mountain Bike Park, Wilmington. [downhillmike.com](http://downhillmike.com) & [highpeakscyclery.com](http://highpeakscyclery.com).

### MOUNTAINEERING & WILDERNESS SKILLS

#### 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).

#### MAY

- 15 **Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 15-16 **Map/Compass Bushwhack.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 16 **Spring Tracks/Scats Workshop.** Adult/teen. 9am. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 22-23 **Wilderness First-Aid w/WMA.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 22-23 **Adirondack Training Institute: Wilderness First-Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 22-23 **Wilderness First-Aid Course: SOLO Cert.** Adult/teen. 8am. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

#### JUNE

5 **Wilderness Navigation Essentials.** Adult/teen. 10am. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).



15TH ANNUAL  
**Black Fly Challenge**  
**MOUNTAIN BIKE RACE**

**Saturday, June 12 • 10am**  
**Inlet to Indian Lake**  
 40 miles through the  
 Moose River Recreation Area  
 Prizes, food & fun!  
 Over \$3,000 in cash & prizes  
 Categories: Expert, Sport, Beginner,  
 Junior X, Junior, Cyclocross  
 \$30 postmarked by  
 5/21 or \$35 after

**Trail Exploration Day**  
 Sunday, June 13 • 10am  
 Arrowhead Park, Inlet • Free

Entry Form & More Info:  
[BlackFlyChallenge.com](http://BlackFlyChallenge.com)  
**Pedals & Petals: 315-357-3281**

Produced by Central Adirondack Association  
 & Adirondack Mountain Bike Association

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9TH ANNUAL

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6TH ANNUAL  
**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**  
*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*



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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/uny

Walk or Run, Half or Full Marathons Triathlons 100-Mile Cycle Rides

The Leukemia & Lymphoma Society  
**TEAM IN TRAINING**

- 5-6 **Adirondack Training Institute: Wilderness First-Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 13-16 **Adirondack Training Institute: Challenge Course Facilitator.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 20 **Fathers' Day Family Wilderness Camp.** Ages 8+. 10am. Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

**AUGUST**

- 4-7 **Wilderness Survival Intensive.** Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

**MULTISPORT: TRIATHLON & DUATHLON**  
**ONGOING**

- Mo-Fr SHAPE Multi-Sport Camps: 6/28-7/30.** Ages 8-15. SkyHigh Adventures, Averill Park. shapecamp.org.
- Tue Capital District Triathlon Club: Crystal Lake Training Series: 6/8-8/24.** 6pm. Crystal Cove, Averill Park. cdtriclub.org.
- Thu Saratoga Tri Club Weekly Workouts: Jun-Sep.** Lake Desolation, Middle Grove. Jason Hart: 339-7338. saratogatriclub.com.

**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.
- 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**

- 2 **17th Anyone Can 'Tri' Triathlon.** 7:30am. 350yd swim, 11M bike, 3.2M run. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 2 **5th Kids Can 'Tri' Too Mini-Triathlon.** 10am. Ages 9-13: 50yd swim, 1M bike, 0.5M run. Age 8-under: 25yd swim, 0.5M bike, 0.25M run. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 2 **T3 Coaching: Duathlon Series #1.** 1.5M run, 7M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 518-761-4067. t3coaching.net.
- 9 **T3 Coaching: Duathlon Series #2.** 1.5M run, 7M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 518-761-4067. t3coaching.net.
- 16 **T3 Coaching: Duathlon Series #3.** 1.5M run, 7M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 518-761-4067. t3coaching.net.
- 16 **7th American Zofingen Duathlon.** 7:30am. Trail run, road bike, trail run. New Paltz. 845-750-0719. cm2promotions.com.
- 22 **Sunchaser Challenge.** 6am. Run, MTB, kayak, SUP, bike. Paul Smith's College, Paul Smiths. sunchaserchallenge.com.
- 30 **6th Saratoga Lions Duathlon.** 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. 899-5544. saratogalions.com.
- 30 **Williams Lake Sprint Triathlon.** 0.5M swim, 12M bike, 3M trail run. Rosendale. 845-750-0719. cm2promotions.com.

**JUNE**

- 13 **Hudson Crossing Triathlon.** 500yd swim, 12M bike, 3.1M run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 917-371-1108. bluepoint0.com/hct.
- 13 **Rogers Rangers Challenge Triathlon.** 7.5M Buck Mtn trail run; 3M paddle; 30M bike. 8am. Hogtown Trail to Rogers Island V.C., Fort Edward. Eileen Hannay: 747-3693.
- 13 **Williams Lake Olympic Triathlon.** 1.5K swim, 40K bike, 10K trail run. Rosendale. 845-750-0719. cm2promotions.com.

- 16 **St. Lawrence Valley Paddlers Wednesday Duathlon Series #1.** 1.25M run, 2M canoe/kayak, 1.25M run. 5:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 19 **Kids' TRYathlon.** Ages 6-10: 50yd swim, 1.25M bike, 1/4M run; Ages 11-14: 100yd swim, 2.25M bike, 1/2M run. 8am. Glens Falls Family YMCA, Glens Falls. 793-3878. glensfallsymca.org.
- 20 **RaceVermont.com Tin Man Triathlon.** 8am. 1.2M swim, 56M bike, 13.1M run. Shelburne Beach, Shelburne, VT. Rayne Herzog: 802-985-4410. racevermont.com.
- 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.

**JULY**

- 11 **10th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. pinebushtriathlon.org.
- 17 **8th SkyHigh Kids' Triathlon.** Ages 8-14: 100m swim, 5K mtn bike, 1K trail run. 9am. Grafton Lakes S.P., Grafton. 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.

**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.
- 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.
- 21 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. Stottadelmann@yahoo.com. cdtriclub.org.

**SEPTEMBER**

- 18 **5th Lake George Triathlon.** Olympic: 0.9M swim, 24.8M bike, 6.2M run. 8:30am. Beach Rd, Lake George. adktri.org.

**OTHER EVENTS**  
**APRIL**

- 18 **EMPO Orienteering Meet.** 11am. Tawasentha Park, Guilderland. Gabor Bobok: 421-0183. empo.us.orienteering.org.
- 23-24 **EMS Club Day.** Sale, events, clinics. Albany, Niskayuna, Saratoga Springs, Lake Placid. ems.com.
- 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.
- 30-5/2 **Mother-Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 30-5/2 **Inaugural Adirondack Adventure Festival.** Guided road & mtn bike tours, canoe/kayak demos, guided hikes, GPS instruction, nature programs, helicopter rides, Upper Hudson train rides, children's activities. North Creek. Gore Mountain Regional Chamber: 251-2612. gorechamber.com.

**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.
- 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.
- 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.

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**Hudson Crossing Triathlon**  
 June 13, 2010  
 Hudson Crossing Park, Schuylerville, NY

**500 yd swim, 12.4 mi bike, 5k run**

Beautiful course!  
 Race capped at 175 athletes  
 Proceeds to benefit Hudson Crossing Park  
 Beginner-friendly

**www.hudsoncrossingtri.com**

Sponsors: Talk 1200-APR, Hudson Crossing Park, Saratoga Tri Club, Blue O' Hillys

4th Annual  
**Fronhofer Tool Triathlon**  
 To benefit children's literacy  
**Saturday, August 7**  
**Lake Lauderdale, Cambridge, NY**

8am (Olympic): 1.5K S, 40K B, 10K R  
 2pm (Sprint): 0.5M S, 14.5M B, 3.1M R - NEW!!!  
 Individuals & Teams welcome  
 Fri, 8/6, 6pm: Kids' Triathlon!!! (Ages 6-17)

**FronhoferToolTriathlon.com**

FTT Double: Sign up for both & receive a discount!  
 T-shirts to pre-registered, chip-timed, w/lunch • USAT sanctioned race

10th Annual  
Guilderland YMCA  
**Pine Bush Triathlon**

Swim 325yds • Bike 11.5mi • Run 3.25mi  
Individuals and teams of three  
Open to ages 10 and up

**Sunday, July 11, 8AM**

Rensselaer Lake, Albany to  
Guilderland YMCA, Guilderland



[pinebushtriathlon.org](http://pinebushtriathlon.org)

Registration closes Wednesday, July 7  
Limited to 450 individuals and 100 teams

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# 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**

**Sat Team in Training Informational Meetings.** 12:30pm.  
5/15: Library, Ludlow, VT. Robyn Haberman: 438-3583.  
[teamintraining.org/nyu](http://teamintraining.org/nyu).

**14-16 Father-Son Weekend.** YMCA Camp Chingachgook,  
Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

15 EMPO Orienteering Meet. 10am. Town Park, Colonie.  
Frank Boscoe: 961-0499. [empo.us/orienteering.org](http://empo.us/orienteering.org).

**21 ADK Black Fly Affair: Hiker's Ball.** 7:30pm. Fort William  
Henry Hotel, Lake George. Deb Zack: 800-395-8080. [adk.org](http://adk.org).

**28-30 Family Camp Weekend.** YMCA Camp Chingachgook,  
Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

### JUNE

5 EMPO Orienteering Meet. 10am. Schenectady Museum N.P.,  
Niskayuna. Will Kennerly: 872-1993.  
[empo.us/orienteering.org](http://empo.us/orienteering.org).

5 National Trails Day. Discover, learn about & celebrate trails.  
Education exhibits, trail dedications, gear demos, instruc-  
tion workshops & trail work projects. Find/register an event:  
[americanhiking.org](http://americanhiking.org).

19 EMPO Orienteering Meet. 10am. Camp Pinnacle, Albany.  
Bruce Beesley: 439-9390. [empo.us/orienteering.org](http://empo.us/orienteering.org).

### PADDLING: KAYAKING & CANOEING ONGOING

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

Wed NNYF Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm.  
Aqueduct Boat Dock, Rexford. Alec Davis: 399-1435.

Wed SLVP Scramble Series: 4/21-Sept. Little River, Raquette River  
& Grasse River. Steve Coffin: 315-854-0881. [nymcra.org](http://nymcra.org).

### APRIL

**14 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.  
[adirondackoutfitters.com](http://adirondackoutfitters.com).

17 Upper Susquehanna Pedalers & Paddlers Spring Race.  
Jeff Shultis: 607-988-7898. [nymcra.org](http://nymcra.org).

18 Little River Ramble. 2-6M. 1pm. Boat Launch, 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 YMCA Cortland Canoe Classic. YMCA, Cortland.  
607-756-2893. [cortlandsports.org](http://cortlandsports.org).

**25 Family War Canoe Tour.** YMCA Camp Chingachgook,  
Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

**28 Rolling Instruction.** 8pm. Jewish Comm. Ctr., Niskayuna.  
Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**30-5/2 Inaugural Adirondack Adventure Festival.** Canoe & kayak  
demos. Guided hikes, GPS instruction, nature programs,  
helicopter rides. North Creek. Gore Mountain Regional  
Chamber: 251-2612. [gorechamber.com](http://gorechamber.com).

### MAY

**1 Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay.  
656-9462. [chingachgook.org](http://chingachgook.org).

**1-2 53rd Hudson River White Water Derby.** Sat (11am): Novice,  
Giant Slalom & Sprint races. Sat (after GS): Chuck Severance  
Memorial Downriver Race & River Guide Race – North River  
to North Creek. Sun (11am): Downriver Race – North Creek  
to Riparius. Gore Mountain Region Chamber: 251-2612.  
[whitewaterderby.com](http://whitewaterderby.com).

1-2 49th Canton Canoe/Kayak Weekend. Sat: C-1 Marathon &  
Pro/Rec. Sun: C-2 Marathon & Pro/Rec. Taylor Park, Canton.  
315-379-9241. [slvpaddlers.org](http://slvpaddlers.org).

**5 Rescue II Instruction.** 8pm. Jewish Comm. Ctr., Niskayuna.  
Adirondack 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 On-Water Demo Day.** 10am-3pm. On-water sale & test  
paddle. Location: TBA. Adirondack Paddle N Pole: 346-3180.  
[onewithwater.com](http://onewithwater.com).

**8-9 Canoe & Kayak Demo Days.** 10am-5pm. On-water sale &  
test paddle. Riverside Park, Saranac Lake. Adirondack Lakes  
& Trails Outfitters: 800-491-0414. [adirondackoutfitters.com](http://adirondackoutfitters.com).

15 Round the Mountain Canoe/Kayak Races. 10.5M. 11am. Lower  
Saranac Lake to Lake Flower. 891-2744. [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).

**19 & 21 Fundamentals of Kayaking.** 6:30pm. Lock 7 Boat  
Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180.  
[onewithwater.com](http://onewithwater.com).

**21-23 Adirondack Paddlefest.** Fri: 12-6pm. Sat: 9am-6pm.  
Sun: 9am-5pm. On-water sale, test paddle, demos, clinics,  
exhibits. Old Forge. Mountainman Outdoor Supply Co:  
315-369-6672. [adirondackpaddlefest.com](http://adirondackpaddlefest.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. Adirondack Paddle N Pole: 346-3180.  
[onewithwater.com](http://onewithwater.com).

28-31 45th General Clinton Canoe/Kayak Regatta. 70M.  
Cooperstown to Bainbridge. 607-656-8448. [canoeregatta.org](http://canoeregatta.org).

### JUNE

1 Tuesday Sundowner Series: Paddle Clinic & Time Trial. 6M.  
6pm. Upper Saranac Lake. 891-2744. [macscanoe.com](http://macscanoe.com).

**1-4 American Canoe Association: Instructor Certification.**  
Heart Lake, Lake Placid. Adirondack Mountain Club:  
523-3441. [adk.org](http://adk.org).

**5 Feeder Canal Annual Kayak/Canoe Race.** 5M. 12pm.  
Overlook Dam, Queensbury to Martindale Boat Basin,  
Hudson Falls. Jeanne Williams: 792-5363. [feedercanal.com](http://feedercanal.com).

5 Tupper Lake 9-Mile Canoe/Kayak Race. 10am. The Crusher to  
Rod/Gun Club, Tupper Lake. 891-2744. [macscanoe.com](http://macscanoe.com).

5 National Trails Day. Discover, learn about & celebrate (water)  
trails. Exhibits, trail dedications, gear demos, instruction  
workshops, trail work projects. Find/register an event:  
[americanhiking.org](http://americanhiking.org)

12-13 19th Madrid Canoe/Kayak Regatta. Community Park,  
Madrid. Bernie Moulton: 315-322-4041. [slvpaddlers.org](http://slvpaddlers.org).

**13-14 Sailing Instructor/Adirondack Training Institute.** Camp  
Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

16 St. Lawrence Valley Paddlers Wednesday Duathlon Series #1.  
1.25M run, 2M canoe/kayak, 1.25M run. 5:30pm. Little River  
Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).

17 Towpath Regatta Canoe/Kayak Race. 4.5M. 6:30pm. Jumpin'  
Jacks, Scotia to The Boathouse, Niskayuna. Geoffrey Moore:  
435-1704. [nymcra.org](http://nymcra.org).

**22-23 Adirondack Training Institute: Canoe Instructor Course.**  
YMCA Camp Chingachgook, Kattskill Bay. 656-9462.  
[lakegeorgecamp.org](http://lakegeorgecamp.org).

20 Wild Goose Chase Canoe/Kayak Race. 9M. 11am.  
Housatonic River, Pittsfield, MA. Patty Spector: 413-637-2597.  
[necanoe.org](http://necanoe.org).

26 Kiwanis Old Forge Paddle Classic. Moose River, Old Forge.  
Sheila Brady: 315-369-3872. [oldforogeny.com](http://oldforogeny.com).

**26 ACA Course: Intro to Canoe.** Heart Lake, Lake Placid.  
Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**27 ACA Course: Intro to Kayak.** Heart Lake, Lake Placid.  
Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).



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**



## T3 Coaching Duathlon Series

**Sundays, May 2, 9, 16 – 8am**  
Adk Community College, Queensbury

1.5M Run, 7M Bike, 1.5M Run  
USAT sanctioned

Fun, safe, laid-back racing/training  
Limited to 100 entrants/event  
\$22.50/event – Must be USAT  
member

Register: [www.t3coaching.net](http://www.t3coaching.net)

Kevin Crossman: 518-761-4067  
[kevin@t3coaching.net](mailto:kevin@t3coaching.net)

## St. Regis Canoe Outfitters



Guided Winter Trips  
Backcountry Skiing & Snowshoeing Daily  
Canoeing & Kayaking in Florida

Retail Paddlesports Shop  
New & Used Canoes, Kayaks & Gear  
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[www.canoeoutfitters.com](http://www.canoeoutfitters.com)

BARRY GORILLA HALF & SQUISHY SIX • BOOGIE THE DEER • BRAVE THE BLIZZARD • FROGGY FIVE • ADVENTURE RACE • SUMMER TRAIL RUN SERIES

## Albany Running Exchange

The Capital Region's most fun club!

NEED MOTIVATION?	LIKE TO RUN?	LOOKING FOR FUN?
Bully Group Race Online training log Fully interactive website Organized trips near and far Members of all ages and abilities		Approaching 1000 members Monday Night Trail Run Series A Caribbean cruise in winter 2010 Numerous parties and social events Countless memories and new friends

Just \$10 a year\*  
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BARRY GORILLA HALF & SQUISHY SIX • BOOGIE THE DEER • BRAVE THE BLIZZARD • FROGGY FIVE • ADVENTURE RACE • SUMMER TRAIL RUN SERIES

# CRYSTAL LAKE TRIATHLON



Swim 0.5mi in calm water  
Bike 18mi out & back • Run 3mi lake loop



USA Triathlon sanctioned event  
Crystal Cove, 38 Old Rte 66, Averill Park  
**Saturday, August 21, 8am**

Registration is limited and will close on August 14  
Register at [active.com](http://active.com) – Map, schedule & course at [cdtriclub.org](http://cdtriclub.org)

Open to individual athletes, youth (11-17) & teams of 2 or 3  
Race Director, Scott Adelman: [scottadelmann@yahoo.com](mailto:scottadelmann@yahoo.com)

Practice on the Course! Join CDTC's Crystal Lake Training Series – Tuesdays, Jun 8 - Aug 24 at 6pm



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)

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

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



Family event with drawing contest + more  
Fun run and kids sprint finishers receive a ribbon

New Location! New Time!

