& F **OCTOBER**

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by Bill Ingersoll The many scarred and cliff-strewn mountains that rise a thousand feet or more from the shores of Lake George hardly attain the lofty heights of other Adirondack peaks. Nevertheless, Lake George's Tongue Mountain Range offers some of the best mountain hiking in New York. A trail runs the entire length of the ridge, from

NY Route 9N on the north to Montcalm Point on the south. Side trails make a spectacular loop trip possible, and two lean-tos provide shelter for backpackers. The rugged terrain, unique flora and fauna, and outstanding views give the Tongue Mountains their wilderness-like qualities.

The range's relatively low elevation and southerly orientation help explain why its forests more closely resemble those of the Appalachians than the Adirondacks. The northern hardwood forest type that is so characteristic of the North Woods is present only on the north-facing slopes. On the southern slopes, expect to find oaks, hickories, and junipers in abundance. Natural meadows on several summits provide wide vistas.

Within this drier, warmer environment, hikers might also encounter the eastern timber rattlesnake basking in the sun. This denizen of the Tongue Mountain Range is hardly aggressive towards humans - these snakes will leave you alone if you leave them alone. By fall they have taken cover for the season, and you will hardly even know they are there.

On two different Novembers, some friends and I hiked the southern half of the range as overnight trips. The experience of settling in for the night while the lights came on all around the lake was one I will never forget, and one I hope to repeat soon. There is a lean-to located on the summit of Fifth Peak, but our preferred spot was a hardy meadow near the top of French Point Mountain. The scarcity of water on the ridge means that campers have to tote their own supply, in most cases.

HOW TO GET THERE

The Clay Meadow Trailhead is located on NY Route 9N, about five miles north of Bolton Landing. A brown

See FALL BACKPACKING, 18

2010



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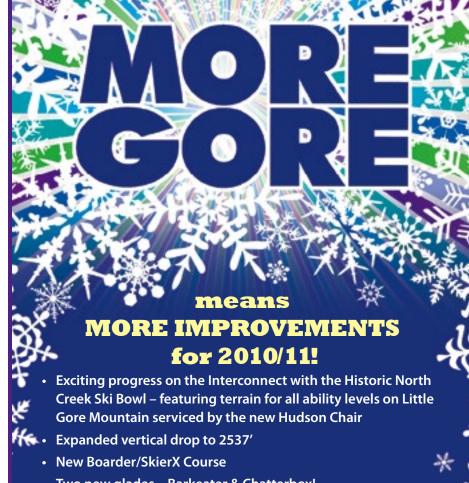
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by Dave Beals

yclocross racing got its start in the north of France in the early 1900s when cyclists there would continue to ride their race bikes throughout the winter months to keep in shape for the spring race season. These cyclists would meet up in local parks and other locations to practice and to maintain some race fitness. Since these folks had racing in their blood and were extremely competitive in nature, these training sessions turned into some serious racing. This was the birth of cyclocross racing, where today cyclists race in parks on a relatively short course of about three kilometers in length.

From these roots in Northern Europe, cyclocross racing grew in popularity in Europe and the first official World Cyclocross Championship race was held in France in 1950 and was won by Jean Robic of France – who is the only Tour de France champion to win the World Cyclocross Championship.

In the US, cyclocross had a tiny but fervent following in New England in the 1970s that eventually grew into the current form of bicycle racing now recognized by USA Cycling, with tens of thousands of licensed racers, and hundreds of cyclocross races across the country. The first US National Championship race was held in Berkeley, Calif. in 1975. Of course, here in the Northeast, we all agree that the best cyclocross races and racers are right here in our corner of the country. A scan of national champions on the USA Cycling website reveals a majority from Massachusetts, such as reigning champions Tim Johnson, Julie Lockhart, Johnny Bold, Kevin Hines and Paul Curley. Alas, none from New York.

A quick refresher: cyclocross is a form of bicycle racing that is performed in a 2.5K to 3K closed course, usually in a park or other natural setting. The race involves racing a lightweight bicycle, closely resembling a road racing bike, over natural terrain such as grass, dirt trails, sand and a bit of mud thrown in for good measure. Natural or manmade obstacles are encountered in every lap of the race to force riders off the bike and to run over logs or wooden barriers or to carry the bike up a steep incline. In the photo, Justin Lindine, formerly of Maplecrest and now from Salem, Mass., shows the classic form of a 'suitcase' bike carry while running at speed over a 16-inch high pair of wooden

The racer's technique in quickly and smoothly dismounting, running, and remounting the bike all while traveling at speeds approaching 25 miles per hour takes considerable practice. In the early laps of a cyclocross race, riders are bunched up severely and the pushing and shoving can get pretty exciting for the spectators.

Because cyclocross races are held in a relatively small area, spectators can have easy access to all portions of the race course and can watch different 'features' as they are called, such as steep run-ups where racers will have to carry the bike on their shoulder and sprint to the top of the hill and remount. These locations are prime spots for spectators to watch, cheer, and clang cow bells. It's not at all like going to a bike race and watching a group pedal by on the road for a few minutes and then you might see them again several hours later at the finish line, maybe.

Spectators at a cyclocross race line the course and the action is right in front of you, lap after lap. Several races are held throughout the day, so there is a lot of bike racing to be seen up close and personal. My favorite spectator spot is the top of the "Lord of the Flies" run-up at the Bethlehem Cup cyclocross race, in its fifth year in Bethlehem. Racers are suffering big time to climb up this monster hill and you need to give them a little room or you will get covered with mud and sweat. My second favorite is the beer garden adjacent to the barriers in Roger Williams Park in Providence, R.I., the site of two previous US Nationals.

Spectators contribute much to the sport. Fans can see the action lap after

lap, and can see how the race unfolds over the hour for the elite races. Fans will make all sorts of noise with all sorts of noise makers, horns and drums. Some fans even dress up for the event. The "Monkey Man" (see photo) has become famous with his appearance at races all across the Northeast.

PHOTOS BY DAVE BEALS

Here in our region, several cyclocross races are within a very short drive. First up is the Uncle Sam GP of Cyclocross on Oct. 16-17 in Prospect Park, Troy. This urban park on the side of a hill provides a fantastic setting for great CX course in the true classic European style. Grass trails, grassy hills, some fast pavement sections, and some tricky off-camber turns are the trademarks of this course. Spectator opportunities abound from the covered pavilion area where you can see the slippery descents, or further up the hill where the action is elbow to elbow as racers climb the hill.

Next up is the Spa City Cyclocross Race, Oct. 24. Back for a second year, it returns with a new venue at the historic Saratoga Race Course and exciting new events for racers and curious members of the public. Races will be held at the Saratoga Race Course 'lowlands' off of Henning Road. The kids' race will roll off at noon, followed by a one-lap "Run What You Brung" race for anyone wishing to experience cyclocross for the first requires no pre-registration.

The NYS Cyclocross Championship race is Oct. 31 in Rochester, hosted by Full Moon Vista. Based upon the event these folks put on in September this should be exciting and well run.

If the drive out west is a bit much, try the Wicked Creepy Cyclocross race on Oct. 31, just a quick trip over the border to Bennington, Vt. Part of the NYcross. com race series, it features a course that sends racers through a volleyball sandpit that tests the strength of even the fittest of cyclists. It's a fun day all set in a classic New England surrounding. The park is family friendly with two playgrounds, walking paths, and a BMX course.

Another local favorite CX race is the Bethlehem Cup, held this year on Nov. 14 at the Elm Avenue Park. It features the aforementioned "Lord of the Flies" runup, the "Black Trail of Aaggh" and free chili! Don't miss this race if you are competing or just come to watch. Bring your cow bell. This is just a small sample of some of the local CX races that are held in our area. I hope to see you at them all! 📥

Dave Beals (davebeals@aol.com) is an avid cyclist, member of the NYcross.com cyclocross team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club. Dave has two grown daughters and resides in Niskayuna with his wife and team director Connie Beals.

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Uncle Sam Grand Prix Oct. 16-17 • Prospect Park, Troy

Saratoga Spa CX
Oct. 24 • Saratoga Race Course,

Saratoga Springs
Wicked Creepy CX

Oct. 31 • Bennington, VT

Bethlehem Cup

Nov. 14 • Elm Ave Park, Delmar www.NYcross.com



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Calendar of Events

October - December



ALPINE SKIING & SNOWBOARDING

ONGOING

Sa-Su Used Equipment Sale: 10/30-11/21. 10am-4pm. Willard, Easton. 692-7337. willardmountain.com.

OCTOBER

- 3-11 Annual Ski & Snowboard Tent Sale. Steiner's Sports, Glenmont. 427-2406. steinersskibike.com.
- 28 Out of Control Ski Club's Halloween Party: Costume Ball w/Bluz House Rockers. 8pm. Polish Community Center, Albany. ocskiclub.org.

NOVEMBER

- 5-7 49th Ski & Snowboard Expo. Empire State Plaza, Albany. 383-6183. edlewi.com.
- **6 Warren Miller Movie "Wintervention."** 7pm. Benefits Saratoga H.S. Ski Team. Maple Ave M.S., Saratoga Springs. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 6 Ski Equipment Consignment Sale. McCauley, Old Forge. 315-369-6983. oldforgeny.com.
- 19-20 Warren Miller Movie "Wintervention." 8pm. Palace Theater, Albany. Pete Weycamp: 785-6433. Schenectady Wintersports Club: swcweb.org.
- 19-20 Warren Miller Movie "Wintervention." Various times. Wood Theater, Glens Falls. 874-0800. woodtheater.org.
- Warren Miller Movie "Wintervention." 7:30pm. Center for the Arts, Lake Placid. lakeplacidarts.org.
- **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.

DECEMBER

- 4-5 NATO Telemark Workshop. Bromley, Manchester, VT. 802-824-5522. bromley.com.
- 11 Preseason Ski & Snowboard Screenings. 9am-12pm. Free. Regional Therapy Center, Wilton Medical Arts, Saratoga Springs. 580-2450. saratogahospital.org.
- **12 High Peaks Cyclery Demo Day.** Whiteface, Wilmington. 523-3764. highpeakscyclery.com.
- **18 Lumberjack Log Jam: Freestyle.** 11:30am. Gore, North Creek. 251-2411. goremountain.com.
- 30 56th New Year's Masters Ski Jump. Olympic Jumping Complex, Lake Placid. 523-3330. whitefacelakeplacid.com.
- 31 NYSEF K90 Ski Jump. Olympic Jumping Complex, Lake Placid. 523-3330. whitefacelakeplacid.com.
 - New Year's Eve Celebration. Jiminy Peak, Hancock, MA. 413-738-5500. jiminypeak.com.

BICYCLING

ONGOING

Nue Multi-Pace Ride: Thru 10/26. 4:30pm. 25M. Park/Ride, Schodack. Shari Gibbs: 283-0155. webmhcc.org.

- Sat Afternoon Fall Tour Ride. 2pm. 30M. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.
- **Sun Wake-Up Casual Ride.** 8am. 18M. Hannaford, Voorheesville. Steve Redler: 434-1540. webmhcc.org.

OCTOBER

- 9 Valatie II Ice Cream Really Casual Ride. 10m. 12M. OKenny's Restaurant, Valatie. Dave Render: 433-8316. webmhcc.org.
- 9 Lakeside My Way Tour Ride. 10am. 36M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- Jonesville Jaunt Really Casual Ride w/John Scherer, Clifton Park Town Historian. 1pm. 15M. Fire Station #1, Jonesville. Gerry Burr: 371-0590. Town of Clifton Park: cliftonpark.org.
- "BattenFall Classic" Bike Ride. 64M. 10am. Non-competitive, supported ride on revised Tour of the Battenkill course. Railroad Park, Cambridge. Dieter Drake: 275-6185. bikereg.com.
- 11 Rogers Island Tour Ride. 11am. 36M. Rogers Island V.C., Fort Edward. Ray Andrews: 434-4683. webmhcc.org.
- 16 Tam to Tom Casual Ride. 10am. 27M. Tamarac H.S., Troy. Janice Verrastro: 674-4473. webmhcc.org.
- **16 Ski Lift Tour Ride.** 10:30am. 50M. Ballston Spa Nat. Bank, Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 17 Tour de Columbia County. 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- **23 Apple Orchard Casual Ride.** 10am. 25M. Wholly Cow, Nassau. Dave Render: 433-8316. webmhcc.org.
- 23 Haunted Hundred Overnight Century. 100M. 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30 Chatham Highlands Dirt Road Casual Ride. 9am. 35M. Post Office, Nassau. Brian Daniels: 766-3311. webmhcc.org.
- 31 Halloween Bash Tour Ride. 10:30am. 50M. Little Theater, Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.

NOVEMBER

- 6 Rivers & Lakes Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 28 Sweat N' Ice Century Ride. 100M. 9am. Parkwoord Plaza, Clifton Park. Heather Rizzi: 847-2419.

DECEMBER

4 Last Century. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

CROSS-COUNTRY & ROLLER SKIING

ONGOING

Su, Mo XC Ski Tours: Intro to Aiken Wilderness. Woodford, VT. Adirondack Paddle N Pole, Colonie. Call 346-3180. onewithwater.com.

OCTOBER

- 7 NYSEF Nordic Spaghetti Dinner. 5:30pm. St. Agnes School, Lake Placid. 946-7001. nysef.org.
- 8 Whiteface Climb to the Castle Rollerski Race. 5M. 9am. Whiteface Memorial Highway, Wilmington. Margaret Maher: 523-1900. nysef.org.

NOVEMBER

- 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.
- **25-12/23 Free Winter Gear Rental.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- **26-27 Annual Open House & Sale.** 9am-4:30pm. Lapland Lake Nordic Vacation Center, Northville. 863-4974. laplandlake.com.

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26-12/5 Cascade's Thanksgiving Sale. Cascade Cross Country Ski Center, Lake Placid. 523-1111. cascadeski.com.

DECEMBER

- NYESF Season Opener XC Ski Race. 10:30am. 5K/10k freestyle. Olympic Sports Complex, Lake Placid. Jim Kobak: 643-0821. nyssranordic.com.
- 18-19 Eastern Cup Series Opener Race. Craftsbury Outdoors, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

HEALTH & FITNESS

ONGOING

- 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.
- 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.** Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.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.
- **Tue Take Shape for Life: Support Groups w/Dr Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- **Tu-Th-Sa Pilates Open Level Mat Class.** Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

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HIKING, CLIMBING & SNOWSHOEING

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- 8 Beginner Day Hike: Jay Range. 7.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 9 Trailless Peak: Street & Nye. Adirondack Mountain Club: 523-3441. adk.org.
- 10 Trailless Peak: Table Top Mt. Adirondack Mountain Club: 523-3441. adk.org.
- **11 Trailless Peak: Mt Marshall.** Adirondack Mountain Club: 523-3441. adk.org.

Hike with Your Dog. 5:30pm. Saratoga Spa S.P.,

- Saratoga Springs. Register: 584-2000 x116. nysparks.com.
 Rock Talk & Walk: Rattlesnake Mtn. 9am. Pok-O-MacCready
- Outdoor Ed Ctr., Willsboro. 963-7967. pmoec.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.

NOVEMBER

- **20-21 Wilderness First-Aid w/WMA.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
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DECEMBER

23-31 Winter Break. 10am-10pm. Come join the fun. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Fri-Sun Whiteface Lift-Serviced MTB Riding: 9/10-10/17.
 Whiteface MTB Center, Wilmington. 946-2223.
 downhillmike.com.
- **Sa-Su Gore MTB Riding: 7/17-10/10.** 10:30am: Skill Lessons. Gore, North Creek. 251-2411. goremountain.com.

OCTOBER

- 11 Team LUNA Chix Women's Only MTB Ride. 6pm. Town Park, Colonie. 421-0551. teamlunachix.com.
- 16-17 Uncle Sam Grand Prix of Cyclocross Race. 9am. NYcross. com Series. Prospect Park, Troy. Eric Schillinger: 441-1296. nycross.com.
- 18 Team LUNA Chix Co-Ed MTB Ride. 6pm. Central Park, Schenectady. Theresa: 421-0551. teamlunachix.com.
- 23 Phantom Phest. MTB races, haunted maze, music, food. Wawarsing. 845-647-0200. renegadesmtb.com.
- 24 Saratoga Spa Cyclocross Race. 9am. Kids' Race (free): 12pm. "Race What You Brung" First-Timer Fun Race (free): 12:30pm. NYcross.com Series. Saratoga Race Track (Henning Rd), Saratoga Springs. Andrew Bernstein: 917-414-8424. nycross.com.
- 25 Team LUNA Chix Women's Only MTB Ride. 6pm. SMBA Trails, Saratoga. Theresa: 421-0551. teamlunachix.com.
- 31 Wicked Creepy Cyclocross Race. 9am. NYcross.com Series. Willow Park, Bennington, VT. Scott Page: 802-442-7238 nycross.com.
- 31 Full Moon Vista: NYS Cyclocross Championship Race. Rochester. Scott Page: 585-520-1166.
- 31 All Hollows MTB Race. 9am. Central Park, Schenectady. Heather: 847-2419. bikereg.com.

NOVEMBER

- 6-7 Verge Series: Cycle Smart Cyclocross Races. Northampton, MA. Jeff Bramhall: 617-669-5056. cycle-smart.com.
- 7 Greene Cyclocross Race. 11am. Greene E.S., Greene. 607-723-9508. bikereg.com.
- Bethlehem Cup Cyclocross Race. 9am. NYcross.com Series. Elm Ave Park, Bethlehem. Chuck Quackenbush: 439-6931. nycross.com.
- 21 Luther Loops 2-Hour MTB Race. 9am. Luther Forest Trails, Malta. Heather Rizzi: 847-2419. bikereg.com.
- 25 Giving Thanks MTB Race. 8am. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.

MULTISPORT: TRI, DU, BI & O

OCTOBER

- 9 "Dawn of the Du" Duathlon. 2M trail run, 10M bike, 2M trail run. 7am. Wilton Mall, Saratoga Springs. Chris Bowcutt: 917-371-1108. greenleafracing.com.
- 15 City Search/Trivia-Orienteering Fun Meet. 4pm. 7K. Congress Park, Saratoga Springs. empo.us.orienteering.org.
- 16-17 More Orienteering Meet: US Classic Championships. Moreau Lake S.P., Moreau. empo.us.orienteering.org.
- 17 8th Mohawk Towpath Byway Duathlon. 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Race: 8:30am. Krause's Grove, Clifton Park. mohawktowpath.org.

NOVEMBER

Orienteering Club Championships. Moreau Lake S.P., Moreau. empo.us.orienteering.org.

DECEMBER

ARE's 5th Adventure Race. 1:30pm. 4-8M for adventure seekers only. Be ready for tree hugging, tree climbing, rock sliding! Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. areep.com.

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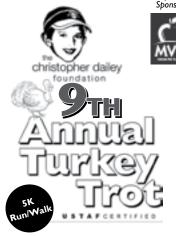
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1816 State St, Schenectady • (518) 346-1433 www.plaineandson.com • Mon-Fri 10-8, Sat 10-6, Sun 12-5



Thursday, November 25 Thanksgiving Day • 8:30am

The Saratoga Hilton, Broadway Saratoga Springs

Entry Fee: \$21 by 11/16 \$25 between 11/17-24 T-Shirt: To all registered by 11/16

Packet pickup/last chance to register Wednesday, Nov. 24, 4-8pm **No "Day Of" Registration**

All proceeds benefit Christopher Dailey Foundation

Register Online: areep.com christopherdaileyfoundation.com

10th Annual Saturday, October 23rd, 2010
Saratoga Spa State Park Columbia Pavilion



5K & 10K Walk/Run 9:30 AM Kid's Fun Run following races

NEW THIS YEAR
Long-sleeve Moisture Wicking
shirts & FREE raffle tickets to
all that pre-register for 5 & 10K!

5K & 10K Fees \$20 (before 9/18); \$23 (before 10/23) \$25 (day of) 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 To Benefit saratoga bridges

V

www.saratogabridges.org

Fifth Annual Capital District YMCA SK Run/Walk Series & Kids' Fun Runs

Monster Madness Dash 5K Run/Walk & Kids' Run

Saturday, October 30 Troy YMCA 2500 21st Street, Troy

Fall 5K Run/Walk & Kids' Run

Sunday, November 7 Greenbush Area YMCA 20 Community Way, East Greenbush

Prizes to participants in all six races! Events fund CDYMCA's scholarship program

Register Online at: **www.CDYMCA.ORG**

17th ANNUAL!

Goblin Gallop 5k

Saturday, October 30 • 9 am
Abraham Wing School
120 Lawrence St, Glens Falls
\$17 fee (\$15 Adk Runners pre-reg)
Quality long sleeve T-shirts to first 200 entrants

HALLOWEEN HOP 3/4-Mile Fun Run

10 am • \$3 Fee (pre-reg encouraged)

Halloween treats to all finishers

Register online & entry form:

active.com • adirondackrunners.org

Info: Ann Herring (518) 744-2312

REGISTER EARLY & ONLINE – LIMITED TO 1,000 RUNNERS



Skidmore College, Saratoga Springs

\$20 by 11/26 guarantees long-sleeve shirt • \$25 after 11/26
Finisher medals to all runners – No day of race registration

Register online or entry form: saratoga-arts.org Info: (518) 584-4132 or jallen3@nycap.rr.com

After the race, enjoy First Night Saratoga – Presented by Saratoga Arts

Ski Orienteering Race. 12pm. 2-3K. Newbies welcome. Lapland Lake, Northville. Eric Hamilton: 383-8565. empo.us.orienteering.org.

