AUGUST

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PHOTO BY GORE STAFF

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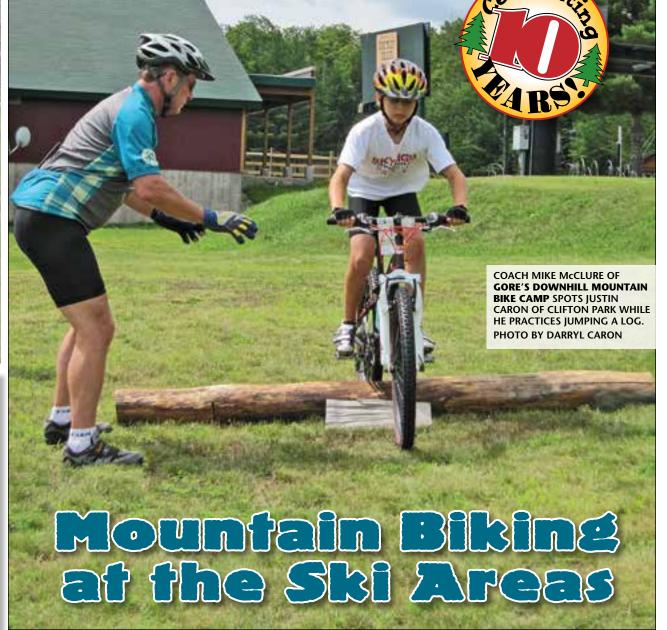
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16-21 June - July 2010

Top Finishers in 25 Events



Many Miles of DH and XC Terrain by Darryl Caron

fter a long absence, lift-serviced mountain biking is back at Gore Mountain! The summer season offers downhill and cross-country riding on their challenging trails on Saturdays and Sundays from July 17 through October 10. The trails descend 1,700 feet vertical slope and are serviced by the Northwoods Gondola (you fold up one seat and place your bike inside).

Mountain bike tickets offer unlimited use of the gondola from 10am-4pm. Gore staff members are making trail building improvements to their mountain biking experience, both on the ski trails and on the sometimes technical singletrack trails that wind their way down and across the mountain through islands of trees. Helmets are required and so is completion of a risk agreement. Bike rentals are not available at Gore, but The Gear Source in North Creek offers full-suspension bikes with disc brakes.

If you are learning how to ride or would like to get better, try one of their Downhill Mountain Biking Clinics. The next one is scheduled for Saturday, Sept. 4. The camps are

for ages ten and above, and my son Justin and I enjoyed a day in July with a group of similarly aged kids and adults from around the region. Even though I am an experienced cyclist, the agility and bike handling drills were a challenging and fun way to sharpen my skills. Justin picked up skills for riding on loose terrain, steep descents, and some technical roots and rocks - made more challenging by the previous day's rain. Coaches Gail and Mike created a supportive, friendly environment for all abilities and confidence levels, as they shared their tips and expertise.

Each Saturday and Sunday through Oct. 3, Gore offers a half-hour lesson at 10:30am for beginner and novice riders wanting some pointers on riding. They have the agility logs and elements set-up to work with people. They'll do this right in the base area, and then riders would be on their own to ride the upper mountain. Visit: goremountain.com.

Whiteface Mountain Bike Park, operated by "Downhill" Mike Scheur of High Peaks Cyclery, has 27 See MOUNTAIN BIKING, 22

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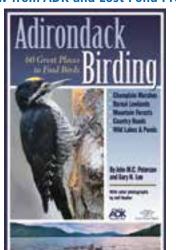
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www.AdkSports.com AUGUST 2010

HIKING & BACKPACKING Particle Gorge by Bill Ingersoll The very name Panther Gorge conjures all sorts of romantic notions of wilderness – and indeed it is one

he very name Panther Gorge conjures all sorts of romantic notions of wilderness – and indeed it is one of the wildest places in the High Peaks. Panther Gorge is the deep valley dividing Mount Marcy, the state's highest peak, from Mount Haystack, the third highest. Within the gorge lies a secluded lean-to, and from it spring two of the steepest trails in the High Peaks.

Panther Gorge is the starting point for one of the best loop hikes in the Adirondacks. But while many of the High Peaks can be reached by day hikes, for most people it is almost impossible to explore the trails leading out of Panther Gorge unless you backpack in. (Those few individuals who can hike to the gorge from Elk Lake, ascend one or more of the peaks, and then hike out on the same day know who they are.)

The challenge lies not in the severity of the terrain, but in the distance. It is an even nine miles from the Elk Lake trailhead to the junction within the gorge where the mountain trails begin. Therefore this is recommended as a three-day backpacking trip: one day to hike in to a base camp at or near the lean-to, one day to enjoy the mountain loop, and a third day to return to Elk Lake.

GETTING THERE

From Exit 29 on the Northway (Interstate 87) follow Blue Ridge Road west for 4.1 miles, where Elk Lake Road turns right. In 2.7 miles you reach the entrance of the Elk Lake Preserve, and

at five miles you reach the public parking area for the two state hiking trails that originate on this private park. Note that this lot fills early on peak weekends, and there are no nearby alternatives. The majority of visitors are headed to the Dix Range; the trail to Panther Gorge sees only a fraction of that use.

THE TRAIL

The trail heads west across the road from the parking area on a gradual descent to The Branch, the outlet of Elk Lake, which you cross at 0.3-mile on a bouncy suspension bridge. The trail then briefly follows Nellie Brook, reaching a logging road at 0.4-mile. Here it turns left and immediately crosses Nellie Brook. A right turn 100 feet beyond the brook takes you away from the road to a narrow trail that angles first right, then left to join another logging road in less than five minutes.

Still on the private property of the Elk Lake Preserve, the trail now follows the roadway (called Pinaud Road) for more than two miles around the west side of Elk Lake. The road has a grassy surface and a leafy canopy for shade, so it is not an unpleasant route for hiking. And in

✓ HIKERS ON MOUNT MARCY.
VIEW OF MOUNT MARCY FROM LITTLE HAYSTACK

PHOTOS BY BILL INGERSOLL

the interest of keeping hikers on the correct route, it is well marked and signed. Several branching trails, with destinations such as Lightning Hill and the west shore of the lake, are closed to the public.

At 2.7 miles you reach a junction where the public trail turns left, west, off of Pinaud Road. Whereas you can hike to this point in little more than an hour, your pace slows as the terrain becomes more rugged. Brush closes in on both sides, and after skirting wide around an open wetland the trail climbs at a moderate grade into the hills. This is part of the continuous ridge that stretches from Mount Colvin to the north to Boreas Mountain to the south. Fortunately the ridge is at one of its lowest points here, so the climbing is not severe. But the next 2.5 miles after leaving Pinaud Road are characterized by hilly terrain through remote woods as you cross from the Schroon River watershed to the Ausable.

This section ends with a long, sometimes steep descent that follows an intermittent stream downhill. You make a sharp left in the vicinity of an old logging settlement, and then turn right through a broad ferny meadow. At 5.2 miles you reach a junction with a state trail to Pinnacle, Blake and Colvin.

Beyond the intersection, the Panther Gorge Trail descends just over another 100 feet to marsh level, entering another private park surrounding Marcy Swamp. In five minutes you reach an intersection with the private trail that leads west to Panorama Bluff, east to Mud Pond Landing. Then you reach Stillwater Inlet, a major tributary of Upper Ausable Lake. A narrow bridge seems treacherous with your pack.

Across the bridge, a boardwalk takes you through the edge of Marcy Swamp beside stagnant pools. You cross another small inlet stream to begin the five-minute, nearly 0.3-mile walk on a raised boardwalk that makes crossing the swamp possible. Although standing water fills this spruce and balsam swamp, it still supports trees tall enough to block distant mountain views.

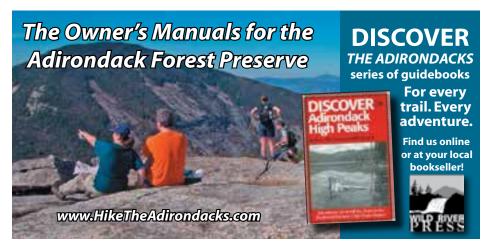
The trail heads up though a pocket of old blowdown into a tall forest with an open understory. The trail then climbs moderately to an intersection at 6.6 miles, 1.4 miles from the Pinnacle Ridge Trail intersection. It takes about 50 minutes for this segment, longer if the trail is not clear.

Signs at the intersection point east to a private trail to Marcy Landing and left to Panther Gorge. In about 100 yards the trail finally crosses the state land boundary at elevation 2,530 feet.

The trail is now a wonderful foot trail, perhaps the least eroded and least traveled of all the approaches to Mount Marcy. Most of the significant mud patches are spanned by stringers, and the few eroded spots have been stabilized by rocks. Glimpses of Skylight and Marcy are few and fleeting. You rock-hop across a tributary stream at 8.3 miles, and then at 8.9 miles you reach the camping areas, located at 3,200 feet and about 1,200 feet above Marcy Swamp. The lean-to is to the right and a large tent site is to the left. This is one place where the lean-to site may offer more privacy than the tent site, since it is smaller and screened better from the trail. The tent site is essentially a communal camping area, where multiple parties claim a spot of level ground from the handful of selections. There are no other established campsites in the vicinity. Note that the regulations for the Eastern High Peaks are in effect - campfires are not permitted, and be sure to bring a bear canister.

Skylight, Marcy, and Haystack are the three peaks that border the gorge, but some hikers spend multiple days here to hike other nearby peaks at their leisure. The best of all possible Panther Gorge hikes is undoubtedly the circuit around the head of the gorge from Haystack to Marcy and Skylight. This loop is 6.2 miles long, but the tremendous elevation as you climb and descend each of the three peaks change makes this a strenuous hike – but the bare summits also make this one of the most scenic hikes. You are shorting yourself if you don't allow a full day to experience this traverse!

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





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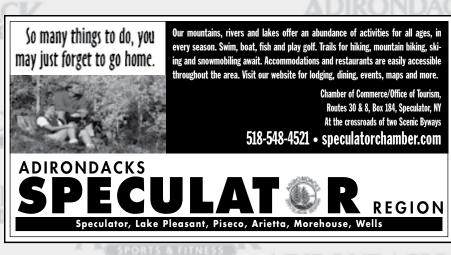
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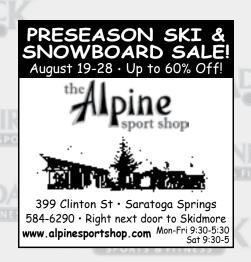
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BICYCLING ONGOING

- 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.
- Northway Ten Tour Ride. 9am. 35M. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Night Rensselaer Co Multi-Pace Ride. 5pm. 30M. Algonguin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- Terrible Tue Quick Ride. 5:30pm. 35M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Time Trial Series: 6/15-8/24. 6:30pm. West River Rd, Fort Edward. adirondackspokes.com.
- CBRC Quick Training Ride. 6pm. 30M. S. Bethlehem Park, S. Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Thu Night Pizza Tour Ride. 6pm. 25M. SCCC, Schenectady. Mark Wilder: 346-5988. webmhcc.org.
- Serotta Open Fit Lab & Factory Tours. 11am. Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104.
- Wake-Up Casual Ride. 7:15am. 15M. Hannaford, Voorheesville. Steve Redler: 434-1540. webmhcc.org.

AUGUST

- Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M. 8am. Mt Equinox, Manchester, VT. Andy Holzman: 802-362-0273. gearupforlyme.com.
- The Ti Ride. 41M. 7am. Bike: Lake George to Ticonderoga. Mohican: Ticonderoga to Lake George. Inside Edge Ski & Bike: 793-5676. adirondackspokes.com.
- 14 Adirondack Spintacular: Bike or run/walk for hemophilia/organ donation awareness. 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. Carol: 863-8998. adirondackspintacular.com.
- 9th NY Capital Region Road Race. 23-83M. 10am. Ravena-Coeymans-Selkirk H.S., Ravena. Paul McDonnell: 281-3710.
- 5th Ididaride: Adirondack Bike Tour. 75M: 8:30am. 20M w/ shuttle: 1pm. Ski Bowl, North Creek. Adirondack Mountain Club: 800-395-8080. adk.org.
- Tour de Columbia County. 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 2nd Altamont Criterium Race. 15-40M. Altamont. 275-6185. anthemsports.us.

- 1st Tour de Schenectady Ride. 55M/16M road rides, kids' race, MTB race. Central Park, Schenectady. 847-2419. schenectadycancerfoundation.org.
- 3rd Tour de Farm. 35M/15M supported. 9am. Hand Melon Farm, Greenwich. 692-7285. agstewardship.org.
- 4th Way North Century Ride. 100M/50M. 8am. The Oval, Plattsburgh. 563-7620. adirondackcyclingteam.com.
- Tour de Family Cycle. 10M/25M/50M. 9am. Family of Woodstock, Woodstock. familyofwoodstockinc.org.
- 10th Pat Stratton Memorial Century Ride. $100/50/25M\ \&$ kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob Scheefer: 891-5873. bikeadirondacks.org.
- 1st Bike the Byway. 8am. 40M multi-pace ride on Mohawk Towpath Byway. Amtrak Station, Schenectady. Eric Hamilton: 371-7548. mohawktowpath.org.
- 18th Echo Lake Road Race. 10M bike or 5M/10M run. East Charleston, VT. Ellen Bowen: 802-873-3285. active.com.
- 27th Chris Thater Memorial Bicycle Races. 12-50M. Binghamton. Jim May: 607-778-2056. bcstopdwi.com.

SEPTEMBER

- Labor Day Race Weekend: Coon Hill Grind 2M Time Trial. 4pm. Skaneateles Ski Center, Marietta. skanraces.com.
- 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.
- 1st Double H Ranch Camp Challenge Ride. 15M/30M/62M. Double H Ranch, Lake Luzerne. Kimberly Checchia: 696-5921. doublehranch.org.
- 17-19 Adirondack 540 RAAM Qualifier. 136/272/408/540M. 7am. Alpine Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 13th Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century. 100/75/50/25M. Barton, VT. active.com.
- 3rd Lance Gregson 1-Eye Classic Bike Rides. Cyclist's Dream: 44-56M 8:30am. Lance's Loop: 26M 9am. Scenic Route: 10-15M 10:30am. Easy Does It: 3-8M 11am. Town Park/Beach, Schroon Lake. Anne Gregson: 532-9479. schroonlakecycling.com.
- **Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- Sweat N Fall Century & Metric Club Training Ride. 62M. St. James, Niskayuna. Heather: 847-2419. bikereg.com.
- Whiteface Foliage Hill Climb. 8M. 8am. Veteran's Memorial Highway, Wilmington. nysef.org.
- Cambridge Valley Cycling Fall Benefit Ride. 100M/50M/25M. Washington County Park, Cambridge. 677-3982.
- 3rd Ride Run Walk 4Love to End Child Trafficking. 50M/25M/10M bike rides & children's ride. New: 5K Run/ Walk. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com.
- 4th Tour de Habitat Bike Tour. 100M: 7:30am, 50/25M: 11am, 10M: 3pm. Capital District Habitat for Humanity. Albany Pump Station, Albany. evansale.com.

OCTOBER

- Peak Season Century. 100M/60M/25M. 7am. Lake George Village. peakseasoncentury.com.
- Ride/Walk in Memory of Kevin Watz. 38M: 9am. 15M: 10am. Million Dollar Beach, Lake George. Jim Swart: jmswart@ gw.dec.state.ny.us.
- 3rd Fall Century. 100M. 8am. Frontier Communications, Gloversville. Adirondack Velo: 773-2444. adkvelo.blogspot.com.
- Tour de Columbia County. 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- Haunted Hundred Overnight Century. 100M. 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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- Daily CardiotFit Classes: Call for Schedule. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Mo-TuBeg/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.
- 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.

AUGUST

Free Yoga, Self-Defense Classes Fundraiser to Fight Breast Cancer. Torres Tae Kwon Do, Clifton Park. Cecily Baily:

OCTOBER

- The Hoopla: Healthy Family Fair. Victoria Pool bldg., Saratoga Spa S.P., Saratoga Springs. thehoopla.org.
- NY Capital Region Vegetarian Expo. Saratoga Springs City Center, Saratoga Springs. nyvegetarianexpo.org.

HIKING & ROCK CLIMBING

ONGOING

- Mo-Fr Summer Camps: Jul-Aug. Ages 10+. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.
- Nature Trek: Stag Brook Falls: 6/25-10/11. 10:30am. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- Guided Hike: Bear Den Mtn at Whiteface: 7/8-9/6. 10am. Wilmington. 523-1655. whitefacelakeplacid.com.

AUGUST

- Women's High Peaks Day Hike: Wright Peak. Adirondack Mountain Club: 523-3441. adk.org. 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. Trailless Peak Day Hike: Iroquois Peak. Adirondack
- Mountain Club: 523-3441. adk.org. 18-22 Leave No Trace Master Educator: Backpacking. Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

SEPTEMBER

- 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.
- Trailess Peak Backpacking: The Sewards. Adirondack Mountain Club: 523-3441. adk.org.
- 10-12 Trailless Peak Backpacking: Cliff & Redfield. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Peak Day Hikes: Street & Nye. Adirondack 13 Mountain Club: 523-3441. adk.org.
- 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.
- Women's Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- Family Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- Trailless Peak Day Hikes: Iroquois Peak. 4,840ft. Adirondack Mountain Club: 523-3441. adk.org.

OCTOBER

- Trailless Peak Backpacking: The Dix Range. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Peak: Esther Mt. Adirondack Mountain Club: 523-3441. adk.org.
- Beginner Day Hike: Jay Range. 7.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Peak: Street & Nye. Adirondack Mountain Club:
- 523-3441. adk.org. Trailless Peak: Table Top Mt. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Peak: Mt Marshall. Adirondack Mountain Club: 523-3441. adk.org.
- 16-17 Map & Compass Bushwhack. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 23-24 Leave No Trace Trainer. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441, adk.org

MOUNTAIN BIKING & CYCLOCROSS

ONGOING

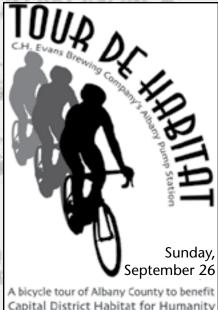
- Daily High Peaks MTB Center. 20M of trails. Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.com.
- Daily Whiteface Lift-Serviced MTB Riding. Whiteface MTB Center, Wilmington. 946-2223. downhillmike.com.
- MTB Rides. "Spirited" pace. 6:30pm. Placid Planet Bicycles, Lake Placid. 523-4128. placidplanetbicycles.com.
- Hot August Nights MTB Series. 6pm. Central Park, Schenectady. bikereg.com.
- Sa-Su Gore Lift-Serviced MTB Riding: 7/17-10/30. 10:30am: Skill Lessons for Beginners. Gore, North Creek. 251-2411. goremountain.com.

AUGUST

- Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 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. Taconic 909 Challenge MTB Race. Pleasant Valley.
- 845-505-1211. espraces.com. Mini Dual Slalom Race #2. 12pm. Whiteface MTB Park,
- Wilmington. 946-2223 x7. downhillmike.com. XTERRA Lake Placid: MTB Demo Day. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- Tour de Schenectady MTB Race. 10am. Central Park, Schenectady. 847-2419. schenectadycancerfoundation.org.
- 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.
- 3rd Race to Top of VT. 4.3M. MTB: 10am. Run: 9am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org.

SEPTEMBER

Downhill Mountain Biking Camp. 10am-3pm. Gore Mountain, North Creek. 251-2411. goremountain.com.



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TOUR DE FARM Sunday, August 22 Hand Melon Farm, Greenwich

35 or 15 miles - rain or shine A supported recreational bike ride thru rolling farmland in Washington & Saratoga countie with stops at farms & Saratoga Battlefield Delicious local food & drinks at finish

\$25 (\$40 families) by 8/15 or \$30 (\$45) after Info & Register: agstewardship.org 518-692-7285

Agricultural Stewardship Association & Saratoga PLAN



Saratoga Century Weekend

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

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am

• SAG, marked routes, rest stops, cue sheets Maps for shorter rides in park & city • Post-ride lunch available

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

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LAKE DELTA TRIATHLON

Sunday, August 22 • 8am Delta Lake State Park, Rome

Olympic Distance

First-timers/age-groupers/Ironman welcome First 200 receive technical shirt

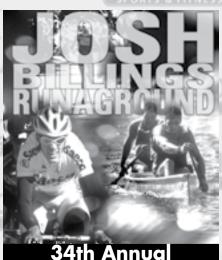
Info, register online & entry form: www.atcendurance.com Mike Byrch: 315-404-8130

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 (518) 696-4947 • hadleyba2003@yahoo.com Bike, helmet, inner tube & PFD required Benefits Hadley Business Assn Scholarship Fund



34th Annual

Josh Billings RunAground Sunday,

September 12, 2010

Bike, Canoe or Kayak, Run **Triathlon**

Team & Iron Categories

27 mile bike • 5 mile canoe/kayak • 6 mile run 37 categories-iron, tin, 4 person teams www.joshbillings.com, www.active.com

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

- Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- **Super D Race.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- 11-12 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 11-12 5th Whiteface 5K Downhill MTB Race. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- Luther Loops 2-Hour MTB Race. 9am & 10:30am. Luther Trails, Ballston Spa. 847-2419.
- 4th Race with the Wind. 50M MTB race. 12M school/family ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.
- NYSEF Whiteface Foliage Hill Climb. 8M. 8am. Whiteface Highway, Wilmington. 946-7001. nysef.org.

OCTOBER

- Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
- CX@Brewery Ommegang. 8am. Brewery Ommegang, Cooperstown. 315-415-5972. ommegang.com.
- Uncle Sam Cyclocross/NYCROSS.com Series. 30-45min. 9:15am. Prospect Park, Troy. 441-1296 nycross.com.

MOUNTAINEERING & WILDERNESS SKILLS

AUGUST

Pathfinders Wilderness Training: Overnight. Age 12-16. Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- 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.
- CDTC Crystal Lake Training Series: 6/8-8/24. 6pm. Crystal Cove, Averill Park. cdtriclub.org.
- STC Weekly Workouts: Jun-Sep. Lake Desolation, Middle Grove. Jason Hart: 339-7338. saratogatriclub.com.

AUGUST

- 3rd Fronhofer Tool Kids' Triathlon. Ages 6-17. 50yd swim, 2.4M bike, 0.5M run. 6pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
- 4th Fronhofer Tool Triathlon. 8am. 1.5K swim, 40K bike, 10K run. 2pm: 0.5M swim, 14.5M bike, 5K run. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
- Dryden Lake Puddle, Paddle & Run. Dryden Lake, Dryden. drydenlakefest.org.
- Sprint Triathlon III. 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. racevermont.com.
- 10th Cazenovia Triathlon. 800m swim, 23M bike, 5K run or 1500m swim, 40K bike, 10K run. Also, aquabike. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- 21 Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. 280-6047. cdtriclub.org.
- XTERRA Lake Placid Triathlon: Race Clinic w/Ken Robins. 12pm. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 3rd Run-Pedal-Tube Triathlon. 5K run, 7.5M bike, Hudson tube paddle. 696-4947. hadleybusinessassoc.org.
- Sebagoman Olympic Triathlon. 1500m swim, 24.9M bike, 6.2M run. Harriman S.P., Sebago Lake. genesisadventures.com.
- 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.
- 1st Lake Delta Triathlon. Olympic: 1500m swim, 40K bike, 10K run. 8am. Delta Lake S.P., Rome. Michael Brych: 315-404-8130. atcendurance.com.

- Sprint Triathlon IV. 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. racevermont.com.
- Team LUNA Chix Lake Desolation Splash & Dash. 11am. Aquathon: 0.5M swim & 3.1M run. Tinney's Tavern, Lake Desolation. Rachel Knaggs: 496-0874. teamlunachix.com.
- 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.
- River Rat Triathlon. 600m swim, 18M bike, 3.1M run or 3M kayak/canoe, 18M bike, 3.1M run. Clayton. tiylo.org.
- 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.
- Half VT Journey Triathlon. 1.2M swim, 56M bike, 13.1M run. Salisbury, VT. 802-462-2999. rushtonsports.com.

SEPTEMBER

- Labor Day Race Weekend: 6th Skinnyman Triathlon. 800yd swim, 14M bike, 3M run. 7:30am. Clift Park, Skaneateles.
- Montreal Esprit Triathlon. Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. esprittriathlon.com.
- 1st Schenectady County Pedal-Paddle-Run. 3.7M bike, 3.1M run, 1.6M paddle. 8:30am. Freedom Park, Scotia. schenectadycounty.com.
- 2nd DACC Sprint Triathlon. 9am. Duanesburg Area Community Center, Duanesburg. Jenn Dixon: 895-9500. dacc.info.
- Potsdam Triathlon. 0.25M swim, 12M bike, 3.1M run. 9am. SUNY Potsdam. 315-267-2167. potsdam.edu.
- ${f 34th}$ Josh Billings RunAground Triathlon. 27M bike, 5M canoe/kayak, 6M run. Great Barrington to Lenox, MA. joshbillings.com.
- 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.
- 1st Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. County Beach, Jamesville. ironmansyracuse.com.
- Go Extreme Adventure Race (GEAR). Courses: 5-7M, 12-15M or 18-21M. Run, bike, canoe. 7:30am. St. Lawrence County. Ruth Fishbeck: 315-261-4760. gethealthyslc.org
- 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.

- Central Park Biathlon. 2M run, 12M bike, 2M run. Central Park, New York. 845-247-0271. nytc.org.
- 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, Kattskill Bay. 656-9462. chingachgook.org.

Mo-We OC Ski Club's Summer Volleyball League. Polish Community Center, Albany. ocskiclub.org.

- 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.
- Soaring Saturdays Ski Jumping: 7/3-8/21. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.
- 8/7-9/5 Fly-Casting Walk-On Adventures: 7/24-9/5. 10:45am. LLBean, Albany. 437-5460. llbean.com.

AUGUST

- Leukemia & Lymphoma: Team in Training Info Session. 5:30pm. Crossings of Colonie, Loudonville. teamintraining.org.
- Rappel "Over the Edge" for Special Olympics NY. Crowne
 - Plaza, Albany. 388-0790. nyso.org.

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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 Tech T-shirt to first 100 \$25 before 10/8 & \$30 after

Benefits Mohawk Towpath Scenic Byway

St. Regis Canoe Outfitters



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9TH ANNUAL

Teal Ribbon 5K Run & 1 Mile Walk

for Ovarian Cancer Awareness & Research

Sunday, September 12 • 9am Washington Park, Albany

T-shirts to the first 600 participants

highest fundraisers & other awards \$15 by 9/1 • \$20 day of race

Awards to top overall, top age groups,

\$12 team members by 9/1 • \$20 race day

Information & Application: www.CaringTogetherNY.org • (518) 783-7600

Malta Business & Professional **Association**

MBPA 5K

Saturday, Sept. 11 • 8:30am **HVCC Tec Smart building, Malta**

Inaugural run thru Saratoga Tech + Energy Park & Luther Forest Tech Campus \$20 entry & \$25 race day

Register online: areep.com Benefits local veterans & emergency responders



♦ Post Race Ceremony

♦ New! 5-year age group awards

Information: northelba.org parks@northelba.org **518-523-2591**

Registration: active.com ▲ \$30 by 9/4 • \$40 after

Saturday September 11th

part of a perfect day LAKÉ PLACID

SEPTEMBER

- 10-12 Teddy Roosevelt Weekend. Special events & 5K Run/Walk. Newcomb. 582-2991. newcombny.com.
- 24-26 Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.

OCTOBER

- Oktoberfest. Whiteface Mountain, Wilmington. whitefacelakeplacid.com.
- Gore Mountain Harvest Fest. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 10th Flaming Leaves Festival. Olympic Jumping Complex, Lake Placid. whitefacelakeplacid.com.

PADDLING: KAYAKING & CANOEING

ONGOING

- Sundowner Clinics/Time Trials: 8/10, 24. 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.
- Tu-We Evening Tours on Local Waterways w/ADK Albany Chapter. 8/10: 6:15pm. Hudson, Corning Preserve. 8/17: 5:45pm. Hudson, Lock 1, Halfmoon. 8/24: Mohawk, Kiwanis Park, Rotterdam. 8/31: 5:45pm. Hudson & Mohawk, Lansingburgh. 9/8: 5:45pm. Hudson, Henry Hudson Park, Bethlehem. 9/14: 5:45pm. Mohawk, Freeman's Bridge, Glenville. 9/28: 5:15pm. Mohawk, Crescent Bridge to Colonie T.P. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- NNYP Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. 399-1435. swcweb.org.
- SLVP Scramble Series. Little, Raquette & Grasse rivers, Canton. Steve Coffin: 315-854-0881. nymcra.org.
- Sa-Su Walk-On Adverntures: 7/3-10/10. 9:30am. LLBean, Albany. 437-5460. llbean.com.

AUGUST

- Riverfest. 9.8M leisurely paddle on Black River. Free shuttle. Chicken BBQ. Castorland to Carthage. 315-376-2213. lewiscountychamber.org.
- 11&13 Kayaking Basics. Wed: 6:30-8pm; Fri: 8:30-10am. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- Kayak Rescue & Recovery. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 18&20 Fundamentals of Kayaking. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- 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.
- Women's Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- Family Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org. Adult Kayak Day. YMCA Camp Chingachgook, Kattskill Bay.
- 656-9462. chingachgook.org. Paddle for the Cure. 6M. 11am. Mountainman Outdoors, Old Forge. Janice Sell: 315-464-6276. mountainmanoutdoors.com.
- Long Lake Long Boat Regatta. 15M. Adirondack Kayak Championships. 10M. 10am. Long Lake. macscanoe.com.

Adirondack Canoe & Kayak Rendevous. Fri-Sat: 9am-6pm. Sun: 9am-5pm. Mountainman Outdoor Supply Co, Old Forge. 315-369-6672. mountainmanoutdoors.com.

- Annual Mystery Race. 1pm: Club paddle. 2pm: Mystery Race. 3pm: banquet. Madrid. 315-854-0881. slvpaddlers.org.
- Moose River Whitewater Festival. Old Forge. 315-369-6672. mountainmanoutdoors.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Daily ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- ARE Summer Trail Run Series: 5/27-8/26. 6:30pm. Various locations, Albany. 320-8648. albanyrunningexchange.org.
- Summer Trail Run Series: Starting 7/18. 4-7M. 6pm. Marcy Field, Keene Valley. The Mountaineer: 576-2281. adktrailrun.com.

AUGUST

- 2nd Chingachgook Challenge Half-Marathon & 10K. Half: 8am. 10K: 9am. YMCA Camp Chingagook, Kattskill Bay. John Kinnicut: 265-2876. areep.com.
- 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.
- 2nd Fasig-Tipton 5K Race. 8am. 1M: 7:30am. Finney Pavilion, Saratoga Springs. areep.com.
- 32nd Dynamic Duo Pursuit Race. 3M/person.8:30am. Town Park, Colonie. Frank Myers: 783-2760. hmrrc.org.
- 1st 5K Run & Walk for Brachial Plexus Injury. 9am. Saratoga Spa S.P., Saratoga Springs. Karan: 885-1616.
- 9th Turning Point 5K. 9am. Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
- 25th Run for the Roses. 5K-9am. 2.5M walk-8am. 1M run-10am. Grafton Lakes S.P., Grafton. graftoncommunitylibrary.org.
- 2nd No Kids Allowed: Senior Masters 5K/10K Race. 9am. The Crossings, Colonie. 225-5494. areep.com.
- Save our Switchbacks Road Race. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 19th 100K Catskill Mtn Road Relay. 6am-8am. teams of 6-10. 845-386-9174. sullivanstriders.org. Running of the Tories. 5K. 9am. Tory Lane to Recreation Park,
- Arlington, VT. Dick Bailey: 802-375-2397. bkvr.org. Tawasentha XC 5K Series #2. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.
- $\textbf{Adirondack Spintacular: Run, Cycle or Walk.} \ 5 \text{K}/6 \text{M}/12 \text{M}.$ 10am. Mayfield Fairgrounds, Mayfield. Carol Madeiros: 863-8998. adirondackspintacular.com.
- 8th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- 4th Run for the RACC. 5K/1M Walk/Kids' Fun Run. 8:59am. Rome Art & Community Center, Rome. romeart.org. Ken Hummel Memorial 5K Run/Walk. 9am. Town Hall,
- Stuyvesant. 758-6248. stuyvesantny.us. Heels to Paws 5K. Stratton Resort, Stratton, VT. Myra Foster:
- 802-297-4137. stratton.com. 32nd Bridge of Flowers Road Race. 10K/3K. Shelburne Falls, MA. bridgeofflowers10k.com.
- 16th Indian Ladder Trail Runs. 15K: 9am. 3.5M: 11am. Includes BBQ lunch. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.
- Mountain Madness Trail Run. 30K/12K. 8:30am. Virgil S.F., Virgil. 607-564-1804. fingerlakesrunners.org.
- 2nd Crazy Magic 12 & 6 Hour Ultra Trail Run. 6am. Central Park, Schenectady. Heather Rizzi: 847-2419. Savoy Mt Trail Races: 22M/11M/4M. 10am. Florida, MA.
- runwmac.com. Camp Saratoga 5K Trail Run #5. 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- Tawasentha XC 5K Series #3. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.