# 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**

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

# Fifth Annual Capital District YMCA

## 5K Run/Walk Series & Kids' Fun Runs

**Washington Park 5K Run/Walk**  
Sat, 5/1 • Washington Park, Albany

**Canal Run 5K Run/Walk**  
Sat, 7/17 • Freedom Park, Scotia

**Southern Saratoga 5K Run/Walk**  
Tue, 8/17 • 1 Wall Street, Clifton Park

**Brenda Deer Memorial 5K Run/Walk**  
Sat, 9/11 • 250 Winding Brook Drive, Guelderland

**Monster Madness Dash 5K Run/Walk**  
Sat, 10/30 • 2500 21st Street, Troy

**Fall 5K Run/Walk**  
Sun, 11/7 • 20 Community Way, East Greenbush

Prizes to participants in all six races!  
Events fund CDYMCA's scholarship program  
Register Online at:  
**[www.CDYMCA.ORG](http://www.CDYMCA.ORG)**



**Saturday, June 12 – 9:00am**  
**Village Square, Kinderhook**  
USATF Adirondack Grand Prix Event!  
\$15 by 6/4 (\$12 students); \$20 all after 6/4

**OK 1 Run (Kid's One-Miler)**  
Sponsored by FairPoint Communications  
Ages 6-13 – \$2 – 8:30am

Register online: [active.com](http://active.com)  
Info: [kinderhookrunners.org](http://kinderhookrunners.org)  
Email: [ok5krace@hotmail.com](mailto:ok5krace@hotmail.com)



**1st Annual 5K BURGHER DASH**  
**Saturday, May 15, 9:30am**  
**Warrensburg Elementary School**

\$20 postmarked by 4/30 or \$25 after  
Cotton T-shirts to first 250 entered  
Kids' Fun Run (after race): \$5

Register: [www.active.com](http://www.active.com)  
Entry Form: [www.wcsd.org](http://www.wcsd.org)

More Info: 518-623-9747  
Proceeds benefit Playground Fund

## RUNNING, TRAIL 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).

**Wed Spring Running Clinic: 4/14-6/9.** 6pm. To train for OK-5K. Ichabod Crane H.S., Kinderhook. Julie Keating: 758-2356. [kinderhookrunnersclub.com](http://kinderhookrunnersclub.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).

### APRIL

10 Spring Sprint 5K Run. 9am. Fulton Co. YMCA, Johnstown. Peter Riley: 848-3447. [fultoncountyyymca.org](http://fultoncountyyymca.org).

11 **22nd Delmar Dash 5M Road Race.** 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. [hmrrc.com](http://hmrrc.com).

11 HITS 5K for United Way. 10am. Kids' Mile: 9:45am. 2M Walk: 10am. Saugerties. Sue Marcy: 845-331-4199. [uwuc.org](http://uwuc.org).

11 Inaugural Spring 5K Run/Walk. 1pm. The Glen at Hiland Meadows, Queensbury. [adirondackrunners.org](http://adirondackrunners.org).

11 2nd Hudson Valley 15K Road Race. 9am. Blooming Grove. John Finnigan: 845-496-1578. [mhcc.org](http://mhcc.org).

17 3rd Peppertree Furry Fun 5K Run/Walk. 9am. UAlbany, Albany. Catherine Kunz: 326-6090. [peppertree.org](http://peppertree.org).

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.** 10am. Plus, Mile Fun Run & 200m Kids' Sprint. Schodack Island S.P., Schodack. Josh Merlis: 320-8648. [albanyrunningexchange.org](http://albanyrunningexchange.org).

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. 9am. Recreation Center, Oval, Plattsburgh. 324-7709. [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com).

18 Saints Race for Red Cross 5K/2M Walk. 9am. The Crossings, Colonie. Nikhil Godbole: 229-8689. [redcrossnny.org](http://redcrossnny.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. Guelderland H.S., Guelderland Center. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).

24 Run 4 Vocations 5K. 11am. Christian Brothers Academy, Albany. 674-3818. [albanyvocations.org](http://albanyvocations.org).

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. [cgoh.org](http://cgoh.org).

25 More Magazine Women's Half-Marathon. 13.1M. Central Park, New York. [nyrr.org](http://nyrr.org).

29 **3rd Fleet Feet Sports' Diva Night.** An evening of fun, friends & fitness for women. 7:30-9pm. Specials, caricatures, Back in Balance massage, wine/treats tasting, raffles, giveaways. Fleet Feet Sports, Albany. RSVP (limited to 75): [ffalbanyevents@yahoo.com](mailto:ffalbanyevents@yahoo.com).

### MAY

1 **Capital District YMCA Race Series #1: Albany 5K Run/Walk & Kids' Fun Run.** Washington Park, Albany. 869-3500. [cdymca.org](http://cdymca.org).

1 Lioness Club 5K Run for the Community. Fire House, Granville. Phil Jessen: 632-5922. [adirondackrunners.org](http://adirondackrunners.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. [Ivorc.org](http://Ivorc.org).

2 5K Run to Cure Juvenile Diabetes. 10am. The Crossings, Colonie. Nancy May-Skinner: 477-2873. [jdrf.org](http://jdrf.org).

2 Inaugural Jog for Jugs Half-Marathon & 5K Run. 8:30am. Town Park, Duaneburg. 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. [runreg.com](http://runreg.com).

8 **21st Prospect Mountain Road Race.** 5.7M. 9am. Lake George E.S., Lake George. Heidi Underwood: 656-3127. [adirondackrunners.org](http://adirondackrunners.org).

8 22nd Towpath Run 10K & 2M Races. 5:30pm. Marina, St. Johnsville. John Geesler: 568-7509. [fmrrc.org](http://fmrrc.org).

8 Miles of Hope Breast Cancer Foundation 5K & Kids Race. 9am. LaGrangeville. 845-485-6673. [mhrrc.org](http://mhrrc.org).

8 8th Humane Race. 5K Run & 1M Walk with your dog. 10am. Water St, Williamstown, MA. [humanerace.org](http://humanerace.org).

8 RaceVermont.com Half-Marathon. 13.1M. 8am. Shelburne Health/Fitness, Shelburne, VT. [racevermont.com](http://racevermont.com).

8 28th Apple Blossom Derby. 10K & 5K run/walk. 9:30am. Shoreham, VT. 802-922-0681. [shorehamschool.org](http://shorehamschool.org).

9 **30th HMRRC Mother's Day Race 3.5-Miler.** 10am. Kids' 0.5M/0.25M Races: 11am. Hamagrael School, Delmar. Sharon Boehlke: 439-4498. [hmrrc.com](http://hmrrc.com).

9 Habitat for Humanity 5K Race. 10am. Casa Dolce Casa, Schenectady. Jennalee Wright: 265-0797. [active.com](http://active.com).

14 Vascular Birthmarks Foundation Challenge 5K Race/1M Walk. 6pm. The Crossings, Colonie. 598-8106. [birthmark.org](http://birthmark.org).

15 **4th CCRC 5K Run/Walk.** 3pm. 1K Kids' Race: 4pm. Giffy's BBQ included. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. [ccrc-cpny.org](http://ccrc-cpny.org).

15 **1st 5K Burgher Dash.** 9:30am. Kids' Fun Run: after race. Warrensburg E.S., Warrensburg. Chris Brown: 623-5055. [wcsd.org](http://wcsd.org).

16 **Jeff Galloway's Running School: Run Until You're 100 – Injury Free!** 9am-2pm. Ciccotti Recreation Center, Colonie. Fleet Feet Sports: 459-3338. Register: [jeffgalloway.com](http://jeffgalloway.com).

16 **Jeff Galloway: Meet & Greet & Book Signing.** 2:30-3:30pm. Fleet Feet Sports, Colonie. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

16 **Team in Training Freihofer's Training Info Session.** 5-7pm. Glennpeter Diamond Center, Albany. Robyn Haberman: 438-3583. [lls.org](http://lls.org).

16 30th Bob Smith Rotary Run. Adult 5M. 8:30am. Kids/Adult 5K: 10am. Green Meadow E.S., East Greenbush. 477-5722.

16 6th Team Billy Walk or Bike Ride for Research. 3M walk. 10/25/50M ride. 8:30am. High Rock Park, Saratoga Springs. [teambilly.org](http://teambilly.org).

16 5 Kelly's 5K for Leukemia & Lymphoma. 10am. The Crossings, Colonie. Stacy Ward: 772-9018. [ccdservices.org](http://ccdservices.org).

16 Dragon's Pride 5K Run. 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. [active.com](http://active.com).

16 Inaugural Wa Wa Wally Waddle 5K Run/Walk. 10:30am. Vassar Farm, Poughkeepsie. [friendsofsegowea.org](http://friendsofsegowea.org).



34th Annual

# Adirondack Distance Run

Lake George Village to Bolton Landing  
Sunday, June 27 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- Long-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: [AdirondackRunners.org](http://AdirondackRunners.org)  
Registration: [Active.com](http://Active.com) (closes June 25 at 9pm)

Late Registration: June 26, 5-7pm at Lake George Fire Station  
No race day or telephone registration

Benefits Big Brothers Big Sisters & GF Family YMCA Youth Scholarship Fund

4TH ANNUAL

# CCRC 5K Run/Walk

Saturday, May 15 – 3pm  
Christ Community Reformed Church  
1010 Route 146, Clifton Park

USATF Sanctioned 5K Race  
Kids' 1K Race – 4pm  
Giffy's BBQ chicken dinner included  
T-shirt to first 100 entrants

Register: [www.active.com](http://www.active.com)  
Form: [www.ccrc-cpny.org](http://www.ccrc-cpny.org)  
Info: 518.371.7654

An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle  
Proceeds to CAPTAIN Youth/Family Services



# Grand Prix Road Race Series

3/6 Runnin' Green 4M • 4/11 Delmar Dash 5M  
4/24 Bill Robinson 10K • 5/31 GF Memorial Mile  
6/12 OK Kinderhook 5K • 6/27 Adk Distance 10M  
9/12 Dunkin' Donuts 5K • 9/24 Arsenal 5K  
9/26 Falling Leaves 14K • 10/10 MHR Marathon  
or Half Marathon • 11/14 Stockade-athon 15K  
11/25 Troy Turkey Trot 10K

Top five male/female in each category:  
\$5,200 cash prizes plus merchandise  
Open to 2010 USATF Adirondack members

More Info: [usatfadir.org](http://usatfadir.org)

Sponsored by Fleet Feet Sports Albany  
& Hudson-Mohawk Road Runners Club



**30th Anniversary**  
  
**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**  
 Jim Tierney  
 869-5597 / runnerjmt@aol.com

**33RD ANNUAL**  
**WHITEFACE MOUNTAIN UPHILL FOOT RACE**  
**Sunday, June 6th**  
  
**WhitefaceRace.com**  
**888-944-8332**

**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**  
**INFORMATION** Jeff Clark 581-7550 or Laura Clark laura@saratogastryders.org  
*Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!*

- 20 34th CDPHP Workforce Team Challenge.** 3.5M workforce team run. 6:25pm. Empire State Plaza, Albany. Pete Newkirk: 273-5552. cdphpwtc.com.
- 22 10th Fairways 5K Road Race. 9am. Kids' Kick 0.5M. Fairways at McGregor Links, Wilton. 584-5399. saratogastryders.org.
- 23 12th Hall of Fame Races. 13.1M & 2-Person Relay: 8am. 5K: 8:15am. National Distance Running Hall of Fame, Utica. Mary MacEnroe: 315-724-4525. uticaroadrunners.org.
- 23 3rd Shack Attack 5K Race/Walk. 10am. UAlbany, Albany. Jennifer Lawrence: 275-2989. Gilda's Club: gccrny.org.
- 23 Andy Haller Memorial 5K. 9am. The Crossings, Colonie. Lori Kunker: 469-4451. fullerroadfire.com.
- 23 SPAC 5K Rock & Run. 5K: 9:30am. Kids' Run: 10am. Saratoga Spa S.P., Saratoga Springs. 584-9330. spac.org.
- 29 Sehghunda Trail Marathon & Relay. 8am. Letchworth S.P., Mount Morris. sehghundatrailmarathon.com.
- 29-30 Inaugural Memorial Day Marathon, Half-Marathon & 10K/5K. 8am. Lenox, MA. memorialdaymarathon.com.
- 30 21st Key Bank Vermont City Marathon & Relay. Burlington, VT. 802.863.8412. runvermont.org.

**JUNE**

- 5 32nd Freihofer's Run for Women 5K.** 9:30am (new time). 7:45am: Community Walk. 11am: Kids' Run. Fri 12-8pm & Sat 8am-3pm: Health/Fitness Expo. Empire State Plaza, Albany. 273-5552. freihoferstrun.com.
- 5 13th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 5 Run with the Trojans. 4M. 9:30am. Questar III, Troy. Brad Lewis: 477-4296. bradlewislawncare.com.
- 5 Joseph McDonald/Bill Crusie Races. 5K Run/Walk: 8am. 10M Run: 9am. Wappingers Falls. onteorunners.org.
- 5 Summer Stroll 3K Walk. 11am. UAlbany, Albany. Terrell Dozier: 250-5630. positiveimpactny.org.
- 5 National Trails Day. Discover, learn about & celebrate trails. Education exhibits, trail dedications, gear demos, instruction workshops & trail work projects. Find/register an event: americanhiking.org.
- 6 33rd Whiteface Mountain Uphill Foot Race.** 7.8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whiteface.com.
- 6 3rd Cantina Kids Fun Run. 9am. Cantina Restaurant, Saratoga Springs. 587-3222. saratogacarefoundation.org.
- 12 12th Kinderhook Bank OK-5K Road Race.** 9am. OK-1 Kids' 1M: 8:30am. Village Square, Kinderhook. Dan Curtin: 758-9480. kinderhookrunnersclub.com.
- 12 3rd Hometown Heroes 5K Run. 9:15am. The Crossings, Colonie. nyfrc-inc.org.
- 12 Treetops to Rooftops 5K. 9am. Hudson Rail Bridge Walkway. onteorunners.org.
- 12 15th Lions Ramble. 6:30pm. Park, Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 12 NYRR New York Women's Mini 10K. 9am. Central Park, New York. nyrr.org.
- 13 2nd Read Run 5K.** 9am. Saratoga Public Library, Saratoga Springs. Nancy Holzman: 226-0040. literacynycap.org.
- 13 Run for Help 5K Run/Walk.** 10am. In memory of Liza. Goff M.S., East Greenbush. 383-8152. unityhousesny.org.
- 13 Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 13 39th HMRRRC Distinguished Service Race.** 8M. 9am. UAlbany, Albany. Mark Warner: 273-5552. hmrrc.com.
- 13 Moreau Mile & BETAR Byway 5K. 8:30am. Kids' 1M: 9:30am. American Legion Bldg, South Glens Falls. Shirley Venner: 632-5128. adirondackrunners.org.
- 13 Greenfield Dragon 5K Run/Walk 5K. 11am. 1K: 12:30pm. Greenfield E.S., Greenfield. greenfielddragon5k.com.
- 13 Walk 4 Friendship. 1.5K Walk. 10:30am. Elm Ave. Park, Delmar. Liba Andrusier: 438-4220. capitalfriends.org.
- 19 6th Great Adirondack Trail Run.** 11.5M & 3.5M. 9am. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.

- 19 Whipple City 5K Run/Walk.** 8:30am. Plus 1M Kids' Fun Run. Greenwich M.S., Greenwich. Caille Currin: 692-7979. greenwichchamber.org.
- 19 JoAnn McDonald/Nancy Nappi 5K Run/Walk-Ovarian Cancer. 9am. Pinhead Susans, Schenectady. stockadeinn.com.
- 20 5th Community Resources Father's Day 5K Run.** 9:30am. Kids' Races: 8:45am. The Crossings, Colonie. Will Dixon: 447-2660. hmrrc.com.
- 20 27th Mule Haul 8K Race. 10am. Schoharie Crossing H.S., Fort Hunter. Jim Moore: 381-9352. fmrrc.org.
- 20 NYRR's Annual Father's Day Race Against Prostate Cancer. 8:30am. Central Park, New York. nyrr.org.
- 22 22nd Summer Sizzle 5-Miler. Men: 9am. Women: 8am. Kids: 7:30am. Mohawk Valley C.C., Utica. uticaroadrunners.org.
- 26 5th Valley Cats Home Run 5K.** 9am. Stadium, HVCC, Troy. John Haley: 456-3682. hmrrc.com.
- 27 34th Adirondack Distance Run.** 10M. 7:30am. Lake George to Bolton Landing. Marcy Dreimiller: 792-7396. adirondackrunners.org.

**JULY**

- 4 4th Firecracker 4M Road Race.** 8am. City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 11 32nd Boilermaker 15K Road Race.** 8am. 5K run, 3M walk, party, expo. Utica. 315-797-5838. boilermaker.com.
- 15-18 Albany Running Exchange's Trail Running Camp for Adults.** Clinics, meals, kayak, swim & race. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 17 Capital District YMCA Series #2: Canal Run 5K Run/Walk & Kids' Fun Run.** Schenectady. cdymca.org.

**SEPTEMBER**

- 11 40th Lake Placid Half Marathon.** 13M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org.
- 19 Saratoga Palio: Melanie Merolla O'Donnell Memorial Half-Marathon & 5K.** Saratoga Springs. thesaratogapalio.com.
- 25 Adirondack Distance Festival: 5K & 10K.** Chestertown. 888-724-7666. adirondackmarathon.org.
- 26 Adirondack Distance Festival: Marathon & Half-Marathon.** Sat, 9/25: Expo. Schroon Lake. 888-724-7666. 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.

**SWIMMING**

**APRIL**

- 24-25 Total Immersion Freestyle Workshop.** Jewish Comm. Ctr., Springfield, MA. totalimmersion.net.

**MAY**

- 8 Spring Fling Swim Meet. 1:30pm. Ballston Spa H.S., Ballston Spa. Keith Coonrod: 885-2971. adms.org.

