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**2011**



TERRI AND RICK MYSER OF NEW ALBANY, OHIO, AND HELEN MCWHIRTER OF COLUMBUS, OHIO, SKIING BACK TO THE LODGE FROM THE HONKA TIE TRAIL ON FEB. 10 AT LAPLAND LAKE NORDIC VACATION CENTER IN NORTHVILLE. COURTESY OF LAPLAND LAKE NORDIC VACATION CENTER

# Celebrate Snow This Winter!

by Darryl Caron

I say our winters are short. The Albany area's first major snowfall was Jan. 8 – only five weeks ago. And spring is just over a month away so now's the time to enjoy all the snow and ice in the Northeastern New York.

In winter, many Capital Region and Adirondack locals and visitors ignore the winter naysayers and celebrate winter with snow destinations, activities and events. Winter is a great time to get family and friends outside and on the snow and ice. Whether you cruise the wintery trails by skis, sled, snowshoes or dog sled, we have it all. With affordable ski/stay packages, state parks and preserves, and tons of free family activities and entertainment, planning your next winter trek has never been easier. It's no fun being cooped up inside all winter. Get out of your home, office or gym, and try out some of these ideas for winter outdoor recreation.

**Skiing & Snowboarding** – With dozens of alpine ski resorts and hundreds of combined ski trails, it is no wonder that New York boasts some of the best skiing and riding in the East, welcoming families, friends or groups.

Go enjoy a day at Gore, Hickory, Oak, West, Whiteface or Willard, and experience everything from gentle slopes to challenging steeps. Be sure to check out their websites for midweek and March savings, ski lessons, learning camps, vacation planning and special events – and [snocountry.com](http://snocountry.com) for new snowfall reports.

**Cross-Country Skiing** – With many Nordic centers and hundreds of kilometers of groomed cross-country ski trails across our region – and countless miles of backcountry ski tours, what better way to get out this winter? Whether you are looking for a peaceful trail winding along frozen rivers and fields or a day of adventure, visit Cascade, Dewey, Lapland Lake, the Olympic Sports Complex, Osceola Tug Hill or Pineridge. Or, try backcountry skiing with an outfitter or guide service that offers rentals, lessons and guided tours. Don't miss the Adirondack Backcountry Ski Festival on March 5-6, plus many programs offered by Adirondack Mountain Club and Ndashina Wilderness Skills & Adventures.

See **CELEBRATE SNOW**, 12 ▶

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April 23rd, 2011  
[LakeGeorgeHalf.com](http://LakeGeorgeHalf.com)

**Butler County Half Marathon**  
Pittsburgh, PA  
April 17th, 2011  
[ButlerHalf.com](http://ButlerHalf.com)

**WORCESTER HALF MARATHON** 2<sup>ND</sup> ANNUAL  
Worcester, MA  
June 5th, 2011  
[WorcesterHM.com](http://WorcesterHM.com)

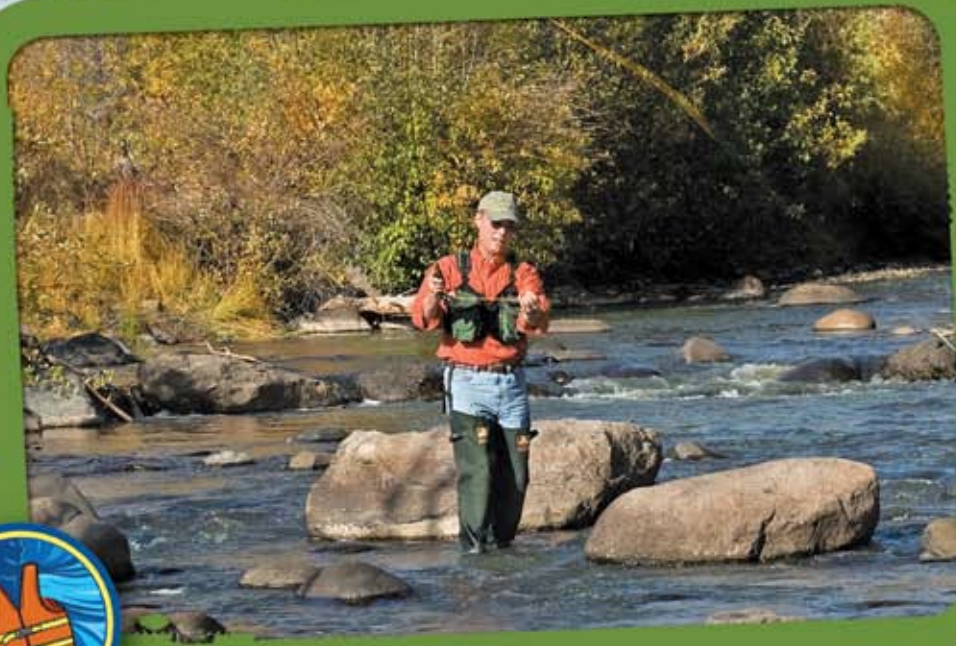

**ALSO, CHECK OUT THESE RACES:**

 <b>PORTLAND HALF MARATHON</b> Freeport, ME August 14, 2011 <a href="http://PortlandHalf.com">PortlandHalf.com</a>	 <b>SPRINGFIELD HALF MARATHON</b> Springfield, MA August 28, 2011 <a href="http://SpringfieldMAHalf.com">SpringfieldMAHalf.com</a>	 <b>AMISH COUNTRY HALF MARATHON</b> Lancaster, PA November 5, 2011 <a href="http://AmishHalf.com">AmishHalf.com</a>
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# Enjoy the Power of the River — SAFELY

River systems are wonderful resources. The same rivers used to produce renewable hydropower also provide outstanding recreational opportunities for the public. We all need to share our rivers — safely. Every year in New York State, hundreds of people drown or are hospitalized for injuries that occur in the water\* and 90% of people who drown are not wearing life jackets.

As the owner and operator of 75 hydropower facilities and 50 riverfront recreation areas in New York, Brookfield encourages you to have fun and be safe by wearing a U.S. Coast Guard-approved personal flotation device.

**Whether you are fishing, boating or cross country skiing, Brookfield reminds you that dangers exist on water any time of the year, and that conditions can change quickly and without notice. Avoid areas such as dams, intake and water conveyance structures, gates, powerhouses and substations. Use only designated recreation areas, and respect all warning signs, buoys, sirens, booms, barriers and fences.**

**Always check water conditions before you recreate. One source is Waterline: <http://www.h2oline.com> or call 1-800-452-1742 (fishing edition) or 1-800-452-1737 (boating edition).**

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\* New York State Department of Health Study

## SNOWSHOEING &amp; CROSS-COUNTRY SKIING

# Winter Trek Across the Wilderness Lakes

by Bill Ingersoll

In 1990, the state acquired full title to a forestry parcel named the Wilderness Lakes Tract, an important acquisition because of the many ponds it contained. It also consolidated the state's forest preserve holdings north of the Stillwater Reservoir. The land was heavily logged in the final years preceding state ownership, and the Wilderness Lakes Tract is crisscrossed by a series of wide logging roads that will be with us for years to come.

However, despite certain aesthetic shortcomings, the area is a magnet for pond-hoppers – people who enjoy bouncing around the backcountry by traveling from one pond to the next. In the warmer half of the year, small pack canoes are the vehicle of choice, but in the winter you can get by with a much smaller load. A pair of snowshoes or cross-country skis will suffice. While the bushwhacking possibilities are too numerous to list – just look at a detailed map of this area – there is a series of marked canoe carries that will take you into the heart of the area. Wait until the ponds have had a chance to freeze adequately, and go!

#### HOW TO GET THERE

Stillwater is very far removed from the nearest state highway. From NY Route 12 in Lowville, you turn east onto River Street. In 4.4 miles, you reach Bushes Landing, where you should bear left onto Number Four Road. Follow it for 13.6 miles, where signs will point right toward Stillwater. Pavement ends shortly after this turn, and the remaining nine miles to Stillwater can be quite dicey for driving if there is a snowstorm in progress. There is a spacious parking area at Stillwater, as well as a forest ranger. The trailhead,



• CROSSING THE OUTLET OF LYON LAKE WITH TALL WHITE PINES IN THE FOREGROUND.  
PHOTO BY BILL INGERSOLL

however, is 1.3 miles north at the end of Necessary Dam Road. The trailhead is not plowed, and there is limited parking next to the Stillwater dam, therefore it may sometimes be better to park in Stillwater and walk to this point.

#### THE TRAIL

From the end of Necessary Dam Road and the unplowed trailhead, cross the wide bridge over the Beaver River, just below the dam. The first leg of the route follows the Raven Lake Road, an active right-of-way that leads to a tiny inholding on the south shore of Raven Lake. Though the road is closed to public motorized use, there seems to be enough private snowmobile traffic to provide a good base for snowshoers and skiers. The road is two miles long and includes three long uphill grades, which skiers in particular will enjoy on the return.

When the road approaches the outlet of Shallow Pond, the best part of the trip begins. Look for the brown sign pointing left for the canoe carry, which leads to a point where you should be able to step safely onto the pond – just be sure to avoid the soft ice that typically surrounds the outlet itself. Shallow Pond leads north to Raven Lake, and where the pond narrows into a channel the width of a stream, cut inland through the woods to avoid another patch of soft ice.

Lyon Lake is 0.7-mile-long and features a few tall white pines on its west side. Cross the length of the lake and find the next carry trail, which connects with Bear Pond. This carry is 0.4-mile long and features one small uphill. It deposits you on the south shore of Bear Pond, which is a whistle-shaped body of water with two rustic camps on its privately owned north shore.

A short distance east of the Lyon Lake carry, you will find one last trail segment leading across a narrow spit of land to Diana Pond, the last of the chain.

Inevitably, some snowshoers will want to try and reach some of the other ponds that are tucked away in the nearby woods. Generally speaking, the area south and east of this chain is where the heaviest logging occurred, and where you are likely to encounter pockets of dense brush. You will also come

across the logging roads there, which all ultimately lead back to Raven Lake. West of the canoe carries, the woods are more open. Muskrat and Sunshine ponds are very attractive destinations, each one sitting in a pine-filled basin. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironacks.com](http://hiketheadironacks.com)) and author of Snowshoe Routes: Adirondacks and Catskills (*Mountaineers*). For more on this region, consult Discover the Northwestern Adirondacks and Snowshoe Routes: Adirondacks and Catskills.

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**Calendar of Events**  
February – April 2011

FEBRUARY 2011							MARCH 2011							APRIL 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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13	14	15	16	17	18	19	13	14	15	16	17	18	19	17	18	19	20	21	22	23
20	21	22	23	24	25	26	20	21	22	23	24	25	26	24	25	26	27	28	29	30
27	28						27	28	29	30	31									

**ALPINE SKIING & SNOWBOARDING**  
**ONGOING**

**Sun** Ski Bus Trips. 3/13: Okemo; 3/20: Sugarbush. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

**Wed** "Why Not Wednesdays." \$38 ticket w/Coca-Cola product (not 2/23). Gore, North Creek & Whiteface, Wilmington. goremountain.com. whiteface.com.

