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APRIL
2011



SEE YOU AT OUR
SUMMER EXPO!
APRIL 16-17
SARATOGA CITY CENTER

ALAN MAPES AND JOHN OZARD (IN BACKGROUND) OF THE ADIRONDACK MOUNTAIN CLUB – ALBANY CHAPTER LEAD THE KIDS' KAYAKING "TRY-IT" SESSION AT 2010 ADIRONDACK SPORTS & FITNESS SUMMER EXPO. PHOTO BY BRIAN TEAGUE

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4-9 300 Events in April thru June!

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Exhibitors, Highlights,
Pool & Seminar Schedule

RACE RESULTS

20-21 Top Finishers in Six Events!

SIXTH ANNUAL

ADIRONDACK

SPORTS & FITNESS

SUMMER EXPO

We're very excited to bring this year's sixth annual **Adirondack Sports & Fitness Summer Expo** to the Saratoga Springs City Center on Saturday-Sunday, April 16-17. With a huge selection of new and returning exhibitors plus sales, exciting demos, new seminars and family-friendly activities, it's going to be a fun, high-energy show – and we encourage all of our readers to attend!

The Summer Expo offers 100 exhibitors – including 25 new vendors – with a selection of outdoor gear, services and expert advice. Retailers, organizations and professionals from outdoor recreation, healthy living and summer travel will be on hand, featuring everything from running, biking, kayaking, hiking, triathlon, health/fitness – plus, lots of clothing, gear, outdoor getaways, events and races.

There will be a nice mix of retailers and organizations selling and marketing their products and services, including Mountainman Outdoors, The Mountain Goat, Lake George Kayak, High Peaks Cyclery – see exhibitor list for details. And just about every outdoor sports and recreation club in the area will be represented, including Adirondack Mountain Club, Hudson-Mohawk Road Runners Club, Mohawk-Hudson Cycling Club, Capital District Triathlon Club, Capital Bicycle Racing Club, Saratoga Triathlon Club and more!

On-water demos will take place all weekend in the 20-by-32 foot pool – filled with 15,000 gallons of water! – featuring kayaking, canoeing, SUP and fly-fishing. The pool clinics will once again be led by the knowledgeable paddlers from Adirondack Mountain Club's Albany Chapter and regional experts. Climb Time and their 25-foot rock wall will challenge adults and children – and provide a unique view of the show!

New this year, mountain bike and unicycle trials and stunts will be performed throughout the weekend by Sam Perkins of Lake Placid and Taylor Wright-Sanson of Saratoga Springs. Both riders will be representing Whiteface Mountain Bike Park, who will have their season-opening Festival on June 16-19. See inside for schedule and more info.

The Raptor Fest booth will give attendees a chance to meet some of the owls, hawks and falcons native to the Washington County grasslands. Educators from North Country Wild Care will be there both days to answer questions about their live birds of prey and wildlife rehabilitation.

A variety of seminars will be led by *Adirondack Sports & Fitness* magazine contributing writers and regional experts. Topics will include ChiRunning; bicycle fit; triathlon training; Northville-Placid Trail; local family-friendly adventures; what's new in paddling; and training for your first half, marathon ... or ultra! A new presenter is one-half of this month's athlete profile, Kevin Crossman of South Glens Falls, triathlete and coach, who will cover the fourth discipline of triathlon: transitions.

The Summer Expo takes place on Saturday-Sunday, April 16-17 at the Saratoga Springs City Center. Admission is \$5 and free for 18 and under. Hours are Saturday 10am-6pm and Sunday 10am-5pm.

For more information, please contact us at (518) 877-8788 or info@adksports.com, or go to AdkSports.com or facebook.com/AdirondackSports. See you there!

Danyl & Mona



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PADDLING

Stand up paddling, or SUP, is the fastest growing sport on the water and is coming to Upstate New York and a lake near you. Certainly SUP surfing has gotten a lot of coverage, however wave riding is only part of the equation. While SUP has its roots in surf, boards and paddles have quickly evolved to the inland flatwater environment.

While the marketing photos are of young surfers, the growth of stand up paddling can be attributed to the discovery by so many diverse outdoor enthusiasts about how fun, easy and enjoyable it is to do. It's a great way to get out on the water and also a great low-impact, full-body workout.

You don't need to be a movie star, pro athlete, kayaker or surfer to enjoy the fun that stand up paddling offers. You simply need a few basic tips, some water, a SUP, a paddle, and a thirst for fun. A SUP is essentially an oversized surfboard that is specifically designed for use on both flatwater and surf. The volume of the board makes it so that the rider is able to stand up and paddle with both mobility and stability.

SUP will make paddling on the lakes and rivers more exciting. With the help of a competent instructor, anyone can learn to paddle these boards within minutes. There is very little gear required for SUP: a board, a PFD, a safety whistle, and a paddle. Just toss the board on the water, climb on and go!

SUP IS A GREAT WORKOUT

Fitness is one of the biggest reasons why people are drawn to SUP. For the recreational paddler, looking to just enjoy some time on the water, but perhaps get some exercise as well, we see an immediate advantage. The classic, relaxed low angle kayak stroke is effective for recreational kayaking but certainly does not use a lot of energy. With stand up you naturally use a higher angle stroke, making the support muscles in the arms and shoulders work harder to hold the paddle in position – and burn more calories.

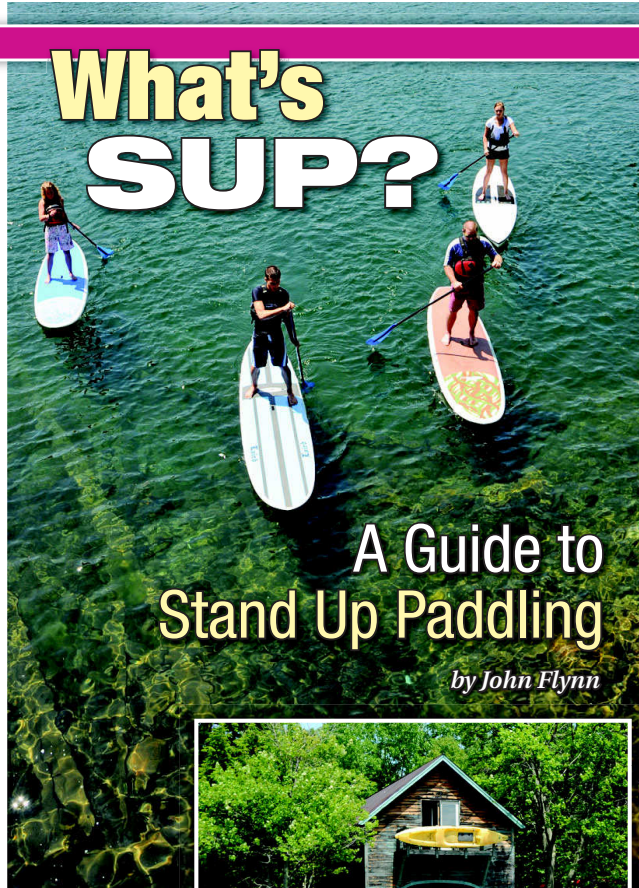
While standing, even the most basic SUP paddler is getting the added value of balance, strengthening the feet and core, while making the whole body work together as one to maintain good posture. As we strive for more efficient paddling, we move the paddle through the water with an emphasis on the core, while getting additional drive from the large muscles in the legs.

This activity is arguably one the best full body workouts. With the entire body working together, it is easier to generate a higher heart rate than while sitting. If you're looking to improve heart health, SUP is a great cardio workout, while being on the water.

SUP TYPES AND SIZES

There are three basic types of flatwater SUPs. With the sport being in its infancy there are no universal categories or descriptors. We refer to them as recreational/touring, touring/fitness and fitness/racing. While these boards are designed primarily for flatwater use some have crossover potential in the surf as well.

Recreational/Touring – The most versatile and popular category. These boards are perfect for those paddlers who are interested in enjoy-



A Guide to Stand Up Paddling

by John Flynn



ENJOYING A TRIP AROUND GREEN ISLAND IN BOLTON LANDING. ©STOCKSTUDIO/PHOTOGRAPHY.COM

ing relaxing paddles. These boards tend to be ten to 12 feet in length, 30 to 32 inches wide, and weigh 28 to 34 pounds. These are the most stable of the bunch.

Touring/Fitness

For those who are looking to cross-train or use a SUP as a low impact workout, take a look at these models. These boards tend to be a little less stable, but more efficient. They are typically 12 feet, six inches to 14 feet in length, 28 to 29 inches wide, and weigh 25 to 28 pounds.

Fitness/Racing – This category is for the paddler who is serious about fitness or who is looking for a fast ride. These boards offer the most efficiency with the least amount of stability. They tend to be 12 feet, six inches to 14 feet in length, 27 to 28 inches wide, and weigh 21 to 25 pounds.

Typically your weight will determine which length and width board is appropriate. For instance the heavier the rider, the larger the SUP should be. A 125-pound paddler can easily handle a ten-foot SUP, while a 200-pound paddler would need a 12-foot SUP. The ten-foot SUP would sink with a heavier paddler, while the 12-foot SUP would be

unmanageable for a lighter paddler to carry and paddle. It is strongly advised that you visit your local shop and test some boards out before you buy one.

SUP PADDLES

SUP paddles come in all shapes and sizes and it is important to get one that is either adjustable or sized to your specific height. The general rule is that the paddle should extend ten inches over the head of the paddler for flatwater, and eight inches over the head of the paddler for surfing. A wider paddle blade is better for flatwater and racing, while a narrower blade works best in the surf.

Much like kayak paddles, SUP paddles are built in a variety of materials and each has there own advantages. Your basic paddle will have an aluminum shaft and plastic blade. While this paddle is the least expensive it also tends to be the heaviest.

The middle class paddle typically has a composite shaft and a fiberglass blade. These paddles will be a little more expensive, but weigh considerably less. The upper tier of paddles will typically have a carbon shaft and blade, and may come with options for a bent shaft. They are typically the most expensive, but are also the lightest.

Just like kayak and canoe paddles the usual advice is to look for the lightest paddle that you can afford.

GIVE SUP A TRY

Maybe you are not really ready for the SUP revolution, but you can now appreciate what SUP is all about. Remember if you are a kayaker or canoeist, it doesn't have to be one or the other. SUP is a great addition to your water sports activity. For the swimmer, runner, and biker, it's a great cross-training sport that's easy on the body.

Perhaps you are interested, what now? Identify your paddling goals for SUP and then talk to the experts. Your local shop can help factor in the right board, paddle, and gear to best suit you for the aspect of the sport you're most drawn to doing. To see a demo and learn more, there will be SUP polo sessions at the **Adirondack Sports & Fitness Summer Expo** (see page 14 for schedule).

Skip the marketing hype and don't get consumed with board sects, there is no substitute for demoing a board on the water. Take a lesson, rent a board, demo some different styles, and have a great time. ▲

John Flynn is the manager of Lake George Kayak (lakegeorgekayak.com) and watersports enthusiast. When not on a paddle board you may find him in a kayak or canoe enjoying the Narrows of Lake George.

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ISSUE #126

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Calendar of Events April - June 2011*

*Events beyond this month are advertisers in this issue.

APRIL 2011							MAY 2011							JUNE 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
							1	2	3	4	5	6	5	6	7	8	9	10	11	
3	4	5	6	7	8		8	9	10	11	12	13	12	13	14	15	16	17	18	
10	11	12	13	14	15	16	15	16	17	18	19	20	19	20	21	22	23	24	25	
17	18	19	20	21	22	23	22	23	24	25	26	27	26	27	28	29	30			
24	25	26	27	28			29	30	31											

ALPINE SKIING & SNOWBOARDING

APRIL

- 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.
- 10 Pond Skimming.** Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

BICYCLING

ONGOING

- Sun Leader's Choice Casual Ride.** 20M. 2pm. Bethlehem Park & Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.
- Mon Monday Night Bike Ride.** 6pm. Two levels. Cookout. Old Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikeboards.com.
- Tue Rensselaer Co Multi-Pace Ride.** 30M. 4:30pm. Park & Ride, Defreestville. Sharon Gibbs: 283-0155. webmhcc.org.
- Tue Northway Ten Tour Ride.** 35M. 9am. Country Knolls Pool Parking, Ballston Lake. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Club Tuesday Night Training Rides.** 40M. 6pm. Village Green, Jay. Jim Walker: 637-6590. teampalacidplanet.org.
- Wed Wacky Wed Tour Ride.** 26M. 5:30pm. Okte Elementary School, Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- Wed CBRC Wed Quick Ride.** 30M. 6pm. Wylie Lane, South Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Wed Spring Training Quick Ride.** 30M. 6pm. Wylie Lane, South Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.

APRIL

- 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.
- 15-17 Bicycle Tent Sale.** Steiner's, Glenmont. 427-2406. steinerssibike.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. adkulttracycling.com.
- 27 Cervelo Launch Party & Presentation.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 28 Bike Summit & Legislative Bike Ride.** 9-11am. Capitol Building, Albany. NY Bicycling Coalition: 209-6477. nybc.net.

MAY

- 29-5/1 Bicycle Tent Sale.** Steiner's Sports, Valatie. 784-3663. steinerssibike.com.
- 30-5/1 Bennington Race Weekend:** Tour of the Dragons Stage Race. Bennington, VT. benningtonraceweekend.com.