**JUNE**

- 28-7/2 Open Water Workshop.** Mirror Lake, Lake Placid. totalimmersion.net.
- 28 Son of a Swim: 2M/6M Open Water Swim. 9am. Newport, VT. Julie Gunn: 802-334-8511. kingdomswim.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.*

**4th Annual**  
  
**Firecracker 4**

**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**  
 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  
 Bob Vanderminden: bobjr@telescopecasual.com  
 Info: 518-316-4445

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

**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**  
**Info: 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!*

*Charlton Heritage*  
  
**13th Annual Charlton Heritage 5K Run/Walk**  
**Saturday, June 5 10am**  
**Historic Village of Charlton, Saratoga Co. Old School House, Maple Ave/Charlton Rd**  
*Rolling hills with 3/4-mile downhill finish*  
*USATF certified – Chip timing by ARE*  
 \$17 by 5/22 or \$20 after – Shirts to first 250  
**Kids' 1-Mile Fun Run (\$10), 11am**  
 Fun runners receive T-shirt & medal  
**Register: active.com**  
**Entry Form/Info: charlton5k.org**  
 Bill Herkenham: (518) 384-0065

**30th Annual HMRRC Mother's Day Race**  
**3.5 Mile For Women & Their Children**  
**Sunday, May 9 • 10am**  
 Hamagrael School, McGuffey Ln, Delmar  
 \$12 HMRRC; \$15 non-HMRRC by 4/30; \$20 after 4/30  
**Kids' Race • 11am: 1/2M, 1/4M**  
 Awards to top 3 overall/age groups & top 3 mom-daughter/mom-son teams  
**Application: hmrrc.com**  
 Info: Sharon Boehlke 439-4498  
 racewithus@mindspring.com

*Join the family & friends of Liza-*  
**The Run for Help**  
**5K Run/Walk**  
 To benefit Unity House  
**Sunday, June 13 • 10am**  
 Goff Middle School, East Greenbush  
 T-shirts to first 250 entries  
 \$17 by 6/9 or \$20 race day  
**Register: active.com**  
**More Info: unityhousesny.org**  
 In memory of Liza Ellen Warner (1975-2004)  
 Not affiliated with Liza's Legacy Foundation

**7th Annual St. John's/St. Ann's SPRING RUN-OFF**  
**Saturday, April 24th**  
  
*Hudson River Way Amphitheater*  
**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 • Info/Entry Form: www.springrunoff.com**  
**Or call St. John's/St. Ann's Center (518) 472-9091**

**FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS**



**SAVE THE DATE!**

# ADIRONDACK

SPORTS & FITNESS

## SUMMER EXPO

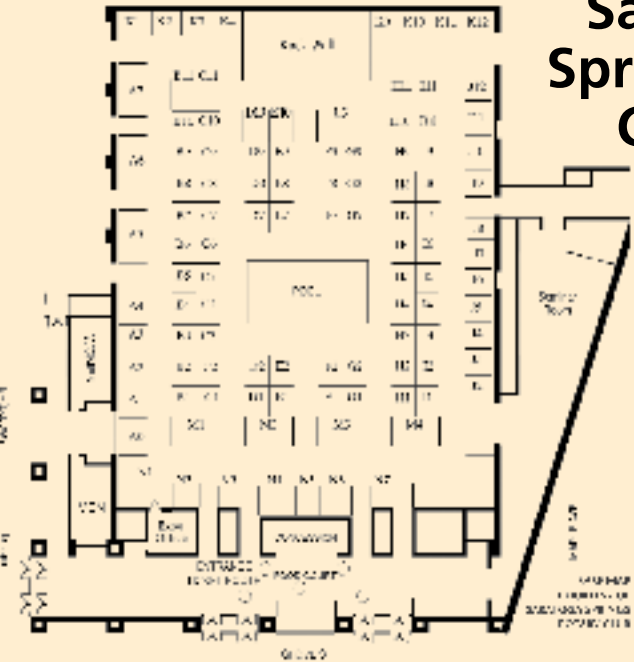
**FREE ADMISSION!**

**APRIL 24 & 25 • SAT 10-6 & SUN 10-5**  
**Saratoga Springs City Center, Saratoga Springs**  
 The Capital Region's Outdoor Sports, Health/Fitness and Travel Expo!  
 Featuring 100 Exhibitors, Sales, Demos, Clinics, Kids Activities & More  
**AdkSports.com • (518) 877-8788**



## Exhibits, Activities & Seminars Floor Plan

### Saratoga Springs City Center



## List of Exhibitors

*Exhibitors by Category  
 Numbers indicate booth spaces*

### RUNNING & WALKING

- Adirondack Marathon Distance Festival
- Albany Running Exchange (2)
- Cornell Cooperative Ext./Clover Combo Classic
- Firecracker 4 Road Race
- Freihofer's Run for Women/USATF Adirondack
- Hudson-Mohawk Road Runners Club
- My Fitness Recovery/Chi Running
- Read Run 5K
- Saratoga Stryders Running Club
- Susan G. Komen Race for the Cure
- Team In Training/Leukemia & Lymphoma Society
- City of Watervliet Recreational Dept.

### HIKING, CLIMBING & SKILLS

- Adirondack Connections Guide Service (2)
- Adirondack Mountain Club (2)
- The Gear Source
- High Peaks Mountain Adventures
- Climb Time Climbing Wall
- Mohawk Valley Hiking Club/SWC
- The Mountain Goat (4)
- NYS Outdoor Guides Association
- Pok-O-MacCready Outdoor Education Ctr.
- Wild River Press/Discover the Adirondacks
- YMCA Camp Chingachgook

### BICYCLING & MOUNTAIN BIKING

- American Diabetes Assn./Tour de Cure
- Capital Bicycle Racing Club
- High Peaks Cyclery (2)
- Inside Edge Ski & Bike Shop
- Mohawk-Hudson Cycling Club
- National MS Society/Bike MS
- Placid Planet Bicycles
- Serotta Competition Bicycles
- Upper Hudson Rail Trail

### KAYAKING & CANOEING

- Adirondack Kayak Warehouse (3)
- Adirondack Lakes & Trails Outfitters (2)
- Adirondack Paddle 'N' Pole
- Kayak Anglers Pro Shop
- Lake George Kayak Co. (4)
- Mountainman Outdoor Supply Co. (24)
- Northern New York Paddlers/SWC
- Placid Boatworks (2)
- St. Regis Canoe Outfitters

### TRIATHLON & DUATHLON

- Capital District Triathlon Club
- Montreal Esprit Triathlon
- Saratoga Triathlon Club
- SkyHigh Adventures & SHAPE Camp

### RECREATION & OTHER SPORTS

- Adirondack Adventures Rafting
- Hudson River Rafting Co.
- Saratoga Lake Sailing Club
- Saratoga Soaring Association
- Schenectady Wintersports Club
- Skidmore Community Rowing

### HEALTH & FITNESS

- Arbonne International
- Boot Camp Challenge/Make It Fit
- Costello Chiropractic & Sports Injury
- Esperanto Restaurant
- Isagenix International
- LiveWell ADK & LiveWell Saratoga
- Regional Therapy Center/Saratoga Hospital
- Silhouette Eye Studio
- Southern Saratoga YMCA
- Sunnyview Rehabilitation Hospital
- XS Energy Drink & Nutrilite Products

### TRAVEL DESTINATIONS

- Adirondacks Speculator Region Chamber
- Bromley's Sun Mountain Adventure Park
- Enchanted Forest/Water Safari
- Gore Mountain
- Gore Mountain Region Chamber
- Mirror Lake Inn & Whiteface Club
- Silverleaf Resorts (2)
- Washington County Tourism
- Whiteface Business & Tourism Center
- Whiteface Lake Placid/ORDA (3)
- The Wild Center

### QUALITY OF LIFE

- Adirondack Sports & Fitness magazine
- Cummings Advertising Art
- Green Conscience Home & Garden
- Huff N Puff
- Kitchen Craft by Americraft (2)
- MetLife Financial Services
- Prudential Manor Homes Realtors
- SportsSignup



## Tour de Cure American Diabetes Association



**TAKE THE RIDE OF YOUR LIFE**

Join 30,000 riders around the nation in the Tour de Cure, a cycling event of the American Diabetes Association. It's fun, healthy and for a good cause!

**Sunday, June 6 • Saratoga Springs High School**  
 Routes: 10, 25, 50, 62.5, 100 Miles or 3-Hour Spin  
 Register: [diabetes.org/saratogaspringstourdecure](http://diabetes.org/saratogaspringstourdecure)  
 Denise Nicastro: 518-218-1755 x3606 or [dnicastro@diabetes.org](mailto:dnicastro@diabetes.org)



• Road Races • Soccer • Basketball • Football • Lacrosse • Swimming • Baseball •

## SPORTSSIGNUP

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Call toll-free 1-866-975-8600

• Softball • Multi-sport • Hockey • Road Races • Soccer • Basketball • Football •

## Expo Kayaking & Canoeing Demos

In the 20x32-foot Expo Pool

**SATURDAY, APRIL 24**

- 10:30-11:00 Touring Kayak Capsize Recovery, Rescue & Rolling.** Capsizing is not a big deal if you know how to recover. Demonstrations will show how to safely exit the kayak, how to get back in, how to assist others, and the ultimate self-rescue method, Eskimo rolling. *Steve Burke, Pete Devitt & Celia Murray, Adirondack Mountain Club – Albany Chapter.*
- 11:15-11:45 Kayak Paddling Strokes & Boat Handling Techniques.** We will go over everything from basic to advanced strokes, getting in and out of your boat without a struggle, and learning the most efficient way to control your boat in various weather, wind and wave conditions. *Jason Smith, Adirondack Lakes & Trails Outfitters.*
- 12:00-12:30 Stand-Up Paddling: The Basics.** Stand up paddling is the fastest growing sport on the water. You don't need to be a pro athlete, kayaker or surfer to enjoy the fun. You simply need a few basic tips, some water, a SUP, a paddle and a thirst for fun! *John Flynn, Lake George Kayak Company.*
- 12:45-1:15 Whitewater Kayaking 101 & Playboating Fun.** The basics of paddling a kayak on gently moving water to demanding whitewater rivers, to playboating where the paddler performs various technical moves in one place. *Jason LaSelva, Sacandaga Outdoor Center.*
- 1:30-2:45 Kid's Kayaking "Try-It" Session.** Bring your kids (and your camera) for this fun on-water experience, led by experienced paddlers. Your kids' feet might get wet so you may want to bring water shoes or a change of shoes/socks.
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Capsizing is not a big deal if you know how to recover. Demonstrations will show how to safely exit the kayak, how to get back in, how to assist others, and the ultimate self-rescue method, Eskimo rolling. *Steve Burke, Pete Devitt & Celia Murray, Adirondack Mountain Club – Albany Chapter.*
- 3:45-4:15 Intro to Canoeing, Solo Canoeing & Canoe Racing.** A discussion and demo of techniques and equipment covering the basics of canoeing, solo canoeing and canoe racing. *Steve Doxzon, Adirondack Lakes & Trails Outfitters.*
- 4:30-5:00 Kayak Fishing with Light Tackle.** Come learn about kayak fishing, one of the fastest growing sports in the country. We'll discuss the right kayak tackle and accessories, learn the tools of the trade, and discover areas of fishing that were not available by boat or shore. *Jerry Sparks, Adirondack Kayak Warehouse.*

**SUNDAY, APRIL 25**

- 10:30-11:00 Touring Kayak Capsize Recovery, Rescue & Rolling.** Capsizing is not a big deal if you know how to recover. Demonstrations will show how to safely exit the kayak, how to get back in, how to assist others, and the ultimate self-rescue method, Eskimo rolling. *Alan Mapes & John Ozard, Adirondack Mountain Club – Albany Chapter.*
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## Expo Seminars & Clinics

In the Expo Seminar Room

**SATURDAY, APRIL 24**

- 12-12:45pm SPORT WALKING: Fitness and Race Walking.** Learn by doing. Sport walking will introduce you to fitness through walking, recovering from a running injury or as a competitive alternative for the "wild and crazy." *Don Lawrence, USATF Adirondack & Fleet Feet Sports Albany Sport Walkers Club.*
- 1-1:45pm BICYCLING: Bicycle Fit & Proper Positioning for Performance.** Receive an expert overview of all areas of bicycle fitting from a certified technician for maximum performance and individual comfort. *Brian Delaney, High Peaks Cyclery.*
- 2-2:45pm RUNNING: Getting Faster!** Many new runners and competitive runners are interested in increasing their running speed. Jeffrey will provide several techniques and specific workouts that runners can use to increase their speed. Many of these techniques have been developed and used at the Saratoga Stryders speed workout sessions and is for all levels of runners. *Jeffrey Lutzker, Coach, Saratoga Stryders.*
- 3-3:45pm PADDLING: What's New in Paddling: Stand-Up Paddleboards, Pedal Drives, Fishing Kayaks & More.** This year more than ever, the paddle sports industry has varied offerings whether out for an hour or out for a day, from touring and exploring to fishing and fitness. This session is a guide to the "right boat for the job" – canoe, kayak, specialty and equipment selection. Bring your questions! *Ike Wolgin, Lake George Kayak Company.*
- 4-4:45pm HIKING: "Deep Within" – Adirondack Photographs by Bill Ingersoll.** Featuring images taken from all four seasons throughout the Adirondack backcountry, Bill will use the pictures to talk about his experiences and travels, while exploring these wild areas found within our own backyard. *Bill Ingersoll, author of popular Discover the Adirondacks... guidebook series and monthly Adirondack Sports & Fitness hiking, snowshoeing and cross-country skiing contributing writer.*



**SUNDAY, APRIL 25**

- 12-12:45pm PADDLING: Kayak Touring & Overnight Trips.** We will cover boat and gear choice, route choices, trip planning, group dynamics and packing a kayak. *John Ozard & Alan Mapes, Adirondack Mountain Club – Albany Chapter.*
- 1-1:45pm BICYCLING: How to Maximize Your Comfort & Power on the Bicycle; from Novice to Elite Athlete.** Proper bicycle fit and bicycle overview for your riding style. *Paraic McGlynn, Director of Applied Cycling Science, Serotta Competition Bicycles.*
- 2-2:45pm TRIATHLON & DUATHLON: Triathlon Tips: Transitions & Other Techniques for a Faster Finish!** This session will cover technical insight on race prep, race day morning, setting up transitions, and mentally preparing for each transition. John will present tips to keep moving, stay positive and finish strong when dealing with physical and psychological fatigue as you move toward the finish line. *John Slyer, certified USAT triathlon and swimming coach, youth camp director at SkyHighAdventures, and five-time Ironman Lake Placid finisher.*
- 3-3:45pm RUNNING & WALKING: ChiRunning & ChiWalking.** Does a simple walk tire you? Are you afraid to run because of past injuries? Want to get moving but don't know how? Attend this interactive seminar to learn how ChiWalking and ChiRunning techniques, based on the principles of Tai Chi, can help you run or walk with increased energy efficiency and fewer injuries. Discover how focusing on your posture and relaxing your limbs can give you a burst of energy, without that post-workout slump. *Ann Margaret McKillop, My Fitness Recovery: ChiRunning & ChiWalking.*

## Annual Bike Swap and Sale!

**Saturday, May 1 – Sunday, May 9**  
**Bicycles – Bike Accessories and Parts**

Drop-off swap gear starting May 1

All bikes/equipment must be in good working condition

No helmets or department store bikes

When your gear sells receive 100% store credit or 60% cash

**2010 BICYCLES IN-STOCK AND ON-SALE!**

Custom Fit Center for Serotta, Guru, Specialized, Giant  
 Private Bike Studio • Professional Staff • 27 Years Experience

*A better FIT makes a better rider!*



Lake Placid's Original Multisport Store Since 1983

**2733 Main St, Lake Placid**

**(518) 523-3764**

Mon-Sat 9-6, Sun 10-5. HighPeaksCyclery.com

**EVERY DAY  
IS DEMO DAY**

KAYAKS / CANOES / STAND UP PADDLE BOARDS

VISIT US AT THE  
LAKE GEORGE BOATHOUSE  
ON APRIL 24-25

**Service. Selection. Expertise.**

Our experienced and knowledgeable staff will fit you with the right boat for your needs. Our lakeside boathouse provides easy and direct access to Lake George. Demo our boats and see what makes us different.



lakegeorgekayak.com

**518.644.9366**

**PADDLE SHOP: Main Street BOATHOUSE: Green Island, Bolton Landing**

FIFTH ANNIVERSARY

# ADIRONDACK

## SPORTS & FITNESS

# SUMMER EXPO

## List of Exhibitors

**Adirondack Adventures** – We offer guided whitewater rafting, tubing, adventure packages, kayak/canoe tours and instruction. *North River* • 518-251-2802 • [adkadventures.com](http://adkadventures.com)

**Adirondack Connections Guide Service** – Guided outdoor experiences and trip planning services for individuals and small groups. Specializing in adventures for women, Adirondack High Peaks hikes, Hornbeck Boat canoe/kayak excursions, backpack and camping trips, and Garmin GPS instructions. *Tupper Lake* • 518-359-7536 • [adirondackconnections.com](http://adirondackconnections.com)

**Adirondack Kayak Warehouse** – Come see our line of Hobie Kayaks, Wilderness Systems, Eddie Line, Freedom Hawk and more! We are your number one outlet for kayak and accessory needs. *Amsterdam* • 518-843-3232 • [adkkayakwarehouse.com](http://adkkayakwarehouse.com)

**Adirondack Lakes and Trails Outfitters** – We are an Adirondack paddlesport specialty outfitter. Canoe, kayak and paddlesport accessories sales, rentals, instruction and guiding. *Saranac Lake* • 518-891-7450 • [adirondackoutfitters.com](http://adirondackoutfitters.com)

**Adirondack Marathon Distance Festival** – Run with us in our marathon, half-marathon, two-person marathon relay, 5K, 10K and 1K fun run around Schroon Lake! *Schroon Lake* • 518-524-7464 • [adirondackmarathon.org](http://adirondackmarathon.org)

**Adirondack Mountain Club** – ADK is a nonprofit organization offering a variety of outdoor recreation opportunities year-round and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. *Lake George* • 518-668-4447 • [adk.org](http://adk.org)

**Adirondack Paddle 'N' Pole** – We are a canoe and kayak shop – sales, rentals, lessons, tours, and a great selection of paddlesport accessories. *Colonie* • 518-346-3180 • [onewithwater.com](http://onewithwater.com)

**Adirondacks Speculator Region Chamber of Commerce** – We are a not-for-profit association that represents the region's business community. With our 170-plus members, we strengthen the local economy, improve quality of life, and install community pride and spirit. *Speculator, Lake Pleasant, Piseco, Arietta, Morehouse and Wells* • 518-548-4521 • [speculatorchamber.com](http://speculatorchamber.com)

**Albany Running Exchange** – The most active and expansive running club in the Capital Region, the ARE organizes three to five group runs daily and over 1,500 functions a year. *Albany* • 518-320-8648 • [runalbany.com](http://runalbany.com)

**American Diabetes Association** – Get ready to take the ride of your life – the Tour de Cure in Saratoga Springs on June 6 – and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5, 100 miles, or an indoor 3-hour Spinathon! *Albany* • 518-218-1755 • [diabetes.org](http://diabetes.org)

**Arbonne International** – We take a natural approach to creating health and wellness products based on botanical principles. Our products meet dietary needs at every stage of life. *Clifton Park* • 518-321-4591 • [sheila@myarbonne.com](mailto:sheila@myarbonne.com)

**Boot Camp Challenge/Make It Fit** – The Boot Camp Challenge is a six-week results-driven packaged fitness program. Encompassing assessments, nutritional guidance and unique drill-style workouts, we will give you the jumpstart you need to get and stay in shape. We welcome men and women of all fitness levels. Invest in yourself! *Albany, Saratoga & Schenectady Counties* • 518-366-1901 • [makeitfittraining.com](http://makeitfittraining.com)