**Thu** 2-for-1 Skiing. 4-9pm. Willard, Greenwich. 692-7337. willardmountain.com.

**FEBRUARY**

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 Rail Jam. 5pm. Plus, night skiing, karaoke, fireworks. Oak, Speculator. 548-3606. oakmountainski.com.

19 Presidents' Day Torchlight Parade. Oak, Speculator. 548-3606. oakmountainski.com.

19 & 26 Warrensburg Appreciation Days. Discounted tickets. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.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.

20 USASA Half-Pipe Competition. Whiteface, Wilmington. 946-7001. nysef.org.

26 Dummy Big Air Contest. Oak, Speculator. 548-3606. oakmountainski.com.

26 Slush Cup Pond Skimming Contest. 11am. West, Queensbury. 793-6606. skiwestmountain.com.

**MARCH**

5 Famous Cardboard sled Race. Oak, Speculator. 548-3606. oakmountainski.com.

5 Rail Jam. 6pm. Oak, Speculator. 548-3606. oakmountainski.com.

5 Big Air at Little Gore Slopestyle Ski/Ride. 5pm. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.

5-6 Alpine Skiing Camp for Women. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.

5-6 Telemark Skiing Camp: Trees, Steeps & Bumps. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.

5-6 Burton Learn-To-Ride Camp for Women. 2-day or Sat. Gore, North Creek. 251-2411. goremountain.com.

5-12 Ski Trip: Banff/Lake Louise, Canada. Alpine Sport Shop: 584-6290. alpinesportshop.com.

6 3rd Hickory Telemark Party. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.

12 Pond Skimming Contest. Oak, Speculator. 548-3606. oakmountainski.com.

13 Sunday Fun Day Slopestyle for Skiers/Riders. 10am. West, Queensbury. 793-6606. skiwestmountain.com.

13 Super Sunday: Shamrock Theme. \$35 tickets, slopeside games & pipe/park events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

13 Okemo Funday Trips. Goldstock's Sporting Goods, Scotia. 382-2037. goldstocksportinggoods.com.

19 Gail's Bump Camps. 9:45am/1:15pm. Gore, North Creek. Gail Setlock: 251-2411. goremountain.com.

20 Walt's Bump Contest. 11am. Gore, North Creek. 251-2411. goremountain.com.

20 Apple Butter Open Mogul Competition. Whiteface, Wilmington. 946-2223.

21-27 Take Your Son to Gore Week. 19-under free w/paying parent. Gore, North Creek. 251-2411. goremountain.com.

27 Parent-Son Family Fun Race. 10:30am. Gore, North Creek. 251-2411. goremountain.com.

**APRIL**

3 Super Sunday: Retro Theme. \$35 tickets, slopeside games & pipe/park events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

3 Pond Skimming. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

3 33rd Sugarbush Triathlon. Run, canoe/kayak, cycle, XC ski. 4/2: Kids' Triathlon. Warren, VT. sugarbush.com.

9 Your Park Never Dies Rail Rally. 12pm. Gore, North Creek. 251-2411. goremountain.com.

10 Pond Skimming. 9am. Gore, North Creek. 251-2411. goremountain.com.

**BICYCLING & MOUNTAIN BIKING**  
**ONGOING**

Sat Matinee Tour Ride: Begins 3/5. 30M. 2pm., Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.

19 Snowball Express Century Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultourcycling.com.

**MARCH**

3 MHCC Banquet & Ride Leaders Meeting w/Speaker. 6pm. Visit, buffet, prizes. \$15. New members welcome. Italian American Comm. Ctr., Albany. RSVP: serottaskip@nycap.rr.com. webmhcc.org.

19 Trooper Brinkerhoff Memorial Spring Race Series #1. Cossackie. Tom Butler: 857-0502. cbrcc.cc.

20 Tour of the Battenkill: Spring Preview Ride. 64M. 10am. Supported, non-competitive ride open to all ages/abilities. Benefits Farm Team Cycling. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

26 Trooper Brinkerhoff Memorial Spring Race Series #2. Cossackie. Tom Butler: 857-0502. cbrcc.cc.

26-27 RPI Race Weekend. Sat: time trial & 7.5M circuit race, Schaghticoke. Sun: Collar City 9-corner criterium, Troy. Greg Hahn: 804-516-3986. cycling.union.rpi.edu.

27 Van Wie Point Tour Ride. 30M. 1pm. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.

27 Saratoga 200K Brevet Ride. 7am. Schuylerville. John Ceceri: 583-3708. adkultourcycling.com.

**APRIL**

2 Trooper Brinkerhoff Memorial Spring Race Series #3. Cossackie. Tom Butler: 857-0502. cbrcc.cc.

2 April Fools Ride. 16-32M. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419.

9 Tour of the Battenkill: Cycle for Health Bike Marathon. 64M. 9am. Benefits wounded/disabled veterans. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

10 Tour of the Battenkill: Pro/Am & Professional Invitational Races. 64M. Expo, music, family activities, food. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

16-17 6th Adirondack Sports & Fitness Summer Expo. Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

24 Saratoga 300K Brevet Ride. 4am. Schuylerville. John Ceceri: 583-3708. adkultourcycling.com.

**AUGUST**

27 11th Pat Stratton Memorial Century Ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheffer: 891-5873. active.com.

**CROSS-COUNTRY SKI RACING**  
**FEBRUARY**

19-20 Mid-Atlantic Bill Koch Youth XC Ski Festival. Highland Forest, Fabius. nyssranordic.com.

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Chamber of Commerce/Office of Tourism,  
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## ADIRONDACKS SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

### SPORTS & FITNESS

20 NYSEF Norwegian Open: Ski Jumping & Nordic Combined Competition. Lake Placid. 946-7001. nysef.org.

#### MARCH

- 5 Winona Forest Tourathon. 38K/25K/13K. NYSSRA Series. CCC Camp, Mannsville. 315-243-5235. winonaforest.com.
- 12-13 NYSSRA Champions Cup: State Nordic Championships. Biathlon sprint/relay, ski orienteering, club relay, 21K classic ski race. Olympic Sports Complex, Lake Placid. nyssranordic.com.
- 19-20 NYSEF Nordic Kids Festival & Dr. Dave Memorial Race. Sat: Skate races, ski jumping, paintball biathlon. Sun: Dr. Dave Memorial Race. Olympic Jumping Complex, Lake Placid. nysef.org.

#### CROSS-COUNTRY SKI TOURING

##### ONGOING

Su, Mo Guided Ski Tours: Aiken Wilderness. Woodford, VT. Adk Paddle N Pole, Colonie. 346-3180. onewithwater.com.

Thu Soup-er Senior Ski/Snowshoe Day (non-holiday). Lapland Lake, Northville. 863-4974. laplandlake.com.

##### FEBRUARY

- 19 1st Paint Ball Biathlon. Kids/adults. 3K. 8:30am. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgecc.com.
- 19 Lapland Ladies Love to Ski: Classic. 9:30am. For women, by women w/lunch. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 19 Full Moon Party. Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- 19-23 Be A Biathlete Clinics. 1pm. Freestyle & range lessons. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.
- 22-25 Kids' Learn to Ski. Kids' specials: ages 6-12. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgecc.com.
- 22-25 Lapland Lake Loves Teachers. Specials for teachers. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 25-27 Adirondack Adaptive XC Ski Camp. Olympic Sports Complex, Lake Placid. adaptiveadventure.org.
- 26 Learn to XC Ski: Basics of Adaptive. 12:30pm. Olympic Sports Complex, Lake Placid. adaptiveadventure.org.
- 26 Lapland Lake Volunteer Ski Patrol Benefit BBQ. 12-2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

##### MARCH

- 5 Lapland Ladies Love to Ski: Skate. 9:30am. For women, by women w/lunch. Lapland Lake, Northville. Register: 863-4974. laplandlake.com.
- 5 Dewey Mountain Day. 10am-2pm. Kids' XC Ski Races, Ski/Snowshoe Obstacle Course, Snowshoe Scavenger Hunt, Ski Speed Trap, Biathlon Demo, BBQ & Boxershirt Triathlon Relay. Dewey, Saranac Lake. 891-2597. deweyskicenter.com.
- 5 TD Bank Craftsbury 25K Marathon Tour. Classic. Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 5-6 9th Adirondack Backcountry Ski Festival. Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 5-6 Be A Biathlete Clinics. 1pm. Freestyle & range lessons. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.
- 6 Adk Classic Ski Tours: Whiteface Landing. 6M novice. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 13 Adk Classic Ski Tours: MacKenzie Pass. 5.5M advanced. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 19 Full Moon Night Skiing w/Lakeside Campfire. Lapland Lake, Northville. 863-4974. laplandlake.com.

#### HEALTH & FITNESS

##### ONGOING

- Daily CardiotFit Classes: Call for Schedule. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Sun Yoga for Skiers/Snowboarders. 8:15am. Topridge Room, Gore, North Creek. 251-2411. goremountain.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 camps: 2/28: 4-week; 3/28: 4-week. Colonie, Guilderdale, East Greenbush. 444-8060. cdbootcamp.com.

- Mo-Fr Pilates Tower Class. Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski. 6pm. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Wed Beginner/Intro Pilates Mat, Six-Week Class. 6pm. 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.

##### MARCH

12 Health & Balance: A Day of Work & Play w/Pro Coach Terri Kersch. 9am-3pm. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgecc.com.

##### APRIL

16-17 6th Adirondack Sports & Fitness Summer Expo. Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

#### HIKING, SNOWSHOEING & CLIMBING

##### FEBRUARY

- 21-25 Climb the Walls at A.L.R.I. 10am-10pm. Age 10-plus. Albany's Indoor RockGym, Albany. 459-7625. airockgym.com.
- 22 Family Snowshoe Day. 10am-3pm. Instruction. 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.
- 26 3rd Snowshoe for HP Hospice. 9am. Up Yonda Farms, Bolton Landing. 743-1672. highpeakshospice.com.
- 27 High Peaks Snowshoe: Esther. 9.5M strenuous. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 27 Women's Snowshoe Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

##### MARCH

- 5 Family Snowshoe Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 5 High Peaks Snowshoe: Street & Nye. 8.5M strenuous. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 12 High Peaks Snowshoe: Phelps. 9M strenuous. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

##### APRIL

16-17 6th Adirondack Sports & Fitness Summer Expo. Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

##### MAY

14-15 Rock Climbing & Rafting Camp. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

#### ICE SKATING

##### ONGOING

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

#### MOUNTAINEERING & WILDERNESS SKILLS

##### FEBRUARY

- 19-21 Winter Camping 101 w/Snowshoeing. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 22-24 Wilderness Adventure & Storytelling Camp. 10am. Age 6-8. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 22-24 Wilderness Adventure Camp. 10am. Age 9-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

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A Grand Prix Event of the Adirondack Runners



**Saturday, April 16**

*5K & 10K USATF Certified*

**10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM**  
SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS

**ENTRY FEE** 5K & 10K \$15 / \$20 day of race (1 fee covers both races)  
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Online Registration & Application: [www.saratogastryders.org](http://www.saratogastryders.org)