- 1 HRRT May Day Rides.** 62M/32M/16M. 9am. St. James Plaza, Niskayuna. Heather Rizz: 847-2419. bikereg.com.
- 7 Women's Cycling Skills Clinic.** 10am-4pm. Harriman State Office Campus, Albany. cbrc.cc.
- 7 Bicycle Screening, Fit & Body Mechanics.** 9am. Wilton Medical Arts, Saratoga Springs. Register: Kristen Cook: 583-8459. saratogahospital.org.
- 7 Bristol Mountain Road Race.** 34-68M. 10am. Bristol. 585-533-2124. rochesterroadracing.com.
- 13-15 350 Team for Climate Ride.** 300M. New York to Washington DC. 350.org/climate ride.
- 14 Saratoga 400K Brevet Ride.** 4am. Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.
- 15 Tivoli Trip Tour/Quick Ride.** 48M. 10am. Columbia Greene C.C., Hudson. Glenn Berninger: 392-2729/John Berninger: 439-6473. webmhcc.org.
- 15 7th Team Billy's Ride & Walk for Research.** 50/25/10M bike or 3M walk. Saratoga Springs. 587-7211. teambilly.org.
- 25 Kinderhook Ramble III Tour Ride.** 21M. 6pm. Martin Van Buren E.S., Kinderhook. Dennis Goff: 758-7890. webmhcc.org.
- 28 Memorial Interclub Tour & Casual Ride.** 50M/30M. 9:30am. W. Massapequa Cycling, Saratoga to Lake Luzerne. Visitor's Parking, Skidmore College, Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 28-30 Killington Stage Race.** 11M/37M/110-146M. Killington, VT. 802-496-5415. killingtonstagerace.com.
- 29 Kinderhook to Nassau Tour Ride.** 45M. 11am. Martin Van Buren E.S., Kinderhook. Dennis Goff: 758-7890. webmhcc.org.

JUNE

- 5 20th Tour de Cure Bike Tour.** 100/63/50/25/10M or 3-hour spin. Saratoga Springs H.S., Saratoga Springs. American Diabetes Association. Denise Nicastro: 218-1755 x3606. diabetes.org.
- 11 Adk North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race. 22-55M. 8am. Jim Walker: 637-6590. teampalacidplanet.org.
- 12 Adk North Country Race Weekend.** Sun: Saranac Lake Downtown Criterium. Saranac Lake. Jim Walker: 637-6590. teampalacidplanet.org.
- 17-19 Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtagandems.com.
- 18 10th Whiteface Mtn Uphill Bike Race.** Whiteface Mtn, Wilmington. 888-944-8332. whitefacrace.com.
- 19 Wilmington/Whiteface 100K Bike Ride.** Wilmington. ORDA. Jon Lundin: 637-6885. whitefaceregion.com.
- 25 Okemo Bike Climb.** 5.8M. 10:30am. Jackson Gore Inn, Ludlow, VT. 802-259-2889. okemobikeclimb.com.

AUGUST

- 14 ididaride!** Adirondack Bike Tour. 75M/20M. North Creek. ADK Mountain Club: 668-4447. adk.org.
- 27 11th Pat Stratton Memorial Century Ride.** 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 10-11 Saratoga Century Weekend.** 100M/62M/50M/25M. Carlsbad Pavillion, Saratoga Spa S.P. Saratoga Springs. Skip Holmes: 466-1182. webmhcc.org.

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- Daily Experienced Coaching w/Jessica Mitchell.** Power House Athletics, Latham. powerhouseathleticsny.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. maltpilatescenter.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 5/2, 6/6. Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** 4-week Malta camp starts: 4/25, 6/13. Other camps: Saratoga, Schenectady & Albany counties. 366-1901. makeitfittraining.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. maltpilatescenter.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. maltpilatescenter.com.
- Thu Pilates Open Level Mat Class.** 9:30am. Malta Pilates Center, Malta. 369-4992. maltpilatescenter.com.
- Thu Beginner/Intro Pilates Mat, Six-Week Class.** 6pm. Malta Pilates Center, Malta. 369-4992. maltpilatescenter.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 & ROCK CLIMBING

APRIL

- 15 Almost Full Moon Hike. 1.5M. 7-8:30pm. Pine Bush Preserve, Albany. 456-0655. albanypinebush.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. Saratoga Springs, NY, April 5, 2011: announces a public full moon hike
- 18 Full Moon Hike. 8:30-9:30pm. Saratoga Spa S.P., Saratoga Springs. 584-2000x150. nysparks.com.
- 18-22 Spring Fever... Climb the walls at AIR!** 10am-10pm. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

MAY

- 7 Mother's Day Hike. 2M. 11am-12:30pm. Pine Bush Preserve, Albany. 456-0655. albanypinebush.org.
- 14 Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 14-15 Rock Climbing & Rafting Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 15 Discovery Hike.** 2-4pm. Pine Bush Preserve, Albany. 456-0655. albanypinebush.org.
- 21 Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21 3rd ADK Black Fly Affair: A Hikers Ball.** 7pm. Hiland Park Country Club, Queensbury. Deb: 800-395-8080 x42. adk.org.
- 22 Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

JUNE

- 4 18th National Trails Day. Grafton Lakes S.P., Grafton. Elizabeth Wagner: 279-1155. nysparks.com.
- 11 Trailless Peak Day Hike: Esther Mtn.** ADK Mountain Club: 523-3441. adk.org.
- 12 Trailless Peak Day Hike: Table Top Mt.** Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 18 Trailless Peak Day Hike: Street & Nye.** Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 19 Trailless Peak Day Hike: Iroquois Peak.** Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 24-26 Trailless Peak Backpacking: Cliff & Redfield.** Experienced hikers. Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 25-29 Leave No Trace Master Educator.** Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 27 Trailless Peak Day Hike: Mt. Marshall.** Heart Lake Program Center/Field, Lake Placid. ADK Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

APRIL

- 23 HRRT Easter MTB Race. 1-3 laps. 2pm. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- 15 Campmor H2H MTB Race #2: Tymor Park Challenge.** 6-24M. Tymor Park, LaGrangeville. Tim: 845-505-1211. espraces.com.
- 22 Stewart Super Six Pack MTB Race. 9am. 6 hours. Stewart State Forest, New Windsor. mtbnj.com.

MAY

- 5 HRRT 6-Hour MTB Race. 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- 11 16th Black Fly Challenge Mtn Bike Race. Indian Lake to Inlet. blackflychallenge.com.
- 16-19 BikeFest!** Mtn/road biking, demos, films, BBQ, music, free MTB clinics, jump trials, "Brainless Not Chainless Gravity Ride," jump/trials/am, Williamson Bike Park & Whiteface. 888-944-8332. downhillmike.com.

JUNE

- 5 HRRT 6-Hour MTB Race. 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- 11 16th Black Fly Challenge Mtn Bike Race. Indian Lake to Inlet. blackflychallenge.com.
- 16-19 BikeFest!** Mtn/road biking, demos, films, BBQ, music, free MTB clinics, jump trials, "Brainless Not Chainless Gravity Ride," jump/trials/am, Williamson Bike Park & Whiteface. 888-944-8332. downhillmike.com.
- 14-15 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 16-17 Wilderness First Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 16-17 Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 18-19 Spring Tracking Awareness Games & Animal Legends w/ Jim Bruchac.** Age 6-8 & 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

APRIL

- 9-10 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 16-17 Wilderness First Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 16-17 Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 18-19 Spring Tracking Awareness Games & Animal Legends w/ Jim Bruchac.** Age 6-8 & 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14 Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-15 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 15 Spring Tracks & Scats Workshop.** Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 21-22 Wilderness First Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21-22 Leave No Trace Trainer.** Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.

MAY

- 14 Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-15 Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 15 Spring Tracks & Scats Workshop.** Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 21-22 Wilderness First Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21-22 Leave No Trace Trainer.** Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.

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Mohawk-Hudson
Cycling Club

Adirondack North Country Race Weekend 2011

Sat. 6/11: Wilmington-Whiteface Road Race

Sun. 6/12: Saranac Lake Downtown City

(NYS Crit Championships, w/ medals and jerseys)

- Challenging, hilly road race with uphill finish; nearly flat, fast, exciting village criterium
- 19 categories including women's & junior (10-18) races, kids' (below 10) crit on Sunday
- \$30 pre-reg. (each race on BikeReg.com; \$10 for 18 & under; kids below 10 free
- Over \$4600 in cash plus merchandise and medals
- For more info see www.teamplacidplanet.org or email jameswalker3@yahoo.com

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Multi-Sport Life tri club

SHAPE Multi-Sport Camps

Ages 8-15 • Averill Park, Colonie, Grafton
 Five sessions (M-F 9-5): July 4-Aug. 5
 Experienced staff

- Swim/bike instruction, running games, teamwork
- Safe, fun learning environment
- Led by certified educators & coaches
- USA Triathlon sanctioned camp

NEW Epic Adventure Trips
 Bike & Surf Cape Cod Week
SHAPEcamp.org



SKYHIGH XTERRA Off-Road Triathlon

Sunday, July 17 • 8am
 Grafton Lakes State Park, Grafton
 1K swim/20K mtn bike/6K trail run

SKYHIGH Kids' Triathlon

Saturday, July 16 • 9am
 100m swim/5K mtn bike/1K trail run

SKYHIGH Super-Sprint Triathlon

Sunday, July 31
 250m swim, 10K bike (draft legal), 2.5K run

Multisportlife.org

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Anyone Can 'Tri' Triathlon

Sunday, May 1 • 7:30 AM

350yd indoor swim
 11M bike • 3.2M run
 Ironpersons or 3-Person
 Ironteams

Register early, it fills fast!
 Fees increase after 4/22
 Registration deadline: 4/27

Kids Can 'Tri' Too Mini-Triathlon

Sunday, May 1 • 10 AM

Age 9-13: 50yd swim, 1M bike, 0.5M run
 Age 8-under: 25yd swim, 0.5M bike, 0.25M run

Southern Saratoga YMCA
 1 Wall St, Clifton Park

Entry Form/Info: cdymca.org
 (see Southern Saratoga branch)

Chris Belden: 371-2139 x5550
 cbelden@cdymca.org

NEW MEMBERS WELCOME!
 Application Online or
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Join by 5/1 for club clothing!
 Details: www.cdtriclub.org
 More info: Jenny Stahl (518) 412-2120
 jj2bfree@gmail.com

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
 Bike 18mi out & back
 Run 3mi lake loop

USA Triathlon sanctioned event

Crystal Cove
 38 Old Rte 66, Averill Park
Saturday, August 20, 8am

Registration is limited
 Register at active.com - Details at cdtriclub.org
 Open to individual athletes, youth (11-17) & teams of 2 or 3
 Practice on the Course! Join CDT's Crystal Lake Training Series
 Tuesdays, Jun 7 - Aug 23 at 6pm

SARATOGA LIONS DUATHLON



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

JUNE

- 4-5 **Wilderness FirstAid**. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 11-12 **Wilderness First Aid Course**. SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 13-17 **Adventure Basics: Level 1**. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 18-24 **Tracking Expedition at Yellowstone N.P. Adults**. Ndakinna: 583-9958. ndcenter.org.
- 25-29 **Leave No Trace Master Educator**. Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.

JULY

- 11-14 **Adirondack Pathfinders: Mountain Waterways**. Overnight camping. Ages 13-16. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-20 **Kid's Wilderness & Storytelling Camp**. Ages 6-8. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22 **Wilderness Adventure Day Camp**. Ages 9-13. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 25-27 **Kid's Wilderness & Storytelling Camp**. Ages 6-8. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 25-29 **Wilderness Adventure Day Camp**. Ages 9-13. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- 1-3 **Kids's Wilderness & Storytelling Camp**. Ages 6-8. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 1-2 **Jr. Pathfinders Tracker Training**. Ages 10-12. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Sun **T3 Coaching Duathlon Series: 5/1, 5/8, 5/15**. 1.5M run, 7M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.
- Tue **Crystal Cove Training Sessions: Starting 6/7-8/30**. 6pm. 0.5M open water swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.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

- 1 **18th Anyone Can 'Tri' Triathlon**. 350yd indoor swim, 11M bike, 3.2M run. 7:30am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 371-2139. cdymca.org.
- 1 **6th Kids Can 'Tri' Too Mini-Triathlon**. 10am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 371-2139. cdymca.org.
- 7 EMPO Orienteering Meet. 10am-12pm. Five Rivers Environmental Educ Cntr, Delmar. empo.us.orienteering.org.
- 14 Rogers Rangers Challenge. 7M run, 2.5M paddle, 30M bike. 8am. Buck Mtn Hogtown Trailhead, Fort Ann to Rogers Island Visitors Center, Fort Edward. Eileen Hannay: 747-3693. rogersisland.org.
- 15 Just Du It Duathlon. 3.1M trail, run, 25M mtb, 3.1M trail run. 9:30am. Cooperstown. 607-547-2800.
- 15 Wheel and Heel Tri/Duathlon. Taghkanic State Park, Ancram. 845-632-3050. wheelandheel.com.
- 21 Genesis Adventures HarryMan Olympic & Half Triathlon. 10:30am. Harriman S.P. Southfields. genesisadventures.com.

- 22 EMPO Orienteering Meet. 11am-1pm. Tawasentha Park, Guilderland. empo.us.orienteering.org.
- 29 **Saratoga Lions Duathlon**. 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. saratogalions.com.
- 29 **1st Cooperstown Triathlon**. Sprint: 800m swim, 11.6M bike, 3.1M run. 8am. Otesaga Hotel, Cooperstown. Mike Brych: 315-404-8130. cooperstowntri.com.

JUNE

- 4 24th Pawling Triathlon. .3M bike, 11.5M bike, 3M run. 9am. Lakeside Park, Pawling. nytri.org.
- 5 1st Cannonsville Adventure Triathlon. 6.5M run, 4M paddle, 12M bike. Cannonsville Reservoir. Hancock. 607-746-2281. cannonsviletriathlon.blogspot.com.
- 11 EMPO Orienteering Meet. 10am-12pm. Thacher Park, New Scotland. empo.us.orienteering.org.
- 12 **2nd Hudson Crossing Triathlon**. 500yd swim, 12M bike, 5K run. Hudson Crossing Park, Schuylerville. Chris Bowcut: 290-0457. hudsoncrossingtri.com.
- 19 **Wilton Mall Duathlon Series: Race #1**. 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. greenleafacing.com.
- 25 **North Country Triathlon**. Sprint: 750m swim, 12.4M bike, 3.1M run. Olympic: 1500m swim, 24.9M bike, 6.2M run. 8am. Hague Beach, Hague. northcountrytri.com.
- 25 Tupper Lake Tinman Triathlon. Half: 1.2M swim, 56M bike, 13.7M run. Sprint: .6M swim, 18.6M bike, 6.2M run. Tupper Lake. 359-7571. tupper-lake.com.

