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## SPORTS & FITNESS

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NOVEMBER 20-21  
SARATOGA CITY CENTER  
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▲ SNOWMAKING AT WHITEFACE ON NOVEMBER 2, 2010. COURTESY OF WHITEFACE/ORDA



# WINTER EXPO

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*Warrior Dash – Water, Fire and Mud!*
- 15 Community  
*Throw the Bouquet 5K*

### CALENDAR OF EVENTS

- 4-7 November 2010 - January 2011  
*More Than 250 Things to Do!*

### SPECIAL SECTION

- 9-11 Adirondack Sports & Fitness Winter Expo – Attendee Guide  
*80 Exhibitors, Demos, Activities & Sales*

### COLUMNS

- 14 The Non-Medicated Life  
*A Strategy for Sustainable Healthcare*

### RACE RESULTS

- 12-13 August 2010  
*Top Finishers in 7 Events*

**ADIRONDACK**  
SPORTS & FITNESS

**Saturday-Sunday, November 20-21 at Saratoga Springs City Center**

It's time to start thinking about winter! The third annual Adirondack Sports & Fitness Winter Expo will be on Saturday, November 20 from 10am-6pm and Sunday, November 21 from 10am-5pm at the newly renovated Saratoga Springs City Center. The expo will have a large selection of exhibitors plus sales, demos, clinics and family activities. **Admission is FREE!**

The Winter Expo will provide attendees with **80-plus exhibitors** offering a selection of outdoor gear, products, services and expert advice – plus many cool prizes and giveaways! Clubs, retailers, professionals and organizations will be on hand featuring everything from *alpine skiing, snowboarding, cross-country skiing, snowshoeing, health/fitness, clothing, gear, outdoor getaways, events and races.*

Attendees are invited to discover **what's new for 2011** and take part in our interactive show features. Vendors will offer **great sales** from retailers and outfitters, product demos and club membership opportunities. Health and fitness professionals will share their expertise and encouragement, while travel and hospitality exhibitors will present wonderful trips, lodging and adventures.

Exhibitor demos and activities will take place all weekend. A variety of **seminars and clinics** will be

led by local experts and Adirondack Sports & Fitness magazine contributing writers. The **25-foot rock wall** from Electric City Rock Gym will challenge the vertical skills of adults and children. Delicious, healthy food from **Esperanto Restaurant** will be available, such as doughboys, burritos, pizza and chili – so bring your appetite.

The U.S. Luge Association will offer **wheeled luge rides** for all ages all weekend. They're bringing the traveling luge ramp and sleds on wheels to offer rides to boys and girls, men and women, free of charge. Interested in **ice climbing** but not sure how to get started, you can try your hand at using ice tools on a special ice bouldering wall at the Cornerstone Climbing and Guiding booth. In addition, there will be **snowshoeing and cross-country skiing demos** at the Dion Snowshoes and NYSSRA Nordic booths.

For details, see the Attendee Guide on pages 9-11 of this issue. For updates and more info, visit AdkSports.com or call (518) 877-8788. We look forward to seeing you there!

*Dan & Mona*  
See ATTENDEE GUIDE, 9 ▶

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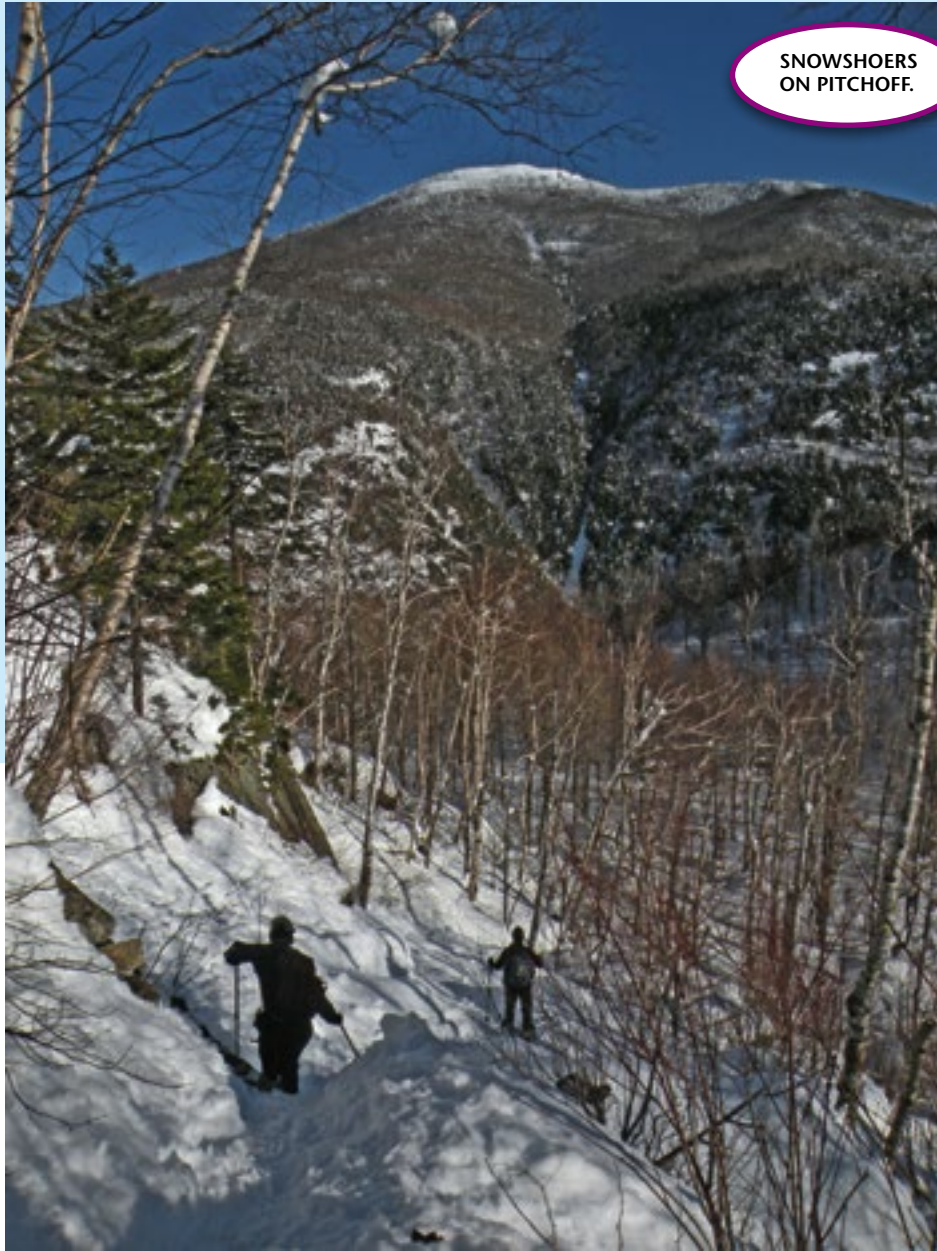
## SNOWSHOEING



CASCADE VIEW FROM PITCHOFF.

# Winter Hiking on Pitchoff Mountain

PHOTOS BY BILL INGERSOLL



SNOWSHOERS ON PITCHOFF.

by Bill Ingersoll

As you drive NY Route 73 between Keene and Lake Placid, you are for several miles in the deep valley between two massive mountains. To the south is Cascade, one of the High Peaks and a true hulk of a mountain, rising nearly 2,000 feet above the highway. To the north is a smaller but perhaps more visually interesting mountain, rock-scarred Pitchoff.

Cascade can draw crowds like few others can on any fair-weather day; but Pitchoff, not so much. This has more to do with Pitchoff's lack of status and nothing at all to do with the quality of its views. At about 3,600 feet, Pitchoff falls well short of the 4,000-foot cut off for inclusion on the list of the Adirondacks' 46 High Peaks, and by extension it also falls off the radar screen of many hikers who only seem interested in those 46 peaks.

