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JOHN LUBRANT OF NISKAYUNA ENJOYS A BEAUTIFUL DAY RIDING ALONG THE SHORELINE OF SCHROON LAKE ON EAST SHORE DRIVE ON JUNE 19, 2010. PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

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## Brant Lake Forest Ramble

### Many Options for Cycling

by Dave Kraus

Shimmering blue water in mountain lakes. Shoulders full of blooming daisies on deserted roads. Sudden, unexpected vistas of isolated homesteads, and quietly flowing rivers.

The Adirondacks offer all of these beauties of summer. Add in a mix of paved and dirt roads, some tough climbs and a couple of optional easy escapes and you have the Brant Lake forest ramble. This ride meanders past a variety of scenic landmarks around Brant Lake, just east of Chestertown, and includes some terrain that will challenge even the most experienced cyclist.

Start your ride at the west end of the village of Brant Lake, a small, scenic hamlet on NY Route 8, just 1.6 miles east of Exit 25 of the Northway. You could meet at the small post office, but there's also abundant parking nearby at the Horicon town offices.

Make sure you have plenty of water on a hot summer day, saddle up, and head east on Route 8, passing a variety of homes along the shore as the lake opens out from the small village inlet. Some homes have green lawns down to the lapping waves. On others the windows are set so close to the water it looks like the residents could dive out of them right into the lake.

At the east end of the lake, just under six miles along, take a left on Palisades Road, and enjoy the view down the lake from the bridge. Then go right on Beaver Pond Road, and begin climbing into the forest, away from the lake. An unexpected scenic spot shows off a distant farmstead and a rural cemetery by the road (see photo on page 22) as you head off through the woods to pass the pond that gives the road its name.

A right turn on Johnson Road, and a short cruise to the 13-mile mark, brings you to the small village of Adirondack on the east shore of Schroon Lake. You can stop at the Adirondack General Store for an energy bar or a deli sandwich to eat while you sit in one of the rocking chairs that grace the front porch of this local landmark. If you need to top off your water bottles do it now. You won't have another chance for a while.

Heading southwest along the Schroon Lake shore you pass more vacation homes hanging from the hillside, then through the woods to turn left at mile 17.6 on Schroon River Road. The river mutters quietly to itself on your right as you head south, past Smith Pond and Wakonda Campground to a left turn onto Valentine Pond Road at mile 21.5.

Now you start to climb, and after taking a right on Pease Hill Road the pavement tilts upward in earnest. Gear down and bear down and soon, at mile 26.3, you turn left onto Dorset Road, and jump on a roller coaster series of a few climbs, but many more descents. Eventually Dorset Road leads you back to Palisades Road, this time on the north shore of Brant Lake.


Go right and soon the road narrows from two lanes to one wide one, hugging the lake shore. Pass under stands of pine and maple, past quiet, well-kept, often opulent homes, and around small points of land that provide stellar views of Brant Lake and the islands dotting its waters.

At mile 32.9 comes your first chance to evaluate your stamina, your water supply and your motivation. Take a left to stay on Palisades Road and follow bailout number one, back to the post office and your car. Or go right back



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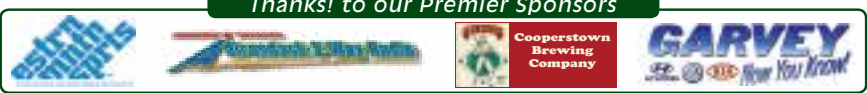


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## HIKING

Coney Mountain is a small knob – and a prominent landmark. As you travel south on NY Route 30 from Tupper Lake, you can't help but notice its bald summit standing 500 feet above the highway. Its summit features a 360-degree view and it is therefore a popular, easy climb. There is now a brand-new marked hiking trail leading to its summit, making this short mountain all the more accessible.

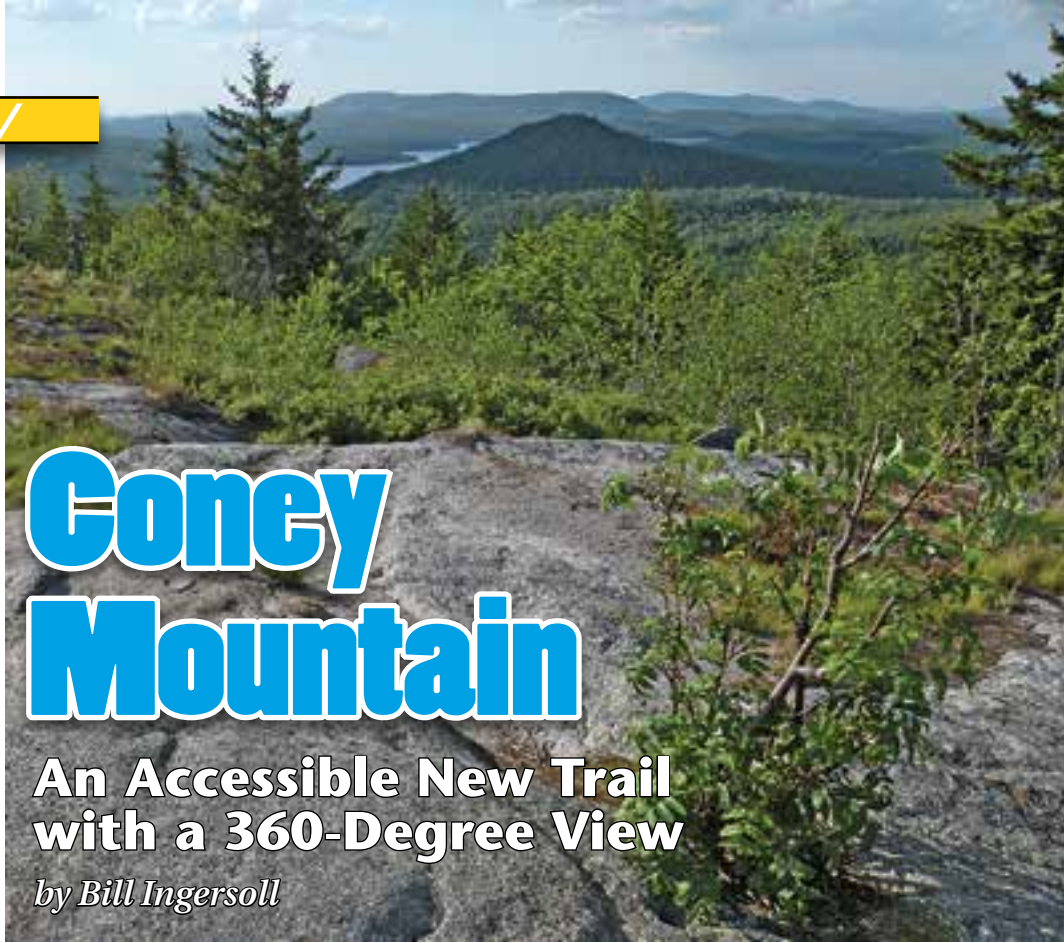
Coney has been a known landmark for centuries. In 1772, surveyor Archibald Campbell laid out the north line of the Totten and Crossfield Purchase. He was accompanied by a delegation from the Indian tribe from which the vast tract was being purchased. About 0.3-mile east of today's Route 30, they intersected the north end of the "Line of Mile Trees," which had recently been run 55 miles from the "Landing House Tree" on the Hudson River. Campbell did not continue his line beyond this junction, but he did take his Indian companions up to the shoulder of Coney Mountain where they could look east to the High Peaks and be satisfied that the line was correct.

In 1796, Campbell's line was used as the south line of the Macomb Purchase; for this, Medad Mitchell continued the original Totten and Crossfield line east of Coney Mountain. It was not until 1799 that Benjamin Wright, later chief engineer for the old Erie Canal, carried the T&C-Macomb line all the way to the Old Military Tract at today's Preston Ponds.

Today, the south line of St. Lawrence and Franklin counties, and the corresponding north line of Herkimer and Hamilton counties, is coincident with the T&C-Macomb line.

### GETTING THERE

The foot trail begins near the Franklin-Hamilton county line on Route 30, about



# Coney Mountain

## An Accessible New Trail with a 360-Degree View

by Bill Ingersoll

10.4 miles south of downtown Tupper Lake or 11.8 miles north of downtown Long Lake. The county line is well marked, but at the moment the only signs of the trail from the highway are colored ribbons near a culvert about 400 feet north of the boundary. There is lots of room along the wide shoulder for parking.

### THE TRAIL

The trail begins on the east side of Route 30, and the blue markers and signs begin as you enter the woods. The trail angles south of west for the first 0.1-mile, in the vicinity of an intermittent stream, but at the first sight of the mountain's steeper slopes the route veers left, north. In the interest of keeping the grade as gentle as possible, the trail embarks on a

circuitous journey around the foot of the mountain – all the while climbing through open hardwoods.

After about 20 minutes of hiking, you will be on the opposite side of the mountain from where you started, but 400 feet higher in elevation. At this point, having circled wide around the northern slopes, the trail scoots up to the ridgeline to approach the summit from the southwest. This is the only part of the climb that is steep, and it is only barely so. The trail is only one-mile long, climbs a total of 530 feet, and takes about 30 minutes to walk. As you emerge on the open rock summit, notice carefully the end of the path so you can find it for the return.

From vantages along the bare rock there is a full 360-degree view. Clockwise from Tupper Lake to the north, the principal landmarks are nearby Goodman Mountain and Mount Morris; the Swards, MacIntyres, Marcy, and the Santanonis to the east; Blue Mountain to the south; and small portions of Little Tupper and Round lakes to the southwest. At your feet you will find a USGS benchmark and

**THE VIEW FROM CONEY'S SUMMIT LOOKING NORTH TOWARD GOODMAN MOUNTAIN AND TUPPER LAKE.**  
PHOTO BY BILL INGERSOLL

some eyebolts. The view of the MacIntyres may be the one that Campbell detoured from the line to show the Indians. His field notes, however, contradict this interpretation.

The mountain has gone by several different names over the years. In the 19th century it was called Peaked Mountain. Then in 1882, because of its proximity to the original Franklin-Hamilton-St. Lawrence county corner, the surveyor Verplanck Colvin named it Monument Mountain. Seneca Ray Stoddard's 1891 map labels it as Cone Mountain, and it may be this name that has been corrupted into its present form.

In addition to the significance the mountain has played in the region's history, Coney Mountain holds a special significance for me as well. In 13 years of hiking, paddling, and camping in the Adirondacks I have seen plenty of moose tracks and scat, from remote valleys to high mountain ridgelines. I have followed moose tracks through the snow and studied the spots where they slept. But I had never actually *seen* a moose – until the day this past May when I scouted the trail for this article.

After all the wild places I have been, I was surprised to spot my first local moose here of all places – on the trail to little Coney Mountain, within yards of the highway. 🌲

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

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ISSUE #117

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50M Mountain Bike Race  
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Sunday, September 26

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## Calendar of Events July - September 2010

JULY 2010							AUGUST 2010							SEPTEMBER 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1			1	2	3	4	5	6	5	6	7	8	9	10	11	
4	5	6	7	8			8	9	10	11	12	13	12	13	14	15	16	17	18	
11	12	13	14	15			15	16	17	18	19	20	19	20	21	22	23	24	25	
18	19	20	21	22			22	23	24	25	26	27	26	27	28	29	30			
25	26	27	28	29			29	30	31											

### BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club:** road rides of various distances for all abilities. Non-members welcome on first ride. Capital Region. Skip Holmes: 466-1182. webmhcc.org.
- Tue Northway Ten Tour Ride.** 9am. 35M. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Tue Night Rensselaer Co Multi-Pace Ride.** 5pm. 30M. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- Tue Terrible Tue Quick Ride.** 5:30pm. 35M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Tue Time Trial Series:** 6/15-8/24. 6:30pm. West River Rd, Fort Edward. adironackspokes.com.
- Wed CBRC Quick Training Ride.** 6pm. 30M. S. Bethlehem Park, S. Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Thu Thu Night Pizza Tour Ride.** 6pm. 25M. SCCC, Schenectady. Mark Wilder: 346-5988. webmhcc.org.
- Fri Serotta Open Fit Lab & Factory Tours.** 11am. Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104. serotta.com.
- Sun Wake-Up Casual Ride.** 7:15am. 15M. Hannaford, Voorheesville. Steve Redler: 434-1540. webmhcc.org.

### JULY

- 10 25th Bike MS "Follow the Foothills" Ride.** 10/30/62/100M. West Mountain, Queensbury. Natl. MS Society: 800-FIGHTMS x2. msupstatenyalb.org.
- 10 Just Lakes Tour Ride.** 9am. 64M. Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 10 Lake Luzerne Quick Ride.** 9:30am. 53M. Skidmore, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.
- 10 Original Greylock Century.** 7:30am. Lanesborough, MA. berkshirecycling.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.
- 11 Mayor's Cup Mountain to Lake Bike Ride.** 20/54/68M. 9am. BBQ. CVPH Medical Ctr., Plattsburgh. 562-7169. cvph.org/foundation.
- 11 Rte 51 Tour Ride.** 9am. 45M. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 16-18 Tri-State Ramble Bike Tour.** 3 days: 120-180M in NY/CT/MA. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 17 NYS Time Trial Championships.** 40K-10K. Cambridge. 275-6185. anthemsports.us.
- 17 6th "Tour de Rand Hill" Bike Race & Ride.** 14M uphill. 9am. YMCA, Plattsburgh to Camp Jericho, Altona. Patti Warner: 561-4290. plattsburghymca.com.
- 17 11th Mount Ascutney Bicycle Hill Climb.** 3.7M. 9:30am. Mt. Ascutney, Windsor, VT. penguincycles.com.
- 18 Tongue Mountain Century Ride.** 100M. 7:30am. Inside Edge, Glens Falls. 793-5676. adironackspokes.com.
- 18 Sweat N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. bikereg.com.

- 25-31 10th Great Big FANY Ride.** 500M supported tour across NY. Niagara Falls to Saratoga Springs. fanyride.com.
- 30-8/1 Tour of the Catskills Stage Race.** Tannersville, Windham, Hunter. 275-6185. tourofthecatskills.com.

### AUGUST

- 6-8 Montreal Double Double Ultra Ride.** 400M. Schuylerville-Montreal-Schuylerville. 583-3708. adkultracycling.com.
- 7 Gear Up for Lyme/Mt Equinox Uphill Bike Climb.** 5.4M race. 8am. Mt Equinox, Manchester, VT. Andy Holzman: 802-362-0273. gearupforlyme.com.
- 7-8 25th Bike MS Finger Lakes Challenge Ride.** 1-2 days. Sat: 25/66/10M. Sun: 25/50M. Keuka College, Keuka Park. 800-FIGHTMS x2. msupstateny.org.
- 8 The Ti Ride.** 41M. 7am. Bike: Lake George to Ticonderoga. Mohican: Ticonderoga to Lake George. Inside Edge Ski & Bike: 793-5676. adironackspokes.com.
- 8 Sweat N' Bullets Metric Century.** 62M. 9am. St. James Plaza, Niskayuna. Heather: 847-2419. bikereg.com.
- 14 Adirondack Spintacular: Bike or run/walk for hemophilia/organ donation awareness.** 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. 863-8998. adironackspintacular.com.
- 14 9th NY Capital Region Road Race.** 23-83M. 10am. Ravena-Coeymans-Selkirk H.S., Ravena. Paul McDonnell: 281-3710. cbrc.cc.
- 15 5th Iddaride: Adirondack Bike Tour.** 75M: 8:30am. 20M w/ shuttle: 1pm. Ski Bowl, North Creek. Adirondack Mountain Club: 800-395-8080. adk.org.
- 15 Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 15 2nd Altamont Criterium Race.** 15-40M. Altamont. 275-6185. anthemsports.us.
- 21 1st Tour de Schenectady Ride.** 55M/16M road rides, kids' race, MTB race. Central Park, Schenectady. 847-2419. schenectadycancerfoundation.org.
- 22 3rd Tour de Farm.** 35M/15M supported. 9am. Hand Melon Farm, Greenwich. 692-7285. agstewardship.org.
- 22 4th Way North Century Ride.** 100M/50M. 8am. The Oval, Plattsburgh. 563-7620. adironackcyclingteam.com.
- 28 10th Pat Stratton Memorial Century Ride.** 100/50/25M & kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob Scheefer: 891-5873. bikeadironacks.org.
- 28 1st Bike the Byway.** 8am. 40M multi-pace ride on Mohawk Towpath Byway. Amtrak Station, Schenectady. Eric Hamilton: 371-7548. mohawktowpath.org.
- 28 18th Echo Lake Road Race.** 10M bike or 5M/10M run. East Charleston, VT. 802-873-3285. active.com.
- 28-29 27th Chris Thater Memorial Bicycle Races.** 12-50M. Binghamton. Jim May: 607-778-2056. bcstopdwi.com.

### SEPTEMBER

- 11-12 MHCC Saratoga Century Weekend.** 100M 8am. 62M 9am. 50M 10am. 25M 11am. Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1182. webmhcc.org.
- 17-19 Adirondack 540 RAAM Qualifier.** 136/272/408/540M. 7am. Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 18 13th Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century.** 100/75/50/25M. Barton, VT. active.com.
- 19 3rd Lance Gregson 1-Eye Classic Bike Tour.** 26M 9am. 10-15M 10:30am. 3-8M 11am. Town Park/Beach, Schroon Lake. 532-7363. schroonlakecycling.com.
- 19 Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 25 3rd Ride4Love Charity Bike Ride.** 75M 7:30am. 50M 8am. 25M 8:30am. 10M 9am. To end human trafficking. Christ Episcopal Church, Ballston Spa. 369-2000. ride4love.com.
- 26 4th Tour de Habitat Bike Tour.** 100M (7:30am), 50/25M (11am), 10M (3pm) for Capital District Habitat for Humanity. Albany Pump Station, Albany. evansale.com.

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## 13th annual Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century



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3RD ANNUAL  
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**Sunday, August 22**  
**Hand Melon Farm, Greenwich**  
 35 or 15 miles – rain or shine  
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**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**

**HEALTH & FITNESS**  
**ONGOING**

- Daily CardiotFit Classes: Call for Schedule.** Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Mo-Tu Beg/Intro Pilates Mat Class.** Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Sa Hatha, Flow, Gentle & Chair Yoga Classes.** Community Church, Schroon Lake. True North Yoga: 810-7871. Class schedule: 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.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** Albany, Saratoga & Schenectady counties. 366-1901. 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.
- Mo-Sa Yoga, Circuit Training & Stretching Classes.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Tu-Th-Sa Pilates Open Level Mat Class.** Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

**HIKING & ROCK CLIMBING**  
**ONGOING**

- Mo-Fr Summer Camps: Jul-Aug.** Ages 10+. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

**JULY**

- 12, 19 Trailless Day Hikes.** 12: Table Top Mtn. 19: Esther Mtn. Adirondack Mountain Club: 523-3441. adk.org.
- 24 Women's High Peaks Day Hike: Giant & Rocky Peak Ridge.** Adirondack Mountain Club: 523-3441. adk.org.
- 26 Beginner Day Hike: Rooster Comb.** 4M. Adirondack Mountain Club: 523-3441. adk.org.

**AUGUST**

- 7 Women's High Peaks Day Hike: Wright Peak.** Adirondack Mountain Club: 523-3441. adk.org.
- 9 Trailless Peak Day Hike: MacNaughton Mtn.** Adirondack Mountain Club: 523-3441. adk.org.
- 10-13 Dog Days of Summer.** Ages 8-12. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 16 Trailless Peak Day Hike: Iroquois Peak.** Adirondack Mountain Club: 523-3441. adk.org.
- 18-22 Leave No Trace Master Educator: Backpacking.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

**SEPTEMBER**

- 3, 20 Beginner Day Hikes.** 9/3: Nun-da-ga-o Ridge. 6M. 9/20: St. Regis Mt. 5.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 4-6 Trailless Peak Backpacking: The Swards.** Adirondack Mountain Club: 523-3441. adk.org.
- 10-12 Trailless Peak Backpacking: Cliff & Redfield.** Adirondack Mountain Club: 523-3441. adk.org.
- 13 Trailless Peak Day Hikes: Street & Nye.** Adirondack Mountain Club: 523-3441. adk.org.
- 17 Trailless Peak Day Hikes: Mt. Marshall.** 4,360ft. Adirondack Mountain Club: 523-3441. adk.org.
- 18-19 Trailless Peak Backpacking: Allen Mt.** Adirondack Mountain Club: 523-3441. adk.org.
- 24-26 Trailless Peak Backpacking: The Santanonis.** Adirondack Mountain Club: 523-3441. adk.org.

- 25 Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdmca.org.
- 26 Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdmca.org.
- 27 Trailless Peak Day Hikes: Iroquois Peak.** 4,840ft. Adirondack Mtn. Club: 523-3441. adk.org.

**MOUNTAIN BIKING & CYCLOCROSS**  
**ONGOING**

- Daily High Peaks MTB Center.** 20M of trails. Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.com.
- Daily Whiteface Lift-Serviced MTB Riding.** Whiteface MTB Center, Wilmington. 946-2223. downhillmike.com.
- Tue MTB Rides.** "Spirited" pace. 6:30pm. Placid Planet Bicycles, Lake Placid. 523-4128. placidplanetbicycles.com.
- Sa-Su Gore Lift-Serviced MTB Riding: 7/17-10/30.** 10am. Gore, North Creek. 251-2411. goremountain.com.

**JULY**

- 10-11 "Fun Not Fear" Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 12 Coed MTB Ride.** 6pm. Town Park, Colonie. Theresa Crombach: 421-0551. teamlunachix.com.
- 15 Mini Super D Race #1.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 17 12 Hours at 909 MTB Race.** 7am. Taconic Hereford MUA, Pleasant Valley. 845-505-1211. espraces.com.
- 22 Mini Downhill Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 24 Gore Downhill MTB Clinic.** Skills, lift tickets, lunch. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 25 Plattekill Challenge MTB Race.** XC. 10am. Plattekill Mountain, Roxbury. 607-326-3500. plattekill.com.
- 26 Coed MTB Ride.** 6pm. SMBA Trails, Saratoga Springs. Theresa Crombach: 421-0551. teamlunachix.com.
- 29 Mini Dual Slalom Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 31-9/1 "Fun Not Fear" Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

**AUGUST**

- 1 The Darkhorse 40 MTB Race.** Stewart S.E., Newburgh. 845-778-6604. darkhorsecycles.com.
- 5 Mini Super D Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 7 Ladies Day.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 7 2nd Wildcat Epic 100M MTB Race.** 8am. Huguenot St, New Paltz. 772-774-8258. wildcatepic.com.
- 8 Belleayre All Terrain Challenge MTB Race.** Belleayre, Highmount. nysmtbseries.com.
- 12 Mini Downhill Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 14-15 "Fun Not Fear" Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 15 Taconic 909 Challenge MTB Race.** Pleasant Valley. 845-505-1211. espraces.com.
- 19 Mini Dual Slalom Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 21 XTERRA Lake Placid: MTB Demo Day.** Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 26 Mini Super D Race #2.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 26-29 Windham 2010 UCI Mountain Bike World Cup & Festival.** UCI World Cup Finals (XC, DH, 4X), Race the World (XC, DH), Festival Events for All (expo, kids' race, big wheel race, concert, parties). Free spectator admission. Windham Mountain, Windham. 943-3223. racewindham.com.
- 29 3rd Race to Top of VT.** 4.3M. MTB: 10am. Run: 9am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org.



