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2010



☒ HAVING FUN DURING THE CAMP SARATOGA 8K SNOWSHOE RACE AT THE WILTON WILDLIFE PRESERVE AND PARK IN 2009.

PHOTO BY BRIAN TEAGUE

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2011 SNOWSHOE RACING SEASON

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Back to the Future by Laura Clark

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Top Finishers in 20-Plus Events

In the Stephen Spielberg trilogy, *Back to the Future*, a teenager travels through time and must correct the results of his interference, lest his present become mere speculation. While for now this remains mere conjecture, it is interesting to note how fluid past, present, and future are even in a pre-time travel era.

We all know that prehistoric migrants crossed the Bering Sea on snowshoes, that early French explorers raquetted their way to North American fur trade empires, and that Rogers' Rangers, the original Special Forces unit, achieved enviable winter snowshoe maneuverability in the French and Indian War.

However, the extent to which the more recent past has jettisoned from present knowledge was brought to my attention by my Saratoga Library used book store discovery of *The Snowshoe Book*, authored by William Osgood and Leslie Hurley, veterans of World War II's storied 10th Mountain Division. Well before the recent resurgence of sleeker models, snowshoeing thrived throughout early 20th century Canada and New England.

Competition consisted of track events supplemented by a longer "forced march" of one-mile. It is truly mind-boggling to imagine running in raquetts at least ten inches wide and 33 inches long compared to modern 7-inch by 21-inch running models. Amazingly, the best sprint times were only seconds off current sneaker track records, but as the distances got longer, lag time predictably increased.

I was even more impressed, however, by the sheer inventiveness of earlier enthusiasts, as evidenced by black and white photos of snowshoe hurdlers. One Corinth resident told me of the "bigfoot softball" games of his youth, the main hazards being losing the white ball in a snowbank and backing up to catch a fly. The authors also describe several family snowshoe games. One, "Fox and Geese," involves patterning a large circle with wagon wheel spokes. Generally, the fox sticks to the middle trying to catch the circling geese. This was a game my Mom

played with all the neighborhood children, albeit in boots, and I can't help but wonder if she had seen it snowshoed when she was a girl.

Closer to the spirit of the Northeast's 2011 **Dion Snowshoe Series** at dionsnowshoes.com for runners and walkers, however, were New England's early snowshoe clubs. Participants would meet once or twice a week with a different member responsible for selecting the route. At the halfway mark they would stop at a farmhouse or inn for supper and then hike back by a different path, preferably one which included a fun downhill slide. Details are sketchy so I can only wonder if the groups tested the newly invented electric flashlight or if they were more adept than us at seeing in the dark.

While our snowshoe race series is strictly a daylight venture, some of the same folks tend to attend week after week, making for a friendly family atmosphere. Most outings are followed by a hearty feast, with participants taking turns supplying their specialties. With one two events scheduled every week throughout New York, western Massachusetts and New England, individual race directors take care to showcase scenic landforms and historical features of their particular area, and often tweak the route from year to year. The **Western Massachusetts Snowshoe Series**, sponsored by Dion Snowshoes, has events in Massachusetts, New York and New Hampshire. Visit runwmac.com for the latest updates and to review past *SnoNews* for "fact, fiction and otherworldly gossip."

Despite the passage of time, however, we still know how to innovate. Last year, for example, Jim Carlson of the Saratoga Stryders introduced the "target" by affixing a black and white shooter's bullseye to the back of a standard orange safety vest. The person who was "it" would slip on the target and then pass it to someone else at the next race. I must admit I thought it a screwball idea, but since Jim was my friend, I good-naturedly donned the vest thinking that I only would have to do it once.

Amazingly, the target functioned somewhat like Clark
See SNOWSHOE RACING, 8

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BILL DEMONG AND
TIM BURKE AT THE
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COMPLEX IN
LAKE PLACID.
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Nordic Ski Centers Ready for New Season

By Ron Farra

When cross-country skiers and snowshoe enthusiasts return to their favorite Nordic ski centers each winter they are ready to enjoy their winter sport, but also to see what's new. Every center performs maintenance tasks during the non-snow months like painting and repairing buildings and equipment. Changes such as new trails, new groomers, trail widening, and spruced-up lodges will be obvious, while other area improvements will be appreciated as more efficient and pleasurable skiing days are experienced.

At **Lapland Lake Nordic Vacation Center**, near Northville instructors and staff are ready to assist as you return to the trails or venture into skinny skiing for the first time. They've added 2.5K of new ski trails while several trails were redesigned and widened by owner/operator Olavi Hirvonen. The wider trails will accommodate the new Husky Snowcat groomer and offer an improved surface for skate skiing. The gentle Lake Trail is illuminated nightly for overnight guests and for the general public on some Saturday nights. Several improvements have been made to the Finnish-style tupas (cottages). Lapland Lake offers lunch and dinner at Tuulen Tupa Grill and après-ski activities. They offer free season passes to children 17 and under when a parent purchases a pass. In addition to skiing and snowshoeing, Lapland has sledding, ice skating, snow tubing, wilderness ski touring, kick sledding, and napakikku on the ice pond. Pulk sleds are also available for parents planning to bring along infants and small children. Visit: laplandlake.com.

Pineridge Cross Country Ski Area in East Poestenkill offers 35K of groomed trails for classic skiing, 20K of lanes packed for skating, and 15K left ungroomed for great snowshoeing. Owner, Walter Kersch, said skiers will now be able to ski all of Scouting Trail and a new trail called, Loop 'd Loop. When schools are closed, kids and adults are encouraged to "dig out" and go to Pineridge to earn special snow day discounts. At the Pineridge Ski Fest

on Jan. 8-8, they will provide free beginner lessons and a free clinic on downhill technique. Pineridge will continue to offer waxing clinics, learn to ski days, moonlight ski/snowshoe tours, a woman's ski day, and guided snowshoe hikes. This year Pineridge and the non-profit Rensselaer Plateau Nordic will be assisting families with an affordable opportunity for children in an entry-level, recreation ski program (rensselaerplateaunordic.org). Visit: pineridgec.com.

Art Jubin, owner of **Cascade Cross Country Ski Center** near Lake Placid, is entering his 32nd year providing excellent Nordic skiing on 20K of groomed trails. From Cascade, skiers can connect with the Olympic Sports Complex and Jackrabbit trails. Cascade's popular full-service restaurant has spectacular mountain views, and they have a complete ski shop for rentals and sales and several cozy bunk rooms. You can join the locals who will celebrate Full Moon Parties on Jan. 22 and Feb. 19 with a moonlight ski/snowshoe tour featuring bonfires, food/drink and live music. Visit: cascadeski.com.

At **Garnet Hill Lodge and Vacation Center** in North River, owner Mary Donnellan and staffers are busily preparing the 55K of trails. The vast system offers a wide variety of experiences, from gentle flats and slopes to wilderness ski trips, including their guided ski tours from Gore Mountain back to Garnet Hill. Ice skating, tobogganing, "ski-shoeing," and dog sledding are available, as well as ski/snowshoe rentals and lessons from their ski shop. The Log House Lodge offers an opportunity for an experience of what life was like at one of the grand hotels with its cozy rooms, homemade meals, and the ambiance of an Adirondack ski lodge. Visit: garnet-hill.com.

At the **Olympic Sports Complex** outside Lake Placid, skiing Mt Van Hoevenberg's Olympic trails can be a thrill on the same groomed trails skied by many American and international ski champions, including local Nordic Combined silver and gold medalist, Billy Demong, and

world champion biathlete, Tim Burke. Take a lesson with instructors from the center's ski school. With their Biathlon Clinics you can take a freestyle lesson and then head over to the biathlon range to learn about the Nordic rifle and ski sport – and test your shooting skills. The 29th annual Lake Placid Loppet featuring 25K and 50K classic and freestyle racing is Feb. 5. Visit: whitefacelakeplacid.com.

At the **Dewey Mountain Recreation Center** near Saranac Lake, Billy Demong recently took part in the Build a New Lodge Campaign at his hometown ski area to build a lodge that better serves Dewey's expanding uses. "We have come to recognize that Dewey has served for many years as a training ground for lots of great Nordic skiers," said Steve Doxzon, owner of Adirondack Lakes and Trails Outfitters, who manages Dewey in the winter. The Dewey Mountain Youth Ski League recently used the center's Facebook account to showcase "Moose Juice" a video of ski games showing that "Learning to cross-country ski can be great fun." The warming lodge offers rental skis/snowshoes and hot beverages. Visit: deweyskicenter.com.

Osceola Tug Hill Cross-Country Ski Center in Camden receives an average of 300 inches (25 feet!) of snow on the 40K trail system. They now boast "The largest selection of cross-country ski equipment in New York," that's 450 pairs of skis, boots

and poles. "We have lots of rental equipment, and when you buy here we apply all rental fees paid to the purchase price," said owner Hugh Quinn. They invested in heavy-duty snow grooming equipment, which quickly turns the big snowfalls into super conditions. "Ski aficionados from the region as well as other states flock to Osceola for our consistently enjoyable snow," Hugh claims. This season, Osceola has a new ski trail – and cell phone service. Snowshoeing is not allowed. Visit: uxcski.com.

At **Tree Haven Trails** in Hagaman, Bob's Trees is where you can find 42K of groomed classic and skate ski trails, as well as four miles of snowshoe trails. Owner Bob Eaton's trails meander through evergreens, woods and brooks. Tree Haven has a warming lodge with snack bar and rentals. Visit: bobstrees.com.

Oak Hill Farms Cross-Country Ski Center in Esperance, offers 30K of groomed trails that wind through woods, orchards and open fields with great views. Oak Hill is open on weekends with a warming lodge, snack bar and rentals. Visit: oakhillxc.com.

The **BREIA Cross-Country Ski Trails** in Boonville has 50K of groomed trails and warming huts for classical skiing and snowshoeing. There are three trail systems in diverse landscapes, and trail and facility access is free. Visit: breiaxcountryski.org.

In Lake Placid, these smaller areas also offerskiing: **Whiteface Club & Resort's Nordic Center** (whitefaceclubresort.com) with 15K of gentle, groomed trails and ski/snowshoe rentals and lessons, and **Lake Placid Club Nordic Center** (lakeplacidcp.com) in Lake Placid with 20K of groomed trails for skiing and snowshoeing with rentals.

While not a ski center, the **Jackrabbit Trail** (lakeplacid.com) links Keene, Lake Placid and Saranac Lake. The Adirondack Ski Touring Council maintains 55K of trails through ungroomed backcountry trail and groomed ski centers. It's no charge except for through the ski centers. Snowshoeing is permitted. 🌲

Ron Farra (rfarra@nycap.rr.com) lives in Saratoga Springs and enjoys snowshoeing, skiing, hiking, biking and kayaking. He is the co-author of Winter Trails New York: The Cross-Country Ski & Snowshoe Trails with his wife, Johanna.

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Publisher/Managing Editor: Darryl Caron
Editor/Marketing Manager: Mona Caron
New Media Intern: Hillary Mann
Contributing Writers:
Laura Clark, Ron Farra, Bill Ingersoll,
Josh Merlis
Contributing Photographers:
Bill Ingersoll, Brian Teague
Web Designer: Hillary Mann

Circulation: Joan Caron, Mandy Jeffries,
Sheela Kulkarni, Sudhir Kulkarni,
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Calendar of Events
 December 2010 - February 2011

DECEMBER 2010							JANUARY 2011							FEBRUARY 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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12	13	14	15	16			16	17	18	19	20	21	27	20	21	22	23	24	25	26
19	20	21	22	23			23/30	24/31	25	26	27	28	29	27	28					
26	27	28	29	30																

ALPINE SKIING & SNOWBOARDING
ONGOING

- Sun Okemo Funday Trips:** 1/2, 1/9, 1/23. Goldstock's Sporting Goods, Scotia. 382-2037. goldstockssportinggoods.com.
- Sun Ski Bus Trips:** 1/9: Okemo; 1/23: Okemo; 2/6: Stratton; 2/13: Mount Snow. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinessportshop.com.
- Wed "Why Not Wednesdays."** \$38 ticket w/Coca-Cola product (not 12/29 or 2/23). Gore & Whiteface.
- Thu 2-for-1 Skiing.** 4-9pm. Willard, Greenwich. 692-7337. willardmountain.com.

DECEMBER

- 18 Free Clinic: Ski Edging by Hand.** 10am. Plaine and Son, Schenectady. 346-1433. plaineandson.com.
- 18 Lumberjack Log Jam for Skiers/Riders.** 11:30am. Gore, North Creek. 251-2411. goremountain.com.
- 26 Find Santa on the Slopes.** Family fun. Oak, Speculator. 548-3606. oakmountainski.com.
- 27 Night Time Rail Jam for Skiers/Riders.** 4-9pm. West, Queensbury. 793-6606. skiwestmountain.com.
- 28 Hot Dog Race.** 10am. Age 7-under. Family fun race. Oak, Speculator. 548-3606. oakmountainski.com.
- 28 Burton Snowboards Demo Day.** Gore, North Creek. 251-2411. goremountain.com.
- 29 Burton Snowboards Demo Day.** Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 29-30 NATO Telemark Workshop.** Bromley, Manchester, VT. 802-824-5522. bromley.com.
- 30 Willie Bear Race.** 10am. Age 12-under to win Willie Bear. Oak, Speculator. 548-3606. oakmountainski.com.
- 31 NYE Rail Jam for Skiers/Riders.** 4pm under the lights. Oak, Speculator. 548-3606. oakmountainski.com.
- 31 Kids' & Staff Torchlight Parades & Fireworks.** 6pm. Oak, Speculator. 548-3606. oakmountainski.com.

JANUARY

- 1 Nachtspektakel Ski Tour w/Dynafit.** 4:30pm. Telemark up to Mid-Station and ski down w/headlamps. Dinner, guides, demos. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 1 New Year's Tubing Party.** 6pm. Half-price tube/ski tickets. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 2 Super Sunday: Island Madness Theme.** \$35 tickets, slope-side games & park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 7 Friday Night Rail Jam Series #1.** Jiminy Peak, Hancock, MA. 413-738-5500. jiminypeak.com.
- 8 Free Clinic: Basic Ski Tuning by Hand.** 10am. Plaine and Son, Schenectady. 346-1433. plaineandson.com.
- 9 Goldstock's Sporting Goods Demo Day.** Gore, North Creek. 251-2411. goremountain.com.
- 15 Rail Jam for Skiers/Riders.** 4pm under the lights. Oak, Speculator. 548-3606. oakmountainski.com.
- 16 Coca-Cola Fireworks & Torch Parade.** 4:45pm. Sat: Burton Demo Day. Sun: USASA Skier/Boardercross. Gore, North Creek. 251-2411. goremountain.com.
- 18-23 Take Your Daughter to Gore Week.** 19-under free w/parent. Gore, North Creek. 251-2411. goremountain.com.
- 20-23 Winter Dew Tour: Superpipe & Slopestyle.** Killington, VT. killington.com.

- 21-23 FIS Nature Valley Freestyle World Cup.** Fri: Aerials, Olympic Jump Complex, Lake Placid. Sat/Sun: Moguls, Whiteface, Wilmington. 523-1655. whitefacelakeplacid.com.
- 22 Retro Race.** 80s theme w/race & disco party. Oak, Speculator. 548-3606. oakmountainski.com.
- 22-23 Master the Mountain: Alpine Ski Camp.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 22-23 Master the Mountain: Snowboard Camp.** Int./adv. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 22-23 Adult Racing Camp.** Int./adv. skiers/coaches. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 23 St Jude Ski Express.** Jiminy Peak, Hancock, MA. 413-738-5500. jiminypeak.com.
- 28 Night Time Big Air for Skiers/Riders.** 4-9pm. West, Queensbury. 793-6606. skiwestmountain.com.
- 29-30 Alpine Skiing Camp for Women.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 29-30 Burton Learn-To-Ride Snowboard Camp for Women.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 29-30 Intro to Telemark Skiing Camp.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 29-30 Slopestyle Ski/Ride.** Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 29-30 NATO Telemark Workshop.** Bromley, Manchester, VT. 802-824-5522. bromley.com.

FEBRUARY

- 4 Ski Bus Trip: Bromley "Chicks on Sticks/Mom's Day Off."** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinessportshop.com.
- 4 Bromley: UR Mom's Day Out Ski Trip.** Goldstock's Sporting Goods, Scotia. 382-2037. goldstockssportinggoods.com.
- 5 Sacandaga Challenge.** Family fun race. Oak, Speculator. 548-3606. oakmountainski.com.
- 5-6 Burton Learn-To-Ride Snowboard Camp: Coed.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 6 Super Sunday: Super Bowl Theme.** \$35 tickets, slope-side games & pipe/park events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 12-13 Master the Mountain: Ski & Snowboard Camp.** 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 12-13 Burton Master the Mountain: Snowboard Camp.** Int./adv. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.
- 13 USASA Slopestyle for Skiers/Riders.** 9am-3pm. West, Queensbury. 793-6606. skiwestmountain.com.
- 18 50th Anniversary Party: Fire on the Mountain.** 7pm. Torchlight parade, fireworks, music w/The Audiostars. West, Queensbury. 793-6606. skiwestmountain.com.
- 18 Full Moon Ski Bowl Party.** 6pm. Gore, North Creek. 251-2411. goremountain.com.
- 19 Presidents' Day Torchlight Parade.** Oak, Speculator. 548-3606. oakmountainski.com.
- 20 Freeheel Festival w/Inside Edge & Gear Source.** Demos, beginner clinic (9:45am), int./adv. clinic (1:15pm) & race (10am). Gore, North Creek. 251-2411. goremountain.com.
- 26 Dummy Big Air Contest.** Oak, Speculator. 548-3606. oakmountainski.com.

BICYCLING & MOUNTAIN BIKING

DECEMBER

- 26 Xmas Madness Mountain Bike Race.** 9am. Plaine and Son: Demo Specialized Bikes: 8am. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.

JANUARY

- 2 "The Snow Won't Stop Us" Mountain Bike Dual Slalom.** 10am. Gore, North Creek. 251-2411. goremountain.com.
- 8 "First Century" Bike Ride.** 100M. 8am. Schuylerville. Adk Ultra Cycling. John Cecer: 583-3708. adkultacycling.com.

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- 19 Snowball Express.** 100M. 8am. Schuylerville. Adk Ultra Cycling. John Cecer: 583-3708. adkultacycling.com.



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APRIL

- 10 Tour of the Battenkill: Pro/Am Races.** 82M. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 16 Tour of the Battenkill: Womens' Pro & Mens' Pro.** Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

CROSS-COUNTRY SKI RACING ONGOING

- Tue Graymont Night Races.** 5:30pm. Skate: 1/4, 1/11, 1/18. Classic: 1/25. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.

DECEMBER

- 18 World Famous Osceola Xmas Race.** 5K classic. 11am. Osceola Tug Hill, Camden. 315-942-5570. nyssranordic.com.
- 18 Ski Orienteering Meet.** 12pm. 2-3K. Lapland Lake, Northville. Eric Hamilton: 383-8565. empo.us.orienteering.org.

JANUARY

- 1 New Year's Resolution Freestyle Race.** 10K/5K. 12pm. Old Forge. 315-369-3624. nyssranordic.com.
- 1 Top of the Morning 5K Freestyle Race.** 12pm. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 2 Glenville Hills Freestyle Race.** 10K/5K. 10am. Glenville. Lonie Hojnacki: 393-8329. nyssranordic.com.
- 8 JOQ Freestyle Race.** 8K/5K. 10am. Crandall Park, Glens Falls. Bob Underwood: 656-3127. nyssranordic.com.
- 8 Saratoga Biathlon Sprint.** 10K. 11am. Saratoga Biathlon Center, Day. 643-8477. saratogabiathlon.com.
- 9 HURtathon Pursuit Race.** 10K classic/skate. 10:30am. Lake George E.S., Lake George. nyssranordic.com.
- 14-15 NYSEF Harry Eldridge Classic Races.** 10K/5K. Olympic Sports Complex, Lake Placid. nyssranordic.com.
- 22 Great Sacandaga Mini-Marathon.** 30K/15K free. 11am. Saratoga Biathlon Center, Day. 696-5495. nyssranordic.com.
- 22 Try-It 13K Classic & Freestyle Race.** 9:30am. Winona Forest Mannsville. 315-243-5235. winonaforest.com.
- 23 Shenendehowa Classic Ski Race.** 11am: 5K scholastic & 10K open/masters. NYSSRA Series. Saratoga Biathlon Center, Day. Jim Flaherty: 877-8476. skireg.com.
- 28-29 30th TD Bank Craftsbury Marathon.** Sat: 25K/50K classic race. Fri: Dash for Cash 200m Skate. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 29 Holland Patent Classic Race.** 10K/5K. Trenton Fish/Game, Trenton. 315-896-2814. wolverineskiclub.com.
- 29-30 Nor-Am Biathlon.** 10am. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.
- 30 Higley Hustle Ski Festival.** 10K/5K classic. 10am. Colton. 315-262-2362. higleyassoc.org.