Altamont 5K

13th Annual

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



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

See Calendar "Other Events" listings for Info Meetings. For more information:

(518) 438-3583 or teamintraining.org/unu

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

Ty Yandon Memorial 5K Run/Walk

Sunday, September 12 • 9am Newcomb Overlook, Newcomb

Info: adkpa@aol.com or Kevin Bolin: (518) 582-2991 Part of Teddy Roosevelt Celebration Sept. 10-12 in Newcomb Visit: newcombny.com

Registration (\$15) begins 7:45am



Sunday October 17

SPORTS & FITNESS

10TH ANNUAL SARAIDGA NATIONAL Saratoga Spa State Park

5K Cross Country Race/Walk - 10am

Saratoga Spa State Park, Saratoga Springs

1K Kids Classic - 11:00 AM

USATF Adk 5K XC Championship

Moisture wicking T-shirt to all registered by 10/4

583-3114 or jallen3@nycap.rr.com Benefits: Saratoga Center for the Family

Register Online, No Additional Charge SaratogaNational.com

Come Run with Us...

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

Adirondack Distance Festival

Half & Full Marathon

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

5K & 10K Races

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

Visit Our Website adirondackmarathon.org

For Info & Registration Form Call 1-518-532-7675

6th Annual

Clover Combo Classic 半 8K Run 👭

Sunday, Sept. 26 • 10am New start: Main St., Fort Hunter

(20M west of Schenectady, I-90 Exit 27)

- Scenic course on road & grass (same as Mule Haul)
- Awards to top 3 M/F & 10-year age groups
- T-shirt to all registered by 9/12
- \$20 by 9/12 or \$25 race day

Also: 5K Walk-a-thon, 1K Kids' Dash, 100yd Mascot Race

Entry Form: ccefm.com 518-762-3909 x113 or 114

To benefit 4-H youth programs in Fulton & Montgomery counties

> A Fulmont Roadrunners Club grand prix event

HOPE WITH EVERY STEP € kids, hope, cure,

1 Mile Family Run/Walk – 8:15am Strollers & wheelchairs welcome

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5K Run - 8:45am Shirts ~ Food ~ Fun ~ Prizes

Sunday, September 5

Halfmoon Town Park, Halfmoon 162 Rte 236, just south of Rte 146

Register: communityatcp.org

Sponsored by Wobbly Feet in honor of Connor Dzembo Raise the most money for A-T research to win!



BHBLROTARY.ORG

PAUL LEWANDOWSKI (518) 399-2225

16th Annual Burnt Hills-Ballston Lake Rotary

5K RUN AND WALK BURNT HILLS, NY Saturday, Oct. 9 • 9AM

KIDS MILE FUN RUN: 9:45AM O'ROURKE MIDDLE SCHOOL, BURNT HILLS **USATF CERTIFIED COURSE • CHIP TIMING** SHIRTS FOR FIRST 200 PARTICIPANTS \$18 BEFORE 10/1 (\$25 AFTER) KIDS MILE FUN RUN: \$10

- Capital District YMCA Series #3: Southern Saratoga 5K Run/Walk & Kids Fun Run. 6:30pm. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
 - Delta Lake Half-Marathon. 13.1M. 9am. Delta Lake S.P., Rome. uticaroadrunners.org.
- XTERRA Lake Placid: 10K & 5K Trail Runs. 9am. 8/22: XTERRA LP Triathlon. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 21 5th New Visions 5K Run. 10:30am. 1M Walk: 10am. The Crossings, Colonie. 935-4334. newvisionsofalbany.org.
- Castleton Kiwanis Clove Run 10M & 5K. 8:30am. Castleton-21 On-Hudson. 732-2940. vanrensselaerdivision.org.
- 5th YMCA 5K/10K Run. 9:45am. YMCA, Malone. Susan Werner: 483-1882. maloneymca.com.
- 21 CHS XC/Track 5K Run/Walk. 6pm. Columbia H.S., East Greenbush. Kathy: nuthouse39@hotmail.com.
- 2nd Groovy Gouvy 5K, Kids' Fun Run & 2M Walk. 9am. Riverview Park, Gouverneur. northernrunner.org.
- 31st Round Church Women's Run. 5K/10K. 8:30am. 21 Richmond, VT. Martha Keenan: 802-238-0820. gmaa.net.
- 26th Tony Luciano 5K Road Race. Hudson Falls C.S., 22 Hudson Falls. Debbie Battiste
- 4th Trooper Joseph Longobardo 5K. 10am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. active.com.
- **Book Signing & Presentation w/Dick Beardsley.** Signing: 2-4pm. Fleet Feet Albany. Presentation: 6-8pm. Auditorium, Colonie H.S., Colonie. 459-3338. fleetfeetalbany.com.
- 13th Altamont 5K Run & Walk. 9am. Altamont Mile & Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 18th Echo Lake Road Race. 10M bike or $5\mathrm{M}/10\mathrm{M}$ run. East Charleston, VT. Ellen Bowen: 802-873-3285. active.com.
- 2nd Run for the Future 5K. 9am. United Church, Stillwater. Rick Morgan: 664-8325. stillwaterunitedchurch.com.
- Chris Thater Memorial 5K Run. 10am. Recreation Park, Binghamton. Jim May: 607-778-2056. bcstopdwi.com.
- 3rd Race to Top of VT. 4.3M. Run: 9am. MTB: 10am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org.
- 29 18th Scholarship XC Run. 5K. 9am. South Burlington, VT. Ken Schatz: 802-598-5959. gmaa.net.

SEPTEMBER

- 4 Fight for Air Climb. 5K run/walk. 10am. Bolton Valley Resort, VT. 802-876-6860. lungne.org.
- 1st Run for the Horses 5K. 8:30am. Fasig-Tipton Pavilion, Saratoga Springs. trfinc.org.
- 1st Hope with Every Step 5K & 1M Family Walk/Run. 8:45am. 1M: 8:15am. Halfmoon Town Park, Halfmoon. Christina Bolton: 330-6020. communityatcp.org.
- 5 Scottish Games 5K. 11am. Altamont Fairgrounds, Altamont.
- Labor Day Race Weekend: 4-Mile Road Race. 4pm. Skaneateles. skanraces.com.
- Monster Marathon & Half-Marathon Trail Runs. 7am. Virgil S.E. Virgil, fingerlakesrunners.org. 22nd SEFCU Labor Day 5K Race/Walk. 9am. SEFCU
- Headquarters, Albany. 464-5243. sefcu.com. hmrrc.com. 35th Mt Greylock Uphill Road Race. 8M. 10am. Resevoir,
- North Adams, MA. 802-423-7537. runwmac.com. 40th Original Lake Placid Half Marathon. 10am. North 11
- 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. cdvmca.org.
- 11 2nd Red Apple Trail Run. 5K & 10K. 9am. Samascott Orchards, Kinderhook, 758-1218, kinderhookrunnersclub.com.
- 1st MBPA 5K: Community Day. 8:30am. HVCC Tec Smart, Saratoga Tech/Energy Park, Malta. areep.com.
- Basket of Hope 3M Run/Walk. 9am. Warren Co Bike Path on Dix Ave, Glens Falls. Danielle McCormick: 792-1372. thebasketofhope.org.

- 3rd Wind Power Challenge Road Races. 5K/10K. 10am. Gen Martin Mansion, Martinsburg. lewiscountyhistory.org.
- Maple Leaf Half-Marathon & 5K Run. 9am. Manchester, VT. 802-362-3526. manchestervtmapleleaf.com.
- 9th Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research. 9am. Washington Park, Albany. 783-7600. caringtogetherny.org.
- 9th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolin: 582-2991. newcombny.com.
- The Dunkin Run 5K. 8:30am. Jewish Community Center, Albany. 438-6651. saajcc.org.
- Doug Ellett Memorial 5K Run/Walk. 9:30am. Cohoes H.S., Cohoes. Debbie Matthews: 237-3559.
- Albany Autism Society 5K Run/Walk. 7am. Central Park, Schenectady. Jenny: 588-1189. albanyautism.org.
- Barry Hopkins Run at Olana. 9:30am. Olana State H.S.,
- Hudson. Carri Manchester: 828-0135. oprhp.state.ny.us. Curly's Trail Run Half-Marathon. Pittsfield, MA. runwmac.com.
- 42nd Archie Post 5-Miler. 8:30am. Gutterson, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.
- 4th Landis Arboretum 5K Forest Run. 9:30am. Landis Arboretum, Esperance. Jonathan DiCesare: 231-2290. landisarboretum.org.
- 15th Run to Remember 5K. 9am. Harkness Field, Troy. David Teubl: 845-594-4075.
- 2nd Capital Region Special Surgery "Race for Hope" 5K. $10 am.\ Slingerlands.\ capital region special surgery. com.$
- 2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- 5K for Huntington's Disease. 9am. Tawasentha Park, Guilderland. Stephanie Keller: 356-5144.
- Run/Walk for Haiti with Love. 5K. 9am. Watertown. Kelly Clark: 315-777-6500.
- Coxsackie P.A.L. 5K Run/Walk. 9am. McQuade Park, Coxsackie. areep.com
- 7th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net.
- The Saratoga Palio Half Marathon & 5K Run/Walk. 8am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
- 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.
- 39th HMRRC Anniversary Races. 2.8M/5.6M. 9am. UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 32nd Dutchess County Classic: Half-Marathon & 5K. 8:30am. Wappingers Rec Area, Wappingers Falls. dcclassic.com.
- 4th George Coope Memorial 5K/10K. 10am. Fairgrounds, Adams, MA. 413-743-8300. celebrateadams.com.
- Run 2 Row 5K. 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. active.com. 3rd Anne's Quest 5K. 9:30am. Shaker H.S., Latham.
- Kelli Rosenthal: 446-9638. annesquest.org.
- 29th Arsenal City Run & Community Night. 5K road race: 6pm. City Hall, Watervliet. 270-3800. watervliet.com. 17th FAM 5K "Fund" Run/Walk. 10am. Cobleskill Fairgrounds,
- Cobleskill. Frank Privitera: 234-7400. fam5k.com. 3rd Ride Run Walk 4Love to End Child Trafficking. New:
- 5K Run/Walk. 50M/25M/10M bike rides. Children's Ride. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com. Adirondack Distance Festival: 5K & 10K. Chestertown.
- 888-724-7666. adirondackmarathon.org. 33rd Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- The Foot Race at Fort Ticonderoga 5K. 10am. Fort Ticonderoga, Ticonderoga. 585-7206. lachute.us.
- Greenport 5K Trail Run. 9am. Town Park, Greenport. Lauren Haberland: 392-5252. clctrust.org.
- Urban Race. 8M. 8am. Riverside Park, New York. 212-471-5496. nycurbanrace.com.

1st Annual

Run For Your Life!

5K Run/Walk for Hospice Saturday, October 9 • 10am

Certified course • \$20 fee **Entry:** highpeakshospice.com

Warrensburg

Info: Sunday Conine 743-1672 Proceeds benefit: High Peaks Hospice & Palliative Care

4th Annual

Falling Leaves 5K Run & Kids' Fun Run Saturday, October 9

Kelly Park on Ralph St, Ballston Spa T-shirts for first 100 entries 10am • 5K rtin/walk - \$17 (\$20 race day)

10:45am • Kids' 1/2-Mile Fun Run - free Register: ballstonspaumchurch.org Heather Leggieri,

dhlegg@msn.com or 518-885-6659 To benefit community & periphide outroach programs of Bollston Spa United Methodics Church

DIRONDACK

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SUBSCRIBE TODAY!

Have each issue mailed to you for only: \$17.95 (1 year) \$32.95 (2 years) **\$44.95** (3 years)

> Use form on page 3 or AdkSports.com



Sunday September 26 Radisson Hotel, Utica

USATF Certified 5k: 9am
Scenic 14k: 8:50am
Brooks long-sleeve tech shirts to first 1,100 registered
Info/Register: UticaRoadrunners.org

or GetEntered.com

29th Annual Watervliet Arsenal City Run & Community Night Friday, September 24

5K Road Race: 6pm USATF-Adk Masters 5K Championship Register: active.com

\$17 before 9/24 or \$20 race day or \$5 active military Free 1-Mile Fun Run/Walk (all ages): 5pm Family Festivities: 5pm-?

Food, drinks, live music, activities for all Benefits Watervliet Adopt-a-Family program

Sunday, September 26 - 9am



Rudy A. Ciccotti Family Recreation Center 30 Aviation Rd, Colonie Enjoy the beautiful Crossings of Colonie while running/walking this 5K course \$20 by 9/25 (\$25 race day)

Long-sleeve T-shirt to first 300 registered Free Kids' Fun Run (1/2mi) - 9:45am **Entry: colonieyouthcenter.org**

Register: active.com

- 2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- Hoosick Pumpkinpalooza 5K. 9am. Wood Park, Hoosick Falls. Elizabeth Dillard: 686-9050.hoosickyouth.org.
- 6th Clover Combo Classic 8K Run. 10am. Main St, Fort Hunter. Also: 5K Walk & 1K Kids' Dash. 762-3909. ccefm.com.
- 7th Crossings 5K Challenge. 9am. Ciccotti Family Rec Center, Colonie. 458-9596. colonieyouthcenter.org.
- Adirondack Distance Festival: Marathon (9am), 2-Person Relay & Half-Marathon (10am). 9/25: Expo/Packet Pickup. Schroon Lake. 888-724-7666. adirondackmarathon.org.
- 36th Falling Leaves Road Race. 5K &14K. 9pm. Radisson Hotel, Utica. uticaroadrunners.org.
- 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.
- AIDS Walk & 5K Run. 2pm. Washington Park, Albany. Marcella Hammer: 860-3612. caresny.org.
- Battenkill River Duck Run. 5K/12K: 9am. Covered Bridge, West Arlington, VT. 802 375-6039. bkvr.org.
- 5 for fiVe/Race for a Cure for MPS. 5K. 10am. Saratoga Spa $S.P., Saratoga\ Springs.\ 451\text{-}6740.\ 5 for five mps run.com.$
- Downtown 10K. 9am. Burlington, VT. Susan Criscuolo: 26 201-638-9646.
- Continental Airlines Fifth Avenue Mile. 1M. Manhattan, New York. nyrr.org.

OCTOBER

- 16th Susan Komen Race for the Cure. 5K coed run: 9am. 2M family walk: 10am. Empire State Plaza, Albany. 250-5370.
- Breast Cancer Awareness 4M Run/Walk. 10am. Norwood Beach, Norwood. Pam Rowe: 315-268-0566. northernrunner.org.
- Run the Judge XC 5K. 9:30am. Pulaski H.S., Pulaski. 315-349-8322. visitoswegocounty.com.
- Remington Arts Festival 5K. 9am. Phoebe's Restaurant, Canton. Michael Crowe: 315-386-2526. northnet.org.
- 31st Voorheesville 7.1M. 10am. Town Park, Voorheesville. Jim Thomas: 273-5552. hmrrc.com.
- Run for the ROC. 11am. Saratoga Race Course, Saratoga Springs, Mike Wallner: 583-8348.
- 29th Wineglass Marathon & Relay. 8am. Centennial Park, Corning. wineglassmarathon.com.
- Syracuse Festival of Races 5K. Men: 9am. Women: 9:45am. 3K Run/Walk: 10:45am. Syracuse. festivalofraces.com.
- Leaf Peepers Half-Marathon & 5K. 11am. State Office Complex, Waterbury, VT. 802-223-6997. cvrunners.org.
- 16th Apple Run 5K Run/Walk. 9am. Kids' Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 4th Falling Leaves 5K. 10am. 1/2M Kids' Fun Run: 10:45am. Kelley Park, Ballston Spa. Heather Leggieri: 885-6659. ballstonspaumchurch.org.
- 1st Run For Your Life! 5K Run/Walk for Hospice. 10am. Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com.
- Adirondack Harvest Run. 10K/5K. 9:30am. Adirondack Community Church, Newton Falls. 315-848-2670.
- Canandaigua Lake 50 Miles & 50K. 7am. Canandaigua Lake. Tom Perry: 585-388-5270.
- Run for the Horses. 5K/5K Walk. 100yd Fun Run. Florida. Nina Bellinger: 421-0125. easystreetrescue.org.
- 37th Art Tudhope 10K. 9am. 1/4M kid's run: 8:45am. Shelburne Beach, Shelburne. 802-658-1753. gmaa.net.
- 28th Mohawk Hudson River Marathon & 9th Half-10 Marathon. 8:30am. Full: Schenectady to Albany. Half: Colonie to Albany. 10/9: Expo/Packet Pickup.

mohawkhudsonmarathon.com.

- Leaf Cruncher 5K Trail Run. 11am. Gore Mountain, North 10 Creek. Emily Stanton: 251-2411. goremountain.com.
- Newburgh-Beacon Bridge Run. 5M. 11am. Broadway, Newburgh to Beacon Park. 845-895-3402. mhrrc.org.

- Apple Harvest Festival 5K. 10am. Angelo Canna Memorial Park, Cairo. Rebecca Maroney: 221-7221.
- The Harvest Half & 5K. 13.1M: 10am. 5K: 10:30am. Red Hook. Lisa Glickenhouse: 845-625-3473. onteorarunners.org.
- 3rd Annual Go, PDC, Go! 5K. 9:30am. Camp Russell, Richmond Shores, MA. Ann Wildgoose: 413-499-4537.
- 3rd Century Marathon and 1/2 Marathon, 26.2M/13.1M. 10 7am. Bull's Head Point, Fulton YMCA. 315-598-9622. fultonymca.com.
- 13th Danby Down & Dirty 10K/20K Trail Runs. 9am. Danby S.F., Danby. 617-277-7161. fingerlakesrunners.org.
- Power House Athletics 5K Challenge. 9am. Saratoga Spa 17 S.P., Saratoga Springs. powerhouseathleticsny.com.
- 40th Green Mountain Marathon. 26.2M. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 2nd Race Away Stigma 5K Race & Fun Walk. 10am. HVCC, Troy. Michael Washco: 210-5298.
- 10th Great Pumpkin Challenge 5K & 10K. 9:30am. 23 Columbia Pavillion, Saratoga Spa S. P., Saratoga Springs. Heather Vadney: 587-0723. saratogabridges.org.
- DPS 5K Run for Kids & the Pumpkin of Secrets. 10:15am. Columbia H.S., East Greenbush. 248-8110. egcsd.org.
- Duanesburg Area Community Center 5K Run/Walk. DACC, Delanson. 895-9500. dacc.info.
- Sports Museum Hall of Fame Races. Kids' 1M: 10:30am. 5K: 11am. Wappingers Falls. 845-297-7950. mhrrc.org.
- Goblin Gallop 5K. Abraham Wing School, Glens Falls. 30 adirondackrunners.org.
- Monster Madness Dash 5K Run/Walk. 9:30am. Troy Family 30 YMCA. Chris Bins: 272-5900. cdymca.org.
- Skin Cancer Awareness 5K Run/Walk. 9am. Also: 2M Run/ Walk & Kids' Fun Run. Ballston Spa H.S., Ballston Spa. Beth Cleary: 209-4564. areep.com.
- 11th Great Sacandaga 10K Road Race. 10:30am. $Sport\ Island\ Pub,\ Northville.\ Dave\ Gifford:\ 863-8046.$
- Hairy Gorilla Half-Marathon & Squirrelly Six-Miler. 13.1M/6M. 9:30am. Thacher S.P., Voorheesville. albanyrunningexchange.org.

NOVEMBER

- 35th Gazette Stockade-athon 15K. 9am. Central Park, Schenectady, hmrrc.com.
- 20-21 3rd Adirondack Sports & Fitness Winter Expo. Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

SWIMMING

AUGUST

- 9th Betsy Owens Memorial Lake Swims. 1M: 10am. 2M: 11:30am. Mirror Lake, Lake Placid. Ann Svenson: annb48@earthlink.net.adms.org.
- 14th Greater Burlington YMCA Lake Swim. 4M/8M across Lake Champlain. 8am. Camp Abnaki, North Hero, VT. 802-862-8993 x156. gbymca.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.
- Willoughby Swim 4M Open Water Swim. Westmore, VT. kingdomswim.org

SEPTEMBER

- Labor Day Race Weekend: Escape from the Judge 1M Open Water Swim. 8am. Skaneateles. skanraces.com.
- Snyders Lake Open Water Swim. Snyders Lake, Albany. adms.org.

OCTOBER

Freestyle Workshop. Dalton Pool, Smith College, Northampton, MA. totalimmersion.net.

> **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.

Hairy Gorilla Half Marathon & Squirrelly Six Mile Ominously brought to you by ARE Event Productions

9:30am • Sunday, October 31 • Thacher State Park, NY Part of ARE Grand Prix Trail Series and WMAC Grand Tree Series

Roller-coaster course with mud, muck, roots, drops, puddles • Many runners compete in costume Special awards: gorilla impersonation; costume; pumpkin carving; carrying most bananas Half marathon also has team competition – 9am: Gorilla Chase 600m Kids Race Bring bananas to appease the gorillas – Gorilla "medal" to half finishers – Post-race cookout

Half Marathon: \$25 by 10/22 (\$30 after) • 6M/Relay: \$20 by 10/22 (\$25 after)

Register: AREEP.com - No additional fees! More Info: AREEP.com or 518-320-8648

Fourth Perennial LANDIS ARBORETUM 5K FOREST RUN

Saturday, Sept. 18 at 9:30am

Run/Walk for Family Fun 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 Also, Bake Sale at Finish Line!

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



all that pre-register for 5 & 10K! **5K & 10K Fees** \$20 (before 9/18); \$23 (before 10/23) \$25 (day of)

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to

Kids Fun Run Fees (12 & under)

Become a fundraiser for Saratoga Bridges Get pledges and/or donations of \$100 or more & your fee will be waived, PLUS you could win an Apple IPOD Shuffle for raising the most money!

Create your own fundraising page at active.com/donate/SaratogaBridges



Come dressed in your favorite costume! A community event for the whole family.

Register Online:

www.saratogabridges.org More information: 518.587.0723

> Sanctioned by USA Track & Field

www.saratogabridges.org



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



Sunday, September 19 10am: 5K • 11am: Fun Run

Start/Finish: 5 Caraway Ct (Old Dater Farm), Clifton Park

Overall, age group & team awards T-shirs 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



Monday, September 6, 2010 SEFCU Headquarters | Race / Walk Start: 9:00 a.m.

This year's 5k is PRE-REGISTRATION ONLY; participants MAY NOT register the day of the event

Location:

Race Prize Structure:

Race/walk starts and finishes at SEFCU Headquarters,

700 Patroon Creek Blvd., Albany

HMRRC Entry Fee for 5k Race/Walk*:

□ \$8 for HMRRC members and SEFCU members

□ \$9 for all others

□ \$20 for HMRRC fee and a donation to the non-profit recipient

of the race funds

Applications must be received by September 3, 2010.

HMRRC Entry Fee for Kids*: \$1 per child; 1 mile; approximate 10 a.m. start

Event day registration only

Separate application for team competition is available at sefcu.com

Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU

members. No duplication of prizes.

Commemorative SEFCU 5k T-shirts will be given to all participants.

Complimentary fruit, drinks, etc. available at end of event. Refreshments:

For More Info:	Call 518-464-524		fcu.com.	ntp.//www.iiiiiiio	.com.
			I will participate in:		5k Walk □
Name					
Address					
City			State	Zip	
Age Sex Male □	Female □	Phone			
SEFCU Member □ HMRRC Member	er 🗆 Where did	l you hear about t	this event?		
*I would like to make a donation direc	tly to the SEFCU Co	ommunity Suppor	rt Program in the amoun	t of \$	·
Signature				an (if under 18)	

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Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.

Directed by HMRR0

For More info: www.serotta.com info@serotta.com 518.584.8100 X 113





Catlike, the premium Spanish manufacturer of cutting edge cycling helmets is finally available in the USA with CPSC certified helmets exclusively distributed by Serotta Sport. The Whisper Plus is highly regarded as the best helmet in the world; lightweight, cooling with 39 flow through vents, easy adjustable custom fit, providing miles and miles of long riding comfort without any sacrifice to safety and protection when worn and used properly.

CATLIKE IS HERE

Helmets are available to see and try on at the Serotta factory Fit Lab

The Serotta Fit Lab is your Adirondack resource for the ultimate cycling experience. Performance, Comfort and a better cycling experience awaits....

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







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EARS

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AUGUST 2010

RUNNING & WALKI

How to Avoid the

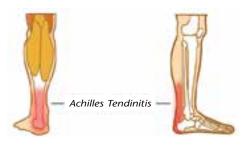
by Sara Brenner, MD, MPH

ddiction as defined by Webster is "Being abnormally tolerant to and dependent on something that is psychologically or physically habit-forming." Let's face it, we're addicts... In a good way, until the runner on our left shoulder (the one with the horns) says "Just run through it" beats out the runner on our right shoulder (the one with the halo) saying, "Take a day off."

Injury prevention is the best way to maintain the highest quality and quantity of running and walking your body can handle, as well as maximize your performance. Two seemingly minor, but very important strategies should be taken seriously to avoid and limit the severity of running-related injuries. One is active rest – building rest days into your training schedule is just as important as any other component. I call it active rest because your body is actively rebuilding and repairing, which is an essential part of maintaining overall fitness. Taking between one-to-three days off per week, or using those days to cross-train, requires as much persistence and dedication as running every day would, especially for running addicts!

The second strategy also requires selfcontrol and keen attentiveness to your body, and that is the ability to identify early signs of overuse or injury and backing off immediately. You've heard it a hundred times, "Listen to your body." This is extremely important, and equally important is responding appropriately by modifying your training at the first hint of injury. It's much better to take a few days off initially than to be out for weeks or longer after aggravating a minor tweak. Back off immediately, self-treat, or seek medical attention if needed, and ease back into running slowly, paying close attention to how your body is responding each step of the way.

Here is a brief overview of the five most common running-related overuse injuries, including how to identify them, likely causes, treatments and preventive measures.



ACHILLES TENDINITIS

The Achilles is a large tendon connecting the two major calf muscles (gastrocnemius and soleus) to the back of the heel bone. Under too much stress, this tendon may become inflamed, causing tightening, scarring and potentially rupture. Symptoms typically include a sharp or nagging pain close to the heel and reduced ankle flexibility or stiffness. Sometimes, a nodule may appear on the tendon or a crackling sound can be heard with movement. Likely causes include running on tight or fatigued calf muscles, increased hill or speedwork, or inflexible or improperly fit running shoes. Runners who overpronate are more susceptible to Achilles tendinitis.

Self-treatment should begin with immediate rest, ibuprofen and ice. If the pain/discomfort does not subside in two weeks, see a physical therapist or orthopedic surgeon for more aggressive treatment. Recovery should include stretching and alternative exercises such as cycling in low gear, swimming, and pool running (avoidance of weight-bearing exercises). Preventive measures should include strengthening and stretching of muscles in your feet, calves and shins. Custom orthotics may also be of benefit for runners who are prone to this type of injury.

CHONDROMALACIA (RUNNER'S KNEE)

Chondromalacia is a softening and/or thinning of the cartilage under the kneecap, resulting in pain and inflammation felt on the front of the knee, typically below the kneecap. **Symptoms** typically begin with a sore, nagging discomfort that is felt after long runs or hill work, which can worsen over the course of time. In severe cases, swelling and cracking or grinding sounds may be present. Likely causes

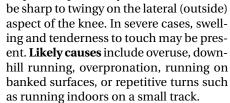
include weak or fatigued quadriceps muscles, a muscle imbalance between weak quads tighter and hamstrings, hill running (especially downhill),

running on the same side of a cambered road and overpronation.

Self-treatment should begin with rest, ice and ibuprofen. If no improvement is seen after four weeks, see a physical therapist or orthopedic surgeon. Recovery should include quadriceps strengthening and stretching of all major leg muscle groups, especially hamstrings. Swimming, pool running, and rowing are good alternative exercises. Preventive measures should include regular strengthening and stretching in your routine, custom orthotics, and continued hill and speedwork in moderation.

ILIOTIBIAL BAND SYNDROME (ITB)

This common injury results in inflammation and pain on the outside of the knee or hip due to friction at the points of insertion (connection) of the iliotibial band. **Symptoms** typically include a dull ache that starts a mile or two into a run, lingers, and then disappears after you stop. The pain may



Self-treatment should begin with rest and persistent IT band stretching several times a day. Ice and ibuprofen may also be used initially to minimize pain and swelling. If no improvement is seen within four weeks, see a physical therapist or orthopedic surgeon. Recovery should include stretching, swimming, pool running, cycling and rowing. Preventive measures include stretching as part of your daily routine and strengthening of quadriceps. Custom orthotics may also be beneficial.

PLANTAR FASCIITIS

Plantar fasciitis is an inflammation of the plantar fascia, which is a thick, fibrous band of tissue running along the bottom of the foot from the heel to the base of the toes. Under too much stress, the fascia stretches, leading to microtears, inflammation and scar tissue, which is less flexible. Symptoms usually start with pain at the base of the heel that feels like a bruise. It is typically worse in the morning or at the beginning of a run. Likely causes include running with tight Achilles tendons, high arches, flat feet, overpronation, and worn-out or improperly fitting

Self-treatment should begin with rest, ibuprofen, ice and stretching. If the injury is not responding in four weeks, see a podiatrist (one who typically treats run.

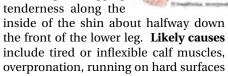
ners is best). **Recovery** should include swimming, pool running, and cycling in low gear. Preventive measures include stretching your calf muscles regularly, strengthening the foot muscles, custom orthotics, and properly fit shoes.

SHIN SPLINTS

IT band

Shin splints refer to several lower-leg injuries, but here we are describing an inflammation of the tendons on the inside of the front of the lower leg. **Symptoms** typically include an aching, throbbing or nagging tenderness along the

or increased speedwork.

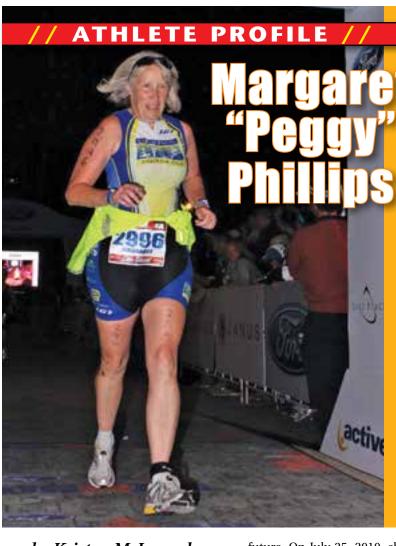


Self-treatment should begin with rest and ibuprofen. If no improvement is seen in two to four weeks, see a podiatrist. **Recovery** exercises should be non-impact, such as swimming, pool running, walking, and cycling in low gear. Preventive mea**sures** include exercising the tendons and muscles in the front of the leg, including strengthening the muscles in the front of the lower leg. Avoid high mileage on hard surfaces. Custom orthotics may also be beneficial.

Dr. Sara Brenner is a preventive medicine physician at the UAlbany College of Nanoscale Science & Engineering where she is the assistant vice president for NanoHealth Initiatives and an assistant professor of Nanobioscience. She races on roads, trails, snowshoes, and relay teams with distances ranging from 1K to 200 miles.







Family: Husband, Thomas, 53;

Daughter, 22; Son, 18

Residence: East Schodack

Occupation: Hydrologic Technician, US Geological Survey

Main Sport: Triathlon



by Kristen M. Jurcsak

remember watching the "Ironman" on television as a young girl in the 1980s. It was a relatively new sport called triathlon, where participants would swim, bike, and run - one immediately after the other. I even remember watching the famous "crawl to the finish" in Kona, Hawaii thinking as a kid that this was very cool, but pretty crazy. Why would a person put themselves through something like that? The adults in the room thought the same, as I imagine most watching the first televised triathlons did. My family was always very active, but even to us, an Ironman seemed pretty extreme.

Since that time, triathlon with distances from sprint to Ironman, has become wildly popular. Even I've completed a few shorter distance races, and I know many others who have taken on the challenge.

Peggy Phillips is a 26-year veteran in the sport of triathlon. She was competing before most people knew they existed. The first race she participated in was a team run-bike-canoe event in 1984. That summer, Peggy's strength was on the bike. She had been riding with a local club on her brand new "tax-refund" bike. It shouldn't come as a surprise that completing an Ironman would be in Peggy's future. On July 25, 2010, she completed Ironman Lake Placid at age 57.

Soon after her race success in 1984, Peggy decided to try an individual event, the Ithaca Sunset Triathlon. It consisted of a one-mile swim, 80-mile bike, and ten-mile run. For practice, she competed in the sprint-distance Snort-Gurgle Triathlon. Peggy has competed in many races over the years, including the Tupper Lake Tinman, Incredible Journey, the Glimmerglass, Lake Paran, Lake Taghkanic, Tucker Wenk, Dorchester, Pine Bush, Northern Columbia, Skinnyman, and Crystal Lake Tri.

Peggy feels her strongest event is swimming, and she joined US Masters Swimming years ago. Peggy completed a ten-mile pool swim in the early 1980s, and has competed in countless meets, including the Empire State Games. Much of her swimming centers on charity fundraising, where she organizes a Polar Plunge each January at Grafton Lakes State Park, which raises money for cystic fibrosis. She also joins 100-mile swim relays supporting autism research and awareness.

What pushed Peggy to register for Ironman Lake Placid? "For the last few years I had been thinking it is time to do Ironman before I get too old. Several members of the Capital District Triathlon

Ann Margaret McKillop

Club, of which I am a member, had also encouraged me to compete," said Peggy. It took three years for her to get in. She wanted to be at the bottom of a new age group (55) and tried the first time (in 2007) to register online for the 2008 race, only to discover it was sold out before it ever opened online. So in 2008, Peggy volunteered at bike checkout and planned to register for 2009. Watching the race really got her excited to try it.