JULY

- Mo-Fr **SHAPE Multi-Sport Camps**. Ages 8-15. Five sessions: 7/4-8/5, 9am-5pm. Averill Park. shapecamp.org.
- 10 **11th Pine Bush Triathlon**. 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. pinebushtriathlon.org.
- 16 **SkyHigh Kids' Triathlon**. 100m swim, 5K mtn. bike, 1K trail run. 9am. Grafton Lakes S.P., Grafton. multisportlife.org.
- 17 **SkyHigh XTERRA Off-Road Triathlon**. 1K swim, 20K mtn. bike, 6K trail run. 8am. Grafton Lakes S.P., Grafton. multisportlife.org.
- 31 **SkyHigh Super-Sprint Triathlon**. 250m swim, 10K bike (draft legal), 2.5K run. Location TBA. multisportlife.org.
- 31 **Wilton Mall Duathlon Series: Race #2**. 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. greenleafacing.com.
- 31 **2nd Delta Lake Triathlon**. Int.: 1500m swim, 40K bike, 10K run. Sprint: 800m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Brych: 315-404-8130. atcendurance.com.

AUGUST

- 5 **Fronhofer Kids' Triathlon**. Ages 7-10: 50 yd swim, 2.4M bike, .5M run. 11-17: 100yd swim, .5M bike, 1M run. 6:30pm. Lake Lauderdale, Cambridge. fronhofertooltriathlon.com.
- 6 **5th Fronhofer Tool Triathlon**. Olympic: 1.5K swim, 40K bike, 10K run. 8am. Sprint: .5M swim, 14.5M bike, 3.1M run. Lake Lauderdale, Cambridge. fronhofertooltriathlon.com.
- 20 **Crystal Lake Triathlon**. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

OTHER EVENTS

APRIL

- 23 Earth Day Cleanup. 9:30am-12pm. Bolton Landing. Lake George Land Conservancy: 644-9767. lgcl.org
- 29-30 Stihl Timbersports Series: Lumberjack Competition. Single buck, standing block chop, stock saw & underhand chop. SUNY Cobleskill. stihltimbersports.com.
- 29-5/1 **Mother-Daughter Weekend Camp**. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

T3 Coaching Duathlon Series

Sundays, May 1, 8, 15 - 8am
 SUNY Adirondack, Queensbury

1.5M Run, 7M Bike, 1.5M Run

USAT sanctioned

Fun, safe, laid-back racing/training

Limited to 100 entrants/event

\$22.50/event - Must be USAT member

9am: 30-min. Multisport Clinic

Register: www.t3coaching.net

Kevin Crossman: 518-761-4067

kevin@t3coaching.net

11th Annual Guilderland YMCA Pine Bush Triathlon

Swim 325yds • Bike 11.5mi • Run 3.25mi
 Individuals and teams of three
 Open to ages 10 and up

Sunday, July 10, 8AM
 Rensselaer Lake, Albany to
 Guilderland YMCA, Guilderland



pinebushtriathlon.org

Registration closes Tuesday, June 28
 Limited to 450 individuals and 100 teams

5th Annual
Fronhofer Tool Triathlon
 To benefit children's literacy
Saturday, August 6
Lake Lauderdale, Cambridge, NY
 8am (Olympic): 1.5K S, 40K B, 10K R
 2pm (Sprint): 0.5M S, 14.5M B, 3.1M R
 Individuals & Teams welcome
 Fri, 8/5, 6:30pm: Kids' Triathlon!!! (Ages 6-17)
FronhoferToolTriathlon.com
 FTT Double: Sign up for both & receive a discount!
 T-shirts to pre-registered, chip-timed, w/lunch • USAT sanctioned race

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- MAY**
- 1 **High Ropes Course for Women.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 6-8 **2nd Adirondack Adventure Festival.** Activities, music, food, film festival, guided mountain biking, hiking, kayak demos, fly-fishing demos, raft rides, craft fair. North Creek. 251-2612. gorechamber.com.
 - 8 **High Ropes Course for Adults.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 13-15 **Girlfriends Getaway.** Luncheon, fashion show, guest speakers Benita Zahn & Marcie Fraser. Sagamore Hotel, Bolton Landing. 644-3831. girlfriendsgetawaybolton.com.
 - 13-15 **Father-Son Weekend Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

- JUNE**
- 3-5 **Women's Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 17-19 **Adirondack Birding Festival.** Inlet. 866-GO-INLET. inletny.com.

PADDLING: CANOEING & KAYAKING

- 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.
 - 17 Little River Ramble. 2M college/rec. 6M kayak/marathon. 1pm. Boat Launch, Canton. 315-854-0881. slvpaddlers.org.
 - 27 **Kayak Rolling.** 8-9:30pm. Jewish Community Center, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.

- MAY**
- 1 **Family War Canoe Tour.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 3 **Evening Tours on the Mohawk.** Crescent Bridge, Halfmoon. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 4 **Kayak Rescues.** 8-9:30pm. Jewish Community Center, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 7-8 **54th Hudson River Whitewater Derby.** Sat: Slalom races; Sun: Downriver races. North River to North Creek to Riparius. 251-2612. whitewaterderby.com.
 - 8, 15 **Family Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 11 **Evening Tours on the Mohawk.** Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 11-12 **Sailing Counselor Instructor.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 13-17 **Water Safety Instructor.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 14-15 **Canoe & Kayak Demo Days.** Riverside Park on Lake Flower, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
 - 13-15 50th Canton Canoe/Kayak Weekend/Rushton Tour/Rec Races. Grasse River, Taylor Park, Canton. slvpaddlers.org.
 - 15 **Family Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 - 17 **Evening Tours on the Mohawk.** Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 18 **Kayak Advanced Rescues.** 8-9:30pm. Jewish Community Center, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.

- 20-22 **Adirondack Paddlefest.** Sales, demos. Old Forge. Mountainman Outdoors: 315-369-6672. adirondackpaddlefest.com.
- 22 **Women's Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 22-23 **Canoe Instructor.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 15, 29 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 24 **Evening Tours on the Mohawk.** Lansingburgh to Peebles Island. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 27-30 General Clinton Canoe Regatta. Various locations. John Harmon: 607-237-6008. canoeergatta.org.

- JUNE**
- 1 **Evening Tour on the Hudson.** Henry Hudson Park, Bethlehem. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 4 **Intro to Canoe.** Rescues, skills. ACA. Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.
 - 5 **Intro to Kayak.** Rescues, skills. ACA. Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.
 - 4-5 **Adirondack Woods & Water Expo.** Boats, bikes, hiking. Arrowhead Park on Fourth Lake, Inlet. 866-GO-INLET. inletny.com.
 - 7 **Evening Tour on the Hudson.** Hudson Shores Park, Watervliet. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 11-12 20th Madrid Canoe Regatta. Community Park, Madrid. Bernie Moulton: 315-322-4041. slvpaddlers.org.
 - 15 **Evening Tour on the Mohawk River.** Lions Park, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 20-23 **American Canoe Association Kayak/Canoe Instructor Certification.** Heart Lake Program Center, Lake Placid. ADK: 523-3441. adk.org.
 - 21 **Evening Tour on the Hudson River.** Coeymans. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - 28 **Evening Tour on the Mohawk River.** Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. onewithwater.com.

RUNNING, TRAIL RUNNING & WALKING

- ONGOING**
- VariesChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- APRIL**
- 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.
 - 9 Habitat for Humanity 5K Run/Walk & "HomeRun" Half Marathon. 9am. Colgate University, Hamilton. colgate.edu.
 - 9 Fulton County YMCA Spring Sprint. 5K. 9am. Fulton YMCA, Johnstown. 848-3447.
 - 9 4th Peppertree Furry Fun Run/Walk. 5K. 9:15am. Saratoga Spa S.P., Saratoga Springs. 326-6090. peppertree.org.
 - 10 23rd Delmar Dash 5M. 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. hmrc.com.
 - 10 Red Cross 5K. 10:30am. The Crossings, Colonie. Nik Godbole: 229-8689.
 - 15 **Trail Run w/Tony Krupicka.** 6pm. Rensselaer Lake Park, Albany. fletfeetalbany.com.
 - 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.

Help save lives
 one mile at a time!

We provide all the support and inspiration you need - you raise funds for lifesaving cancer research.

See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/ny

Walk or Run. Half or Full Marathons. Members. 100 Mile Cycle Race.

TEAM IN TRAINING

the **Y** Capital District YMCA

Sixth Annual
5K Run/3K Walk Series & Kids' Fun Runs

- Albany 5K Run/3K Walk**
 Sat, April 30, 8:30am • Washington Park, Albany
- Greenbush 5K Run/3K Walk**
 Fri, June 17, 6pm • The Y, East Greenbush
- Glenville/Schenectady 5K Run/3K Walk**
 Sat, July 16, 8am • Collins Park, Scotia
- Southern Saratoga 5K Run/3K Walk**
 Tue, Aug 16, 5:30pm • The Y, Clifton Park
- Guiderland 5K Run/3K Walk**
 Sat, Sept 10, 8:30am • The Y, Guiderland
- Troy 5K Run/3K Walk**
 Sat, Oct 29, 8:30am • The Y, Troy

Prizes to participants in all six races!
 Events fund CDYMCA's scholarship program
 Register Online at:
www.CDYMCA.ORG

Green Leaf Racing
 Race Management, Marketing & Timing

Join us this summer!

- June 12 - Hudson Crossing Triathlon
- June 19 - Wilton Mall Duathlon Clinic #1
- July 31 - Wilton Mall Duathlon Clinic #2
- Aug 27/8 - Lake George Open Water Swims
- Sept 10/1 - Moreau Lake Aquathlon & Swims
- Sept 18 - Dawn of the Duathlon (Clinic #3)

USA Triathlon Club Sponsor
 Adirondack Sports & Fitness Club Sponsor

www.greenleafracing.com

HUDSON CROSSING TRIATHLON

June 12, 2011
 500 yard swim, 12 mile bike, 5k run
www.hudsoncrossingtri.com

Announcing Website Services!

If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process. You maintain control of your website during development and after. We take a limited number of projects for great customer communication and interaction. Space is filling up fast. Call today and let us show you what we can do!

Integrated Technology Resources
 26F Congress St 209, Saratoga Springs • (518) 796-6951
 10% off special for Adirondack Sports & Fitness magazine readers



35th Annual
Adirondack Distance Run

Lake George Village to Bolton Landing
Sunday, June 26 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech long-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: Active.com (closes June 24 at 9pm)
Late Registration: June 25, 5-7pm at Lake George Fire Station
No race day or telephone registration
Benefits Big Brothers Big Sisters & GF Family YMCA Youth Scholarship Fund



31st Annual
Bill Robinson Masters 10K Championship

For runners 40 years or older

Saturday, April 30 • 9am
Guiderland High School
Guiderland Center

Application: hmrrc.com
Jim Tierney
869-5597 • runnerjmt@aol.com

31st Annual HMRRC

Mother's Day Race

5K For Women & Their Children
Sunday, May 8 • 10am

Hamagrael School, McGuffey Ln, Delmar
\$12 HMRRC; \$15 non-HMRRC by 4/30;
\$20 after 4/30

Kids' Race • 11am: 1/2M, 1/4M

Awards to top 3 overall/age groups & top mom-daughter/mom-son teams



Application: hmrrc.com
Info: Dave Williams 641-2167
dwilliams4@yahoo.com



4-Mile Road Race
Monday, July 4 • 9am

Run thru Historic Saratoga Springs, NY
USATF Certified & Chronotrack B tag timed

Start/Finish: Saratoga City Center
Entertainment along the course
Band at the start/finish

\$20 by 7/2 or \$25 race day
Dry-fit shirts to all registered runners

Register: www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr
& top 3 M/F military and fire/police/EMS

Race Directors:
Peter Goutos: pgoutos@casmithill.com
Bob Vanderminde: bobjv@telescopecasual.com
Peter: 518-316-4445 • Bob: 518-744-5646



Ella Grace Chiari Foundation 5K Country Run

Mixed terrain with steady incline!

Friday, May 20 • 6:30pm
Village Commons, Nassetau

Plus, 1M Fun Run/Walk
Family Night with Food & Fun

Register online: defeatchiari.org

Info: (518) 334-6001

Committed to helping families whose kids are affected by Chiari Malformation



Rail Trail to the Footbridge
5K Trail Race/Fun Walk

Saturday, June 4th 9am

Slate Valley Museum, Granville

Scenic recreational trail run

School-age kids can stay at museum for fun, supervised activities during 5K

-1k Kids' Fun Run after race-

Register: active.com

Register by 5/22 for entry in prize drawing

Info: railtrailtothefootbridge5k.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.
- 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 City of Plattsburgh Half-Marathon. 8am. AFB Oval, Plattsburgh. 324-7709. plattsburghhalfmarathon.com.
- 17 CVR Mutt Strutt 3M Run (21 doggie miles). 10am. Little River S.P., Waterbury, VT. 802 229-4393. cvrrunners.org.
- 23 **1st Lake George Half Marathon.** 13.1M: 8am. 5K Run/Walk: 8:15am. Fun Run: 10:45am. USRA Half Marathon Series. Lake George. 407-599-0568. lakegeorgehalf.com.
- 23 17th Rabbit Ramble 4-Miler. 10am. Guiderland H. S., Guiderland Center. Phil Carducci: 861-6350.
- 23 33rd Rollin Irish Half-Marathon. 9am. Memorial Hall, Essex County, VT. Randi Brevik: 802-598-5624. gmaa.net.
- 30 **31st Bill Robinson Masters 10K Championship.** 9am. Guiderland H.S., Guiderland Center. Jim Tierney: 869-5597. hmrrc.com.
- 30 **8th St John's/St Ann's Spring Run-Off.** 10K: 8:30am. 5K: 10am. 1M Family Fun Walk: 10am. Hudson River Way Amphitheater, Albany. 472-9474. springrunoff.com.
- 30 4th David Brinkerhoff 5K Run/Walk. UAlbany, Albany. Sean Maguire: 250-5679.
- 30 7th Duaneburg Dash. 5K. 9am. Community Center, Duaneburg. 895-9500. dacc.info
- 30 MOPS Great Moms 5K Fun Run/Walk. 9am. Maple Ridge Park, Selkirk. Jessica West: 649-7744.
- 30 **CDYMA 5K Run/3K Walk Series: Albany YMCA 5K Run/Walk & Kids Run.** 9am. Washington Park, Albany. Ben Luke: 463-9622. cdyma.org.
- 30 1st SUNYIT 5K Spring Mud Run. Women: 11am. Men: 11:45am. SUNYIT, Utica.
- 30 1st Spring Sprint 5K & 8K Run. 10am. 1M kids' fun run: 9:40am. North Country Community College, Saranac Lake. David Tyldesley: 637-3629.
- 30 9th Humane Race. 5K w/ or w/out dog. Williamstown, MA. humanerace.org.

