



# ADIRONDACK

## SPORTS & FITNESS

**FREE!**  
 20,000 CIRCULATION

CAPITAL REGION • SARATOGA • GLENS FALLS • ADIRONDACKS

**MAY**  
**2010**


CLOCKWISE FROM BOTTOM LEFT: ARE MEMBERS AT THE COLONIE HIGH SCHOOL 12HR RELAY IN JULY 2009; COMPETING TEAMS BATTLE AT THE BRUEGGER'S BAGEL RUN 5K IN SEPT. 2009; TEAM UTOPIA MEMBERS AT THE HMMRC SUMMER TRACK SERIES IN JULY 2009; AND WILLOW STREET'S MARY BUCK AT THE CLUB CHAMPIONSHIPS IN KENTUCKY IN DEC. 2009.

PHOTOS BY DEBRA-JANE BATCHER, PAUL PARTRIDGE, TEAM UTOPIA, AND WILLOW STREET AC.

 Visit Us on the Web!  
**AdkSports.com**

## CONTENTS

### ARTICLES & FEATURES

- 1 Running & Walking  
*Running Teams*
- 3 Kayaking & Canoeing  
*Your Paddling Safety Kit*
- 11 Bicycling  
*Rules of the Road*
- 13 Hiking & Backpacking  
*Hurricane Mountain*
- 23 Running & Walking  
*Mothers and Daughters Bond Through Running*

### CALENDAR OF EVENTS

- 4-9 May - July 2010  
*More Than 300 Things to Do!*

### COLUMNS

- 12 Athlete Profile  
*Triathlete Johan Bosman*
- 14 Around the Region News Briefs
- 14 From the Publisher/Editor & Reader Letters
- 21 The Non-Medicated Life  
*Preventing Childhood Obesity*

### RACE RESULTS

- 16-20 February - April 2010  
*Top Finishers in 16 Events*

# Running Teams

## Together Everyone Achieves More

by Laura Clark

The *Loneliness of the Long Distance Runner* notwithstanding, even solitary athletes feel the need to connect with other like-minded individuals. Hence we join local clubs, organize casual Sunday runs, and test ourselves in the company of others on race day. As broadening as these experiences are, something is lacking and that is the camaraderie of being a team player.

Team adds an extra dimension to sport, the opportunity to look beyond individual goals, and link your aspirations to those of others. While soccer or baseball teams offer complex playing options, running teams are a bit more straightforward. The basic task for all is still running and you still get to put forth your best individual effort. But this time around, you are inspired to reach for new heights through the support of your teammates.

Many of our local races, including the Freihofer's Run for Women, Adirondack Distance Run and Stockade-athon, offer team entries under United States Track & Field. Others, like Silks & Satins and the Adirondack Marathon Relay do not require USATF membership. Teams range from pick-up affairs, to club affiliated options, to designer models. Some welcome everyone with open arms; others are more exclusive with age, ability or sex requirements.

As with all endeavors, the key element here is that there has to be someone willing to lay the groundwork. Many clubs have casual pick-up teams focused around the bigger events, but once the day is over, the group disbands. Diane Sherrer, former coach of the successful Finger Lakes Women's Masters Team, once observed that

being captain was rather like herding cats, all with highly individualized agendas.

Saratoga Stryders' Pamela DelSignore, who significantly just turned 40, has taken on that task for the newly formed Saratoga Stryders Women's Masters Team (info@saratogastryders.org). With only two races under our belt (I'm a member) we already have almost 20 women, ranging in age from 40 to 69. Currently, we participate in coach Jeffrey Lutzker's Wednesday night workouts, and meet informally Monday evenings for some trail running. Regardless of our physical presence on race day, we have become virtual email cheerleaders for each other throughout the week. We have discovered that traveling together, warming up together, and celebrating afterwards transforms an otherwise ordinary race day into an a solid exclamation point – and not just a slash mark on an overloaded to-do list.

And then, of course, there are those fancy team singlets we get to model. We purposefully designed them minus the pink flowers in hopes of attracting a future men's team, but so far no male leader has approached the start line. My personal theory is that men never had to deal with pre- and post-Title IX prejudices, so guys tend to take team building for granted and perhaps have had their fill at Little League functions. But for us women, it is a thrill to at last belong to something bigger than ourselves.

Perhaps proving me wrong is the Adirondack Athletic Club team for masters males, which unlike Stryders, is not associated with a particular running club. According to



NORTH COUNTRY TRIATHLON

REGISTER NOW!



Start your season off right with the best race in the region.

# NORTH COUNTRY TRIATHLON

LAKE GEORGE  
HAGUE, NY  
JUNE 26, 2010

WWW.NORTHCOUNTRYTRI.COM

EASTERN MOUNTAIN SPORTS®

## Don't Miss DemoFest!

Kayak Demos • Product Demos • Jetboil Camp Cook-Off • And More

### Thinking about a new kayak?

- **MEET** reps from Hurricane, Necky, Ocean Kayak, Old Town, Perception, Wilderness Systems, and more!
  - **LEARN** from Eastern Mountain Sports staff how to choose the kayak, paddle, and accessories that fit your body and activity.
  - **SAVE** with great same-day sales on boats and accessories.
- PLUS we're taking our store outdoors for a great day of discovery and "try before you buy" fun!**

WILDERNESS SYSTEMS

Hurricane kayaks

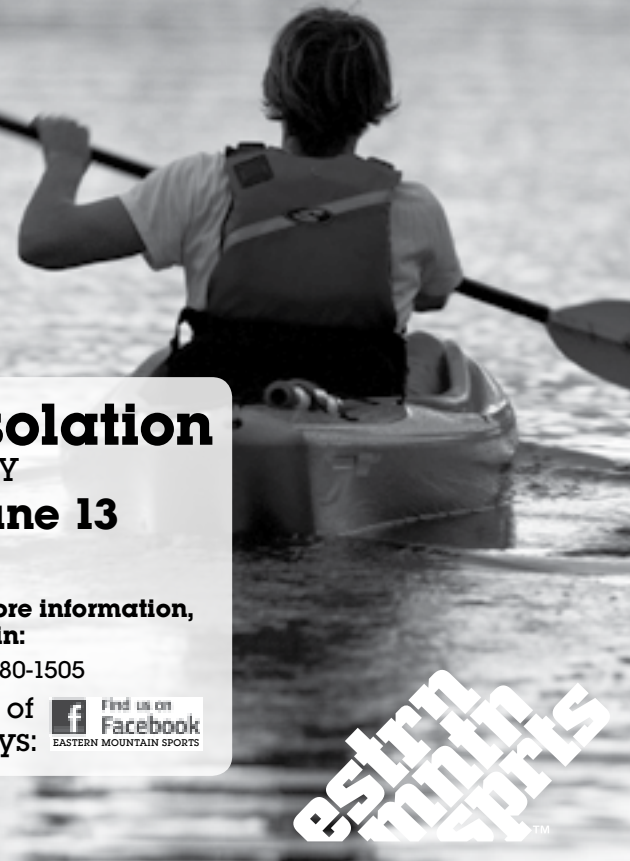
OCEAN KAYAK

NECKY KAYAKS

Old Town CANOES & KAYAKS



perception



### Lake Desolation

Middle Grove, NY

Saturday, June 13

10 AM-4 PM

For directions and more information, please call our store in:

Saratoga Springs 518-580-1505

For a complete list of Kayak Demo Days:



SHOP THE WAY YOU WANT online ems.com | phone 888-463-6367 | stores 64 locations



PlacidPlanet BICYCLES

## THE BEST NAMES IN BICYCLES

Cervelo • Orbea • Scott  
Cannondale • Kona • Felt  
Trek • Santa Cruz

**In-Stock – and Ready to Ride!**

Road – Triathlon – Mountain  
Hybrid – Comfort – Kids

**Great Selection and Expert Service!**

- Three Serotta SIC1 and FIST Certified fit technicians
- Get the right bike, size and fit to meet your goals and expectations
- Complete selection of triathlon wetsuits and accessories
- More than 20 brands of cycling clothing • Professional Repairs

2242 SARANAC AVE, LAKE PLACID  
OPEN SEVEN DAYS A WEEK

(518) 523-4128 • PlacidPlanetBicycles.com

## FLEET FEET Sports®

FOOTWEAR • APPAREL • ACCESSORIES

The Capital Region's Only Locally Owned and Operated  
Specialty Running and Walking Store

EXPERIENCE  
FITLOSOPHY®



WHAT'S NEW!

Freihofer's  
Run for Women Expo  
Presented by Reebok

WHEN: Friday, June 4, 12 - 8 pm  
Saturday, June 5, 8am - 3pm

WHERE: Empire State Plaza Concourse

The Marketplace is free to the general public and open to all. Join us for the finest in **footwear, apparel and accessories at special Expo pricing**. Outfit yourself for race day, or just check out the latest technology in running gear.

155 Wolf Road, Albany, NY 12205

(518) 459-3338 • FleetFeetAlbany.com

Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm



**bike MS**  
  
**ACCEPT THE CHALLENGE**  
 Join us as we celebrate 25 years of Bike MS!

**Bike MS: Follow the Foothills**  
 July 10, 2010  
 West Mountain Ski Resort  
 Queensbury, NY  
 10, 30, 62, or 100 mile options

**Bike MS: Finger Lakes Challenge**  
 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

**REGISTER TODAY**  
[www.msupstateny.org](http://www.msupstateny.org) or call 1.800.FIGHTMS (press 2)

9TH ANNUAL  
**WHITEFACE MOUNTAIN UPHILL BIKE RACE**  
 Saturday, June 19th



**WhitefaceRace.com**  
 888-944-8332

**CVPH Mayor's Cup Mountain to Lake Bike Ride**  
 Sunday, July 11 at 9 am  
 Start/Finish: CVPH Medical Center  
 Prospect St, Plattsburgh

Routes: 20 (new), 54 & 68 miles  
 First 150 registered receive T-shirt  
 Rest stops & SAG support  
 Post ride BBQ for riders

Register/Info: (518) 562-7169  
[cvph.org/Foundation](http://cvph.org/Foundation)  
 Funds benefit CVPH Travel Fund

15TH ANNUAL  
  
**BLACK FLY CHALLENGE**  
**Mountain Bike Race**  
 Saturday, June 12 • 10:30am  
 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, Cyclocross

\$30 postmarked by • 5/21 or \$35 after  
 Register Friday 9am-9pm Petals & Pedals  
 Race day 8-10am at Inlet Town Hall

**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

**Calendar of Events**  
 May - July 2010

| MAY 2010         |                  |    |    |    |   |   | JUNE 2010 |    |    |    |    |    |    | JULY 2010 |    |    |    |    |    |    |
|------------------|------------------|----|----|----|---|---|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S                | M                | T  | W  | T  | F | S | S         | M  | T  | W  | T  | F  | S  | S         | M  | T  | W  | T  | F  | S  |
|                  |                  |    |    |    |   |   | 1         | 2  | 3  | 4  |    |    |    | 4         | 5  | 6  | 7  | 1  | 2  | 3  |
| 2                | 3                | 4  | 5  | 6  |   |   | 6         | 7  | 8  | 9  | 10 | 11 |    | 11        | 12 | 13 | 14 | 15 | 16 | 17 |
| 9                | 10               | 11 | 12 | 13 |   |   | 13        | 14 | 15 | 16 | 17 | 18 |    | 18        | 19 | 20 | 21 | 22 | 23 | 24 |
| 16               | 17               | 18 | 19 | 20 |   |   | 20        | 21 | 22 | 23 | 24 | 25 | 26 | 25        | 26 | 27 | 28 | 29 | 30 | 31 |
| 23 <sup>30</sup> | 24 <sup>31</sup> | 25 | 26 | 27 |   |   | 27        | 28 | 29 | 30 |    |    |    |           |    |    |    |    |    |    |

**BICYCLING ONGOING**

- Tue Northway Ten Tour Ride.** 9am. 35M. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. [webmhcc.org](http://webmhcc.org).
- Tue Tue Night Rensselaer Co Multi-Pace Ride.** 5pm. 30M. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. [webmhcc.org](http://webmhcc.org).
- Tue Terrible Tue Quick Ride.** 5:30pm. 35M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. [webmhcc.org](http://webmhcc.org).
- Wed CBRC Quick Training Ride.** 6pm. 30M. S. Bethlehem Park, S. Bethlehem. Paul McDonnell: 439-1477. [webmhcc.org](http://webmhcc.org).
- Thu Thu Night Pizza Tour Ride.** 6pm. 25M. SCCC, Schenectady. Mark Wilder: 346-5988. [webmhcc.org](http://webmhcc.org).
- Fri Serotta Open Fit Lab & Factory Tours.** 11am. Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104. [serotta.com](http://serotta.com).
- Sun Wake-Up Casual Ride.** 7:15am. 15M. Hannaford, Voorheesville. Steve Redler: 434-1540. [webmhcc.org](http://webmhcc.org).

**MAY**

- 15 Tomhannock Bicycles: Grand Opening Celebration!** 10am-5pm. Tomhannock Bicycles, Pittstown. 663-0083. [tomhannockbicycles@nycap.rr.com](mailto: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](http://serotta.com).
- 15 "Alternate Plan B" Quick Ride.** 10am. 65M. Warrensburg Health Ctr., Warrensburg. Arthur Goedeke: 439-5937. [webmhcc.org](http://webmhcc.org).
- 16 Tour de Columbia County.** 35-50M supported ride. Craryville. Ed Fertik: 917-533-4639. [cyclologicaltours.com](http://cyclologicaltours.com).
- 16 Kinderhook to Nassau Casual (30M) & Tour (40M) Rides.** 11am. Van Buren E.S., Kinderhook. Martha Mooney: 758-2228. Dennis Goff: 758-7890. [webmhcc.org](http://webmhcc.org).
- 16 6th Team Billy Bike Ride & Walk for Research.** 10/25/50M ride. 3M walk. 8:30am. High Rock Park, Saratoga Springs. [teambilly.org](http://teambilly.org).
- 16 Sweat N' Spring Rides.** 100M: 8am. 62M: 9am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. [bikereg.com](http://bikereg.com).
- 17 Delmar Loop Casual Ride.** 5:30pm. 28M. Park/Ride, Bethlehem. Andrea Belec: 465-3011. [webmhcc.org](http://webmhcc.org).
- 19 4th "Ride of Silence."** 15M. 6pm. Slow-paced ride honoring cyclists killed/injured in auto collisions & promoting safety/mutual respect. Corning Preserve Boat Launch, Albany. Claire Nolan: 439-5338. [rideofsilence.org](http://rideofsilence.org).
- 19 Kinderhook Ramble III Casual (15M) & Tour (21M) Rides.** 6pm. Van Buren E.S., Kinderhook. Martha Mooney: 758-2228. Dennis Goff: 758-7890. [webmhcc.org](http://webmhcc.org).
- 20 Guilderland Casual Ride.** 5:30pm. 15M. Lighthouse Baptist Church, Schenectady. Fred Barker: 852-4629. [webmhcc.org](http://webmhcc.org).
- 20 Special Wacky Tour Ride.** 5:30pm. 27M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. [webmhcc.org](http://webmhcc.org).
- 20 New Baltimore Casual Ride.** 6pm. 20M. S. Bethlehem Park, Bethlehem. William Maurer: 439-6678. [webmhcc.org](http://webmhcc.org).
- 20 Pizza Tour Ride.** 6pm. 25M. Park/Ride, Schodack. Dave Higgins: 437-0974. [webmhcc.org](http://webmhcc.org).

- 22 Pie a la Mode 2-Day Tour Ride to Cambridge Hotel & Back.** 8:30am. 70M/day. Germanos Auto Service, Guilderland. James Bethell: 446-1766. [webmhcc.org](http://webmhcc.org).
- 22 Balloon Fest Road Race Preview Quick Ride.** 9:30am. 48M. Rain date: 5/23. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. [webmhcc.org](http://webmhcc.org).
- 22 Leader's Choice Tour Ride.** 9:30am. 60M. Spa Little Theater, Saratoga Springs. Henry Wilkie: 482-3902. [webmhcc.org](http://webmhcc.org).
- 22 Troy Farmer's Market Casual Ride.** 10am. 16M. Corning Preserve Boat Launch, Albany. Jonathan Benn: 482-6648. [webmhcc.org](http://webmhcc.org).
- 24 Farmlands Ramble II Casual Ride.** 5:30pm. 15M. Hannaford, Valatie. Karen Wade: 794-7451. [webmhcc.org](http://webmhcc.org).
- 26 Wacky Wed Casual (23M) & Tour (27M) Rides.** 5:45pm. BHBL M.S., Burnt Hills. Andrea Belec: 465-3011. Henry Wilkie: 482-3902. [webmhcc.org](http://webmhcc.org).
- 27 Guilderland Casual Ride.** 5:30pm. 15M. Lighthouse Baptist Church, Schenectady. Fred Barker: 852-4629. [webmhcc.org](http://webmhcc.org).
- 27 Dear Mountain Casual Ride.** 6pm. 20M. Park/Ride, Bethlehem. William Maurer: 439-6678. [webmhcc.org](http://webmhcc.org).
- 27 Thu Pizza Tour Ride.** 6pm. 25M. Guilderland H.S., Guilderland. Robert Kerr: 371-5366. [webmhcc.org](http://webmhcc.org).
- 29 Lake Luzerne Tour (50M) & Casual (30M) Rides w/MHCC & Massapequa Cycling Club.** 9:30am. Skidmore College Visitor Parking, Saratoga Springs. Henry Wilkie: 482-3902. [webmhcc.org](http://webmhcc.org).
- 29 "Alternate Plan B" Quick Ride.** 10am. 65M. Warrensburg Health Center, Warrensburg. Arthur Goedeke: 439-5937. [webmhcc.org](http://webmhcc.org).
- 29-31 Killington Stage Race.** Killington, VT. 802-496-5415. [killingtonstagerace.com](http://killingtonstagerace.com).
- 30 Saratoga Battlefield Tour Ride w/MHCC & Massapequa Cycling Club.** 9:30am. 38M. BOCES, Saratoga Springs. Bruce Curtiss: 587-4408. [webmhcc.org](http://webmhcc.org).
- 30 No Whining & Cheese Casual Ride to Fort Hunter Historic Site.** 10am. 38M. SCCC, Schenectady. Jonathan Benn: 482-6648. [webmhcc.org](http://webmhcc.org).
- 30 Five Chathams Tour Ride.** 10:30am. 25M. Old Chatham. Karen Wade: 794-7451. [webmhcc.org](http://webmhcc.org).

**JUNE**

- 1 Tue Casual Ride.** 6pm. 18M. Bradt E.S., Rotterdam. John Ogden: 376-1078. [webmhcc.org](http://webmhcc.org).
- 2 Wacky Wed Tour Ride.** 5:30pm. 35M. Chango E.S., Round Lake. Henry Wilkie: 482-3902. [webmhcc.org](http://webmhcc.org).
- 3 Berninger Classic Quick Ride.** 6pm. 20M. Park/Ride, Bethlehem. Arthur Goedeke: 439-5937. [webmhcc.org](http://webmhcc.org).
- 5 Placid Planet Century & Half-Century Rides.** Lake Placid. 523-4128. [placidplanetbicycles.com](http://placidplanetbicycles.com).
- 5 Summit Lake Quick Ride.** 9am. 52M. Rain date: 6/6. BOCES, Saratoga Springs. Bruce Curtiss: 587-4408. [webmhcc.org](http://webmhcc.org).
- 5 Bethlehem Novice Really Casual Ride.** 10am. 12M. Park/Ride, Bethlehem. Bob Cohen: 855-5552. [webmhcc.org](http://webmhcc.org).
- 5-6 Balloon Festival Classic & Battenkill Valley Jr. GP/NYS Jr. Road/TT/Crit Champs.** Cambridge. [farmteamcycling.org](http://farmteamcycling.org).
- 6 ADA "Tour de Cure" Ride.** 100M-7am. 63M-7:30am. 50M-8:30am. 25M-9am. Spinathon (1-3hrs)-9:30am. 10M-10am. Saratoga Springs H.S., Saratoga Springs. American Diabetes Assn: 218-1755 x3606. [diabetes.org](http://diabetes.org).
- 6 Seven Lakes Casual Ride.** 10am. 25M. WSL E.S., West Sand Lake. Janice Verrastro: 674-4473. [webmhcc.org](http://webmhcc.org).
- 6 Kinderhook to Malden Bridge Tour (40M) & Casual (30M) Rides.** 11am. Van Buren E.S., Kinderhook. Dennis Goff: 758-7890. Martha Mooney: 758-2228. [webmhcc.org](http://webmhcc.org).
- 12 "Adirondack 540" Race Course Preview.** 136M. Schuylerville. John Ceceri: 583-3708. [adkulttracycling.com](http://adkulttracycling.com).
- 12 Champ Ride 2010.** 12/25/55/70/100M. 6:30am. Kingsland Bay S.P., Ferrisburg, VT. 800-649-2437. [vtcares.org](http://vtcares.org).

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

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

**plaine and son**  
 BIKE • SKI • BOARD  
  
 16,000 Sq. Ft. Showroom  
 Expert Service  
 Club Discounts


**YOU'VE NEVER SEEN A STORE LIKE IT!**  
**Guaranteed Lowest Price in the Nation!**  
 We Even Beat Internet Pricing!

**TREK • SPECIALIZED • REDLINE • WE THE PEOPLE**  
 Road - Mountain - Fitness - Hybrid - Youth - BMX  
 Same day or 24 hour repair shop turnaround  
 Visit [plaineandson.com](http://plaineandson.com) for printable coupons you can use in our store  
**1816 State St, Schenectady • (518) 346-1433**  
 Monday-Friday 10-8, Saturday 10-6, Sunday 12-5

**Enjoy Road or Mountain Biking in the Capital District & Saratoga?**  
 Join MHCC Today!  
 • All levels of ability welcome  
 • More than 300 rides per year  
 Pick up an application at bike shops or visit [www.webmhcc.org](http://www.webmhcc.org)



**Mohawk-Hudson Cycling Club**

**Mt Equinox Uphill Bike Climb**  
  
 Saturday, August 7 • 8AM  
 Skyline Dr, Manchester, VT  
 5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship:  
[www.gearupforlyme.com](http://www.gearupforlyme.com)  
 Andy Holzman: (802) 362-0273  
 Presented by Manchester Rotary Club

Five hundred miles Across New York

# The Great Big FANY Ride

July 25-31, 2010 • 10th Annual "Meet the Challenge!"

Visit Niagara Falls, Lake Ontario, the Erie Canal, Finger Lake wineries, Amish country, Adirondack Mountains, Saratoga Springs and Battered, the Hudson River. Bike 70 mi./day on glorious back roads. SAG support, detailed cue sheets, camping or hotel options, bus to start, and tons of fun!

[www.FANYride.com](http://www.FANYride.com)

## Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 11-12

Carlsbad Pavilion (near Peerless Pool) Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

Contact: Skip Holmes (518) 466-1182  
serottaskip@nycap.rr.com



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

# WAY NORTH CENTURY

**Sunday, August 22 • The Oval, Old Air Force Base, Plattsburgh**  
Join the Adirondack Cycling Team on our fourth annual century ride through the beautiful roads of Clinton County in the North Country

- 8:00am – Century and Half Century • Fee: \$30 by 7/15, \$40 by 8/21, \$50 ride day
- T-shirt to first 100 registrants by 7/15 • Two fully supported rest areas
- Vehicle support throughout • After-ride gathering with good food and great people!

**Registration & Information:**  
[adirondackcyclingteam.com](http://adirondackcyclingteam.com) or (518) 563-7620

**12-13 Adk North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race, Wilmington. Sun: Saranac Lake Downtown Criterium, Saranac Lake. 873-2413. [teampiacidplanet.org](http://teampiacidplanet.org).

**19 9th Whiteface Mountain Uphill Bike Race.** 7.8M. 5:30pm. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. [whitefacerace.com](http://whitefacerace.com).

**20 Tour de Columbia County.** 35-50M supported ride. Craryville. Ed Fertik: 917-533-4639. [cyclologicaltours.com](http://cyclologicaltours.com).

25-27 Saranac Lake Tandem Rally. Gear-To-Go Tandems, Saranac Lake. 891-1869. [gtgtandems.com](http://gtgtandems.com).

27 5th Tour de Kingston & Ulster. 5/12/25/35/50M. Kingston. 845-336-5581. [tourdeulster.com](http://tourdeulster.com).

### JULY

**10 25th Bike MS "Follow the Foothills" Ride.** 10/30/62/100M. West Mountain, Queensbury. Natl. MS Society: 800-FIGHTMS x2. [msupstatenyalb.org](http://msupstatenyalb.org).

10-11 "Saratoga 12/24." 96M Challenge; Day 12hr Race, Night 12hr Race & UMCA Natl. 24hr Championship. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).

**11 Mayor's Cup Mountain to Lake Bike Ride.** 20/54/68M. 9am. BBQ. CVPH Medical Ctr., Plattsburgh. 562-7169. [cvph.org/foundation](http://cvph.org/foundation).

**16-18 Tri-State Ramble Bike Tour.** 120-180M in NY/CT/MA. Craryville. Ed Fertik: 917-533-4639. [cyclologicaltours.com](http://cyclologicaltours.com).

**25-31 10th Great Big FANY Ride.** 500M supported tour across NY. Niagara Falls to Saratoga Springs. [fanyride.com](http://fanyride.com).

### AUGUST

**7 Mt. Equinox Uphill Bike Climb.** 5.4M. 8am. Manchester, VT. Andy Holzman: 802-362-0273. [gearupforlyme.com](http://gearupforlyme.com).

**7-8 25th Bike MS "Finger Lakes Challenge" Ride.** 1 or 2 days. Sat: 25/66/10M. Sun: 25/50M. Keuka College, Keuka Park. Natl. MS Society: 800-FIGHTMS x2. [msupstateny.org](http://msupstateny.org).

**15 5th "Ididaride" Adirondack Bike Tour.** 75M: 8:30am. 20M w/shuttle: 1pm. Ski Bowl, North Creek. Adirondack Mountain Club: 800-395-8080. [adk.org](http://adk.org).

**22 4th Way North Century Ride.** 100/50M. 8am. The Oval, Plattsburgh. 563-7620. [adirondackcyclingteam.com](http://adirondackcyclingteam.com).

**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).

### SEPTEMBER

**11-12 Saratoga Century Weekend.** Saratoga Spa S.P., Saratoga Springs. Mohawk-Hudson Cycling Club. [webmhcc.org](http://webmhcc.org).

## HEALTH & FITNESS

### ONGOING

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

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

**Mo-Sa Hatha, Flow, Gentle & Chair Yoga Classes.** Community Church, Schroon Lake. True North Yoga: 810-7871. Class schedule: [truenorthyogaonline.com](http://truenorthyogaonline.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).

**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).

## HIKING & ROCK CLIMBING

### MAY

15 Taconic Crest End-to-End 29M Hiking Challenge. 5:30am. 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.** 8am-4pm. Northville-Placid Trail. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

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

6 Woods Walks. 12:30pm. Wilderness & walks. Pineridge Ski Area, E. Poestenkill. [rensselaerplateau.org](http://rensselaerplateau.org).

**16-18 Beginner Backpacking.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.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).

**26 High Peaks Bedrock Naturalist Series.** 9am-5pm. Heart Lake, Lake Placid. 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).

### JULY

**5-9 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**12, 19 Trailless Day Hikes.** 12: Table Top Mtn. 19: Esther Mtn. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**24 Women's High Peaks Day Hike: Giant & Rocky Peak Ridge.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**26 Beginner Day Hike: Rooster Comb.** 4M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

## MOUNTAIN BIKING

### MAY

20 Coed MTB Ride. 6pm. Town Park, Colonie. Theresa Crombach: 421-0551. [teamlunachix.com](http://teamlunachix.com).

20-24 Eastern Series DH Cup. Plattekill, Roxbury. 607-326-3500. [plattekill.com](http://plattekill.com).

23 Campmor H2H MTB Race #2: Tymor Park. Lagrangeville. 845-505-1211. [h2hrace.com](http://h2hrace.com).

24 Coed MTB Ride. 6pm. SMBA Trails, Saratoga Springs. Theresa Crombach: 421-0551. [teamlunachix.com](http://teamlunachix.com).

### JUNE

5-6 Eastern Series DH Cup. Mount Snow, W. Dover, VT. 802-464-3333. [mountsnow.com](http://mountsnow.com).

7 Coed MTB Ride. 6pm. Luther Forest STEP Trails, Malta. Theresa Crombach: 421-0551. [teamlunachix.com](http://teamlunachix.com).

**12 15th Black Fly Challenge MTB Race.** 40M. 10:30am. Inlet to Indian Lake. 315-357-3281. [blackflychallenge.com](http://blackflychallenge.com).

**12 Gore Downhill MTB Clinic.** Skills, lift tickets, lunch. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

12 6th "Mix Up The Dirt" MTB Fest. 10am. Rides, BBQ, raffles. SMBA Trails, Saratoga Springs. [saratogamt.org](http://saratogamt.org).

**INSIDE EDGE**  
643 Upper Glen Street (Rt. 9) - Queensbury  
(518) 793-5676

## Adirondack North Country Race Weekend 2010

**NYS RR and Crit Championships!**  
Sat. 6/12: Wilmington-Whiteface Road Race  
Sun. 6/13: Saranac Lake Downtown Crit

- Challenging, hilly road race with uphill finish; nearly flat, fast, exciting village criterium
- 19 categories including women's & junior (10-18) races both days, kids (below 10) crit on Sunday
- \$30 pre-reg. (each race) on [BikeReg.com](http://BikeReg.com); \$10 for 18 & under; kids below 10 free
- Over \$4600 in cash plus merchandise and medals
- For more info see [www.teampiacidplanet.org](http://www.teampiacidplanet.org) or email [race@teampiacidplanet.org](mailto:race@teampiacidplanet.org)

Presented by

**TEAM Placid Planet**

**New Web Address!**  
**Visit: CBRC.CC**  
Established 1982  
**Join Today!**

## Godfrey Financial Associates, Inc.



**Objective, Professional, Independent**  
Serving the Capital District for 11 years

- ✓ Fee-based financial planning
- ✓ Investment management
- ✓ Retirement and legacy planning

**godfrey financial** (518) 220-9381  
associates, inc. [godfreyfinancialplanning.com](http://godfreyfinancialplanning.com)  
a registered investment advisor

## Great Prices and Expert Service!

Cannondale • Fuji • Ibis • Surly  
Giro • Fox • Diadora • Pearl Izumi • and more

**Expert Bicycle Repairs and Tune-Ups**  
**Parts and Accessories**

Rt. 7, Latham  
2 Miles West of  
Northway Exit 6  
**785-0501**  
[www.HighAdventureSBR.com](http://www.HighAdventureSBR.com)

**HIGH ADVENTURE**  
SKI & BIKE

**STORE HOURS:**  
Mon/Wed/Thu: 10-7  
Tue/Fri/Sat: 10-5  
Sun: closed

# 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

# 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

Old Town Canoes/Kayaks  
 & SportsPal Canoes  
 Now Available!