Unfortunately, a routine mammogram in the summer of 2008 showed questionable results. The surgeon was only available at the same time as 2009 Ironman Lake Placid registration or three weeks later. Like most women faced with this situation, Peggy did not want to put off the appointment. She was also uncertain as to what the surgeon's findings would be and how involved any necessary treatments or procedures would be. The biopsy that followed, diagnosed Peggy with stage zero ductal carcinoma, the most common type of non-invasive breast cancer. Treatment required a lumpectomy and radiation. She remembers, "I was not able to swim during treatment, but my family and Masters swim team were always there for me. They kept me laughing with every breast pun in the book. I even got a tire patch kit to repair the wound after surgery! They were my rock."

Peggy was able to train in other ways throughout treatment with aerobics classes, weight training, cycling and eventually running. She volunteered as swim support for Ironman Lake Placid 2009. Happily, Peggy signed up for the 2010 race in excellent health! She says, "I enjoy being healthy and fit. I try to make all my annual exams and tests as part of my overall fitness. I feel that by being fit, you aid your own recovery if you do get sick. I see many people struggle with disease, some not of their control, and do my best to avoid illness. I try to encourage fitness in others as well."

Training for the Ironman is a significant commitment. Of the myriad of training plans out there, Peggy selected the 37-week Triathlon Geek plan. Working part-time gave her more hours in the day to prepare. Peggy's Masters swim team met twice a week and swam open water practices once the water warmed up. On nice days, she biked the 13 miles to and from work, and was fortunate to have a running buddy at the office. Weekends were reserved for bike rides of 70 to 80 miles and runs of 17 to 18 miles. As a member of CDTC, she took advantage of the Crystal Lake Summer Training Series.

Peggy's first words to describe her Ironman experience was, "Definitely hard!" Just as she thought, her best event was the swim. Even with her open water experience, she remarked, "The swim was crazy! The pushing, shoving, and people swimming over each other, lasted for the first quarter-mile." She finished the swim second in her age group, and was only 15 seconds behind the fastest woman. The challenging bike course went smoothly. For the run, Peggy race-walked up the hills of the second half-marathon, but all along she knew she was going to finish. Peggy's overall time was 15 hours, 14 $minutes, just \, slightly \, behind \, her \, personal \,$ goal of 15 hours. She finished sixth in her age group of 11 finishers.

Her favorite memory was coming into the stadium at the Olympic Speedskating Oval. "The crowds were inspiring and at that moment, you realized you've accomplished something special." Her most stressful memory was the day before the race. "As my husband and I were driving into town, I read that check-in closes at 4pm. I didn't realize that and just by chance came across it as we were driving up." To make a long story short, Peggy picked up her race packet at 3:55pm! Even now she's not sure if she would have been able to race if she walked in to registration at 4:01pm. That was a close call!

Thinking back on the experience, Peggy remarks, "There is no one person that inspired me to complete an Ironman. I think the inspiration comes from the triathlon community that I am part of. My family has been very supportive. My husband and daughter were race volunteers and were there to cheer me on all day. I was also thinking of my father-in-law who passed away on July 25, 2009."

Peggy continued, "I'm surprised how many people were watching the ironmanlive.com coverage. I didn't even know it existed. I was also surprised how many people were concerned about me racing, fearing I would collapse somewhere along the way. It was a lot of fun but a lot of hard work. I roughly calculated that I burned 11,000 calories for the day."

If she could change anything in her training, Peggy would do longer, faster bike rides, and train with a running coach. When asked before the event about competing in another Ironman, she replied, "If all goes well with this race I will be happy not to do it again. I will continue to participate in the fundraising marathon swims and triathlons up to half-Iron. Overall, triathlons have taught me that I'm stronger than I thought. I'm not fast, but I can keep going."

Peggy's biggest piece of advice for firsttime triathletes: "Keep it fun. Join a group, make friends, train together, compare notes, and share the enthusiasm!"

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





AnnMargaret@MyFitnessRecovery.com • 802.259.3617 • MyFitnessRecovery.com







ears ago, John Flanagan, my swim coach during my winters in Virginia, served as open water coach for the US Swimming team going to FINA World Swimming Championships. His "Ten Commandments of Open Water Swimming" still stand as useful advice for anyone undertaking an open water swim or triathlon.

Thou Shall Not Swim Alone – Safety is number one. Never swim alone. If you can't get a friend to swim with you or accompany you in a boat, have someone walk the shoreline while you swim parallel to shore. "Definitely have a buddy system," John says. "Swimming alone is a bad move."

Thou Shall Not Be Intimidated — No lines on the bottom to guide you, waves, currents – all these things can be distracting or even disturbing to the "debutant" (read: beginner), but with proper training and preparation, can be easily managed. (See Commandments 3 to 5.) These are the things that distinguish open water from pool swimming.

Thou Shan Start Silver I looking for a race or a good training Adirondack spot, think small and tame. Adirondack District Masters Swimming offers lake swims that loop around a quarter-mile underwater cable (so much for no lines to follow!) in Mirror Lake in Lake Placid. The 9th Annual Betsy Owens Memorial Lake Swims, one-mile and two-miles, will be held Saturday, August 14. Entries close August 8, but if you've missed it, try something else short (open-water races can be as little as a half-mile), calm (lakes are a good place to start) and fun (guaranteed).

Thou Shall Learn to Sight Breathe - Learning to swim straight takes practice. When you're in a pool with a lane to yourself, try swimming a length with your eyes shut (count your strokes so you don't run into the wall). If you hit the lane line before the wall, find something to "sight" while looking up every few strokes. Pick something at the opposite end of the pool or on the wall. To get used to it, take a few strokes with your head out of water ("Tarzan Drill"), then find your "sight," and put your head back down for a few strokes. Eventually reduce the number of strokes with your head out, then reduce the amount you raise your head. Then increase the number of strokes between sighting strokes. Be aware that lifting it too high, too often is strenuous, so you'll tire more quickly doing it. You want to lift it just high enough to see.

Thou Shall Alternate Breathe - Learning to breathe on both sides (bilateral or alternate-side breathing) will help you swim straighter, reduce shoulder strain, and reduce the stress caused by having to breathe to the outside of the swim course. It takes time to get used to – start in the fall after the open water swim season is over. Start by breathing to the same wall - in other words, to the left in one direction, and the right on the way back. Believe me, you'll get used to in time for next year! It was one of the earliest swim tips I got, and now I swim that way, regardless of the distance or venue.

Thou Shall Not Kick So Hard - Your quadriceps muscles use more oxygen than any others in your body, so save energy and learn a two-beat kick. Use your core for power (think Tiger Woods, A-Rod) instead of your legs. This is especially important for triathletes who need those legs for the bike and run. Be especially aware of kicking as you start to swim (in the pool or open water) - it will make you winded very quickly. The mantra I tell beginners is "breathe, don't kick" - remember to exhale and drag your legs behind you during the first 100 yards of your swim. It will make the rest a lot more enjoyable!

Thou Shall Not Covet a Pool Stroke - As Total Immersion coach, Terry Laughlin, (another of my mentors) pointed out in a recent article in this magazine (April 2010), an open water stroke should be a lot longer with slower turnover than in a pool, as you're not getting rest from gliding off the wall.

AUGUST 2010

Thou Shall Let the Mind Wander -Runners know the feeling – getting to a "zone" during a long run. Let the same thing happen in open water swimming. There's no wall to anticipate, no clock to tell you how fast or slow you're going. Settle in and cruise along.

Thou Shall Start Smart – Besides remembering to breathe and not kick, avoid the crowd. It can be harrowing to be kicked or have your goggles knocked off or be swum over during the mass start of an open water swim or triathlon. If you've never been part of a mass start, gather five or six friends in the pool, and all get in one lane. Put the slower swimmers in front and the faster ones in back and all start together. That will give you a slight idea of what to expect. When you get in an open water race or the swim in a triathlon, hang back or swim wide.

Thou Shall Have Fun - Open water swimming can be an amazing sport... As long as you follow the Ten Commandments!

And a final word to the wise: If you are an inexperienced swimmer who is afraid of the water, take a swim class before venturing into open water swimming, or entering a tri. Most area Ys offer instruction year-round for all levels of ability. Make sure you are comfortable in the pool before venturing into open water. 🜲

Ann Svenson (annb48@earthlink.net) is vice chair of USMS's Long Distance Committee and director of the Betsy Owens Memorial Lake Swims. She has been a USMS Long Distance All Star the last three years and a national record holder in four long distance and open water events. She coaches and teaches at the YMCA of Saratoga.



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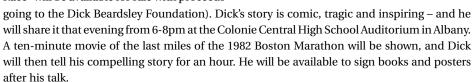
AROUND THE

News Briefs

Marathoner Dick Beardsley Coming to Albany on Aug. 26

ALBANY - Marathoning is rich with stirring and uplifting stories, starting when Pheidippides ran from the plains of Marathon to Sparta to ask for help against the Persians. No story is more inspiring than that of Dick Beardsley, who rose from humble beginnings to become one of the greatest marathoners in the world, only to be brought down by a series of freak farming and auto accidents, with doctors predicting that he would spend the rest of his life in a wheelchair. Gradually becoming severely addicted to painkillers, the man who dueled Alberto Salazar in the intense heat of the 1982 Boston Marathon, now famously called "The Duel in the Sun," turned his life around, directing to his recovery the same focus that had made him a world-class athlete.

Dick has two appearances scheduled in Albany on Thursday, August 26. Both are open to the general public and are free admission. First, Fleet Feet Sports Albany will host Dick from 2-4pm to meet visitors and sign books ("The Duel in the Sun" and "Staying the Course: A Runners Toughest Race" will be available for sale with proceeds



Now in his 14th year of sobriety, Dick is a nationally renowned motivational speaker who travels the world sharing his story. He and his wife Jill recently formed the Dick Beardslev Foundation with the mission to educate others about chemical dependency as well as provide grants to those who need help in seeking treatment (dickbeardsleyfoundation.org). His appearances are sponsored by New Balance and Fleet Feet Sports. If you would like to attend the presentation, RSVP: ffalbanyevents@yahoo.com.

XTERRA Lake Placid Triathlon Weekend is August 20-22

LAKE PLACID - The 2nd Annual XTERRA Lake Placid Triathlon takes place on Sunday, August 22, and will once again provide a great setting for this individual and team event. New this year is the short course race option in addition to the long course option. Racers in the short course will complete one loop of each part of the race. Organizers will be having a great post race feast in the Olympic Speedskating Oval following the race, so put this event on your calendar.

On Saturday, August 21, there will be 5K and 10K Trail Running Races on the same run course as the triathlon, with start/finish inside the Olympic Oval. Also on Saturday, an XTERRA Lake Placid Triathlon Race Clinic will be taught by Ken Robins, a four-time regional champion who has qualified and competed in numerous national and world XTERRA championships. The free clinic will be from 12-1:30pm. Ken will go over race-day nutrition, transition setup, tactics, and lead a slow pre-ride of bike course. RSVP to Ken at champxterra@yahoo.com. Finally, there will be a Mountain Bike Demo Day Saturday and XTERRA Lake Placid Swim Clinics at the Mirror Lake Beach on Friday and Saturday. For more info, visit: triandduit.com.

Cryosurgery **New Treatment** for Foot Pain



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

What is Cryosurgery?

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

The Benefits

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

Dr. David Lambarski, Board Certified Podiatric Surgeon

Northeast Foot Care • Mohawk Medical Arts Bldg., Suite 106 • Amsterdam

t. 842.2200

FROM THE EDITOR & PUBLISHER

Summer is Only Halt-Over

Don't let the back-to-school flyers get you down! Our family has a summer list of things to do (not all of it is sports-related!) and we've hit about half of it. Hiking, kayaking, kids' triathlon, reading, family bike rides, mountain biking, running races, ballet, orchestra, day at the Saratoga racetrack, and more. So, if you're like us and have a summer to-do list, we hope the Calendar of Events, feature articles, our Athlete Profile Peggy Phillips, or any combination of these gives you the inspiration and information to check off the sports and fitness sections of your list.



One of the highlights of the summer for Darryl and our son Justin was the downhill mountain bike camp they attended at Gore Mountain. They had a great day of riding with other kids and adults, which we've shared with everyone. Another proud moment was Meghana's first 24-mile bike ride during the annual SHAPE Multisport Camp. She was very excited to have done it on her road bike, where she could practice her shifting too.

We hope this summer has been filled with your own highlights and adventures. Enjoy the rest of your summer!

Cheers, MOIA and

Ride 4 Love is Now Ride Run Walk 4 Love

SARATOGA SPRINGS - On Saturday, Sept. 25 join the third annual fundraising event dedicated to the fight against modern day slavery. Proceeds from Ride Run Walk 4 Love go to Love 146, an international human rights group working to end the trafficking and exploitation of children. Since Ride 4 Love's inception in 2008, when only 60 people embarked on the inaugural ride, they have raised over \$50,000 for Love 146.

This year's event will start/finish at Saratoga Spa State Park in Saratoga Springs, and will include a new 5K run/walk as well as a fun kid's ride. You have an opportunity to make a difference by protecting children and restoring the survivors of slavery. Grab your bike or your sneakers this September and ride, run or even walk for justice by joining the 2010 Ride Run Walk 4 Love. Visit: rrw4l.com.

Team in Training with Leukemia & Lymphoma Society

ALBANY - The Leukemia & Lymphoma Society's Team in Training offers hands-on training, through their established network of coaches, mentors and teammates, built over the past 22 years. They set up your training regimen, advise you on nutrition and injury prevention, and hold weekly team workouts to encourage one another and stay on track. The Upstate New York/Vermont Chapter is beginning training for the Walt Disney World Marathon and Half Marathon Weekend in Orlando on Jan. 8-9, 2011, and the PF Chang's Rock 'n' Roll Arizona Marathon and Half Marathon in Phoenix on Jan. 16, 2011. Both events are open to runners and walkers. Learn more about Team in Training at the no obligation Information Meeting at The Crossings in Colonie, South Pavilion, on Wednesday, August 11 at 5:30pm. For more information, call (800) 482-TEAM or visit: teamintraining.org. 🔷





www.AdkSports.com AUGUST 2010

Credit Card Touring

by Dave Kraus

or many cyclists like me, riding is freedom. I'm out on the open road, just me and my bike traveling to wherever the open road and my dreams take me.

But there has always been a limit to recreational riding. Sooner or later I reach that point farthest away from home where I have to turn back. It's that rural intersection where the road keeps receding into the distance, beckoning me into the thrilling and unknown distance.

BUT... It's getting dark. Or I have to fix dinner. Or the lawn has to be mowed. So I turn the bike around and head home. Meanwhile, that open road is still there, calling to me, taunting me!

But what if I didn't have to turn back? What if I could just keep going for the rest of the day, then do it again the next day without the need for heavy panniers or towing a trailer? What if I didn't have to wake up in my tent, listening to the rain pounding on the nylon fly, knowing I have to pack it all up before I can get moving again?

If those dubious pleasures of bike touring don't appeal to you either, then credit card touring may be just what you need. Ride the racing bike you love, carrying the bare minimum in essentials, and use that little magic card to get all the comforts of home.

Light touring this way can be liberating and easy if you plan ahead and make sure you're prepared. Here are some tips for doing just that:

BEFORE YOU GO

Plan your route - Websites like bikely.com and mapmyride.com let you plan ride routes in detail, supplying mileage, altitude profiles, and letting you generate a printable cue sheet.

Get your bike checked and inspected - If you've been putting off getting that strange clicking or creaking sound checked, don't put it off any longer. Check your tires carefully. If there are too many small cuts or worn tread, get new ones. Don't tempt fate.

Make a list of written resources and take two copies - It should include names and phone numbers of places you're staying, local bike shops, and emergency services along your planned route. Include medical insurance info and their toll-free number. Don't forget emergency contacts if you do get stranded. Also remember to check with them to confirm they will actually BE at those numbers while you're on the road!

Decide what kind of ride you want to do – Will it be a loop leading you back home, or will you head out for two or three days and take the train or bus home? If you are, make sure you also have bus or train schedules and make sure they will transport your bike for you.

Check the weather forecast - Even if the forecast is clear, take a packable windbreaker/rain jacket anyway.

Decide on your luggage - Will you only take what can fit in three pockets of your jersey? That's a challenge. Carrying a small waist or backpack can make things considerably easier without making your riding too uncomfortable.

WHAT TO TAKE

My regular seat bag always contains at least: one spare tube, patch kit, CO2 chuck with at least two cartridges (or a pump, if that's your preference), mini multi-tool, two tire levers, several long zip ties, and some duct tape. Wrap the duct tape around your CO2 cartridges. It will stay wrapped straight and keep the metal pieces from clanking together.

One more extra tube and one more CO2 cartridge. A Presta to Schrader pump valve adapter - it costs \$1.50 and how many gas stations in the middle of nowhere have you heard of that have Presta valve pumps? Small lights front and back if you intend long days in the saddle that just might stretch into dusk.

Small Swiss Army type knife. Cell phone for emergencies. Bandana. Small digital camera with extra batteries and an extra plastic bag for it if needed. Lightweight packable windbreaker or rain jacket.

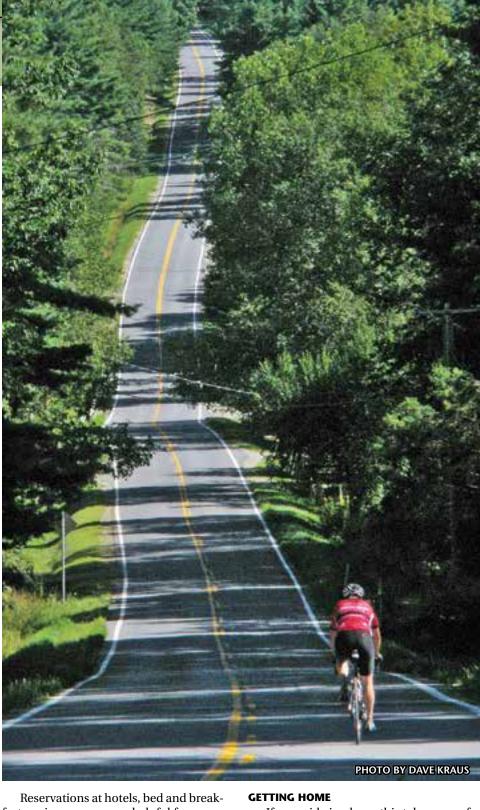
After-ride clothing such as a nylon or T-shirt, running shorts and flip-flop type shoes. A lightweight nylon runner style cap. Swim suit if you're staying anywhere with a pool.

Toothbrush. Take prescriptions? Make sure to take some with you. Spare glasses in a case if you're blind as a bat (like me). Water for the road - this is easier if you're carrying a hydration pack. Some cash, driver's license, and that magic plastic card.

ON THE ROAD

Keep your driver's license, credit card, cash, ride map, and emergency contact list in a resealable plastic bag in your jersey pocket. Keep some more cash, an extra copy of your map and emergency list, and a backup credit card somewhere else on your bike. Don't forget that extra \$20 bill stashed in your shoe or inside the end of your handlebars, because you just never know...

If you are going to rinse out your riding kit, do it the moment you arrive at your motel and hang them out to dry. Starting a ride in the morning with a wet pad in your shorts is not fun. Trust me on this one.



fasts or inns are ever so helpful for peace of mind.

Know your limits. While last minute route changes are tempting, it might end up in the kind of adventure you'd rather avoid. Also look at your past performance and be reasonable in your expectation of how far you can ride in a day. Keep in mind that an unexpected wrong turn or mechanical problem could add hours to your daily ride and leave you finding your way in the dark.

If your ride is a loop, this takes care of itself. If it's not a loop, then train or bus reservations are also helpful unless you like standing in the pouring rain hearing, "Sorry, kid, the bus is full!" Good luck and have fun! 🜲

Dave Kraus of Schenectady is a longtime cyclist, freelance photographer, writer and AFAA/ISFTA certified personal trainer. Contact him at dbkraus@earthlink.net.



The Morgan Stanley Smith Barney's Consulting Group provides investors with independent, institutional-level investment managers and

We'll help you develop:

- > a long-term approach to your investment objectives
- > a personalized strategy for asset allocation

experienced, objective financial advice.

> select an appropriate investment management firm > review and monitor your portfolio performance

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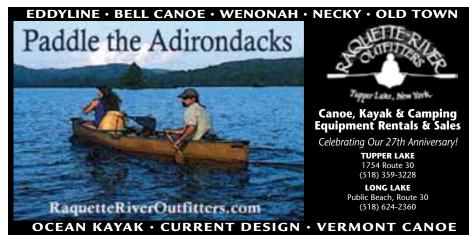
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> MorganStanley SmithBarney







Race Results

15TH ANNUAL BL	ACK FLY CHA	LLENGE MC	OUNTAIN BIKE RA	ACE
June 12, 2010 • 40 Mi	les: Moose Rivei	r Recreation A	rea, Inlet to Indian	Lake
CVCI OCDOCC	11 Charle Fools	2.25.00	Distance McIllians	2.20

CYCLOCRO		11 Chuck Early	3.75.00	Dichard Williams	2:30:18
ALE OVERALL	440	11 Chuck Early12 Ryan D'Allessandro	3:25:00 3:31:52	3 Richard Williams 4 Randy Swingle	2:30:18 2:37:07
Dan Staffo/30-39	2:03:49	13 Ogden Christoper	3:32:45	5 John Rubin	2:43:30
Tim O'Shea/30-39	2:03:49	14 Ryan Belge	3:42:03	6 David Meemken	2:44:15
Terry Blanchet/40+	2:05:12	15 Ryan Finnerty	3:47:08	7 Michael loele	2:46:52
MALE OVERALL		SPORT MALE: AGE :	30 - 39	8 Randy Rocheleau	2:47:49
Bryna Blanchet	2:15:14	1 Steven Gates	2:15:19	9 Michael Kem	2:50:01
Shelley Reynolds	2:41:59	2 Gregg Sargis	2:38:05	10 Michael O'Donnell	2:53:00
Sarah Falso	2:54:43	3 Sam Simon	2:44:16	11 Rob Jacob	2:54:29
ALE AGE: 1 - 29		4 Michael Curley	2:49:10	12 Dan Fischer	2:59:39
Randy Hadror	2:08:40	5 Nicholas Seleni	2:56:27	13 Mark Dullea	3:00:51
Cody Madigan	2:12:07	6 Steven Lang	3:14:08	14 John Guggisberg	3:04:20
Ben Yardeau	2:20:01	SPORT MALE: AGE		15 Mike Smrtic	3:06:16
Scott Burlingame	2:23:48	1 Dave Burger	2:13:01 2:15:01	16 Stephen Romero	3:07:27
Casey Swinton	2:28:56	2 Jon Kosich 3 Arthur Picard	2:15:02	17 William McMahon	3:07:39
Eric Schillinger Adam McNeill	2:30:12	4 Glenn Allen	2:20:00	18 Michael Goldstone	3:13:41
ALE AGE: 30 - 39	2:30:37	5 Tad Norton	2:21:38	19 Robert Watt	3:16:30
Phillip McCarthy	2:08:40	6 Scott Swingle	2:26:13	20 David Button	3:18:04
Justin Deamicis	2:08:40	7 Glyn Chilton	2:30:17	BEGINNER MALE: AGE	50 - 99
Fred Harle	2:09:03	8 Jud Speer	2:30:17	 Michael Hodgman 	2:26:19
Scott Hock	2:11:57	9 Owen Doherty	2:30:25	2 Dennis Vankerkhove	2:33:56
Jeff Hoover	2:13:00	10 Michael Grasso	2:34:43	3 Floyd Lampart	2:37:49
Sean Behrman	2:15:13	11 Joe Magliocca	2:36:07	4 Jim Lewis	2:40:41
Michael Wentland	2:15:25	12 Bill Toran	2:36:34	5 Timothy Decker	2:40:44
Chris Cook	2:15:57	13 Paul Toran	2:36:34	6 Dean Widay	2:47:01
ALE AGE: AGE 40 - 9		14 Marc Rusch	2:37:05	7 Tom Aceti	2:49:30
Gregory Drumm	2:08:39	15 Paul Bialobok	2:39:48	8 Randy Young	2:53:37
Eric Grimm	2:08:39	16 Ed Ledda	2:40:22	9 Neal Garnsey	2:55:38
Anthony Monaco	2:08:40	17 Jeff Rivet	2:40:43	10 Robert Bachorik	2:58:40
Chuck Quackenbush	2:11:26	18 Norman Cognetto 19 Don Harrington	2:42:15 2:44:16	11 Richard Quinn	3:00:10
Brad Young	2:12:59	20 Dana Monteith	2:44:16	12 Chester Jozefski	3:01:43
Bob Gover	2:13:00	SPORT MALE: AGE !		13 Carl Anderson	3:02:18
Bret Young	2:15:00	1 Edward Mahoney	2:33:33	14 John Siliciano	3:04:08
Rob Dietrick	2:15:01	2 Terry Gardner	2:35:51	15 Steve Mulvihill	3:08:34
Carl Johnston Mark Williams	2:15:01	3 Fred Jaquish	2:38:47	16 Eric Leskovec	3:10:54
Joe Paterson	2:15:11 2:15:11	4 Daniel Defrees	2:41:43	17 Thomas Kopp	3:15:37
Robert Dadekian	2:15:12	5 Will Luke	2:42:38	18 John Cheney	3:15:52
Brian Nilsson	2:15:12	6 John Maengly	2:46:10	19 Bruce Iffert	3:16:17
Mark Daley	2:15:13	7 Harry Meyer	2:48:51	20 Gary Cagwir	3:17:36
Jones Gordon	2:15:14	8 Kirby VanVleet	2:49:09	BEGINNER FEMALE: AG	
Paul Speranza	2:15:14	9 Peter Gilbertson	2:49:12	1 Trisha Wickmire	3:18:16
Thomas Butler	2:21:12	10 Randy Tuttle	2:50:01	2 Teal Reeves	3:22:27
Patrick Lawrence	2:22:49	11 Bruce Kaminsky	2:55:34	BEGINNER FEMALE: AG	
Dave Beals	2:22:49	12 Pat Fitzgerald	2:55:38	1 Michelle Leary	3:00:37
Gene Primomo	2:23:36	13 Steve Empie 14 Scott Manzer	2:59:38 2:59:51	2 Christine Loveric	3:02:30
MOUNTAIN	BIKE	14 Scott Manzer 15 Nick Calogero	3:00:15	3 Tammy Huckabone	3:04:34
ALE OVERALL		16 Jim Finnerty	3:00:15	4 Kim Behrman 5 Carissa McMahon	3:05:21
Paul Fronhofer/Exp 30	+ 2:08:47	17 Larry Battles	3:01:37		3:05:31
Chris Welch/Sp 50+	2:13:00	18 Christopher Tai	3:09:08		3:06:59
Jason Dellilo/Exp 30+	2:13:00	19 Thomas Lynk	3:09:36	7 Marcia Paterson 8 Sarah Hoffman	3:08:27 3:14:49
MALE OVERALL		20 Mike Mead	3:11:40	9 Emily Flagg	3:14:49
Kim Kilmartin/Sp 30+	2:40:52	SPORT FEMALE: AG		10 Kristen Scanio	3:16:49
Angela Schneurch/Exp		1 Lorraine Turturro	3:05:02	10 Kristen Scanio 11 Tamara Casella	3:26:19
Jeanne Kaminsky/Sp 3		2 Kara Rusch	3:14:19	12 Susan Webster	3:28:02
(PERT MALE: AGE 19		3 Barb Egenhofer	3:30:52	13 Hillary Ryan-Rusch	3:29:17
Michael Jaworski	2:20:01	4 Maureen Dooley	4:38:24	14 Ann Johnston	3:30:53
Jason Remington Rick Gloo	2:48:00 2:58:50	5 Patty Crane	4:38:24	15 Sue Grimm	3:40:41
		BEGINNER MALE: A		16 Kate Smith	3:40:41
Leigh VanVolkenburg (PERT MALE: AGE 30	3:02:09 1 - 39	1 Keith Kogut	2:40:23	17 Kristen Mucitelli-Heath	
Jay Scott	2:16:14	2 Mark Leskovec	3:06:30	18 Peg Nelson	3:43:40
Andy Reed	2:24:23	BEGINNER MALE: A 1 Steve Stearns		19 Kristin Condie	3:47:32
Leo Linder	2:43:59	1 Steve Stearns 2 Greg Hammond	2:48:00 2:49:31	20 Debra Pasch	3:56:31
PERT MALE: AGE 40		3 Jamie Campbell	2:49:31	JUNIOR MALE: AGE 1 -	
Steven Williams	2:13:04	4 Lucas Bovee	2:56:13	1 Stephen Smeds	3:16:50
Brian Campbell	2:15:07	5 Michael Mahar	2:58:21	2 Tyler Dunkle	3:26:07
Douglas Southwick	2:19:13	6 Q Jones	2:58:36	3 Jordan Hoffman	3:29:17
Brian Emelson	2:27:11	7 Derek MacDonald	3:03:25	4 Jack Mulvihill	3:31:24
David Elsenbeck	2:39:49	8 Dennis Coughlin	3:15:31	5 Andrew Litteer	3:32:02
Tom McNamara	2:41:53	9 Raymond Mere	3:17:42	6 Evan Klein	3:53:27
Armand Arekian	3:04:23	10 Anatoly Shkaf	3:21:00	7 John Paul Donohue	4:00:35
(PERT FEMALE: AGE		11 Matt Kurimsky	3:26:17	8 Andy Casey	4:39:21
Krista Harwick	3:18:13	12 Jake Galbreath	3:32:47	9 Matt Casey	4:39:22
ORT MALE: AGE 19		13 Alan Cushman	3:39:31	10 Konnor Asmuth	4:54:16
Adam Sokolnicki	2:15:14	14 Ray Scanio	3:46:38	JUNIOR FEMALE: AGE 1	
Will Bradley	2:30:37	15 Courtney Fair	3:52:39	1 Trixie Wessel	4:36:51
Matt Jaquish	2:35:03	16 Sean Kullman	3:52:39	TANDEM	
Dylan Reeves	2:48:17	17 Chad Gauthier	4:06:56	1 Anne/Andy August	2:24:03
Chris Battles	2:52:41	18 Steve Cook	4:21:59	2 Wendy/Brian Sanders	2:38:24
Dulan Band				Z VVCHQY/DHQH JQHQCI3	2.50.24
Dylan Reed	2:59:09	19 John Platz	4:23:05		5.18.37
Dylan Reed Joshua Miller Ricardo Hernandez	3:04:43 3:08:21	20 Todd Gloo BEGINNER MALE: A	4:27:12	3 Dylan Mangiacapre	5:18:32

ADIRONDACK NORTH COUNTRY RACE WEEKEND Wilmington-Whiteface Road Race & Saranac Lake Downtown Criterium June 12-13, 2010 • Wilmington & Saranac Lake

2:13:17 Brandon Milet

2:16:03 Derek Wojtkun

BOYS: JUNIOR 15-16 - 41 MILES

2:20:17 Charlie Bencze

2:11:35 Curtis White

2:15:37 Hunter Dansin

2 3:12:58 Susanna Piller

Delanson

2:15:26 Keane McCullum Unattached, Plattsburgh

2:13:10 Jack MacClarence Farm Team Cycling, Loudonville

Farm Team Cycling, Cambridge

Farm Team Cycling, Cambridge

Unattached, Tupper Lake

Capital Bicycle Racing Club,

Farm Team Cycling, Cambridge

Team Placid Planet, Plattsburgh

NYSEF, Lake Placid

ı		WILMINGTON-WHI	TEFACE ROAD RACE
		Race Winners &	Regional Finishers
	MEN: PRO	CAT 1/2/3/UNDER-	23 - 82 MILES
	1 3:47:22	Andre Tremblay	Nativo PG, St-Lambert, QC
	7 3:48:55	Wayne Bray	MVP Health Care, Clinton
	16 3:49:40	Christian Favata	Favata's TRT Bicycles, Rosendale
	27 3:50:27	Kevin Bouchard-Hall	l Unattached, Jay
	30 3:51:20	Andrew Bernstein Cha	ampion System Racing, Saratoga Sprir
	WOMEN: F	RO/CAT 1/2/3/UND	ER-23 - 55 MILES
	1 2:51:15	Beth Miller	Anthem Sports Women, Delmar

2:51:29 Audrey Scott 2:52:28 Jenny Ives 2:59:56 Sarah Krzysiak Team Bikeway.com, Poughkeepsie Anthem Sports Women, Gloversville Anthem Sports Women, Utica 11 3:12:17 Rosanne Van Dorn **MEN: CAT 3/4 – 55 MILES** Unattached, Lake Placid

2:33:23 Daniel Chabanov CRCA/Jonathan Adler, Brooklyn 2:33:29 David McCahill Team Placid Planet, Lake Placid 2:36:16 Aaron Hall Unattached, Rensselaer Team Placid Planet Keene Valley 10 2:36:39 Christopher Fey 11 2:36:41 Michael Drexel Unattached, Delanso 14 2:36:47 Erik Markewich Anthem Elite Development, Stephentown 15 2:36:55 James Leone NYCROSS.com, Delmar 27 2:37:44 Allan Rego Unattached, Lake Placid 30 2:38:05 Zack Vogel 33 2:38:34 John Onderdonk Unattached, Saratoga Springs Battenkill-United, Saratoga Springs 34 2:38:56 Patrick Dunn Rensselaer Polytechnic Institute, Troy Unattached, Chazy North Atlantic Velo, Ballston Spa 39 2:50:08 Jeffrey Krywanczyk 40 2:57:52 Todd Shapiro