OTHER EVENTS

OCTOBER

- 4-14 New Curler Training. 7pm. Albany Curling Club, Albany. 456-6272. albanycurlingclub.net.
- 4, 6 Curling School. 6:30pm. Schenectady Curling Club, Schenectady. 372-4063. schenectadycurlingclub.org.
- 8, 13 Curling School. 6:30pm. Schenectady Curling Club, Schenectady. 372-4063. schenectadycurlingclub.org.
- **9-10 Gore Harvest Fest.** 10am-4pm. Gondola, mtn. biking, artisans, food/drink, music, family fun. 10/10: Leaf Cruncher 5K Run. Gore, North Creek. 251-2411. goremountain.com.
- 9-10 Flaming Leaves Festival. Olympic Jumping Complex, Lake Placid. 523-3330. whitefacelakeplacid.com.
- 12 Celebrate the Season Presentation w/Mark Bowie. 7pm. Adirondack Mountain Club, Lake George. 668-4447. adk.org.
- 16 Fly Fishing Clinic. 12-2pm. Saratoga Spa S.P., Saratoga Springs. Register: 584-2000 x116. nysparks.com.
- 17 Fallfest 2010. Willard, Greenwich. 692-7337. willardmountain.com.
- 23-24 Haunted Homestead. 4pm. 7pm. Hayrides, pumpkin painting, stories. Pok-O-MacCready Outdoor Education Ctr., Willsboro. 963-7967. pmoec.org.
- 30 Scary Story Night. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.

NOVEMBER

- 4 Wild & Scenic Environmental Film Festival. 7pm. Green Mountain College, Poultney, VT. Presented by Patagonia & The Mountain Goat to benefit Vermont Land Trust. The Mountain Goat, Manchester, VT. 802-362-5159. mountaingoat.com.
- 12 Wintergreen. Open discussion on winter recreation, sports, culture in the Adirondacks. 9-11:30am. NYSEF, Whiteface, Wilmington. 359-7800. wildcenter.org.
- 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.
- 20 Pack Basket Making Workshop. 9am-4pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 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.
- 20-22 World Cup Bobsled & Skeleton. Olympic Sports Complex, Lake Placid. 523-3330. whitefacelakeplacid.com.

DECEMBER

- **Great Adirondack Snow Dance.** 5pm. Melody Lodge, Speculator. speculatorchamber.com.
- 11 Pack Basket Making Workshop. 9:30am-4:30pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

PADDLING: KAYAK & CANOE

ONGOING

Evening Tours. 10/5: Mohawk River, Kiwanis Park, Rotterdam. 5:15pm. 10/19: Hudson/Mohawk Rivers, Lansingburgh to Peebles Island. 5:15pm. 10/26: Hudson River, Henry Hudson Park, Bethlehem. 5:15pm. Adirondack Paddle N Pole, Colonie. Reserve: 346-3180. onewithwater.com.

OCTOBER

 $15 \qquad \mbox{Moose River Releases for Whitewater Paddling. Old Forge.} \\ \mbox{Release times: hrbrrd.com.}$

15-17 Moose River Whitewater Festival. Old Forge. 315-955-5422. nyriverfestivals.com.

RUNNING, WALKING & SNOWSHOEING

ONGOING

Daily ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.

OCTOBER

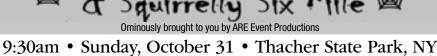
- 6 1st Lesedi Project Pub Run. 3.5M. 6pm. Wolf's 1-11 Restaurant, Colonie. 459-3338. Register: fleetfeetalbany.com.
- 9 16th Apple Run 5K Run/Walk. 9am. Kids' Mile Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 4th Falling Leaves 5K Run/Walk. 10am. Kids' 0.5M Fun Run: 10:45am. Kelley Park, Ballston Spa. Heather Leggieri: 885-6659. ballstonspaumchurch.org.
- 9 1st "Run For Your Life!" 5K Run/Walk for Hospice. 10am. Warrensburg Recreation Field, Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com.
- 9 **UAlbany Homecoming/Fall Festival Run.** 5K Fun Run, 2.5K Walk & Little Dane Dash. 5K/2.5K: 10am. Dash: 10:45am. Science Library, UAlbany, Albany. 442-3080. albany.edu/alumni.
- 9 Canandaigua Lake 50 Miles & 50K. 7am. Canandaigua. Tom Perry: 585-388-5270. canlake50.org.
- 9 37th Art Tudhope 10K Road Race. 9am. Shelburne Beach, Shelburne, VT. 802-658-1753. gmaa.net.
- 10 28th Mohawk Hudson River Marathon. 8:30am. Central Park, Schenectady to Riverfront Park, Albany. 10/9, 10am-6pm: Expo, Crowne Plaza. mohawkhudsonmarathon.com.
- 10 9th Mohawk Hudson River Half-Marathon. 8:30am. Town Park, Colonie to Riverfront Park, Albany. 10/9, 10am-6pm: Expo, Crowne Plaza. mohawkhudsonmarathon.com.
- 10 Leaf Cruncher 5K Trail Run. 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 10 1st Dannemora Jailbreak Trail Marathon, Half-Marathon & 50K Ultramarathon. 8am. QWL Center, Dannemora. Jay Magiera: 562-2297. jailbreaktrailmarathon.org.
- 10 Apple Harvest Festival 5K Run/Walk. 10am. Memorial Park, Cairo. 221-7221. greenetourism.com.
- 10 Harvest Half-Marathon & 5K. 10am. Red Hook. 845-625-3473. onteorarunners.org.
- Newburgh-Beacon Bridge Run. 5M. 11am. Newburgh to Beacon. 845-895-3402. mhrrc.org.
 3rd Century Marathon & Half-Marathon. 7am. Bull's Head
- Point, Fulton. 315-598-9622. fultonymca.com.

 10 13th Danby Down & Dirty 10K/20K Trail Runs. 9am.
 Danby S.F., Danby. 617-277-7161. fingerlakesrunners.org.
- 16 10th Fall Classic 5K Road Race & Walk. 9:30am. Plus, 1M Fun Run. Voorheesville E.S., Voorheesville. vcsfoundation.com.
- 17 10th Saratoga National Cross-Country Classic 5K Race/ Walk. 10am. 1K Kids' Classic: 11am. Saratoga Spa S.P., Saratoga Springs. 583-3114. saratoganational.com.
- 17 Power House Athletics 5K Challenge for Livestrong. 9am. Saratoga Spa S.P., Saratoga Springs. powerhouseathleticsny.com.
- 17 40th Green Mountain Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 20 1st Fleet Feet Sports Men's Night w/Saucony. 7:30pm. Wolf's 1-11, Albany. 459-3338. RSVP: fleetfeetalbany.com.
- 23 10th Great Pumpkin Challenge 5K & 10K Run/Walk.
 9:30am. Plus, Kids' Fun Run. Columbia Pavilion, Saratoga
 Spa S.P., Saratoga Springs. 587-0723. saratogabridges.org.
- 23 2nd Race Away Stigma 5K Race & Fun Walk. 10am. Chicken BBQ, raffles. Baseball Stadium, HVCC, Troy. Larry Ellis: 629-7175. hvcc.edu/cct.

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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

Roller-coaster course with mid, 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 The Capital Region's Most Frun Club!

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DPS 5K Run for Kids & the Pumpkin of Secrets. 10:15am.

FIT Run for Life 5K. 10am. St. Joseph's Church, Broadalbin.

Duanesburg Area Community Center 5K Run/Walk. 9am.

Run, Walk, Roll 5K Race. 10am. ARC of Rensselaer County,

Taconic Hills Trail Runs 5K & 10K. 9:30am. Christ the King

Conference Center, Greenwich. Jen Kuzmich: 692-2801. bkvr.org.

Ava's Fight to the Finish Line 5K Run/Walk. 11am. Kids' Run:

Monster Madness Dash 5K Run/Walk & Kids' Run. 9:30am.

Capital District YMCA 5K Run/Walk Series. Troy Family YMCA, Troy. Chris Bins: 272-5900. cdymca.org.

1st Safe in the Sun 5K Run/Walk. 9:30am. Also: Scary Face

17th Goblin Gallop 5K. 9am. Abraham Wing School,

Pub, Northville. Dave Gifford: 863-8046. fmrrc.org.

Kids' Fun Race. Ballston Spa H.S., Ballston Spa. Beth Cleary:

Glens Falls. Halloween Hop Fun Run: 10am. Ann Herring:

11th Great Sacandaga 10K Road Race. 10:30am. Sport Island

5th Hairy Gorilla Half-Marathon & Squirrelly Six-Mile

Costumes welcome, special awards, pumpkin carving,

Trail Runs. 9:30am. Gorilla Chase 600m Kids' Race: 9am.

cookout. Thacher S.P., Voorheesville. Josh Merlis: 320-8648.

30th Alplaus Run-Around 5K Run/Walk. 10:30am. 1M Fun

Run: 10am. Fire House, Alplaus. Andy Gilpin: 366-2675.

NOVEMBER

35th Gazette Stockade-athon 15K Road Race. 9am. 1M

Duck Pond Kids' Run: 11:30am. 11/6, 10am-3pm: Expo,

Greenbush Fall 5K Run, 3K Walk. 9am. Plus, 100yd & 1M

ING New York City Marathon. Staten Island to Manhattan,

Racevermont.com Half-Marathon. 8am. Shelburne, VT.

Operation Santa 5K/10K Run. 11am. Plus, 3M Walk &

Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities.

HMRRC Turkey Rame 1-Hour Run. 10am. The Crossings

Fred Lebow Cross-Country Championships 5K. 11:30am.

Van Cortlandt Park, New York. 212-860-4455. nyrr.org.

Saratoga Springs City Center, Saratoga Springs.

1M Elf Run. Hudson Falls M.S., Hudson Falls. Frank Munoff:

NYRR Knickerbocker 60K Run. 8am. Central Park, New York.

Greenbush Area YMCA, East Greenbush. 477-2570.

Kids' Fun Runs. Capital District YMCA 5K Race/Walk Series.

Proctor's Theater. Central Park, Schenectady.

New York. 212-423-2249. ingnycmarathon.org

802-985-4410. racevermont.com.

656-3480. adirondackrunners.org.

20-21 3rd Adirondack Sports & Fitness Winter Expo.

Colonie. Al Maikels: 489-1040. hmrrc.com.

shawangunkrunners.org.

212-860-4455. nyrr.org.

877-8788. adksports.com.

After the Leaves Have Fallen 20K. 11am. Lake Minnewaska S.P., New Paltz. 845-339-5474.

10am. 38 Hearthstone Dr, Wilton. 223-6614. active.com.

4th Brooks Nightlife Halloween Run & Party. 7:15pm.

3M scavenger hunt in The Crossings, music, drinks &

costume contest w/prizes. Fleet Feet Sports, Albany.

Kids' Run: 8am, DACC, Delanson, 895-9500, dacc.info.

Columbia H.S., East Greenbush. 248-8110. egcsd.org.

Lisa Caughey: 883-8969. fmrrc.org.

Rensselaer. 274-3110. rensselaerarc.org.

459-3338. RSVP: fleetfeetalbany.com.

744-2312, adirondackrunners.org.

879-0506. areep.com.

areep.com.

63rd Troy Turkey Trot. 5K: 9:30am. 10K: 10:45am. Grade School Mile: 10:30am. Turkey Walk 1.25M: 7:45am. Troy Atrium, Troy. Gobbler Line: 279-7130.

2nd Annual.

Help "race away"

mental health

stigma surrounding

Race Away Stigma 5K

Saturday, Oct. 23 · 10am

Register online: hvcc.edu/cct

Bruno Stadium, HVCC, Troy

\$17 HMRRC, \$20 non-members

T-shirt, chicken BBQ, raffles

Info: Larry Ellis 629-7175

Race & Fun Walk

- 9th Christopher Dailey Turkey Trot 5K Run/Walk. 8:30am. Saratoga Hilton, Saratoga Springs. Maria Dailey: 581-1328.
- 1st Our Towne Bethlehem Turkey Trot 5K Run/Walk. 9am. Bethlehem Town Hall, Delmar. John Guastella: 598-3434. ourtownebethlehem.com.
- Ellis Medicine's Cardiac Classic 5K Run. 9am. 2M Walk: 8am. 1M Fun Run: 10am. Central Park, Schenectady. Karen Mantas: 243-4600. ellishospital.org.
- Turkey Trot. 25K: 8:30am, 5M: 8:45am, 2M fun run & 1M kids run: 9am. Arlington H.S., Arlington. mhrrc.org.
- Turkey Trot 5K. 9:30am. East Hoosac, Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.com.
- 3rd "Run Off That Turkey" Trot 5K. 10am. St. Lucy's Parish, 27 Altamont. Phil Carducci: 861-6350. active.com.

DECEMBER

- ARE's 5th Adventure Race. 1:30pm. 4-8M for adventure seekers only. Be ready for tree hugging, tree climbing, rock sliding! Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. areep.com.
- Jingle Bell 5K Run. 9am. The Crossings, Colonie. Rainbow Doemel: 456-1203. arthritis.org.
- Reindeer Run 5K. SUNY Adirondack, Queensbury. adirondackrunners.org.
- 14th Miles for Meals Jingle Bell 5K. 9am. Rome Family Y, Rome. Mike Romano: 315-798-5456. romanrunners.com.
- Jingle Bell Run 5K. 9am. Skidmore College, Saratoga Springs. Rainbow Doemel: 456-1203. arthritis.org.
- HMRRC Winter Series Starter #1: 3M & 15K. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 14th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. 434-5415. albanyevents.org.
- "I Love Woodford" Snowshoe Race. 3.5M. 10:30am. $Dion\ Snow shoe\ Series.\ Woodford,\ VT.\ runwmac.com.$
- 13th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.

SWIMMING

OCTOBER

- 23-24 Freestyle Workshop. Jewish Community Center, Springfield, MA. totalimmersion.net.
- 38th Leatherstocking Swim Meet. Hartwick College, Oneonta. Paul Windrath: 607-431-4537. adms.org.

WILDERNESS SKILLS & MOUNTAINEERING OCTOBER

- 16-17 Map and Compass Bushwhack. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 341-3441.
- 23-24 Leave No Trace Trainer. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 341-3441. adk.org.

NOVEMBER

- 20-21 Wilderness First-Aid w/WMA. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 341-3441. adk.org.
- 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.

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.

ENTRY FORM:

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5K RUN AND WALK BURNT HILLS, NY

USATF CERTIFIED COURSE • CHIP TIMING

\$18 BEFORE 10/1 (\$25 AFTER) KIDS MILE FUN RUN: \$10

Voorheesville Community & School Foundation

10th Annual Fall Classic 5K Road Race & Walk

Saturday, October 16 • 9:30am Voorheesville Elementary School 129 Maple Ave (NY Rte 85A) \$15 by 9/30 or \$20 after \$12 students/60+ by 9/30



1st Annual OUR TOWNE Bethlehem Turkey Trot 5K Run/Walk

Thursday, November 25th 2010 9:00am

Bethlehem Town Hall 445 Delaware Avenue, Delmar John@ourtownebethlehem.com

Application at: www.OurTowneBethlehem.com

Bethlehem Food Pantry

Sunday October 17

10TH ANNUAL



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



Thursday, November 25

4th St & Fulton St **Troy Atrium, Troy**

1.25 miles, no fee **Trot Race: Open 5K** - 9:30 **Grade School Race** - 10:30 1-mile, 8th grade & under **Trot Race: Open 10K** - 10:45 USATF-Adk Open 10K Championship

Turkey Walk - 7:45

Race Registration (until 11/20): \$20 for adults \$10 for 12 & under

troyny.gov/turkeytrot Gobbler Line: 279-7130

No registration after 11/20!

16th Annual Burnt Hills-Ballston Lake Rotary Saturday, Oct. 9 • 9AM

KIDS MILE FUN RUN: 9:45AM O'ROURKE MIDDLE SCHOOL, BURNT HILLS SHIRTS FOR FIRST 200 PARTICIPANTS Long-sleeve T-shirt to preregistered entrants Entry Form: vcsfoundation.com Info: Wendy Relyea wrelyea3@nycap.rr.com Proceeds Benefit Voorheesville Community & School Foundation









Go to **fleetfeetalbany.com** and click on NEWSLETTER for details.

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(518) 459-3338 • FleetFeetAlbany.com Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm





www.AdkSports.com OCTOBER 2010

RUNNING AND WALKING

BUG and Fuzze doesn't matter so be thin you don't have to be thin to be tit. Running Claims as a cates

Clydesdale and Filly: Leveling the Playing Field

by Laura Clark

icture a sleekly proportioned Clydesdale charger challenging temperamental thoroughbreds around Saratoga Race Track. Then picture the same steed pitted against the Kentucky Derby winner in a log pull competition. In each case the outcome is clear. But what if that Clyde has his heart set on becoming a race horse? Should he stick to his strengths or be encouraged to broaden his horizons?

The same dilemma confronts human athletes. While there is no question that height is an advantage on the basketball court and muscle rules the day in track and field, it is often the lithe runners who win the distance events. Despite the sport's "Everyone's a winner" attitude, it helps to take home some hardware. To this end, most events have instituted male, female and age group categories on the premise that men are generally faster than women and experience only goes so far against the 20-something crowd. To level the playing field still farther, some competitions like the Camp Saratoga Summer Trail Run Series have added an age/sex-graded category to the customary overall male/female classification, while Stockade-athon 15K includes an age-graded class.

Moving right along, race director Vince Juliano, reports that Stockade-athon has included weight divisions since the early 1990s. Traditionally, heavier men are termed Clydesdale and their female counterparts either filly or Athena. And here is where statistics acquire some fuzzy edges. According to the RunBig Chicago Multisport Club for Clydesdales and Athena Athletes (orik.com/runbig), Clydesdales weigh in at 170 pounds and Athenas at 135 pounds, both with A, B, C and D weight categories. Stockade-athon sets their start point at 200 for guys and 140 for gals with open and masters divisions.

This lack of standardization is frustrating. Christine Reynolds of the Finger Lakes Running Club comments that the 140 weight limit for women seems too low, especially since she is pushing 165. Like many Clydes, Christine, having won the female overall at Tussey Mountainback 50-miler and also having earned a coveted chainsaw-carved wooden bear at the Adirondack Marathon, can pull her own weight with the best of them. Noted runner Rich Cummings of Schenectady is a perennial Stockade-athon Clydesdale winner who last year also placed third in his age group.

This opens another catch-22. Unlike Stockade-athon, some events do not double up on awards and so bigger runners must choose between scoring in a weight category, or take their chances with the general population. Kate Karlson, a Binghamton area sportswriter, likens the Clyde advantage to having five-year as opposed to ten-year age groups. Still, she cautions that Clydesdales must weigh their options carefully. At the now defunct Go Girl Duathlon in Hartford, Conn. she tossed the coin and lost. Had she ignored her unique status and stuck with her age, she would have medaled.

Obviously, there is more strategy involved than simply barreling downhill. But for a fit competitor like firefighter Michael Della Rocco of Altamont, the path is more straightforward. While a competent runner, the occupational bulk he has added to his frame precludes medaling in his highly competitive 60 year-old age group. But he would stand a decent chance as a Clydesdale.

Despite the fact that Albany Running Exchange member Jessica Hageman of Schenectady won Stockade-athon's Female Open Clydesdale category last year, she still grapples with political correctness, reflecting "I tried telling

some people about the division, but it's risky, because you don't want to offend them if they don't really make the weight and you thought they looked like they did." While traditionally built runners aren't asked to produce birth certificates when registering, Clydes are

to be tit. Runding Chub subjected to a weigh-in which Jessica speculated might be potentially embarrassing for higher-strung fillies.

If your body frame fits the traditional pattern, you may well ask why all the fuss? Well, if you paid attention in high school physics, you will recall the formula: Force = Mass x Velocity. Hence "big" implies that more energy (calories) is required to achieve forward propulsion. According to the National Institute for Fitness and Sports, a 120-pound runner will burn 78 calories per mile while a 240-pound athlete will burn 157. Multiply that by total distance and you will understand why, when compared to the rest of us, some bigger competitors approach the start line like they are equipping themselves for an expedition. Especially crucial to summertime racing is the heat issue since larger bodies generate more energy than smaller bodies and consequently have more difficulty maintaining a viable core temperature.

Still, there are certain advantages. While tackling the uphills is a chore, the accompanying gravity-enhanced free ride is enough to make a scrawnier runner scatter in the wake of a pounding Clyde. Descents, however, must be calculated, for as Christine Reynolds of Newfield is quick to point out, the bigger they are the harder they fall. From an ultrarunner perspective, though, Christine speculates that fillies may pull an advantage where endurance, not raw speed, is required.

According to Bob Dion, designer of Dion Snowshoes, Clydesdales have a definite strength advantage in heavy, deep snow. And Jessica Hageman conjectures that the added weight might provide better traction. That, plus the rolling stone effect might just do the trick.

If all this sounds like a new frontier, it is. Locally, only a few events provide this opportunity. While some weight division entrants could easily secure an age group placement, this additional category gives more folks – especially newcomers – a chance to taste the limelight. Hopefully, if enough folks express an interest, the Clydesdale and filly categories will become more common at running and triathlon races.