**BIKE THE BYWAY**

**Saturday, August 28 • 8am**  
**Amtrak Station, Schenectady**  
 Help Celebrate 5 years as one of America's Byways®  
 Multi-pace 40-mile ride through quaint hamlets, historic communities and rolling terrain  
**Info: www.MohawkTowpath.org**

**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
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- Post-ride lunch available

Contact: Skip Holmes (518) 466-1182  
 serottaskip@nycap.rr.com  
 **www.webmhcc.org**  
 Mohawk Hudson Cycling Club  
HELMETS ARE REQUIRED

**Lance Gregson**

**1-Eye Classic**

**Cycling Rides & Picnic**

**Sunday, Sept. 19**  
**Town Park/Beach, Schroon Lake**

9am: 26M around the lake  
 10:30am: 10-15M • 11am: 3-8M  
 Post-ride live music, picnic (12-3pm), raffle, kids' bike rodeo (1-2:30pm)

**SchroonLakeCycling.com**  
 518-532-7363 • Rain or shine



**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)  
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# 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

## Greater Burlington Y 2010 LAKE SWIM



**Saturday, August 14th**  
14th annual swim across  
Lake Champlain  
8:30am start  
Relay, 4- and 8-mile races

For more information, contact Jaimie Held  
at (802)862-8993 x156 or [jheld@gbymca.org](mailto:jheld@gbymca.org)

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Burlington: (802) 862-9622 • Winooski: (802) 655-9622  
[www.gbymca.org](http://www.gbymca.org)

## DUATHLON

8th Annual

### Mohawk Towpath Byway Duathlon

Krause's Grove, Canal & Beach Roads  
Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run

**Sunday, Oct. 17 • 9am**

Open to individuals and teams

**Kids' Fun Duathlon • 8:30am**  
Register: [mohawktowpath.org](http://mohawktowpath.org)

Long-sleeve tech shirt to first 100  
\$20 before 10/8 & \$25 after

Benefits Mohawk Towpath Scenic Byway

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### Old Town Canoes

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FIRST ANNUAL

## Peck's Lake Challenge Sprint Triathlon



**Saturday, August 7 • 9am**  
**Peck's Lake, Gloversville**

1/2-mile swim • 9-mile bike • 3-mile run

\$35 pre-registration or \$45 race day  
Solo or 2-3 person teams • Limited to 150

Entry Form: [fultoncountyny.org](http://fultoncountyny.org)  
Info: (518) 725-0641

Fulton County Regional Chamber & PLPA

## SEPTEMBER

- 4 Ladies Day.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 11 Super D Race.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 11-12 "Fun Not Fear" Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 11-12 1st Killington Cyclocross Race.** USAC sanctioned. Killington Resort, Killington, VT. 802-422-6200. [killington.com](http://killington.com).
- 12 5th Whiteface 5K Downhill MTB Race.** Whiteface MTB Park, Wilmington. 946-2223 x7. [downhillmike.com](http://downhillmike.com).
- 18-19 Adirondack MTB Festival.** XC/DH races, fun events, sale. McCauley Mountain, Old Forge. Mountainman Outdoors: 315-369-2300. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 19 4th Race with the Wind.** 50M MTB race. 12M school/family ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. [lewiscountychamber.org](http://lewiscountychamber.org).

## MOUNTAINEERING & WILDERNESS SKILLS

### JULY

- 19-23 Wilderness Adventure Day Camp.** Age 9-13. 9am-4pm. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 26-28 Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 26-27 Junior Pathfinders Tracker Training.** Age 10-12. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 26-28 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 28-30 Junior Pathfinders Wilderness Training: Overnight.** Age 10-12. 9am-4pm. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

### AUGUST

- 7-7 Wilderness Survival Intensive: Overnight.** Adult/teen. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).
- 9-13 Pathfinders Wilderness Training: Overnight.** Age 12-16. Ndakinna, Greenfield Center: 583-9958. [ndcenter.org](http://ndcenter.org).

## MULTISPORT: TRIATHLON & DUATHLON

### ONGOING

- Mon 27th High Peaks Mini-Tri Series: 6/21-8/16.** 400yd swim, 12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 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. Jason Hart: 339-7338. [saratogatriclub.com](http://saratogatriclub.com).

### JULY

- 10 Mini-Mussel Sprint Triathlon.** 750m swim, 16M bike, 5K run. 9am. Seneca Lake S.P., Geneva. 315-464-0517. [musselmantri.com](http://musselmantri.com).
- 11 Musselman Triathlon.** 1.2M swim, 56M bike, 13.1M run. MusselKids' Race: 2:30pm. Seneca Lake S.P., Geneva. 315-464-0517. [musselmantri.com](http://musselmantri.com).
- 11 10th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. [pinebushtriathlon.org](http://pinebushtriathlon.org).
- 12 High Peaks Kids' Mini-Tri Series #1.** 50yd/100yd swim, 3M bike, 0.5M/1M run. 3pm. Mirror Lake Beach, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 17 25th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. [speculatorchamber.com](http://speculatorchamber.com).
- 17 8th SkyHigh Kids' Off-Road Triathlon.** Ages 8-14: 100m swim, 5K mtn bike, 1K run. 9am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).
- 18 8th SkyHigh XTERRA Off-Road Triathlon.** 1K swim, 20K mtn bike, 6K run. 8am. Grafton Lakes S.P., Grafton. [skyhightri.com](http://skyhightri.com).
- 18 New York City Triathlon.** 1.5K swim, 24.9M bike, 6.2M run. Manhattan. 212-691-2200. [nyctri.com](http://nyctri.com).

- 18 Hudson Valley Triathlon (& Biathlon).** 0.33M swim, 18M bike, 3.5M run. Saugerties. 845-247-0271. [nyctri.org](http://nyctri.org).
- 24 Sprint Triathlon II:** 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. [racevermont.com](http://racevermont.com).
- 25 Ironman Lake Placid Triathlon.** 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. 888-280-9097. [ironmanlakeplacid.com](http://ironmanlakeplacid.com).
- 25 26th Colchester "Tri-Option" Triathlon.** 0.5M swim or 2M kayak, 12M bike, 3M run. Colchester, VT. 802-264-5640. [colchestervt.gov](http://colchestervt.gov).

## AUGUST

- 1 Lyme Triathlon.** Sprint: 600m swim, 17.6M bike, 4M run. Adventure: 3M paddle, 17.6M bike, 4M run. Village Hall, Chaumont. 315-783-0995. [chaumontny.org](http://chaumontny.org).
- 1 8th Cayuga Lake Triathlon.** Taughannock Falls S. P., Trumansburg. [ithacatriathlonclub.org](http://ithacatriathlonclub.org).
- 1 27th Greenfield Lightlife Triathlon.** Greenfield, MA. 413-772-1553. [greenfield-triathlon.com](http://greenfield-triathlon.com).
- 6 3th Fronhofer Tool Kids' Triathlon.** Age 6-17. 50yd swim, 2.4M bike, 0.5M run. 6pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. [fronhofertooltriathlon.com](http://fronhofertooltriathlon.com).
- 7 4th Fronhofer Tool Triathlon.** 8am: 1.5K swim, 40K bike, 10K run. 2pm: 0.5M swim, 14.5M bike, 5K run. Lake Lauderdale, Cambridge. 761-4067. [fronhofertooltriathlon.com](http://fronhofertooltriathlon.com).
- 7 1st Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 9am. Peck's Lake, Gloversville. Fulton Co Chamber: 725-0641. [fultoncountyny.org](http://fultoncountyny.org).
- 7 25th YMCA Y-Tri Triathlon.** 0.5M swim, 18M bike, 0.4M run. Point Au Roche S.P., Plattsburgh. Patti Warner: 561-4290. [plattsburghymca.com](http://plattsburghymca.com).
- 7 Bitter Pill Adventure Race.** Trek/swim/canoe/MTB/navigation. Location: TBA. 802-578-2972. [gmara.org](http://gmara.org).
- 8 1st Mount Snow Triathlon.** 0.5M swim, 12M bike, 3M run. Beginner-friendly. 8/7: coaching seminars, expo. West Dover, VT. 802-464-4013. [mountsnow.com](http://mountsnow.com).
- 8 6th Northern Columbia Triathlon.** 0.25M swim, 19.8M bike, 4.5M run. 8am. Kinderhook, Canaan, Ghent. [northerncolumbiatriathlon.com](http://northerncolumbiatriathlon.com).
- 8 Lake Dunmore Triathlon.** 0.9M swim, 28M bike, 6.2M run. Salisbury, VT, 802-462-2999. [rushtonsports.com](http://rushtonsports.com).
- 14 Dryden Lake Puddle, Paddle & Run.** Dryden Lake, Dryden. [drydenlakefest.org](http://drydenlakefest.org).
- 14 Sprint Triathlon III.** 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. [racevermont.com](http://racevermont.com).
- 15 10th Cazenovia Triathlon.** 800m swim, 23M bike, 5K run or 1500m swim, 40K bike, 10K run. Also, aquabike. Lakeside Park, Cazenovia. [cazenoviatriathlon.org](http://cazenoviatriathlon.org).
- 21 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. 280-6047. [cdtriclub.org](http://cdtriclub.org).
- 21 XTERRA Lake Placid Triathlon: Race Clinic w/Ken Robins.** 12pm. Olympic Speedskating Oval, Lake Placid. 631-392-1542. [triandduit.com](http://triandduit.com).
- 21 3rd Run-Pedal-Tube Triathlon.** 5K run, 7.5M bike, Hudson tube paddle. 696-4947. [hadleybusinessassoc.org](http://hadleybusinessassoc.org).
- 21 Sebagoman Olympic Triathlon.** 1500m swim, 24.9M bike, 6.2M run. Harriman S.P., Sebago Lake. [genesisadventures.com](http://genesisadventures.com).
- 22 2nd XTERRA Lake Placid Triathlon.** Olympic: 1500m swim, 19K MTB, 6.6M run. Sprint: 750m swim, 9.5M MTB, 3.3M run. 8am. Olympic Speedskating Oval, Lake Placid. [triandduit.com](http://triandduit.com).
- 22 1st Lake Delta Triathlon.** Olympic: 1500m swim, 40K bike, 10K run. 8am. Delta Lake S.P., Rome. Michael Brych: 315-404-8130. [atcendurance.com](http://atcendurance.com).
- 28 Sprint Triathlon IV.** 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. [racevermont.com](http://racevermont.com).
- 29 Battle of Battenfeld Off-Road Triathlon.** 1.2M trail run, 6.2M MTB, 2M trail run, pond swim, 2M MTB, 2M trail run. Milan. 845-750-0719. [cm2promotions.com](http://cm2promotions.com).
- 29 River Rat Triathlon.** 600m swim, 18M bike, 3.1M run or 3M kayak/canoe, 18M bike, 3.1M run. 9am. Centennial Park, Clayton. [tiylo.org](http://tiylo.org).

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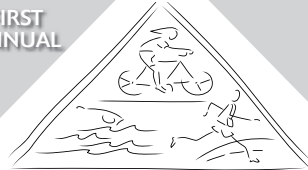
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FIRST ANNUAL



## 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

## Run-Pedal-Tube Triathlon

Saturday, August 21 at 9am  
Canoe Take-Out (11M W of Exit 21), Hadley

- 5K foot race in Hadley
  - 7.5M bicycle ride across Stewart's Dam
  - Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out
- Individuals \$20 & Teams \$55  
Teams: M/F/Coed/Family/Company  
Entry/Info: [hadleybusinessassoc.org](http://hadleybusinessassoc.org)  
(518) 696-4947 • [hadleyba2003@yahoo.com](mailto:hadleyba2003@yahoo.com)  
Bike, helmet, inner tube & PFD required  
Benefits Hadley Business Assn Scholarship Fund



### 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

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 www.BiBTTherapeuticMassage.com

- 29 DiamondGirl NY Women's Only Triathlon. 500m swim, 16M bike, 4M run. Intl: 1500m swim, 31M bike, 8M run. Harriman S.P., Lake Sebago. piranha-sports.com.
- 29 Half VT Journey Triathlon. 1.2M swim, 56M bike, 13.1M run. Salisbury, VT. 802-462-2999. rushtonsports.com.

#### SEPTEMBER

- 4 Labor Day Race Weekend: 6th Skinnyman Triathlon. 800yd swim, 14M bike, 3M run. 7:30am. Clift Park, Skaneateles. skanraces.com.
- 11 **Montreal Esprit Triathlon.** Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. esprittriathlon.com.
- 11 DACC Sprint Triathlon. 9am. Duanesburg Area Community Center, Duanesburg. Jenn Dixon: 895-9500. dacc.info.
- 12 **34th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. Great Barrington to Lenox, MA. joshbillings.com.
- 18 **5th Lake George Triathlon.** 0.9M swim, 24.8M bike, 6.2M run. 8:30am. Battlefield Park & Beach Rd, Lake George. 792-5999. adktri.org.
- 19 1st Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. County Beach, Jamesville. ironmansyracuse.com.
- 26 Tri & Du for Suicide Prevention. Tri: 0.33M swim, 15M bike, 3M run. Du: 1M run, 15M bike, 3M run. 8am. Rocking Horse Ranch, Highland. 845-247-0271. nytri.org.

#### OCTOBER

- 17 **8th Mohawk Towpath Byway Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Race: 8:30am. Krause's Grove, Clifton Park. mohawktowpath.org.

#### OTHER EVENTS

##### ONGOING

- Daily Summer Camp & Teen Adventure Trips.** YMCA Camp Chingachgook on Lake George, Kattskill Bay. 656-9462. chingachgook.org.
- Mo-We OC Ski Club's Summer Volleyball League.** Polish Community Center, Albany. ocskiclub.org.
- Wed Wet & Wild Wednesday Aerials: 7/7-8/25. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.
- Th-Mo Be a Biathlete Clinics: 6/25-8/30. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- Sat Soaring Saturdays Ski Jumping: 7/3-8/21. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.

#### JULY

- 10 **Beginning Windsurfing Clinic.** 9:30am. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 11 Wakeboard Tournament. 10am. Beach Rd, Lake George. 743-8433. castawaymarina.com.
- 22 **Team In Training Preview Party: Disney World Marathon & Rock'n'Roll Arizona Marathon/Half.** 5-8pm. Northeastern Fine Jewelry, Albany. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.

#### AUGUST

- 20 Rappel "Over the Edge" for Special Olympics NY. Crowne Plaza, Albany. 388-0790. nysyo.org.
- 21-25 Empire State Games. Multisport event for amateur athletes. Buffalo/Niagara Falls. 474-8889. empirestategames.org.

#### SEPTEMBER

- 10-12 **Teddy Roosevelt Weekend.** 582-2991. newcombny.com.
- 24-26 **Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.

#### PADDLING: KAYAKING & CANOEING

##### ONGOING

- Tue Sundowner Clinics/Time Trials: 7/13, 27; 8/10, 24. 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.

**Tu-We Evening Tours on Local Waterways w/ADK Albany Chapter.** 6:15pm. 7/13 Hudson, Coeymans; 7/20 Hudson, Lansingburgh; 7/27 Hudson, Bethlehem. 8/3: Mohawk, Lock 7, Niskayuna; 8/10: Hudson, Corning Preserve. Demos/rentals available. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.

- Wed NNYP Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. 399-1435. swcweb.org.
- Wed SLVP Scramble Series. Little, Raquette & Grasse rivers, Canton. Steve Coffin: 315-854-0881. nymcra.org.

#### JULY

- 10 **11th Round the Island Canoe/Kayak Race.** 7M. 9am. Valcour Kayak Center, Plattsburgh. The Kayak Shack: 566-0505. kayak-shack.com.
- 12, 16 **Kayak Fund.** Refresher & Adv-Inter. Kayaking. 6:30pm. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 14 **Kayaking Basics.** 4M. 6:30pm. Lock 7 launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 14-15 **Whitewater Kayaking for Beginners.** 5-7pm. Saranac River (WW Course), Saranac Lake. Adirondack Lakes & Trails Outfitters: 891-7450. adirondackoutfitters.com.
- 19, 23 **Fund. of Kayaking.** 5M. 6:30pm. Lock 7 launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 20 **Whitewater Kayaking for Beginners.** 5-7pm. Saranac River (Permanent Rapids), Bloomingdale. Adirondack Lakes & Trails Outfitters: 891-7450. adirondackoutfitters.com.
- 22 **Whitewater Kayaking: Sacandaga River Trip.** 8am. Adirondack Lakes & Trails Outfitters: 891-7450. adirondackoutfitters.com.
- 23-25 **Intro to Canoe Camping: Raquette River.** Adirondack Mountain Club: 523-3441. adk.org.
- 26 **Canoeing.** 6:30pm. Lock 7 launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 28 **Kayak Rescue & Recovery.** 6:30pm. Lock 7 launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 31 **Paddling Day Trip: Raquette Falls.** Adirondack Mountain Club: 523-3441. adk.org.
- 31 Saranac Flatwater Challenge Canoe/Kayak Races. 11am. Saranac River, Saranac Lake. 957-2996. macscanoe.com.

#### AUGUST

- 1 **Paddling Day Trip: Long Pond Mt.** Adirondack Mountain Club: 523-3441. adk.org.
- 6-8 **Family Canoe Camping: Lake Lila.** Hikes, naturalist lessons, canoe skills. ADK: 523-3441. adk.org.
- 7 **RiverFest.** 9.8M leisurely paddle on scenic Black River. Free shuttle. Chicken BBQ. Castorland to Carthage. 315-376-2213. lewiscountychamber.org.
- 12-15 12th Lake Champlain Sea Kayak Institute. Valcour Kayak Center, Plattsburgh. 564-5292. plattsburgh.edu.
- 21 Newcomb North Country Challenge. 10M race. 5M rec. 12pm. Lake Harris, Newcomb. 582-4601. newcombny.com.
- 27-29 **Intro to Canoe Camping: St Regis Canoe Area.** Adirondack Mountain Club: 523-3441. adk.org.

#### SEPTEMBER

- 6-10 **Leave No Trace Master Educator: Canoeing.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 10-12 Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. macscanoe.com.
- 11 **Women's Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 12 **Family Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 19 **Adult Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 25 **Paddle for the Cure.** 6M. 11am. Mountainman Outdoors, Old Forge. Janice Sell: 315-464-6276. mountainmanoutdoors.com.
- 25 Long Lake Long Boat Regatta. 15M. Adirondack Kayak Championships. 10M. 10am. Long Lake. macscanoe.com.

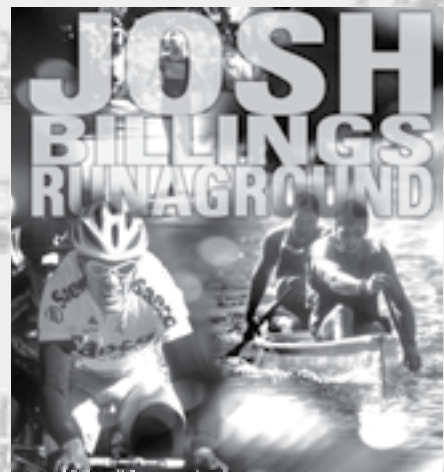


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**Josh Billings RunAground**  
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 27 mile bike • 5 mile canoe/kayak • 6 mile run  
 37 categories-iron, tri, 4 person teams  
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**Fifth Annual  
Capital District YMCA  
5K Run/Walk Series  
& Kids' Fun Runs**

**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, Guilderland

**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**

**13th Annual  
Altamont 5K  
Run & Walk  
Saturday, August 28 9am  
Bozenkill Park, Altamont  
Gun Club Rd (10mi w of Albany)  
10:15am: Altamont Mile  
& Other Kids' Races**

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Great Live Music
- 100 Raffle Prizes

**Register: Active.com (fee)  
Altamont5K.org (no fee)  
Phil Carducci (518) 861-6350**

*To benefit Altamont Food Pantry  
Bring unexpired dry goods*

New Visions Foundation to Host  
5th Annual

**New Visions 5K Run  
and Mile Walk Fundraiser**

**Saturday, August 21**  
Run: 10:30am ★ Walk: 10am

**The Crossings of Colonie  
580 Albany Shaker Rd, Colonie**  
Prizes ★ Raffles ★ Giveaways

**To Register:  
newvisionsofalbany.org**  
Info: Margie Sheehan 518.935.4334  
msheehan@newvisionsofalbany.org

Benefits New Visions Foundation  
Working on behalf of people  
with developmental disabilities

**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**  
Info: Ann Arsenault (518) 251-2602  
Proceeds benefit Dollars for Scholars

9TH ANNUAL  
**Ty Landon Memorial  
5K Run/Walk**  
Sunday, September 12 • 9am  
Newcomb Overlook, Newcomb

Registration (\$15) begins 7:45am  
Info: [adkpa@aol.com](mailto:adkpa@aol.com) or  
**Lee Yandon: (518) 582-2991**  
Part of Teddy Roosevelt Celebration  
Sept. 10-12 in Newcomb  
Visit: [newcombny.com](http://newcombny.com)

Third Annual  
**LANDIS ARBORETUM  
5K FOREST RUN**  
Saturday, Sept. 18 at 9:30am  
Run/Walk for Family Fun  
A true cross-country course thru beautiful  
forests, fields & Landis collections  
The Landis Arboretum, Esperance  
174 Lape Rd, 1.5 miles off Rte 20  
Followed by Tot Trot for Kids  
Fall Plant Sale: 10am-4pm

Info/Register: [landisarboretum.org](http://landisarboretum.org)  
Jonathan DiCesare (518) 231-2290  
To benefit the non-profit Landis Arboretum

**RUNNING, TRAIL RUNNING & WALKING  
ONGOING**

**Daily ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. [myfitnessrecovery.com](http://myfitnessrecovery.com).

**Mo/TuNo Boundaries Training Session.** Registration begins 7/1. Training begins 8/2. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**Mon Fleet Feet Fun Run.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**Mo/ThSports Walking Club Workout.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

Tue 42nd Colonie Summer Track Series: 6/15-8/10. 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. [colonie.org](http://colonie.org).