WOMEN: CAT 4 - 28 MILES 1:36:36 Heather Voisin Onion River Racing, Montpelier, VT Capital Bicycle Racing Club, Albany 1:39:30 Elizabeth Lukowski 1:41:34 Darci Lafave Team Placid Planet, Lake Placid :42:31 Betsy Richer Unattached, Keene

Unattached, Rensselaer

Corning Race Team, Ithaca

Farm Team Cycling, Cambridge Unattached, Lake Placid

42 2:58:41 William Munyan

2:12:02 Eli Robinson

2:12:10 Ben Dolva 2:12:11 Sam Cowan

MEN: CAT 5 - 41 MILES 2:08:50 Richard Sertor 2:08:54 Colin Delaney Central NY Cyclist, Clinton High Peaks Cyclery, Lake Placid Team LIBLL Lake Placid 2:10:02 Jeff Petrocci apital Bicycle Racing Club, Worceste 10 2:11:26 Matt Cook Unattached, Saranac Lake Team Placid Planet, Saranac Lake 11 2:13:14 Bill Schneider 18 2:16:41 Jon Mulholland 19 2:17:00 Jerry Macner Unattached, Plattsburgh

21 2:17:31 Tom MacClarence Battenkill-United, Loudonville 24 2:18:43 Joel Mancini Unattached, Freehold 25 2:19:54 Randy Kelley ACT, Plattsburgh 27 2:23:40 Rich Burnle Battenkill-United, Gansevoort 29 2:32:50 Andrew Parkes Unattached, Glenville Team Placid Planet Lake Placid 33 2:40:20 William Whitney BOYS: JUNIOR 17-18 - 41 MILES

2:21:56 Joey Izzo 2:34:01 Owen McCullum BOYS: JUNIOR 13-14 - 13 MILES 0:36:58 Keane Brennan Farm Team Cycling, Cambridge 0:36:58 Hunter Miller Unattached, Rhinebeck 0:37:50 Joseph Toth Capital Bicycle Racing Club, Stephentown 0:39:36 Wyatt Drake Farm Team Cycling, Cambridge 0:40:50 Connor Lenihan Farm Team Cycling, Lake George BOYS: JUNIOR 10-12 - 13 MILES Gianni Polhemus 0:42:41 Isaac Allen Unattached, Marlboro GIRLS: JUNIOR 15-18 - 28 MILES 1:40:14 Geneviève Patry Dynamiks, St-Hyacinthe, QC GIRLS: JUNIOR 13-14 – 13 MILES Farm Team Cycling, Queensbury 0:36:58 Julia Sante 0:36:58 Emma White Capital Bicycle Racing Club, Delanson GIRLS: JUNIOR 10-12 – 13 MILES 0:43:53 Kathryn Toth Capital Bicycle Racing Club Stephentown MEN: MASTERS 35-OVER - 55 MILES CIBC Wood Gundy, Kirkland, OC 2:33:03 Daniel Grenier Verge Sport, Saugerties Favata's TRT Bicycles, Hurley 2:35:56 David McCutcheon 2:36:54 Mark Miller 12 2:37:52 Paul McDonnell Capital Bicycle Racing Club, Selkirk MEN: MASTERS 45-OVER - 55 MILES Team Danbury Audi, Mount Vernon 2:32:31 Carl Reglar 2:36:17 Kevin Mosher 2:36:27 Richard Karaz Clinton Cycling Club, Voorheesville Central NY Cyclist, Remsen 11 2:37:04 Jack Piller Battenkill-United, Plattsburgh 12 2:37:17 Andrew Ruiz Clinton Cycling Club, Delma 15 2:45:15 Douglas Campbell Clinton Cycling Club, Salem 17 2:49:06 Timothy Eck 21 2:54:11 Donald Rice North Atlantic Velo, Ballston Spa CCB Racing, Rensselaer Battenkill-United Take George 22 3:02:31 Michael Lenihan 23 3:02:47 Dan Reilly Team Placid Planet, Saranac Lake MEN: MASTERS 55-OVER – 41 MILES 2:12:12 Daniel Sullivan 2:17:23 Guy Damiano Signature Cycles, Florida Mohawk Valley Bicycle, New Hartford 2:17:37 Philip Burnett Capital Bicycle Racing Club, Niskayuna MEN: MASTERS 60-OVER - 41 MILES Genesee Valley Cycling, Honeove Falls 2:16:34 Mark McCarthy 2:30:03 Van Fronhofer Cambridge Valley Cycling, Salem WOMEN: MASTERS 35-OVER - 55 MILES Corning Race Team, Spencer Anthem Sports Women, Plattsburgh 2:59:52 Ruth Sherman

ADIRONDACK NORTH COUNTRY RACE WEEKEND continued **WOMEN: MASTERS 45-OVER - 28 MILES** BOYS: JUNIOR 17-18 - 15 MILES

****	LIV. IVIASILINS 43-0 VL	IL - 20 MILLS	-	, , , , , , , ,	110K 17-10 - 13 W	ILLJ
1 1:3	39:07 Donna Moody	Team Placid Planet, Lake Placid	1	34:31	Brandon Milet	Farm Team Cycling, Cambridge
2 1:4	43:39 Stacy Maziejka	Unattached, Voorheesville	2	35:43	Ben Dolva	Farm Team Cycling, Cambridge
3 1:4	47:04 Alicia Chase	Team Placid Planet, Cadyville	4	35:43	Keane McCullum	Unattached, Plattsburgh
WOM	EN: MASTERS 55-OVE	R – 28 MILES	5	35:43	Sam Cowan	Unattached, Lake Placid
1 1:4	48:32 Lynne Murray	Unattached, Plattsburgh	6	-1 lap	Derek Wojtkun	Farm Team Cycling, Cambridge
	SARANAC LAKE D	OWNTOWN CRITERIUM	7	-3 laps	Charlie Bencze	Unattached, Tupper Lake
	Race Winners &	Regional Finishers	BO		IIOR 15-16 – 15 M	
MEN:	PRO/CAT 1/2/3/UNDER		1	34:28		Capital Bicycle Racing Club, Delans
1 59	:28 Nathaniel Ward	Wheelhouse/NCC Cycling, Albany	2	34:35	Jack MacClarence	Farm Team Cycling, Loudonville
14 59	:48 Lee Peters	Univ. of Vermont, Ticonderoga	4	-2 laps	Hunter Dansin	Farm Team Cycling, Cambridge
WOM	EN: PRO/CAT 1/2/3/UN	DER-23/35-OVER - 17 MILES	5 6	-2 laps	Nate Capone Keane Brennan	Team Placid Planet, Vermontville
1 40	:13 Beth Miller	Anthem Sports Women, Delmar	9	-3 laps -4 laps		Farm Team Cycling, Cambridge ital Bicycle Racing Club, Stephenton
2 40	:13 Jenny Ives	Anthem Sports Women, Gloversville	_	-5 laps	Owen McCullum	Team Placid Planet, Plattsburgh
7 -2	laps Rosanne Van Dorn	Unattached, Lake Placid			NIOR 13-14 - 7 MI	
MEN:	CAT 3/4 - 20 MILES		1	17:16	Keane Brennan	Farm Team Cycling, Cambridge
1 43	:21 David Connery	Corner Cycle Club, Shelburne, VT	2	18:10		ital Bicycle Racing Club, Stephento
2 43	:21 Allan Rego	Unattached, Lake Placid	3	18:10	Wyatt Drake	Farm Team Cycling, Cambridge
4 43	:21 David McCahill	Team Placid Planet, Lake Placid	5	-1 lap	Connor Lenihan	Farm Team Cycling, Lake George
5 43	:21 Jim Walker	Team Placid Planet, Elizabethtown	BO	YS: JUN	NOR 10-12 - 7 MI	LES
8 -1	lap Patrick Dunn	Rensselaer Polytechnic Institute, Troy	1	18:10	Gianni Polhemus	Battenkill-United, Spencertown
10 -1	lap Ben Dolva	Farm Team Cycling, Cambridge	2	-1 lap	Isaac Allen	Unattached, Marlboro
11 -1	lap Michael Duerr	Battenkill-United, Glens Falls	3	-1 lap	Linus Sante	Farm Team Cycling, Queensbury
15 -1	lap Christopher Fey	Team Placid Planet, Keene Valley	5	-2 laps	Quin Taylor	Unattached, Chestertown
16 -1		Wear On Earth, Canton	GI		NIOR 13-14 – 7 MI	
18 -1		Unattached, Cooperstown	1	17:16		Capital Bicycle Racing Club, Delans
19 -1	lap Jack Piller	Battenkill-United, Plattsburgh	2	18:05	Julia Sante	Farm Team Cycling, Queensbury
21 -1	lap Matthew Goedeke	Capital Bicycle Racing Club, Delmar	GI		NIOR 10-12 – 7 MI	
22 -1	lap Andrew Roginski	Unattached, Saratoga Springs	1	18:24	Kathryn Toth	Capital Bicycle Racing Club,
24 -1	lap William McGreevy	Team Placid Planet, Wilmington		ephentow		Form Toom Civiling Combridge
WOM	EN: CAT 4 - 15 MILES			-2 laps	Dagny Drake	Farm Team Cycling, Cambridge

38:42 Denise Watson Nalgene-R3, Webster 38:42 Nicole LaPlante Unattached, Peru Madeleine Bonneville Unattached, Saratoga Springs 38:42 Darci Lafave Team Placid Planet, Lake Placid -2 laps Elizabeth Lukowski NYCROSS.com, Albany MEN: CAT 5 - 15 MILES 35:02 35:04 Colin Delaney High Peaks Cyclery, Lake Placid Loren Swears Team Elevate Cycles, Gansevoort 35:04 Jeff Petrocci

Team Placid Planet, Lake Placid Jon Mulholland Unattached, Plattsburgh 35:04 35:04 Seth Demarrais Capital Bicycle Racing Club, Worcester Thomas MacClarence Capital Bicycle Racing Club, Loudonville Unattached, Saratoga Springs Shane O'Brien Luke Schulz

36:11 Steven Tinston Westwood Velo, Blauvelt
-1 lap Timothy Leonard Capital Bicycle Racing Club, New Hartford Unattached, Lake Placid

n Team Cycling, Cambridge ttached, Tupper Lake al Bicycle Racing Club, Delanson m Team Cycling, Loudonville m Team Cycling, Cambridge m Placid Planet, Vermontville m Team Cycling, Cambridge ycle Racing Club, Stephentown n Placid Planet, Plattsburgh n Team Cycling, Cambridge cycle Racing Club, Stephentov n Team Cycling, Cambridge n Team Cycling, Lake George enkill-United, Spencertown ttached, Marlboro n Team Cycling, Queensbury ttached, Chestertown Bicycle Racing Club, Delanson n Team Cycling, Queensbury ital Bicycle Racing Club, n Team Cycling, Cambridge MEN: MASTERS 35-OVER - 20 MILES 44:41 Peter Vollers Woodstock Bicycle Club, Woodstock, VT 44:44 Dieter Drake Battenkill-United, Cambridoe MEN: MASTERS 45-OVER - 20 MILES Clinton Cycling Club, Delmar Andrew Ruiz Clinton Cycling Club, Voorheesville Battenkill-United, Spencertown Team Placid Planet, Saranac Lake 44:44 Kevin Mosher Brian Polhemus

MEN: MASTERS 60-OVER - 15 MILES 1 37:21 Mark McCarthy Genesee Valley Cycling, Honeoye Falls WOMEN: MASTERS 45-OVER – 15 MILES Team Placid Planet, Lake Placid

MEN: MASTERS 55-OVER - 15 MILES

Donna Moody Team Placid Plane Courtesy of Team Placid Planet

2ND ANNUAL READ RUN 5K TO BENEFIT LITERACY June 13, 2010 • Saratoga Springs Public Library, Saratoga Springs

MALE OVERALL		_	_		MALE AGE GROUP: 3	_	-	
1 Shaun Donegan	24	Wilton	17:44	1	Melissa Murphy	35	Ballston Spa	23:27
2 Jeff Nastke	28	Saratoga Springs	17:45	2	Jodi Mehan	36	Saratoga Springs	23:50
3 Kellen Riell	24	Saratoga Springs	18:07	3	Shannon Hansen	36	Ballston Spa	24:25
FEMALE OVERALL	24	Saratoga Springs	10.07	М	ALE AGE GROUP: 40	- 44		
1 Sarah Morin	13	Porter Corners	19:46	1	Stephen Offord	43	Porter Corners	18:10
2 Devan Tracey	18	Saratoga Springs	21:21	2	Joseph Nicoll	42	Wilton	21:17
3 Jody Harrison	61	Saratoga Springs	21:31	3	Rik Woldring	42	Saratoga Springs	21:55
MALE AGE GROUP: 1			21.51	FE	MALE AGE GROUP: 4	0 - 44		
1 John Capozzola	14	Saratoga Springs	23:40	1	Mary Williams	40	Gansevoort	22:45
2 Tom Burns	12	Clifton Park	23:44	2	Dorothy Hill	41	Saratoga Springs	22:52
3 Ian Quillinan	13	Lake George	24:12	3	Jeannine Butler	43	Corinth	24:01
FEMALE AGE GROUP			24.12	M	ALE AGE GROUP: 45	- 49		
1 Jordan Casey	13	Ballston Lake	23:51	1	Samuel Mercado Jr	47	Wilton	19:46
2 Nhu Le	9	Warrensburg	29:42	2	Jack Arnold	47	Latham	19:51
3 Anna Milton	12		30:27	3	Michael Connor	49	Saratoga Springs	20:37
MALE AGE GROUP: 1		Saratoga Springs	30.27	FE	MALE AGE GROUP: 4			
	16	Danahar II	18:29	1	Tracy Perry	46	Clifton Park	22:36
		Beecher, IL		2	Susan Keely	45	Glens Falls	23:20
2 Jack Ganer	16	Albany	19:41	3	Patricia Monahan	48	Warrensburg	24:02
3 Bryan Scheren	17	Schuylerville	21:55		ALE AGE GROUP: 50			
FEMALE AGE GROUP		1. 4	25.26	1	Ken Schwartz	52	Wilton	18:56
1 Erin Arnold	15	Latham	25:26	2	Hugh Davis	50	Saratoga Springs	19:09
2 Donya Rowe	19	Clifton Park	28:52	3	Bob Ellis	54	Saratoga Springs	21:54
3 Sydney Smith	15	Saratoga Springs	34:12	FE	MALE AGE GROUP: 5			
MALE AGE GROUP: 2				1	Dorie Stevenson	50	Queensbury	27:14
1 Stefano Fontana	21	Watervliet	18:47	2	Susan Riley	52	Saratoga Springs	27:22
2 Scott Boshek	24	Ballston Spa	25:13	3	Karen Byer	50	Greenfield Center	27:42
3 Zachary Hoag	24	Gansevoort	26:55		ALE AGE GROUP: 55			
FEMALE AGE GROUP	20 - 24			1	Michael Dellarocco	59	Schenectady	24:07
1 Amber Frazier	22	Fort Edward	24:09	2	Charles Babcock	55	Saratoga Springs	24:32
2 Mareesa Nicosia	24	Saratoga Springs	27:37	3		56	Schuylerville	25:24
3 Sarah Grill	20	Watervliet	28:36		MALE AGE GROUP: 5			
MALE AGE GROUP: 2	5 - 29			1	Cathy Soloyna	57	Wynantskill	27:54
1 Matthew Igler	28	Saratoga Springs	19:54	2	Jane Sanzen	57	Saratoga Springs	29:38
2 Jonathan Warman	29	Niskayuna	20:44	3		57	Saratoga Springs	53:38
3 Scott Clark	28	Ballston Spa	22:36		ALE AGE GROUP: 60			
FEMALE AGE GROUP	25 - 29			1	Daniel Hurwitz	63	Saratoga Springs	31:44
1 Adrienne Campbell	25	Albany	23:23	2	Mike Schechner	61	Saratoga Springs	32:51
2 Nichole Demarco	28	Clifton Park	24:14	3	Joseph Vogel	60	Greenfield	48:09
3 Maria Compson	26	Glens Falls	24:53		MALE AGE GROUP: 6		_	
MALE AGE GROUP: 3		Gieris i dils	2 1.55	1	Sue Nealon	60	Troy	29:37
1 Brad Wilson	33	Rensselaer	21:41	2	Christine McDonald	62	Glens Falls	31:57
2 Matt Zappen	34	Catskill	22:10	3	Alice Carpenter	60	Delmar	34:41
3 Michael Washco	31	Albany	22:10		ALE AGE GROUP: 65			20.55
FEMALE AGE GROUP		Albuily	44.14	1		67	Saratoga Springs	29:29
1 Kristy Maxwell	32	Clifton Park	23:19		MALE AGE GROUP: 6		- 11	
2 Lisa Lyng	30	Ballston Spa	23:44	1	Nancy Powhida	68	Ballston Spa	48:45
, 5				2	Nancy Burkly	68	Saratoga Springs	52:26
3 Wendy Quinn-Decator MALE AGE GROUP: 3		Schenectady	25:18	3	Betty Arnell	65	Atlanta, GA	52:27
1 Justin Vianese	5 - 39 37	Carataga Carinas	10.40		ALE AGE GROUP: 70		Managla Mil	20.44
		Saratoga Springs	18:49	1	Curtis Rhodes	70	Marcella, MI	29:14
2 Michael Bracken	36	Saratoga Springs	19:36	2		79	Saratoga Springs	38:15
3 Jim Flanagan	35	Gansevoort	21:28		Courtesy of Literacy	New York	k Greater Capital Reg	ion

					. HUDSON CR Hudson Crossin						
	500-YARD SWIM, 12		•		MALE AGE GROUP: 4	_	aunon,		<i>Gyrel Ville</i> ALE AGE GROUP: 3!	5 . 39	
	3.25-MILE		DIKE,	1	Jenny Stahl	41	1:23:15	1		36	1:02:12
М	ALE OVERALL			2	Karyn Fragomeni	40	1:26:49	2	William Davis	35	1:07:59
1	Brian Trainor	19	1:00:13	3	Mary Beth Ryan	44	1:27:21	3	Christian Gee	38	1:11:25
2	Patrick O'Keefe	34	1:00:14	FE	EMALE AGE GROUP: 4	15 - 49		м	ALE AGE GROUP: 4	0 - 44	
3	Michael Halstead	43	1:00:15	1	Paula DeVantier	48	1:32:13	1	Jon Hussev	43	1:03:07
FE	MALE OVERALL			2	Mary Dalaba	45	1:32:18	2	Steve Becker	43	1:04:15
1	Aurora Lamperetta	37	1:11:56	3	Susan Halstead	46	1:39:34	3	Rvan Rath	40	1:07:40
2	Selina Lenetsky	32	1:14:30	FE	EMALE AGE GROUP: 5	0 - 54		м	ALE AGE GROUP: 4	5 - 49	
3	Tammy Friend	33	1:16:50	1	Ann Markes	52	1:24:46	1	Bobby Hanson	48	1:13:17
FE	MALE AGE GROUP:	10 - 14		2		52	1:26:30	2	Michael Robinson	47	1:16:37
1	Madison Leggett	12	1:33:02	FF	EMALE AGE GROUP: 6	in - 64		3	Howard Kreitsek	49	1:20:33
FE	MALE AGE GROUP:	15 - 19		1	Christine McKnight	62	1:29:07		ALE AGE GROUP: 5		1.20.55
1	Kaileigh Moore	19	1:25:34	2	Joyce Bartlett	62	1:54:46	1	Frank Bender	59	1:18:45
FE	MALE AGE GROUP:	20 - 24		- N	IALE AGE GROUP: 15		1.54.40	2	Mark Bancroft	59	1:42:24
1	Elise Britt	23	1:20:09	1	Connor Grant-Knight	17	1:11:31	_	ALE AGE GROUP: 6		1.42.24
2	Rachel Carlson	20	1:23:10	2	Brian Vargo	16	1:11:38	1	John Turner	60	1:22:12
3	Laura Persico	22	1:31:21		IALE AGE GROUP: 20		1.11.30	2	Daniel Lynch	60	1:28:08
FE	MALE AGE GROUP:	25 - 29		IVI			1:05:50	_	,		
1	Kristin Harnden	29	1:22:28	1	Steven Vargo	21		3	Douglas Kabat	64	1:32:06
2	Braelin Thornton	26	1:27:45	2		20	1:10:10	IVI	ALE AGE GROUP: 6		
3	Ariel Dickson	29	1:28:59	3		22	1:10:12	1	Hugh Dunseath	66	1:12:56
FE	MALE AGE GROUP:	30 - 34		M	IALE AGE GROUP: 25	- 29		2	Robert Cheney	69	1:23:59
1	Kristen LeClair	33	1:20:30	1	Andy Akins	27	1:16:25	M	ALE AGE GROUP: 70	0 & OVE	
2	Sarah Peters	34	1:23:16	2	Stephen Finkle	29	1:19:21	1	Armand Langevin	73	1:53:04

1:22:09

1:04:05

1:10:37

31

33

34 1:12:16 TEAM OVERALL

2 The Ants

1 Hoosic Valley Grads

Team Schuylerville

Courtesy of Hudson Crossing Triathlon

1:07:22

1:09:45

1:15:48

3 Matthew Martin

1 Jason Hart

MALE AGE GROUP: 30 - 34

Jonathan Conkling

30 1:28:54

35

37

39

1:19:42

1:26:24

1:30:46

Kendra Farstad

Jennifer Kendrick

Julie Hanson

FEMALE AGE GROUP: 35 - 39

			-						
M	ALE OVERALL	25	6 11 1	40.00		EMALE AGE GROUP: 3			
1	Chris Marsh	25	Castleton	18:39	1	Linzabetii roarig	33	Troy	25:02
2	Jim Glavin	37	Castleton	20:04	2	7 taara Dibacco	31	Watervliet	26:40
3	Erik Hagglove	39	Mechanicville	24:22	3	Dacey Bonney	34	Troy	28:01
FE	MALE OVERALL				M	IALE AGE GROUP: 40	49		
1	Kaylee Scott	13	Castleton	20:22	1	Greg DeJulio	44	Wynantskill	24:25
2	Jessica Richburg	17	East Greenbush	21:13	2	Michael Lenney	46	East Greenbush	28:03
3	Janice Phoenix	49	Schenectady	22:20	3	Ernest Tubbs	41	East Greenbush	31:57
M	ALE AGE GROUP: 12		-	27.24	FE	MALE AGE GROUP: 4	0 - 49		
1	Ethan Lenney	7 10	East Greenbush	27:21 27:51	1	Lisa Root	44	Fast Greenbush	24:14
2	Logun Speed Nick Jula	9	Rensselaer Castleton	27:51 30:55	2	Kate Morrow	42	Troy	25:26
	NICK IUIA MALE AGE GROUP:			30:55	3	Mary Signorelli	48	Castleton	26:08
1	Shavna Lennev	12 & UNL	Fast Greenbush	27:18	_	IALE AGE GROUP: 50		Custicion	20.00
2	Brittany Hazzard	12	Rensselaer	27:56	1	Tim Doherty	56	Fast Berne	25:10
3	Alvssa Casatell	12	East Greenbush	31:45	2	Michael Jerard	55	Cohoes	43:47
	ALE AGE GROUP: 13		rast diecilbasii	31.43	3	Dan Carter	50	Poestenkill	49:32
1	Anthony Golden	19	Nassau	28:25	_	EMALE AGE GROUP: 5		roesterikili	49.32
2	Deven Geraow	17	Fast Nassau	31:34	1	Ann Dillon	U - 39 51	Tear	24:16
3	Josh White	17	Rensselaer	37:09	1			Troy	
-	MALE AGE GROUP:		nensseider	37.03	2	Doreen Buen	53	Troy	25:23
1	Katie Schmidt	17	Fast Greenbush	23:45	3	Deb McCarthy	50	Burnt Hills	26:10
2	Alex Turoski	13	Fast Greenbush	27:52	M	IALE AGE GROUP: 60			
3	Alexis Malatesta	15	Rotterdam Junction	29:17	1	Stephen Chenette	60	East Greenbush	24:34
M	ALE AGE GROUP: 20				2	David Kaczynski	60	Schenectady	31:32
1	Brian Marsh	28	Castleton	25:51	3	Jim Whelan	63	Slingerlands	34:02
2	Anthony Gannon	23	Selkirk	26:37	FE	EMALE AGE GROUP: 6			
3	Philip DiPompei	24	Watervliet	35:40	1	Constance Ives-Fent	64	Albany	45:4
FE	MALE AGE GROUP:	20 - 29			2		69	Schenectady	58:06
1	Marie Luby	23	Clifton Park	24:55	FE	MALE AGE GROUP: 7	0 & OVE	:R	
2	Michele Poole	27	Rensselaer	25:16	1	Rose Nardacci	73	West Sand Lake	48:2
3	Amy Forgea	21	Rensselaer	26:02		Courtesy of Family	& Friend	ds of Liza Ellen Warne	er

						THON & HAL			
	Ju	ıne 1.	3, 2010 • Oly	mpic Spe	edsk	cating Oval, Lak	ce Pla	cid	
	MARATI	10N - 2	6.2 MILES		FEN	ALE AGE GROUP: 40	- 44		
Тор	5 Overall, Top 3 Age Gr	oup, Red	gional Finishers (Ov	erall Place)	1	Jennifer Erhardt	40	Rocky River, OH	4:03:28
MΑ	LE OVERALL	,		,	2	Deborah Dellapena	43	Wayne, PA	4:14:23
1	Sebastien Roulier	36	Sherbrooke, QC	2:39:49	3	Belinda Simmons	44	Monrovia, MD	4:16:38
2	Brian Dinan	18	Geneva	2:49:42	257	Jennifer LaFontaine	41F	Plattsburgh	4:37:08
3	Paul Humphrey	42	Deerfield	2:57:20	300	Jackie Gilmore	41F	Lake Placid	4:58:26
4	Rich Wisneski	41	Fairlawn, OH	3:02:07	313	Wendy Meagher	43F	Camden	5:06:28
5	Michael Bragdell	37	Colora, MD	3:02:17	331	Maureen Kelly	41F	Corinth	5:24:00
FEN	MALE OVERALL				356	Elizabeth Cahill	40F	Feura Bush	5:46:42
1	Micaela McMurrough	33	New York	3:10:02	MA	LE AGE GROUP: 45 - 4	49		
2	Samantha Garnet	22	Monroe	3:10:50	1	Doug Theroux	49	Holyoke, MA	3:05:41
3	Lauren Sischo	22	Canton	3:21:01	2	Ron Proud	46	Montreal, QC	3:10:43
4	Mary Hallett	37	Gloversville	3:21:32	3	Jon Gurney	47	Saratoga Springs	3:14:33
5	Rachael Tlumak	26	Staten Island	3:29:23	5	Michael Hamel	45	Castleton	3:22:01
MA	LE AGE GROUP: 15 - 1				167	Mark Tiano	48M	Kingston	4:13:13
1	Alfred Brassard	19	Champlain	3:26:34	178	Tim Feeney	49M	Niskayuna	4:16:28
2	Connor Herdic	19	Champlain	3:43:11	197	Douglas Browning Jr.	47M	Tribes Hill	4:22:25
3	Ben Frank	18	Queensbury	3:44:51	213	Richard Chipman	49M	Castleton	4:26:32
4	Alexander Goff	19	Lake Placid	3:55:11	229	John Gregory	46M	Mechanicville	4:30:03
5	Jake Savin	18	Queensbury	4:35:02	309	John Graham	45M	Saranac Lake	5:05:46
311	Jon Streker	19M	Rouses Point	5:06:13	FEN	IALE AGE GROUP: 45	- 49		
	Michael Novelli	18M	Peru	5:23:39	1	Diane Hanson	45	Fonda	3:42:29
FEN	MALE AGE GROUP: 15	- 19			2	Karen Mackin	45	Acton MA	3.48.57