**INFORMATION** Jeff Clark 581-7550 or Laura Clark [laura@saratogastryders.org](mailto:laura@saratogastryders.org)  
*Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!*



25TH ANNIVERSARY

**Shamrock Shuffle**

**Sunday, March 27 - 11am • 5 Miles**  
Glens Falls High School, Glens Falls



**Entry Fees/Donations**  
\$15 Pre-register (by 3/22)  
\$13 TAR member pre-register (by 3/22)  
\$20 race day

**The Leprechaun Leap - 10:00am**  
Children's Fun Run (12 & under) • 7/8-mile  
Donation: \$2 • Medallions for all finishers

Special edition long-sleeve T-shirts to first 400 entrants

**Application:** [www.adirondackrunners.org](http://www.adirondackrunners.org) • **Online:** [www.active.com](http://www.active.com)  
**Information:** Kevin Sullivan (518)798-9593 or [ksullivan@queensburyschool.org](mailto:ksullivan@queensburyschool.org)  
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**MARCH**

- 5-6 9th Adirondack Backcountry Ski Festival.** Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).
- 12-20 SOLO Wilderness First Responder Course.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 14 Nature Appreciation & Plant/Wildlife Identification.** 6:30pm. Saratoga Springs H.S., Saratoga Springs. 583-4782.
- 16 Wilderness Survival & Disaster Preparedness.** 6:30pm. Saratoga Springs H.S., Saratoga Springs. 583-4782.
- 19 Map & Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 27-4/3 Wilderness First Responder.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

**APRIL**

- 9-10 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 16-17 Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 18-19 Tracking Awareness Games/Animal Legends.** Age 6-12. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

**MAY**

- 14 Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 14-15 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 15 Spring Tracks & Scats Workshop.** Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

**JUNE**

- 11-12 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 18-24 Tracking Expedition at Yellowstone N.P.** Adults. Ndakinna: 583-9958. [ndcenter.org](http://ndcenter.org).

**MULTISPORT: TRIATHLON & DUATHLON**

**ONGOING**

**Varies Indoor Cycling for CDTF Members.** Feb/Mar. Free. Albany. See calendar: [cdtriclub.org](http://cdtriclub.org).

**FEBRUARY**

- 15 Triathlon Training Program.** 10 weeks. Cicotti Family Rec Center, Albany. Jenny Stahl: 412-2120.
- 16 Winter Education Series: Active Release Techniques w/ Keith Donato, DC.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 22 Saratoga Tri Club: Evening w/Serotta.** 6pm. Serotta, Saratoga Springs. Chris Bowcutt: 290-0457. [sarotatriclub.org](http://sarotatriclub.org).
- 23 Repeated Use Injury.** 6pm. Malta Comm. Ctr., Malta. Kristen Cook: 583-8459. [sarotagacare.org](http://sarotagacare.org).
- 24 Winter Education Series: Triathlon Gear & Gadget Tips w/Jenny Stahl, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**MARCH**

- 3 Winter Education Series: Designing a Triathlon Training Plan w/Judy Torel, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 10 Winter Education Series: Triathlon Transitions w/Jenny Stahl, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 17 Winter Education Series: Race Day Nutrition for Triathletes w/Judy Torel, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 22 Winter Education Series: Strength Training for Triathletes w/Kristen Hislop, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 27 Guilderland Y Indoor Triathlon.** 7am. Guilderland YMCA, Guilderland. 456-3634 x1140. [cdymca.org](http://cdymca.org).

**APRIL**

- 16-17 6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**MAY**

- 1 18th Anyone Can Tri! Triathlon.** 7:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 29 Saratoga Lions Duathlon.** 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. [saratogalions.com](http://saratogalions.com).

**JULY**

- Mo-Fr SHAPE Multi-Sport Camps.** Ages 8-15. Five sessions: 7/4-8/5, 9am-5pm. Averill Park. [shapecamp.org](http://shapecamp.org).
- 16 SkyHigh Kids' Triathlon.** 100m swim, 5K MTB, 1K run. Grafton Lakes S.P., Grafton. [multisportlife.org](http://multisportlife.org).
- 17 SkyHigh XTERRA Triathlon.** 1K swim, 20K MTB, 6K run. Grafton Lakes S.P., Grafton. [multisportlife.org](http://multisportlife.org).
- 31 SkyHigh Super-Sprint Triathlon.** 250m swim, 10K bike (draft legal), 2.5K run. [multisportlife.org](http://multisportlife.org).

**AUGUST**

- 20 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).

**OTHER EVENTS**

**FEBRUARY**

- 19-20 Adirondack Bank Sled Dog Races.** Murdock Trucking, Inlet. Town of Inlet: 315-357-5501. [nesdc.org](http://nesdc.org).
- 19-20 Winter Carnival.** Kids' fun games, womens' frying pan toss, mens' golf drive, tug-o-war, fireworks. Raquette Lake. 624-3077. [mylonglake.com](http://mylonglake.com).
- 21-24 Gold Medal Games: Family Edition.** Ski, bobsled, biathlon, hockey, curling, skating. [whitefaclelakeplacid.com](http://whitefaclelakeplacid.com).
- 25-27 Empire State Winter Games.** DH/XC ski, snowshoe, ski jump, ice skate. Lake Placid. [empirestatewintergames.com](http://empirestatewintergames.com).
- 26 Frozen Fire & Lights.** 12-5pm. Fern Park: Sledding, skating, snowshoeing, XC skiing, bonfire. 5-8pm, Arrowhead Park: Fireworks (7pm), bonfire. Inlet: 315-357-5501. [inletny.com](http://inletny.com).
- 26 36th Krazy Downhill Derby & Broomball Tournament.** 9am. Dynamite Hill, Chestertown. 494-2722. [northwarren.com](http://northwarren.com).

**MARCH**

- 7 Basic Freshwater Fishing Knowledge & Skills.** 6:30pm. Saratoga Springs H.S., Saratoga Springs. 583-4782.
- 9 Intermediate Freshwater Fishing Skills.** 6:30pm. Saratoga Springs H.S., Saratoga Springs. 583-4782.
- 12-13 Winter Raptor Fest.** Live birds of prey, free-flight raptor show, snowshoe walks, youth snowshoe race, snow sculpture. Little Theater on the Farm, Fort Edward. 499-2435. [winterraptorfest.com](http://winterraptorfest.com).
- 14-17 Gold Medal Games: Family Edition.** Ski, bobsled, biathlon, hockey, curling, skating. [whitefaclelakeplacid.com](http://whitefaclelakeplacid.com).
- 27 Open House.** 2pm. YMCA Camp Chingachgook, Kattskill Bay. RSVP: 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**APRIL**

- 2-5/21 Albany Knickerbocker Rugby.** 11am. Hoffman Park, Albany. 368-2110. [albanyknickersfc.com](http://albanyknickersfc.com).
- 29-30 Stihl Timbersports Series: Lumberjack Competition.** SUNY Cobleskill. [stihltimbersports.com](http://stihltimbersports.com).
- 29-5/1 Mother-Daughter Weekend Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**MAY**

- 1 High Ropes Course for Women.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 8 High Ropes Course for Adults.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 13-15 Father-Son Weekend Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**PADDLING: CANOEING & KAYAKING**

**MARCH**

- 16 & 23 Kayak Rolling Instruction.** 8pm. JCC, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 30 Kayak Rescue Instruction.** 8pm. JCC, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**APRIL**

- 3 38th Tenandeho Whitewater Derby.** 12pm. Stillwater to Mechanicville. John Casey: 810-7579. [canoerj@msn.com](mailto:canoerj@msn.com).



The Albany Running Exchange is thrilled to present its 9th annual

**Dodge the Deer 5k**

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200m Kids Sprint*

**Saturday, April 16, 10am**

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**Du-It for Sight and Hearing**  
Sunday, May 29 at 8am  
Skidmore College, Saratoga Springs

**5K Run, 20M Bike, 5K Run • Individuals & Teams**  
Print Application & Online Registration:  
**SaratogaLions.com**

Micro-mesh T-shirts to first 250 entrants

Raffle: \$20 per Ticket - Prize options are: \$4,000 Serotta Bicycles gift certificate;  
\$500 Blue Sky Bicycles gift certificate; Mirror Lake Inn stay/golf package; Fox 404 women's watch  
Proceeds benefit sight and hearing projects of the Saratoga Lions Club



## SPORTS & FITNESS

16-17 **6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

### MAY

- 1 **Family War Canoe Tour.** YMCA Camp Chingachcook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 8, 15 **Family Sailing Day.** YMCA Camp Chingachcook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 15 **Family Kayaking Day.** YMCA Camp Chingachcook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

## RUNNING, SNOWSHOE RACING & WALKING ONGOING

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

### FEBRUARY

- 19 **Moby Dick 7.2M Snowshoe Race.** 9:30am. Dion Series. Mt. Greylock Reservation, Lanesboro, MA. runwmac.com.
- 19 **Fred LaPann Memorial Road Race.** 5M. 9am. West Hague Firehouse, Hague. lachute.us.
- 20 **38th HMRRC Winter Marathon & 25th 3-Person Marathon Relay.** 10am. Phys Ed Bldg, UAlbany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 20 **Hallockville Pond Apple Orchard Snowshoe Race.** 3.8M. 10am. Dion Series. Dubuque S.E., West Hawley, MA. runwmac.com.
- 23 **1st ARE Capital District Runners Party.** Open to running enthusiasts of all ages/abilities & their families to meet, greet & be merry. \$10. Buffet, games, giveaways, drink specials, more. Wolf's 1-11, Colonie. Albany Running Exchange: 320-8648. runalbany.com.
- 26 **1st 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.

### MARCH

- 1 **Strengthening/Conditioning for Runners.** 6pm. Public Library, Saratoga Springs. Register: 583-8459. saratogacare.org.
- 3 **23rd Corning Tower Stair Climb.** 4pm. Empire State Plaza, Albany. Cystic Fibrosis: 783-7361. cf.org.
- 5 **14th Hawley Kiln Classic 5M Snowshoe Race.** 9:30am. Dion Series. Dubuque S.E., Hawley, MA. runwmac.com.
- 5 **Peak Snowshoe Challenge.** 26.2M, 13.1M, 6M & 100M. 8am. Amee Farm, Pittsfield, VT. peakraces.com.
- 5 **Empire State Snowshoe Championship.** YMCA Camp Gorham, Eagle Bay. empirestatesnowshoe.org.
- 12 **12th Runnin' of the Green (Island) 4M Road Race.** 10am. Kids' Fun Runs: 11:30am. American Legion Hall, Green Island. Ed Gillen: 956-4538. hmrrc.com.
- 19 **Running Screening.** 9am. Wilton Medical Arts, Saratoga. Register: 583-8459. saratogacare.org.
- 26 **2nd Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 9:30am. Kids' Fun Run (free). Central Park, Schenectady. Brian Demarest: 365-3883. areep.com.
- 26 **1st Ice Breaker Challenge 5K Run/Walk.** 9am. Corning Preserve. Albany. 527-3324. albanyrowingcenter.org.
- 26 **CancerBgone 5K & 1M Run.** 8:30am. AFB Oval, Plattsburgh. Patricia Diman: 578-4538.
- 26 **Wurtsboro Mountain 30K.** 9am. Wurtsboro. Myriam Loor: 845-527-3825.
- 27 **25th Shamrock Shuffle.** 5M. 11am. Leprechaun Leap Kids' Fun Run: 10am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.