**Bromley's Sun Mountain Adventure Park** – Vermont's summer fun park and home of the Sun Mountain Flyer, a ziprider. Come ride the Alpine Slide, Giant Swing, Big Splash Water Slide, Space Bikes and much more. *Manchester Center, VT* • 802-856-2210 • [bromley.com](http://bromley.com)

**Capital Bicycle Racing Club** – CBRC is upstate New York's premier bicycle racing club with over 80 members and events all season long – it's a great organization for all cyclists! *Albany* • 518-441-1296 • [cbrc.cc](http://cbrc.cc)

**Capital District Triathlon Club** – Our club offers weekly outdoor full race-simulator practice sessions from June to August to members. Enjoy tri-clinics in preparation for the annual Crystal Lake Sprint Triathlon. We welcome all skill levels. 518-312-6686 • [cdtriclub.org](http://cdtriclub.org)

**Climb Time** – Our 24-foot rock wall is a fun, safe way to bring the excitement and challenge of rock climbing to your party, picnic, festival or community activity. Great for kids, teens and adults. *Freehold* • 518-634-7185 • [itsclimbtime.com](http://itsclimbtime.com)

**Cornell Cooperative Extension/4-H Clover Combo Classic** – Our 8K competitive run on a certified course and 5K walk-athon will be on September 26, 2010 at the Yankee Hill Lock Site, historic Schoharie Crossing in Ft. Hunter. All proceeds benefit the 4-H program in Fulton-Montgomery Counties. *Johnstown* • 518-762-3909 • [ccefjm.com](http://ccefjm.com)

**Costello Chiropractic & Sports Injury** – We offer chiropractic and sports injury treatment, gout evaluations and massage therapy. *Ballston Lake* • 518-877-0234 • [costellochiropractic.com](http://costellochiropractic.com)

**Cummings Advertising Art** – Experienced graphic design and production professionals. We handle any project from creative concept through printing, or any step in between. Brochures, catalogs, ads, newsletters, web sites and more! *Clifton Park* • 518-406-5027 • [cummingsadvertisingart.com](http://cummingsadvertisingart.com)

**Enchanted Forest/Water Safari** – Old Forge, located in the heart of the Adirondacks, has something for everyone! Stop by and see what's new at the Enchanted Forest/Water Safari in 2010! *Old Forge* • 315-369-6145 • [watersafari.com](http://watersafari.com)

**Esperanto Restaurant** – Great food – fast and fresh in downtown Saratoga since 1995. Burritos, quesadillas, pizza, Thai, Middle Eastern, vegetarian specialties, soups, salads, wraps and delicious finger foods made from scratch. *Saratoga Springs* • 518-587-4236 • [go2esperanto.com](http://go2esperanto.com)

**Firecracker 4 Road Race/Streaks Running Club** – The fourth annual Firecracker 4 is a 4-mile road race on July 4 on the beautiful and historic streets of Saratoga Springs. *Saratoga Springs* • 518-316-4445 • [firecracker4.com](http://firecracker4.com)

**Freihofer's Run for Women/USATF Adirondack** – We are the local association of the national governing body for track & field, long distance running and race walking and the event managers of the Freihofer's Run for Women in Albany on June 5. *Troy* • 518-273-5552 • [usatfadir.org](http://usatfadir.org)

**The Gear Source** – We are downtown North Creek's source for killer deals on brands like Sierra Designs, OR, Mountain Hardware and more. *North Creek* • 518-251-2357 • [thegearsourceonline.com](http://thegearsourceonline.com)

**Gore Mountain** – Gore is the Capital-Saratoga's home mountain offering 2,300-foot vertical, 13 lifts, and an outstanding variety of terrain. Check our website for summer schedule for scenic gondola rides, mountain biking and hiking. Season passes on sale! *North Creek* • 518-251-2411 • [goremountain.com](http://goremountain.com)

**Gore Mountain Region Chamber of Commerce** – Promoting the four-season activities of the Gore Mountain region. We will be introducing the inaugural Adirondack Adventure Festival and promoting the 53rd annual Hudson River White Water Derby on April 30-May 2. *North Creek* • 518-251-2612 • [gorechamber.com](http://gorechamber.com)

**Green Conscience Home & Garden** – A retail showroom featuring green interior finishes, organic lawn and garden supplies, gifts and lifestyle goods. We are dedicated to providing inspiration and education to people interested in a sustainable lifestyle. *Saratoga Springs* • 518-306-5196 • [green-conscience.com](http://green-conscience.com)

**High Peaks Cyclery & High Peaks Mountain Adventures Guide Service** – HPC is the Adirondacks four-season source for bicycling, triathlon, running cross-country and hiking sales, service and rentals – plus operators of the Mountain Bike Center at Whiteface. HPMa guide service offers rock climbing, hiking, paddling and more for individuals, families and groups. *Lake Placid* • 518-523-3764 • [highpeakscyclery.com](http://highpeakscyclery.com)

**Hudson-Mohawk Road Runners Club** – We are a not for profit running club that has 2,000 members and holds 30 events throughout the year, including the CDPHP Workforce Team Challenge, Mohawk Hudson River Marathon & Half Marathon, and Stockade-athon 15K. Open to runners of all levels. *Albany* • 518-377-1836 • [hmrrc.com](http://hmrrc.com)

**Hudson River Rafting Company** – We offer whitewater rafting trips on state rivers and sell all-season apparel. Book a rafting trip from Hudson River Rafting at the expo! *North Creek* • 518-251-3215 • [hudsonriverrafting.com](http://hudsonriverrafting.com)

**Huff N Puff** – Our home improvement business is the exclusive provider of Renewal by Anderson windows and doors and gutter helmets – never clean your gutters again! *Schenectady* • 518-356-3026 • [huffnpuffinc.com](http://huffnpuffinc.com)

**Town of Inlet** – Hike, bike, boat, swim, fish and learn more about the Inlet and Central Adirondack area for your next summer adventure! *Inlet* • 315-357-5117 • [inletny.com](http://inletny.com)

**Inside Edge Ski & Bike Shop** – Inside Edge is the area's oldest bike shop – road, mountain, freeride, BMX. Give us a call! *Queensbury* • 518-793-5676 • [insideedgeskiandbike.com](http://insideedgeskiandbike.com)

**Isagenix International** – We will help you burn fat and gain muscle, stamina and energy. It will also increase your mental clarity and enhance your performance, naturally, with the best superfoods on earth! *Clifton Park* • 518-339-7849 • [kimvolean.isagenix.com](http://kimvolean.isagenix.com)

**Kayak Anglers Pro Shop** – We are a premium, high-quality, pro selected kayak fishing gear and accessories shop dedicated to the kayak angler. Visit our website for a 15-percent off grand opening coupon. *Waltham, MA* • 401-226-1876 • [kayakanglersproshop.com](http://kayakanglersproshop.com)

**Kitchen Craft by Americraft** – We display American-made kitchen accessories while performing a live cooking demonstration, where we pass out one-ounce samples of cooked chicken and vegetables – and other free gifts. *Mt. Dora, FL* • 352-483-7600 • [cookforlife.com](http://cookforlife.com)

**Lake George Kayak Company** – We are a full-service kayak, canoe, stand-up paddleboards and small boat center, located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where every day is demo day. Not just inventory. Answers. Boat to backcountry to out on the town – clothes for every adventure. Preview spring/summer 2010 Patagonia, Horny Toad, Isis, OR, Lole and Marmot. Not just kayaks. Great clothing. *Bolton Landing* • 518-644-9366 • [lakegeorgekayak.com](http://lakegeorgekayak.com)

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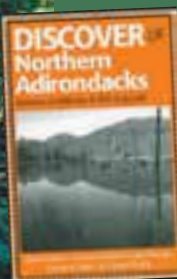
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• 518-793-5555 • [gerberchiro.com](http://gerberchiro.com)  
• [livewelladk.com](http://livewelladk.com)

**MetLife Financial Services** – Take the important first steps today to learn more about organizing and simplifying your financial life. Find out what it will take to get to where you want to be. *Latham* • 518-220-3062  
• [msbecker@metlife.com](mailto:msbecker@metlife.com)

**Mirror Lake Inn Resort & Spa and Whiteface Club & Resort** – The Mirror Lake Inn is Lake Placid's only four-diamond lakefront resort featuring a full-service spa and three incredible restaurants. Their sister property on Lake Placid, The Whiteface Club & Resort, itself offers incredible golf, tennis, boating, lakefront dining and more! *Lake Placid*  
• 518-523-2544 • [mirrorlakeinn.com](http://mirrorlakeinn.com)  
• 518-523-2551 • [whitefaceclubresort.com](http://whitefaceclubresort.com)

**Mohawk-Hudson Cycling Club** – MHCC is upstate New York's largest recreational bicycling organization. The club currently has 700 members – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. The MHCC Century Weekend in Saratoga Springs is Sept. 11-12. *Albany* • 518-466-1182  
• [webmhcc.org](http://webmhcc.org)

**Montreal Esprit Triathlon** – Join us in Montreal for Ironman distance, half Ironman, Olympic, sprint and Olympic duathlon events. *Dorval, QC* • 514-631-4266  
• [esprittriathlon.com](http://esprittriathlon.com)

**The Mountain Goat** – We are a four-season outfitter offering fine clothing and gear for running, trekking, camping and yoga. See us at the expo for a wide variety of outdoor performance and casual footwear. Our certified pedorthist will also be on hand offering foot and lower leg evaluations as well as digital imaging of the foot. *Manchester Center, VT*  
• 802-362-5159 • [mountaingoat.com](http://mountaingoat.com)

**Mountainman Outdoor Supply Company & Adirondack Paddlefest** – We are New York's largest canoe and kayak dealer, bringing our annual spring canoe and kayak sale to the Adirondack Sports & Fitness Summer Expo. Save up to 15-percent on brand new canoes and kayaks from Perception, Wilderness Systems, Swift, Dagger, Mad River and Wave Sport. Save up to 30-percent on paddles, life jackets, footwear, and car rack systems from Thule and Yakima. *Old Forge* • 315-357-6672  
• [mountainmanoutdoors.com](http://mountainmanoutdoors.com)

**My Fitness Recovery & ChiRunning** – Featuring ChiRunning, ChiWalking and Egoscue Postural Alignment services, we are about reclaiming your body. We provide individualized, cutting edge personal training that meets you where you are and moves you to where you want to be. *Ludlow, VT*  
• 802-259-3617 • [myfitnessrecovery.com](http://myfitnessrecovery.com)

**National MS Society** – We serve over 12,000 people living with MS in the Upstate NY area. Join us for the 25th anniversary of MS Bike Tour – Follow the Foothills in Queensbury on July 10 and Finger Lakes Challenge in Keuka Park on August 7-8 – as we bike to create a world free of MS. *Albany* • 518-464-0960  
• [msupstateny.org](http://msupstateny.org)

**NYS Outdoor Guides Association** – NYSOGA represents member licensed guides from every part of New York as well as several surrounding states. Members offer a wide variety of guided outdoor recreational activities to individuals, families and groups interested in exploring New York's great outdoors. *Lake Placid* • 866-469-7642 • [nysoga.org](http://nysoga.org)

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**Placid Planet Bicycles** – We are northern New York's most complete bicycle shop. We carry all types of bicycles and accessories for road, triathlon, mountain and hybrid enthusiasts. Professional fitting services, repairs, rentals and sales. *Lake Placid* • 518-523-4128  
• [placidplanetbicycles.com](http://placidplanetbicycles.com)

**Pok-O-MacCreedy Outdoor Education Center** – We are located in the heart of the Adirondacks and offer unique day and overnight experiences for school groups with a varied curriculum based in team building, natural science, living history and high adventure. We are home of The Crux, Champlain Valley Climbing Center. *Willsboro* • 518-963-7967 • [pmoec.org](http://pmoec.org)

**Prudential Manor Homes Realtors** – See our display listings of Adirondack properties, rentals, mortgage information, and enter our raffle for a five-night stay at Disney's Saratoga Springs resort. *Queensbury* • 518-793-6628  
• [prudentialmanor.com](http://prudentialmanor.com)

**Read Run 5K** – The Read Run 5K will be on June 13 in Saratoga Springs to benefit Literacy New York, Greater Capital Region. The race is a fun and festive family event for dedicated runners and walkers of all ages! *Saratoga Springs* • 518-226-0040 • [readrunforliteracy.org](http://readrunforliteracy.org)

**Regional Therapy Center of Saratoga Hospital** – We offer comprehensive rehabilitation services including physical, occupational and speech therapy, and athletic training. Some specialties include aquatic physical therapy, hand therapy, and enhancement for the athlete. *Saratoga Springs* • 518-583-8383  
• [saratogacare.org](http://saratogacare.org)

**Saratoga Lake Sailing Club & Sailing School** – Our club promotes interest in sailing and sailboat racing. The Saratoga Sailing School is dedicated to teaching the sport of sailing. *Malta* • 518-584-9659 • [saratogasailingschool.org](http://saratogasailingschool.org)

**Saratoga Soaring Association** – Experience the magic of soaring flight! Join Saratoga Soaring Association – operating at Saratoga County Airport since 1983. *Saratoga Springs*  
• 518-877-6072 • [saratogasoaring.com](http://saratogasoaring.com)

**Saratoga Stryders** – We are a running and walking club in Saratoga Springs. All ages and abilities are welcome. We meet Saturday mornings at the warming hut in Saratoga Spa State Park and Wednesday nights in the park for speed workouts. *Saratoga Springs*  
• 518-581-1278 • [saratogastryders.org](http://saratogastryders.org)

**Saratoga Triathlon Club** – We are multisport athletes residing in the greater Saratoga area. We have members from Ironman to newbies and strive to be all-inclusive. We are hosting the inaugural Hudson Crossing Triathlon in Schuylerville on June 13. *Saratoga Springs*  
• 518-420-7111 • [saratogatriclub.com](http://saratogatriclub.com)

**Schenectady Wintersports Club** – SWC includes the Northern New York Paddlers and the Mohawk Valley Hiking Club, a monthly newsletter and a clubhouse near Stowe, Vt. New members are welcome: all ages, singles and families. 518-785-6433 • [swcweb.org](http://swcweb.org)

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**Skidmore Community Rowing** – We're a co-ed rowing club – sculling/sweep – for the general public, ages 21-101. Members can compete in regattas or just row for fitness. Fun people, beautiful sunrises on Fish Creek and instruction from nationally-recognized coaches. *Our coaching is what makes the difference!* *Saratoga Springs* • 518-221-8834  
• [cms.skidmore.edu/odsp/programs/camps/summer\\_sports/rowing](http://cms.skidmore.edu/odsp/programs/camps/summer_sports/rowing)

**SkyHigh Adventures & SHAPE Camp** – High-quality multi-sport Capital Region events including the SHAPE Youth Multi-Sport Camp, SkyHigh Kids' Triathlon and XTERRA SkyHigh Triathlon at Grafton Lakes State Park, as well as private coaching for youth and adults. *Averill Park* • 518-674-0369  
• [skyhighadventures.com](http://skyhighadventures.com)

**Southern Saratoga YMCA** – The Capital District YMCA is a charitable, not-for-profit organization dedicated to building strong kids, strong families and strong communities. We will be promoting memberships and programs offered at the YMCA. *Clifton Park* • 518-371-2139 • [cdymca.org](http://cdymca.org)

**SportsSignup** – We provide sports organizations with a fully-integrated Software-as-a-Service solution to facilitate online sports registration, e-commerce fundraising, and coach/volunteer background check management. *Saratoga Springs* • 866-975-8600  
• [sportssignup.com](http://sportssignup.com)

**St. Regis Canoe Outfitters** – We provide guided and self-guided canoe and kayak trips, rentals, shuttles, and camping gear rentals. Paddlesports Press publishes and sells the Adirondack Paddler's maps and guidebooks, which we will feature at the expo. *Saranac Lake* • 518-891-1838 • [canoeoutfitters.com](http://canoeoutfitters.com)

**Sunnyview Rehabilitation Hospital** – We offer more than innovative rehabilitation services. We provide a variety of massage therapy techniques by licensed therapists and offer a state-of-the-art Wellness Center, including an indoor heated pool. *Schenectady*  
• 518-386-3546 • [nehealth.com](http://nehealth.com)

**Susan G. Komen Race for the Cure** – Learn more about breast cancer awareness and participate in the 16th annual Race for the Cure on October 2, 2010 at the Empire State Plaza in Albany. *Albany* • 518-250-5379  
• [komenteny.org](http://komenteny.org)

**Team In Training/Leukemia & Lymphoma Society** – Train with the team to run or walk a full or half-marathon, cycle a century ride, or complete a triathlon or endurance hike – and help save lives. *Albany* • 518-438-3583  
• [teamintraining.org/uny](http://teamintraining.org/uny)

**Upper Hudson Rail Trail** – The proposed Upper Hudson Rail Trail will be an awesome bike path running 29 miles between the quaint Adirondack village of North Creek and the sublime wilderness of Tahawus. *Chestertown* • 518-494-9994  
• [upperhudson.org](http://upperhudson.org)

**Washington County Tourism** – Hike, bike, float, soar and tour Washington County. Located inside the Adirondack Park, the northern tip is mountainous and forested with gentle rolling hills and farmland in the southern and eastern section. Major lakes and rivers including the Hudson River, Lake George and Lake Champlain. *Fort Edward*  
• 518-222-7450 • [washingtonnycounty.com](http://washingtonnycounty.com)

**City of Watervliet Recreation Department** – Over the last two years, the city has worked very hard to increase its available recreational programming including the Arsenal City Run, an 11-week walk-to-run endurance program, low profile docking along the Hudson River for non-motorized water sports and the Watervliet Waterfront Farmers' Market. *Watervliet* • 518-270-3800 • [watervliet.com](http://watervliet.com)

**Whiteface Business & Tourism Center** – Learn about our summer activities and events in the Whiteface region including our 33rd annual Uphill Foot Race, 9th annual Uphill Bike Race, and 11th annual Two-Fly Competition. *Wilmingon* • 518-946-2255  
• [whitefaceregion.com](http://whitefaceregion.com)

**Whiteface Lake Placid** – Whiteface Lake Placid – the Olympic Regional Development Authority – gives you the total winter sports experience. Bobsled rides, Gold Medal Adventure – learn about our new programs and summer fun. Pick up your Whiteface season pass application and get the best deal before prices go up! *Lake Placid*  
• 518-523-1655 • [whitefacelakeplacid.com](http://whitefacelakeplacid.com)

**The Wild Center** – This state-of-the-art museum is devoted to helping people discover the science that shapes and sustains the unique natural world of the Adirondacks. *Tupper Lake* • 518-359-7800 • [wildcenter.org](http://wildcenter.org)

**Wild River Press/"Discover the Adirondacks"** – Meet Bill Ingersoll, author of the popular "Discover the Adirondacks" guidebooks series and monthly contributor to Adirondack Sports & Fitness magazine. Bill will be selling and signing books at his booth. *Barneveld* • 315-272-5699 • [hiketheadironacks.com](http://hiketheadironacks.com)

**XS Energy & Nutrilite** – Health and sports products that keep your body performing at its best! Nutrilite is the world's leading brand of vitamins and dietary supplements and a sponsor of world class athletes. *Adrian Bacon & Maile Uyeno*: 518-376-0645 • [amwayglobal.com/synergyliving](http://amwayglobal.com/synergyliving) • *Rich & Khamali Brown*: 518-331-7180 • [amwayglobal.com/r-kenegy](http://amwayglobal.com/r-kenegy)

**YMCA Camp Chingachgook** – We offer an overnight resident camp that serves over 2,000 children each summer. Campers experience various outdoor activities on beautiful Lake George in the Adirondacks. *Kattskill Bay*  
• 518-656-9462 • [lakegeorgecamp.com](http://lakegeorgecamp.com)

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**Jeff's Resume:**

- Member of the 1972 Olympic team
- Founder of the Galloway Marathon Training Program
- Coach to over 200,000 runners and walkers
- Author of best selling running book: Galloway's Book on Running
- Monthly columnist for *Runner's World* magazine
- Owner of Phidippides Running Stores; one of the first running specialty stores in the US; since 1974

## // KAYAKING &amp; CANOEING //

# Improve Your Paddling This Year

by Alan Mapes

## Opportunities for Learning

COACH BILL LOZANO OF ATLANTIC KAYAK TOURS WORKS WITH A STUDENT ON A BALANCE ACTIVITY – STANDING IN THE BOAT!  
PHOTO BY ALAN MAPES

As our waters warm up this spring, paddlers' thoughts turn to some peaceful times on the lakes, streams and rivers of the Northeast. While I always enjoy the simple pleasure of being out on the water, I also try to continually improve my paddling skills. Let's look at some ways you can improve your paddling skills and your enjoyment of paddlesports this year.