FEBRUARY

- 4 Lake Placid Loppet: Waxing for Race Day Clinic & 0.5K Kids' Race.** 6:30pm. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- 5 29th Lake Placid Loppet.** 50K classic: 9am. 25K classic: 9:15am. 50K freestyle: 10am. 25K freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- 5 Old Forge JOQ Champs.** 5K classic. 12pm. McCauley, Old Forge. 315-369-2134. nyssranordic.com.
- 6 Dewey 5K Freestyle Ski Race.** Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 12 Tupper Lake Classical Race.** Tupper Lake. nyssranordic.com.
- 12-13 Saratoga Biathlon.** Sat: 7.5K Individ. Relay. Sun: 20K Individ. 11am. Saratoga Biathlon Ctr., Day. saratogabiathlon.com.
- 13 Winter Carnival Ski Races.** 10am. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.

MARCH

- 12-13 NYSSRA Champions Cup.** Biathlon sprint/relay, ski orienteering, club relay, 21K classic ski race. Olympic Sports Complex, Lake Placid. nyssranordic.com.

CROSS-COUNTRY SKI TOURING

ONGOING

- Su, Mo XC Ski Tours: Aiken Wilderness.** Woodford, VT. Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.
- Thu Soup-er Senior Ski/Snowshoe Days: 1/6-3/10.** Lapland Lake, Northville. 863-4974. laplandlake.com.
- Fri Night Ski Jam.** 6:30-9pm. 1/7, 1/21, 2/4, 2/18. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- Varies XC Ski & Backcountry Touring Lessons.** Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.
- Varies Be A Biathlete Clinics.** 1pm. Freestyle & range lessons. 12/18, 26-31. 1/1-2, 8-9, 16. 2/6, 12-13, 19-23. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.

DECEMBER

- 26 Olavi's 80th Birthday Celebration.** 1:30pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 31 New Year's Eve Celebration w/bonfire.** 7pm. 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 free to first-timers. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 8-9 Pineridge Ski Fest.** Free Beginner Lessons: 11am & 1pm. Free XC Downhill Clinic: 12pm. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 10 Womens' Learn to Ski Day.** 11:30am. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 14 Moonlight Ski/Snowshoe.** 6-9pm. Snowshoe tour: 7pm. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 15 Lapland Ladies Love to Ski: Classic.** 9:30am. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 22 Skijoring Clinic w/Denise Erenstone.** 10am-12pm. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 22 Full Moon Party.** Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- 23 1st Paintball 3K Biathlon for Kids/Adults.** 9:30am. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.

FEBRUARY

- 5 Adk Classic Ski Tours: Raquette Falls.** 9M intermediate. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 7 Womens' Skill Building Day.** 11:30am. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 12 Romancing the Snow!** Ski/snowshoe w/dinner. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 13 Beginner Backcountry Skiing.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Lapland Ladies Love to Ski: Classic.** 9:30am. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 19 Full Moon Party.** Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- 22-25 Kids' Learn to Ski Week.** Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 22-25 Lapland Lake Loves Teachers Week.** Lapland Lake, Northville. 863-4974. laplandlake.com.
- 26 Lapland Volunteer Ski Patrol Benefit BBQ.** 12-2pm. Lapland Lake, Northville. 863-4974. laplandlake.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.** Next starts: 1/10: 4-week; 2/7: 2-week; 2/28: 4-week. Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.

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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. 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. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

FEBRUARY

22 Full-Time & Part-Time Morning Class Start. CNW School of Massage Therapy, Albany. 489-4026. cnwsmt.com.

MARCH

21 Part-Time Evening Class Start. CNW School of Massage Therapy, Albany. 489-4026. cnwsmt.com.

HIKING, SNOWSHOEING & CLIMBING

ONGOING

Sun Mt Van Hoevenberg Views Snowshoe w/brunch. 8am. Olympic Sports Complex, Lake Placid. Reserve: 523-2811. whitefacelakeplacid.com.

DECEMBER

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

JANUARY

2 High Peaks Snowshoe: Tabletop. 10M strenuous. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

8 High Peaks Snowshoe: Esther. 9.5M strenuous. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

9 Intro to Backcountry Snowshoeing. Ages 12-plus. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

15 Snowshoe Hike to Perigo Mt. 10:30am. 3hrs. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgeexc.com.

22 Family Snowshoe Day. 10am-3pm. Instruction & snowshoes. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

23 High Peaks Snowshoe: Street & Nye. 8.5M strenuous. Lake Placid. ADK: 523-3441. adk.org.

30 Historic Snowshoe Hike. 10:30am. 2 hrs. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgeexc.com.

FEBRUARY

6 High Peaks Snowshoe: Tabletop. 10M strenuous. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

22 Family Snowshoe Day. 10am-3pm. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

26 Intro to Backcountry Snowshoeing. Ages 12-plus. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

27 High Peaks Snowshoe: Esther. 9.5M strenuous. Adirondack Mountain Club: 523-3441. adk.org.

ICE & SPEED SKATING

ONGOING

Th-Mo Public Ice Skating. 4-6pm (speed skates only) & 7-9pm. Olympic Speedskating Oval, Lake Placid. 523-3330. whitefacelakeplacid.com.

Varies Capital District Speed Skating Club. Knickerbacker Rink, Lansingburgh. Rob Stevens: 937-5880. cdspeedskating.org.

MOUNTAINEERING & WILDERNESS SKILLS

JANUARY

9 Backwoods Tracking & Winter Survival Snowshoe Trek. 9am. Adult/teen. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.

14-16 15th Adirondack International Mountaintest. Mountaineering clinics, slide shows, demos. The Mountaineer, Keene Valley. Rock & River, Keene. 576-2281. mountaineer.com.

22 GPS Skills 101. Member Services Center, Lake George. Adirondack Mountain Club: 523-3441. adk.org.

28-2/3 Winter Mountaineering School. Day Hiking: 1/28-31; Backpacking: 1/28-31; Combo: 1/28-2/3. Adirondack Loj, Lake Placid. ADK: 523-3441. winterschool.org.

FEBRUARY

12 GPS Skills 101. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

19-21 Winter Camping 101 w/Snowshoeing. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

22-24 Winter Wilderness Adventure & Storytelling Camp. 10am. Age 6-8. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.

22-24 Winter Wilderness Adventure Camp. 10am. Age 9-12. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.

MARCH

5-6 9th Adirondack Backcountry Ski Festival. Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.

MULTISPORT: TRIATHLON & DUATHLON

FEBRUARY

13 7th "Love To Tri" Indoor Triathlon. 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.

26 Frigid Infliction Winter Adventure Race. Navigate/snowshoe/XC ski/ropes. Bolton Valley, VT. 802-578-2972. gmara.org.

OTHER EVENTS

ONGOING

Wed "Learn 2 Fly" Ski Jump Clinics w/NYSEF Coaches: 1/5, 12, 18 (Tue), 26. 3-5:30pm. Age 6-plus. Olympic Ski Jumps, Lake Placid. nysefskijumping.blogspot.com.

We-Su Bobsled Ride Experience. Olympic Sports Complex, Lake Placid. 523-4436. whitefacelakeplacid.com.

Sat Skeleton Slide Experience. Olympic Sports Complex, Lake Placid. 523-4436. whitefacelakeplacid.com.

DECEMBER

17-19 FIBT World Cup Bobsled/Skeleton. Olympic Sports Complex, Lake Placid. 523-4436. whitefacelakeplacid.com.

18-19 Snowmobile Hill Climb Racing. 11am. Music, food, tubing. Oak, Speculator. 315-952-0093. shera.com.

25 Luge Rocket Rides: One day only! 1:30-4pm. Olympic Sports Complex, Lake Placid. Reserve: 523-4436 or oscreervations@orda.org.

29 New Year's Masters 90m Ski Jump. 6pm. Olympic Jump Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.

30 NYSEF 90m Ski Jump. 11am. Olympic Jump Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.

30 1st Winter Wars! 1pm. Teams compete in sledding, snowman building, tug-o-war, snow basketball. 18-under. Mt. Sabattis, Long Lake. 624-3077. mylonglake.com.

JANUARY

Varies "Team In Training" Informational Meetings for Grand Canyon Hike; Vermont City Marathon; Rock n Roll San Diego Marathon/Half; America's Most Beautiful Bike Ride; Mooseman Triathlon; Lake Placid Half. Schedule: 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 office, Albany; 1/25, 6pm: Days Inn, Plattsburgh. Robyn Haberman: 438-3583. teamintraining.org/uny.

12-14 America's Cup Bobsled & Skeleton. Olympic Sports Complex, Lake Placid. 523-4436. whitefacelakeplacid.com.

15 Winter Carnival. 11am. Family activities/games, sledding, skating, cardboard box races, fireworks. Long Lake. 624-3077. mylonglake.com.

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Saratoga Springs

Camp Saratoga 8K

Saturday, February 12 at 10:30am
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Fee: \$17 w/shirt or \$20 race day w/shirt if available

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- 21-23 **FIS Nature Valley Freestyle World Cup.** Fri: Aerials, Olympic Jumping Complex, Lake Placid. Sat/Sun: Moguls, Whiteface, Wilmington. 523-1655. whitefacelakeplacid.com.
- 22 26th Winter Festival. 10am-4pm. Sleight rides, dog sled rides, polar plunge. Grafton Lakes S.P., Grafton. 279-1155. nysparks.com.
- 22 Polar Plunge. 1pm. Long Pond, Grafton Lakes S.P., Grafton. Peggy Phillips: 479-3739. friendsofgraftonlakes.org.
- 28-30 **Adk Ice Bowl Pond Hockey Championship.** The Woods Inn, Inlet. 315-357-5300. adirondackicebowl.com.

FEBRUARY

- 19-20 **Adirondack Bank Sled Dog Races.** Murdock Trucking, Inlet. Town of Inlet: 315-357-5501. nesdc.org.
- 19-20 **Winter Carnival.** Frying pan toss, golf drive, tug-o-war, fireworks. Raquette Lake. 624-3077. mylonglake.com.
- 25-27 Empire State Winter Games. Lake Placid & Wilmington. empirestatewintergames.com.
- 26 **Frozen Fire & Lights.** 12-5pm, Fern Park: Sled, skate, snowshoe, XC ski, bonfire. 5-8pm, Arrowhead Park: Fireworks (7pm), bonfire. Inlet. 315-357-5501. inletny.com.

RUNNING, SNOWSHOE RACING & WALKING
ONGOING

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

DECEMBER

- 18 **14th Albany Last Run 5K.** 5pm. Empire State Plaza, Albany. Melli Rose: 434-5415. albanyevents.org.
- 18 Adirondack Medical Center 5K Jingle Bell Run. 8:30am. Public Beach, Lake Placid. 897-2483. amccares.org.
- 26 **"I Love Woodford" Snowshoe Race.** 3M. 10:30am. Dion Series. Woodford S.P., Woodford, VT. runwmac.com.
- 31 **13th First Night Saratoga 5K Run.** 5:30pm. Part of First Night Saratoga. Athletic Complex, Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.

JANUARY

- 1 **HMRRC Winter Series Race #2: 35th Hangover Half-Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 1 Big A's 5K Race. 10am. Quade St & Sherman Ave, Glens Falls. adirondackrunners.org.
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- 2 **Dar-Goshen 4.5M Snowshoe Race.** 10:30am. Dion Series. DAR S.E., Goshen, MA. runwmac.com.
- 8 **Turner Trail 5M Snowshoe Race.** 10am. Dion Series. Pittsfield S.E., Pittsfield, MA. Beth/Brad Herder: 413-442-0560. runwmac.com.
- 8 Winter Wimp Foot Race. 2.2M/4.4M. 11am. Hagaman. Rick Vertucci: 857-9025. fmrc.org.
- 8 10th Frozen Assets 5K Snowshoe Race. Harriet Hollister R.A., Canadice. roadsarepoison.com.
- 9 **HMRRC Winter Series Race #3: 3M, 10K, 25K.** 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 11 **Movie: "Hood To Coast" w/panel of elite runners.** 8pm. Presented by Fleet Feet Albany. Regal, Crossgates Mall, Albany. Tix: hoodtocoastmovie.com.
- 15 **Greylock Glen 3.5M Snowshoe Race.** 10am. Dion Series. Mt. Greylock Reservation, Adams, MA. runwmac.com.
- 15 Lake Desolation Snowshoe Sprints. 11am. Tinney's Tavern, Middle Grove. corinthssnowshoeclub@gmail.com.
- 16 **7th ARE Brave The Blizzard 4M Snowshoe Race.** 10am. Easy course w/pancakes. Dion Series. Guilderland E.S., Guilderland. Josh Merlis: 320-8648. runalbany.com.
- 16 Mendon Winterfest 10K/5K Snowshoe Races. 10am. Mendon Pond Park, Pittsford. roadsarepoison.com.
- 22 **Hoot-Toot & Whistle 5K Snowshoe Race.** 3.3M. 10am. Dion Series. Readsboro Inn, Readsboro, VT. Bob/Denise Dion: 802-423-7537. runwmac.com.
- 22 Winona Forest Winterfest Snowshoe Race. 3.8M. 1pm. CCC Camps, Mannsville. winonaforest.com.

- 23 **HMRRC Winter Series #4: 3M, 15K, 30K.** 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 23 **Dewey 5K & 10K Snowshoe Races.** Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 23 **BNRC-Constitution Hill 3.6M Snowshoe Race.** 10am. Dion Series. BNRC, Lanesboro, MA. runwmac.com.
- 29 **Sidehiller 4M Snowshoe Race.** 11am. Dion Series. Sandwich Fairgrounds, Center Sandwich, NH. runwmac.com.
- 29 Tubbs Romp to Stomp 3K Snowshoe Race & 3K/5K Snowshoe Walk. Stratton, VT. tubbsrompstomp.com.
- 29-30 Darts Lake Dash Snowshoe Races. Sat: 5K. Sun: 10K. YMCA Camp Gorham, Eagle Bay. rochesterymca.org.
- 30 **Curly's Record Run 4M Snowshoe Race.** 10am. Dion Series. Pittsfield S.E., Pittsfield, MA. runwmac.com.
- 30 Winter Challenge 5K Snowshoe Race & 4-Hour 2-Person Winter Adventure Race. Webster. roadsarepoison.com.

FEBRUARY

- 2 **Groundhog Day 5K Snowshoe Race.** 7pm. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 5 **Polar Cap Run.** 4M run/walk. 10am. Lake George E.S., Lake George. Joanne LaLonde: 796-9093. adirondackrunners.org.
- 5 **9th Northfield Snowshoe Race.** 5.3M. 9am. Dion Series. Northfield Mt. V.C., Northfield, MA. runwmac.com.
- 5 Beer & Chili Run 10K & 5K Run/Walk. 10am. Newport. John Slocum: 315-845-8169. active.com.
- 5 Cast A Shadow 6-Hour Snowshoe Relay. 2pm. Black Creek Park, Rochester. roadsarepoison.com.
- 6 **Winter Series #5: 4M, 10M, 20M.** 10am. Phys Ed Bldg, UAlbany, Albany. Patrick Lynskey: 273-5552. hmrrc.com.
- 6 **12th Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion Series. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 6 10th Northern VT 8K Snowshoe Race. Smugglers' Notch, Jeffersonville, VT. 802-644-1173. smuggs.com.
- 9 **Saranac Lake Winter Carnival Snowshoe Races.** 6pm. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 12 **8th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion Series. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.
- 13 5th Beaver Lake 5K Snowshoe Race. 10am. Beaver Lake, Baldwinsville. onondagacountyparks.com.
- 19 Fred LaPann Memorial Road Race. 5M. 9am. West Hague Firehouse, Hague. lachute.us.
- 19 **Moby Dick 7.2M Snowshoe Race.** 9:30am. Dion Series. Mt. Greylock, Lanesboro, MA. runwmac.com.
- 20 **38th HMRRC Winter Marathon & 25th 3-Person Marathon Relay.** 10am. Phys Ed Bldg, UAlbany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 20 **Hallokville Pond Apple Orchard Snowshoe Race.** 3.8M. 10am. Dion Series. West Hawley, MA. runwmac.com.
- 26 **Northeast Snowshoe Championships.** 10K. 9am. Dion Series. Northfield V.C., Northfield, MA. runwmac.com.
- 27 **Moody Spring Snowshoe Race.** 5.5M. 10am. Dion Series. Dubuque S.E., West Hawley, MA. runwmac.com.

JUNE

- 12 **6th Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 18 **1st Warrior Run.** 5K w/11 obstacles. Waves: 10am-5pm. West, Queensbury. warriorruncwestmt.com.

SWIMMING

JANUARY

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

Bold listing = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.

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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

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SNOWSHOE RACING continued from page 1

Kent's cape and I flew through the best race of my entire season. One of our long-absent club members, Dave Hannon, a freelancer for *Trail Runner* magazine, read my SnoNews sagas and decided to return to the fold explaining, "I thought the idea was funny, creative and really hit the spirit of snowshoeing on the mark." (SnoNews 8.6). Dave just about tore the target from the back of the selected wearer and blasted through without letting anyone in his immediate vicinity pass him.

Recently, I asked Jim how he came up with the concept and he admitted he thought it an oddball idea that might actually work. This season we have two vests waiting in the wings, one for the frontrunners and another for those farther behind. Not only does the target wearer skim the snow faster, but those close behind benefit from an encouraging share of white crystal pixie dust.

Another innovation has been the proliferation of Northeast series races. Matt Westerlund of Lacona is pulling together the **Empire State Snowshoe Series**,

sponsored by Dion Snowshoes, and with a points system similar to WMAC. While Matt is based in the magical Tug Hill, where snowfall is measured in feet, not inches, his series will include events all over the state. This will provide a doable challenge to those wishing to further explore New York's possibilities as well as provide an opportunity to meet and greet an entire new range of competitors. While a few of these races are part of the Dion WMAC Series, some like Mendon Ponds Winterfest in Rochester are not. The series will culminate with the Empire State Snowshoe Championship at Camp Gorham, Eagle Bay on March 5. Visit empirestatesnowshoe.org for further information.

On a more serious note, Chris Dunn, a New Hampshire exercise physiologist on the Acidotic Racing Team has organized the **Northeast Snowshoe Federation** to recognize excellence and to encourage top runners to make snowshoe racing their winter focus. According to Chris, "Competitors must have competed

in at least five races to be listed in the Federation Cup standings." Only the top ten in each of four categories will be cup winners: Open Men/Women and Masters Men/Women. In future years, Chris anticipates expanding the standings to include Juniors and Super Masters. More information is on nesnowshoefederation.org.

And that is only the tip of the proverbial iceberg, so visit the Dion Snowshoes site. You will discover more regional groupings from the Granite State Series and Winter Wild Series (uphill and down a ski area) in New Hampshire, to Eastern Ontario Series, to the Braveheart Series in the upper Midwest – home of the 2011 USSSA Championship in Cable, Wisconsin.

We have come a long way from the 1990s when there were just a few events, journeying back into our past where each region hosted fun snowshoeing opportunities throughout the winter. In fact, it would be fun to take the cue from our forebears and experiment with snowshoe hurdling and snowshoe softball! You don't have to be fast and you don't have to be



SNOW ANGEL
RICH BUSA, 79,
OF MARLBOROUGH,
MASS. COOLING DOWN
AFTER THE SARATOGA
WINTERFEST 5K
IN 2009.
PHOTO BY
DARRYL CARON

experienced, because with a snowshoe learning curve of roughly two minutes, you will soon be set to enjoy the winter outdoors with a whole new group of friends. ❄️

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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What's New at the Ski Resorts

PHOTOS COURTESY OF
ORDA/DAVE SCHMIDT

by Darryl Caron

Among the variety of improvements at the ski resorts, a certain theme rings clear. Each ski area listens to its guests and is creating the best possible experience for their extended family of snowsports enthusiasts.

New York

Belleayre Mountain – Belleayre's continued improvements allow it to be the Catskills' only "cat-access" skiing and snowboarding, with a widened and improved halfpipe and Area 51 terrain park. With 47 trails, parks and glades, eight lifts, including their new high speed quad, Belleayre has certainly evolved.