## Frank's Gun & Tackle Shop

3549 Rte 30, Broadalbin

(Across from Adirondack Animal Land)

### Old Town Kayaks

Otter X \$299 • Vapor 10 \$399  
 Vapor 10 XT \$469 • Vapor 12 \$499  
 Vapor 12 XT \$599 – All in stock

### Old Town Canoes

### SportsPal Canoes

12, 14 & 16 foot – Now in stock

### We Also Carry-

- Paddles, PFDs, oars and all accessories
- Malone Car Racks
- A full line of fishing & hunting equipment

**(518) 883-5053**

M-F 10-6, Sat 10-4, Sun (call)  
 Great Prices, Selection & Service!

**Hudson Crossing Triathlon**  
 USA Triathlon June 13, 2010  
 Hudson Crossing Park, Schuylerville, NY  
 500 yd swim, 12.4 mi bike, 3.25 mi run  
 Beautiful course!  
 Race capped at 150 athletes  
 Proceeds benefit Hudson Crossing Park  
 Beginner-friendly  
[www.hudsoncrossingtri.com](http://www.hudsoncrossingtri.com)

**LAKE DELTA TRIATHLON**  
 Sunday, August 22 • 8am  
 Delta Lake State Park, Rome  
 Olympic Distance  
 1500m swim - 40K bike - 10K run  
 First-timers/age-groupers/Ironman welcome  
 First 200 receive technical shirt  
**Info, register online & entry form:**  
[www.atcendurance.com](http://www.atcendurance.com)  
 Mike Byrch: 315-404-8130

- 13 15th Black Fly Challenge: Trail Exploration Day.** 10am. Arrowhead Park, Inlet. Pedals & Petals: 315-357-3281. [blackflychallenge.com](http://blackflychallenge.com).
- 14 Women's Only MTB Ride. 6pm. Town Park, Colonie. Theresa Crombach: 421-0551. [teamlunachix.com](http://teamlunachix.com).
- 19-20 Wilmington MTB Festival.** Opening weekend, demo day & special events. 12pm: Pump Track Challenge. Whiteface Bike Park, Wilmington. [downhillmike.com](http://downhillmike.com) & [highpeakscyclery.com](http://highpeakscyclery.com).
- 20 Super D Race Series.** 12pm. Whiteface Bike Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 26 3rd Bike Climb & Race #2 BUMP Series. 5.8M. 10:30am. Okemo, Ludlow, VT. 802-226-7846. [okemobikeclimb.com](http://okemobikeclimb.com).

### JULY

- 1 Mini DH Race #1.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 3 Ladies Day #1.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 8 Mini Dual Slalom Race #1.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 15 Mini Super D Race #1.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 24 Downhill MTB Clinic.** Skills, tickets, lunch. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

### MOUNTAINEERING & WILDERNESS SKILLS

#### MAY

- 15 Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndashina, 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. Ndashina, 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. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

#### JUNE

- 5 Wilderness Navigation Essentials.** Adult/teen. 10am. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 5-6 Adirondack Training Institute: Wilderness First-Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 13-16 Adirondack Training Institute: Challenge Course Facilitator.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 19 Caving & Ecology Naturalist Series.** 10am-4pm. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 20 Fathers' Day Family Wilderness Camp.** Age 8+. 10am. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

#### JULY

- 10 Caving & Ecology Naturalist Series.** 10am-4pm. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 12-14 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 12-16 Wilderness Adventure Day Camp.** Age 9-13. 9am-4pm. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 19-21 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 26-27 Jr. Pathfinders Tracker Training.** Age 10-12. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 26-28 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 28-30 Jr. Pathfinders Wilderness Training.** Age 10-12. 9am-4pm. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

### AUGUST

- 7-7 Wilderness Survival Intensive.** Adult/teen. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 9-13 Pathfinders Wilderness Training.** Age 12-16. Ndashina, Greenfield Center: 583-9958. [ndcenter.org](http://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](http://shapecamp.org).
- Tue CDTC Crystal Lake Training Series: 6/8-8/24.** 6pm. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).
- Thu STC Weekly Workouts: Jun-Sep.** Lake Desolation, Middle Grove. 339-7338. [saratogatriclub.com](http://saratogatriclub.com).

#### MAY

- 16 T3 Coaching: Duathlon Series #3.** 1.5M R, 7M B, 1.5M R. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 518-761-4067. [t3coaching.net](http://t3coaching.net).
- 22 Sunchaser Challenge. 6am. Run, MTB, kayak, SUP, bike. Paul Smith's College, Paul Smiths. [sunchaserchallenge.com](http://sunchaserchallenge.com).
- 30 6th Saratoga Lions Duathlon.** 5K R, 20M B, 5K R. 8am. Skidmore College, Saratoga Springs. 899-5544. [saratogalions.com](http://saratogalions.com).
- 30 Williams Lake Sprint Triathlon. 0.5M S, 12M B, 3M R. Rosendale. 845-750-0719. [cm2promotions.com](http://cm2promotions.com).

#### JUNE

- 13 Hudson Crossing Triathlon.** 500yd S, 12M B, 3.25M R. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 917-371-1108. [hudsoncrossingtri.com](http://hudsoncrossingtri.com).
- 13 Rogers Rangers Challenge Triathlon. 7.5M Buck Mtn trail trek, 3M canoe/kayak, 30M road bike. 8am. Hogtown Trailhead, Fort Ann to Rogers Island V.C., Fort Edward. 747-3693. [rogersisland.org](http://rogersisland.org).
- 13 William's Lake Olympic Triathlon. 1.5K S, 40K B, 10K R. Rosendale. 845-750-0719. [cm2promotions.com](http://cm2promotions.com).
- 19 Kids' TRYathlon. 50yd S, 1.25M B, 1/4M R or 100yd S, 2.25M B, 1/2M R. YMCA, Glens Falls. [glensfallsymca.org](http://glensfallsymca.org).
- 20 Tin Man Triathlon. 1.2M S, 56M B, 13.1M R. 8am. Beach, Shelburne, VT. 802-985-4410. [racevermont.com](http://racevermont.com).
- 26 4th North Country Triathlon.** Olympic: 1.5K S, 40K B, 10K R. Sprint: 750m S, 20K B, 5K R. 8am. Hague Beach, Lake George. [northcountrytri.com](http://northcountrytri.com).
- 26 Tinman Triathlon. 1.2M S, 56M B, 13.4 R or 0.6M S, 19M B, 6.2M R. Tupper Lake. 359-3328. [tupperlakeinfo.com](http://tupperlakeinfo.com).
- 28-7/2 Open Water "Perpetual Motion Freestyle" Workshop for Swimmers & Triathletes.** Mirror Lake, Lake Placid. 800-609-SWIM. [totalimmersion.net](http://totalimmersion.net).

#### JULY

- 11 10th Pine Bush Triathlon.** 325yd S, 11.5M B, 3.25M R. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. [pinebushtriathlon.org](http://pinebushtriathlon.org).
- 17 25th Piseco Lake Triathlon.** 0.5M S, 11.5M B, 3M R. 9am. Piseco Airport, Piseco. 548-4521. [speculatorchamber.com](http://speculatorchamber.com).
- 17 8th SkyHigh Kids' Off-Road Triathlon.** Ages 8-14: 100m S, 5K B, 1K R. 9am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).
- 18 8th SkyHigh XTERRA Off-Road Triathlon.** 1K S, 20K B, 6K R. 8am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).
- 25 Ironman Lake Placid Triathlon: 2.4M S, 112M B, 26.2M R. Lake Placid. [ironmanlakeplacid.com](http://ironmanlakeplacid.com).

### AUGUST

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

So many things to do, you may just forget to go home.



Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism,  
 Routes 30 & 8, Box 184, Speculator, NY  
 At the crossroads of two Scenic Byways

518-548-4521 • [speculatorchamber.com](http://speculatorchamber.com)

ADIRONDACKS  
**SPECULATOR REGION**  
 Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

## 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

## Feeder Canal Alliance Canoe/Kayak Race

Begins on the Feeder Canal Queensbury

**June 5th at Noon**

T-Shirts to 1st 50 pre-registered

\$20 solo pre/ \$25 at race  
 \$30 tandem pre/\$35 at race

Five miles long 518-792-5363  
[feederchannel.com](http://feederchannel.com) [info@feederchannel.com](mailto:info@feederchannel.com)

**St. Regis Canoe Outfitters**

Canoe, Kayak & Gear Rentals  
 Guided Canoe & Kayak Trips Daily  
 Retail Shop & Instruction  
 New Adirondack Paddler's Map  
 New/Used Canoes, Kayaks & Gear

**73 Dorsey St, Saranac Lake  
 (518) 891-1838 • (888) 775-2925  
 www.canoeoutfitters.com**

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

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*

- 15 **10th Cazenovia Triathlon.** 800m S, 23M B, 5K R or 1500m S, 40K B, 10K R. Also, aquabike. Lakeside Park, Cazenovia. [cazenoviatriathlon.org](http://cazenoviatriathlon.org).
- 21 **Crystal Lake Triathlon.** 0.5M S, 18M B, 3M R. 8am. Crystal Cove, Averill Park. 280-6047. [cdtriclub.org](http://cdtriclub.org).
- 22 **Inaugural Lake Delta Triathlon.** Olympic: 1500m S, 40K B, 10K R. 8am. Delta Lake S.P., Rome. Michael Brych: 315-404-8130. [atcendurance.com](http://atcendurance.com).

**SEPTEMBER**

- 11 **Montreal Esprit Triathlon.** Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. [espiritriathlon.com](http://espiritriathlon.com).
- 12 **34th Josh Billings RunAground Triathlon.** 27M B, 5M C/K, 6M R. Lenox, MA. [joshbillings.com](http://joshbillings.com).
- 18 **5th Lake George Triathlon.** 0.9M S, 24.8M B, 6.2M R. 8:30am. Beach Rd, Lake George. 792-5999. [adktri.org](http://adktri.org).

**OTHER EVENTS**

**ONGOING**

- Tue** "Team in Training" Info Meetings. 6pm. 5/11: Courtyard Marriott, Poughkeepsie. 5/11: YMCA, Saratoga Springs. 5/18: Holiday Inn, Kingston. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/ny](http://teamintraining.org/ny).
- Wed** "Team in Training" Info Meetings. 6pm. 5/12: YMCA, Burlington, VT. 5/19: YMCA, Plattsburgh. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/ny](http://teamintraining.org/ny).
- Thu** "Team in Training" Info Meetings. 6pm. 5/13: Best Western, Albany. 5/20: Fleet Feet Sports, Essex Jct., VT. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/ny](http://teamintraining.org/ny).
- Sat** "Team in Training" Info Meetings. 12:30pm. 5/15: Library, Ludlow, VT. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/ny](http://teamintraining.org/ny).

**MAY**

- 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. [empou.us/orienteering.org](http://empou.us/orienteering.org).
- 15 Spring Outside! Free Community Day. 10am. The Wild Center, Tupper Lake. 359-7800. [wildcenter.org](http://wildcenter.org).
- 17 **Out of Control Ski Club Volleyball League: Begins 5/17.** 6pm. Polish Community Center, Albany. [ocskiclub.org](http://ocskiclub.org).
- 21 **2nd Black Fly Affair: A Hiker's Ball.** 7:30pm. Auctions, libations/edibles, dancing. Fort William Henry Hotel, Lake George. Adirondack Mountain Club: 800-395-8080. [adk.org](http://adk.org).
- 22 **Ausable River Two-Fly Challenge.** Catch & release on West Branch. Wilmington. 946-2255. [whitefaceregion.com](http://whitefaceregion.com).
- 28-31 **Family Camp Weekend.** Paddle, hike, archery, climb, ropes, arts/crafts, fishing, campfires, meals, lodging. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**JUNE**

- 1 Ultimate Disc Summer League: 6/1. Register now: social/competitive/women's/elite. Albany. [albany.scorereport.net](http://albany.scorereport.net).
- 5 **National Trails Day.** Adirondack Mountain Club celebrates the Northville-Placid Trail. 8am-4pm. Indian Lake. Sign-up for a trail project: 523-3441/adk.org.
- 5 **National Trails Day.** 9am trail work. 12pm: free BBQ (register by 6/2). 1pm: free use of trails/beach. Grafton Lakes S.P., Grafton. 279-1155. [nysparks.org](http://nysparks.org).
- 5 National Trails Day. Discover, learn about & celebrate trails. Find/register an event: [americanhiking.org](http://americanhiking.org).
- 5 EMPO Orienteering Meet. 10am. Schenectady Museum N.P., Niskayuna. 872-1993. [empou.us/orienteering.org](http://empou.us/orienteering.org).
- 28-7/2 **Open Water "Perpetual Motion Freestyle" Workshop for Swimmers & Triathletes.** Mirror Lake, Lake Placid. 800-609-SWIM. [totalimmersion.net](http://totalimmersion.net).

**JULY**

- 10 **Beginning Windsurfing Clinic.** 9:30am. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [cdymca.org](http://cdymca.org).

**PADDLING: KAYAKING & CANOEING**  
**ONGOING**

Wed NNYP Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. 399-1435. [swcweb.org](http://swcweb.org).

**MAY**

- 12 **Peebles Island Kayak Tour.** 6:15pm. Mohawk & Hudson Rivers, Lansingburgh. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 15 Round the Mountain Canoe/Kayak Races. 10.5M. 11am. L. Saranac Lake-Lake Flower. 891-2744. [macscanoe.com](http://macscanoe.com).
- 15 **Kayaking Days.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 16 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 18 **Mohawk River Tour.** 6:15pm. Freeman's Bridge, Glenville. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 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, demos, clinics, exhibits. Old Forge. Mountainman Outdoors: 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).
- 25 **Mohawk River Tour.** 6:15pm. Lock 7 Niskayuna. 6:15pm. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 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).
- 30 **Kayaking Days.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 30 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

**JUNE**

- 1 **Kayak Fundamentals Refresher.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 1 Tue Sundowner Series: Paddle Clinic & Time Trial. 6M. 6pm. Upper Saranac Lake. 891-2744. [macscanoe.com](http://macscanoe.com).
- 1-4 **ACA Course: Instructor Cert.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 2 **Mohawk River Tour.** 6:15pm. Kiwanis Park, Rotterdam. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 4 **Intermediate Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 5 **Feeder Canal Annual Kayak/Canoe Race.** 5M. 12pm. Overlook Dam, Queensbury to Martindale Boat Basin, Hudson Falls. Jeanne Williams: 792-5363. [feederchannel.com](http://feederchannel.com).
- 5 Tupper Lake 9-Mile Canoe/Kayak Race. 10am. Crusher-Rod/Gun Club, Tupper Lake. 891-2744. [macscanoe.com](http://macscanoe.com).
- 6 American Rivers Natl. River Cleanup. 9:30am. BVO, Cambridge. 677-3311. [battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com).
- 7-8 **Fundamentals of Kayaking.** 6:30pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 12 **EMS Kayak DemoFest.** 10am-4pm. Demos, camp cook-off. Lake Desolation, Middle Grove. Eastern Mountain Sports: 580-1505. [ems.com](http://ems.com).
- 12-13 19th Madrid Canoe/Kayak Regatta. Community Park, Madrid. Bernie Moulton: 315-322-4041. [slvpaddlers.org](http://slvpaddlers.org).
- 13-14 **Adirondack Training Institute: Sailing Instructor Course.** Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

Help save lives  
 one mile at a time!

We provide all the support and inspiration you need - you raise funds for lifesaving cancer research.

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

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

The Leukemia & Lymphoma Society TEAM IN TRAINING

**25th Anniversary**  
**Piseco Lake Triathlon**  
**Saturday, July 17 • 9am**  
**Piseco Airport, Piseco**

0.5M Swim, 11.5M Bike, 3M Run  
 Individuals or 2-3 Person Teams  
 \$25 pre-entry or \$30 race day  
**Entry Form: (518) 548-4521**  
**www.speculatorchamber.com**  
*Adirondacks Speculator Region  
 Chamber of Commerce*  
 PO Box 184, Speculator, NY 12164

10th Anniversary  
**Cazenovia Triathlons**  
 USA Triathlon

Sprint: 800m swim/22.5K bike/5K run  
 Intermediate: 1500m swim/40K bike/10K run

**Sunday August 15**  
**Lakeside Park, Cazenovia, NY**

Individual, Relay & Aquabike  
 Dorm stays at Cazenovia College  
 First 40 ages 15-17 for Sprint Tri: \$50  
 Register: mail-in by 7/31 & online by 8/8

**Registration, Dorm & Race Details:**  
**CazenoviaTriathlon.org**  
*Presented by CNY Triathlon Club*

**Computer Problems? We Can Fix That!**  
**Home & Office Computer Needs**  
 Improve the Performance of Your Computers!  
 Virus & Spyware Removal • Now Offering Online Backups  
 Home of pdFitness.com – Online Exercise & Nutrition Tracking Software • Call for a Demonstration  
**Integrated Technology Resources**  
 145 Homestead Road, Saratoga Springs • (518) 581-8337  
 10% off special for Adirondack Sports & Fitness magazine readers

reduce muscle soreness  
**decrease injuries**  
 enhance recovery from training

Discover how regular massage can enhance your performance!

Call today to schedule your appointment with one of our licensed therapists.

**Back in Balance**  
 Therapeutic Massage

1673 Route 9 (HealthPlex), Suite 2  
 Clifton Park, New York 12065  
 518.371.6332  
**www.BiETherapeuticMassage.com**

21st Annual  
**RUN IF YOU D.A.R.E.**

**5K Road Race & 1-Mile Fun Walk**  
Wednesday, May 26 • 6:30pm  
*Drug Abuse Resistance Education*

Entry Form/Info: (518) 664-7307 or [kconnors@connorsgroup.com](mailto:kconnors@connorsgroup.com)  
Flat, residential TAC-sanctioned course • T-shirt to first 300 entrants  
Group Challenge: Open to runners/walkers in any group, business or organization  
**The Connors Agency, 40 North Central Ave, Mechanicville**

**The Great Adirondack Trail Run**



JUNE 19, 2010  
Keene Valley, NY  
**11.5 mile 3000 ft. vertical mountain run**  
**3.2 mile Baxter Mountain fun run**

• Music • Prizes • Raffles • Food & Good Cheer

**patagonia**  
**SALOMON**  
[www.mountaineer.com](http://www.mountaineer.com)



Box 66, Rte. 73 • Keene Valley, NY 12943 • Tel: (518) 576-2281  
Environmental Benefit Event for Ausable & Bouquet River Associations  
REGISTRATION LIMITED: Preregistration Strongly Suggested

**Race the Train**



Saturday, August 7  
Upper Hudson River Railroad  
Main St, North Creek

8am: Free, scenic 8.4mi train ride  
9am: Runners "race the train" back!  
Spectators can also ride the train (fee)  
All runners receive finisher medals  
T-shirts to first 250 preregistered  
Post-race fun run, live music, food

Register: Active.com  
Application: [AdirondackRunners.org](http://AdirondackRunners.org)  
Info: Ann Arsenault (518) 251-2602  
Proceeds benefit Dollars for Scholars



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

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

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

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

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

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



**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)

- 14 **Intro to Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 16 **Intro to Canoeing.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 17 Towpath Regatta Canoe/Kayak Race. 4.5M. 6:30pm. Scotia to Niskayuna. 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. 413-637-2597. [necanoe.org](http://necanoe.org).
- 26 Kiwanis Old Forge Paddle Classic. Moose River, Old Forge. Sheila Brady: 315-369-3872. [oldforgeny.com](http://oldforgeny.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).
- 30 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**JULY**

- 23-25 **Intro to Canoe Camping: Raquette River.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 31 **Paddling Day Trip: Raquette Falls.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**RUNNING, TRAIL RUNNING & WALKING ONGOING**

- Daily ChiRunning/Walking Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. [myfitnessrecovery.com](http://myfitnessrecovery.com).
- Mo/ThSports Walking Club Workout.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- Tue 42nd Tue Summer Track Program: 6/15-8/10. 6pm. Free. Colonie H.S., Colonie. 869-9333. [colonie.org/parks](http://colonie.org/parks).
- Wed **Spring Running Clinic:** 4/14-6/9. 6pm. 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).

**MAY**

- 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-cpn.org](http://ccrc-cpn.org).
- 15 **1st 5K Burgher Dash.** 9:30am. Plus, Kids' Fun Run. Warrensburg E.S., Warrensburg. Chris Brown: 623-5055. [wcsd.org](http://wcsd.org).
- 15 Mother Theresa Academy 5K Run/Walk. 10am. Town Park, Halfmoon. [mta5k.shutterfly.com](http://mta5k.shutterfly.com).
- 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 Run Training Info Session.** 5-7pm. Glennpeter Jewelers, Albany. Robyn Haberman: 438-3583. [ils.org](http://ils.org).
- 16 30th Bob Smith Rotary Run. 5M. 8:30am. 5K: 10am. Green Meadow E.S., East Greenbush. [srrrotary.wordpress.com](http://srrrotary.wordpress.com).
- 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 Five Kelly's 5K for Leukemia & Lymphoma. 10am. The Crossings, Colonie. 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. CGCC, 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).
- 20 **34th CDPHP Workforce Team Challenge.** 3.5M workforce team run. 6:25pm. Empire State Plaza, Albany. Pete Newkirk: 273-5552. [cdphpwtc.com](http://cdphpwtc.com).
- 21 **Inaugural Crusade Against Chiari 5K Country Fun Run/Walk.** 6:30pm. Nassau Baseball Field, Nassau. [defeatchiari.org](http://defeatchiari.org).
- 22 10th Fairways 5K Road Race. 9am. Kids' Kick 0.5M. Fairways at McGregor Links, Wilton. 584-5399. [saratogastryders.org](http://saratogastryders.org).
- 22 Friendly 5K Challenge. 10am. Bristol, VT. Chris Marion: 802-453-4999. [mtable.k12.vt.us](http://mtable.k12.vt.us).
- 23 **12th Hall of Fame Races.** 13.1M & 2-Person Relay: 8am. 5K: 8:15am. National Distance Running Hall of Fame, Utica. 315-724-4525. [uticaroadrunners.org](http://uticaroadrunners.org).
- 23 3rd Shack Attack 5K Race/Walk. 10am. UAlbany, Albany. Jennifer Lawrence: 275-2989. Gilda's Club: [gccrny.org](http://gccrny.org).
- 23 Andy Haller Memorial 5K. 9am. The Crossings, Colonie. Lori Kunker: 469-4451. [fullerroadfire.com](http://fullerroadfire.com).
- 23 SPAC 5K Rock & Run. 5K: 9:30am. Kids' Run: 10am. Saratoga Spa S.P., Saratoga Springs. 584-9330. [spac.org](http://spac.org).
- 26 **21st Run If You D.A.R.E.** 5K Road Race & 1M Fun Walk. The Connors Agency, Mechanicville. [connorsgroup.com](http://connorsgroup.com).
- 29 35th Voorheesville 15K & 3.2K Race. 12pm. Kids' races: 11am. Parade: 10am. [hmrrc.com](http://hmrrc.com).
- 29 Sehghunda Trail Marathon & Relay. 8am. Letchworth S.P., Mount Morris. [sehghundatrailmarathon.com](http://sehghundatrailmarathon.com).
- 29-30 Inaugural Memorial Day Marathon, Half-Marathon & 10K/5K. 8am. Lenox, MA. [memorialdaymarathon.com](http://memorialdaymarathon.com).
- 30 21st Key Bank Vermont City Marathon & Relay. Burlington, VT. 802.863.8412. [runvermont.org](http://runvermont.org).

**JUNE**

- 5 **32nd Freihofer's Run for Women 5K.** 9:30am. Freihofer's Kids' Run: 11 am. Freihofer's Community Walk: 12:30pm. CapitalCare Health/Fitness Expo: Fri 12-8pm, Sat 8am-3pm. Empire State Plaza, Albany. 273-5552. [freihoferstrun.com](http://freihoferstrun.com).
- 5 **USA Open & Jr 10K Race Walk Championships.** 7:30am. Free sport walk clinic: 11:30am (Concourse). Empire State Plaza, Albany. 273-5552. [freihoferstrun.com](http://freihoferstrun.com).
- 5 **13th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11 am. Old School House, Charlton. Bill Herkenham: 384-0065. [charlton5k.org](http://charlton5k.org).
- 5 **"Families Helping Families" 5K Run/Walk.** 9am. Wellness Center, PARC, Plattsburgh. Kymberlie Sweenor: 324-2024. [cvph.org/foundation](http://cvph.org/foundation).
- 5 Run with the Trojans 5K Run/Walk. 9:30am. Fun Run: 9am. Questar III, Troy. 477-4296. [bradlewislawncare.com](http://bradlewislawncare.com).
- 5 Summer Stroll 3K Walk. 11am. UAlbany, Albany. Terrell Dozier: 250-5630. [positiveimpactny.org](http://positiveimpactny.org).
- 5 Rail Trail to the Footbridge 5K. Scenic race/walk along the Mettowiee River. 9am. Kids activities. Youth Center, Granville. Kerri Thomas: 424-7683. [granvillevillage.com](http://granvillevillage.com).
- 6 **33rd Whiteface Mountain Uphill Foot Race.** 7.8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. [whitefacepace.com](http://whitefacepace.com).
- 6 3rd Cantina Kids Fun Run. 9am. Cantina Restaurant, Saratoga Springs. 587-3222. [saratogacarefoundation.org](http://saratogacarefoundation.org).
- 6 Stepping Out to Cure Scleroderma Walk. 7:30pm. Food Court, Crossgates Mall, Albany. [scleroderma.org](http://scleroderma.org).
- 10 2nd Route 50 "Mile Race." 5:45pm. Parade follows. Lakehill Rd/Rte 50, Burnt Hills. 399-1419. [chsnny.org](http://chsnny.org).

**Albany Running Exchange**  
The Capital Region's most fun club!

|   |                     |  |
|---|---------------------|--|
| <b>NEED MOTIVATION?</b>   | <b>LIKE TO RUN?</b> | <b>LOOKING FOR FUN?</b>  |
| Belly Group Race<br>Online training log<br>Fully interactive website<br>Organized trips near and far<br>Members of all ages and abilities |                     | Approaching 1000 members<br>Monday Night Trail Run Series<br>A Caribbean cruise in winter 2011<br>Numerous parties and social events<br>Countless memories and new friends |

Just \$10 a year\*  
\*Includes about 30 free cookouts, countless intangible perks, and a new you!

[www.RUNALBANY.com](http://www.RUNALBANY.com)

**Kinderhook Bank**  
OK 5K  
12th Anniversary 2010

**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)

**Whipple City 5K Run/Walk & 1K Fun Run for Kids**

**Saturday, June 19, 8:30am**  
Greenwich Middle School, Gray Ave  
Greenwich, NY

\$17 by 6/17 or \$25 race day  
T-shirts to first 100 registered

Stay for 18th annual Whipple City Festival with music, food, exhibits & crafters

Entry/Info: [GreenwichChamber.org](http://GreenwichChamber.org)  
Register online: Active.com

Callie Currin: (518) 677-2797  
Benefits Greenwich Chamber & Scholarship Fund



*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](http://active.com)  
More Info: [unityhousesny.org](http://unityhousesny.org)  
In memory of Liza Ellen Warner (1975-2004)  
Not affiliated with Liza's Legacy Foundation

**PLEASE  
SUPPORT OUR  
ADVERTISERS!**

And, tell them where  
you saw their ad!



**5k Run/Walk Benefiting CYPH  
Families Helping Families  
Plattsburgh**

Register @ Wellness Center @ PARC  
295 New York Road or  
@ CYPH Foundation Office  
(in Admin Building)  
Call 324-2024 for more information!