### APRIL

- 2 **32nd April Fool's Race.** 10K Race: 10am. 5K Race/Walk: 11am. 1M Kids' Race: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. aprilfoolrace.com.
- 3 **More/Fitness Women's Half-Marathon.** 8am. Central Park, New York. more.com.
- 9 **Bust a Move 5K Run/Walk.** 10am. Russell Sage College, Troy. Michael Washco: 210-5298. sage.edu.
- 9 **Rotary 5K Run.** 10am. SUNY Adirondack, Queensbury. Jim Goodspeed: 793-8223. glensfallsrotary.com.
- 10 **23rd Delmar Dash 5K.** 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. hmrrc.com.

- 10 **Red Cross 5K.** 10:30am. The Crossings, Colonie. Nik Godbole: 229-8689.
- 16 **9th Dodge the Deer 5K.** 10am. Kids' Fun Run & Sprint. Schodack Island S.P., Schodack. albanyrunningexchange.org.
- 16 **32nd St. Peter's Keys Run.** 10K: 9am. 5K: 11am. Kids' Fun Run: 10:30am. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 16-17 **6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 17 **Butler County Half Marathon.** USRA Half Marathon Series. Pittsburgh, PA. 407-599-0568. butlerhalf.com.
- 17 **Kingston Classic 10K.** 1pm. Dietz Stadium, Kingston. kiwaniskingstonclassic.com.
- 17 **2nd Plattsburgh Half-Marathon.** 8am. AFB Oval, Plattsburgh. 324-7709. plattsburghhalfmarathon.com.
- 23 **1st Lake George Half Marathon.** 13.1M: 8am. 5K Run/ 10K: 8:15am. Fun Run: 10:45am. USRA Half Marathon Series. Lake George. 407-599-0568. lakegeorgehalf.com.
- 23 **17th Rabbit Rumble 4-Miler.** 10am. Guilderland H. S., Guilderland Center. Phil Carducci: 861-6350.
- 23 **33rd Rollin Irish Half-Marathon.** 9am. Memorial Hall, Essex Center, VT. 802-598-5624. gmaa.net.
- 30 **31st Bill Robinson Masters 10K Championship.** 9am. Guilderland H.S., Guilderland Center. Jim Tierney: 869-5597. hmrrc.com.
- 30 **St. John's/St. Ann's Spring Run-Off 5K/10K & Family Fun Walk.** 8:30am. Corning Preserve, Albany. Mary George: 472-9474. springrunoff.com.

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sfdedemem232@yahoo.com  
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Registration: Dan Sheldon  
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**SKYHIGH Kids' Triathlon**  
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## RUNNING AND WALKING

# Runnin' of the Green (Island)

## Small Village... Big Race

by Vince Juliano

Readers of this magazine have been introduced to a variety of fun winter recreational opportunities the past few months, including the growing sport of snowshoe racing and traditional sports like cross-country and alpine skiing to name a few. However, most enthusiastic winter sport advocates, myself included admit that once March arrives, and the icicles finally melt from our roofs, there is a sense of excitement, and anticipation of shedding excess layers, breaking out the new running shoes and looking forward to the first big road race of the year, the Runnin' of the Green (Island).

The idea of holding a road race in association with St. Patrick's Day is a popular tradition, with large cities such as Portland, Oregon; Chicago; Rochester and Holyoke, Mass., all kicking off the spring season with large foot races in mid-March. In contrast, the Runnin' of the Green (Island) is held in Green Island, the smallest village in New York. Race director Ed Gillen has ordered shirts with a new design this year including the catchy phrase "It's a small village but a BIG race." An accurate tag, as more than 600 runners will likely participate this year, despite no day of race registration.

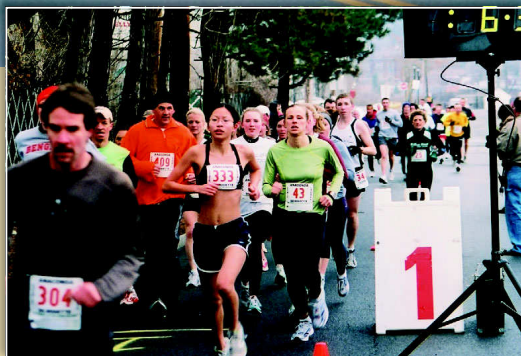
Many runners will be attracted to the fast flat course and relatively short distance, especially those who found it difficult to train with any regularity during this cold and stormy winter. More serious runners will be there also, as the race hosts the USATF Adirondack four-mile cham-

ampionship and is a dual Grand Prix event for the Hudson-Mohawk Road Runners Club and USA Track & Field.

It's hard to imagine the Capital District without a St. Paddy's Day race, but that was in fact the case in 1999 when the 8K Averill Park St. Paddy's Day race died suddenly without adequate time to find a replacement. The following year, HMRC representative Ken Skinner successfully negotiated a new race, the Runnin' of the Green (Island) with the enthusiastic support of local officials from the tiny municipality. The village stepped up by providing their American Legion Hall for prerace and post-race activities, and the village offers spacious free parking nearby. The police and highway crews are quick to provide supports along the course and local businesses also contribute toward the abundance of post-race athlete recognition awards.

The race draws a competitive field, including the area's best racing teams, and the champion is often decided in the final strides, making the race spectator friendly. For runners of all abilities, there is the opportunity to dress up in green or at least to showcase new running apparel in spring's road race debut.

The course was recently measured



▲ RUNNIN' OF THE GREEN (ISLAND) RACE START FROM 2008 IN GREEN ISLAND.  
▼ RUNNERS PASS MILE MARKER ONE IN 2008.  
PHOTOS BY VINCE JULIANO

and certified for accuracy, and new this year will be disposable chips that will ensure that your first race of the year will be accurately recorded and results will quickly follow.

There will likely be several more weeks to play in the snow, but if you are a runner at heart, this is an event that should not be missed. ▲

Vince Juliano ([hamletbryans@nycap.rr.com](mailto:hamletbryans@nycap.rr.com)) and his wife, Emily Bryans, live in Rotterdam with their Labs, Hamlet and Ceilih. He's employed at NYS Lottery and is race director for the Stockade-athon 15K. Vince enjoys running, cross-country skiing and hiking.

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ATHLETE PROFILE

# Darwin Roosa



by Janit Stahl

**Age:** 61  
**Family:** Wife, Kathy Meany  
**Career:** Retired from NYS Dept of Environmental Conservation and the Governor's Office of Employee Relations  
**Primary Sports:** Cross-Country Skiing and Biathlon  
**Secondary Sports:** Running, Cycling, Kayaking, Hiking, Roller-Skiing  
**Other Interests:** Environmental Stewardship



◀ SKATE SKIING AT A NYSSRA NORDIC EMPIRE STATE GAMES QUALIFIER RACE, OLD FORGE.  
 ▲ BIATHLON PRONE SHOOTING AT THE RANGE AND TRAILS AT OSCEOLA TUG HILL CROSS-COUNTRY SKI CENTER IN CAMDEN.

## “June, July and August...

there was good snow,” said Darwin Roosa of one of the first mountains he used regularly for cross-country ski training. Not a misprint, Darwin was an earth sciences teacher fresh out of Oneonta State near the Catskills whose first teaching gig was 80 miles from the Snowy Mountains in the southeast corner of Australia, where the season reversal may create some New York confusion.

Darwin was a senior at Oneonta State when a geology professor suggested that he sign out some cross-country skis from the Outing Club. “I was just discovering what cross-country skis were at 21,” Darwin says, who has some regret about not starting the sport in his early elementary years. He picked up the skis from the Outing Club and commenced a 40-year immersion in the sport.

“It was a refreshing change from downhill skiing... the ability to go almost anywhere, including several state forests and wilderness areas in the Catskills. And the fitness challenge made this a sport with real staying power,” Darwin says of his early years of cross-country skiing. He grew up in Northville, and skied extensively at Lapland Lake Nordic Vacation Center.

The early '80s marked the period of his most aggressive racing schedule. Darwin competed in the Worldloppet Ski Federation of 14 ski marathon races in different locations all over the world. From 1980 to 1984 he finished “three races a year” until he completed the series, earning the Worldloppet Gold Master recognition. The approximately 50K races were in Italy, Sweden, Germany, Norway and other countries. “You get to ski with some of the finest racers in the world,” he says of this experience. Worldloppet.com has

a schedule for those interested; the closest US race in the series is the American Birkebeiner on Feb. 26 in Wisconsin.

While he was earning his Worldloppet stripes as a cross-country ski racer, he met “a family of inspirational people” from Day (near Northville). Jim and Betty Schreiner have acres of land on Great Sacandaga Lake where they groom trails for cross-country skiing and biathlon training. Their sons, Curt and Jimmy were just starting to compete when Darwin decided to give biathlon a try. Soon enough, the 32-year-old masters athlete was competing in the new discipline.

“I used to teach hunter safety and firearms courses for the DEC, so I was comfortable with shooting,” Darwin says. “The challenge of course is to go fast on a pair of skis then calm down enough to shoot,” he shares. He learned a lot from the Schreiner family – as generations of athletes from the area have – and their Olympian son Curt, who now has children racing too. Curt posts trail conditions on saratogabiathlon.com and hosts races and training sessions during the season. If you talk to any successful cross-country skier or biathlete from the Capital/Adirondack region, chances are they have had some face time with the Schreiners.

Darwin is leading the NYSSRA Nordic points series for M7M (masters 60-64 male age group) this season, and is slated to compete in the Empire State Winter Games biathlon sprint race February 25. The following weekend it is off to British Columbia to compete in the Masters World Cup for cross-country skiing in the 15K freestyle, 10K classical and 30K classical races.

Darwin is the current president of New York State Ski Racing Association Nordic (known to most as NYSSRA Nordic), a role he also held in the late 80s/early 90s. He was a founding member in the late '80s and has been part of the volunteer posse since. This non-profit group is the organizing body for Nordic events (cross-country skiing, biathlon, ski orienteering, ski jumping and Nordic combined), and it holds qualifying races for the Empire State Games. They also are the primary source of information for clubs, coaches, racing, training, and gathering volunteers from parents groups. The Empire State Winter Games have their opening ceremony February 25 in Lake Placid, and several

NYSSRA Nordic members will be striking out in the brisk mountain air in the Scholastic, Open and Masters categories.

“Retired” seems an ill-fitting description for Darwin, who along with the role as president of NYSSRA Nordic, is also president of the Friends of the Pine Bush Community in Albany, who assist in the preservation and Discovery Center activities at the Albany Pine Bush Preserve, an inland pine barrens ecosystem. As an earth sciences teacher early in his career, then an employee of the DEC who performed outdoor education, Darwin has made environmental stewardship a way of life, which fits into his personal philosophy and lifestyle – it similarly fits his passion for outdoor, snowy exercise.