Big Tupper – Big Tupper reopened last year after a ten-year hiatus to much fanfare, staffed with volunteers. This year they are hoping to open a new chairlift to the top of the mountain that will run on Saturdays and Sundays, giving skiers and riders 1,200 feet of vertical. The Wild Center and Big Tupper are partnering again to offer skiers a great day on and off the slopes for just \$15.

Catamount – At Catamount, snowmaking has been continually expanded and improved. More than 98-percent of terrain is covered, using updated versions of the snow guns invented nearly 40 years ago. In recent years, boardercross was moved to Sunrise and expanded for double the fun.

Gore Mountain – Burnt Ridge Mountain will introduce a 3,500-foot glade called Barkeater, which will connect guests from the summit of Burnt Ridge Mountain to Roaring Brook Bridge. From there, skiers and riders can either access the base of the Burnt Ridge Quad or Little Gore Mountain trails that connect to the historic North Creek Ski Bowl. Five new trails will add three miles and 19 acres of terrain for all abilities, serviced by the new Hudson Chair: Peaceful Valley, Oak Ridge, Moxham, Half 'n' Half Glade, and 46er.

Hickory Ski Center – Long known for steep natural terrain and tree skiing, along with a family friendly atmosphere, Hickory reopened last year under new ownership that is restoring its former glory. Guests will enjoy a refurbished lodge, updated and reliable lifts, groomed beginner and intermediate trails, steep ungroomed expert trails, along with a contemporary online lift ticket purchasing system.

Hunter Mountain – Hunter is opening with many improvements, including a new Leitner-Poma six-pack chairlift, the Kaatskill Flyer, which has replaced the AA Snowlite Express Quad. Hunter's zipline project, the Skyrider Tour, will open for year-round operation in December. It's the longest and highest zipline and canopy tour in North America. Plus, 150 energy-efficient snowguns have been installed.

Maple Ski Ridge – This year Maple offers two terrain parks located on their main hills. Each park has its own skill level, so they hope this adds hours of enjoyment for their skiing and riding friends. Snowmaking with water from their own ponds means less draw on the environment and it also means snow in their back yard when there's none in yours.

McCauley Mountain – McCauley provides skiing for all levels along with terrain of a big mountain resort without long lift lines and high ticket prices.

Average annual snowfall is 281 inches, but just in case, there's snowmaking on 65-percent of the trails. The "Crazy Fridays" special with \$12 lift tickets from January to April (non-holiday) is a popular program.

Oak Mountain – At Oak, they have added a new progression park with smaller versions of terrain features for skiers and riders. They're opening new glade trails to explore between existing trails, and are adding new fun events. Matt and Laura O'Brien, with 19 years of ski industry experience, have been hired to manage Oak. Rentals are now run by Beaver Brook Outfitters and the concession is by The Oxbow Inn.

Plattekill Mountain – Plattekill has added 22 more snowguns for more snow on the trails faster, and a new Bombardier groomer to make even better surfaces. They've made several base lodge improvements including a new outdoor grill food service area. Plattekill has expanded the children's ski school programs, expanded the terrain park, and kids ages 7-under ski free all season.

Royal Mountain – Royal has continued their ongoing snowmaking and grooming upgrades, which has added 20-percent more snowmaking capabilities for this winter. Yearly improvements now enable us to cover 95-percent of the ski area with snow. Royal has three chair lifts which are capable of moving over 3,000 skiers per hour up the mountain.

Titus Mountain – Titus's 50th season has arrived with ten lifts servicing 27 trails and 1,200 vertical-feet of winter fun. Ninety-percent of their terrain is covered by snowmaking and they groom daily to insure optimum conditions.

West Mountain – West is celebrating its 50th season with a new ticketing system, where skiers and riders can get a reusable card and purchase ski time online for improved convenience. They've also added five high-efficiency snowmaking fans, opened several new connector trails, and spruced up the base lodge.

Whiteface – In *SKI* magazine's most recent survey, Whiteface was the top ski resort in the eastern US. And for the 18th consecutive year, they were chosen number-one for the off-hill activities. Over the past ten years Whiteface, with 283 skiable acres and 86 trails, has invested in a gondola, chairlifts, snowmaking and grooming, terrain parks, and upgrades to the base lodge. Whiteface opened Lookout Mountain in 2009 and last season added 25 acres of glade skiing with the Sugar Glades.

Willard Mountain – At Willard, they've made many investments, including a new groomer, new snowmaking equipment for full coverage, significant trail lighting upgrades, and base lodge renovations. "New York's coolest little ski area" has also expanded their full-service ski shop.

Windham Mountain – This year Windham is celebrating their 50th anniversary with special events each weekend to celebrate the Windham Mountaineers and this milestone year. They have begun a partnership with the nearby Windham Country Club in which they'll run their food operations, create a cross-country ski and snowshoe center, and open a retail shop.

Massachusetts

Berkshire East – For 35 years this family run resort has been offering great skiing terrain at affordable prices. In the last couple of years, Berkshire East

has invested in the infrastructure of the mountain, adding a new chair lift, 56 new snow guns, dramatically expanded pumping capabilities, and three new groomers.

Bousquet – This ski and summer playground, three miles from downtown Pittsfield, is known for its family atmosphere, affordable rates and diverse terrain, producing five Olympians. In 2010, Bousquet was recognized as "Best of the Berkshires" in downhill skiing.

Jiminy Peak – In the Northern Berkshires, Jiminy has quietly carved out a national reputation as a top 5 family mountain. You'll find a classic New England base village with restaurants, lodging, instructional programs and more. Their terrain has 45 skiing and riding trails and challenges for every level. It's also home to the Mountain Adventure Park and the new Aerial Adventure Park.

Otis Ridge – At Otis Ridge you will find the facilities of a larger ski area, yet they're small enough to be the friendly, family area. Their snowmaking equipment adds to what mother nature provides, and their northeastern exposure protects the cover.

Ski Butternut – With 110 skiable acres, a large ski school, and seven-lane tubing center, they've got big mountain skiing close to home. Butternut has added 30 more top gun tower snowguns, added even more rental equipment (including Telemark), and added more features in the terrain park.

Vermont

Bromley Mountain – Bromley went on a shopping spree and brought home goods, systems and equipment to enhance the experience of skiers and riders. A Prinoth Bison winch-cat that will groom the steepest terrain with relative ease. More than 300 new sets of rental equipment from Head. New ticketing software from Siriusware to streamline ticketing and ski school purchases. And a newly constructed drop off area, enhancing guests' arrival and improving traffic flow into and out of the entry plaza.

Burke Mountain – This season, Burke is excited to introduce two new value cards. The Kingdom Sampler and the Ski Free Card are designed to introduce guests to the Northeast Kingdom of Vermont and save money on lift tickets.

Jay Peak – Jay Peak welcomes visitors this winter with major improvements. Topping the list are increases in snowmaking coverage, an enclosed beginner lift, a new Nordic center, an indoor ice arena, a parking garage, a state-of-the-art ticketing system, and a new groomer. The enhancements are part of the resort's ongoing revitalization effort.

Killington – Snowmaking upgrades top the list of summer projects. In addition to building up its arsenal of lower energy snow guns, Killington will continue to improve the overall efficiency of its snowmaking system. Crews have completed trail regrading on the upper Skywalker/Bittersweet area to improve skier/riding flow and reduce congestion. They also regraded the top portion of Bittersweet where it intersects Great Eastern.

Mad River Glen – Over 15 years of co-op ownership, Mad River Glen has invested more than \$4 million in capital improvements. Their goal is to maintain and preserve the experience rather than overhaul or upgrade it. Both the skier-owners and the management understand that skiers come to Mad

River for the unique combination of legendary terrain, sense of community, low skier density and intimate atmosphere.

Magic Mountain – In an effort to save Magic, and raise capital to invest in the infrastructure, the ski area has begun selling shares in the area. They continue to improve the snowmaking operations with increased efficiency through renovated air and water snowmaking lines and a streamlined process to making snow. The Magic Card offers discounts for skiers and riders all season long for only \$39.00. In its second season, the Magic-Pack, offers a tremendous savings on day tickets throughout the season.

Mount Snow – With the most fan guns in North America, Mount Snow continues its pursuit of the perfect snow conditions, with off-season improvements to its snowmaking infrastructure. You can't say Mount Snow and not think about events. In the spring time, things heat up with the Carinthia Open, ReggaeFest, Winter Brewer's Festival and the Gladiator. That's not to count out college weeks in January where eager students get one last chance to blow off some steam before returning to the books.

Okemo – The Mountain Coaster, a four-season family attraction will offer an exhilarating ride through alpine forests at Jackson Gore. Sled-like cars carrying 1-2 people will ascend 1,600 feet followed by a 375 vertical-foot descent along 3,100 feet of track. Okemo continues its commitment to grooming this winter with the addition of a third Prinoth BR500 grooming machine. Okemo's final Poma surface lift is replaced with a 180-foot, magic-carpet-style surface lift.

Pico Mountain – With more vertical drop than 80-percent of New England mountains, Pico offers mogul trails, glades, groomed cruisers and the new Triple Slope terrain park, all of which lead back to one classically-styled Vermont base lodge. Pico's 50 trails, 214 skiable acres and seven lifts (including two high-speed quads) mean their slopes are never crowded and guests make the most out of their days.

Smugglers' Notch – Winter guests at Smugglers' will be among the first to enjoy the resort's new year-round canopy tour, located in a scenic valley near the village. Participants on the three-hour tour, the first of its kind in Vermont, will ride more than 4,000 feet of zip line cable, cross suspension bridges, and rappel from trees. Scenic lookout and tree platforms in a mature forest of hemlock, white birch and sugar maple will yield stunning views of the resort and Green Mountains.

Stowe – A cultural enhancement has come to Stowe as Spruce Peak Arts Center opens its doors this month. This 420-seat year-round performing arts center is a venue for a wide spectrum of events: theater, music, dance, film, comedy, lectures and multimedia presentations.

Stratton – 2002 Olympic gold medalist Ross Powers returns to his roots at Stratton Mountain School as the new head of snowboarding programs. Stratton will upgrade two of its front line Snow Cats with new Prinoth BR350s, with technology and efficiency upgrades in snowmaking. Improvements will be focused around terrain parks and the tubing park with a new warming hut added to the ticket purchasing area where guests can sit around a bonfire.

Sugarbush – Sugarbush is currently undergoing its largest revitalization effort since opening the Lincoln Peak village in 2006. Phase two of the Lincoln Peak project consists of a new entrance plaza as well as two new lodges. The 12,500-square foot Schoolhouse is housing some of their children's programs, and the other lodge will provide skier services. Over two miles of primary-supply snowmaking pipe were replaced at both Lincoln Peak and Mt. Ellen. ❄️

ATHLETE PROFILE

Olavi Hirvonen

OLAVI AND ANN. COURTESY: FINLAND CENTER FOUNDATION

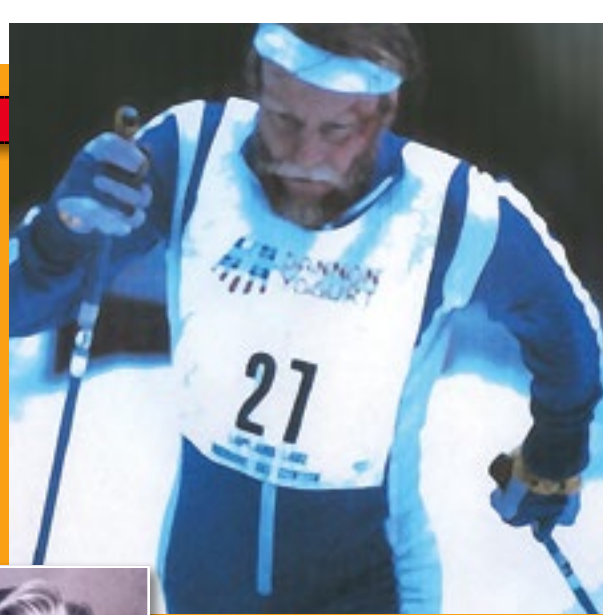
by Ron Farra

Nordic Dreamer



- ✘ RACING AT ESA HIRVONEN MEMORIAL 30K RACE AT LAPLAND IN 1983.
- ✘ OLAVI SCHOOL PHOTO AT AGE 15.

Age: 80
Family: Wife, Ann;
 Daughter Leila, age 25
Residence: Northville
Main Sport: Cross-Country Skiing



named to the US Biathlon Team, but a tragic motorcycle accident claimed his life weeks before he was to report to the biathlon training camp. Many years later Esa came to Olavi in a dream. "In the morning I told my wife that I had a vision of holding a map of New York State while our son put his finger on the map and pointed to the Amsterdam exit off the Thruway."

Olavi forgot about the dream until one spring afternoon when they were driving on the Thruway and decided to get off at Amsterdam to travel north on NY Route 30. "I was hoping to find a big piece of land for a ski touring center, when I spotted the sign for the hamlet of Benson, and felt compelled to turn off the highway onto that tiny road. In fact, twice we were driving north on Route 30 looking for property when something required me to turn onto County Road 6 (Benson Road). A resident told us about a nearby camp for sale. It had 250 acres with a beautiful lake and numerous buildings. It sounded perfect, surely, a dream come true."

The rest they say is history. Indeed, Olavi swears that his son had been to visit Grant Cottages, the summer camp in Benson that was to become Lapland Lake Nordic Vacation Center. Olavi was able to negotiate a fair price and purchased the property in 1978. He was remarried several years later to the former Ann Macartney and continued to renovate the cottages – "tupas" in Finnish. They expanded the business to become one of the "Best Nordic Ski Resorts in America" and winner of numerous Top Ten awards for excellence.

Ann had been an active member of the Capital District Ski Touring Association, when she took lessons and skied with the former Olympian. "Olavi and I skied together on occasion for a couple years. He watched my skiing and gave me lots of great skiing tips. Eventually, we went on a date," recalls Ann. "I really wasn't looking for a partner then, but here I am happily married to Olavi and to our wonderful vacation resort, 25 years later."

Olavi works seven days a week at Lapland Lake and grooms the trails himself daily, depending on the conditions. After grooming the trails, he works in the ski shop selling skis and doing repairs. He is the heart of the operation. There's not as much time to ski for pleasure but Olavi's passion for the sport and sharing it with others through Lapland Lake and the business he and Ann have built together makes up for it.

Olavi Hirvonen is certain that he received guidance from his son Esa in a dream directing him to the magnificent property and lake at the foot of Cathead Mountain in Benson. "My daydream about owning a Nordic ski center became a reality and a successful adventure because my son came to me in my night dream. Like my dear Finnish grandmother who raised me, I believe with all my heart that Esa guided me to the fulfillment of my real dream."

Ron Farra (rfarra@nycap.rr.com) lives in Saratoga Springs and enjoys snowshoeing, skiing, hiking, biking and kayaking. He is the co-author of Winter Trails New York: The Cross-Country Ski & Snowshoe Trails with his wife, Johanna.

winning his first ski race. "I took home the prize, a wooden ruler," he recalls. His competitive spirit and athletic talents continued to blossom with skiing, running, soccer, log-rolling and Finnish baseball.

Olavi's childhood home was on an island where he grew to enjoy nature's gifts. "The water was my home. The fishing was great and I loved to help my 16-year old uncle with repairs to the family home damaged during the war," he reported. At 17, he served in the Finnish army for six months. In 1949, at age 19, he decided to join his mother who had moved to New York City from Montreal.

With other Scandinavian immigrants, Olavi soon found places to ski and ski race in the New York area. "I was 21 when I got married and three months later received a 'Greetings' from the US Army," reported Olavi. After basic training he was sent to Alaska where he served as an instructor for Army arctic indoctrination school. His students were officers of all ranks in the Army. He skied days and nights with his men, pulling supply sleds, building snow caves and arctic lean-tos, and learning other winter survival techniques. Olavi attained

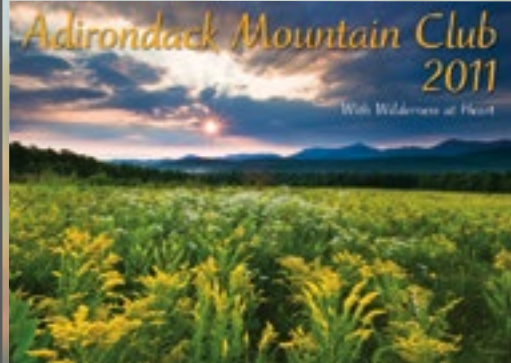
American citizenship, and lived off-base with his wife and infant son, Esa, who was born in Fairbanks, Alaska. After two years of military service, the Hirvonens moved to Vermont in pursuit of Olavi's business dreams. They leased a ski lodge in Jeffersonville, near Smugglers' Notch, and worked diligently seven days a week to provide quality services for 50 guests.

Olavi continued to enter cross-country ski races on winter weekends and in 1959 was tapped by the US Ski Association for a berth on the US Nordic Ski Team. "I was proud to be selected to represent the United States, and was eligible for racing in the upcoming Olympics at Squaw Valley, Calif., but I could not take time off to train with the ski team," remembers Olavi. "I had a family and a business to run. I packed a ski trail behind the lodge and trained myself at night which turned out to be good for my agility and balance," said the determined ski team racer. Olavi arrived at the US Ski Team training camp in Colorado just a week before the 1960 Olympic Games tryouts, overcame the difficulties of skiing at high altitude, and bested all but one of his teammates in the tryouts for the Olympic squad.

Olavi was confident in his ability to perform well at the Olympics and told the ski team coach "I feel good enough to race in all of them" when asked which of the Olympic races he preferred. Though known to be best in the 30K, he was assigned instead to race the 15K, an event he had not trained for. Then he had the bad fortune to break a ski in the 50-kilometer and finished a disappointed 26th.

After skiing in the Olympics Games, Olavi managed a restaurant, worked at Stowe Ski Center, and spent several years in the construction business while continuing to ski recreationally with his wife and young son. Like his father, Esa loved to cross-country ski and became quite proficient at skiing and shooting. He was

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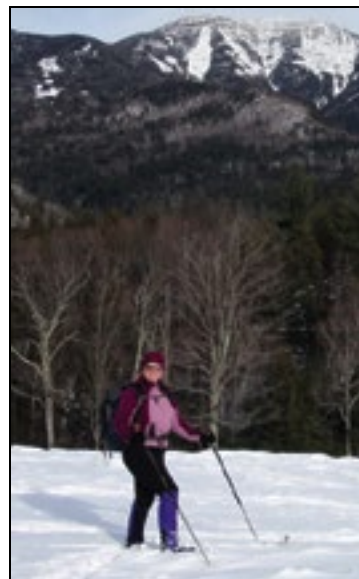
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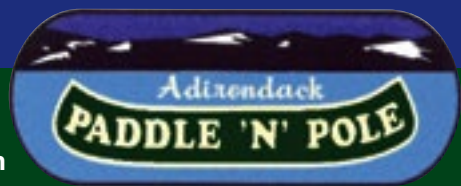
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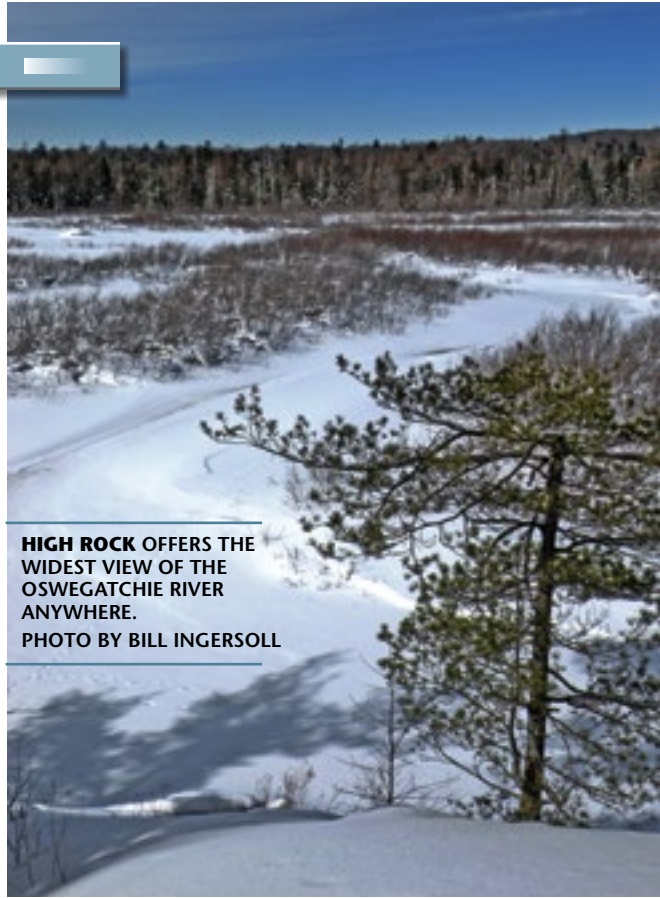
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CROSS-COUNTRY SKIING & SNOWSHOEING

High Falls Loop

by Bill Ingersoll



HIGH ROCK OFFERS THE WIDEST VIEW OF THE OSWEGATCHIE RIVER ANYWHERE.
PHOTO BY BILL INGERSOLL

Two primary trails lead south from Wanakena, from which all other trails in the northern Five Ponds Wilderness radiate. This is the High Falls Loop Trail, the history of which is as central to the region as its location.