**Thu ARE Summer Trail Run Series: 5/27-8/26.** 6:30pm. Various locations, Albany. 320-8648. [albanyrunningexchange.org](http://albanyrunningexchange.org).

**Thu No Boundaries Training Session.** Registration begins 7/1. Training begins 8/5. Fleet Feet Sports, Saratoga Springs. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

Thu Sand Lake Summer Run Series: 6/10-8/3. 0.25M-5M. 6pm. Butler Park, Averill Park. Jim Van Ess: 928-3838.

**Sat Fleet Feet Fun Run.** 10am. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

Sun Summer Trail Run Series: Starting 7/18. 4-7M. 6pm. Marcy Field, Keene Valley. The Mountaineer: 576-2281. [adktrailrun.com](http://adktrailrun.com).

24 Moonlight in Vermont 4M Midnight Road Race. 12am. Pownal Center, VT. 802-442-4414. [bkvr.org](http://bkvr.org).

26 **Camp Saratoga 5K Trail Run #3.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).

28 **HMRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie H.S., Colonie. Todd: 221-3829. [hmrrc.com](http://hmrrc.com).

31-8/1 **ChiRunning & Spa Weekend.** Viaggio Spa, Loon Mt. Resort, Lincoln, NH. Ann Margaret McKillop: 802-259-3617. [myfitnessrecovery.com](http://myfitnessrecovery.com).

**JULY**

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).

10 4th Team Teagan's 5K Run/Walk. 8am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 810-9878. [teamteagan.com](http://teamteagan.com).

11 **33rd Utica Boilermaker 15K Road Race.** 8am. 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 #2.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).

13 **HMRRC Summer Track Series #1.** Colonie Mile. 6:15pm. Colonie H.S., Colonie. Ken: 429-5440. [hmrrc.com](http://hmrrc.com).

14 **HMRRC Summer Track Series #2: 2-Person Relay.** 6x1M. 6:15pm. Colonie H.S., Colonie. 273-5552. [hmrrc.com](http://hmrrc.com).

15-18 **ARE's Trail Running Camp for Adults.** Clinics, meals, kayak, swim, 4.5M Run/Tube Day (7/17), 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).

17 **1st ARE's Run & Tube Day.** 9am. 4.5M run, tube, lunch. Lake Luzerne. Josh Merlis: 320-8648. [areep.com](http://areep.com).

18 **ChiRunning Clinic w/Ann Margaret McKillop, Certified Instructor.** 1-5pm. Courtyard Airport, Albany. 802-259-3617. [myfitnessrecovery.com](http://myfitnessrecovery.com).

18 **3rd ARE's Dippikill Froggy 5-Miler Trail Race.** 9am. Dippikill, Warrensburg. Josh Merlis: 320-8648. [areep.com](http://areep.com).

19 Howe Caverns Hill Challenge 2M Run/Walk. 8am. Howe Caverns, Cobleskill. 296-8900. [howecaverns.com](http://howecaverns.com).

21 **HMRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie H.S., Colonie. 273-5552. [hmrrc.com](http://hmrrc.com).

24 **14th Silks & Satins 5K Run.** 8am. East Ave & George St, Saratoga Springs. 388-0790. [specialolympicsny.org](http://specialolympicsny.org).

24 Fox Creek 5K Run/3K Walk. 9am. Fox Creek Bridge, Berne. Michelle Furlong: 439-7418. [berneny.org](http://berneny.org).

24 10th Damn Wakely Dam Ultra. 32.6M. 6:30am. Piseco to Wakely Dam. 315-638-2491. [wakelydam.com](http://wakelydam.com).

24 3rd Ranger Run 5K. 10am. Part of Irish Festival. Herkimer Co Fairgrounds, Frankfort. 315-525-7628. [gaif.us](http://gaif.us).

**AUGUST**

1 **32nd Lane 10K Lake Run.** 10am. Lake Pleasant to Speculator. 548-4521. [speculatorchamber.com](http://speculatorchamber.com).

1 5th Hudson Headwaters Care for Kids 5K Run/Walk. 9am. R&R Auto, Chestertown. 761-0300. [hhhn.org](http://hhhn.org).

1 Dash for Dana: Memorial 5K Race. 8:30am. Mill St Fairgrounds, Adams, MA. 413-743-8300. [celebrateadams.com](http://celebrateadams.com).

2 **Camp Saratoga 5K Trail Run #4.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).

2 **Tawasentha XC 5K Series #1.** 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. [hmrrc.com](http://hmrrc.com).

3 Colonie Summer Track Series. 6pm. Colonie H. S., Colonie. Frank Myers: 783-2760. [colonie.org](http://colonie.org).

7 **2nd Chingachgook Challenge Half-Marathon, 10K Race & Family Fun Day.** 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. John Kinnicut: 265-2876. [areep.com](http://areep.com).

7 **9th Race the Train.** 8.4M from Riparius. 8am: train ride. 9am: run back. 1M fun run: 11am. UHRR, North Creek. Ann Arsenault: 251-2602. [adirondackrunners.org](http://adirondackrunners.org).

7 2nd Fasig-Tipton 5K Race. 8am. 1M: 7:30am. Finney Pavilion, Saratoga Springs. [areep.com](http://areep.com).

7 32nd Dynamic Duo Pursuit Race. 3M/person. 8:30am. Town Park, Colonie. Frank Myers: 783-2760. [hmrrc.org](http://hmrrc.org).

7 1st 5K Fun Run/Walk for Brachial Plexus Injury. 9am. Saratoga Spa S.P., Saratoga Springs. Karan: 885-1616. [ubpn.org](http://ubpn.org).

7 11th Fairfax Egg Run. 5K/10K. 9am. Fairfax, VT. [fairfaxrecreation.com](http://fairfaxrecreation.com).

8 **9th Turning Point 5K Run/Walk.** 9am. Kids' Fun Run: 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. [finishright.com](http://finishright.com).

8 25th Run for the Roses. 5K-9am. 2.5M walk-8am. 1M run-10am. Grafton Lakes S.P., Grafton. [graftoncommunitylibrary.org](http://graftoncommunitylibrary.org).

8 2nd No Kids Allowed: Senior Masters 5K/10K Race. 9am. The Crossings, Colonie. 225-5494. [areep.com](http://areep.com).

8 Save our Switchbacks Road Race. 7.5K. 9am. Parkway Ski Chalet, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).

8 19th 100K Catskill Mtn Road Relay. 6am-8am. teams of 6-10. 845-386-9174. [sullivanstriders.org](http://sullivanstriders.org).

8 Running of the Tories. 5K. 9am. Tory Lane to Recreation Park, Arlington, VT. 802-375-2397. [bkvr.org](http://bkvr.org).

9 **Tawasentha XC 5K Series #2.** 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. [hmrrc.com](http://hmrrc.com).

14 **Adirondack Spintacular: Run, Cycle or Walk.** 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. Carol Madeiros: 863-8998. [adirondackspintacular.com](http://adirondackspintacular.com).

14 8th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. 885-4000. [brooksidemuseum.org](http://brooksidemuseum.org).

14 4th Run for the RACC 5K. 9am. Rome Art & Community Center, Rome. [romeart.org](http://romeart.org).

14 Ken Hummel Memorial 5K Run/Walk. 9am. Town Hall, Stuyvesant. 758-6248. [stuyvesantny.us](http://stuyvesantny.us).

14 Heels to Paws 5K. Stratton Resort, Stratton, VT. Myra Foster: 802-297-4137. [stratton.com](http://stratton.com).

14 32nd Bridge of Flowers Classic Road Race. 10K/3K. Shelburne Falls, MA. [bridgeofflowers10k.com](http://bridgeofflowers10k.com).

15 **16th Indian Ladder Trail Runs.** 15K: 9am. 3.5M: 11am. Includes BBQ lunch. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. [hmrrc.com](http://hmrrc.com).

15 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. [lachute.us](http://lachute.us).

9th Annual  
**Turning Point 5K Run/Walk**  
*Recognizing the American victory  
at the Battle of Saratoga*



**Sunday,  
August 8, 9am  
Warming Hut,  
Saratoga Spa  
State Park**

**Kids' Fun Run (12-under free): 10am  
\$20 preregistration / \$25 race day**  
T-shirt to first 150 5k entries  
Application: [FINISHRIGHT.COM](http://FINISHRIGHT.COM)  
Info: 583-2940 or [kimgamache@hotmail.com](mailto:kimgamache@hotmail.com)

**CAMP SARATOGA  
FUN RUN SERIES**

Hosted by the Saratoga Stryders  
**Mondays: 6/28, 7/12, 7/26, 8/2, 8/16**  
**Wilton Wildlife Preserve &  
Park's Camp Saratoga**  
(Scout Rd, 5 min from I-87, Exit 15)  
**Fun, challenging 5K trail course!  
Open to all ages and abilities**

Registration: \$5 starting at 5:30pm  
Start: 6:15pm rain or shine  
**www.saratogastryders.org**  
Laura Clark: 581-1278, [info@saratogastryders.org](mailto:info@saratogastryders.org)  
Proceeds benefit Wilton Wildlife Preserve & Park

32ND ANNUAL  
**Lane 10K Lake Run**  
Sunday, August 1  
Lake Pleasant to Speculator



Registration: 9am at Speculator Ball Field  
Race Start: 10am  
*Scenic route follows south shore of Lake Pleasant*

Entry Forms:  
[www.speculatorchamber.com](http://www.speculatorchamber.com)  
or (518) 548-4521

*Adirondack Speculator Region  
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**Registration: active.com**  
**\$30 by 9/4 • \$40 after**

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

part of a perfect day  
**LAKE PLACID**



Kinderhook Runners Club  
 2nd annual  
**Red Apple Trail Run**  
**5K Run/Walk & 10K Run**  
**Saturday, Sept. 11 – 9am**  
**Samascott Orchards**  
**5 Sunset Ave, Kinderhook, NY**  
 \$15 fee or \$10 KRC members  
**Register: active.com**  
**or kinderhookrunnersclub.com**  
 Knit gloves to first 100 registered  
 Many raffle prizes including iPod nano  
*Sponsored by Samascott Orchards & Red Apple Realty*

4th Annual  
 OLD DATER FARM  
**RUN FOR LIFE**  
**5K Run**  
 & Family Run-Walk-Crawl  
**Sunday, September 19**  
 10am: 5K • 11am: Fun Run  
**Start/Finish: 5 Caraway Ct**  
**(Old Dater Farm), Clifton Park**  
 Overall, age group & team awards  
 T-shirts for the first 200 registrants  
 A fun-filled community event with  
 a bouncy-bounce & face painting  
**Info: hannahshopefund.org**  
**Register: active.com**  
**To benefit Hannah's Hope Fund**  
*Dedicated to funding research for a cure*  
*for Giant Axonal Neuropathy*



- 15 Mountain Madness Trail Run. 30K/12K. 8:30am. Virgil S.E., Virgil. 607-564-1804. fingerlakesrunners.org.
- 15 2nd Crazy Magic 12 & 6 Hour Ultra Trail Run. 6am. Central Park, Schenectady. Heather Rizzi: 847-2419.
- 15 Savoy Mt Trail Races: 22M/11M/4M. 10am. Florida, MA. runwmac.com.
- 16 **Camp Saratoga 5K Trail Run #5.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- 16 Tawasentha XC 5K Series #3. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.
- 17 **Capital District YMCA Series #3: Southern Saratoga 5K Run/Walk & Kids Fun Run.** 6:30pm. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 19 Delta Lake Half-Marathon. 13.1M. 9am. Delta Lake S.P., Rome. uticaroadrunners.org.
- 21 **5th New Visions of Albany 5K Run.** 10:30am. 1M Walk: 10am. The Crossings, Colonie. Margie Sheehan: 935-4334. newvisionsofalbany.org.
- 21 **XTERRA Lake Placid: 10K & 5K Trail Runs.** 9am. 8/22: XTERRA LP Triathlon. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 21 Kiwanis Clove Run 10M & 5K. 8:30am. Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
- 21 5th YMCA 5K/10K Run. 9:45am. YMCA, Malone. Susan Werner: 483-1882. maloneyymca.com.
- 21 2nd Groovy Gouvy 5K & 2M Walk. 9am. Riverview Park, Gouverneur. northernrunner.org.
- 21 31st Round Church Women's Run. 5K/10K. 8:30am. Richmond, VT. Martha Keenan: 802-238-0820. gmaa.net.
- 22 **26th Tony Luciano 5K Road Race.** Hudson Falls Central School Community Pool, Hudson Falls. Debbie Battiste
- 28 **13th Altamont 5K Run & Walk.** 9am. Altamont Mile & Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 28 18th Echo Lake Road Race. 10M bike or 5M/10M run. East Charleston, VT. 802-873-3285. active.com.
- 28 2nd Run for the Future 5K. 9am. United Church, Stillwater. 664-8325. stillwaterunitedchurch.com.
- 29 Chris Thater Memorial 5K Run. 10am. Recreation Park, Binghamton. Jim May: 607-778-2056. bcstopdwi.com.
- 29 3rd Race to Top of VT. 4.3M. Run: 9am. MTB: 10am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org.

**SEPTEMBER**

- 5 1st Hope with Every Step 5K. 8:45am. Town Park, Halfmoon. Nick: 941-447-0573. communityatcp.org.
- 6 **22nd SEFCU Labor Day 5K Race/Walk.** 9am. SEFCU Headquarters, Albany. 464-5243. sefcu.com. hmrrc.com.
- 11 **40th Original Lake Placid Half Marathon.** 13M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org.
- 11 **Capital District YMCA Race Series #4: Brenda Deer 5K Run/Walk & Kids Fun Run.** 9am. YMCA, Guilderland. 456-3634. cdyymca.org.
- 11 **2nd Red Apple Trail Run.** 5K & 10K. 9am. Samascott Orchards, Kinderhook. 758-1218. kinderhookrunnersclub.com.
- 11 **1st MBPA Community Day 5K.** 8:30am. HVCC Tec Smart, Saratoga Tech/Energy Park, Malta. areep.com.
- 11 3rd Wind Power Challenge Road Races. 5K/10K. 10am. Martin Mansion, Martinsburg. lewiscountyhistory.org.
- 11 Maple Leaf Half-Marathon & 5K. 9am. Manchester Center, VT. 802-362-3526. manchestervtmapleleaf.com.
- 12 **9th Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research.** 9am. Washington Park, Albany. 783-7600. caringtogetherny.org.
- 12 **Ty Yandon 5K Memorial Run.** 9am. Newcomb Overlook, Newcomb. 582-2991. newcombny.com.
- 12 The Dunkin Run 5K. 8:30am. Jewish Community Center, Albany. 438-6651. saajcc.org.
- 12 Doug Ellett Memorial 5K Run/Walk. 9:30am. Cohoes High School, Cohoes. Debbie Matthews: 237-3559.

- 12 Albany Autism Society 5K Run/Walk. 7am. Central Park, Schenectady. Jenny: 588-1189. albanyautism.org.
- 12 Curly's Trail Run Half-Marathon. Pittsfield, MA. runwmac.com.
- 18 **4th Landis Arboretum 5K Forest Run.** 9:30am. Landis Arboretum, Esperance. Jonathan DiCesare: 231-2290. landisarboretum.org.
- 18 15th Run to Remember 5K. 9am. Harkness Field, Troy. David Teubl: 845-594-4075.
- 18 2nd Capital Region Special Surgery "Race for Hope" 5K. 10am. Slingerlands. capitalregionspecialsurgery.com.
- 18 2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- 18 5K for Huntington's Disease. 9am. Tawasentha Park, Guilderland. Stephanie Keller: 356-5144.
- 19 **The Saratoga Palio Half Marathon & 5K Run/Walk.** 8am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
- 19 **4th Old Dater Farm "Run for Life" 5K Run.** 10am. Fun Run: 11am. Benefits Hannah's Hope Fund. 5 Caraway Ct, Clifton Park. Julie Gauer: 373-2721. hannahshopefund.org.
- 19 **39th HMRRRC Anniversary Races.** 2.8M/5.6M. 9am. UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 24 **29th Arsenal City Run & Community Night.** 5K road race: 6pm. City Hall, Watervliet. 270-3800. watervliet.com.
- 25 **17th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400. fam5k.com.
- 25 **The Footrace at Fort Ticonderoga 5K.** 10am. Fort Ticonderoga, Ticonderoga. 585-7206. footraceatfortti.com.
- 25 **Adirondack Distance Festival: 5K & 10K.** Chestertown. 888-724-7666. adirondackmarathon.org.
- 25 **33rd Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- 26 **6th Clover Combo Classic 8K Run.** 10am. Main St, Fort Hunter. Also: 5K Walk & 1K Kids' Dash. 762-3909. ccefm.com.
- 26 **Adirondack Distance Festival: Marathon (9am), 2-Person Relay & Half-Marathon (10am).** 9/25: Expo/Package Pickup. Schroon Lake. 888-724-7666. adirondackmarathon.org.
- 26 **7th Crossings 5K Challenge.** 9am. Ciccotti Family Rec Center, Colonie. 458-9596. colonieyouthcenter.org.
- 26 **Catiebug Fight to be Healed 5K Race.** 1pm. Kids' fun run: 12pm. 2M walk: 12:45pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 26 **36th Falling Leaves Road Race.** 5K & 14K. 9pm. Radisson Hotel, Utica. uticaroadrunners.org.

**OCTOBER**

- 2 **16th Susan Komen Race for the Cure.** 5K coed run: 9am. 2M family walk: 10am. Empire State Plaza, Albany. 250-5370. komenneny.org.
- 10 **Mohawk Hudson River Marathon & Half-Marathon.** 8:30am. Full: Schenectady to Albany. Half: Colonie to Albany. 10/9: Expo/Package Pickup. mohawkhudsonmarathon.com.

**SWIMMING**

**AUGUST**

- 14 **9th Betsy Owens Memorial Lake Swims.** 1M: 10am. 2M: 11:30am. Mirror Lake, Lake Placid. Ann Svenson: annb48@earthlink.net. adms.org.
- 14 **14th Greater Burlington YMCA Lake Swim.** 4M/8M across Lake Champlain. 8am. Camp Abnaki, North Hero, VT. Jaimie Held: 802-862-8993 x156. gbyymca.org.
- 20-21 **XTERRA Lake Placid: Swim Clinics w/Total Immersion.** 8/21: XTERRA LP Triathlon. Mirror Lake Beach, Lake Placid. 631-392-1542. triandduit.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.*

6th Annual  
**Clover Combo Classic**  
**8K Run**  
**Sunday, Sept. 26 • 10am**  
**New start:**  
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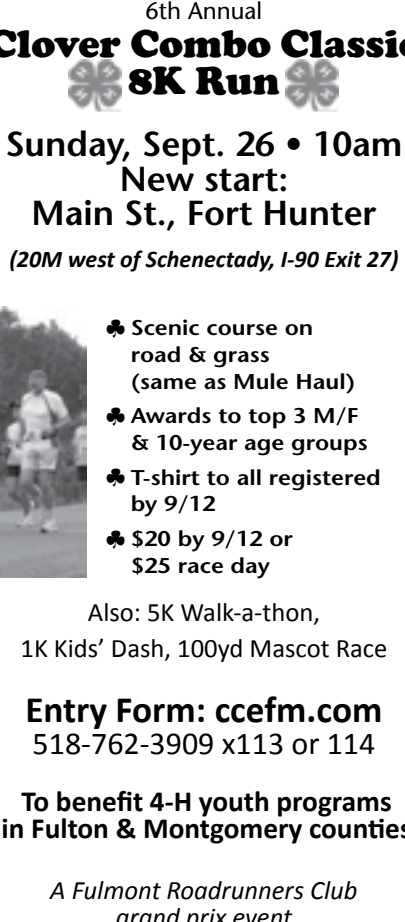
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- ♣ Awards to top 3 M/F & 10-year age groups
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- ♣ \$20 by 9/12 or \$25 race day

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**2010 HMRRC SUMMER TRACK SERIES**

**Fun & Challenging!**

**South Colonie High School Track**  
 Off Sand Creek Rd (behind Colonie Center)

**Race #1: COLONIE MILE**  
 Tuesday, July 13 at 6:15pm  
 Free entry

**Race #2: TWO-PERSON RELAY**  
 Wednesday, July 14 at 6:15pm  
 Free HMRRC members, \$5 non-members  
 Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

**Race #3: HOUR RUN**  
 Wednesday, July 21 at 6:15pm  
 Free HMRRC members, \$5 non-members  
 Participants run on track for one hour

**Race #4: PENTATHLON**  
 Wednesday, July 28 at 6:15pm  
 Free HMRRC members, \$5 non-members  
 Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

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**Teal Ribbon 5K Run & 1 Mile Walk**  
**for Ovarian Cancer Awareness & Research**

Sunday, September 12 • 9am  
 Washington Park, Albany

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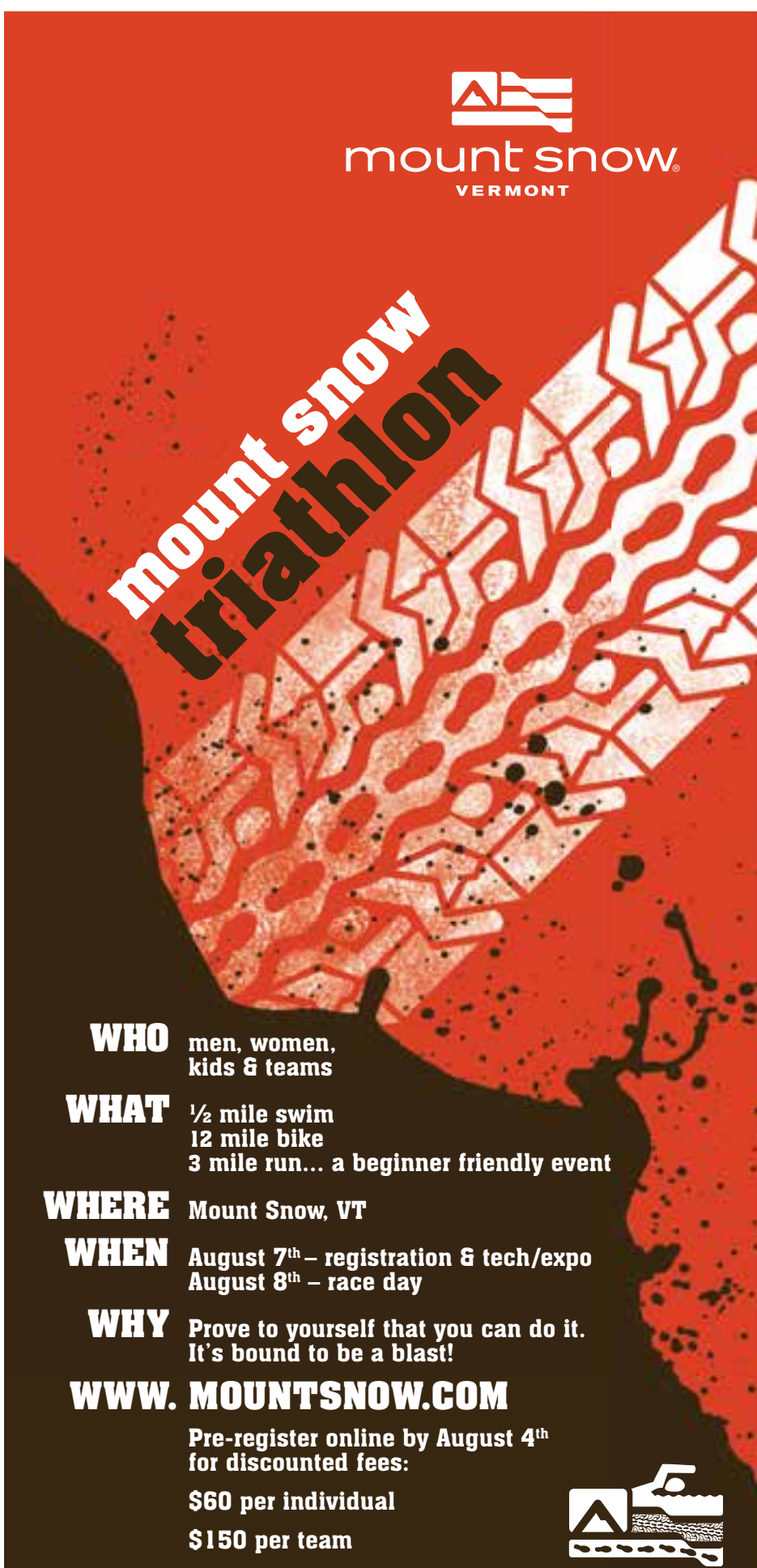
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**mount snow triathlon**

**WHO** men, women, kids & teams

**WHAT** 1/2 mile swim  
12 mile bike  
3 mile run... a beginner friendly event

**WHERE** Mount Snow, VT

**WHEN** August 7<sup>th</sup> – registration & tech/expo  
August 8<sup>th</sup> – race day

**WHY** Prove to yourself that you can do it. It's bound to be a blast!

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**Be Lifted by the Cause**

**The Saratoga Palio**  
Melanie Merola O'Donnell Memorial Race  
Half Marathon & 5K Run/Walk  
Sun., Sept. 19, 2010, 8 AM  
Run, walk, pledge, or volunteer  
[www.thesaratogapalio.com](http://www.thesaratogapalio.com)

Melanie lived an inspiring life dedicated to helping others. To honor her, we invite you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York. Proceeds will go to a scholarship fund for graduate students in the mental health field, as well as a donation to support the inpatient mental health unit at Saratoga Hospital.