MAY

- 1 **Literacy 5K Run/Walk.** 9am. Kids' Fun Run & Youth Mile. Troy Atrium, Troy. 274-8526. lvorc.org.
- 1 **10th Sean's Run.** 5K Race/Walk: 1pm. Meghan's Mile: 12:30pm. Chatham H.S., Chatham. seansrun.com.
- 1 **Natural Running Clinic w/Newton Running.** 9:30-11am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Blue Sky Bicycles. Renee: 583-0600. blueskybicycles.com.
- 1 Mountain Goat Run 10M, 3K & Kids' Run. 10:15am. Clinton Square, Syracuse. mountaingoatrun.com
- 1 34th Steve Zemianek Road Race. 3.8M, 10K: 10am. 1/2M Kids' Run: 9:30am. Historic Park McCullough House, North Bennington, VT. Kathy Zemianek: 802-447-9732. bkvr.org.
- 7 **5th CCRC 5K Run/Walk/BBQ.** 5K: 3pm. 1K Kids' Run: 4pm. BBQ included. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 7 **Jog For Jugs Half-Marathon & 5K Run.** 9am. Town Park, Duaneburg. Jessica Mitchell: 229-5611. powerhouseathleticsny.com.
- 7 kLaVoy5k. 5K. 10am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. Inpresources.com.
- 7 32nd Partners Race. 5M. 9am. Jericho Center Green, Jericho. Megan Valentine: 802-598-0261. gmaa.net.
- 7 28th Apple Blossom Derby. 5K/10K Run, 5K Walk, Fun Run. 9:30am. Shoreham, VT. Paige Pierson: 802-922-0681. shorehamschool.org/derby.
- 7 Adamant 20M Run or 25M Bike Ride. 10am. Adamant, VT. Eric Ryea: 802-223-2733. crrunners.org.
- 7 Community Center 10K/5K Run & 2M Walk. Richfield Springs. Bill Kosina: 315-858-0442. syracusechargers.org.

- 7 Mother's Day Walk/Run. 9am. Remington Recreation Trail, Partridge Run Golf Course, Canton. Ilene Burke: 315-379-9845.
- 8 **31st Mother's Day 3.5-Miler.** 10am. Hamagrael School, Delmar. Dave Williams: 641-2167. hmrrc.com.
- 8 5K Run to Cure Diabetes. 10am. Kids' Run: 9:30am. The Crossings, Colonie.
- 12 **5K Run/Walk Against Domestic Violence in memory of Lisa Ellen Warner.** 10am. Goff Middle School, East Greenbush. unityhouseny.org.
- 13-14 Ragnar Relay New York. 184M. Woodstock to Dobb Ferry. ragnarrelay.com.
- 14 22nd Prospect Mtn Road Race. 5.7M. 9am. Lake George E.S., Lake George. Rebecca: 796-9404. adirondackrunners.org.
- 14 **2nd Burgher Dash 5K.** 9:30am. Kids' Fun Run: 10:30am. Warrensburg E.S., Warrensburg. Kate Motsiff: 623-9747. wcds.org.
- 14 MTA 5K Race. 10am. Halfmoon Town Park, Halfmoon. Mary Guarnieri: 371-2315.
- 14 Children of Hope 5K/10K Walk/Run. 9am. Barnhart Beach, Robert Moses S.P., Massena. Michelle Benham: 315-296-5351.
- 14 UAE Healthy Kidney 10K. 8am. Central Park, New York. nyrr.org.
- 14 5K Cross Country Run 4 Vocations. 9:30am. The Crossings, Colonie. Sr Rosemary Ann Cuneo: 674-3818. albanyvocations.org.
- 15 Spring MAY-hem 5K Road/Trail Race. 10am. Columbia-Greene CC, Hudson. Phil Carducci: 861-6350.
- 15 Shires of Vermont Marathon. 26.2M. 9am. Bennington to Manchester, VT. David Durfee: 802-442-4414. shiresofvermontmarathon.com.
- 15 Cherry Blossom Race for ALS. 5K. 10:15am. Congregation Gates of Heaven, Schenectady. 320-6770. cogh.org.
- 15 Walk to End Alzheimer's. 9am. Ft William Henry, Lake George. 867-4999 x304. adirondack.kintera.org.
- 15 2nd Dragon's Pride 5K Run. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Karen Duthaler: 309-3165. dragonspriderun.com.
- 19 35th CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphwpwct.com.
- 20-21 Ragnar Relay New England. 189M. New Haven, CT to Boston, MA. ragnarrelay.com.
- 20-21 Reach the Beach Relay. 200M. Wachusett to Westport, MA. rtbrelay.com.
- 20 **2nd Ella Grace Chiari Foundation 5K Country Run/Walk.** 6:30pm. Nassau Baseball Field, Nassau. Family night w/food & fun. Deb LaDue: 334-6001. defeatchiari.org.
- 21 Rensselaer Falls Library 5K Walk/Run. 9:15am. Rensselaer Falls. Christine LaQuier: 344-8837.
- 21 **1st Kerry Blue Hustle 5K Run with the Dogs & Fun Run.** 9am. Kids' Half-Mile: 10am. St. Mary's School, Glens Falls. Amy Campopiano: 761-9329. smsaschool.org.
- 21 Brooklyn Half-Marathon. 13.1M. 7am. Prospect Park, New York. nyrr.org.
- 21 **ChiRunning Essentials Clinic w/Ann Margaret McKillop.** 8am-12pm. Fallen Arch, Lake Placid. Limited to 10 people. Gail Joseph: 523-5310. thefallenarch.com.
- 22 Southern Rensselaer Rotary 5K & 5M. 8:30am. Greenmeadow School, Schodack. Peter Brown: 732-7178.
- 22 National Distance Running Hall of Fame Races. 8am. Utica. Mary McEnroe: 315-797-5838. uticaroadrunners.org.
- 22 SPAC Rock & Run 5K. 10:30am. Saratoga Spa State Park, Saratoga Springs. Evie Chabot: 584-9330x122. spac.org.
- 28 **1st Survive the Farm 5K Challenge.** 10am. Obstacles, food, fun. Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 28 Sehghahunda Trail Marathon & Relay. 8am. Letchworth State Park, Mount Morris. David Boutillier: 585-697-3338. sehghahundatrailmarathon.com.

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

Dodge the Deer 5k

Mile Fun Run and 200m Kids Sprint

Saturday, April 16, 10am
Schodack Island State Park (8 miles south of Albany)

ONLINE REGISTRATION

Chip timing

Huge cookout for all

Family event with lots of kids activities

Fun run and kids sprint finishers receive a ribbon

Costumed characters, a beautiful course along the Hudson River and a musical Ample food, animals everywhere and more than anything else, FUN!

Visit AlbanyRunningExchange.org to register online
And learn more about Dodge the Deer, Chase Chipmunk and Bully the Bear

Kinderhook Bank

OK 5K
13th Anniversary 2011

Saturday - June 11 - 9:00 AM
Village Square, Kinderhook
USATF Adirondack Grand Prix Event!
\$15 by 6/3 (\$12 students); \$20 all after 6/3

OK 1 Run (Kids' One-miler)
Sponsored by FairPoint Communications
Ages 4-12 - \$2 - 8:15am

Register online: active.com
Info: www.OK5Krace.org
Email: ok5kace@hotmail.com

5TH ANNUAL
CCRC 5K Run/Walk/BBQ

Saturday, May 7 - 3pm
Christ Community Reformed Church
1010 Route 146, Clifton Park

USATF Sanctioned 5K Race
Kids' 1K Race - 4pm
BBQ chicken dinner included
T-shirt to first 100 entrants

Register: www.active.com
Form: www.ccrc-cpny.org
Pat Glover: 877-0654

An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle
Proceeds to CAPTAIN Youth/Family Services

2nd Annual
5K BURGER DASH
Saturday, May 14, 9:30am
Warrensburg Elementary School
\$20 postmarked by 4/29 or \$25 after
Cotton T-shirts to first 150 entered
Kids' Fun Run (after race): \$5
Register: www.active.com
Entry Form: www.wcsd.org
More Info: 518-623-9747
Proceeds benefit Playground Fund

34TH ANNUAL
WHITEFACE MOUNTAIN UPHILL FOOT RACE
Sunday, June 5th

WhitefaceRace.com
888-944-8332
Wilmington, NY

8th Annual St. John's/St. Ann's
SPRING RUN-OFF
Saturday, April 30th

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center
8:30 am 10K 10 am 5K
10 am 1 Mile Family Fun Walk
Fees: 5K & 10K: \$17/person, per race (\$20 after 4/20), Family Walk \$10/adult, \$5/child
Register Online: www.Active.com • Info/Entry Form: www.springrunoff.com
Or call St. John's/St. Ann's Center (518) 472-9091

- 28 Paul Smith's Jenkins Mt. Scramble Half Marathon Trail Run. 13.1M. 10am. Paul Smith's VIC. Jack Burke: 327-6226. paulsmiths.edu.
29 KeyBank Vermont City Marathon & Relay. 26.2M. 8am. Burlington, VT. 802-863-8412. runvermont.org.
28-29 2nd Memorial Day Marathon & Half-Marathon, 5K/10K. 8am. Lenox, MA. memorialdaymarathon.com.

JUNE

- 2 2nd National Running Day. runningday.org.
4 **33rd Freihofer's Run for Women. 5K. 10am. Empire State Plaza, Albany. freihoferstrun.com.**
4 **13th Charlton Heritage 5K Run/Walk. 10am. Charlton. Bill Herkenham: 384-0065. charlton5k.org.**
4 "Make it a Great Day" Half Marathon & 1M Walk. 9am. Brittonkill Central School, Troy Heidi Barcomb: 312-5330.
4 **2nd Rail Trail to the Footbridge 5K Trail Run/Walk. 9am. Rail Trail, Andrews Lane, Granville. Kerri Thomas: 424-7683. railtrailtothefootbridge5k.com.**
4 Joe McDonald 5K Walk/Run & Bill Crussie 10K. Messier Park, Wappingers Falls. Pete Sanfilippo: 845-297-7950. mhrrc.org.
5 **34th Whiteface Mtn Uphill Foot Race. Whiteface, Wilmington. 888-944-8332. whitefaceace.com.**
5 **Worcester Half Marathon. USRA Half Marathon Series. 13.1M/5K/1M Fun Run. Worcester, MA. 407-599-0568. worcesterhm.com.**
5 Walk 4 Friendship. 1.5M. 12pm. Family-friendly fun. Free. Elm Ave Park, Delmar. Capital District Friendship Circle: 438-4220. capitalfriends.org.
5 Run For Ethan 5K Run/Walk. 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. active.com.
9 3rd Route 50 Mile. 1M. 5:30pm. Burnt Hills. Peter Sheridan: 399-1419. chsnny.org.
11 **13th Kinderhook Bank OK 5K. 9am. Village Square, Kinderhook. Dan Curtin: 758-9480. ok5kcrace.org.**
11 16th Lions Ramble 10K/2Mile. 5:30pm. Fort Plain. John Geesler: 568-7509.
11 34th Capital City Stampede 10K. 9am. Onion River Sports, Montpelier. John Valentine: 802-485-3777. cvrunners.org.
12 **6th Lake Placid Marathon & Half-Marathon. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.**
12 **40th Distinguished Service Race 8M. 9am. University at Albany, Albany. Mark Warner: 464-5698.**
12 Hometown Heroes 5K. 9am. The Crossings, Colonie. Ann Swezey: 873-9409.
12 31st Classic 10K & Rowley Cup 5K Race/Walk. 5K: 7:45am. 10K: 8:30am. Expo: 8am-12pm. Middletown H.S., Middletown. classic10k.com.
14 Colonie Summer Track Series. 6pm. Colonie H.S., Colonie. Frank Myers: 783-2760.
17 **CDYMCA 5K Run/3K Walk Series: Greenbush Area YMCA. Plus, Kids Fun Run. 6:30pm. Greenbush Area YMCA, East Greenbush. Kendra Evans: 477-2570. cdymca.org.**
18 **1st Warrior Run. 5K w/11 obstacles, 600' elevation change & post-race party. Waves: 10am-5pm. West Mountain, Queensbury. warriorrunwestmt.com.**
18 Whipple City 5K Run/Walk. 8:30am. Greenwich Middle School, Greenwich. Barbara Hamel: 859-7765.
18 Treetops to Rooftops this 5K. 8am. Hudson River Walkway Entrance, Highland. Susanne O'Neil: 845-452-2932. mhrrc.org.
18 2nd Equinox Trail Race. 5K/10K. 9:30am. Charlotte, VT. Martha Keenan: 802-425-2384. gmaa.net.
18 **Tawasentha Mud Mania. 12-4pm. Tawasentha Park, Guilderland. Dennis Moore: 456-3150. townofguilderland.org.**
19 **HMRRC Father's Day 5K Run. 9am. The Crossings, Colonie. Roxanne Gillen:**
19 Mt. Greylock Trail Races Half Marathon & 5K. Greylock Glen, Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.com.