JESSICA HAGEMAN OF SCHENECTADY AT THE 2010 DIPPIKILL FROGGY-FIVE TRAIL RUN IN WARRENSBURG. COURTESY OF ALBANY RUNNING EXCHANGE

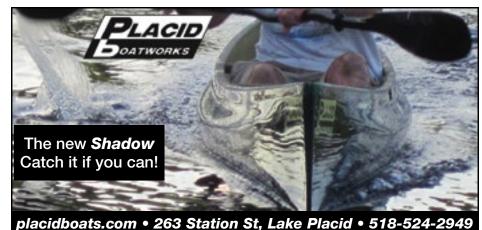
▼ RICH CUMMINGS (WHITE SINGLET) OF SCHENECTADY AT 2010 CDPHP WORKFORCE TEAM CHALLENGE IN ALBANY. PHOTO BY BILL MEEHAN



Here are some regional events that include the Clydesdale and filly categories: Gazette Stockade-athon 15K in Schenectady, Nov. 7 (stockadeathon. com); St. Patrick's Day 4-Miler in Binghamton, March (triplecitiesrunnersclub.org); Tortoise & Hare 6.5-Mile Trail Run in Ithaca, June (fingerlakesrunners. org); USATF 20K National Championship in New Haven, Conn., September (newhavenroadrace.org). 📫

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

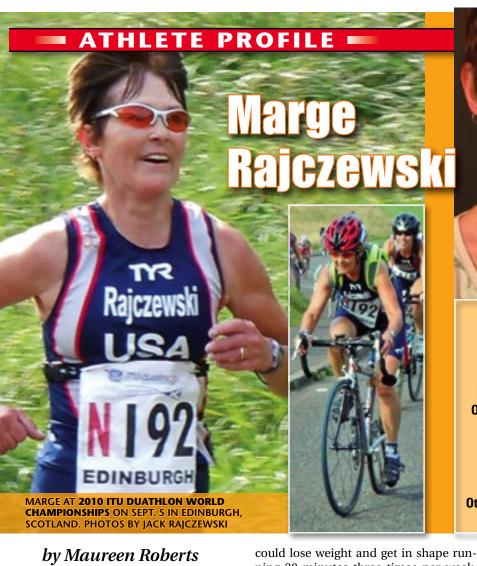




/// ish your running were energy efficient and effortless? Tired of having your season interrupted by injury after injury? Lost the joy of running like a child? Playful and free? Dream of running like the wind? Easy, smooth, light, swift? It's time you tried...



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Family: Husband, Jack; four

grown children (David, Karen, Kathy, John); six grandchildren

Residence: Ballston Lake

Occupation: Retired, Shenendehowa

elementary school

teacher

Primary Sports:

: Running, Cycling,

Duathlon

Other Sports: Triathlon, Cross-Country

Skiing, Hiking.

Can't believe we've spent all this time talking about *me*!" Marge exclaimed as our 90-minute interview drew to a close. This down-to-earth, good-natured humility is what stands out when you spend some time getting to know this remarkable endurance athlete. Knowing that she had just returned from the ITU Duathlon World Championships in Edinburgh, Scotland with a silver medal in her age group, I was eager to learn more about her athletic background and her entrance into this sport.

Stating that she grew up in a time when organized sports for girls were a rarity, Marge actually did not begin running until she was 38 years old. Despite initial encouragement from her husband, Jack, himself a runner, she felt she was doing plenty of running chasing after her children. However, she vividly remembers reading an article that stated one

could lose weight and get in shape running 20 minutes three times per week. She thought, "I can do this," and began a walking program, graduating to alternating walk-run intervals, and finally when she felt ready, to actual running.

Her first road race was the Schenectady Winter Carnival in 1979, a 5K race on snowy roads. Marge was petrified of "being the last one" with the ambulance following her. In fact, she did quite well and was encouraged to try another race, this time coming in second in her age group. After that, she had caught the bug, and the rest was history!

Three years after starting running, she was ready to tackle the marathon at the urging of her good friends, Bill and Ann Long. They talked her into the Jersey Shore Marathon and she went with a local group of runners to compete. Finishing in just under four hours, she was encouraged and returned to the same marathon the next year, posting a 3:28 finishing time and

qualifying for the Boston Marathon! Marge ran Boston in both 1983 and '84, enjoying the excitement, but finding it very hard, especially the hills at mile 17 or so! In total, Marge has completed eight marathons, with her PR being 3:26 in Montreal, Quebec while in her mid 40s. Her favorite one, however, was running the Marine Corps Marathon in Washington, DC, with her daughter, Karen, in 1988, and holding hands in triumph as they crossed the finish line!

When asked what led her to venture into cycling, she responded, "Why most runners really do; because they get injured." At about age 50, she was suffering from a bad case of plantar fasciitis (lasted six months), and couldn't run. Needing to do something to stay in shape, she thought about cycling. Both Jack and Karen were avid cyclists. Being petite, she needed a small bike frame, and after shopping with her family, they bought a \$300 starter bike. She began riding, usually up NY Route 9 to Malta and back, afraid of getting lost. She graduated to longer rides with Jack and the Mohawk-Hudson Cycling Club. As she got older, she found she couldn't run every day, and so she alternated running with cycling and found that not only did her running not suffer, it actually improved!

When she retired at age 61, she thought, "Now I can *really* work out!" and she vigorously prepared for the upcoming Stockade-athon 15K, only to be felled by injury once again. This time it was her back, and she could neither run nor ride. "I'm going to learn how to swim," she thought and took lessons locally, encouraged by Karen, who was by now a USA Triathlon-certified coach.

Her first foray into triathlon in her

early 60s was the women-only Danskin Triathlon in Webster, Mass. Her daughters, Karen and Kathy, joined her for this special event. She did well and was intrigued by this new sport, but also dismayed by her swimming. She was told she had good form, "but speed I'll never have," earning her the nickname "Turtle" among her swim friends. She did stick with it, competing in many more local sprint races, such as Pine Bush Triathlon, and moving up to the Olympic distance at the former Saratoga Lake Triathlon in 2005, earning a first in her age group. However, she would occasionally panic in the open water, and therefore began to look into duathlons to "avoid the psychological thing" with swimming. Duathlons are run-bike-run events with no swimming involved.

Marge's first race was actually the US Duathlon Nationals in Mason, Ohio in 2006. She got third in her age group, being passed right at the line by the second-place woman! (The two have since become good friends.) She found running twice tough, but loved the challenge. She began competing at the Saratoga Lions Duathlon locally and usually won her age group. Marge went back to Nationals in Richmond, Va. in 2009 and again in 2010, where this past April she was first and named National Champion in the 70-74 age-group. This was her ticket to the ITU Duathlon World Championships in September in Scotland.

Arriving in Edinburgh two days before the race didn't leave a lot of time to recover from jet-lag, reassemble her bike, and scout the 10K run, 38K bike, 5K run course. She rode the bike course with a group of athletes the day before and found it scenic and beautiful, but very hilly. It consisted of five loops, and Marge was concerned about some of the steep, curvy downhill sections. The run course was also comprised of loops, four for the 10K, and two for the 5K. To her dismay, Marge found out the day before the race she couldn't wear compression socks, which she had trained in to deal with some calf issues. The possibility of a pulled muscle worried her.

On race day, because of the multiple loops, she could tell early on she was doing well, spotting the third-place woman well behind her, but knowing she couldn't catch the leader. Thus, Marge concluded she could race conservatively and truly have a good time. As she enjoyed the hills and vistas of Edinburgh's historic Holyrood Park, she thought, "What a beautiful day, I'm so glad I'm here!"

Ultimately, her efforts earned her the silver medal! On the way she met many interesting, wonderful athletes from all over the world: New Zealand, Australia, Germany, and the United Kingdom to name a few. New friendships were formed and email addresses exchanged.

This camaraderie, combined with the excitement of racing, will ensure that Marge keeps training and racing well into the future! It will be exciting to see what new accolades await her in the future. Good luck, Marge!

Maureen Roberts (maureenroberts@hotmail.com) is a physician living in Wilton with her husband and three children. She enjoys running, cycling, triathlon, tennis, hiking and skiing.





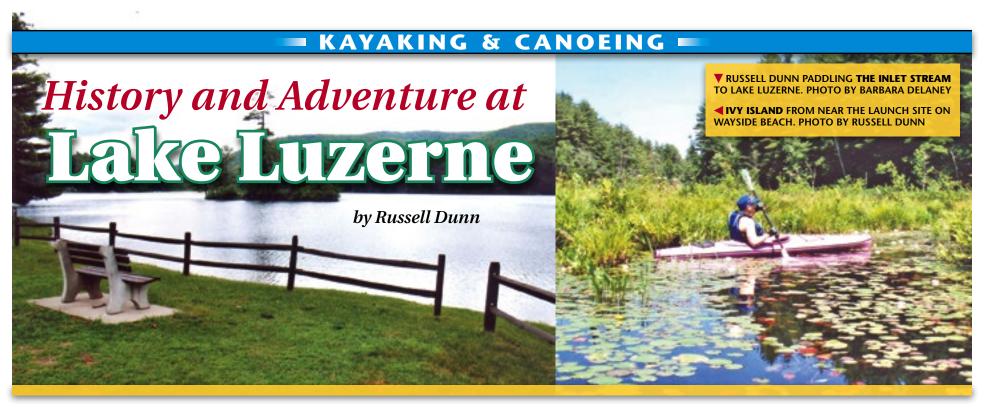


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ake Luzerne was described by 19th century Victorians as "...a gem of pearl in a setting of emerald," which has not proven to be an exaggeration. Named after the French nobleman the Chevalier de la Luzerne, the lake provides limitless opportunities for paddlers. You can explore various sections of the lake, or follow its inlet stream all the way up to Second Lake or beyond.

Lake Luzerne is located along US Route 9N just east of the village of Lake Luzerne. There are two access sites for launching your watercraft. One is from the boat launch next to Wayside Beach, directly off of Route 9N opposite Mill Street. The other is from the inlet stream which enters the northeast corner of the lake. The launch from the inlet stream can be reached from Wayside Beach by driving north on Route 9N for 0.2-mile and then turning right onto Read Park Road. After 0.5-mile you will cross over a tiny bridge spanning the inlet stream. Park to your right where a 20-foot carry takes you to a slip-in at the water's edge.

If you look at a topo map or *NYS Atlas* & *Gazetteer* (Delorme) and it will become readily apparent that Lake Luzerne is actually the south-most body of water of a series of interconnecting lakes, starting with Fourth Lake, and descending all the way to Lake Luzerne – which rightfully should be called First Lake.

The perimeter of Lake Luzerne can be paddled in 2.5 miles by following its irregular contour. There are numerous nooks and crannies to explore, with numerous camps and homes lining the shoreline. During your trek you will discover that Lake Luzerne is not entirely natural. At the southwest end of the lake, next to Wayside Beach, is a large arched tunnel under Route 9N where Mill Creek – the lake's outlet stream – flows out. Roughly 30 feet from the west side of the bridge is a dam, and it is this dam which has raised the lake to its present level.

You may be interested to know that it was along this section of the shore-line, near the public beach, where Native Americans (mostly Iroquois) once gathered and even had a fishing lodge.

You will pass by Ivy Island near the southwest end of the lake, not far at all from Wayside Beach. Ivy Island is tiny – and privately owned – which means that paddlers need to keep a respectful distance from it. The island, which is covered with trees, has been described as "...so small it seems to float" – a testimony to its ephemeral quality. If you are fortunate to be out on the lake at the right time, your paddle may be enhanced by orchestral sounds wafting down from the Luzerne Music Center where talented young musicians hone their skills as instrumentalists,

vocalists, composers and conductors.

The highest point of land around the lake is Cobble Mountain, which rises to a height of 953 feet. You will see it looming above the east shoreline.

Towards the southeast end of the lake is Luzerne Beach, which like Wayside Beach, is open to the public but not suitable for launching watercraft.

If your preference is doing a river paddle, you may wish to head up Lake Luzerne's inlet stream to as far as Second Lake – a one-way trek of roughly 1.6 miles. The inlet stream, which has also been called Berry Pond Brook, enters the northeast end of the lake 0.3-mile downstream from Read Park Road. The access site from Read Park Road is maintained by the Aquatic Conservation Taskforce and affords easy access for both fishing enthusiasts and paddlers.

After putting-in at the launch site, turn right to go under the Read Park Road bridge and head north proceeding upstream, which is difficult to determine at this point since the stream has little current. For the next 0.7-mile you will make your way through a marshland characterized by clumps of grasses, reeds and shrubs. It is literally a maze. Be prepared to follow false leads, only to have to turn around to find the right channel. You will also encounter obstacles such as

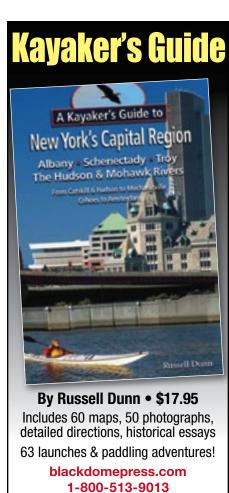
blowdown and beaver dams. For this reason, the paddle should be considered a moderate to moderately difficult one.

After 0.7-mile you will come to a pool where the stream changes directions, coming in from the left. The marshland also changes into a forest here, and several camps are visible along the east bank. Two sets of rapids have to be negotiated immediately as you leave the pool behind. The longer one will require that you get out of your watercraft to carry it around.

At 0.9-mile you will reach the Towner Road bridge where more rapids are encountered. Here the creek turns left and parallels Towner Road momentarily for 0.2-mile before bearing right to proceed north again. Second Lake is reached at 1.6 miles from the launch site. Be prepared for more rapids and shallows depending upon conditions.

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.







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Saratoga National Bank X-C Classic 5K Run on Oct. 17

SARATOGA SPRINGS – Join race director Jeffrey Allen for the tenth anniversary of the Saratoga National Bank Cross-Country Classic 5K Run. The race will be held on Sunday, October 17 at 10am, on the cross-country course in the Saratoga Spa State Park. Bring the kids for the 1K Fun Run at 11am. There are many races in the Saratoga State Park each year, but this is the only cross-country run. If you would like to get off the pavement, this is your chance to run or walk the same course that the Capital Region high schools use for sectional meets, so see how you stack up! They are also hosting the USATF Adirondack Association 5KX-C Championships.

A couple of years ago, Runners' World mentioned Saratoga National as one of the top five cross-country races in the country. Proceeds benefit the Saratoga Center for the Family, a non-profit abuse prevention and treatment service agency whose mission is to provide a comprehensive array of services committed to strengthening, empowering, and educating children, families and the community to reduce the incidence and effects of child abuse, neglect and family dysfunction. For details and to register online with no extra fees, go to saratoganational.com and the link is at the bottom of the page.

New ADK Chapter Forming in Gloversville Area

GLOVERSVILLE - The Adirondack Mountain Club, one of the nation's largest outdoor recreation organizations, may soon have a new chapter in the Gloversville and Fulton County area. ADK held on informational meeting for a potential new chapter on Sept. 29 in Gloversville. The meeting included a presentation by executive director Neil Woodworth and Deb Zack, director of membership and development. A petition with at least 25 signatures was circulated to form the new chapter. ADK members and nonmembers attended the meeting. For more information, visit adk.org.

Willow Street and Emily Bryans Win National Championship

SYRACUSE - The Albany-based Willow Street Athletic Club womens' team won the USATF National 5K Championship at the Syracuse Festival of Races on October 3rd. Team member Emily Bryans of Schenectady also won the individual title by running a spectacular 17:17 5K.

Tour of the Battenkill **Preview Ride** on Oct. 10

CAMBRIDGE Organizers of the Tour of Battenkill in Washington County have orga-



nized the "BattenFall Classic" non-competitive ride on Sunday, Oct. 10 in Cambridge on

FROM THE PUBLISHER & EDITOR

On your Mark, Get Set, Go!

Attention athletes and explorers: We have an issue for you! Don't we always? The Mohawk Hudson River Marathon and Half-Marathon, with a record 2,000 runners, will have its first Runner's Expo - we're glad to have played a part and look forward to seeing you. There's a run/walk for everyone this month, from the 5Ks to the Hairy Gorilla - and a seasoned marathoner's account of his first trail marathon.

As outdoor enthusiasts, fall is the best time of year for hiking, biking, paddling and more, with its cooler temperatures, beautiful foliage, and quieter waters, trails and roads. However, being active doesn't have to mean getting hurt. The best way to ensure a long and injury-free life is to play it smart from the start. For inspiration, read about our Athlete Profile, Marge Rajczewski, a down-to-earth yet accomplished athlete.

For hikers, bikers, paddlers, runners or simply good eaters - if you've been participating, feel good about yourself - go out and do it!

Your comments are always welcome! Info@AdkSports.com

cycling race in North America, with 2,500 rac-

utilized in the April 10, 2011 edition. Interested BattenFall Classic participants may register at bikereg.com. Rider numbers, maps/cue sheets, rest stops, and support will be provided. Online registration is \$15 and \$40 for families of three or more. Riders

ers expected in 2011. The BattenFall Classic

will unveil and tour the revised course to be

may check-in at Railroad Park, adjacent to the Cambridge Hotel beginning at 8:30am. The ride departs at 10am. For more info, visit tourofthebattenkill.com.

Outrun the Zombie! Dawn of the Du on Oct. 9

SARATOGA SPRINGS - Join the Saratoga Triathlon Club for Dawn of the Du(athlon) on Saturday, Oct. 9 at 7am at Wilton Mall (near Regal Cinema) for a USAT-sanctioned duathlon clinic, and the brand new Louden Trail. This is a low-key, no-frills fun clinic/race is intended to test the venue for a race series in 2011. As a participant you'll get a safe course, overall times, and if you beat the zombie to the finish, entry into a raffle for a prize.

It's a duathlon with a two-mile trail run, ten-mile road bike, and two-mile trail run. The run will be two loops of the Louden Trail, and the bike will be eight loops of the mall perimeter road. Triathlon club members will go over duathlon tips and strategies at 7am, and the race is at 7:30am. You must be a member of USAT to participate in the clinic/race, and the fee is \$20. A one-day USAT license is available for \$10. Might be chilly so hot apple cider, coffee and water will be available. For details and to register, visit greenleafracing.com.

Find Your Kayaking or **Canoeing Adventure**

ALBANY - As Rich Macha, owner of Adirondack Paddle 'N' Pole, many great lakes, rivers and creeks for kayak and canoe enthusiasts can be found throughout the Capital Region and Adirondacks. With the fall season and the peak foliage, there's no better time to enjoy the waters and landscape by kayak. However, the water is getting cooler now so be sure to dress with the water temperature in mind. October and November will offer some nice paddling weather, but water temperatures less than 60 degrees call for a wet suit or similar immersion protection. For more information on destinations, equipment and safety, contact the staff members at our paddle sports advertisers, who are experienced and committed to the sport.



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16TH ANNUAL INDIAN LADDER TRAIL RUN continued from pg 17

Race Results

FEMALE AGE GROUP: 30 - 34 Lisa Monsees Colonie Kate Butler-Azzopa Jennifer Merritt 32 Rensselaei 34:11 MALE AGE GROUP: 35 - 39 38 25:21 Dennis VanVlack Duanesburg Richard Hamlin 37 35 East Greenbush FEMALE AGE GROUP: 35 - 39 Jennifer Ferriss Diana Steenburg Saratoga Springs 31:22 36 Niskayuna 36:29 MALE AGE GROUP: 40 26:22 Albany Gregory Coons Matt Neal 41 Waterford **FEMALE AGE GROUP: 40 - 44** Albany 27.20 Ruth Sadinsky 43 Albany Heather Machabee 41 29:15 Menands 25:53 John Kinnicutt Mark Devenpeck 49 27.23 Albany Delmar **FEMALE AGE GROUP: 45 - 49** Lynn Ohlsten Chris Varley 29:47 East Berne 30:30 MALE AGE GROUP: 50 Alar Flken Loudonville 26:36 Steve Conant John Parisella Glenmont Schenectady 27:27 **FEMALE AGE GROUP: 50 - 54** Debra-Jane Batcher 39:52 Dot Grimaldi Selkirk MALE AGE GROUP: 55 - 59 East Berne 34:27 FEMALE AGE GROUP: 55 - 59 Schenectady 46:54 Marey Bailey MALE AGE GROUP: 60 - 64 28:23 Peter Cowie Schenectady Danwin Roos 32:32 FEMALE AGE GROUP: 60 - 64 Glenmont 35:01 MALE AGE GROUP: 65 - 69 66 40:12 MALE AGE GROUP: 70 - 74 31:36 Jim Hotaling 70 Niverville MALE AGE GROUP: 75 - 79 76 Hillsdale Daniel Wellner Donald McBain 51:41 Courtesy of Hudson-Mohawk Road Runners Club





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by Jenny Stahl And How to Avoid Them

hese athletic blunders are not for the faint of heart. Here are some real life stories that might beckon you to take some added precautions to avoid learning lessons the hard way.

For starters, wear road identification in the event of an emergency. A training partner recently confessed that he had a laundry list of allergies, including bees, and that he does not pack an EpiPen, nor does he wear a road identification band. These road bands provide pertinent medical information. EpiPens can be readily tucked in cycling or running pack. Preventative measures are far more cost effective than hospital copayments or worse.

This leads to a more serious situation that recently happened one evening during a club training session. Josh Katzman of Clifton Park decided to get an early start on the bike portion of the course on his own, and then join the others for a group open water swim afterwards. While cruising 40 miles per hour down a long descent, he made a valiant effort to avoid a cat. Although the cat was spared, Josh crashed. His helmet saved his life. During medical testing it was found that he had an unusual bruising pattern on his back near his liver, which was later determined to be the keys he had stuffed in his jersey pocket while riding. Since hard metal objects worn in pockets potentially lead to internal injuries on impact, it's wise to consider carrying these objects directly on the bike. Also, consider riding in groups for safety and again, wear or carry some type of identification.

Cycling is not the only activity that has inherent risks. Triathletes do not wear helmets in the water. Although this bizarre image may cause one to laugh, the story itself is quite startling. This athletic debacle could have ended in a drowning or a devastating injury. In preparation for the Lake George Triathlon, this athlete completed a 40-mile bike ride following a one-mile lake swim, with mild intentions of tacking on short run. By mile 30, she started to experience symptoms of overheating and an elevated heart rate. Humidity was fairly high and direct sun exposure was constant. Ten of these miles were unplanned, therefore supplies were limited.