## // KAYAKING &amp; CANOEING //

# Paddling for Exercise

by Alan Mapes

People take up paddling for many reasons, and exercise is a major one. Kayaking has done a lot for my physical condition, and you may be surprised at some of the effects. Paddling provides core strengthening and is a nice cross-training compliment to running or biking.

Let's look at some ideas for exercise through paddling, and some of the benefits that paddlers discover. Both kayaks and canoes are great exercise craft. I am most familiar with kayaks, and will refer mostly to these boats. The comments here will apply also to solo canoes that can be propelled with a double paddle.

## SAFETY

Safety is an utmost concern with any water sport, and some recent accidents point out things to consider. How do people get hurt paddling? Most commonly, it's falling into cold water without a life vest on. Plan to invest in a really good life vest, one that is comfortable to wear at all times when on the water. This means spending anywhere from \$50 to \$150. The vest will last for many years with a little care, and will be a joy to use. Putting on my vest is like clipping the seat belt in a car, and I feel undressed without it. I see people paddling with the vest secured under the bungees on the deck of their boat. I challenge them to try putting on that vest after falling in the water. It's almost impossible.

The waters you choose to paddle have a lot to do with safety. A couple of people have been hurt or killed this year when run over by power boats. While it is hard to avoid sharing the water with power craft, you can wear bright colors, choose a colorful boat, and stay out of major boat channels. I find that most power craft are not out before 11am, so early morning paddling is more peaceful.

## GET PREPARED

What do you need in the way of equipment? The list can be pretty simple – a kayak, a paddle and a life vest. Almost any kayak you have will work for exercising,



but if you are shopping for a boat, I would go with something 12 feet or longer and not too wide. The length will give the boat stability and it will track (go straight) better through the water. A very wide boat (over 26 inches in beam) may be hard to paddle with good form, and may be relatively slow. You don't need speed for an exercise boat, but good performance, of both paddler and the watercraft, can be a pleasing factor.

Stretching is an important part of my preparation for paddling. A little yoga goes a long way in improving your paddling and in preventing injury. I also do a stretching routine in the boat shortly after launching, lying back as far as I can in the seat (addressing the abdominal area), and leaning forward until I kiss the deck (hamstrings). I then do some gentle twisting of the torso, hooking my paddle blade on the opposite side of the boat and pull gently. To describe this better, I start with the paddle horizontal in front of me, I twist to the left and the right paddle blade hooks onto the left gunnel in front of me. Then I pull on the paddle against the boat, trying to twist back to the right. This stretches the torso, and is repeated on the other side. This rotation of the torso is important for good paddling form – more on that later.



☒ **THE AUTHOR IS STARTING A FORWARD STROKE – NOTE OPEN UPPER HAND AND POSITION OVER NEAR GUNNEL.**

☒ **END OF STROKE – SHOULDERS ROTATED AND UPPER HAND OVER FAR GUNNEL.**

PHOTOS BY JILL REGAN

## UPPER BODY AND MORE

To get the most out of my paddling exercise, I continually work to refine my forward stroke. Good form will bring efficient paddling, and it pays off when I occasionally do a 15- to 20-mile day trip. You may not race the kayak, but why not work on increasing your paddling efficiency? I find paddling is a great equalizer among different ages of people. I was quite humbled when, as a novice, I first paddled with experienced kayakers 20 to 40 years my senior. They could keep paddling for long periods without stopping, and they left me in the dust while my arms burned and begged for a rest!

Good form in a forward kayak stroke is hard to describe in words, but I will list a few tips. The kayak stroke seems as simple as can be, but I know many experienced kayakers who still take classes on refining that stroke.

The size of your arms is pretty small compared to your torso and legs. They can tire out easily if you simple "arm paddle." This means keeping your shoulders nice and still, letting the arms do all the work. Instead, I drive the "dry hand" forward with my shoulder, pushing with that upper hand. I don't think of pulling back with the "wet hand" (the one nearest the water), but instead I keep the arms relatively stiff and move the paddle by rotating the shoulders and upper body.

To get the idea of torso rotation, try an exercise, the "Frankenstein Paddle." Hold the paddle with your arms straight out

and keep the elbows locked. Now paddle forward – no, don't bend those elbows. See how the shoulders have to do the work? That's the idea of torso rotation. It gets the abs and back muscles involved.

Your legs should also be working with a good forward stroke. We call it "dancing on the pedals." As you stroke with good rotation, you should find your feet putting pressure alternately on the foot pegs of the kayak. Most people push with the foot on the same side as the paddle blade that is in the water. Now you have the whole body involved! The effect over time is the strengthening of abdominal, back and shoulder muscles, helping to address a whole host of ills. Paddling has helped my lower back strain problems – the more I paddle, the better it feels.

## VARY THE WORKOUT

I do a couple of things to vary my paddle training. One is doing sprints. Paddling along forward at an easy pace, I then will paddle as hard as I can for, say, ten or 20 strokes, and then ease off to a moderate pace for a while. Over time, try increasing the number of strokes in each sprint.

Changing strokes can offer more variations, and will work different muscles. I like to paddle backward for a while. Some people suggest that this helps prevent injury, since the forward stroke alone will build certain areas and neglect others. I add in some turning strokes, as well, including bow rudders, stern rubbers and draws, and some low brace turns. If you are not familiar with these, check a paddling handbook or take a kayak skills class.

## MARKING PROGRESS

I like to paddle with my small GPS strapped to the bungees on the deck. It gives me my speed and the distance I've paddled. Further, the unit will show me how a small change in my stroke is working. At the end of a workout, I can judge my progress by checking the "moving average" speed. Make sure your GPS is waterproof or seal it in a clear waterproof bag or hard case.

As with running, biking and other workout sports, some company can improve your paddle training. Paddle with others more experienced than you; watch their techniques and be challenged by the pace they set. Try some paddling for exercise. It can be a good cross-training compliment to running, hiking or biking. 🌲

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

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## ATHLETE PROFILE

# Glenn Berninger

**Residence:** Ghent  
**Age:** 47  
**Occupation:** Animal Production Team Leader, Taconic Farms  
**Sports:** Cycling, Running, Cross-Country Skiing



GLENN AT MILE 10 OF THE 2010 BOSTON MARATHON.



by Julie Keating

Many of us who are recreational athletes would love the opportunity and ability to break away from the pack and achieve a singular accomplishment. Glenn Berninger has done so over the last year, and with a twist, by changing sports from cycling to running marathons!

Glenn is a quiet and thoughtful person, and when he chooses to speak, his words are meaningful. He is also a good listener who will surprise you with remembering stray comments that you made weeks earlier. Glenn grew up where he still lives today, in the rural and hilly town of Ghent in Columbia County.

His close-knit family, including older brothers Chris and John, his younger brother Gregg, and his sister Beth amazingly have all managed to remain and make a living in upstate New York. The brothers have all been active since childhood. Chris has been a runner most of his life. Despite recent hip surgery, Chris completed the Mohawk-Hudson River

Half Marathon in 2009, and has added cycling to complement his running. John is a cyclist since his college years, which Glenn describes as “back in the day when they were still wearing wool.” Gregg is also a cyclist, but he has been catching the marathon fever from Glenn, so he recently joined the Kinderhook Runner’s Club and is trying his feet out with 5Ks.

As a child, Glenn cannot remember when he got his first bike, but he does recall that, typical to growing up in a big family, it was a hand-me-down. He also remembers riding and racing with his brothers in circles on pond ice in the winter, and chasing cows in summer. John encouraged Glenn to join the Mohawk-Hudson Cycling Club in 1989, where Glenn has averaged riding 2,500 to 3,500 miles per year, including several century rides. Glenn notes that “cycling brings the family together” with either John and Glenn, or Glenn and Gregg leading group rides with mutual friends.

Glenn also dabbled in mountain biking in the 90s, with some epic riding in the Cherry Plain and Grafton areas. Glenn

tried road bike racing in 1998, completing four races that year, but he found it nerve-racking to fight to stay in the pack, which is necessary to be competitive – so he stuck with the more enjoyable recreational riding. He eventually decided to try duathlons as another way to compete, but found that he was weak in the running portions.

In 2006, he attended a running clinic taught by a nurturing personal trainer, Teresa Warner, also of Ghent who prepared people for the OK-5K Road Race in Kinderhook. Glenn ran the race but was sore for a week afterwards. He started running the OK-5K annually, along with the Stockade-athon 15K. He had to agree with his brother Chris that an advantage of running longer races was that you can “chat-it-up” with other runners instead of having to go all out in a 5K. But, most of his distance training runs were solo, and Glenn felt he had reached a plateau.

In 2009, Teresa told Glenn that she was involved in the forming of an organized club, the Kinderhook Runners Club, and invited him to join. The more formal

structure of a club attracted Glenn, as he had known about a group of runners in the area, but did not know how to connect with them.

In addition to facilitating training, the club also encourages members to participate in as many races as possible. His first big success as a Kinderhook Runners member occurred at the Adirondack Distance Run in June 2009, where he earned an award for first place in his age. Glenn says, “I felt like a real runner!”

He then started preparing for a half-marathon in the fall, but club president Karen Dolge had grander plans. Karen told him he was ready to do a fast full marathon, and then progress to a major marathon in 2010. That became the goal, which quickly became reality. In October 2009, Glenn ran the Mohawk-Hudson River Marathon in 3:25:51, a qualifying time for the Boston Marathon. Glenn then trained throughout the winter and improved his PR in April by completing the challenging Boston course in 3:24:31.

Since Boston, Glenn has taken a hiatus from running, but not by choice. In mid-May he started to feel pain in his left ankle, which he hoped was a passing issue so he started skipping the club runs. The pain persisted for over a month and when he got an MRI, he learned that it was a stress fracture of his left tibia. It was easy to spot as it was weeks into the healing process. He is now limited by eight weeks in a walking cast. To stay involved in the running scene during his convalescence, Glenn is taking photos at races and cheering on his running friends. He just attended the Adirondack Distance Run in Lake George, and while he admitted he found being a spectator to be frustrating, he still has no regrets about running hard at Boston.

Among all of his mentors mentioned in this piece, Glenn would especially like to give credit to his marathon training partner Karen Dolge. “She is serious about keeping running fun, and inspiring me,” says Glenn. Once freed from the cast, he plans to log some miles on his neglected road bike to rebuild his cardio fitness, and begin running in preparation for some fall racing. If all goes well, he could be back in marathon mode by next spring. 🍂

*Julie Keating (julie.keating6@gmail.com) is the Director of Public Relations for the Kinderhook Runners Club and enjoys writing and staying in motion.*

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## ROCK CLIMBING

ON  
BELAYClimbing in the  
Adirondacks and Catskills

by Josh Potter



Whether it's Sylvester Stallone dangling from a mountaintop in *Cliffhanger*, Tom Cruise scaling ropeless in *Mission: Impossible II*, or real-life sensation Chris Sharma dominating the competition at the X Games, images of rock climbing have become prevalent in mainstream American culture, however exaggerated they often are. For the average outdoor enthusiast in the Adirondacks and Catskills, a more common and realistic representation of the sport can be found driving past Chapel Pond in Keene Valley, under Poke-O-Moonshine along I-87, or pretty much anywhere in New Paltz gazing up at the breathtaking ribbon of cliffs known as the Shawangunks – or just the Gunks.

Even then the sport can seem daunting. And it's true: tall heights, vertical terrain, and the repercussions of gravity are enough to make our species go weak in the knees, but these unique conditions of the sport are precisely what make it one of the fastest-growing outdoor activities in the country. As major revolutions in the quality of climbing gear have taken place over these past few decades, rock climbing is no longer a pastime reserved exclusively for thrill seekers and action heroes. In fact, depending on the location and preferred discipline, rock climbing can be enjoyed by every age, ability and body type – and, lucky for us, upstate New York is home to some of the best and most storied rock climbing in the country.

This said, rock climbing is as much a mental discipline as it is a form of physical recreation and carries a fairly specialized skill set, so novice climbers are advised to try the sport in the company of experienced leaders, or better yet, a climbing school or guiding service. Moreover, just because you bought \$1,000 worth of gear doesn't mean you can use it properly. This piece is merely a local introduction, not a license to be reckless. Those interested in taking the next step should purchase the useful and authoritative *Adirondack Rock: A Rock Climber's Guide* by Jim Lawyer and

Jeremy Haas or the equally definitive *The Gunks Guide* by Todd Swain, depending on your preferred region.

Truth be told, there's something fundamentally illogical about rock climbing. Unlike hiking or basic modes of mountaineering, in which gaining a summit involves pursuing a path of least resistance, modern rock climbing isn't merely about getting to the top. In fact, if it's the vista you're after, most climbing areas have a hiking trail that will get you there a whole lot quicker. No doubt, the earliest rock climbers did so out of some traveling necessity – there's record of this kind of climbing on Adirondack slides going back to the 1850s. Today the appeal of rock climbing is the process of getting there, the adventure of navigating a strange vertical environment, and the beautiful sensation of movement over rock. Ask a seasoned climber why they do it and you're likely to get a somewhat mystical response that has more to do with "aesthetic lines" and "classic routes" than adrenaline highs and brushes with death.

To suit this abstract appeal, the sport is divided into three main disciplines. The most basic and user-friendly is **top-roping**, in which climbers build an anchor at the top of a route, run a rope through the anchor, and belay the climber usually from below. This is a very safe method and provides both the climber and belayer (who manages the rope to ensure the climber's safety) a chance to develop their skill. The Adirondacks are full of great crags that can be top-roped. In the park's 5.9 million acres, there are 242 documented cliffs, the vast majority of which offer some amount of top-roping. Keene Valley is home to many classic areas, including the Beer Walls, Noonmark, Pitchoff, and Jewels and Gems. In the Mohawk Valley, Little Falls is a popular destination for climbers coming from Albany and Syracuse.

Given that the length of a climbing rope is finite, usually 60 meters, taller routes are divided into pitches. In order to really get up high, **lead climbing** is required. On lead, the climber climbs from the ground up toward the anchor – either the top of the route or just the pitch – securing their rope along the way to pieces of fixed protection that will limit their fall. At the top of the pitch, the leader clips into the anchor and belays up the second climber, who had just been belaying. With this discipline of *free climbing* (free because climbers are not using the gear to aid their ascent), the sky is the limit, but one other technical subdivision should be made.

Depending on where you're climbing, the quality of the rock and the ethics of the area will determine what kind of protection the leader is allowed to use. Because Adirondack anorthosite rock features

many long crack features, and because there is a strong leave-no-trace ethic in the park, most routes require that the lead climber insert specialized temporary protective devices (nuts, cams, hexes), a practice that qualifies most Adirondack climbing as *traditional climbing*. Traditional climbing in the Adirondacks goes back to 1916, but it was the development of this technology that really opened up the sport in the '60s and '70s. The Mohonk Preserve, in which most of the Gunks fall, has actually banned the placement of fixed bolts and pitons, making the area one of the foremost traditional climbing spots in the country.

The practice of lead climbing on a route that features fixed bolts (usually safer) is known as *sport climbing*. The Adirondack ethic is to only place a bolt where traditional gear won't work, and so there are very few strictly sport routes in the park. However, Poke-O-Moonshine has plenty of bolted routes, as does Snowy Mountain and the newly developing areas at Silver Lake and Potter Mountain.

The final climbing discipline, and perhaps the fastest growing one among younger climbers, is **bouldering**. A committed boulderer will describe it as the "purest" form of climbing in that there are no technical considerations to inhibit the movement of the climb. This is possible because most bouldering routes are short enough to require only a crash pad, and attentive spotters, to break a fall. As the Adirondacks and woods surrounding the Gunks are full of boulders and glacial erratics, new boulder fields are being discovered and developed every year. Classic areas include McKenzie Pond, Nine Cornered Lake, Snowy Mountain, world-renowned problems along the Carriage Road in the Gunks and Peterskill at Minnewaska State Park, as well as Great Barrington, Mass.

These days, a great way to try the sport and learn the basic techniques is at an indoor climbing gym. Many college campuses seem to be building one, and there are a few great local spots, including Albany's Indoor Rock Gym (A.I.R.), The Court Club in Colonie, RockSport in Queensbury, The Crux Champlain Valley Climbing Center in Willsboro, and The Inner Wall in New Paltz. Be warned though: rock climbing addictions can be narcotic. Once you tie in, you may never want to come down. 🧗

Josh Potter ([joshmpotter@gmail.com](mailto:joshmpotter@gmail.com)) lives in Albany and is a writer/editor for *Metroland*. He first learned to climb in the Adirondacks during college and has since traveled throughout the U.S., Canada and Mexico to get his fix.

(ABOVE) NYLE BAKER OF CROWN POINT ON GIANT SUCKER (V2), MCKENZIE POND. PHOTO BY KEN MURPHY

(TOP RIGHT) RICH WILSON OF WILMINGTON ON HANDLEBARBARISM (5.10B), SILVER LAKE. PHOTO BY JESSE LITTLETON

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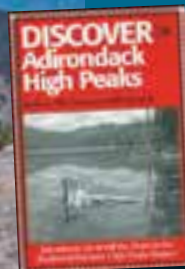
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## // NUTRITION //

# Five Fabulous Foods for Your Weekly Diet

by Aubrey Fleszar

What would happen if you changed the way you ate? What if you increased your awareness about eating more nutrient rich foods? Think about how you would feel if you replaced manufactured foods with fresh whole foods. Consider adding some new foods to your diet and spend a little more time in the kitchen. The impact of that change may surprise you.

It is likely you have a training plan which gives you focus and direction. Why not continue that focus in the kitchen? Your body runs smoothly when it's fed good clean food. Garbage in equals garbage out.

Lance Armstrong's coach Chris Carmichael uses a great analogy in his book *Food for Fitness*. His approach is the easily visualized "Carrier Method," where each food is a carrier for all the nutrients it contains. They are divided into three categories: 1) A "quality carrier" is your motor yacht – powerful, impressive, and stocked with amenities; 2) An "empty carrier" is a rowboat – a no frills, unrewarding, and an inefficient way to get where you are going; and 3) A "pollutant carrier" is a garbage barge – a vessel with cargo that does more harm than good (these foods are high in manufactured chemicals, unpronounceable ingredients, sugar and trans fats). Your goal with each meal is to eat quality, nutrient dense foods that offer vitamins, minerals, phytochemicals, antioxidants and fiber.

It is important to continuously take care of your body throughout the day, not just when you are training. Recall what you typically eat surrounding your training sessions. How often do these foods come in a wrapper, box or bottle? Now think about the rest of your daily meals. It is unwise to eat manufactured products all day. At

some point, I recommend getting your nutrients from natural whole foods. While your training nutrition might be dialed in, let's now focus on the rest of your diet.

I tell people to get into the kitchen and eat like your life depends on it, because it does. The food we put into our mouth goes into our stomach, where it is digested and assimilated into our bloodstream. Our cells are created from this food. These cells create our tissues, organs, muscles, skin, and our brains. Cooking our own food gives us control over the quality and quantity of our ingredients. Spending more time in the kitchen may take some adjustments, which starts in our head. It requires a different way of planning our day or reallocating resources. Physiques aren't just made on the road or in the gym, they are also made in the kitchen.

Here is a list of five fabulous foods to add to your weekly diet. You don't need to eat these foods daily, but they are wonderful staples to purchase at the grocery store. Try to get into a routine of adding the following to your grocery cart. You will be healthier and likely faster because of it.

**Green Leafy Vegetables** – These vegetables are nutritional powerhouses often missing in modern diets. Becoming comfortable with cooking is key to creating good health. There are many greens to choose from so find those you enjoy and eat them often. When you are looking for variety, away from that familiar staple, try something new: bok choy, napa cabbage, kale, collards, watercress, mustard greens, broccoli rape, green cabbage, Swiss chard, spinach, arugula and beet greens. Did you know kale is a good source of calcium and iron? A perfect place to purchase your



AVOCADO SHRIMP SALAD AS PREPARED BY THE AUTHOR.