- 19 New Paltz Challenge Father's Day Family 5K & Half Marathon. 7:30am. Huguenot Street, New Paltz. 845-255-0243. newpaltzchamber.org.
19 28th Mule Haul 5M. 9am. Firehouse, Fort Hunter. Tom Flander: 853-3088. fmrrc.org.
19 4th Mike Caruana Father's Day 5K & 1M Family Walk/Run. 8:30am. Bullhead Point, Fulton. Matt DeGroat: 315-288-5185. mikecaruana5k.com.
21 Colonie Summer Track Series. 6pm. Colonie H.S., Colonie. Frank Myers: 783-2760.
25 Strides for STRIDE 5K 9am. Corning Preserve, Albany. Debbie Ebersold: 598-1279. stride.org.
25 6th Valley Cats Home Run 5K. 9am. Bruno Stadium, Hudson Valley Comm College, Troy. John Haley: 456-3682. hmrrc.com.
26 **1st Wolf Road Mile. 8:30am. Colonie Center, Albany. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.**
26 **35th Adirondack Distance Run. 10M. 7:30am. Lake George Firehouse, Lake George. Marcy Dreimiller: 222-9090. adkrunners.org.**
28 Colonie Summer Track Series. 6pm. Colonie H.S., Colonie. Frank Myers: 783-2760.
29 Yes We Can 5K for Tread Bank Hudson Valley. 6:15pm. Red Hook H.S., Red Hook. yeswecan5kcrace.webs.com.

JULY

- 4 **5th Firecracker 4M Road Race. 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. Bob Vanderminde: 744-5646. firecracker4.com.**
14-17 **4th ARE Trail Running Camp. Adults of all abilities. Clinics, yoga, meals, lodging, run/tube trip. Dippikill Wilderness Retreat, Warrensburg. ARE Event Productions: areep.com.**
16 **CDYMCA 5K Run/3K Walk Series: Glenville/Schenectady YMCA. Plus, Kids Fun Run. 8am. Collins Park, Scotia. cdymca.org.**
17 **Froggy Five-Miler Trail Run. 5M. Dippikill Wilderness Retreat, Warrensburg. areep.com.**

AUGUST

- 16 **CDYMCA 5K Run/3K Walk Series: Southern Saratoga YMCA. Plus, Kids Fun Run. 8am. The Y, Clifton Park. 371-2139. cdymca.org.**
SEPTEMBER
18 **4th Saratoga Palio Melanie Merola O'Donnell Memorial Races.**
24 **Adirondack Distance Festival 5K & 10K. 9:30am. Chesterstown. adirondackmarathon.org.**
25 **Adirondack Distance Festival Marathon, Half Marathon & Two-Person Marathon Relay. 26.2M: 9am. 13.1M: 10am. 9/24: Expo/Package Pick-Up. Kids' Run: 2pm. Schroon Lake. 532-7675. adirondackmarathon.org.**

OCTOBER

- 9 **Mohawk Hudson River Marathon & Half Marathon. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. 8:30am. 10/8: Expo/Package Pick-Up, Crowne Plaza, Albany. mohawkhudsonmarathon.com.**

SWIMMING

APRIL

- 9 1st Duanesburg Masters Swim Meet. 10am. Duanesburg Area Comm. Ctr., Delanson. 895-9500. adms.org.

MAY

- 7 Spring Fling Swim Meet. Ballston Spa H.S., Ballston Spa. Joan Conrod: 885-2971. adms.org.

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

Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.


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First Annual! Sat, May 21 @ 9am
SMSA School, Church St, Glens Falls
T-shirts to first 150 registered by 5/5
Friends/Family Challenge: Teams of 3!
Kids' Half-Mile Dash @ 10am - Free!
Donations appreciated for St. Mary's Food Pantry
smsaschool.org or active.com
Amy Campopiano: kerrybluehustle@gmail.com


14th Annual
Charlton Heritage 5K Run/Walk
Saturday, June 4 10am
Historic Village of Charlton, Saratoga Co. Old School House, Maple Ave/Charlton Rd
Rolling hills with 3/4-mile downhill finish
USATF certified - Chip timing by ARE
\$18 by 5/22 or \$20 after - Shirts to first 400
Kids' 1-Mile Fun Run (\$10), 11am
Fun runners receive T-shirt & medal
Register: active.com
Entry Form/Info: charlton5k.org
Bill Herkenham: (518) 384-0065

New Location!
Literacy 5K Run/Walk 2011
Sunday, May 1 • 10am
Troy Atrium
3rd St & Fulton St, Troy
Register: Active.com
\$20 registration; \$25 race day
Children's Fun Run - 9am (\$6)
Youth Mile - 9:30am (\$10)
Complete info: lvorc.org
Literacy Volunteers of Rensselaer County
(518) 274-8526

Join the family & friends of Liza
The Run for Help
5K Run/Walk Against Domestic Violence
To benefit Unity House
Sunday, June 12 • 10am
Goff Middle School, East Greenbush
T-shirts to first 250 entries
\$17 by 6/8 or \$20 race day
Register: active.com
More Info: unityhousesny.org
In memory of Liza Ellen Warner (1975-2004)
Not affiliated with Liza's Legacy Foundation

32ND ANNUAL ST. PETER'S KEYS RUN
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)
1-Mile \$10
Family Discounts (5K & 10K): \$50 preregistered / \$60 day of race
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INFORMATION Jeff Clark 581-7550 or Laura Clark laura@saratogastryders.org
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North Country Wild Care - Birds of Prey
Warren County Hatchery - Trout Release



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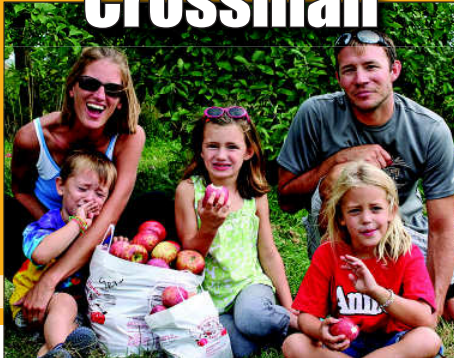
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ATHLETE PROFILE

Bridget and Kevin Crossman



KEVIN WINNING THE 2010 REV 3 QUASSY OLYMPIC TRIATHLON IN MIDDLEBURY, CONN.



BRIDGET STARTING THE RUN AT THE 2009 FINGER LAKES TRIATHLON IN CANANDAIGUA.

by Christine McKnight

Kevin Crossman still vividly recalls the first triathlon he ever completed, when he was ten years old. It was a 100-yard swim, three-mile bike and one-mile run – and it was a humbling experience.

"I was devastated – I actually had to walk," Kevin laughs. That was 24 years ago. Since then, he has become both an elite amateur triathlete and a sought-after multisport coach.

Kevin assists his wife, Bridget Fronhofer Crossman, in organizing the Fronhofer Tool Triathlon each August at Lake Lauderdale County Park in Washington County, and they also run a new series of duathlons the first three Sundays in May at SUNY Adirondack in Queensbury. Together, this high-energy couple is reshaping the face of triathlon in the region.

When it comes to coaching, Kevin Crossman places a premium on good communication. It's one of the prime reasons he tries to limit the number of athletes he coaches at one time to about ten. It may also help explain the exceptional success of most of his clients, and why there is a waiting list for his coaching services.

"The more I get to know an athlete, the better I feel I am as a coach," he says. "And it makes me a better coach when my athletes challenge me with questions."

Kevin has a full-time job as a physical education teacher and varsity swim coach at Glens Falls High School, as well as his own goals as a triathlete. More importantly, the Crossmans are the parents of three children ranging in age from seven to three years old.

In addition to her responsibilities as a race director and mother, Bridget is also a triathlete and completing work this spring on a second master's degree, in Library Science, at the University at Albany. It gets a little crazy sometimes in the Crossman household, but everyone seems to be having fun. Maybe it's because grandparents, aunts and uncles are always ready to step up.

Kevin graduated from SUNY Cortland in 1998 as an All-American swimmer and undefeated in the SUNY Conference in the 200 individual medley. He worked as assistant head swim coach at the college, then coached for four years at Owego High School, where he guided the program from 0-11 to 11-0 records, and the state Class B championship. He earned his master's degree in physical education at Cortland in 2001.

Bridget's main sport in high school was field hockey. While she was recruited at Cortland, she decided at the last minute not to play. It wasn't long, however, before she joined the rugby team, becoming captain and an all-star, and then coaching the team while she was earning her master's degree. She received her bachelor's degree in elementary education from Cortland in 2001, taught second grade at Newfield Central Schools, and completed her master's degree in literacy in 2003. They moved back to the Glens Falls area in 2004 to be closer to their families.

Kevin's first triathlon client was his brother-in-law, Paul Fronhofer Jr., 32, of Argyle. Under Kevin's tutelage, Paul, was able to lower his time from 11:38 to 10:06 in five finishes at Ironman Lake Placid. "Kevin knows just how to push you. No matter who you are, he finds the secret formula that works for you personally – and he has fun doing it," Paul said.

Kevin earned his certification as a USA Triathlon Level I coach and formally opened his small coaching business (t3coaching.net) in 2005 with four triathletes. The client list grew to seven the next year and then to as many as 18, until he realized he needed to pare the number back to a more manageable dozen or so. He is also a Level III cycling coach.

Kevin's athletes get an individualized, highly specific training plan reflecting their competitive goals, age, and work and family responsi-

ties. He requires that they keep a journal of their daily progress using TrainingPeaks software.

The result – unusual in the world of triathlon coaching – is a two-way flow of communication between coach and athlete every day. Athletes upload data recorded from their workouts on their GPS-enabled heart-rate monitors. The constant exchange of information provides invaluable feedback that allows Kevin to make quick adjustments in response to incipient injuries, a workout that didn't go well, or unexpected happenings in the lives of his athletes.

"Everyone is different," says Kevin, who typically writes his training schedules in two-week blocks. His athletes range from newbies to elites, and from teenagers to 60-somethings, and their goals vary from sprints to off-road events to the Ironman.

Erika Anderson, a 37-year-old production supervisor from Malta, said that Kevin gave her not only an excellent training plan, but also self-confidence. "That emotional support was so important," Erika said. She finished her first Ironman at Lake Placid last year in 14:15, "with a smile on my face."

Kevin's own accomplishments in triathlon are impressive. Racing for the first time in the "elite amateur" division, he finished fifth overall last June in the Philadelphia Triathlon, an Olympic distance race, even though the swim portion of the race was canceled. He placed 13th in 2009 in the Best of the U.S. National Championship in California, a talent-rich field of the best amateurs in the country. He has twice completed Ironman Lake Placid, finishing in 2006 in a personal-best of 10:32. He was the winner last year of the Rev 3 Quassy Olympic distance race and the Finger Lakes Triathlon. He was second overall at the Mini-Musselman in Geneva, earning a return trip to the Best of the U.S. tri, where he placed an impressive 28th.

Ages: Bridget, 31; Kevin, 34
Family: Daughters Ella, 7, Hazel, 6, and Son Finley, 3
Residence: South Glens Falls
Occupations: Bridget: Full-Time Mom, Director of Fronhofer Tool Triathlon. Kevin: Varsity Swim Coach and Physical Education Teacher, Glens Falls High School
Main Sport: (Both) Triathlon
Other Sports: Bridget: Softball, Field Hockey, Volleyball and Rugby. Kevin: Duathlon, Swimming and Water Polo

Bridget is standout runner and cyclist, with a marathon, three half-marathons and numerous triathlons, road and bike races to her credit. She averaged over 20 miles an hour in the bike split for a second-place finish in a deep age-group field at the Mini-Musselman.

Kevin's "summer job" is helping Bridget direct the increasingly popular Fronhofer Tool Triathlon (fronhoferooltriathlon.com), staged from Lake Lauderdale County Park, near Cambridge, each August. Now in its fifth year, the race is expected to attract upwards of 300 Olympic-distance competitors. It raised \$15,000 in 2010 for two not-for-profit children's literacy organizations serving Saratoga, Warren and Washington counties, Books Offer Opportunities, Kids Succeed (B.O.O.K.S.), and Books in Kids' Hands.

"Children's literacy is my passion," explained Bridget, who founded B.O.O.K.S in 2006 to provide good literature to kids, especially those from low-income families. Her aunt, Karen Fronhofer, oversees Books in Kids' Hands.

The Fronhofer Tool Triathlon, offering challenging courses in hilly Washington County, has blossomed into a weekend-long festival of races, with a kids' triathlon Friday evening, Aug. 5, followed by the Olympic distance race Saturday morning and a sprint tri in the afternoon.

Launching a new race like this was a huge undertaking, and one of the biggest challenges was finding a sponsor. Bridget's father, Paul Fronhofer Sr., who founded the Fronhofer Tool Company in nearby Cossayuna in 1980, proudly stepped up to the plate and has never regretted it. The race is one of many local charities the company supports.

The Fronhofer Tool Triathlon also boasts a phalanx of more than two-dozen volunteers from both the Crossman and the Fronhofer families, including brothers, sisters, aunts, uncles, mothers, fathers and grandparents. "I can't say enough about our families," said Bridget. "They have been so supportive."

To learn more about "Executing Phenomenal Transitions" attend Kevin's seminar at the **Adirondack Sports & Fitness Summer Expo** on Sunday, April 17.

Christine McKnight (trichris@nycap.rr.com) is a veteran triathlete and retired magazine editor who lives in Schuylerville. She is in her second season of training with Kevin Crossman.