His wife Kathy, herself a former teacher and triathlete and current superintendent of the Menands Union Free School, has stopped waxing her skis, so to speak. “At one point when she was racing she just decided she had enough with the bitter cold races,” Darwin says, “and her work makes it hard to train enough too,” he clarifies. “She is content to be active and fit on a more casual basis.”

“What stays with me is the camaraderie of the sport... Everyone supports each other,” Darwin says. Organizing races means that Darwin is on the phone or email with almost everyone in the regional cross-country ski scene, and its time well spent for him. “My social network comes from skiing and biathlon,” he explains.

As Darwin prepares for the Empire State Games, you might just see this skier at the YMCA rather than the groomed trails. He uses light weights, Pilates and yoga to reduce soreness and fatigue from ski training, and increase flexibility and core strength. “When my energy is low from a longer ski session, I use cross-training.”

His other “cross-training” is officiating at biathlon races. The 61-year-old athlete is a Level 2 official and works World Cup and NorAm Biathlon Cup races in Lake Placid.

You can learn more about the sport that drives Darwin on nyssranordic.com. ▲

*Janit Stahl (janitstahl@gmail.com) is a Greenfield Center freelance writer. Her daughter Greta is a speedskater in the Saratoga Winter Club.*

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## ALPINE SKIING &amp; SNOWBOARDING

Weekend at Smuggs *by Mona Caron*

While some may be dreaming of a cruise or Caribbean getaway, how about a Northeast winter wonderland! This year's snow is plentiful with no sign of it disappearing anytime soon, so embrace winter while it's here. With this in mind, our family took a trip to Smugglers' Notch Resort in late January and had an amazing time!

When you first pull into Smuggs, you can anticipate the family fun that is about to begin. The village is bustling with activity and you'll see families, couples and groups all around. Located on the north face of Mount Mansfield, the ski area consists of three mountains – Morse, Madonna and Sterling – encompassing 78 trails. From the Capital Region, it is a three-and-a-half hour drive.

Darryl, our children Justin (age 11) and Meghana (9) and I started our weekend early on Friday afternoon. Prior to the trip, everyone gave their input on what they wanted to do. Pulling the wish list together was a challenge because the resort offers many winter activities.

Working with our group vacation planner, Roxane Frobels, we arranged our to-do list: airboarding, tubing, zipline canopy tour, skiing, snowshoeing, ice skating, the FunZone, indoor pool, and downtime in the mountainside condo.

We started our first day with airboarding. An airboard is a lightweight, inflatable sled with rubberized strips on the bottom of the sled. The strips have grooves to help grip the snow and to create friction when steering with your body. You slide down the ski trail head first and lean your body in the direction you want to turn while staying balanced on the airboard. Smuggs is the only mountain in the Northeast to offer airboarding, and this high-tech twist on sledding is a blast!

To start out, we had a one-hour session with an instructor. For safety purposes a hel-

MEGHANA LAUNCHING HER AIRBOARD.

met is required and it is recommended that you receive basic instruction. Our instructor, Pat Abbott, gave us a quick tutorial at the base but our real training was at the top of the mountain.

The five of us each took our own chair at Morse Highlands, a beginner area, with Pat leading the way. Once safely off the lift, we regrouped, learned how to steer, and most importantly we learned how to bail. When you're about to go face down and share the trail with skiers and snowboarders, you'd better know how to control the sled and bail, if necessary! With a running start and a bellyflop dive onto the airboard, we took the trail in bits and pieces. This was a workout – your triceps, shoulders and core muscles are engaged as you steer. Each of us took turns down the trail and reconvened at sections along the way.

Pat gave us feedback and encouragement as we tweaked our technique on the way down. Justin was a natural after the first run and he was able to steer the airboard perfectly! Meghana is light so she took off going straight down, while trying to muster the strength to turn. Her strategy was to either steer hard at the last minute or bail! I tended to overcompensate my steering so I would turn and face the other way – it took me a few times to get it right. Darryl figured it out after a few runs too and by the end of our session, Justin and Darryl were making good turns down the mountain. The instruction was key and it helped that we had a very competent, patient instructor.



MONA ZIPLINING TO THE PLATFORM.



MEGHANA, DARRYL AND JUSTIN AT THE TOP OF MADONNA.

We had so much fun comparing notes afterwards! In between my skipped heartbeats watching Meghana bomb down the mountain, we enjoyed a lot of laughs watching each other. What a great experience to have with the kids!

After checking into our condo and warming up by the fire, we ventured back outside. (The pedestrian village, Morse Mountain lifts and condos are within walking distance so we never used our car until check out.) We decided to try the tubing hill, located at the base of Morse Mountain and adjacent to the village. Tubing was fun but once you've tried airboarding, you can't go back. After a couple of runs, it was time for dinner at Rig-a-Bello's Pizzeria. Day One was a resounding success!

The next morning it was off to the mountain for a half-day of skiing. We skied to the Morse Mountain lift (elevation 2,250 feet) and headed directly to the Madonna Mountain (3,640 feet) base.

The four of us enjoyed a variety of cruisers and gladed trails. Madonna was perfect for all abilities with many blue and black trails intersecting several times. This allowed the four of us to ski together and in pairs. Justin enjoys the expert trails and is always looking for a challenge. The black diamond trails offered a variety for Darryl and Justin while Meghana and I were happy on the intermediates.

After our half-day of skiing, we headed over to the Arbortrek Zipline Canopy Tour for an excursion on their official grand open-

ing day. Arbortrek is Vermont's only zipline canopy tour. We geared up in harnesses, helmets, and leather gloves prior to a training run just outside the meeting place. Everyone in the group took a turn in the training zipline to practice braking, "back walking," and to learn hand signals from our guides. Next we were boarding a bus to take us up to the first platform.

With four guides and 15 tourers, we split into two groups. Our guides, Kim Bidwell and Josh Conway took our group first. We had three exhilarating ziplines way up in the trees! During our tour, Kim and Josh taught us about the local flora and fauna. Meghana was smiling from ear to ear, which was quite a change from the day before when she was convinced she would be scared. Both kids had fun leaning off the elevated platforms while being clipped in.

Later, we dropped both kids off at the FunZone, an indoor recreation area with several bouncy-bounces, mini-golf, table tennis and more, while Darryl and I had drinks at the pub. Justin checked out Teen Alley, a separate space with video games, pool table, music, and online access. Tweens are able to join in from 5-7pm daily. We were able to take advantage of the village in the evenings each night. There are restaurants and bars, a Ben & Jerry's scoop shop, grocery store and ski shop – almost everything you need while away from home.

We ended our weekend with a full-day of skiing at Sterling (3,040 feet) and Madonna mountains. It was snowing most of the day and the conditions were terrific! Both mountains have intermediate cruisers and narrow twisting steeps. Smuggs bills itself as a family resort, and there is great skiing for all levels – plus plenty of expert off-piste tree skiing with interesting twists and turns.

Smuggs offers so much that we couldn't finish our own to-do list. The indoor pool, ice skating, snowshoeing, cross-country skiing, dog sled rides, snowmobile tours, winter hiking tours, and spa will have to wait until next time.

At times, it's very easy to get stuck in the same routine every weekend. Both of our children are involved in organized activities during the winter (soccer, basketball, etc.), and it can be difficult to get away for a full weekend. We came back re-energized from our action-packed weekend. Smuggs offers an excellent value for the classic New England skiing experience. It was a treat to stay at the resort to take advantage of the activities and amenities, compared to our typical day trips.

Consider a winter getaway with your family or friends at a destination in New York or New England – many offer an array of winter activities with something for everyone! ▲

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**CELEBRATE SNOW** continued from page 1



MORE THAN 200 TURNED OUT FOR THE SARATOGA WINTERFEST 5K SNOWSHOE RACE ON FEB. 6 AT THE SARATOGA SPA STATE PARK IN SARATOGA SPRINGS.  
PHOTO BY BRIAN TEAGUE/FATEAGUE FOTOS

**Snowshoeing** – If you can walk, you can snowshoe through the beautiful Capital-Saratoga landscape and hike the Adirondack backcountry. If you have never been and would like to try, contact Adirondack Paddle N Pole, High Peaks

Cyclery, St. Regis Canoe Outfitters, or other shops for informative snowshoeing excursions that provide outdoor enthusiasts with the equipment and instruction. Cascade, Lapland Lake and Pineridge offer full moon skiing and hiking on February

19 for a true nighttime winter adventure.

**Ice Climbing** – Have you always wanted to try ice climbing but don't know how or didn't have the right equipment? High Peaks Cyclery's mountain guide services has scheduled courses, clinics and trips for climbers of all levels of experience and ability. Introductory, one-day courses offer ice climbing equipment and safety as well as practical experience for climbing moderately angled snow and ice terrain. The best part is they provide all the technical gear needed for your first traverse, so what are you waiting for!

**Skating** – Whether you enjoy indoor or outdoor skating, we have it all. On clear or snowy days and nights enjoy outdoor skating at the Olympic Speedskating Oval in Lake Placid, where Eric Heiden won five gold medals in the 1980 Winter Olympic Games – sorry, the tour guide in me requires mention of this fact (especially since I was there for one of them!). For indoor skating hours as well as rentals and lessons, contact almost any hockey rink near you. There's a wonderful outdoor skating rink at the Saratoga Spa State Park and there are many rinks at town and city parks in the region.

**Tubing or Sledding** – For those who just can't get enough time on the slopes or would rather go down the hill sitting down, try tubing at Willard, West, Gore or the Olympic Jumping Complex. No need to trek your tube up the slope, there are lifts (or in Lake Placid, trucks) for that! Tubers can enjoy a day or night, of leisurely outdoor recreation that is sure to be fun for the whole family.

With the President's Week holiday, this is also a good time to take advantage of winter clearance sales and tune-up services at the retail shops. For other winter activities, tours, races and festivals, see the feature articles and Calendar of Events listings in this issue. The snow and ice will be gone eventually, so enjoy it now! ▲

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## TRIATHLON &amp; DUATHLON

# Choosing a Coach And Creating a Race Calendar

by Jenny Stahl

By now you've registered for your first 2011 triathlon or duathlon event just to get the juices flowing. It is time set a race calendar for the season. This can feel like a daunting task and you may want some coaching to support your goals. This might be the year for a challenge to reach beyond the sprint and Olympic level triathlons to tackle a larger endurance goal such as a half-Ironman event. The excitement and pressure becomes palpable at the precise point when the training commitment collides with daily life.

## ACHIEVE BALANCE

Juggling the priorities of home and work life is a delicate balancing act for any multisport endurance athlete. You can often become immersed in your training and racing schedules, and unknowingly saturate and over-extend your support system at home. You can readily spend hours surfing the web, researching and developing plans in efforts to attempt to design a self-made plan. However, there must be a better way to manage time and work smarter, not harder. This is where a coach becomes essential because an expert can design the training plan, provide the support and advice, so that you can have time to train, as well as live.