PHOTO BY KEN SCHULZ

good sources of magnesium, copper and calcium. I like to have them on hand to add a finishing touch to my dishes. Sprinkle them onto your sautéed greens or add a dash to your salads. They really enhance the flavor of broccoli with fresh squeezed lemon juice. Another option is to use it like a condiment by keeping a jar of gomasio (a sea salt and roasted sesame seed combo) on your kitchen table. This allows family members to adjust their meal according to their liking.

**Cumin** – This is one of many spices that provide an assortment of benefits. This distinctive spice, often found in chilies, curries and ethnic dishes, adds a complexity to your cooking. Combine it with chicken, fish, cauliflower or grains. It is easy to overlook spices and just reach for salt and pepper. The more you cook, the more instinct you will have about what flavors work well together. More flavors in a meal will heighten the taste and lead to more compliments and enjoyment.

How we fuel our bodies helps us perform our best. Nutrients may not be as sexy as race wheels on your bike, but they are a vital element to training/race performance and throughout our lives. With physically fit bodies and a healthy diet, we are adding life to our years – and crossing the finish line faster! 🌲

## Kale Chips

**Ingredients:** A bunch of kale (rinsed, dried, stems torn off, tear leaves into pieces; tear off stems by folding the leaf along the center rib and pull off the stem); olive oil; sea salt

**Directions:** Preheat oven to 350 degrees; toss and combine the three ingredients on a cookie sheet; bake for eight minutes; give them a stir; and then bake another seven minutes. They are best served warm. Enjoy!

*Aubrey Fleszar (aubrey@getoutnplay.biz) is a USAT certified coach at Get Out N Play with a passion for the outdoors, triathlons and local food. She is a soon-to-be graduate of the Institute for Integrative Nutrition, who grew up in Troy and now lives in Farmington, Conn.*



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## // RUNNING &amp; WALKING //

What's **Long** and **Short** and **Run** All Over?by *Laura Clark*

**O**K, I admit that as a children's librarian I have been subjected to one too many joke books, but you've got to admit that my take on the epitome of bad riddles got your attention. How can a race be long and short at the same time? Granted, that can easily be a matter of perception, but for this answer you need to step farther outside the box. Given the current proliferation of 5Ks, the latter segment of the puzzle seems obvious, but since this is my riddle, I choose not to make my answer quick and easy...

So, here's a hint. This month I laddered my annual fall half-marathon article up a few rungs to July, which might actually give you enough time to avoid last-minute late registration fees – or being closed out. To climb onto my soapbox, there is no other event as underestimated as the half-marathon, second-fiddled as it were to its more prestigious parent. Like a movie star, the marathon needs no explanation, but every other distance – 5K, 10K, 15K and 50K – is up front about what is required.

But the ambiguity doesn't stop with the lack of a 13.1-mile designation. It goes much deeper than that, mixing mathematics, philosophy and purpose. With a 5K there is one speed: fast. Double that and you get to relax a bit but not so you'd know it. Nine and ten milers are built for tempo, meaning you are breathing hard but at a maintainable pace. Go halves and you enter Neverland.

For some runners, a half is a first foray into longer distances, an honest training effort which still allows them to have a life. And if the half is tacked onto a full, then they get to experience all of the glamour attached to the parent event. For others it is the appetizer course, testing grounds for a future marathon effort. The more experienced might use their half as a stepping stone, taking advantage of catered, race-pace rehearsals. Unlike the first two groups, this crowd regards the half as an abbreviated barometer of things to come.

While the half, being more of an undertaking for both the runner and the race director, is not as widespread as the ubiquitous 5K, it holds the record for the fastest growing distance. So that gives it some credibility in the "run all over" department. In response to this growing trend, beginner, intermediate and advanced training programs proliferate throughout Google. For the gold standard book,

peruse *Daniels' Running Formula* by Jack Daniels, dubbed the world's best coach by *Runner's World*. For a distillation of the wisdom of renowned coaches, check out this *Running Times* article: [runningtimes.com/Article.aspx?ArticleID=13645](http://runningtimes.com/Article.aspx?ArticleID=13645).

All agree that, as with the marathon, endurance is the key. Beginners should aim for a few ten-mile long runs, with elites topping out at 18 miles. In the linked article, coach Bruce McMillan suggests that as a rough rule of thumb folks should aim for a total weekly mileage of three times the projected distance of the goal race. While a worthy novice goal is simply to finish, those wanting something more should mix in tempo runs speedwork and hill repeats. A current trend encourages pick-ups where you spend the final half of your run gradually increasing the pace. Andrea Peterson, an experienced Saratoga Springs runner currently training for the Oak Tree Half-Marathon in September in Geneseo, pretty much sticks to this formula, but feels it is also important to emphasize quality runs that highlight proper running form to make the most of limited time and stave off injuries.

Overlooked in these schedules, however, are the seemingly minor details that can sabotage the best-intentioned effort. Unless you plan to finish somewhere in the top third, you can probably count on staying the course considerably upwards of 90 minutes. Those who have logged the requisite endurance miles can generally sustain their efforts for two hours. Any longer and the body simply runs out of usable fuel. I had noticed these phenomena myself and finally got the brilliant idea to refuel after 90 minutes instead of plowing into The Wall. This does not mean a cheeseburger as the working body cannot handle a large intake of calories without serious stomach upset. Electrolyte drinks, gels, coke, potato chips, gummy bears, all provide instant energy. It is best to carry some of your own energy sources in case the race doesn't supply them.

As a concession to my now favorite book, *Born to Run*, I have recently experimented with chia seed, miracle staple of the Tarahumara running tribe. You can easily duplicate their iskiate energy drink by mixing one-tablespoon of seeds in a cup of water and adding lime or lemon juice and a bit of honey to taste. While refreshing, after several seconds the concoction begins to gel and the "yuck" factor can be a turn-off. So now I simply con-

✂ FINISH OF THE SARATOGA PALIO: MELANIE MEROLA O'DONNELL MEMORIAL HALF-MARATHON IN SARATOGA SPRINGS IN SEPT. 2009. COURTESY OF THE SARATOGA PALIO



sume a tablespoon of the nutty seeds. I think it works, but then again, perhaps it's the power of suggestion coupled with a hint of ancient forces. Whatever the case, the result is the same. If nothing else, chia is chocked full of calcium and protects against antioxidants.

While presumably anyone tackling a half has motivation to spare and does not need a support group to head out the door, there are other reasons to connect. This can be as simple as joining with online training buddies as Saratoga Stryder Maureen Roberts does with her medical school friends who reunion at the MORE Half-Marathon in New York City each spring. For those like Maureen with erratic schedules, virtual linkage provides companionship without structure. Mary Whittredge, a Fleet Feet Sports "No Boundaries 5K" member and now a mentor, has joined with fellow graduates for informal longer distance training. While there is no question that she would put in the miles, she now has friends to chat with.

There are however, advantages to joining a more structured group. The Hudson-Mohawk Road Runners Club offers a program focused specifically towards the Mohawk Hudson River Half-Marathon in October. Lisa Ciancetta, who had previously tackled the MORE Half after experimenting with informal group training, feels there is simply no comparison. Previously she had run out of steam at Mile 11, attributing that to her lack of knowledge.

Now HMRRRC coach Jim Thomas instructs her group on pacing, cross-training, nutrition and most importantly,

he challenges them to push beyond what they would have thought possible. Even experienced athletes panic when confronted with the logistics of an unfamiliar venue, so coach Jim and his assistant, Cathy Sliwinski, gear their instruction to the quirks of this particular course. Even at this early date, Lisa is confident of achieving her goal, emphasizing "I want to be just like Cathy – she's done this before."


However you choose to approach your particular half, do not expect to get it right the first time out. As the late runner, author and philosopher George Sheehan often stated, "We are all an experiment of one." And that is both part of the fun and part of the challenge – tweaking your effort to match your experience, your talents and your lifestyle.

Here are some regional half-marathons to consider: Aug. 7, **Camp Chingachgook Challenge**, Kattskill Bay ([areep.com](http://areep.com)); Sept. 11, **The Original Lake Placid**, Lake Placid ([northelba.org](http://northelba.org)); Sept. 12, **Curly's Trail Run**, Pittsfield, Mass. ([runwmac.com](http://runwmac.com)); Sept. 19, **The Saratoga Palio**, Saratoga Springs ([thesaratogapalio.com](http://thesaratogapalio.com)); Sept. 26, **Adirondack Distance Festival**, Schroon Lake ([adirondackmarathon.org](http://adirondackmarathon.org)); Oct. 10, **Mohawk Hudson River**, Albany ([hmrrc.com](http://hmrrc.com)); and Oct. 31, **Hairy Gorilla Trail Run**, Voorheesville ([albanyrunning-exchange.org](http://albanyrunning-exchange.org)). 🌲

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


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# Race Results

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#### RACE #1 - MALE OVERALL

1	Paul Fronhofer	Argyle	36:38
2	Patrick O'Keefe	Queensbury	36:54
3	Nick Pasco	Queensbury	37:58
4	Jason Hart	Gansevoort	38:35
5	Gregory Billus	Queensbury	41:48

#### RACE #1 - FEMALE OVERALL

1	Heidi Underwood	Kattskill Bay	42:34
2	Mara Fronhofer	Argyle	45:50
3	Isabella Dickens	South Glens Falls	46:44
4	Carrie Mauro	Queensbury	51:18
5	Deana Endieveri	South Glens Falls	53:00

#### RACE #2 - MALE OVERALL

1	Kevin Crossman	South Glens Falls	36:59
2	Paul Fronhofer	Argyle	38:12
3	Nick Pasco	Queensbury	40:43
4	Randy Rath	Glens Falls	42:58
5	Vincent Kirby	Mechanicville	47:31

#### RACE #2 - FEMALE OVERALL

1	Isabelle Dickens	South Glens Falls	47:00
2	Mara Fronhofer	Argyle	47:43
3	Maureen Sara	Queensbury	50:30
4	Carrie Mauro	Queensbury	52:37
5	Ariel Dickson	Victory Mills	54:34

#### RACE #3 - MALE OVERALL

1	Kevin Crossman	South Glens Falls	35:33
2	Nick Pasco	Queensbury	37:43
3	Steven Vargo	Shafsbury	38:52
4	Steve Becker	Niskayuna	39:28
5	Gregory Billus	Queensbury	40:50

#### RACE #3 - FEMALE OVERALL

1	Isabelle Dickens	South Glens Falls	44:23
2	Mara Fronhofer	Argyle	44:30
3	Tracey Delaney	Lake Luzerne	46:33
4	Carla Burhoe	Diamond Point	46:58
5	Maureen Sara	Queensbury	47:13

Courtesy of T3 Coaching

## 21ST ANNUAL PROSPECT MOUNTAIN ROAD RACE

May 8, 2010 • Lake George Elementary School, Lake George

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#### MALE OVERALL

1	Tim Van Orden	42	Bennington, VT	39:41
2	Gregory Stevens	25	Scotia	41:16
3	William Venner	50	Granville	42:19

#### FEMALE OVERALL

1	Justine Mosher	25	Queensbury	46:45
2	Jen Taft	24	Queensbury	49:41
3	Aurora Lamperetta	37	Saratoga Springs	51:23

#### MALE AGE GROUP: 19 & UNDER

1	Connor Grant-Knight	16	Malta	42:49
2	Ben Frank	17	Queensbury	46:24
3	Thomas Welles	16	Albany	55:11

#### FEMALE AGE GROUP: 19 & UNDER

1	Jaime Sheridan	15	Limoges, ON	1:07:30
2	Dana Sheridan	11	Limoges, ON	1:39:24

#### MALE AGE GROUP: 20 - 24

1	Justin Tetlow	24	Fairport	52:47
2	Tyler Gilyard	24	Auburn	1:10:51

#### FEMALE AGE GROUP: 20 - 24

1	Rachel Meacher	20	Glens Falls	59:32
2	Becca Lewis	24	Lake Placid	1:28:15

#### MALE AGE GROUP: 25 - 29

1	John Nakel	29	Saratoga Springs	49:21
2	Jeffrey Andritz	28	Altamont	56:19
3	David Addeo	25	Ballston Spa	56:47

#### FEMALE AGE GROUP: 25 - 29

1	Melissa McCreary	29	Saratoga Springs	55:06
2	Ruth Crammond	29	Albany	1:02:21
3	Megan Drosky	29	Saratoga Springs	1:09:29

#### MALE AGE GROUP: 30 - 34

1	Rick Balboni	33	Clifton Park	52:23
2	Wayne McCormick	34	Ballston Spa	53:07
3	Terrence Tripp	31	Glenmont	1:02:41

#### FEMALE AGE GROUP: 30 - 34

1	Jessica Dar Buehler	34	Elizabethtown	59:11
2	Sandra Tatarynw	31	Saratoga Springs	59:11
3	Amy Taylor	33	Lake Placid	1:12:31

#### MALE AGE GROUP: 35 - 39

1	Patrick Bazinet	35	Somerville, MA	43:19
2	Todd Eicher	37	Queensbury	48:38
3	Andrew Eyer	38	Gansevoort	50:40

#### FEMALE AGE GROUP: 35 - 39

1	Melinda Burkhardt	37	Warrensburg	57:52
2	Erika Anderson	36	Ballston Spa	1:02:08
3	Cecilia Contreras	37	Porter Corners	1:04:58

#### MALE AGE GROUP: 40 - 44

1	Scott Wright	40	Lake George	51:26
2	Ron Bremmer	44	Lake Placid	54:56
3	Daniel Morgan	44	Schenectady	56:32

#### FEMALE AGE GROUP: 40 - 44

1	Patty Moore	44	Queensbury	53:38
2	Judy Rush	44	Saranac Lake	55:20
3	Sue Thompson	43	Queensbury	56:39

#### MALE AGE GROUP: 45 - 49

1	David Burrows	45	Castleton, VT	47:23
2	Philip Shultes	46	Queensbury	48:48
3	Eric Kimmelman	45	Amsterdam	50:05

#### FEMALE AGE GROUP: 45 - 49

1	Deborah Nordyke	47	Hadley	53:15
2	Janet Guilfoyle	45	Ballston Spa	1:02:20
3	Susan Granger	48	Queensbury	1:05:29

#### MALE AGE GROUP: 50 - 54

1	Doug Hazelden	50	Bloomington	44:54
2	LD Davidson	53	Amsterdam	45:48
3	Brian O'Neil	51	Schenectady	45:59

#### FEMALE AGE GROUP: 50 - 54

1	Allison Dydo	51	Middletown Springs, VT	57:59
2	Melody Hoffman	53	Delmar	1:02:12
3	Jackie Wright	50	Lake George	1:02:35

#### MALE AGE GROUP: 55 - 59

1	Peter Gerardi	58	Scotia	47:50
2	Bob Maswick	55	Lake Placid	48:50
3	Mark Sager	59	Kattskill Bay	52:09

#### FEMALE AGE GROUP: 55 - 59

1	Karen Provencher	55	Glens Falls	51:58
2	Nancie Battaglia	56	Lake Placid	59:59
3	Karen Cosatello	55	Hague	1:05:57

#### MALE AGE GROUP: 60 - 64

1	Ernie Paquin	63	Gansevoort	52:50
2	Gary Baker	61	Long Lake	54:43
3	Neal McBain	63	Lebanon, NH	1:04:09

#### FEMALE AGE GROUP: 60 - 64

1	Candi Schermerhorn	63	Diamond Point	1:05:03
2	Laura Clark	63	Saratoga Springs	1:08:08
3	Elaine Dill	61	Monson, MA	1:09:32

continued

## 21ST ANNUAL PROSPECT MOUNTAIN ROAD RACE continued

#### MALE AGE GROUP: 65 - 69

1	Eduardo Munoz	67	Olmstedville	1:03:28
2	Bill Long	69	Clifton Park	1:05:19
3	Paul Murray	65	Albany	1:10:46

#### MALE AGE GROUP: 70 & OVER

1	John Pelton	70	West Rupert, VT	55:23
2	Jim Moore	70	Niskayuna	1:10:37
3	Walt McConnell	78	Bolton Landing	1:20:43

Courtesy of The Adirondack Runners

## 30TH ANNUAL HMRRC MOTHER'S DAY RACE

May 9, 2010 • Hamagrael School, Delmar

### 3.5M FOR WOMEN & THEIR CHILDREN

#### FEMALE OVERALL

1	Shelly Binsfeld	30	Schenectady	21:53
2	Judy Guzzo	42	Niskayuna	22:00
3	Roxanne Wegnan	22	Albany	22:12

#### FEMALE AGE GROUP: 10 - 19

1	Cady Kuzmich	16	Greenwich	23:06
2	Kara Patrick	17	East Greenbush	24:11
3	Jessica Dzialo	14	Latham	27:07

#### FEMALE AGE GROUP: 20 - 29

1	Kerry Gebhardt	21	Delmar	28:08
2	Laura Barlow	20	Latham	29:45
3	Amanda Wright	29	Troy	32:42

#### FEMALE AGE GROUP: 30 - 39

1	Katie Hodge	38	Delmar	23:15
2	Kimberly Miseno-Bowles	39	Amsterdam	25:17
3	Allison Bradley	34	Albany	25:56

#### FEMALE AGE GROUP: 40 - 49

1	Nancy Nicholson	48	Queensbury	22:39
2	Veronica Armbruster	44	Selkirk	24:21
3	Wendy Rescott	49	West Sand Lake	26:15

#### FEMALE AGE GROUP: 50 - 59

1	Martha DeGrazia	59	Slingerlands	26:23
2	Jen Kuzmich	51	Greenwich	27:43
3	Susan Burns	55	Rensselaer	27:46

#### FEMALE AGE GROUP: 60 - 69

1	Nancy Hodge	62	Delmar	29:49
2	Pam Kash	60	East Greenbush	35:29
3	Cathy Troisi	64	Cohoes	37:17

#### FEMALE AGE GROUP: 70 & OVER

1	Eiko Bogue	72	Schaghticoke	39:20
2	Joan Corrigan	75	Clifton Park	45:16

#### TOP 5 MOTHER/DAUGHTER TEAMS

1	Cady Kuzmich/Jen Kuzmich	50:49
2	Katie Hodge/Nancy Hodge	53:04
3	Heather Machabee/Holly Machabee	54:47
4	Jessica Dzialo/Tina Dzialo	55:17
5	Rachel Krosky/Melissa Krosky	56:27

#### TOP 5 MOTHER/SON TEAMS

1	Brian Loughlin/Bernadette Loughlin	54:45
2	Sean Klim/Susan Klim	1:02:51
3	Liam Spollen/Martha Gohl Spollen	1:03:58
4	Lee Curtis/Nathan Cady	1:05:20
5	Alex Chauvoit/Elizabeth Chauvoit	1:08:44

Courtesy of Hudson-Mohawk Road Runners Club

## 4TH ANNUAL CCRC 5K RUN

May 15, 2010 • Christ Community Reformed Church, Clifton Park

#### MALE OVERALL

1	Johan Bosman	50	18:09
2	Steve Becker	42	18:40
3	RJ Quell	29	19:10

#### FEMALE OVERALL

1	Shelly Binsfeld	30	19:04
2	Anne Benson	45	19:05
3	Judy Harrigan	61	21:43

#### MALE AGE GROUP: 19 & UNDER

1	Gerhard Bosman	15	23:27
2	Jamie Nye	15	23:27
3	Kevin Kurtzner	18	26:00

#### FEMALE AGE GROUP: 19 & UNDER

1	Casey Jordan	13	23:43
2	Claudette Bosman	19	30:28

#### MALE AGE GROUP: 20 - 29

1	Jeremy Younes	27	20:33
2	Matt Guadagitmo	24	21:01
3	Kyle Vielkind	25	22:25

#### FEMALE AGE GROUP: 20 - 29

1	Abby Stambach	24	28:47
2	Shanna Youngs	27	29:23

#### MALE AGE GROUP: 30 - 39

1	Richard Hamlin	37	19:51
2	Michael Reader	38	26:24
3	Peter de Bock	31	27:20

#### FEMALE AGE GROUP: 30 - 39

1	Rebecca Pedersen	39	21:55
2	Tami Lecuyer	39	27:57
3	Kimberly Thomas	33	33:06

#### MALE AGE GROUP: 40 - 49

1	Tim Pedersen	44	22:01
2	Jon Lemelin	48	24:07
3	Bob Frank	43	24:57

#### FEMALE AGE GROUP: 40 - 49

1	Janice Phoenix	48	22:40
2	Marie Bosman	45	24:57
3	Sharon Shren	45	25:28

#### MALE AGE GROUP: 50 - 59

1	Joseph Quell	51	23:37
2	Bill Smith	57	25:22
3	Donald Fugeathia	57	33:05

#### FEMALE AGE GROUP: 50 - 59



**1ST ANNUAL 5K BURGER DASH continued**

<b>FEMALE AGE GROUP: 13 - 19</b>				<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Sarah Busso	14	Queensbury	30:31	1 Patricia Monahan	48	Warrensburg	24:51
2 Morgan Harris	18	Warrensburg	31:31	2 Mary Ciccarelli	49	Bolton Landing	31:44
3 Whitney Galusha	17	Warrensburg	31:31	3 Sheryl Davey	44	Warrensburg	34:00
<b>MALE AGE GROUP: 13 - 19</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Ryan Olson	15	Chestertown	24:28	1 James Fidd			29:32
2 Shane Putney	34:07	Warrensburg	34:07	2 Walter Byrne	42	Warrensburg	29:43
<b>FEMALE AGE GROUP: 20 - 29</b>				<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Ariel Dickson	29	Victory Mills	24:53	1 Doris Nichols	56	Fort Edward	40:27
2 Jesika Beckler	24	Pottersville	31:20	<b>MALE AGE GROUP: 50 - 59</b>			
3 Jenn Miller	27	Brant Lake	32:30	1 William Powers	56	Diamond Point	29:57
<b>MALE AGE GROUP: 20 - 29</b>				<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Eric Bott	28	Chestertown	24:01	1 Carolyn Muller	69	Warrensburg	49:15
2 Matt Lalone	27	Stony Creek	29:16	<b>MALE AGE GROUP: 60 - 69</b>			
<b>FEMALE AGE GROUP: 30 - 39</b>				<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Jody Monroe	39	Ballston Lake	26:53	1 Mike McNally	60	Queensbury	26:23
2 Carrie Page			27:17	2 James Watson		Queensbury	1:02:52
<b>MALE AGE GROUP: 30 - 39</b>				<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Doug West	36	Warrensburg	23:04	1 Donald Winslow	71	Warrensburg	30:59
2 David Cann	37	Queensbury	24:36	<i>Courtesy of Warrensburg Elementary School</i>			
3 Daniel DeMarsh	39	Warrensburg	24:40				