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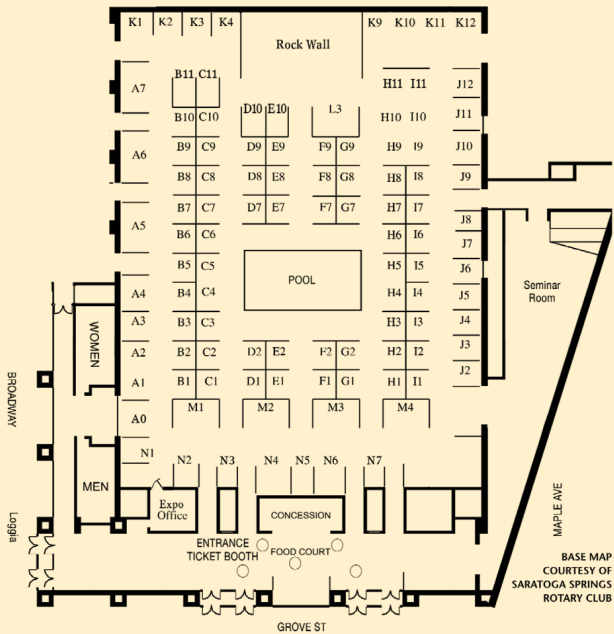
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PHOTOS BY BRIAN TEAGUE

Exhibits, Activities & Seminars Floor Plan Saratoga Springs City Center



Saratoga Springs City Center

List of Exhibitors

Exhibitors by Category
 Numbers indicate booth spaces

RUNNING & WALKING

- Adirondack Marathon Distance Festival
- Firecracker 4 Road Race
- Freihofer's Run for Women
- Hudson-Mohawk Road Runners Club
- Mohawk Hudson River Marathon & Half
- My Fitness Recovery/Chi Running
- Special Olympics NY/Silks & Satins 5K
- Susan G. Komen Race for the Cure
- Team In Training/Leukemia & Lymphoma
- Tri-Sack Running & Triathlon Store (3)
- USA Track & Field - Adirondack
- Warrior Run West Mountain

HIKING, CLIMBING & SKILLS

- Adirondack Foothills Guide Service
- Adirondack Mountain Club (2)
- The Gear Source (2)
- High Peaks Mountain Adventures
- Climb Time - Portable Climbing Wall
- L.L.Bean
- The Mountain Goat (6)
- NYS Outdoor Guides Association
- Wild River Press/Discover the Adirondacks
- YMCA Camp Chingachgook

BICYCLING & MOUNTAIN BIKING

- Adirondack Ultra Cycling
- ADK ididaride! - Adirondack Bike Tour
- American Diabetes Assn./Tour de Cure
- Capital Bicycle Racing Club
- Centurion Cycling
- Gear-To-Go Tandems
- High Peaks Cyclery (3)
- MHCC Saratoga Century Weekend
- Mohawk-Hudson Cycling Club

KAYAKING, CANOEING & ROWING

- Adirondack Paddlefest/Mountainman Outdoors (8)
- Battenkill Valley Outdoors
- Brookfield Renewable Power
- Lake George Kayak Co. (4)
- Patty's Watersports Boutique/Boats by George (2)
- Sacandaga Outdoor Center
- Skidmore Community Rowing

TRIATHLON & DUATHLON

- Capital District Triathlon Club
- Crystal Lake Triathlon

- Green Leaf Racing/Hudson Crossing Triathlon
- Saratoga Triathlon Club
- SKYHIGH Adventures, SHAPE Camp & XTERRA Triathlon
- Tupper Lake Tinman Triathlon

HEALTH & FITNESS

- Adirondack Lyme Disease Foundation
- Arbonne International
- Esperanto Restaurant
- High Rock Sports & Fitness
- King Brothers Dairy
- Protective Chiropractic/Dr. Nate Cintron
- Regional Therapy Ctr./Saratoga Hospital

TRAVEL DESTINATIONS

- Adirondack Adventure Festival
- Adirondack Museum
- Adirondack Scenic Railroad
- Battenkill Guide Service
- Bolton Landing Chamber of Commerce
- Bromley's Sun Mountain Adventure Park
- Gore Mountain
- Gore Mountain Region Chamber
- Hudson River Rafting Co.
- Mohawk Towpath Scenic Byway
- Town of Inlet - Information
- Lake George Regional CVB
- Raptor Fest/Washington County
- Silverleaf Resorts
- Surya Polo Club
- Tupper Lake Chamber of Commerce
- Vacation Village Resorts (2)
- Washington County Tourism
- Whiteface Region Business & Tourism Center
- Whiteface Mountain Bike Park/Festival
- The Wild Center

QUALITY OF LIFE

- Adirondack Life
- Adirondack Sports & Fitness Magazine
- Community Energy
- Cummings Advertising Art
- H2O Solutions Water Bottles
- Hooked Productions/Live the life you love
- Huff N Puff
- Kitchen Craft (2)
- Pelican Cases/R.P. Luce & Co.
- RUseeN Reflective Apparel
- Saratoga Photobooth Co.
- City of Watervliet Recreation Dept.

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SATURDAY, APRIL 16

- 10:30-11:00 Touring Kayak Capsize Recovery, Rescue & Rolling.**
Celia Murray, Steve Burke, Pete Devitt & John Ozard, Adirondack Mountain Club – Albany Chapter.
- 11:15-11:45 Kayak Paddling Strokes & Boat Handling Techniques.**
Pete Devitt, Adirondack Mountain Club – Albany Chapter.
- 12:00-12:30 Stand-Up Paddling: The Basics.**
John Flynn, Lake George Kayak Company.
- 12:30-12:45 Fly Fishing 101.** *Ted Berndt of Battenkill Guide Service & Adriano Manocchia, Enthusiast/Fine Artist.*
- 12:45-1:15 Whitewater Kayaking 101 & Playboating Fun.**
Jason LaSelva, Sacandaga Outdoor Center.
- 1:30-2:45 Kid's Kayaking "Try-It" Session.** *Bring your kids for this fun on-water experience, led by experienced paddlers.*
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling.**
Celia Murray, Steve Burke, Pete Devitt & John Ozard, Adirondack Mountain Club – Albany Chapter.
- 3:45-4:15 Intro to Canoeing & Solo Canoeing.**
John Ozard, Adirondack Mountain Club – Albany Chapter.
- 4:15-4:30 Fly Fishing 101.** *Ted Berndt of Battenkill Guide Service & Adriano Manocchia, Enthusiast/Fine Artist.*

SUNDAY, APRIL 17

- 10:30-11:00 Touring Kayak Capsize Recovery, Rescue & Rolling.**
Alan Mapes, John Ozard & Jim Wilson, Adirondack Mountain Club – Albany Chapter.
- 11:15-11:45 Kayak Paddling Strokes & Boat Handling Techniques.**
Alan Mapes, Adirondack Mountain Club – Albany Chapter.
- 12:00-12:30 Stand-Up Paddling: The Basics.**
John Flynn, Lake George Kayak Company.
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- 3:45-4:15 Intro to Canoeing & Solo Canoeing.**
John Ozard, Adirondack Mountain Club – Albany Chapter.



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SATURDAY, APRIL 16

- 12-12:45pm BICYCLING: Proper Bike Fit & Positioning for Maximum Performance & comfort.** Expert overview from a certified technician and ten-time Ironman Lake Placid finisher for novice to elite riders & triathletes. *Brian Delaney, High Peaks Cyclery in Lake Placid.*
- 1-1:45pm HIKING: "End to End" – Adirondack Photographs by Bill Ingersoll.** Featuring images from one of the Adirondacks' premier hiking routes, the Northville-Placid Trail. Bill recently hiked the NPT through the heart of the Adirondacks, and will be sharing photos and stories from this adventure. *Bill Ingersoll of Barneveld, author of Discover the Adirondacks... guidebooks and Adirondack Sports & Fitness contributing writer.*
- 2-2:45pm PADDLING: What's New in Paddling: Stand Up Paddleboards, Pedal Drives, Fishing Kayaks & More.** This year more than ever, the paddle sports industry has varied offerings whether out for an hour or out for a day, from touring and exploring to fishing and fitness. This session is a guide to the "right boat for the job" – canoe, kayak, specialty and equipment selection. Bring your questions! *Ike Wolgin, Lake George Kayak Company in Bolton Landing.*
- 3-3:45 HIKING & PADDLING: Short, Family-Friendly Walks, Paddles, History Hikes & Adventures in the Capital, Saratoga & Lake George Region.** *Russell Dunn & Barbara Delaney of Albany, licensed guides and authors of Trails with Tales: History Hikes through the Capital Region; Adirondack Trails with Tales: History Hikes through the Adirondack Park, and more.*
- 4-4:45pm TRIATHLON: Training for Success in Sprint, Olympic and Half Distance Triathlons.** This session will cover technical insight on physically training and mentally preparing for each event. John will present tips, plans and will answer your questions. *John Slyer, certified USAT triathlon and swimming coach, youth camp director at SKYHIGH Adventures, and five-time Ironman Lake Placid finisher. John Slyer, SKYHIGH Adventures.*

SUNDAY, APRIL 17

- 12-12:45pm RUNNING & WALKING: ChiRunning & ChiWalking.** Does a simple walk tire you? Are you afraid to run because of past injuries? Want to get moving but don't know how? Attend this interactive seminar to learn how ChiWalking and ChiRunning techniques, based on the principles of Tai Chi, can help you run or walk with increased energy efficiency and fewer injuries. Discover how focusing on your posture and relaxing your limbs can give you a burst of energy, without that post-workout slump. *Ann Margaret McKillop, My Fitness Recovery: ChiRunning & ChiWalking.*
- 1-1:45pm "The FOURTH DISCIPLINE of Triathlon: The FINE details of executing phenomenal transitions."** Coach Crossman, known for having some of the best transitions, will share all his secrets and tips to improving your transitions. *Since 2005, Kevin Crossman has been a USAT Level 1 certified triathlon coach, who has proven results with athletes at all distances and ages. His fun & creative workouts make the everyday triathlete enjoy life to the fullest. Coach Kevin has been very successful in his own career compiling over ten USAT sanctioned podiums & a two-time USAT All-American.*
- 2-2:45 RUNNING: Tips on Preparing and Training for Running Your First Half-Marathon, Marathon or Ultra Marathon.** Jim will cover weekend long runs, speedwork and hill repeats, and training plans to help you to the finish line. *Jim Thomas of East Greenbush is the coach for HMRRC's Mohawk Hudson River Marathon & Half-Marathon Training Program. He's the first person in Capital District to become a 50-stater from 1998 to 2003. Jim has completed 93 marathons including four JFK 50-Mile ultra marathons, and he's a prostate cancer survivor.*

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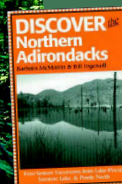
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SUMMER EXPO HIGHLIGHTS

Mountain Biking Trials and Unicycling Stunts

A new, thrilling feature at this year's expo will be the mountain bike and unicycle trials and stunts that will be performed throughout the weekend by Sam Perkins of Lake Placid and Taylor Wright-Sanson of Saratoga Springs. Both riders will be representing the Whiteface Mountain Bike Park (downhillmike.com).

Sam, a professional trials rider, will be demonstrating the skills of bike trials on his Atomz bikes, which are specially designed for the sport of trials. Bike trials is a discipline of mountain biking in which the rider attempts to pass through an obstacle course without setting a foot on the ground. Sam will showcase some of his skill using various moves including gaps, hops, jumps and drops. Taylor, the one-wheel wiz, will demonstrate his amazing tricks and trials skills on a unicycle.

Trials riding is an extreme test of bike handling skills over all kinds of obstacles, both natural and manmade. While trials riding is exhilarating for those who ride, it is also an amazing sport to watch, for those who prefer to keep both feet on the ground.

So come see Sam and Taylor perform on the hour starting at 12pm on both days.

Taylor, a pro unicyclist, has been unicycling for six years. He took home a gold medal in the expert category at OUI'08, Canada's national unicycle competition. For the past five summers Taylor has toured with Circus Smirkus, the award-winning international circus. He is currently studying computer science and interface design at Wheaton College in Massachusetts. Taylor also competes on the varsity diving team. Taylor is one of five known people to consistently land a backflip off of his unicycle. Pictures and videos can be found on taylorwright-sanson.com.



SAM PERKINS

been riding trials in the Adirondacks for nearly 14 years. He has been an influence within the trials community throughout his riding career. In 2001 and 2002, Sam hosted the North American Trials Series, along with the Red Bull event, Bike Move, in Lake Placid. Over the years, Sam has been on top of the podium at local and national level events, ranking as high as number two for his class in North America. Sam spends most of his time training and improving his skills on the bike, even though he no longer competes. He performs numerous demonstrations, clinics, and lessons to help promote the growth of trials and mountain biking. When off of the bike, Sam enjoys backcountry skiing and snowshoeing. For more info about Sam or the sport of trials, contact him on Facebook.



TALLULAH THE BARN OWL.

bull event, Bike Move, in Lake Placid. Over the years, Sam has been on top of the podium at local and national level events, ranking as high as number two for his class in North America. Sam spends most of his time training and improving his skills on the bike, even though he no longer competes. He performs numerous demonstrations, clinics, and lessons to help promote the growth of trials and mountain biking. When off of the bike, Sam enjoys backcountry skiing and snowshoeing. For more info about Sam or the sport of trials, contact him on Facebook.

Raptor Fest Features Live Birds of Prey!

The Raptor Fest offers you a chance to meet some of the owls, hawks and falcons native to the Washington County Grasslands Important Bird Area. This unique agricultural is critical to the survival of endangered short-eared owls in New York State. It also

provides exceptional breeding and wintering habitat for nearly a dozen other threatened and at-risk grassland birds, including northern harriers, American kestrels and eastern meadowlarks.

Educators and wildlife rehabilitators Trish Marki and Wendy Hall from North Country Wild Care and their assistants are volunteering their time and will be on hand to answer questions about their Live Birds of Prey from 11am to 5pm on Saturday and Sunday.