	IALE OVERALL					Elizabeth Cahill	40F	Feura Bush	5:46:42
1 2	Micaela McMurrough Samantha Garnet	33 22	New York Monroe	3:10:02 3:10:50		LE AGE GROUP: 45 -		Habraha MAA	2.05.41
3	Lauren Sischo	22	Canton	3:21:01	1 2	Doug Theroux Ron Proud	49 46	Holyoke, MA Montreal, QC	3:05:41 3:10:43
4	Mary Hallett	37	Gloversville	3:21:32	3	Jon Gurney	47	Saratoga Springs	3:14:33
5	Rachael Tlumak	26	Staten Island	3:29:23	5	Michael Hamel	45	Castleton	3:22:01
	LE AGE GROUP: 15 - 1					Mark Tiano	48M	Kingston	4:13:13
1	Alfred Brassard	19	Champlain	3:26:34	178	Tim Feeney	49M	Niskayuna	4:16:28
2	Connor Herdic	19	Champlain	3:43:11	197		47M	Tribes Hill	4:22:25
3 4	Ben Frank Alexander Goff	18 19	Queensbury Lake Placid	3:44:51 3:55:11		Richard Chipman	49M	Castleton	4:26:32
5	Jake Savin	18	Queensbury	4:35:02		John Gregory	46M	Mechanicville	4:30:03
	Jon Streker	19M	Rouses Point	5:06:13		John Graham	45M	Saranac Lake	5:05:46
	Michael Novelli	18M	Peru	5:23:39	1	IALE AGE GROUP: 45 Diane Hanson	45 45	Fonda	3:42:29
	IALE AGE GROUP: 15				2	Karen Mackin	45	Acton, MA	3:42:29
1	Jessica Ford	19	Tinton Falls, NJ	4:19:59	3	Inge Aiken	48	East Greenbush	3:54:39
2	Jeremy French-Lawyer	17	Pompey	6:15:02		Elizabeth Chipman	49F	Castleton	4:26:32
	LE AGE GROUP: 20 - 2		Cabaaaataalii	2,10,14		LE AGE GROUP: 50 -	54		
1 2	Brent Heesemann Colin Martin	22 24	Schenectady Wappingers Falls	3:19:14 3:28:30	1	Vincent Chiappetta	54	Hingham, MA	3:09:07
3	Alexander Madded	20	Lake Placid	3:29:37	2	Jeffrey Urbanke	50	Murray Hill, NJ	3:23:49
5	Noah Dingman	20	Brant Lake	3:33:27	3	Bruce Gordon	54	Fulton, MD	3:45:20
50	Nate Webb	20M	Saranac Lake	3:40:28	5	Andy Leblanc	54	Indian Lake	4:07:07
217	Jonathan Coupal	20M	Rouses Point	4:27:26		Danny Arnold Fred Dunaway	52M 50M	Clifton Park Constable	4:12:31 4:24:41
	Bryant Abbuhl	20M	Slingerlands	4:48:30		IALE AGE GROUP: 50		Constable	4.24.41
	IALE AGE GROUP: 20				1	Christine Feeney	51	Niskayuna	4:16:28
1	Brianne White	23	Kittery, ME	3:48:57	2	Patricia Laduca	52	Williamsville	4:33:32
2	Suzanne Sanderspree	24	Rochester	3:50:11	3	Helen Shafer	54	Vero Beach, FL	4:36:57
3 4	Kristin Haraldsdottir Leslie Aiken	24 21	Lawrenceville, NJ East Greenbush	3:54:10 3:54:39		LE AGE GROUP: 55 -		•	
	Mari Walsh	21 20F	Saranac Lake	3:54:39 4:06:41	1	Gary Gundlach	56	Davenport	3:57:00
287	Katherine Forbes	23F	Latham	4:50:20	2	David Dietrich	59	Greenville	3:58:22
	Tara Green	23F	East Greenbush	4:56:22	3	John Carboni	56	Schenectady	4:02:53
	Anni Nowhitney	22F	Ballston Spa	5:25:03	4	Jeffrey Ruiz	57	New Paltz	4:05:44
MAI	LE AGE GROUP: 25 - 2	29				Jeffrey Lawrenz	58M	Saranac	5:32:20
1	Paul Halayko	27	New York	3:07:30		IALE AGE GROUP: 55 Domitilia Dos Santos	55 - 59	New York	4.24.E4
2	Joseph Miller	27	Brooklyn	3:08:50	1 2	Lisa Meissner	55	Tupper Lake	4:24:54 4:36:02
3	Michael O'Brien	26	Saratoga Springs	3:10:29	3	Rosemary Fowles	58	Washington, ME	5:24:27
28 29	Taylor McKenna	26M 27M	Lake Placid Lake Placid	3:23:35 3:23:35		LE AGE GROUP: 60 -		rrasimigton, me	5.2 1.27
29 56	Matt Curley Keith Kogut	25M	Tupper Lake	3:37:49	1	Harland Bigelow	63	Lisle	4:30:02
99	Peter Rogers	29M	Saranac Lake	3:54:36	2	John Twigg	63	Thunder Bay, ON	5:06:35
	John Nakel	29M	Saratoga Springs	3:59:17	3	Bruce Owens	62	Lawrenceville, GA	5:11:55
	Scott Tart	26M	Saratoga Springs	4:02:34	FEN	IALE AGE GROUP: 60			
146	Chad Stewart	27M	Oneonta	4:07:20	1	Jean Smith	62	Vineland, NJ	5:04:21
	Graig Carbino	26M	Malta	4:13:30	2	Betty Rose	62	Montpelier, VT	5:26:59
	Patrick Shaw	26M	Troy	4:13:31		LE AGE GROUP: 65 -		VACIE	4.04.33
	Nicholas Parrotte	28M	Mechanicville	4:29:34	1 2	Henry Art Michael Lafontaine	65 68	Williamstown, MA Champlain	4:01:33 4:18:56
FEIVI 1	IALE AGE GROUP: 25 Jessica Link	- 29 27	Hopewell, NJ	3:30:57	3	Newton Baker	68	Montpelier, VT	4:43:58
2	Brett Harris	25	Albany	3:32:16		LE AGE GROUP: 70 -		monspenci, m	15.50
3	Kristen Howard	26	Ithaca	3:34:03	1	Jim Heinz	70	Las Vegas, NV	5:58:18
84	Katie Vitello	27F	Albany	3:49:59		HALF MAR	ATHON -	13.1 MILES	
90	Carrie Mendolia	27F	Clifton Park	3:51:33	MA	LE OVERALL			
	Amanda Litwin	28F	Ballston Lake	3:56:55	1	Tommy Fyffe	22	Cincinnati, OH	1:14:45
	Jolene Johnston	28F	Clifton Park	4:04:26	2	Derek Lockwood	20	Millville, MA	1:16:34
155		26F	Delmar Rainbow Lake	4:09:18 4:12:55	3	Kevin Emblidge	26	Canton	1:17:50
100	Nicole Susser	255						Geneva	
	Jennifer McAleese	25F			4	Ethan Dinan	18		1:18:54
181	Jennifer McAleese Willow Davis	26F	Saranac Lake	4:17:09	5	Josh Leblanc	18 21	Saranac Lake	1:19:05
181 221	Jennifer McAleese Willow Davis Jennifer Fischer	26F 26F	Saranac Lake Little Falls	4:17:09 4:28:52	5 FEN	Josh Leblanc IALE OVERALL	21	Saranac Lake	1:19:05
181 221 228	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko	26F	Saranac Lake Little Falls Cohoes	4:17:09	5 FEN 1	Josh Leblanc I ALE OVERALL Sara Facteau	21 33	Saranac Lake Peru	1:19:05 1:23:11
181 221 228 251	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko	26F 26F 27F	Saranac Lake Little Falls	4:17:09 4:28:52 4:30:02	5 FEN 1 2	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell	21 33 33	Saranac Lake Peru Tupper Lake	1:19:05 1:23:11 1:23:48
181 221 228 251 255	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon	26F 26F 27F 28F 27F 28F	Saranac Lake Little Falls Cohoes Saranac Lake	4:17:09 4:28:52 4:30:02 4:36:23	5 FEN 1	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink	21 33	Saranac Lake Peru Tupper Lake Atlanta, GA	1:19:05 1:23:11 1:23:48 1:29:49
181 221 228 251 255 293 322	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent	26F 26F 27F 28F 27F 28F 29F	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh	4:17:09 4:28:52 4:30:02 4:36:23 4:37:00	5 FEN 1 2 3	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport	21 33 33 22 46	Peru Tupper Lake Atlanta, GA Melrose, MA	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38
181 221 228 251 255 293 322 MAI	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent LE AGE GROUP: 30 - 3	26F 26F 27F 28F 27F 28F 29F	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks	4:17:09 4:28:52 4:30:02 4:36:23 4:37:00 4:53:26 5:15:33	5 FEM 1 2 3 4 5	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink	21 33 33 22 46 22	Saranac Lake Peru Tupper Lake Atlanta, GA	1:19:05 1:23:11 1:23:48 1:29:49
181 221 228 251 255 293 322 MAI 1	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent Le AGE GROUP: 30 - 3 Joe Mashaw	26F 26F 27F 28F 27F 28F 29F 34	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy	4:17:09 4:28:52 4:30:02 4:36:23 4:37:00 4:53:26 5:15:33	5 FEM 1 2 3 4 5	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane	21 33 33 22 46 22	Peru Tupper Lake Atlanta, GA Melrose, MA	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38
181 221 228 251 255 293 322 MAI 1	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent LE AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart	26F 26F 27F 28F 27F 28F 29F 31 31	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON	4:17:09 4:28:52 4:30:02 4:36:23 4:37:00 4:53:26 5:15:33 3:14:44 3:17:04	5 FEM 1 2 3 4 5 MA 1 FEM	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 1- Jacob Champlin IALE AGE GROUP: 1	21 33 33 22 46 22 4 13 • 14	Saranac Lake Peru Tupper Lake Atlanta, GA Melrose, MA East Aurora Rushville	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:32:15 1:26:19
181 221 228 251 255 293 322 MAI 1 2	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent LE AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart Chris Ackley	26F 26F 27F 28F 27F 28F 29F 34 31 32 31	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON Carlisle, PA	4:17:09 4:28:52 4:30:02 4:36:23 4:37:00 4:53:26 5:15:33 3:14:44 3:17:04 3:28:45	5 FEN 1 2 3 4 5 MA 1 FEN 1	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 14 Jacob Champlin IALE AGE GROUP: 1 Ashley Kosowicz	21 33 33 22 46 22 4 13 • 14	Peru Tupper Lake Atlanta, GA Melrose, MA East Aurora	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:32:15
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181 221 228 228 255 293 322 MAI 1 2 3 557 1 2 3 3 4 1 5 4 1 5 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent Le AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart Chris Ackley Eric Winke Bryan Brodock Jack Trachtenberg Peter Panagedes IALE AGE GROUP: 30 Jaime Clogston Marie Smith Samantha Wolthuis Jamie Heidt Kim Didrich Katie Foster Jennifer Nichols Le AGE GROUP: 35 - 3 Thomas Cappaert Frank Debonis William Hamel Greg Ethier Dylan Gallagher Mark Hummel Charles Kubly James Engel Robert Poisson Joel Cummings IALE AGE GROUP: 35 Stephanie Deschaine	26F 26F 27F 28F 27F 28F 29F 29F 29F 29F 29F 29F 29F 29F 29F 29	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON Carlisle, PA Saratoga Springs Utica Glenmont Ballston Spa Claremont, NH West Point Princeton Jct., NJ Waterford Rensselaer Hannawa Falls Ballston Lake Cottage Grove, WI Andover, MA Clifton Park Waterford Saugerties Ligabethtown Fonda Spencertown Mechanicville Norwich Bay Village, OH Ashland, MA	4:17:09 4:28:02 4:30:02 4:36:23 4:37:00 4:53:26 5:15:33 3:14:44 3:17:04 3:28:45 3:37:01 3:42:49 4:19:15 5:38:48 3:51:05 3:53:21 3:54:23 4:10:14 5:47:08 5:50:46 3:12:40 3:19:40 3:26:54 3:36 3:36 3:36 3:36 3:36 3:36 3:36 3:36 3:36 3:36 3:36	5 FEN 1 2 3 4 5 MAI 1 2 3 4 5 FEN 1 2 3 4 5 MAI 1 2 4 5 MAI 1	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 1. Jacob Champlin IALE AGE GROUP: 15 - Michael Schram Adam Bradley Matthew Champlin Matthew Castaneda Drew Webster IALE AGE GROUP: 15 IEIZabeth Izzo Alison O'Brien Nikki McCarthy Heidi Baumbach Jillian Tompkins LE AGE GROUP: 20 David Szymkowiak Luke Shane Brandon Eck Keith Hollis Adam Kosowicz IALE AGE GROUP: 20 Megan Pesyna Joanne Smith Bizz Burns Meghan Williams Caitlin Martin LE AGE GROUP: 25 - 3	21 33 33 22 46 22 4 13 -14 19 18 19 18 19 18 19 19 18 19 19 24 20 23 22 20 1-24 24 23 21 24 21 29	Saranac Lake Peru Tupper Lake Atlanta, GA Atlanta, GA Rushville Monroe Tupper Lake Stanley Las Vegas, NV Great Bend Petersburg Lake Placid Rensselaer Wallkill Lake Placid Wallkill Amherst Bolton Landing Philadelphia, PA Annapolis, MD Monroe Philadelphia, PA Astoria Blacklick, OH New York Wappingers Falls	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:30:21 1:30:21 1:26:19 2:46:48 1:20:58 1:30:24 1:34:15 1:42:00 1:45:31 1:37:43 1:40:22 1:40:52 1:42:45 1:36:23 1:31:38 1:32:54 1:35:50 1:36:23 1:41:44 1:41:59 1:42:12
181 1221 1228 1229 1225 1225 1229 123 123 123 123 123 123 123 123 123 123	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent Le AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart Chris Ackley Eric Winke Bryan Brodock Jack Trachtenberg Peter Panagedes IALE AGE GROUP: 30 Jaime Clogston Marie Smith Samantha Wolthuis Jamie Heidt Kim Didrich Katie Foster Jennifer Nichols LE AGE GROUP: 35 - 3 Trank Debonis William Hamel Greg Ethier Dylan Gallagher Mark Hummel Charles Kubly James Engel Robert Poisson Joel Cummings IALE AGE GROUP: 35 Denise Kraska Stephanie Deschaine Jessica Szeli	26F 26F 27F 28F 27F 28F 29F 244 31 32 31 32 M 33M 33M 32 2 34 30F 33F 33F 33F 33F 33F 33F 33F 33F 33F	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON Carlisle, PA Saratoga Springs Utica Glenmont Ballston Spa Claremont, NH West Point Princeton Jct., NJ Waterford Rensselaer Hannawa Falls Ballston Lake Cottage Grove, WI Andover, MA Clifton Park Waterford Saugerties Elizabethtown Fonda Spencertown Mechanicville Norwich Bay Village, OH Ashland, MA Wallkill	4:17:09 4:28:02 4:30:02 4:36:23 4:37:00 4:53:26 3:14:44 3:17:04 3:28:45 3:37:01 3:42:49 4:19:15 5:38:48 3:51:05 3:53:21 3:54:23 4:10:14 3:19:40 3:12:40 3:19:40 3:26:54 3:39:12 3:55:38 4:23:46 4:28:51 4:28:51 4:31:13 4:58:42 3:42:57 4:34:08	5 FEN 1 2 3 4 5 MAI 1 1 2 3 4 4 5 MAI 1 2 3 MAI 1 2 3 MAI 1	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 1- Jacob Champlin IALE AGE GROUP: 1 - 1- Ashley Kosowicz LE AGE GROUP: 15 - Michael Schram Adam Bradley Matthew Champlin Matthew Champlin Matthew Castaneda Drew Webster IALE AGE GROUP: 15 Elizabeth Izzo Jilian Tompkins LE AGE GROUP: 20 - 1 David Szymkowiak Luke Shane Brandon Eck Keith Hollis Adam Kosowicz IALE AGE GROUP: 20 Megan Pesyna Joanne Smith Bizz Burns Meghan Williams Caitlin Martin LE AGE GROUP: 25 - 1 Brian Donovan	21 33 33 22 46 22 4 13 -14 19 19 19 19 19 19 19 19 19 19 19 19 24 20 20 23 22 20 20 21 24 23 21 24 21 29 27	Saranac Lake Peru Tupper Lake Atlanta, GA Melrose, MA East Aurora Rushville Monroe Tupper Lake Stanley Las Vegas, NV Great Bend Petersburg Lake Placid Rensselaer Wallkill Lake Placid Wallkill Amherst Bolton Landing Philadelphia, PA Annapolis, MD Monroe Philadelphia, PA Astoria Blacklick, OH New York Wappingers Falls East Brunswick, NJ	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:32:15 1:26:19 2:46:48 1:20:58 1:30:24 1:34:15 1:42:00 1:49:20 1:49:52 1:42:45 1:49:52 1:42:45 1:30:24 1:33:17 1:32:54 1:35:50 1:36:23 1:41:44 1:41:59 1:42:12
181 1221 1228 1229 1255 1293 1223 123 123 1567 188 1523 1523 1523 167 173 173 173 173 173 173 173 173 173 17	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent Le AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart Chris Ackley Eric Winke Bryan Brodock Jack Trachtenberg Peter Panagedes IALE AGE GROUP: 30 Jaime Clogston Marie Smith Samantha Wolthuis Jamie Heidt Kim Didrich Katie Foster Jennifer Nichols LE AGE GROUP: 35 - 3 Thomas Cappaert Frank Debonis William Hamel Greg Ethier Dylan Gallagher Mark Hummel Charles Kubly James Engel Robert Poisson Joel Cummings IALE AGE GROUP: 35 Denise Kraska Stephanie Deschaine Jessica Szeli Jeanine Crosby	26F 26F 27F 28F 27F 28F 29F 29F 31 32 31 32 32 34 30F 33F 39 39 36M 35M 35M 35M 37M 36M 37M 36M 37M 36M 37M 36M 37M 36M 37M 37M 37M 37M 36M 37M 37M 37M 37M 37M 37M 37M 37M 37M 37	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON Carlisle, PA Saratoga Springs Utica Glenmont Ballston Spa Claremont, NH West Point Princeton Jct., NJ Waterford Rensselaer Hannawa Falls Ballston Lake Cottage Grove, WI Andover, MA Clifton Park Waterford Saugerties Elizabethtown Fonda Spencertown Mechanicville Norwich Bay Village, OH Ashland, MA Wallkill Potsdam	4:17:09 4:28:52 4:30:02 4:37:00 4:53:26 5:15:33 3:14:44 3:28:45 3:37:01 3:14:49 4:19:15 5:38:48 3:51:05 3:53:21 3:53:21 3:54:23 4:10:14 5:47:08 3:12:40 3:19:40 3:26:54 3:39:12 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:53:21 3:54:23 4:10:14 5:47:08 3:12:40 3:19:40 3:26:54 3:39:12 3:55:38 4:23:40 3:39:12 3:55:38 4:23:40 3:39:12 3:55:38 4:23:40 3:40:40 4:28:51 4:31:13 4:58:42 3:42:59 3:57:57 4:34:08 4:36:41	5 FEN 1 2 3 4 5 FEN 1 2 3 4	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 1. Jacob Champlin IALE AGE GROUP: 15 - Michael Schram Adam Bradley Matthew Champlin Michael Schram Adam Bradley Matthew Champlin Michael Schram Adam Bradley Matthew Champlin Michael Schram Adam Bradley Matthew Champlin Mithew Castaneda Drew Webster IALE AGE GROUP: 15 Elizabeth Izzo Alison O'Brien Nikki McCarthy Heidi Baumbach Jillian Tompkins LE AGE GROUP: 20 - : David Szymkowiak Luke Shane Brandon Eck Keith Hollis Adam Kosowicz IALE AGE GROUP: 20 Megan Pesyna Joanne Smith Bizz Burns Meghan Williams Caitlin Martin LE AGE GROUP: 25 - : Brian Donovan Stephen Marcin	21 33 33 22 46 22 4 13 -14 14 19 18 19 18 19 19 19 18 5-19 18 20 20 23 22 20 1-24 24 23 21 24 21 29	Saranac Lake Peru Tupper Lake Atlanta, GA Melrose, MA East Aurora Rushville Monroe Tupper Lake Stanley Las Vegas, NV Great Bend Petersburg Lake Placid Rensselaer Wallkill Amherst Bolton Landing Philadelphia, PA Annapolis, MD Monroe Philadelphia, PA Astoria Blacklick, OH New York Wappingers Falls East Brunswick, NJ Binghamton	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:30:38 1:30:25 1:26:19 2:46:48 1:30:24 1:34:15 1:42:00 1:45:31 1:37:43 1:40:22 1:40:52 1:40:52 1:40:52 1:20:99 1:29:39 1:31:38 1:32:54 1:35:50 1:36:23 1:41:49 1:42:12 1:20:91
181 1221 2228 2255 2293 3MAI 1 2 3 5567 188 3 557 188 3 558 105 23 3 4 102 23 3 3 4 102 23 3 3 4 102 23 3 5 5 5 7 8 8 102 23 3 3 4 102 23 3 5 5 5 6 7 8 102 23 3 5 5 6 7 8 102 23 3 5 5 6 7 8 102 202 203 203 203 203 203 203 203 203 2	Jennifer McAleese Willow Davis Jennifer Fischer Morgan Hytko Christine Lennon Kristin Moore Morgan Mattox Melissa Kent Le AGE GROUP: 30 - 3 Joe Mashaw Joshua Siegwart Chris Ackley Eric Winke Bryan Brodock Jack Trachtenberg Peter Panagedes IALE AGE GROUP: 30 Jaime Clogston Marie Smith Samantha Wolthuis Jamie Heidt Kim Didrich Katie Foster Jennifer Nichols LE AGE GROUP: 35 - 3 Trank Debonis William Hamel Greg Ethier Dylan Gallagher Mark Hummel Charles Kubly James Engel Robert Poisson Joel Cummings IALE AGE GROUP: 35 Denise Kraska Stephanie Deschaine Jessica Szeli	26F 26F 27F 28F 27F 28F 29F 244 31 32 31 32 34 30M 33M 33 32 34 30F 33F 33F 33F 33F 33F 33F 33F 33F 33F	Saranac Lake Little Falls Cohoes Saranac Lake Plattsburgh Lake Placid Chadwicks Marcy Mallorytown, ON Carlisle, PA Saratoga Springs Utica Glenmont Ballston Spa Claremont, NH West Point Princeton Jct., NJ Waterford Rensselaer Hannawa Falls Ballston Lake Cottage Grove, WI Andover, MA Clifton Park Waterford Saugerties Elizabethtown Fonda Spencertown Mechanicville Norwich Bay Village, OH Ashland, MA Wallkill	4:17:09 4:28:02 4:30:02 4:36:23 4:37:00 4:53:26 3:14:44 3:17:04 3:28:45 3:37:01 3:42:49 4:19:15 5:38:48 3:51:05 3:53:21 3:54:23 4:10:14 3:19:40 3:12:40 3:19:40 3:26:54 3:39:12 3:55:38 4:23:46 4:28:51 4:28:51 4:31:13 4:58:42 3:42:57 4:34:08	5 FEN 1 2 3 4 5 MAI 1 1 2 3 4 4 5 MAI 1 2 3 MAI 1 2 3 MAI 1	Josh Leblanc IALE OVERALL Sara Facteau Amy Farrell Rebecca Flink Jennifer Rapaport Ellen Duane LE AGE GROUP: 1 - 1- Jacob Champlin IALE AGE GROUP: 1 - 1- Ashley Kosowicz LE AGE GROUP: 15 - Michael Schram Adam Bradley Matthew Champlin Matthew Champlin Matthew Castaneda Drew Webster IALE AGE GROUP: 15 Elizabeth Izzo Jilian Tompkins LE AGE GROUP: 20 - 1 David Szymkowiak Luke Shane Brandon Eck Keith Hollis Adam Kosowicz IALE AGE GROUP: 20 Megan Pesyna Joanne Smith Bizz Burns Meghan Williams Caitlin Martin LE AGE GROUP: 25 - 1 Brian Donovan	21 33 33 22 46 22 4 13 -14 19 19 19 19 19 19 19 19 19 19 19 19 24 20 20 23 22 20 20 21 24 23 21 24 21 29 27	Saranac Lake Peru Tupper Lake Atlanta, GA Melrose, MA East Aurora Rushville Monroe Tupper Lake Stanley Las Vegas, NV Great Bend Petersburg Lake Placid Rensselaer Wallkill Lake Placid Wallkill Amherst Bolton Landing Philadelphia, PA Annapolis, MD Monroe Philadelphia, PA Astoria Blacklick, OH New York Wappingers Falls East Brunswick, NJ	1:19:05 1:23:11 1:23:48 1:29:49 1:30:38 1:32:15 1:26:19 2:46:48 1:20:58 1:30:24 1:34:15 1:42:00 1:49:20 1:49:52 1:44:52 1:49:5

New Rochelle

New Rochelle Wichita Falls, TX Fort Lee, NJ West Shokan Clifton Park Lake Placid Ghent Lake Placid Sylvan Beach

44

43 40 42 40M 41M 40M

44M 42M

Stephanie Deschaine
Jessica Szeli
Jessica Szeli
Jeanine Crosby
Lucy Keegan

MALE AGE GROUP: 40 - 44

Thomas Dente John Mihaly Kevin McAree

4 Stephen Ackermann 94 Bruce Amm 174 Eric Gilmore 187 Brian Simon

224 Ron Brenner 312 Kelly Ano

3:27:35 3:29:47 3:35:04 3:42:21 3:53:58 4:14:29 4:19:06

4:29:50 5:06:28

26

28

28 28 25

31 31

5 Bryan Cardiff 26
FEMALE AGE GROUP: 25 - 29

FEMALE AGE GROUP: 25 - 2

Annie Jean

Melissa Dock

Beth Vesey

Elizabeth Emblidge

Stephanie Stacey

MALE AGE GROUP: 30 - 34

Joseph Sullivan

Norman Bradley

Fairport Malverne

Hull, QC Lake Placid New York Canton

Montreal, QC

Schenectady Hoboken, NJ

1:32:42

1:32:46

1:33:16 1:36:02 1:39:20

1:41:57

1:24:47

1:25:01

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3	Stephen Siebrecht	31	Albany	1:25:17	FEI	MALE AGE GROUP: 50	- 54		
4	Leigh Parciak	32	Tranquility, NJ	1:26:06	1	Pam lyer	54	Fort Collins, CO	1:47:32
5	Clay Lodovice	34	Albany	1:26:09	2	Annette Burke	51	Goshen	1:49:56
FE	MALÉ AGE GROUP: 3	0 - 34			3	Amy O'Connor	51	Delmar	1:51:02
1	Cassie Sellars	33	Plattsburgh	1:34:03	4	Alicia Dombroski	50	Bethesda, MD	1:52:29
2	Lauren Martin	32	Newburgh	1:42:18	5	Katherine Sabin	54	Tupper Lake	1:55:07
3	Lynn Malie	31	Brooklyn	1:42:55	_	LE AGE GROUP: 55 -		rupper Luke	1.55.07
4	Lori Sherlock	31	Star City, WV	1:43:17	1	Bob Maswick	55	Lake Placid	1:36:45
5	Renee Wing	30	Rensselaer	1:46:58	2	Ed Donovan	56	East Brunswick, NJ	
MA	ALE AGE GROUP: 35 -	39					55		1:40:26
1	Ryan McPherson	37	East Aurora	1:25:41	3	Peter Jones		Rainbow Lake	1:41:24
2	Francois Morin	36	L'Assomption, QC	1:27:58	4	Jan Rossiter	58	Fulton	1:41:39
3	Keith Buell	36	Falls Church, VA	1:32:16	5	Bob Van Slyke	56	Logan, UT	1:43:05
4	Michael Williams	39	Ray Brook	1:32:50		MALE AGE GROUP: 55			
5	Rory Stubbs	35	Montreal, QC	1:34:20	1	Karyn Harkrader	56	Westminster, CO	1:42:43
FEI	MALÉ AGE GROUP: 3	5 - 39			2	Nicole Jacques	57	Prevost, QC	1:47:49
1	Christine Kogut	39	Charlotte, VT	1:43:01	3	Colleen Piccone	58	Pittsford	2:02:42
2	Caitlin Graff	35	Manlius	1:47:25	4	Jill Pederson	59	Lake George	2:06:18
3	Jen Brock	36	Somerville, MA	1:51:27	5	Barbara Dennison	57	Niskayuna	2:12:16
4	Sandra Matzel	35	Ballston Spa	1:51:36	-	LE AGE GROUP: 60 -		rviskayana	2.12.10
5	Becky Phillips	35	Maplewood, NJ	1:51:42	1	Jim Samler	61	Brandon, VT	1:47:44
-	LE AGE GROUP: 40 -		mapicirood, 16						
1	Dave Burger	42	Pennellville	1:23:37	2	Jim Ibach	61	Brookfield, WI	1:47:45
2	Thomas Plimpton	44	Peru	1:32:28	3	Joseph Yavonditte	61	Schenectady	1:50:32
3	Gerald Shellard	41	Cranston, RI	1:35:16	4	Terry Kelly	60	Greenwich	1:52:48
4	Jocelyn Normandin	42	Sherbrooke, QC	1:36:54	5	Eric Nilsestuen	61	Chester	1:58:43
5	John Camele	43	Marysville, MI	1:37:59	FEI	MALE AGE GROUP: 60	- 64		
	MALE AGE GROUP: 4		ivial ysville, ivii	1.57.55	1	Mary Collins Finn	61	Menands	1:56:40
1	Natalie Gosselin	41	Saint-Lambert, QC	1:40:01	2	Piper Rodrigues	63	Delmar	2:13:16
2	Maryjo Swizdor	44	Jamesville	1:40:49	3	Elizabeth Murray	63	Lilburn, GA	2:20:46
3	Mary Norelli	42	Franklin Lakes, NJ	1:42:24	4	Louise Vallieres	60	Mercier, OC	2:29:40
4	Mimi Steward	42	Midland Park, NJ	1:43:12	5	Joan Osier	61	Baldwinsville	2:33:36
5	Kathryn Morrison	42	Freeport, ME	1:50:09	-	LE AGE GROUP: 65 -		DuidWillSvillC	2.55.50
	LE AGE GROUP: 45 -		rreeport, ivic	1.50.09	1	Pierre Dagenais	69	Prevost, QC	2:00:11
1	Robert Sabo	46	Margate, NJ	1:28:58		-	65		
2	Tomas Haas	45	Ettingen Basel-L, ND		2	Douglas Fox		Loudonville	2:09:33
3		45 47	Saranac Lake	1:29:29	3	Ron Heames	66	Ann Arbor, MI	2:15:19
4	Robert Durfee				4	Bill Swingly	68	Geneva	2:24:21
5	Bruce Sinclair	47	Westmount, QC	1:39:00	5	Vincent Spagnoletti	66	Hammondsport	2:28:17
	James Forbes	47	Clifford, ON	1:39:10		MALE AGE GROUP: 65			
	MALE AGE GROUP: 4		C	1.40.17	1	Cait Clark	65	Liverpool	2:01:52
1	Lynn Douglas	47	Camillus	1:49:17	2	Gloria Colton	66	Fayetteville	2:42:02
2	Lorri Faughnan	48	Westmount, QC	1:49:56	MA	LE AGE GROUP: 70 -	79		
3	Catherine Hunter	47	Fair Haven, NJ	1:51:17	1	Bob Heins	70	Plattsburgh	1:55:46
4	Joanna Schmickel	48	Arlington, VA	1:52:21	2	Rudolf Gipperich	72	Alexandria Bay	2:09:42
5	Lee Nilsestuen	47	Chester	1:53:07	3	Bob Dinsmore	71	Poughkeepsie	2:30:35
	LE AGE GROUP: 50 -				-	MALE AGE GROUP: 70		i ougrikeepsie	در.٥٠.٥
1	Bob Tyson	54	Lake Placid	1:26:28	1		70	C	2.46.12
2	Daniel Habel	52	St-Cyrille, QC	1:29:33		Marlene Church		Geneva	2:46:13
3	Brian Delaney	54	Lake Placid	1:33:07		ALE AGE GROUP: 80 &			
4	Michael Bobseine	52	Fredonia	1:35:59	4	Rubin Sabin	80	Lake Placid	2:44:47
5	Jeff Allott	50	Elizabethtown	1:37:23		Courtesy of	Lake Pla	acid Marathon	

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39TH AN				C DISTINGUIS					ACE	
MALE OVERALL		June 1.	-	ALE AGE GROUP: 30 - 3		iibariy, i		EMALE AGE GROUP:	50 - 59	
1 Thomas O'Grady	25	44:24	1		36	50:18	1	Nancy Briskie	52	56:2
2 Aaron Knobloch	34	48:03	2	David Tromp	35	50:51	י	Martha DeGrazia	59	1:01:5
Ahmed Elasser	47	49:00	3	Jeff Loukmas	39	54:14	2			
EMALE OVERALL			FE	MALE AGE GROUP: 30	- 39		3	Cathy Sliwinski	54	1:08:
Ada Lauterbach	20	53:26	1	Kimberly Miseno-Bowles	39	1:01:14	M	IALE AGE GROUP: 60) - 69	
Karen Bertasso	26	54:12	2	Sally Drake	37	1:01:20	1	Juergen Reher	60	58:
Gretchen Oliver	36	54:26	3	Stepanie Willie	35	1:01:21	2	Ernie Pacquin	63	58:
MALE AGE GROUP: 19 &	UNDE	R	М	ALE AGE GROUP: 40 - 4	9		3	George Jackson	61	1:00:
Michael Donovan	16	51:13	1	Jon Rocco	43	49:08		EMALE AGE GROUP:		1.00.
EMALE AGE GROUP: 19	& UN	DER	2	Christian Lietzau	47	49:24				
Amy Becker	15	57:21	3	Russ Lauer	47	50:34		Susan Wong	62	1:04:
MALE AGE GROUP: 20 - 1	29		FE	MALE AGE GROUP: 40	- 49		M	IALE AGE GROUP: 70	& OVE	₹
Richard Messino	21	49:08	1	Mary Fenton	44	1:01:50	1	Wade Stockman	75	1:08:
Jim Sweeney	28	51:45	2	Cheryl Tracy-DeBraccio	44	1:05:15	2	lim Moore	70	1:09:
Chuck Terry	28	51:45	3	Emily Bryans	42	1:05:16	-	EMALE AGE GROUP:		
EMALE AGE GROUP: 20	- 29		М	ALE ÁGÉ GROUP: 50 - 5	9					
Meghan Davey	24	55:31	1	Rick Munson	53	52:40	- 1	Anny Stockman		1:25:
Diana Tobon-Knobloch	29	56:50	2	Paul Forbes	59	56:03		Courtesy of Hudso	n-Mohai	vk
B Heidi Nark	29	58:48	3	Steve Vnuk	54	56:20		Road Runner	s Club	

				TY 5K RUN		-1.	
	June	19, 2010 • Gre	enwich	Middle School, Gr		ch	
MALE OVERALL 1 Sam Place	17	Carataga Cariaga	16:51	MALE AGE GROUP: 35 1 Rik Jordon	- 39 39	Glens Falls	19:02
	17	Saratoga Springs		2 William Henke	39 36	Hudson Falls	20:2
2 Seth French	30	Queensbury	17:57	3 Kevin Colwell	39	Niverville	24:3
David Witman	20	Whitehall	18:42	FEMALE AGE GROUP: 3		Miverville	24.3
EMALE OVERALL				1 Carolyn Peck	39	Schuylerville	26:1
Madeline Montague	14	Greenwich	20:22	2 Becky King	38	Schuvlerville	26:2
Chelsea Borbolla	21	Greenwich	20:24	3 Carrie Bodner	36	Greenwich	26:4
Judy Harrigan	61	Saratoga Springs	21:37	MALE AGE GROUP: 40		Greenwich	20.
MALE AGE GROUP: 14 8				1 Mark Haworth	40	Saratoga Springs	20:0
Jordan Healy	14	Castleton	19:43	2 Jim McMorris	41	Clifton Park	21:4
Harrison Reid	14	Saratoga Springs	26:01	3 John Bovce	43	Schaghticoke	24:0
Liam Kelleher	9	Greenwich	27:59	FEMALE AGE GROUP: 4	10 - 44		
EMALE AGE GROUP: 1	4 & UND	DER		1 Kim Scott	41	Malta	24:
Annie Grimmke	14	Greenwich	24:03	2 Kathy Williamson	44	Argyle	24:
Hilary Lapham	11	Greenwich	29:56	3 Phoebe McChesney	44	Pawlet, VT	26:2
Grace Peck	11	Greenwich	31:43	MALE AGE GROUP: 45	- 49		
//ALE AGE GROUP: 15 -	19			1 Brian O'Grady	45	Cambridge	21:0
Chase LeBaron	19	Eagle Bridge	22:14	2 Ed Johnson	49	Schaghticoke	21:2
Joe Hornish	16	Greenwich	23:15	3 Paul Guizard	48	Virginia Beach, VA	23:3
EMALE AGE GROUP: 1	5 - 19			FEMALE AGE GROUP: 4			
Rachel Cerrone	17	Greenwich	22:59	1 Marcie Place	47	Saratoga Springs	25:
Hannah O'Grady	15	Cambridge	27:47	2 Victoria Spiezio	45	Greenwich	24:4
Emily Eddy	17	Schaghticoke	28:42	3 Margaret McChesney	46	Pawlet, VT	28:0
AALE AGE GROUP: 20 -	24			MALE AGE GROUP: 50		6 1 1 1	24.
Lucas Roods	20	Greenwich	20:33	1 Mike McMorris	54	Cambridge	24:
Kellen Brown	23	Albany	22:31	2 Steven Schriber	52 52	Porter Corners Salem	26:3
Phil Keays	23	Greenwich	22:47	3 Robert Smilansky		Salem	28::
EMALE AGE GROUP: 2		Greenwich	22.17	FEMALE AGE GROUP: ! 1 Mary Ann Macura	50 - 54	Granville	26:
Rachel Skellie	24	Greenwich	25:19	2 Lynn Grieger	52	Manchester Center, VT	
Kayla Germain	22	Albany	30:31	3 Deb McCarthy	50	Burnt Hills	27:
ALE AGE GROUP: 25 -	==	Albaily	30.31	MALE AGE GROUP: 55		DUITICITIIIS	21.
Chris LaPointe	25	Greenwich	19:39	Chester Tumidajewicz	- 55	Amsterdam	22:
lan Coan	29	Albany	20:24	2 Richard Bennett	58	Clifton Park	24:
Daniel Tomkins	25	Greenwich	26:16	3 Don Holmes	58	Glens Falls	25:4
EMALE AGE GROUP: 2		Greenwich	20.10	FEMALE AGE GROUP:	55 - 59	Oleris Falls	
Alison Meyer	28 28	New City	24:55	1 Belinda Bradley	56	Glens Falls	33:3
,	28 28	Greenwich	24.55	2 Jacqueline Tremont	58	Averill Park	34:4
	28 28	Stillwater	29:09	3 Sharon Ramirez	58	Argyle	42:
		Stillwater	29:33	MALE AGE GROUP: 60	- 64	3,	
MALE AGE GROUP: 30 -		Dutland VT	10.00	1 Kurt Oswald	62	Niskayuna	43:3
Eric Fiske	31	Rutland, VT	19:08	FEMALE AGE GROUP:	60 - 64	•	
Joshua French	32	Gansevoort	19:21	1 Candi Schermerhorn	63	Diamond Point	26:4
Andy Madison	34	Poughkeepsie	22:57	2 Mary Dermody	60	Bennington, VT	30:4
EMALE AGE GROUP: 3				3 Donna Bond	61	Ballston Lake	37:5
Heather Marcantonio	34	South Glens Falls	23:48	MALE AGE GROUP: 70			
Bonnie Huffaker	33	Lake George	23:52	1 Andy Keefe	79	Saratoga Springs	37:0
Anna Porteus	33	Washington DC	25:48	Courtesy of Gree	enwich Ch	namber of Commerce	