**12TH DISTANCE RUNNING HALL OF FAME RACES continued**

<b>MALE AGE GROUP: 50 - 59</b>				<b>FEMALE OVERALL</b>			
1 Terrence Doyle	51	1:26:55	Syracuse	1 Suzanna Price	23	22:09	Utica
2 Alan Rust	50	1:29:18	New Hartford	2 Bethany Williams	29	22:42	New Hartford
3 John Sovocool	54	1:33:38	Richfield Springs	3 Sarah Richards	24	23:54	Utica
<b>FEMALE AGE GROUP: 50 - 59</b>				<b>AGE GROUPS</b>			
1 Audrey Marcoax	50	1:50:49	New Hartford	1 Bryce Millar	M00-14	18:56	Manlius
2 Cathy Sliwinski	54	1:51:58	Albany	1 Justyna Wilkinson	F00-14	24:06	Deerfield
3 Elizabeth Miller	50	1:56:32	Deerfield	1 Jesse Peckham	M15-19	21:55	Sauquoit
<b>MALE AGE GROUP: 60 - 69</b>				<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Dennis Brenon	60	1:34:39	Rome	1 Ashley O'Herien	F15-19	24:40	Munnsville
2 Thomas Adams	65	1:41:59	Schenectady	1 Jeffrey Costello	M20-29	22:22	Cazenovia
3 John Slocum	60	1:48:42	Newport	1 Laurie Calvasina	F20-29	24:12	Whitesboro
<b>FEMALE AGE GROUP: 60 - 69</b>				<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Ginny Pezzula	64	2:02:46	Colonie	1 Kermit Cadrette	72	1:50:11	Rome
2 Cornelia Brown	60	2:06:22	New Hartford	<b>MALE OVERALL</b>			
3 Judith Warner	62	2:07:24	Victor	1 Andrew Pruckno	26	18:14	Rome
<b>MALE AGE GROUP: 70 &amp; OVER</b>				<b>5K RUN</b>			
1 Andrew Pruckno	26	18:14	Rome	1 Nathan Clements	17:44		
2 Matthew Downs	28	18:31	Clinton	<b>FEMALE OVERALL</b>			
3 Krzysztof Mroczek	32	18:45	Wappinger Falls	1 Ada Lauterbach	19:07		
				<b>WHEELCHAIR ATHLETE</b>			
				1 Joelle DiDomenico			
				<b>MALE AGE GROUP: 11 &amp; UNDER</b>			
				1 Marc DeBates Jr.	24:29		
				2 Spencer Kemble	24:37		
				3 Nathan Kemble	27:36		
				<b>FEMALE AGE GROUP: 11 &amp; UNDER</b>			
				1 Cheyenne Munson	28:06		
				2 Madalynn Garone	31:12		
				3 Mackensie Bowie	31:14		
				<b>MALE AGE GROUP: 12 - 15</b>			
				1 Michael Borini	18:07		
				2 Blake Stangle	19:36		
				3 Logan Polsinello	20:11		
				<b>FEMALE AGE GROUP: 12 - 15</b>			
				1 Jenna Loudis	22:46		
				2 Sarah Erno	23:17		
				3 Vanessa Mickalonis	23:41		
				<b>MALE AGE GROUP: 16 - 19</b>			
				1 Guerin Gagliastri	17:51		
				2 Anthony Maiello	19:24		
				3 Steve DeCerce	20:28		
				<b>MALE AGE GROUP: 16 - 19</b>			
				1 Evan Dejonghe	22	Saratoga Springs	1:49:55
				3 Daniel Ku	24	Saratoga Springs	1:53:34
				<b>FEMALE AGE GROUP: 20 - 24</b>			
				1 Meghan Davey	24	Amsterdam	1:48:17
				2 Stephanie Springer	24	Miami Beach, FL	2:11:41
				3 Ana O'Neil	23	Saratoga Springs	2:12:25
				<b>MALE AGE GROUP: 25 - 29</b>			
				1 Michael O'Brien	26	Saratoga Springs	1:46:20
				2 James Keyzer	25	Greenfield Center	1:46:25
				3 Anthony Moccia	28	Derby, VT	1:51:14
				<b>FEMALE AGE GROUP: 25 - 29</b>			
				1 Melissa McCreary	29	Saratoga Springs	1:57:37
				2 Justine Trybendis	27	Glens Falls	2:02:31
				3 Kim Zimbal	29	Saratoga Springs	2:07:22

*Courtesy of the National Distance Running Hall of Fame*

**31ST ANNUAL CDPHP WORKFORCE TEAM CHALLENGE**

May 20, 2010 • Empire State Plaza, Albany

<b>3.5-MILE RUN/WALK</b>				<b>FEMALE OVERALL</b>			
<b>MALE TEAMS</b>				<b>COED TEAMS</b>			
1 ARE Event Productions	1:13:17			1 General Electric	1:25:36		
2 College of Saint Rose A	1:17:32			2 RPI A	1:27:32		
3 General Electric A	1:20:34			3 Queensbury UFSD	1:31:10		
4 NYS DEC A	1:24:27			4 Shenendehowa Central School	1:33:59		
5 Dimension Fabrica A	1:25:13			5 Skidmore College	1:34:44		
6 NYS Comptrollers Office A	1:27:33			6 NYS Dept of Tax & Finance A	1:35:58		
7 General Electric B	1:28:04			7 South Colonie School District A	1:36:10		
8 Ayco Company LP A	1:29:11			8 NYS DEC	1:38:09		
9 NYS Dept of Health A	1:30:17			9 New Visions of Albany	1:38:14		
10 Colonie Public Safety A	1:31:03			10 US Army-Cannoneers	1:39:11		
<b>FEMALE TEAMS</b>				<b>MALE OVERALL</b>			
1 General Electric A	1:40:28			1 Chuck Terry			
2 Siena College	1:45:55			<b>MALE AGE GROUP: 20 - 29</b>			
3 NYS Comptrollers Office A	1:46:00			1 Elizabeth Paola	25	1:41:56	Albany
4 Bethlehem Middle School	1:46:11			2 Adrienne Campbell	25	1:49:33	Whitesboro
5 Galway Central School A	1:46:28			3 Kathryn Rozak	27	1:51:04	Auburn
6 CH Evans Brewing	1:47:42			<b>MALE AGE GROUP: 30 - 39</b>			
7 Albany Medical Center ER	1:47:46			1 Michael Brych	31	1:22:16	New York Mills
8 Shenendehowa Central School	1:47:48			2 Jason Pare	37	1:26:01	Oriskany
				3 Corey Dubois	39	1:27:37	Sherburne
				<b>FEMALE AGE GROUP: 30 - 39</b>			
				1 Kelly Ann Nugent	34	1:39:48	Clinton
				2 Erin Ludwig	32	1:44:17	Herkimer
				3 Allison Sutton	33	1:44:42	Albany
				<b>MALE AGE GROUP: 40 - 49</b>			
				1 Dave Burger	42	1:23:26	Pennellville
				2 Jon Rocco	43	1:23:34	Colonie
				3 Paul Humphrey	42	1:25:28	Deerfield
				<b>FEMALE AGE GROUP: 40 - 49</b>			
				1 Corrine Haynes	42	1:40:42	Lafayette
				2 Dollie Kaido	41	1:45:14	Oneida
				3 Ingrid Otto-Jones	45	1:46:55	Utica

*Courtesy of Hudson-Mohawk Road Runners Club*

**12TH DISTANCE RUNNING HALL OF FAME RACES**

May 23, 2010 • National Distance Running Hall of Fame, Utica

<b>HALF-MARATHON - 13.1 MILES</b>				<b>FEMALE OVERALL</b>			
<b>MALE OVERALL</b>				<b>MALE AGE GROUP: 20 - 29</b>			
1 Justin Bishop	29	1:15:52	Colonie	1 Elizabeth Paola	25	1:41:56	Albany
2 Richard Cohen	39	1:19:08	Utica	2 Adrienne Campbell	25	1:49:33	Whitesboro
3 James Brady	43	1:20:15	Carthage	3 Kathryn Rozak	27	1:51:04	Auburn
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 30 - 39</b>			
1 Jolene Casatelli	41	1:33:31	New Hartford	1 Michael Brych	31	1:22:16	New York Mills
2 Christine McGlynn	36	1:35:24	Utica	2 Jason Pare	37	1:26:01	Oriskany
3 Jaime Sherwood	25	1:35:44	Morris	3 Corey Dubois	39	1:27:37	Sherburne
<b>MALE AGE GROUP: 19 &amp; UNDER</b>				<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Samuel Phaneuf	17	1:43:09	Old Forge	1 Kelly Ann Nugent	34	1:39:48	Clinton
2 Nicholas Cognetto	17	1:43:21	New Hartford	2 Erin Ludwig	32	1:44:17	Herkimer
3 Jin Lin	19	1:46:37	Ilion	3 Allison Sutton	33	1:44:42	Albany
<b>FEMALE AGE GROUP: 19 &amp; UNDER</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Amanda Rosenfeld	18	2:00:28	Allentown, PA	1 Dave Burger	42	1:23:26	Pennellville
2 Kristin Anderson	17	2:07:56	Pottersville	2 Jon Rocco	43	1:23:34	Colonie
3 Renee Todd	19	2:07:56	Thomasville, PA	3 Paul Humphrey	42	1:25:28	Deerfield
<b>MALE AGE GROUP: 20 - 29</b>				<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Andrew Cieply	28	1:36:48	New York Mills	1 Corrine Haynes	42	1:40:42	Lafayette
2 Josh Kuelling	28	1:37:44	Utica	2 Dollie Kaido	41	1:45:14	Oneida
3 Joshua Blair	23	1:39:40	Clayville	3 Ingrid Otto-Jones	45	1:46:55	Utica

continued

**21ST RUN IF YOU D.A.R.E. 5K ROAD RACE**

May 26, 2010 • North Central Ave, Mechanicville

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 16 - 19</b>			
1 Nathan Clements	17:44			1 Nicole Manupella	25:33		
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 20 - 29</b>			
1 Ada Lauterbach	19:07			1 Matt Clements	18:54		
<b>WHEELCHAIR ATHLETE</b>				<b>FEMALE AGE GROUP: 20 - 29</b>			
1 Joelle DiDomenico				2 Jason Perkins	19:04		
<b>MALE AGE GROUP: 11 &amp; UNDER</b>				<b>MALE AGE GROUP: 20 - 29</b>			
1 Marc DeBates Jr.	24:29			1 Heidi Nack	21:33		
2 Spencer Kemble	24:37			2 Kristin Connors	23:18		
3 Nathan Kemble	27:36			3 Stephanie DeCelle	24:30		
<b>FEMALE AGE GROUP: 11 &amp; UNDER</b>				<b>MALE AGE GROUP: 30 - 39</b>			
1 Cheyenne Munson	28:06			1 Matthew Nack	17:49		
2 Madalynn Garone	31:12			2 Nick Verdile	21:57		
3 Mackensie Bowie	31:14			3 Bill Kelly	22:25		
<b>MALE AGE GROUP: 12 - 15</b>				<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Michael Borini	18:07			1 Kari Daley	23:06		
2 Blake Stangle	19:36			2 Kim Didrich	23:32		
3 Logan Polsinello	20:11			3 Amy Pollard	24:47		
<b>FEMALE AGE GROUP: 12 - 15</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Jenna Loudis	22:46			1 Guerin Gagliastri	17:51		
2 Sarah Erno	23:17			2 Anthony Maiello	19:24		
3 Vanessa Mickalonis	23:41			3 Steve DeCerce	20:28		
<b>MALE AGE GROUP: 16 - 19</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Guerin Gagliastri	17:51			1 Norris Pearson	18:27		
2 Anthony Maiello	19:24			2 Adam Erno	18:59		
3 Steve DeCerce	20:28			3 Samuel Mercado Jr.	20:03		
				<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
				1 Cathy Lanese	32:51		
				2 Mary Jane Kruegler	38:12		
				<b>MALE AGE GROUP: 70 &amp; OVER</b>			
				1 Joe Kelly	31:16		
				2 Richard Eckhardt	37:12		
				3 Donald McBain	39:48		
				<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
				1 Virginia Donahue	46:59		

*Courtesy of The Connors Agency*

**6TH ANNUAL SARATOGA LIONS DUATHLON**

May 30, 2010 • Skidmore College, Saratoga Springs

<b>5K RUN, 20-MILE BIKE, 5K RUN</b>				<b>FEMALE OVERALL</b>			
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# Race Results

## 6TH ANNUAL SARATOGA LIONS DUATHLON *continued*

MALE AGE GROUP: 30 - 34			
1	Jeremy Drowne	32	Saratoga Springs 1:37:59
2	Anthony Kenney	34	Saratoga Springs 1:39:59
3	Colin Klepetar	31	Saratoga Springs 1:40:56
FEMALE AGE GROUP: 30 - 34			
1	Erin Klein	33	Saratoga Springs 2:05:12
2	Abigail Porter	31	Winchester, MA 2:08:06
3	Nellie Lovenduski	33	Saratoga Springs 2:13:48
MALE AGE GROUP: 35 - 39			
1	Peter Smith	36	Fort Edward 1:40:36
2	Kent Wyman	39	Epsom, NH 1:40:59
3	Randy Swift	38	Saratoga Springs 1:42:02
FEMALE AGE GROUP: 35 - 39			
1	Aurora Lamperetta	37	Saratoga Springs 1:51:06
2	Erika Anderson	36	Ballston Spa 2:00:39
3	Sally Drake	37	Albany 2:04:40
MALE AGE GROUP: 40 - 44			
1	Stephen Offord	43	Porter Corners 1:38:36
2	Steve Becker	43	Schenectady 1:39:31
3	Tomo Miyama	41	Valatie 1:39:56
FEMALE AGE GROUP: 40 - 44			
1	Mara Fronhofer	43	Argyle 1:48:58
2	Melissa Rowe	43	Bennington, VT 1:54:13
3	Teresa Warner-Maiuri	44	Ghent 1:56:37
MALE AGE GROUP: 45 - 49			
1	Robert Underwood	49	Kattskill Bay 1:39:01
2	Chris Buckley	48	Burnt Hills 1:45:38
3	Kevin Creagan	45	Albany 1:53:15
FEMALE AGE GROUP: 45 - 49			
1	Tracy Perry	46	Clifton Park 2:02:32
2	Bonnie Fachini	45	Cheshire, MA 2:07:02
3	Diane Litynski	48	Saranac Lake 2:10:11
MALE AGE GROUP: 50 - 54			
1	Rene Engelhardt	52	Burnt Hills 1:42:40
2	David Peterson	51	Saratoga Springs 1:51:26
3	Keith Meyer	52	Saratoga Springs 1:55:12
FEMALE AGE GROUP: 50 - 54			
1	Stephanie Landy	50	Ballston Spa 1:53:49
2	Maureen Roberts	52	Gansevoort 2:15:31
3	Jennifer Clarkson-Smith	52	Bennington, VT 2:17:30
MALE AGE GROUP: 55 - 59			
1	Roy Kline	58	Queensbury 1:55:59
2	Frank Bender	59	Troy 2:00:29
3	Larry Rowe	56	Rotterdam 2:05:58
FEMALE AGE GROUP: 55 - 59			
1	Lauri Hughes	57	Adirondack 2:33:55
MALE AGE GROUP: 60 - 64			
1	Richard Morse	60	Malta 1:58:15
2	Charles Brockett	64	Dolgeville 2:00:56
3	Van Fronhofer	62	Salem 2:02:17
FEMALE AGE GROUP: 60 - 64			
1	Christine McKnight	62	Schuylerville 2:17:17

MALE AGE GROUP: 65 & OVER			
1	David Chioffi	67	Woodstock, VT 1:59:09
2	Fred Thompson	69	North Adams, MA 2:02:02
3	Stephen Mitchell	68	Malta 2:17:17
FEMALE AGE GROUP: 65 & OVER			
1	Marge Rajczewski	69	Ballston Lake 2:19:30

RELAY TEAMS	
2-PERSON: MALE TEAM	
1	Julie's All Starts 1:26:12
2	Mark McKenzie/Michael Spangenberg 1:35:00
3	Bryce Wilk/Chance Wilk 1:41:28
4	G-Force 1:41:28
5	Gary Neumann/Gene Vitullo 1:41:28
6	Frank Broderick 1:41:28
7	Jon Meredith 1:41:28
8	Rob Wray 1:41:28
9	Mark Hummel 1:41:28
10	Greg Gecewicz 1:41:28
11	Rich La Torra 1:41:28
12	David Dietrich 1:41:28
13	Richard Loud 1:41:28
14	Gary Dibble 1:41:28
15	Robert Rausch 1:41:28
16	Timothy Fisher 1:41:28
17	Mike Becker 1:41:28
18	Thomas Quackenbush 1:41:28
19	Douglas Ferris 1:41:28
20	Stephen Harris 1:41:28
21	Harry Young 1:41:28
22	Chris Terzian 1:41:28
23	Jeffrey Baez 1:41:28
24	Stephen Broadwell 1:41:28
25	Steven Benway 1:41:28
26	Frank Beams 1:41:28
27	Tom Kligerman 1:41:28
28	Stephan Montanaro 1:41:28
29	Gregory Tirums 1:41:28
30	Timothy Sweet 1:41:28
31	Michael Hatch 1:41:28
32	Lou Pauquette 1:41:28
33	James Allen 1:41:28
34	Richard Phillips 1:41:28
35	Michael Greco 1:41:28
36	Jason Bowers 1:41:28
37	Philip Bordwell 1:41:28
38	Mark Macuttek 1:41:28
39	Phil Giltner 1:41:28
40	Daniel Owens 1:41:28
41	Ryan Walsh 1:41:28
42	Eric Hawley 1:41:28
43	Derek McKendree 1:41:28
44	Anthony Searing 1:41:28
45	Russell Statman 1:41:28
46	Peter Gonzolik 1:41:28
47	Richard Parker 1:41:28
48	William Mliak 1:41:28
49	William Wyant III 1:41:28
50	Arthur Soden 1:41:28
51	John Hamm 1:41:28
52	James Vecchio 1:41:28
53	Timothy Lawliss 1:41:28
54	Kevin Wheatley 1:41:28
55	Scott Henricks 1:41:28
56	Peter McKee 1:41:28
57	Randy Goldberg 1:41:28
58	Stacey Brooks 1:41:28
59	Andrew Sims 1:41:28
60	Harry Cargile 1:41:28
61	Vitus Chow 1:41:28
62	Jesse Olczak 1:41:28
63	John Farrell 1:41:28
64	Neil Trust 1:41:28

2-PERSON: FEMALE TEAM	
1	The J Team 1:46:56
2	Hogan's Heroes 1:54:12
3	Madeleine Bonneville/Karen Costello 2:04:26
4	Hurry Up, Mom! 2:04:26
5	Janette Kaddo/Marino/Danielle Marino 2:04:26
2-PERSON: COED TEAM	
1	Racing with Hart 1:37:37
2	Jason Hart/Rebecca Pedersen 1:41:35
3	Tomhannock Warriors 1:41:35
4	Timothy Bonnier/Emma D'Ambro 1:41:35
5	Bikeman.com 1:42:14
6	Sean McCarthy/Kristin Schmidt 1:42:14
3-PERSON: OVERALL TEAM	
1	Signature Landscapes 1:42:52
2	Scott Cutting/Robert Matte/Carly Wynn 1:42:52
3-PERSON: FEMALE TEAM	
1	Blistered Sisters 2:10:02
2	Mary Hayden-Cook/Kristin Knauf/Cindy Pucci 2:12:08
3	Long Trail Ladies 2:12:08
4	Kerry Brennan/Laura Cooley/Susan Cooley 2:13:04
5	Girlly Pavement Pounders 2:13:04
6	Wendy Carpenter/Lisa Cutting/Lynne Matte 2:13:04
3-PERSON COED TEAM WINNER	
1	Signature Landscapes 1:42:52
2	Scott Cutting/Robert Matte/Carly Wynn 1:44:13
3	Mom, Dad & Me 1:50:28
4	James North/Ethan North/Amy Knoeller 1:50:28
5	The Three Amigos 1:50:28
6	Rich Cummings/David Nicholas/Maya Nicholas 1:50:28

CORPORATE OVERALL RELAY	
1	Pallo 1:39:54
2	Eric Delnicki/Jon Hussey/Leah Warner 1:41:26
3	East Greenbush Chiropractic 1:50:23
4	Peter Schmitz-Morfe/Rich Shade/Josie Schmitz-Morfe 1:50:23
5	Liberty Mutual 60 Goes 1:50:23
6	Terri Artese/Daniel Lynch 1:50:23