Raptor Fest is sponsored by Friends of the Washington County Grasslands IBA and Washington County Tourism Association. Visit winterraptorfest.com to learn more about the birds, their habitat, and upcoming events and activities. ■

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SIXTH ANNUAL ADIRONDACK SPORTS & FITNESS SUMMER EXPO

List of Exhibitors

Adirondack Foothills Guide Service – We're a guide service in the Adirondacks offering hiking, camping, canoeing, float trips, hunting and fishing. *Saranac Lake* • 518-359-8194 • adkfoothills.com

Adirondack Life – Adirondack Life is a regional, lifestyle magazine covering the Adirondack Park. *Jay* • 518-946-2191 • adirondacklife.com

Adirondack Lyme Disease Foundation – We are a non-profit organization dedicated to promoting education and quality health care for Lyme and associated tick-borne diseases. *Saratoga Springs* • 518-583-3890 • adirondacklymediseasefoundation.com

Adirondack Marathon Distance Festival – Come run our Adirondack Marathon, Adirondack Half-Marathon, two-person marathon relay, 5K, 10K and 1K children's fun run around beautiful Schroon Lake! *Schroon Lake* • 518-524-7464 • adirondackmarathon.org

Adirondack Mountain Club – The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. The fifth annual ididaride! Adirondack Bike Tour is Aug. 14. *Lake George* • 518-668-4447 • adk.org

Adirondack Museum – Your Adirondack experience starts here! Explore 22 exhibits,

including 2 new exhibits in 2011. Enjoy special events and family activities for all ages. *Lake View Café and museum store*. Open daily 10am-5pm from May 27 to Oct. 17. *Blue Mountain Lake* • 518-352-7311 • adirondackmuseum.org

Adirondack Paddlefest/Mountainman Outdoor Supply Company – Mountainman Outdoors, New York's Largest Canoe and Kayak Dealer, brings their annual spring canoe and kayak sale to the Summer Expo. Save on brand new canoes and kayaks from Perception, Wilderness Systems, Dagger, Mad River and Wave Sport. *Old Forge* • 315-369-6672 • mountainmanoutdoors.com

Adirondack Scenic Railroad – Take the Adirondack Scenic Railroad on your next Adirondack adventure – hike, bike, paddle, or just sit back and enjoy the scenery! *Trains depart from Lake Placid, Saranac Lake, Thendara and Utica*. 518-469-0033 • adirondackrr.com

Adirondack Ultra Cycling – Adirondack Ultra Cycling organizes long distance rides and races in the Adirondack and Saratoga regions of upstate New York. Events include the Saratoga Brevet Series, the Saratoga 12/24, and the Adirondack 540 RAAM Qualifier. *Schuylerville* • 518-583-3708 • adkultacycling.com

American Diabetes Association – Get ready to take the ride of your life with the Tour de Cure on June 5 in Saratoga Springs, and help

23.6 million Americans with diabetes. Choose from five great routes – ten, 25, 50, 62.5, 100 miles, or an indoor three-hour Spinathon! *Albany* • 518-218-1755 • diabetes.org

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

Bolton Landing Chamber of Commerce – Promoting Bolton Landing and the upcoming health and fitness event at the Sagamore – Girlfriends Getaway in Bolton Landing on May 13-15. *Bolton Landing* • 518-644-3831 • girlfriendsgetawaybolton.com

Bromley's Sun Mountain Adventure Park – Vermont's summer fun park and home of the Sun Mountain Flyer, a ziprider. Come ride the Alpine Slide, Giant Swing, Big Splash Water Slide, Space Bikes and much more. *Manchester Center, Vt.* • 802-856-2210 • bromley.com

Brookfield Renewable Power – Brookfield is the owner and operator of 75 hydropower facilities and 50 riverfront recreation areas in the state. Be safe when recreating near water by wearing a U.S. Coast Guard-approved personal flotation device. *Queensbury* • 518-743-2007 • brookfieldpower.com

Capital Bicycle Racing Club – CBRC's mission is to promote and develop the sport of bicycle racing in the Capital Region with members appearing at races throughout New York, New England and the mid-Atlantic states. *Albany* • 518-441-2319 • cbrc.cc

Capital District Triathlon Club – Our club promotes a healthy lifestyle, a 12-week training series every summer at Crystal Lake, Averill Park, beginning June 7. The Crystal Lake Triathlon is on August 20. We have almost 300 members from beginners to racers. We welcome all skill levels. *Albany* • 518-279-1995 • cdtriathlon.org

Climb Time – Our 24-foot portable rock climbing wall is a fun, safe way to bring the excitement and challenge of rock climbing to your party, picnic, festival or community



PHOTO BY BRIAN TEAGUE

activity. Great for kids, teens and adults. *Freetime* • 518-634-7185 • itsclimbtime.com

Community Energy – Community Energy was founded in 1999 to ignite the market and supply the demand for wind-generated electricity. We offer wind energy programs by National Grid and NYSEG. *Delmar* • 518-439-3771 • communityenergyinc.com



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List of Exhibitors continued

Cummings Advertising Art – Experienced graphic design and production professionals, we handle any project from creative concept through printing or any step in between. Brochures, catalogs, ads, newsletters, web sites and more! We are proud to be designing Adirondack Sports & Fitness magazine for eleven years. *Clifton Park • 518-406-5027 • cummingsadvertisingart.com*

Esperanto Restaurant – Great food – fast and fresh in downtown Saratoga since 1995. Burritos, quesadillas, pizza, Thai, Middle Eastern, vegetarian specialties, soups, salads, wraps and delicious finger foods made from scratch. *Saratoga Springs • 518-587-4236 • go2esperanto.com*

Firecracker 4 Road Race/Streaks Running Club – The fifth annual Firecracker 4 is a 4-mile road race through the historic streets of Saratoga Springs on July 4th with entertainment of the course, bands, food and fun for all. *Saratoga Springs • 518-316-4445 • firecracker4.com*

Freihofer's Run for Women/USATF Adirondack – We are the local association of the national governing body for track & field, long distance running and race walking, and the event managers of the Freihofer's Run for Women on June 4 in Albany. *Troy • 518-273-5552 • usatfadir.org*

The Gear Source – Downtown North Creek's source for killer deals on brands like Sierra Designs, OR, Mountain Hardware and much more. *North Creek • 518-251-2357 • thegearsourceline.com*

Gear-To-Go Tandems – We are New York's largest tandem bicycle dealer. We offer free test rides; teach you how to ride tandems, and help select the optimum tandem for your needs. We also run tandem bike tours. *Saranac Lake • 518-891-1869 • gigtandems.com*

Gore Mountain – Gore is Saratoga's home mountain offering 2,537' vertical, 13 lifts and an outstanding variety of terrain. Check our website for summer schedule for scenic

gondola rides, mountain biking and hiking. Season passes on sale! *North Creek • 518-251-2411 • goremountain.com*

Gore Mountain Region Chamber of Commerce – Promoting the four-season activities of the Gore Mountain region and the second annual Adirondack Adventure Fest on May 6-8. *North Creek • 518-251-2612 • gorechamber.com*

H2O Solutions – We offer glass and stainless steel water bottles, filtered water bottles and accessories. *Malta • 518-899-5555 • h2osolution.net*

High Peaks Cyclery & Mountain Adventures – High Peaks Cyclery is the Adirondacks four-season source for bicycling, triathlon, running cross-country and hiking sales, service and rentals – plus the Whiteface Mountain Bike Park and mountain biking at the Olympic Sports Complex. High Peaks Mountain Adventures Guide Service offers rock climbing, hiking, paddling and more for individuals, families and groups. *Lake Placid • 518-523-3764 • highpeakscyclery.com*

High Rock Sports & Fitness – Our top five reasons to join our club: cleanliness; awesome energy/recovery bar; helpful, friendly staff and trainers; new state of the art equipment, plus massages, childcare, fitness classes, free WiFi... and as a member of our premier club where you are a name, not a number. *Saratoga Springs • 518-584-5005 • hrsfitness.com*

Hooked Productions - Live the life you love – We offer inspired apparel for passionate living! *Newark Valley • 607-642-8949 • hookedproductions.com*

Hudson-Mohawk Road Runners Club – We are a not for profit running club in upstate New York holding over 30 events throughout the year. Open to runners of all ages, levels and abilities. Our Mohawk Hudson River Marathon & Half-Marathon is on Oct. 90. Come run with us! *Albany • 518-377-1836 • hmrrc.com*

Hudson River Rafting Company – We offer whitewater rafting trips on state rivers and sell all-season apparel. Book a rafting trip from Hudson River Rafting at the Summer Expo! *North Creek • 518-251-3215 • hudsonriverrafting.com*

Huff N Puff – Our home improvement business is the exclusive provider of Renewal by Anderson windows, Provia entry doors, gutter helmets, and Snaplock gutter systems. *Schenectady • 518-356-3026 • huffnpuffinc.com*

Town of Inlet – Information – Learn about events, outdoor activities and accommodations in the Inlet area and map out a great family outdoor experience in the Adirondacks. *Inlet • 315-357-5117 • inletny.com*

King Brothers Dairy – King Brothers Dairy is a home delivery service including milk, eggs, beef, juice and much more. We are your year-round farmers' market on wheels! *Schuylerville • 518-695-6455 • kingbrothersdairy.com*

Kitchen Craft – We display American-made kitchen accessories while performing a live cooking demonstration where we pass out samples of chicken and vegetable and other free gifts. *Mt. Dora, FL • 362-483-7600 • cookforlife.com*

Lake George Kayak Co. – A full service kayak, canoe, stand up paddle boards and small boat center located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where every day is demo day. Learn from experience. *Ours. Bolton Landing • 518-664-9366 • lakegeorgekayak.com*

Clothing, footwear and gear for every adventure – Patagonia, Horny Toad, Isis, Outdoor Research, Chaco, Keen and more. Not just kayaks. Great clothing. *Bolton Landing • 518-644-9366 • lakegeorgekayak.com*

Lake George Regional Chamber & CVB – The Lake George Region where adventures start here! With so much to see and do, the unexpected awaits. So get out and explore! The Centurion Cycling event will debut in June

2012. *Lake George • 518-668-5755 • lakegeorgechamber.com*

L.L.Bean – Since 1912, L.L. Bean, Inc. has been a trusted source for quality apparel, reliable outdoor equipment and expert advice. Join us for information on products as well as demonstrations. *Albany • 518-437-5460 • llbean.com*

Mohawk-Hudson Cycling Club – We are upstate New York's largest recreational bicycling organization. The club currently has 700 members – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. Our Saratoga Century Weekend is Sept. 10-11. *Albany • 518-466-1182 • webmhcc.org*

Mohawk Towpath Scenic Byway – The Mohawk Towpath Byway is a series of roads that follow the historic route of the Erie Canal between Schenectady and Waterford/Cohoes. Ask us about recreational opportunities and upcoming events. *Clifton Park • 518-371-7548 • mohawktowpath.org*

The Mountain Goat – The Mountain Goat is a four-season outfitter offering fine clothing and gear for running, trekking, camping and yoga. See us at the Summer Expo for a wide variety of outdoor performance and casual footwear. Our certified pedorthist will also be on hand offering foot and lower leg evaluations as well as digital imaging of the foot. *Manchester Center, Vt. • 802-362-5159 • mountaingoat.com*

My Fitness Recovery – My Fitness Recovery, featuring ChiRunning and Egoscue Postural Alignment services, is about reclaiming your body. We provide individualized, cutting edge personal training that meets you where you are and moves you to where you want to be. *Ludlow, Vt. • 802-259-3617 • myfitnessrecovery.com*

NYS Outdoor Guides Association – NYSOGA represents member licensed guides from every part of New York as well as several surrounding states. Members offer a wide variety of guided outdoor recreational activities to individuals, families and groups interested in exploring New York's great outdoors. *Lake Placid • 866-469-7642 • nysoga.org*

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Lake George • 518-793-5452
• boatsbygeorge.com

Pelican Cases/R.P. Luce & Company – Pelican-Hardigg is the world's leading manufacturer of plastic injection molded protective cases and advanced lighting systems. Our company designs, develops, and manufactures these products within the U.S. The high quality injection molded cases cushion and preserve delicate equipment against all the elements of the environment.
Northport • 631-754-5064 • rpluce.com

Protective Chiropractic – Dr. Nate Cintron will be doing digital structural spinal analysis screenings.
Clifton Park • 518-899-3131
• protectivechiropractic.com

Raptor Fest – Raptor Fest brings live birds of prey from North Country Wild Care to raise awareness of endangered and at-risk birds of the Washington County Grasslands Important Bird Area. Meet the owls, hawks and falcons up close and learn about the birds that depend on this unique IBA for their survival.
Fort Edward • 518-955-8301
• winterraptorfest.com

Regional Therapy Center/Saratoga Hospital – The Regional Therapy Center will have physical and occupational therapists on hand to demo some functional plyometric strengthening exercises.
Saratoga Springs • 518-583-8383 • saratogahospital.com

RUSEeN Reflective Apparel – We are a manufacturer of hi-visibility and reflective clothing and accessories for the individual who is involved in any outdoor activity and wants to be seen and not hurt.
Shillington, PA • 610-777-1288 • ruseen.com

Saratoga Photobooth Company – Looking for something different for your next event? We provide classic-style digital photobooth rentals for upstate New York and western New England – weddings, parties, promotions, corporate events, school events, and sporting events. Stop by the photobooth for a souvenir of the Summer Expo.
Saratoga Springs • 518-584-6473 • saratogaphotobooth.com

Saratoga Triathlon Club – We are multisport athletes residing in the greater Saratoga area. We have members from Ironman to newbies and strive to be all inclusive. We are hosts of the second annual Hudson Crossing Triathlon in Schuylerville on June 12.
Saratoga Springs • 518-420-7111
• saratogatriathlon.com

Silverleaf Resorts – We provide great vacation packages in the Berkshires.
South Lee, MA • 413-243-2148 • silverleafresorts.com

Skidmore Community Rowing – We're an adult recreational and competitive rowing program located at the Skidmore College boathouse on Fish Creek. The club provides rowing programs under the supervision of Coach Jim Tucci, the head coach of Skidmore College for 24 years.
Saratoga Springs • 518-221-8834 • skidmore.edu