**June 5th 2010  
9:00 AM**

Run, walk, play!  
Come one,  
Come ALL  
[cvph.org/foundation](http://cvph.org/foundation)



- 12 **12th Kinderhook Bank "OK-5K" Road Race.** 9am. OK-1 Kids' 1M: 8:30am. Village Square, Kinderhook. Dan Curtin: 758-9480. [kinderhookrunners.org](http://kinderhookrunners.org).
- 12 3rd Hometown Heroes 5K Run/Walk. 9:15am. Kids' Fun Run: 8:45am. The Crossings, Colonie. [nyfrc-inc.org](http://nyfrc-inc.org).
- 12 2nd "Run (or Walk) for PRIDE 5K" Race. 9am. Rainbow Fun Run: 10am. Washington Park Lake House, Albany. Capital District Gay & Lesbian Council: 462-6138. [cdglcc.org](http://cdglcc.org).
- 12 Treetops to Rooftops 5K. 9am. Hudson Rail Bridge Walkway, Highland. [mhrrc.org](http://mhrrc.org).
- 12 15th Lions Ramble 10K & 2M Races. 6:30pm. Haslett Park, Fort Plain. John Geesler: 568-7509. [fmrrc.org](http://fmrrc.org).
- 12 New York Women's Mini 10K. 9am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 13 **2nd Read Run 5K.** 9am. Race/walk for literacy. Saratoga Springs Public Library, Saratoga Springs. Nancy Holzman: 226-0040. [literacynycap.org](http://literacynycap.org).
- 13 **The Run for Help 5K Race against domestic violence - in memory of Liza.** 10am. Youth runs: 9:30am. Goff M.S., East Greenbush. 383-8152. [unityhousesny.org](http://unityhousesny.org).
- 13 **Lake Placid Marathon & Half-Marathon.** 8am. Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).
- 13 **39th HMRRC Distinguished Service Race.** 8M. 9am. UAlbany, Albany. Mark Warner: 273-5552. [hmrrc.com](http://hmrrc.com).
- 13 Betar Byway 5K & Moreau Mile. 5K: 8:30am. 1M: 9:30am. SGF Park, South Glens Falls. Shirley Venner: 632-5128. [adironackrunners.org](http://adironackrunners.org).
- 13 Greenfield Dragon 5K Run/Walk. 11am. 1K: 12:30pm. Greenfield E.S., Greenfield. [greenfelddragon5k.com](http://greenfelddragon5k.com).
- 13 Walk 4 Friendship. 1.5K Walk. 10:30am. Elm Ave Park, Delmar. Liba Andrusier: 438-4220. [capitalfriends.org](http://capitalfriends.org).
- 19 **Whipple City 5K Run/Walk.** 8:30am. Plus, 1M Kids' Fun Run. Greenwich M.S., Greenwich. Cailie Currin: 692-7979. [greenwichchamber.org](http://greenwichchamber.org).
- 19 **6th Great Adirondack Trail Run.** 11.5M: 9am. 3.5M: 10am. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).
- 19 JoAnn McDonald/Nancy Nappi 5K Run/Walk for Ovarian Cancer. 9am. Pinhead Susans, Schenectady. [stockadeinn.com](http://stockadeinn.com).
- 19 1st Equinox Trail Race. 5K & 10K. 9:30am. BBQ. Charlotte, VT. Martha Keenan: 802-425-2384. [gmaa.net](http://gmaa.net).
- 19-20 5th Green Mountain Relay. 200M. Jeffersonville to Bennington, VT. [greenmountainrelay.com](http://greenmountainrelay.com).
- 20 **5th Community Resources Father's Day 5K Run.** 9:30am. Kids' Races: 8:45am. The Crossings, Colonie. [hmrrc.com](http://hmrrc.com).
- 20 27th Mule Haul 8K Race. 10am. Schoharie Crossing H.S., Fort Hunter. Jim Moore: 381-9352. [fmrrc.org](http://fmrrc.org).
- 20 Father's Day Race Against Prostate Cancer. 8:30am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 20 Mount Greylock Trail Races: Half-Marathon & 5K. Greylock Glen, Adams, MA. 413-743-5669. [runwmac.org](http://runwmac.org).
- 22 22nd Summer Sizzle 5-Miler. Men: 9am. Women: 8am. Kids: 7:30am. MVCC, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).
- 23 Summer Solstice Trail Run. 15K. 6:30pm. Lake Minnewaska S.P., New Paltz. 845-658-3028. [onteorarunners.org](http://onteorarunners.org).
- 26 **5th Valley Cats Home Run 5K.** 9am. Stadium, HVCC, Troy. John Haley: 456-3682. [hmrrc.com](http://hmrrc.com).
- 27 **34th Adirondack Distance Run.** 10M. 7:30am. Lake George to Bolton Landing. Marcy Dreimiller: 792-7396. [adironackrunners.org](http://adironackrunners.org).
- 28 **Camp Saratoga 5K Trail Run.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).

**JULY**

- 4 **4th Firecracker 4M Road Race.** 8am. City Center, Saratoga Springs. Peter Goutos: 316-4445. [firecracker4.com](http://firecracker4.com).
- 4 24th Montcalm Mile. 1M. 1:40pm. Montcalm St, Ticonderoga. [lachute.us](http://lachute.us).
- 4 28th Clarence DeMar 5K. 8:30am. Folsom School, South Hero, VT. Matthew Dall: 802-872-9799. [gmaa.net](http://gmaa.net).

- 6 **HMRRC Summer Track Series: Colonie Mile.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. [hmrrc.com](http://hmrrc.com).
- 10 4th Team Teagan's 5K Run/Walk. 8am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 810-9878. [teamteagan.com](http://teamteagan.com).
- 10 **Boilermaker 3-Mile Walk.** 10:30am. Plus, Union Bank Kids' Run. 8:15am. Masonic Care Community, Utica. 315-797-5838. [boilermaker.com](http://boilermaker.com).
- 11 **32nd Boilermaker 15K Road Race.** 8am. Expo (Masonic Care Community): Fri 12-7pm & Sat 9am-4:30pm. ECR International to FX Matt Brewing, Utica. 315-797-5838. [boilermaker.com](http://boilermaker.com).
- 11 **Boilermaker 5K Road Race.** 7:30am. Burrstone Rd Bridge to FX Matt Brewing, Utica. 315-797-5838. [boilermaker.com](http://boilermaker.com).
- 11 **5K Firecracker Run.** 10:30am. Tallmadge Park, Mechanicville. 664-8322. [mechanicvilleacsc.org](http://mechanicvilleacsc.org).
- 12 **Camp Saratoga 5K Trail Run.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).
- 14 **HMRRC Summer Track Series: Two-Person Relay.** 6 x 1M. 6:15pm. Location TBD. 273-5552. [hmrrc.com](http://hmrrc.com).
- 15-18 **Albany Running Exchange's Trail Running Camp for Adults.** Clinics, meals, kayak, swim & Froggy 5M Trail Race 7/18). Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. [areep.com](http://areep.com).
- 17 **Capital District YMCA Series #2: Canal Run 5K Race/3K Walk.** 9am. Kids' Fun Run: 8:30am. Freedom Park, Scotia. Glenville YMCA: 399-8118. [cdymca.org](http://cdymca.org).
- 18 **Dippikill Froggy 5-Miler Trail Race.** 9am. Dippikill Wilderness Preserve, Warrensburg. Josh Merlis: 320-8648. [areep.com](http://areep.com).
- 21 **HMRRC Summer Track Series: 37th Hour Run.** 6:15pm. Location TBD. 273-5552. [hmrrc.com](http://hmrrc.com).
- 24 Fox Creek 5K Run/3K Walk. 9am. Fox Creek Bridge, Berne. Michelle Furlong: 439-7418. [berneny.org](http://berneny.org).
- 24 **14th Silks & Satins 5K Run.** 8am. East Ave & George St, Saratoga Springs. 388-0790. [specialolympicsny.org](http://specialolympicsny.org).
- 24 10th Damn Wakely Dam Ultra. 32.6M. 6:30am. Piseco to Wakely Dam, Indian Lake. [wakelydam.com](http://wakelydam.com).
- 26 **Camp Saratoga 5K Trail Run.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).
- 28 **HMRRC Summer Track Series: Pentathlon.** 6:15pm. Location TBD. Todd Mesick: 221-3829. [hmrrc.com](http://hmrrc.com).

**AUGUST**

- 7 **Race the Train.** 8.4M. 9am. UHRR, North Creek. Ann Arsenaull: 251-2602. [adironackrunners.org](http://adironackrunners.org).
- 17 **Capital District YMCA Series #3: Southern Saratoga 5K Run/Walk & Kids Fun Run.** 6:30pm. YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).

**SEPTEMBER**

- 11 **40th Original Lake Placid Half Marathon.** 13M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. [norhelba.org](http://norhelba.org).
- 19 **The Saratoga Palio: 5K & Half Marathon.** Melanie Merola O'Donnell Memorial Race. Saratoga Springs. [thesaratogapalio.com](http://thesaratogapalio.com).
- 25 **Adirondack Distance Festival: 5K & 10K.** Chestertown. 888-724-7666. [adironackmarathon.org](http://adironackmarathon.org).
- 26 **Adirondack Distance Festival: Marathon & Half Marathon.** Sat, 9/25: Expo. Schroon Lake. 888-724-7666. [adironackmarathon.org](http://adironackmarathon.org).

**OCTOBER**

- 10 **Mohawk Hudson River Marathon & Half Marathon.** 8:30am. 26M: Schenectady to Albany. 13.1M: Colonie to Albany. Sat, 10/9: Expo. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

**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.*

**The Albany Running Exchange's  
Trail Running Camp**

**Thursday-Sunday, July 15-18  
Dippikill Wilderness Retreat  
Warrensburg, NY**

Exclusively for Adults  
Learn Trail Running Basics  
Technical DRI-FIT shirt  
*Special Clinics:*  
• Hill Running  
• Yoga  
• Running Form  
Gourmet Meals  
Kayaking and Swimming

**ARE Event Productions**  
518.320.8648  
[www.AREEP.com](http://www.AREEP.com)

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

**Read Run 5K**  
To benefit Literacy  
**Sunday, June 13 at 9am  
Saratoga Springs Public Library**  
• Unique, In-Town Course  
• ARE chip timing • A great family event!  
Register: [AREEP.com/events/readrun](http://AREEP.com/events/readrun)  
Info: [literacynycap.org](http://literacynycap.org) • 518.226.0040  
Save money – register by June 3  
T-shirt to first 500 entrants  
**READ** Run-walk-skip-trot-gallop  
into summer reading!

**USA**  
**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*

*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](http://active.com)**  
**Entry Form/Info: [charlton5k.org](http://charlton5k.org)**  
Bill Herkenham: (518) 384-0065

**ADIRONDACK  
RUNNERS**  
**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: [AdironackRunners.org](http://AdironackRunners.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*

# THE UTICA BOILERMAKER ROAD RACE



WHERE YOU COME TO A RACE AND A PARTY BREAKS OUT.

Best 15K in the USA

Finish at F.X. Matt Brewery

Best Spectators

Best Post Race Party

July 10: National Distance Running Hall of Fame Induction Ceremony at Masonic Care Community

Register at [www.Boilermaker.com](http://www.Boilermaker.com) by May 31 and Save Money



# Adirondack Paddlefest 2010

## May 21-23, 2010 • Old Forge, NY

### America's Largest On-Water Canoe & Kayak Sale!

**Over 1,000 Canoes & Kayaks to Choose From!**

**Fri : 12-6 • Sat: 9-6 • Sun: 9-5**

Admission \$5/day, under 12 free

Test Paddle: \$15 entire weekend, includes admission



**Guest Speakers  
Test Paddle 100's of Boats  
Demonstrations and Clinics  
Show Specials All Weekend!**

PRESENTED BY  
**Mountainman Outdoor Supply Company**  
Rt. 28, Old Forge, NY • 315-369-6672  
New York's Largest Canoe & Kayak Dealer!



[www.AdirondackPaddlefest.com](http://www.AdirondackPaddlefest.com)

ADK ADIRONDACK MOUNTAIN CLUB presents

# 5th Anniversary Adirondack Bike Tour — August 15th, 2010

**Registration deadline August 1**  
[www.adk.org](http://www.adk.org) • (800) 395-8080, ext. 14  
Early Bird Special (\$10 off) Register by June 1st



75-mile loop or 20-mile option w/ shuttle • \$65 ADK member / \$75 non-member  
• Beautiful Adirondack Scenery • Van support • Après-Ride Party  
All proceeds will go to ADK's education internship and advocacy programs.

Thanks! to our Premier Sponsors



For More info:  
[www.serotta.com](http://www.serotta.com)  
[info@serotta.com](mailto:info@serotta.com)  
518.584.8100 X 104

**serotta**



A great bike begins with a great bike fit.

Experience what three decades of bike fitting research and innovation can do for your cycling. The Serotta Fit Lab is your Adirondack resource to enhance your cycling or get started in cycling the right way. Performance, Comfort and a better cycling experience awaits....

Open Fit Lab/Factory Tours Every Friday at 11:00 AM

## // BICYCLING //

# Rules of the Road

by Eric Schillinger



MOHAWK-HUDSON CYCLING CLUB  
MEMBER JACK RAJCZEWSKI OF  
BALLSTON LAKE OBSERVES THE  
"RULES OF THE ROAD."  
PHOTO BY BOB COHEN

abreast. The law does allow for cyclists to ride two abreast on roadways, but riders must be single file when being overtaken by an automobile. There is a major misconception among cyclists, who often believe they may ride two abreast even when a car is passing them in some situations. This is untrue. Section 1234(b) specifically states that "Persons riding bicycles... upon a roadway shall ride... single file when being overtaken by a vehicle." Please keep this in mind the next time you are out riding in a group. Riding more than two abreast is only legal when a car is not passing you. It is critical to ride single file when cars are passing you and especially on busy roads when a vehicle may come upon your group at any time.

These laws, in a strict sense, are the major safety rules to consider when riding, but they aren't the only thing to take into consideration when setting out for a ride. Along with state law, be sure to follow these simple policies to make sure your summer cycling season is as enjoyable and safe as possible:

**Always wear a helmet** – It's not technically the law, but there's no good reason to hop on the bike without a helmet on. Helmets have saved my own life and a few of my friends. Don't even consider riding without one.

**Bring your cell phone with you** – Charge it up and have it on. Make sure someone knows where you are going and when you should be back.

**Have some ID with you** – Especially if you're riding alone.

**Make sure someone on the ride has your cell number** – If you are riding with a group, make sure you have each other's cell phone numbers. If there is a problem during the ride and you lose the group this can be a critical safety tool.

**Be sure to know how far the ride is going** – In addition, know how to get back if you need to cut out early.

Following the law and adhering to the simple guidelines above should make for a fun and safe season of cycling. Now go air up those tires, strap on your helmet and go for a ride! 🍀

*Eric Schillinger (eric@schillinger-law.com) is president of the Capital District Bicycle Racing Club (cbrc.cc), and promoter of the NYCross.com Cyclocross series. He has been racing bicycles for the better part of a decade. Eric practices law in upstate New York.*

of a vehicle by this title, except as to special regulations in this article and except as to those provisions of this title which by their nature can have no application." This section of the law is the key to the safe operation of a bicycle, and understanding how bikes and cars are legally supposed to interact on the road.

Simply put, while cyclists have an undeniable right to be on the road, *we also have to follow all of the same rules that cars are subject to when using the road.* While driving use your turn signals, don't run lights, and never pass cars on the right or blow stop signs. Make sure you do the same on your bike. Following the law is really the first and most important step to safe riding. After all, a major key to cyclist safety is earning the respect of motorists around you. Be the stellar example of the law abiding cyclist, and drivers are more likely to see you on your bike and respect your use of the road.

Beyond the fact that the standard rules for stop signs and red lights apply to bikes as well as cars, there are specific rules that apply to where bikes are allowed, and how a cyclist should use the roadway. Section 1234 of the Vehicle and Traffic Law covers where in the road a cyclist should ride. It has two key parts that cover where cyclists should ride, and the rules for riding two abreast. Let's look at Section 1234(a) first, which covers where you should ride your bike.

Section 1234(a) requires cyclists to ride in a bike lane if one is available. When one is not available, the cyclist must ride "near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic..." This section of the law is important – cyclists must ride in a bike lane if it exists. Where no bike lane is available, cyclists must ride on a "usable" right-hand shoulder, and where that isn't available either, the last option is to ride as far to the right side of the lane as possible.

Of course, the question of what is a *usable* shoulder is highly subjective. Luckily the statute does offer some indication of what to look out for in determining a usable shoulder. The presence of "fixed or moving objects, vehicles, bicycles, inline skates, pedestrians, animals, surface hazards or traffic lanes too narrow for a bicycle... and a vehicle to travel safely side-by-side within the lane" are all factors that qualify the shoulder as unusable in the eyes of the law. The statute makes a special point to note that this list is representative, not comprehensive as well. When riding on a road with a wide shoulder, simply ask, "Can I safely ride over there, or do I need to be in the lane?" If you can safely ride on the shoulder, you should probably be on it.

Perhaps the most misunderstood section of the law as it relates to bicycles is 1234(b) which addresses riding two

May is National Bike Month. This month-long celebration of the bicycle means a variety of things to different people. Some riders will casually pedal around town. Others will strap on racks and panniers, setting out on lengthy tours to remote locations. My teammates and I on the Capital Bicycle Racing Club (cbrc.cc) will suit up in lycra, pin on numbers, and join the racing peloton as it zooms around upstate New York.

Regardless of the style of bike, or the goal of the cyclist, there are a number of things every bike rider has in common. First and foremost, we all use the roads as our avenue to enjoy a great hobby. Whether heading out for a simple cruise to get ice cream, or a fast training ride with a group, there are a combination of rules and policies that are important to follow when hopping on your bike this summer. Keeping the rules in mind, and riding defensively can be the simple difference between a great afternoon on the bike and an unfortunate tragedy.

**Among the things to keep in mind while riding are the state laws covering cyclists** – In New York State, Article 34 of the Vehicle and Traffic Law covers bicycles. Key to the law, is Section 1231, which states that "Every person riding a bicycle... upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver

**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)



UnitedHealthcare  
Healthcare. Healthier. Together.

New from ADK and Lost Pond Press



## Adirondack Birding

The first comprehensive guide to birding hot spots in the Adirondack Park—more than 60 sites. By John M.C. Peterson and Gary N. Lee, with color photographs by Jeff Nadler, \$20.95, 240 pages.

JOIN ADK AND RECEIVE A 20% DISCOUNT ON ALL ADK PUBLICATIONS



800-395-8080  
[www.adk.org](http://www.adk.org)



## Come Run with Us...

- Improved loop course around beautiful Schroon Lake
- New England Runner says "you will love the scenery"
- Bands, musicians and taiko drummers
- Free massages following race
- Super friendly volunteers

## Adirondack Distance Festival

### Half & Full Marathon

Full - 9am, September 26, 2010  
Half - 10am, September 26, 2010  
Schroon Lake, New York

### 5K & 10K Races

9:30am, September 25, 2010  
Chestertown, New York

Visit Our Website  
[adirondackmarathon.org](http://adirondackmarathon.org)

For Info & Registration Form  
Call **1-888-SCHROON**

## // ATHLETE PROFILE //

# Johan Bosman



2009 IRONMAN LAKE PLACID.



JOHAN'S FAMILY AT THE 2009 IRONMAN LAKE PLACID.

**Age:** 50  
**Residence:** Niskayuna  
**Occupation:** Minister at Christ Community Reformed Church, Clifton Park, and Adjunct Professor at Siena College, Loudonville  
**Family:** Wife, Marie; Daughter, Claudette; Son, Gerhard  
**Sport:** Triathlon, Running  
**Other Sports:** Badminton, Rugby

by Pat Glover

You might not think that a four-time South African badminton champion who could hardly swim would evolve into a serious, competitive Ironman triathlete. But, that's exactly the route that Reverend Johan Bosman has taken to arrive at his present passion. As minister of the Christ Community Reformed Church in Clifton Park he has pretty much always been involved in some sort of athletic activity, but triathlons weren't on his radar until just the last five years.

As one of four children born and raised in Roodepoort, South Africa (adjacent to Johannesburg), he had excellent genes with two very active parents. His dad was an accomplished track athlete while his mom played net ball (an English sport resembling basketball). Both parents played badminton as adults. Like many individuals today, Johan has always liked sports. His athletic background includes rugby, track, cross-country, squash and badminton, the latter two of which he had a stint playing professionally. In fact, his badminton career took him to England and Germany, representing his native South Africa in international competition,

partly as a result of his individual national championships as a youth.

Starting rugby at an early age, Johan was small to continue in college, so he concentrated on track, which would prove to serve him well later in life as he graduated to the longer distances including marathons run in Rotterdam, Johannesburg, Munich, Frankfurt, and a personal best of 2:53 in Berlin. He also has eight Bostons under his belt (including a 3:11 in 2010) and has run the Two Oceans Marathon (56K), which he describes as, "The most beautiful race in the world with views along the Indian and Atlantic Oceans!"

With two theological degrees and an MBA from universities in South Africa, along with a doctorate in Old Testament from a university in Germany, Johan has arrived at his present occupational calling as a full time minister at CCRC, as well as an adjunct professor at Siena College. Most recently, yearning for a new challenge at this juncture of his life, he has also become heavily involved with the sport of triathlon. The problem when he started was, being accomplished at only two out of three disciplines of a triathlon does little good, and despite his athletic background, he couldn't swim! So, with

some help and encouragement from friends, he set out to master the swim.

Not far into his training regime, he decided to attempt his first triathlon. His plan was to start with the big one: Ironman (2.4-mile swim, 112-mile bike and 26.2-mile run). But Ironman Lake Placid was closed out, so he opted for the Timberman in Lake Winnepesaukee, New Hampshire which is the half-Ironman distance. The day before the event, he actually purchased his first wetsuit. In his words, "I almost drowned but the bug bit me and I was hooked." Since then he has done Ironman Lake Placid three times and Ironman Arizona once with a best time of 10:41 and best Tupper Lake Tinman (half-Ironman distance) of 4:49. The half-Ironman has become his favorite distance. In his view, "It is short enough so you can race hard, but long enough to be a challenge."

Working six days a week doesn't leave a lot of time for training, but on Mondays, his day off, he trains five to six hours: swim an hour, bike four hours, and run an hour. The rest of the week he squeaks in an hour a day, while Saturdays usually consist of a three to four hour session. The majority of his training is done alone, but as he puts it, "I have a few very fast and fit friends

that I'm lucky to be able to train with from time to time." Last year he utilized a coach and believes that he learned a lot from him, but his year he has decided to go it alone.

Upon moving into the 50-54 age-group, Johan has set his sights on a rather lofty goal. "I would like to qualify for Kona, but it is really hard. The competition is very tough, and my swimming is not great. I also would like to go to the World Half Ironman Championships in Clearwater, Florida." He recently qualified but could not take his spot because of another commitment.

As one can imagine, his family is not only supportive, but very active in their own right. Johan's wife, Marie, is a banker and has the perfect personality for Ironman races. "She does not stress and takes everything in stride. She swims well, and has run a few marathons. She did Ironman Arizona and did fantastically well for her first one. She smiled all 140.6 miles!" Their daughter, Claudette, is earning a doctorate in pharmacy in Boston and swam as a youngster, ran cross-country in high school, and is very strong on the bike. She has competed in a few sprint triathlons and is doing an Olympic distance this June. This year she also started playing rugby in college! Son, Gerhard, is a sophomore in high school and is an excellent swimmer. He also ran track and currently plays rugby, as well. He has completed a few sprint triathlons, one Olympic distance triathlon, and won a youth triathlon as a 13-year-old.

Johan and his family are also heavily involved in advocating health and fitness through their church. This year they are once again promoting the fourth annual CCRC 5K Run/Walk, 1K Kids' Run and BBQ to be held on May 15 at CCRC in Clifton Park. It is truly a family event with prizes going to the top two males and females in the 5K, with all other awards given out by raffle, enabling every participant to be eligible. In addition, all kids will receive an award at the finish of the kids' run. For more information, visit [ccrc-cpny.org](http://ccrc-cpny.org).

So, if you find yourself running a triathlon and come upon Johan Bosman during the competition, give it your all to stay with him. He will undoubtedly pull you along to an excellent time. However, I would not suggest that you challenge him to a friendly game of badminton after the tri is done! 🍌

*Pat Glover (pjllove@aol.com) is a veteran Masters runner who has coached at the college level and taught adult running classes. He is currently a track and field official, vice president of long-distance running and cross-country for USATF Adirondack, and a member of HMRR.*

**PLACID BOATWORKS** Imitated - Never Equalled.

Handmade in the Adirondacks, not in a foreign-government-subsidized or sheltered workshop.

Support Your Local Boatbuilder.

See [www.placidboats.com](http://www.placidboats.com) for more info.  
 263 Stallion Street, Lake Placid 518-524-2949

**The Owner's Manuals for the Adirondack Forest Preserve**

**DISCOVER THE ADIRONDACKS** series of guidebooks

For every trail. Every adventure.

Find us online or at your local bookseller!

[www.HikeTheAdirondacks.com](http://www.HikeTheAdirondacks.com)

WILD RIVER PRESS

**5<sup>th</sup> ANNUAL**

9 MILE SWIM • 24.8 MILE BIKE • 8.2 MILE RUN

**LAKE GEORGE TRIATHLON**

Olympic Distance Race

Saturday, September 18<sup>th</sup> 2010

[www.adktri.org](http://www.adktri.org)

Cash Prizes      8:30am Start      Win Zipp Wheels

## // HIKING &amp; BACKPACKING //

# Hurricane Mountain

BY BILL INGERSOLL

The conical summit of Hurricane Mountain has been an important landmark since William Gilliland pressed westward from the shores of Lake Champlain in the 18th century, and it played an important role in Verplanck Colvin's triangulation survey in the 19th century. Colvin climbed it in July 1873 and established a station on its summit, which was the key to connecting the interior survey work with the Split Rock and Juniper Island lighthouses on Lake Champlain.

Modern hikers continue to view Hurricane as a reliable and distinctive landmark when sighting it from many of the other peaks in the region. The mountain has been a subject of controversy this year, since the Department of Environmental Conservation has proposed removing the derelict fire tower as part of its management plan for the Hurricane Mountain Primitive Area. Not everyone is in favor, though. Use this hike as an opportunity to see the tower and decide for yourself: Is it an eyesore that needs to be removed, or an historic structure that needs to be restored?

The shortest and most direct route to the summit of Hurricane Mountain is along this trail from the east.

**GETTING THERE**

The trailhead is located at the end of Hurricane Mountain Lane (not to be confused with Hurricane Road near Keene). This gravel road begins at an intersection with NY Route 9N, just two miles from Elizabethtown and eight miles from NY Route 73 in Keene. It climbs 1,000 feet in 2.6 miles to a small parking area on private land. You will find the road well groomed and safe for all vehicles, although there have been severe washouts in the past.

**THE TRAIL**

From the public parking area at the end of the town-maintained highway, the road continues as a private driveway past a gate and an attractive residence. Although you may encounter vehicles, the driveway is narrow and not all that unpleasant for hiking. You cross a small corner of state land, but reach a fork on private land again at 0.4-mile. Bear left.

The trail skirts a small, marshy pond that is only vaguely visible through the trees and then enters state land for good. At 0.7-mile you reach a wide spot in the trail with a register to the right. Years ago, this was the trailhead parking area. The road origins of the trail remain evident for the next 0.5-mile as it continues climbing gently through a maple forest. At 1.2 miles you come to a small clearing, where the

USGS topographic map shows a lean-to at Falls Brook – but there has not been a building of any kind here for quite a while.

The trail narrows into a well-worn footpath that dips to cross Falls Brook. From here on, the trail is much more rugged and steep. You have already hiked more than half the trail's linear distance, but the bulk of the vertical climb still looms above you.

The trail contours around the side of a hill above a small valley, and then drops to cross the stream on rocks. For the next half-hour you will face a moderately steep climb with few lulls until you near the top. Nor are there any views until you emerge from the woods at two miles at a large, sloping ledge immediately below the knobby summit, with views toward Elizabethtown and beyond.

You have only 100 yards more to go over small ledges to the summit. This section has not always been well-marked – it's not an issue as you climb up the knob, but you will need to note where the trail is so you can find it on your way back down.

With views in all directions from the bald summit, you will not mind that the old fire tower is closed. A mountainous landscape spanning two states is your

reward for this climb. Prominent landmarks include the rocky Jay Range to the north, Whiteface to the northwest, the scarred slopes of Pitchoff to the west, the Giant of the Valley to the south, and a long expanse of the Green Mountains of Vermont in the distant east.

Descending east from the summit, you may not encounter any trail markers on this route until entering the woods. ▲



HIGH PEAKS VIEW FROM HURRICANE. | HURRICANE FIRE TOWER. | PHOTOS BY BILL INGERSOLL

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironclacks.com](http://hiketheadironclacks.com)). For more on this region, consult Discover the Northeastern Adirondacks by Barbara McMartin and Bill Ingersoll.

## Ndakinna

### Wilderness Skills and Adventures

Training People in the arts of  
Tracking and Survival

5/15 - Lost in the Woods! Survival Basics  
5/16 - Spring Tracks & Scats  
5/22-23 - Wilderness First Aid (SOLO)  
6/5 - Wilderness Navigation  
6/20 - Fathers' Day Family Wilderness Camp  
Summer Youth Camps! (Check website)  
8/4-7 Wilderness Survival Intensive  
Private Groups and Skills training available

ANCIENT TO  
MODERN SKILLS  
FUN FOR ALL  
AGES

James Bruchao,  
Director of Ndakinna  
Education Center

## SERVICE SERVICE SERVICE

Top Service for Cyclists!

Custom Fit Centre for

SERVO GURU SPECIALIZED

GIANT



- Private Bike Studio
- Professional Staff
- Over 27 Years Experience

Yoga Centre  
Custom Shoe Fitting  
Coaching and Training Rides

A better FIT  
makes a better rider!

Call for appointment



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](http://HighPeaksCyclery.com)

Ndcenter.org (518) 583-9958  
23 Middle Grove Rd, Greenfield Crater, NY 12833  
(2 miles North of Saratoga Springs)

**FROM THE EDITOR & PUBLISHER**

**Thank You!**

We had a terrific weekend at the Summer Expo! The energy, excitement, and smiling faces during the show were extremely fulfilling – a pleasure after months of preparation. A huge thank you to all of the attendees and exhibitors who put their trust in us to put on a great event! Thanks as well to the presenters, volunteers, vendors, friends and family for their participation and support at our fifth Adirondack Sports & Fitness Summer Expo!

We want to thank the volunteers for their contributions over the weekend: Len Armer, Steve Burke, Pete Devitt, Kristen Jurczak, Alan Mapes, Celia Murray, John Ozard and Kim Scott. Finally, thanks to our family members who worked tirelessly all weekend: Sudhir and Sheela Kulkarni, Joan Caron, and Justin and Meghana Caron. We are so appreciative! Enjoy this May issue,

*Daryl and Mona*

*P.S. Please save the date for our third Winter Expo on Nov. 20-21 at the Saratoga City Center*

**READER LETTERS**

**Summer Expo**

I entered the Summer Expo and was immediately struck with a sense of excitement and enthusiasm of the large group of attendees moving about the hall. I sensed a very high energy level as I too became a participant moving with peaked curiosity from booth to booth observing the wide variety of exhibitors and presenters. I couldn't help thinking, "This has really grown to become a fantastic event and by far the best Summer Expo I've ever attended."