Paddling is certainly one of the easier sports for the beginner. I love the way you can put a beginner in a kayak, show them how to hold the paddle, and turn them loose to have fun – under a watchful eye, of course. The same goes for canoeing, except that the beginner may have a little more challenge starting out – it's harder figuring out how to keep a canoe going straight.

On the other hand, I've worked for a good ten years to improve my kayaking skills, and I still have lots and lots of room left for improvement. It is fun for me to learn a new skill, and each little improvement in my skill level makes me that much more comfortable in the boat, and secure in more challenging water conditions.

Here are some suggestions to upgrade your paddling skills. I must admit my bias toward sea kayaking, but you will find similar resources available for canoeing and whitewater.

**Take a Lesson** – Whether it's a class in a local pool or a lesson out on the water, spending some time with a qualified paddling coach will give you some targeted items to work on. The coach or instructor will evaluate your skills with a practiced eye, and will challenge you to push your skills to higher levels.

In the Capital District, pool classes are offered spring and fall by the Albany

Chapter of the Adirondack Mountain Club. Contact Rich Macha at Adirondack Paddle 'N' Pole for details (518-346-3180). On-water classes are offered by Rich and by other paddling businesses that advertise in this publication. Each time I take a class, I come away with new insights and several new skills that I'll keep working on for some time.

Adirondack Mountain Club offers the American Canoe Association's Intro to Canoe one-day course on basic solo and tandem canoe skills on June 26 and Intro to Kayak one-day course on basic solo kayak skills on June 27 – both are held at Heart Lake in Lake Placid.

**Do Some Reading** – You will find a great variety of good paddling books on the market, each explaining paddle skills and providing photos or drawings to make the points clear. Two that I find very useful are: *The Complete Sea Kayaker's Handbook* by Shelley Johnson, *The Complete Book of Sea Kayaking* by Derek Hutchinson. Similar books are available on canoeing.

Magazines like *Sea Kayaker* (seakayakermag.com) and *Canoe & Kayak* (canoekayak.com) have great information in both their print publications and on the websites.

**Get a DVD** – You can rent or buy a number of great instructional DVDs on paddle techniques, for both kayak and canoe. A paddle shop will often have some of the better ones available for rent. Some good ones come from the University of Sea Kayaking (useakayak.org), also offering good tips on their website.

**Look on the Web** – The Internet has a wealth of information on paddling, and a good place to start is paddling.net, a clear-

inghouse for information on boats, paddling accessories, places to paddle and paddle skills. Their message boards, especially "Advice, Suggestions and General Help" are good places to post questions and to review questions from others.

The Atlantic Kayak Tours website has a wealth of good information at atlantickayaktours.com, click on "Expert Center." This time of year, you will especially want to review the material on "Cold Water Safety." On the instructional side, kayakpaddling.net provides step-by-step instruction on a number of kayaking skills, using motion illustrations.

**Paddle with Skilled People** – I learn a lot while observing people who are better paddlers than me. I study them, try to imitate their moves, and ask for their help. Most of them are more than happy to give suggestions and to demonstrate particular paddling skills. Be friendly, upbeat and willing to learn – you will find you will quickly have mentors to help guide your learning.

**Finding good paddlers to go out on the water with can take a little work.** Paddle groups are often informal and may not advertise their trips. Ask at your local paddle shop for information on paddling groups in the area. Check with your closest chapter of the Adirondack Mountain Club – their trips will be published and usually open to guests.

**Try Different Boats and Paddles** – Each new kayak or canoe that you try will teach you something about the sport, and will widen your horizons. Renting boats from your local shop is one way to sample a variety of boats. Shops will often hold free demo days where you can sample a number of craft. Trust your inner gut feelings about boats. With a little time on the water, you will know what feels good to you. Also expect your preferences to change over time, as your skills progress.

You can switch boats and paddles with others who are on paddle trips with you. Other paddlers are often glad to swap off, getting the experience of a different boat themselves.

At Lake George Kayak Company in Bolton Landing, you can demo daily at their lakeside boathouse to find the right boat for your needs. On May 8, you can try out many kayaks and canoes at the Adirondack Paddle 'N' Pole Demo Day in Colonie. In Saranac Lake, Adirondack Lakes and Trails

Outfitters is hosting their Canoe and Kayak Demo Days where you can try before you buy at Riverfront Park. The largest demo event in our area is the annual Adirondack Paddlefest held in Old Forge, this year May 21-23. Sponsored by Mountainman Outdoor Supply Company, Paddlefest will have boats to try, workshops to attend, and lots of paddlers to chat with. At St. Regis Canoe Outfitters, their Saranac Lake store provides riverfront convenience to demo boats. The Adirondack Kayak Warehouse in Amsterdam is a new outlet for your kayak needs in the Mohawk Valley.

Don't forget our own Adirondack Sports & Fitness Summer Expo, April 24-25, at the Saratoga Springs City Center. On-water demos in the 20x32-foot pool will be led by local experts from Adirondack Mountain Club's Albany Chapter and exhibiting outfitters. You will not be able to get on the water, but can look over and sit in many models of boats.

**Attend a Symposium or Kayak Institute** – These are several-day paddling workshops held in a number of places around the country. Instruction from the best kayak and canoe coaches will be available along with evening presentations by some of the best paddlers in the world. On-water sessions are offered on all sorts of skills, ranging from beginner to advanced.

You will have to travel to find a symposium. In the Northeast, you can attend the Downeast Sea Kayaking Symposium in Bar Harbor, Maine, held this year from Sept. 10-13, (carpediemkayaking.com). The Lake Champlain Sea Kayak Institute is offered by SUNY Plattsburgh, July 12-15, this year plattsburgh.edu/academics/adx/lcski.php.

**Spent Time in the Boat** – Time is a wise teacher, and there is no substitute for spending time paddling your canoe or kayak. As you enjoy our local waters, your skills will develop as you struggle to make the boat do what you want. Some instruction will speed the process of developing good technique, but this will not work without practice, and that demands time!

It's a great time to plan for advancing your paddle skills this season. Then get out there and enjoy the waters, but plan for safety, as well. Wear your life vest, dress for the water temperature, and let someone know where you are going and when you will be back. Paddling with at least one other person increases your safety margin by a lot. I'll see you on the water. 🌲

*Alan Mapes works with Atlantic Kayak Tours in Saugerties, where he instructs and leads kayak trips. Alan lives near Delmar and can be contacted through alanmapes.googlepages.com.*

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# Race Results

## HMRRRC WINTER SERIES #4: 3-MILE, 15K, 30K January 24, 2010 • University at Albany, Albany

3-MILE RUN				
<b>MALE OVERALL</b>				
1	Shaun Donegan	24	Ghent	16:50
2	Robert Doss	19	Chittenango	16:58
3	Chris Senez	20	Clifton Park	17:30
<b>FEMALE OVERALL</b>				
1	Daniele Cherniak	48	Cohoes	21:28
2	Heidi Nark	29	Mechanicville	21:40
3	Sara O'Grady	28	Latham	23:57
<b>AGE GROUPS</b>				
1	Robert Jones	M1-14	Albany	24:07
1	Sarah Jones	F1-14	Albany	24:19
1	Keith Bubb	M15-19	Delanson	20:34
1	Ryan Daling	M20-29	Jordan	18:03
1	Kerry Ogden	F20-29	Albany	24:07
1	Andrew Pris	M30-39	Clifton Park	18:23
1	Angela Vasilakos	F-30-39	Albany	25:48
1	Tim Hoff	M40-49	Albany	17:46
1	Mindy Mackesey	F40-49	Altamont	24:30
1	Rick Munson	M50-59	Prattsville	18:12
1	Cynthia Finnegan	F50-59	Niskayuna	24:43
1	Bob Giambalvo	M60-69	Delhi	18:28
1	Marge Rajczewski	F60-69	Ballston Lake	26:27
1	Joe Kelly	M70-99	Menands	30:26
1	Anny Stockman	F70-99	Rensselaer	33:28
15K RUN				
<b>MALE OVERALL</b>				
1	Justin Bishop	28	Colonie	55:19
2	Richard Cohen	39	Utica	56:20
3	Thomas O'Grady	24	Latham	58:20
<b>FEMALE OVERALL</b>				
1	Meghan Davey	24	Amsterdam	1:04:00
2	Gretchen Oliver	35	Guilderland	1:04:18
3	Roxanne Wegman	22	Delmar	1:05:56
<b>AGE GROUPS</b>				
1	Paul Cox	M1-14	Troy	1:05:54
1	Lea Cure	F15-19	Altamont	1:11:11

1	Richard Messineo	M20-29	Nassau	58:50
1	Sara Brenner	F20-29	Guilderland	1:12:35
1	Eamon Dempsey	M30-39	Albany	1:00:10
1	Karen Dolge	F30-39	Valatie	1:07:24
1	Matt Lindemann	M40-49	East Greenbush	1:06:40
1	Kari Gathen	M40-49	Albany	1:07:27
1	L.D. Davidson	M50-59	Amsterdam	1:00:55
1	Maryanne McNamara	F50-59	Saratoga Springs	1:19:17
1	Ernie Paquin	M60-69	Gansevoort	1:10:37
1	Ginny Pezzula	F60-69	Colonie	1:26:52
1	Wade Stockman	M70-99	Rensselaer	1:22:18
1	Eiko Bogue	F70-99	Schaghticoke	1:48:55

30K RUN				
<b>MALE OVERALL</b>				
1	Chuck Terry	27	Albany	1:58:27
2	Andy Allstadt	27	Albany	1:58:28
3	Jonathan Bright	39	Guilderland	2:03:25
<b>FEMALE OVERALL</b>				
1	Nancy Briskie	52	Schenectady	2:17:15
2	Christina Ardito	30	Schenectady	2:17:15
3	Colleen Ottalagano McGarry	32	Slingerlands	2:19:48

AGE GROUPS				
1	Kahill Scott Jr.	M15-19	Cohoes	2:49:59
1	Ian Parnett	M20-29	Albany	2:14:30
1	Alison Kerr	F20-29	Latham	3:09:37
1	Dennis VanVlack	M30-39	Duanesburg	2:21:09
1	Pamela Daniels	F30-39	Latham	2:41:54
1	Jon Rocco	M40-49	Colonie	2:05:59
1	Megan Leitzinger	F40-49	Albany	2:29:00
1	John Haley	M50-59	Albany	2:19:37
1	Peggy McKeown	F50-59	Schuylerville	2:34:25
1	Tom Adams	M66-69	Schenectady	2:33:06

Courtesy of Hudson-Mohawk Road Runners Club

## 28TH ANNUAL LAKE PLACID LOPPET CROSS-COUNTRY SKI RACES February 6, 2010 • Olympic Sports Complex, Lake Placid

### Overall Top Three, Age Group Winners & Regional Finishers

#### 25K MEN CLASSIC

<b>OVERALL</b>			
1	Robert UNDERWOOD/45-49	Kattskill Bay	1:23:23
2	Mario PARADIS/35-39	Sainte-Adele, QC	1:26:04
3	Jon SANTOR/18-24	Plattsburgh	1:27:03

#### MALE AGE GROUP: 13-17

1	PENG Alex	Lake Placid	2:24:06
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#### MALE AGE GROUP: 18-24

1	RECHUN Daniel	Watertown	2:12:50
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#### MALE AGE GROUP: 35-39

1	WEBSTER Ray	Burlington, VT	1:33:56
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#### MALE AGE GROUP: 40-44

1	KOSTOSS Chris	Wilmington	2:21:10
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#### MALE AGE GROUP: 45-49

1	SOUILLIERES Andre	Lac-Superieur, QC	1:29:42
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#### MALE AGE GROUP: 50-54

1	BAILEY Steven	Morrisonville	1:36:56
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#### MALE AGE GROUP: 55-59

1	MASWICK Bob	Lake Placid	1:44:45
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#### MALE AGE GROUP: 60-64

1	BEATTIE Chris	Lake Placid	1:41:38
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#### MALE AGE GROUP: 65-69

1	LAPORT Vic	Clarksburg, MA	1:56:07
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#### MALE AGE GROUP: 70 & OVER

1	ERARD Phil	New York	3:20:17
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#### 25K WOMEN CLASSIC

1	Janet FINDLAY/55-59	Lake Placid	1:49:21
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#### FEMALE AGE GROUP: 13-17

1	RUNYON Hannah	Lake Placid	2:40:12
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#### FEMALE AGE GROUP: 18-24

1	DOBERT Marvyn	Lake Placid	2:59:42
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#### FEMALE AGE GROUP: 25-29

1	ROSENBERG Sophie	Lake Placid	2:59:42
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#### FEMALE AGE GROUP: 30-34

1	COOREMAN Dana	Whitesboro	2:59:42
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#### FEMALE AGE GROUP: 35-39

1	ZBYLUT Agneiszka	Staten Island	2:55:05
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#### FEMALE AGE GROUP: 40-44

1	MARTIN Ingrid	Montreal, QC	2:17:02
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#### FEMALE AGE GROUP: 45-49

1	REYNOLDS Kim	Warren, VT	1:55:08
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#### FEMALE AGE GROUP: 50-54

1	SAUSVILLE Jennie	Saranac Lake	1:54:09
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#### FEMALE AGE GROUP: 55-59

1	BURKE Mary	Essex	2:29:37
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#### FEMALE AGE GROUP: 60-64

1	VOIGT Paula	Jay	3:10:52
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#### FEMALE AGE GROUP: 65-69

1	TURBEK Joan	Jay	3:27:44
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#### FEMALE AGE GROUP: 70 & OVER

1	BORZILLERI Judy	Lake Placid	3:38:06
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#### 25K MEN FREESTYLE

<b>OVERALL</b>			
1	Matt COOK/30-34	Saranac Lake	1:17:06

#### MALE AGE GROUP: 13-17

1	ERIC DARLING/35-39	Shelburne, VT	1:17:26
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#### MALE AGE GROUP: 18-24

1	ERIC PHANEUF/40-44	Stowe, VT	1:18:21
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#### MALE AGE GROUP: 25-29

1	STOSIEK Nicholas	Lake Placid	1:42:22
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#### MALE AGE GROUP: 30-34

1	GREENBERG Evan	Saranac Lake	1:43:49
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#### MALE AGE GROUP: 35-39

1	TETLOW Justin	Schenectady	1:31:51
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#### MALE AGE GROUP: 40-44

1	LEGGETT Tristan	Huntington, VT	1:21:20
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#### MALE AGE GROUP: 45-49

1	KOGUT Keith	Tupper Lake	1:29:28
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#### MALE AGE GROUP: 50-54

1	PANZA Christopher	Saranac Lake	2:10:04
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#### MALE AGE GROUP: 55-59

1	FRAZER Bill	Lake Placid	1:21:13
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#### MALE AGE GROUP: 60-64

1	ERENSTONE Jeffrey	Lake Placid	1:21:20
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#### MALE AGE GROUP: 65-69

1	BURKE Sean	Paul Smiths	1:25:44
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#### MALE AGE GROUP: 70 & OVER

1	YARSEVICH Chris	Saratoga Springs	1:27:00
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#### FEMALE AGE GROUP: 13-17

1	DORE Patrice	Gatineau, QC	1:18:42
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#### FEMALE AGE GROUP: 18-24

1	DONNELLY-HEG Martin	Albany	1:23:02
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#### FEMALE AGE GROUP: 25-29

1	ROSE Christopher	Peru	1:24:32
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#### FEMALE AGE GROUP: 30-34

1	FARRY Andy	Glens Falls	1:35:00
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#### FEMALE AGE GROUP: 35-39

1	KOBAC Jim	Peru	1:21:13
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#### FEMALE AGE GROUP: 40-44

1	LIS Edward	Lake Placid	1:30:27
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#### FEMALE AGE GROUP: 45-49

1	DOBERT Marvyn	Bolton Landing	1:48:23
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#### FEMALE AGE GROUP: 50-54

1	SMITH Reuben	Chestertown	2:04:17
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#### FEMALE AGE GROUP: 55-59

1	EBBING Dennis	Lake Katrine	2:04:23
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#### FEMALE AGE GROUP: 60-64

1	EBBING Dennis	Lake Katrine	2:04:23
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#### FEMALE AGE GROUP: 65-69

1	EBBING Dennis	Lake Katrine	2:04:23
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#### FEMALE AGE GROUP: 70 & OVER

