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OCTOBER 2010



◀ PAUL KALAC OF GLOVERSVILLE AND DOUG TINKLER OF NEW HARTFORD ENJOYING THE SUNRISE FROM FRENCH POINT MOUNTAIN.
PHOTO BY BILL INGERSOLL

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Fall Backpacking the Tongue Mountain Range

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 ▶

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BICYCLING

"More Cowbell"

It's
Cyclocross Season!

by Dave Beals

Cyclocross 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 mea-

sure. 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 barriers.

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.

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

time. This is an excellent opportunity to try your hand at this fun sport. Entry into these two special categories is free and 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" run-up, 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.

PHOTOS BY DAVE BEALS

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- 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

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as happy as
they make up
their minds
to be."**
– Abraham
Lincoln

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Calendar of Events October – December 2010

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

ALPINE SKIING & SNOWBOARDING ONGOING

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

OCTOBER

- 8-11 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.
- 20 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.
- 31 New Year's Eve Celebration.** Jiminy Peak, Hancock, MA. 413-738-5500. jiminypeak.com.

BICYCLING ONGOING

Tue 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 MyWay Tour Ride.** 10am. 36M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- 10 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.
- 10 "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. Parkwood 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

- 12 NYESF Season Opener XC Ski Race. 10:30am. 5K/10k free-style. 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-Tu Beg/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.

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.

HIKING, CLIMBING & SNOWSHOEING

OCTOBER

- 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.
- 15 Hike with Your Dog. 5:30pm. Saratoga Spa S.P., Saratoga Springs. Register: 584-2000 x116. nysparks.com.
- 16 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.

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

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 Hates. MTB races, haunted 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.
- 14 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. greenleafacing.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

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

DECEMBER

4 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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MVP



the christopher dailey foundation

9TH Annual Turkey Trot

5K Run/Walk

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

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
Benefits Juvenile Diabetes & Adirondack Runners Scholarship Fund

REGISTER EARLY & ONLINE – LIMITED TO 1,000 RUNNERS



FIRST NIGHT SARATOGA 5K RUN



Friday, December 31 • 5:30pm
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

- 18 Ski Orienteering Race. 12pm. 2-3K. Newbies welcome. Lapland Lake, Northville. Eric Hamilton: 383-8565. empo.us.orienteeing.org.
- 15-17 Moose River Whitewater Festival. Old Forge. 315-955-5422. nyriverfestivals.com.

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. pmoecc.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

- 4 **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

- Tue 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 Moose River Releases for Whitewater Paddling. Old Forge. Release times: hrbrdd.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.
- 9 **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. greentourism.com.
- 10 Harvest Half-Marathon & 5K. 10am. Red Hook. 845-625-3473. onteorarunners.org.
- 10 Newburgh-Beacon Bridge Run. 5M. 11am. Newburgh to Beacon. 845-895-3402. mhrrc.org.
- 10 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.

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)
\$5

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 saratogabridges

www.saratogabridges.org



Fifth Annual Capital District YMCA

5K 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

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Ominously brought to you by ARE Event Productions

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

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

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

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

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2nd Annual Race Away Stigma 5K Race & Fun Walk

Help "race away" stigma surrounding mental health



Saturday, Oct. 23 • 10am
Bruno Stadium, HVCC, Troy
\$17 HMRRRC, \$20 non-members
T-shirt, chicken BBQ, raffles
Register online: hvcc.edu/cct
Info: Larry Ellis 629-7175