It seemed like just about every summer sport and outdoor activity was represented from the region. I noted outdoor gear of all kinds plus products and services for sale as well as lots of free advice. I didn't count, but there must have been 100 exhibitors. I filled-out quite a few slips for the dozens of prizes and giveaways. I had won a significant prize in a raffle at the Winter Expo and eagerly tried for a repeat of my good luck. I managed to catch part of a triathlon session in the seminar room. Before I knew it three hours had slipped and I had to leave for another commitment.

Perhaps even more interesting was that the Summer Expo was the topic of conversation at my Monday morning cycling class at the Saratoga YMCA. The instructor was enthusiastically telling the students about the great sales at this year's expo. She was soon joined by several others who had also found good deals in clothing, footwear and fitness gear offered by a large number of vendors. Other cycling students chimed-in with enthusiastic comments about the demonstrations and professional seminars they attended including the triathlon workshop.

I am writing to congratulate you for bringing such a fine event to our region. I noticed that your Summer Expo is the "region's only outdoor, health/fitness and travel marketplace." That makes me even more grateful that you have brought this great opportunity for sports enthusiasts. Sincerely,

*Ron Farra, Saratoga Springs*

*Your comments are always welcome! Info@AdkSports.com*

**AROUND THE REGION**

*News Briefs*

**Hudson Crossing Triathlon Arrives**

SCHUYLERVILLE – On Saturday, June 13 at 8am, the inaugural Hudson Crossing Triathlon takes place at the beautiful, historic Hudson Crossing Park in Schuylerville, Saratoga County. The sprint distance event features a 500-yard swim, 12.4-mile bike and 3.25-mile run, and is open to the first 150 participants. Join them for a great race at beautiful, historic Hudson Crossing Park in Saratoga



County. This is a USA Triathlon-sanctioned, chip-timed event at a fantastic venue in the Champlain canalway system with clean, still water for swimming. The bike course is through Northumberland farm country, and athletes run through the village of Schuylerville and the parks trails.

In 1777, British General John Burgoyne led several thousand British soldiers and German mercenaries across the river where Hudson Crossing Park is now situated to engage American forces on his quest to

conquer Albany. To cross the river, soldiers lashed together a number of flat-bottomed wooden crafts to form a floating "Bridge of Boats," and then marched across. The resulting Battles of Saratoga are considered to be sparks that precipitated a turning point in the war and to eventual victory for the Americans. Join the Saratoga Triathlon Club as they celebrate the history of this region. Proceeds help park development and bring exposure to the Historic Dix Bridge. Visit: [hudsoncrossingtri.com](http://hudsoncrossingtri.com).

**Tomhannock Bicycles Grand Opening**

PITTS TOWN – On Saturday, May 15, from 10am-5pm, Tomhannock Bicycles will be hosting a Grand Opening Celebration with sales, activities and tune-up specials. This new shop in Rensselaer County is located on Route 7 in Pittstown, just 15 minutes east of Troy. The shop is owned and operated by Timothy Bonnier, a longtime area resident, cyclist and triathlete, and is open seven days a week during the cycling season. Tomhannock carries road, mountain, triathlon, tandem, BMX and kids' bikes, with Giant, Felt, Phat Cycles, Co-Motion and Blue brands. Call (518) 663-0083.

**Feeder Canal Canoe & Kayak Race on June 5**

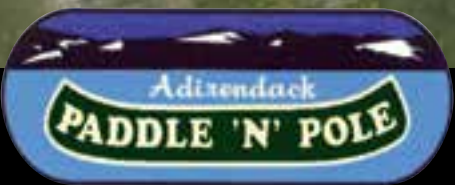
QUEENSBURY – The Feeder Canal Canoe and Kayak Race and Recreation Paddle will begin at 12pm on Saturday, June 5 at Feeder Dam Park on Richardson Street, east of Northway Exit 18 in Queensbury. The five-mile race begins at noon, rain or shine, and will run from the Feeder Dam to Martindale Boat Basin in Hudson Falls. Entry fees for the event are \$20 per paddler and \$30 per two-person boat. Race classes include solo kayak, solo canoe, tandem canoe, recreational and others, from amateur to pro. Paddlers are responsible for their own transportation to and from the start and finish areas. The first 50 preregistered receive race T-shirts. Visit: [feederchannel.com](http://feederchannel.com).

**The Capital District's Most Complete Paddlesports Store – Where Enthusiasts Shop**  
Great Selection of Canoes, Kayaks & Accessories!  
Sales – Rentals – Lessons – Tours

Dagger • Bell • Swift • Wilderness Systems • Perception • Mad River  
Emotion • Werner • Aquabound • Stohlquist • Seals  
Chota • Kokatat • NRS • Thule & Yakima Car & Truck Racks



2123 Central Ave (Rte 5), Colonie  
4.25 miles west of Northway Exit 2W  
(518) 346-3180 • OneWithWater.com



**THE MOUNTAIN GOAT**

FINE OUTDOOR CLOTHING & GEAR  
SINCE 1987

4886 Historic Main St.  
Manchester Center, VT 05255  
802-362-5159

Hours: Mon-Sat 10-6; Sun 11-5  
Shop Online Anytime at:  
[mountaingoat.com](http://mountaingoat.com)

**New Trekking Gear Arriving Daily:**  
Osprey,  
Big Agnes,  
Western Mountaineering,  
Lowe Alpine,  
Marmot,  
Leki,  
and much more!

**Tomhannock BICYCLES**

Sales & Service

**3149 Route 7, Pittstown**  
(Just 15 minutes east of Troy)

Mon-Wed-Fri • 10am-6pm  
Thu • 11am-7pm  
Sat • 10am-5pm  
Sun • 11am-4pm

**518-663-0083**

[tomhannockbicycles@nycap.rr.com](mailto:tomhannockbicycles@nycap.rr.com)  
Great New Shop in Rensselaer County!

**ROAD • MOUNTAIN • TRIATHLON • TANDEM • BMX • KIDS**  
Giant • Felt • Phat Cycles • Co-Motion • Blue

**MENS, WOMENS AND MULTISPORT CLOTHING**  
Louis Garneau • Gizmo

Full line of Parts and Accessories • Come in for Spring Tune-ups!

**GRAND OPENING CELEBRATION!**  
Saturday, May 15 • 10am – 5pm

**BE DIFFERENT. BE RUDY.**  
100% WINNERS. 100% RX-ABLE.



**RUDY PROJECT**  
Technically Cool Eyewear™

**Fastest sunglasses in the Adirondacks**

**eye peek** 518.523.1530  
2237 Saranac Ave, Lake Placid NY  
[www.eyepookoptical.com](http://www.eyepookoptical.com)

## A Woman's Bike Book by Julie Harrell has Published

CHERRY PLAIN – A Woman's Bike Book, written by local author Julie Harrell, is the second edition to the original shorter version, A Woman's Guide to Bikes and Biking (1999). Julie's goal for this new book, which includes all relevant text from the former book, is to "open our cycling circle to women of all shapes, sizes, ages and personalities who are sitting on the sidelines, wanting to join us." She has illustrated A Woman's Bike Book (Owl Publications) with composite characters of women you may know and love. These women contact each other, ride their bikes together and have picnics. The stories of their lives entertain as they demonstrate what it's like to live a biking lifestyle. They have "the racer babies, the big boned ladies, the sporty girls and the busy moms, all squeezing in time on their comfort bikes, mountain bikes, downhill bikes, hybrids and road machines."

A Woman's Bike Book is "a positive take on sometimes muddy, dirtbag cycling, with pig-out stories, cycling mishap anecdotes, a little bit of yoga, and easy to understand explanations" woven throughout to help women find the bike they want. The book is barely technical, including the repair section where you can read about what the author did wrong along with how to fix your bike. She has added a section on "riding with the guys – and not riding with the guys you date."



This chapter includes information on internet dating sites that are meant for dating, and which sites are meant for adventuring. The fit section is quite specific, as fit is what she considers the most important aspect of enjoying a new bike.

This bike book for women is about "ladies out having fun recreating on their bikes." A Woman's Bike Book also covers supporting independent bicycle dealers in your community, "because they are our link to that fabulous beast, the bicycle." Julie encourages women to email her, because she's looking forward to hearing your stories. The book is available at area bike shops or online. Visit: [photonicgirl.blogspot.com](http://photonicgirl.blogspot.com).

## Crusade Against Chiari 5K Country Fun Run/Walk

NASSAU – On Friday, May 21 at 6:30pm, the Ella Grace Chiari Foundation is hosting the inaugural Crusade Against Chiari 5K Country Run and Walk at the Nassau Baseball Field in Nassau. The race and walk is a family night with food and fun for a great cause. All proceeds benefit the Ella Grace Chiari Foundation, an organization dedicated to increasing awareness and helping families whose children are affected by Chiari Malformation, which is a neurological condition afflicting one of 1,000 births. Almost five years ago, the La Due family learned that their daughter, Ella Grace, was diagnosed with Chiari Malformation. Luckily, Ella had successful surgery that has relieved much of her ailing symptoms but she still faces some challenges, however she is thriving today. It has become the La Due family's life mission to increase awareness of this condition and provide resources, with a goal of obtaining early diagnosis and medical intervention. To register online, view the course map, volunteer or learn more about chiari malformation, visit: [defeatchiari.org](http://defeatchiari.org).

## Saratoga Lions Duathlon for Sight and Hearing

SARATOGA SPRINGS – On Sunday, May 30 at 8am, the sixth annual Saratoga Lions Duathlon "Du-It for Sight and Hearing" is scheduled at Skidmore College in Saratoga Springs. The Duathlon is run in 3 stages, a 5K run (one-loop), 20-mile bike (four loops), and a 5K run (one-loop). The run course will be on a moderately challenging course including both hills and downgrades, where the start, finish and majority of the race on the picturesque Skidmore campus. The bike is a mix of rolling hills and flats on a five-mile loop on rural roads that's repeated four times. Awards will be given to the top three in overall male/female, age division male/female, two/three-person teams male/female/mixed and corporate teams. The raffle (\$20 per ticket) features great prize options: \$4,300 Serotta Competition Bicycles gift certificate; \$800 Southwest Airlines tickets; \$500 Blue Sky Bicycles gift certificate; and an overnight stay at The Mirror Lake Inn Resort and Spa. Visit: [saratogalions.com](http://saratogalions.com).

## Northern Forest Canoe Trail Official Guidebook Released

WAITSFIELD, VT – Just in time for canoe and kayak trip planning, the Northern Forest Canoe Trail has released the official guidebook to the 740-mile recreation water trail that stretches from the Adirondacks to the top of Maine. The mapped, 13-section Northern Forest Canoe Trail follows Native American paddling routes over lakes, ponds, rivers, streams and portage trails through New York, Vermont, southern Quebec, New Hampshire and Maine. The Saranac Lakes, Lake Champlain, Missisquoi River, Connecticut River, Androscoggin River, Rangeley Lakes and the Saint John River are destinations along the trail.

The 320-page NFCT guidebook (The Mountaineers Books) details the paddling experience in each state and Quebec, sharing recommended trips, geographical facts and wildlife and landmarks to look for. Each state has a historical narrative written by locals who have spent time on the trail, and a through paddler guide explains the best way to complete the 740-mile trip. More than 130 photographs and six maps bring the trail to life. Waterside campsites, inns and B&Bs on each trail section make overnight and multiday paddle trips possible for solo travelers or families. A vacation on the NFCT allows paddlers to enjoy flat, swift, and whitewater on the longest inland "blueway" in the northeast.

The arrival of the book coincides with the tenth anniversary of the Northern Forest Canoe Trail, the non-profit that is internationally regarded as the preeminent water trail organization in North America. The organization provides trail access, paddling itineraries, trail construction and stewardship, volunteer work trips, and unique outreach initiatives like the Paddlers Film Fest and the Northern Forest Explorers youth paddling program. The guidebook can be purchased at specialty outdoor retailers (hint: ASF advertisers) and booksellers. Visit: [northernforestcanoetrail.org](http://northernforestcanoetrail.org).



## Rogers Rangers Challenge Resurrected

FORT EDWARD – The Rogers Rangers Challenge triathlon has been resurrected by its founder as a fundraiser for a worthy cause, the Rogers Island Visitor Center. The race starts at the Hogtown trailhead in Fort Ann at 8am on Sunday, June 13. This triathlon is dedicated to the memory of Robert Rogers and his Independent Company of American Rangers who lived on Rogers Island during the French and Indian War. The 7.5-mile run goes from the Hogtown trailhead over Buck Mountain and ends at Fort Ann town beach. The three-mile canoe/kayak goes to Dome Island on Lake George, and back to the beach where the bike trek starts. The biking portion of the race proceeds from the Fort Ann beach through beautiful Washington County, and ends at the Rogers Island Visitor Center on Rogers Island in Fort Edward. The event can be done as a team or individually. Entrants are encouraged to dress in period clothing but this is certainly not required.

Army Major Mark Wright, one of the cofounders, will be coming from Maine to participate in this unique event. Eileen Bannon, another cofounder explains: "The most difficult part of this triathlon is the challenging run down Buck Mountain. Eileen explains: "It will be quite unique this year as

the racers can expect Robert Rogers himself to show to start the race. We may even have a few native American Indians to encourage the racers along the way." The proceeds benefit Rogers Island Visitor Center. Visit: [rogersisland.org](http://rogersisland.org).

## Mix Up the Dirt Mountain Bike Festival

SARATOGA SPRINGS – On Sunday, June 13 at the clearing at the SMBA Trails, the Saratoga Mountain Bike Association will be hosting the sixth annual "mud" event from 10am-5pm. There will be mountain bike demos, BBQ lunch, scheduled group rides for all skill levels, mountain bike related activities, giveaways and more. It's free and open to members and non-members alike. Attendees must have a helmet, water, and mountain bike to take part in the group rides. They encourage all attendees to park in town and bike to the trails. Parking at the intersection of Clinton and Daniels Streets is limited. Parking in the clearing or on the access road will not be available. Demo bikes will be available. Visit: [saratogamt.org](http://saratogamt.org).



Adventure Sports at Adirondack Community College is a comprehensive center offering college degrees in Adventure Sports Leadership and Management, academic courses in adventure sports, continuing education, professional development, and experiential teambuilding.

[adventuresports.sunyacc.edu](http://adventuresports.sunyacc.edu) • 518-743-2250

Sailing • High Ropes • Hiking • Rock Climbing • Bicycle Touring • Canoeing • Tennis

Summer Camp

YMCA CAMP  
CHINGACHOOK  
ON LAKE GEORGE

Teen Adventure Trips

Archery • Photography • Soccer • Arts

Swimming • Community Service • Sports

518-656-9462 [chingachook.org](http://chingachook.org)

Leadership • Cooperation • Responsibility • Team Work • Compassion • Respect • Fun!

DISCOVER  
INLET  
AND ALL THE  
BEAUTY THAT  
SURROUNDS US

For maps & more:  
Inlet Area  
Information Office  
1-866-GO INLET  
[www.inletny.com](http://www.inletny.com)



# Race Results

## 6TH ANNUAL "LOVE TO TRI" INDOOR TRIATHLON February 14, 2010 • Southern Saratoga YMCA, Clifton Park

| 15 MINUTES EACH:                      |                   |                                 |                     |                       |     |
|---------------------------------------|-------------------|---------------------------------|---------------------|-----------------------|-----|
| Pool Swim, Stationary Bike, Track Run | 13 David Spingarn | 242                             | 7 Cary Dresher      | 248                   |     |
|                                       | 14 Justin Gaita   | 238                             | 8 Jennifer Despagna | 245                   |     |
| <b>MALE OVERALL -</b>                 | 15 Mike Rydell    | 235                             | 9 Bernardina Torrey | 241                   |     |
| <b>Top 20 by Overall Points</b>       | 16 Tom Amell      | 233                             | 10 Jennifer Senez   | 241                   |     |
| 1 Greg McIntyre                       | 289               | 17 Todd Rowe                    | 233                 | 11 Anne Hayden        | 239 |
| 2 David Newman                        | 277               | 18 Daniel Wright                | 228                 | 12 Olya Prevo         | 235 |
| 3 Ronald Richards                     | 265               | 19 Jim Guildler                 | 225                 | 13 Erin Rightmyer     | 233 |
| 4 Ray Liuzzo                          | 264               | 20 James Trainor                | 220                 | 14 Kim Didrich        | 230 |
| 5 Chris Senez                         | 256               |                                 |                     | 15 Susan Bright       | 229 |
| 6 Robert Sheftel                      | 256               | <b>FEMALE OVERALL -</b>         |                     | 16 Alicia Marchese    | 229 |
| 7 Josh Katzman                        | 254               | <b>Top 20 by Overall Points</b> |                     | 17 Donna Tan          | 226 |
| 8 Robert Paley                        | 251               | 1 Kristen Hislop                | 291                 | 18 Robin Davey        | 225 |
| 9 Brian Watts                         | 249               | 2 Sonya Pasquini                | 272                 | 19 Katharine Stephens | 224 |
| 10 Bill Meeker                        | 249               | 3 Sally Drake                   | 263                 | 20 Melissa Grattan    | 224 |
| 11 Jonathan Bright                    | 248               | 4 Cynthia Fairbanks             | 261                 |                       |     |
| 12 David Shumpert                     | 248               | 5 Christine Varley              | 253                 |                       |     |
|                                       |                   | 6 Holly Klein                   | 248                 |                       |     |

*Courtesy of Southern Saratoga YMCA*

## 37TH HMRRC WINTER MARATHON & 24TH 3-PERSON RELAY February 21, 2010 • University at Albany, Albany

| MARATHON - 26.2 MILES                     |                         |     |                  |         |
|---|-------------------------|-----|------------------|---------|
| <b>MALE OVERALL</b>                       | 1 Sebastien Roulier     | 35  | Sherbrooke, QC   | 2:40:31 |
| <b>FEMALE OVERALL</b>                     | 1 Samantha Garnet       | 22  | Monroe           | 3:14:49 |
| <b>REGIONAL FINISHERS - Overall Place</b> | 2 Thomas O'Grady        | 24  | Latham           | 2:44:58 |
|   | 3 Joseph Hayter         | 29  | Schenectady      | 2:50:14 |
|   | 7 Dominic Mills         | 21M | Troy             | 3:03:30 |
|   | 12 Ryan Hudynia         | 20M | Fort Plain       | 3:19:07 |
|   | 13 John Geesler         | 51M | St. Johnsville   | 3:19:33 |
|   | 16 Rich Homenick        | 45M | Schenectady      | 3:21:33 |
|   | 17 Nancy Briskie        | 52F | Schenectady      | 3:22:31 |
|   | 19 Andrew Cronin        | 19M | Troy             | 3:23:01 |
|   | 20 Dennis Van Vlack     | 37M | Duanesburg       | 3:23:15 |
|   | 22 Craig DuBois         | 46M | Sprakers         | 3:24:42 |
|   | 23 Jeffrey Hayes        | 26M | Troy             | 3:25:57 |
|   | 24 Steve Sweeney        | 55M | Albany           | 3:32:12 |
|   | 25 James Fairchild      | 60M | Albany           | 3:32:17 |
|   | 26 Christina Ardito     | 30F | Schenectady      | 3:34:39 |
|   | 28 Chris McDonald       | 41M | Troy             | 3:35:50 |
|   | 29 Jonathon Viola       | 21M | Troy             | 3:36:58 |
|   | 30 Daniel Ku            | 24M | Saratoga Springs | 3:37:11 |
|   | 32 Ken Evans            | 49M | Delmar           | 3:38:02 |
|   | 33 Greg Ethier          | 36M | Waterford        | 3:38:33 |
|   | 34 Rob Hudynia          | 47M | Fort Plain       | 3:40:36 |
|   | 35 Erik Hauck           | 37M | Watertown        | 3:42:29 |
|   | 38 Patrick Kenny        | 19M | Troy             | 3:44:12 |
|   | 42 Matthew Lindow       | 33M | West Sand Lake   | 3:44:47 |
|   | 45 Chester Tumidajewicz | 55M | Amsterdam        | 3:47:13 |
|   | 46 Richard Edick        | 45M | Mohawk           | 3:48:11 |
|   | 49 Jim Newlove          | 53M | Rome             | 3:54:22 |
|   | 51 Susan Wong           | 62F | Glenmont         | 3:57:52 |
|   | 52 Jon Muckell          | 25M | Glenville        | 3:59:25 |
|   | 59 Dan Lago             | 23M | Saratoga Springs | 4:03:22 |
|   | 63 Steve Broadwell      | 47M | Troy             | 4:09:12 |
|   | 65 John Carboni         | 56M | Schenectady      | 4:11:07 |
|   | 66 Jean Kerr            | 51F | Catskill         | 4:11:47 |
|   | 67 Stewart Duihelis     | 55M | Catskill         | 4:11:47 |
|   | 68 Kalil Scott Jr.      | 19M | Cohoes           | 4:11:57 |
|   | 71 Jonathon Peck        | 31M | Scotia           | 4:15:50 |
|   | 73 Jenny Lee            | 50F | Selkirk          | 4:19:47 |
|   | 74 Dale Miller          | 40M | Schenectady      | 4:19:57 |
|   | 76 Fred Sovie           | 42M | Watertown        | 4:30:10 |
|   | 80 Jack Armitage        | 49M | Latham           | 4:38:57 |
|   | 81 Timothy Lawliss      | 50M | Peru             | 4:40:39 |
|   | 87 Barbara Sorrell      | 52F | Delmar           | 4:57:34 |

|                    |     |             |         |
|--------------------|-----|-------------|---------|
| 88 John Schauman   | 37M | Plattsburgh | 5:20:35 |
| 89 Yuri Lvov       | 40M | Albany      | 5:22:34 |
| 90 Michael Buttino | 60M | Earlton     | 5:23:17 |

| 3-PERSON MARATHON RELAY - 9.25/7/11.3 MILES    |                                 |         |  |
|--|---------------------------------|---------|--|
| <b>3-MALE COMBINED AGE: UNDER 120</b>          | 1 McDonald/Kearney/Kariolis     | 2:23:32 |  |
|  | 2 Benny/Mueller/Sweeney         | 2:55:03 |  |
|  | 3 David/McCarthy/Ford           | 3:00:24 |  |
| <b>3-FEMALE COMBINED AGE: UNDER 120</b>        | 1 Straw/O'Connor/Catella        | 3:14:17 |  |
|  | 2 Bright/Wille/Drake            | 3:30:59 |  |
|  | 3 Arango/Signorelli/Romer       | 3:53:30 |  |
| <b>2-MALE/1-FEMALE COMBINED AGE: UNDER 120</b> | 1 Allstadt/Wegman/Bishop        | 2:41:19 |  |
|  | 2 Gabrielli/Globits/Leuchanka   | 2:47:14 |  |
|  | 3 Lynskey/Davey/Norhan          | 2:53:32 |  |
| <b>2-FEMALE/1-MALE COMBINED AGE: UNDER 120</b> | 1 Schoellkopf/O'Connor/Culligan | 3:11:11 |  |
|  | 2 Thomas/Machabee/Davy          | 3:15:33 |  |
|  | 3 Elken/Morrissey/Jones         | 3:16:55 |  |
| <b>3-MALE COMBINED AGE: 120 - 149</b>          | 1 Rogers/Gilchrist/Cox          | 3:01:44 |  |
|  | 2 Freadman/Damasca/Curtiss      | 3:08:16 |  |
|  | 3 Chartrand/Rowell/Rowell       | 3:19:01 |  |
| <b>3-FEMALE COMBINED AGE: 120 - 149</b>        | 1 Herbs/DeGrazia/McKeown        | 3:35:07 |  |
|  | 2 Fenton/McElwain/DelSignore    | 3:36:08 |  |
|  | 3 Wunsch/VanValen/Kelley        | 3:52:35 |  |
| <b>2-MALE/1-FEMALE COMBINED AGE: 120 - 149</b> | 1 Fraser/Meissner/Framarin      | 3:19:31 |  |
|  | 2 Hamilton/Keating/Rees         | 3:28:49 |  |
|  | 3 Mentz/Yaeger/Manore           | 3:35:37 |  |
| <b>2-FEMALE/1-MALE COMBINED AGE: 120 - 149</b> | 1 Miseno-Bowles/Bowles/Varley   | 3:25:06 |  |
|  | 2 Charlebois/Simpkins/Hayes     | 3:43:37 |  |
|  | 3 Micka/Hayes/Greene            | 3:49:51 |  |
| <b>3-MALE COMBINED AGE: 150-PLUS</b>           | 1 Hickland/Jackson/Nark         | 3:04:32 |  |
|  | 2 Wasielewski/Murphy/Tousignant | 3:16:14 |  |
|  | 3 Fillmore/Tanchyh/McElroy      | 3:17:04 |  |
| <b>2-MALE/1-FEMALE COMBINED AGE: 150-PLUS</b>  | 1 Goodrich/Herraham/Murphy      | 3:17:56 |  |
|  | 2 Maiuri/Tansey/Kipp            | 3:42:47 |  |
| <b>2-FEMALE/1-MALE COMBINED AGE: 150-PLUS</b>  | 1 Forbes/Forbes/Cook            | 4:06:43 |  |

*Courtesy of Hudson-Mohawk Road Runners Club*

## NYSSRA CHAMPIONS CUP WEEKEND • State Nordic Ski Racing Championships February 27-28 & March 6, 2010 • Saratoga Biathlon Center, Day

| 21K FREESTYLE X-C CHAMPIONSHIPS                         |   |                          |         |
|---|---|--------------------------|---------|
| <b>FEMALE: J2</b>                                       | 1 Ashley Forshey                                | Glenville Hills Nordic   | 21:39   |
|   | 2 Erika Rodbell                                 | Glenville Hills Nordic   | 24:14   |
| <b>FEMALE: M2</b>                                       | 1 Jill Koziol                                   | Shenendehowa Nordic      | 1:13:44 |
| <b>FEMALE: M4</b>                                       | 1 Kathy Schwenk                                 | Team Knewhcs             | 1:03:15 |
|   | 2 Deb Nordyke                                   | Saratoga Biathlon        | 1:04:42 |
| <b>FEMALE: M5</b>                                       | 1 Audrey Balander                               | Cayuga Nordic            | 1:14:52 |
| <b>FEMALE: M6</b>                                       | 1 Carol Fisher                                  | Hudson United Racing     | 1:10:05 |
|   | 2 Bernadette O'Brien                            | Shenendehowa Nordic      | 1:28:13 |
| <b>FEMALE: OJ</b>                                       | 1 Ann Jardin                                    | Paul Smith's College     | 1:18:57 |
| <b>MALE: J1</b>   | 1 Adam Swayze                                   | Rochester Nordic         | 55:43   |
| <b>MALE: J2</b>   | 1 Austin Huneck                                 | Hudson United Racing     | 18:29   |
|   | 2 Adam Luban                                    | Hudson United Racing     | 18:37   |
|   | 3 Erik Schreiner                                | Saratoga Biathlon        | 32:54   |
| <b>MALE: M1</b>   | 1 Matthew Tornianen                             | Hudson United Racing     | 59:09   |
|   | 2 Chris Yarsevich                               | Hudson United Racing     | 1:02:27 |
|   | 3 Nathan Sentz                                  | Otsego Nordic Club       | 1:08:59 |
| <b>MALE: M2</b>   | 1 Chris Rose                                    | Peru Nordic Masters      | 57:46   |
|   | 2 Andrew Farry                                  | Hudson United Racing     | 1:06:36 |
|   | 3 Loic St. Gal de Pons                          | Independent              | 2:10:18 |
| <b>MALE: M3</b>   | 1 Jim Kobak                                     | Peru Nordic Masters      | 57:24   |
|   | 2 Mike Rutledge                                 | Otsego Nordic Ski        | 59:43   |
|   | 3 Edward Lis                                    | Peru Nordic Masters      | 1:03:16 |
| <b>MALE: M4</b>   | 1 Steven French                                 | Rochester Nordic         | 1:00:09 |
|   | 2 Don Rodbell                                   | Glenville Hills Nordic   | 1:01:45 |
|   | 3 Steven Bailey                                 | Peru Nordic Masters      | 1:02:50 |
|   | 4 Darrell Rikert                                | Saratoga Biathlon        | 1:06:25 |
| <b>MALE: M5</b>   | 1 Joe Korzonecki                                | Peru Nordic Masters      | 58:50   |
|   | 2 Tim Huneck                                    | Hudson United Racing     | 1:03:14 |
|   | 3 Jack Rueckhorm                                | Cayuga Nordic Club       | 1:15:21 |
|   | 4 Jerry Curcio                                  | Winona Forest Recreation | 1:15:43 |
| <b>MALE: M6</b>   | 1 Ed Luban                                      | Hudson United Racing     | 58:37   |
|   | 2 Bruce Townsend                                | Berkshire Trails Nordic  | 59:34   |
|   | 3 Dan Schwenk                                   | Team Knewhcs             | 1:01:56 |
|   | 4 Vinny Vienneau                                | Berkshire Trails Nordic  | 1:04:11 |
|   | 5 David Burt                                    | Hudson United Racing     | 1:08:46 |
| <b>MALE: M7</b>   | 1 Eric Hamilton                                 | Shenendehowa Nordic      | 1:35:57 |
| <b>MALE: M8</b>   | 1 Rene Clarke                                   | Hudson United Racing     | 1:25:38 |
| <b>MALE: SENIOR</b>                                     | 1 Paul Allison                                  | Independent              | 51:39   |
|   | 2 Jason Hettenbaugh                             | Rochester Nordic         | 53:45   |
|   | 3 Chad Day                                      | Rochester Nordic         | 54:11   |
|   | 4 Jon Santor                                    | Peru Nordic Masters      | 56:33   |
|   | 5 Marty Maynard                                 | Rochester Nordic         | 56:56   |
|   | 6 Eric Seyse                                    | Glenville Hills Nordic   | 57:05   |
|   | 7 David Kvam                                    | Hudson United Racing     | 58:53   |
|   | 8 Justin Tetlow                                 | Hudson United Racing     | 1:02:26 |
|   | 9 Keith Kogut                                   | Independent              | 1:02:29 |
| CROSS-COUNTRY 3 X 3K RELAY<br>Classic-Classic-Freestyle |   |                          |         |
| <b>MALE CLUB RELAY</b>                                  | 1 Rochester Nordic B                            | 30:38                    |         |
|   | Jason Hettenbaugh/Adam Swayze/Jason Hettenbaugh |                          |         |
|   | 2 Rochester Nordic A                            | 31:54                    |         |
|   | Chad Day/Steven French/Marty Maynard            |                          |         |
|   | 3 Hudson United Racing A                        | 32:30                    |         |
|   | Chris Yarsevich/Martin Donnelly-Heg/Dave Kvam   |                          |         |