1	EBBING Dennis	Lake Katrine	2:04:23
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continued

## TD BANK CRAFTSBURY CROSS-COUNTRY SKI MARATHON January 30, 2010 • Craftsbury Outdoor Center, Craftsbury Common, VT

25K CLASSICAL RACE				
<b>MALE OVERALL</b>				
1	John Gerstenberger	S1	Hanover, NH	1:15:40
<b>FEMALE OVERALL</b>				
15	Annelies Cook	M0	Saranac Lake	1:32:27
<b>REGIONAL FINISHERS</b>				
10	Kevin Emblidge	M0	Canton	1:29:30
19	Joseph Korzennecki	M5	Lake Placid	1:33:55
28	Heidi Underwood	M3	Kattskill Bay	1:36:59
48	Darwin Roosa	M7	Altamont	1:45:09
53	Edward Lis	M3	Lake Placid	1:45:42
63	Betsy Richert	M4	Keene	1:50:36
85	Alec Davis	M8	Ballston Lake	1:58:04
88	Rene Clarke	M8	Queensbury	2:00:09
100	Roger Henry	M8	Rexford	2:05:31
130	Richrd Dixon	M7	Mayfield	2:20:29
135	Sherry Dixon	M7	Mayfield	2:24:58
164	Joan Henry	M8	Rexford	2:48:15

#### 50K CLASSICAL RACE

<b>MALE OVERALL</b>				
1	Juergen Uhl	S1	Burlington, VT	2:30:30



**28TH ANNUAL LAKE PLACID LOPPET CROSS-COUNTRY SKI RACES** *continued*

<b>MALE AGE GROUP: 45-49</b>			<b>MALE AGE GROUP: 30-34</b>		
1 DUFOUR Rene	St Hippolyte, QC	1:27:00	1 STECKLER David	Lake Placid	3:22:22
2 JASINSKI Matt	Ballston Spa	1:43:29	<b>MALE AGE GROUP: 35-39</b>		
8 WEAVER Tim	Lake Placid	1:44:23	1 WEBB Chris	Ottawa, ON	3:28:42
10 LARSEN Dane	Plattsburgh	1:54:51	2 WATANABE Takeshi	Saratoga Springs	4:58:30
11 PEARSALL Matthew	Oneonta	1:56:50	<b>MALE AGE GROUP: 45-49</b>		
14 MACCLARENCE Tom	Loudonville	2:02:58	1 MALIKOWSKI Tony	Hoosick Falls	3:17:58
16 MORGAN Bryan	Saranac Lake	2:13:11	<b>MALE AGE GROUP: 50-54</b>		
17 CHEWPA Yuri	Lake Placid	2:15:19	1 MINDE Peter	Dover, NJ	3:42:46
<b>MALE AGE GROUP: 50-54</b>			<b>MALE AGE GROUP: 55-59</b>		
1 COSTANZA Richard	Saranac Lake	1:19:26	1 ROBINSON Mark	Peru	4:09:50
2 FALTUS Robert	Watertown, MA	1:27:13	2 DELONG Douglas	Cherry Valley	4:46:24
3 FISH Peter	Lake Placid	1:33:35	<b>MALE AGE GROUP: 60-64</b>		
7 PARKIN Michael	Blossvale	1:52:01	1 ERENSTONE Richard	Lake Placid	3:57:12
8 DENNIN Greg	Lake Placid	1:56:05	2 ADAMS Jim	Altona	4:33:25
9 HART Brian	Saranac Lake	2:10:24	<b>MALE AGE GROUP: 65-69</b>		
<b>MALE AGE GROUP: 55-59</b>			1 MERZENIN Anatoliy	Brooklyn	3:41:43
1 NIRMEGH Dhyan	Huntington, VT	1:23:27	<b>50K WOMEN CLASSIC</b>		
5 ROSS Jerry	Peru	2:07:22	<b>OVERALL</b>		
6 BILLINGSLEY Chas	Lake Clear	2:26:36	1 Ursula POSL/50-54	Conway, MA	4:36:25
<b>MALE AGE GROUP: 60-64</b>			2 Lisa GERSTENBERGER/18-24	Ithaca	4:58:04
1 CHARBONNEAU Rejean	Montreal, QC	1:38:07	3 Katherine SMITH/50-54	Keene Valley	5:34:42
2 BURKE Jack	Paul Smiths	1:46:35	<b>50K MEN FREESTYLE</b>		
3 KULMATISKI Andrew	Scotia	1:52:20	<b>OVERALL</b>		
4 KRUEGER Frank	Jay	1:54:14	1 David CAHILL/30-34	Norwich, VT	2:28:24
5 DIXON Richard	Mayfield	2:17:02	2 Benjamin LANNIN/30-34	Traverse City, MI	2:29:23
<b>MALE AGE GROUP: 65-69</b>			3 Mike DYON/50-54	King City, ON	2:33:08
1 FEDERMAN Jay	Saranac Lake	1:51:02	<b>MALE AGE GROUP: 25-29</b>		
2 DAVIS Alec	Ballston Lake	2:01:42	1 HOLLENBACH Jake	Winooski, VT	2:28:18
<b>50K WOMEN FREESTYLE</b>			5 EMBLIDGE Kevin	Canton	2:47:39
<b>OVERALL</b>			6 BOUCHARD-HALL Kevin	Jay	3:01:29
1 Heidi UNDERWOOD/40-44	Kattskill Bay	1:29:27	7 YOUNG Matt	Lake Placid	3:17:15
2 Sarah PRIBRAM/40-44	Shelburne, VT	1:31:27	<b>MALE AGE GROUP: 30-34</b>		
3 Maggie RYAN/30-34	Northampton, MA	1:33:33	1 JULIEN Guillaume	Val-d'or, QC	2:46:40
<b>FEMALE AGE GROUP: 13-17</b>			<b>MALE AGE GROUP: 35-39</b>		
1 IZZO Anna	Lake Placid	1:43:08	1 BOUVERET Nicolas	St Placide, QC	2:47:36
3 ANDERSON Maria	Lake Placid	2:54:32	<b>MALE AGE GROUP: 40-44</b>		
<b>FEMALE AGE GROUP: 18-24</b>			1 HERR David	Canaan, VT	2:37:16
1 MILLER Dana	Rainbow Lake	1:54:56	<b>MALE AGE GROUP: 45-49</b>		
3 MELLOR Elise	Lake Placid	2:07:40	1 KUEHNEL Kurt	Dalton, MA	2:41:27
<b>FEMALE AGE GROUP: 25-29</b>			3 HATCH Stanley	Cadyville	3:00:09
1 SAINT GERMAIN Janet	Norwich, VT	1:51:05	4 HIGGINS Kevin	Stillwater	3:09:54
2 BOUCHARD-HALL Elizabeth	Jay	2:00:47	<b>MALE AGE GROUP: 50-54</b>		
<b>FEMALE AGE GROUP: 30-34</b>			1 BANNER Geoff	Georgetown, ON	2:55:33
1 KULMATISKI Anna	Somerville, MA	1:39:34	3 DELANEY Brian	Lake Placid	2:59:28
3 AMES Sara	Saranac Lake	2:02:13	6 MOLES Peter	Lake Placid	3:09:44
<b>FEMALE AGE GROUP: 35-39</b>			7 KORZENECKI Joe	Lake Placid	3:10:46
1 LOFFREDO Annick	Boisbriand, QC	1:47:54	9 HUNECK Tim	Rexford	3:17:46
<b>FEMALE AGE GROUP: 40-44</b>			11 CHMIELEWICZ Mark	Clinton	3:25:57
1 MILLER Jennifer	Richmond, VT	1:47:21	12 RAYNE Todd	Clinton	3:33:11
4 CASSIDY Priscilla	Albany	3:59:55	13 GREY Kenneth	Saratoga Springs	4:02:38
<b>FEMALE AGE GROUP: 45-49</b>			<b>MALE AGE GROUP: 55-59</b>		
1 MELOCHE Lise	Chelsea, QC	1:35:52	1 TOWNEND Bruce	Windsor, MA	2:58:44
2 SCHULZ Laurie	Lake Placid	1:38:08	<b>MALE AGE GROUP: 60-64</b>		
3 TRACHTE Elizabeth	New Paltz	2:06:48	1 MAJERNIK Buddy	Greensboro Bend, VT	3:32:00
4 SALT Brenda	New Paltz	2:17:17	3 WOLSKI Tom	Cambridge	4:31:53
<b>FEMALE AGE GROUP: 50-54</b>			<b>50K WOMEN FREESTYLE</b>		
1 DELANEY Karen	Lake Placid	1:56:39	<b>OVERALL</b>		
2 JASINSKI-KELLY Colette	Ballston Spa	2:04:57	1 Molly HOUSMAN/35-39	Cornish, NH	3:33:07
3 BILLINGSLEY Diana	Lake Clear	2:19:46	2 Katherine LINTON/35-39	Coventry, VT	3:33:09
4 SCHULZ Elisabeth	New Hartford	2:34:36	3 Rose LONG/18-24	Burlington, VT	3:53:01
<b>FEMALE AGE GROUP: 55-59</b>			<b>FEMALE AGE GROUP: 18-24</b>		
1 WILTBERGER Peggy	Saranac Lake	1:43:04	1 HASS Bridget	Ithaca	4:16:59
2 ORMEL Marijke	Saranac Lake	2:17:08	<b>FEMALE AGE GROUP: 30-34</b>		
<b>FEMALE AGE GROUP: 60-64</b>			1 WEIBEL Jen	Saranac Lake	4:13:01
1 DIXON Sherry	Mayfield	2:32:17	<b>FEMALE AGE GROUP: 40-44</b>		
2 FEDERMAN Dorothy	Saranac Lake	2:45:32	1 SCHREYER Sandra	Danbury, CT	3:56:46
<b>50K MEN CLASSIC</b>			<i>Courtesy of Olympic Regional Development Authority</i>		
<b>OVERALL</b>					
1 Phil SHAW/40-44	Rosemere, QC	2:45:23			
2 Eric SEYSE/25-29	Scotia	3:10:51			
3 Luke STRAUSS/25-29	Ithaca	3:12:11			

**POLAR CAP 4-MILE RUN**  
February 6, 2010 • Lake George Elementary School, Lake George

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>				
1 Steve Soprano	22	Queensbury	21:15	1 Patty Morre	43	Queensbury	30:31
2 Volker Burkowski	38	Gansevoort	22:58	2 Nancy Chapman	41	Fort Edward	44:15
3 Kevin Chen	17	Queensbury	23:04	3 Jennifer Perea	41	Queensbury	48:59
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>				
1 Justine Mosher	25	Queensbury	26:32	1 Timothy Bardin	48	Queensbury	25:30
2 Kathleen Mack	25	West Rutland, VT	27:08	2 Samuel Mercado	47	Wilton	27:15
3 Joyce Goodrich	52	Glenville	29:03	3 Ian Hutchinson	45	Scotia	29:29
<b>MALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 45 - 49</b>				
1 Alex Howk	14	Wilton	30:49	1 Patricia Monihan	48	Warrensburg	32:24
2 Jonathan Gay	11	Westport	31:35	2 Susan Granger	48	Queensbury	34:48
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Sherri Metcalfe	12	Queensbury	31:37	1 William Verner	50	Granville	23:16
2 Chloey Jansson	10	Fort Edward	44:12	2 Thomas Locascio	50	Albany	26:11
<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Brent Drapeau	18	Glenville	25:05	3 Rick Lesiak	51	Galway	26:39
2 Evan Collins	16	Bolton Landing	32:35	<b>FEMALE AGE GROUP: 50 - 54</b>			
3 Jeffrey Bounds	17	Argyle	32:56	1 Jen Kuzmich	51	Greenwich	32:45
<b>MALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 55 - 59</b>				
1 Brandon Sager	23	Stuyvesant	28:58	2 Jackie Wright	50	Lake George	33:08
2 Jason Rueda	24	Schenectady	35:07	3 Laurie Anderson	51	Queensbury	34:03
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Stacy May Hollister	23	East Nassau	35:45	1 Bill Babcock	59	Broadalbin	27:04
2 Lori Montgomery	24	South Glens Falls	43:26	2 Dennis Fillmore	57	Ballston Spa	28:15
3 Desiree Boucher	22	Fort Edward	43:34	3 Paul Forbes	59	Colonie	28:28
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Keith Weiss	28	Malta	23:48	1 Maryanne McNamara	56	Saratoga Springs	31:33
2 Seth French	29	Queensbury	23:52	2 Andrea Halnon	56	Lincoln, VT	35:48
3 Richard Pauquette	29	Hampton	25:27	3 Jill Pederson	59	Lake George	36:30
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Alyssa Greer	28	Ballston Lake	32:29	1 Darryl Ferguson	63	Scotia	33:27
2 Christine Behlmer	25	Queensbury	34:28	2 Craig Roods	60	Greenwich	34:02
3 Ruth Crammond	29	Albany	35:30	3 Ed Murphy	64	Queensbury	34:32
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Joshua French	31	Gansevoort	25:47	1 Christine McKnight	62	Schuylerville	39:00
2 Eric Fiske	31	Rutland, VT	26:14	2 Cathy Biss	62	Queensbury	44:08
3 Gabe Anderson	32	Saratoga Springs	26:18	3 Linda Plante	61	Middle Grove	47:27
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>				
1 Jolene Tullius	33	South Glens Falls	32:18	1 Frank Klose	66	Castleton	32:38
2 Melissa Kwasniewski	33	Fort Edward	34:10	2 Eduardo Munoz	67	Olmstedville	32:55
3 Amanda Schaffer	32	Fort Edward	38:58	3 Jim Cunningham	65	Ticonderoga	33:24
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Patrick Amyot	37	Saratoga Springs	26:27	1 Rosemary Rusin	66	Florence, VT	37:35
2 Greg Ethier	36	Waterford	26:56	2 Dottie Langworthy	69	Warrensburg	40:58
3 Randy Swift	37	Saratoga Springs	27:52	3 Sakiko Claus	67	Schroon Lake	42:28
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>				
1 Kristen Forcier	35	Westport	31:45	1 Jim Moore	70	Niskayuna	34:40
2 Michelle Pendergast	36	Troy	33:45	2 Norm Marincic	74	Saratoga Springs	38:16
3 Dawn Gay	35	Westport	33:51	3 Joe Kelly	76	Menands	41:09
<b>MALE AGE GROUP: 40 - 44</b>			<b>FEMALE AGE GROUP: 70 &amp; OVER</b>				
1 Lawrence Poiras	44	Johnstown	24:00	1 Regina Tumidajewicz	83	Amsterdam	59:22
2 Scott Wright	40	Lake George	29:57	<i>Courtesy of The Adirondack Runners</i>			
3 Paul Rogers	42	Johnstown	33:43				

**SARATOGA WINTERFEST 5K SNOWSHOE RACE**  
February 7, 2010 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 15 - 19</b>					
1 Tim Van Orden	41	Bennington, VT	19:50	1 Sean Curtis	17	Greenfield Center	25:24	
2 Jeremy Drowne	32	Saratoga Springs	19:52	<b>MALE AGE GROUP: 20 - 24</b>				
3 Richard Teal	31	Troy	24:09	1 Matthew Caldwell	22	Gorham, ME	34:24	
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 20 - 24</b>					
1 Carissa Stepien	29	Syracuse	26:23	1 Lisa D'Aniello	23	Saratoga Springs	29:26	
2 Emily Flagg	35	Rochester	26:40	2 Kimberly Negrich	20	Mayfield	29:33	
3 Jacque Schiffer	45	Olivebridge	29:21	3 Jennifer Kehn	22	Burnt Hills	40:35	
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 25 - 29</b>					
1 Eric Hulbert	14	Mexico	29:20	1 Chris Imperial	29	Ballston Lake	31:48	
2 Benjamin Harper	13	Oswego	30:25	2 John Forbush	28	Albany	37:24	
3 London Niles	12	Shaftsbury, VT	31:00	<b>FEMALE AGE GROUP: 25 - 29</b>				
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 30 - 34</b>					
1 Chloe Lovely	8	Troy	1:09:09	1 Kate Forbush	29	Albany	37:25	
			<b>FEMALE AGE GROUP: 30 - 34</b>					
			2 Amy Hale			27	Johnstown	56:19
			3 Renay Nowicki			28	Saratoga Springs	56:20

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- Quick recovery

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**5K- 1:00PM CHATHAM HIGH SCHOOL**

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# Race Results

## SARATOGA WINTERFEST 5K SNOWSHOE RACE *continued*

MALE AGE GROUP: 30 - 34			
1	Nathan Pung	34	Delmar 24:40
2	Charles Petraske	32	Saratoga Springs 24:48
3	Jim Schertzer	34	Ballston Lake 28:13
FEMALE AGE GROUP: 30 - 34			
1	Carolyn Brett	31	Albany 1:01:47
2	Maria Brett	33	Albany 1:01:49
MALE AGE GROUP: 35 - 39			
1	Dave Shumpert	39	Clifton Park 27:33
2	Mark Staton	36	Saratoga Springs 31:20
3	Jason Penge	39	Porter Corners 38:19
FEMALE AGE GROUP: 35 - 39			
1	Sarah Dzikowicz	39	Amsterdam 30:33
2	Jennifer Ferris	38	Saratoga Springs 33:38
3	Angela Squadere	38	Rotterdam 37:02
MALE AGE GROUP: 40 - 44			
1	John Onderdonk	42	Saratoga Springs 24:35
2	Douglas Gerhardt	42	Saratoga Springs 26:12
3	Todd Rowe	41	Rotterdam 27:44
FEMALE AGE GROUP: 40 - 44			
1	Pamela DelSignore	40	Gansevoort 31:05
2	Kim Scott	41	Malta 31:35
3	Laurel Shortell	43	Northampton, MA 38:40
MALE AGE GROUP: 45 - 49			
1	Ken Clark	47	Somers, CT 24:33
2	Edward Alibozek	47	Suffield, CT 25:01
3	Ken Schaible	46	Rochester 25:18
FEMALE AGE GROUP: 45 - 49			
1	Beth Trapasso	48	Gansevoort 35:02
2	Linda Grace	46	Queensbury 36:43
3	Kathleen Ryan	45	Saratoga Springs 38:12

MALE AGE GROUP: 50 - 54			
1	David Peterson	51	Saratoga Springs 25:06
2	Tom Tift	52	Averill Park 26:30
3	Bob Dion	54	Readsboro, VT 28:10
FEMALE AGE GROUP: 50 - 54			
1	Donna Bates	52	Albany 42:36
2	Donna Gorson	54	Williamstown, MA 54:51
MALE AGE GROUP: 55 - 59			
1	Glen Tryson	56	Malden Bridge 27:08
2	Jeffrey Lutzker	58	Saratoga Springs 28:34
3	Michael Della Rocco	58	Altamont 30:45
FEMALE AGE GROUP: 55 - 59			
1	Phyllis Fox	57	Loudonville 37:36
2	Janet Tryson	56	Malden Bridge 40:02
3	Brucie Jacobs	56	West Starbridge, MA 40:08
MALE AGE GROUP: 60 - 64			
1	Charles Brockett	64	Dolgeville 31:29
2	Jim Carlson	62	Gansevoort 33:26
3	Al Schultz	64	Olivebridge 45:49
FEMALE AGE GROUP: 60 - 64			
1	Laura Clark	62	Saratoga Springs 35:15
2	Cathy Biss	62	Queensbury 43:53
MALE AGE GROUP: 65 - 69			
1	Bob Massaro	66	Chicopee, MA 35:16
MALE AGE GROUP: 70 & OVER			
1	Richard Busa	80	Marlboro, MA 39:59