I mention this only because when you arrive at the trailhead you may be intimidated by the number of cars vying for parking space in the handful of roadside pullouts. The majority of these people are here to hike Cascade, not Pitchoff, so be prepared to enjoy a relatively quiet day on a highly scenic mountain.

Pitchoff is traversed by a five-mile trail with two trailheads on NY Route 73. This article describes a short outing to one of the mountain's most accessible gems, a large ledge at its southwestern end. This is an excellent snowshoe hike for people with limited time.

### HOW TO GET THERE

There are two trailheads for Pitchoff Mountain on NY Route 73; the one for the trip described here is closest to the Cascade Mountain trailhead. It is located approximately 6.6 miles west of Keene, or 4.4 miles east of Adirondack Loj Road in North Elba. There are multiple pullouts for parking on both sides of the highway, all of them plowed for winter hikers.

### THE TRAIL

The start of the trail is marked by a large sign. Not far past the trailhead register, the trail follows the edge of private land where the maple trees are strung together by sugaring tubes, waiting for the first spring thaws and the flowing sap they inspire. The initial grades are moderate, leading to a long and level bench high above the highway. At 0.7-mile and about

30 minutes, you reach a small ledge on the right with the first clear view of Cascade Mountain.

The level section ends at this point, with a massive rock knob looming above you. The summit of that knob is your destination, and for a brief time it appears that the trail is leading you straight to the steepest slopes! The trail drops from the level ridge into a col at the foot of the rock face, but then it veers to the left. It does climb one short-but-steep pitch, but then it contours around the side of the knob to a junction with an unmarked side trail originating on private land. Bearing right, the trail continues to contour below rock ledges before climbing moderately to a marked junction at 1.4 miles on Pitchoff's main ridgeline.

A left turn is the ridge trail that leads Pitchoff's other summits – a perfectly attractive route, though one not often used in winter. Most snowshoers bear right here, following a short spur trail to the open summit of the knob, with its spectacular view toward Mount VanHoevenberg and the High Peaks. Look for the familiar trinity of conical summits: Marcy on the left, Mount Colden in the middle, and then Algonquin on the right.

Cascade is the dominant landmark, though. You can trace the course of the stream that gives the mountain its name, from the frosty upper slopes to the deep groove eroded into the lower slopes where the icy cascade should be plainly visible. With some scouting, you should also be able to find views of the two Cascade Lakes at the foot of the mountain, immediately beside the highway.

If there is a wind, then you can seek shelter in the lee of some prominent boulders. The total hike to this summit is a mere 1.5 miles with 800 feet of vertical climbing. Allow about one-hour and 20 minutes for the ascent. 📌

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com) and author of Snowshoe Routes: Adirondacks & Catskills (Mountaineers). For more on this region, consult Discover the Northern Adirondacks by Barbara McMartin and Bill Ingersoll.*

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ISSUE  
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**Adirondack Sports & Fitness** is published

12 times per year with a monthly circulation

of 20,000 copies. ©2010 *Adirondack Sports*

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28 Sweat N' Ice Century Ride. 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. bikereg.com.

**DECEMBER**

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

11-12 Hudson Valley Cyclocross Race. 10am. Bowdoin Park, Wappingers Falls. 845-505-1211. espraces.com.

26 Xmas Madness Mountain Bike Race. 9am. Central Park, Schenectady. 847-2419. bikereg.com.

**JANUARY**

2 "The Snow Won't Stop Us" Mountain Bike Dual Slalom. Gore, North Creek. 251-2411. goremountain.com.

**CROSS-COUNTRY SKIING: RACING**

**NOVEMBER**

14 Peru Nordic Sufferfest Rollerski Race. 5.6M. 10:30am. Prospect Mountain Highway, Lake George. perunordic.com.

20-21 3rd Adirondack Sports & Fitness Winter Expo. Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

**DECEMBER**

12 NYESF Season Opener XC Ski Race. 10:30am. 5K/10k free-style. Olympic Sports Complex, Lake Placid. Margaret Maher: 523-1900. nysef.org.

18 Osceola Classic XC Ski Race. Osceola Tug Hill, Camden. nyssranordic.com.

18-19 Eastern Cup Series Opener Race. Craftsbury Nordic Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

**JANUARY**

1 New Year's XC Ski Race. 5K scholastic/10K open. Freestyle. 12pm. Old Forge. Patty Foley: 315-369-2134. nyssranordic.com.

22 Great Sacandaga Mini Marathon XC Ski Race. 30K/15K free-style. Saratoga Biathlon Club, Day. saratogabiathlon.com.

23 Shenendehowa Classic XC Ski Race. 10K/5K. Saratoga Biathlon Club, Day. saratogabiathlon.com.

28-29 TD Bank Craftsbury Ski Marathon. 25K/50K classical race. Craftsbury Nordic Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

**CROSS-COUNTRY SKIING: TOURING**

**ONGOING**

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

Thu Soup-er Senior Ski/Snowshoe Day. Lapland Lake, Northville. 863-4974. laplandlake.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.

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, Northville. 863-4974. laplandlake.com.

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

**DECEMBER**

26 Olavi's 80th Birthday Celebration. 1:30pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

**JANUARY**

1 Beginner Backcountry Skiing. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

8 Winter Trails Day. 1-4:30pm. Ski/snowshoe lessons, rentals free for first-timers. Lapland Lake, Northville. 863-4974. laplandlake.com.

15 Lapland Ladies Love to Ski. 9:30am. Beginner/intermediate w/lessons, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com.

22 Full Moon Party. Cascade, Lake Placid. 523-1111. cascadeski.com.

**HEALTH & FITNESS**

**ONGOING**

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

Mo-Tu Open Level Pilates Mat Class. 6pm. 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.

Wed Beginner/Intro Pilates Mat, Six-Week Class. 6pm. Starts 11/17. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

Thu Pilates Open Level Mat Class. 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

Thu Beginner/Intro Pilates Mat, Six-Week Class. 6pm. Starts 11/18. 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, SNOWSHOEING & CLIMBING**

**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**

24-31 Winter Break. 12/27-30: 10am-10pm. 12/24 & 31: 10am-4pm. Come join the fun. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

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**JANUARY**

- 2 **High Peaks Snowshoe Hike: Tabletop.** 10M. Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 8 **High Peaks Snowshoe Hike: Esther.** 9.5M. Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 9 **Intro to Backcountry Snowshoeing.** Ages 12+. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 22 **Family Snowshoe Day.** 10am-3pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 23 **High Peaks Hike: Street & Nye.** 8.5M. Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**MOUNTAINEERING & WILDERNESS SKILLS**

**NOVEMBER**

- 20-21 **Wilderness First-Aid w/WMA.** Heart Lake, Lake Placid. Adirondack Mountain Club: 341-3441. [adk.org](http://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](http://adksports.com).

**JANUARY**

- 22 **GPS 101.** Member Services Center, Lake George. ADK Mountain Club: 523-3441. [adk.org](http://adk.org).

**MULTISPORT, BIATHLON & ORIENTEERING**

**NOVEMBER**

- 13 Orienteering Club Championships Meet. Moreau Lake S.P., Moreau. [empo.us.orienteering.org](http://empo.us.orienteering.org).
- 21 Turkey-Orienteering Meet. Highland Forest, Fabius. Shawn Forney: 315-472-6518. [cnyo.us.orienteering.org](http://cnyo.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](http://areep.com).
- 4 Adventure Sprint-Orienteering Meet. Hope Lake, Virgil. Mark Dominie: 607-849-3101. [cnyo.us.orienteering.org](http://cnyo.us.orienteering.org).
- 18 **Ski Orienteering Meet.** 12pm. 2-3K. Newbies welcome. Lapland Lake, Northville. Eric Hamilton: 383-8565. [empo.us.orienteering.org](http://empo.us.orienteering.org).
- 19 **Osceola Sprint Biathlon Race.** Osceola Tug Hill, Camden. [nyssranordic.com](http://nyssranordic.com).