As symptoms of dehydration or heat exhaustion worsened (i.e. fatigue, headaches, confusion), this athlete's inability to admit defeat pushed her past her healthy limits. Upon reaching the summit of Lake Desolation Road, this athlete threw down her bike and helmet, and made a mad dash into the lake to cool down. This woman, who shall remain nameless (wink, wink), ran into the lake and practiced one final dolphin-dive swim start with no goggles. This maneuver caused her to smash head-on into a submerged boulder. It was a bloody painful mess! She luckily had a training partner there to help. Everyone should know the basic rules of open water swimming: never swim alone, never dive, wear bright

swim caps, and goggles for sighting.

We take risks all the time, and often never experience disaster. As a good example, a runner mapped out a long

run, packed adequate hydration and nutrition, synced up her GPS, and wore her road ID band. She dressed in bright clothing, and let her boyfriend know her route. She stationed friends along the way to help her keep pace. At the start, she headed out with her music player in tow for extra motivation. The good news here is this athlete completed her run safely.

This was not the experience for another marathon runner, who followed a similar plan in preparation for the Adirondack Marathon in September, but got clipped by an automobile driver who was texting while driving. This runner lived to tell the story, but was covered with road rash. She vowed to never wear an iPod while running on roads. Just as cyclists and runners take risks, fellow drivers now have more distractions than ever before. Stay alert by preparing to stop, making eye contact, and using hand signals to let drivers know your intentions.

If you have felt the pain of road rash and broken bones, this means you are alive and able to read this article. Wearing a helmet will do nothing to keep you from crashing, or being hit by a car, but it is an essential lifesaving piece of equipment in the event of a crash. Make sure the helmet is fitted properly. Helmets, proper reflective clothing, and lighting devices can make a difference, but cyclists and runners alike should consider working out with a partner or with a group, as well as wearing or carrying identification.

Be sure to keep your gear in top shape. Make sure your bike tires are still road worthy, and take the time to check air pressure. Test the brakes and be sure the gears are shifting smoothly before taking the road. Pack a cell phone and have adequate hydration and nutrition, as well as some cash in case you need to refuel.

Be aware that as the season changes, the need for additional safety measures are crucial when negotiating twilight and cooler weather conditions. Change your training schedule to accommodate the limited daylight or consider an indoor workout. Avoid roads that are heavily trafficked especially at rush hour.

The danger of road rage is a reality for cyclists and runners. It's important to share the road whether you're driving or training. Self-control and sportsmanship cannot be purchased but it can be practiced. If a driver is being reckless, the best defense is to stay level headed and find safety. If possible, get the license number and vehicle info, however, don't pursue or fight back as it could lead to a more dangerous outcome. Calling 911 may be the best answer.

As a triathlon coach and someone who has learned some lessons the hard way, please make safety your first priority. Find at least one additional safety measure to add to your training plan. These words of caution should not keep you from the great outdoors, but instead keep you in motion!

Jenny Stahl (jj2bfree@yahoo.com) of Clifton Park is a triathlon coach and vice-president of the Capital District Triathlon Club.

Tales from the Train A Flatlander Discovers the

by Alar Elken

Mountains

ocation, location, location! It turns out the mantra of realtors also applies to marathons. The Mid-Mountain Marathon on September 11, 2010 was a prime example. This single-track trail marathon starts at the Deer Valley Resort in Utah, and traverses through a forest of aspens, maples and fir trees, and across the ski runs of Deer Valley, Park City and The Canyons ski resorts. The race starts at 8,000-foot elevation, climbs three times to 8,600 feet, and finishes at 7,000 feet after a steep descent over the final five miles. This course is anything but flat!

When I arrived at Deer Valley's Silver Lake Lodge just after dawn on race day, it was 32 degrees and the previous night's freeze was still evident on the grass. The field of 340 runners was diverse, but this was clearly a predominantly local group who had the look of folks firmly devoted to serious outdoor recreation. That is, lean, well-equipped for a wilderness adventure, and with a relaxed yet intense pre-race demeanor.

As the gun sounded (OK, there was no gun, the race director just told the runners at the front it was time to get started), the sky was a cloudless brilliant blue, and the rising sun was already warming the air. Having only run my first trail race, the Indian Ladder 15K the month before, I took a wild guess at what pace and where in this field I belonged. The only thing that was certain was I'd be running far slower than any of my previous ten road marathons.

During the first several miles we were tightly packed, with conversations abounding. I overheard lots of tales of recent races, including the Wasatch 100 and Ogden 50. Did I mention this was a hard-core group?

Despite only one road crossing over the entire span of the course at mile 16, this race offered the best stocked fuel stops of any marathon I've ever run, including NYC or Boston. Volunteers at the nine stations cheerfully provided water, Powerade, bananas, Clif Shot Bloks, and lots of moral support, along ALAR ON THE MID-MOUNTAIN MARATHON TRAIL IN PARK CITY, UTAH.

with some good-natured gallows humor.

Terrain and footing presented constant challenges. Roots and rocks caused nearly every landing and push-off to be at an awkward angle. Stumbles were commonplace, and I had my share. Early on I nearly tumbled face-first onto the woman in front of me. After recovering, I told her I'd just gotten a close-up view of her heels. She replied, "I know, I felt your breath on the back of my legs!" The steep descents added to the adventure, as loose, fist-sized rocks slid downwards under my feet. "Rock surfing!"

As I approached the finish in 4:37:21, I felt terrific. Whether it was the cool, crisp mountain air, the inspiring setting, the comfortably hard pace, or a combination of all of the above, I never felt stronger or more exhilarated at the end of a marathon.

I wonder what a trail ultra would be like? $\stackrel{\blacktriangle}{=}$

In addition to running, Alar Elken (alar_elken@yahoo.com) is an avid skier and has discovered that Utah is a wonderful place to do both! He lives in Loudonville and works at Cengage Learning in Clifton Park.

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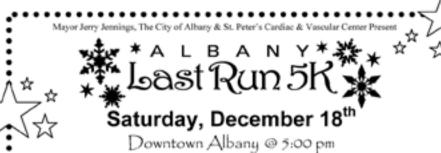
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Race Results

ANA							O TRIATHLO		
		112-Mile Bike, 2	6.2-Mile Swi	m • July .	25, 20 1	•		•	
	PRO/OVE				1347	12:54:33	Rosenstein, Charles	Slingerlands	200/370
		verall Place & Last Co.			1377	12:57:17	Cognetto, Norman	New Hartford	205/370
1	8:39:34	Hoffman, Ben	Durango, CO M		1625	13:29:53	Allen, Kurt	Blossvale	235/370
2	8:46:33	Vabrousek, Petr	Zlin, CZE	2/27	1674	13:35:20	Decker, Mike	Amsterdam	241/370
3	8:48:33	Twelsiek, Maik	Tucson, AZ	3/27	1813	13:53:24	Cameron, Robert	Clifton Park	262/370
15	9:28:58	Russell, Matthew	Ogdensburg	11/27	1887	14:04:10	Lane, Kenneth	Castleton	274/370
	LE PRO/O				1946	14:15:34	Prisco, George	Poughkeepsie	283/370
12	9:27:30	Marsh, Amy	Austin, TX	1/14	2007	14:29:23	Gavin, Tom	Diamond Point	290/370
31	9:44:18	Snow, Caitlin	Brockton, MA	2/14	2021	14:32:19	Busch, Chris	Wynantskill	292/370
41	9:51:31	Marangon, Lisa	Kensington, NS	3/14	2053	14:37:17	Robinson, Michael	Queensbury	295/370
	REGI	ONAL FINISHERS BY	AGE GROUP		2244	15:25:19	Skufca, Bill	Wilmington	319/370
MALE		UP: 18 - 24			2256	15:28:15	Vanderpool, Wayne	Adams Center	320/370
11	9:20:27	Franks, Logan	Ballston Spa	1/50	2475	16:58:51	Zerrahn, Mike	Peru	347/370
520	11:28:08	Painter, Jacob	Keeseville	13/50	MALE	AGE GRO	UP: 50 - 54		
945	12:15:54	Sullivan, Joseph	Schenectady	27/50	333	11:03:34	Parker, Michael	Lake Placid	18/206
1378	12:57:17	Cognetto, Nicholas	New Hartford	37/50	567	11:33:37	Underwood, Robert	Kattskill Bay	27/206
	13:28:42		Ausable Forks	38/50	703	11:49:57	Feeney, Tim	Niskayuna	37/206
		UP: 25 - 29	, rasable i orra	30,30	873	12:08:39	Delaney, Brian	Lake Placid	54/206
45	9:52:34	Patterson, Stephen	Gansevoort	5/109	901			Valatie	
+3 57	10:01:45					12:11:44	Nabozny, Jack		60/206
		Goth, Tom	Poughkeepsie	6/109	1056	12:26:14	Allott, Jim	Potsdam	68/206
	12:34:50	Moscicki, Adam	New Paltz	66/109	1440	13:06:05	Miner, Mark	West Chazy	109/206
1416	13:01:17	Norton Jr, Neal	Niskayuna	76/109	1536	13:18:57	Risler, Daniel	Rexford	117/206
	14:58:30	Mangold, Matthew	Lake Placid	100/109	1566	13:23:06	Klemp, Kenneth	Loudonville	122/206
		UP: 30 - 34			1773	13:48:14	Grant, Chris	Lake Placid	143/206
134	10:24:51	Weiler, Justin	Whitesboro	26/256	1915	14:08:15	Morganson, Bob	Lake Placid	153/206
307	10:59:05	Gleeson, John	Rexford	53/256	2064	14:39:37	Wilson, Wesley	Bloomingdale	163/206
561	11:33:14	Aher, Christopher	Watertown	97/256	2071	14:40:28	Arnold, Danny	Clifton Park	166/206
590	11:48:00	Dozier, Curtis	Poughkeepsie	108/256	2170	15:04:21	Marshall, Mark	Latham	177/206
304	11:59:03	Brown, James	Plattsburgh	118/256	2190	15:09:54	Herter, Jeffrey	Troy	178/206
329	12:03:24	Kinley, Andrew	Albany	123/256		16:26:38	Thompson, William	Saugerties	197/206
906	12:12:09	Quirion, Chad	Saratoga Springs	131/256			UP: 55 - 59	Jaugerties	13//200
1170	12:38:33	Russell, Stephen	Albany	163/256	751	11:54:09		Clinanalanda	14/05
1324	12:52:24	Reif, Kyle	Stillwater	178/256			Maddaloni, Tony	Slingerlands	14/95
1400	12:59:19	Skjellerup II, Timothy	Boonville	186/256	1478	13:10:50	Cassot, Paul	Lake Placid	36/95
		UP: 35 - 39	Doorrenic	100/250	1909	14:07:51	Stalter, Ken	Franklin	49/95
339	11:04:47	Chlopecki, Jason	Scotia	65/355	1997	14:26:29	Weber, Bert	Lake George	57/95
344		Swift, Randy			2001	14:26:48	Ruiz, Jeffrey	New Paltz	58/95
	11:05:13		Saratoga Springs	66/355	2130	14:54:06	Cassot, Ed	Lake Placid	66/95
500	11:25:11	Johnson, Kyle	Niskayuna	102/355	2225	15:20:04	Searing, Tony	Morrisonville	73/95
904	12:11:57	Lawrence, Leo	Plattsburgh	156/355	MALE	AGE GRO	UP: 60 - 64		
1404	12:59:36	Boswell, James	Albany	226/355	1209	12:42:10	Erenstone, Richard	Lake Placid	4/34
1742	13:44:09	Oldrich, Ed	Valatie	274/355	1366	12:56:21	Morse, Rick	Malta	5/34
	14:45:35	Norman, Robert	Guilderland	324/355	1425	13:03:04	Tebo, Robert	Tupper Lake	8/34
		UP: 40 - 44			2175	15:05:59	Bryant, Michael	Wilmington	23/34
338	11:04:45	Kresge, Matthew	Rexford	50/463	2365	16:03:24	Adams, Jim	Altona	29/34
372	11:09:11	Winston, Michael	Queensbury	61/463	1966	14:19:13	Heins, Bob	Plattsburgh	4/11
413	11:14:28	Smith, Robert	Queensbury	71/463	1987	14:24:41	McDonough, William		5/11
517	11:27:50	Rath, Randy	Glens Falls	91/463			ROUP: 18 - 24	TOTETICITY	3/11
534	11:29:45	Lanahan, Kevin	Clifton Park	95/463				Milariantan	2/0
576	11:46:24	Boyko, Arthur	Poughkeepsie	118/463		13:14:28	Skufca, Caitlin	Wilmington	3/8
353	12:06:29	Frank, Bob	Niskayuna	164/463		13:52:29	Dell, Hailey	Saranac Lake	4/8
375	12:08:51	Doherty III, Tripp	New Paltz	171/463			ROUP: 25 - 29		
900	12:11:35	Rath, Ryan	Ballston Spa	176/463		12:33:57	Virkler, Kelly	Menands	20/64
1238	12:45:05	Endieveri, Michael	South Glens Falls				ROUP: 30 - 34		
1337	12:53:49	Marvin, Bill	Clifton Park	261/463	1941	14:14:54	Jenkins, Christine	Loudonville	76/100
1388	12:57:56	Mannion, Jeff	Saratoga Springs		1944	14:15:30	Person, Melinda	Albany	77/100
1398	12:59:13	Schuhl, James	Charlton	275/463	2377	16:09:19	Sullivan, Kelly	Schenectady	93/100
1464	13:09:13	Adelson, Brian	Gansevoort	285/463	FEMA	LE AGE G	ROUP: 35 - 39	•	
1600	13:27:06	Hamilton, Ed	Kinderhook	309/463		14:15:51	Anderson, Erika	Saratoga Springs	79/119
							Lacroix, Kate	Keene	104/119
1619	13:28:56	Shyne, Dan	Saratoga Springs				ROUP: 40 - 44		,
1678	13:35:39	Danoff-Burg, James	Albany	324/463	475		Underwood, Heidi	Kattskill Bay	12/141
1842	13:57:29	Hagenbuch, Terry	Norwich	345/463	550	11:31:47	Gathen, Kari		18/141
2047	14:36:05	Heck, Andrew	Amsterdam	379/463				Albany	
2153	15:00:32	Spiridigloizzi, Andrew		390/463	845	12:05:22	Leitzinger, Megan	Albany	28/141
2266	15:31:53	Hurd, Jeffrey	Slingerlands	410/463	1274	12:48:32	Butler, Rachel	Lake Placid	47/141
2270	15:32:30	Donner, Mitchell	Ulster Park	411/463	1510	13:15:11	Laclair, Kimberly	Watertown	64/141
2292	15:41:43	Martin, David	Loudonville	415/463		14:02:02	Bishop, Wendie	Morrisonville	88/141
	15:49:11		Deerfield	421/463			ROUP: 45 - 49		
		UP: 45 - 49			1235	12:44:58	Burhoe, Carla	Diamond Point	26/103
57	9:59:22	McGovern, John	Kingston	3/370	1627	13:29:57	Mauro, Carrie	Glens Falls	46/103
144	10:27:50		Queensbury	17/370	1793	13:50:48	Debraccio, Cheryl	Scotia	58/103
215	10:42:40	Miyama, Tomo	Valatie	26/370	2317	15:48:09	Carpenter, Rosann	Saratoga Springs	79/103
228	10:42:40	Dodge, Jeff	Plattsburgh	32/370		16:58:51	Zerrahn, Susan	Peru	93/103
							ROUP: 50 - 54	reiu	JJI 103
	11:18:48		Queensbury	58/370				Lako Blasid	C140
443	11:21:57	Felitte, Anthony	Delmar	62/370	880	12:09:39	Lieb, Karen	Lake Placid	6/49
472	400:	Slyer, John	Averill Park	117/370	1072	12:28:18	Izzo, Sandra	Lake Placid	7/49
472 337	12:04:48					40 40			
472 837 854	12:06:38	Dehaan, Thomas	Kingston	119/370	1711	13:40:44	Feeney, Christine	Niskayuna	15/49
472 837 854 1073	12:06:38 12:28:19	Dehaan, Thomas Fox, James	Kingston Glens Falls	119/370 150/370	1711 FEMA	LE AGE G	ROUP: 55 - 59	•	
472 837 854 1073 1268	12:06:38	Dehaan, Thomas Fox, James Brooks, Charles	Kingston	119/370	1711 FEMA	LE AGE G 15:14:03	ROUP: 55 - 59	East Schodack	15/49 6/15

4TH ANNUAL FRONHOFER TOOL TRIATHLON August 7, 2010 • Lake Lauderdale County Park, Cambridge

10K RUN 1	EMALE AGE GROUP: 20 - 24 2:39:26 Owens, Kelly	MALE AGE GROUP: 30 - 34 1 2:07:14 Westervelt, Jason
MALE OVERALL		1 2:07:14 Westervelt Jason
		. 2.5 Westervery suson
	2:55:32 Smith, Kathleen	2 2:09:59 Hart, Jason
1 1:57:44 O'Keeffe, Patrick/35-39	2:55:50 Kline, Kendra	3 2:20:07 Kenney, Anthony
2 1:59:51 Wynn, Mike/40-44	ALE AGE GROUP: 25 - 29	4 2:22:49 Klemann, Mark
3 2:00:07 Fronhofer, Paul/30-34	2:30:12 Dewitt, Adam	5 2:23:18 Conkling, Jonathan
FEMALE OVERALL	2:32:28 Cowieson, Aaron	6 2:27:57 Sweet, Timothy
1 2:11:36 Clark, Sarah/25-29 2:17:38 Pasquini Sonya/30-34	2:36:46 Ortolano, Trevor	7 2:31:34 Burnett, David
2 2.17.30 Tasquill, 30Hya/30-34	2:38:58 Stuttle, Kevin	8 2:33:02 Davies, Thomas
3 2:23:42 Pedersen, Rebecca/40-44 4 5 5 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	2:43:35 Baranoski, John	9 2:35:46 Druzynski, David
		10 2:36:28 Gordon, Andy
1 2:32:11 Grant-Knight, Connor 6	2:44:24 Sweet, Stephen	11 2:40:22 Adelmann, Scott
1 2:00:26 Loicollo Paolun	2:46:23 Martin, Matthew	12 2:46:52 Brown, Justin
MALE AGE GROUP: 20 - 24	2:54:45 Dewitt, David	13 2:59:48 Weatherby, Kertis
1 2:13:59 Vargo Steven	3:18:10 Rossi, Thomas	14 3:01:34 Morland, Eddy
2 2:16:46 MacDonald, John	EMALE AGE GROUP: 25 - 29	FEMALE AGE GROUP: 30 - 34
3 2:18:30 Sorrentino, Mike	2:49:52 Trybenchs, Justine	1 2:27:43 Ardito, Christina
4 2:20:54 Russell, Tim	2:50:02 Thomas, Amie	2 2:31:44 Norman, Kate
5 2:30:27 Gawors, Matthew	2:53:38 Springer, Stephanic	e 3 2:34:19 Dickens, Isabelle
6 2:33:40 Grammatico, Mark	3:09:15 Schilling, Abigail	4 2:40:33 Friend, Tammy
		continued