First-year multisport athletes often navigate this sport on their own. The newness is exciting for the athlete and their support crew – family and friends. In the second year when the novelty wears off, your family may feel that doing a triathlon was part of your bucket list, and now it is time to check this off your list. However, you have been bit by the tri-bug, and have been continuing to train diligently but without any real specified training plan. You may appear self absorbed and distracted, and often times personal lives suffer as it seems like the athlete is having an affair with the sport. This is NOT the mission of triathlon.

If you make sure to balance the priorities early on, by



PROPER TRAINING GIVES THIS ATHLETE CONFIDENCE AT THE 2008 SKYHIGH XTERRA OFF-ROAD TRIATHLON IN GRAFTON.  
PHOTO BY DARRYL CARON

the third year, family and friends realize it's a lifestyle. Pick races that bring your family to fun locations, or do races that are fairly local so as not to disrupt things. Better yet, get children involved in a kids' triathlon, or do it as a team event. The Lake George Triathlon Festival is a weekend-long event that offers an Olympic and new half-Ironman distance race, plus a new kids' triathlon.

## CHOOSING A COACH

If you choose a coach, take the time to build rapport because you will trust your season to this person. Check the coach's credentials and ask for current references. Request sample workout plans, and discuss the coach's philosophy and methods in building a season. A coach should take full responsibility for their training plans,

and take the time to learn about their athlete's personal experience, strengths and weaknesses. Every coach offers different prices and services, so be sure to base your decision not just on price, but quality of services.

An attentive, expert-level coach will start with an initial consultation to review medical and athletic history, as well as other relevant information such as your goals, time commitments, and availability for training. The coach will take the time to establish a baseline by conducting a fitness assessment. The coach will help the athlete with creating SMART goals that are Specific, Measurable, Achievable, Relevant and Timely. Use this information to set a race calendar for the year, and consider the options.

## SAMPLE RACE CALENDAR

In the race calendar, you need to define "A Races" where your selected priority events for the season with training focused on performance goals achieved at the event. "B Races" are where you select events more as training opportunities to prepare for priority races. Of course, one person's "B" race is another's "A" race... Here's a sample race calendar with personal notes.

- Guilderland YMCA Indoor Triathlon on March 27 in Guilderland – "B" race – Warm-up early spring event that's all indoors (cdymca.org).
- Hudson Crossing Triathlon on June 12 in Schuylerville – "B" race – Early season sprint-level; second time doing event; want long-sleeve wetsuit; get bike tune-up and ride road bike; one or two open water swims for practice; and build aerobic base in winter (hudsoncrossingtri.com).
- North Country Triathlon on June 25 in Hague – "A" race – Olympic-level triathlon; want to a personal best with time (northcountrytri.com).
- SkyHigh Xterra Off-Road Triathlon on July 17 in Grafton – "B" race – First-time Xterra; train on mountain bike (multi-sportlife.org).
- Fronhofer Tool Triathlon on Aug. 6 in Cambridge – "B" race – Use this Olympic-level distance for speed workout in preparation for half-Ironman (fronhoferooltriathlon.com).
- Crystal Lake Triathlon on Aug. 20 in Averill Park – "A" race – Complete this race each year; looking to do a personal best and place in age group (cdtriclub.org).
- Lake George Triathlon Festival on Sept. 4 in Lake George – "A" race – Inaugural Big George Half-Ironman; completed Lake George Triathlon the last two years at Olympic-level; long rides; long runs; practice endurance nutrition (lgtrifestival.com).

Jenny Stahl (jenny@triretraining.com) of Clifton Park is a USAT certified triathlon coach, level 1, and president of the Capital District Triathlon Club.

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# RACE RESULTS

## SARATOGA NATIONAL BANK CROSS-COUNTRY CLASSIC 5K October 17, 2010 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			MALE AGE GROUP: 30 - 34		
1 Alex Paley	24	Albany	1 Chris Mulford	33	Schenectady
2 Tim Vandoren	42	Bennington, VT	2 Jonathan Catlett	32	Albany
3 Matthew Medeiros	25	Saranac	3 Kevin Johnson	31	Saratoga Springs
FEMALE OVERALL			FEMALE AGE GROUP: 30 - 34		
1 Michelle Binsfeld	31	Clifton Park	1 Sandy Tasse	31	Saratoga Springs
2 Beth Stalker	51	Burnt Hills	2 Jessica Barrett	31	Saratoga Springs
3 Nancy Nicholson	48	Queensbury	3 Amanda Schaffer	33	Fort Edward
MALE AGE GROUP: 14 & UNDER			MALE AGE GROUP: 35 - 39		
1 Brian Doster	14	Queensbury	1 Dennis VanVlack	38	Duanesburg
2 John Albem	13	South Glens Falls	2 Seth Dunn	39	Saratoga Springs
3 Schuyler Radtff	13	Stillwater	3 Jason Roberts	35	Glenmont
FEMALE AGE GROUP: 14 & UNDER			FEMALE AGE GROUP: 35 - 39		
1 Chloe Jansson	11	Fort Edward	1 Tina Greene	37	Scotia
2 Kitty Sharp	13	Albany	2 Katherine Ender	37	New York
3 Londyn Mitchell	11	Stillwater	3 Beth Gillingham	37	Queensbury
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 40 - 44		
1 Eric Young	19	Latham	1 Richard Cummings	43	Schenectady
2 Paul Cox	17	Troy	2 John Denmark	41	Johnstown
3 Aaron Estabrooks	17	Croseyville	3 Mark Halworth	40	Saratoga Springs
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 40 - 44		
1 Kristin Schmidt	15	Athens	1 Diane Pomeroy	44	Pittsfield, MA
2 Erica Dailey	16	Castleton	2 Dorothy Hill	42	Saratoga Springs
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 45 - 49		
1 Michael Rogers	20	Troy	1 Robert Kellogg	46	Queensbury
2 Lane Blackton	20	Gloversville	2 Ahmed Elasser	47	Latham
3 Timothy White	22	Schenectady	3 Thomas Kracker	46	Delmar
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 45 - 49		
1 Laura McCoy	24	Troy	1 Starlett Cook	46	Queensbury
2 Lane Dickson	23	Clifton Park	2 Tracy Rose	47	Woodstock, VT
3 Kelly Deeprix	20	Scotia	3 Kristin Kahmina	47	Rensselaer
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54		
1 Daniel Jordy	27	Glenville	1 Thomas Dalton	52	Schenectady
2 Robert Cloutier	29	Burnt Hills	2 John Noonan	51	Ballston Spa
3 Graig Carbone	26	Malta	3 Rick Mumson	53	Prattsville
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54		
1 Amanda Barone	26	Ballston Spa	1 Ellen Predmore	52	Ballston Lake
2 Cristina Luft	26	Clifton Park	2 Jane Mastalis	52	Saratoga Springs
3 Maressa Nicosia	25	Saratoga Springs	3 Maureen Roberts	52	Gansevoort

continued

## SARATOGA NATIONAL BANK CROSS-COUNTRY CLASSIC 5K continued

MALE AGE GROUP: 55 - 59			FEMALE AGE GROUP: 65 - 69		
1 George Van Hook	56	Cambridge	1 Sakiko Claus	68	Schroon Lake
2 Rob Picotte	57	Malta	2 Penny Cushman	66	Albany
3 Chris Butts	58	Saratoga Springs	3 Kathleen Balthazar	69	Climax
FEMALE AGE GROUP: 55 - 59			MALE AGE GROUP: 70 - 74		
1 Judy Phelps	59	Malta	1 John Peltus	71	West Rupert, VT
2 Gail Hein	58	Altamont	2 Christopher Rush	74	Schenectady
3 Patricia Phillips	58	Castleton	3 Ted Greve	70	Gansevoort
MALE AGE GROUP: 60 - 64			FEMALE AGE GROUP: 70 - 74		
1 Patrick Glover	64	Clifton Park	1 Becky Kotler	71	Manchester Center, VT
2 Judy Harrison	61	Saratoga Springs	1 Wade Stockman	75	Rensselaer
3 Laura Clark	63	Saratoga Springs	2 Peter Hettrich	75	Balloston Spa
3 Pamela Ewing	60	East Greenbush	3 Norm Maricic	75	Saratoga Springs
MALE AGE GROUP: 65 - 69			FEMALE AGE GROUP: 75 - 79		
1 Tony Cupaiuolo	66	Manchester, VT	1 Anny Stockman	78	Rensselaer
2 William Sheft	69	Ballston Spa	1 Regina Tumidajewicz	83	Amsterdam
3 Joe Geiger	69	Saratoga Springs	2 Courtney of Saratoga National Bank & Trust Company	50.11	

## INAUGURAL POWER HOUSE ATHLETICS/LIVESTRONG 5K

October 17, 2010 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			FEMALE OVERALL		
1 Josh Myers	19	Ballston Spa	1 Stacia Smith	40	Niskayuna
2 David Young	44	Delmar	2 Rebecca Fribrush	22	Troy
3 Michael Rosa	34	Halfmoon	3 Patricia Canterbury	51	Amsterdam
AGE GROUPS			AGE GROUPS		
1 Frederick Ostrander	M00-19	Saratoga Springs	1 Nancy Johnson	F60-69	Ballston Lake
1 Erica Rodbell	F00-19	Scotia	1 Mel Chudzik	M70-79	Ballston Lake
1 Scott Matheson	M20-29	Cohoes	1 Marie Faronne	F70-79	Wilton