**JANUARY**

- 8 Sprint Biathlon Race. Saratoga Biathlon Club, Day. [saratogabiathlon.com](http://saratogabiathlon.com).
- 16 Ski-Orienteering Meet. BREIA, Alder Creek or Boonville. Ed Kobos: 315-797-6096. [cnyo.us.orienteering.org](http://cnyo.us.orienteering.org).

**OTHER EVENTS**

**NOVEMBER**

- 12 Wintergreen. Open discussion on winter recreation, sports, culture in the Adirondacks. 9-11:30am. NYSEF, Whiteface, Wilmington. 359-7800. [wildcenter.org](http://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](http://adksports.com).

- 20 **Pack Basket Making Workshop.** 9am. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://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](http://adksports.com).
- 25 **Thanksgiving Dinner.** 1pm & 3:30pm. Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 27 **25th Smucker's Stars on Ice.** 8pm. Olympic Center, Lake Placid. 523-1655. [orda.org](http://orda.org).

**DECEMBER**

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

**JANUARY**

**Ongoing Team in Training Info Meetings: Rock'n'Roll San Diego Marathon/Half; Vermont City Marathon; Grand Canyon Hike; Mooseman Triathlon; Lake Placid Half; America's Most Beautiful Bike Ride.** 1/11, 6pm: Saratoga Springs Public Library, Saratoga Springs. 1/12, 6pm: The Desmond, Albany. 1/13, 6pm: Holiday Inn, Kingston. 1/18, 6pm: Comfort Suites, Clifton Park. 1/18, 6pm: Queensbury Hotel, Glens Falls; 1/19, 6pm: Hampton Inn, Poughkeepsie; 1/20, 6pm: Hilton Garden Inn, Albany; 1/25, 12pm: Leukemia & Lymphoma Society, Albany; 1/25, 6pm: Days Inn, Plattsburgh. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).

**RUNNING, SNOWSHOE RACING & WALKING**

**ONGOING**

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

**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](http://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. [cdymca.org](http://cdymca.org).
- 7 ING New York City Marathon. 10am. 26.2M. Staten Island to Manhattan, New York. 212-423-2249. [ingnycmarathon.org](http://ingnycmarathon.org).
- 7 Racevermont.com Half-Marathon. 8am. Shelburne, VT. 802-985-4410. [racevermont.com](http://racevermont.com).
- 11 3rd Shen Veteran's Day 5K Dash. 10am. Track, Shenendehowa H.S., Clifton Park. [shenet.org](http://shenet.org).
- 13 Turkey Trot 5K Run/Walk. 10am. Weller Park, Mohawk. Vicki Coffin-Judd: 315-868-9368.
- 14 After the Leaves Have Fallen 20K Trail Run. 11am. Lake Minnewaska S.P., New Paltz. 845-339-5474. [shawangunkrunners.org](http://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](http://adirondackrunners.org).
- 20 Frostbite 5K Run. 10am. Mayfield H.S., Mayfield. Rebecca Newkirk: 661-8200. [mayfielddcsd.org](http://mayfielddcsd.org).

Corporate Sponsor

**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](http://areep.com)**  
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**HMRRC Winter Series**

**University at Albany**

Dec. 12 – Sun 10am Winter Series Starter #1 – 3M, 15K  
 Jan. 1 – Sat 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk  
 Jan. 9 – Sun 10am Winter Series #3 – 3M, 10K, 25K  
 Jan. 23 – Sun 10am Winter Series #4 – 3M, 15K, 30K  
 Feb. 6 – Sun 10am Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6  
 More info at [www.hmrc.com](http://www.hmrc.com), 518-273-5552, or Ed Thomas: [et392@math.albany.edu](mailto:et392@math.albany.edu).

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**63 TURKEY TROT TROY.NY**

**2010**

**Thursday, November 25**

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

7:45 - Turkey Walk  
 1.25 miles, no fee

9:30 - Open 5K Race

10:30 - Grade School Race  
 1-mile, 8th grade & under

10:45 - Open 10K Race  
 USATF-Adk Open 10K Championship

Paper registration closes: 11/23 4pm  
 Online registration closes: 11/24 12pm  
 No day of race registration

**www.troyny.gov/turkeytrot**  
**More Info: 279-7130**

- 20 NYRR Knickerbocker 60K Run. 8am. Central Park, New York. 212-860-4455. [nyrr.org](http://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](http://adksports.com).
- 21 HMRRC Turkey Raffle 1-Hour Run.** 10am. The Crossings, Colonie. Al Maikels: 489-1040. [hmrc.com](http://hmrc.com).
- 21 Fred Lebow XC Championships 5K. 11:30am. Van Cortlandt Park, New York. 212-860-4455. [nyrr.org](http://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. 279-7130. [troyny.gov](http://troyny.gov).
- 25 9th Christopher Dailey Turkey Trot 5K Run/Walk.** 8:30am. Saratoga Hilton, Saratoga Springs. Maria Dailey: 581-1328. [areep.com](http://areep.com).
- 25 1st Our Towne Bethlehem Turkey Trot 5K Run/Walk.** 9am. Bethlehem Town Hall, Delmar. John Guastella: 598-3434. [ourtownebethlehem.com](http://ourtownebethlehem.com).
- 25 Ellis Hospital Cardiac Classic 5K Run. 9am. 2M Walk: 8am. 1M Fun Run: 10am. Central Park, Schenectady. Karen Mantas: 243-4600. [ellishospital.org](http://ellishospital.org).
- 25 Cohoes Turkey Trot. 9am. Cohoes. Danielle Lagace: 233-2116. [ci.cohoes.ny.us](http://ci.cohoes.ny.us)
- 25 Turkey Trot. 25K: 8:30am, 5M: 8:45am, 2M fun run & 1M kids run: 9am. Arlington H.S., Arlington. [mhrrc.org](http://mhrrc.org).
- 25 Turkey Trot 5K. 9:30am. East Hoosac, Adams, MA. Ed Saharczewski: 413-743-5669. [runwmac.com](http://runwmac.com).
- 25 Run to End Hunger 5K. Utica. [uticaroadrunners.org](http://uticaroadrunners.org).
- 27 3rd "Run Off That Turkey" Trot 5K. 10am. St. Lucy's Parish, Altamont. Phil Carducci: 861-6350. [active.com](http://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](http://areep.com).
- 4 Jingle Bell 5K Run. 9am. The Crossings, Colonie. Rainbow Doemel: 456-1203. [arthritis.org](http://arthritis.org).
- 4 Reindeer Run 5K. SUNY Adirondack, Queensbury. [adironackrunners.org](http://adironackrunners.org).
- 4 14th Miles for Meals Jingle Bell 5K. 9am. Rome Family Y, Rome. Mike Romano: 315-798-5456. [romanrunners.com](http://romanrunners.com).
- 11 Winter Wonderland Walk. 1.5M. 10am. The Crossings, Albany. [teamtraining.org/uny](http://teamtraining.org/uny).
- 11 Jingle Bell Run 5K. 9am. Skidmore College, Saratoga Springs. Rainbow Doemel: 456-1203. [arthritis.org](http://arthritis.org).
- 12 HMRRC Winter Series Starter #1: 3M & 15K.** 10am. Phys Ed Bldg, UAlbany, Albany. [hmrc.com](http://hmrc.com).
- 18 14th Albany Last Run 5K.** 5pm. Empire State Plaza, Albany. 434-5415. [albanyevents.org](http://albanyevents.org).
- 18 Adirondack Medical Center 5K Jingle Bell Run. 8:30am. Public Beach, Lake Placid. Justin Colby: 897-2483. [amccares.org](http://amccares.org).
- 24 Knights of Columbus Holiday Run. 5M: 11am. 1M: 10:30am. Knights of Columbus, Wappingers Falls. [mhrrc.com](http://mhrrc.com).
- 26 "I Love Woodford" Snowshoe Race.** 3.5M. 10:30am. Dion Snowshoe Series. Woodford, VT. [runwmac.com](http://runwmac.com).
- 31 13th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. 584-4132. [saratoga-arts.org](http://saratoga-arts.org).