*Courtesy of Saratoga Lions Club*

## 22ND KEYBANK VERMONT CITY MARATHON *continued*

FEMALE: OVERALL & CAPITAL/ADIRONDACK FINISHERS				
Overall Rank & Chip Time				
19	2:40:03	Heidi Westover	29	Acworth, NH
131	3:12:11	Karen Dolge	39	Warnerville
333	3:28:11	Peggy McKeown	52	Schuylerville
415	3:32:11	Kaylen Fessette	24	Plattsburgh
425	3:32:20	Margaret Bromirski	38	Albany
472	3:35:34	Amy Drucker	36	Albany
480	3:35:51	Brett Harris	25	Albany
574	3:40:25	Heather Kurto	36	Ballston Spa
610	3:41:21	Jennifer Metivier	39	Lake George
632	3:43:27	Kate Mottisf	36	Queensbury
678	3:46:13	Amy Campopiano	36	Queensbury
808	3:50:42	Kerri Thomas	34	Middle Granville
812	3:51:31	Erin Rasco	21	Cadyville
843	3:50:24	Holly Klein	34	Albany
864	3:53:58	Susan Wong	62	Glenmont
868	3:53:19	Catherine Snow	49	Ausable Forks
962	3:57:22	Erin Rightmyer	26	Delmar
1003	3:58:19	Kate Thies	33	Albany
1024	3:57:06	Sandra Rasco	48	Cadyville
1098	4:01:27	Colleen Murray	36	Loudonville
1127	4:02:53	Stacia Smith	39	Niskayuna
1166	4:02:35	Katie Gibbs	28	Clifton Park
1167	4:03:21	Jolene Tulus	33	South Glens Falls
1201	4:06:33	Danielle Blanchard	26	Clarksville
1290	4:08:26	Jessica Kratzert	25	Salem
1315	4:12:09	Roxanne Wunsch	47	Schenectady
1335	4:10:43	MaeLynn Clarke	25	Albany
1376	4:14:47	Susan Hall	54	Plattsburgh
1403	4:14:03	Karen Jean	38	Albany
1404	4:13:51	Wendy Brothers	32	Troy, VT
1432	4:14:45	Laura Gibbs	46	Latham
1455	4:16:37	Lisa Vitello	41	Middle Grove
1466	4:17:58	Amanda Oliver	26	Troy
1534	4:19:31	Karen Brady	45	Castleton-on-Hudson
1554	4:21:05	Nancy Tarabochia-Hart	40	Wilton
1588	4:21:46	Courtney Bowers	34	Niskayuna
1617	4:24:08	Kelly Christy	30	Middle Grove
1631	4:29:58	Laura Mahoney	27	Albany
1635	4:24:50	Kate McDonnell	28	East Greenbush
1649	4:24:29	Elicia Bagnardi	36	Ballston Lake
1655	4:24:36	Pam Zenitko	43	Glenville
1679	4:25:38	Cristina Stanton	32	Cohoes
1687	4:29:58	Anthony Hatch	48	Delmar
1688	4:25:18	Karyn White	28	East Greenbush
1719	4:28:00	Jessica Cordes	30	Plattsburgh
1740	4:28:53	Jamie Parrotte	46	Peru
1753	4:27:07	Katie O'Brien	44	Glens Falls
1782	4:29:51	Sally King	46	Saratoga Springs
1848	4:31:59	Mary Jones	36	Chateaugay
1849	4:31:59	Loretta Fowler	45	Chateaugay
1869	4:34:10	Colleen Morrissey	37	Waterford
1873	4:33:00	Jane Lapato	43	Queensbury
1885	4:34:49	Mary Keniston	48	Tupper Lake
1889	4:34:08	Meghan Ray	23	Troy
1994	4:40:55	Linda Pickering	49	Pierceland
1999	4:40:05	Laura Milak	54	Middleburgh
2000	4:41:02	Christian Sciancalepore	38	Athol
2017	4:42:46	Debra-Jane Batcher	50	East Berne
2044	4:42:39	Jill McGarry	41	Claverack
2060	4:42:31	Mary Rubin	45	Fort Ann
2129	4:47:17	Kelli Schuhl	37	Charlton
2130	4:45:49	Nanette Hatch	44	Waterford
2142	4:46:18	Manasi Dutta	40	Niskayuna
2144	4:48:06	Darlene Roop	29	Watervliet
2175	4:52:21	Liz Bennison	43	Albany
2179	4:50:06	Jessica Dana	30	Ballston Spa
2209	4:54:26	Nancy Piche	49	Loudonville
2217	4:54:06	Elana Gordis	40	Slingerlands
2262	4:58:58	Stacey Whiteley	40	Voorheesville
2274	4:57:19	Debbie Tierney	50	Troy
2280	5:00:05	Lindsay Trzaska	25	Queensbury
2331	5:02:27	Molly Breslin	28	Albany
2332	5:02:06	Jude Ann Dinan	51	Troy
2340	5:02:12	Chelsea Smith	22	Valatie
2345	5:03:44	Mary Slyer	40	Averill Park
2350	5:04:00	Tracy Pauquette	31	Hampton

## 22ND KEYBANK VERMONT CITY MARATHON

May 30, 2010 • Battery Park to Waterfront Park, Burlington, VT

MALE: OVERALL & CAPITAL/ADIRONDACK FINISHERS				
Overall Rank & Chip Time				
1	2:17:51	John Crews	25	Raleigh, NC
13	2:34:16	Thomas O'Grady	24	Latham
18	2:39:37	James Sweeney	28	Albany
23	2:42:07	Logan Franks	22	Plattsburgh
30	2:49:11	Volker Burkowski	38	Gansevoort
42	2:53:53	David Harwood	24	Schenectady
49	2:56:29	Daniel Predmore	51	Ballston Lake
53	2:57:42	Luke Shane	20	Bolton Landing
59	2:58:07	Matthew Gokey	36	Delmar
74	3:03:19	Nicholas Avello	22	West Sand Lake
121	3:11:40	Keith Benoit	46	Plattsburgh
123	3:11:32	Matthew Purdy	31	Albany
125	3:11:58	Stuart Palczak	45	Amsterdam
159	3:14:35	James Knox	35	Delmar
162	3:14:34	Dennis Vanvlack	37	Duanesburg
179	3:13:55	Steve Kaiser	23	Albany
186	3:16:42	Michael Ford	29	Albany
196	3:17:28	Walter Butler	44	Philmont
216	3:18:48	Matthew Brom	36	Troy
250	3:22:30	John Pezzullo	49	Saratoga Springs
301	3:26:28	Thomas Fraser	37	Valatie
322	3:27:24	Steve Vnuk	54	Delmar
323	3:27:18	Kevin Baird	34	Wilton
358	3:29:21	Scott Baldwin	42	Mayfield
359	3:29:20	Kenneth Sluti	47	Fonda
363	3:28:29	Paul Forbes	59	Colonie

*continued*

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**22ND KEYBANK VERMONT CITY MARATHON** *continued*

2363	5:04:21	Pauline Carrico	43	Albany	2584	5:35:35	Ruth Grisham	39	Guilfordland
2428	5:10:31	Lisa Millis	37	Saratoga Springs	2596	5:38:35	Melanie Hall	24	Plattsburgh
2441	5:14:40	Annie Solomon	57	Schodack Landing	2597	5:37:07	Sue Nealon	60	Albany
2454	5:15:47	Kathleen Goldberg	51	Schenectady	2617	5:41:23	Tricia Hunter	28	Troy
2457	5:15:21	Andrea Rowe	49	Glenville	2631	5:42:13	Dawn Shannon	31	Ballston Lake
2458	5:14:32	Gabrielle Tanski	39	Ballston Spa	2633	5:43:18	Kimberly Worobey	24	Castleton
2459	5:14:32	Carrie O'Loughlin	47	Durham	2642	5:46:00	Katria Hitrick	44	Broadalbin
2506	5:19:32	Elizabeth Brock	31	Saratoga Springs	2643	5:45:57	Mary Dinan-Waugh	54	Troy
2507	5:21:08	Amy Winberg	48	Saratoga Springs	2657	5:48:43	Kimberly Nugent	35	Altamont
2514	5:21:52	Karen Roach	47	Albany	2674	5:52:17	Heather Bruce	27	Saratoga Springs
2555	5:31:30	Ashley Walker	25	Willsboro	2703	6:01:35	Erika Bordwell	34	Malta
2561	5:31:51	Frances Macutek	45	Loudonville	<b>HANDCYCLE/WHEELCHAIR - CAPITAL/ADIRONDACK</b>				
2565	5:32:14	Ashley Thompson	21	Plattsburgh	9	2:12:38	Jillian Duda/F	29	Plattsburgh
2575	5:32:51	Laurie Mitchell	38	Loudonville	10	2:13:20	Raymond Brown/M	44	Greenfield
2576	5:32:51	Nancy MacLagger	28	Clifton Park	<i>Courtesy of RunVermont</i>				

**32ND ANNUAL FREIHOFFER'S RUN FOR WOMEN** *continued*

<b>CLUB TEAMS: MASTERS 40 &amp; OVER</b>			<b>FRIENDS/FAMILY TEAMS</b>		
1	Westchester Track Club Masters	59:37	1	Colonie High School Alumni	57:15
	Kate O'Hern/Brooke Garden/Shebna Olsen			Emily Finnegan/Meghan LaPoint/Nicole Soblosky	
2	Team Utopia Masters 40	1:10:25	2	Hungerford	1:03:36
	Kari Gathen/Tracy Perry/Sharon Fellner			Meredith, Grace & Shannon Hungerford	
3	Saratoga Stryders 40	1:20:50	3	Albany Running Exchange/Elite	1:05:57
	Pamela DelSignore/Mary Whittredge/Kathleen Ryan			Karen Bertasso/Katie Vitello/Kate Thies	
<b>CLUB TEAMS: SENIORS 50 &amp; OVER</b>			<b>HIGH SCHOOL TEAMS</b>		
1	Willow Street Athletic Club 50	1:04:51	1	Saratoga Springs B	55:04
	Nancy Briskie/Karen Provencher/Martha DeGrazia			Sydney King/Molly Pezzulo/Katie Treichel	
2	Team Utopia Masters 50A	1:08:11	2	Saratoga Springs A	55:49
	Judy Phelps/Nancy Taormina/Cathy Sliwinski			Keelin Hollowood/Brianne Bellon/Colleen Hollowood	
3	Saratoga Stryders 50	1:12:14	3	Saratoga Springs C	1:00:04
	Jane Mastaitis/Peggy McKeown/Andrea Peterson			Meredith Hungerford/Grace Hungerford/Sarah Morin	
<b>MOTHER/DAUGHTER TEAMS</b>			<b>CORPORATE TEAMS</b>		
1	Joan Samuelson/Abby Samuelson	38:05	1	Shaker High Math Teachers	1:05:09
2	Grace Hungerford/Shannon Hungerford	44:01		Mary Buck/Marsha Gibson/Carmela McCarthy	
3	Mikala Anson/Suzanne Anson	44:54	2	South Colonie Teachers	1:08:37
<b>SISTER/SISTER TEAMS</b>			3	Gretchen Oliver/Maryann Reilly-Johnson/Erin Buys	1:16:44
1	Keelin Hollowood/Colleen Hollowood	37:16		Alyssa Risko/Staci Covkin-Jurczynski/Theresa Maneen	
2	Emily Finnegan/Shannon Finnegan	38:45	<i>Courtesy of USATF Adirondack</i>		
3	Meredith Hungerford/Grace Hungerford	39:21			

**32ND ANNUAL FREIHOFFER'S RUN FOR WOMEN**  
June 5, 2010 • Empire State Plaza, Albany

<b>SK ROAD RACE</b>				
<b>OVERALL</b>				
1	15:11	Emily Chebet*	24	Kenya
* <i>New Course Record</i>				
2	15:18	Edna Kiplagat	30	Kenya
3	15:23	Mamitu Daska	26	Ethiopia
4	15:35	Teyba Erkesso	27	Ethiopia
5	15:44	Belainesh Zemedkun	22	Ethiopia
6	15:47	Jelliah Tinega	24	Kenya
7	15:37	Benita Willis	31	Australia
8	15:49	Amane Gobena	27	Ethiopia
9	15:50	Rebecca Donaghue	34	State College, PA
10	15:53	Elizabeth Maloy	24	Loudonville, NY
<b>MASTERS: AGE 40 &amp; OVER</b>				
1	16:40	Anzhelika Averkova	41	Ukraine
2	17:05	Lisa Harvey	40	Canada
3	17:28	Paula Wiltse	41	Canada
4	17:28	Trina Painter	43	Flagstaff, AZ
5	17:46	Carmen Ayala-Troncoso	51	Austin, TX
<b>AGE GROUP: 14 &amp; UNDER</b>				
1	19:32	Kaylee Scott	13	Castleton-on-Hudson
2	19:35	Meredith Hungerford	14	Saratoga Springs
3	19:46	Grace Hungerford	14	Saratoga Springs
4	20:32	Sarah Endres	12	New Canaan, CT
5	20:33	Kaitie Schillaci	13	Albany
<b>AGE GROUP: 15 - 19</b>				
1	18:13	Keelin Hollowood	15	Saratoga Springs
2	18:13	Sydney King	16	Saratoga Springs
3	18:18	Emily Finnegan	19	Schenectady
4	18:21	Molly Pezzulo	17	Saratoga Springs
5	18:30	Katie Treichel	16	Saratoga Springs
<b>AGE GROUP: 20 - 24</b>				
1	16:33	Molly Pritz	22	Williamsport, PA
2	17:48	Ilea Eskildsen	24	Fort Walton Beach, FL
3	17:53	Hannah Davidson	20	Saratoga Springs
4	18:21	Brina Seguine	20	Rensselaer
5	18:30	Jordan White	20	Old Chatham
<b>AGE GROUP: 25 - 29</b>				
1	16:12	Malika Mejdoub	28	Morocco
2	16:31	Allison Grace	27	Blowing Rock, NC
3	16:50	Diane Nukuri-Johnson	25	Burundi
4	16:57	Allison Krol	26	Pittsfield, MA
5	17:01	Tera Moody	29	Colorado Springs, CO
<b>AGE GROUP: 30 to 34</b>				
1	16:31	Adriana Pirtea	30	Romania
2	18:16	Dana Bush	31	Gansevoort
3	18:34	Mesha Brewer	31	Saratoga Springs
4	19:37	Shelly Binsfeld	30	Schenectady
5	20:35	Sabrina Tillman	31	New York
<b>AGE GROUP: 35 - 39</b>				
1	16:18	Magdalena Lewy-Boulet	36	Oakland, CA
2	16:40	Salome Kosgei	39	Kenya
3	18:06	Sharon Lemberger	37	Irvington
4	19:21	Karen Dolge	39	Valatie
5	20:09	Katie Hodge	38	Delmar
<b>AGE GROUP: 40 - 44</b>				
1	17:56	Patty Murray-Albo	44	Boulder, CO
2	19:27	Kari Gathen	40	Albany
3	19:55	Judy Guzzo	43	Niskayuna
4	20:01	Brooke Garden	42	Greenwich, CT
5	20:09	Terri Artese	44	Schenectady
<b>AGE GROUP: 45 - 49</b>				
1	19:02	Anne Benson	45	Clifton Park
2	19:08	Kate O'Hern	46	High Falls
3	20:08	Mary Buck	45	Altamont
4	20:40	Karen Mackin	45	Ballston Lake
5	22:32	Cindy Moorcroft	49	Albany
<b>AGE GROUP: 50 - 54</b>				
1	17:48	Joan Samuelson	53	Freeport, ME
2	21:12	Nancy Briskie	52	Schenectady
3	21:52	Joyce Goodrich	52	Glenville
4	22:35	Nancy Taormina	51	Albany
5	23:01	Maureen Fitzgerald	52	Clifton Park
<b>AGE GROUP: 55 - 59</b>				
1	21:19	Karen Provencher	55	Glens Falls
2	21:59	Judy Phelps	59	Malta
3	22:29	Martha DeGrazia	59	Slingerlands
4	23:23	Joy deVries	56	Delmar
5	23:46	Mary Ann Serian	55	Richmond, MA
<b>AGE GROUP: 60 - 64</b>				
1	25:05	Catherine Regan	63	Albany
2	26:11	Barbara Ann Morrissey	62	Owego
3	26:15	Mary Collins-Finn	61	Albany
4	26:44	Patricia Kane	61	Delmar
5	27:14	Nancy Hodge	62	Delmar
<b>AGE GROUP: 65 - 69</b>				
1	21:41	Rae Baymiller	66	Santa Fe, NM
2	26:53	Marge Rajczewski	69	Ballston Lake
3	27:41	Jayne Zinke	67	Valatie
4	30:19	Marcia Brown	67	Ballston Lake
5	30:39	Susan Brown	65	Cambridge
<b>AGE GROUP: 70 - 74</b>				
1	35:30	Eiko Bogue	73	Schaghticoke
2	43:48	Nora Dietz	74	Yorktown Heights
3	48:23	Margaret Peruzzi	70	Schenectady
<b>AGE GROUP: 75 - 79</b>				
1	34:30	Anny Stockman	77	Rensselaer
2	44:23	Gisela Choi	78	Schenectady
3	45:26	Mary Nagle	75	Nassau
<b>AGE GROUP: 80 - 84</b>				
1	41:44	Doris Schlamowitz	80	Albany
<b>CLUB TEAMS: OVERALL</b>				
1	Westchester Track Club	50:58		
	Malika Mejdoub/Salome Kosgei/Sharon Lemberger			
2	Willow Street Athletic Club	58:05		
	Anne Benson/Julie LaFrano/Shelly Binsfeld			
3	Westchester Track Club Masters	59:42		
	Kate O'Hern/Brooke Garden/Shebna Olsen			
<b>CLUB TEAMS: OPEN</b>				
1	Westchester Track Club	50:58		
	Malika Mejdoub/Salome Kosgei/Sharon Lemberger			
2	Willow Street Athletic Club	58:05		
	Anne Benson/Julie LaFrano/Shelly Binsfeld			
3	Team Utopia	1:05:50		
	Kristina DePeau/Meghan Davey/Stacey Kelley			

**2010 USA 10K RACE WALK CHAMPIONSHIPS**  
June 5, 2010 • Empire State Plaza, Albany

<b>OPEN AWARDS</b>				
<b>FEMALE OVERALL</b>				
1	Teresa Vaill	46	Gainesville, FL	46:44
2	Maria Michta	22	Nesconset	51:02
3	Solomija Login	29	Philadelphia, PA	53:25
<b>MALE OVERALL</b>				
1	Tim Seaman	37	Imperial Beach, CA	42:56
2	Allen James	45	Sanborn	45:36
3	Richard Luettschau	24	Middlesex, NJ	46:34
<b>AGE GROUPS</b>				
1	Olivia Lapham	F00-18	Canandaigua	1:00:00
1	Dan Seriani	M00-18	Rochester	54:44
1	Erin Taylor	F20-39	Bergenfield, NJ	54:43
1	Theron Kissinger	M20-39	Southbury, CT	50:17
1	John Soucheck	M40-44	Little Silver, NJ	52:02
1	Becky Benjamin	F40-44	Swartz Creek, MI	1:02:16
1	Allen James	M45-49	Sanborn	45:36
1	Ginger Armstrong	F45-49	Canterbury, CT	1:07:47
1	Rod Craig	M50-54	Mayville, MI	59:22
1	Karen Dobbins	F50-54	Mason, OH	1:29:44
1	Juan Yanes	M55-59	Miami Beach, FL	1:01:45
1	Debbie Topham	F55-59	Mayville, MI	1:02:16
1	Ronald Keating	M60-64	Nashua, NH	55:34
1	Ronald Shields	M65-69	Loysville, PA	1:09:31
1	Walda Tichy	F65-69	St. Clair Shores, MI	1:09:31

**13TH ANNUAL CHARLTON HERITAGE 5K RUN**  
June 5, 2010 • Old School House, Charlton

<b>MALE OVERALL</b>				
1	Drew Houghtalen	20	West Charlton	16:35
2	Ben Kraines	16	Glenville	17:00
3	Chris Mulford	33	Schenectady	17:10
<b>FEMALE OVERALL</b>				
1	Colleen Ottalagano	33	Slingerland	21:10
2	Jennifer Kristel	36	Ballston Lake	21:22
3	Allison Fernandez	13	Charlton	21:30
<b>MALE AGE GROUP: 1 - 14</b>				
1	Trevor Drapeau	14	Glenville	20:23
2	John Rabideau	14	Ballston Spa	21:41
3	Jack Vite	13	Clifton Park	22:13
<b>FEMALE AGE GROUP: 1 - 14</b>				
1	Morgan Hussey	14	Burnt Hills	22:54
2	Maya Schank	14	Burnt Hills	23:08
3	Amy Lebel	14	Ballston Lake	23:46
<b>MALE AGE GROUP: 15 - 19</b>				
1	Joe Girard	15	Glenville	17:39
2	Chris Fernandez	18	Charlton	17:58
3	Alex Gilgore	17	Scotia	18:41
<b>FEMALE AGE GROUP: 15 - 19</b>				
1	Rachael Brush	16	Charlton	22:33
2	Amanda Brush	19	Charlton	23:45
3	Heidi Engelhardt	15	Burnt Hills	24:04
<b>MALE AGE GROUP: 20 - 24</b>				
1	Tyler Welsh	21	Pattersonville	18:15
2	Michael Hurst	24	Vestal	19:46
3	John MacDonald	20	Burnt Hills	20:15
<b>FEMALE AGE GROUP: 20 - 24</b>				
1	Megan Reynolds	21	Burnt Hills	22:53
2	Kellie Baker	21	Ballston Lake	23:50
3	Amelia Simonson	21	Clifton Park	26:50
<b>MALE AGE GROUP: 25 - 29</b>				
1	Christopher Chichstor	29	Leicester	17:12
2	Chris Judd	29	Scotia	17:21
3	Chris Mancuso	28	Scotia	17:36
<b>FEMALE AGE GROUP: 25 - 29</b>				
1	Sammie Bodenstab	28	Charlton	22:26
2	Amanda Barone	26	Ballston Spa	23:16
3	Renay Nowicki	29	Saratoga Springs	23:57
<b>MALE AGE GROUP: 30 - 34</b>				
1	Saturnind Perndoez	30	Rensselaer	18:45
2	Jonathan Peck	31	Scotia	18:49
3	Gabe McGarry	33	Slingerlands	18:56
<b>FEMALE AGE GROUP: 30 - 34</b>				
1	Marta Hallgren	32	Galway	23:08
2	Kelly Dutcher	31	Glenville	23:17
3	Sandy Tatarynw	31	Saratoga Springs	23:59
<b>MALE AGE GROUP: 35 - 39</b>				
1	Jeff Loukmas	39	Clifton Park	20:02
2	Jason Peters	36	Schenectady	20:25
3	Greg Ethier	36	Waterford	21:00
<b>FEMALE AGE GROUP: 35 - 39</b>				
1	Laureen Sanderson	37	Charlestown, MA	22:52
2	Karen Decker	35	Ballston Spa	23:40
3	Rebecca Abramson	35	Clifton Park	25:17
<b>MALE AGE GROUP: 40 - 44</b>				
1	Zach Gobel	41	Ballston Spa	19:29
2	William Meeker	40	Glenville	20:51
3	Mike Fernandez	42	Charlton	21:16
<b>FEMALE AGE GROUP: 40 - 44</b>				
1	Kristin Short	42	Ballston Spa	24:07
2	Lynn Fredericks	44	Amsterdam	24:48
3	Theresa Rousseau	43	Clifton Park	26:34

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# Race Results

## 13TH ANNUAL CHARLTON HERITAGE 5K RUN *continued*

<b>MALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Chris Buckley	48	Burnt Hills	19:04	1 Cynthia Southard	56	Latham	26:29
2 Craig Dubois	46	Sprakers	19:10	2 Cynthia Gallagher	57	Schnectady	28:37
3 Samual Mercado	47	Wilton	20:10	3 Barb Trask	57	Alpaus	28:57
<b>FEMALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Jeanette Borthwick	48	Scotia	23:15	1 Mike Chovonec	60	Baltimore, MD	23:05
2 Beth Gregory	45	Glenville	26:16	2 Kenneth Lapenta	60	Niskayuna	24:08
3 Lyne Metz	46	Charlton	27:20	3 Rick White	62	Charlton	26:22
<b>MALE AGE GROUP: 50 - 54</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Rick Lesiak	50	Galway	19:37	1 Nancy Johnston	64	Ballston Lake	36:54
2 Duane Rabideau	54	Ballston Spa	20:26	2 Bernadette Wilson	64	Charlton	53:18
3 Raymond Lewis	54	Ballston Lake	21:58	<b>MALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 50 - 54</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>				
1 Wendy Loukes	50	Charlton	27:14	1 Frank Klose	67	Castleton	26:01
2 Kelley Vite	50	Clifton Park	27:42	2 Richard Theissen	66	Round Lake	27:36
3 Suzanne Brunelle	53	Burnt Hills	28:01	3 Sherm Dawson	67	Ballston Spa	28:34
<b>MALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Bob Maswick	55	Scotia	20:30	1 Catherine Caine	67	Charlton	44:12
2 William Babcock	59	Broadalbin	20:38	<b>MALE AGE GROUP: 70 &amp; OVER</b>			
3 Paul Forbes	59	Colonie	20:53	1 Jim Moore	70	Niskayuna	25:19
				2 Norm Marincic	75	Saratoga Springs	30:49
				3 Bob McFarland	77	Schenectady	34:24