*Courtesy of Saratoga Stryders*

## GORE MOUNTAIN TELEMARX SKI RACE

February 7, 2010 • Gore Mountain, North Creek

MALE OVERALL			
1	David Cunningham	00:33	
2			
3	Dan Korot		Queensbury 00:38
4	Phil Johnson		00:42
FEMALE OVERALL			
1	Karin Kilgore-Green	00:40	Glens Falls
MALE AGE GROUP: 20 - 29			
1	Lyle Farren	00:36	South Glens Falls
MALE AGE GROUP: 30 - 39			
1	Peter Matamala	00:47	New Rochelle
MALE AGE GROUP: 40 - 49			
1	Bob Olden	00:34	Chestertown
2	Richard Seiler	00:37	Albany
FEMALE AGE GROUP: 40 - 49			
1	Linda Lawrence		Albany 00:40
2	Marie Eilleen Barret		00:55
MALE AGE GROUP: 50 & OVER			
1	Richard Wilke		Schenectady 00:39
2	Drew Cullen		Newcomb 00:47
FAVORITE OF THE DAY			
1	Larry Wilke		North River 00:45

*Courtesy of Gore Mountain*

## CAMP SARATOGA 8K SNOWSHOE RACE

February 13, 2010 • Wilton Wildlife Preserve & Park, Wilton

MALE OVERALL			
1	C. Fred Joslyn	26	East Syracuse 29:45
2	Matthew Russell	26	Ogdensburg 30:25
3	Matthew Medeiros	24	Saranac 31:15
FEMALE OVERALL			
1	Chelynn Tetreault	34	Ashfield, MA 40:00
2	Ashley Krause	32	Easthampton, MA 41:12
3	Carissa Stepien	29	Syracuse 41:40
MALE AGE GROUP: 14 & UNDER			
1	Greg Ulm	14	Southampton, MA 47:32
2	London Niles	12	Shaftsbury, VT 47:36
3	Corey Phelan	14	Richland 48:59
MALE AGE GROUP: 15 - 19			
1	Connor Devine	16	East Berne 33:29
2	Brandon Mulligan	17	Westfield, MA 34:03
3	Taylor Della Rocco	15	Berne 36:29
MALE AGE GROUP: 20 - 24			
1	Andrew Kless	23	Rochester 33:24
2	Shaun Donegan	24	Wilton 33:57
3	Thomas O'Grady	24	Latham 33:59
FEMALE AGE GROUP: 20 - 24			
1	Lisa D'Aniello	23	Saratoga Springs 45:37
2	Kathleen Schmermund	24	Washington, DC 56:08
3	Anna Gonzalez	24	Washington, DC 56:15
MALE AGE GROUP: 25 - 29			
1	Robbie Olsen	26	Fort Drum 35:33
2	Richard Gallagher	29	Lyme, NH 37:16
3	Miguel Contreras	25	Fort Drum 38:35
FEMALE AGE GROUP: 25 - 29			
1	Rachel Brandenburg	26	Washington, DC 43:02
2	Kaitlyn Skelley	26	Menands 44:53
3	Caroline Palsen	26	Washington, DC 48:07
MALE AGE GROUP: 30 - 34			
1	Russ Krause	30	Easthampton, MA 33:11
2	Jeff Dengate	32	Brooklyn 35:21
3	Brian Northan	34	Guilderland 37:43
FEMALE AGE GROUP: 30 - 34			
1	Jessica Hageman	34	Schenectady 42:32
2	Sara Brenner	30	Albany 44:12
3	Jill Wyman	30	Arlington, VA 1:03:14
MALE AGE GROUP: 35 - 39			
1	Matt Westerlund	37	Lacona 33:45
2	Jason Pare	37	Oriskany 36:41
3	Jim Pelton	39	Mannsville 37:28
FEMALE AGE GROUP: 35 - 39			
1	Sarah Dzikowicz	39	Amsterdam 50:34
2	Angela Squadere	38	Rotterdam 54:38
3	Kathleen Tersigni	39	Burnt Hills 1:01:12
MALE AGE GROUP: 40 - 44			
1	Tim Van Orden	41	Bennington, VT 31:51
2	Todd Rowe	41	Rotterdam 43:12
3	Jamie Howard	44	Albany 59:10
FEMALE AGE GROUP: 40 - 44			
1	Kim Scott	41	Malta 50:35
2	Joann Lynch	44	Pittsfield, MA 51:39
3	Laurel Shortell	43	Northampton, MA 57:48
MALE AGE GROUP: 45 - 49			
1	Ahmed Elasser	47	Latham 34:38
2	Ken Clark	47	Somers, CT 37:57
3	Edward Alibozek	47	Suffield, CT 39:34
FEMALE AGE GROUP: 45 - 49			
1	Maxine Stent	46	Brattleboro, VT 50:59
2	Diane Gray	46	Fairport 55:02
3	Mary Rivers	48	Victor 55:03
MALE AGE GROUP: 50 - 54			
1	David Peterson	51	Saratoga Springs 38:51
2	Tom Tift	51	Averill Park 41:54
3	Jeff Clark	52	Glenmont 44:43
FEMALE AGE GROUP: 50 - 54			
1	Carol Dodge	53	Fulton 50:51
2	Peggy McKeown	52	Schuylerville 51:12
3	Maureen Roberts	52	Gansevoort 52:52
MALE AGE GROUP: 55 - 59			
1	Brian Dodge	56	Fulton 38:25
2	Mike Lahey	58	Adams, MA 43:28
3	Glenn Tryson	56	Malden Bridge 43:53
FEMALE AGE GROUP: 55 - 59			
1	Douglas Fox	57	Loudonville 51:48
2	Phyllis Fox	57	Loudonville 1:00:08
3	Janet Tryson	56	Malden Bridge 1:08:35
MALE AGE GROUP: 60 - 64			
1	Floyd Lampart	63	Lake Clear 46:37
2	Wally Lampart	64	Florence, MA 48:30
3	Charles Brockett	64	Dolgeville 49:50
FEMALE AGE GROUP: 60 - 64			
1	Kathleen Furlani	61	Broad Brook, CT 50:01
2	Laura Clark	62	Saratoga Springs 56:29
3	Cathy Biss	62	Queensbury 1:07:19
MALE AGE GROUP: 65 - 69			
1	J.J. Favat	65	Saratoga Springs 52:40
2	Bob Massaro	66	Chicopee, MA 57:14
3	Walt Kolodzinski	67	Florence, MA 1:08:52
MALE AGE GROUP: 70 - 79			
1	John Pelton	70	West Rupert, VT 46:10
2	Ed Alibozek	70	Adams, MA 52:01
MALE AGE GROUP: 80 & OVER			
1	Richard Busa	80	Marlboro, MA 1:05:59

*Courtesy of Saratoga Stryders*

## HMRRC WINTER SERIES #5: 4, 10 & 20 MILES

February 7, 2010 • University at Albany, Albany

4-MILE RUN			
MALE OVERALL			
1	Tim Hoff	44	Albany 26:28
2	Pete Cure	51	Altamont 8:15
3	Bob Jones	43	Albany 28:25
FEMALE OVERALL			
1	Nancy Briskie	52	Schenectady 30:12
2	Alicia Gorski	26	Ballston Lake 35:12
3	Mary Bovenzi	24	Albany 35:20
AGE GROUPS			
1	Julia Maloney	F1-14	Loudonville 36:44
1	Chris Herrbs	M15-16	Rexford 28:43
1	Laurel Abowd	F15-16	Glenmont 36:44
1	Andrew Sims	M20-29	Troy 31:40
1	Thea Yurkiwicz	F20-29	Fultonville 37:06
1	Craig Weidman	M30-39	Selkirk 35:16
1	Karen Jean	F30-39	Albany 36:39
1	John Williams-Searle	M40-49	Albany 30:30
1	Mindy Mackesey	F40-49	Altamont 37:20
1	Martin Patrick	M50-59	East Greenbush 31:31
1	Cynthia Finnegan	F50-59	Niskayuna 36:12
1	Jim Thomas	M60-69	Castleton 34:19
1	Ginny Pezzula	F60-69	Colonie 38:11
1	Don Wilken	M70-79	Slingerlands 44:27
1	Anny Stockman	F70-79	Rensselaer 52:38
10-MILE RUN			
MALE OVERALL			
1	Chuck Terry	27	Albany 55:52
2	Thomas O'Grady	25	Latham 56:05
3	Andy Allstadt	27	Albany 58:34
FEMALE OVERALL			
1	Karen Dolge	39	Valatie 1:06:18
2	Christina Ardito	30	Schenectady 1:07:40
3	Roxanne Wegman	22	Delmar 1:08:09
20-MILE RUN			
MALE OVERALL			
1	Joe Hayter	29	Schenectady 2:06:36
2	Rich Homenick	45	Schenectady 2:25:45
3	Dennis VanVlack	27	Duanesburg 2:29:20
FEMALE OVERALL			
1	Peggy McKeown	52	Schuylerville 2:48:29
2	Jenny Lee	50	Selkirk 3:04:40
3	Anna Bersani	17	Rensselaer 3:16:13
AGE GROUPS			
1	Kahill Scott Jr.	M15-19	Cohoes 2:53:48
1	Jeff Hayes	M20-29	Troy 2:43:25
1	Joe Benny	M30-39	Albany 2:50:51
1	Bob Wither	M40-49	Niskayuna 2:32:30
1	Chester Tumidjawicz	M50-59	Amsterdam 2:48:48
1	Judy Lynch	F60-69	Castleton 3:28:07

*Courtesy of Hudson-Mohawk Road Runners Club*

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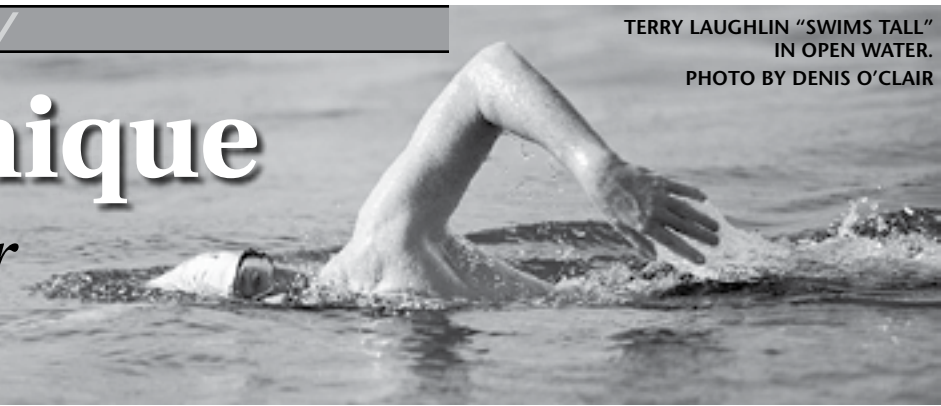
## // SWIMMING //

# Open Water Technique

## Work Less and Swim Better

by Terry Laughlin

TERRY LAUGHLIN "SWIMS TALL"  
IN OPEN WATER.  
PHOTO BY DENIS O'CLAIR



Anyone who has experienced both, recognizes that open water presents challenges never seen in a pool. Rougher water and no lane lines are obvious. Less so is the dramatic difference in energy cost. Consider this: In a pool, turns and push offs (i.e. a pit stop for your arms) occupy about a quarter of the time and distance. In open water, not only will that mile take at least ten percent longer – because push offs boost your speed – but there are no pit stops.

Better technique is the answer. But not just better – *different* technique. You see, the pool training most of us rely on encourages habits you might get by with when your arms get frequent “stroking breaks,” but could sink you like a rock when swimming 1,500 or more uninterrupted strokes – the minimum it takes most people to do a mile in open water. That’s why I developed four techniques that can increase your endurance more than any amount of aerobic training.

As a distance swimmer in my teens and 20s, I trained as hard as anyone but my race times were nothing special. But since turning 55, I’ve won national masters championships, broken age group records, and been the number one-ranked 55-59 age swimmer in open water – mainly by *sacrificing* speed in the pool. At masters workouts, most of my teammates, including triathletes, outswam me on short repeats. But during longer swims, they slowed while I held a steady pace. Not because I was fitter, but as a result of my choice to practice longer, more leisurely, strokes.

During 25- and 50-yard repeats, most others *sprinted* with high-turnover strokes – often taking 21 or more strokes per

length, while I limited myself to 15 or fewer strokes. I could’ve sprinted faster by *stroking* faster, but because my best events aren’t pool sprints, I opted to swim as I would in open water. My sprints were “slow” by pool standards, but perfectly suited for the fastest parts of open water races.

### THE “PERILS” OF POOL TRAINING

Though few shared my reluctance to “sprint,” a study by Jonty Skinner, performance science director for USA Swimming, suggested I’d stumbled upon the best way to train – in the pool – for open water. Jonty and others had noted that many top short course swimmers (races in 25-yard pools, such as NCAA championships) swam far slower in long course events (50-meter pools, including the Olympics). When he compared video of short and long course specialists, he discovered the best long course freestylers tend to swim with longer, “hip-driven” strokes, requiring less of a turnover. This style generated a bit less speed in short bursts, but was markedly less tiring. Short course specialists used a faster, more “arm-driven” stroke – faster over short bursts, but much more work.

What explains the difference? In a 25-yard pool (using the underwater dolphin as Michael Phelps does), an athlete might *swim* as little as a third of the distance, giving hard-working arms frequent rest breaks. In a 50-meter pool, the same swimmer would need to swim at least 70 percent – but usually more of the distance – a clear incentive to swim more economically.

I understood immediately that the best style in a 50-meter pool would become hugely advantageous in open water. Here’s the rub: Hard-working, naturally competitive athletes, training mostly in 25-yard

pools, will almost inevitably imprint the “Short course stroke.” To excel in open water you’d need to defer immediate gratification (short-term speed) for long-term gain.

If that’s you, here are four *open water techniques* to practice in the pool – and remember while racing.

**Hug the Surface** – Most swimmers instinctively lift or swing the head in rougher water. This increases drag and gives the waves a bigger “target.” Waves occur above the surface, but it’s relatively calm below, so concentrate on *knifing through* chop, not climbing over. To practice, *release* your head until it feels weightless, then visualize a laser projecting from the top of your head. Point that laser where you want to go. This also helps hips and legs ride higher and lighter, saving further energy by reducing drag and your need to kick.

**Swim Taller** – The simplest way to lengthen your stroke is to focus on using your arm to *extend your bodyline*. You’ll still stroke back, but shift your *intention* to the hand going forward. Practice by focusing on: a) After entry, visualize slipping your hand through the water, as if through a sleeve – a *long* sleeve, and b) Spend more of each stroke in the “front end” *slightly* exaggerating the “overlap” between strokes. In rougher water, this will also allow time to establish a firmer grip.

**Swim with ‘Wide Tracks’** – Virtually every pool swimmer I’ve seen crosses to the center as they reach forward. Elite freestylers extend and stroke on a line directly forward of the shoulder. This helps channel energy in the direction of travel. It also improves stability in waves and chop, where your arms function like outriggers. To practice, visualize a fat tree trunk in

front of your head. Keep your arms outside it the entire time they’re forward of your nose.

**Enter the “Mail Slot”** – A high-swinging, forward-reaching recovery, common among swimmers in open water places most of the load of propulsion on fatigue-prone arm muscles. When your hand enters closer to your head (on wide tracks) with a steeper arm angle, your hand reaches the “catch” with your palm facing back, where hand pressure moves you *forward*. A steep “angle of attack” also connects better to power from hip rotation, saving your arm muscles from fatigue. To practice: a) Visualize a mail slot forward of your shoulder; slip your hand and forearm into the slot before sliding through the “sleeve;” b) Swim silently – a cleaner entry is always quieter; and c) Watch for, and eliminate, bubbles from your stroke.

### REWIRE YOUR BRAIN

These techniques may be simple, but none come naturally or instinctively. You’ll need to practice new stroke thoughts consistently and tirelessly, until they become habits. For example, never leaving a wall without choosing one to focus on.

Just as important as new muscle memory will be “mental muscle” – the ability to stay focused on any of them in the midst of a churning pack during a race. Finally, “memorize” them in the order given. 🌲

*Terry Laughlin is head coach of Total Immersion Swimming in New Paltz. He’ll teach open water techniques and more at Open Water Workshops in Lake Placid June 28 to July 2. Or learn techniques yourself from Total Immersion DVDs (totalimmersion.net).*

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# Options in Sports Eyewear

## And the importance of Vision in Athletics

by Kristen M. Jurcsak

Most athletes have a LOT of gear. We'll buy anything that will help make us faster, the most comfortable, hydrate us, feed us, and protect us from the elements – you name it, most of us have it. So let's take a look at eyewear. It may not be at the top of your "must have" list when you're thinking about your favorite sport or activity, but it should be pretty close. All of us most likely have *at least* one pair of sunglasses. But, do we have the right pair? Or, do we need different eyewear for different activities or changeable environmental conditions? Can top of the line sports eyewear accommodate corrective lenses?

After consulting some sports eyewear experts, not only can I answer "yes" to these questions, but I am also a much better educated and informed shopper. There are some really amazingly cool, technologically advanced options out there, and there is truly something for everyone.

Research shows prolonged exposure to UV light while working or playing outdoors can lead to cataracts, retinal damage, and age-related macular degeneration. Most damage from UV rays occurs when we are young and the effects of UV radiation are cumulative, so it's important to start protecting your eyes early in life to prevent or prolong the effects of eye diseases that happen later in life. For optimum protection, sunglasses should block 99 to 100 percent of both UV-A and UV-B rays, screen out 75 to 90 percent of visible light, and be perfectly matched in color and free of distortion and imperfection. All quality sunglasses have lenses prepared to prescription standards and are optically perfect. Whenever we are outdoors, it's extremely important to protect our eyes.

If interested in sports eyewear versatile enough to be used in several sports, the ideal sports specific sunglass would have a wrap around frame with interchangeable lenses allowing for varying light situations. Or if you did not want to bother changing lenses, photochromatic lenses are an option. These lenses change color as light conditions increase or decrease. Both interchangeable lenses

and photochromatic lenses can be made to accommodate most prescriptions. This recommendation is only a general guideline, however. If you've decided to invest in quality sports eyewear, your best bet is to meet with an optician knowledgeable about all the options available to you before making a purchase.