**JANUARY**

- 1 HMRRC Winter Series #2: 35th Hangover Half-Marathon & 3.5M Run/Walk.** 12pm. PhysEd Building, UAlbany, Albany. [hmrc.com](http://hmrc.com).
- 1 Big A's 5K Race. 10am. Quade St & Sherman Ave, Glens Falls. [adironackrunners.org](http://adironackrunners.org).
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. [lachine.us](http://lachine.us).
- 2 Dar-Moose Run Snowshoe Race.** 5M. 10:30am. Dion Snowshoe Series. DAR S.E., Goshen, MA. [runwmac.com](http://runwmac.com).
- 8 Turner Trail Snowshoe Race.** 5M. 10am. Dion Snowshoe Series. Pittsfield, MA. [runwmac.com](http://runwmac.com).
- 8 Recover from the Holidays 50K. 9am. Norrie Point, Staatsburg. Pete Colaizzo: 845-309-3640. [mhrrc.com](http://mhrrc.com).
- 8 Frozen Assets Snowshoe 5K. Harriet Hollister S.P., Honeoye. [roadsarepoison.com](http://roadsarepoison.com).
- 9 HMRRC Winter Series #3: 3M, 10K, 25K.** 10am. PhysEd Bldg, UAlbany, Albany. [hmrc.com](http://hmrc.com).
- 15 Greylock Glen Snowshoe Race.** 3.9M. 10am. Dion Snowshoe Series. Adams, MA. [runwmac.com](http://runwmac.com).
- 16 6th ARE Brave The Blizzard Snowshoe Race.** 3.8M. 10am. Dion Snowshoe Series. Guilderland E.S., Guilderland. Josh Merlis: 320-8648. [albanyrunningexchange.org](http://albanyrunningexchange.org).
- 16 Winterfest 10K Snowshoe Race. Mendon Parks Pond, Rochester. [roadsarepoison.com](http://roadsarepoison.com).
- 22 Hoot Toot & Whistle Snowshoe Race.** 3.3M. 10am. Dion Snowshoe Series. Readsboro, VT. [runwmac.com](http://runwmac.com)
- 23 HMRRC Winter Series #4: 3M, 15K, 30K.** 10am. PhysEd Building, UAlbany, Albany. [hmrc.com](http://hmrc.com).
- 23 Constitution Hill Snowshoe Race.** 3.6M. 10am. Dion Snowshoe Series. Lanesborough, MA. [runwmac.com](http://runwmac.com).
- 29 Side-Hiller Snowshoe Race.** 4M. 11am. Dion Snowshoe Series. Center Sandwich, NH. [runwmac.com](http://runwmac.com).
- 30 Curly's Record Run Snowshoe Race.** 4M. 10am. Dion Snowshoe Series. Pittsfield, MA. [runwmac.com](http://runwmac.com).

**JUNE**

- 12 Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).

**SWIMMING**  
**DECEMBER**

- 5 Crazy 10M Swim. 7am. Ravenna H.S. Ravenna. Martin Turecky: 528-4800. [adms.org](http://adms.org).
- 11 Holiday Classic Swim Meet. Ballston Spa H.S., Ballston Spa. Joan Coonrod: 885-2971. [adms.org](http://adms.org).
- 11-12 Freestyle Workshop. Jewish Community Center, Springfield, MA. 800-609-SWIM. [totalimmersion.net](http://totalimmersion.net).

**JANUARY**

- 8 New Year's Swim Meet. Mohonasen H.S., Rotterdam. Marc Vachon: 356-8240. [adms.org](http://adms.org).
- 23 SnowBall Swim Meet. Kingston H.S., Kingston. Michael Jordan: 845-417-5234. [adms.org](http://adms.org).

**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.*

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 Bethlehem Town Hall  
 445 Delaware Avenue, Delmar  
[John@ourtownebethlehem.com](mailto:John@ourtownebethlehem.com)

Application at:  
[www.OurTowneBethlehem.com](http://www.OurTowneBethlehem.com)

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@ [www.albanyevents.org](http://www.albanyevents.org)  
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NEWS CHANNEL 13

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### USA Luge to Offer Free Rides at Winter Expo

Sometimes it's difficult for people to get to the luge track. So that's when the United States Luge Association, based in Lake Placid, brings the track to the people. This will occur as part of the Adirondack Sports & Fitness Winter Expo.



U.S. Luge will bring its traveling 30-foot luge ramp and accompanying sleds on wheels, where it will offer 100-foot-long luge rides to boys and girls, men and women, free of charge.



"Luge races at the Olympics are among the most exciting with thousands watching," said Fred Zimny, U.S. Luge coach and recruiter. "But with so few tracks, just four in North America, we have made it a point to bring ourselves to the masses. The Winter Expo will draw big crowds at the very start of the new season. It's our goal to introduce ourselves to many new fans, and with some luck, maybe future Olympians will emerge from the weekend."

In addition, participating luge racers will have the chance to become members of USLA for one-year for \$10, including a T-shirt that will be issued onsite with a paid membership.

But best of all, if U.S. Luge spots some young talent with potential in the fastest sport

on ice, those youngsters will be invited to a camp over the winter, stay at the Olympic Training Center, and learn luge on ice at the Olympic Sports Complex in Lake Placid.

"This will be a great experience for everyone involved," Fred continued. "But in the midst of the fun and games, we'll have a sharp eye for some of the area's best athletes who may want to try our exciting sport." For more information on the fastest sport on ice, visit [usaluge.org](http://usaluge.org).

### Ice Climbing Bouldering Wall at Winter Expo

Are you interested in ice climbing but not sure how to get started? If so, give it a go in the warmth and comfort of an indoor setting. You can try your hand at using ice tools on a special ice bouldering wall setup at the Cornerstone Climbing and Guiding booth. Their guides will be right there with you to show how it's done. You will move around the eight-foot wall by sinking your picks into IceHoldz – plastic holds made to mimic real ice. Then you hop off and land safely on the padded mats. If you already know your ice climbing ability, you can test your metal against the Ice Axe Challenge and win cool prizes. If you book a guided ice climbing day trip with Cornerstone during the Expo, you receive 10-percent off. For more info, go to [cornerstoneclimbing.com](http://cornerstoneclimbing.com).



### Winter Raptor Fest 'Bird of Prey' and 'Free-Flight Raptor' Shows

At the Winter Raptor Fest booth, live Bird of Prey programs will be presented over the weekend. And a master falconer will do free-flight raptor shows on Saturday. These live bird of prey programs raise awareness of endangered and threatened birds of Washington County's Grasslands Important Bird Area. To learn more about the festival and pre-event activities, visit [winterraptorfest.com](http://winterraptorfest.com).



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THIRD ANNUAL

# ADIRONDACK

## SPORTS & FITNESS

# WINTER EXPO

## Exhibitors

As of Nov. 1; visit [AdkSports.com](http://AdkSports.com) for updates.