The western half of the loop follows the grade of the logging railroad built by the Rich Lumber Company around 1902, which paralleled the Oswegatchie River and ended in the vicinity of The Plains. Trains used it only for the decade that the company was operating in the area. Later, after the land was acquired for the Forest Preserve, the state developed the route into the High Falls Truck Trail for the purpose of fire protection and management by the state. After the designation of the Five Ponds Wilderness, all motor vehicle use ceased except for the first mile.

The eastern leg also begins along another of the Rich Lumber Company's logging railroad beds, this one ending at Dead Creek Flow on Cranberry Lake. Beyond, it becomes a more rugged foot trail, traversing a rolling countryside as it angles southwest through the Glasby Creek valley.

The total distance for the complete loop, with a visit to High Falls, is 15.7 miles, making this a very long day's ski trip. Day hikers with less ambitious schedules are happy going only as far as High Rock or Janacks Landing. With a backpack the loop can easily be broken up into segments – assuming you don't mind spending a cold night in the lean-to at High Falls.

HOW TO GET THERE

The trailheads for the High Falls Loop are located in Wanakena, near Cranberry Lake. To find them, follow County Road 61 south from NY Route 3, bearing right at two intersections onto South Shore Road. At 1.2 miles you cross the bridge over the Oswegatchie River, and at 1.3 miles you should look for a road turning off to the right. The western half of the trail begins here, but you cannot park here because a nearby residence requires it for access to a driveway. Parking has traditionally been accommodated at a small turnoff about 100 feet further along South Shore Road, just past a tennis court.

The eastern leg begins another 0.4-mile down the road, 1.7 miles south of Route 3. There is a formal parking area here, which can hold about ten cars.

THE WESTERN TRAIL

After passing a residence, the old roadbed passes a former millpond and then crosses Skate Creek at 0.6-mile. After roughly half an hour you come to a large wetland on the right. It is filled with mag-

nificently tall, dead standing timber and gives you an immediate feeling of being deep in the wilderness. The Albany Road, which was built in 1812 to connect Albany with the St. Lawrence River, once passed through this area.

Two hours and 3.9 miles from Wanakena, you arrive at a fork in the trail. A right turn will take you to High Rock, a rocky bluff on the edge of the Oswegatchie River, about 0.1-mile away. Almost everyone makes the side trip for the view, and in fact many day hikers only travel this far on skis and snowshoes. High Rock offers the widest view of the river anywhere.

The High Falls Loop swings left at the fork and descends to cross a stream on a concrete bridge at 4.3 miles, less than ten minutes from the High Rock intersection. One-half-hour past High Rock, you cross a stream on a substantial beaver dam. If the beaver return, the trail may be flooded here for up to 200 feet. The trail soon makes a broad swing to the left, and passes an old gravel pit and another wetland to meet the river at Ross Rapids at 6.8 miles. At 7.4 miles you reach the junction with the blue-marked trail to Five Ponds.

Heading east, the trail is often flooded as it crosses a stream and you must step carefully across the ice to avoid getting wet feet. At 7.9 miles you arrive at Carters Landing, named for Cornelius Carter, a guide who had a camp at the north end of The Plains. Glasby Creek flows into the river in this area, and beavers have built their dams right next to the trail. Wetness is a perennial problem, so beware of weak spots in the ice.

The trail now skirts the southern edge of The Plains, a large open expanse that extends almost a mile to the northeast. The western leg of the High Falls Loop meets the eastern leg at an intersection at 8.6 miles. Left leads back to Wanakena, and right is the spur to High Falls, another 0.4-mile away. The falls are a 15-foot drop on the Oswegatchie River and are apt to be concealed in ice in winter. The lean-to on the far bank should be considered out-of-reach by winter hikers – there is no bridge, and ice or no ice there is no safe and reliable way across the river. The lean-to on the east bank is more than adequate for a lunch stop, and it is perfectly suited for a winter overnight if you are so inclined.

THE WESTERN TRAIL

The eastern leg is shorter but more rugged than the western leg. Beginning at the junction near The Plains, the trail makes a serpentine course through a blowdown area, winding sharply between broken logs and upturned root masses as it rises over a knoll and descends on the other side. This is a tortuous route for winter skiers! A 50-foot pine log forms a sturdy bridge over a wet glen, though winter hikers will find it not very useful.

You pass out of the blowdown, and pass through a pine forest dotted by the occasional beaver pond as you meander to the base of Threemile Mountain. Three small waterfalls at various points tumble down from the mountain's shoulder on the right, their streams disappearing toward the Glasby Creek area on the left.

Relatively new bridges simplify what used to be a tricky crossing of Glasby Creek, and then you ascend slightly to an intersection called Sand Hill Junction. Right leads to Glasby Pond and beyond. It may take you two hours to cover the 2.7 miles from The Plains.

What follows is an enjoyable descent, especially on skis. The grade is moderate, though you may need to watch out for an abrupt ending at a stream crossing. At 3.5 miles you reach the side trail to Janacks Landing, a lean-to on Cranberry Lake's Dead Creek Flow. In the deep freeze of winter, most

travelers take this side trail and cut across the width of the flow. Otherwise, the loop trail makes a 0.9-mile detour around the tip of the flow. If you take the winter shortcut, the distance is reduced to just 0.4-mile.

The last 1.9 miles between Dead Creek Flow and Wanakena are on the second of the two railroad beds. The grades are so easy that you can cover the distance in 45 minutes. 🌲

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 Northwestern Adirondacks by Barbara McMartin and Bill Ingersoll.

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AROUND THE REGION **News Briefs**

Speedskating Marathon on December 18-19

LAKE PLACID – Long track marathon speed skating is coming to Lake Placid on Saturday-Sunday, December 18-19 for the annual Lake Placid Speedskating Marathon. A Marathon Skating International and Lake Placid Speed Skating Club event, the marathon is one of several in a series of ice marathons that take place throughout North America.

The race distances include 10K, 25K and 40K, which translates to 25 laps, 40 laps, and 104 laps skated on the 400-meter Olympic Speedskating Oval. Skaters ranging in age from ten to 80 have been known to participate, and racers are from the US and Canada. Marathon skating is a popular discipline in North America but even more so in Europe. A popular race in Holland, Elfstedentocht (“Eleven Cities Tour”), started the tradition of skating long distances. Marathon racing is especially popular in Canada, and many marathons are held there – one of the most well-known is the Big Rideau Lake Speedskating Marathon in Portland, Ontario. Lake Placid is one of the few venues in the US that hosts a skating marathon every year.

Lake Placid Speed Skating Club will be hosting more speedskating races, the Charles Jewtraw All-Around (all distances) on Saturday-Sunday, January 8-9, and the Jack Shea Sprints (sprint distances) to be announced. Visit: lakeplacidsspeedsports.officelive.com. – *Christie Sausa*

Icespike Non-Slip Shoe System

SARATOGA SPRINGS – Icespike is a new concept in winter traction for your favorite shoes or boots. The innovative Icespike system was developed by a family of outdoor enthusiasts in New England to allow safe year-round running, walking and hiking throughout the winter. Icespike was selected as 2010 Gear of the Year by *Outside* and given a rave review in *Trail Runner*

where it was deemed “excellent...” to “turn any trail-running shoes into winter-running beasts.” Icespike was recently a vendor at the Adirondack Sports & Fitness Winter Expo. The inspiration for Icespike was frustration caused by injuries on bad conditions and difficulties with traditional traction devices. Slip-on systems with straps, coils and chains were heavy and uncomfortable. They caused abnormal muscle stress, shifted on the shoe, wore out rapidly, resulting in gait injuries and lost training time. Homemade “screw shoes” wore out quickly and had poor grip. Input from engineers in the family and American ingenuity gave rise to a solution: a traction device from hardened high carbon steel to withstand abuse, provide surface penetration and unsurpassed durability – with negligible weight and no change in mechanics. The Icespike Deluxe package includes 32 ice spikes and tool to install the ice spikes directly to the sole of any shoe or boot. Place 10-12 ice spikes on the edges of the outsole for control and stability, leaving 8-12 ice spikes for replacements. Icespike can be removed and will not damage the outsole. Visit: icespike.com.

Grafton Winter Festival on January 22

GRAFTON – Grafton Lakes State Park and the Friends of Grafton will host the 26th annual Winter Festival and Ice Fishing Contest on Saturday, January 22 from 10am-4pm. The free event will feature winter exhibits, vendors, family-friendly and recreational activities. The ice fishing contest draws 200 fishermen from 5am-3pm on all the ponds in the park. Participants can preregister or register starting at 5am at the maintenance shop – \$12 fee for age 16-older (children no charge). The Winter Festival offers environmental and recreational workshops and outings, including snow sculpture and snowball-throwing contests for the kids, horse-drawn sleigh rides, dogsled rides and live animal exhibits.

FROM THE PUBLISHER & EDITOR

Merry Christmas and Happy New Year!

As we wind down 2010, we ask ourselves, “Did we accomplish our goals?” For us, this past year has been filled with business and personal successes and opportunities for improvement. I hope that you have had a chance to think about what’s important and have set out to attain it. As the new year dawns, now is the time to set goals.

We thank the businesses and organizations who exhibited at the third annual Winter Expo last month and the 4,000 attendees. It was our best attended winter show to date. Based on the reviews and the smiling faces, everybody enjoyed the show – thank you!

We extend our best wishes to all of the magazine contributors and vendors. In particular, our graphic designer Karen Chapman of Cummings Advertising Art, whose incredible design work combined with her positive energy, has made working with her a pleasure for the past ten years.

During the holidays and beyond, please give our advertisers and exhibitors your business. They make it possible for us to publish this magazine and produce the expos, and we greatly appreciate their support.

Please have a safe and fun-filled holiday season and we’ll see you in 2011

Mena and Danyl



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The 4th annual Polar Plunge into Long Pond at 1pm benefits the Cystic Fibrosis Foundation, and is limited to the first 50 people. To preregister, call Margaret Philips of the East Greenbush Master Swimmers' Club at (518) 479-3739. The park will host the second Art in the Park exhibit and silent auction in the maintenance shop (proceeds benefit the Friends of Grafton). There will be snowshoe and cross-country ski outings throughout the park for all levels/ages. Free snowshoe rentals will be available at the beach area from Eastern Mountain Sports from 10am-2pm. Visitors may ice skate on Long Pond if conditions permit. Hot food will be sold during the event. Visit: nysparks.com.

Craftsbury Marathon on January 29

CRAFTSBURY COMMON, VT – The 30th TD Bank Craftsbury Marathon, presented by

the Craftsbury Outdoor Center, is Saturday, January 29. The 1,000-skier event has filled in the past, so sign up soon. Cross-country skiers can do a 25K or 50K classic race on groomed trails through some of the Northeast Kingdom's scenic countryside. The trail climbs and descends 3,000 feet over 50K. Racers should consider signing up for the Onion River Sports 'Dash for Cash' 200-meter night sprints on January 28.

As was the case last year, the popular Craftsbury Marathon Tour will have its own date – Saturday, March 5. Participants will enjoy a scenic 25K point-to-point course as they travel from Greensboro's Highland Lodge to the Craftsbury Outdoor Center. Children and their parents are encouraged to tour this untimed course together, with the option of being pampered by volunteers at four gourmet food stations from a variety of local inns, restaurants and delis – a fun adventure. Visit: craftsbury.com. 📍



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AFTER DINNER (L TO R): MEK KEFLEZIGHI, ANDREW KASTOR, JOSH MERLIS, DIRK, BOB LARSEN, MICHAEL MCKEEMAN, AMANDA MCKEEMAN, PATRICK SMYTH, AMY HASTINGS AND DEENA KASTOR.

Team Running USA

Mammoth Lakes Training – Trip of a Lifetime

by Josh Merlis



TRAINING RUN START: MICHAEL MCKEEMAN, MEK KEFLEZIGHI, JOSH COX, JOSH MERLIS AND AMY HASTINGS. IT WAS A HARD EFFORT FOR JOSH MERLIS AT OVER 7,000 FEET, COVERING 14 MILES IN 90 MINUTES. MEK AND JOSH COX RAN LOW/MID FIVES FOR 18 MILES – THREE DAYS AFTER MEK RAN A 1:01 HALF-MARATHON.

I sometimes wonder what my life would have been like. For many of us, there comes a time when we must make a decision that ultimately guides us from that point forward. For better or worse, there is a pivotal moment requiring a choice that will later serve as the starting point of countless stories to be told. In this particular instance, those were the words of a man for whom you probably do not know, but for whose decision to jump at a rare opportunity led to something that is known around the world. His name is Mike McKeeman (a 2:17 marathoner), and in 2005, he accepted an invitation to become Deena Kastor's training partner. A year later, she set the American record in the marathon of 2:19:36 – with him by her side for 22 miles of that race, and more importantly, hundreds of miles before it.

Twenty months before, Mike and I spent 90 minutes running side by side at 7,000 feet elevation on a dirt road beneath snow covered mountains in Mammoth Lakes, Calif., I was at the Running USA industry conference in La Jolla, an upscale town near San Diego. On the final night, a live auction was held in conjunction with dinner that I had no interest in participating in until my eyes fell upon the "Team Running USA – Mammoth Lakes Trip." Advertised as a four-day/three-night training trip with Terrence Mahon and his team, including the likes of Meb Keflezighi, Ryan Hall, and Deena Kastor – all four of whom were sitting in the very room I was in – I was in awe. On October 4, 2010, I was eating dinner sitting next to Meb in Deena's dining room.

The day before I left for Mammoth, my business, ARE Event Productions, worked the Komen Race for the Cure in Albany. The previous weekend we had timed six events and while I was glad we only had to do one, it was particularly important to me that it go seamlessly. I knew that when I left the next morning I would want the peace of mind to truly disappear for the four days. No emails, no phone calls,

nothing to interrupt what surely was to be one of the most memorable experiences I will ever have. Just a few minutes after grabbing lunch with the timing crew, I got out for an easy 12-mile run, did laundry, packed, and happily noticed that my inbox was basically empty. All had gone well.

"There's Meb!" echoed in my head as we finished up the afternoon run. When we arrived at the Snowcreek Athletic Club an hour earlier, I wandered around for a few minutes before we grouped up to start the "relaxed" four-mile run on the neighboring streets and trails. The hallways of the athletic club had numerous framed photos and magazine articles about Meb and Deena – particularly impressive, though, was not only that they had signed all of these materials, but also this was the actual gym they train in! After quickly reading an article, I took a few steps, turned to my left, and Deena was standing right there. Talk about having the characters come to life!

Upon returning to the gym after the run, I saw Meb. The silver medalist in the marathon at the 2004 Olympic Games and 2009 NYC Marathon champion was now a few feet in front of me, doing drills. Later that night, he and I would be sitting next to one another at dinner.

What life is this? What life this is! I took a philosophy course in college to fulfill a requirement, but found myself intrigued by it, namely the ideas and beliefs regarding both civilization, in general, as well as what motivates us. As I sat in the hot tub naked and alone with just the sounds of artificially heated water and the swaying trees, I curiously thought to myself about where I am, both literally and figuratively. For as much as I am alone when working during the week now, my mind is occupied with the work I am doing. Here I was, once again alone to my thoughts, except this time it wasn't thoughts of what to write in an email or where to place volunteers on a race course, rather it was a moment of introspection, of *how are you, Josh?*

Much of my life these days is dictated

by time. *What time should the crew arrive, how much time until the start, what was the winning time, how much more time left on that playlist, gas in the generator, battery in the clock, time until we need to close the roads, get the volunteers in position, lay the equipment out.* Tick-tock, tick-tock... Week in, week out... Organization, responsibility, accountability, pressure, and a reliance on the team working each and every event – sometimes upwards of six each week – are doing their jobs, meeting the deadlines for which there exists no possible extension... And my insatiable attraction to the energy and effort that goes into it.

As this whirlwind of contemplation and reflection twirled in my head a few inches above the swirl of the water, I caught myself and cleared my mind. For a brief moment, I once again focused on what my eyes were seeing and not merely had them open while removed from their vision. It was tranquil. It was beautiful. And I graciously reminded myself to appreciate this ephemeral experience. A few minutes later, I would lie down for a two-hour nap... At 1pm on a Tuesday.

On Wednesday afternoon, it was with some degree of melancholy that I saw the Snowcreek Athletic Club come into view. Much like a movie for which you already know the ending, the remaining pieces of the puzzle that would show my return to

New York were coming together with little left to hide the truth: my trip was ending. While the team worked out, I wandered around again, looking at the pictures and reading the poster-size articles showcasing some of the talents that have been developed within the structure's walls. Without closing my eyes, I could see myself as a child, aspiring to one day be on that poster: A medalist in the Olympics!

How many of us as young athletes have been motivated by that wondrous possibility, enchanted with the dream to excel beyond all expectations and capabilities! And yet, now as an adult, accepting my place and where I am, I couldn't help but laugh to myself: I may not be on that poster, but I just got out for a run with Meb, and heck, Deena made me dinner the other night! As hall of fame track and field coach, Bob Larsen, dropped me off at the airport and we shared our final words, one thing was for sure: this was the trip of a lifetime! 📌

Josh Merlis (jmerlis@areep.com) is the founder of the Albany Running Exchange and president of ARE Event Productions. This is an edited version of the full article which can be found at albanyrunningexchange.org in Road and Trail Talk Magazine.