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	4TH ANNUA	L FRONHOFER TOOL TRIAT	HLUN continuea
2:53:34	LeClair, Kristen	MALE AGE GROUP: 50 - 54	MALE AGE GROUP: 30 - 34
3:26:57	Rutnik, Tiffinay	1 2:06:00 Noonan, John	1 1:17:42 Kline, Travis
2:04:58	GROUP: 35 - 39 Murray, Keith	2 2:19:18 Jordan, Michael 3 2:24:20 Benner, Robert	2 1:20:51 Voisin, Matthew 3 1:24:54 Druzynski, David
2:04:58	Foley, Stephen	4 2:35:56 Davidson, John	4 1:30:43 Degener, Brian
2:09:33	Henke, William	5 2:42:19 Meyer, Keith	5 2:02:11 Russell, Jonathan
2:13:22	Davis, William	6 2:43:00 Shea, Brian	FEMALE AGE GROUP: 30 - 34
2:13:32	Lodovice, Clay	7 2:44:29 Kreitsek, Howard	1 1:37:53 Lynch, Erin
2:14:01	Haspela, Dean	8 2:52:18 Boldiston, Chris	2 1:41:16 Bennett, Michelle
2:14:15	Alber, Keith	9 3:01:48 Wolmer, Robert	3 1:43:52 Pyle, Franesa
2:17:05	Chlopecki, Jason	10 3:15:16 Teufel, Thomas	4 1:48:47 Farstad, Kendra
2:17:16	Crowley, Brian	FEMALE AGE GROUP: 50 - 54	MALE AGE GROUP: 35 - 39
0 2:18:59	Swift, Randy	1 2:24:37 Stalker, Beth	1 1:17:21 Crowley, Brian
1 2:21:42	Tobin, Brian	2 2:43:04 Simpson, Jeryl	2 1:32:01 Pyle, Bert
2 2:21:52	Travis, David	3 2:51:49 Fair, Katherine	3 1:32:38 Banaszewski, Charles
3 2:22:27	O'Connor, TJ	4 2:59:31 Henry, Carol	4 2:04:57 O'Hara, Keith
4 2:29:03	Snell, Andrew	5 3:06:09 Kuzmich, Jen 6 3:08:28 Grieger, Lynn	FEMALE AGE GROUP: 35 - 39 1 1:41:10 Swift, Karen
5 2:30:53	O'Neill, Sean	6 3:08:28 Grieger, Lynn MALE AGE GROUP: 55 - 59	2 1:42:51 Joseph, Jodi
6 2:38:59 7 2:46:25	McCormick, Wayne Crossman, Gary	1 2:21:54 Baird, George	3 1:46:47 Inman, Julie
8 2:50:27	McMorris, Matthew	2 2:22:41 Kelly, James	MALE AGE GROUP: 40 - 44
	iE GROUP: 35 - 39	3 2:31:48 Kline, Roy	1 1:18:37 Payne, Tim
2:33:54	Kresge, Jennifer	4 2:36:11 Brennan, Terry	2 1:23:22 Mannion, Jeff
2:41:00	Lamperetta, Aurora	5 2:49:25 Schneider, Lloyd	3 1:28:08 Ethier, Gary
2:41:33	Anderson, Erika	6 2:53:19 Jagoda, Albert	4 1:37:24 Mohr, William
2:42:42	Genay, Christina	FEMALE AGE GROUP: 55 - 59	FEMALE AGE GROUP: 40 - 44
2:58:20	Payne, Rachel	1 2:57:04 Carroll, Elizabeth	1 1:28:04 Greene, Hilary
3:17:23	Gubala, Allison	2 3:04:01 Brennan, Jennifer	2 1:30:47 Campbell, Meg
3:19:29	Nash, Christina	MALE AGE GROUP: 60 - 64	3 1:31:32 Morris, Cheryl
	GROUP: 40 - 44	1 2:25:22 Bradley, Steve	4 1:32:35 Fragomeni, Karyn
2:11:23	Becker, Steve	2 2:33:52 Morse, Rick	5 1:33:46 Geczy, Colleen
2:13:47	Rath, Randy	FEMALE AGE GROUP: 60 - 64	6 1:48:47 Casey, Tricia
2:16:44	Lanahan, Kevin	1 3:04:20 McKnight, Christine	7 2:06:12 Morrell, Eleonora
2:21:16	Ball, Dennis	MALE AGE GROUP: 65 - 69	8 2:28:23 Coleman, Jeanne
2:21:30	Gardner, Jason	1 2:38:54 Dunseath, Hugh	MALE AGE GROUP: 45 - 49
2:22:12	Vogel, Keith	2 3:05:02 Mitchell, Stephen	1 1:21:34 Fox, Jim
2:24:01	Smith, Cory	RELAY TEAMS – OLYMPIC	2 1:22:28 DeGennaro, Daniel
2:25:39	Rath, Ryan	1 2:09:22 Sibling Synergy	3 1:29:51 Monaham, Gary 4 1:43:07 Reickert, Michael
2:26:14	Mannion, Jeff	2 2:09:45 Deep Forest 3 2:34:19 Team Peter	4 1:43:07 Reickert, Michael 5 1:47:00 Annis, Ron
2:30:06	Hansen, Tom		6 1:51:53 Mayott, Brian
2:31:08	Raja, Michael Shermeta, Nick	SPRINT – 0.5M SWIM, 14.5M BIKE, 3.1M RUN	FEMALE AGE GROUP: 45 - 49
3 2:35:02	Liuzzo, Raymond	MALE OVERALL	1 1:31:26 Hafner, Lise
1 2:36:09	Hogan, Dana		2 1:34:49 Nagle, Lisa
5 2:36:32	Richards, Ronald	1 1:05:09 Carrothers, James/35-39 2 1:10:19 Murray, Keith/35-39	3 1:39:43 Myers, Katherine
2:37:31	Parzych, Michael	3 1:14:07 Becker, Steve/40-44	4 1:57:25 Howe, Ann
2:38:00	Pedersen, Tim	FEMALE OVERALL	MALE AGE GROUP: 50 - 54
2:40:21	Shermeta, Benjamin	1 1:14:02 Pompay, Karen/35-39	1 1:20:55 Jordan, Michael
2:42:32	Heulett, Greg	2 1:19:40 Fronhofer, Mara/40-44	2 1:23:44 Peterson, David
2:46:27	Shumpert, David	3 1:25:58 Delaney, Tracey/45-49	3 1:24:00 Kenny, John
2:46:55	Hernan, Miguel	FEMALE AGE GROUP: 00 - 14	4 1:27:39 Davidson, John
2:48:34	Landy, Matthew	1 1:58:25 Hansen, Kaitlyn	FEMALE AGE GROUP: 50 - 54
2:52:59	Radosta, Peter	MALE AGE GROUP: 15 - 19	1 1:37:20 Stabler, Patricia
2:55:58	Sheehan, John	1 1:21:55 Vargo, Brian	2 1:58:47 Reese, Karen
	iE GROUP: 40 - 44	2 1:25:47 Annis, Daniel	3 2:00:04 Cootware, Kathy
2:30:57	Rowe, Melissa	3 1:28:34 Holm, Spencer	MALE AGE GROUP: 55 - 59
2:35:57	Shore-Sheppard, Lara	FEMALE AGE GROUP: 15 - 19	1 1:25:46 Holm, Craig
3:00:15	Fox, Shannon	1 1:50:19 Fragomeni, Taylor	2 1:28:10 Van Hook, George
3:07:17	Stevens, Linda	MALE AGE GROUP: 20 - 24	3 1:28:41 Schachner, Mark
	GROUP: 45 - 49	1 1:27:05 Godshalk, Daniel	FEMALE AGE GROUP: 55 - 59
2:25:52	Regenauer, Carl	2 1:33:13 Besaw, Eric	1 1:31:54 Holm, Karen
2:28:47	Hanson, Bobby Lee	FEMALE AGE GROUP: 20 - 24	MALE AGE GROUP: 60 - 64 1 1:20:49 Bradley, Steve
2:30:29	Welch, Paul	1 1:32:39 Gersten, Laura	1 1:20:49 Bradley, Steve 2 1:38:23 Kabat, Douglas
2:44:38	Manalo, Dennis	2 1:39:11 Smith, Kathleen	3 1:40:21 Lynch, Daniel
2:48:09	O'Brien, William	3 2:01:55 DeWitt, Elizabeth	4 1:42:08 Hall, John
2:50:02 2:50:43	Sanborn, Eric Kallerman, David	4 2:03:51 Ciccone, Megan 5 2:16:11 Coyne, Christine	5 2:13:19 Crossman, Paul
2:55:37	Kellerman, David Perry, John	5 2:16:11 Coyne, Christine MALE AGE GROUP: 25 - 29	FEMALE AGE GROUP: 60 - 64
2:59:23	Howe, Mark	1 1:15:51 Dewitt, Adam	1 2:54:10 Burns, Marie
2:59:38	Guastella, John	2 1:21:14 Fletcher, Kiel	MALE AGE GROUP: 65 - 69
2:33:36	Ibbetson, Joseph	3 1:23:27 Stuttle, Kevin	1 1:28:56 Dunseath, Hugh
3:37:55	Darwak, Stanley	4 1:25:11 Rock, Damien	2 1:35:51 Cheney, Bob
	iE GROUP: 45 - 49	5 1:34:12 Baranoski, John	MALE AGE GROUP: 70 - 74
2:31:52	Wall, Diana	6 1:45:30 Muller, Ryan	1 1:51:22 Langevin, Armand
2:36:06	Grande, Joann	7 1:47:04 Miller, Dan	RELAY TEAMS - SPRINT
2:51:07	Panny, Dawn	FEMALE AGE GROUP: 25 - 29	1 1:21:46 Mod Squad
3:00:07	Dodge, Nicole	1 1:33:41 Trybenchs, Justine	2 1:26:55 Not Winded Yet
	Jordan, Barbara	2 1:39:39 Colgan, Belinda	3 1:30:07 Team Gordon
3:04:36		2 1.55.55 Colquit, Delitida	3 1.30.07 leath doldon

		9ТН	ΔΝΝΙΙΔΙ ΒΔ	CF TH	FΤ	RAIN 8.4-MII	FRU	N	
						Railroad, Ripariu			
	_	, 201	o v opper ridu.	SOII MIV				ortii Creek	
	ALE OVERALL	20	0	46.00		MALE AGE GROUP: 3		\	1.00.20
1	Alex Benway	20 23	Queensbury	46:08 46:49	1	Melinda Burkhardt Beth Gillingham	37 37	Warrensburg Queensbury	1:09:29 1:11:16
2	Paul Allison		North Creek		3	Lisa Thomas	38	North Creek	1:15:13
3	Daniel Koehler	21	Bridgeport	48:41	_	ALE AGE GROUP: 40		NOITH CIEEK	1.15.15
	MALE OVERALL	2.4		FF 00	1	Mark Haworth	40	Saratoga Springs	59:33
1	Wendy Pavlus	21	Tupper Lake	55:03	2	Richard Homawoo	42	Clifton Park	1:00:56
2	Justine Mosher	25	Queensbury	59:17	3	Robert DeMuro	40	Elizabethtown	1:01:11
3	Karen Provencher	55	Glens Falls	1:01:03	FI	MALE AGE GROUP: 4	0 - 44		
			ALL PLACE		1	Rainy Farrell	42	Millington, NJ	1:06:41
83	UHRR Locomotive & C	oaches		1:06:15	2	Patty Moore	44	Queensbury	1:07:09
м	ALE AGE GROUP: 14 8	OVER			3	Suzanne Tomb	43	North Creek	1:07:48
1	Stewart Scott	14	New York	1:00:18		ALE AGE GROUP: 45			
2	David Scott	11	Spring Bay, ON	1:04:38	1	Timothy Bardin	48	Queensbury	55:50
3	Joshua Korn	14	Niskayuna	1:13:11	2	Bruce Lipinski	47	Queensbury	57:15
FE	MALE AGE GROUP: 14	1 & OVE			3	Philip Gengel	46	Queensbury	1:00:11
1	Tyra Wynn	12	Queensbury	1:10:58		MALE AGE GROUP: 4		0	1.01.44
M	ALE AGE GROUP: 15 -	19	()		1	Starlett Cook	46 48	Queensbury	1:01:44
1	Nicholas Marcantoni	17	Glens Falls	49:58	2	Deborah Nordyke Jacque Schiffer	48 45	Hadley	1:03:46 1:03:57
2	Kevin Chen	18	Queensbury	50:03		IALE AGE GROUP: 50		Olivebridge	1:03:57
3	Michael Levene	19	Redding, CT	50:53	1	William Venner	- 51	Granville	51:05
-	MALE AGE GROUP: 15		nedding, er	50.55	2	Johatham Stillman	52	Ballston Spa	59:54
1	Meaghan Zang	19	Alburtis, PA	1:03:34	3	Colin Lee	50	Glens Falls	1:01:08
2	Abby Halm	15	Alexandria, VA	1:05:17		MALE AGE GROUP: 5		GICTIS TUILS	1.01.00
3	Allison Forhan	16	Blue Mountain Lake		1	Donna Horton	50	Cambridge	1:10:24
	ALE AGE GROUP: 20 -		Dide Modificant Edite	1.00.55	2	Marcy Dreimiller	50	South Glens Falls	1:11:04
1	Andrew Morehouse	23	North Creek	50:52	3	Debra-Jane Batcher	50	East Berne	1:12:53
2	Sam Grant	20	Southampton, MA	51:30	M	ALE AGE GROUP: 55	- 59		
3	Luke Shane	20	Bolton Landing	52:26	1	Cole Hickland	55	Ballston Spa	1:00:23
	MALE AGE GROUP: 20		bolton tanang	32.20	2	Mark Sager	59	Kattskill Bay	1:02:38
1	Lindsay Johnston	22	Glens Falls	1:11:35	3	Matt Degma	55	Rochester	1:03:09
2	Meredith McClain	24	Saratoga Springs	1:15:56		MALE AGE GROUP: 5			
3	Rachel Hannon	23	Liverpool	1:44:15	1	Nancie Battalglia	56	Lake Placid	1:13:18
	ALE AGE GROUP: 25 -		Liverpoor	1.44.15	2	Jill Pederson	59	Lake George	1:19:45
1	Michael Hanson	28	Medford, MA	59:30	3	Cathy Soloyna	57	Wynantskill	1:22:21
2	Tyler Mockry	29	Ballston Spa	1:00:28	1	IALE AGE GROUP: 60 - Gary Baker	- 64 61	Long Lake	1:06:42
3	Jacob Steria	26	Lowville	1:01:00	2	James Thomas	64	Castleton	1:06:53
-	MALE AGE GROUP: 25		LOVVIIIC	1.01.00	3	Yvon Lamarche	61	Long Lake	1:12:43
1	Melissa McCreary	29	Saratoga Springs	1:04:32	_	MALE AGE GROUP: 6		Long Luke	1.12.43
2	Sarah Deane	26	North Creek	1:10:30	1	Laney Lutzker	60	Saratoga Springs	1:18:04
3	Elizabeth Allison	25	Rochester	1:12:45	2	Candi Schermerhorm	64	Diamond Point	1:21:43
-	ALE AGE GROUP: 30 -		Nochester	1.12.43	3	Sue Nealon	60	Troy	1:31:47
1	Eric Fiske	32	Rutland, VT	57:06	M	ALE AGE GROUP: 65	- 69	,	
2	Ioshua Katzman	34	Clifton Park	1:00:03	1	Eduardo Munoz	67	Olmstedville	1:10:51
3	Derek Peterson	34	Cohoes	1:00:03	2	Bill Long	69	Clifton Park	1:19:57
_	MALE AGE GROUP: 30		Colloes	1.00.23	3	Paul Murray	66	Albany	1:22:42
1	Courtney LaBarge	31	Cobleskill	1:03:21		MALE AGE GROUP: 6			
2	Karin Peterson	33	Cohoes	1:03:21	1	Dottie Langworthy	69	Warrensburg	1:30:02
3	Emily Stanton	33	North Creek	1:10:41	2	Coral Crosman	68	Middle Grove	1:33:17
	ALE AGE GROUP: 35 -		NOTHI CIEEK	1.10.41	3	Sakiko Claus	68	Schroon Lake	1:38:15
1	Volker Burkowski	38	Gansevoort	55:06		ALE AGE GROUP: 70	& OVER 71	Mast Dunant VT	1.07.47
2		38 37	Marlborough, CT	57:49	1	John Pelton	71 72	West Rupert, VT	1:07:47
3	Ethan Spinelli Neil Sergott	37 38	Clifton Park	57:49 59:04	2	Terence Duffy	. –	Newcomb ondack Runners	1:33:44
5	iven sergott	30	CIIIUII Faik	39.04		Courtesy or	THE AUTO	JIIGACK RUIIIIEIS	

2ND ANNUAL CAMP CHINGACHGOOK CHALLENGE August 7, 2010 • YMCA Camp Chingachgook, Kattskill Bay

	-	agust	7,2010 111	ich cuiii	<i>.</i>	migacingook, i	a ctskiii	Day	
		HALF-MAR	ATHON		3	Jessica Link	27	Clifton Park	1:38:09
M	ALE OVERALL				4	Suzanne Redden	45	Rutland, VT	1:40:53
1	Jon Rocco	43	Colonie	1:21:38	5	Peggy McKeown	52	Schuylerville	1:40:54
2	John Ehntholt	43	Glens Falls	1:23:40		EMALE AGE GROUP:	15 . 19		
3	Michael Camarota	28	Latham	1:26:15	1	Sarah Martin	19	Malta	1:43:55
4	Bryan Cardiff	26	Malverne	1:29:28					
5	Richard Clark	56	Feeding Hills	1:31:31	2	Maria Sullivan	19	Batavia	2:09:51
	MALE OVERALL				M	IALE AGE GROUP: 20	- 24		
1	Catherine Vincent	22	Slingerlands	1:34:59	1	Steven Watson	24	Putnam Valley	1:59:18
2	Tina Cukrovany	33	Rensselaer	1:38:04	2	Brett Frank	23	Batavia	2:09:51 continued

			L CAMP CI	TINGAC	CHGOOK CHALLE		continued	
	MALE AGE GROUP: 20				MALE AGE GROUP: 55 -			
	Kristen Ermides	23	Guilderland	1:42:25	1 Tim Fisher	58	Ballston Spa	1:49:
	Tara Joyce	21	Altamont	1:48:17	2 Gregg Sagor	55	Delmar	2:15:
3	Emily Licht	20	Burlington, VT	1:57:52	FEMALE AGE GROUP: 5	5 - 59		
Ι.	Joanna Tornatore	23	Putnam Valley	1:59:17	 Martha DeGrazia 	59	Slingerlands	1:46:
	Jessica Berschwinge	22	Voorheesville	1:59:58	2 Susan Burns	55	Rensselaer	1:54:
ИΑ	LE AGE GROUP: 25 -	29			3 Diana Graziano	57	Clifton Park	2:40:4
	Matthew Smith	27	Mayfield	1:42:51	MALE AGE GROUP: 60 -		Circorrant	2
	Joshua Schupp-Star	28	Winooski, VT	1:44:25	1 Ageo Frizzera	61	Saratoga Springs	2:01:4
	Jonathan Bunnell	25	Ravena	1:45:16	5	61		
	Jeff Baez	29			2 Ed Swanson		Ballston Lake	2:40:
			Albany	1:47:46	FEMALE AGE GROUP: 6			
	Edward Wolk	29	Albany	2:18:41	1 Susan Harris	62	Albany	2:17:
	IALE AGE GROUP: 25					10K RACE		
	Brett Harris	25	Albany	1:42:31	MALE OVERALL			
	Meleah Wright	28	Corinth	1:49:16	1 Mark McKenzie	48	Shaftsbury, VT	37:
3	Karilee Karmon	26	Albany	1:53:01	2 Brian Barr	43	Schenectady	48:0
ļ	Lisa Massaro	29	Denville, NJ	2:06:05	3 Darrell Everts	41	Hudson Falls	48:
;	Erin Reep	29	Athens	2:07:34	FEMALE OVERALL	41	i iuusuii i alis	40
ЛΑ	LE AGE GROUP: 30 -	34				4.4	Calana a ata di .	FO.
	Sean Monteith	33	Ballston Spa	1:34:49	1 Stephanie Crandall	44	Schenectady	50:
	Brian Bombard	32	Glens Falls	1:36:43	2 Jennifer Bates	25	Albany	51:
	Steven Legnard	34	Troy	1:38:24	3 Amanda Terzian	20	Albany	52:
		30			MALE AGE GROUP: 15 -			
	Chris Imperial		Ballston Lake	1:40:53	1 Hugh Kelley	19	Albany	50:
	William Kostenko	33	Brick, NJ	1:45:59	FEMALE AGE GROUP: 2	0 - 24		
	IALE AGE GROUP: 30				1 Elisabeth Congdon	24	Cohoes	58:
	Angela Kostenko	30	Brick, NJ	1:43:07	2 Desiree Boucher	23	Fort Edward	1:07:
	Allison Bradley	34	Albany	1:45:24	3 Casey Ryan	24	Waterford	1:18:
	Kim Didrich	30	Renssleaer	1:52:00	MALE AGE GROUP: 25 -		Wateriora	1.10.
	Gwendolyn Morris	34	Gansevoort	1:54:18			Allegan	F2.
	Una Larson	33	Schenectady	1:56:09	1 Chris Dum	27	Albany	52:
	LE AGE GROUP: 35 -				2 Joshua Simons	29	Scotia	57:
	Brian Dillenbeck	39	Alplaus	1:37:34	FEMALE AGE GROUP: 2	5 - 29		
		38	Gansevoort	1:40:06	 Lauren Ferraro 	28	Blauvelt	54:
	Andrew Eyer				2 Colleen Froschauer	29	Ballston Spa	56:
	Kevin Shaughnessy	37	Waterford	1:40:39	3 Michele Siconolfi	29	Cherry Hill, NJ	57:
	William Koons	35	Rotterdam	1:42:46	MALE AGE GROUP: 30 -		,,	
	Joseph McCarthy	35	Ballston Spa	1:45:05	1 Pat Riley	32	Rexford	57:
E۱	1ALE AGE GROUP: 35	i - 39			,	34		
	Chris Gow	36	Lake George	1:51:07	2 Michael Cukrovany		Rensselaer	57:
	Ann Herring	37	Queensbury	2:02:57	3 Joseph Villani	33	Albany	57:
	Joanne Vanhorne	37	Corinth	2:23:59	FEMALE AGE GROUP: 3			
	Kristen Monty	38	Ballston Spa	2:47:03	1 Martha Snyder	31	Delmar	55:
	LE AGE GROUP: 40 -		banstorr spa	2.17.05	2 Meredith Oakes	31	Niskayuna	57:
	Peter Smith	43	New York	1:33:44	3 Larina Riley	32	Rexford	57:
	Kevin Whitehead	44	Clifton Park	1:38:19	MALE AGE GROUP: 35 -	39		
		43			1 Paul Kelly	39	Slingerlands	54:
	John Butler		Latham	1:43:55	2 David Malone	39	Wynantskill	57:
	Rich Lugovich	44	Stillwater	1:46:06	3 Jed Boswell	35	Albany	1:00:
	Don Byerly	44	Schenectady	1:51:01	FEMALE AGE GROUP: 3		/ liburiy	1.00
	MALE AGE GROUP: 40					38	Albany	E2
	Regina McGarvey	40	Castleton	1:48:31	1 Erin Bach		Albany	53:
	Deanna Hitchcock	43	Scotia	1:48:56	2 Kristin Murphy	39	Watervliet	54:
	Stacia Smith	40	Niskayuna	1:51:39	3 Kathleen Tersigni	38	Ballston Lake	56:
	Andrea Hanlon	44	Wynantskill	1:56:09	MALE AGE GROUP: 40 -			
	Ellen Kelly	40	Slingerlands	2:06:49	1 Woody Jackson	42	Albany	51:
	LE AGE GROUP: 45 -				FEMALE AGE GROUP: 4	0 - 44		
	Mark Weidner	49	Queensbury	1:31:32	1 Robin Dailey	41	Delmar	53:
	Willie Janeway	47	Stuyvesant	1:33:01	2 Christina Camp	40	E Greenbush	59:
	,				MALE AGE GROUP: 45 -			33.
	Scott Asmus	47	Niskayuna	1:33:44	1 Steve Obermayer	49	Ballston Lake	59:
	Chris Duwe	46	Albany	1:40:53	2 Phil Adikes			
	Sunil Kumta	47	Schenectady	1:41:12		47	Albany	1:12:
E۱	MALE AGE GROUP: 45	- 49			FEMALE AGE GROUP: 4			
	Chris Varley	46	Albany	1:41:48	1 Lyn Mudd	46	Westfield, NJ	54:
	Kirsten Leblanc	47	Broadalbin	1:56:45	2 Mary Linney	45	West Chesterfield,	
	Frances Vincent	48	Slingerlands	2:06:49	3 Kathy Taubkin	47	Clifton Park	1:17:
	Aileen Muller	49	Castleton	2:07:46	MALE AGE GROUP: 50 -	54		
	Marcia Casimo	45	Albany	2:10:32	1 Hugh Johnson	52	Albany	53:
	LE AGE GROUP: 50 -		, abuily	2.10.32	FEMALE AGE GROUP: 5		,	55
			Prupovide	1.20.50		50	Burnt Hills	57.
	Frank Paone	53	Brunswick	1:39:58	,			57:
	Christopher Maestro	53	Delmar	1:53:46	2 Susan Casper	50	Clifton Park	1:00:
	Brett Upton	51	Bondville, VT	2:09:05	3 Melinda Hicks	53	Clifton Park	1:01:
	Ned Norton Jr.	51	Albany	2:28:32	MALE AGE GROUP: 55 -			
	MALE AGE GROUP: 50	- 54			 Michael Maguire 	55	Ballston Lake	56:
	Maureen Fitzgerald	52	Clifton Park	1:43:58	MALE AGE GROUP: 60 -			
	Nancy Piche	50	Loudonville	1:54:06	1 Joe King	61	Carlisle, PA	1:35:

INAUGURAL PE						'IN
Aug	ust 7	', 2010 • Peck	's Lake, Glovers	vil	le	
LE SWIM, 9-MILE BIKE,	3	Bernhardt, Jenna	1:23:57	5	Samperi, Mark	

	,9	,			
0.5-MILE SWIM	, 9-MILE BIKE,	3 Bernhardt, Jenna	1:23:57	5 Samperi, Mark	1:20:50
3-MILE	RUN	4 McNamara, Megan	1:28:39	6 Peck, Alan	1:21:38
Competitive Ra	acer Category	MALE AGE GROUP: 3	1 - 40	7 Pacheco, Orlando	1:31:45
MALE OVERALL	3 ,	1 Krempa, Jeff	1:10:09	8 Martele, Edward	1:37:11
1 Nadeau, Andrew/1	8-30 1:02:20	VanWie, Jason	1:11:33	FEMALE AGE GROUP: 41	
2 Retersdorf, Adam/		3 Zardezed, Frank	1:15:40	1 Lohnas, Denise	2:11:15
		4 Blazer, Brett	1:21:49	MALE AGE GROUP: 51 -	
	18-30 1:09:07	5 Dubois, Corey	1:24:31	 Corum, Jesse 	1:17:05
FEMALE OVERALL				FEMALE AGE GROUP: 51	l - 60
 Wangerin, Kristin/ 	18-30 1:10:39	6 Miller, Craig	1:26:01	1 Gates, Janet	1:26:39
2 Scott-Ciota, Keli/3	1-40 1:15:30	7 Smith, Chris	1:30:10	2 Spinelli, Jo-Ann	1:28:48
		FEMALE AGE GROUP:	31 - 40	TEAM AGE GROUP: 18 -	40
3 Moore, Kayleigh/1	8-30 1:19:43	 Harris, Victoria 	1:24:30		
MALE AGE GROUP:	18 - 30	2 Mahon, Elizabeth	1:54:32	1 Trimarchi, Joe	1:04:17
1 Mead, Nathaniel	1:19:36			2 Baker, Emily	1:12:47
,		MALE AGE GROUP: 4	1 - 50	TEAM AGE GROUP: 41 -	60
Griffin, Matt	1:22:29	 Buckley, Chris 	1:11:02	1 Spring, Steve	1:07:53
FEMALE AGE GROU	JP: 18 - 30	2 Place, Joseph	1:12:35	2 Sherman, Matt	1:18:03
1 Heins, Sara	1:21:31	3 Borgese, Philip	1:13:53	Courtesy of Fulton	County
 Bubniak, Jesica 	1:23:28	4 Clear, Patrick	1:17:40	Chamber of Comr	merce

7TH ANNUAL GEAR UP FOR LYME MT. EQUINOX HILL BIKE CLIMB August 7, 2010 • Mt. Equinox Skyline Drive, Manchester, VT

	5.4 MILES - 3	,248 FE	EET, 12% GRADE			y Caron/F60-69		Concord, NH	1:00:30
FE	MALE OVERALL				1 Ma	rk McCarthy/M60-69	9	Honeoye Falls	47:15
1	Marti Shea	47	Marblehead, MA	44:07	1 Ker	nneth Cestone/M70-	79	Bennington, VT	56:12
2	Kristen Gohr	39	Reading, MA	45:32	CLYDE	SDALE			
3	Jennifer Miller	44	Richmond, VT	47:06	1 Jeff	Ohara	46	Budd Lake, NJ	51:38
M	ALE OVERALL				FILLY				
1	Jake Hollenbach	29	Winooski, VT	38:42	1 Dia	na Hanks	55	Winooski, VT	1:06:29
2	Charles McCarthy	30	Middlebury, VT	39:05	TAND	EM			
3	lan Gordon	22	Wakefield, RI	39:20	1 Ric	h/Bill Russell	42	Mineola	1:33:25
A	GE GROUPS				REGIO	NAL FINISHERS -	OVERAL	L PLACE	
1	James Hayes/M00-19		Wakefield, RI	51:01	9 C	harlie Casey	M47	Alplaus	41:42
1	Randall Jacobs/M20-29		Brighton, MA	39:40	35 N	latthew Jones	M41	Cooperstown	46:25
1	Kelley Wulfkuhle/F30-39		Colchester, VT	52:31	48 N	1att Shell	M40	Burnt Hills	48:55
1	Derek Hardinge/M30-39		Toronto, ON	41:29	57 K	arl Hensler	M23	Warrensburg	50:54
1	Ann Howard/F40-49		Morrisville, VT	51:13	111 P	ierre Poulin	M32	Granville	1:02:26
1	John Bayley/M40-49		Watertown, MA	39:29	114 T	homas Stewart	M65	Altamont	1:04:03
1	Dominique Codere/F50-5	59	Montreal, QC	51:02	117 R	obert Desormeau	M54	Latham	1:04:45
1	Mark Luzio/M50-59		Brooklyn, CT	43:18		Courtesy of Ro	tary Club	of Manchester, VT	

9TH	ANNUAL	TURNING	POINT	5K RUN	
iniict & 20	110 • Sarato	na Sna Stati	o Park	Saratona	Snri

FE	MALE OVERALL				FEMALE A	GE GROUP:	16 - 19		
1	Samantha Watson	17	Gansevoort	19:04	 Jill Reilly 	/	16	Gansevoort	24:19
2	Jessica Richburg	17	East Greenbush	20:22	2 Sarah R	eape	17	Gansevoort	27:49
3	Patricia Butcher	49	Stockholm, NJ	21:37	3 Faye Do		16	Schenectady	33:33
4	Rachel Wysocki	18	Gansevoort	22:07		E GROUP: 16			
5	Justine Kozubal	15	Saratoga Springs	23:08	1 Bryan S		18	Schuylerville	22:13
M	ALE OVERALL					E GROUP: 20			
1	Ethan Clary	21	Schuylerville	14:59	1 Matthe		28	Saratoga Springs	19:14
2	Seth French	30	Queensbury	17:12	2 Luke Sn		27	Broadalbin	23:49
3	Patrick Grevelding	32	Ballston Spa	18:55	3 Matt Ca		28	Saratoga Springs	30:26
4	Stefano Fontana	22	Waterford	19:02		AGE GROUP:			
5	Daniel Reilly	18	Gansevoort	19:05		eeler-Camp	38	Queensbury	25:34
FE	MALE AGE GROUP: 12	2 & UND	DER			a Schaffer	33	Fort Edward	26:14
1	Siera Farrell	12	Gansevoort	27:28		Strayhter	36	Saratoga Springs	28:35
2	Julianne Melita	12	Saratoga Springs	27:43		E GROUP: 30			
_	ALE AGE GROUP: 12 8	. –		27.43	1 Greg Et		36	Waterford	20:03
1	Brenden Purillo	12	Victory Mills	32:06	2 Mike O'		35	Mechanicville	22:55
2	William Austin	12	Gansevoort	44:23	3 Rob Rea		38	Gansevoort	24:49
_	MALE AGE GROUP: 1		Gansevoort	44.23		NGE GROUP: 4			
1	Ariana Fay	14	Schuylerville	32:31	1 Liz Kozu		45	Saratoga Springs	26:03
1	,		,		2 Joy Doh		43	Schenectady	33:44
۷.	Charlotte Dimopoulo IALE AGE GROUP: 13 -	14	Schuylerville	32:32		ortowski	47	Melrose, MA	38:03
IVI				24.24		E GROUP: 40			
1	Thomas Madarasz	14	Gansevoort	21:24		Mercado	47	Wilton	20:43
2	Jacob Barton	13	Saratoga Springs	22:36	2 Michael		48	Gloversville	21:47
3	Daniel Reape	15	Gansevoort	23:12	3 Andy C	amp	41	Queensbury	26:08 continued

	9TH A	NNUAL TUR	NING	POINT 5K RUN	contin	ued	
FEMALE AGE GROUP:	50 - 59			FEMALE AGE GROUP:	60 & OVE	R	
1 Carol Bendall	51	Troy	26:27	1 Gloria Ragonetti	61	Glens Falls	44:44
2 Doris Nichols	56	Fort Edward	37:27	MALE AGE GROUP: 60	& OVER		
MALE AGE GROUP: 50) - 59			1 Jim Fiore	62	Latham	22:43
1 Peter Goutos	51	Saratoga Springs	19:34	2 Terry Smith	63	Galway	26:57
2 Thomas Locascio	52	Albany	20:42	3 William Sheft	69	Ballston Spa	27:09
3 Hank Wysocki	52	Gansevoort	23:52	Courtesy	of Turning	g Point 5K Run	

					ALE ACE CROUP, 30	30		
	i, 12-MILE	BIKE, 3-MILE RUN		IVI	ALE AGE GROUP: 30			
MALE OVERALL	40		50.44	1	Brian Hegarty	39	Garden City	1:13:
1 Mike Tassinari	42 38	Monson, MA	58:14 58:40	2	Scott Wieting	39	Vernon, CT	1:18:
2 Andrew Rebak 3 Richard Delasota	58 52	Franklin Lakes, NJ Huntington	1:03:08	3	Jim McGovern	36	Sleepy Hollow	1:20:
FEMALE OVERALL	32	nunungton	1.05.06	FE	MALE AGE GROUP: 4	0 & OVE	R	
1 Jennifer Keane	35	New York	1:08:15	1	Leslie Archer Kassel	51	Latham	1:16
2 Wendy Johnson	51	Newfane, VT	1:11:40	2	Emily Anderson	45	Middlebury, CT	1:16
3 Jane Alexander	41	South Orange, NJ	1:15:45	3	Molly Basak-Smith	49	Easton, CT	1:17
MALE AGE GROUP: 18	& UNDER			-	ALE AGE GROUP: 40		EdStOII, CT	1.17
1 Hunter Resek	18	Dover, VT	1:04:57	IVI				
2 Justin Chardavoyne	14	Glenmont	1:13:59	1	Robert Case	41	Mt. Pleasant, SC	1:03
3 Chris Logiurato	16	Wilmington, VT	1:20:53	2	Robert Leslie	44	Delmar	1:08
FEMALE AGE GROUP: 1				3	Rob Wadsworth	43	Stratton, VT	1:08
1 Michelle Ellis	24	West Dover, VT	1:21:55	М	ALE AGE GROUP: 50	& OVER		
2 Leah Groppo	25	Sunnyvale, CA	1:22:28	1	Gil Vigne	60	West Dover, VT	1:04
3 Kate Lussa	22	Ellington, CT	1:22:40	2	Stephen Poklemba	51	Haily, ID	1:12
MALE AGE GROUP: 19		Donatel de constant	1:08:29	3	Jim Martel	52	New Fairfield, CT	1:17
1 David Warburton 2 Derek Lusso	28 25	Brattleboro, VT Ellington, CT	1:08:29	_		52	New Fairneid, CT	1:17
3 Timothy Woods	23	Loudonville	1:11:23	16	AMS			
FEMALE AGE GROUP: 3		Loudonville	1.11.23	1	Male: Klarides/Grush/Kl	larides		1:13
1 Rachel Rodney	35	Wilmington, VT	1:17:00	1	Coed: Blate/Rodney/Lib	erator		1:19
2 Susan Davis	39	Brooklyn, CT	1:20:55	1	Female: Chardavoyne/P	awlak/Ch	ardavoyne	1:20
3 Leiah Myers	36	Foxboro, MA	1:22:43		Courtesv	of Moun	t Snow Resort	

3	Leiah Myers	36	Foxboro, MA	1:22:43		Courte.	sy of Mount	Snow Resort	
	TAWAS					Y SUMMER ha Park, Guild		SERIES #2	
М	ALE OVERALL				1	Josh Merlis	M20-29	Albany	19:55
1	Joe Hayter	30	Schenectady	18:23	1	Amanda Boccio	F20-29	,	23:54
2	Thomas O'Grady	25	Latham	18:42	1	Eamon Dempsey	M30-39	Albany	19:10
3	Sean Renolds	16	East Berne	18:47	1	Michelle Lavigne	F30-39	Albany	25:05
FE	MALE OVERALL				1	Tim Hoff	M40-49		20:55
1	Ada Lauterbach	20	East Berne	21:42	1	Chris Varley	F40-49	Albany	27:29
2	Meghan Davey	25	Amsterdam	23:32	1	Rick Munson	M50-59	Prattsville	22:04
3	Nancy Briskie	53	Schenectady	23:50	1	Martha DeGrazia	F50-59	Slingerlands	27:38
A	GE GROUPS				1	John Scockwere	M60-69		27:32
1	Jonathan DiCesare	M00-14	Cobleskill	21:32	1	Susan Wong	F60-69	Glenmont	27:56
1	Sarah Jones	F00-14	Albany	27:31	1	Wade Stockman	M70-79		30:55
1	Connor Devine	M15-19	East Berne	19:01	1	Anny Stockman	F70-79	East Greenbush	39:50
1	Alicia Bausa	F15-19	Albany	24:55		Courtesy of Hu	dson-Mohaw	k Road Runners Clu	b

9TH ANNUAL ADIRONDACK SPINTACULAR

		6-MILE F	RUN		FE	MALE AGE GROUP:	14 & UND	DER	
VΙΑ	LE OVERALL				1	Samantha Harvey	13	Gloversville	27
	DJ Freeman	21	Hadley	46:21	2	Kate Tantaris	13	Loudonville	29
	Ambrose Schaffer	27	Canajoharie	50:14	3		10	White Plains	30
	Kevin Sullivan	54	West Harwich, MA	53:15	М	ALE AGE GROUP: 15	-19		
ΈN	//ALE OVERALL		•		1	Joseph Nuqui	15	Niskayuna	25
	Michele Lake	39	Johnstown	49:58	2	Mario Mascaro	19	Hagaman	27
	Kellie Lawyton	15	Gloversville	49:59	FE	MALE AGE GROUP:	15 - 19	3	
	Jackie Wright	50	Lake George	51:24	1	Bekah Carter	17	Mechanicville	29
ΛA	LE AGE GROUP: 19	& UNDER			М	ALE AGE GROUP: 20	- 29		
	Jack Albertin	12	Mayfield	58:54	1	Matt Francisco	29	Amsterdam	2
E٨	//ALE AGE GROUP: 1	9 & UND	ER		FE	MALE AGE GROUP: 2	20 - 29		
	Heather Carman	15	Mayfield	2:06:21	1	Andrianna Lyons	21	Lake Placid	2
ΛA	LE AGE GROUP: 20	- 29	,		2	Arien Gray	20		28
	Christian Bridge	26	Gloversville	1:02:36	3	Kendra Thomson	20	Waterford	4
E۱	//ALE AGE GROUP: 2	0 - 29			М	ALE AGE GROUP: 30	- 39		
	Leah Schaffer	26	Canajoharie	55:30	1	David White	33	Ballston Spa	3
	Chelsea Desalvatore	24	Ballston	58:55	2	Joe Trimarchi	35	Middle Grove	3
	Lindsay Long	22	Penn Yan	2:06:22	FE	MALE AGE GROUP:	30 - 39		
ΛA	LE AGE GROUP: 30	. 39			1	Kathleen Bokan	37	West Charlton	3.
	Anthony Smida	37	Johnstown	54:54	2	Anne Bjelica	39	Mayfield	4
E۱	//ALE ÁGE GROUP: 3	0 - 39			М	ALE AGE GROUP: 40	- 49		
	Rebecca Conley	37	Northville	52:27	1	Tony Feldman	48	Johnstown	2
	Michelle Pendergast	37	Troy	55:02	2	Tom Carter	45	Mechanicville	2
	Paola Sullivan	39	West Harwich, MA	1:00:35	3	David Insogna	47	Hagaman	2
E٨	//ALE AGE GROUP: 4	0 - 49			FE	MALE AGE GROUP: 4	10 - 49		
	Mary Ragwell	43	Broadalbin	1:07:47	1	Denise Lohnas	49	Gloversville	2
ΛA	LE AGE GROUP: 50	- 59			2	Anne Colucci	47	White Plains	3
	Michael Maguire	55	Ballston	58:18	3	Lisa Carter	47	Mechanicville	3.
	Edward Nicosia	51	Amsterdam	1:00:10	M	ALE AGE GROUP: 50	- 59		
E٨	MALE AGE GROUP: 5	0 - 59			1	Brent Bogardus	54	Waterford	4
	Jackie Wright	50	Lake George	51:24	FE	MALE AGE GROUP: !	50 - 59		
	Jane Costantine	52	Amsterdam	1:33:44	1	Pamela Madeiros	52	Waterford	4
ΛA	LE AGE GROUP: 60	& OVER			M	ALE AGE GROUP: 60	& OVER		
	Donald Raddatz	61	Cooperstown	1:04:49	1	Gary Drumm	67	Canajoharie	2
E١	MALE AGE GROUP: 6	0 & OVE	R		2	Jacob Nuqui	60	Niskayuna	4
	Terry Smith	63	Galway	59:42			5K RU	N	
	Barbara Gallagher	66	Hannacroix	1:39:50	M	ALE OVERALL			
		6-MILE B	IKE		1	Jesse McNamara	17	Mayfield	15
ΛA	LE OVERALL				2	Cody Shave	17	Amsterdam	2
	Daniel Pollay	40	Delanson	22:23	3	Jamie McNamara	17	Mayfield	2
	Marcus Wilson	52	Gloversville	23:37	FE	MALE OVERALL			
	Marty Rebisz	14	Broadalbin	24:02	1	Amy Feinour	40	Broadalbin	2.
E١	AALÉ OVERALL				2	Emily Baker	16	Amsterdam	2.
	Andrianna Lyons	21	Lake Placid	23:21	3	Sarah Montgomery	14	Gloversville	2
	Kayla Harvey	15	Gloversville	24:37	M	ALE AGE GROUP: 14	& UNDE	R	
	Jessie Brooks	10	Amsterdam	26:05	1	Ben Andonian	8	Milford	5
ΛA	LE AGE GROUP: 14	& UNDEF	ł		FE	MALE AGE GROUP:	14 & UNE	DER	
	Joseph Colucci III	12	White Plains	27:30	1	Taylor Madeiros	10	Mayfield	2
	Caleb Carter	11	Mechanicville	29:30	2	Alayna Gray	6	•	3.
	Jared Albertin	11	Mayfield	31:23	3	Jennifer Castle	10	Fonda	54



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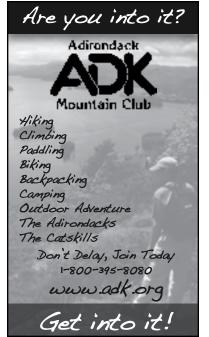
Race Results