**Adirondack Life**  
Adirondack Life is a regional, lifestyle magazine covering the Adirondack Park.  
*Jay* • 518-383-0967 • [adirondacklife.com](http://adirondacklife.com)

**Adirondack Mountain Club**  
ADK is a non-profit organization that protects wild lands and waters through a balanced approach of conservation and advocacy, environmental education, and responsible recreation. We will be offering publications, maps, gifts and memberships. *Lake George & Lake Placid* • 518-668-4447 • [adk.org](http://adk.org)

**Adirondack Sports & Fitness**  
We publish the magazine and bring it to life with Summer and Winter Expos. It's the essential guide for skiing, running, hiking, paddling, triathlon, fitness and travel, covering the Capital Region, Saratoga, Glens Falls and Adirondacks. *Clifton Park* • 518-877-8788 • [adksports.com](http://adksports.com)

**Adirondacks Speculator Region Chamber of Commerce**  
At the Oak Mountain booth, we will represent the region's business community. *Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells* • 518-548-4521 • [speculatorchamber.com](http://speculatorchamber.com)

**Albany Running Exchange**  
ARE is the most active and interactive running organization in the area, offering three to five runs daily, weekend trips to races, a fully dynamic website, and an insuppressible desire to have fun while doing it! *Albany* • 518-320-8648 • [albanyrunningexchange.org](http://albanyrunningexchange.org)

**Alpine Sport Shop**  
At Alpine everyone is passionate about winter snow sports – alpine skiing, snowboarding, snowshoeing and cross-country skiing. We con-

sider it our mission to spread the joy and excitement of participating in these sports. We want your shopping experience to be fun, informative and pleasurable. *Saratoga Springs* • 518-584-6290 • [alpinesportshop.com](http://alpinesportshop.com)

**American Traders**  
American Traders, maker of classic wooden toboggans and sleds, will also be displaying snowshoes and winter gifts. *Brattleboro, Vt.* • 802-254-1300 • [amtraders.com](http://amtraders.com)

**Arbonne International**  
Arbonne takes a natural approach to creating health and wellness products based on botanical principles. Our products meet dietary needs at every stage of life. *Clifton Park* • 518-321-4591 • [sheila@myarbonne.com](mailto:sheila@myarbonne.com)

**Bromley Mountain Resort**  
Bromley Mountain offers 45 classic New England trails and glades with a variety of terrain that is seldom seen elsewhere. Experience Vermont's Sun Mountain! *Manchester Center, Vt.* • 802-824-5522 • [bromley.com](http://bromley.com)

**Cabot Creamery Cooperative**  
Cabot Creamery is a 1,200 farm family cooperative with members in every state in New England and New York. We've been producing award-winning cheese since 1919. *South Duxbury, Vt.* • 802-244-5444 • [cabotcheese.coop](http://cabotcheese.coop)

**Cascade Cross Country Ski Center**  
Our Nordic shop will be displaying and selling the latest in cross-country touring, backcountry and telemark equipment with discounts on earlier models. *Lake Placid* • 518-523-1111 • [cascadeski.com](http://cascadeski.com)

**Cornerstone Climbing and Guiding**  
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ice climbing, snowshoeing, rock climbing, canoeing, or backpacking. Summer adventure camps for the kids. Indoor climbing facility coming to Saratoga Springs in 2011! *Saratoga Springs* • 860-729-8200 • [cornerstoneguiding.com](http://cornerstoneguiding.com)

**Cummings Advertising Art**  
Experienced graphic design and production professionals, we handle any project from creative concept through printing or any step in between. Brochures, catalogs, ads, newsletters, web sites and more! Proud designers of *Adirondack Sports & Fitness* magazine for ten years. *Clifton Park* • 518-406-5027 • [cummingsadvertisingart.com](http://cummingsadvertisingart.com)

**Cunningham's Ski Barn & Hudson River Rafting**  
Cunningham's will be offering alpine skis, snowboards, backcountry and cross country equipment and apparel. Our locations are full-service sales, repair, demo and rental shops. *North Creek*: 518-251-3215 • *Lake Placid*: 518-523-3706 • [cunninghamsskibarn.com](http://cunninghamsskibarn.com)

**Dion Snowshoes**  
We are a Vermont manufacturer of high quality, modular snowshoes for racing, fitness, hiking and backcountry. Celebrating ten years! *North Bennington, Vt.* • 802-753-1174 • [dionsnowshoes.com](http://dionsnowshoes.com)

**The Double H Ranch**  
The Double H Ranch Adaptive Winter Sports Program offers children ages six to 16 dealing with chronic and life-threatening illnesses the opportunity to participate in various winter sports in the beautiful Adirondack Mountains few of charge with necessary equipment provided. *Lake Luzerne* • 518-696-5676 • [doublehbranch.org](http://doublehbranch.org)

**Electric City Rock Gym**  
Electric City has a portable rock climbing adventure unlike any other. Our 24-foot tall wall will be at the Winter Expo with realistic climbing that is perfect for any ability level. *Alplaus* • 518-388-2704 • [ecrockgym.com](http://ecrockgym.com)

**Esperanto Restaurant**  
Great food – fast and fresh in downtown Saratoga since 1995. At the Winter Expo we'll be selling doughboys, burritos, beef chimichangas, pizza and more delicious food made from scratch. *Saratoga Springs* • 518-587-4236 • [go2esperanto.com](http://go2esperanto.com)

**The Gear Source**  
We specialize in new and used outdoor equipment and clothing. Including but not limited to skis, snowboards, bikes, tents, backpacks, kay-

aks, camping supplies and more. *North Creek* • 518-251-2357 • [thegearsourceonline.com](http://thegearsourceonline.com)

**Goldstock's Sporting Goods**  
Goldstock's will be displaying a selection of the newest ski and snowboard gear for 2010-2011. Our store features a huge selection of ski/board clothing, top ski/board brands, season rentals, and expert factory-trained staff. *Scotia* • 518-382-2037 • [goldstockssportinggoods.com](http://goldstockssportinggoods.com)

**H2O Solutions**  
At our booth we'll have stainless steel water bottles, slings, cozies, clips, caps, plus, ionic filtered water bottles, and medical grade stainless steel bottles. *Malta* • 518-899-5555 • [h2osolutions.net](http://h2osolutions.net)

**Gore Mountain**  
Gore delivers major improvements to Burnt Ridge Mountain, the grand opening of Ski Bowl Lodge, and the new terrain park. Visit our booth for Winter Expo-only savings and your MORE GORE sticker! *North Creek* • 518-251-2411 • [goremountain.com](http://goremountain.com)

**Gore Mountain Region Chamber of Commerce**  
We will be promoting the four-season businesses, destinations, services and activities in the Gore Mountain region, a vibrant and growing area. *North Creek* • 518-251-2612 • [gorechamber.com](http://gorechamber.com)

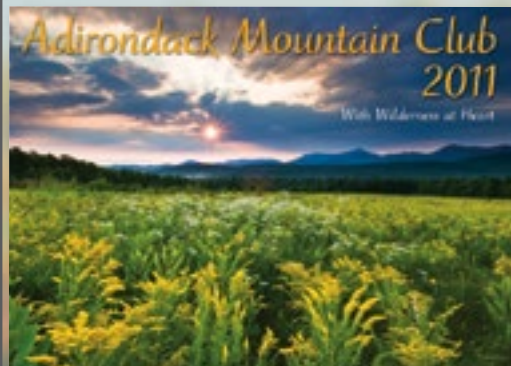
**Hickory Ski Center**  
Long known for its steep natural terrain and tree skiing with a family-friendly atmosphere, Hickory is getting ready for opening day in December. The new owners have restored the ski area to its former glory while updating and adding modern amenities. *Warrensburg* • 518-623-5754 • [hickoryskicenter.com](http://hickoryskicenter.com)