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MALE OVERALL			
1	Michael Sikorski	29	New York 2:09:42
2	Curt Eggers	54	Henrietta 2:10:08
3	Randy Hadzor	24	Lafayette 2:11:08
FEMALE OVERALL			
1	Mary Eggers	36	Henrietta 2:21:25
2	Colleen Zogby	44	Manlius 2:24:14
3	Maryjo Swizdor	45	Jamesville 2:30:08
MALE AGE GROUP: 18 - 29			
1	Zev Myerowitz	26	Seneca Falls 2:20:44
2	Luke Laczak	25	Harpursville 2:24:43
3	Nick Cognito	18	New Hartford 2:26:19
FEMALE AGE GROUP: 18 - 29			
1	Michelle Valesy	27	Philadelphia, PA 2:49:56
2	Cara Goldberg	27	Syracuse 2:54:21
3	Aileen Viel	29	Whitesboro 2:57:20
MALE AGE GROUP: 30 - 39			
1	Larry Stroh	34	Jamesville 2:13:13
2	Matthew Ruddy	38	Jamesville 2:14:13
3	Rob Chimento	32	Baldwinsville 2:15:32
FEMALE AGE GROUP: 30 - 34			
1	Amanda Hatfield	31	Oneida 2:32:00
2	Kristin Mullaly	30	Liverpool 2:41:41
3	Lisa Broadhead	32	Lorton 2:43:40
FEMALE AGE GROUP: 35 - 39			
1	Carrie Ann Nevelndine	39	Fayetteville 2:39:45
2	Tricia Cicero	39	Fairport 2:44:20
3	Anna Hlywa	37	Auburn 2:47:25
MALE AGE GROUP: 40 - 44			
1	Joseph Gale	44	Clinton 2:22:33
2	Mark Rushton	40	Rome 2:27:58
3	Scott Schaffer	43	Rome 2:29:08
FEMALE AGE GROUP: 40 - 44			
1	Stacy Chase Wanamaker	42	Fayetteville 2:38:48
2	Margaret Sheen	41	Syracuse 2:43:05
3	Carolyn Mathis	41	Penfield 2:49:45
MALE AGE GROUP: 45 - 49			
1	Onno Oerlemans	48	Clinton 2:16:07
2	Sam Sampere	45	East Syracuse 2:29:50
3	Mark Daley	49	West Winfield 2:31:32
FEMALE AGE GROUP: 45 - 49			
1	Lorie Ann Voight	45	Syracuse 2:33:56
2	Laura Benotii	45	Pittsford 2:36:23
3	Lynn Douglas	48	Camillus 2:39:10
MALE AGE GROUP: 50 - 59			
1	William Garry	50	Tully 2:11:27
2	Mark Celeki	50	Barneveld 2:26:42
3	Kevin Maier	54	Manlius 2:26:47
FEMALE AGE GROUP: 50 - 59			
1	Eileen Clinton	52	Syracuse 2:52:38
2	Margaret Perkins	55	Tully 3:01:07
3	Anne Austin	51	Syracuse 3:03:04
MALE AGE GROUP: 60 & OVER			
1	Terry Habecker	62	Ithaca 2:28:05
2	Robert James Hadzor	60	Lafayette 2:41:58
3	Mike Stevens	60	Rome 3:28:08
FEMALE TEAMS			
1	Wilde/Familio/Foederer		2:23:41
2	Draper/Roberts/Draper		2:31:40
3	Kapes/Williams/Kapes		2:39:33
MALE TEAMS			
1	Evans/Early/Stevens		2:12:38
2	Finkle/Howe/Ray		2:13:49
3	Celecki/Karaz/Karaz		2:15:54

Courtesy of ATC Endurance

WINDHAM MOUNTAIN BIKE WORLD CUP FESTIVAL August 28-29, 2010 • Windham Mountain, Windham

DOWNHILL: PRO			
1	Ethan Quehl	Men	3:11
1	Karen Eagan	Women	4:10
DOWNHILL: CATEGORY 1			
1	Ace Savarese	M12-18	3:45
1	Evan Cholco-Devlin	M19-29	3:24
1	Jason Scheiding	M30-39	3:33
1	Jason Carpenter	M40-49	3:33
1	Richard Rude	M50-99	3:56
1	Felicia Kearsley	W35-99	4:45
DOWNHILL: CATEGORY 2			
1	Phillippe Karolickik	M12-18	3:35
1	Jonathan Westland	M19-29	3:37
1	Jeremy Fahey	M30-39	3:50
1	Jim MacNaughton	M40-49	4:11
DOWNHILL: CATEGORY 3			
1	Anthony Reardon	M12-18	4:36
1	Phillip Martin	M19-29	3:38
1	Peter Marmorato	M30-39	4:21
1	Felix Jamboy	M40-49	4:33
1	Robert Evangelisto	M50-99	5:12
1	Heather Cowell	W12-34	6:25
1	Elixandria Porru	W35-99	5:06
CROSS-COUNTRY: PRO MEN			
1	Justin Lindine		1:52:42
2	Matthew Bailey		1:57:08
3	Sam Koerber		1:58:11
CROSS-COUNTRY: CATEGORY 1			
1	Connor Bell	M12-18	1:26:52
1	Cameron Dodge	M19-29	1:25:44
1	Shawn Mottram	M30-39	1:25:36
1	Alec Petro	M40-49	1:25:58
1	Ken Welch	M50-99	1:28:42
1	Robert Stine	Singlespeed	1:29:05
1	Catherine Peacock	W12-34	1:49:29
1	Susan Lynch	W35-99	1:23:05
CROSS-COUNTRY: FIRST-TIMER			
1	Armando Luis	M01-99	27:33
CROSS-COUNTRY: CATEGORY 2			
1	Kenneth Hall	M12-18	1:07:18
1	Paul Meier	M19-29	1:09:48
1	Andy Gould	M30-39	1:06:39
1	Aaron Mooney	M40-49	1:11:44
1	Esteban Fernandez-Tenas	M50-99	1:19:58
1	Stephane Courtois	Singlespeed	1:29:30
1	Rachel Chambers	W12-34	1:29:33
1	Siri Hildonen	W35-99	56:13
CROSS-COUNTRY: CATEGORY 3			
1	Parker Francis	M12-18	53:47
1	Jared Stritsman	M19-29	57:59
1	Tadd Clelland	M30-39	52:33
1	Kevin Maldonado	M40-49	54:21
1	Ron Mack	M50-99	57:57
1	Veda Gerasimek	W12-34	1:09:38
1	Melody Gerasimek	W35-99	1:11:24

Courtesy of Greene County Tourism & Windham Mountain

13TH ANNUAL ALTAMONT 5K RUN August 28, 2010 • Bozenkill Park, Altamont

MALE OVERALL			
1	Chuck Terry	28	Albany 15:30
2	Dan Haggerty	25	Albany 15:50
3	Gedred Burns	25	Altamont 16:40
FEMALE OVERALL			
1	Courtney Tedeschi	15	Westerlo 18:40
2	Diana Tobon-Knobloch	29	Albany 20:57
3	Jolie Siegel	17	Voorheesville 21:00
MALE AGE GROUP: 14 & UNDER			
1	Dominic Woodmansee	14	Westerlo 20:32
2	Dave Donofrio	14	21:05
3	Andrew Maloney	13	Voorheesville 21:40
FEMALE AGE GROUP: 14 & UNDER			
1	Allie Tedeschi	13	Westerlo 21:53
2	Shannon LaChance	13	Hudson 24:28
3	Cheyenne Munson	11	Schenectady 26:07
MALE AGE GROUP: 15 - 19			
1	Connor Devine	16	East Berne 17:31
2	Derek Struck	15	Altamont 17:53
3	Brendan Connor	17	Hudson 18:33
FEMALE AGE GROUP: 15 - 19			
1	Sawyer Cresap	15	Delmar 21:05
2	Bethany Biernat	17	23:04
3	Angela Cunningham	15	23:15
MALE AGE GROUP: 20 - 24			
1	Kahill Scott Jr	20	Cohoes 17:35
2	Stephen Roy	21	Schoharie 19:11
3	Joe Ottati	22	Leeds 19:51
FEMALE AGE GROUP: 20 - 24			
1	Melissa Breduce	22	Albany 21:16
2	Deanna Wachtel	23	22:58
3	Rita Ramos	23	Albany 23:49
MALE AGE GROUP: 25 - 29			
1	Jeffrey Andritz	29	20:08
2	Taha Khanshab	25	Schenectady 21:43
3	Brian Stoffel	28	21:55
FEMALE AGE GROUP: 25 - 29			
1	Kristen Connors	26	Mechanicville 21:51
2	Danielle Blanchard	26	24:27
3	Erin Reep	29	Delmar 24:49
MALE AGE GROUP: 30 - 34			
1	Anthony Giuliano	31	16:42
2	Stephen Siebrecht	31	18:01
3	Michael Washco	31	Albany 22:30
FEMALE AGE GROUP: 30 - 34			
1	Melanie Vedder	33	Middleburgh 24:54
2	Michaeleen Campbell	34	25:41
3	Shannon Pingitore	32	27:05
MALE AGE GROUP: 35 - 39			
1	Matt Gokey	36	Delmar 17:14
2	David Tromp	35	Glenmont 18:09
3	Joe McCullen	39	Altamont 19:14
FEMALE AGE GROUP: 35 - 39			
1	Denise VanDerwerken	38	21:11
2	Amy Pollard	36	23:31
3	Ellen Gokey	36	Delmar 23:35

continued

13TH ANNUAL ALTAMONT 5K RUN continued

MALE AGE GROUP: 40 - 44			
1	Matt Neal	41	Schenectady 21:44
2	Robert Mauro	42	Schenectady 21:56
3	Jim McMorris	41	Clifton Park 22:51
FEMALE AGE GROUP: 40 - 44			
1	Christiane Pryne	41	Jefferson 21:06
2	Theresa Smolen	40	Schenectady 23:00
3	Paddy Kelley	43	Saratoga Springs 24:20
MALE AGE GROUP: 45 - 49			
1	Kevin Creagan	45	Albany 18:59
2	Dan Cantwell	49	Albany 19:07
3	Gary Longhi	46	Climax 19:25
FEMALE AGE GROUP: 45 - 49			
1	Jacque Schiffer	45	Olivebridge 21:47
2	Anne Payne	48	24:19
3	Joanie Colarusso	46	26:10
MALE AGE GROUP: 50 - 54			
1	Vladimir Ilin	52	Albany 18:11
2	Rick Munson	53	Prattsville 18:31
3	Jack Connor	51	Hudson 20:11
FEMALE AGE GROUP: 50 - 54			
1	Josie Bates	51	24:55
2	Vicky Bastian	54	Voorheesville 27:15
3	Ellen Posson	52	28:14
MALE AGE GROUP: 55 - 59			
1	David Roy	55	Schoharie 18:34
2	Patrick Whelley	58	Tribes Hills 23:03
3	Chester Tumidajewicz	56	Amsterdam 23:08
FEMALE AGE GROUP: 55 - 59			
1	Carole Bieber	59	Slingerlands 25:58
2	Gail Hein	58	Altamont 28:01
3	Mary Ann Jones	55	Altamont 28:35
MALE AGE GROUP: 60 - 64			
1	William Babcock	60	19:55
2	Kenneth Klapp	60	Guiderland 20:25
3	Ernie Paquin	64	Gansevoort 21:27
FEMALE AGE GROUP: 60 - 64			
1	Katherine Ambrosio	60	Delmar 26:09
2	Ginny Mosher	64	Delanson 29:46
3	Nancy Johnston	64	Ballston Lake 33:17
MALE AGE GROUP: 65 - 69			
1	Tom Adams	66	Schenectady 21:57
2	Frank Klose	67	Castleton 25:12
3	Al Schultz	65	Olivebridge 39:32
FEMALE AGE GROUP: 65 - 69			
1	Diane Christie	67	Merrick 45:23
MALE AGE GROUP: 70 - 74			
1	Jim Moore	70	Niskayuna 25:59
2	Jim Hotaling	70	Niverville 26:51
FEMALE AGE GROUP: 70 - 74			
1	Betty Langevin	70	Cohoes 49:42
2	Pat Gajewski	73	55:42
3	Toby McElean	74	1:00:53
MALE AGE GROUP: 75 - 79			
1	Joe Kelly	77	Menands 30:05
2	Richard Eckhardt	76	Albany 33:47
3	Donald McBain	77	Wynantskill 38:46
MALE AGE GROUP: 80 & OVER			
1	Ken Orner	80	Albany 36:27
FEMALE AGE GROUP: 80 & OVER			
1	Regina Tumidajewicz	83	Amsterdam 50:17

Courtesy of Altamont 5K Race Committee

22ND ANNUAL SEFCU FOUNDATION LABOR DAY 5K September 6, 2010 • SEFCU Headquarters, Albany

MALE OVERALL			
1	Chuck Terry	28	Albany 15:47
2	Thomas O'Grady	25	Latham 16:20
3	Anthony Giuliano	31	Albany 16:23
FEMALE OVERALL			
1	Kristina Gracey	27	Albany 18:46
2	Karen Bertasso	26	Scotia 19:22
3	Eryka Perreault	24	Troy 19:29
MALE AGE GROUP: 14 & UNDER			
1	Kevin Murphy	9	Albany 22:04
2	Robert Paley II	14	Schenectady 22:15
3	Patrick Hilt	13	Colonie 25:12
FEMALE AGE GROUP: 14 & OVER			
1	Jackie Malecki	14	Albany 20:09
2	Kaitie Schillaci	13	Albany 20:16
3	Kirsten Kaminski	13	Albany 21:49
MALE AGE GROUP: 15 - 19			
1	Jason Lange	15	Schenectady 16:59
2	Jordan Pantalone	15	Schenectady 17:09
3	Matt Lange	15	Schenectady 17:23
FEMALE AGE GROUP: 15 - 19			
1	Amy Becker	16	Albany 20:19
2	Rachel Keller	16	Albany 20:28
3	Alicia Bousa	15	Albany 21:03
MALE AGE GROUP: 20 - 24			
1	Richard Messineo	21	Nassau 17:20
2	Thomas Hartnett Jr	22	Schenectady 19:33
3	Robert Johnson	23	Albany 21:48
FEMALE AGE GROUP: 20 - 24			
1	Samantha Miller	24	Johnsonville 24:51
2	Jaclyn Levie	22	Coeymans Hollow 25:51
3	Chynna Marcucci	21	Cohoes 27:14
MALE AGE GROUP: 25 - 29			
1	Jim Sweeney	29	Albany 16:41
2	Joshua Cordeira	27	Newton Center, MA 17:55
3	Jason Cordeira	27	Rensselaer 18:20
FEMALE AGE GROUP: 25 - 29			
1	Crystal Cammarano-Pern	29	Clifton Park 21:08
2	Crystal Gipp	27	Rensselaer

28TH ANNUAL ADIRONDACK CANOE CLASSIC: THE 90-MILER
September 10-12, 2010 • Old Forge to Saranac Lake

ONE-MAN GUIDEBOAT			
1 Phil DeCaro	Rye	18:25:12	
ONE-WOMAN GUIDEBOAT			
1 Beth Burchill	Rochester	19:27:23	
TWO-PERSON GUIDEBOAT			
1 Rob Gunther/Phil Pecora	Webster	15:56:54	
2 John Vuolo/Marcello Torricelli	South Salem	16:22:04	
3 Francis Morier/Ben Rochon	St Basile-Lee-Grand, QC/Blainville, QC	16:32:03	
VOYAGEUR CANOES			
1 Dog Breath	Rexford	12:35:09	
2 Richard Reynolds Express	Rochester	13:24:43	
3 Dale & The Destroyers	West Chester, PA	13:27:12	
TWO-PERSON CANOE: FAMILY			
1 Dan Tickner Jr & West Tickner	Old Forge	18:06:25	
TWO-PERSON CANOE: RECREATION: MEN			
1 James & Marvin Mattingly	Theresa	16:27:50	
2 John & William Koenig	Lancaster, PA	17:20:56	
3 William Shea/Mike Champagne	Windsor Locks, CT/East Windsor, CT	17:51:14	
TWO-PERSON CANOE: RECREATION: MIXED			
1 Ed & Rose Van Keuren	Cherry Hill, NJ	19:07:46	
2 DeAnna Wisiewski/Allan Powers	Paul Smiths	20:42:04	
3 Adam Parke/Josie Lawlor	Barton, VT/Glover, VT	20:56:39	
SOLO CANOE: RECREATION: WOMEN			
1 Kerry Shea	Burlington, VT	18:38:48	
2 Jennifer Okunuk	Middleburgh	18:51:29	
3 Patty Troischt	Indian Lake	21:44:38	
SOLO CANOE: RECREATION: MEN			
1 Stefan Bib	Rainbow Lake	15:11:32	
2 Rick Costanza	Saranac Lake	15:22:25	
3 Joe Moore	Lake Placid	15:23:03	
ONE-PERSON CANOE: STOCK: MEN			
1 Marvin Doran	Southampton, ON	18:29:34	
2 Brian VanDelinder	Newton, MA	19:18:05	
3 Sebastian Rochon	Rigaud, QC	20:33:04	
ONE-PERSON CANOE: AMATEUR MEN			
1 Michael Fairchild	Brattleboro, VT	14:56:41	
2 Gary McLain	Ballston Spa	17:25:08	
3 Michael Primmer	Oneonta	18:52:31	
FOUR-PERSON CANOE: STOCK: MEN			
1 Yvon Ranger/Jeff Firkin/Erik Werner/Al Nichols	Alexandria, ON/Philadelphia, PA/Allentown, NJ	13:15:55	
2 Brad Kropp/Ron Bomberger/Jeff Shenberger/David Armstrong	Bowdoin, ME/Manheim, PA/Hummelstown, PA/Silver Spring, MD	13:22:40	
3 Josh Schlafer/Jeff Shultis/Larry Harrison	Unadilla/Otego/West Oneonta	13:24:38	
FOUR-PERSON CANOE: STOCK: WOMEN			
1 Sherry Grimm/Patty Foley/Barbara Getty/Linda Frank	Inlet/Old Forge/Roswell, GA	19:26:30	
2 Katrina Walton/Pam Mueller/Renee Beshears/Christy Grant	Monticello, FL/Lamont, FL	20:06:46	
3 Sue Driscoll/Nancy Haggerty/Terr Reid/Leslie Accardo	Ridgefield, CT/Yorktown Heights/Pawling	20:30:10	
FOUR-PERSON CANOE: MIXED			
1 Roxanne & Bruce Barton/Mark Rimer/Dan Gary	Homer, MI/Horton, MI	12:58:23	
2 Ken Streb/Rod Price/Joanna Faloon/Christoph Weber	Rochester/Orlando, FL/Ottawa, ON	13:44:52	
3 Joanne Maly/James Williams/Richard Nelson/Brian Schoen	Old Forge	14:37:32	
TWO-PERSON CANOE: AMATEUR MEN OPEN			
1 Jon Santor/Gordy Santor	Plattsburgh	13:41:12	
2 Michel Archambault/Andrew Jillings	Pointe-Claire, QC/Clinton	14:23:56	
3 Rob Hinsdill/Jeffrey Moore	Boonville/Blossvale	14:33:09	
TWO-PERSON CANOE: AMATEUR MEN MASTERS			
1 Richard Butts/Kevin Berl	Rochester/Macedon	14:07:55	
2 Peter Ross/Tim Henning	Ontario/Marion	14:40:05	
3 Francis Gallagher/Martin Johnston	Wilson/Lockport	15:46:29	
TWO-PERSON CANOE: AMATEUR MIXED			
1 Janet Findlay/David Hunter	Lake Placid	14:13:51	
2 Mary Houck/John Ders	Verona Beach/South Otselic	14:58:56	
3 Sam Ritchie/Julie Dickerson	New York/Little Silver, NJ	15:13:55	
TWO-PERSON CANOE: STOCK: MIXED OPEN			
1 Gregg Van Slyke/Sara Van Slyke	Inlet	16:26:21	
2 Bob Zimmerman/Julie Hinsdill	Old Forge/Boonville	16:55:23	
3 Mike Collyer/Kate Gesel	Potsdam	17:19:44	
TWO-PERSON CANOE: STOCK: MIXED MASTERS			
1 Kelli Morgan/Bill Morgan	Union Springs	15:14:42	
2 Stephanie Banks/David Banks	Lake Clear	15:51:09	
3 Wendy Sanders/Brian Sanders	New Hartford	15:51:20	
TWO-PERSON CANOE: STOCK: MIXED VETERANS			
1 Jo Ann Dumoulin/Timm Dumoulin	White River Junction, VT	16:35:41	
2 Elsa Matthews/Pierre Pinard	Duhamel, QC/L'Original, ON	16:54:11	
3 Dena Gill/Brian Gill	Morin Heights, QC	17:21:02	
TWO-PERSON CANOE: STOCK: WOMEN			
1 Donna Walsh/Cary Hall	Saranac Lake/Lake Placid	17:53:36	
2 Megan Cook/Tiffany Drake	Hudson, NH/Paul Smiths	18:31:52	
TWO-PERSON CANOE: STOCK: MENS OPEN			
1 Bruce Codrington/Nate Derr	Sydney/Unadilla	15:02:15	
2 Paul Chipman/Michael Chipman	Auburn/Syracuse	15:53:31	
3 Michael Brazell/Andrew Pritchard	Otter Lake/Fort Edward	15:59:19	
TWO-PERSON CANOE: STOCK: MENS MASTERS			
1 Ed Wagner/John Potter	Auburn/Port Byron	14:31:04	
2 Gene Pratt/Geoff Moore	Amsterdam/Loudonville	15:14:02	
3 Gary Peters/Laurence Kampnich	Lowville	15:57:04	
TWO-PERSON CANOE: STOCK: MENS VETERANS			
1 Don Lafever/Dan Karig	Norwich/Ithaca	15:20:53	
2 Soern Petersen/Jim Cunningham	Clarence Creek, ON/Ticonderoga	15:26:58	
3 Mike Skivington/Glen Vandewinkel/Scottville/Webster	Clarence Creek, ON/Ticonderoga	15:45:29	
TOURING KAYAK: MEN			
1 Roger Gocking	Ossining	14:31:00	
2 Scott Weiler	Pittsford	14:52:50	
3 Douglas Rood	Rochester	15:22:12	
UNLIMITED KAYAKS			
1 Larry Thomas	Saratoga Springs	14:58:55	
2 David Ware	Manlius	15:36:39	
3 Bernie Wootton	Oneida	18:08:24	
TWO-PERSON KAYAK: MENS MASTERS			
1 David Drum/Ben Hanson	Hammondsport/Big Flats	13:42:43	
2 Scott Stenberg/Tom Ierardi	Moravia/Skanateles	13:52:12	
3 Walter Rainier/Gregory Meyer	Belmont, CA/Williston, VT	17:23:44	
TWO-PERSON KAYAK: WOMEN			
1 Nina Sennett/Kathleen Sennett	Auburn	16:07:20	
2 Shari Hynes/Mary Scheerer	Sag Harbor	16:38:36	
TWO-PERSON KAYAK: MIXED			
1 Carol Trentelman/Jack Trentelman	Lawrenceville, GA	14:54:05	
2 Tom Kime/Karen Kime	Pena	16:13:00	
OPEN TOURING: NON-COMPETITIVE			
1 Dave Thomas/Gene Newman/Johnny Newman/Steve Coffin	Canton	13:10:50	
2 Deke & Chris Morrison/Bob & Henry Donaldson	Old Forge/Park City, UT	15:21:02	
3 Randy Blakeman/Brian LaFountain/Steve Young/Duffy Zornow	Malta/Ballston Spa/Eagle Bay/Penfield	15:23:41	
4 Kevin & Ethan Kress/Matt Mitchell/Nathan Smith	Thendara/Old Forge/Woodgate	15:50:02	
5 Chip & Tony Gianfagna/Justin McGiver/Hannah Nugent	Watertown	15:53:29	
6 Jim Kiefer/Chan Smith/Steve Fargas/Ben LaValley	Eagle Bay	15:56:53	
7 Steve, Brian, & Kevin Sweeney	Calais, VT/Newport Beach, CA	15:58:44	
8 George Bellerose	Weybridge, VT	16:18:49	
9 Brian Finn/Larry Sweeney/Tom Tracey/Tom Moriarty	Townsend, MA/Suffield, CT	16:20:56	
10 Tom Abernath/Bill Lund	Tully	16:30:10	