Most sports glasses have polycarbonate lenses. Polycarbonate lenses are shatter resistant and lightweight so they are ideal. Non-prescription lenses are typically polycarbonate, although higher-end sports glasses are using a material called NXT. An NXT lens provides higher optical quality (closer to that of actual glass) than polycarbonate. Trivex is the newest technology in lens material. Trivex is three times more impact resistant than polycarbonate, extremely lightweight, has the optical quality of glass, and is resistant to oils and chemicals.

There are dozens of lens colors and tints to choose from. This is an area where advice from an optician really comes in handy. After looking at (and through) many different lens colors with Coleen Kern of ActiveRxEyewear in Troy, she pointed out that the right lens color selection depends greatly on a person's sensitivity to light. People with light eyes tend to have higher light sensitivity. I visited Coleen on an overcast afternoon and found that the perfect lens color for me on a low-light day is a rose colored lens. I have light blue eyes. A person with dark eyes might use an orange or even a yellow lens on a cloudy day. I tried orange and yellow after the rose lenses and found she was right, they were way too bright for me.

As a general guideline, dark greys are best in bright light; browns in bright, hazy conditions (yellow-based colors like in shades of brown provide more contrast); and reds, oranges, ambers and greens are best for low-light and cloudy conditions. Half tints of the low-light lens colors, as well as yellow are best for very low-light and provide higher transmission contrast. If you really wanted to get fancy, Drivewear offers a prescription, polarized, photochromatic lens that is greenish-yellow in low-light conditions, transitioning gradually to amber, and then to brown as UV light increases.

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Polarized lenses remove glare from surfaces, and are essential for water sports such as paddling and fishing. However, polarization is a lens characteristic that is very sport specific. It is not effective for snow sports like eastern downhill skiing because the polarization removes the glare from icy surfaces and merges where the snow stops and ice starts. It is useful when skiing out west where consistent powder conditions prevail. Polarized lenses are also not good for bicycling in conditions that change from sun to clouds to rain and then back to sun. Removing glare from puddles and standing water makes it difficult for cyclists to delineate between wet and dry pavement.

So now that you've chosen the perfect lens, it's time to choose the perfect frame. Most sports eyewear frames wrap around your face. The higher-end frames have either adjustable nose pads that move eyewear closer to or farther from the face. This feature provides proper ventilation which reduces or altogether eliminates lens fog when doing an aerobic sport such as running. Some frames also have adjustable temples that move frames up and down so you are never looking over the top of your eyewear, as tends to be the case with cyclists.

If you prefer a frame that sits directly on your face, vents in the frame itself can also help reduce fogging. Some ski goggles even come equipped with tiny fans inserted into the frame for increased air circulation. Many frames also offer interchangeable temples and straps so you can select the perfect option depending on activity. Foam inserts fitting around the outside of an eyewear frame, seal the eyes from wind and debris. This feature is useful for winter sports such as downhill skiing where cold air can cause eyes to tear.


If you need corrective lenses, the good news is that almost anything available to someone with 20/20 vision is also available to you. Opticians recommend most people needing corrective lenses use contacts under non-prescription eyewear. But if this is not an option, never fear. Corrective lenses can be created for most people with prescriptions. Prescription lens inserts can also be made separately from the colored sports lenses. These inserts sit under the colored lenses and either clip to or are magnetically attached to the frame.

The most innovative prescription option was explained to me by Dave Doebler of Eye Peek in Lake Placid. In the last three years or so, digital optics has become an option for creating corrective lenses. These lenses work on the same premise as a digital camera or digital TV and utilize thousands of pixels (optical centers) in the lens instead of just a single optical center at the center of the lens. These lenses are as effective as contacts because a person is always looking through an optical center no matter how the eye rotates and work great in lenses created for wrap around frames that could otherwise cause some visual distortion. Digital lenses are recommended for people with strong prescriptions and for those needing progressive (no line bifocal) lenses. Digital optics improves contrast sensitivity by 30-percent, especially in low-light conditions where digital lenses sharpen contrast with grey shades and improves night vision.

Today's eye doctors and opticians also believe in strengthening and improving the eye naturally, beyond what is available with prescription, corrective lenses. Silhouette Eye Studio of Albany is launching a Sports Vision Training program at the *Adirondack Sports & Fitness Summer Expo*. Sports Vision Training is a revolutionary eye training program designed to enhance vision by strengthening eye muscles and hand-eye coordination. Perfecting vision with eye therapy along with the ideal sports eyewear is the key for optimal visual performance.

Special thanks to these contributors for educating me in the many facets of modern sports eyewear technology: Coleen Kern of **ActiveRxEyewear** ([activexeyewear.com](http://activexeyewear.com)); Dave Doebler of **Eye Peek** ([eyepeekoptical.com](http://eyepeekoptical.com)); and Rebecca Ehle, David Laing and Dr. Chad Vaughn of **Silhouette Eye Studio** ([silhouette-eye-studio.com](http://silhouette-eye-studio.com)). 🌲

*Kristen Jurcsak (kmjurcsak@alum.rpi.edu) is a freelance writer living in Glensville. Kristen enjoys an active outdoor lifestyle that includes skiing, swimming, running and cycling.*



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## HIKING & BACKPACKING

# Spring Hiking

## MOOSE POND AND WANIKA FALLS

by Bill Ingersoll



The 133-mile Northville-Placid Trail is a hiking route that extends from the southern Adirondacks to the High Peaks region near Lake Placid. It is the longest trail in the Adirondack Park, but you don't need to be a long-distance hiker to enjoy it. Many of its individual sections make good day hikes and weekend backpacking trips, and one of the best examples of this is the Northville-Placid Trail's northern end.

This stretch of trail is easy enough for a long day's hike, but campsites at Wanika Falls and Moose Pond are good places to spend a night on multiday trips. The rolling trail is wide enough to be popular with skiers in winter.

### GETTING THERE

To reach the trailhead from the Olympic Ski Jumping Complex in Lake Placid, turn west onto Old Military Road and drive 1.7 miles to the intersection with Averyville Road. Turn left onto Averyville and follow it 1.1 miles south to the bridge over the Chubb River. The trailhead and small parking area are on the left side of the road, just short of the bridge.

### THE TRAIL

The trail briefly follows the east bank of the Chubb River. At 0.1-mile it veers left away from the river, and thus begins the first long stretch of trail. The route passes through a forest rich with black cherry – a tall tree that is far more common in the western Adirondacks than the Lake Placid region – and pockets of old blowdown. There is a beaver meadow that needs to be crossed, and a long set of puncheons that leads through a swampy coniferous forest with black spruce and balsam fir.

The trail briefly joins an old logging road beside a stream, which in turn leads to a large beaver flow at four miles. Depending on the status of the mud-and-stick dam, you may find a large pond here reflecting an intriguing view of the Sawtooth Range. It is also possible to see the slide on the back of Nye Mountain, which was created by an earthquake in August 1983.

The trail skirts a corner of the flow and creeps gradually into higher terrain. The course becomes more westerly, avoiding the rest of the beaver flow by a wide mar-

gin, but despite being on higher ground the route becomes very wet. Water often manages to pool up along much of the tread, creating very soupy walking conditions throughout this section. Many of the old log puncheons intended to solve this problem have rotted away. The only hints of Nye's presence above you to your left are the various clear-watered streams flowing left-to-right toward the Chubb River. Most of these are spanned by log bridges.

☒ SUNSET OVER MOOSE POND.  
WANIKA FALLS IN SUMMER. ☒  
PHOTOS BY BILL INGERSOLL

Although the route has been parallel to the Chubb all this time, you do not see the river again until reaching a scenic crossing at 5.9 miles. A narrow log bridge is suspended high above a small waterfall, with a rock ledge nearby that is irresistible as a resting point.

Just beyond this bridge, the trail turns left onto the bed of an old woods road. This is the original route of the Northville-Placid Trail, which led to a trailhead at the very end of Averyville Road. The way to the right was abandoned decades ago, and although it is still occasionally used by hikers it is so overgrown at the junction that there is little likelihood it could cause confusion. The modern trail is so obvious that some people may not even spot this turn.

Bearing left, the Northville-Placid Trail is now quite close to the creek-sized Chubb. At one point, as the course angles southwest, the trail follows the crest of what appears to be a small glacial esker with steep drop-offs on both sides.

At 6.5 miles you reach a junction, with a yellow-marked side trail leading left to Wanika Falls. This spur leads above the lower cascades – impressive in their own right, but not the main attraction – and fords the creek, which may not be advisable in early spring. A small clearing on the far bank is a former lean-to site that is now designated for tent camping. The trail continues for a total of 0.2-mile to the foot of Wanika Falls, which drops over a hundred vertical feet via a series of rock ledges. Ironically, spring is the best time to see the falls but the high-water conditions can make approaching it difficult.

Back on the Northville-Placid Trail, continue southwest toward Moose Pond. Look for pieces of plane wreckage on a hill immediately above the junction. The trail passes through a wet notch and around a chain of beaver meadows that you can only glimpse through the trees. More impressive are the various tributaries that cross the path, several of which feature



small waterfalls. None of these streams are spanned by bridges, so be prepared to hop rocks. All of them flow into one of the headwater branches of Moose Creek, a lively stream at the bottom of the valley to your right.

The trail reaches the Moose Pond Lean-To from behind at 8.1 miles. It sits on a bank high above the pond, and although it faces the water the woods have grown in to block the former views. Fortunately the lean-to is a good campsite, because the thick woods surrounding Moose Pond allow no other alternatives.

From the water's edge there is a gorgeous view of the pond and the Sawtooth Range beyond. These mountains remain the largest truly pathless range in the Adirondack Park. One summit was originally known as Seymour, another was named for Governor Levi P. Morton, but neither name stuck. The range has nearly a dozen peaks over 3,300 feet in elevation. Bob and George Marshall, with their guide Herbert Clark, climbed two of the peaks in 1925 and named the two highest peaks Raker (the flatter eastern summit) and Cutter (the sharp western summit) for the similarly shaped teeth of a saw blade. These peaks do have views, and there is a third peak that is almost as tall. But all three, with the rest of the nearly dozen tallest knobs, sit in virtually inaccessible splendor atop this jagged ridge, waiting to be explored.

The Northville-Placid Trail continues 3.8 miles south to the dam and lean-tos at Duck Hole with modest grades and lovely forest cover. 🌲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Adirondack High Peaks by Barbara McMartin and Bill Ingersoll.*

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## // RUNNING //

# Add Spring to Your Step

## Focus on SPEEDWORK

by Laura Clark

☒ SARATOGA STRYDERS WEDNESDAY  
WORKOUT AT THE SARATOGA SPA STATE PARK.  
PHOTO BY JIM MCKNIGHT



Mention speedwork to a bunch of runners and you are met with a variety of reactions – and only a few of them enthusiastic. For some, with memories of high school or college track sessions, the term exposes the vulnerability of their younger years when self worth was measured in fractions of seconds. For beginners, there are recollections of the angst exhibited in the classic film *Chariots of Fire*, coupled with the fear that they themselves are not “real” runners. For the rest of us who contemplate speedwork as a regular occurrence, there is still the trepidation that comes with laying it all on the line. So wherever you stand on the spectrum, know that we all share your apprehensions.

That much said, there is nothing quite like intense training to bump you to the next level. When I began running after the birth of my first child, improvements came dramatically, both in terms of distance covered and minutes per mile. This is the honeymoon phase when every day brings a feeling of accomplishment. But as in all such passages, honeymoons need to be nurtured if they are to stand the test of time. And that is where speed exercises come in.

If you have ever tried to lose a few pounds, you are familiar with the dreaded dieter's plateau. The only way to increase momentum is to shake things up a bit. Similarly, speedwork can catapult you from your boring 5K race pace to a new level. The good news is that this does not necessarily have to involve a track. It can take a myriad of forms, from sprinting on the road lamppost to lamppost, to uphill challenges, to longer tempo runs at a sustainably fast pace.

For those who value the spontaneity or contemplative value of their daily jaunt, this somewhat difficult transition is made easier if you have a support group. That can be as simple as meeting with a few friends once a week or running with a larger assemblage. For me, the Saratoga Stryders Wednesday night workouts fill the bill perfectly. We meet at 6pm from April through October in the Saratoga Spa State Park and place ourselves in the expert hands of Coach Jeffrey Lutzker. Our workouts vary to include track, road, trail, hills, intervals and tempo endeavors – all of which emphasize various running

fundamentals like speed, endurance, power and pacing.

Rather like Greyhound's “Leave the driving to us,” we don't have to think, just show up. We all do the same workout, but in groups appropriate to our skill level, so no one need feel out of place. With 40 or more participants, we encompass a wide range of potential. Better still, if you are recovering from a recent marathon or a head cold, you can always drop back a few places. Coach Jeff utilizes the dynamics of this approach to enable each runner to push and encourage the other. “I've had so many Stryders tell me when they missed a workout and did it on their own, it just wasn't the same and they lacked motivation.”

And that leads us to the current trend in high-tech training and online coaching. According to *The Runner's Edge* authors, Stephen McGregor and Matt Fitzgerald, many runners utilize a heart rate monitor to target their pace, but relatively few add a speed-and-distance component to download their data to compare a wide span of workouts. I must admit this is not me. Like many fiercely independent runners, I prefer the born free attitude. But then again I do not expect to qualify for the Boston Marathon anytime soon either.

Interestingly enough, this approach seems to be more popular with triathletes who tend to be more technologically savvy and more into equipment in general. When Saratoga Stryders members Jane and Steve Mastaitis committed to their first Ironman, they decided to hire an online coach. According to Jane, “The Ironman is such a huge commitment and with juggling the training between three different disciplines it made sense to have an expert guide.” Their coach tailored workouts to their individual levels and they faced race day with confidence, neither overtrained nor undertrained.

And what of the older athlete? The goal here is more to preserve that spring with realistic concessions to the passage of time. As a perennial age group winner, 60-plus Hudson-Mohawk Road Runners Club member Pat Glover has had to adapt his schedule to the requirements of his more experienced body. He regards races as part of his regular speed training and increasingly

relies upon longer tempo runs to sharpen his skills without straining his legs. While Pat does not participate in a formal coaching program, he enjoys his forays with the Southern Saratoga YMCA running group members, who share their insights and basically coach each other. And like running guru and erudite writer George Sheehan, Pat not only has reduced his weekly mileage but also takes several days off to cross train or simply relax.

Others, like me, have traded speed for strength and endurance. At this point in life, I have reluctantly conceded that a flat and fast 5K is simply not within my makeup. My favorite workouts are hill repeats where slow and steady counts for something. And contrary to normal advice, I enjoy honing my downhill speed, figuring the extra boost from gravity can't hurt.

As far as seasoned athletes go, it is no accident that many are women. The Hudson-Mohawk Road Runners Club's Nancy Briskie won the 50 to 54 age-group at the 2009 New York City Marathon, finishing 94th overall. She is fan of the *Survivor* TV series, noting that the women have greater endurance – “It is usually not the last man standing, but the last woman!” Nancy excels at all distances, tailoring her workouts according to her upcoming events. She credits her versatility to her weekly regime of yoga and strength training, which keep her body quick and flexible – a component that Coach Jeff keeps urging us to add to our busy schedule. Apparently it pays off!

To learn more, go to your local library or bookstore: *Daniels' Running Formula* by Jack Daniels – Classic, definitive treatise on the whys and hows of speed training; *Run Faster from the 5K to the Marathon* by Brad Hudson – How to adapt training tables to your personal “experiment of one;” *The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer and Faster* by Ross Tucker and Jonathan Dugas; and *The Runner's Edge: High-Tech Training for Peak Performance* by Stephen McGregor and Matt Fitzgerald.

While approaches to speed workouts are varied, wherever you live chances are you can find a like-minded group of runners to help push you towards your goals. Applied knowledgeably and in harmony with your body's needs, speedwork will springboard you to the next level. At any rate, it takes a lot less time than that fabled long run.

From the local May events listed here, select one that you might not otherwise have considered: **Albany YMCA 5K Run/Walk** in Washington Park (5/1); **Literacy Run/Walk 5K** in Troy (5/2); **Prospect Mountain Road Race** in Lake George (5/8); and **Mother's Day 3.5-Miler** in Delmar (5/9). 📌

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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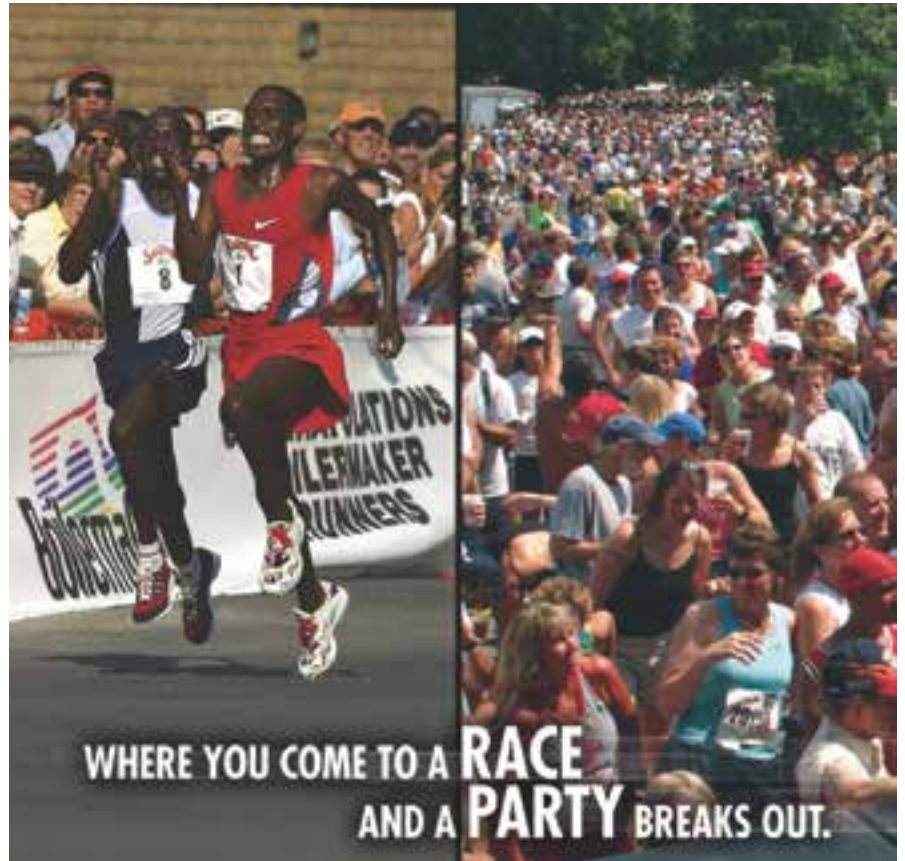
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