**High Adventure Ski & Bike**  
We are a full-service ski and bike shop focusing on all facets of boot fitting including custom foot beds, stance balancing and biomechanical alignment. We offer great prices, expert service, and all of your favorite brands! *Latham* • 518-783-0501 • [highadventuresbp.com](http://highadventuresbp.com)

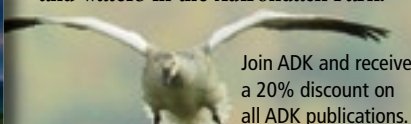
**Hudson-Mohawk Road Runners Club**  
HMRRRC is the largest running club in upstate New York, which holds 30 events throughout the year. The club is open to all runners of all levels and abilities. Come run with us! *Albany* • 518-377-1836 • [hmrrc.com](http://hmrrc.com)

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**Jiminy Peak Mountain Resort**  
Jiminy Peak is the largest ski and snowboard resort in southern New England. We're located in the Berkshires, 45 minutes away from Albany. *Hancock, Mass.* • 413-738-5500 • [jiminypeak.com](http://jiminypeak.com)

**Lapland Lake Nordic Vacation Center**  
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**The Leukemia & Lymphoma Society**  
Team in Training is an endurance sports training program. Train for a marathon, century ride, triathlon or hike while helping fight leukemia and lymphoma. *Albany* • 518-438-3583 • [teamintraining.org/ny](http://teamintraining.org/ny)

**Massaging Insoles**  
Massaging Insoles are therapeutic, 100-percent glycerin-filled insoles that provide cushion, increase circulation, and massage your feet with every step. They fit in any shoe and are recommended for treating all foot pain. We'll be selling shoe insoles at the Winter Expo. *Slingerlands* • 518-429-8392 • [massaginginsoles.com](http://massaginginsoles.com)

**Mirror Lake Inn Resort & Spa**  
The Mirror Lake Inn is Lake Placid's only four-diamond lakefront resort featuring a full-service spa and three incredible restaurants. *Lake Placid* • 518-523-2544 • [mirrorlakeinn.com](http://mirrorlakeinn.com)

**New York State Outdoor Guides Association**  
NYSOGA is a professional association of licensed

New York State guides. Our booth will be staffed by guides who will display photographs and equipment, and distribute information about guide services. *Dolgeville* • 315-429-9324 • [nysoga.org](http://nysoga.org)

**NYSSRA Nordic**  
We are the governing body for Nordic ski racing in New York State, including the disciplines of cross-country skiing, biathlon, ski-orienting and the Bill Koch Youth Ski League. *Altamont* • 518-861-7093 • [nyssranordic.com](http://nyssranordic.com)

**Oak Mountain Ski Area**  
Friends of Oak Mountain, is a not-for-profit group that is working to keep our local ski area open. Oak offers affordable skiing, snowboarding and snow tubing. At the Winter Expo, we will offer information, discounts, and logo items for sale. *Speculator* • 518-548-4555 • [friendsofoakmt.org](http://friendsofoakmt.org)

**OC Ski Club**  
The Out of Control Ski Club is upstate's largest ski club. Year-round activities include skiing, snowboarding, cross-country skiing, volleyball and kayaking. We are starting our 50th year! *Albany* • 518-346-5988 • [ocskiclub.org](http://ocskiclub.org)

**Okemo Mountain Resort**  
Rise above a Vermont village, Okemo Mountain Resort is a four-season playground that built its reputation for superior guest service as a winter destination. Okemo consistently receives accolades and awards for snow quality and grooming. *Ludlow, Vt.* • 802-228-1797 • [okemo.com](http://okemo.com)

**Olympic Regional Development Authority**  
ORDA operates Whiteface Mountain and Gore Mountain ski areas, the Olympic Sports Complex at Mt. Van Hoevenberg, and the ice skating and ski jumping complexes. *Lake Placid, Wilmington & North Creek* • 518-523-1655 • [whitefacelakeplacid.com](http://whitefacelakeplacid.com)

**Saratoga Photobooth Company**  
Looking for something different for your next event? We provide classic-style digital photobooth rentals for upstate New York and western New England – weddings, parties, promotions, corporate events, school events, and sporting events. Stop by our booth to for a Winter Expo souvenir! *Saratoga Springs* • 518-584-6473 • [saratogaphotobooth.com](http://saratogaphotobooth.com)

**Saratoga Stryders**  
We are a running and walking club that's based in Saratoga Springs. We meet at the Saratoga Spa State Park's warming hut on Saturdays for group runs. From April through October, we have coached workouts for runners of all speeds and abilities. *Saratoga Springs* • 518-581-1278 • [saratogastryders.org](http://saratogastryders.org)

**Schenectady Wintersports Club**  
We've been enjoying the outdoors since 1932! We offer club outings, reduced lift tickets, monthly newsletter and more. New members are welcome – all ages, singles and families. *Schenectady* • 518-785-6433 • [swcweb.org](http://swcweb.org)

**Ski Areas of New York**  
We are a trade organization that serves member ski areas across New York State. We provide snow reporting, 4th Graders Ski Free Passport, and many more programs. *Glens Falls* • 518-792-5060 • [skiandrideny.com](http://skiandrideny.com)

**Stowe Mountain Resort**  
Stowe is the premier four-season resort destination located on Vermont's highest peak, Mount Mansfield. *Stowe, Vt.* • 802-253-4SKI • [stowe.com](http://stowe.com)

**Times Union**  
The Times Union is the leading daily newspaper covering the Capital Region. We offer direct marketing services through DirectTU and host trade shows and events. Our website, [timesunion.com](http://timesunion.com) is the most accessed in the Capital Region. *Albany* • 518-454-5454 • [timesunion.com](http://timesunion.com)

**USA Luge**  
The US Luge Association will bring its traveling luge ramp and accompanying sleds on wheels to the Winter Expo! They will be offering free luge rides to boys and girls, men and women. US Luge will be scouting young talent with potential in the fastest sport on ice, those youngsters will be invited to a camp over the winter, stay at the Olympic Training Center, and learn luge on ice at the Olympic Sports Complex. *Lake Placid* • 518- 523-4106 • [usaluge.org](http://usaluge.org)

**USATF-Adirondack Association**  
We are the local association of the national governing body for track & field, long-distance running and race walking. USATF-Adirondack is the event manager of the Freihofers Run for Women. *Troy* • 518-273-5552 • [usatfadir.org](http://usatfadir.org)

**Warrior Run West Mountain**  
Take a one or three mile run. Add mud, a wind tunnel, helicopter, obstacles, a rope wall, and ... fire – and you have the inaugural Warrior Run at West Mountain on June 18-19, 2011. *Queensbury* • 518-852-3487 • [warriorrunwestmt.com](http://warriorrunwestmt.com)

**Washington County Tourism Association**  
At the Winter Raptor Fest booth, we will be promoting adventures in nearby Washington County. Come for the day or stay for the weekend. We are the home of the Tour of the Battenkill bicycle race in April. *Whitehall* • 518-499-2435 • [washingtoncounty.org](http://washingtoncounty.org)

**West Mountain Ski Resort**  
Skiing and tubing in your backyard! We offer day and night skiing, snowboarding and tubing, with tickets that fit your schedule – two, four or eight hours. *Queensbury* • 518-793-6606 • [skiwestmountain.com](http://skiwestmountain.com)

**Whiteface Lake Placid**  
Welcome to Whiteface, the Olympic Mountain. We have the greatest vertical drop east of the Rockies and trails for everyone in your family. This is where the world's best come to train and compete, and where kids come to learn and have fun. *Wilmington* • 518-946-2223 • [whiteface.com](http://whiteface.com)