40TH ANNUAL ORIGINAL LAKE PLACID HALF-MARATHON continued

FEMALE AGE GROUP: 40 - 44			
1 Rachel Butler	Lake Placid	1:48:38	
2 Patricia Moore	Queensbury	1:54:11	
3 Ann Marenick	Saranac Lake	1:57:40	
8 Robyn Poulsen	Saranac Lake	2:31:59	
MALE AGE GROUP: 45 - 49			
1 David Balestrini	Lake Placid	1:38:41	
2 Jim Dillenberger	Ausable Forks	1:39:19	
3 Daniel Esper	Slingerlands	1:44:25	
5 Shayn Armstrong	Lake Placid	2:01:41	
6 John Kershko	Clifton Park	2:09:58	
7 Tim Healey	Troy	2:10:01	
FEMALE AGE GROUP: 45 - 49			
1 Elizabeth Trachte	New Paltz	1:56:18	
2 Louise Parks	Potsdam	1:59:18	
3 Karen Armstrong	Lake Placid	2:01:41	
5 Liz Nazarian	Watervliet	2:10:01	
6 Sarah Reed-Esper	Slingerlands	2:12:07	
8 Catherine Dwyer	Menands	2:47:13	
MALE AGE GROUP: 50 - 54			
1 Doug Hazelden	Bloomingtondale	1:32:29	
2 Jonathan Stillman	Ballston Spa	1:33:22	
3 Brian Delaney	Lake Placid	1:35:24	
5 Greg Dennis	Lake Placid	1:38:25	
7 Arthur Devlin	52 Lake Placid	1:44:40	
8 Perrin Babcock	54 Lake Placid	1:47:57	
10 Robert Morganson	53 Lake Placid	1:54:04	
11 William Izzo	52 Lake Placid	1:55:58	
12 Vinny Sparacino	54 Lake Placid	2:01:54	
14 Bob Lepak	54 Saranac Lake	2:04:37	
16 Rick Echhardt	51 Albany	2:06:20	
17 David Gasper	50 Clifton Park	2:06:38	
18 Jim Tyler	50 Saranac Lake	2:13:19	
19 Peter Rienza	53 Clifton Park	2:33:02	
FEMALE AGE GROUP: 50 - 54			
1 Kate Hart	Ottawa, ON	2:01:45	
2 Susan Polhemus	Peru	2:07:57	
3 Carol Healey	Troy	2:10:01	
4 Debra Dowie	Lake Placid	2:18:03	
5 Nancy Dukett	Lee Center	2:19:00	
7 Mary Rienza	Clifton Park	2:46:39	
MALE AGE GROUP: 55 - 59			
1 Peter Jones	55 Rainbow Lake	1:38:13	
2 Gregory Wittmer	55 Saranac Lake	1:45:53	
3 Paul Cassot	58 Lake Placid	1:52:17	
4 Edmond Cassot	58 Lake Placid	1:59:05	
7 Phillip Gallo	59 Saranac Lake	2:08:32	
8 Mark Schug	57 Clinton	2:17:02	
FEMALE AGE GROUP: 55 - 59			
1 Donna Zajkowski	55 Poughkeepsie	1:57:37	
2 Nancie Battaglia	56 Lake Placid	1:58:16	
3 Lisa Meissner	55 Tupper Lake	2:04:46	
MALE AGE GROUP: 60 - 64			
1 Gerry Duprey	64 Rouses Point	1:48:07	
2 Ernest Paquin	64 Gansevoort	1:49:37	
3 Doug Stephens	61 Glens Falls	2:06:08	
4 Gary Baldwin	63 Lake Placid	2:11:51	
FEMALE AGE GROUP: 60 - 64			
1 Candi Schermerhorn	64 Diamond Point	2:04:59	
2 Susan Pastizzo	64 Saranac Lake	3:09:55	
MALE AGE GROUP: 65 - 69			
1 Eduardo Munoz	67 Olmstedville	1:48:24	

Courtesy of North Elba Park District

8TH ANNUAL BRENDA DEER MEMORIAL 5K ROAD RACE

Capital District YMCA Race/Walk Series #4 • Sept. 11, 2010 • YMCA, Guilderland

MALE OVERALL			
1 Richard Munson	53 Prattsville	18:23	
2 David Wojcik	28 Troy	18:49	
3 Brian Murphy	23 Albany	18:57	
FEMALE OVERALL			
1 Tara Joyce	21 Altamont	21:29	
2 Bridgette Chorbajian	44 Schenectady	22:14	
3 Theresa Smolen	40 Schenectady	22:35	
MALE AGE GROUP: 9 & UNDER			
1 Bryan Doolin	7 Slingerlands	28:45	
2 Stephan Doolin	8 Slingerlands	29:20	
3 David Doolin	8 Slingerlands	39:35	
FEMALE AGE GROUP: 9 & UNDER			
1 Maggie Doolin	8 Slingerlands	28:46	
MALE AGE GROUP: 10 - 14			
1 Ben Long	14 Amsterdam	28:34	
2 Manny DiBella	10 Schenectady	31:58	
FEMALE AGE GROUP: 10 - 14			
1 LeeAna Doolin	11 Slingerlands	32:59	
MALE AGE GROUP: 15 - 19			
1 Marcus Spinnato	17 Schenectady	22:26	
2 Brian Deer	15 Milford	25:24	
3 Anthony Tennant	19 Northville	28:25	
FEMALE AGE GROUP: 15 - 19			
1 Alexandria Schneide	15 Schenectady	23:22	
2 Kate Harnett	19 Floral Park	23:57	
3 Charnelle Saint-Lau	19 Dix Hills	23:57	
MALE AGE GROUP: 20 - 29			
1 John Deer	28 Albany	21:21	
2 Matthew Musto	29 Schenectady	23:09	
3 Dave Adikes	21 Albany	23:26	
FEMALE AGE GROUP: 20 - 29			
1 Amanda Barone	26 Ballston Spa	23:11	
2 Dayna Steves	28 Albany	24:37	
3 Ashley Depeaux	27 East Berne	25:19	
MALE AGE GROUP: 30 - 39			
1 David Shumpert	39 Clifton Park	20:03	
2 Daniel Roberts	38 Guilderland Center	21:36	
3 Matthew Revitt	35 Schenectady	21:59	
FEMALE AGE GROUP: 30 - 39			
1 Erin Russo	37	25:37	
2 Jason DiPirro	36	26:10	
3 Jennifer VanVlack	36	54:38	
MALE AGE GROUP: 40 - 49			
1 Mark Stephenson	46	21:42	
2 Scott Patzwahl	45	26:21	
3 Jim White	46	26:41	
FEMALE AGE GROUP: 40 - 49			
1 Lisa LaBrie	45	27:03	
2 Susan Sharp	47	31:50	
3 Michelle McDonald	47	32:30	
MALE AGE GROUP: 50 - 59			
1 Richard Hartshorn	55	23:08	
2 Paul Lomax	54	26:15	
3 Richard Valliere	57	26:18	
FEMALE AGE GROUP: 50 - 59			
1 Kim Law	53	25:41	
2 Joanne Barlow	55	29:03	
3 Cindy Michelin	55	30:58	
MALE AGE GROUP: 60 - 69			
1 Bill Schneider	60	27:34	
2 Phillip Lance	61	30:10	
3 Richard Draper	60	33:14	
FEMALE AGE GROUP: 70 & OVER			
1 Jim Hotaling	70	26:35	
MALE OVERALL			
1 Richard Messineo	21	38:40	
2 Dennis Van Vlack	38	41:39	
3 Paul Widjeskog	27	42:15	

Courtesy of Capital District YMCA

40TH ANNUAL ORIGINAL LAKE PLACID HALF-MARATHON
September 11, 2010 • North Elba Show Grounds, Lake Placid

13.1 MILES - WINNERS & REGIONAL FINISHERS			
MALE OVERALL			
1 Aaron Robertson	32 Rouses Point	1:13:05	
2 Tony Casey	24 Saranac	1:15:18	
3 Allen Rego	25 Lake Placid	1:23:33	
FEMALE OVERALL			
1 Sara Fachteau	33 Peru	1:27:23	
2 Teal Reeves	29 Glenville	1:30:16	
3 Startlett Cook	46 Queensbury	1:33:54	
MALE AGE GROUP: 10 - 14			
1 Ian Zdziebloski	14 Lake George	2:05:34	
MALE AGE GROUP: 15 - 19			
1 Spencer Knickerbocker	18 Brattleboro, VT	1:27:41	
3 Joe Kelly	19 Tupper Lake	1:56:47	
MALE AGE GROUP: 20 - 24			
1 Morgan Pellerin	22 Saranac	1:29:02	
2 Jason Leach	24 Plattsburgh	1:39:06	
3 Bryan Mockus	21 Cadyville	2:14:30	
FEMALE AGE GROUP: 20 - 24			
1 Harriet Fox	23 Canton	1:36:27	
2 Megan Papineau	24 Keene	1:43:40	
3 Katherine			

Race Results

2ND ANNUAL RED APPLE TRAIL RUN 5K & 10K *continued*

FEMALE OVERALL			
1	Alice Thomas	47	Westerlo 47:58
2	Renee Wing	30	Rensselaer 49:01
3	Susan Burns	55	Rensselaer 54:10
MALE AGE GROUP: 19 & UNDER			
1	Evan Liberman	12	New York 1:00:47
MALE AGE GROUP: 20 - 29			
1	Jeff Hayes	27	Troy 43:22
2	Michael McDuffie	26	Boston, MA 43:41
3	Robert Magee	26	Albany 51:44
FEMALE AGE GROUP: 20 - 29			
1	Andria Bentley	26	Albany 1:00:47
2	Alexandra McGregor	20	Waterford 1:00:48
3	Desiree Orciuoli	24	Troy 1:02:40
MALE AGE GROUP: 30 - 39			
1	Paul Hoff	30	Valatie 51:52
2	Michael Washco	31	Albany 53:15
3	Kevin Murphy	39	Kinderhook 53:57
FEMALE AGE GROUP: 30 - 39			
1	Karen Baumeister	32	Castleton 56:12
2	Diana Steenburg	37	Albany 56:17
3	Alice Pope	36	Cornwall 57:07

MALE AGE GROUP: 40 - 49			
1	William Janeway	47	Stuyvesant 44:05
2	Jon Meredith	43	Kinderhook 48:51
3	Matt Lesniak	42	Albany 49:01
FEMALE AGE GROUP: 40 - 49			
1	Denise Lebrecht-Kuhner	42	N. Chatham 56:13
2	Gretchen Lena	45	Slingerlands 58:29
3	Eve Evans	47	New York 1:03:04
MALE AGE GROUP: 50 - 59			
1	Roger Liberman	50	New York 48:21
2	Jim Herrington	54	Sandy Spring, MD 50:03
3	Jeff Clark	52	Glenmont 51:33
FEMALE AGE GROUP: 50 - 59			
1	Carmen Narvaez	50	Albany 58:46
2	Kathi Davi	52	1:02:21
3	Bernadette Martin	50	Rensselaer 1:05:39
MALE AGE GROUP: 60 & OVER			
1	Greg Rickes	60	Latham 51:11

Courtesy of Kinderhook Runners Club

INAUGURAL MBPA COMMUNITY DAY 5K RUN September 11, 2010 • HVCC Tec Smart, Malta

MALE OVERALL			
1	Eamon Dempsey	30	Delmar 16:19
2	Keith Weiss	28	Malta 16:33
3	Josh Myers	19	Ballston Spa 17:38
FEMALE OVERALL			
1	Diane Matthews	28	Malta 18:57
2	Payton Czupil	11	Malta 21:43
3	Kim Klippel	39	Ballston Spa 22:30
MALE AGE GROUP: 14 & UNDER			
1	Zarin Tuten	11	Ballston Spa 23:42
2	Tyler Klippel	11	Ballston Spa 28:29
FEMALE AGE GROUP: 14 & UNDER			
1	Emily Brockman	14	Gansevoort 29:21
2	Ariana Fay	14	Schuylerville 29:21
3	Meghan Liuzzo	12	Malta 30:53
MALE AGE GROUP: 15 - 19			
1	Chris Nolan	18	20:10
MALE AGE GROUP: 20 - 29			
1	Jeff Nastke	29	Saratoga Springs 18:52
2	Matthew Iglar	28	Saratoga Springs 19:23
3	Justin Higgins	26	Clifton Park 19:52
FEMALE AGE GROUP: 20 - 29			
1	Lisa Carpenter	29	Clifton Park 23:51
2	Nichole Demarco	28	Clifton Park 24:33
3	Kasey Byrd	23	Saratoga Springs 25:10
MALE AGE GROUP: 30 - 39			
1	Matt Zappen	34	Catskill 19:45
2	Matthew Letteer	32	Latham, 21:16
3	Daniel Fariello	34	Saratoga Springs 21:23
FEMALE AGE GROUP: 30 - 39			
1	Erika Anderson	36	Malta 23:34
2	Sandy Tasse	31	Saratoga Springs 23:42
3	Liz Carr	35	Clifton Park 24:46

MALE AGE GROUP: 40 - 49			
1	Mark Haworth	40	Saratoga Springs 19:36
2	Scott McNamara	42	Ballston Spa 20:34
3	Kevin Whitehead	44	Clifton Park 20:54
FEMALE AGE GROUP: 40 - 49			
1	Kim Eisler	43	Ballston Spa 24:06
2	Kelly Armer	43	Ballston Spa 24:22
3	Bridget Cotugno	43	Malta 27:51
MALE AGE GROUP: 50 - 59			
1	Rich Picotte	57	Malta 19:17
2	John Couch	51	Malta 19:35
3	Tim Fisher	58	Ballston Spa 22:36
FEMALE AGE GROUP: 50 - 59			
1	Donna Araujo	54	Latham 33:08
2	Carol Radabaugh	54	Malta 34:42
3	Christine Greenway	54	Clifton Park 46:47
MALE AGE GROUP: 60 - 69			
1	Terry Smith	63	Galway 25:35
2	Frank Descicciolo	65	Ballston Lake 31:32
3	Ben Radabaugh	62	Malta 37:49
FEMALE AGE GROUP: 60 - 69			
1	Susan Fasset	65	Ballston Spa 36:14
2	Chris Guglielmo	66	Gansevoort 47:18
3	Sandna Hilt	67	Wynantskill 50:16
MALE AGE GROUP: 70 - 79			
1	Walter McConnell	78	Bolton Landing 30:32

Courtesy of Malta Business & Professional Association

34TH ANNUAL GREAT JOSH BILLINGS RUNAGROUND TRIATHLON *continued*

MALE 39 & UNDER CANOE		
1	Smokin Aces	2:19:56
2	Will Dugan/Gary Aprea/Brent Lyesiuk/Shawn Rumery	2:21:19
3	Allen Heights Veterinary Josh Lipka/Tom Keefe/Shane MacDowell/Steve Monsulick	2:23:57
4	Bold Move/Chocolate Springs Chris Fisher/Charles Zuber/Bob Zuber/Jason Ayr	
MALE 40 & OVER CANOE		
1	Team Lightning	2:37:41
2	Mark Fredrick/Kevin Boss/Bill Brown/Joe Garlan	
3	Clarks Gamble	2:39:14
4	Craig Robertson/Clark Gamble/Christopher Gamble/Jim Preite	
5	Dr Al And The Pacemakers	2:48:43
6	Al Bravo/Wes Denering/Lawrence Bravo/John Primmer	
ALL FEMALE CANOE		
1	Girls With Gusto	2:38:40
2	Jenny Ives/Patty Spector/Gloria Wesley/Dani Kennedy	
3	Three Generations	2:59:24
4	Mary Parkman/Marjorie Cohan/Nancy Plouffe/Laura Stephen	
5	Red Sox Fever	3:01:13
6	Tammy Payer/Patti Jette/Karen Febey/Katie Boudreau	
MASTERS 50 & OVER CANOE		
1	Roberts Roofing	2:42:07
2	Dan Hickey/Jim Robert/Dave Dugas/Bob Chasin	
3	Older, Wiser, Faster	2:46:58
4	Jim Mucia/Ron McMahon/Jerry Brown/Kevin McCaffrey	
5	Wharf Rats	3:07:04
6	Steve Winckler/Jay Dizacomo/Jim Donoghue/Don Ciampa	
GRANDMASTERS 60 & OVER CANOE		
1	Hawaii 60	2:42:23
2	Fred Thompson/John Casale/Tom Wariner/Alan Bates	
3	Phil And The Lilliputians	3:01:24
4	John Bellizzi/Phil Tierney/Rick D'Elia/Bill Borla	
5	Old And In The Way	3:05:12
6	Pete Wick/Jack Lareau/Ed Prasol/Bob Brillis	
TWO MALE & TWO FEMALE CANOE		
1	Functional Fitness	2:37:24
2	Skip Kuzel/Pam Fitzgerald/Vicki Cummings/Ned Kennedy	
3	Red Lion Senators	2:57:52
4	Vince McDonald/Kerry Klein/Brenda Loguidice/Amanda Lawrence	
5	Blue Cheetahs	3:03:55
6	Ken Coleman/Lisa Lowell/Wayne Wilkinson/Jennifer Rogers	
THREE MALE & ONE FEMALE CANOE		
1	Miss Fits	2:26:00
2	Jason Gauthier/Dennis Carey/Kristen Warner/Greg Hammett	
3	Josh Itch	2:27:10
4	Brian Rabuse/Sue Purdy/Kurt Kuehnel/Tim VanOrden	
5	3 And 1	2:31:41
6	Todd Roberts/Carina Peritore/Jeff Defoe/Adam Nerewanic	
ONE MALE & THREE FEMALE CANOE		
1	Maxine	2:41:01
2	William Sigsworth/Ginny Akubone/Kathy Korte/Caitlyn Clark	
3	The Biker And The Babes	2:49:34
4	Kevin Haynes/Susan Casey/Sally Vincent/Sharon Kennedy	
5	Baczak-Dupont-Fiegel-Tobin	2:50:04
6	John Baczek/Christine Tobin/Christine Fiegel/Michelle Dupont	
TWO-PERSON MALE CANOE		
1	No Clue Of What To Do!	2:59:55
2	David Jacoboski/David Jacoboski/John Hankins/John Hankins	
3	The Two Stooges	3:08:38
4	Todd Lagimonier/Todd Lagimonier/Chuck Millett/Chuck Millett	
5	Tippy Canoe And Tired Two	3:11:32
6	Charley Stevenson/Charley Stevenson/Andy Sheldon/Andy Sheldon	
TWO-PERSON FEMALE CANOE		
1	Carly And The Beav	3:50:43
2	Bev Ameen/Carly Ameen	
3	Fish Peddler And Lobster Runner	3:54:14
4	Helene Gingras/Helene Gingras/Sue Vellrath/Sue Vellrath	
TWO-PERSON MIXED CANOE		
1	Just Dooley It	2:47:25
2	Mike Dooley/Mike Dooley/Tara Dooley/Tara Dooley	
3	Polished Tin	3:07:58
4	Tom Allegio/Donna Virgilio/Tom Allegio	
5	The Middle Leg Is The Hardest	3:14:16
6	Erica Mains/Erica Mains/Pat Bachant/Pat Bachant	