MALE ACE CROUP: 45	40			MALE ACE CROUP 40	40		
MALE AGE GROUP: 15		A 4115 1	25.47	MALE AGE GROUP: 40 -		Laboratorius	1.57.4
I Jake Andonian	15	Milford	25:47	1 Ken Mowrey	40	Johnstown	1:57:4
Matthew Chase	15	Mayfield	29:46	2 Daniel Morgan	44	Schenectady	1:58:3
Jesse Demarsh	19	Hadley	30:13	MALE AGE GROUP: 50 - 1 Tim Carver	59 59	Gloversville	1.51.
EMALE AGE GROUP: 1		A	22.24	i iiii cuivei		Gloversville	1:51:4
Emily Baker	16 19	Amsterdam	23:31	FEMALE AGE GROUP: 50 1 Sue Tucker	50 50	Ilion	2:01:0
! Amber Rorick		Fultonville	28:40				2.01.0
Meghan Demarsh MALE AGE GROUP: 20 -	19	Hadley	31:21	MALE OVERALL	2-MILE	BIKE	
	. 29 22	Laka Dlasid	25.42		47	A	21.
Brendan Quirion	22 26	Lake Placid Athol	25:43	1 Charles Brooks 2 Mark Spaulding	47	Amsterdam Worcester	31:4 34:2
David Whitefield		Atnoi	35:57	Mark Spaulding William Devito	36		34:3
EMALE AGE GROUP: 2		* !!	24.20		36	Saratoga Springs	34::
Corie Noel	28	Albany	31:28	FEMALE OVERALL 1 Anne Marsh	21	Contin	36:4
Daniella Quirion	20	Schoharie	32:15	1 7 anne marsh		Scotia	38:3
ALE AGE GROUP: 30					42	Johnstown	
Tim Fioretti	34	Gloversville	25:38	3 Beth Spaulding	37	Worcester	42:4
Shawn Humphrey	34	Mayfield	30:14	FEMALE AGE GROUP: 19			1.10.
EMALE AGE GROUP: 3				1 Veronica Arceri MALE AGE GROUP: 19 8	13	Northville	1:16:4
Lisa Everest	32	Johnstown	32:00	1 Trever McConnell	UNDER 17	Broadalbin	35:5
Erin Fioretti	32	Gloversville	36:30		17	Gloversville	50:1
MALE AGE GROUP: 40					17	Johnstown	50: 52:
Quentin Castle	40	Fonda	55:04	3 Jeramy Herbert		JOHNSTOWN	52.
EMALE AGE GROUP: 4				MALE AGE GROUP: 20 -	29 24	A Ileanou	37:2
Amy Feinour	40	Broadalbin	23:24	1 Aaron Girard		Albany	
Doris Castle	40	Fonda	54:59	2 Jonathan Hannis	24	Mayfield	45:0
MALE AGE GROUP: 45 -	- 49			3 Andrew Young	24	Gloversville	45:2
Donald Toscano	49	Mayfield	33:38	FEMALE AGE GROUP: 20		• !!	40.
EMALE AGE GROUP: 4	5 - 49			1 Ashley Bissonette	24	Albany	48:3
Katie George	45	Clifton Park	31:21	MALE AGE GROUP: 30 -			
Trish Isabella	46	Mayfield	43:58	1 William Devito	36	Saratoga Springs	34:3
AALE AGE GROUP: 50	- 59	,		2 Michael Bokan	39	West Charlton	58:3
Ronald Tomlinson	55	Johnstown	31:12	FEMALE AGE GROUP: 30			
Richard Ouirion	51	Schoharie	32:43	1 Rachel Lettre	35	Mayfield	44:
EMALE AGE GROUP: 5	0 - 54			2 Melanie Snay	39	Delanson	49:4
Judee Lauria	55	Wells	37:41	MALE AGE GROUP: 40 -			
Michelle Whitefield	51	Athol	48:43	1 Charles Brooks	47	Amsterdam	31:4
Colleen Quirion	51	Schoharie	54:08	2 Mark Spaulding	41	Worcester	34:2
MALE AGE GROUP: 60				3 Steven String	47	Gloversville	34:5
Lawrence Fisher	77	Gloversville	33:28	FEMALE AGE GROUP: 40			
Lewis Dicaterino	62	Amsterdam	33:41	1 Ruth Tietz	45	Clifton Park	1:00:2
EMALE AGE GROUP: 6			33.11	MALE AGE GROUP: 50 -			
Margaret Castle	64	Fonda	55:03	1 Mark Feinour	51	Broadalbin	34:3
	12-MILE		33.03	2 Harold Edick	57	Mayfield	36:2
EMALE OVERALL	7-EWH-1	KON		3 Steven Marsh	51	Scotia	36:4
Daniele Cherniak	47	Cohoes	1:34:25	FEMALE AGE GROUP: 50			
Gina Cristaldi	47 19	Conoes Broadalbin	1:34:25	1 Colleen Ulrich	51	Mayfield	58:
	16	Broadalbin	1:38:25	2 Jennifer Shaad-Derby	56	Mayfield	1:03:
	10	DIOGRAPHI	1:38:25	3 Elizabeth Bruyere	57	Saratoga Springs	1:18:2
MALE OVERALL	47	Cactletan	1./1.51	MALE AGE GROUP: 60 -			
Dan Heim	47	Castleton	1:41:51	1 Garry Sprung	60	Johnstown	37:2
Logan Sharpe	19	Cobleskill	1:48:01	2 Richard Dixon	64	Mayfield	43:2
Gary Phillips	56	Gloversville	1:49:41	3 Robert Galinsky	63	Johnstown	44:2
EMALE AGE GROUP: 1			1.40.00	FEMALE AGE GROUP: 60			
Marisa Hitchcock	16	Cobleskill	1:48:02	1 Sherry Dixon	63	Mayfield	52:3
EMALE AGE GROUP: 3		- · · · · · · · · · · · · · · · · · · ·		MALE AGE GROUP: 70 8			
Kristen Crocetta	37	Gloversville	2:06:12	1 Ted Knapp	70	Johnstown	38:3
Kris McComb	37	Ballston Spa	2:19:12	FEMALE AGE GROUP: 70			
MALE AGE GROUP: 30 -				1 Joan Montgomery	75	Gloversville	53:0
Matt Maurer	38	Ballston Spa	2:22:30	Courtesy of Lawren	nca Mad	eiros Scholarship Fur	nd

9Т	H AN			S MEMORIAL I		E SWIMS	
1	-MILE O	PEN WATER		FEMALE AGE GROUP:		4	
MALE OVERALL				1 Albert, Casey	21	New England Masters	23:00
1 Brophy, Neil	49	Niagara District	20:04	2 Caldwell, Cailee	20	Unattached	23:19
, ,,	7.7	Mayara District	20.04	3 Subjeck, Elizabeth	21	Unattached	24:41
FEMALE OVERALL				MALE AGE GROUP: 2!	5 - 29		
 Gianniny, Dana 	40	Niagara District	22:43	 Baxter, Alexander 	29	Sawtooth Masters	24:36
MALE AGE GROUP: 1	18 - 24			MALE AGE GROUP: 30	0 - 34	341100411	
1 Subjeck, Joe	24	Unattached	24:57	1 Kinley, Andrew	31	Unattached	25:02

1 Nash, Christina MALE AGE GROUP: 35 - 1 Curran, Dan FEMALE AGE GROUP: 3: 1 Grant, Amanda 2 Jurcsak, Kristen MALE AGE GROUP: 40 - 1 Ryan, Timothy FEMALE AGE GROUP: 41 1 Gillman, Regina 2 Atkinson, Suzanne MALE AGE GROUP: 45 - 1 Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 45:	38 5 - 39 36 36 44 41 0 - 44 44 41	Unattached Adirondack Masters Niagara District	32:18 39:00 30:04 38:55 24:41 25:20	MALE AGE GROUP: 40 - 44 1 Grimmke, Willy 44 Adirondack Masters 2 Ryan, Timothy 41 Niagara District 3 Vogel, Keith 44 Adirondack Masters FEMALE AGE GROUP: 45 - 49 1 Cimonetti, Maria 45 New England Masters 2 Rodgers, Julia 46 Adirondack Masters 3 Tiedge, Laura 48 Connecticut Masters 1:
1 Curran, Dan FEMALE AGE GROUP: 3: 1 Grant, Amanda 2 Jurcsak, Kristen MALE AGE GROUP: 40 - 1 Ryan, Timothy FEMALE AGE GROUP: 41 1 Gillman, Regina 2 Atkinson, Suzanne MALE AGE GROUP: 45 - 1 Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 49:	38 5 - 39 36 36 44 41 0 - 44 44 41 49 45 46	Unattached Adirondack Masters Niagara District North Carolina Masters	30:04 38:55 24:41	3 Vogel, Keith 44 Adirondack Masters FEMALE AGE GROUP: 45 - 49 1 Cimonetti, Maria 45 New England Masters 2 Rodgers, Julia 46 Adirondack Masters
FEMALE AGE GROUP: 3! Grant, Amanda 2 Jurcsak, Kristen MALE AGE GROUP: 40 - 1 Ryan, Timothy FEMALE AGE GROUP: 41 Gillman, Regina 2 Atkinson, Suzanne MALE AGE GROUP: 45 - 1 Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 49:	5 - 39 36 36 44 41 0 - 44 44 41 49 45 46	Unattached Adirondack Masters Niagara District North Carolina Masters	30:04 38:55 24:41	FEMALE AGE GROUP: 45 - 49 1 Cimonetti, Maria 45 New England Masters 2 Rodgers, Julia 46 Adirondack Masters
1 Grant, Amanda 2 Jurcsak, Kristen MALE AGE GROUP: 40 - 1 Ryan, Timothy FEMALE AGE GROUP: 41 1 Gillman, Regina 2 Atkinson, Suzanne MALE AGE GROUP: 45 - 1 Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 49	36 36 44 41 0 - 44 44 41 49 45 46	Unattached Adirondack Masters Niagara District North Carolina Masters	38:55 24:41	1 Cimonetti, Maria 45 New England Masters 2 Rodgers, Julia 46 Adirondack Masters
2 Jurcsak, Kristen MALE AGE GROUP: 40 - 1 Ryan, Timothy FEMALE AGE GROUP: 44 Gillman, Regina ALE AGE GROUP: 45 - Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 43 -	36 44 41 0 - 44 44 41 49 45 46	Adirondack Masters Niagara District North Carolina Masters	38:55 24:41	2 Rodgers, Julia 46 Adirondack Masters
MALE AGE GROUP: 40 - I Payan, Timothy Fayan, Timothy Grillman, Regina 2 Atkinson, Suzanne MALE AGE GROUP: 45 - I Johnston, Carl 2 Russell, Bernard 3 Firlik, Jerry FEMALE AGE GROUP: 43	44 41 0 - 44 44 41 49 45 46	Niagara District North Carolina Masters	24:41	3 ·
FEMÂLE AGE GROUP: 40 Gillman, Regina 2 Atkinson, Suzanne WALE AGE GROUP: 45 - Johnston, Carl Z Russell, Bernard Firlik, Jerry FEMALE AGE GROUP: 49	44 41 49 45 46	North Carolina Masters		
Gillman, Regina Atkinson, Suzanne MALE AGE GROUP: 45 - Johnston, Carl Russell, Bernard Firlik, Jerry MALE AGE GROUP: 45	44 41 49 45 46	North Carolina Masters	25:20	MALE AGE GROUP: 45 - 49
Atkinson, Suzanne MALE AGE GROUP: 45 - Johnston, Carl Russell, Bernard Firlik, Jerry FEMALE AGE GROUP: 4!	41 49 45 46		25:20	1 Russell, Bernard 46 Niagara District
MALE AGE GROUP: 45 - Johnston, Carl Russell, Bernard Firlik, Jerry FEMALE AGE GROUP: 4!	49 45 46	Unattached		2 Johnston, Carl 45 Unattached
Johnston, Carl Russell, Bernard Firlik, Jerry FEMALE AGE GROUP: 4:	45 46		33:54	3 Starace, Richard 47 Adirondack Masters
Russell, Bernard Firlik, Jerry FEMALE AGE GROUP: 4:	46	Unattached	23:39	FEMALE AGE GROUP: 50 - 54
Firlik, Jerry EMALE AGE GROUP: 4	47	Niagara District	24:08	1 Byer, Karen 50 Adirondack Masters
	77	Niagara District	25:48	2 Woods, Melissa 50 Adirondack Masters
				3 Sikora, Rosanna 54 DC Masters MALE AGE GROUP: 50 - 54
Cimonetti, Maria	45	New England Masters	24:02	1 Riordan, Joseph 50 Adirondack Masters
! Edgar, Kimberly	45	New England Masters	29:34	2 Wall, Dan 54 Adirondack Masters
Finn, JoAnne Finn, JoAnne Finn, JoAnne Finn, JoAnne	45 54	Unattached	34:08	3 Lehman, Herm 53 Unattached
Gould, Gerry	50	Niagara District	24:34	FEMALE AGE GROUP: 55 - 59
Harding, James	52	Southern Saratoga	28:20	1 Maloney, Beth 59 Berkeley Aqua, NJ 1:
EMALE AGE GROUP: 50	0 - 54			2 Maloney Falicon, Catherine 59 Garden State Masters 1:
Skomra, Kim	50	Niagara District	26:17	3 Morman, Carol 57 Garden State Masters 1:
Hodge, Betsy	51	Adirondack Masters	29:34	MALE AGE GROUP: 55 - 59
Archer Kassel, Leslie MALE AGE GROUP: 55 -	51 50	Adirondack Masters	30:06	1 Olson, Carl 56 Adirondack Masters 2 Laughlin, Terry 59 Adirondack Masters
Gianniny, Bruce	59	Niagara District	22:51	2 Laughlin, Terry 59 Adirondack Masters 3 Komoroske, Mike 56 Adirondack Masters 1:
Laughlin, Terry	59	Adirondack Masters	25:10	MALE AGE GROUP: 60 - 64
Craddock, Howard	57	Virginia Masters	29:24	1 Reichle, Bill 62 Berkeley Aqua, NJ
EMALE AGE GROUP: 5!	5 - 59			2 Singer, Robert 61 Adirondack Masters
Subjeck, Besty	56	Unattached	35:17	3 Testa, Richard 60 Niagara District 1:
MALE AGE GROUP: 60 -			24.20	MALE AGE GROUP: 65 - 69
Nelson, Robert Testa, Richard	63 60	Maine Masters	24:38	1 Winfield, Dan 65 Shawangunk Masters 1:
EMALE AGE GROUP: 60		Niagara District	34:00	2 Koop, Douglas 69 Adirondack Masters 1:
Witmer, Suzanne	62	Ocean Pines Masters	42:15	2-MILE WETSUIT OPEN WATER
EMALE AGE GROUP: 6!				MALE OVERALL
Williams, Janice	67	Fish Masters	37:28	1 Howard, Steven 57 Unattached 1:
MALE AGE GROUP: 75 -		A.P. J. J. A.A	42.25	FEMALE OVERALL 1 Touhey, Virginia 54 Unattached 1:
Quinn, Patrick	79	Adirondack Masters	42:35	1-MILE & 2-MILE RELAY TEAMS
ALE OVERALL	EISU	IT OPEN WATER		WOMEN 18-PLUS: 3X1-MILE RELAY
Le Tiec, Yannick	37	Unattached	27:57	1 New England Masters Swim Club 1:
EMALE OVERALL				Albert, Casey/Edgar, Kimberly/Cimonetti, Maria
Bowdring, Kathy	52	Unattached	30:22	WOMEN 25-PLUS: 3X1-MILE RELAY
MALE AGE GROUP: 30 -		U sauta alsa al	20.12	1 Adirondack Masters 1:
Ciota, Alex MALE AGE GROUP: 55 -	34 50	Unattached	28:13	Nash, Christina/Jurcsak, Kristen/Hodge, Betsy
Howard, Steven	57	Unattached	35:09	MEN 45-PLUS: 3X1-MILE RELAY 1 Niagara District Masters 1:
EMALE AGE GROUP: 5!			33.03	Brophy, Neil/Gianniny, Bruce/Russell, Bernard
Laughlin, Alice	56	Unattached	46:02	MIXED 35-PLUS: 4X1-MILE RELAY
2-MI	LE OF	PEN WATER		1 Niagara District Masters 1:
EMALE OVERALL				Brophy, Neil/Gianniny, Dana/Gianniny, Bruce/Skomra, Kim
Swan-Scott, Dennie	35	Adirondack Masters	46:41	MIXED 45-PLUS: 4X1-MILE RELAY
MALE OVERALL	40	N: 5:	46.45	1 Adirondack Masters 2:
Brophy, Neil EMALE AGE GROUP: 18	49 8 - 2 4	Niagara District	46:45	Hodge, Betsy/Archer Kassel, Leslie/Manning, Peter/Quinn, P
Burnett, Alicia	8 - 24 19	Adirondack Masters	48:50	WOMEN 18-PLUS: 3X2-MILE RELAY
Tinkler, Jennifer	24	Unattached	52:18	1 Adirondack Masters 3:
ALE AGE GROUP: 20 -				Murphy, Suzanne/Burnett, Alicia/Burnett, Pilar Women 25-PLUS: 3X2-MILE RELAY
Baxter, Alexander	29	Sawtooth Masters	49:55	1 Adirondack Masters 2:
EMALE AGE GROUP: 2!				Carstens, Kate/Roberts, Deborah/Woods, Melissa
Carstens, Kate	28	Adirondack Masters	47:38	WOMEN 35-PLUS: 3X2-MILE RELAY
Serven, Jenny	26 25	Niagara District	49:29	1 Adirondack Masters 2:
Smith, Jessica EMALE AGE GROUP: 30		Niagara District	49:30	Byer, Karen/Swan-Scott, Dennie/Rodgers, Julia
Rixman, Kimberly	31	Adirondack Masters	52:45	MEN 35-PLUS: 3X2-MILE RELAY
Kelsey, Elizabeth	34	New England Masters	1:04:02	1 Adirondack Masters 2:
MALE AGE GROUP: 30 -		J		Grimmke, Willy/Riordan, Joseph/Starace, Richard
Kinley, Andrew	31	Unattached	54:15	MEN 55-PLUS: 3X2-MILE RELAY
EMALE AGE GROUP: 3!				1 Adirondack Masters 2:
Murphy, Suzanne	35	Adirondack Masters	1:12:44	Olson, Carl/Laughlin, Terry/Singer, Robert
EMALE AGE GROUP: 40	0 - 44 40		55.22	MIXED 25-PLUS: 4X2-MILE RELAY 1 Adirondack Masters 3:
Scott-Ciota, Keli ! Gillman, Regina	40 44	Unattached North Carolina Masters	55:23 56:52	Carstens, Kate/Swan-Scott, Dennie/Grimmke, Willy/Riordan
Nikolski, Katie	41	Adirondack Masters	1:00:38	Courtesy of Adirondack District Masters Swimming





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3:36:24

3:38:22

2:07:17

2:07:17

2:08:10

2:08:16

NY CAPITAL REGION ROAD RACE August 14, 2010 • Ravena-Coeyma **CATEGORY TOP 3 & REGIONAL FINISHERS** PRO & CATEGORY 1/2/3 MEN - 83 MILES Westwood Velo, Haworth, NJ GS Mengoni USA, Brooklyn Joshua Lipka Berkshire Cycling/Tosk, Cheshire, MA MVP Health Care Cycling, Clinton Tablerock Tours/Bikes Kerhonkson PRO & CATEGORY 1/2/3 WOMEN - 43 MILES Janel Holcomb Sinclair Imports/Argon-18, San Diego, CA Fabienne Gerard CRCA/Fuoriclasse Racing, New York Anthem Sports, Delmar Anthem Sports, Gloversville Anthem Sports, Utica Bikeway.com, Poughkeepsie Anthem Sports, Plattsburgh

James Thompson Handlebars Cycling, Grand Island Joaquin DeBaca Kissena Cycling, Brooklyn Kissena Cycling, Brooklyn 2:50:30 Craig Nichols Ommegang/Syracuse Bicycle, Lacona Bikeway.com, New Paltz Anthem Sports, Delmar 2:50:40 2:53:04 Matt Goedeke 2:53:04 Stephen Fairchild Battenkill-United, Queensbur Team Placid Planet, Elizabethtown Unattached, Rensselaer 2:53:08 James Walker Aaron Hall Bill McGreevy 2:56:15 Team Placid Planet, Wilmington 3:03:39 Reid Evans William Irving Bicycle Depot, Gardiner 3:16:26

CATEGORY 4 WOMEN – 43 MILES 1 2:07:47 Rebeccah Wassner Un Unattached, New Paltz Unattached, New York 2:08:22 Laurel Wassner Susan Myers Susan Stewart Unattached, New York 2:14:27 2:18:11 Kerrin Strevell Unattached, Valatie Hudson Valley Velo, New Paltz

CATEGORY 4/5 MEN – 43 MILES George Mastrogiannis CRCA/Houlihan, Woodside CRCA/Teany Cycling, Stamford, CT CRCA/Setanta, New York 1.58.31 Daniel Caridi Ira Blumberg 1:58:31 Keane McCullum Team Placid Planet, Plattsburgh Brad Stratton Randall Martin 1:58:31 1:58:31 Capital Bicycle Racing Club, Albany Paceline Sports, Laurens 1:58:40 William Henke Battenkill-United, Hudson Falls Bicycle Depot, Gardiner Capital Bicycle Racing Club, Delmai 2:00:08 James Leone Paceline Sports, Cooperstown Team Placid Planet, Plattsburgh 2:00:16 Nathan Sentz

North American Velo, Saratoga Springs 2:00:40 Zack Vogel 2:00:50 Andrew Singer Unattached, Glenville Yohsuke Takakura Capital Bicycle Racing Club Albany 31 2:06:23 Tim Akers Wear On Earth, Canton 2:06:38 2:06:38 Paul Lestage Robert Gover Tarmac Cycling, Poughkeepsie Unattached, Queensbury 2:06:38 Aaron Degiovine Unattached, Greenville Battenkill-United, Salem
Capital Bicycle Racing Club, Worcester Alwin Winkler 2:06:38 2:06:45 Seth Demarrais Geargrinders, Round Ton 2:06:54 Gary Campbell 2:07:04 Windham Mtn Outfitters, Cobleskill Brian Donohue 2:08:49 Battenkill-United, Bolton Landing Matthew lones Paceline Sports, Cooperstown 2:09:16 2:09:55 2:10:17 Wear On Earth, Chazy Jeffrey Krywanczyk Capital Bicycle Racing Club, Albany