**Whiteface Region Business & Tourism Center**  
Get close to everything you love... Visit the Whiteface Region – your year-round vacation destination! Stop by our booth to learn more about our businesses, activities and events. *Wilmington* • 518-946-2255 • [whitefaceregion.com](http://whitefaceregion.com)

**Wild River Press/"Discover the Adirondacks"**  
Regional author and Adirondack Sports & Fitness contributing writer, Bill Ingersoll, will be on hand to promote, sell and autograph copies of his popular Discover the Adirondacks series of hiking guidebooks. *Barneveld* • 315-272-5699 • [hiketheadironacks.com](http://hiketheadironacks.com)

**Willard Mountain Ski Resort**  
A winter resort – New York's Coolest Little Ski Center – offers ski and snowboard rentals and lessons, sled dog rentals, night skiing, and a complete retail shop with demo equipment available. *Greenwich* • 518-692-7337 • [willardmountain.com](http://willardmountain.com)

**Winter Raptor Fest**  
Live Bird of Prey programs raise awareness of endangered and threatened birds of Washington County Grasslands Important Bird Area. Visit our booth to learn more about the festival on March 12-13, 2011 and experience fun pre-event activities at the Winter Expo. *Fort Edward* • [winterraptorfest.com](http://winterraptorfest.com)

**YMCA Camp Chingachgook on Lake George**  
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7TH ANNUAL CRYSTAL LAKE TRIATHLON *continued*

Table of triathlon results for the 7th Annual Crystal Lake Triathlon, including categories like Male Age Group 30-34, Female Age Group 30-34, etc.

2ND ANNUAL XTERRA LAKE PLACID TRIATHLON & 5K/10K TRAIL RUN

August 21-22, 2010 • Olympic Speedskating Oval, Lake Placid

Table of triathlon and trail run results for the 2nd Annual Xterra Lake Placid Triathlon & 5K/10K Trail Run, including categories like 1500-Meter Swim, 20-Mile Mountain Bike, etc.

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BUSINESS DIRECTORY

Albany's Indoor RockGym advertisement featuring a photo of a person climbing and listing services like birthday parties and school functions.

Ron Houser, C. Ped. advertisement for a board-certified pedorthist offering custom footbeds and orthotics.

Join the Club advertisement for the Out of Control Ski Club, offering up to 60% off on lift tickets.

FATEAGUE FOTOS advertisement for event photography by Brian Teague.

Hudson-Mohawk Road Runners Club advertisement for membership and race information.

Large advertisement for Cummings Advertising Art Inc. featuring a large 'C' logo and contact information.

Visit Long Lake advertisement featuring a silhouette of a hiker and the text 'A Real Adirondack Experience'.

McDonough's Valley Hardware advertisement for an Adirondack department store.

**THE NON-MEDICATED LIFE**



# A Strategy for Sustainable Healthcare

by Paul E. Lemanski, MD, MS, FACP

*This is the 39th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.*



selling a food product than a whole food, and more interested in playing to convenience than to health.

In the last 30 years the incidence and prevalence of obesity has increased dramatically in America. The availability of drinks sweetened with sugar, the increase in portion size, the promotion of fast foods, the increase in food products, and a concomitant decrease in physical exercise all have contributed to this problem. With the increase in obesity has come an increase in the related diseases of diabetes, hypertension, high cholesterol, sleep apnea and heart disease. Most of the diseases and chronic problems for which physicians treat patients with drugs, as well as the medical and surgical procedures, for which they are sent are a direct result of lifestyle choices that are not consistent with good health. Yet these diseases and chronic problems as well as their cost are in large part preventable with low tech, low cost changes in diet and lifestyle.

Diabetes is perhaps the most telling example of just such a preventable disease. Its prevalence in the population has increased dramatically as a function of increasing body weight. Currently, there are 20-million Americans with diabetes and there are 40-million with metabolic syndrome or pre-diabetes. Those with metabolic syndrome are converting to diabetes at the rate of 11-percent per year. Within ten years there will be 60-million people with diabetes, less the ones who die. In those people with metabolic syn-

drome who are obese, a weight loss of just 20 pounds can reduce the conversion to diabetes by 57-percent. To allow a disease such as diabetes to increase unchecked in the population is non-sustainable from a financial standpoint.

In order to make healthcare sustainable, I would respectfully suggest that we need a strategy that allows our population to grow increasingly healthy, not increasingly sick. Given half a chance, the human body has remarkable recuperative and healing powers. But to function optimally the human body has metabolic tolerances, which are as important as the mechanical tolerances in the pistons and cylinders of a high performance engine. Even ten to 15 pounds of unneeded body weight will bring in to play secondary biochemical pathways, which while still allowing us to function do so at some significant cost to health.

Moreover, while it would be wonderful if true, the recuperative powers of the human body aren't tapped through natural supplements or medications. These powers are certainly not tapped by sitting on a sofa watching TV. These powers are tapped by a healthy diet, a healthy weight, moderation and daily exercise. This is a simple prescription, but apparently difficult to implement with consistency. Nevertheless, it is the cost we must be willing to pay to ensure a modicum of health and thus sustainable health care. Otherwise, we will need to rely on the proverbial bottle of pills and a fist full of dollars to try to avoid the consequences of our most serious health care problems. 🌱

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

In the first 38 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications. Even more importantly, however, I believe that embracing the non-medicated life may perhaps provide one of the few viable strategies to make healthcare affordable in the future and thereby create a truly sustainable healthcare.

Sustainability is a concept typically applied to the environment but increasingly to other areas of human life. Sustainability suggests that there are actions, policies, and strategies both on the level of the collective and the individual, which serve to meet the present needs of society without compromising the ability of future generations to meet their needs. Sustainability suggests that resources be used in a responsible way which preserves non-renewable resources maximally for use by future generations while promoting renewable resources wherever possible.

Unfortunately, today Western civilization is involved in multiple actions, policies, and strategies that are not sustainable. Several examples come to mind. Our use of oil is most definitely not sustainable. At our present rate of use, 50 to at most 100 years of oil remain. Likewise our treatment of our own waste and refuse is not sustainable. There is only so much land to convert to landfills. Our economic practices are not sustainable. One can't spend more money than you have without passing the bill onto future generations. I would suggest that our healthcare in its current form is also not sustainable.

Our current healthcare system uses an insurance model to ensure its economic viability. As such, theoretically each individual in society pays a small amount of money into the system, which supplies the funds to care for the individual when sick. This insurance model works because the number of healthy individuals far exceeds those who are sick. However, if there is an increase in the number who are sick, then this model becomes economically unsustainable.

Unfortunately, our population is getting sicker despite significant improvements in our medical technology and the ability to manage disease. The regrettable increase in the number of sick individuals is a direct result of poor choices of diet and lifestyle that are made on a daily basis. Moreover, these poor choices are supported and reinforced by a food industry generally more interested in

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## COMMUNITY

## Throw the Bouquet 5K



by Roxanne Gillen

**O**n August 14, I took the best run of my life – a run to the altar.

Ed and I had been together for a couple of years before he proposed in April. Each of us had been married once before in a traditional style wedding so this time around we decided to have a different type of celebration. We are both involved in Hudson-Mohawk Road Runners Club and Albany Running Exchange, and we've made many friendships through the clubs, so we decided to make our wedding a 5K trail run at one of the most beautiful places we could think of – the Landis Arboretum in Esperance.

Ed and I had been to the arboretum on long romantic walks and had great memories of our time there. This is where we wanted to exchange our vows. With the help of the wonderful volunteers at Landis Arboretum and Josh Merlis of ARE, we had a wedding to plan and a 5K run to direct.

Naturally, invitations needed to go out. We decided that since our wedding included a run, our invitation would take the appearance of a race application. Family and friends got a big laugh when they opened it up, and we had to remind them that they needed to return it to us. We ordered bibs, designed our own technical T-shirt, and purchased packets to stuff – that included a CD with our favorite running mix. We even had our own packet stuffing party.