| BIATHLON SPRINT RACE<br>Senior/Master/Grand Master Men: 10K & Others: 7.5K |                        |                      |         |
|--|------------------------|----------------------|---------|
| <b>FEMALE: MASTERS</b>   | 1 Deb Nordyke          | Saratoga Biathlon    | 31:32   |
| <b>FEMALE: NOVICE</b>  | 1 Leah Griffith        | Syracuse Biathlon    | 41:04   |
| <b>FEMALE: SENIOR</b>  | 1 Erin Graham          | Saratoga Biathlon    | 29:58   |
|  | 2 Jill Koziol          | Saratoga Biathlon    | 41:40   |
| <b>FEMALE: YOUTH</b>   | 1 Ann Jardin           | Syracuse Biathlon    | 39:40   |
| <b>MALE: GRAND MASTERS</b>   | 1 Arthur Stegen        | Saratoga Biathlon    | 50:07   |
|  | 2 Russ Myer            | Syracuse Biathlon    | 52:02   |
|  | 3 Richard Sloman       | Saratoga Biathlon    | 1:02:56 |
|  | 4 Eric Hamilton        | Saratoga Biathlon    | 1:08:37 |
|  | 5 Will Seyse           | Saratoga Biathlon    | 1:11:49 |
|  | 6 Michael Merritt      | Saratoga Biathlon    | 1:12:57 |
| <b>MALE: MASTERS</b>   | 1 Sean Halligan        | Saratoga Biathlon    | 38:30   |
|  | 2 Gary Brackett        | Saratoga Biathlon    | 40:06   |
|  | 3 Steven French        | Western NY Biathlon  | 41:08   |
|  | 4 Kevin Brooker        | Ethan Allen Biathlon | 48:15   |
|  | 5 Brian Wieghaus       | Saratoga Biathlon    | 49:04   |
|  | 6 Thomas Bielli        | Saratoga Biathlon    | 53:50   |
|  | 7 Christian Borger     | Saratoga Biathlon    | 54:21   |
| <b>MALE: SENIOR</b>  | 1 Jason Hettenbaugh    | Western NY Biathlon  | 36:36   |
|  | 2 Eric Seyse           | Saratoga Biathlon    | 37:23   |
|  | 3 Marty Maynard        | Western NY Biathlon  | 37:37   |
|  | 4 Chad Day             | Western NY Biathlon  | 38:11   |
|  | 5 Thomas Moffett Jr.   | Saratoga Biathlon    | 38:27   |
|  | 6 Patrick Clancy       | Saratoga Biathlon    | 43:08   |
| <b>MALE: YOUTH</b>   | 1 Sam Cowan            | Lake Placid Biathlon | 26:30   |
|  | 2 Damon Kull           | Polar Bear Ski Club  | 29:42   |
|  | 3 Christian Borger Jr. | Saratoga Biathlon    | 29:59   |
|  | 4 Brian Halligan       | Saratoga Biathlon    | 30:19   |
|  | 5 Michael Wojcik       | Western NY Biathlon  | 35:28   |
|  | 6 Sam Phaneuf          | Polar Bear Ski Club  | 36:04   |

| BIATHLON 3 X 6K RELAY<br>CLUB RELAY |  |         |  |
|-------------------------------------|--|---------|--|
| 1                                   | Western NY Biathlon                              | 1:03:38 |  |
|                                     | Jason Hettenbaugh/Chad Day/Marty Maynard         |         |  |
| 2                                   | Saratoga Biathlon B                              | 1:08:10 |  |
|                                     | Thomas Moffett Jr./Erin Graham/Deb Nordyke       |         |  |
| 3                                   | Saratoga Biathlon A                              | 1:11:41 |  |
|                                     | Sean Halligan/Brian Halligan/Christian Borger Jr |         |  |
| 4                                   | Syracuse/Western NY Biathlon                     | 1:24:10 |  |
|                                     | Ann Jardin/Steven French/Adam Swayze             |         |  |
| SPORT RELAY                         |  |         |  |
| 1                                   | Sport 4  | 1:20:27 |  |
|                                     | Nick Gretzinger/Leah Griffith/Brian Wieghaus     |         |  |
| 2                                   | Sport 3  | 1:24:13 |  |
|                                     | Kevin Brooker/Arthur Stegen/Jill Koziol          |         |  |
| 3                                   | Sport 2  | 1:36:57 |  |
|                                     | Thomas Bielli/Eric Hamilton/Patrick Clancy       |         |  |
| 4                                   | Sport 1  | 1:42:21 |  |
|                                     | Rene Harde/Mike Merritt/Christian Borger Sr.     |         |  |

*continued*

## 40TH ANNIVERSARY

# Half Marathon

- 13.1 Mile Road Race
- T-Shirts for All Pre-registered Entrants
- Post Race Ceremony
- New! 5-year age group awards

**Information: northelba.org**  
**Registration: active.com**  
**\$30 by 9/4 • \$40 after**

**NEW DATE!**  
**Saturday**  
**September 11th**

part of a perfect day  
**LAKE PLACID**



## EXPO & PACKET PICK-UP

Saturday, October 9, 2010 • 10am-6pm • Crowne Plaza, Albany

### DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 2,000 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials – no race day packet pick-up available
- Promote and sell your products and services to 3,500 people
- Exhibitors included in 4-page MHR Marathon and Half Marathon race guide in September issue of *Adirondack Sports & Fitness* magazine (20,000 circulation) – and on adksports.com

### EXHIBITOR CATEGORIES

Running • Health • Fitness • Nutrition • Outdoor Clubs • Events  
 Travel • Apparel • Accessories • Samples • Prizes • Giveaways

Race Directed by Hudson Mohawk Road Runners Club • Expo Produced by Adirondack Sports & Fitness Magazine  
 To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com

## Cryosurgery

# New Treatment for Foot Pain



**Heel Pain? Plantar Fasciitis? Diabetic Neuropathy? Achilles Tendonitis?** Dr. David Lambariski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for these painful foot conditions.

### What is Cryosurgery?

Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy nerve regenerates in six weeks.

### The Benefits

- 15 minute office procedure
- No stitches required
- No post-op pain
- Quick recovery

An avid outdoor enthusiast, Dr. Lambariski specializes in custom orthotic design for all sports. Stop living with your foot pain – Call today.

**Dr. David Lambariski, Board Certified Podiatric Surgeon**  
 Northeast Foot Care • Mohawk Medical Arts Bldg., Suite 106 • Amsterdam

**t. 842.2200**

PHOTOBOOTH RENTALS FOR SPECIAL EVENTS



# SARATOGA PHOTOBOOTH COMPANY

Great Photos • Great Fun • Great Favors • Great Memories



Photobooth Rentals for Upstate New York & Surrounding Areas

Weddings, parties, reunions, bar/bat mitzvahs, conferences, trade shows, sporting events, festivals, fundraisers – any event!

### Classic-style digital photobooth!

- Event or company logo on every photostrip
- Six poses in color or B&W per photostrip
- Extremely high quality photos
- Ultra fast ten-second printing
- On-site photobooth host

518.584.6473



**NYSSRA CHAMPIONS CUP WEEKEND *continued***

| SKI ORIENTEERING CLUB CHAMPIONSHIPS         |    |                         |         |  |
|---|----|-------------------------|---------|--|
| <b>YELLOW COURSE – 8 Controls, 3.5K Ski</b> |    |                         |         |  |
| 1 Tyra Wynn                                 | FS | Saratoga Orienteering   | 36:27   |  |
| 1 Sue Hawkes-Teeter                         | FG | Empire Orienteering     | 1:15:13 |  |
| <b>GREEN COURSE – 12 Controls, 7K</b>       |    |                         |         |  |
| 1 Phil Hawkes-Teeter                        | MG | Empire Orienteering     | 47:43   |  |
| 1 Ellie George                              | FO | Adirondack Orienteering | 1:01:30 |  |
| <b>RED COURSE – 15 Controls, 11K</b>        |    |                         |         |  |
| 1 Doug Swank                                | MM | Empire Orienteering     | 59:33   |  |

|                                |    |                         |         |  |
|--------------------------------|----|-------------------------|---------|--|
| 1 Pat Clancy                   | MO | Saratoga Orienteering   | 1:10:26 |  |
| 2 Eric Smith                   | MM | Central NY Orienteering | 1:07:44 |  |
| 3 Andy Chillrud                | MM | Empire Orienteering     | 1:19:37 |  |
| <b>CLUB CHAMPIONSHIPS</b>      |    |                         |         |  |
| 1 Empire Orienteering Club     |    |                         | 13      |  |
| 2 Saratoga Orienteering Club   |    |                         | 8       |  |
| 3 Adirondack Orienteering Club |    |                         | 4       |  |
| 4 Central NY Orienteering Club |    |                         | 3       |  |

*Courtesy of NYS Ski Racing Association – Nordic*

**22ND ANNUAL "GO VERTICAL FOR CYSTIC FIBROSIS" STAIR CLIMB**  
 March 4, 2010 • Corning Tower, Empire State Plaza, Albany

| 42 FLOORS – 809 STEPS                 |    |               |       |  |
|---------------------------------------|----|---------------|-------|--|
| <b>MALE OVERALL</b>                   |    |               |       |  |
| 1 Jesse Berg                          | 37 | Chicago, IL   | 4:12  |  |
| 2 David Tromp                         | 34 | Glenmont      | 4:40  |  |
| 3 Matthew Fryer                       | 29 | Loudonville   | 5:45  |  |
| <b>FEMALE OVERALL</b>                 |    |               |       |  |
| 1 Brittany Pine                       | 23 | Hoosick Falls | 6:35  |  |
| 2 Carrie Barown                       | 30 | Albany        | 7:30  |  |
| 3 Elizabeth Cardoso                   | 35 | Cohoes        | 7:39  |  |
| <b>MALE AGE GROUP: 14 &amp; UNDER</b> |    |               |       |  |
| 1 Nicholas Frazier                    | 14 | Hoosick Falls | 7:14  |  |
| 2 Robert Hoard                        | 11 | Berlin        | 10:31 |  |
| 3 Koel Krumenocker                    | 11 | Berlin        | 11:38 |  |
| <b>MALE AGE GROUP: 15 - 19</b>        |    |               |       |  |
| 1 Billy Pine                          | 17 | Hoosick Falls | 6:51  |  |
| 2 Adam Frazier                        | 16 | Hoosick Falls | 7:10  |  |
| 3 Doug Hoard                          | 16 | Berlin        | 7:34  |  |
| <b>MALE AGE GROUP: 20 - 24</b>        |    |               |       |  |
| 1 Phillip Jonat                       | 24 | Hoboken, NJ   | 6:20  |  |
| 2 Rick Conlee                         | 24 | Newtonville   | 11:45 |  |
| 3 Brian Goodge                        | 23 | Glens Falls   | 11:45 |  |
| <b>FEMALE AGE GROUP: 20 - 24</b>      |    |               |       |  |
| 1 Stacy Lauver                        | 23 | Johnsonville  | 15:55 |  |
| 2 Priya Bakhru                        | 24 | Glens Falls   | 18:26 |  |
| <b>MALE AGE GROUP: 25 - 29</b>        |    |               |       |  |
| 1 Philip Tommasino                    | 25 | Hoosick Falls | 7:24  |  |
| 2 Jason Young                         | 26 | Schenectady   | 8:21  |  |
| 3 Ian Cretiz                          | 27 | Cambridge     | 8:25  |  |
| <b>FEMALE AGE GROUP: 25 - 29</b>      |    |               |       |  |
| 1 Kaitlin O'Keefe                     | 26 | Schenectady   | 8:18  |  |
| 2 Jackie Houran                       | 26 | Hoosick Falls | 8:39  |  |
| 3 Allissa Demarsh                     | 25 | Glens Falls   | 10:25 |  |
| <b>MALE AGE GROUP: 30 - 34</b>        |    |               |       |  |
| 1 William Bennett                     | 30 | Schenectady   | 6:13  |  |
| 2 John Serrell                        | 33 | Clifton Park  | 9:44  |  |
| 3 Micheal Tromp                       | 33 | Latham        | 18:10 |  |
| <b>FEMALE AGE GROUP: 30 - 34</b>      |    |               |       |  |
| 1 Ellen Roach                         | 34 | Albany        | 14:22 |  |
| <b>MALE AGE GROUP: 35 - 39</b>        |    |               |       |  |
| 1 John Metcalf                        | 36 | Delmar        | 7:38  |  |
| 2 Monte Vacarelli                     | 39 | Delmar        | 7:55  |  |
| 3 Andrew Weise                        | 38 | Clifton Park  | 9:18  |  |

|                                  |    |                      |       |  |
|----------------------------------|----|----------------------|-------|--|
| <b>FEMALE AGE GROUP: 35 - 39</b> |    |                      |       |  |
| 1 Mary Elizabeth Metcalf         | 37 | Delmar               | 10:23 |  |
| 2 Kathleen Tersigni              | 39 | Burnt Hills          | 10:28 |  |
| <b>MALE AGE GROUP: 40 - 44</b>   |    |                      |       |  |
| 1 Todd Mesick                    | 42 | Cohoes               | 6:05  |  |
| 2 Gregory Coons                  | 43 | Albany               | 6:51  |  |
| 3 John Barry                     | 41 | Troy                 | 8:10  |  |
| <b>FEMALE AGE GROUP: 40 - 44</b> |    |                      |       |  |
| 1 Ruth Sainsky                   | 42 | Albany               | 8:03  |  |
| 2 Angela Stimpson                | 42 | Schenectady          | 8:52  |  |
| <b>MALE AGE GROUP: 45 - 49</b>   |    |                      |       |  |
| 1 Donald Crawford                | 46 | Colorado Springs, CO | 6:02  |  |
| 2 Thomas Ostrander               | 45 | Saratoga Springs     | 7:23  |  |
| 3 Dave Barcomb                   | 45 | Glens Falls          | 7:24  |  |
| <b>FEMALE AGE GROUP: 45 - 49</b> |    |                      |       |  |
| 1 Janice Phoenix                 | 48 | Schenectady          | 7:47  |  |
| 2 Joanie Colaruso                | 46 | Latham               | 8:48  |  |
| 3 Kathy Czelusniak               | 49 | Glens Falls          | 8:55  |  |
| <b>MALE AGE GROUP: 50 - 54</b>   |    |                      |       |  |
| 1 Mark Hammond                   | 51 | Highland             | 6:05  |  |
| 2 Tom Dubois                     | 54 | Glens Falls          | 6:48  |  |
| 3 Michael McGuire                | 54 | Ballston Lake        | 9:26  |  |
| <b>FEMALE AGE GROUP: 50 - 54</b> |    |                      |       |  |
| 1 Wanda Tyler                    | 50 | Glens Falls          | 13:05 |  |
| <b>MALE AGE GROUP: 55 - 59</b>   |    |                      |       |  |
| 1 Rick Babson                    | 55 | Glens Falls          | 8:18  |  |
| 2 Rich Marini                    | 56 | Loudonville          | 10:40 |  |
| 3 William Powens                 | 56 | Diamond Point        | 10:57 |  |
| <b>FEMALE AGE GROUP: 55 - 59</b> |    |                      |       |  |
| 1 Margaret Phillips              | 56 | East Schodack        | 9:24  |  |
| 2 Kathleen Ristau                | 58 | Albany               | 12:53 |  |
| <b>MALE AGE GROUP: 60 - 64</b>   |    |                      |       |  |
| 1 Frederick Eames                | 61 | Delmar               | 6:05  |  |
| 2 David Allard                   | 62 | Great Barrington, MA | 7:46  |  |
| <b>FEMALE AGE GROUP: 65 - 69</b> |    |                      |       |  |
| 1 Lucinda Huggins                | 66 | Schenectady          | 11:49 |  |

*Courtesy of Cystic Fibrosis Foundation*

**11TH ANNUAL RUNNIN' OF THE GREEN (ISLAND) *continued***

|                                  |    |                |       |  |
|----------------------------------|----|----------------|-------|--|
| <b>FEMALE AGE GROUP: 15 - 19</b> |    |                |       |  |
| 1 Carolyn Herkenham              | 19 | Charlton       | 25:50 |  |
| 2 Jessica Sherry                 | 18 | Albany         | 26:09 |  |
| 3 Moira Hilt                     | 17 | Colonie        | 26:10 |  |
| <b>MALE AGE GROUP: 20 - 24</b>   |    |                |       |  |
| 1 Thomas O'Grady                 | 24 | Latham         | 21:00 |  |
| 2 Chris Senez                    | 20 | Clifton Park   | 22:21 |  |
| 3 Brad Lewis                     | 23 | East Greenbush | 22:26 |  |
| <b>FEMALE AGE GROUP: 20 - 24</b> |    |                |       |  |
| 1 Jen Adams                      | 23 | Gansevoort     | 23:58 |  |
| 2 Brina Seguire                  | 20 | Rensselaer     | 24:54 |  |
| 3 Roxanne Wegman                 | 22 | Albany         | 25:33 |  |
| <b>MALE AGE GROUP: 25 - 29</b>   |    |                |       |  |
| 1 Justin Bishop                  | 28 | Colonie        | 20:26 |  |
| 2 Gered Burns                    | 25 | Schenectady    | 21:30 |  |
| 3 Dan Haggerty                   | 25 | Albany         | 21:35 |  |
| <b>FEMALE AGE GROUP: 25 - 29</b> |    |                |       |  |
| 1 Jesse Naftel                   | 25 | Albany         | 23:49 |  |
| 2 Katie Jones                    | 27 | Watervliet     | 25:47 |  |
| 3 Chelsea Benson                 | 27 | Hudson         | 25:56 |  |
| <b>MALE AGE GROUP: 30 - 34</b>   |    |                |       |  |
| 1 Eamon Dempsey                  | 30 | Albany         | 21:02 |  |
| 2 Anthony Giuliano               | 30 | Albany         | 21:55 |  |
| 3 Jonathan Catlett               | 32 | Albany         | 22:45 |  |
| <b>FEMALE AGE GROUP: 30 - 34</b> |    |                |       |  |
| 1 Shelly Binsfeld                | 30 | Schenectady    | 25:44 |  |
| 2 Christina Ardrot               | 30 | Schenectady    | 25:49 |  |
| 3 Stephanie Wille                | 34 | Guilderland    | 27:58 |  |
| <b>MALE AGE GROUP: 35 - 39</b>   |    |                |       |  |
| 1 Volker Burkowski               | 38 | Gansevoort     | 22:13 |  |
| 2 Jonathan Bright                | 39 | Guilderland    | 22:55 |  |
| 3 Brian Northan                  | 35 | Guilderland    | 23:13 |  |
| <b>FEMALE AGE GROUP: 35 - 39</b> |    |                |       |  |
| 1 Karen Dolge                    | 39 | Valatie        | 24:15 |  |
| 2 Kimberly Miseno-Bowles         | 39 | Amsterdam      | 26:55 |  |
| 3 Sally Drake                    | 36 | Albany         | 28:05 |  |
| <b>MALE AGE GROUP: 40 - 44</b>   |    |                |       |  |
| 1 Ben Greenberg                  | 41 | Voorheesville  | 21:48 |  |
| 2 Tim Hoff                       | 44 | Albany         | 22:58 |  |
| 3 Jon Rocco                      | 43 | Colonie        | 23:20 |  |
| <b>FEMALE AGE GROUP: 40 - 44</b> |    |                |       |  |
| 1 Judy Guzzo                     | 42 | Niskayuna      | 26:15 |  |
| 2 Karl Gathen                    | 41 | Albany         | 26:31 |  |
| 3 Michelle Rosowsky              | 42 | Niskayuna      | 27:03 |  |
| <b>MALE AGE GROUP: 45 - 49</b>   |    |                |       |  |
| 1 Thomas Kracker                 | 45 | Delmar         | 23:11 |  |
| 2 Dan Cantwell                   | 48 | Albany         | 24:05 |  |
| 3 Robert Wither                  | 49 | Niskayuna      | 25:24 |  |

|  |    |                  |       |  |
|--|----|------------------|-------|--|
| <b>FEMALE AGE GROUP: 45 - 49</b>       |    |                  |       |  |
| 1 Anne Benson                          | 45 | Clifton Park     | 25:02 |  |
| 2 Mary Buck                            | 46 | Altamont         | 26:11 |  |
| 3 Nancy Nicholson                      | 47 | Queensbury       | 26:53 |  |
| <b>MALE AGE GROUP: 50 - 54</b>         |    |                  |       |  |
| 1 Thomas Dalton                        | 51 | Schenectady      | 22:45 |  |
| 2 William Venner                       | 50 | Granville        | 22:57 |  |
| 3 Rick Munson                          | 53 | Prattsville      | 23:57 |  |
| <b>FEMALE AGE GROUP: 50 - 54</b>       |    |                  |       |  |
| 1 Nancy Briskie                        | 52 | Schenectady      | 26:18 |  |
| 2 Jane Mastaitis                       | 51 | Saratoga Springs | 29:50 |  |
| 3 Peggy McKeown                        | 52 | Schuylerville    | 30:21 |  |
| <b>MALE AGE GROUP: 55 - 59</b>         |    |                  |       |  |
| 1 Dale Keenan                          | 59 | Selkirk          | 24:03 |  |
| 2 Kenneth Klapp                        | 59 | Schenectady      | 25:40 |  |
| 3 Bill Babcock                         | 59 | Broadalbin       | 25:58 |  |
| <b>FEMALE AGE GROUP: 55 - 59</b>       |    |                  |       |  |
| 1 Martha DeGrazia                      | 59 | Slingerlands     | 29:34 |  |
| 2 Erika Osterle                        | 58 | Stamford         | 31:29 |  |
| 3 Susan Bernis                         | 55 | Rensselaer       | 32:29 |  |
| <b>MALE AGE GROUP: 60 - 64</b>         |    |                  |       |  |
| 1 Bob Giambalvo                        | 60 | Delhi            | 24:08 |  |
| 2 Tom Yannone                          | 61 | Catskill         | 26:50 |  |
| 3 Ernie Paquin                         | 63 | Gansevoort       | 26:55 |  |
| <b>FEMALE AGE GROUP: 60 - 64</b>       |    |                  |       |  |
| 1 Judy Harrigan                        | 60 | Saratoga Springs | 28:42 |  |
| 2 Susan Wong                           | 62 | Glenmont         | 29:30 |  |
| 3 Ginny Pezzula                        | 64 | Colonie          | 32:52 |  |
| <b>MALE AGE GROUP: 65 - 69</b>         |    |                  |       |  |
| 1 David Hayes                          | 66 | Niskayuna        | 30:43 |  |
| 2 Frank Klose                          | 66 | Castleton        | 31:36 |  |
| 3 Jim Hotaling                         | 69 | Niverville       | 34:25 |  |
| <b>FEMALE AGE GROUP: 65 - 69</b>       |    |                  |       |  |
| 1 Penny Cushman                        | 66 | Albany           | 45:42 |  |
| 2 Liz Milo                             | 69 | Altamont         | 45:43 |  |
| 3 Susan Caccuitto                      | 66 | Ballston Lake    | 48:11 |  |
| <b>MALE AGE GROUP: 70 &amp; OVER</b>   |    |                  |       |  |
| 1 Jim Moore                            | 70 | Niskayuna        | 32:54 |  |
| 2 Bob Husted                           | 72 | Rexford          | 32:57 |  |
| 3 Wade Stockman                        | 75 | Rensselaer       | 33:46 |  |
| <b>FEMALE AGE GROUP: 70 &amp; OVER</b> |    |                  |       |  |
| 1 Anny Stockman                        | 77 | Rensselaer       | 41:11 |  |
| 2 Eiko Bogue                           | 72 | Schaghticoke     | 44:13 |  |
| 3 Joan Corrigan                        | 74 | Clifton Park     | 58:20 |  |

*Courtesy of Hudson-Mohawk Road Runners Club*

**JOHNNY CAKE LANE SPRING SERIES BICYCLE RACE #1**

**Trooper David Brinkerhoff Memorial • March 20, 2010 • Coxsackie High School, Coxsackie**

| A RACE: PRO, CAT 1/2/3 - 54 MILES                  |                   |         |  |  |
|--|-------------------|---------|--|--|
| <b>MALE OVERALL</b>                                |                   |         |  |  |
| 1 Daniel Greenfield, Wheelhouse/NCC                | North Grafton, MA | 2:07:30 |  |  |
| 2 Max Lippolis, TargeTraining/Fastar               | Pound Ridge       | 2:07:30 |  |  |
| 3 Ryan Serbel, CCNS/Charlescoaching.com            | Benton, PA        | 2:07:30 |  |  |
| <b>FEMALE OVERALL</b>                              |                   |         |  |  |
| 1 Silke Wunderwald, Team Kenda                     | Stonington, CT    | 2:07:30 |  |  |
| 2 Kuria Njenga, Westwood Velo                      | Nyack             | 2:07:30 |  |  |
| 3 Beth Miller, Anthem Sports Women's Cycling       | Delmar            | 2:07:30 |  |  |
| <b>REGIONAL FINISHERS</b>                          |                   |         |  |  |
| 5 Ben Dolva, Farm Team Cycling                     |                   | 2:07:30 |  |  |
| 14 Cliff Summers, CCC/Keltic Const/Zanes Cycles    | Queensbury        | 2:07:30 |  |  |
| 26 Dieter Drake, Battenkill United/Anthem Sports   | Cambridge         | 2:07:30 |  |  |
| 27 Andrew Ruiz, CCC/Keltic Const/Zanes Cycles      | Delmar            | 2:07:30 |  |  |
| 28 Nathaniel Ward, Wheelhouse/NCC                  | Albany            | 2:07:30 |  |  |
| 30 Douglas Campbell, CCC/Keltic Const/Zanes Cycles | Salem             | 2:07:30 |  |  |
| 37 Anthony Felitte, CCC/Keltic Const/Zanes Cycles  | Delmar            | 2:07:30 |  |  |
| 43 Kevin Mosher, CCC/Keltic Const/Zanes Cycles     | Voorheesville     | 2:07:30 |  |  |
| 49 James Walker, Team Placid Planet                | Elizabethtown     | 2:07:30 |  |  |
| 50 Matt Goedeke, Anthem Sports Elite Dev           | Delmar            | 2:07:30 |  |  |
| 52 Curtis White, CLNoonan/BayHillCapital           | Delanson          | 2:07:30 |  |  |

|   |              |         |  |  |
|---|--------------|---------|--|--|
| <b>B RACE: CAT 4, MASTERS 50+, WOMEN 1-3 - 42 MILES</b> |              |         |  |  |
| <b>MALE OVERALL</b>                                     |              |         |  |  |
| 1 Robin Kinney, Pure Energy                             | Skillman, NJ | 1:48:27 |  |  |
| 2 Brian Kelley, Pawling Cycle & Sport                   | Pawling      | 1:48:27 |  |  |
| 3 Matt Moore, Berkshire Cycling Assn.                   | Dorset, VT   | 1:48:27 |  |  |
| <b>FEMALE OVERALL</b>                                   |              |         |  |  |
| 1 Kim Edwards, CVC/Subaru of New England                | Clinton, CT  | 1:48:27 |  |  |
| 2 Bridget Petrillo, CVC/Subaru of New England           | Hamden, CA   | 1:48:27 |  |  |
| 3 Amy Kemper, Northampton Cycling Club/Northampton, MA  |              | 1:48:27 |  |  |
| <b>REGIONAL FINISHERS</b>                               |              |         |  |  |
| 4 Derek Wojtkun, Farm Team Cycling                      | Cambridge    | 1:48:27 |  |  |
| 6 Michael Malone, Unaffiliated                          | Troy         | 1:48:27 |  |  |
| 13 Glenn Allen, North Atlantic Velo                     | Gloversville | 1:48:27 |  |  |
| 16 Tim Eck, Battenkill United                           | Ballston Spa | 1:48:27 |  |  |

**11TH ANNUAL RUNNIN' OF THE GREEN (ISLAND)**  
 March 6, 2010 • Legnard-Curtin American Legion Hall, Green Island

| 4-MILE ROAD RACE      |    |              |       |  |
|-----------------------|----|--------------|-------|--|
| <b>MALE OVERALL</b>   |    |              |       |  |
| 1 Andy Allstadt       | 27 | Albany       | 19:52 |  |
| 2 Chuck Terry         | 27 | Albany       | 19:54 |  |
| 3 Aaron Robertson     | 31 | Rouses Point | 20:01 |  |
| <b>FEMALE OVERALL</b> |    |              |       |  |
| 1 Lori Kingsley       | 44 | Wysox, PA    | 23:14 |  |
| 2 Eileen Combs        | 32 | Schenectady  | 23:38 |  |
| 3 Emily Bryans        | 42 | Schenectady  | 23:44 |  |

|   |    |                  |       |  |
|---|----|------------------|-------|--|
| <b>MALE AGE GROUP: 14 &amp; UNDER</b>   |    |                  |       |  |
| 1 Jason Lange                           | 14 | Schenectady      | 22:48 |  |
| 2 Matt Lange                            | 14 | Schenectady      | 23:09 |  |
| 3 Keith Machabee                        | 13 | Delmar           | 28:24 |  |
| <b>FEMALE AGE GROUP: 14 &amp; UNDER</b> |    |                  |       |  |
| 1 Jackie Malecki                        | 14 | Schenectady      | 26:12 |  |
| 2 Holly Machabee                        | 11 | Delmar           | 32:45 |  |
| 3 Julia Maloney                         | 13 | Loudonville      | 33:10 |  |
| <b>MALE AGE GROUP: 15 - 19</b>          |    |                  |       |  |
| 1 Tyler Andrews                         | 19 | Saratoga Springs | 20:49 |  |
| 2 David Carlin                          | 19 | Williamstown, MA | 20:58 |  |
| 3 Kahill Scott Jr.                      | 19 | Cohoes           | 22:27 |  |

*continued*

**Personalized Advice.**

What you learn in an hour could help benefit your portfolio for years.