Courtesy of Power House Athletics

## 10TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K

October 23, 2010 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			FEMALE OVERALL		
1 Ben Greenberg	41	Voorheesville	1 Mark Heworth	40	Saratoga Springs
2 Stephen Siebrecht	31	Delmar	2 Joe Nicoll	42	Wilton
3 David Chan	21	Poughkeepsie	3 Jeff Mannion	41	Malta
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Stacy Gaynor	28	Malta	1 Stacy Gaynor	44	Saratoga Springs
2 Starlett Cook	46	Queensbury	2 Jeanine Butler	43	Corinth
3 Karen Provencher	55	Glens Falls	3 Kim Esler	43	Ballston Spa
MALE AGE GROUP: 14 & UNDER			FEMALE AGE GROUP: 45 - 49		
1 Davis Alger	9	Middle Grove	1 Kevin Creagan	45	Albany
2 Patrick Mann	14	Corinth	2 Carl Regenauer	45	Saratoga Springs
3 Thomas Van Vorst	11	East Greenbush	3 Scott Larosa	45	Clifton Park
FEMALE AGE GROUP: 14 & UNDER			MALE AGE GROUP: 45 - 49		
1 Alexis Secor	13	Schenectady	1 Theresa Hance	47	Ballston Lake
2 Keely Cummings	10	Gansevoort	2 Melinda Mackesey	46	Altamont
3 Brooke Saraz	10	Greenfield Center	3 Nina Russo	46	Gansevoort
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Steve Carpenito	16	Ballston Spa	1 LD Davidson	54	Amsterdam
2 Gavin Alger	16	Middle Grove	2 Peter Goutos	51	Saratoga Springs
3 Matthew Byner	15	Albany	3 John Kenny	52	Greenwich
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54		
1 Natalie Wallace	17	Canandaigua	1 Ellen Predmore	52	Ballston Lake
2 Rachael Everts	15	Hudson Falls	2 Elizabeth Gormley	52	Porter Corners
3 Amber Charette	18	Saratoga Springs	3 Susan Matthews	51	Troy
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 55 - 59		
1 Michael Rogers	20	Troy	1 Chester Tumidajewicz	56	Amsterdam
2 Ryan Wicks	23	Wynantskill	2 Larry McDonough	59	Greenwich
3 Chase Baker	24	Saratoga Springs	3 Arthur Maricic	55	Albany
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59		
1 Kathryn Bernarde	24	Latham	1 Kathleen Strait	59	Clifton Park
2 Rachael Karam	22	Clifton Park	2 Carolyn George	56	Albany
3 Rebecca Fribrush	22	Troy	3 Sharon Close	56	Wynantskill
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64		
1 Jason Cordeira	27	Rensselaer	1 Ernest Riquain	64	Gansevoort
2 Jesse Naffai	26	Ballston Spa	2 Michael McNally	60	Queensbury
3 Jeff Nastke	29	Saratoga Springs	3 Art McDonald	63	Ballston Spa
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64		
1 Crystal Cammarano-Perno	29	Clifton Park	1 Deborah Juliano-Crotty	62	Ballston Spa
2 Tiffany Witwer	28	New York	2 Peggy Kingley	60	Greenfield Center
3 Brooke Davis	27	Ballston Spa	3 Linda Plante	62	Middle Grove
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69		
1 Seth French	30	Queensbury	1 Stan Westhoff	67	Gansevoort
2 Joshua French	32	Gansevoort	2 Eduardo Munoz	68	Olimstedville
3 Gabriel McGarry	34	Slingerlands	3 Jim Cunningham Sr.	66	Ticonderoga
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69		
1 Katie Hoek	30	New York	1 Penny Cushman	66	Albany
2 Karen Yoon-Cooper	34	Saratoga Springs	2 Sharon MacDougal	65	Middle Grove
3 Sara Levy	31	Schenectady	3 Johanna Schreiner	65	Malta
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 70 - 74		
1 Brian Norman	35	Guilderland	1 Ted Greve	70	Wilton
2 Kenneth Sluti	37	Fonda	1 Katherine Didrich	73	Granville
3 Greg Ethier	37	Waterford	FEMALE AGE GROUP: 70 - 74		
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 75 - 79		
1 Shanley Alder	38	Clifton Park	1 Donald McEban	78	Troy
2 Amy Spiegel	38	Plattsburgh	FEMALE AGE GROUP: 75 - 79		
3 Carrie Ettese	36	Ballston Spa	1 Joan Corrigan	75	Clifton Park

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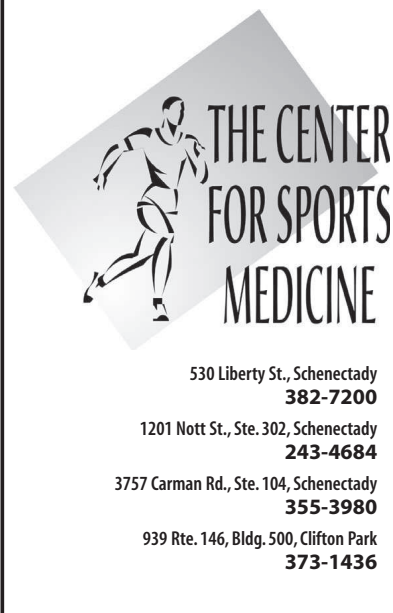
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10TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K continued

Table with columns for Female Age Group (80 & Over, 70-79, 60-59, 50-49, 40-39, 30-29, 20-19, 14 & Under), Male Age Group (80 & Over, 70-79, 60-59, 50-49, 40-39, 30-29, 20-19, 14 & Under), and Overall results for both 5K and 10K runs.

NYCROSS.COM SERIES: SARATOGA SPA CYCLOCROSS October 24, 2010 • Saratoga Race Course, Saratoga Springs

Table with columns for Male Pro, Category 1/2/3 & Collegiate A, Male Single Speed, Male Masters 35-Plus, Male Masters 45-Plus, Male Category 3/4 & Collegiate B, Male Category 4, Citizen & Collegiate B, Male Category 4, Citizen & Collegiate C, and Male Under-19.

2ND ANNUAL RACE AWAY STIGMA 5K October 23, 2010 • Hudson Valley Community College, Troy

Table with columns for Female Age Group (30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over), Male Age Group (30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over), and Overall results.

TROY YMCA MONSTER MADNESS DASH 5K Capital District YMCA Race/Walk Series #5 • Oct. 30, 2010 • Troy Family YMCA, Troy

Table with columns for Male Overall, Female Overall, Male Age Group (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79), and Female Age Group (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79).

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The Runnin' of the Green (Island) 12th Annual. Four-Mile Road Race & Kid's Fun Runs. Saturday, March 12 at 10am (Snow date: March 19). Village of Green Island, Legnard-Curtin American Legion Hall, 35 Cohoes Ave. Includes registration details and contact info.

Cryosurgery New Treatment for Foot Pain. Heel Pain? Plantar Fasciitis? Diabetic Neuropathy? Achilles Tendonitis? Dr. David Lambariski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for these painful foot conditions. Includes contact info and benefits.

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# RACE RESULTS

## 17TH ANNUAL GOBLIN GALLOP 5K RUN October 30, 2010 • Abraham Wing School, Glens Falls

MALE OVERALL		MALE AGE GROUP: 40 - 44		MALE AGE GROUP: 45 - 49	
1 Kevin Emblidge	26	1 John Ehrntholt	44	1 Susan Thompson	44
2 Mike Wynn	43	2 Keith Vogel	44	2 Kelli Scott-Ciota	44
3 Seth French	30	3 Robert Lawrence III	40	3 Kimberly Bailey	41
FEMALE OVERALL		FEMALE AGE GROUP: 40 - 44		FEMALE AGE GROUP: 45 - 49	
1 Meaghan Gregory	19	1 Martha Callahan	47	1 Chelsea Tumidajewicz	56
2 Carly Wynn	17	2 Brian Teague	51	2 Karen Provencher	55
3 Justine Mosher	25	3 Randy Gibbs	52	2 Beth Ward	57
MALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 50 - 54		MALE AGE GROUP: 60 - 64	
1 Robert Lawrence IV	10	1 William Verner	51	1 Mark Saper	60
2 Jack Moore	10	2 Nicole Bullock	27	2 David Rutkowski	64
3 Zachary Wiekierak	10	3 Melissa McCreary	29	3 David Forbes	64
FEMALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 55 - 59		FEMALE AGE GROUP: 65 - 69	
1 Jesse Johnson	13	1 MaryAnn Maccuro	50	1 Sue Nealon	60
2 Allison Parrott	14	2 Elizabeth Gormley	52	2 Patricia Johnson	61
3 Samantha Talbot	13	3 MaryAnn Maccuro	50	3 Cathy Bis	63
MALE AGE GROUP: 15 - 19		MALE AGE GROUP: 60 - 64		MALE AGE GROUP: 70 - 74	
1 Will Love	16	1 Katskill Bay	60	1 Jim Moore	71
2 Christian Van Nespe	15	2 Nicholas Henderson	26	2 John Pelton	71
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 75 - 79		MALE AGE GROUP: 80 & OVER	
1 Ashley Lankenau	18	1 Norm Marinic	75	1 Regina Tumidajewicz	83
2 Ashley Talbot	16	2 Dennis Vanvalck	38		
3 Kayla Casey	17	3 TJ O'Connor	35		
MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 80 & OVER		<i>Courtesy of The Adirondack Runners</i>	
1 Niels Bohr	23	1 Kate Prendergast	19		
2 Sean Romano	23				
3 David Piesnikowski	22				
FEMALE AGE GROUP: 20 - 24					
1 Cassandra Bookie	24				
2 Natalia Lesniak	24				
3 Megan Whiting	20				
MALE AGE GROUP: 25 - 29					
1 Jeff Nastke	29				
2 Nicholas Henderson	26				
3 Peter Gillen	28				
FEMALE AGE GROUP: 25 - 29					
1 Elizabeth Emblidge	25				
2 Kathleen Mack	25				
3 Miesha Wright	28				
MALE AGE GROUP: 30 - 34					
1 Joshua French	32				
2 Lou Pauquette	30				
3 Daniel Buehner	32				
FEMALE AGE GROUP: 30 - 34					
1 Bonnie Huffaker	34				
2 Kristen Smith	31				
3 Laura Murphy	33				
MALE AGE GROUP: 35 - 39					
1 Kirk Jordan	39				
2 Greg Ethier	37				
3 Alex Ciota	35				
FEMALE AGE GROUP: 35 - 39					
1 Christina Gow	36				
2 Beth Gillingham	37				
3 Cathy Catalano	36				

## 6TH HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE October 31, 2010 • Thacher State Park, Voorheesville

MALE OVERALL		MALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 15 - 19	
1 Ross Krause	40	1 Ryan Harrington	14	1 Zach Yates	19
2 Mike Rutledge	42	2 Ian Williams	16	2 Ian Williams	19
3 Shaun Evans	32	3 Brett Sherwood	26	3 Kelly Travers	38
4 Patrick Cullen	24	4 Laura Gersten	22	4 Bob Miller	36
5 Brett Sherwood	35	5 Jaime Sherwood	26		
FEMALE OVERALL		MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 25 - 29	
1 Bonnie Huffaker	34	1 David Piesnikowski	22	1 David Piesnikowski	22
2 Kristen Smith	31	2 Sean Romano	23	2 Sean Romano	23
3 Laura Murphy	33	3 David Piesnikowski	22	3 David Piesnikowski	22
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 30 - 34		MALE AGE GROUP: 35 - 39	
1 Bonnie Huffaker	34	1 Joshua French	32	1 Kirk Jordan	39
2 Kristen Smith	31	2 Lou Pauquette	30	2 Greg Ethier	37
3 Laura Murphy	33	3 Daniel Buehner	32	3 Alex Ciota	35
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 40 - 44		MALE AGE GROUP: 45 - 49	
1 Elizabeth Emblidge	25	1 John Ehrntholt	44	1 Susan Thompson	44
2 Kathleen Mack	25	2 Keith Vogel	44	2 Kelli Scott-Ciota	44
3 Miesha Wright	28	3 Robert Lawrence III	40	3 Kimberly Bailey	41
MALE AGE GROUP: 50 - 54		MALE AGE GROUP: 55 - 59		MALE AGE GROUP: 60 - 64	
1 William Verner	51	1 MaryAnn Maccuro	50	1 Mark Saper	60
2 Nicole Bullock	27	2 Elizabeth Gormley	52	2 David Rutkowski	64
3 Melissa McCreary	29	3 MaryAnn Maccuro	50	3 David Forbes	64
MALE AGE GROUP: 65 - 69		MALE AGE GROUP: 70 - 74		MALE AGE GROUP: 75 - 79	
1 Sue Nealon	60	1 Jim Moore	71	1 Norm Marinic	75
2 Patricia Johnson	61	2 John Pelton	71	2 Dennis Vanvalck	38
3 Cathy Bis	63	3 TJ O'Connor	35	3 TJ O'Connor	35
MALE AGE GROUP: 80 & OVER		MALE AGE GROUP: 80 & OVER			
1 Kate Prendergast	19	1 Katskill Bay	60	1 Kate Prendergast	19
		2 Nicholas Henderson	26		
		3 David Rutkowski	64		
		3 David Forbes	64		
		1 Elizabeth Emblidge	25		
		2 Kathleen Mack	25		
		3 Miesha Wright	28		
		1 Joshua French	32		
		2 Lou Pauquette	30		
		3 Daniel Buehner	32		
		1 Bonnie Huffaker	34		
		2 Kristen Smith	31		
		3 Laura Murphy	33		
		1 Kirk Jordan	39		
		2 Greg Ethier	37		
		3 Alex Ciota	35		
		1 Christina Gow	36		
		2 Beth Gillingham	37		
		3 Cathy Catalano	36		