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

A portion of net proceeds will benefit the
Bethlehem Food Pantry

- 23 DPS 5K Run for Kids & the Pumpkin of Secrets. 10:15am. Columbia H.S., East Greenbush. 248-8110. egcsd.org.
- 23 FIT Run for Life 5K. 10am. St. Joseph's Church, Broadalbin. Lisa Caughey: 883-8969. fmrrc.org.
- 23 Duaneburg Area Community Center 5K Run/Walk. 9am. Kids' Run: 8am. DACC, Delanson. 895-9500. dacc.info.
- 24 Run, Walk, Roll 5K Race. 10am. ARC of Rensselaer County, Rensselaer. 274-3110. renselaerarc.org.
- 24 Taconic Hills Trail Runs 5K & 10K. 9:30am. Christ the King Conference Center, Greenwich. Jen Kuzmich: 692-2801. bkvr.org.
- 24 Ava's Fight to the Finish Line 5K Run/Walk. 11am. Kids' Run: 10am. 38 Hearthstone Dr, Wilton. 223-6614. active.com.
- 28 4th Brooks Nightlife Halloween Run & Party. 7:15pm.** 3M scavenger hunt in The Crossings, music, drinks & costume contest w/prizes. Fleet Feet Sports, Albany. 459-3338. RSVP: fleetfeetalbany.com.
- 30 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. cdyymca.org.
- 30 1st Safe in the Sun 5K Run/Walk. 9:30am. Also: Scary Face Kids' Fun Race. Ballston Spa H.S., Ballston Spa. Beth Cleary: 879-0506. areep.com.
- 30 17th Goblin Gallop 5K. 9am.** Abraham Wing School, Glens Falls. Halloween Hop Fun Run: 10am. Ann Herring: 744-2312. adirondackrunners.org.
- 30 11th Great Sacandaga 10K Road Race. 10:30am. Sport Island Pub, Northville. Dave Gifford: 863-8046. fmrrc.org.
- 31 5th Hairy Gorilla Half-Marathon & Squirrely Six-Mile Trail Runs. 9:30am.** Gorilla Chase 600m Kids' Race: 9am. Costumes welcome, special awards, pumpkin carving, cookout. Thacher S.P., Voorheesville. Josh Merlis: 320-8648. areep.com.
- 31 30th Alplaus Run-Around 5K Run/Walk. 10:30am. 1M Fun Run: 10am. Fire House, Alplaus. Andy Gilpin: 366-2675.

NOVEMBER

- 7 35th Gazette Stockade-athon 15K Road Race. 9am.** 1M Duck Pond Kids' Run: 11:30am. 11/6, 10am-3pm: Expo, Proctor's Theater. Central Park, Schenectady. stockadeathon.com.
- 7 Greenbush Fall 5K Run, 3K Walk. 9am.** Plus, 100yd & 1M Kids' Fun Runs. Capital District YMCA 5K Race/Walk Series. Greenbush Area YMCA, East Greenbush. 477-2570. cdyymca.org.
- 7 ING New York City Marathon. Staten Island to Manhattan, New York. 212-423-2249. ingnycmarathon.org.
- 7 Racevermont.com Half-Marathon. 8am. Shelburne, VT. 802-985-4410. racevermont.com.
- 14 After the Leaves Have Fallen 20K. 11am. Lake Minnewaska S.P., New Paltz. 845-339-5474. shawangunkrunners.org.
- 20 Operation Santa 5K/10K Run. 11am. Plus, 3M Walk & 1M Elf Run. Hudson Falls M.S., Hudson Falls. Frank Munoff: 656-3480. adirondackrunners.org.
- 20 NYRR Knickerbocker 60K Run. 8am. Central Park, New York. 212-860-4455. nyrr.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.
- 21 HMRRRC Turkey Raffle 1-Hour Run. 10am.** The Crossings, Colonie. Al Maikels: 489-1040. hmrrc.com.
- 21 Fred Lebow Cross-Country Championships 5K. 11:30am. Van Cortlandt Park, New York. 212-860-4455. nyrr.org.

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

DECEMBER

- 4 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.
- 4 Jingle Bell 5K Run. 9am. The Crossings, Colonie. Rainbow Doemel: 456-1203. arthritis.org.
- 4 Reindeer Run 5K. SUNY Adirondack, Queensbury. adirondackrunners.org.
- 4 14th Miles for Meals Jingle Bell 5K. 9am. Rome Family Y, Rome. Mike Romano: 315-798-5456. romanrunners.com.
- 11 Jingle Bell Run 5K. 9am. Skidmore College, Saratoga Springs. Rainbow Doemel: 456-1203. arthritis.org.
- 12 HMRRRC Winter Series Starter #1: 3M & 15K. 10am.** Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 18 14th Albany Last Run 5K. 5pm.** Empire State Plaza, Albany. 434-5415. albanyevents.org.
- 26 "I Love Woodford" Snowshoe Race. 3.5M. 10:30am. Dion Snowshoe Series. Woodford, VT. runwmac.com.
- 31 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.
- 31 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. adk.org.
- 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.

Sunday October 17

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wrelyea3@nycap.rr.com

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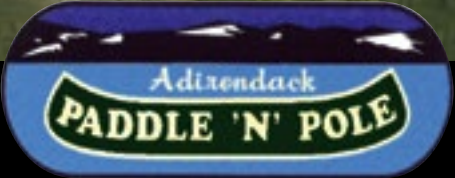
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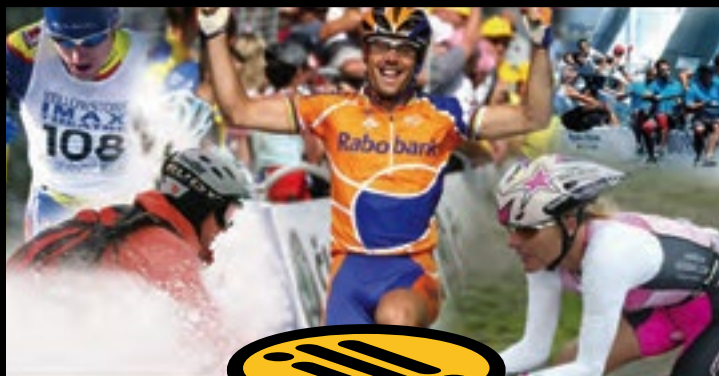
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Clydesdale and Filly: Leveling the Playing Field

by Laura Clark

Picture 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 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 uphill 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.