The Morgan Stanley Smith Barney's Consulting Group provides investors with independent, institutional-level investment managers and experienced, objective financial advice. We'll help you develop:

- > a long-term approach to your investment objectives
- > a personalized strategy for asset allocation
- > select an appropriate investment management firm
- > review and monitor your portfolio performance

**RICHARD F. WHITE**  
 Second Vice President - Wealth Management  
 Financial Planning Specialist  
 80 State Street, 12th Floor  
 Albany, NY 12207

(518) 427-5555  
 richardf.white@smithbarney.com  
 fa.smithbarney.com/richardfwhite

**Morgan Stanley Smith Barney**

**STEINER'S SPORTS**

**SKI, BIKE & KAYAK SPECIALISTS**

**BIKES** Specialized • Trek  
 Serotta • Look

**KAYAKS** Perception • Dagger  
 Current Designs • Hurricane  
 Wilderness Systems • E-motion



|  |  |  |
|--|--|--|
| <b>GLENMONT</b><br>3 mi south of Thruway Exit 23<br>329 Route 9W<br>(518) 427-2406 | <b>VALATIE</b><br>2 mi south of I-90 exit 12<br>3455 Route 9<br>(518) 784-3663 | <b>HUDSON</b><br>At corner of 3rd St<br>301 Warren St.<br>(518) 828-5063 |
|--|--|--|

WWW.STEINERSSPORTS.COM



**Schenectady Regional Orthopedic Associates, P.C.**

Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region

- Eric R. Aronowitz, M.D.
- James M. Boler, M.D.
- Daniel J. Bowman, M.D.
- G. Robert Cooley,

# Race Results

## JOHNNY CAKE LANE SPRING SERIES BICYCLE RACE #1 *continued*

|  |   |
|--|---|
| 17 Alton Ostrander Jr., Capital Bicycle Racing Club Albany 1:48:27 | 8 Van Fronhofer, Battenkill United Salem 49:06                |
| 19 Alwin Winkler, Battenkill United Albany 1:48:27                 | 9 Charlie Casey, Unaffiliated Alplaus 49:06                   |
| 24 J. Wozniak, North Atlantic Velo Delmar 1:48:27                  | 10 Michael Muche, Unaffiliated Malta 49:06                    |
| 31 Mark Graber, North Atlantic Velo Saratoga Springs 1:48:27       | 11 Eric Thomas, Team Elevate Cycles Saratoga Springs 49:06    |
| 35 Meredith Ehn, Anthem Sports Women's Cycling Albany 1:48:27      | 13 James Bogue, Cambridge Valley Cycling Buskirk 49:06        |
| 38 Jud Speer, Windham Mountain Outfitters Cobleskill 1:49:24       | 16 Yohsuke Takakura, Capital Bicycle Racing Club Albany 49:06 |
| 39 Gene Primomo, Capital Bicycle Racing Club Delmar 1:49:24        | 20 Mike Talmadge, Capital Bicycle Racing Club Greenwich 49:06 |
| 42 Danny Goodwin, Capital Bicycle Racing Club Delmar 1:49:40       | 21 Harold Schmidt, Team Placid Planet Lake Placid 49:06       |
| 44 Sarah Krzysiak, Anthem Sports Women's Cycling Utica 1:49:57     | 22 Anthony Mitchell, Unaffiliated Ravena 49:06                |
| 46 Phillip Hershberger, Capital Bicycle Racing Club Climax 1:50:04 | 24 William Munyan, Unaffiliated Rensselaer 49:06              |
| 48 Thomas Nesel, Unaffiliated Castleton 1:50:18                    | 25 Kerrin Strevell, Unaffiliated Valatie 49:06                |
| 49 Brandon Millet, Farm Team Cycling Cambridge 1:50:22             | 26 Jeffrey Krywaczky, Unaffiliated Chazy 49:06                |
| 50 Brian Dansin, Battenkill United Cambridge 1:50:22               | 28 Gordon Webster, Unaffiliated Ballston Lake 49:06           |
| 51 Steven Hanes, Capital Bicycle Racing Club Albany 1:50:22        | 29 Jason Deluca, Unaffiliated Ghent 49:26                     |
| 57 Michael Lenihan, Battenkill United Lake George 1:52:48          | 30 Gregory Blomquist, High Peaks Cyclery Glens Falls 49:31    |
| 60 Bryna Blanchard, Anthem Sports Troy 1:56:54                     | 31 Ashton Momot, Team Wear on Earth Plattsburgh 50:09         |
| 63 Philip Burnett, Capital Bicycle Racing Club Niskayuna 1:59:19   | 32 Ken Sadlemire, Capital Bicycle Racing Club Waterford 50:18 |
| 65 Tim Leonard, Capital Bicycle Racing Club New Hartford 1:59:19   | 34 Sean Gramling, Unaffiliated Germantown 51:13               |

### C RACE: CAT 5, MASTERS 60+, WOMEN 4, CITIZEN FIRST-TIMER - 18 MILES

#### MALE OVERALL

|  |
|--|
| 1 Rod Millott, Unaffiliated New York 49:06             |
| 2 Brian White, Unaffiliated Altamont 49:06             |
| 3 Marc Sullivan, North Atlantic Velo Middle Grove 49:0 |

#### FEMALE OVERALL

|  |
|--|
| 1 Aurora Lamperetta, Team Elevate Cycles Saratoga Springs 49:06    |
| 2 Madeleine Bonneville, Team Elevate Cycles Saratoga Springs 49:06 |
| 3 Kate Marshall, Tarmac Cycling Croton-On-Hudson 49:06             |

#### REGIONAL FINISHERS

|  |
|--|
| 4 Joshua Enzensperger, Team Elevate Cycles Cambridge 49:06 |
| 6 Loren Swears, Team Elevate Cycles Gansevoort 49:06       |
| 7 Todd Shapiro, North Atlantic Velo Ballston Spa 49:06     |

## JOHNNY CAKE LANE SPRING SERIES RACE #2 *continued*

|  |  |
|--|--|
| 10 2:19:38 Nathaniel Ward Wheelhouse Racing/NCC, Albany              | 35 2:19:38 Mark Sumner CCC/Keltic Const/Zanes Cycles, Clifton Park   |
| 25 2:19:38 Cliff Summers CCC/Keltic Const/Zanes Cycles, Queensbury   | 36 2:19:38 Bruce Beauharnois Team Wear On Earth, Plattsburgh         |
| 30 2:19:38 Ben Dolva Farm Team Cycling, Cambridge                    | 40 2:19:38 Dieter Drake Battenkill United/Anthem Sports, Cambridge   |
| 31 2:19:38 Mark Sumner CCC/Keltic Const/Zanes Cycles, Clifton Park   | 41 2:19:38 Anthony Felitte CCC/Keltic Const/Zanes Cycles, Delmar     |
| 32 2:19:38 Bruce Beauharnois Team Wear On Earth, Plattsburgh         | 47 2:19:38 Matt Goedeke Anthem Sports Elite Dev, Delmar              |
| 36 2:19:38 Dieter Drake Battenkill United/Anthem Sports, Cambridge   | 48 2:19:38 Brian Polhemus Battenkill United, Spencertown             |
| 40 2:19:38 Anthony Felitte CCC/Keltic Const/Zanes Cycles, Delmar     | 49 2:19:38 Andrew Bernstein Champion System Racing, Saratoga Springs |
| 41 2:19:38 Andrew Ruiz CCC/Keltic Const/Zanes Cycles, Delmar         |  |
| 47 2:19:38 Matt Goedeke Anthem Sports Elite Dev, Delmar              |  |
| 48 2:19:38 Brian Polhemus Battenkill United, Spencertown             |  |
| 49 2:19:38 Andrew Bernstein Champion System Racing, Saratoga Springs |  |

### B RACE: CAT 4, MASTERS 50+, WOMEN 1-3 - 42 MILES

#### MALE OVERALL

|   |
|---|
| 1 2:00:10 Allan Rego Unaffiliated, Tiverton, RI                 |
| 2 2:00:10 Reid Evans Pawling Cycling & Sport, Pleasant Valley   |
| 3 2:00:10 Patrick Grehan Kissena Cycling Club, Rockville Centre |

#### FEMALE OVERALL

|   |
|---|
| 1 2:00:10 Frances Morrison Wheelhouse/NCC, Easthampton, MA              |
| 2 2:00:10 Maria Murphy GS Retrovelo, West Nyack                         |
| 3 2:00:10 Robyn Passander CCC/Keltic Const/Zanes Cycles, West Haven, CT |

#### REGIONAL FINISHERS

|  |
|--|
| 8 2:00:10 Michael Malone North Atlantic Velo, Troy                 |
| 9 2:00:10 Steve Seabury Unaffiliated, Old Chatham                  |
| 11 2:00:10 Robert Dadekian Capital Bicycle Racing Club, Niskayuna  |
| 12 2:00:10 Mark Graber North Atlantic Velo, Saratoga Springs       |
| 13 2:00:10 Brandon Millet Farm Team Cycling, Cambridge             |
| 15 2:00:10 Zack Vogel Unaffiliated, Saratoga Springs               |
| 21 2:00:10 Gene Primomo Capital Bicycle Racing Club, Delmar        |
| 29 2:00:10 Jay Thomas Battenkill United, Poestenkill               |
| 30 2:00:10 Hunter Dansin Farm Team Cycling, Cambridge              |
| 33 2:00:10 Keane McCullum Team Placid Planet, Plattsburgh          |
| 35 2:00:10 William Henke Battenkill United, Hudson Falls           |
| 36 2:00:10 Glenn Allen North Atlantic Velo, Gloversville           |
| 37 2:00:10 Phillip Hershberger Capital Bicycle Racing Club, Climax |
| 39 2:00:10 Brian Dansin Battenkill United, Cambridge               |
| 41 2:00:10 James Leone Capital Bicycle Racing Club, Delmar         |
| 42 2:00:10 Don Rice Battenkill United, Rensselaer                  |
| 45 2:00:10 Steven Gravel Capital Bicycle Racing Club, Delmar       |
| 46 2:00:10 Alwin Winkler Battenkill United, Salem                  |
| 47 2:00:10 Matt Mallet Unaffiliated, Ballston Spa                  |
| 49 2:00:10 Michael Lenihan Battenkill United, Lake George          |
| 52 2:00:10 J. Wozniak North Atlantic Velo, Delmar                  |
| 53 2:00:10 Barry Koblenz Capital Bicycle Racing Club, Albany       |

### C RACE: CAT 5, MASTERS 60+, WOMEN 4, CITIZENS - 18 MILES

#### MALE OVERALL

|   |
|---|
| 1 52:39 Loren Swears Team Elevate Cycles, Gansevoort    |
| 2 52:39 Marc Sullivan North Atlantic Velo, Middle Grove |
| 3 52:39 Charlie Casey Unaffiliated, Alplaus             |

#### FEMALE OVERALL

|  |
|--|
| 1 52:39 Amy Miner Onion River Racing South Burlington, VT          |
| 2 52:39 Aurora Lamperetta Team Elevate Cycles, Saratoga Springs    |
| 3 52:39 Madeleine Bonneville Team Elevate Cycles, Saratoga Springs |

#### REGIONAL FINISHERS

|   |
|---|
| 4 52:39 Michael Muche Unaffiliated, Malta                       |
| 5 52:39 Ashton Momot Team Wear On Earth, Plattsburgh            |
| 7 52:39 Stephen Werthner North Atlantic Velo, Nassau            |
| 8 52:39 Sean Gramling Kingstons Cyclery, Germantown             |
| 9 52:39 Anthony Mitchell Unaffiliated, Ravena                   |
| 11 52:39 Tim Cleworth Capital Bicycle Racing Club, Schenectady  |
| 12 52:39 Douglas Osborne Team Wear On Earth, Peru               |
| 13 52:39 Travis Boyd Unaffiliated, Stephentown                  |
| 14 52:39 Caleb Batchelder Farm Team Cycling                     |
| 15 52:39 Van Fronhofer Battenkill United, Salem                 |
| 16 52:39 Stephen Werthner Capital Bicycle Racing Club, Albany   |
| 17 52:39 James Litynski Unaffiliated, Niskayuna                 |
| 18 52:39 Andrew Akins Unaffiliated, Saratoga Springs            |
| 19 52:39 Seth Demarrais Unaffiliated, Worcester                 |
| 20 52:39 Robert Lazzara Unaffiliated, Hudson                    |
| 21 52:39 Ken Sadlemire Capital Bicycle Racing Club, Waterford   |
| 22 52:39 Joshua Larocca Table Rock Tours, Windham               |
| 23 52:39 Anthony Enzensperger Team Elevate Cycles, Cambridge    |
| 24 52:39 TJ O'Connor Unaffiliated, Slingerlands                 |
| 25 52:39 Jason Deluca Unaffiliated, Ghent                       |
| 26 52:39 Gordon Webster Unaffiliated, Ballston Lake             |
| 27 52:39 Ed Decker Unaffiliated, Ravena                         |
| 28 52:39 Greg Blomquist BG Racing, Glens Falls                  |
| 29 52:39 Todd Shapiro North Atlantic Velo, Ballston Spa         |
| 30 52:39 Kirby Haizlip Capital Bicycle Racing Club, Albany      |
| 31 52:39 Steven Winkler North Atlantic Velo, Middle Grove       |
| 32 52:39 Kevin Maldonado Windham Mountain Outfitters, Windham   |
| 33 52:39 Oscar Larosa Team Elevate, Saratoga Springs            |
| 34 52:39 Nathan Schiele RPI Cycling, Troy                       |
| 35 52:39 Mike Talimadge Unaffiliated, Greenwich                 |
| 36 52:39 James Bogue Cambridge Valley Cycling, Buskirk          |
| 37 52:39 Joseph Toth Capital Bicycle Racing Club, Stephentown   |
| 38 52:39 William Cothren Unaffiliated, Delmar                   |
| 39 52:39 Roger Truax Capital Bicycle Racing Club, Troy          |
| 40 52:39 Keane Brennan Farm Team Cycling, Cambridge             |
| 41 52:39 Timothy Mendoza Unaffiliated, Clifton Park             |
| 42 52:39 Melissa McCreary Team Elevate Cycles, Saratoga Springs |
| 43 52:39 Brittany Sumner Farm Team Cycling, Clifton Park        |
| 44 52:39 Erik Olheiser SteadyStateSports.com, Niskayuna         |
| 45 52:39 Tami Olheiser SteadyStateSports.com, Niskayuna         |
| 46 52:39 Gianni Polhemus Farm Team Cycling, Spencertown         |

#### COURTESY OF CAPITAL BICYCLE RACING CLUB

## WALT'S BUMP CONTEST

March 21, 2010 • Gore Mountain, North Creek

### RIDERS - RANKED BY POINTS

#### MALE AGE GROUP: 9 & UNDER

|                      |
|----------------------|
| 1 Ben Defellice 9 25 |
| 2 Gavin Koehler 9 18 |
| 3 Nolan Aery 9 10    |

#### MALE AGE GROUP: 10 - 12

|                         |
|-------------------------|
| 1 Aidan Defellice 11 23 |
| 2 Vincent Balzano 12 22 |
| 3 Jack Lehner 11 21     |

#### MALE AGE GROUP: 18 - 29

|                         |
|-------------------------|
| 1 Frederick Meade 19 28 |
| 2 Luke Sussdorff 19 24  |

### SKIERS - RANKED BY POINTS

#### FEMALE AGE GROUP: 9 & UNDER

|                        |
|------------------------|
| 1 Emily Turner 9 24    |
| 2 Tess Turner 9 23     |
| 3 Milana Pomarico 7 22 |

#### MALE AGE GROUP: 9 & UNDER

|                        |
|------------------------|
| 1 Hugh Dempseg 9 28    |
| 2 Jack DeWeese 9 24    |
| 3 Lucas Dougherty 6 22 |

#### FEMALE AGE GROUP: 10 - 12

|                              |
|------------------------------|
| 1 Catharine Griskowitz 10 26 |
| 2 Isabelle Franco 11 24      |
| 3 Corey Pabst 11 21          |

#### MALE AGE GROUP: 10 - 12

|                      |
|----------------------|
| 1 Mathew Ryan 10 25  |
| 2 Graham Irish 12 23 |
| 3 Sean Meyer 12 22   |

#### FEMALE AGE GROUP: 13 - 17

|                          |
|--------------------------|
| 1 Allison Hardy 16 24    |
| 2 Madison Pomarico 13 21 |
| 3 Danielle DaCunha 15 16 |

#### MALE AGE GROUP: 13 - 17

|                      |
|----------------------|
| 1 Henry Jensen 13 37 |
| 2 Hans Reuter 13 32  |
| 3 Hank Evatt 16 31   |

#### MALE AGE GROUP: 18 - 29

|                         |
|-------------------------|
| 1 Logan Marino 19 34    |
| 2 Mathew McClellan 20 8 |

#### MALE AGE GROUP: 30 - 39

|                     |
|---------------------|
| 1 James Hayes 39 33 |
| 2 Tim Felton 35 30  |

#### FEMALE AGE GROUP: 40 - 49

|                         |
|-------------------------|
| 1 Karen Pomarico 47 22  |
| 2 Sheila McIntyre 41 19 |
| 3 Susan Hayes 41 17     |

#### MALE AGE GROUP: 40 - 49

|                       |
|-----------------------|
| 1 Warren Cutler 44 25 |
| 2 Tom Rowe 46 23      |
| 3 Stephan Doyon 40 21 |

#### FEMALE AGE GROUP: 50 & OVER

|                    |
|--------------------|
| 1 Mary Irish 50 21 |
|--------------------|

#### MALE AGE GROUP: 50 & OVER

|                       |
|-----------------------|
| 1 Wilhad Rauter 56 27 |
| 2 Rick Irish 51 24    |
| 3 Bill Down 53 23     |

### TELEMARK - RANKED BY POINTS

#### FEMALE AGE GROUP: 10 - 12

|                       |
|-----------------------|
| 1 Hannah Pendleton 17 |
|-----------------------|

#### MALE AGE GROUP: 10 - 12

|                      |
|----------------------|
| 1 Jacob Wafler 11 20 |
|----------------------|

#### MALE AGE GROUP: 13 - 17

|                     |
|---------------------|
| 1 Kyle Wafler 13 28 |
|---------------------|

#### MALE AGE GROUP: 40 - 49

|                   |
|-------------------|
| 1 Jack Cook 43 26 |
|-------------------|

#### MALE AGE GROUP: 50 & OVER

|                    |
|--------------------|
| 1 Rich Wilke 50 25 |
|--------------------|

Courtesy of Gore Mountain

## JOHNNY CAKE LANE SPRING SERIES RACE #2

Trooper David Brinkerhoff Memorial • March 27, 2010 • Coxsackie High School, Coxsackie

### A RACE: PRO & CAT 1/2/3 - 54 MILES

#### MALE OVERALL

|   |
|---|
| 1 2:19:38 Roger Aspholm Westwood Velo, Haworth, NJ                    |
| 2 2:19:38 Ernest Tautkus, CCNS/Charlescoaching.com, Casino Royale, CT |
| 3 2:19:38 Ryan Serbel, CCNS/Charlescoaching.com, Benton, PA           |

#### FEMALE OVERALL

|   |
|---|
| 1 2:19:38 Beth Miller Anthem Sports Women, Delmar       |
| 2 2:27:45 Rebecca Blatt Unaffiliated, West Hartford, CT |

*continued*

## INAUGURAL RUN FOR YOUR LIFE 5K RACE

March 27, 2010 • Central Park, Schenectady

### MALE OVERALL

|   |
|---|
| 1 Tyler Andrews 19 Saratoga Springs 16:07 |
| 2 Michael Roda 34 Albany 17:17            |
| 3 Austin Becker 15 Glenville 17:20        |

### FEMALE OVERALL

|  |
|--|
| 1 Meghan Davey 24 Amsterdam 19:45      |
| 2 Michelle Rosowsky 42 Niskayuna 20:20 |
| 3 Jessica Hageman 34 Schenectady 21:09 |

### MALE AGE GROUP: 14 & UNDER

|  |
|--|
| 1 Jason Lange 14 Schenectady 17:41         |
| 2 Matt Lange 14 Schenectady 18:24          |
| 3 Eddie Harasiemowicz 11 Schenectady 36:01 |

### FEMALE AGE GROUP: 14 & UNDER

|  |
|--|
| 1 Mattia Robustiano 14 Schenectady 28:18 |
| 2 Brooke Demarest 14 Schenectady 31:12   |
| 3 Maria Carboni 10 Schenectady 38:54     |

### MALE AGE GROUP: 15 - 19

|                                      |
|--------------------------------------|
| 1 Jacob Urys 15 Rotterdam 17:29      |
| 2 David Knapick 16 Schenectady 18:05 |
| 3 Paul Cox 16 Troy 18:43             |

### FEMALE AGE GROUP: 15 - 19

|                                     |
|-------------------------------------|
| 1 Becky Celorio 16 Scotia 23:15     |
| 2 Katie Zeppetelli 16 Scotia 23:15  |
| 3 Jolie Berke 19 New Rochelle 27:39 |

### MALE AGE GROUP: 20 - 24

|  |
|--|
| 1 Andrew Lichtenberg 21 Saratoga Springs 21:24 |
| 2 Brooks Chamberlin 23 Darien, CT 21:53        |
| 3 Brendon Davis 22 Albany 22:17                |

### FEMALE AGE GROUP: 20 - 24

|   |
|---|
| 1 Erica Coolbaugh 22 Saratoga Springs 21:48 |
| 2 Jennifer Tatlock 24 Johnstown 21:58       |
| 3 Kate Ito 21 Hopkinton, MA 26:50           |

*continued*

## Join the Club



SAVE UP TO 60% ON YOUR LIFT TICKETS

Activities and Fun All Year Round.

Summer Volleyball Leagues

Cycling, Golf, Hiking, Canoeing, Kayaking, Rollerblading

Fall Volleyball Tournament

Membership information

[www.ocskiclub.org](http://www.ocskiclub.org)

Go Green on the Bus. Leave the Driving to Us.

## Are you into it?



Hiking  
Climbing  
Paddling  
Biking  
Backpacking  
Camping  
Outdoor Adventure  
The Adirondacks  
The Catskills

Don't Delay, Join Today

1-800-395-8080

[www.adk.org](http://www.adk.org)

Get into it!

# BUSINESS DIRECTORY

Looking for a new workout for fall? Try a *Beginner/Intro Mat Pilates Class!*



## Malta Pilates Center

Located in Parade Ground Village  
Malta, off Northway Exit 12

Fully Equipped Pilates Studio Offering:

- Beginner/Intro Mat classes • Open Level Mat classes
- Tower (equipment-based mat) classes
- Private/Semi-Private Reformer sessions

**New Classes Starting! Call Today to Enroll: (518) 369-4992**

Visit [www.MaltaPilatesCenter.com](http://www.MaltaPilatesCenter.com)



Visit Long Lake  
A Real Adirondack Experience

Call Today (518) 624-3077

Or Visit Us Online [www.longlake-ny.com](http://www.longlake-ny.com)

## McDonough's

### VALLEY HARDWARE

An Adirondack Department Store

On North Main St, Keene Valley  
(518) 576-4330

Experience the magic of soaring flight!

## Saratoga Soaring Association

Operating out of Saratoga County Airport since 1983

Flying March - November

Members enjoy free instruction and aircraft use

Present this ad during the 2010 soaring season and receive \$10 off an introductory lesson

**INAUGURAL RUN FOR YOUR LIFE 5K RACE** *continued*

|                                  |    |                  |                                  |                       |                           |
|----------------------------------|----|------------------|----------------------------------|-----------------------|---------------------------|
| <b>MALE AGE GROUP: 25 - 29</b>   |    |                  | <b>FEMALE AGE GROUP: 45 - 49</b> |                       |                           |
| 1 Seth French                    | 29 | Queensbury       | 17:28                            | 1 Janice Phoenix      | 48 Schenectady 23:36      |
| 2 Matthew Fryer                  | 29 | Clifton Park     | 19:22                            | 2 Elizabeth Pratico   | 46 Niskayuna 27:09        |
| 3 Tyler Mockry                   | 29 | Latham           | 20:30                            | 3 Darlene Lavelle     | 46 Schenectady 29:01      |
| <b>FEMALE AGE GROUP: 25 - 29</b> |    |                  | <b>MALE AGE GROUP: 50 - 54</b>   |                       |                           |
| 1 Alicia Gorski                  | 27 | Schenectady      | 22:27                            | 1 Rick Munson         | 53 Prattsville 18:50      |
| 2 Laura Zima                     | 29 | Schenectady      | 23:38                            | 2 Thomas Locascio     | 51 Albany 19:48           |
| 3 Lauren Trantham                | 28 | Saratoga Springs | 23:43                            | 3 Joe Cook            | 50 Saratoga Springs 22:27 |
| <b>MALE AGE GROUP: 30 - 34</b>   |    |                  | <b>FEMALE AGE GROUP: 50 - 54</b> |                       |                           |
| 1 Joshua French                  | 31 | Gansevoort       | 20:25                            | 1 Susan Dofour        | 53 Schenectady 28:11      |
| 2 Derek Peterson                 | 34 | Cohoes           | 20:30                            | 2 Trish Roeser        | 52 Clifton Park 29:47     |
| 3 Mike Orsabee                   | 30 | Saratoga Springs | 21:31                            | 3 Marianne Falzano    | 51 Niskayuna 30:29        |
| <b>FEMALE AGE GROUP: 30 - 34</b> |    |                  | <b>MALE AGE GROUP: 55 - 59</b>   |                       |                           |
| 1 Melissa Gilbert                | 33 | Glenville        | 21:34                            | 1 Timothy Perry-Coon  | 55 Latham 23:25           |
| 2 Lisa Plue                      | 33 | Saratoga Springs | 23:34                            | 2 Michael Dellarocco  | 58 Altamont 23:50         |
| 3 Kerry Genter                   | 34 | Saratoga Springs | 25:18                            | 3 John Carboni        | 56 Schenectady 38:54      |
| <b>MALE AGE GROUP: 35 - 39</b>   |    |                  | <b>FEMALE AGE GROUP: 55 - 59</b> |                       |                           |
| 1 Brian Northan                  | 35 | Guilderland      | 17:56                            | 1 Marisa Leva         | 56 Glen Mills, PA 28:37   |
| 2 Parker Morse                   | 35 | Watervliet       | 19:06                            | 2 Nancy Johnston      | 64 Ballston Lake 36:45    |
| 3 Joe Genter                     | 35 | Schenectady      | 21:44                            | 3 Tom Howe            | 60 Rensselaer 29:47       |
| <b>FEMALE AGE GROUP: 35 - 39</b> |    |                  | <b>MALE AGE GROUP: 60 - 64</b>   |                       |                           |
| 1 Millie Irwin                   | 35 | Ballston Spa     | 26:20                            | 1 Jim Bowles          | 60 Amsterdam 22:15        |
| 2 Kris Diemer                    | 38 | Schenectady      | 28:13                            | 2 John Bergin         | 63 Schenectady 27:56      |
| 3 Cheryl Simpkins                | 35 | Schoharie        | 30:11                            | 3 Stephen Kurtelawicz | 41 Albany 23:23           |
| <b>MALE AGE GROUP: 40 - 44</b>   |    |                  | <b>FEMALE AGE GROUP: 40 - 44</b> |                       |                           |
| 1 Kevin Whitehead                | 44 | Clifton Park     | 21:45                            | 1 Laurie Hoyt         | 44 Schenectady 22:28      |
| 2 Michael Farber                 | 43 | Schenectady      | 23:22                            | 2 Deborah Mastroianni | 41 Schenectady 24:00      |
| 3 Stephen Kurtelawicz            | 41 | Albany           | 23:23                            | 3 Jean Foti           | 41 Niskayuna 24:14        |
| <b>MALE AGE GROUP: 45 - 49</b>   |    |                  | <b>FEMALE AGE GROUP: 45 - 49</b> |                       |                           |
| 1 Samuel Mercado Jr.             | 47 | Saratoga Springs | 21:12                            | 1 Charles Bishop      | 74 Rexford 33:27          |
| 2 Raymond Senecal                | 47 | Niskayuna        | 21:36                            |                       |                           |
| 3 Thomas Ryan                    | 49 | Scotia           | 21:44                            |                       |                           |