		INUAL WHITE					
						ighway, Wilming	•
		ERTICAL AT 8% GRAD			Silas Smith	Saranac Lake	1:06:39
		ge Group & Regional Fir	nishers	19		Barneveld	1:19:36
M	ALE OVERALL			FE	MALE AGE GROUP: 20		
1	Aaron Fillion/30-39	Ottawa, ON	44:54	1	Marie-Josee Caissy	St-Boniface, QC	1:11:51
2	Paul Runyon/20-29	Philadelphia, PA	46:18	M	ALE AGE GROUP: 30 -		
3	Charles McCarthy/30-39	Middlebury, VT	46:42	1	Judson Cake	Bar Harbor, ME	48:53
FE	MALE OVERALL			7	Matt Mallet	Ballston Spa	52:47
1	Sue Schlatter/40-49	Ottawa, ON	51:39	24	Steve Reynolds	Lake Placid	1:07:21
2	Kristen Gohr/40-49	Reading, MA	52:28	28	Peter Buccinna	Duanesburg	1:09:29
3	Susan Croswell/50-59	Kingston, ON	1:02:27	FE	MALE AGE GROUP: 30) - 39	
M	ALE UNICYLCE			1	Jennifer Kendrick	Cohoes	1:13:18
1	Eric Scheer	Peace Dale, RI	1:10:40	3	Debbie Erenstone	Lake Placid	1:14:57
FE	MALE UNICYCLE			4	Brooke Reynolds	Lake Placid	1:16:26
1	Lisa Edwards	West Greenwich, RI	2:33:53	M	ALE AGE GROUP: 40 -	49	
м	ALE AGE GROUP: 19 & U	INDER		1	James Cadieux	Lachine, OC	47:48
1	Sam Cowan	Lake Placid	54:48	4	Charlie Casey	Alplaus	51:26
м	ALE AGE GROUP: 20 - 29	· · · · · ·		5	Bob Olden	Chestertown	52:51
1	Samuel Blanchette	Quebec City, QC	47:54	6	Jack Piller	Plattsburgh	53:25
12		Queensbury	1:02:56	15	Matt Jones	Cooperstown	57:39
	Karl Hensler	Warrensburg	1:05:08	20	Robert Spencer	Plattsburgh	59:07
		. 3				3	continued

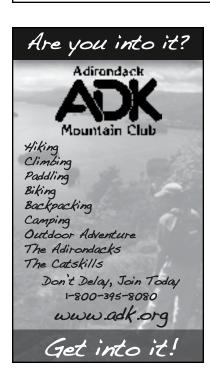
Race Results

L BIKE RACE codecki Valatie Delmar Saratoga Spring Oylowicz Clifton Park	1:12:50 1:22:31
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Delmar ble Saratoga Spring bylowicz Clifton Park	
ylowicz Clifton Park	ac 1.24.E0
oylowicz Clifton Park	us 1:24:59
	1:26:10
Loudonville	1:28:50
Scotia	1:32:59
Trov	1:38:40
n Niskayuna	1:39:07
ROUP: 50 - 59	
odere Montreal, QC	1:02:47
ompson Clinton	1:03:56
Niskayuna	1:13:17
OUP: 60 - 69	
hy Honeoye Falls	57:53
t Lake Clear	1:10:58
tone Lake Placid	1:13:09
son Clinton	1:15:33
Altona	1:19:04
nes Delmar	1:19:37
ROUP: 60 - 69	
Concord, NH	1:16:48
Ivme. NH	1:06:28
	1:47:49
	GROUP: 60 - 69 Concord, NH DUP: 70 & OVER Lyme, NH Innell Bolton Landing of Whiteface Business & Tou

			•		AT ADIROI						
	11.5-MILE, 3	.000-F	ООТ	10	Brad 7eh	34	2:37:42	FE	MALE OVERALL		
	VERTICAL MO	UNTAIL	N RUN	11		33	2:51:10	1	Jennie Bender	22	29:30
м	ALE OVERALL				JJ Boggs	39	3:04:15	2	Mary Stewart	23	30:15
1	Tim Reynolds	23	1:45:43		Mel Frazer	30	3:12:30	3	Kelli Vossler	25	30:54
2	George Adams	40	1:46:20	FE	MALE AGE GROUP	: 30 - :	39	-	ALE AGE GROUP: 1		
3	Aaron Newell	17	1:47:30	1	Amy Farrell	33	2:07:28			11 11	
FE	MALE OVERALL			2	Kate Ketschek	35	2:43:38	1	Scott Mooney		28:15
1	Hillary Gerardi	23	2:05:24	3	Jessica Hageman	34	2:44:00	2	Evan Greenberg	15	32:30
2	Serena Wilcox	31	2:05:33	4	Heather Furman	39	2:46:06	3	Tom Palen	9	32:36
3	Annelies Cook	25	2:05:51	M	ALE AGE GROUP: 4	10 - 49		FE	MALE AGE GROUP		
M	ALE AGE GROUP: 1	19 & UI	NDER	1	Nick Yardlev	45	2:11:35	1	Michelyn Little	15	33:08
1	Lucas Milliken	19	1:55:21	2	Frank Lofrisco	43	2:26:13	2	Brooke Mooney	14	35:34
2	Jared Supple	19	2:08:08	3	Bryce Stearns	49	2:31:04	3	Heather Mooney	16	37:15
3	Sam Longenbach	14	2:14:15	4	Craig Phares	45	2:37:01	М	ALE AGE GROUP: 2	20 - 29	
4	Joey Halka	18	2:36:58	5	Kort Longenbach	47	2:38:46	1	Matt Young	27	28:49
	MALE AGE GROUP			6	Robert Durfee	47	2:41:44	FE	MALE AGE GROUP	: 20 - 29	9
1	Carly Winn	17	2:10:48	FE	MALE AGE GROUP	: 40 - 4	49	1	Julia Humphries	22	35:34
2	Janey McClelland	19	2:18:42	1	Katherine Phares	41	2:36:27		ALE AGE GROUP: 3		33.51
3	Cassie Dimarino	19	2:28:56	2	Heidi Holderied	48	2:38:51	1	Garrett Cowsert	38	33:11
4	Danika Frisbie	19	2:37:08	3	Sandy Rasco	48	2:52:17	2	Russ Cook	36	35:15
	ALE AGE GROUP: 2		4 50 22	4	Kathleen Wiley	40	2:59:57				
1	Matthew Harrison	26	1:50:22	5	Penny Stearns	46	3:11:00	3	Spencer Morrissey	36	35:50
2	Brad Carlson	22	1:56:20	6	Pamela DelSignore	41	3:52:44		MALE AGE GROUP		
3	Scott McClelland	23	1:58:52	M	ALE AGE GROUP: !	50 - 59		1	Sue Burnett	36	35:06
4	Joe Merrihew	23	2:11:41	1	Jim Pugh	59	2:15:16	2	Elizabeth Jordan	33	35:13
5	Oliver Burrus	24	2:14:15	2	Tom Dubois	54	2:29:48	3	Elaina Rossi-Snook	32	35:46
6 7	Patrick Coffey	29 27	2:18:05	3	John Streker	50	2:49:17	FE	MALE AGE GROUP	: 40 - 49	9
8	Matt McCormick Matt McClelland	21	2:19:19 2:29:25	4	Bill Pelkey	51	3:10:54	1	Judy Rush	44	31:42
9	Pete Carroll	24	2:30:37	5	Ron Halka	53	3:18:03	2	Teresa Palen	43	36:30
10		24	2:30:37	6	Jeff Comstock	56	3:18:32	3	Janice Williamson	49	40:03
	MALE AGE GROUP			7	Bill Supple	52	3:21:15	м	ALE AGE GROUP: 5	n - 59	
1	Megan McClelland	21	2:14:11	FE	MALE AGE GROUP	: 50 - !	59	1	Rich Strucker	54	32:17
2	Marlijne Cook	23	2:40:53	1	Jennifer Supple	51	3:03:32	2	Scott Yakey	56	34:06
	ALE AGE GROUP: 3		2.40.55	2	Nancy Comstock	54	3:13:08	3		54	34:15
1	Pat Hamel	36	1:49:24	M	ALE ÁGE GROUP: (60 - 69			Randy Young		
2	James Donegan	30	1:52:14	1	Paul Muessig	60	2:24:23		MALE AGE GROUP		
3	Peter Hageman	50	1:57:06	2	Jack Burke	61	2:46:11	1	Nancy Battaglia	56	35:53
4	Mark Galvin	34	1:59:54	3	Robbie Barnett	60	2:46:52	2	Ellen Dubois	53	46:53
5	Jeff Dengate	33	2:07:07	3	.5-MILE BAXTER M	OUNTA	IN FUN RUN	M	ALE AGE GROUP: 6	60 - 69	
6	Jeff Erenstone	33	2:09:43		ALE OVERALL			1	Gary Baker	61	29:54
7	Matt Cook	33	2:17:00	1	Bill Frazier	30	25:40	2	Edwardo Munoz	67	34:20
8	Dan Forbes	35	2:35:47	2	Kyle Mochol	23	26:43	3	Charles McGuire	60	35:52
9	Derek Hammel	39	2:37:00	3	Brian Driscoll	44	28:05		Courtesy of The	Mounta	aineer

5TH A	5TH ANNUAL COMMUNITY RESOURCE FATHER'S DAY 5K June 20, 2010 • The Crossings, Colonie												
		June 20, 201	0 • The	•									
MALE OVERALL 1 Mike Slinskey	41	Hopewell Junction	16:37	MALE AGE GROUP: 45 -		0	17.21						
2 Ryan Recchia	16	Latham	17:01	Bob Kellogg Jack Arnold	45 47	Queensbury Latham	17:21 19:55						
3 Kahlil Scott Jr	19	Cohoes	17:18	3 Ken Fvans	47	Delmar	20:33						
FEMALE OVERALL				5 Item Evenis		Deimar	20:33						
1 Ada Lauterbach	20	East Berne	19:14	FEMALE AGE GROUP: 4 1 Janice Phoenix	5 - 49 49	Calana ataulu	22:55						
2 Christine Sloat	20	Ballston Lake	20:20		49	Schenectady Loudonville	25:29						
3 Jackie Malecki	14	Schenectady	21:03	2 Nancy Piche 3 Barbara Mahar	49 48	Delmar	25:29						
MALE AGE GROUP: 14 8			22.42	MALE AGE GROUP: 50 -		Deimar	25:43						
1 Noah Valvo	11	Delanson	22:13	1 Vladimir Ilin	5 4 52	Albani	18:23						
2 Kevin Murphy 3 Ethan Snyder	9 9	Albany Loudonville	22:27 23:13			Albany							
FEMALE AGE GROUP: 14			23:13	2 Rick Munson	53	Prattsville	19:06						
1 Megan Kellogg	14	Queensbury	22:10	3 Rene Engelhardt	52	Burnt Hills	19:25						
2 Payton Czupil	11	Watervliet	22:37	FEMALE AGE GROUP: 5		Allenan	25.40						
3 Jordan Casey	13	Ballston Lake	25:12	1 Karen Gerstenberger	52	Albany	25:40						
MALE AGE GROUP: 15 -	19			2 Diane Peverly	50	Averill Park	27:49						
1 Peter Schmitz Morfe	16	Albany	18:57	3 Nancy Kolakowski	53	Niskayuna	29:10						
2 Kyle Foster	17	Cohoes	19:19	MALE AGE GROUP: 55 -		CII I I	24.46						
3 Patrick Galdun	19	Albany	20:00	1 Tom McGuire	58	Slingerlands	21:16						
FEMALE AGE GROUP: 15				2 Steven Dickerson	56	Rensselaerville	21:16						
1 Kara Patrick	17	East Greenbush	21:13	3 Martin Patrick	56	East Greenbush	22:15						
2 Moira Hilt	17	Colonie	21:16	FEMALE AGE GROUP: 5									
3 Kathryn Martel MALE AGE GROUP: 20 -	19	Loudonville	21:25	1 Cheryl Smith	58	Latham	29:30						
1 Brendan Lee	24 22	Loudonville	18:43	2 Phyllis Fox	58	Loudonville	30:30						
2 Seth Canetto	20	Loudonville	23:12	3 Debra Kelley	57	Albany	33:45						
3 Sean Hadley	23	Ballston Spa	24:36	MALE AGE GROUP: 60 -	64								
FEMALE AGE GROUP: 20		builston spu	24.50	1 Ernie Paquin	63	Gansevoort	21:19						
1 Samantha Tibbitts	21	Loudonville	21:47	2 John Silk	60	Stamford	22:25						
2 Elizabeth Moran	20	Niskayuna	23:06	3 John Stockwell	62	Watervliet	22:33						
3 Kristen Cahill	24	Boston	24:17	FEMALE AGE GROUP: 6	0 - 64								
MALE AGE GROUP: 25 -				1 Rosemary Hillengas	63	Rensselaer	27:26						
1 Kevin Seaman	25	Niskayuna	19:10	2 Lawrence Mokiber	61	Albany	29:07						
2 Paul Mueller	26	Delmar	19:13	3 Nancy Patrick	60	Menands	34:31						
3 Nathan Menton	26	Washington, DC	19:21	MALE AGE GROUP: 65 -	69								
FEMALE AGE GROUP: 25	26 26	Delmar	22:51	1 Douglas Fox	65	Loudonville	25:08						
Erin Rightmyer Jenna Bernhardt	26 25	Albany	25:42	2 Jim Hotaling	69	Niverville	26:50						
3 Sarah Scott	28	Troy	26:27	3 Ken Contursi	68	Rock Tavern	29:45						
MALE AGE GROUP: 30 -		iioy	20.27	FEMALE AGE GROUP: 6	5 - 69								
1 Andrew Pris	33	Clifton Park	19:19	1 Sharon MacDougal	65	Middle Grove	39:33						
2 David Sanders	32	Saugerties	20:24	MALE AGE GROUP: 70 -	79								
3 Joel Tse	32	Brooklyn	21:03	1 Bob Knouse	70	Voorheesville	28:16						
FEMALE AGE GROUP: 30				2 Raymond Bremm	77	Colonie	35:14						
 Jennifer Merritt 	32	Rensselaer	22:10	3 Joe Corrigan	79	Clifton Park	43:12						
2 Aubrey Fleszar	32	Farmington, CT	23:25	FEMALE AGE GROUP: 7	0 - 79								
3 Kim Didrich	30	Rensselaer	24:52	1 Eiko Bogue	73	Schaghticoke	36:54						
MALE AGE GROUP: 35 -		Classicat	18:36	2 Joan Corrigan	75	Clifton Park	43:12						
1 David Tromp 2 Mathew Nark	35 36	Glenmont Mechanicville	18:40	MALE AGE GROUP: 80 8		Circorran	15.12						
3 Richard Hamlin	37	East Greenbush	18:58	1 Kenneth Orner	80	Albany	38:16						
FEMALE AGE GROUP: 35		rast dieembusii	10.30	FEMALE AGE GROUP: 8			30.10						
1 Lisa Millis	37	Saratoga Springs	26:36	1 Hyla Minner	84	Albany	1:05:02						
2 Melissa Krosky	39	Albany	27:57	FATHER/DAUGHTER TEA		7 diburry	1.05.02						
3 Kristin Dence	39	Loudonville	28:04	1 Rick Munson/Ada Laute			35:32						
MALE AGE GROUP: 40 -	44			2 Bob Kellogg/Megan Kel			36:40						
1 Kevin Curley	43	Latham	18:29	3 Martin Patrick/Kara Patr			39:18						
2 Michael Kenneally	44	East Greenbush	21:06	FATHER/SON TEAMS	ICK		35.10						
3 Kevin Whitehead	44	Clifton Park	21:57	1 Ryan Recchia/Louis Recc	-hia		37:40						
FEMALE AGE GROUP: 40		Allegan	22.50	2 Ray Gamino/John Gami			38:45						
Julia Hotme Murphy Sheryl Ose	43 43	Albany	22:59	3 Brian Golden/Jonathan			39:16						
2 Sheryl Ose 3 Kim Eisler	43 43	Albany Ballston Spa	25:45 25:48			vk Road Runners Cli							
2 KIIII EISIEI	45	palistori spa	23.40	Courtesy or Huaso	ı ı-ıvıcı lav	vicinoau numiers Cit							

	HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES #1 June 21, 2010 • Mirror Lake Beach, Lake Placid Courtesy of High Peaks Cyclery										
	400-YARD SWII	M, 12-MILE	BIKE, 3-MILE RU	JN	1	Margaret Maher	18-29F	Lake Placid	1:10:17		
М	ALE OVERALL				1	Maxime Tardit	30-39M	Lake Placid	1:00:56		
1	Mike Wynn	40-49	Queensbury	55:52	1	Christine Joanette	30-39F	Lake Placid	1:09:12		
2	Kevin Bouchard-Hall	18-29	Jay	55:55	1	Bryan Harmer	40-49M	Madrid	1:15:01		
3	Lee Peters	18-29	Ticonderoga	59:11	1	Wendie Bishop	40-49F	Morrisonville	1:11:37		
FE	MALE OVERALL				1	Doug Hazelden	50-59M	Bloomingda	le 1:05:04		
1	Elizabeth Izzo	18-29	Lake Placid	1:07:43	1	Moira Horan	50-59F	Spring Lake	1:22:11		
2	Kayleen Walsh	18-29	Encinitas, CA	1:08:43	1	Anita Stemp	60-69F	Lake Placid	1:34:11		
3	Marlijne Cook	18-29	Saranac Lake	1:08:47	1	Jim Cunningham	60-69M	Ticonderoga	1:17:20		
A	GE GROUPS				TE	AMS		_			
1	Colin Delaney	18-29M	Lake Placid	59:34	1	Alexis & Randy Kelley		Lake Placid	1:02:50		





BUSINESS DIRECTORY



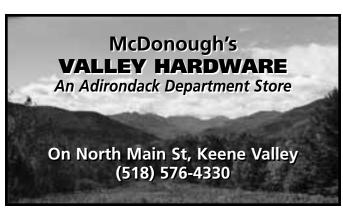
Hudson-Mohawk Road Runners Club

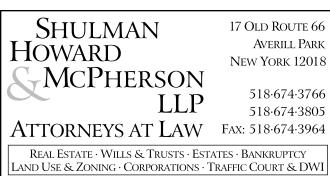
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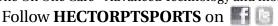




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AUGUST 2010

21:44

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23:55

19:00

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32:59

25:01

25:08

32:30

Race Results

4TH ANNUAL NORTH COUNTRY TRIATHLON 26, 2010 • Hague Beach on Lake George, Hague

Feist, Linda Dirado, Laura

Baga, Leslie

Jordan, Barbara Zerrahn, Susan

Weber, David

LeClair, Kristen

Ingram, Anne

Nash, Christina

Smith, William Guilfoil, Louis

Engler, Steven

Gormley, Rachelle

Dobert, Justine

Durant, Francesca

Richards, Ronald

Smith, Jonathan

Billus, Gregory

Geczy, Colleen

Corjulo, Megan

Morris, Cheryl

Smith, Laura

Courtesy of North Country Triathlon

Haynes, Joel Ethier, Gary

Fraser, Nell

Whalen, Jennifer

Trahnstrom, Adrienne

FEMALE AGE GROUP: 30 - 34

MALE AGE GROUP: 35 - 39 Baird, Kevin

FEMALE AGE GROUP: 35 - 39

MALE AGE GROUP: 40 - 44

FEMALE AGE GROUP: 40 - 44

1:35:30

1:36:58 1:42:07

1:52:30

1:53:08

1:26:27

1:26:51 1:29:57

1:38:35

1:30:45

1:37:24

1:38:56

1:46:50

1:22:08

1:24:15

1:28:44 1:33:05

1:38:10 1:41:59

1:44:53 1:49:11

2:01:54

FEMALE AGE GROUP: 45 - 49

MALE AGE GROUP: 50 - 54

3:44:06

3:46:00

		June 26,
	OLYMPIC:	1.5K SWIM, 40K BIKE, 10K RUN
м	ALE OVER	
1		Shatynski, Todd/30-34
2	2:21:24	Fronhofer, Paul/30-34
3	2:23:07	Parker, Bryan/25-29
	MALE OVE	
	2:37:07	Rosowsky, Michelle/40-44
2	2:46:07	Pasquini, Sonya/30-34
	2:49:29	Stalker, Beth/50-54
		ROUP: 20 - 24
	2:31:01	Peters, Lee
	2:41:37 2:42:27	Ring, Toby
	2:42:27	Dunn, Patrick Scott, Nelson
	2:55:37	Russell. Tim
		E GROUP: 20 - 24
1	3:37:47	Hammond, Erin
-		ROUP: 25 - 29
	2:30:10	Emblidge, Kevin
2	2:49:11	
3	2:52:45	Hammond, William
	2:57:28	Warren, Nicolas
	2:59:16	Mockry, Tyler
		E GROUP: 25 - 29
	2:56:11	Kennedy, Amanda
2	3:11:48	Schwartz, Rebecca
3	3:23:54	Gager, Krista
4	3:55:05	Kress, Kristen
	3:58:01	Portalatin-Berrien, Corey GROUP: 30 - 34
	2:27:22	Ward, Joe
2	2:35:04	Westervelt, Jason
3	2:44:00	Lodovice, Clay
4	2:46:33	Robinson, Topher
	2:53:18	Ciota, Alex
FE	MALE AGI	E GROUP: 30 - 34

Ardito, Christina Friend, Tammy

Van Der Kieft, Christine

Koh. Catherine

Stopyak, George McIntyre, Greg

Collins, Terrance

Yanazzo, Jennifer

Roccabruna, Amy

Knaggs, Rachel

Gubala, Allison

Collins, Frank

Mietlicki, Kevin Guzzo, Peter

Bishop, Wendie

Hess, Bob

Guzzo, Judy LaFave, Darci Davis, Denise

Dodge, Jeff Doerner, Peter

Meuser, Scott

Alber, Keith

2:52:17 3:05:33

3:26:15

2:39:00 2:39:38

2:40:20

2:41:01

3:30:26

3:44:40 3:51:57

4:13:58

2:52:37

2:56:08

2:57:06 3:08:02

3:10:02

2:48:53

2:53:52

MALE AGE GROUP: 35 - 39

FEMALE AGE GROUP: 35 - 39

MALE AGE GROUP: 40 - 44

FEMALE AGE GROUP: 40 - 44

MALE AGE GROUP: 45 - 49

141	ALL AGE (JILOOF . 30 - 3 4
	2:41:12	Jordan, Michael
2	3:00:09 3:15:08	Duff, Timothy
3	3:15:08	Noordsy, Douglas
4	3:17:26	Shea, Brian
5	3:21:35	Smith, Geoffrey
FE	MALE AG	E GROUP: 50 - 54
1	3:07:13	Simpson, Jeryl
2	3:18:38	Fanelli-Lund, Mary
3	4:44:58	Browne, Susan
		GROUP: 55 - 59
1	2:46:50 2:52:13	Baird, George
2	2:52:13	Walters, Gary
3	3:08:15	Bender, Frank
4		Larson, Daniel
5		Grimaldi, Jim
		E GROUP: 55 - 59
	3:24:52	Carroll, Elizabeth
2		Polonsky, Rhona
		GROUP: 60 - 64
	3:23:39	Salmons, Roger
		GROUP: 65 - 69
1	3:32:54	Cunningham Sr, Jim
	ELAY TEAN	
	2:32:35	Team Hussey-Delnicki
2		DELOPSB Delta Vera Week
3		Do It, You Won't
	ALE OVER	1 SWIM, 20K BIKE, 5K RUN
1	1:15:41	Fox, Terrence/20-24
2	1:18:05	Vander Plaat, Kyle/20-24
3		MacDonald, John/20-24
	MALE OV	
	1:24:58	Fronhofer, Mara/40-44
	1:26:43	Hislop, Kristen/45-49
	1:30:30	Wangerin, Kristen/25-29
		GROUP: 15 - 19
1	1:26:53	Meier-Arendt, David
2	1:29:11	Rottier, Michael
3		Spann, Clayton
4	1:43:50	Durkin, Tucker
M	ALE AGE (GROUP: 20 - 24
	1:32:30	Welsh, Tyler
	1:38:20	
		E GROUP: 20 - 24
1	1.37.42	Kanvin Magan

SP	RINT: 750N	A SWIM, 20K BIKE, 5K RUN	2	2:01:54	Smith, Laura
	ALE OVER				GROUP: 45 - 49
1	1:15:41		1	1:29:44	Buckley, Chris
2	1:18:05	Vander Plaat, Kyle/20-24	2	1:32:41	DePalo, Andrew
3	1:20:05	MacDonald, John/20-24	3	1:36:07	Fifield, Stephen
	MALE OV		4	1:40:16	Gustafson, Dave
1	1:24:58	Fronhofer, Mara/40-44	5	1:42:53	Andersen, Eric
2	1:26:43	Hislop, Kristen/45-49		MALE AG	E GROUP: 45 - 49
3	1:30:30	Wangerin, Kristen/25-29	1	1:48:28	Devantier, Paula
		GROUP: 15 - 19	2	1:49:17	Ryan, Kathleen
1	1:26:53	Meier-Arendt, David	3	1:49:39	Monahan, Patricia
2	1:29:11	Rottier, Michael	4	1:53:11	Tyler, Lauren
3	1:37:16	Spann, Clayton	5	2:06:03	Hebb, Stacy
4	1:43:50	Durkin, Tucker			GROUP: 50 - 54
М		GROUP: 20 - 24	1	1:34:53	Spano, Michael
1	1:32:30	Welsh, Tyler	2	1:38:56	Rozell, Michael
2	1:38:20	Shuket, Ross	3	1:41:45	Dunn, Stephen
FE	MALE AG	E GROUP: 20 - 24	4	1:43:58	Furey, Tim
1	1:37:42	Kerwin, Megan	5	1:44:50	O'Brien, Dan
2	1:46:18	Centofante, TinaMarie			E GROUP: 50 - 54
3	1:51:24	Kline, Jackie	1	2:07:43	Dower, Maryellen
4	1:51:52	Wasserbach, Kelly			GROUP: 55 - 59
5	1:54:25	Reamer, Jonna	1	1:39:48	Mounteer, John
M	ALE AGE	GROUP: 25 - 29	2	1:47:07	Dower, Harold
1	1:28:09	Harrigan, Kevin	3	1:55:11	Galgay, Ed
2	1:28:48	Loudis, Johnathan			E GROUP: 55 - 59
3	1:31:17	Krsmanovic, Aleksandar	1	1:55:39	Jacobs, Brucie
4	1:31:23	Fox, Peter	2	2:08:28	Boden, Martha
5	1:36:03	Garofalo, Nick	3	2:09:16	Bernhardt, Jo
		E GROUP: 25 - 29			GROUP: 60 - 64
1	1:32:52	Reeves, Teal	1	1:43:27	Dibelius, David
2	1:40:07	Strange, Lauren	2	1:53:42	Lynch, Dan
3	1:41:39	Osinski, Laura	3	2:06:45	Johnston, Karl
4	1:42:25	Boyle, Erin			E GROUP: 65 - 69
5	1:44:11	Durkin, Moira	1	2:01:59	Jacobson, Sibyl
		GROUP: 30 - 34			GROUP: 75 - 79
1	1:23:44	Malak, Jason	1	2:17:24	Johndrow, Richard
2	1:32:54	Wilkinson, John		Courtesy of	f North Country Tri

MALE OVERALL				FE	MALE AGE GROUP:			
1 Anthony Giuliano	31	Colonie	16:34	1	Melissa Maguire	37	Loudon	/ille
2 Ben Greenberg	41	Voorheesville	17:11	2	Karen Skiba	39	Troy	
3 Brian Trainor	19	Clifton Park	17:28	3	Kristin Knauf	38	Altamor	nt
FEMALE OVERALL					ALE AGE GROUP: 40			
1 Brina Seguine	20	Rensselaer	18:55	1		44	Troy	
2 Amy Becker	15	Albany	20:44	2		43	Delmar	
3 Kelsey Ryan	18	Niskayuna	21:04	3		41	Troy	
MALE AGE GROUP: 1 -					MALE AGE GROUP:			
1 Jason Lange	14	Schenectady	17:34	1	Marcy Dikeman	42	Wynant	skill
2 Matt Lange	14	Schenectady	19:23	2	Diane Harris	42	Troy	
3 Noah Valvo	11	Delanson	22:09	3		40	Castleto	n
FEMALE AGE GROUP:					ALE AGE GROUP: 45		CI:	
1 Payton Czupil	11	Watervliet	22:12	1	Gary Longhi	46	Climax	
2 Nicolette DiMura	14	East Greenbush	23:36	2	Ken Evans	49	Delmar	
3 Jordan Casey	13	Ballston Lake	25:22	3	Robert Wither	49	Niskayu	na
MALE AGE GROUP: 15	- 19				MALE AGE GROUP:		C -l	and.
 Michael Donovan 	16	Rensselaer	19:10	1	Janice Phoenix	49	Schened	
2 Michael Rogers	19	Troy	19:43	2	Roxanne Wunsch	47	Schenec	tady
3 Andy Gilchrist	18	Cropseyville	20:20	3	Anne Hurley	47	Delmar	
FEMALE AGE GROUP:	15 - 19			1 1	ALE AGE GROUP: 50 Rick Munson	54 53	Prattsvill	lo
 Kelsey Leder 	17	Niskayuna	21:09	2		54	Delmar	e
2 Alicia Bousa	15	Albany	23:07	3	Steve Vnuk	54 52	Glenmo	nt
3 Maranda Rossi	15	West Sand Lake	25:53		Jeffery Clark MALE AGE GROUP:		Gleriiio	IIL
MALE AGE GROUP: 20	- 24			1	Donna Charlebois	52 - 54	East Ber	no
1 Richard Messineo	21	Nassau	18:05	2		50	Burnt Hi	
2 Stefano Fontana	22	Watervliet	18:38	3	Fran Pilato	51	Renssela	
3 Charles Constantino	24	Glenmont	19:47		ALE AGE GROUP: 55		1/61133616	iei
FEMALE AGE GROUP:	20 - 24			1	Richard Clark	56 56	Feeding	Hille M
1 Meghan Schongar	24	Troy	21:52	2	Randall Craig	50 59	Glenmo	
2 Aimee Favreau	22	Wynantskill	26:14	3	Martin Patrick	56	East Gre	
3 Jennifer Alein	23	Wynantskill	33:13		MALE AGE GROUP:		EdSt GIE	enbusn
MALE AGE GROUP: 25	- 29	•		1	Patricia Watt	55	Troy	
1 Zach Russo	26	Schenectady	18:49	2	Darlene Cardillo	57	Delmar	
2 Jason Cordeira	27	Albany	18:50	3	Sharon Close	56	Wynant	ckill
3 DJ Leibach	29	Watervliet	21:36	_	ALE AGE GROUP: 60		vvyriani	SKIII
FEMALE AGE GROUP:	25 - 29			1	Juergen Reher	60	Wynant	skill
Nichole DeMarco	28	Clifton Park	25:39	2	Greg Rickes	60	Latham	3KIII
2 Michele Poole	27	Rensselaer	26:19	3	Stephen Chenette	60	East Gre	enhush
3 Tuanh Turnbull	29	Albany	27:51		MALE AGE GROUP:		Lust Old	
MALE AGE GROUP: 30	- 34	•		1	Virginia Mosher	63	Delanso	n
1 Richard Teal	32	Troy	19:17	2	Sue Nealon	60	Troy	
2 Matthew Fryer	30	Clifton Park	19:19	3	Susan Lascari	64	Poesten	kill
3 Dallas DeVries	32	Troy	20:31		ALE AGE GROUP: 65		. 2030011	
FEMALE AGE GROUP:	30 - 34	,		1	Frank Klose	67	Castleto	n
1 Kelly Cronkhite	32		29:14	2	Donald Gallagher	67	Albany	
2 Angela Alessi	33	Nassau	31:24	3	Michael Kelly Sr.	65	Selkirk	
3 RaeAnn Vitali	33	Albany	31:46		ALE AGE GROUP: 70			
MALE AGE GROUP: 35		,		1	Jim Hotaling	70	Niverville	2
1 Ken Plowman	36	Albany	17:44	2		70	Voorhee	
2 Anthony Merola	39	Waterford	18:13	3	Charles Bishop	74	Rexford	
3 David Tromp	35	Glenmont	18:21		Courtesy of Huds			inners
2	QTU A	MNIIAI TII	DDED I	۸ ا	E TINMAN T	DIATU	LON	
		lune 26, 2010	• Munic	ipa	l Park, Tupper l	Lake		
TINMAN: 1.2M MALE OVERALL		M BIKE, 13.1M RUN	M20.24	51 66	Brian Maddox	Saratog Renssel	ja Springs aer	4:52: 4:57:

toga Springs 4:52:49 M35-39 4:57:33 M30-34 Anthony Vinciquerra Joseph Sullivan James Chesson 4:59:40 M30-34 Bedminster, PA M30-34 Niskayuna M30-34 Rick Fesler Carlisle 4:12:10 M25-29 93 Schenectady 5:05:52 Plattsburgh M20-24 M20-24 M25-29 95 97 Brian Larkin 5:06:43 5:06:44 **FEMALE OVERALL** Jacob Painter Keeseville Megan Wiseman Rosa Julie Hoboken, NJ 4:50:00 W25-29 101 Jim Allott Potsdam 5:07:27 M50-54 Dylan Thomarie Max Morton 5:11:10 5:11:57 M35-39 M35-39 114 118 Northville Lafayette Michele Wolfson Rye 4:54:13 W40-44 Averill Park Tony Maddaloni Mary Duprey Slingerlands Rouses Point **CAPITAL-ADIRONDACK REGION FINISHERS** 5:13:50 M55-59 M20-24 Logan Franks Ballston Spa 4:20:21 Kevin Bouchard-Hall Jay 4:22:52 M25-29 Anthony Larocca Windham 5:15:35 M40-44 Brent Conly Stephen Offord M30-34 M40-44 Ethan Kirk Jim Maloney 5:19:58 5:20:07 M20-24 M35-39 4:28:18 147 Troy Greenwich 4:29:58 149 Porter Corners Chris Gleason Clifton Park Todd Mcauley Schenectady 28 4:39:34 M35-39 154 5:21:22 M40-44 Plattsburgh Loudonville M40-44 M50-54 Blake Benke Westport 4:42:34 M30-34 Randy Kelley Ken Klemp Clifton Park 4:51:06 M40-44 5:25:18 Kevin Lanahan 168 Megan Leitzinge Albany Valatie Todd Salvesvold Buskirk 4:51:19 M40-44 170 5:25:30 W40-44