North American Velo, Ballston Spa k Rensselaer Cycling Team, Tuxedo Todd Shapiro N Matthew Warbrick 2:10:32 Michael Lenihan Battenkill-United, Lake George Don Rice Dan Reilly 2:11:24 Battenkill-United/CCB. Rensselaer Team Placid Planet, Saranac Lake 2:14:42 Jeff Petrocci Team Placid Planet, Lake Placid 2:18:51 Rich Burnley Battenkill-United, Gansevoort 2:20:24 Silent Partner Group, Malta Eric Feder 2:25:34 Brian Dansin Battenkill-United/CVC Cambridge

Kirby Haizlip

2:10:25

Matthew Christian Capital Bicycle Racing Club, Troy MASTERS MEN 35-PLUS - 63 MILES Max Lippolis Targetraining.com, Pound Ridge CRCA/Fuoriclasse, New York Edward Angeli Targetraining.com, Southington, CT 2:51:30 Michael Wentland Ommegang/Catskillscycling.com, Big Indian Frank Vigna Table Rock Tours/Cycling, New Paltz

ns-Selkirk High School, Ravena								
MA	STERS MI	EN 45-PLUS – 63	MILES					
1	2:51:30	John Funk	Cycle Fitness, South Kent, CT					
2	2:52:37	Joseph Regan Irs Will Schneider	smedic.com/Berlin Bicycle, Branford, CT					
3 14	2:53:18 2:55:19	Cliff Summers	Vo2maxut.com, New York CCC/Keltic/Zanes, Queensbury					
15	2:55:19	Kevin Mosher	CCC/Keltic/Zanes, Voorheesville					
16	2:55:19	Jack Piller	Battenkill-United, Plattsburgh					
		EN 55-PLUS - 43						
1	2:05:40	Doug Chiasson	Valley Bike/Ski, Athol, MA					
2	2:05:40	Bruce Townend	Valley Bike/Ski, Windsor, MA					
3	2:05:40	Stephen Geist	Kissena Cycling, Forest Hills					
MA	STERS MI	EN 65-PLUS – 23						
1	1:13:13	Michael Patterson	Unattached, New York					
2	1:18:26	Bob Ludecke	Laurel Bike Club, Milldale, CT					
3	1:20:10	Ralph Thatcher	Blue Hills Cycling, Boston, MA					
4	1:21:40	James Bogue	Cambridge Valley Cycling, Buskirk					
5	1:22:31	Tom Bridges	Table Rock Tours/Bikes, High Falls					
		OMEN 40-PLUS -						
1	2:17:24		afeteros Cycling Club, Greenwich, CT					
2	2:17:46	Donna Moody	Team Placid Planet, Lake Placid					
3	2:22:17	Colleen Conway	CRCA/Fuoriclasse, New York					
6	2:35:51	Stacy Maziejka – C 15 BOYS – 23 MI	apital Bicycle Racing Club, Voorheesville					
1	1:12:06	Nicolas Catlin	Danbury Audi, Fairfield, CT					
2	1:14:40	Keane Brennan	Farm Team Cycling, Cambridge					
3	1:21:32		pital Bicycle Racing Club, Stephentown					
4	1:21:41	Wyatt Drake	Farm Team Cycling, Cambridge					
5	1:28:08	Connor Lenihan	Farm Team Cycling, Lake George					
JUN	IIORS 13-	15 GIRLS - 23 M						
1	1:30:15	Julia Sante	Farm Team Cycling, Queensbury					
2	1:30:15	Gili Rusak	Unattached, Loudonville					
3	1:31:34	Brittany Sumner	Farm Team Cycling, Clifton Park					
		18 BOYS – 23 MI						
1	1:12:29	Paul Lamarche	Bicycle Depot, New Paltz					
2	1:12:38	John Holden	Genesee Valley Cycling, Fairport					
3	1:15:03	Matthew Kurz	Unattached, Schenectady					
1	2:00:41	- 43 MILES Nicholas	Waller, Adirondack Velo Club					
	ersville	NICHOIdS	Waller, Adirondack velo Club					
2	2:00:46	Marc Sullivan	North American Velo, Middle Grove					
3	2:02:04	Paul Hebert	Unattached, Glenmont					
8	2:07:09	Niles Gagnon	Unattached, Wilton					
9	2:07:09	Shane O'Brien	Unattached, Saratoga Springs					
11	2:07:13		pital Bicycle Racing Club, Schenectady					
12	2:07:13	Joel Mancini	Unattached, Freehold					
13	2:07:21	Steve Holter	Hudson Valley Velodrome, Hurley					
14	2:08:03	Jeff Rivet	Unattached, Saratoga Springs					
15	2:09:26	Patrick Sheeley	Unattached, High Falls					
16	2:09:26	Robert Lazzara	Unattached, Hudson					
19	2:09:48	TJ O'Connor	Unattached, Slingerlands					
20	2:12:05	Keith Watkins	Mad City Velo, Hamilton					
23 28	2:13:44 2:19:39	Andrew Valvano Daniel O'Hare	Unattached, Mount Marion Unattached, Westerlo					
20	2.15.55	Daniel O Hair	onactacica, resterio					

29 2.22.09 Rick Babin Unattached, Valatie John Libutti Jr. Nathan Schiele 2:22:30 2:25:14 Unattached, Menands RPI Cycling, Troy 2:27:11 Peter Sharp Unattached, Delmai Unattached, Schoharie Wear On Earth, Massena 2.30.30

32 33 Paul Brady Eric Gustafsor 2:33:11 Unattached, Niskayuna 40 2:34:32 Todd Krokowski Evomo/Motor Tabs, Averill Park - 23 MILES NEW RACERS Mike McConnell 1:12:42 Unattached, Cornwall 1:13:37 Scott Schaffer Unattached, Schenectady 1.14.50 Dylan Thomarie Unattached, Northville Unattached, Milton Peter Guarino Aleksandr Repnov Mohawk-Hudson Cycling Club, Niskayuna 1:15:26

1:17:15

Matthew Landy 1:21:25 Ken Torreggiani Unattached, Albany 1:25:28 Alexander Bunin Unattached, Delmai ee Saratoga Springs Unattached, New Paltz 1:28:48 Greg Cannon 1:38:03 Fred Wagner

Unattached, Delmai PUBLIC SAFETY – 23 MILES
1 1:13:12 Bryan Blake 1:13:23 Jay Tyler Unattached, Alba

Kevin Kretzschmar Unattached, Renssel

Team Genesis Cycling, Mechanicville

August 15, 2010 • John Boyd Thacher State Park, Voorheesville MALE OVERALL Rob Paley Altamont 53.19 Joseph Hayter Schenetady 56:03 28 Josh Merlis Albany 56:25 Chris Varley Albany Jim Sweeney 29 58.37 Jacque Schiffer 25 1:00:24 Sheryl Bly Westerlo 1:14:13 33 Colonie 1:14:30

16TH ANNUAL INDIAN LADDER TRAIL RUN

FEMALE OVERALL Alice Thomas Lisa Monsees Katie Zeppetelli Niskayuna 1:16:42 MALE AGE GROUP: 15 - 19 Paul Cox 1:11:21 Kahlil Scott Cohoes MALE AGE GROUP: 20 - 24 20 Voorheesville 1.01.38 1:01:44 Brian Goodman Loudonville Andrew McCarthy 20 Albany 1:02:00 Zak Semetana Michael Ryan Niskayuna Niskayuna FEMALE AGE GROUP: 20 - 24 Albany Chelsea DeSalvator Ballston Lake 24 1:21:20 23 Schoharie 1:26:24 MALE AGE GROUP: 25 - 29 27 1:06:54 Matt Delanev Albany Jeffrey Andritz Sean Rumney Altamont 1:15:58 Delanson John Deer 28 Albany 1:18:26 1:21:27 FEMALE AGE GROUP: 25 Heidi Nark Clifton Park 1:22:47 1:38:02 1:47:47 Jennifer Senez Albany Alison Kerr Latham Sallie Gilliland 28 Albany 1:49:41 Niskayuna MALE AGE GROUP: 30 - 34 31 Delmar 1:03:27 Delmar 1:08:43 Patrick Sorsby Albany Joshua Katzman Clifton Park 1:10:27 FEMALE AGE GROUP: 30 - 34 lennifer Merritt Rensselaei 1:17:46 Stacey Kelley Albany Kari Deer 31 Albany 1:35:35 Alicia Bialy Watervliet 1:49:41 30 Schenectady MALÉ AGE GROUP: 35 - 39 Richard Hamlin Dennis VanVlack 37 East Greenbush 1.08.30 38 Duanesburg 1:08:36 Matthew Brom 36 1:09:25 Brian Dillenbeck Clifton Park 1:12:58 FEMALE AGE GROUP: 35 - 39 Delmar 1:23:15 1:35:24 Susan Bright 36 Slingerlands Leigh Ann Gilson Stefanie Pitts Niskayuna Schenectady 36 36 1:35:42

39

43

47 Delmar

47

MALE AGE GROUP: 40 - 44

FEMALE AGE GROUP: 40 - 44

MALE AGE GROUP: 45 - 49

Scott Schaffer

Robin Dailey Kathy VanValen

Alissa Caton

Rich Belliss

Watervliet

Schenectady

Albany

Delmar

Delmar

Delanson

Slingerlands

1:38:26

1:20:11

1:34:38

1.38.25

1:43:36

1:54:45

1:03:24

46 46 1:13:15 Latham 1:13:28 **FEMALE AGE GROUP: 45** 1:17:45 46 Albany Olivebridge Schenectady 45 47 1:18:20 48 Rome 1:51:21 49 Schenectady 1:51:52 MALE AGE GROUP: 50 - 54 Scotia 1:06:26 1:09:48 1:12:18 Myron Ferguson Broadalbin Loudonville David Klein 51 1:15:47 Castleton FEMALE AGE GROUP: 50 - 54 Debra-Jane Batcher East Berne 1:28:52 MALE AGE GROUP: 55 - 59 David Roy Tim Doherty Schoharie 1:10:32 Michael Maguire Ballston Lake 1:45:53 FEMALE AGE GROUP: 55 - 59 Susan Burns 58 Altamont 1:50:06 MALE AGE GROUP: 60 - 64 1:15:17 Bob Ellison 61 Slingerlands 1:21:50 Seamus Hodgkinsor Delmar 1:22:29 Joe Yavonditte Schenectady David Rhodes Delmar 1:55:12 FEMALE AGE GROUP: 60 - 64 1:23:30 MALE AGE GROUP: 65 - 69 Halfmoon 3.5-MILE TRAIL RUN MALE OVERALL Albany Josh Merlis Schenetady Joseph Hayter 20:44 FEMALE OVERALL Diana Tobon Knobloch Alice Thomas Albany 26:14 16 Altamont 27:16 MALE AGE GROUP: 1 - 14 1 Keith Machabee 23:35 Kevin Murphy Albany FEMALE AGE GROUP: 1 Hollister Machabee 29:53 Flia Cowsert MALE AGE GROUP: 15 - 19 Guilderland 17 21:40 Cohoes 23:02 FEMALE AGE GROUP: 15 - 19 29:51 MALE AGE GROUP: 20 - 24 Andrew McCarthy Stephen Connelly Albany 23:04 28:48 44:27 Palmyra, PA FEMALE AGE GROUP: 20 - 24 Kelcey Heenan Selkirk 28:58 Amanda Terzian 20 Albany 30:13 34:25 Thomas O'Grady 21:32 Latham Matt Delaney Jeffrey Andritz Altamont 30:34 FEMALÉ AGE GROUP: 25 - 29 30:37 Michelle Cocoma Heidi Nark 25 29 Amelia Woessne 27 Niskayuna 37:07 MALE AGE GROUP: 30 - 34 24:34 30 Albany David Newman Bill Bennett

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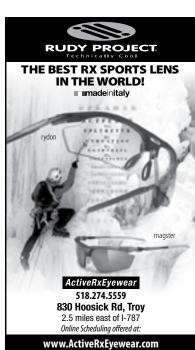
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FALL BACKPACKING cont. from pg 1

DEC sign marks the start of the trail, but the parking area is 100 feet further north, beside an old pond-filled quarry.

GENTLE CLIMBING TO FIFTH PEAK

The climb from the trailhead to the lean-to on Fifth Peak is a long but gentle ascent along a well-constructed trail. It climbs over 1,200 feet in 2.7 miles. Beginning at the trailhead, you follow the red markers through a plantation of white pine to a bridge across a wide marsh. Across the bridge, at 0.4-mile, you reach an intersection with the trail to Montcalm Point - also called Point of Tongue. Bear left to start the climb to the ridgeline.

The trail is well worn and easy to follow. Within a few minutes of climbing. you will hear a large waterfall to the right of the trail. This tall cascade, shaded by towering hemlock trees, is just one of the extra "bonuses" found along this hike. The trail leads upward, with a sharp switchback to the left at 1.3 miles that some people might miss. Looking for the tiny manmade rock wall on the left is the best way to note this turn. You then cross a brief level section with a small stream before reaching the next sharp ascent, which is again moderated by the presence of switchbacks.

At 1.9 miles, you reach a four-way intersection. Turn right to reach Fifth Peak. After half a mile more, there will be a second intersection. The summit is a left turn, with the trail winding upward through red pine to the oak-fringed leanto area. Several openings offer views of Lake George and The Narrows, as well as the mountains further south along the ridge. The largest may be the most popular, but I felt guilty here - this sweeping view was made possible only because selfish individuals had cut away many large-diameter trees.



THE RUGGED TONGUE MOUNTAIN LOOP

The climb to Fifth Peak hardly prepares the hiker for the rugged conditions further south along the ridgeline. Of particular note are the many steep chutes and ledges you must negotiate. If you are heading south, all of these will be descents. To many people, this may be the preferred way to go.

It may seem counterintuitive, then, when I make the opposite suggestion: to walk the range south to north, so that you have to ascend these steep areas. Hiking in this direction will put the long, uneventful, and circuitous walk along Northwest Bay at the start of the day, when you will be in a better humor to appreciate it. The final jaunt from Fifth Peak to your car will be almost all downhill. Those steep pitches in between are more easily approached as ascents - you will have surer footing, with less of a chance of slipping.

In making the entire loop, you will cover 13.1 miles in at least eight hours. Starting from the trailhead, turn right at the intersection just after the footbridge. It is 5.4 miles to Montcalm Point, with two noteworthy climbs along the way, and a few significant wet areas. There is also a delightful waterfall at roughly the halfway point. Montcalm Point - also called Point of Tongue - marks the last chance to view Lake George from the waterline.

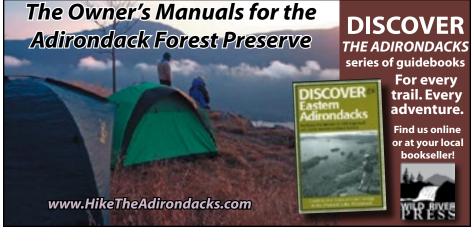
The trail leading north to the ridgeline begins to climb almost immediately. Oaks and hickories dominate the forest, with several openings that permit early views of the lake. Perhaps the most stunning area along the climb to First Peak is the stand of mature Atlantic red-cedar, the tree-sized juniper which can be identified by its blueberry-like cones.

The view from First Peak is very fine, but the view from French Point Mountain is even better. You can see all the way from Lake George village at the south end of the lake to several miles up the northeastern arm.

After scrambling up a series of ledges to the shoulder of Fifth Peak, you will pass through an area recovering from a 1985 forest fire. All along the ridge, there are many openings to explore and vistas to seek out. Black Mountain, Erebus, and Sleeping Beauty are constant companions across the lake. You reach the intersection with the trail back to Clay Meadow 5.8 miles from Montcalm Point, and from there it is a 1.9-mile trek back down the mountain to your car. 🐥

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





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FLOR OF WOODS

After 25 Years with No Major Incidents...

by Dave Kraus

y number finally came up on August 26. I was heading down the Mohawk-Hudson Bike-Hike Trail in Colonie, hit a stutter bump and my front wheel came off. I somersaulted over the bars and hit the asphalt on the right front part of my head... at 20 miles per hour.

My helmet took the brunt of the impact. I remember hitting the bump, going up, and thinking, "Uh-oh." I woke up on the ground with people around me. I could feel blood dripping in my eye, but my first thought was, "Oh, crap, I crashed. I better call Bev [my girlfriend] to come get me."

I dialed her automatically and told her I had crashed. She asked where I was, so I asked out loud and somebody said, "Dunsbach Ferry Road is right down there." I recognized the street name but was totally unable to picture where it was on a map. I'm a visual person. That's how I think about things. So that should have been my big clue that all was not right.

It seemed like only moments later the ambulance was there, but Bev tells me I was on the phone with her for over 12 minutes, babbling the same questions over and over. She heard the EMT trying to convince me to go with them. Finally I said yes – fortunately! – and away we went.

My yellow Serotta, the "Queen Bee," rode in the ambulance with us. Bev met us at the ER, got the bike, and she and her friend Kathy stayed with me... CT scan, X-rays, and lots of lying around not realizing how bad I was hurt.

Earlier they gave me a neck brace and I stayed down until the doctor had evaluated the tests. When he told me the score, I got nauseous and laid down fast. A fracture of the C4 vertebrae. Christopher Reeve territory if I had hit the ground at just a slightly different angle or just a tiny bit harder.

So what happened? I'm always so careful and pride myself on keeping my bikes in perfect shape.

I remember – in perfect 20/20 hindsight – taking the bike out of the car when I got home almost two weeks before. I put on the front wheel with the quick-release just tight enough to get it in the house. Sigh. I was in a hurry. So when I went out Thursday evening – 11 days later – I had forgotten and rode away with a loose skewer.

I should have noticed. The brake adjustment lever wasn't tight. I flipped it as I rode. I've forgotten to tighten it before. Then I noticed a creak as I was riding, but again didn't think much of it. My bike has creaked before. Last time the seat post needed some carbon paste. No big deal.

I got almost 20 miles around the Mohawk River, down some hills at over 35 mph, before this one little bump on the bike trail finally did me in.



The Bike is okay after \$82 in repairs. The front wheel had to be trued; right bar end plug chewed up; outside of right pedal roughed up a bit; the brake/shifter levers were both turned in and I pushed them back by hand.

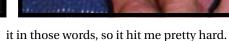
The frame and fork are perfect. Not even a scratch on the fork dropouts. I must have gone over the bars, tightening my grip on the levers, bending them inward as I somersaulted. The bike went over me and the fork never touched the ground. It landed more or less on top of me. It must have been pretty spectacular to watch. The Queen Bee lives a charmed life.

I'm in worse shape. Fractured posterior spinous process of the C4 vertebrae. A broken neck, though a relatively minor one. Is there is such a thing as a "minor" broken neck? There was also a minor concussion – no wonder I couldn't figure out where I was! Part of my right earlobe is gone. There's major road rash on my right temple and brow, a big black eye, and more oozing unpleasantness on the back of my right shoulder. The ER doc said I'd be off work for a week, wearing the collar for two, and six weeks with no "athletic activity." Can I at least ride a trainer? Six weeks of not riding at all? Shudder...

My helmet is almost split in two. One small piece on the rear holds the two pieces together. My friend Gary came by the next morning to see how I was doing. He's had at least five crashes I know of over the years and spent time in the local rehab hospital with a brain injury from one of them.

I handed him the helmet and he just stared at it silently for a few seconds before looking me straight in the eye and saying quietly, "You're a dead man, you know. You're not wearing this and you're a dead man."

He was right, I'm sure of it. If that had been my bare head I'd be dead. That was the first time anyone had put



This wreck didn't involve irate drivers or clumsy other cyclists, just my own forgetfulness and stupidity. No heavy vehicle traffic. No potholes. No rain or ice. It happened so fast that I literally had no time for any kind of reaction that would have helped. Just a beautiful August evening on a smooth section of idyllic bike trail with me lying dead on the pavement if I hadn't been wearing that helmet.

I look at my shattered helmet and think of that happening to my head. I will remember. It makes ANY temporary discomfort from wearing a helmet over the past 23 years worth every second since I put on that first heavy, hot chunk of plastic back in 1987.

Giro has a crash replacement policy, but no way am I sending this helmet back to them. It stays right here on my wall as a reminder for next time. Bad day at the office? Argument with the girlfriend? Sweat is dripping in your eyes? So what? It's still better than what might have been...

So check your wheel quick-releases before EVERY ride... And wear your helmet EVERY time, even if it's just to circle the driveway to check those derailleur adjustments.

I'm not going to go riding around preaching at people, and in most places you can legally make that decision for yourself. Go right ahead and skip that helmet if you think you'll be too hot or it makes you look uncool or you're just riding "a few feet." But if you DO decide to skip the helmet for whatever reason, forgive me for thinking you're a total, complete idiot. ...

Dave Kraus is a long time area cyclist, freelance photographer, writer and AFAA/ISFTA certified personal trainer. He is riding again – very carefully. Contact him at dbkraus@earthlink.net.



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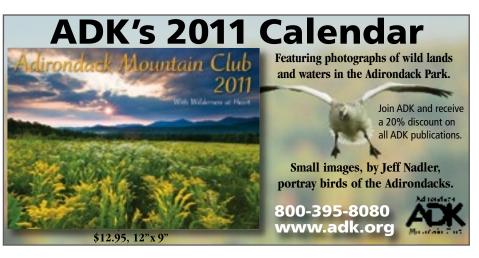
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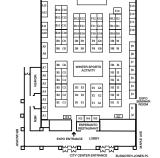
Alpine Ski Areas/Resorts • Clubs & Organizations • Events & Races • Fitness Clubs • Guide Services & Authors Health Professionals • Lodging & Restaurants • Nordic Ski Areas/Resorts • ORDA Olympic Venues Outdoor Education Programs • Outfitters & Sporting Goods Retailers • Resorts & Destinations Sports Medicine Facilities • Visitor Bureaus & Chambers Of Commerce



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