*Courtesy of Schenectady Firefighters*

**31ST ANNUAL SALEM APRIL FOOL'S RACE**  
*April 3, 2010 • Salem High School, Salem*

|                                       |    |                   |                                      |   |                           |  |
|---------------------------------------|----|-------------------|--------------------------------------|---|---------------------------|--|
| <b>10K ROAD RACE</b>                  |    |                   | <b>FEMALE OVERALL</b>                |   |                           |  |
| <b>MALE OVERALL</b>                   |    |                   | 1 Roxanne Wegman                     | 22                                      | Albany 21:34              |  |
| 1 William Venner                      | 50 | Granville         | 36:54                                | 2 Celine Dreitlein                      | 15 Queensbury 21:46       |  |
| 2 Patrick Lynskey                     | 37 | Albany            | 40:19                                | 3 Sandra Tatarynw                       | 31 Saratoga Springs 24:33 |  |
| 3 Jon Gurney                          | 47 | Saratoga Springs  | 40:59                                | <b>MALE AGE GROUP: 19 &amp; UNDER</b>   |                           |  |
| <b>FEMALE OVERALL</b>                 |    |                   | 1 Joshua Myers                       | 19                                      | Ballston Spa 19:26        |  |
| 1 Roxanne Wegman                      | 22 | Albany            | 41:28                                | 2 Dan Crosier                           | 19 Argyle 23:04           |  |
| 2 Caitlyn Kuzmich                     | 16 | Greenwich         | 43:56                                | 3 Dan Clary                             | 19 Salem 23:44            |  |
| 3 Daniele Cherniack                   | 48 | Cohoes            | 46:34                                | <b>FEMALE AGE GROUP: 19 &amp; UNDER</b> |                           |  |
| <b>MALE AGE GROUP: 19 &amp; UNDER</b> |    |                   | 1 Carina Blucher                     | 17                                      | Ballston Spa 25:48        |  |
| 1 Sean Curtis                         | 17 | Greenfield Center | 42:15                                | 2 Emily Tudor                           | 19 Argyle 26:15           |  |
| 2 Kyle Galerneau                      | 19 | Ballston Spa      | 49:42                                | 3 Emily Crosier                         | 17 Argyle 28:00           |  |
| 3 Trevor Brayman                      | 14 | Salem             | 57:03                                | <b>MALE AGE GROUP: 20 - 29</b>          |                           |  |
| <b>MALE AGE GROUP: 20 - 29</b>        |    |                   | 1 Nathan Kraeiling                   | 20                                      | Salem 25:53               |  |
| 1 Lance Jordan                        | 24 | Greenwich         | 43:56                                | 2 Lance Jordan                          | 24 Greenwich 31:08        |  |
| <b>FEMALE AGE GROUP: 20 - 29</b>      |    |                   | <b>FEMALE AGE GROUP: 20 - 29</b>     |   |                           |  |
| 1 Jessica Krotzert                    | 24 | Salem             | 52:52                                | 1 Kate Massey                           | 26 Stamford, CT 26:29     |  |
| 2 Taryn Reese                         | 25 | Schenectady       | 54:18                                | 2 Rebecca Pemrick                       | 24 Greenwich 30:59        |  |
| 3 Ariel Dickson                       | 27 | Victory Mills     | 54:54                                | 3 Heather Graham                        | 25 Argyle 35:41           |  |
| <b>MALE AGE GROUP: 30 - 39</b>        |    |                   | <b>MALE AGE GROUP: 30 - 39</b>       |   |                           |  |
| 1 Paul Fronhofer                      | 31 | Argyle            | 42:24                                | 1 Eric Fiske                            | 31 Rutland, VT 20:46      |  |
| 2 Tim St. Onge                        | 38 | Lewisville, TX    | 48:13                                | 2 Patrick Lynskey                       | 37 Albany 21:12           |  |
| 3 Jim Foster                          | 39 | West Charlton     | 56:03                                | 3 David Bentley                         | 36 Troy 21:15             |  |
| <b>FEMALE AGE GROUP: 30 - 39</b>      |    |                   | <b>FEMALE AGE GROUP: 30 - 39</b>     |   |                           |  |
| 1 Bridget Crossman                    | 30 | South Glens Falls | 51:13                                | 1 Mandy Moyer                           | 35 West Rupert, VT 28:52  |  |
| 2 Heidi Whitney                       | 36 | Granville         | 53:58                                | 2 Lori Peters                           | 38 Chaumont 29:16         |  |
| 3 Gail Todd                           | 39 | Greenwich         | 57:45                                | 3 Marnie Delohn                         | 36 Queensbury 29:44       |  |
| <b>MALE AGE GROUP: 40 - 49</b>        |    |                   | <b>MALE AGE GROUP: 40 - 49</b>       |   |                           |  |
| 1 Russell Lauer                       | 47 | Glens Falls       | 43:33                                | 1 Gregory Potter                        | 42 Queensbury 21:04       |  |
| 2 Daniel Morgan                       | 44 | Schenectady       | 49:02                                | 2 Jon Gurney                            | 47 Saratoga Springs 21:31 |  |
| 3 Rich Lugovich                       | 43 | Stillwater        | 49:43                                | 3 Bryan Crosier                         | 45 Argyle 22:36           |  |
| <b>FEMALE AGE GROUP: 40 - 49</b>      |    |                   | <b>FEMALE AGE GROUP: 40 - 49</b>     |   |                           |  |
| 1 Theresa Ruchinski                   | 40 | Shushan           | 46:55                                | 1 Kristen Eastman                       | 41 Salem 26:20            |  |
| 2 Cheri Audet                         | 47 | Fairfax, VT       | 51:10                                | 2 Theresa Ruchinski                     | 40 Shushan 27:34          |  |
| 3 Mara Fronhofer                      | 43 | Argyle            | 53:20                                | 3 Lisa Tyler                            | 40 Fort Edward 29:27      |  |
| <b>MALE AGE GROUP: 50 - 59</b>        |    |                   | <b>MALE AGE GROUP: 50 - 59</b>       |   |                           |  |
| 1 Dan Olden                           | 58 | Queensbury        | 47:35                                | 1 Chester Tumidajewicz                  | 55 Amsterdam 24:13        |  |
| 2 Timothy O'Connor                    | 51 | Loudonville       | 48:13                                | 2 Jay Bellanca                          | 58 Salem 25:29            |  |
| 3 Michael Archambault                 | 56 | Hudson Falls      | 51:25                                | 3 Glenn Miller                          | 50 Schuylerville 27:55    |  |
| <b>FEMALE AGE GROUP: 50 - 59</b>      |    |                   | <b>FEMALE AGE GROUP: 50 - 59</b>     |   |                           |  |
| 1 Jen Kuzmich                         | 51 | Greenwich         | 55:56                                | 1 Janet Fronhofer                       | 58 Salem 30:05            |  |
| 2 Laurie Anderson                     | 51 | Queensbury        | 56:06                                | 2 Linda Maness                          | 50 Pawlett, VT 36:57      |  |
| 3 Julia Mehan                         | 55 | Troy              | 57:44                                | 3 Doris Nichols                         | 56 Ft. Edward 40:05       |  |
| <b>MALE AGE GROUP: 60 - 69</b>        |    |                   | <b>MALE AGE GROUP: 60 - 69</b>       |   |                           |  |
| 1 Craig Roods                         | 60 | Greenwich         | 52:33                                | 1 Michael McNally                       | 60 Queensbury 27:06       |  |
| 2 Van Fronhofer                       | 62 | Salem             | 53:01                                | 2 Terry Kelly                           | 60 Greenwich 28:17        |  |
| 3 Patrick Town                        | 64 | Troy              | 53:09                                | <b>FEMALE AGE GROUP: 60 - 69</b>        |                           |  |
| <b>MALE AGE GROUP: 70 &amp; OVER</b>  |    |                   | <b>MALE AGE GROUP: 70 &amp; OVER</b> |   |                           |  |
| 1 John Pelton                         | 70 | West Rupert, VT   | 48:35                                | 1 Andrea Lenhardt                       | 61 West Rupert, VT 37:45  |  |
|                                       |    |                   |                                      | 2 Patricia Meagher                      | 63 Stillwater 39:30       |  |
|                                       |    |                   |                                      | 3 Gail Keyes                            | 61 Salem 39:59            |  |
| <b>5K ROAD RACE</b>                   |    |                   | <b>MALE AGE GROUP: 70 &amp; OVER</b> |   |                           |  |
| <b>MALE OVERALL</b>                   |    |                   | 1 Andy Keefe                         | 79                                      | Saratoga Springs 36:57    |  |
| 1 Gary Messina                        | 16 | Queensbury        | 17:21                                | <b>FEMALE AGE GROUP: 70 &amp; OVER</b>  |                           |  |
| 2 Kevin Crossman                      | 33 | South Glens Falls | 18:23                                | 1 Becky Kotler                          | 71 Manchester, VT 33:23   |  |
| 3 Seth French                         | 29 | Queensbury        | 18:38                                | 2 Regina Tumidajewicz                   | 83 Amsterdam 41:12        |  |

*Courtesy of Salem Racing Committee & Salem Rotary Club*

**INAUGURAL METROLAND 5K RUN TO FIGHT CHILD OBESITY**  
*March 27, 2010 • Albany Academy High School, Albany*

|                                |    |                      |  |                                  |                      |  |
|--------------------------------|----|----------------------|--|----------------------------------|----------------------|--|
| <b>MALE OVERALL</b>            |    |                      | <b>FEMALE AGE GROUP: 40 - 49</b>                                     |                                  |                      |  |
| 1 Patrick Lynskey              | 37 | Albany               | 18:41  | 1 Melanie Greenspan              | 48 Albany 26:43      |  |
| 2 David Stadlander             | 35 | Albany               | 19:20  | 2 Julia Paris                    | 42 Troy 32:01        |  |
| 3 Greg Ethier                  | 36 | Waterford            | 20:24  | <b>MALE AGE GROUP: 50 - 59</b>   |                      |  |
| <b>FEMALE OVERALL</b>          |    |                      | 1 Martin Patrick   | 56                               | East Greenbush 21:52 |  |
| 1 Sarah Baker                  | 31 | Saratoga Springs     | 22:28  | 2 Duane Carpenter                | 51 Albany 27:46      |  |
| 2 Lindsey Dimario              | 30 | Great Barrington, MA | 23:01  | 3 Ned Norton                     | 51 Albany 29:20      |  |
| 3 Molly Timko                  | 29 | Albany               | 26:27  | <b>FEMALE AGE GROUP: 50 - 59</b> |                      |  |
| <b>MALE AGE GROUP: 20 - 29</b> |    |                      | 1 Elizabeth Strum  | 57                               | Albany 27:39         |  |
| 1 Timothy Sayles               | 29 | Latham               | 26:47  | 2 Darlene Cardillo               | 56 Delmar 28:02      |  |
| <b>MALE AGE GROUP: 30 - 39</b> |    |                      | 3 Janice Verrastro   | 54                               | West Sand Lake 28:16 |  |
| 1 Matthew Bartolini            | 37 | Albany               | 26:27  | <b>FEMALE AGE GROUP: 60 - 69</b> |                      |  |
| 2 Joe Cavazos                  | 38 | Albany               | 31:26  | 1 Claire Gregoire                | 68 Waterford 31:08   |  |
| <b>MALE AGE GROUP: 40 - 49</b> |    |                      | <i>Courtesy of Metroland Bodybuilding &amp; Figure Championships</i> |                                  |                      |  |
| 1 Andrew Tanzillo              | 41 | Hudson               | 25:44  |                                  |                      |  |

**37TH ANNUAL TENANDEHO WHITEWATER DERBY**  
*March 28, 2010 • Tenandeho Creek, Stillwater to Mechanicville*

|                                      |                  |         |  |                           |         |
|--------------------------------------|------------------|---------|--|---------------------------|---------|
| <b>4.5 MILES</b>                     |                  |         | <b>MALE &amp; FEMALE: OPEN CANOE</b>           |                           |         |
| <b>ONE-PERSON MALE: KAYAK, SHORT</b> |                  |         | 1 Mark Zajkowski/Jen Archer                    | Chatham/Hillsdale         | 41:34   |
| 1 Victor Medina                      | Schaghticoke     | 45:18   | 2 Dominic & Victoria Zalar                     | Mechanicville             | 48:27   |
| 2 Jim Ernst                          | Wilton           | 45:50   | 3 Tim & Heather Hoffay                         | Poestenkill               | 1:12:42 |
| 3 Mike Hewitt                        | Saratoga Springs | 46:58   | <b>TWO-PERSON MALE: OPEN CANOE, SHORT</b>      |                           |         |
| <b>ONE-PERSON MALE: KAYAK, LONG</b>  |                  |         | 1 Will & Bryan Whiting                         | Fultonville/Esperance     | 44:02   |
| 1 Bob Baniak                         | Troy             | 38:39   | 2 Tim & Matt Gutch                             | New York/Saratoga Springs | 45:32   |
| 2 Jason Baniak                       | Scotia           | 39:32   | 3 Alexandru & Aram Oracea                      | Accord                    | 49:16   |
| 3 Jonathan Baniak                    | Troy             | 44:48   | <b>TWO-PERSON MALE: OPEN CANOE, LONG</b>       |                           |         |
| <b>ONE-PERSON MALE: OPEN CANOE</b>   |                  |         | 1 Don Patneaud/Paul Kurovski                   | Schenectady/Scotia        | 43:18   |
| 1 Simeon Hughson                     | Clifton Park     | 59:52   | 2 Patrick Ruddy/Ted Chimelewski                | Troy/Valley Falls         | 49:18   |
| 2 Rich Hughson                       | Rochester        | 1:00:14 | 3 Brian Rieddy/Chris Bub                       | Selkirk/Delmar            | 53:57   |
| 3 Scott Stepenuck                    | Ballston Spa     | 1:01:13 | <i>Courtesy of Tenandeho Canoe Association</i> |                           |         |

**JOHNNY CAKE LANE SPRING SERIES RACE #3**

**Trooper David Brinkerhoff Memorial • April 3, 2010 • Coxsackie High School, Coxsackie**

|   |                                       |         |   |  |         |
|---|---------------------------------------|---------|---|--|---------|
| <b>A RACE: PRO &amp; CAT 1/2/3 - 54 MILES</b> |                                       |         | <b>B RACE: CAT 4, MASTERS 50+, WOMEN 1-3 - 42 MILES</b> |  |         |
| <b>MALE OVERALL</b>                           |                                       |         | <b>MALE OVERALL</b>                                     |  |         |
| 1 Justin Lindine                              | Bikereg.com/Cannondale, New Salem, MA | 2:29:13 | 36 Anthony Felitte                                      | CCC/Keltic/Zanes Cycles, Delmar        | 2:40:40 |
| 2 Ryan Serbel                                 | CCNS/Charlescoaching.com, Benton, PA  | 2:30:45 | 38 Kevin Mosher   | CCC/Keltic/Zanes Cycles, Voorheesville | 2:40:40 |
| 3 Roger Aspholm                               | Westwood Velo, Haworth, NJ            | 2:30:45 | 43 Mark Sumner  | CCC/Keltic/Zanes Cycles, Clifton Park  | 2:40:40 |
| <b>FEMALE OVERALL</b>                         |                                       |         | 48 Jack Piller  | Battenkill United, Plattsburgh         | 2:43:13 |
| 1 Beth Miller                                 | Anthem Sports Women, Delmar           | 2:40:40 | 52 Sean McCarthy  | Bikeman.com, Coxsackie                 | 2:45:59 |
| <b>REGIONAL FINISHERS</b>                     |                                       |         | 55 Terry Blanchet                                       | North Atlantic Velo, Castleton         | 2:53:16 |
| 11 Bruce Beauharnois                          | Team Wear On Earth, Plattsburgh       | 2:33:07 | <b>MALE OVERALL</b>                                     |  |         |
| 14 Wayne Bray                                 | MVP Health Care Cycling, Clinton      | 2:33:03 | 1 Morgan Stebbins                                       | Bethel Cycles, Garrison                | 2:11:37 |
| 16 Andrew Bernstein                           | Champion System, Saratoga Springs     | 2:38:52 | 2 Donald Kimball  | Subaru New England, Portland, CT       | 2:11:37 |
| 23 Mark Miller                                | Table Rock Tours & Bikes, Hurley      | 2:40:29 | 3 Reid Evans  | Pawling Cycle/Sport, Pleasant Valley   | 2:11:37 |
| 27 Matt Goedeke                               | Anthem Sports Elite Dev., Delmar      | 2:40:40 | <b>FEMALE OVERALL</b>                                   |  |         |
| 29 Andrew Ruiz                                | CCC/Keltic Const/Zanes Cycles, Delmar | 2:40:40 | 1 Bryna Blanchard                                       | Anthem Sports, Troy                    | 2:11:37 |
| 31 Dieter Drake                               | Battenkill United, Cambridge          | 2:40:40 | 2 Maria Murphy  | GS Retrovelo, West Nyack               | 2:13:58 |
|   |                                       |         | 3 Wai Fong  | Kissena Cycling Club, Sunnyside        | 2:15:16 |

**BUSINESS DIRECTORY**



**YOUR ORGANIC GROCERY STORE**

*Specializing in Organic...*

Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

1505 Route 9, Clifton Park, NY  
Hours: Mon-Fri 10-8, Sat 10-6, Sun 12-5  
(518) 383-1613 • TheGreenGrocer.com



**Dr. Brad Elliott**  
**Chiropractor**

Cost Effective Care for the Entire Family

*Thank You for 20-plus Years!*

677 Plank Rd Clifton Park (518) 383-4889

**RUDY PROJECT**  
Technically cool

**THE BEST RX SPORTS LENS IN THE WORLD!**  
made in italy

**ActiveRxEyewear**  
518.274.5559  
830 Hoosick Rd, Troy  
2.5 miles east of I-787  
Online Scheduling offered at:  
www.ActiveRxEyewear.com

**Albany's Indoor RockGym**

**Get Ready for Summer: Enroll Now in Summer Camps! Ages 10 & Older**

- Birthday Parties • Summer Clinics • School Functions
- Corporate Challenge • Team Building • Overnights
- Youth, Sport & Church Groups • Outdoor Excursions

4C Vatrano Rd, Albany  
(518) 459-7625 • airrockgym.com

**Schenectady Wintersports Club**

Enjoying the outdoors year-round since 1932

**New Members Welcome! www.swcweb.org**  
1,000 Capital Region members: All ages, singles & families

Monthly Newsletter • Stowe Clubhouse  
Club Outings • Kayaking, Canoeing & Hiking

More Info: Pete Weykamp (518) 785-6433

Summer: Northern New York Paddlers & Mohawk Valley Hiking Club



**Hudson-Mohawk Road Runners Club**  
*The largest running club in the Capital Region*

Annual memberships for singles, couples, families and youth at reasonable rates  
Individuals \$12 • Youth (under 20) \$9 • Couple or Family \$15

Reduced race fees • Subscription to *The Pace Setter*

Check us out at [www.hmrrc.com](http://www.hmrrc.com)  
Click on Membership Application to download form

**SHULMAN HOWARD & MCPHERSON LLP**  
ATTORNEYS AT LAW

17 OLD ROUTE 66  
AVERILL PARK  
NEW YORK 12018

518-674-3766  
518-674-3805  
FAX: 518-674-3964

REAL ESTATE • WILLS & TRUSTS • ESTATES • BANKRUPTCY  
LAND USE & ZONING • CORPORATIONS • TRAFFIC COURT & DWI

**MORE THAN 75 YEARS OF EXPERIENCE**

**Advantage Sport & Fitness Inc.**  
Your Total Fitness Source Since 1987

- Ellipticals
- Treadmills
- Exercise Bikes
- Home Gyms
- Weights
- Accessories.

**518-456-3282**  
201 New Loudon Rd. 5, Latham, NY 12111  
[www.AdvantageFitness.com](http://www.AdvantageFitness.com)

# Race Results

## JOHNNY CAKE LANE SPRING SERIES RACE #3 *continued*

| REGIONAL FINISHERS  |                      |  |         |
|---|----------------------|--|---------|
| 4   | Mark Graber          | North Atlantic Velo, Saratoga            | 2:11:37 |
| 8   | J.Wozniak            | North Atlantic Velo, Delmar              | 2:11:37 |
| 12  | Tim Eck              | Battenkill United, Ballston Spa          | 2:11:37 |
| 14  | Steve Seabury        | Unaffiliated, Old Chatham                | 2:11:37 |
| 15  | Brandon Milet        | Farm Team Cycling, Cambridge             | 2:11:37 |
| 20  | Jay Thomas           | Battenkill United, Poestenkill           | 2:11:37 |
| 23  | Jonathan Favata      | Table Rock Tours/Bikes, Kerhonkson       | 2:11:37 |
| 25  | Paul Wojciak         | Pawling Cycle & Sport, Poughkeepsie      | 2:11:37 |
| 34  | Philip Burnett       | Capital Bicycle Racing Club, Niskayuna   | 2:13:07 |
| 35  | Guy Damiano          | Mohawk Valley Bike Club, New Hartford    | 2:13:07 |
| 36  | Hunter Dansin        | Farm Team Cycling, Cambridge             | 2:13:27 |
| 41  | Jonathan Sussman     | Team Hotel San Jose, Slingerlands        | 2:14:39 |
| 42  | Brad Stratton        | Capital Bicycle Racing Club, Albany      | 2:14:39 |
| 45  | Todd Shapiro         | North Atlantic Velo, Ballston Spa        | 2:18:27 |
| 47  | Christian Baks       | Pawling Cycle & Sport, Poughkeepsie      | 2:19:53 |
| 48  | John Cummings        | Schenectady Cycling Club, Schenectady    | 2:44:30 |
| <b>C RACE: CAT 5, MASTERS 60+, WOMEN 4, CITIZENS - 21 MILES</b> |                      |  |         |
| <b>MALE OVERALL</b>   |                      |  |         |
| 1   | Marc Sullivan        | North Atlantic Velo, Middle Grove        | 58:43   |
| 2   | Loren Swears         | Team Elevate Cycles, Gansevoort          | 58:43   |
| 3   | Jason Grossi         | Team Town Cycle, Stockholm, NJ           | 58:43   |
| <b>FEMALE OVERALL</b>   |                      |  |         |
| 1   | Aurora Lamperetta    | Team Elevate, Saratoga Springs Cycles    | 58:43   |
| 2   | Nicole Laplante      | Team Placid Planet, Peru                 | 58:58   |
| 3   | Amy Miner            | Onion River Racing, South Burlington, VT | 59:29   |
| <b>REGIONAL FINISHERS</b>                                       |                      |  |         |
| 4   | Charlie Casey        | Unaffiliated, Alplaus                    | 58:43   |
| 5   | Jay Tyler            | Unaffiliated, Mechanicville              | 58:43   |
| 6   | Joshua Enzensperger  | Team Elevate Cycles, Cambridge           | 58:43   |
| 7   | Anthony Pharo        | Unaffiliated, Albany                     | 58:43   |
| 9   | Matthew Jones        | Jackrabbit Racing, Cooperstown           | 58:43   |
| 11  | Douglas Osborne      | Team Wear On Earth, Peru                 | 58:43   |
| 15  | Ashton Momot         | Team Wear On Earth, Plattsburgh          | 58:43   |
| 16  | Yohsuke Takakura     | Capital Bicycle Racing Club, Albany      | 58:43   |
| 19  | David Kvam           | Unaffiliated, Mechanicville              | 59:06   |
| 20  | Matthew Mooradian    | North Atlantic Velo, Nassau              | 59:18   |
| 22  | Madeleine Bonneville | Team Elevate Cycles, Saratoga Springs    | 1:00:16 |
| 23  | Kerrin Strevell      | Unaffiliated, Valatie                    | 1:00:16 |
| 24  | Kirby Haizlip        | Capital Bicycle Racing Club, Albany      | 1:00:16 |
| 25  | Rick Babin           | Unaffiliated, Valatie                    | 1:00:16 |
| 26  | Nathan Schiele       | RPI Cycling, Troy                        | 1:00:16 |
| 27  | Oscar Larosa         | Team Elevate, Saratoga Springs           | 1:00:16 |
| 28  | Robert Lazzara       | Unaffiliated, Hudson                     | 1:00:16 |
| 29  | Fulton Lopez         | Unaffiliated, Clifton Park               | 1:00:18 |
| 30  | Joel Mancini         | Unaffiliated, Freehold                   | 1:02:09 |
| 31  | Jeffrey Krywanczyk   | Unaffiliated, Chazy                      | 1:02:30 |
| 32  | Keane Brennan        | Farm Team Cycling, Cambridge             | 1:03:14 |
| 36  | Lee Johnson          | Team Elevate Cycles, Clifton Park        | 1:03:47 |
| 38  | William Cothren      | Unaffiliated, Delmar                     | 1:04:01 |
| 39  | Andrew Laplante      | Team Placid Planet, Peru                 | 1:04:34 |
| 41  | Roger Truax          | Capital Bicycle Racing Club, Troy        | 1:05:53 |
| 42  | James Bogue          | Cambridge Valley Cycling, Buskirk        | 1:05:53 |
| 43  | Donald Kinne         | New York State Police, Ballston Spa      | 1:05:53 |
| 44  | Emma White           | Capital Bicycle Racing Club, Delanson    | 1:06:45 |
| 46  | Stacy Maziejka       | Unaffiliated, Voorheesville              | 1:09:58 |
| 47  | Melissa McCreary     | Team Elevate Cycles, Saratoga Springs    | 1:09:58 |
| 48  | Mike Talmadge        | Unaffiliated, Greenwich                  | 1:10:15 |
| 49  | Brittany Sumner      | Farm Team Cycling, Clifton Park          | 1:02:27 |
| 51  | Christopher Myers    | Unaffiliated, Cairo                      | 1:15:14 |
| 53  | Julia Sante          | Farm Team Cycling, Queensbury            | 1:19:35 |
| 54  | Connor Lenihan       | Farm Team Cycling, Lake George           | 1:27:46 |

*Courtesy Of Capital Bicycle Racing Club*

## 22ND ANNUAL DELMAR DASH 5-MILER *continued*

|                                  |                   |    |               |  |                                      |                    |    |                 |         |
|----------------------------------|-------------------|----|---------------|--|--------------------------------------|--------------------|----|-----------------|---------|
| <b>MALE AGE GROUP: 45 - 49</b>   |                   |    |               | <b>MALE AGE GROUP: 60 - 64</b>         |                                      |                    |    |                 |         |
| 1                                | Ahmed Elasser     | 49 | Latham        | 28:28                                  | 1                                    | Bob Giambalvo      | 60 | Delhi           | 31:21   |
| 2                                | Christian Lietzau | 46 | Delmar        | 29:11                                  | 2                                    | Patrick Glover     | 63 | Clifton Park    | 32:45   |
| 3                                | Thomas Kracker    | 45 | Delmar        | 29:22                                  | 3                                    | Ernie Paquin       | 63 | Gansevoort      | 34:00   |
| <b>FEMALE AGE GROUP: 45 - 49</b> |                   |    |               | <b>FEMALE AGE GROUP: 60 - 64</b>       |                                      |                    |    |                 |         |
| 1                                | Nancy Nicholson   | 48 | Queensbury    | 32:35                                  | 1                                    | Susan Wong         | 62 | Glenmont        | 37:10   |
| 2                                | Mary Buck         | 46 | Altamont      | 33:34                                  | 2                                    | Lichu Sloan        | 61 | Clifton Park    | 43:23   |
| 3                                | Christine Varley  | 45 | Albany        | 35:46                                  | 3                                    | Christine McKnight | 62 | Schuylerville   | 45:25   |
| <b>MALE AGE GROUP: 50 - 54</b>   |                   |    |               | <b>MALE AGE GROUP: 65 - 69</b>         |                                      |                    |    |                 |         |
| 1                                | William Venner    | 50 | Granville     | 28:19                                  | 1                                    | David Hayes        | 66 | Niskayuna       | 40:08   |
| 2                                | John Noonan       | 50 | Ballston Spa  | 29:04                                  | 2                                    | Douglas Fox        | 65 | Loudonville     | 40:21   |
| 3                                | Jim Maney         | 51 | Slingerlands  | 29:08                                  | 3                                    | Frank Klose        | 67 | Castleton       | 40:34   |
| <b>FEMALE AGE GROUP: 50 - 54</b> |                   |    |               | <b>FEMALE AGE GROUP: 65 - 69</b>       |                                      |                    |    |                 |         |
| 1                                | Nancy Briskie     | 52 | Schenectady   | 33:12                                  | 1                                    | Marge Rajczewski   | 69 | Ballston Lake   | 43:14   |
| 2                                | Lisa Faist        | 54 | Slingerlands  | 37:24                                  | 2                                    | Carol Butt         | 66 | Delmar          | 1:01:54 |
| 3                                | Peggy McKeown     | 52 | Schuylerville | 37:45                                  | <b>MALE AGE GROUP: 70 &amp; OVER</b> |                    |    |                 |         |
| <b>MALE AGE GROUP: 55 - 59</b>   |                   |    |               | <b>FEMALE AGE GROUP: 70 &amp; OVER</b> |                                      |                    |    |                 |         |
| 1                                | Dale Keenan       | 59 | Selkirk       | 30:23                                  | 1                                    | John Pelton        | 70 | West Rupert, VT | 36:53   |
| 2                                | Rob Picotte       | 57 | Malta         | 32:04                                  | 2                                    | Christopher Rush   | 73 | Schenectady     | 42:16   |
| 3                                | Tony Maddaloni    | 58 | Slingerlands  | 32:16                                  | 3                                    | Wade Stockman      | 75 | Rensselaer      | 42:39   |
| <b>FEMALE AGE GROUP: 55 - 59</b> |                   |    |               | <b>FEMALE AGE GROUP: 70 &amp; OVER</b> |                                      |                    |    |                 |         |
| 1                                | Martha DeGrazia   | 59 | Slingerlands  | 37:31                                  | 1                                    | Anny Stockman      | 77 | Rensselaer      | 50:11   |
| 2                                | Carrie McDermott  | 59 | Albany        | 37:44                                  | 2                                    | Eiko Bogue         | 72 | Schaghticoke    | 54:43   |
| 3                                | Joan Celentano    | 56 | Schenectady   | 41:08                                  | 3                                    | Joan Corrigan      | 74 | Clifton Park    | 1:06:29 |