*Courtesy of Charlton Historical Society*

## 12TH ANNUAL KINDERHOOK BANK OK-5K RUN

June 12, 2010 • Village Square, Kinderhook

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>				
1 Chuck Terry	28	Albany	15:12	1 Tim Hoff	44	Albany	17:27
2 Bradley Lewis	23	Troy	15:50	2 Jon Rocco	43	Colonie	18:09
3 Dave Vona	27	Valatie	15:58	3 Walter Bulter	44	Philimont	18:52
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>				
1 Emily Bryans	42	Schenectady	17:39	1 Alison Heaphy	43	North Chatham	21:24
2 Amanda Jinks	29	Brooklyn	18:09	2 Julie Keating	40	Kinderhook	22:19
3 Anne Benson	45	Clifton Park	18:31	3 Christina Vansluke	43	Catskill	24:34
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 45 - 49</b>				
1 Luyas Vanalstyne	14	Kinderhook	19:09	1 Nancy Nicholson	48	Queensbury	20:19
2 Devyn Fernandez	14	Valatie	19:13	2 Nancy Harbert	46	Kingston	20:54
3 Jordan Healy	14	Castleton	19:38	3 Joyce Poulin	49	Amsterdam	22:43
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Sydney Sericolo	14	Valatie	23:25	1 Derrick Staley	51	Ballston Lake	16:56
2 Colleen Tretheway	14	Valatie	23:59	2 William Venner	51	Granville	17:07
3 Angela Dennis	14	Ghent	23:59	3 Vladimir Ilin	52	Albany	18:00
<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Evan Little	16	Kinderhook	17:19	1 Nancy Briskie	52	Rotterdam	20:28
2 Anthony Altobelli	17	Kinderhook	17:59	2 Linda Reed	52	Ghent	22:46
3 Jack Sullivan	16	Valatie	18:10	3 Kathi Davi	52	Hudson	26:05
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 55 - 59</b>				
1 Christina Bartonice	19	Berne	20:10	1 Dale Keenan	59	Selkirk	18:28
2 Kara Patrick	17	East Greenbush	20:35	2 Ace Curtiss	56	Great Barrington, MA	20:10
3 Hannah Riordan	15	Nassau	25:01	3 James Louison	55	Amsterdam	20:22
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Richard Messineo	21	Nassau	17:13	1 Judy Phelps	59	Ballston Spa	21:32
2 Eric Haywood	24	Great Barrington, MA	17:23	2 Martha DeGrazia	59	Slingerlands	22:03
3 Jeff Vona	23	Brighton, MA	17:32	3 Joy Devries	56	Delmar	22:32
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Meghan Davey	24	Amsterdam	19:54	1 Lenny Collins	61	Valatie	20:51
2 Allison Connor	20	Hudson	21:44	2 Juergen Reher	60	Wynantskill	21:09
3 Julie Nabozny	20	Valatie	22:43	3 Jim Fiore	62	Latham	23:10
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Justin Bishop	29	Colonie	16:31	1 Susan Wong	62	Glenmont	22:43
2 Joseph Pienta	27	Valatie	17:54	2 Sue Nealon	60	Troy	29:34
3 Pete Turner	28	Chesapeake, VA	20:35	3 Merry Shells	61	New York	37:04
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 65 - 69</b>				
1 Chelsea Benson	27	Hudson	20:44	1 Jim Hotaling	69	Niverville	25:48
2 Cadie Cargile	25	New Paltz	23:37	2 Robert Carroll	69	Kinderhook	35:26
3 Keri Walsh	28	McKownville	24:04	3 David Booth	66	Chatham	40:15
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Andrew Rickert	31	Delmar	17:42	1 Jayne Zinke	67	Valatie	26:19
2 Robert O'Donnell	34	Albany	21:17	2 Bonnie Newkirk	69	Ghent	31:35
3 Jared Eicher	31	Scotia	21:18	3 Penny Cushman	66	Albany	32:30
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>				
1 Mollie Defrancescot	30	Chesapeake, VA	19:22	1 Martin Helmer	70	East Chatham	27:24
2 Amy Welsh	30	Hudson	21:21	2 Joe Kelly	76	Albany	30:36
3 Karen Baumeister	31	Castleton	21:47	3 Ed Simonsen	73	Valatie	31:29
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 70 &amp; OVER</b>				
1 Richard Hamlin	37	East Greenbush	18:10	1 Eiko Bogue	73	Schaghticoke	32:51
2 Tom Fraser	37	Valatie	18:49	<i>Courtesy of Kinderhook Runners Club</i>			
3 Keith Garwood	35	Kinderhook	21:07				
<b>FEMALE AGE GROUP: 35 - 39</b>							
1 Karen Dolge	39	Valatie	19:15				
2 Hilary Cloos	36	Hudson	22:05				
3 Susanne Vogel	37	Valatie	24:22				

## FEEDER CANAL ALLIANCE CANOE/KAYAK RACE & RECREATION PADDLE

June 5, 2010 • Feeder Canal, Queensbury

<b>MALE SOLO: SHORT KAYAK</b>		<b>MALE SOLO: SHORT CANOE</b>		<b>MIXED TANDEM: RECREATION CANOE</b>	
1 Mike Hewitt	59:32	1 Richard Stockwell	1:05:46	1 Stockwell/Rapp	1:07:01
2 Andrew Gardner	59:36	2 Ray Morris Jr.	1:45:21	2 Stockwell/Howard	1:18:23
3 Robert Benoit	1:08:58	<b>MALE SOLO/MASTER: CANOE</b>		<b>ADULT/JR. TANDEM: RECREATION CANOE</b>	
<b>FEMALE SOLO: LONG KAYAK</b>		1 Jim Dami		1 Hewitt/Ernst	
1 Carol Fisher	48:35	51:05		1:00:08	
2 Audrey Miller	1:11:44	<b>MALE SOLO: LONG CANOE</b>		2 Nussbaum/Nussbaum	
3 Robin Goodrich	1:18:47	1 Jim Underwood		3 Ken Williams/Nolan McGarry	
<b>MALE SOLO: LONG KAYAK</b>		51:14		1:45:21	
1 Terry Coyne	52:08	<b>FEMALE SOLO: SHORT CANOE</b>		<b>FEMALE SOLO: SHORT KAYAK</b>	
2 Jeff Kelly	52:48	1 Sue Pierce		1 Martha Mischko	
3 Rene Clark	54:43	1:38:28		2 Lisa Brockway	
		1 Charlotte Smith		3 Celeste Benoit	
		1:38:28		1:14:05	
		<b>MIXED TANDEM: CANOE</b>		2 Lisa Brockway	
		1 Ray Morris/Helen Morris		3 Celeste Benoit	
		1:08:49		1:15:22	
				1:18:18	

*Courtesy of Feeder Canal Alliance & Brookfield Power*

## 33RD WHITEFACE MOUNTAIN UPHILL FOOT RACE

June 6, 2010 • Whiteface Veterans Memorial Highway, Wilmington

<b>8 MILES, 3,500-FOOT VERTICAL AT 8% GRADE</b>			
<b>MALE OVERALL</b>			
1 Zachary Rivers/20-29	Victor	1:07:51	
2 Matthew Medeiros/20-29	Saranac Lake	1:08:53	
3 Tony Casey/20-29	Saranac	1:12:41	
<b>FEMALE OVERALL</b>			
1 Syl Corbett/40-49	Calgary, AB	1:15:19	
2 Jacqueline Gareau/50-59	Ste-Adile, QC	1:21:56	
3 Louise Voghel/50-59	Ste-Adile, QC	1:25:04	
<b>MALE AGE GROUP: 19 &amp; UNDER</b>			
1 Yannick Lapierre	Ste-Adile, QC	1:22:01	
2 David Lewis	Utica	1:22:55	
3 Mike Bodnar	Westport	1:29:58	
<b>MALE AGE GROUP: 20 - 29</b>			
1 Nathaniel Molinari	Syracuse	1:23:07	
2 Joel Brandt	West Chazy	1:26:33	
3 Hunter Gallacher	Sackets Harbor	1:28:22	
<b>FEMALE AGE GROUP: 20 - 29</b>			
1 Julie Lanning	Victor	1:26:33	
2 Heather Martin	Cadyville	1:43:35	
3 Stephanie Kovarsky	Cincinnati, OH	2:07:32	
<b>MALE AGE GROUP: 30 - 39</b>			
1 Shawn Spriggs	Potsdam	1:14:29	
2 Josh Molinari	Oswego	1:17:01	
3 Maxime Tordiif	Montreal, QC	1:17:57	
<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Cassie Sellars	Plattsburgh	1:25:30	
2 Jessi Darney Buehler	Elizabethtown	1:40:26	
3 Julie Favro	Plattsburgh	1:50:13	
<b>MALE AGE GROUP: 40 - 49</b>			
1 Steve Smith	Delmar	1:16:55	
2 Scott Reiss	New Haven, VT	1:17:15	
3 Steven Bennett	Moors Forks	1:17:50	
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Julia Giltz	Plattsburgh	1:45:44	
2 Suzanne Holt	New Paltz	1:46:24	
3 Chloe Orr	Mineville	1:51:31	
<b>MALE AGE GROUP: 50 - 59</b>			
1 Doug Hazelden	Bloomingtondale	1:13:58	
2 Edward Gravelle	Ballston Lake	1:17:53	
3 Bob Mulvaney	Auburn, NH	1:19:13	
<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Mary Duprey	Rouses Point	1:29:19	
2 Nancie Battaglia	Lake Placid	1:42:11	
3 Linda Hudson	Keene Valley	2:06:59	
<b>MALE AGE GROUP: 60 - 69</b>			
1 Hank Schiffman	New York	1:22:49	
2 Buddy Majernik	Greensboro, VT	1:27:31	
3 James Mattingly	Theresa	1:35:15	
<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Elaine Dill	Monson, MA	1:52:46	
<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 John Pelton	West Rupert, VT	1:37:42	
2 Gerald Barney	Swanton, VT	1:45:26	
3 Peter Ruben	Holland Patent	1:52:35	

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Haile's Cave Picnic Area  
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Sunday – August 15, 2010

### Start Times

9:00 am – 15K

11:00 am – 3.5 mile

### Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

### HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

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Directions from...  
**Albany:** I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill – Right 4mi. on Rte 157 [Thacher Park Rd]  
**Altamont:** Route 156 [up the hill]; left at Rte 157– Follow signs to Thacher Park.

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**August 1 to Day-of-Race:** \$20 All

What you get ...  
Race entry; Shirts to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; 1/2 BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.  
Course Descriptions... Maps available at [www.hmrcc.com](http://www.hmrcc.com). Start/finish in front of Haile's Cave Picnic. Area Marked course with water/aid stations on course. 15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional 3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills– recommended for HS/College XC runners & novice trail runners of all ages

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#### Awards

15K & 3.5M races  
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Age-groups Winners: (2 deep)  
20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+  
Scholastic Division [11-19 yrs] – (3.5Mi race only)  
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Register Online or Mail w/check payable to **HMRRC** to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303

Name (print)		Race (check races entering) <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (street #, box #)		Gender (check one) <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt (check one) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
Phone/Email	DOB (mm/dd/yyyy)	Age (as of 8/15/2010)	Picnic Choice (check one) <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog
Pre-registration by July 31 (postmark) <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest		Total enclosed \$ _____	
August 1 to Day of Race <input type="checkbox"/> \$20.00 All			
Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.			
Signature of applicant required (parent or guardian must sign for applicant under 18)			

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For a detailed entry blank, send S.A.S.E. to GREAT COW HARBOR 10-KILOMETER RUN, INC. P.O. BOX 41, NORTHPORT, NY 11768

ONLINE REGISTRATION: [www.cowharborrace.com](http://www.cowharborrace.com)

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17th Annual

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8:15-9:30 Race Day Registration or REGISTER ONLINE!  
See application at [FAM5K.com](http://FAM5K.com)

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**CYCLING** *cont. from pg 1*

up the hill on Pease Hill Road, then left onto the unpaved Al Bean Road. You go a short distance to an unpaved turnaround and an ominous sign: Seasonal Use Road Only. You peer up to what looks like a forest track heading into the trees and up a hill.

But summon your courage and forge ahead. The hill is short, the road is good quality hard pack, and 2.6 miles later you're out of the woods, back on the pavement, and turning left on Watering Tub Road.

A short pedal brings you to your next big choice. Turn left on Route 8, also known as bailout number two, and head back to Brant Lake and your car for a total ride of just under 38 miles. Or turn right and get ready for some big hills and fast, challenging descents. Note that the last eight miles of this ride are not for inexperienced or unfit cyclists.

If your courage and your fitness are up to the task, turn right on Route 8, then take a quick left on Schroon River Road. But before you do, consider making a short side trip straight ahead under the Northway underpass and a visit to the Stewart's store just around the bend to refill your bottles. Halfway up the hills that lie ahead you may be glad you did.

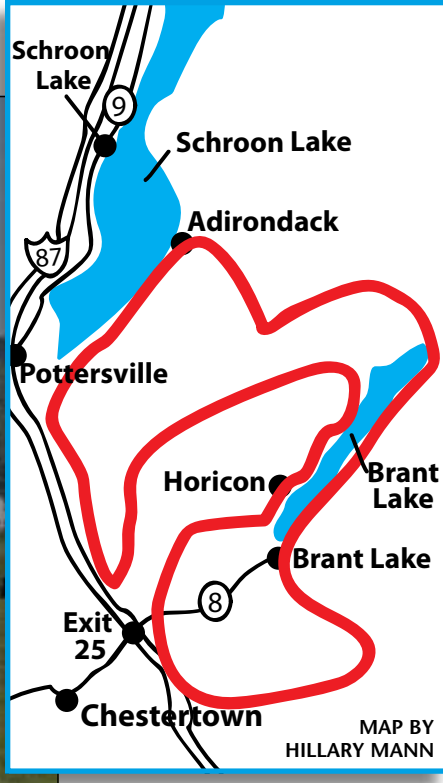
Back on Schroon River Road, head south and go left on Horicon Avenue. Then 0.2 miles later, turn right onto Hayesburg Road, and you will begin to climb – and climb and CLIMB. The road heads upward into the woods, then around a bend, and climbs some more. A flat stretch by the shores of secluded Crystal Lake provides a short respite. Then it's up again.

You go up and down, up and down, and finally reach a summit where you shout to a man standing in front of his house: "Is this the top?" He shouts back, "Nope, you've got one more!"

He's right. You go down, then back up another steep, stiff hill that gives you no choice but to shift to your lowest gear, and do your best to motivate the pedals to just . . . keep . . . moving a bit . . . longer as you



❑ CYCLISTS PASS AN UNEXPECTED SCENIC VISTA WHILE RIDING ON BEAVER POND ROAD IN HORICON.



wipe the sweat out of your eyes.

Then it's downhill past a warning sign and your speed builds before you realize the road is littered with small frost heaves, which force you to be ready to hit the brakes at any moment.

Blessedly, you come to a halt at a stop sign at the very bottom of the hill at Route 8. Don't miss it, or you have an equal chance of ending up in a tree or in the lake. A quick left on Route 8 takes you back to the town offices and your car, after 46 miles of sometimes strenuous rambling.

Finally, be sure to take two water bottles because you will need them. View a map, cue sheet, and elevation profile of this ride at: [www.bikely.com/maps/bike-path/Brant-Lake-Forest-Ramble](http://www.bikely.com/maps/bike-path/Brant-Lake-Forest-Ramble). 🌲

*Dave Kraus of Schenectady is a longtime area cyclist, freelance photographer, writer, and AFAA/ISFTA certified personal trainer. Contact him at [dbkraus@earthlink.net](mailto:dbkraus@earthlink.net).*



❑ ERIC RANDALL OF ALBANY RIDES ALONG THE NORTH SHORE OF BRANT LAKE ON PALISADES ROAD. PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

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## // MOUNTAIN BIKING //

# Windham to Host International Mountain Bike Finals



SHORT TRACK RACING AT THE 2009 WINDHAM CUP. COURTESY OF WINDHAM MOUNTAIN

have never before been held in the U.S.

The World Cup circuit is a series of races in three different racing disciplines – cross-country, downhill and four-cross (4X).

The cross-country course features the “Alpe d’Huez” climb, the downhill chute and countless tunnels and bridges, including the Troll Bridge, Rip Van Winkle Bridge, and “108” (108 feet long). The fast, steep downhill course is a blend of rocks, roots and occasional dirt that will challenge racers and thrill spectators. With some finishing touches by Phil Saxena, a renowned course designer, the 4X course will rival some of the world’s best. The courses epitomize the legendary aspects of “East Coast riding” in the U.S.

Windham is the last stop on a tour which also visits North Yorkshire, Great Britain; Houffalize, Belgium; Offenburg, Germany; Fort William, UK; Schladming, Austria; Champéry, Switzerland; and Val di Sole, Italy.

Some of the planned festival activities include: “Race the World” citizen races for non-UCI pros and amateurs; both indoor and outdoor expos showcasing bikes and accessories, local crafts, retail products, and a variety of food and beverages; a “Big Wheel” race down Windham back roads; a block party in front of the local brew pub; great music and beer specials; and a big open-air concert on Saturday night.

The Windham Chapter of the Catskill Mountain Foundation is the primary sponsor of the Windham World Cup. Additionally, Windham Mountain is donating its resort facility to host the event, and Greene County is providing administrative assistance to the organizing committee, as well as financial support.

For more information or to volunteer, visit [racewindham.com](http://racewindham.com). 📍

The world’s best professional mountain bikers will converge on Windham Mountain this August as the resort town plays host to the prestigious international Windham Mountain Bike World Cup finals, presented by Shimano, marking the event’s return to the United States after a five-year absence.

Local organizers who were successful in luring the Union Cycliste Internationale-sanctioned event have also planned a large number of diverse community events to coincide with the competition to create a four-day festival in Windham on Thursday-Sunday, Aug. 26-29.

“The Windham World Cup and Festival will be one of the most important international sporting events in upstate New York since the 1980 Winter Olympics in Lake Placid,” said race director Nick Bove, owner of Windham Mountain Outfitters and a member of the Windham World Cup Group, the all-volunteer committee planning the races. “This is an incredible opportunity to showcase the best mountain bikers on the planet, while also promoting Windham and Greene County, and we plan to make the most of it.”

“Everyone knows what a fantastic place Windham is for fun in the snow. Now they’ll find the hidden jewel which is the Windham summer,” said Tracy McNally, executive director of the Greene County Chamber of Commerce.

After competing against several other sites across the world, Windham was selected by UCI for the World Cup following two seasons on the national circuit, during which its courses garnered rave reviews from top-rated mountain bikers. As the last in a worldwide series of nine races, the Windham race will decide the World Cup Series champions, so biking fans from across the globe will be paying attention. The U.S. last hosted a mountain bike World Cup in 2005 at the Angel Fire Resort in New Mexico; the finals

## // COMMUNITY //

# UNICYCLING THE BLACK FLY CHALLENGE

by Steve Relles



CRUISING THE PAVED START ON ROUTE 28 IN INLET. PHOTO BY RON JACOB

fight gravity to keep my speed in check. I used a brake to drag away some of the effort of descending, but that’s a touchy skill of its own. Hitting a washboard of bumps and an embedded rock, I squeezed the brake a little too hard, let up too much, and, lurching like a drunkard on skates, I sprawled, exactly like a cat doesn’t, into the sand. Fixing a slight

twist in my handlebars, I resumed the descent.

Next a bigger climb, another descent, and then a bunch of rolling hills, with me and bicyclists leapfrogging each other, until we popped out onto the Moose River Plains Wild Forest. This was the worst surface yet, with deeper wet sand, and I had trouble spinning a good pace. A couple miles across these sandy flats ended with non-trivial rolling hills, leading to the biggest climb of the day, up Wakely Mountain.

Mostly ups and a few downs brought me past more racers, many pushing their bikes up this long climb. The fatigue in my legs was starting to build but I was determined not to walk any of the hills. Finally, at the top, we had reached the 20-mile point, and most of the biggest climbs were done. I sucked down another gel-pack to commemorate the moment, and started down the hill, carefully braking to save my legs for 20 more miles of riding. Of course, I soon hit another rocky section, got bucked off and ate sand.

Trying to meet my goal of a four-hour finish, I was braving higher speeds on the smoother downhills. Quick glances at my GPS watch showed 16 and 17 miles per hour at a few points, and I still leapfrogged with a few bikers, passing them on the ups and watching them coast by, resting, on the downs. The dirt road went up and down for the next several miles, until, finally, we got to the eight-mile paved end of the course. I was hammered by now, but thrilled because I’d finally reached the easy part.

NOT! There were plenty of hills left on the road to Indian Lake. I was now able to spin my higher gear down hills, nearing 20 mph – too fast on a unicycle, but I’d had enough climbing for the day, thank you very much. The Adirondacks didn’t care, however, and, after every descent, another mini-climb reared up. Rain was now coming down hard again, and I started feeling cold and thought of digging out my rain jacket, but that effort seemed too great. Instead, I rode hard to get warm, chasing a biker the rest of the way to Indian Lake, happily noting the “One Mile To Go” sign.

As I finally came into view of the finish line, people rallied and cheered me down the home stretch, and a check of my watch showed I’d beaten my four-hour goal, by about a minute. I rang my bell all the way in, rode to my truck, and dismounted, my quads feeling very close to disabling, brick-like cramps. But I was beaming from the big ride and the attention, which is another of my favorite aspects of unicycling.

A big thank you to the organizers who risked letting me enter, and to the volunteers who braved thunderstorms and brutal black flies to hand us chilled water at key points in the race. 📍

*Steve Relles (steveyo@nycap.rr.com) of Delmar is a stay-at-home dad and runs a small business called Delmar Dog Butler. Learning to unicycle was his midlife crisis.*

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