RECREATION CANOE		
1	Berkshire Outfitters Best	2:51:23
2	Stephen Pagnotta/Mike Blazejewski/Chris Samson/Stephen Folsom	
3	NA Law	2:54:24
4	Dan Celatano/Fred Thompson/Steve Bleho/Dan Dermody	
5	Tom Waits For No One	2:55:55
6	Jim Sharp/Richard Small Jr/Susannah Tracy Small/Dan Clayton	
IRONMAN CANOE		
1	I Will Tri! - Matthew Cartier	2:47:31
2	Remembering 3817 - Kyle Breier	2:58:27
3	Team PJH - Patrick Hall	2:58:35
IRONPERSON 40 & OVER CANOE		
1	Soup to NUTS - Kent Lemme	2:42:12
2	Team Zoltan - Thomas Lewis	2:48:05
3	Crash Drown Cramp - Pete Cole	3:07:09
IRONPERSON 50 & OVER CANOE		
1	Advil Express - Joe Sumner	2:58:51
2	Ode To My Dad - Rod Camp	3:09:31
3	Bigelow - Donald Clark	3:17:56
IRONWOMAN CANOE		
1	Laura Walton Gardens - Laura Walton	3:42:37
VETERAN 70 & OVER CANOE		
1	Ocean's Racer	3:59:29
2	John Hanson/Steve Moore/Jock Burbank/Tom Stanley	
3	Performance Automotive	4:51:53
4	Leon Beverly/Leo Fiorini/Richard Billeter/Richard Shook	
20 & UNDER CANOE		
1	AWS	3:06:53
2	Cody Barba/Cody Barba/Kevin Forbes/Alex Trotman	
3	The Warriors	3:10:24
4	Zach Sears/Mark Gaylard/Dean Nichols/Nick Virgilio	
5	Team Bone Deth	3:21:37
6	Christopher Wilke/Luke Godfrey/Michael Doyle/Aileen Burno	
FAMILY CANOE		
1	Jo Jeff	2:54:02
2	Jeff Niedeck/Jo Ellen Niedeck/Jeff Niedeck	
3	3 Sawyers And A Porter	2:55:36
4	Philip Porter/Carolyne Sawyer/Charles Sawyer/Jonathan Sawyer	
5	House To House	2:59:18
6	Geoffrey House/Ellen House/Aaron House	
CORPORATE/ORGANIZATION CANOE		
1	Team Pfizer	2:39:03
2	Zane Wenzel/Dennis Girard/Robert Smith/Donald Tyszkiewicz	
3	APS Featuring The CUR-men	2:52:28
4	Robert Rubino/Sean Curtin/Michael Curtin/Alecia Faustini	
5	Winstanley Partners	2:57:53
6	Mike Ward/Thomas Winstanley/Erin Papa	
KAYAK DIVISION		
<i>Biker/Kayaker/Kayaker/Runner</i>		
ALL BERKSHIRE KAYAK		
1	Berkshire Outfitters Trio	2:38:14
2	Josh Chittenden/Tom Corrigan/Josh Lipinski	
3	Running Center Of The Berkshires	2:42:00
4	David Boyce/Elmar Schmidinger/Shiobbean Archey	
5	Berkshire Beef	3:09:14
6	Edward Carman/Kevin Marsh/Marc McDermott	
MALE 39 & UNDER KAYAK		
1	From Eppie's To The Josh	2:35:32
2	Marc Sullivan/John Weed/John Barry	
3	The Joshua Three	2:53:45
4	Dave Devine/Robert Kittler/William Kittler	
5	Training Day	3:10:17
6	Kirt Mayland/Don Mayland/Silas Warner	
MALE 40 & OVER KAYAK		
1	2 Docs And A Jock	2:45:47
2	Jonathan Molik/Daniel Cohen/Mark Snowise	
3	PMC	3:01:30
4	Stephen Passetto/Paul Monichina/Bill Chapman	
5	Stannard Beach Boys	3:06:57
6	Lincoln Tedeschi/Jason Garner/Scott Freeman	
ALL FEMALE KAYAK		
1	The New Crew II	2:48:30
2	Frances Morrison/Debra Wechter/Michelle Kroboth	
3	PT Cruisers	3:27:10
4	Emma O'Connor/Gay Houghton/Rose Aquilizan	
5	Just For Fun	3:35:23
6	Marcia Parnell/Leslie Hogue/Lisa Hoag	

continued

34TH ANNUAL GREAT JOSH BILLINGS RUNAGROUND TRIATHLON September 12, 2010 • Tanglewood - Lenox, MA

CANOE DIVISION		
<i>Biker/Canoist/Canoist/Runner</i>		
ALL BERKSHIRE CANOE		
1	4-To Go	2:31:10
Greg Hermann/Tom Ostrowski/Ken Ostrowski/Chris Trager		
2	Purple Knights	2:39:16
Lewis Fisher/Craig Walton/John Tunncliffe/Sheila Mason		
3	Gary's Ankle	2:45:14
Lance Nicholson/Butch Barbour/Bob Rzeznikiewicz/Steve Roberts		

continued

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34TH ANNUAL GREAT JOSH BILLINGS RUNAGROUND TRIATHLON continued

Table of race results for the 34th Annual Great Josh Billings Runaround Triathlon, including categories like Mixed 39 & Under Kayak, Masters 50 & Over Kayak, Grandmasters 60 & Over Kayak, and Recreational Kayak.

9TH ANNUAL TEAL RIBBON 5K RUN continued

Table of race results for the 9th Annual Teal Ribbon 5K Run, categorized by Male Age Group (50-54, 55-59, 60-64) and Female Age Group (60-64, 65-69, 70-74, 75-79).

9TH ANNUAL TY YANDON MEMORIAL 5K RUN September 12, 2010 • Newcomb Overlook, Newcomb

Table of race results for the 9th Annual Ty Yandon Memorial 5K Run, including Male Overall, Junior Male, Senior Male, Female Overall, and Senior Female categories.

5TH ANNUAL WHITEFACE 5K DOWNHILL MOUNTAIN BIKE RACE Gravity East Series & Pro Gravity Tour Finals September 12, 2010 • Whiteface Mountain Bike Park, Wilmington

Table of race results for the 5th Annual Whiteface 5K Downhill Mountain Bike Race, categorized by Pro Men, Pro Women, and various age and skill categories.

12TH ANNUAL ADIRONDACK 540 ULTRA CYCLING WEEKEND September 17-19, 2010 • Alpine Country Inn, Wilmington

Table of race results for the 12th Annual Adirondack 540 Ultra Cycling Weekend, including Adirondack 540 Raam Qualifier and Bronze Blast categories.

9TH ANNUAL TEAL RIBBON 5K RUN September 12, 2010 • Washington Park, Albany

Table of race results for the 9th Annual Teal Ribbon 5K Run, including Male Overall, Female Overall, and various age group categories.

BUSINESS DIRECTORY

Advertisement for Dr. Brad Elliott, Chiropractor, located at 677 Plank Rd, Clifton Park. Includes a photo of the doctor and contact information.

Advertisement for The Green Grocer, an organic grocery store specializing in fresh produce, nuts, and dried fruits. Located at 1505 Route 9, Clifton Park, NY.

Advertisement for Rudy Project eyewear, featuring the slogan 'The Best RX Sports Lens in the World!' and contact information for ActiveRx Eyewear.

Advertisement for Placid Planet Bicycles, featuring 'All 2010 Bikes ON SALE!' and listing various bicycle brands like Cervelo, Orbea, and Scott.

Advertisement for McDonough's Valley Hardware, an Adirondack Department Store located on North Main St, Keene Valley.

Advertisement for the Adirondack Mountain Club, listing activities like hiking, climbing, and paddling, with the slogan 'Are you into it?' and website www.adk.org.

Advertisement for Celtic Treasures, featuring Celtic jewelry and gifts. Located at 456 Broadway, Saratoga Springs, NY.

Advertisement for Shulman Howard & McPherson LLP, Attorneys at Law, located at 17 Old Route 66, Averbill Park, New York.

Race Results

5TH ANNUAL LAKE GEORGE TRIATHLON September 18, 2010 • Beach Road, Lake George

0.9-MILE SWIM, 24.8-MILE BIKE, 6.2-MILE RUN		
MALE OVERALL		
1 Patrick O'Keefe	2:00:58	
2 Todd Shatynski	2:01:49	
3 Mike Wynn	2:04:39	
FEMALE OVERALL		
1 Jessie Donovan	2:15:24	
2 Michelle Rosowsky	2:18:52	
3 Amy Miner	2:21:02	
MALE AGE GROUP: 19 & UNDER		
1 Logan Marshall	2:52:44	
2 Gerhard Bosman	3:11:19	
MALE AGE GROUP: 20 - 24		
1 Steven Vargo	2:17:27	
2 Tyler Heishman	2:22:53	
3 Tim Russell	2:26:49	
4 Neil Halvorsen	2:50:57	
5 Michael Naples	2:54:56	
6 Riley End	3:11:55	
7 Ted Newhouse	3:24:50	
MALE AGE GROUP: 25 - 29		
1 Kevin Emblidge	2:13:40	
2 Kevin Sheridan	2:23:21	
3 James Cunningham	2:26:51	
4 Keith Weiss	2:27:12	
5 Nicholas Fahey	2:28:09	
6 Johnathan Loudis	2:28:17	
7 Ian Driver	2:28:55	
8 David Lefebvre	2:33:01	
9 Chris Prezzano	2:36:21	
10 Aaron Cowieson	2:37:33	
MALE AGE GROUP: 30 - 34		
1 Paul Fronhofer	2:07:07	
2 Chris Coffey	2:10:36	
3 Chris Mulford	2:15:36	
4 Jason Santarcangelo	2:18:42	
5 Tony Robinson	2:21:37	
6 Anthony Kenney	2:21:40	
7 Jonathan Conkling	2:24:49	
8 Tim Finocchio	2:25:28	
9 Travis Kline	2:30:45	
10 Jared Buell	2:32:59	
MALE AGE GROUP: 35 - 39		
1 Peter Schneider	2:11:51	
2 Eric Darling	2:13:46	
3 Matt Mallet	2:13:59	
4 Ty Remington	2:15:59	
5 Aaron Essner	2:16:27	
6 Greg McIntyre	2:18:33	
7 TJ O'Connor	2:18:38	
8 Adam Osekoski	2:21:14	
9 Terrance Collins	2:21:48	
10 Keith Alber	2:22:20	
MALE AGE GROUP: 40 - 44		
1 Randy Kelley	2:14:52	
2 Scott Costley	2:17:50	
3 Steve Becker	2:18:47	
4 Dennis Ball	2:24:07	
5 Michael Towle	2:25:38	
6 Scott Sgambato	2:27:35	
7 Jon Whalen	2:28:36	
8 Kevin Feeney	2:29:30	
9 John Denmark	2:29:32	
10 Craig Durant	2:30:38	
MALE AGE GROUP: 45 - 49		
1 Jeff Dodge	2:16:23	
2 Ted Wilson	2:18:45	
3 Tad Norton	2:21:16	
4 Peter Abitante	2:30:59	
5 Jordan Harris	2:32:52	
6 Steven Atkins	2:33:26	
7 Michael Lair	2:35:30	
8 George Burke	2:35:42	
9 Daniel Degennaro	2:37:06	
10 Rob Paley	2:38:44	
MALE AGE GROUP: 50 - 54		
1 John Noonan	2:13:21	
2 Michael Jordan	2:25:03	
3 Johan Bosman	2:29:07	
4 Jack Nabozny	2:29:27	
5 David Fernekes	2:33:09	
6 Mark Weinberg	2:33:40	
7 William Van Nostrand	2:40:55	
8 Daniel Poor	2:43:34	
9 John Davidson	2:45:48	
10 Craig Matis	2:46:59	
MALE AGE GROUP: 55 - 59		
1 Dan Murphy	2:23:44	
2 George Baird	2:32:11	
3 George Baird	2:32:11	
4 Roy Kline	2:33:49	
5 Gary Walters	2:34:58	
6 Frank Lanzillo Jr	2:40:49	
7 James McGready	2:42:42	
8 Jeffrey Ruiz	2:46:09	
9 Thomas Skeados	2:48:36	
10 Bill Brown	2:51:13	
11 Mark Schachner	2:53:06	
MALE AGE GROUP: 60 - 64		
1 Steve Bradley	2:30:40	
2 Mark Andrews	2:34:17	
3 Ronald Bagnoli	2:48:10	
4 Eric Bressler	2:53:41	
5 Roger Salmons	2:54:56	
6 Glenn Schaefer	2:58:18	
7 Jim Adams	2:59:15	
8 Gary Mineconzo	3:01:09	
9 John Hall	3:05:02	
10 Dan Lynch	3:08:57	
MALE AGE GROUP: 65 - 69		
1 Hugh Dunne	2:39:22	
2 Jim Cunningham	2:53:58	
3 Paul Murray	3:09:37	
4 Mark-Richard Butt	3:27:44	
5 Leonard Kershaw	3:30:02	
MALE AGE GROUP: 70 & OVER		
1 William McDonough	3:02:57	
FEMALE OVERALL		
1 Hannah Feinberg	3:10:08	
FEMALE AGE GROUP: 20 - 24		
1 Laura Gersten	2:45:54	
2 Brittany Riordan	2:49:02	
3 Liza Connolly	2:52:00	
4 Samantha Weinberg	2:58:49	
5 Kristen Graham	3:09:54	
FEMALE AGE GROUP: 25 - 29		
1 Allia Crum	2:27:54	
2 Kristen Wangerin	2:31:25	
3 Teal Reeves	2:34:56	
4 Elizabeth Emblidge	2:36:09	
5 Elisabeth Beagle	2:44:51	
6 Lindsay McKenna	2:49:52	
7 Justine Trybendis	2:52:30	
8 Laura Hotchkiss	2:52:57	
9 Lisa Germain	2:53:34	
10 Melody Rumschik	2:58:49	
FEMALE AGE GROUP: 30 - 34		
1 Jill Smith	2:24:20	
2 Christina Ardito	2:30:48	
3 Kristin Kandiel	2:45:05	
4 Erin Sware	2:46:54	
5 Tara Jennings	2:51:40	
6 Kim Didrich	2:54:40	
7 Jill Taglione	2:57:37	
8 Ashley Peacock	3:06:43	
9 Trieste Matte	3:13:08	
10 Vanessa Calderone	3:16:09	
FEMALE AGE GROUP: 35 - 39		
1 Christina Robeson	2:21:17	
2 Erica Ruge	2:35:57	
3 Jennifer Kendrick	2:42:18	
4 Erika Anderson	2:47:50	
5 Cathy Oldrich	2:49:06	
6 Georgia Bowerman	2:51:09	
7 Sarah Peters	2:52:24	
8 Jill Guillet	2:52:37	
9 Nina Siulc	2:53:11	
10 Martine Brown	3:00:00	
FEMALE AGE GROUP: 40 - 44		
1 Kari Gathen	2:28:05	
2 Sarah Pribram	2:30:29	
3 Judy Guzzo	2:42:41	
4 Robin Keys	2:42:42	
5 Jenny Stahl	2:43:46	
6 Colleen Geczy	2:47:40	
7 Darci Lafave	2:47:56	
8 Kate Gurley	2:48:48	
9 Amanda Drake	2:50:54	
10 Deanna Mitzen	2:56:15	
FEMALE AGE GROUP: 45 - 49		
1 Kristen Hislop	2:29:02	
2 Carrie Mauro	2:38:32	
3 Joann Grande	2:53:41	
4 Elizabeth Jennison	2:42:22	
5 Claudia Bosman	2:53:25	
6 Megan Corjulo	2:57:06	
7 Elizabeth Pratico	3:01:24	
8 Deborah Miller	3:03:07	
9 Barbara Jordan	3:05:51	
10 Laurie McCarrroll	3:06:12	
FEMALE AGE GROUP: 50 - 54		
1 Beth Stalker	2:24:22	
2 Mary Duprey	2:37:53	
3 Cynthia Novak	2:54:26	
4 Tracy Little	2:57:27	
5 Polly Chandler	3:12:46	
6 Susan Browne	3:51:38	
FEMALE AGE GROUP: 55 - 59		
1 Star Walters	2:56:09	
FEMALE AGE GROUP: 60 - 64		
1 Jill Pederson	3:14:24	
2 Margaret Wallace	3:33:19	
3 Diane Wagner	3:35:24	
RELAY - COED OVERALL		
1 Bikeman.com	2:11:36	
2 Delaware Engineering	2:14:32	
3 Acadia HR	2:16:47	
4 Professional Fire Restoration	2:22:14	
5 Tri And Stop Us	2:28:05	
RELAY - FEMALE OVERALL		
1 VDB	2:30:54	
2 Maui North	2:35:46	
3 Blackburn Trifecta	2:38:02	
4 Adkate's Team	2:45:17	
5 One Is Enough	2:50:23	
RELAY - MALE OVERALL		
1 Knights Who Say Ni	2:06:53	
2 Bee Bee Tee	2:13:16	
3 Life Eternal	2:20:40	
4 A2T	2:22:24	
5 3 Is A Crowd	2:35:18	

Courtesy of Adirondack Triathlon Club

4TH PERENNIAL LANDIS ARBORETUM 5K FOREST RUN

September 18, 2010 • Landis Arboretum, Esperance

MALE OVERALL			
1 Jonathon Hill	20	Sprakers	18:54
2 Tom Dalton	52	Schenectady	19:15
3 Juozas DiCesare	9	Cobleskill	20:34
FEMALE OVERALL			
1 Alice Thomas	47	Westerlo	23:11
2 Julianne Scanlan	34	Schoharie	25:12
3 Sandy Tasse	31	Saratoga Springs	25:16
MALE AGE GROUP: 14 & UNDER			
1 Billy Meeker	11	Glennville	29:16
2 Pablo Moren	6	West Fulton	34:01
3 Nathan Terns	7	Cobleskill	40:56
FEMALE AGE GROUP: 14 & UNDER			
1 Hollister Machabee	11	Delmar	26:08
2 Christina Towse	13	Ames	29:00
3 Dainara Veeder	13	Canajoharie	29:05
MALE AGE GROUP: 15 - 19			
1 London Aylon	16	Schenectady	27:51
FEMALE AGE GROUP: 15 - 19			
1 Elizabeth Nearing	19	Cobleskill	26:53
2 Rachel Nearing	17	Cobleskill	43:41
3 Abigail Nearing	17	Cobleskill	43:42
MALE AGE GROUP: 20 - 29			
1 Joseph Spencer	24	Hagaman	23:26
2 Dan Kelly	22	Ravena	24:58
FEMALE AGE GROUP: 20 - 29			
1 Amy Getner	25	Schoharie	30:50
2 Amy Robinson	27	Cobleskill	34:21
MALE AGE GROUP: 30 - 39			
1 Scott Handy	33	Cobleskill	20:48
2 Christopher Scanlan	35	Schoharie	23:35
3 Paul Husson	32	Albany	26:12
FEMALE AGE GROUP: 30 - 39			
1 Kelly Cogan	31	Clifton Park	30:14
2 Kathlen Tersigni	39	Burnt Hills	33:34
3 Kristen Husson	31	Albany	34:02
MALE AGE GROUP: 40 - 49			
1 Mark Stephenson	46	Esperance	23:47
2 Steve Clapper	42	Albany	24:07
3 Bill Bartlett	40	Amsterdam	24:31
FEMALE AGE GROUP: 40 - 49			
1 Heather Machabee	41	Delmar	25:38
1 Joyce Poulin	49	Amsterdam	26:03
2 Susan Sambets	48	Schenectady	29:18
MALE AGE GROUP: 50 - 59			
1 David Roy	55	Schoharie	21:26
2 Joe Ziegler	50	Watervliet	24:17
3 Jim Lofthouse	55	Ballston Spa	24:31
FEMALE AGE GROUP: 50 - 59			
1 Deb McCarthy	50	Burnt Hills	28:53
2 Laura Milak	54	Middleburgh	30:50
3 Karen Gerety	54	Albany	33:07
MALE AGE GROUP: 60 - 69			
1 Darryl Ferguson	63	Scotia	30:51
2 Richard Draper	60	Hudson	36:12
MALE AGE GROUP: 70 & OVER			
1 Richard Homenick	74	Schenectady	29:44
2 Frank DiCesare	73	Latham	1:32:00
3 Richard Gundlach	78	Howes Cave	51:39
FEMALE AGE GROUP: 70 & OVER			
1 Eileen Gundlach	73	Howes Cave	49:38
2 Alice DiCesare	77	Latham	1:32:00