*Courtesy of Hudson-Mohawk Road Runners Club*

## SUGARBUSH ADVENTURE GAMES: SUGARBUSH TRIATHLON

Run 5M, Kayak/Canoe 6M, Bike 10M, X-C Ski 3M • April 11, 2010 • Sugarbush Resort, Waitsfield, VT

| TEAM RESULTS                |                          | MALE TEAM CANOE |                         | INDIVIDUAL RESULTS          |                                 |   |                 |         |
|-----------------------------|--------------------------|-----------------|-------------------------|-----------------------------|---------------------------------|---|-----------------|---------|
| <b>CORPORATE TEAM CANOE</b> |                          | 1               | Doen It Again In 2010   | 2:01:47                     | <b>INDIVIDUAL MALE: 40-PLUS</b> |   |                 |         |
| 1                           | Poulin & Associates      | 2:20:16         | 2                       | The Spare Armadillos        |                                 | 2:08:04   |                 |         |
| 2                           | Optimal Transformers     | 2:20:24         | 3                       | Golfman Trifecta            |                                 | 2:10:04   |                 |         |
| 3                           | Optimal Inverters        | 2:21:31         | <b>MALE TEAM KAYAK</b>  |                             | 1                               | Ed Hamilton   | 2:10:22         |         |
| <b>CORPORATE TEAM KAYAK</b> |                          | 1               | X-Ray                   | 1:42:32                     | 2                               | Jeff Nolan  | 2:14:29         |         |
| 1                           | Pomerantz Woodworking    | 2:12:10         | 2                       | Late Comers                 | 1:52:24                         | 3   | Larry O'Toole   | 2:17:19 |
| 2                           | Tall Stashes & Glasses   | 2:17:32         | 3                       | Watch This                  | 1:57:04                         | <b>INDIVIDUAL MALE CANOE</b>                                  |                 |         |
| 3                           | The Power of Wind        | 2:38:43         | <b>MIXED TEAM CANOE</b> |                             | 1                               | Keith Woodward  | 2:07:26         |         |
| <b>FEMALE TEAM CANOE</b>    |                          | 1               | Sports Connection       | 2:01:05                     | <b>INDIVIDUAL MALE KAYAK</b>    |   |                 |         |
| 1                           | Team Ole's               | 2:03:08         | 2                       | Craftsbury Masters          | 2:05:35                         | 1   | Justin Beckwith | 2:02:19 |
| 2                           | Vermont Chicks           | 2:12:38         | 3                       | Triceratathletes            | 2:08:41                         | 2   | David Sinclair  | 2:06:35 |
| 3                           | Only In It For The Lunch | 2:37:56         | <b>MIXED TEAM KAYAK</b> |                             | 3                               | Chris Peabody   | 2:08:49         |         |
| <b>FEMALE TEAM KAYAK</b>    |                          | 1               | Onion River Sports      | 1:49:38                     | <b>INDIVIDUAL FEMALE KAYAK</b>  |   |                 |         |
| 1                           | The Powder Room          | 2:28:35         | 2                       | Rock Skis                   | 1:59:36                         | 1   | Joanne Grogan   | 2:28:25 |
| 2                           | Adventure Fox            | 2:29:50         | 3                       | Team YAHOO                  | 2:15:07                         | 2   | Magdalena Dale  | 2:41:06 |
| 3                           | Just 4 Fun               | 2:39:33         | <b>YOUTH TEAM</b>       |                             | 3                               | Caitlin Haedrich  | 2:43:33         |         |
|                             |                          | 1               |                         | Lake Champlain Waldorf H.S. | 2:27:22                         | <i>Courtesy of Sugarbush &amp; Mad River Path Association</i> |                 |         |

## 22ND ANNUAL DELMAR DASH 5-MILER April 11, 2010 • Bethlehem Middle School, Delmar

|                                  |                     |    |                |                                  |   |                       |    |               |       |
|----------------------------------|---------------------|----|----------------|----------------------------------|---|-----------------------|----|---------------|-------|
| <b>MALE OVERALL</b>              |                     |    |                | <b>MALE AGE GROUP: 25 - 29</b>   |   |                       |    |               |       |
| 1                                | Andrew Allstadt     | 27 | Albany         | 25:01                            | 1 | David Vona            | 27 | Valatie       | 26:14 |
| 2                                | Chuck Terry         | 27 | Albany         | 25:23                            | 2 | Josh Merlis           | 28 | Albany        | 27:06 |
| 3                                | Justin Bishop       | 29 | Colonie        | 25:48                            | 3 | Christopher Mancuso   | 28 | Scotia        | 29:12 |
| <b>FEMALE OVERALL</b>            |                     |    |                | <b>FEMALE AGE GROUP: 25 - 29</b> |   |                       |    |               |       |
| 1                                | Emily Bryans        | 42 | Schenectady    | 29:58                            | 1 | Diana Rodriguez Tobon | 28 | Albany        | 33:36 |
| 2                                | Eileen Combs        | 32 | Schenectady    | 30:22                            | 2 | Erin McDonald         | 29 | Delmar        | 34:21 |
| 3                                | Michelle Binsfeld   | 30 | Schenectady    | 31:55                            | 3 | Heidi Nark            | 29 | Mechanicville | 35:02 |
| <b>MALE AGE GROUP: 1 - 14</b>    |                     |    |                | <b>MALE AGE GROUP: 30 - 34</b>   |   |                       |    |               |       |
| 1                                | Connor Armbruster   | 14 | Selkirk        | 34:02                            | 1 | Eamon Dempsey         | 30 | Albany        | 26:49 |
| 2                                | Keith Machabee      | 13 | Delmar         | 34:43                            | 2 | Aaron Knobloch        | 33 | Mechanicville | 27:34 |
| 3                                | Thomas Quackenbush  | 13 | Slingerlands   | 37:25                            | 3 | Michael Roda          | 34 | Albany        | 27:41 |
| <b>FEMALE AGE GROUP: 1 - 14</b>  |                     |    |                | <b>FEMALE AGE GROUP: 30 - 34</b> |   |                       |    |               |       |
| 1                                | Sydney Shaw         | 13 | Delmar         | 36:55                            | 1 | Melissa Brinkman      | 31 | Cohoes        | 34:55 |
| 2                                | Holly Machabee      | 11 | Delmar         | 39:10                            | 2 | Stephanie Wille       | 34 | Guiderland    | 36:36 |
| 3                                | Julia Maloney       | 13 | Loudonville    | 40:41                            | 3 | Deanne Webster        | 34 | Albany        | 36:59 |
| <b>MALE AGE GROUP: 15 - 19</b>   |                     |    |                | <b>MALE AGE GROUP: 35 - 39</b>   |   |                       |    |               |       |
| 1                                | Tyler Andrews       | 19 | Concord, MA    | 26:16                            | 1 | Volker Burkowski      | 38 | Gansevoort    | 27:27 |
| 2                                | Kahlil Scott Jr.    | 19 | Cohoes         | 28:47                            | 2 | Brian Northan         | 35 | Guiderland    | 29:16 |
| 3                                | Kyle Gutbrodt       | 19 | Wynantskill    | 29:19                            | 3 | Mathew Nark           | 36 | Mechanicville | 29:56 |
| <b>FEMALE AGE GROUP: 15 - 19</b> |                     |    |                | <b>FEMALE AGE GROUP: 35 - 39</b> |   |                       |    |               |       |
| 1                                | Christina Herkenham | 15 | Slingerlands   | 38:11                            | 1 | Gretchen Oliver       | 35 | Guiderland    | 32:35 |
| 2                                | Alexandria Oaks     | 19 | Albany         | 40:37                            | 2 | Kim Miseno-Bowles     | 39 | Amsterdam     | 34:15 |
| 3                                | Laurel Abowd        | 16 | Glenmont       | 40:38                            | 3 | Sally Drake           | 37 | Albany        | 36:39 |
| <b>MALE AGE GROUP: 20 - 24</b>   |                     |    |                | <b>MALE AGE GROUP: 40 - 44</b>   |   |                       |    |               |       |
| 1                                | Thomas O'Grady      | 24 | Latham         | 26:04                            | 1 | Benjamin Greenberg    | 41 | Voorheesville | 27:31 |
| 2                                | Dusty Kime          | 23 | Albany         | 27:30                            | 2 | Tim Hoff              | 44 | Albany        | 29:05 |
| 3                                | Bradley Lewis       | 23 | East Greenbush | 27:46                            | 3 | Bruce Beesley         | 44 | Delmar        | 30:51 |
| <b>FEMALE AGE GROUP: 20 - 24</b> |                     |    |                | <b>FEMALE AGE GROUP: 40 - 44</b> |   |                       |    |               |       |
| 1                                | Meghan Davey        | 24 | Amsterdam      | 32:26                            | 1 | Eileen Leavitt        | 44 | Delmar        | 33:17 |
| 2                                | Bridget Reilly      | 21 | East Setauket  | 35:59                            | 2 | Maria Barton          | 44 | Delanson      | 34:38 |
| 3                                | Chelsea DeSalvatore | 23 | Ballston Lake  | 36:40                            | 3 | Veronica Armbruster   | 44 | Selkirk       | 36:15 |

*continued*



POOL ACTION AT THE 2010 ADK S&F SUMMER EXPO.

# BUSINESS DIRECTORY

We Make Eating a Picnic®

**PJ's BAR-B-Q**

**583-CHIK**  
**583-RIBS**  
Rt. 9 / S. B'way

WWW.PJSBARBQ.COM  
WWW.BARBQSA.COM

**BAR-B-Q USA**

Soon Offering Franchise Opportunities

**A TASTE TOUR OF AMERICAN BARBEQUE**

AMERICA'S BAR-B-Q FRANCHISE

Inverted  
**Wakeboard & Waterski School** @ Loon Lake Marina

Wakeboarding · Waterskiing · Kneeboarding · Tubing  
Beginner-Advanced Lessons  
Two boats for more water time!

Call for appointment: 518-744-9826  
or Loon Lake Marina 518-494-3410  
[www.invertedschool.com](http://www.invertedschool.com)

**True North Yoga**

Get centered in the Adirondacks!  
Hatha, Flow, Gentle and Chair Yoga Classes  
Five days a week at the Community Church

1086 Main St, Schroon Lake  
Or at your location  
**(518) 810-7871**  
Class schedule: TrueNorthYogaOnline.com

**Schroon Lake Marina**

New Boats from Mariah, Sun Chaser, Supra, Sylvan, Bentley  
Motors from Mercury, Evinrude and Honda  
Docks from Alumidock, Shore Master, Shore Station

**Full Service Marina  
Open Seven Days**

31 MARINA ROAD • SCHROON LAKE, NY 12870  
518-532-7884 • [www.schroonlakemarina.com](http://www.schroonlakemarina.com)

**FATEAGUE FOTOS**

EVENT PHOTOGRAPHY  
By **BRIAN TEAGUE**

Photos for all occasions - sports, scenic, restoration sports, slide shows & special events.  
Professional service and reasonable rates!

(518) 232-6558  
[fateaguefotos@yahoo.com](mailto:fateaguefotos@yahoo.com)

## CLASSIFIEDS

### BACKCOUNTRY YURT HUT RENTALS

On NYS trail near Minerva Lake. Private yurts by waterfall with adventure at your doorstep. Comfort with propane heat and cooking, beds/bunks. Visit fallsbrookyurts.com or call (518) 761-6187.

### ADIRONDACK PHOTOGRAPHY

Adirondack photos including scenics & wildlife. Photo book: Leave Only Footprints: A Walk on the Wild Side - Adirondack Style. [joannekennedy.net](http://joannekennedy.net)

CLASSIFIEDS - Run your ad in next month's issue for \$.50/word, min. 30 words. Mail check with ad text for receipt by 25th of month.

**WE'VE MOVED!**

Same personalized service.  
Brand new location.

**Cummings Advertising Art, Inc.**

4 Yorkshire Terrace  
Clifton Park, NY 12065  
518.406.5027

[cummingsadvertisingart.com](http://cummingsadvertisingart.com)

**Reach 50,000**  
active sports & fitness enthusiasts each month...

**ADIRONDACK**  
SPORTS & FITNESS

Advertise effectively with us!

**JUNE AD DEADLINE: 5/31**

Contact Darryl: (518) 877-8788  
[Darryl@AdkSports.com](mailto:Darryl@AdkSports.com)  
Media Kit: [AdkSports.com](http://AdkSports.com)

## THE NON-MEDICATED LIFE

# Preventing Obesity in Children

by Paul E. Lemanski, MD, MS, FACP

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

In the first 36 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to achieve naturally for the majority of individuals most of the benefits of medications. There are, however, no medications to effectively prevent or treat obesity in adults or children. While gastric banding and bypass procedures are available to adults and show promising benefits, the use of these procedures in children has not been approved and would be deemed excessive and unnecessary if a simpler, more natural solution was accepted. Such a diet and lifestyle approach to preventing obesity in children exists and it can succeed with the proper strategy and teamwork.

Childhood obesity is a relatively new phenomenon. While it existed 50 to 100 years ago, it was rare and primarily a result of unfortunate genetics. Today obesity in children is much more common and is in most cases a direct result of – perhaps unconscious, but nevertheless – poor dietary and lifestyle choices of the adults who raise them – both parents and teachers. Preventing childhood obesity, therefore, begins at home with the specific habits of energy intake and expenditure

set by parental example. This is especially true if parents are initially obese.

While parents find making personal changes difficult, they are more likely to change behavior and sacrifice when it is for the good of their children. Moreover, solutions developed within the social context of the family may have the best chance of bringing about long term control of weight. Therefore, to prevent obesity in children, parents must cultivate habits to prevent and treat obesity effectively in themselves. The help of a registered dietitian is extremely useful to determine appropriate body weight for height and the targets of caloric intake and expenditure for each family member.

New habits of energy intake must be established by the parents for everyone in the household. It is not do as I say; it is do as I do. While it may sound draconian, part of the solution is straightforward: so called 'junk' food including soft drinks, candy, cookies, pies, ice cream, and chips should not routinely be brought into the home. The reason is simple. Both children and adults cannot overeat what they do not have available. For example, 50 years ago our refrigerators could not store a gallon of ice cream; accessibility to highly caloric food was limited. One did not have to rely on willpower. Today, side-by-side refrigerators and freezers offer highly caloric foods at any hour of the day or night simply by opening a door. Therefore, instead of keeping ice cream in the house, a new habit of energy intake would be to take children out for an ice cream cone, on occasion, thereby assuring

*This is the 37th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.*



them the enjoyment of this treat without allowing unhealthy access. Otherwise, the only time such treats should find their way into the house is at holiday time. Treats

must not be daily fare. Fresh fruit and Jell-O may be used for dessert. Parents who address their own weight problems in this way, establish for their children an example of working for a normal weight, and demonstrate the concrete steps needed to achieve this goal.

In a similar manner, parents who pay taxes to support schools must insist that those schools reinforce these new habits of energy intake that are learned at home. Schools must not be allowed to serve soda, candy, cookies, chips or ice cream on a daily basis. Snacks should be limited to fruit such as oranges, apples, figs and dates. Lunch offerings in school cafeterias need to be both healthy in composition and appropriate in portion size.

New habits of energy expenditure must also be established by the parent for the household. This again starts with the parents setting an example. Children imitate and emulate their parents. It is essential that children from a young age must see their parents involved in daily exercise. For example, if a parent runs or walks for exercise, infants and small children can be brought along in an appropriate wheeled carrier. If a parent rides a bicycle for exercise suitable attached child carriers may be used. If the parent goes to the gym, the children should be brought when at all possible. Children who see exercise as a valued adult activity will try to emulate it.

New habits of energy expenditure should also involve exercising with your children. Families that engage in bicycle riding together as a shared activity establish a habit in children, which is more likely result the child riding a bicycle on his or her own. Likewise families that engage in paddling together, walking together, hiking together, and engage in sports together, establish a habit of exercise that is more likely to carry over to individual activity.

In a similar manner parents who pay taxes to support schools must insist that those schools reinforce these new habits of energy expenditure that are learned at home. Schools must require one-hour of gym or supervised exercise each day. Additionally, parents should insist that school offer after school intramural and team sports for all interested students.

In summary, the prevention of childhood obesity begins at home. Through their own example, parents need to establish habits of energy intake and energy expenditure in which intake is balanced by expenditure. Junk food and drink has no place in the home or schools of those serious about preventing childhood obesity. Treats that traditionally have had a place at the holiday time should not be daily fare. Exercise should be seen by children as a valued adult activity that they will emulate. Schools need to support parents in maintaining such healthy habits with required daily exercise. Such a diet and lifestyle approach may be seen as the only way that societies – including our own – historically have prevented obesity in both children and adults. This approach can also work today – but only if we have the determination and the resolve to embrace it. 📌

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

## What's all the BUZZzzzzzz?

Adirondack Mountain Club (ADK) invites you to the 2nd annual

### Black Fly Affair: A Hikers Ball

Friday, May 21st 2010  
7:30 pm to 11:30 pm

FORT WILLIAM HENRY HOTEL  
White Lion Ballroom, overlooking Lake George

Ann & Peter Hornbeck, Honorary Chairs

- Silent & Live Auctions
- Libations and Delectable Edibles
- Dancing All Night Long to the music of "Standing Room Only"
- \$45 per person

**Ale & Wine Sponsors:**  
Cooperstown Brewing Company  
Adirondack Winery

Black tie optional;  
Hiking boots mandatory

Rick up your heels—  
Come to the "Fly" Affair!

Be a part of the buzz—no, *be* the buzz!

Either way, buzz on over to [www.adk.org](http://www.adk.org)  
for ticket info and updates on this year's Affair

800-395-8080 ext. 14

\$45 per person  
reserved by 5/13  
\$55 per person after 5/13  
[www.adk.org](http://www.adk.org)



## Adirondack Marathon Distance Festival



### EXPO & PACKET PICK-UP

For Runners and Sports/Fitness Enthusiasts

Saturday, September 18 • 11am-5pm  
Schroon Lake High School, Schroon Lake

#### DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 1,000 Adirondack Marathon and Half-Marathon runners come to the Expo to pick-up registration packets
- Promote and sell your products and services
- Interact with 1,500 expected attendees

Limited to  
**30 Exhibit Spaces** –  
Purchase Your Booth  
Today!

Produced by **ADIRONDACK**  
SPORTS & FITNESS

To book your space, contact Darryl Caron: (518) 877-8788 • [Darryl@AdkSports.com](mailto:Darryl@AdkSports.com) • Media Kit & Contract: [AdkSports.com](http://AdkSports.com)

# Register Now!



14th Annual  
**Silks & Satins**  
5K Run

Saturday, July 24, 2010  
Saratoga Springs, New York

register online at: <http://www.areep.com/events/silks/>



For more information call 800-836-6976 or email [bnorris@nyso.org](mailto:bnorris@nyso.org)

**RUNNING TEAMS** cont. from pg 1

long-time member Pat Glover (pigliove@aol.com) this affiliation “provides former high school and college athletes an opportunity to relive the glory days of yesteryear and it also adds a new element for those who have never been team players.” This team is the perfect match for the non-joiner. There is no website, only a list serve, and while members may run together, there are no formal practices. In fact, the only time Pat could recall an official workout was before the Saratoga National Bank Cross-Country Championship several years ago!

Albany Running Exchange's 50-member team, open to any ARE member, meets for weekly workouts. Josh Merlis, ARE's founder, explains that while this is a departure for a club where fun, rather than competition is emphasized. With over 900 members, it is becoming easier for the club to offer more options without skewing the main focus (albanyrunning-exchange.org).

At the other end of the spectrum is the Willow Street Athletic Club (willow-streetac.com), one of the area's oldest teams. It is an invitation-only, open and masters competitive team for men and women. Chosen athletes are all experienced racers who are expected to make club competitions their training priority. In return, they get fame and fortune with the top seven entrants in each event receiving full funding. This is a serious club for serious runners, complete with a documented list of expectations. To wear a Willow Street singlet is a badge of honor.

Despite the elite nature of this club, overall warm fuzzies remain the same. According to women's captain Emily Bryans, “The team has afforded me the opportunity to go to races that I probably wouldn't have done on my own. It has kept me fresh in the sport and enabled me to stick with it longer than I think I would have on my own.”



Coach Jim Bowles founded Team Utopia (teamutopia-usa.com) in an effort to provide a team experience for those who were not able to meet Willow Street's standards or for those seeking a more relaxed experience. Members' speed ranges from 15-minute 5K finishers to those who haven't broken 30 minutes. While the club solicits sponsorship for apparel and reduced entry fees, it seems that food is the prime motivating factor! It is a rare workout that is not topped off by food, and some team events are even selected on the basis of the post-run spread.

Jim is obviously quite comfortable with math, handicapping his workouts to create a group experience. Before an upcoming race, workouts are scheduled to preview the route, with each group attacking the course differently – mile repeats, a mixture of race pace and easy effort, or simply a relaxed tour.

But what if you long for the togetherness of team participation, but speed-work is not part of your vocabulary? While many 5K races welcome walkers, few



CLOCKWISE FROM UPPER LEFT: RACING AT THE BRUEGGER'S BAGEL RUN 5K IN SEPT. 2009; WILLOW STREET AT THE CLUB CHAMPIONSHIPS IN KENTUCKY IN DEC. 2009; SARATOGA STRYDERS' WOMEN'S MASTERS TEAM AT THE RUNNIN' OF THE GREEN (ISLAND) 4M IN MARCH 2010. PHOTOS BY PAUL PARTRIDGE, WILLOW STREET AC, AND SARATOGA STRYDERS.



host organized walking teams. Enter the innovative **Read Run 5K** for literacy (literacynycap.org), a competitive event that also challenges the more casual entrant. Launching from the Saratoga Springs Public Library on Sunday, June 13, the race provides a downtown opportunity for families and friends to exercise, have fun together, and preview the library's “Make a Splash!” summer reading program.

Teams of book lovers are invited come in costume with a prize awarded for the most creative literary effort. Or assemble your own virtual team by collecting pledges from neighbors and associates. Whoever solicits the most money will win a full-day boat rental at Saratoga Boatworks. For the piece d'resistance,

teams comprised of eight or more book aficionados will be eligible for a raffle ticket to a *Wickedly Wonderful Afternoon with Gregory Maguire*, author of the bestseller *Wicked*, which has spawned its very own Broadway musical based on the *Wizard of Oz*.

Here are some other upcoming races to consider: **CCRC 5K Run/Walk** in Clifton Park (5/15); **5K Burgher Dash** in Warrensburg (5/15); **Charlton Heritage 5K Run/Walk** (6/5); **Freihofer's Run for Women** (6/5); **Whiteface Uphill Footrace** in Wilmington (6/6); **Kinderhook Bank OK-5K** in Kinderhook (6/12); **Run for Help 5K Run/Walk** in East Greenbush (6/13); and **Lake Placid Marathon/Half-Marathon** (6/13).

Step outside of your usual routine, take your running to a new level and go team! Take your cue from Maureen Roberts who, as her Stryder team crossed the start line of the HMRRRC Bill Robinson Masters 10K Championship in April, enthusiastically shouted, “For fun, friendship and fitness!” 🍓

*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.*

*Wish your running were energy efficient and effortless?*  
Tired of having your season interrupted by injury after injury?  
Lost the joy of running like a child? Playful and free?  
Dream of running like the wind? Easy, smooth, light, swift?  
*It's time you tried...*

**ChiRunning**  
Certified Instructor  
**Ann Margaret McKillop**

AnnMargaret@MyFitnessRecovery.com • 802.259.3617 • MyFitnessRecovery.com

**SAVE THE DATE!**  
5K & HALF MARATHON  
**9.19.2010**  
NOT JUST ANOTHER DAY  
AT THE RACES  
**THE SARATOGA PALIO**  
MELANIE MEROLA O'DONNELL MEMORIAL RACE  
To register please visit [www.thesaratogapalio.com](http://www.thesaratogapalio.com)

**EVERY DAY IS DEMO DAY**  
KAYAKS / CANOES / STAND UP PADDLE BOARDS

**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.

**SHOP ONLINE AT lakegeorgekayak.com 518.644.9366**  
**PADDLE SHOP: Main Street BOATHOUSE: Green Island, Bolton Landing**

**THE CENTER FOR PREVENTIVE MEDICINE**  
Paul Lemanski, MD, FACP • Laurie Burton-Grego, MS, RD • Amy Milstein, MS, RD, CDE

**Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine**

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac, Dipl. Ac, North Country Acupuncture, LLC • 518-210-6081

**More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com**

The Center for Preventive Medicine • Prime Care Physicians, PLLC  
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100

## // RUNNING &amp; WALKING //

# Mothers and Daughters Bond Through Running

by David Filkins

When the gun goes off to start the 32nd Freihofer's Run for Women on Saturday, June 5 in downtown Albany, all eyes will be on the elite athletes, including reigning Freihofer's champion Teyba Erkesso and three-time winner and Australian Olympian Benita Willis (formerly Johnson).

Also included in the race – and drawing much of the leftover attention – will be a deep masters field, including a number of past champions, lead by fan favorite and five-time winner Carmen Troncoso.

But there are other competitions within the run, competitions that don't garner attention but manage to transcend athletics and are perhaps closer to the heart – none more so than the mother/daughter competition, which pits parent and child against other mother/daughter teams.

Among the entrants in this year's race are Freihofer's Run for Women veterans Cynthia Finnegan of Colonie, and her daughters, Shannon, a standout runner at Binghamton University, and Emily, a standout runner at the University of Albany. Cynthia, 56, and Shannon, 20, will compete in the mother/daughter competition this year after Cynthia and Emily, 18, finished sixth in 2009.

An examination of the bond between the three shows what sport can do for families and relationships.

Running wasn't always something that brought Cynthia and Shannon Finnegan together. When Shannon began running on the modified team at Colonie Junior



RUNNERS AT THE RACE START. PHOTO BY GARY GOLD

High School, Cynthia would try joining her daughter on recreational runs and would hit a brick wall.

"Don't run next to me," Shannon would say. "You run too close." "You talk too much." "You breathe funny."

But running still had an effect on the Finnegans, even as attempts to run together were met with failure. Cynthia drove her girls to every practice, cheered at every meet, talked with teammates and parents and coaches. She was always there, and in being there showed her love and care for her daughters, even if they only recognized it in retrospect.

"Of course I knew my mom loved me, but she was always there," Shannon said. "It meant a lot."

The shared passion for running bolstered the mother/daughter relationship in other ways. Again, it had nothing to do with actually running together. Because Cynthia ran, because she understood times and sweat and tears and fatigue, she

could not only nod and offer encouragement but could actually empathize when her daughters talked about their triumphs and struggles.

"There are so many highs and lows in running," Emily said. "There are injuries, emotions. I could always communicate in a different way with my mom because she had been through those things."

And as the Finnegan girls matured, so did their relationship with their mother. Shannon, who once begged her mother not to run with her, now invites Cynthia to join her and her college teammates as they cool down after races. Cynthia knows the invitation is coming, and always wears running clothes to the meets. And as they take off, mother and daughter, down the trail or around the track, the special bond they share because of running is evident through the words of the other runners, whose parents simply watch from the stands.

"Your mom runs with you?" one will



EMILY, CYNTHIA AND SHANNON FINNEGAN OF COLONIE ENJOY THE BOND THAT COMES FROM RUNNING AS A FAMILY. COURTESY OF FINNEGAN FAMILY



FUN AT THE KIDS RUN. PHOTO BY VICTAH SAILER

ask. "That's soooooo cute!" another will continue. "I wish my parents ran with me," another will add.

In times like this the Finnegans grasp the sort of relationship they've built through running. And when asked if the sport brought them closer than they would have been otherwise, Cynthia, Shannon and Emily all interrupted before the question was over. "Yes!"

More than 150 mother/daughter teams are expected to take part in the Freihofer's Run for Women. For more information, visit [freihoferstrun.com](http://freihoferstrun.com). 🍁

David Filkins ([davidfilkins@hotmail.com](mailto:davidfilkins@hotmail.com)) is a freelance writer from Altamont. He enjoys running, cycling, snowboarding and fishing.

## Change Your Life. In Just 48 Hours.



### Attend the 8th annual CapitalCare Health & Fitness Expo, part of the Freihofer's Run for Women, June 4th & 5th at the Empire State Plaza.

This fun-filled, two-day event features tons of family activities — and important health and medical information — designed to keep you and your loved ones fit and healthy.

Take advantage of free health screenings and massage therapy, orthopedic and podiatry presentations. Browse through the latest running shoes and apparel at rock bottom prices. Or obtain autographs from Olympic marathon gold medalist and running icon Joan Samuelson and three-time Freihofer's champion Benita Willis (Johnson).

For the latest expo schedule, visit [freihoferstrun.com](http://freihoferstrun.com).

Expo times: Friday, Noon - 8 p.m. and Saturday, 8 a.m. - 3 p.m.

CapitalCare  
Medical Group  
Health & Fitness  
Expo



**MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON**  
SUNDAY, OCTOBER 10, 2010  
REGISTRATION NOW OPEN!  
For More Info and to Register:  
[www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com)  
A Hudson-Mohawk Road Runners Club Event

**BOOT-CAMP CHALLENGE** *Invest in yourself*  
Saratoga Camp: 6/8  
Malta Camp: 6/7  
Other camps available in Saratoga, Schenectady & Albany counties  
For more info: [MakeltFitTraining.com](http://MakeltFitTraining.com) or Melissa (518) 366-1901

All Fitness Levels Welcome

Road Races • Soccer • Basketball • Football • Lacrosse • Swimming • Baseball • Softball • Multi-sport • Hockey • Road Races • Soccer • Basketball • Football

**SPORTSSIGNUP**

Get rid of the paper and take your registration online!

- Online Sports Registration •
- Easy Financial Management •
- Online Fundraising •

Learn More...  
[www.SportsSignup.com](http://www.SportsSignup.com)  
Call toll-free 1-866-975-8600

Road Races • Soccer • Basketball • Football • Lacrosse • Swimming • Baseball • Softball • Multi-sport • Hockey • Road Races • Soccer • Basketball • Football



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

## Join the Sisterhood.

**Register now for the 32nd annual Freihofer's Run for Women  
5K road race on Saturday, June 5th at 10 a.m.**

You'll battle for glory with over 4,000 female athletes of all ages and abilities — including decorated Olympians and world champions — in one of the Capital Region's most spectacular sporting traditions.

Along the way you'll be entertained by local bands performing some of your favorite hits. And you'll be cheered towards the finish line by more than 20,000 spectators lining our historic course.

So don't delay! Input a store code from any SUBWAY® Restaurant to receive \$5 off your online 5K race entry at [freihofersrun.com](http://freihofersrun.com).

For your convenience, last chance sign up has been expanded to Weds., June 2nd and Thurs., June 3rd at the Fleet Feet Sports Albany, 155 Wolf Rd. Last chance sign up will also be at its traditional place and time — Fri., June 4th from noon to 8 p.m. at the CapitalCare Health and fitness Expo, Empire State Plaza.

**For more information or to register, visit [www.freihofersrun.com](http://www.freihofersrun.com).**

*The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.*



Photo by Steve Jacobs