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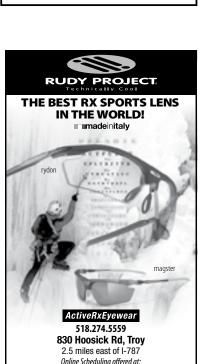
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Race Results

	28TH A	NNUAL TU	PPER	LAKE	TINN	IAN TRIATH	LON contin	ued	
178	Richard Erenstone	Lake Placid	5:26:59	M60-64	369	Dylan Dawson	Lake Clear	6:25:04	M15-19
181	Karen Lieb	Lake Placid	5:27:22	W50-54	374	Kevin King	Delmar	6:28:51	M50-54
193	Heidi Baumbach	Lake Placid	5:31:37	W15-19	375	Scott Grabicki	Niskayuna	6:29:16	M35-39
195	Bobby Hanson	South Glens Falls	5:32:13	M45-49	377	Jim Lafave	Lake Placid	6:29:54	M45-49
197	Keith Kogut	Tupper Lake	5:32:16	M45-49	378	Scott Wright	Ogdensburg	6:30:14	M30-34
211	Jessica Mitchell	Albany	5:36:56	W30-34	379	Margaret Phillips	East Schodack	6:30:15	W55-59
214	Richard Morse	Malta	5:38:01	M60-64	382	Robert Jolly	Wilmington	6:31:34	M35-39
216	Ed Hamilton	Kinderhook	5:38:16	M40-44	383	William Izzo Jr.	Lake Placid	6:32:34	M50-54
219	Robert Tebo	Tupper Lake	5:39:17	M60-64	389	Lawrence Baker	Tupper Lake	6:34:11	M45-49
220	Brian White	Plattsburgh	5:39:39	M40-44	392	Mike Kicinski	Gloversville	6:36:06	M50-54
221	Erin Sprague	Queensbury	5:39:44	W25-29	393	Rosann Carpenter	Saratoga Springs	6:36:28	W45-49
233	Mark Miner	West Chazy	5:41:47	M50-54	395	Rob Holzman	Burnt Hills	6:38:11	M35-39
248	William O'Brien	Argyle	5:45:17	M45-49	402	Dave Gross	Clifton Park	6:41:02	M55-59
252	David Fraterrigo	Altamont	5:45:30	M35-39	403	John Perry	Johnsonville	6:41:28	M45-49
256	Kristen Forcier	Westport	5:46:26	W35-39	407	Edward Yoon	Watervliet	6:42:19	M40-44
259	Katha Diddel-Warren	Greenwich	5:46:52	W50-54	408	Jeffrey Herter	Troy	6:45:14	M50-54
262	Michael Lair	Gloversville	5:47:14	M45-49	412	Rob Wray	Plattsburgh	6:49:14	M55-59
269	Chris Busch	Troy	5:49:08	M45-49	413	Jim Adams	Altona	6:49:15	M60-64
270	Christine Jenkins	Loudonville	5:49:10	W30-34	416	Chris Grant	Lake Placid	6:56:30	M50-54
276	Ray Rogers-Harringtor		5:50:13	M35-39	417	Kevin Maloy	Valatie	6:56:33	M50-54
285	Sally Drake	Albany	5:53:29	W35-39	423	Bec Meyer	Plattsburgh	7:05:52	W40-44
290	Cheryl Debraccio	Scotia	5:54:30	W40-44	425	Kelly Sullivan	Schenectady	7:06:17	W30-34
298	Todd Goergen	Greenwich	5:57:34	M35-39	427	Bob Lepak	Saranac Lake	7:07:16	M50-54
300	Scott Raymond	Saranac Lake	5:57:59	M40-44	429	Nancie Battagilia	Lake Placid	7:08:06	W55-59
303	Deborah Erenstone	Lake Placid	5:58:25	W30-34	430	Stewart McCullouch	Tupper Lake	7:09:46	M60-64
304	Brigham McCutcheon		5:58:25	M35-39	431	Barry Mattoon	Tupper Lake	7:12:21	M45-49
306	Matthew Twinam	Saratoga Springs	6:00:11	M35-39	434	Mike Griffiths	Delmar	7:17:07	M25-29
311	Nicholas Huestis	Wynantskill	6:01:37	M30-34	442	William Dixon	Albany	7:36:30	M50-54
312	Craig Matis	Clifton Park	6:01:43	M50-54	444	Shirley King	Peru	7:42:06	W60-64
314	Melinda Person	Albany	6:02:17	W30-34	453	Erin Rappold	Niskayuna	9:39:17	W20-24
318	Matthew Landy	Glenmont	6:03:19	M40-44	.55		/IM, 18.6M BIKE, (1120 2 1
326	Paul Gebhard	Saratoga Springs	6:05:13	M45-49	MAI	E OVERALL	TIM, TO.OW BIKE,	J.ZW NON	
329	Robert Morganson	Lake Placid	6:07:02	M50-54	1	James Carothers	Williamstown		1:43:58
330	Michael Castle	Wynantskill	6:07:37	M25-29	2	Tyler Heishman	New York		1:53:29
335	Diane Litynski	Saranac Lake	6:10:19	W45-49	3	Michael Farrell	New York		1:53:56
336	Mark Swain	Burnt Hills	6:11:08	M40-44	-	ALE OVERALL	New TOIK		1.55.50
338	Jonathan Muckell	Glenville	6:11:21	M25-29	1	Amy Farrell	Tupper Lake		1:55:19
340	Julie Reidy	Plattsburgh	6:11:25	W35-39	2	Jacqueline Lake	New York		2:12:38
356	Susan Bright	Slingerlands Clifton Park	6:21:00	W35-39	3	Jacqueline Lake Jenny Swayne	New York		2:12:38
362 365	Jake Stookey James Wilkes	Clifton Park Potsdam	6:23:08	M30-34	5			Commore	
305	James VVIIKes	roisaam	6:23:40	M30-34		Courtesy of Tuppe	i Lake Chamber of	commerce	=

	341	H ANN	JUAI ADIR	ONDAC	ĸ	DISTANCE RU	N 10	-MII FR	
	J-11.					illage to Bolton			
8.4	ALE OVERALL	Julie 2	27, 2010 · Lar	ie debig		MAGE TO BOTTON EMALE AGE GROUP: 1		ng .	
1	Thomas Williams	22	0	53:52	1	Siobhan O'Brien	16	Warwick	1:44:27
1		32	Queensbury Middle Grove		2	Emily Lines	18	Oueensbury	1:49:29
2	Shaun Evans			54:11	Ñ	IALE AGE GROUP: 20		queensbury	1.15.25
3	Jared Newell	22	Queensbury	55:15	1	Bradlev Lewis	23	Troy	57:19
4	Kevin Sprague	19	Queensbury	57:01	2	Shaun Donegan	24	Wilton	59:33
5	Richard Bush	33	Gansevoort	57:16	3	Keith Hollis	22	Watertown	1:05:46
FE	MALE OVERALL				4	Andrew McNamara	24	Albany	1:13:38
1	Emily Bryans	42	Schenectady	1:02:46	5	Tim Woods	23	Loudonville	1:16:02
2	Fileen Combs	32	Schenectady	1:02:55	FI	EMALE AGE GROUP: 2			
3	Dana Bush	31	Gansevoort	1:04:39	1	Sarah Raabis	24	Worcester, MA	1:10:14
4	Lori Kingsley	44	Wysox, PA	1:05:25	2	Meghan Davey	24	Amsterdam	1:11:11
5	Roxanne Wegman	22	West Point	1:05:25	3	Devin McGlade	23	New City	1:15:56
_			west Point	1:06:25	4	Bethany Hawke	24	Albany	1:17:25
IVI	ALE AGE GROUP: 1 -		-us - 1		5	Samantha Weinberg	21	Tenafly, NJ	1:21:43
1	Kevin Miles	14	Clifton Park	1:10:55	IV	IALE AGE GROUP: 25		Commentation	1.07.13
2	Evan Collins	13	Bolton Landing	1:21:09	2	Scott Weilacher Pete Gillen	26 28	Saranac Lake Amherst, MA	1:07:13 1:08:56
FE	MALE AGE GROUP:	1 - 14			3	Charles Jacobson	28 29		1:11:39
1	Sherri Metcalfe	12	Queensbury	1:15:25	4	Jim Cunningham	29 27	New Haven, CT Ithaca	1:11:39
2	Julia Slyer	14	Averill Park	1:36:59	5	Andrew Bigelow	25	Watertown	1:12:57
М	ALE AGE GROUP: 15	- 19				EMALE AGE GROUP: 2		vvatertovvii	1.10.57
1	Jamie Glover	19	Clifton Park	58:06	1	Susan Curro	28	Albany	1:09:57
2	Brian Broderick	19	White Plains	1:05:49	2	Justine Mosher	25	Oueensbury	1:10:07
3	Jordan Ricker	16	Pottersville	1:06:06	3	Brett Harris	25	Albany	1:16:57
4	Daniel Janeczko	15	Clifton Park	1:06:06	4	Ellen Bandel	26	Saint Louis, MO	1:19:46
5	Emmet Shipway	16	Avon, CT	1:17:35	5	Sarah Reid	29	Burlington, VT	1:21:12

34TH ANN	UAL	ADIRONDA	CK DI	STANCE RUN 1	0-MIL	ER continued	ı
ALE AGE GROUP: 30 - 3	4			3 Kevin Dollard	54	Hopewell Junction	1:05:12
		Alhany	58.24		50		1:06:36
Fric Fiske	31		1:07:39	5 Jim Amell	50	Scotia	1:07:16
					50 - 54		
					52	Schenectady	1:11:28
	30				52	Clifton Park	1:19:42
	- 34	THE TOTAL	1.20.51	3 Jane Mastaitis	51	Saratoga Springs	1:20:19
		Cobleskill	1.07.49	4 Katherine Fair	54	Fort Ann	1:22:31
				5 Jane Raabis	53		1:23:34
					- 59		
				1 Bob Maswick	55	Lake Placid	1:11:44
				2 Paul Forbes	59	Colonie	1:11:50
		Wildule Granville	1.20.11		55		1:12:20
		Hipochura V/T	57-50		57		1:15:59
					58		1:15:59
					55 - 59		
						Glens Falls	1:11:07
							1:15:51
		Queensbury	1:10:18				1:19:01
							1:26:54
							1:29:04
				5 5111 111 (11011		поу	1.23.04
						Cancaraort	1:14:14
		Ballston Lake	1:16:35				1:17:27
Jennifer Metivier	39	Lake George	1:16:37				1:17:27
ALE AGE GROUP: 40 - 4	4				٠.		
Lawrence Poitras	44	Johnstown	1:04:20				1:19:51
Brian Debraccio	44	Scotia	1:04:52			Scotia	1:26:13
Bradlev Armour-Garb	41	Slingerlands	1:09:29			C1 .	
Jim Lebrou	44		1:11:51				1:18:11
	42						1:28:46
		queensbury					1:32:32
		Queenshury	1.20.40	i Susuii ilailis			1:38:39
						Iroy	1:48:23
							1:17:13
							1:26:31
		CIIIION Park	1:27:10				1:30:39
		Deleven	1.02.40				1:33:33
						Delmar	1:39:50
				 Marge Rajczewski 	69	Ballston Lake	1:33:38
				MALE AGE GROUP: 70	- 79		
		Saratoga Springs	1:09:49	 Wade Stockman 	75	Rensselaer	1:26:42
				2 Jim Moore	70	Niskayuna	1:28:36
				3 Bob Husted	72	Rexford	1:29:16
				4 Joseph Richardson	70	Slingerlands	1:36:38
Heidi Noonan	45	Jeffersonville	1:23:35	5 Walter McConnell	78	Bolton Landing	1:59:38
Sue Whitney	46	Glens Falls	1:26:01	FEMALE AGE GROUP:	70 - 79	3	
Jennifer Casey	45	Ballston Lake	1:26:29	1 Anny Stockman	78	Rensselaer	1:47:24
ALE AGE GROUP: 50 - 5	4				& OVER		
William Venner	51	Granville	59:48	1 Edward Doucette	80	Bennington, VT	1:52:51
		Ballston Lake	1:00:51			ondack Runners	
Derrick Staley	51						
	ALE AGE GROUP: 30 - 3 Aaron Knobloch Eric Fiske Daniel Gracey Michael Waldenmaier Cory Smith MALE AGE GROUP: 30 Anne Putnam Shannon Pingitorc Isabelle Dickens Danielle Gallant Kerri Thomas ALE AGE GROUP: 35 - 3 Ray Webster Patrick Lynskey Richard Hamlin Rik Jordan Todd Eicher MALE AGE GROUP: 35 - 4 Ray Webster Patrick Lynskey Richard Hamlin Rik Jordan Todd Eicher MALE AGE GROUP: 40 Amy Stein Ann Glackin Jennifer Metivier ALE AGE GROUP: 40 - 4 Lawrence Poitras Brian Debraccio Bradley Armour-Garb Jim Lebrou Gregory Potter MALE AGE GROUP: 40 - 4 Lawrence Poitras Brian Debraccio Bradley Armour-Garb Jim Lebrou Gregory Potter MALE AGE GROUP: 40 - 7 Alt William Carlo Male AGE GROUP: 40 - 8 Timothy Bardin Shawn Emery MALE AGE GROUP: 45 - 4 Timothy Bardin Shawn Emery MALE AGE GROUP: 45 Nancy Nicholson Lisa Nieradka Heidi Noonan Sue Whitney Jennifer Casey	ALE AGE GROUP: 30 - 34 Aaron Knobloch 34 Eric Fiske 31 Daniel Gracey 32 Michael Waldenmaier 33 Cory Smith 30 MALE AGE GROUP: 30 - 34 Anne Putnam 33 Shannon Pingitorc 32 Isabelle Dickens 33 Danielle Gallant 34 Kerri Thomas 34 ALE AGE GROUP: 35 - 39 Ray Webster 35 Patrick Lynskey 37 Richard Hamlin 37 Rik Jordan 39 Todd Eicher 37 MALE AGE GROUP: 35 - 39 Kimberly Miseno-Bowles 39 Karen Dolge 39 Karen Dolge 39 Karen Metivier 39 Amy Stein 36 Ann Glackin 38 Jennifer Metivier 39 ALE AGE GROUP: 40 - 44 Lawrence Poitras 44 Brian Debraccio 44 Bradley Armour-Garb 41 Jim Lebrou 44 Gregony Potter 42 MALE AGE GROUP: 40 - 44 Patty Moore 45 Stacey Ries 41 Julie Keating 40 Carla Burhoe 44 Nouara Bouzidi 44 ALE AGE GROUP: 45 - 49 Tom Kracker 45 Rik Stevens 45 Rik Stevens 45 Rik Stevens 45 MALE AGE GROUP: 45 - 49 Nancy Nicholson 48 Lisa Nieradka 45 Heidi Noonan 45 Sue Whithrey 46	ALE AGE GROUP: 30 - 34 Aaron Knobloch 34 Airon Knobloch 34 Airic Fiske 31 Granville Daniel Gracey 32 Albany Michael Waldenmaier 33 Delmar Cory Smith 30 New York MALE AGE GROUP: 30 - 34 Anne Putnam 33 Cobleskill Shannon Pingitorc 32 Fort Edward Sabelle Dickens 33 South Glens Falls Danielle Gallant 34 South Burlington, V Middle Granville ALE AGE GROUP: 35 - 39 Ray Webster 35 Hinesburg, VT Patrick Lynskey 37 Troy Richard Hamlin 37 East Greenbush Gilens Falls Todd Eicher 37 Queensbury MALE AGE GROUP: 35 - 39 Karen Dolge 39 Valatie Kimberly Miseno-Bowles 39 Amsterdam Amy Stein 36 New York ALE AGE GROUP: 40 - 44 Lawrence Poitras 44 Johnstown Brian Debraccio 44 Scotia Bradley Armour-Garb 41 Silngerlands Jim Lebrou 44 Niskayuna Gregory Potter 42 Queensbury MALE AGE GROUP: 40 - 44 Patty Moore 44 Queensbury MALE AGE GROUP: 40 - 44 Patty Moore 44 Queensbury MALE AGE GROUP: 45 - 49 Tom Kracker 45 Gansevoort Riks Stevens 47 Glens Falls Timothy Bardin 48 Queensbury MALE AGE GROUP: 45 - 49 MALE AGE GR	ALE AGE GROUP: 30 - 34 Aaron Knobloch 34 Aaron Knobloch 34 Airon Knobloch 34 Airon Knobloch 34 Albany 58:24 Granville 1:07:39 Albany 1:14:26 Michael Waldenmaier 33 Delmar 1:18:25 New York 1:20:31 MALE AGE GROUP: 30 - 34 Anne Putnam 33 Shannon Pingitorc 32 Fort Edward 1:17:05 Sabelle Dickens 33 South Glens Falls 1:18:40 South Burlington, VT1:19:20 Middle Granville 1:20:11 ALE AGE GROUP: 35 - 39 Ray Webster 35 Patrick Lynskey 37 Richard Hamlin 37 East Greenbush 1:07:03 Rik Jordan 39 Glens Falls 1:07:35 Todd Eicher 37 Queensbury 1:10:18 MALE AGE GROUP: 35 - 39 Karen Dolge 39 Karen Dolge 39 Karen Dolge 39 Karen Dolge 39 Kimberly Miseno-Bowles 39 Amy Stein 36 Ann Glackin 38 Ballston Lake 1:16:35 Jennifer Metivier 39 Lake George 1:16:37 ALE AGE GROUP: 40 - 44 Brian Debraccio 44 Brand Brander Ade Group: 40 - 44 Stacy Ries 41 Julie Keating 40 Carla Burhoe 44 Nouara Bouzidi 44 ALE AGE GROUP: 45 - 49 Tom Kracker 45 Gansevoort 1:03:33 Russell Lauer 47 Glens Falls 1:09:24 MALE AGE GROUP: 40 - 44 Stacy Ries 41 Huntington Station 1:21:44 Julie Keating 40 Kinderhook 1:22:14 ALE AGE GROUP: 45 - 49 Tom Kracker 45 Gansevoort 1:03:33 Russell Lauer 47 Glens Falls 1:09:24 Anterdam 1:13:23 Any Stein 36 Ale Group: 40 - 44 Stacy Ries 41 Huntington Station 1:21:44 Ale AGE GROUP: 45 - 49 Tom Kracker 45 Gansevoort 1:03:33 Russell Lauer 47 Glens Falls 1:03:49 Saratoga Springs 1:09:49 MALE AGE GROUP: 45 - 49 MALE AGE GROUP: 45 -	ALE AGE GROUP: 30 - 34 Aaron Knobloch 34 Arric Fiske 31 Granville 1:07:39 Albany 1:14:26 Michael Waldenmaier 33 Delmar 1:18:25 New York 1:20:31 Anne Putnam 33 Cobleskill 1:07:49 Anne Putnam 33 Cobleskill 1:07:49 Ashael GROUP: 30 - 34 Anne Putnam 33 South Glens Falls 1:18:40 Danielle Gallant 34 South Burlington, VT1:19:20 Ale AGE GROUP: 35 - 39 Ray Webster 35 Ray Webster 35 Rik Jordan 39 Ray Webster 37 Rik Jordan 39 Ray Webster 37 Rik Jordan 39 Karen Dolge 39 Karen Bolge 39 Karen Bol	ALE AGE GROUP: 30 - 34 Aaron Knobloch 34 Albany 58.24 Albany 1.07:39 Daniel Gracey 32 Albany 1.14:26 Michael Waldermaier 33 Delmar 1.18:25 MALE AGE GROUP: 30 - 34 Anne Putnam 33 Cobleskill 1.07:49 Anne Putnam 33 Cobleskill 1.07:49 Anne Putnam 33 Cobleskill 1.07:49 Anne Putnam 33 South Glens Falls 1.18:40 Danielle Gallant 34 South Burlington, VTI: 19:20 Babelle Dickens 33 South Glens Falls 1.18:40 Danielle Gallant 34 South Burlington, VTI: 19:20 Bake AGE GROUP: 35 - 39 Ray Webster 35 Hinesburg, VT 57:50 Ray Webster 37 Troy 1.03:56 Richard Hamlin 37 East Greenbush 1:007:03 Rik Jordan 39 Glens Falls 1:07:35 Todd Eicher 37 Queensbury 1:10:18 MALE AGE GROUP: 35 - 39 Karen Dolge 39 Valatie 1:09:24 Karen Dolge 39 Valatie 1:09:24 Karen Dolge 39 Valatie 1:09:24 Lawrence Pottras 44 Johnstown 1:04:20 Bradley Armour-Garb 41 Slingerlands 1:09:29 Bradley Armour-Garb 41 Slingerlands 1:09:29 Bradley Armour-Garb 44 Nikskayuna 1:11:51 MALE AGE GROUP: 40 - 44 Lawrence Pottras 44 Dinnstown 1:04:20 Bradley Armour-Garb 41 Slingerlands 1:09:29 Bradley Armour-Garb 44 Diamond Point 1:24:41 Patty Moore 44 Queensbury 1:10:41 Patty Moore 44 Clifton Park 1:27:10 Tom Kracker 45 Glens Falls 1:03:43 Timothy Bardin 48 Queensbury 1:07:25 Brakle AGE GROUP: 45 - 49 Nancy Rote Group: 45 - 49 Nancy	Aaron Knobloch 34

HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES #2 June 28, 2010 • Mirror Lake Beach, Lake Placid 400-YARD SWIM, 12-MILE BIKE, 3-MILE RUN Hillary Pond 18-29F Saranac Lake MALE OVERALL Patrick Dunn 18-29M Ticonderoga 1:04:05 55:04 Rosanne VanDorn Lake Placid 30-39F 1:11:57 Lake Placid Colin Delanev 18-29 57:56 30-39M 59:49 3 Maxime Tardit 30-39 Lake Placid 59:31 Rachel Butler 40-49F Lake Placid 1:10:30 FEMALE OVERALL Jon Parks 40-49M Cadyville 1:00:31 18-29 1:07:00 Annellies Cook Saranac Lake Cinzia Duncar 1:39:02 Margaret Maher Shane Eversfield 50-59M Lake Placid 1:03:30 Saranac Lake Marlijne Cook 18-29 1:10:13 AGE GROUPS Ted Pierce 60-69M Post Falls, ID 1:15:31 15-17M Gallatin, TN Courtesy of High Peaks Cyclery

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	8TH				P SARATO Wilton Wildl					#1	
M	ALE OVERALL			A	GE GROUPS			1	Kelly Holzworth	30-39F	23:22
1	Shaun Donegan	24	17:56	1	Joshua Atkinson	00-14M	33:55	1	Jeff Farbaniec	40-49M	25:15
2	Demetri Goutos	19	17:57	1	Sophie Smith	00-14F	34:34	1	Mary Fenton	40-49F	24:46
3	Damien Rock	0	20:32	1	Anthony Benis	15-19M	24:36	1	Jon Stillman	50-59M	22:14
FE	MALE OVERALL			1	Brooke Ruggiero	15-19F	31:16	1	Jane Mastaitis	50-59F	26:44
1	Kayla Angier	22	21:35	1	Tim Russell	20-29M	22:18	1	Charles Brockett	60-69M	28:06
2	Lisa D'Aniello	24	22:12	1	Samantha Rotter	20-29F	25:41	1	Laney Lutzker	60-69F	28:39
3	Erin McMahon	32	23:11	1	Casey Holzworth	30-39M	22:07		Courtesy of Sara	atoga Stryd	ers

		SOUTHE		RONDACK				SERIES	i #1
М	ALE OVE	RALL			М	ALE AGI	GROUPS		
1	22:27	Mike Wynn	41-60	Queensbury	1	47:43	Liam Drake	00-10	Cambridge
2	23:25	Jay Tyler	41-60	Stillwater	1	33:35	Linus Sante	10-14	Queensbury
3	23:33	Brandon Milet	15-18	Cambridge	1	24:15	Derek Wojtkua	15-18	Cambridge
_			13-10	Cambridge	1	24:04	David Kvam	18-40	Queensbury
FE	MALE O				1	24:00	Don Rice	41-60	Rensselaer
1	29:03	Carly Wynn	15-18	Queensbury	1	29:36	David Rutkowski	60-69	Ticonderoga
2	30:07	Julia Sante	10-14	Queensbury	1	33:34	Walt McConnell	70-79	Bolton Landing
3	44:43	Dagny Drake	10-14	Cambridge	Co	urtesy of	Southern Adironda	ck Spokes &	& Inside Edge Ski/Bike

						4" 4-MILE R			
M	ALE OVERALL	, ,		, ,		ALE AGE GROUP: 40		<i>J</i> -	
1	Aliaksandr Leuchank	19	Brooklyn	20:06	1		41	Hopewell Junction	21:32
2	Ethan Clary	21	Schuylerville	20:22	2		42	Pontiac, MI	22:34
3	Sam Place	17	Saratoga Springs	20:22	3		41	Oriskany	26:54
-	MALE OVERALL	.,	saratoga springs	LUILL		EMALE AGE GROUP:		Oliskally	20.54
1	Sydney King	16	Saratoga Springs	23:38	1	Virginie Poritzky	41	Greenfield Center	27:10
2	Nicole Irving	18	Ballston Lake	23:41	2	Gail Nubinstein	41	Saratoga Springs	27:10
3	Molly Pezzulo	17	Saratoga Springs	23:54	3	Mary Fenton	44	Ballston Spa	29:01
-	ALE AGE GROUP: 14 8			23.5	-	IALE AGE GROUP: 45		ballstori spa	25.01
1	Andrew Maguire	14	Saratoga Springs	23:16	1	Bob Radliff	45	Stillwater	23:54
2	Zachary Muzdakis	14	Rochester	23:48	2	Craig Dubois	46	Sprakers	24:19
3	Jordan Healy	14	Castleton	25:52	3		45	Ballston Spa	25:09
FE	MALE AGE GROUP: 1	4 & UND	ER			EMALE AGE GROUP:		palistori spa	25.09
1	Taylor Driscoll	14	Saratoga Springs	25:18	1		45 - 49 45	Clifton Park	27:09
2	Madi Carr	14	Saratoga Springs	26:25		Kilstell Hislop	45 49		
3	Kaylee Scott	13	Castleton	26:39	2	Janice Phoenix		Schnectady	28:32
M	ALE AGE GROUP: 15 -				3		48	Saratoga Springs	29:31
1	Sean Pezzulo	18	Saratoga Springs	20:49		ALE AGE GROUP: 50			
2		17	Wilton	21:52	1	ren senvara	52	Wilton	24:49
3	Jonah Williams	15	Saratoga Springs	22:37	2		52	Galway	25:16
	MALE AGE GROUP: 1		Saratoga Springs	22.57	3		53	Middletown, CT	25:50
1	Margaret MacDonald	15	Gansevoort	24:12		MALE AGE GROUP:			
2	Keelin Hollowood	15	Saratoga Springs	24:30	1	Stephanie Landy	50	Ballston Spa	29:49
3	Brianna Freestone	16	Ballston Spa	24:35	2	Jane Mastaitis	51	Saratoga Springs	30:58
-	ALE AGE GROUP: 20 -		banston spa	2 1.55	3		50	Lake George	31:08
1	Jeff Roland	23	Atlanta, GA	20:25	M	ALE AGE GROUP: 55	- 59		
,	Demetri Goutos	20	Saratoga Springs	20:28	1	Scott McCloud	55	Saratoga Springs	27:50
3	Ryan Pezzulo	21	Saratoga Springs	21:15	2	Daniel Prosser	59	Philmont	29:00
	MALE AGE GROUP: 2		Saratoga Springs	21.13	3	Raymond Framarin	55	Valatie	29:17
1	Christine Sloat	20	Ballston Lake	26:27	FE	MALE AGE GROUP:	55 - 59		
2	Kaitlin O'Sullivan	21	Gansevoort	26:41	1	Martha DeGrazia	59	Slingerlands	29:10
3	Chelsea Borbolla	21	Greenwich	27:13	2	Adele Pace	56	Clifton Park	35:08
	ALE AGE GROUP: 25 -		Greenwich	27.13	3	Ilene Steinhaven	55	East Setauket	36:29
1	Thomas O'Grady	25	Latham	22:25	M	ALE AGE GROUP: 60	- 64		
2	John Clements	26	Rochester	22:54	1		63	Gansevoort	27:34
	Josh Fox	25	Shortsville	23:20	2	Greg Rickes	60	Latham	31:15
	MALE AGE GROUP: 2		SHOLDANIC	23.20	3		60	Ballston Lake	32:27
1 1	Andrea Scribner	27 27	Gloversville	28:57	FI	MALE AGE GROUP:	60 - 64		
2	Lauren Smith	25	Rensselaer	28:57	1		61	Ballston Spa	33:12
3	Terilee Dodge	29	Albany	29:00	2	Rita Labar	63	Bronxville	35:34
	ALE AGE GROUP: 30 -		Albaily	23.00	3		60	Clifton Park	37:49
1	Anthony Giuliano	31	Albany	21:06		ALE AGE GROUP: 65		Cinton rank	37.13
2	Chris Winslow	31	Albany	23:36	1		65	Saratoga Springs	32:00
_	Andrew Rickert	31	Delmar	23:45	2		65	Rochester	32:12
	MALE AGE GROUP: 3		Deimar	23.45	3		66	Cortland	32:12
			CIL MAA	20.10	_	MALE AGE GROUP:		Cortiana	32.13
1	Sarah Rury	31	Gill, MA Glens Falls	28:10	1	Sibyl Jacobson	67	Canaan	41:19
2	Jaclyn Stedman	31		29:42			65		
3	Renee Wing	30	Rensselaer	29:48	2	Susan Fassett		Ballston Spa	46:48
	ALE AGE GROUP: 35 -			25.25	3		67	Clifton Park	47:37
1	Michael Bracken	36	Saratoga Springs	25:39		ALE AGE GROUP: 70		N.C. dansara	22.52
2	,	35	Saratoga Springs	26:20	1		70	Niskayuna	32:53
3_	Seth Dunn	39	Saratoga Springs	26:23	2	Norm Marincic	75	Saratoga Springs	41:00
	MALE AGE GROUP: 3				3		78	Bolton Landing	41:54
1	Tonya Dodge	35	Saratoga Springs	24:01		MALE AGE GROUP:			
2	Sara Babin	35	Wilton	28:37	1	Regina Tumidajewicz	83	Amsterdam	1:04:46
3	Lynn Prehen	38	Saratoga Springs	29:35		Courtesy	of Streaks	Running Club	

	Н					-TRIATHLON Beach, Lake P		5 #3	
	400-YARD SWIN	VI, 12-MILE	BIKE, 3-MILE R	UN	1	Kristen Forcier	30-39F	Westport	1:13:21
FE	MALE OVERALL				1	Starlett Cook	40-49F	Saranac Lake	1:14:22
1	Heather Mooney	15-17	Peru	1:08:31	1	Karen Delaney	50-59F	Lake Placid	1:18:28
2	Margaret Maher	18-29	Lake Placid	1:08:58	1	John Herberle	00-12M	Charlotte, VT	1:31:39
3	Rosanne VanDorn	30-39	Lake Placid	1:10:29	1	Scott Swanson	15-17M	Glen Allen, VA	1:15:32
М	ALE OVERALL				1	Lucas Milliken	18-29M	Keene	1:06:36
1	Mike Wynn	40-49	Queensbury	55:34	1	David Tardif	30-39M	Lake Placid	59:52
2	Kevin Bouchard-Hall	18-29	Jay	57:52	1	Jon Parks	40-49M	Cadvville	1:02:09
3	Maxime Tardit	30-39	Lake Placid	59:51	1	Douglas Hazelden	50-59M	Bloomingdale	1:06:15
A	GE GROUPS					-			
1	Hannah Cole	15-17F	Lima	1:15:16	- 1	Jim Cunningham	60-69M	Ticonderoga	1:18:46
1	Hillary Pond	18-29F	Saranac Lake	1:12:54		Courte	sy of High P	eaks Cyclery	