Courtesy of Landis Arboretum

THE SARATOGA PALIO: 4TH ANNUAL HALF-MARATHON & 5K

Melanie Merola O'Donnell Memorial Race

September 19, 2010 • Hampton Inn & High Rock Park, Saratoga Springs

HALF-MARATHON: 13.1 MILES			
MALE OVERALL			
1 Christopher Moore	29	Saratoga Springs	1:17:09
2 Matthew Gokey	36	Delmar	1:19:12
3 Christopher Compton	28	Minoa	1:21:32
4 Lawrence Poitras	44	Johnstown	1:23:13
5 Patrick Lynskey	38	Troy	1:23:52
FEMALE OVERALL			
1 Julie Gold	36	Malta	1:27:15
2 Roxanne Wegman	23	West Point	1:27:25
3 Lauren Barnahan	27	Randolph	1:32:45
4 Roshni Bhagalia	29	Niskayuna	1:35:54
5 Leah Warner	34	Schulerville	1:37:06
MALE AGE GROUP: 15 - 19			
1 Joshua Myers	19	Ballston Spa	1:34:16
2 Anthony Benis	16	Saratoga Springs	1:57:11
3 Evan Collins	17	Bolton Landing	1:59:20
MALE AGE GROUP: 20 - 24			
1 Eric Hultquist	21	Saratoga Springs	1:26:08
2 Sergio Horandez	21	New York	1:32:33
3 Mark Thibodeau	22	Boulder, CO	1:33:47
4 Paul Russell	21	Camden	1:41:01
5 Benjamin Shanks	22	Saratoga Springs	1:41:42
FEMALE AGE GROUP: 20 - 24			
1 Jessy Montrose	24	Albany	1:47:05
2 Tessa Schraven	23	Saratoga Springs	1:50:56
3 Inga Shalmiyeva	23	Flushing	1:50:58
4 Ana O'Neil	24	Saratoga Springs	1:51:21
5 Kelly Owens	24	Ballston Spa	1:53:22
MALE AGE GROUP: 25 - 29			
1 Matthew Vanslyke	28	Johnstown	1:25:22
2 Michael Camarota	28	Latham	1:26:46
3 Shane Nolan	25	Gansevoort	1:30:14
4 Ryan Markwith	27	Bronx	1:30:52
5 Matthew Iglar	28	Saratoga Springs	1:32:50
FEMALE AGE GROUP: 25 - 29			
1 Kristen Quaresimo	26	Johnson City	1:43:07
2 Heather Olson	25	New York	1:44:16
3 Carolyn Sloat	25	Clifton Park	1:45:12
4 Sheila Cowieson	27	Saratoga Springs	1:45:29
5 Joelle Foskett	26	Troy	1:48:38
MALE AGE GROUP: 30 - 34			
1 Brian Carucci	31	Malta	1:31:29
2 Eric Lovenduski	34	Saratoga Springs	

THE SARATOGA PALIO: 4TH ANNUAL HALF-MARATHON & 5K continued

FEMALE AGE GROUP: 15 - 19			
1 Amber Plante	18	Saratoga Springs	23:39
2 Amanda Lindsay	17	Scotia	27:18
3 Emily Ackerman	17	Schuylerville	28:03
MALE AGE GROUP: 20 - 24			
1 John Martel	24	Queensbury	20:13
2 Sam Murphy	22	Saratoga Springs	23:47
3 David Ahern	23	New Paltz	24:33
FEMALE AGE GROUP: 20 - 24			
1 Megan Labbate	20	Lake Placid	26:40
2 Erica Salk	21	Cranston, RI	29:00
3 Desiree Boucher	23	Fort Edward	29:26
MALE AGE GROUP: 25 - 29			
1 Andrew Akins	27	Saratoga Springs	19:21
2 Tyler Mouky	29	Ballston Spa	20:06
3 Benjamin Munn	28	Saratoga Springs	21:53
FEMALE AGE GROUP: 25 - 29			
1 Suzanne Weidman	28	Boston, MA	23:48
2 Nina Vanyo	25	Schuylerville	24:46
3 Elizabeth Abel	25	Ballston Spa	24:54
MALE AGE GROUP: 30 - 34			
1 Lee Lurie	30	Ballston Spa	19:50
2 Derek Peterson	34	Cohoes	20:20
3 James Kelleher	31	Saratoga Springs	25:06
FEMALE AGE GROUP: 30 - 34			
1 Kailynne Neverett	34	Wilton	23:46
2 Tanya Mallette	33	Gansevoort	24:48
3 Lisa Hotaling	34	Middlebury, CT	25:50
MALE AGE GROUP: 35 - 39			
1 Christian Soller	37	Clifton Park	20:23
2 Tim Roberts	39	Gansevoort	21:21
3 Ronald Pierone	37	Fort Edward	22:34
FEMALE AGE GROUP: 35 - 39			
1 Kerry Genter	35	Saratoga Springs	23:16
2 Jamie Jeffries	35	Clifton Park	24:02
3 Casey Sgambati	37	Malta	24:07
MALE AGE GROUP: 40 - 44			
1 Ron Hayes	43	Gansevoort	19:21
2 Sean O'Donnell	41	Saratoga Springs	21:36
3 Daniel Noeker	43	Saratoga Springs	22:07
FEMALE AGE GROUP: 40 - 44			
1 Cindy Wian	40	Schuylerville	23:47
2 Denise Larrabee	40	Wilton	26:09
3 Diane Talbot	44	South Glens Falls	27:02
MALE AGE GROUP: 45 - 49			
1 Samuel Mercado Jr	47	Wilton	19:30
2 Kevin Lacombe	46	Higganum, CT	21:24
3 Randolph Hyatt	46	Saratoga Springs	23:58
FEMALE AGE GROUP: 45 - 49			
1 Kelly Goldenberg	46	Schuylerville	25:02
2 Lisbeth Brooks	47	Amsterdam	25:45
3 Hayes Mary Kay	46	West Sand Lake	26:15
MALE AGE GROUP: 50 - 54			
1 Frank Lombardo	54	Saratoga Springs	20:12
2 Thomas Vanyo	54	Schuylerville	21:41
3 Eric Leskovec	54	Fort Edward	23:56
FEMALE AGE GROUP: 50 - 54			
1 Patricia Canterbury	51	Amsterdam	24:10
2 Melinda Hicks	53	Clifton Park	27:03
3 Susan Casper	50	Clifton Park	27:37
MALE AGE GROUP: 55 - 59			
1 Wood Worth	56	Ballston Spa	25:20
2 Paul Mickalonis	55	Mechanicville	26:08
3 Dan Fitzpatrick	55	Middle Grove	27:39
FEMALE AGE GROUP: 55 - 59			
1 Mary Wilsey	58	Albany	25:39
2 Bridget Polidore	58	Johnstown	28:15
3 Ann Nickloy	57	Gloversville	30:13
MALE AGE GROUP: 60 - 64			
1 Darryl Ferguson	63	Scotia	24:00
2 Terry Smith	63	Galway	25:29
3 Peter Sinram	61	East Rockaway	25:39
FEMALE AGE GROUP: 60 - 64			
1 Donna Martin	63	Saratoga Springs	27:27
2 Chris O'Brien Palins	63	Cambridge	33:15
3 Elena Wright	60	Saratoga Springs	39:22
MALE AGE GROUP: 65 - 69			
1 William Gehring	66	Queensbury	26:38
2 Tom Gould	67	Middle Grove	29:38
3 James Krause	69	Victor	56:29
FEMALE AGE GROUP: 65 - 69			
1 Jane Gehring	65	Queensbury	33:15
2 Susan Fassett	65	Ballston Spa	33:26
3 Loretta Maurer	68	Burnt Hills	55:31
MALE AGE GROUP: 70 - 74			
1 Bob Brodie	71	Diamond Point	26:49
FEMALE AGE GROUP: 70 - 74			
1 Marie Farone	73	Wilton	31:02
2 Barbara Hickcy	70	Fort Edward	51:10
3 Mary Fien	70	Gansevoort	58:49
MALE AGE GROUP: 75 - 79			
1 Jim Tierney	75	Albany	42:33
2 Philip Palmer	77	Las Vegas, NV	54:47

Courtesy of The Melanie Foundation

4TH ANNUAL RACE WITH THE WIND MOUNTAIN/CROSS BIKE RACE

September 19, 2009 • Maple Ridge Wind Farm, Lowville

46-MILE MOUNTAIN/CROSS RACE			
MALE OVERALL			
1 Derek Treadwell	2:31:22		
2 Terry Blanchet	2:32:57		
3 Cory Burns	2:34:24		
4 Matthew Dickinson	2:39:27		
5 Brett Sherwood	2:42:21		
6 Brian Campbell	2:51:01		
7 John-Paul Koenig	2:52:13		
8 J Woz	2:57:35		
9 Craig Burtleigh	3:06:09		
10 Ray Falso	3:09:42		
11 Terry Gardner	3:10:25		
FEMALE OVERALL			
1 Lorraine Turturro	3:49:12		
2 Denise Moore	4:07:45		
3 Karen Burns	5:27:30		
10-MILE COMMUNITY RACE			
MALE OVERALL			
1 Eric Verklie	39:37		
2 Keith Lyndaker	39:58		
FEMALE OVERALL			
1 Leigh Van Volken	41:41		
2 Sarah Falso	42:13		
3 Krista Harwick	42:23		
4 Angela Ott	49:18		
5 Dina Rutledge	51:17		

Courtesy of Lewis County Chamber of Commerce

NYSEF WHITEFACE FOLIAGE HILL CLIMB BICYCLE RACE

September 19, 2010 • Whiteface Veterans Memorial Highway, Wilmington

8 MILES AT 8% GRADE			
OVERALL MALE			
1 James Jung/30-39	Brooklyn	53:15	
2 Etienne Chevrier/30-39	St-Lazare, QC	53:20	
3 Alain Cliché	Longueuil, QC	53:48	
OVERALL FEMALE			
1 Theresa Grabowski/50-59	Wingdale	1:09:59	
2 Carole St-Charles/50-59	Keene	1:21:24	
3 Kirsten Kresch/20-29	Wallingford, CT	1:25:50	
MEN AGE GROUP: 19 & UNDER			
1 Schuyler Deeney	Watertown	1:12:38	
MEN AGE GROUP: 20 - 29			
1 Myles Lund	Berwyn, PA	55:05	
2 Galen Frechette	Plattsburgh	1:01:14	
3 John Stanton-Geddes	St Paul, MN	1:04:15	
4 Karl Hensler	Warrensburg	1:07:04	
5 Alexander Richardson	Plattsburgh	1:30:33	
MEN AGE GROUP: 30 - 39			
1 Gabriel Sherman	Jackson Heights	57:00	
2 Kamen Petrov	Markham, ON	57:29	
3 Frederic Luneau	Ste-Marthe-Sur-Le-Lac, QC	1:00:21	
4 John Olsen	Rochester	1:05:02	
5 Nicholas Seleni	Paul Smiths	1:15:42	
MEN AGE GROUP: 40 - 49			
1 Dean Smith	Fleetwood, PA	53:50	
2 Jason Amorielli	Peru	57:36	
3 Steven Bennett	Mooers Forks	58:25	
4 Steve Vosburgh	Jackson, NH	58:55	
5 Steven Gravel	Delmar	1:01:41	
MEN AGE GROUP: 50 - 59			
1 Dan Reilly	Saranac Lake	1:01:08	
2 Joseph Bracchitta	Greenwich, CT	1:02:53	
3 Rich Burnley	Gansevoort	1:09:07	
4 Ed Sparkowski	Simsbury, CT	1:09:18	
5 Thomas Brown	Altona	1:11:19	
WOMEN AGE GROUP: 50 - 59			
1 Barbara Parmeter	Macedon	1:27:41	
MEN AGE GROUP: 60 & OVER			
1 Mark McCarthy	Honeoye Falls	57:27	
2 Buddy Majernik	Greensboro Bend, VT	1:01:04	
3 Dan Griffin	Madison, CT	1:14:18	
4 Bill Nealon	Glens Falls	1:21:14	
5 Christopher Weir	Danbury, CT	1:34:54	

Courtesy of New York Ski Educational Foundation

29TH ANNUAL WATERVLIET ARSENAL RUN 5K

September 24, 2010 • City Hall, Watervliet

MALE OVERALL			
1 Kahlil Scott Jr	20	Cohoes	16:38
2 Robert Kellog	45	Queensbury	16:46
3 Derrick Staley	51	Ballston Lake	16:48
FEMALE OVERALL			
1 Emily Bryans	43	Schenectady	17:27
2 Kristina Gracey	27	Albany	18:33
3 Anne Benson	45	Clifton Park	18:38
MALE AGE GROUP: 14 & UNDER			
1 Nicholas Spenard	13	Watervliet	23:31
2 Thomas Vanvorst	11	East Greenbush	23:46
3 Collin Murray	13	Watervliet	25:57
FEMALE AGE GROUP: 14 & UNDER			
1 Payton Czupil	11	Watervliet	21:35
2 Brittanee Clickner	14	Watervliet	24:30
3 Keira Dinuzzo	12	Troy	28:03
MALE AGE GROUP: 15 - 19			
1 Paul Cox	17	Troy	19:14
2 Alex Cox	19	Troy	19:21
3 Anthony Bonacci	15	Loudonville	24:53
FEMALE AGE GROUP: 15 - 19			
1 Alysa Chartrand	15	Watervliet	24:30
2 Katelyn Parks	15	Watervliet	27:10
3 Cornelia Sziller	15	Watervliet	27:44
MALE AGE GROUP: 20 - 24			
1 Michael Rogers	20	Troy	19:44
2 Aaron Cohen	20	River Edge, NJ	22:25
3 Rich Romero	20	Watervliet	22:47
FEMALE AGE GROUP: 20 - 24			
1 Kelcey Heenan	22	Selkirk	24:26
2 Molly McGrath	22	Watervliet	26:04
3 Amy Forgett	21		28:57
MALE AGE GROUP: 25 - 29			
1 Jason Cordeira	27	Rensselaer	18:17
2 Damien Rock	29	Saratoga Springs	18:45
3 Dave Wojcik	29	Troy	19:22
FEMALE AGE GROUP: 25 - 29			
1 Diane Matthews	26	Malta	19:35
2 Melissa Patrick	27	Delmar	21:39
3 Adrienne Campbell	25	Albany	23:13
MALE AGE GROUP: 30 - 34			
1 Dallas Devries	33	Troy	19:09
2 Michael Waldenmaier	33	Delmar	19:35
3 Andrew Groff	31	Rensselaer	20:29
FEMALE AGE GROUP: 30 - 34			
1 Shelly Binsfeld	31	Clifton Park	19:33
2 Kim Didrich	30	Rensselaer	23:40
3 Lori Waldenmaier	33	Delmar	26:55
MALE AGE GROUP: 35 - 39			
1 David Tromp	35	Albany	17:44
2 Brian Northan	35	Guiderland	17:53
3 Chris Nowak	35	Watervliet	19:07
FEMALE AGE GROUP: 35 - 39			
1 Renee Lane	38	Menands	24:27
2 Kate Leto	36	Niskayuna	26:47
3 Melissa Razzano	35	Watervliet	27:05

Courtesy of Watervliet Parks & Recreation

4TH OLD DATER FARM RUN FOR LIFE 5K - HANNAH'S HOPE FUND

September 19, 2010 • Old Dater Farm, Clifton Park

MALE OVERALL			
1 Mike Baraona	24	Latham	16:42
2 Jaime Julia	26	Amsterdam	16:44
3 Kahlil Scott	20	Cohoes	16:49
FEMALE OVERALL			
1 Sam Crisafulli	17	Clifton Park	20:22
2 Kristen Hislop	46	Clifton Park	20:54
3 Kristen Connors	26	Mechanicville	21:29
MALE AGE GROUP: 9 & UNDER			
1 Drew Liguori	9	Clifton Park	25:58
2 Kiernan Shanahan	9	Rexford	29:00
3 Harry Rubinstein	5	Saratoga Springs	32:13
FEMALE AGE GROUP: 9 & UNDER			
1 Charlotte Macken	9	Clifton Park	32:32
2 Allison Underhill	9	Rexford	37:57
3 Reagan Sames	9	Rexford	40:23
MALE AGE GROUP: 10 - 19			
1 Bob Arnold	19	Clifton Park	19:42
2 Stefan Grzybowski	15	Clifton Park	20:24
3 Stephen Curry	15	Rexford	21:22
FEMALE AGE GROUP: 10 - 19			
1 Kirsten Kaminski	13	Latham	21:46
2 Alexandra Maguire	17	Ballston Lake	22:31
3 Christina Nunez	17	Clifton Park	22:44
MALE AGE GROUP: 20 - 29			
1 Rock Travis	28	Clifton Park	22:30
2 Eric Ploof	29	Saratoga Springs	23:52
3 Steve Honnigan	22	Glenmont	24:14
FEMALE AGE GROUP: 20 - 29			
1 Rose Beckett	27	Rock City Falls	21:50
2 Samantha Miller	24	Johnsonville	25:45
3 Hilary Mislan	23	Albany	25:45
MALE AGE GROUP: 30 - 39			
1 George Stopyak	39	Clifton Park	18:36
2 Edward Carroll	39	Clifton Park	19:54
3 Chris Raichel	37	Mechanicville	20:08
FEMALE AGE GROUP: 30 - 39			
1 Amy Pollard	36	Niskayuna	22:56
2 Kelly Marshall	32	Mechanicville	23:44
3 Amy Seagroatt	35	Clifton Park	23:54
MALE AGE GROUP: 40 - 49			
1 Scott Schaffer	43	Schenectady	19:58
2 Walter Boldish	41	Ballston Lake	20:43
3 Joseph Cotrofeld	46	Ballston Spa	20:46
FEMALE AGE GROUP: 40 - 49			
1 Gail Rubinstein	41	Saratoga Springs	21:33
2 Eileen Trainor	49	Clifton Park	22:58
3 Therese Jordan	47	Clifton Park	24:05
MALE AGE GROUP: 50 - 59			
1 Derrick Staley	51	Ballston Lake	17:16
2 Ray Gamino	50	Clifton Park	20:45
3 Bill Fahr	52	Waterford	21:27
FEMALE AGE GROUP: 50 - 59			
1 Kelley Vite	50	Clifton Park	25:10
2 Kathy Moore	51	Latham	27:37
3 Carol Davis	59	Clifton Park	30:30
MALE AGE GROUP: 60 - 69			
1 James Larkin	62	Clifton Park	25:05
2 Kirk Gleason	66	Clifton Park	47:34
FEMALE AGE GROUP: 60 - 69			
1 Penny Cushman	66	Albany	33:43
2 Linda Crawford	63	Mechanicville	45:09
3 Dale Gleason	64	Clifton Park	47:32
MALE AGE GROUP: 70 & OVER			
1 Donald McBain	77	Troy	38:59

Courtesy of Hannah's Hope Fund

36TH ANNUAL HMRRR ANNIVERSARY RACES

September 19, 2010 • University at Albany, Albany

5.64 MILES			
MALE OVERALL			
1 Eamon Dempsey	30	Delmar	32:38
2 Ahmed Alasser	47	Latham	33:22
3 Richard Missineo	21	Nassau	33:27
FEMALE OVERALL			
1 Kristina Gracey	27	Guiderland	36:23
2 Karl Gathen	41	Albany	37:35
3 Gretchen Oliver	36	Guiderland	37:44
AGE GROUPS			
1 Paul Cox	M01-19	Troy	36:31
1 Irene Somerville	F01-19	Wynantskill	45:35
1 Tim White	M20-24	Schenectady	40:52
1 Kelcey Heenan	F20-24	Selkirk	47:02
1 Andrew McCarthy	M25-29	Albany	34:28
1 Karen Bertasso	F25-29	Scotia	39:07
1 Pat Sorstby	M30-34	Albany	37:20
1 Heidi Nark	F30-34	Clifton Park	40:23
1 David Tromp	M35-39	Glenmont	34:33
1 Sally Drake	F35-39	Albany	40:12
1 William Draprau	M40-44	Niskayuna	42:58
1 Kimberly Miseno-Bowles	F40-44	Amsterdam	39:17
1 Rhrstian Lietzau	M45-49	Delmar	35:50
1 Marcia Harrison	F45-49	Slingerlands	49:52
1 Rick Munson	M50-54	Prattsville	34:54
1 Nancy Briskie	F50-54	Schenectady	41:05
1 Carl Matuszek	M55-59	Chatham	3

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| January 2nd | ISLAND MADNESS |
| February 6th | SUPER SUNDAY |
| March 13th | SHAMROCK SUNDAY |
| April 3rd | RETRO SUNDAY |



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After November 26, \$25

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