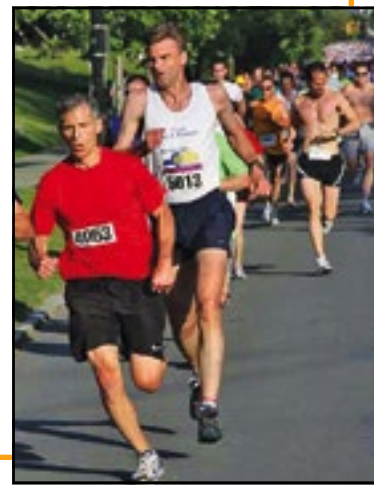
According to Bob Dion, designer of Dion Snowshoes, Clydesdales have a definite strength advantage in heavy, deep snow. And Jessica Hageman conjectures that the added weight might provide better traction. That, plus the rolling stone effect might just do the trick.

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 (triplecitiesrunnerclub.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 Library.



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ATHLETE PROFILE

Marge Rajczewski



MARGE AT 2010 ITU DUATHLON WORLD CHAMPIONSHIPS ON SEPT. 5 IN EDINBURGH, SCOTLAND. PHOTOS BY JACK RAJCZEWSKI

by Maureen Roberts

“I 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

Age: 70
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.

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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KAYAKING & CANOEING

History and Adventure at Lake Luzerne

by Russell Dunn



▼ RUSSELL DUNN PADDLING THE INLET STREAM TO LAKE LUZERNE. PHOTO BY BARBARA DELANEY

◀ IVY ISLAND FROM NEAR THE LAUNCH SITE ON WAYSIDE BEACH. PHOTO BY RUSSELL DUNN

Lake 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 shoreline, 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.

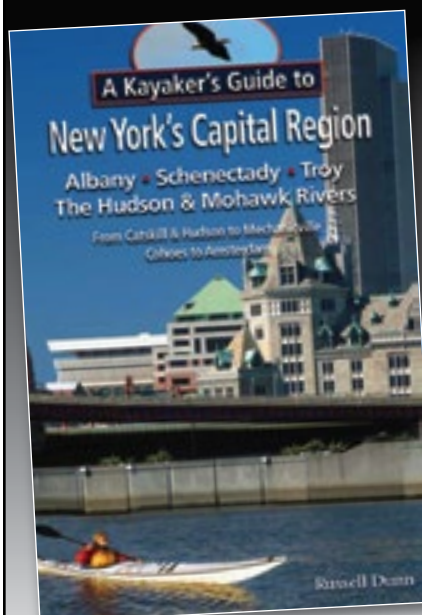
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Saratoga National Bank X-C Classic 5K Run on Oct. 17

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 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 an 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 non-members 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 the Battenkill in Washington County have organized the "BattenFall Classic" non-competitive ride on Sunday, Oct. 10 in Cambridge on the new 64-mile Tour of the Battenkill course. The seventh annual race, the largest road



FROM THE PUBLISHER & EDITOR

On Your Mark, Get Set, Go!

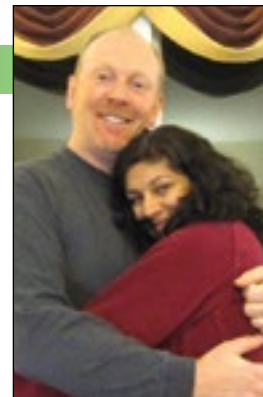
Attention athletes and explorers: We have an issue for you! Don't we always? The Mohawk Hudson River Marathon and Half-Marathon, with a record 2,000 runners, will have its first Runner's Expo – we're glad to have played a part and look forward to seeing you. There's a run/walk for everyone this month, 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

Mona and Danyl



cycling race in North America, with 2,500 racers expected in 2011. The BattenFall Classic will unveil and tour the revised course to be 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 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 Loudon 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.