	33	RD AI	NNUAL	UTICA BOIL	.ERI	MAKER 15K	ROA	D RAC	E
	-	July 11	, 2010 •	ECR Internation	onal	to FX Matt Br	ewing	ı, Utica	
M	ALE OVERALL				M	ALE AGE GROUP: 2	5 - 29		
1	Lelisa Desisa	M20-24	42:46	Ethiopia	1	Robert Letting	25	45:20	Kenya
2	Peter Kirui	M20-24	42:48	Kenya	2	Ketema Nigusse	29	45:50	Ethiopia
3	Shadrack Kosgei	M25-29	42:50	Kenya	3	Jeff Eggleston	25	46:19	USA
4	Ridouane Harroufi	M25-29	43:17	Morocco	4	Fred Joslyn	26	47:16	USA
5	Ahmed Baday	M35-39	43:33	Morocco	5	Cosmas Kiplimo	27	47:29	Kenya
FE	MALE OVERALL					MALE AGE GROUP			
1	Edna Kiplagat	F30-34	47:57	Kenya	1	Jackie Kosakowski	26	56:33	Sauquoit
2	Alice Timbilili	F25-29	48:15	Kenya	2	Jessica Snyder	26	58:49	Rochester
3	Belainesh Zemedkun		49:09	Ethiopia	3	Trisha Byler	26	59:28	Rochester
4	Dire Tune	F25-29	49:33	Ethiopia	4	Maria Varela	29	59:46	Brighton, MA
5	Mamitc Daska	F25-29	49:48	Ethiopia	_	Dee Koutsourais	25	1:00:10	Mohnton, PA
	INAMINIC DASKA			Етпоріа		ALE AGE GROUP: 3 Chad Johnson	34	46.20	USA
				14/1 /	1	Aaron Robertson	34 32	46:28 49:03	Rouses Point
1	Michael Sullivan	14	1:00:56	Webster	3	Dan Smith	32 31	49:03	Cambridge, MA
2	Austin Peters	14	1:03:23	Geneseo	4	Dave Bradshaw	31	49.51	Macedon
3	Michael Szarek	13	1:07:08	Cold Brook	5	Jeremy Drowne	32	51:25	Saratoga Springs
FE	MALE AGE GROUP				_	MALE AGE GROUP			Saratoga Springs
1	Sarah Morin	13	1:06:16	Porter Corners	1	Irene I imika	30	54:11	Kenya
2	Madison Bach	12	1:16:25	Cedar Rapids, IA	2	Andrea Viger	32	58:19	Boulder, CO
3	Anne McConnell	14	1:21:35	Mclean	3	Fileen Combs	32	59:16	Schenectady
M	ALE AGE GROUP: 1	5 - 19			4	Erica Viger	32	59:26	Boulder, CO
1	Aliaksandr Leuchank	a 19	49:10	Brooklyn	5	Jill Skivington	30	59:36	Rochester
2	Sam Place	17	50:08	Saratoga Springs	М	ALE AGE GROUP: 3	5 - 39		
3	Jon McDonald	19	50:59	Buffalo	1	Francois Marchand	35	49:56	Boischatel, QC
FE	MALE AGE GROUP	: 15 - 19			2	Derrick Jones	38	51:10	Henrietta
1	Lindsay Raulli	19	1:00:07	North Syracuse	3	Jerad Crave	35	54:07	Asheville, NC
2	Margaret MacDonal	d 15	1:02:36	Gansevoort	4	Ray Webster	35	54:16	Hinesburg, VT
3	Molly Pezzulo	17	1:03:06	Saratoga Springs	5	Richard Cohen	39	54:30	Utica
	ALE AGE GROUP: 2		1.05.00	saratoga springs	FE	MALE AGE GROUP	35 - 39		
1	Bado Worku	21	45:47	Ethiopia	1	Karen Simmonds-Bra	dy 36	56:03	Auburn
2	Michael Pierce	23	47:05	USA	2	Christy Peterson	35	58:49	Doylestown, PA
3	Andrew McCann	23	47:37	USA	3	Karen Dolge	39	1:02:51	Valatie
_			47.37	USA	4	Allison Craig	37	1:03:31	Delmar
	MALE AGE GROUP		E4.33	t20-	5	Kelly Colbert	38	1:04:08	Utica
1	Emily LaSala	24	54:33	Jamesville		ALE AGE GROUP: 4			
2	Erin Richard	24	57:59	USA	1	Nickolay Kerimov	42	53:05	Russia
3	Mary Kate Champag	jne 20	58:00	Plattsburgh	2	Macdara Nash	43	53:25	Concord, MA continued

B David Ruggles	44	54:17	Kingston, ON	FEMALE AGE GROU	P: 60 - 64	ļ	
4 Jason Porter	40	55:15	Bedford, NH	1 Marie Pitarresi	60	1:19:47	New Hartford
5 Kentucky Wempe	41	55:51	Franklin, TN	2 Aline Kenney	61	1:24:49	Nashua, NH
FEMALE AGE GROUP:	40 - 44			3 Ginny Pezzula	64	1:24:52	Colonie
Michelle Weiler	42	1:01:13	Pittsford	MALE AGE GROUP:	55 - 69		
2 Marybeth Romagnoli	41	1:01:45	Cazenovia	1 Tony Dunbar	65	1:08:29	Brockville, ON
3 Jolene Casatelli	41	1:02:54	New Hartford	. ,	65	1:12:11	
4 Stacy Wanamaker	42	1:02:57	Fayetteville				Cobourg, ON
5 Terri Artese	44	1:03:10	Scotia	3 Roger Odell	65	1:13:39	Hilton
MALE AGE GROUP: 45				FEMALE AGE GROU			
1 Daniel Giblin	48	57:46	Rochester	1 Carol Rider	68	1:33:33	Bridgeport
2 Bob Kellogg	45	58:21	Queensbury	2 Joan Deyle	65	1:34:49	Central Square
3 Russell Lauer	47	58:31	Glens Falls	3 Cindy Zysk	67	1:39:33	Marcy
FEMALE AGE GROUP:		-	Bl l	MALE AGE GROUP:	70 - 74		-
1 Kathy Champagne	48	1:02:31	Plattsburgh	1 Kermit Cadrette	72	1:19:02	Rome
2 Anna Fox	49	1:06:15	Palmyra	2 Merv Hodgson	72	1:23:19	Maitland, ON
3 Nancy Nicholson	48	1:07:35	Queensbury	3 Peter Ruben	70	1:29:01	Holland Patent
MALE AGE GROUP: 50 1 Budd Coates	- 54	55:29	F DA	FEMALE AGE GROUI	, ,		noliana ratent
			Emmaus, PA				
2 Tim Dwyer	50	56:16	Rochester	1 Helen Botti	73	1:35:34	Kenmore
3 Charlie Andrews FEMALE AGE GROUP: 1	53 50 54	56:45	Rochester	2 Madeline Marken	70	1:37:32	Falmouth, MA
	5 0 - 54 51	1:11:01	Ottawa, ON	3 Alene Bosquet	70	1:38:49	Ilion
1 Catherine Wallace 2 Darlene Saeva	51 51	1:11:01	Rochester	MALE AGE GROUP:	75 - 79		
3 Joyce Goodrich	51 52	1:11:22	Glenville	1 David Morgan	77	1:36:56	Corning
MALE AGE GROUP: 55		1.11.29	CIETAILE	2 Dillon Maier	75	1:41:22	Oneonta
1 Reno Stirrat	- 5 6	54:19	Dorchester, MA	3 Rich Hause	77	1:46:44	Berwick, PA
2 Mark Rybinski	55	57:03	Manlius	FEMALE AGE GROU	P: 75 - 79		
3 John Tranter	58	59:23	Oshawa, ON	1 Edna Hyer	76	2:12:17	South Wales
FEMALE AGE GROUP:			22110110, 011	MALE AGE GROUP:			South Maies
1 Louise Voghel	55	1:07:17	St-Armand, OC				Many David - 1
2 Therese Christo	56	1:11:17	Hilton	1 Joseph Penabad	81	1:41:05	New Hartford
3 Martha DeGrazia	59	1:11:55	Slingerlands	2 Richard Sullivan	81	1:47:54	Buffalo
MALE AGE GROUP: 60			- J 	3 Roger Whalley	80	1:56:48	Buffalo
1 Doug Wood	60	1:00:39	Sylvan Beach	FEMALE AGE GROU	P: 80 & O	VER	
2 Richard Stankivitz	60	1:03:33	Canastota	1 Shirley Simmers	81	2:27:09	Stratford, NJ
3 Thomas Lamme	63	1:04:48	Penfield	Courtesv	of Boilern	naker 15K Ro	ad Race

July 11				E BUSH TRIATI ny to Guilderland		Guilderland	,
		E BIKE, 3.25-MILE RI		FEMALE AGE GROU		, Gunderiand	
MALE OVERALL	, 11.J-WIL	E BIRE, 3.23-MILE R	JIN	1 Stephanie Wille	35	Guilderland	1:09:
1 Douglas Cowell	41	Pittsboro, NC	57:50	2 Keli Scott-Ciota	39	Ballston Spa	1:10:
2 Keith Alber	37	Clifton Park	58:10	3 Sally Drake	37		1:11:
3 Craig Tynan	40	Schenectady	58:14			Albany	1:11:
FEMALE OVERALL	40	Scheneedady	30.14	MALE AGE GROUP:		CIII D. I	4.00
1 Kate Fisher	35	Richmond, VA	1:06:18	1 Anthony Pharo	43	Clifton Park	1:02:
2 Tracey Delaney	45	Lake Luzerne	1:07:01	2 Pat Sommo	42	Guilderland	1:03:
3 Louis Dinuzzo	28	Albany	1:07:55	3 Jim Hollister	44	Valatie	1:07
MALE AGE GROUP: 1		,		FEMALE AGE GROUP	: 40 - 44		
1 Avery Ball	11	Fast Greenbush	1:22:10	 Alison Heaphy 	43	Nassau	1:09
FEMALE AGE GROUP	10 - 14			2 Kate Gurley	42	Burnt Hills	1:12
1 Julia Slver	14	Averill Park	1:15:02	3 Flynn Flynn	43	Dalton, MA	1:14:
2 Kylee Mueller	13	Averill Park	1:21:56	MALE AGE GROUP: 4	15 - 49	,	
3 Alexandra Dixon	10	Delanson	1:22:07	1 Chuck Racev	48	Voorheesville	59
MALE AGE GROUP: 1		Delanson	1.22.07	2 Stephen Schonning	46	Westerly, RI	1:01:
1 Casey Gilboy	17	Latham	59:37	3 John Slver	45	Averill Park	1:05
2 Robert Hollinger	18	Averill Park	1:00:49			Averiii raik	1.05
3 David Sikule	19	Westerlo	1:03:03	FEMALE AGE GROUP			
FEMALE AGE GROUP	15 - 19			1 Polly Chorlton	45	Westerly, RI	1:08
1 Michaela Conway	16	Voorheesville	1:20:46	2 Alison Van Dyke	48	Ballston Spa	1:10
2 Christina Herkenham		Slingerlands	1:25:13	3 Teresa Warner Maiu	ri 45	Ghent	1:11
3 Claudette Bosman	19	Niskayuna	1:27:56	MALE AGE GROUP: !	0 - 54		
MALE AGE GROUP: 2	0 - 24			 George Baird 	54	Rensselaer	1:01
1 John MacDonald	20	Burnt Hills	58:59	2 Bob Connelly	50	Stamford	1:04
2 Lee Johnson	24	Clifton Park	1:03:10	3 Thomas Gorczyca	54	Schenectady	1:06
3 Tyler Welsh	21	Pattersonville	1:05:08	FEMALE AGE GROUP	: 50 - 54	, , , , , , , ,	
FEMALE AGE GROUP	20 - 24			1 Robin Lindenberg	54	Niskayuna	1:16
1 Felicia Phillips	23	Gansevoort	1:24:50	2 Elizabeth Herkenhar	٠.	Charlton	1:18
2 Jennifer Rollin	20	Otisville	1:28:37	3 Kerry Dewitt	54	Delmar	1:24
3 Kelly Lavin	24	Albany	1:35:04	,		Delitial	1.24
MALE AGE GROUP: 2	5 - 29	,		MALE AGE GROUP:		-	4.00
1 Keith Weiss	28	Malta	1:00:21	1 Frank Bender	59	Troy	1:08
2 Ryan Weaver	25	Albany	1:02:21	2 John Mounteer	56	Altamont	1:10
B Daniel Anderson	29	Saratoga Springs	1:06:17	3 Douglas Tucker	55	Rensselaer	1:11
FEMALE AGE GROUP	25 - 29			FEMALE AGE GROUP			
1 Brett Harris	25	Albany	1:13:24	 Mary Wilsey 	58	Albany	1:25
2 Tanya Kolawole	26	Rensselaer	1:19:06	2 Nina Salamon	56	North Kingstown	ı, RI 1:30
B Emily McAllister	26	West Hartford, CT	1:19:22	3 Carol Smith	58	Albany	1:38
MALE ÁGE GROUP: 3	0 - 34			MALE AGE GROUP: 6	0 - 64	,	
1 Stephen Russell	30	Albany	1:03:33	1 David Dibelius	63	Ballston Lake	1:13
2 Jonathan Conkling	33	East Chatham	1:03:50	2 David Schroeder	62	Castleton	1:20:
3 Alex Ciota	34	Ballston Spa	1:04:41	MALE AGE GROUP: 6		Castleton	1.20
FEMALE AGE GROUP	30 - 34	•		1 Mark-Richard Butt	68 - 68	Delmar	1:24:
1 Marta Hallgren	32	Galway	1:14:48			Deimai	1.24
2 Sarah Peters	34	Albany	1:17:59	FEMALE AGE GROUP		-	
3 Rebecca Shaw	34	Selkirk	1:19:37	1 Sibyl Jacobson	67	Canaan	1:27
MALE AGE GROUP: 3	5 - 39			MALE AGE GROUP: 7			
1 Marc Grossman	37	Niskayuna	1:03:32	 Martin Helmer 	70	East Chatham	1:19:
2 Hamish Kerr	37	Schenectady	1:05:06	2 Richard Golden	75	Athens	1:49:
3 Joseph Yanazzo	38	Malta	1:07:59	Courtes	v of Capital	District YMCA	

				-	Park, Mech			
MA	ALE OVERALL		FE	MALE AGE GROUP:		FE	MALE AGE GROUP: 40	
1	Lonnie Summerson	17:19	1	Jordon Conroy	28:00	1	Janice Phoenix	21:58
FEI	MALE OVERALL		2	Chanleigh Casey	33:35	2	Gail Rubinstein	22:03
1	Kimberly Miseno-Bowles	21:23	3	Kayla Casey	34:40	3	Laurie Kennedy	29:04
M	ALE AGE GROUP: 11 & U	INDER	M	ALE AGE GROUP: 20	- 29	М	ALE AGE GROUP: 50 -	
1	Spencer Kemble	23:06	1	Matt Clements	19:26	1	Gary Berger	20:30
2	Nathan Kemble	25:12	2	Bob Murphy	20:12	2	Tom Kligerman	22:57
3	Marc DeBates	25:52:55	3	Dallas Foard	21:00:57	3	Paul Caradori	22:59
FEI	MALE AGE GROUP: 11 8	UNDER	FE	MALE AGE GROUP:	20 - 29	FE	MALE AGE GROUP: 50	
1	Alanna Curcio	33:36	1	Meghan Collins	21:27	1	Maureen Fitzgerald	23:17
2	Michaelena DePasquale	34:11	2	Alison Rogriguez	23:18	2	Nancy Beach	32:37
3	Tierney Bisaillon	35:58	3	Jessica Kaszeta	25:53	3	Sue Kardash	32:46
M	LE AGE GROUP: 12 - 15	;	М	ALE AGE GROUP: 30	- 39	М	ALE AGE GROUP: 60 -	
1	Ethan Jaynes	21:16	1	Bill Parker	20:15	1	Dan Finn	27:59
2	Caleb Foard	22:25	2	Nicholas Verdile	22:06	2	Jack Berkery	30:58
3	Paul Vermilyea	25:20	3	Matthew Letteer	22:06	FE	MALE AGE GROUP: 60	
_	MALE AGE GROUP: 12 -		_	MALE AGE GROUP:	22.00	1	Mary Collins-Finn	25:44
1	Jenna Loudis	22:53	1	Michelle Cavotta	22:36	2	Rosann Graziano	28:40
2	Kali DeMarco	25:06	2	Sarah Baker	22:37	3	Joanne Skeritt	35:24
3	Erin Maloney	25:08	3	Jackie Sgambati	23:13	M	ALE AGE GROUP: 70 &	
_	ALE AGE GROUP: 16 -19	25.06		ALE AGE GROUP: 40		1	Joe Kelly	31:07
		17.00				2	Donald McBain	39:13
1	Raphael Gagliastri	17:32	1	Tony Merola	17:54	FE	MALE AGE GROUP: 70	
2	Nathan Clements	18:36	2	Adam Erno	19:37	1	Priscilla Mueller	37:23
3	Park Greer	21:49	3	Anthony Cavotta	21:49	Cou	rtesy of Mechanicville Area Comm	unity Services Cente

8TH					A 5K TRAIL RU		2
	July	12, 2010	• Wilton Wi	ldlife	Preserve & Park,	Wilton	
MALE OVERALL				1	Todd Jones	40-49M	20:42
1 Craig Coon	M	22	17:12	1	Dave Peterson	50-59M	22:18
2 Aaron Newell	M	17	18:29	1	Stan Westhoff	60-69M	26:25
3 Joshua Myers	M	19	20:04	1	Joel Landis	70-79M	27:50
FEMALE OVERALL				1	Amanda Griffiths	00-14F	31:46
1 Kelly Holzworth	F	31	23:27	1	Samantha Griffiths	15-19F	27:47
2 Erin Pezzulo	F	46	23:42	1	Samantha Rotter	20-29F	26:06
3 Devan Tracy	F	18	24:49	1	Sarah Dewey	30-39F	26:55
AGE GROUPS					,		
1 Adriel Landis		00-14M	26:02	1	Mary Fenton	40-49F	25:01
1 Joel Landis Jr		15-19M	21:49	1	Jan Mares	50-59F	30:17
1 Shaun Donegan		20-29M	22:05	1	Laura Clark	60-69F	29:50
1 William Henke		30-39M	22:08		Courtesy of	of Saratoga Stryders	

MTN BIKING cont. from pg 1

diverse trails that range from hardcore expert-only downhillers, to cruisers, to winding cross-country paths - something for every ability and riding style. Whiteface also has the greatest vertical drop in the East, so there's a lot of room to roll.

From the summit of Little Whiteface, which you reach via a scenic ride in the Cloudsplitter Gondola, trails are expertonly. Big bikes, helmets and full pads are the norm there. So are tight turns, big rocks and steep drops. Expect each run to take about 40 minutes. For intermediate and beginner riders, their shuttle bus that runs twice an hour, will take you and your bike from the base up to a drop-off point where you can choose from a selection of trails that match your ability.

The trail breakdown is as follows: singletrack 17; doubletrack 1; ski trails 5; service roads 4; and an extensive pump track. The mountain bike park is open daily from 9am to 3:30pm through early September, and then weekends until mid-October. Rentals and equipment are available, as the staff leads daily tours (ask for info). They also have an extensive list of events, including ladies days, and their fifth annual 5K Downhill Race on Sept. 12.

West Mountain in Glens Falls offers "extreme mountain biking" with several downhill trails with lift and trail access or trail access only. If you like your summer adventures a little tamer a hiking pass is also available. You can catch the lift to the top, enjoy the views, and then hike back down to enjoy lunch or dinner on the deck or in the bar at The West Side Grille. West is open for riding on Saturdays through the fall from 10am-6pm. Visit: skiwestmountain.com.

At the Olympic Sports Complex in Lake Placid, riders can experience mountain biking on 30 miles of cross-country ski trails. Mount Van Hoevenberg has

New site! stockadeathon.com

hamletbryans@nycap.rr.com



moderate to challenging terrain, singletrack, numerous jumps, and some good hills to practice climbing and descending on the hardpack and grassy trails. The High Peaks Mountain Bike Center offers one- and two-day "Fun, Not Fear" Dirt Camps with adults and kids clinics for all ages and all ability levels, with rentals available. Visit: highpeakscyclery.com.

In North River, the Garnet Hill crosscountry ski trail network is transformed into a mountain bike trail system in the summer and fall. They have also developed interconnecting singletrack trails for more variety. If you don't have your bike, rentals are available in the ski/bike shop. Visit: garnet-hill.com.

The Speculator Loop trail system consists of two bike loops, one of 13.7 miles long and the other Kunjamuk Cave loop is 7.2 miles long. The trailhead is near the Speculator ball field, and there is challenging terrain for easy, intermediate and "difficult" level riders. The free trails are open from mid-May until mid-October. Visit: speculatorchamber.com.

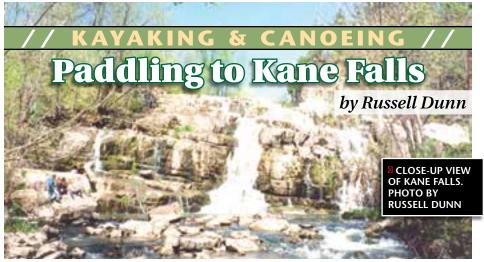
The Old Forge and Inlet area offers miles of mountain biking riding opportunities on their extensive system of snowmobile and cross-country ski trails. Visit: inletny.com or oldforgeny.com.

63 launches & paddling adventures!

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f you are in the mood for a flatwater paddle culminating at the base of a large waterfall filled with fascinating history, then the paddle upstream to Kane Falls is just for you. The adventure begins at the town dock in Fort Ann – a small, historic village named after a fort built during Queen Anne's War (1702-1713). The dock is located along the west bank of the Champlain Canal, a modern, well-traveled waterway that runs northeast from Fort Edward to Whitehall.

To get to the town dock from the village of Fort Ann at the junction of NY Routes 149 and 4, turn onto Ann Street, and drive east for 0.1-mile. Just before crossing over a bridge spanning the Champlain Canal, turn left onto a dirt road that leads downhill in 75 feet to a small parking area by the town dock, where history and adventure awaits you.

Paddle north from the town dock, following the wide channel of the Champlain Canal for 0.2-mile. When you come to a break along the western shoreline, turn left onto Halfway Creek, a medium-sized stream that rises from the Wilkie Reservoir northwest of Glens Falls - and was so-named because it is halfway between Lake George and Fort Edward. You will immediately pass under an old railroad bridge. Look to your left and you will see, at the end of a tiny inlet, the limestone block structure of a canal lock, one of three in Fort Ann that has survived from the days of the old Champlain Canal. Although the waters are shallow in the inlet, it is possible to paddle south for a short distance to view the canal lock close-up.

Back on Halfway Creek, you continue north for 0.1-mile. You will pass under Route 4, a highway that was once a path used by Native Americans to travel between the Hudson River and Lake Champlain. Later, the same route was used by contending European armies between 1690 and 1760. Today, cars and large trucks make their way across the bridge as they head towards Whitehall or to points south and west of Fort Ann.

After another 0.1-mile you will see a large drainpipe on your left where a tributary of substantial size merges with Halfway Creek after passing under County Route 16. You can paddle right through the drainpipe, carefully navigating around riprap that lies just below the surface, and then upstream for at least 0.3-mile until blowdown and obstructions

announce that it is time to turn around.

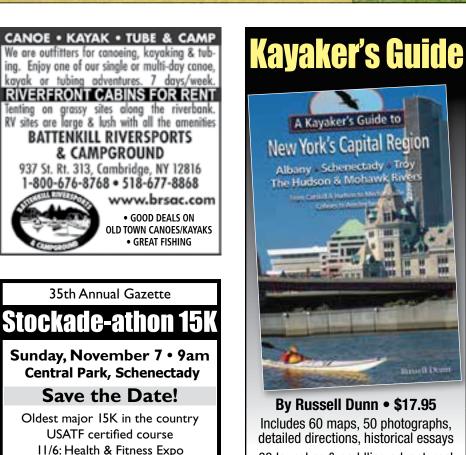
Returning to Halfway Creek, continue your paddle north. At 0.8-mile, you will come to an area where the tempo of the river picks up appreciably, and tiny but negotiable rapids are encountered. A series of large boulders is on your left. Once you have cleared this section, the way ahead is easily managed. In another 0.1-mile you will pass under high-tension lines, which then parallel the stream before disappearing into the woods at 0.2-mile.

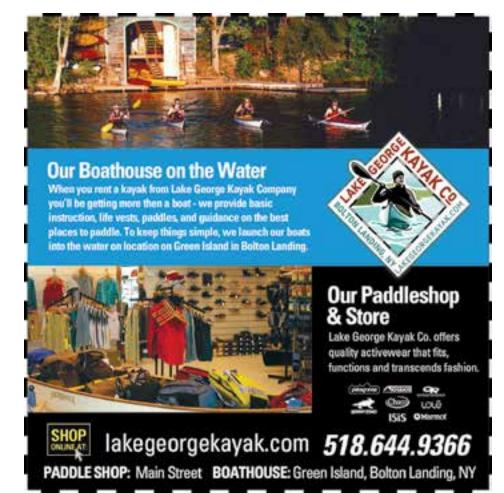
At 1.1 miles, you will hear the roar of 50foot-high Kane Falls in the distance, and at 1.2 miles you will reach the base of the waterfall. During the summer the full height of Kane Falls is partially obscured by leaves. In early spring or late fall, however, the waterfall looms directly above you, clearly visible through overhanging tree limbs bereft of leaves. A large pool at the base of the waterfall provides for fairly calm waters, allowing you to paddle about leisurely while enjoying the views, and sounds of water roaring over the top of the fall.

Kane Falls was named after Charles Kane, an early settler who constructed several mills and a forge by the waterfall. During the Revolutionary War the waterfall was the site of a blockhouse and sawmill. Lumber from this sawmill was used by General Benedict Arnold to build his fleet of ships at Whitehall, a village that has become known as the "Birthplace of the American Navy." Arnold's little navy sailed north to meet a much stronger British fleet at the Battle of Valcour Island. Though defeated, Arnold's flotilla is credited with staving off a British invasion until the following year. By that time, the American forces were stronger and were able to stave off the invasion by soundly defeating the British at the Battle of Saratoga. 🖣

Russell Dunn (bdelaney@nycap.rr.com) of Albany is a NYS-licensed hiking guide and author of the new book A Kayaker's Guide to New York's Capital Region: Exploring the Hudson and Mohawk Rivers. He has also written five regional waterfall guidebooks and, with his wife Barbara Delaney, Adirondack Trails with Tales and Trails with Tales: History Hikes through the Capital Region.







www.AdkSports.com AUGUST 2010



ne of my favorite areas of the Hudson River lies north of the village of Coxsackie. Both the east and west shores offer nice spots to explore, including two side creeks that you can paddle up for a good distance. Also on this stretch of the river are two nice islands and several used-to-be islands. I'll explain later. To top off your trip, there is a nice landing along the shore, complete with a café.

It is hard to find a better boat launch on the Hudson than the NYS Parks site at Coxsackie. It offers lots of parking, a big lawn, port-a-johns, and good wildlife viewing right from shore. I always scan the area there for bald eagles before getting on the water. They have favored perching areas both up and down river from the launch. If no power boats are using the ramp, you can launch kayaks or canoes right there. If it's busy, go just to the right of the ramp, and there is a nice beach with room for lots of boats. I've landed there with a group of over 20 kayakers and had lots of room.

Paddling north across a bay and in the direction of the boat docks, (the Coxsackie Boat Club), you make your way behind Coxsackie Island and Rattlesnake Island. I would not expect a timber rattlesnake to be found here, but there are large nests in the trees on both of these islands - bald eagle nests. I expect that only one is used for nesting in any year, but I found three nests as I paddled on the main river last fall when the leaves were down.

Unfortunately, islands are much rarer than they once were on the Hudson. Mark Twain is quoted as saying, "A river without islands is like a woman without hair. She may be good and pure, but one does not fall in love with her very often." My apologies to anyone with hair issues, but islands certainly do add charm to a river, and the Hudson lost many of its islands during the past century. The dredging that was done to deepen the channel for large ship navigation is to blame. Sediments were scooped from the river and deposited behind many of the islands, making them part of the shore, or turning them into peninsulas instead of an island. There are a number of places near this stretch of river that still bear the "island" name: Schodack Island, Hotaling Island, Bronck Island, Campbell Island and Papscanee Island. All of these places are no longer surrounded by water.

Real islands like Coxsackie and Rattlesnake are to be treasured. You can paddle up the back side of these islands, though you will find a thick floating mat of water chestnut plants choking the narrowing bay behind Rattlesnake. If you keep right along the shore of the island, there is a clear channel to paddle. It looks like the north end of the island was connected to the shore at one time by a narrow land bridge. A few years ago you needed higher tide levels to make it through a narrow slot in that land bridge and back to the river. Someone has now widened and deepened the passage, so water level is no longer a concern. You can also cut between the two islands, going north along the river side of Rattlesnake. At the north tip of the island is a tall channel marker on a small rock island. On the ebb tide - water flowing down river toward New York City - the currents really swirl here, giving you some exciting water to play in.

Continuing north along the shore, you approach a substantial point of land projecting out into the river. To the left, in the "arm pit" of this point, emerges Coxsackie Creek. At higher tide levels, you can paddle up this creek, experiencing one of the most woodsy and secluded side trips along the river. Here the banks slope up high and fairly steeply, covered with trees, and showing no human presence. The slope on the left faces north, and is heavily shaded with eastern hemlock trees. The right hand slope faces south,

and hardwood trees predominate. As you reach River Road, the creek bed starts to rise and loses its tidal nature, the water tumbling over a rocky bottom and ending navigation.

Paddling back to the river, keep left around the point of land, and proceed north along the river's west shore. You will round a landing with an old cut stone wall, perhaps a loading spot for barges and boats in the past. We once spotted a goodsized animal shuffling along the top of the stone break wall as we approached - not the expected raccoon or woodchuck, but a large beaver. Spooked by our approach, the beaver dove off the three-foot wall into the water with a great splash! He surfaced and gave us a mighty smack of his tail on the water, disappearing again under the surface. I will always picture that cliff-diving beaver as I pass this spot.

At this point, you are 2.5 miles north of the Coxsackie launch. Continue north to about four miles out, and watch closely on the left bank for the Van Schaack Campsite at Bronck Island – part of the Hudson River Watertrail Association. The HRWA has developed this spot with a tent platform and a nice composting toilet facility. The land was donated to the Watertrail and it makes a great spot to stop. Overnight camping is allowed. Visit: hrwa.org.

At five miles, you come to the southern tip of the Schodack Island peninsula, close to the east bank of the river. As always, cross the main navigation channel carefully. This tip is called Hotaling Island, though it's long been connected by dredge spoil. Hotaling is still the deposit site for dredge spoil and is federal government property. There is a nice sand beach on the southeastern part of the tip, opposite a boat dock on the east shore.

We will start back south from this point, keeping to the eastern shore. Remember the tide and current changes that are part of this tidal estuary. The cur-

rent reverses direction with the rise and fall of the water, and though its speed may only reach one to one-and-a-half miles per hour, it makes a difference when you are paddling just three miles per hour. Your effective speed could be two or four mph, depending on the current direction. If you plan poorly, it could take twice as long to get back to the launch! Ideally, I would start this trip two or three hours before high tide at Coxsackie, going north with the flood and back south with the ebb. For tide predictions, go to http:// xtide.ldeo.columbia.edu/hudson/tides/ predictions.html.

Mill Creek is found at about one-mile south of our turnaround point, entering from a tunnel under a railroad bridge. You can paddle a distance up this creek; the surrounding land is a Nature Conservancy preserve. Continuing south, our final stop is Stuyvesant Landing, with a park and gravel boat ramp. You can carry your boat up to the grass above the ramp, walk across the tracks (being careful to watch for high speed trains), and go to a great little café. This makes a wonderful lunch or coffee stop. This landing is opposite Coxsackie Creek.

The paddle back to our launch is about two miles. You can cross the channel and cut between the two islands, or continue south to Nutton Hook State Unique Area, opposite the Coxsackie launch. This was the site of the largest ice house on the river, supplying New York City with ice until the advent of refrigeration. For further explorations from this launch spot, see "Coxsackie South to Stockport" in the May 2008 issue on adksports.com (see Back Issues). 🜲

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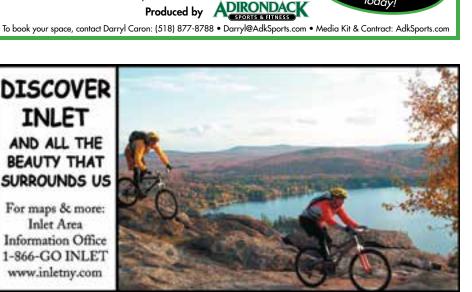
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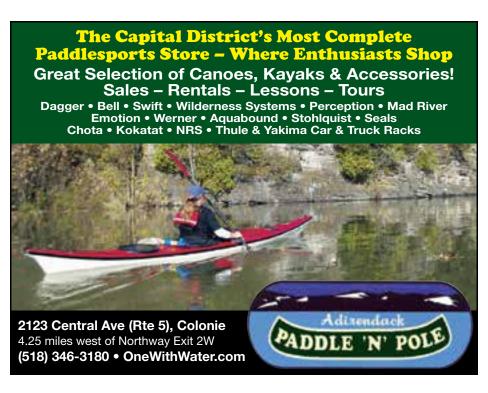
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