The Friday before the wedding/run, Ed and I went out to mark the course with directional flags, cones and tape. Landis Arboretum hosts a 5K trail run every year, so we were fortunate that the race director shared his course map. Most couples have rehearsal dinners, we marked our course!

The big day arrived and we headed out to the arboretum to decorate for our reception. Our table centerpieces were running sneakers with mums in each sneaker, and everything looked beautiful. The weather was perfect – low 80s, no humidity and sunny. Our guests started arriving and were directed to Marcia Adams (HMRRC volunteer coordinator) at the registration table to pick up their packet. Yes, all guests, whether running or not, were assigned a bib to wear for the race. It was fun watching them open the packets to find their unexpected race goodies.

Time for the bride and groom to get ready! Most brides need to worry about getting their hair done hours before the wedding, but not this bride. My wedding hairstyle consisted of a simple ponytail with a 'Bride' baseball cap and attached veil. My wedding dress was amazing! I wore a running top and running skirt, socks and white sneakers. My whole wedding ensemble was the cutest wedding outfit I could have ever dreamed of. Ed's outfit consisted of black running shorts and white running shirt, new sneakers, and a 'Groom' baseball cap. He looked awesome!

Before I got dressed I was presented with a large white bow from one of my friends.

She asked if I would attach it to my running skirt and wear it as a train. To my surprise, all of my female running friends wore the same bow in different colors to match their running outfits. They were my "trail maids." They all looked beautiful and it was a wonderful surprise to me.

Once dressed, I was off to the 500-year old oak tree to meet up with my handsome groom. My brother drove me to the beginning of the trail and my two boys met me – both dressed in running gear – and walked me up to the oak. Next to Ed, stood his son Frank, and under the oak were all of our family and friends dressed in running gear. Even the non-runners were dressed in sneakers and shorts, some wanting to walk the beautiful trails.

Our wedding vows were just what we wanted: simple and spiritual with a lot of meaning to us. Everything was perfect and I became Mrs. Edward Gillen! After our ceremony and a short walk to the start line, our 5K was about to begin. All of our friends felt that the right thing to do was to run behind us. We told them that if they did that they would lose out on the wonderful prizes that we had. Yes, we had prizes for the top three male and female runners.

After a quick running prayer and a throw of the bouquet, off we went. It was so nice having the people that are so special to us running in our wedding. My son David even gave it the old college try and ran the first mile. Our non-running family and friends walked the trails and enjoyed the beautiful views. Our 5K had a water stop with champagne glasses filled with Gatorade and water. Ed and I stopped and had our first toast together as Mr. and Mrs. Gillen. We came over the finish line to our new beginning. Our finish was announced by Josh and the ARE crew with wonderful music and a finisher's clock.

Once the results were posted and we finished our meals, the award ceremony began. Our awards were coffee mugs with gift cards inside the mug. Our winners also received the most beautiful bouquets made by one of our guests, Gail Hein. A race titled "Throw The Bouquet 5K" had to have bouquets as prizes!

After the award ceremony, we cut the cake. The top of the butter cream cake had the logo that also adorned the shirts that each guest received. The cake was perfect for the occasion. After the cake cutting, the music and dancing began and we danced the afternoon away in the beautiful open fields of Landis. What a wonderful wedding! 🌿

Roxanne Gillen (edgillen7@aol.com) lives in Guilderland and is the race director for the Community Resource Father's Day 5K.

## RUNNING &amp; WALKING

## Warrior Dash



◀ AUTHOR DEBRA-JANE BATCHER WITH DONNA CHARLEBOIS OF EAST BERNE, ROXANNE GILLEN OF GUILDERLAND AND OTHER WARRIORS.  
PHOTO BY MAUREEN COX

## Water, Fire and Mud

by Debra-Jane Batcher

**I**t took my breath away – the water was that cold. And deep! I couldn't touch the bottom without going over my nose. The initial plunge was thrilling and I gasped for breath and then laughed. This was fun, fun, fun! Challenging and doable I dragged myself up the steep wooden platform out of the pond, grateful that my quad was quieted by the cold water.

This was the Warrior Dash at Windham Mountain in Windham, and I (female, 51 years old) was having the time of my life. On September 18, the Warrior Dash arrived with close to 15,000 registrants for two days of racing. Half-hour heats of a few hundred warriors each were released by huge surges of jet flames and glorious fan fare.

Springing forward upon release with warrior whoops and cries, we the warriors took on the first challenge: a hill. This wasn't just any hill, it was long and steep, and it rose up a good mile – and took down every warrior. They should call it "Humble Hill" because that hill humbled even the most muscle bound and lithe legged warrior around. Everyone at some point walked.

During my humbled dash up the hill I reflected on several conversations I had with my warrior girlfriends. Some were worried warriors who were concerned they wouldn't be strong enough for this race. We were all doing lots of push-ups. But would it be enough?

I, in my ignorance (or should I say arrogance) assured everyone that this would be an easy race because "If it was too challenging, it wouldn't be safe." Humble Hill got my attention really quick: this race was definitely challenging and it wasn't safe.

Once up the hill, over the tires, over the warrior wall, and through the tunnels (annoying and tweaked my quad) we plunged into "Slithering Swamp." The swamp was really a cute, little, frigid pond, which was deep in the middle. Now we were having some fun!

With the healing balm of the frigid water encouraging my steps I surged forward and blessedly down the hill. Now the Warrior Dash was living up to its name and reputation. What goes up usually goes down and so did Humble Hill. As we descended we dragged our sorry bodies up and down rope walls, across long plank bridges, dodged slippery muddy rocks, rocked down steep declines: quads, calves and hams afire. The warrior within each of us was very happy and having such warrior fun because it was

not all that safe and not all that easy. Some warriors took to walking and that was okay.

The last three obstacles of the race started with the "Catskill Skid" – a great big plastic downhill slide ending with a muddy pit to land in. Some warriors totally flew down the slide, others like me "stuck" to the slide, and had to push themselves down – ugh! Next time I will take a running leap onto the slide and hopefully land face first into the pit. Just like a real warrior. Next after the slide (this was the only thing I was afraid of) were two walls of fire. The fire was a lot taller than the pictures show. I actually hesitated before jumping over and probably singed the bottom of my shoes.

The second wall was easier and I achieved some serious height on my jump. The last obstacle was the "Muddy Mayhem" mud pit. Though it was contrived; a man-made pit watered, and soiled over and over by warrior assistants, judiciously ornamented and sporadically laced with barbed wire across it and about two feet above it. It was a glorious warrior mud bath! Warriors arose from the pit crowned from head to foot with dirty, slimy, slick, mucky mud, and they couldn't be happier. And I was one of them – a warrior baptized in a frigid pond, burned by fire and crowned in mud. What more could a warrior want?

There are, as we all know, other warrior desires and one is BEER. Warriors need beer especially after working really hard to prove one is a real warrior. Smartly, the Warrior Dash provided lots of beer. The first one was free (included in your registration) and the rest was up to you. By the time the award ceremony took place many warriors had rewarded themselves well. I had to wait around for the ceremony as I had placed second in my age-group. (They don't mail the awards. One must be present to receive it.) The award was a cute, little metal helmet and stand. Going up on stage to receive it was much harder than the race itself. My legs were shaking; they never shake when I run. But this warrior likes bling and I wanted that helmet! I have it at work, on my desk, to remind me when I need the warrior within, she will arise and she doesn't need to be a muddy mess to prove it. 🌿

Debra-Jane Batcher (im.anarkhia@gmail.com) is a female warrior who runs whenever possible. She has a husband, two sons and a dog named Frank which comprises her East Berne household. She is tolerated and loved.

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