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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Race Results

16TH ANNUAL INDIAN LADDER TRAIL RUN *continued from pg 17*

FEMALE AGE GROUP: 30 - 34			
1 Lisa Monsees	33	Colonie	28:50
2 Kate Butler-Azzopar	30	Albany	33:02
3 Jennifer Merritt	32	Rensselaer	34:11
MALE AGE GROUP: 35 - 39			
1 Dennis VanVlack	38	Duanesburg	25:21
2 Richard Hamlin	37	East Greenbush	25:24
3 Kevin Reedy	35	Albany	29:28
FEMALE AGE GROUP: 35 - 39			
1 Jennifer Ferriss	38	Saratoga Springs	31:22
2 Diana Steenburg	37	Albany	33:07
3 Leigh Ann Gilson	36	Niskayuna	36:29
MALE AGE GROUP: 40 - 44			
1 Gregory Coons	44	Albany	26:22
2 Matt Neal	41	Waterford	26:40
3 Scott Schaffer	43	Schenectady	27:54
FEMALE AGE GROUP: 40 - 44			
1 Julia Murphy	43	Albany	27:20
2 Ruth Sadinsky	43	Albany	28:46
3 Heather Machabee	41	Delmar	29:15
MALE AGE GROUP: 45 - 49			
1 John Kinnicut	47	Menands	25:53
2 Mark Devenpeck	49	Albany	27:23
3 Chris Hogan	45	Delmar	27:56
FEMALE AGE GROUP: 45 - 49			
1 Lynn Ohlsten	45	Altona	27:35
2 Chris Varley	46	Albany	29:47
3 Anne Payne	48	East Berne	30:30
MALE AGE GROUP: 50 - 54			
1 Alar Elken	52	Loudonville	26:36
2 Steve Conant	52	Glenmont	27:05
3 John Parisella	52	Schenectady	27:27
FEMALE AGE GROUP: 50 - 54			
1 Debra-Jane Batcher	51	East Berne	34:31
2 Dot Grimaldi	51	Selkirk	39:52
MALE AGE GROUP: 55 - 59			
1 Michael DellaRocco	59	Altamont	30:11
2 Charles Adams	55	East Berne	34:27
FEMALE AGE GROUP: 55 - 59			
1 Marey Bailey	59	Schenectady	46:54
MALE AGE GROUP: 60 - 64			
1 Greg Rickes	60	Latham	28:23
2 Peter Cowie	62	Schenectady	30:12
3 Darwin Roosa	60	Altamont	32:32
FEMALE AGE GROUP: 60 - 64			
1 Susan Wong	62	Glenmont	35:01
2 Harriet Kang	60	Harstdale	46:40
MALE AGE GROUP: 65 - 69			
1 Michael Kelly Sr.	66	Selkirk	40:12
MALE AGE GROUP: 70 - 74			
1 Jim Hotaling	70	Niverville	31:36
MALE AGE GROUP: 75 - 79			
1 Daniel Wellner	76	Hillsdale	45:15
2 Donald McBain	77	Troy	51:41

Courtesy of Hudson-Mohawk Road Runners Club

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TRIATHLON

Athletic Blunders

by Jenny Stahl And How to Avoid Them

These 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.

COMMUNITY

Tales from the Trails

A Flatlander Discovers the Mountains

by Alar Elken

Location, 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? 🌲

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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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 lean-to 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.



▲ VIEW OF THE LAKE GEORGE NARROWS AND BUCK MOUNTAIN FROM FRENCH POINT MOUNTAIN. PHOTO BY BILL INGERSOLL

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 (hiketheadironacks.com). For more on this region, consult Discover the Eastern Adirondacks by Barbara McMartin and Bill Ingersoll.

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BICYCLING

After 25 Years with No Major Incidents...

by Dave Kraus

My 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

it in those words, so it hit me pretty hard.

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 AFAAISFTA certified personal trainer. He is riding again – very carefully. Contact him at dbkraus@earthlink.net.



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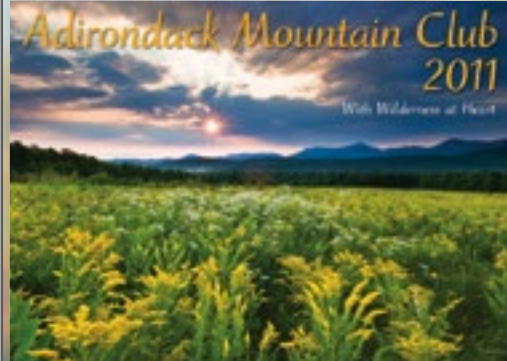
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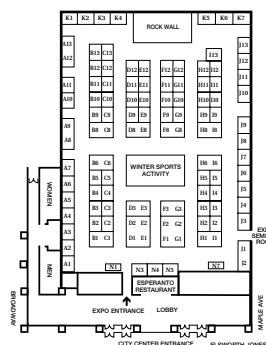
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