## 6TH HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE continued

MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 25 - 29		MALE AGE GROUP: 30 - 34	
1 David Harwood	24	1 Dan Haggerty	26	1 Todd Starynski	34
2 Ian Parnett	24	2 Rachel Marchand	24	2 Todd Euston	32
3 Nicholas Dipiro	22	3 Pat Gable	26	3 Aaron Degiovine	32
4 Michael O'Brien	24	4 Andrew Gravelle	26	4 Chris Winslow	31
5 Benn Griffin	24	5 Trey Kingstone	25	5 Andrew Lusk	31
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 35 - 39		MALE AGE GROUP: 40 - 44	
1 Kate Losocco	24	1 Donald Pachter	38	1 Craig Tynan	40
2 Rachel Marchand	24	2 Dennis Vanvalck	38	2 Coney Dubois	40
3 Caitlin McAllister	24	3 Sara Brenner	30	3 Kim Seabury	43
4 Katie Melsert	24	4 Sara Madden	33	4 George Burke	44
5 Brittny Payl	24	5 Valerie Rhodes	32	5 Mark Hunter	40
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 45 - 49		MALE AGE GROUP: 45 - 49	
1 Steven Dickerson	57	1 Rami Agostio	46	1 Rami Agostio	46
2 Dave Chandler	57	2 Audrea Krone	49	2 Audrea Krone	49
3 Carl Matuszek	58	3 Chris Panzer	46	3 Chris Panzer	46
4 Bart Hayes	55	4 Kevin Buycik	45	4 Kevin Buycik	45
5 Gary Gundlach	57	5 Robert Wither	49	5 Robert Wither	49
FEMALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 45 - 49		FEMALE AGE GROUP: 45 - 49	
1 Barbara Goodrich	56	1 April Andrew-Zppr	49	1 Lafayette	50
2 Jill Barra	55	2 April Martin	48	2 April Martin	48
3 Lee Zarger	56	3 Jacques Schiffer	46	3 Jacques Schiffer	46
4 Charles Brockett	61	4 Chris Varley	46	4 Chris Varley	46
5 Bill Glendon	64	5 Darlene McCarthy	48	5 Darlene McCarthy	48
MALE AGE GROUP: 50 - 54		MALE AGE GROUP: 50 - 54		MALE AGE GROUP: 50 - 54	
1 Steven Dickerson	57	1 Jim Devine	50	1 Jim Devine	50
2 Dave Chandler	57	2 Hugh Davis	50	2 Hugh Davis	50
3 Carl Matuszek	58	3 Ted Cowles	52	3 Ted Cowles	52
4 Bart Hayes	55	4 David Williams	53	4 David Williams	53
5 Gary Gundlach	57	5 Tom Tift	53	5 Tom Tift	53
MALE AGE GROUP: 55 - 59		MALE AGE GROUP: 55 - 59		MALE AGE GROUP: 55 - 59	
1 Steven Dickerson	57	1 Dan Haggerty	26	1 Dan Haggerty	26
2 Dave Chandler	57	2 Rachel Marchand	24	2 Rachel Marchand	24
3 Carl Matuszek	58	3 Pat Gable	26	3 Pat Gable	26
4 Bart Hayes	55	4 Andrew Gravelle	26	4 Andrew Gravelle	26
5 Gary Gundlach	57	5 Trey Kingstone	25	5 Trey Kingstone	25
MALE AGE GROUP: 60 - 64		MALE AGE GROUP: 60 - 64		MALE AGE GROUP: 60 - 64	
1 William Verner	51	1 Nicole Bullock	27	1 Nicole Bullock	27
2 Nicole Bullock	27	3 Melissa McCreary	29	3 Melissa McCreary	29
3 Melissa McCreary	29	4 Katie Vitello	27	4 Katie Vitello	27
4 Katie Vitello	27	5 Jessica Fuller	28	5 Jessica Fuller	28
5 Jessica Fuller	28	1 Ceina Fuller	28	1 Ceina Fuller	28
MALE AGE GROUP: 65 - 69		MALE AGE GROUP: 65 - 69		MALE AGE GROUP: 65 - 69	
1 Sue Nealon	60	2 Nicole Bullock	27	2 Nicole Bullock	27
2 Patricia Johnson	61	3 Melissa McCreary	29	3 Melissa McCreary	29
3 Cathy Bis	63	4 Katie Vitello	27	4 Katie Vitello	27
		5 Jessica Fuller	28	5 Jessica Fuller	28
MALE AGE GROUP: 70 - 74		MALE AGE GROUP: 70 - 74		MALE AGE GROUP: 70 - 74	
1 Jim Moore	71	1 Todd Starynski	34	1 Todd Starynski	34
2 John Pelton	71	2 Todd Euston	32	2 Todd Euston	32
3 TJ O'Connor	35	3 Aaron Degiovine	32	3 Aaron Degiovine	32
4 Chris Winslow	31	4 Chris Winslow	31	4 Chris Winslow	31
5 Andrew Lusk	31	5 Andrew Lusk	31	5 Andrew Lusk	31
MALE AGE GROUP: 75 - 79		MALE AGE GROUP: 75 - 79		MALE AGE GROUP: 75 - 79	
1 Norm Marinic	75	1 Donald Pachter	38	1 Donald Pachter	38
2 Dennis Vanvalck	38	2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
3 TJ O'Connor	35	3 Sara Brenner	30	3 Sara Brenner	30
4 George Burke	44	4 Sara Madden	33	4 Sara Madden	33
5 Mark Hunter	40	5 Valerie Rhodes	32	5 Valerie Rhodes	32
MALE AGE GROUP: 80 & OVER		MALE AGE GROUP: 80 & OVER		MALE AGE GROUP: 80 & OVER	
1 Kate Prendergast	19	1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30	3 Sara Brenner	30
		4 Sara Madden	33	4 Sara Madden	33
		5 Valerie Rhodes	32	5 Valerie Rhodes	32
		1 Donald Pachter	38	1 Donald Pachter	38
		2 Dennis Vanvalck	38	2 Dennis Vanvalck	38
		3 Sara Brenner	30</		



6TH HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE continued

Table with race results for 6th Hairy Gorilla Half Marathon and Squirrely Six Mile. Columns include rank, name, age group, location, and time.

35TH ANNUAL GAZETTE STOCKADE-ATHON 15K continued

Table with race results for 35th Annual Gazette Stockade-Athon 15K. Columns include rank, name, age group, location, and time.

NYCROSS.COM SERIES: WICKED CREEPY CYCLOCROSS RACE October 31, 2010 • Willow Park, Bennington, VT

Table with race results for NYCross.com Series: Wicked Creepy Cyclocross Race. Columns include rank, name, age group, location, and time.

35TH ANNUAL GAZETTE STOCKADE-ATHON 15K November 7, 2010 • Central Park, Schenectady

Table with race results for 35th Annual Gazette Stockade-Athon 15K. Columns include rank, name, age group, location, and time.

GREENBUSH YMCA FALL 5K RUN

Table with race results for Greenbush YMCA Fall 5K Run. Columns include rank, name, age group, location, and time.

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RACE RESULTS

GREENBUSH YMCA FALL 5K RUN continued

Table with race results for Greenbush YMCA Fall 5K Run, including Male Age Group (15-19, 20-29, 30-39, 40-49), Female Age Group (40-49, 50-59, 60-69), and MALE AGE GROUP (70-79).

Courtesy of Capital District YMCA

NYCROSS.COM SERIES: BETHLEHEM CUP CYCLOCROSS RACE November 14, 2010 • Elm Ave Park, Delmar

Table with race results for NYCross.com Series: Bethlehem Cup Cyclocross Race, including Male: Elite, Male: Masters 45-Plus, Male: Masters 55-Plus, Male: Under-19, Male: Cub Juniors, Male: Singlespeed, Female: Elite, and Female: Masters 35-Plus.

63RD ANNUAL TROY TURKEY TROT November 25, 2010 • Troy Atrium, Troy

Table with race results for 63rd Annual Troy Turkey Trot, including 5K Road Race, Male Age Group (50-54, 55-59, 60-64, 65-69, 70-74, 75-79), Female Age Group (50-54, 55-59, 60-64, 65-69, 70-74, 75-79), and Female Age Group (12-16).

continued

Advertisement for The Fallen Arch running store, featuring the store name, address (2537 Main St, Lake Placid), phone number (518-523-5310), website (thefallenarch.com), and logos for various running brands like injinji, Vibram, and Pearl Izumi.

Advertisement for Trooper Brinkerhoff Memorial Spring Race Series, presented by Capital Bicycle Racing Club. It includes details about the race dates (March 19, 26 & April 2), location (Coxsackie, NY), and registration information.

Advertisement for Adirondack Birding, a guide to 60 great places to find birds. It features the title 'Adirondack Birding', a photo of a bird, and information about the authors (John M.C. Peterson and Gary N. Lee) and publisher (ADK Mountain Club).

Advertisement for Adirondack Sports & Fitness, featuring the store name and logo. It includes a section titled 'Please Support Our Advertisers Who Bring This Free Magazine To You. And Tell Them Where You Saw Their Ad!' listing various local sports and fitness businesses.

63RD ANNUAL TROY TURKEY TROT continued

Table listing race results for the 63rd Annual Troy Turkey Trot, including categories like Male Overall, Female Overall, and various age groups (6-11, 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over).

9TH ANNUAL CHRISTOPHER DAILEY 5K TURKEY TROT November 25, 2010 • The Saratoga Hilton, Saratoga Springs

Table listing race results for the 9th Annual Christopher Dailey 5K Turkey Trot, including Male Overall, Female Overall, and various age groups (14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over).

1ST ANNUAL OUR TOWNE BETHLEHEM TURKEY TROT 5K November 25, 2010 • Bethlehem Town Hall, Bethlehem

Table listing race results for the 1st Annual Our Towne Bethlehem Turkey Trot 5K, including Female Overall, Male Overall, and various age groups (14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over).

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