SKYHIGH Adventures – We produce high-quality multi-sport Capital Region events including the SHAPE Youth Multi-Sport Camp in Averill Park, and the SKYHIGH Kids' Triathlon and XTERRA Off-Road Triathlon at Grafton Lakes State Park, as well as private coaching for youth and adults.
Averill Park • 518-674-0369 • skyhighadventures.com

Special Olympics New York – We will be promoting three exciting events – the 15th annual Silks & Satins 5K in July, the 2011 Lake George Polar Plunge and the 2011 Over the Edge events.
Schenectady • 518-388-0790
• specialolympicsny.org

Susan G. Komen Race for the Cure – Learn more about the Komen Race for the Cure on October 1, 2011 at the Empire State Plaza in Albany and how you can join the fight against breast cancer.
Albany • 518-250-5379
• komenneny.org

Team In Training/Leukemia & Lymphoma Society – Train with the team to run or walk a full or half marathon, cycle a century ride or complete a triathlon or endurance hike – and help save lives with every mile!
Albany • 518-438-3583 • teamintraining.org/ny

Tri-Sack – We will be selling running and triathlon accessories.
Livingston, TX • 508-212-4541 • coachdavetrisack.com

Tupper Lake Chamber of Commerce – We will be representing the businesses, organizations and residents of Tupper Lake, and the Tupper Lake Tinman Triathlon on June 25.
Tupper Lake • 518-359-3328
• tupper-lake.com

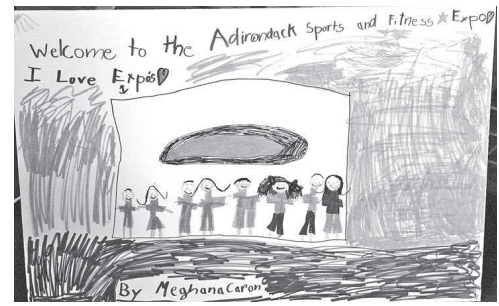
Vacation Village Resorts – We'll be displaying the beautiful vacation village Berkshires Resort.
Ft. Lauderdale, FL • 610-377-8223
• vacationvillageresorts.com

Warrior Run West Mountain – Take a three-mile run. Add mud, a wind tunnel, helicopter, obstacles, a rope wall, and ... fire – and you have the inaugural Warrior Run at West Mountain on June 18.
Queensbury • 518-852-3487 • warriorrunwestmt.com

Washington County Tourism – Hike, bike, float, soar and tour Washington County. We will be represented by Battenkill Battenkill Guide Service of Cambridge with guided fly fishing trips, drift boat and wade/walk trips (battenkillguides.com); Battenkill Valley Outdoors – Yoga Paddle Retreats of Cambridge (battenkillvalleyoutdoors.com); and Surya Polo Club of Greenwich (suryapolo.com).
Fort Edward • 518-222-7450
• washingtonnycounty.com

City of Watervliet Recreation Department – The city has worked very hard to increase its available recreational programming including the Arsenal City Run 5K Road Race in September; low profile docking along the Hudson River for non-motorized water sports; and the Watervliet Waterfront Farmers' Market.
Watervliet • 518-270-3800
• watervliet.com

Whiteface Business & Tourism Center – We'll be giving you all the info you need to GET CLOSE to the Whiteface Region and all you love!
Wilmington • 518-946-2255
• whitefaceregion.com



Whiteface Mountain Bike Park – We will be opening for the season from June 17 thru Columbus Day. Our Wilmington/Whiteface Bike Fest will take place on June 16-19 with bike race, demos, BBQs and more. At the Summer Expo, Sam Perkins of Lake Placid and Taylor Wright-Sanson will be performing mountain bike and unicycle trials/stunts.
Wilmington • 518-524-9805
• downhillmike.com

The Wild Center – This state-of-the-art museum is devoted to helping people discover the science that shapes and sustains the unique natural world of the Adirondacks.
Tupper Lake • 518-359-7800 • wildcenter.org

Wild River Press – Discover the Adirondacks – Meet Bill Ingersoll, author of the popular "Discover the Adirondacks" guidebooks, year-round Adirondack Sports & Fitness contributing writer, and attend his seminar on the Northville-Placid Trail at the expo.
Barnevelt • 315-272-5699 • hiketheadirondacks.com

YMCA Camp Chingachgook – Chingachgook is a premier summer camp offering resident camp, teen adventures, retreat programs and experiences that last a lifetime.
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PHOTO BY BRIAN TEAGUE



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North Creek • North River • Riparius

**Saturday, May 7 • After Giant Slalom
Chuck Severance Memorial Downriver Race
& River Guide Race from North River to North Creek**
*Free Entry! • Canoes, jackets and paddles
will be supplied (limited to 25 teams)*

**Saturday, May 7 • 11am
Novice & Giant Slalom & Sprint Races**
*Awards Celebration After races
At the Tannery Pond Community Center*

**Sunday, May 8 • 11am
Downriver Race • North Creek to Riparius**

Awards Celebration • After race at Riverside Station Park

www.whitewaterderby.com
Gore Mountain Region Chamber of Commerce
518-251-2612

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What is Cryosurgery?

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The Benefits

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- No post-op pain
- Quick recovery

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Dr. David Lambariski, Board Certified Podiatric Surgeon
Northeast Foot Care • Mohawk Medical Arts Bldg., Suite 106 • Amsterdam

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RUNNING & WALKING

Discover Your Inner Warrior

by Laura Clark

YOU'LL BE JUMPING THE FIRE AT WARRIOR RUN WEST MOUNTAIN. COURTESY OF WARRIOR RUN

As marathons have become commonplace and even ultras approach normalcy, relay races, with their complicated logistics and sleep deprivation, moved in to fill the novelty gap. Not so quietly, the latest trend, Warrior Dashes and Mud Runs, are challenging the obligatory summertime relay for bragging rights and everyman status.

While each battleground event has its own unique flair, all have certain elements in common. Even those that do not insert the word "warrior" feature obstacle courses reminiscent of basic training without the ammunition. Integral to all is MUD. Besides providing riveting photo ops, the basic man-made mud pit is truly evocative of the military experience.

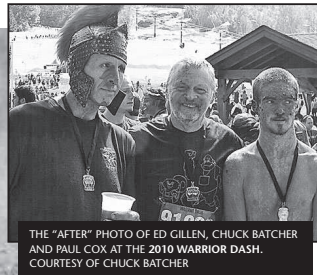
In his landmark treatise, *Mud: A Military History*, C.E. Wood, a former Marine, contends that mud has played a major battle role from Napoleon's defeat at Waterloo to horrific World War I trench quagmires to Hitler's disastrous Russian invasion. The military has even categorized types of mud:

random, bottomless, soft, adhesive and churning, to name a few choice words. You will encounter all these and more in any truly worthy warrior experience.

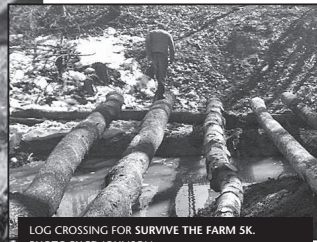
So what's in it for you, besides a good reason for a cold military-style shower? Put simply, bragging rights attained through a manageable running experience. While the cost can rival that of a marathon, the shorter distance covered affords accessibility to those teetering on the edge of the couch.

Now it's time to start. Picture columns of camouflaged soldiers poised on the battlefield. The first wave is released, then the next, on into the afternoon hours. This is not a small intimate affair but a calculated campaign. So as not to get lost in the m le, many combatants choose to form teams, either official or a pickup band of brothers.

The **Survive the Farm 5K Challenge** (survivefarm.com) on Saturday, May 28 in Easton takes this a step further by openly soliciting military teams with proceeds going to Operation Adopt a Soldier. So if you



THE "AFTER" PHOTO OF ED GILLEN, CHUCK BATCHELOR AND PAUL COX AT THE 2010 WARRIOR DASH. COURTESY OF CHUCK BATCHELOR



LOG CROSSING FOR SURVIVE THE FARM 5K. PHOTO BY ED JOHNSON

18 at West Mountain in Glens Falls, makes full use of typical ski slope terrain with snow machine manufactured winds approaching 35 miles-per-hour and a straight up sprint. The race also includes two helicopters, an extreme slide, 11 obstacles and fire. In a *Post-Star* interview, race director Steve Conklin emphasizes the everyman nature of his event, "There's going to be 30 people that are just diehard... and the rest are going to be doing the Macarena, skipping, wearing tutus." The following day there is a similar one-mile Family Father's Day Run for ages five and up. What better way to recruit future warriors?

A major component is a huge post-race celebration. Most feature barbecue and beer, but some like the **Tawasentha Mud Mania** (townofguilderland.org) on Saturday, June 18 at Tawasentha Park in Guilderland are alcohol free. This is a more family oriented event which also features an abbreviated kids' version as well as youth-oriented post-race activities.

Mary Whittredge of the Saratoga Stryders discovered her inner warrior at last year's **Warrior Dash** at Windham Mountain (warriordash.com), and states that while working on balance and upper body strength couldn't hurt, "...nothing was particularly challenging even without serious training." She feels, however that athletes must be prepared to embrace the mud. With the crowd cheering you on, "You don't really want to be the one gingerly walking through the mud pit trying to stay clean." If you're not aiming to win, she suggests you approach the event as a fun, no pressure way to challenge yourself. This year's dash is on Saturday-Sunday, August 13-14.

After your victory, make sure you photo document your grungy body with a full length shot, suitable for office framing, and proof of your warrior prowess. ▲

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

Warrior Run 5K RUN WEST MOUNTAIN

Saturday, June 18, 2011 • Waves: 10am-5pm

Take a 5K run, add 600-feet of elevation change and 11 obstacles: wind tunnel, fire, mud, water, slide, rope wall, planks and more
—The most intense warrior run in the country!

Register Now! WarriorRunWestMt.com

All day party with beer, BBQ, massage, tattoos, rock wall & helicopter rides
59 West Mountain Rd, Queensbury – 3 miles west of Northway Exit 18

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■ **LAKE PLACID LODGING** – On Main St for families and groups; walk to downtown, shuttle, lake. Four-bedroom house and separate bunk guide house. Guide service and trip planning available. (518) 523-3764. brian@highpeaksyclery.com.

■ **HOUSE FOR RENT** – 3 bedroom house with screened porch & deck available in the Adirondack foothills. Part of a vibrant inter-generational summer community with a lovely quiet lake and evening activities including dancing, films & talks. \$650/week (2 wk min); \$2400/month. Call: 617-738-4839.

■ **FEMALE RUNNER WANTED** – Looking for runner to join Saratoga-based women's team for Ragnar Relay New England, May 19-21, New Haven, CT to Boston. Contact Pam DelSignore: pamdel1@yahoo.com.

CLASSIFIEDS – Run your ad in next month's issue for \$.50/word, min. 30 words. Mail check with ad text for receipt by 25th of month.

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- Super friendly volunteers

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Marathon 2-Person Relay**
Full - 9am, September 25, 2011
Half - 10am, September 25, 2011
Schroon Lake, New York

Kids 1K Fun Run
Saturday 2pm, September 24, 2011
Schroon Lake, New York

5K & 10K Races
9:30am, September 24, 2011
Chestertown, New York

**Visit Our Website
adirondackmarathon.org**

For Info & Registration Form
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BICYCLING & MOUNTAIN BIKING



Why Do You Ride?



(FAR LEFT) FINISH LINE AT 2010 CENTURION CANADA. COURTESY OF CENTURION CYCLING

(LEFT) MOHAWK-HUDSON CYCLING CLUB RIDE IN BALLSTON LAKE. PHOTO BY BOB COHEN

(BELOW) START OF THE TOUR DE CURE IN SARATOGA SPRINGS. PHOTO BY BRENT PIERCE

There are as many reasons as there are riders by Dave Kraus

To see familiar people. To meet new people. To get away from people. To challenge your friends. To challenge yourself. To escape the challenges of everyday life. To get excited. To get relaxed. To get to where "it" is happening. To get away from where "it" is happening.

Chances are if you want to get away you don't need a lot of help to do that. But do you want to find something – knowledge, companionship, a new route, experience? The Capital Region has several great resources for that, with a brand new one about to arrive.

The Mohawk-Hudson Cycling Club is the best resource for any area rider who wants to make the most of cycling in this area. After starting in 1969 as the Mohawk-Hudson Wheelmen with 40 riders, MHCC has grown to over 800 members, and hosted almost 450 different rides in 2010. With a variety of different paced rides from novice and casual to tour and "quick" training rides for racers – or just those who enjoy the fitness challenge – the club definitely has something for everyone.

"Serotta Skip" Holmes is entering his third year as MHCC club president and is quick to point out the wide range of benefits to club membership. There are a number of club meetings annually and a monthly newsletter, the *BikeAbout*, which contains articles from club members, a road and mountain bike schedule, and advertising from local supporting bike shops, where flashing a membership card will result in a club discount.

Skip said he is proud of the wide range of different rides and experienced ride leaders, including the "novice" rides series begun in 2009 and led by club veterans. "It's designed to draw some people into the club who may have been intimidated by faster rides," Skip said. "They go at a really casual pace and have somebody there to be a mentor."

All club rides are open to non-members to come out and give it a try, but for liability

purposes, riders then need to join the club. Helmets are an absolute requirement and all riders must sign a release. The MHCC Century Weekend is Saturday-Sunday, Sept. 10-11 at Saratoga Spa State Park, with rides from 25 to 100 miles.

MHCC also has a comprehensive web site at webmhcc.org. Maintained by club web guru Frank Kelly, the site boasts a complete searchable ride calendar, news, member forums, photo galleries, and a cue sheet archive. Annual dues for MHCC are \$17, but Skip is quick to point out that it only takes a few purchases at local bike shops with the club discount to pay that back to members.

Another staple in the Capital Region is the annual *Tour de Cure* ride to benefit the American Diabetes Association. With over 1,600 riders last year and 2,000 expected this year, it's one of the best places to meet new people, challenge yourself with one of the longer routes, and raise money for a good cause all at the same time.

This year's ride is scheduled for Sunday, June 5, and is based out of Saratoga Springs High School. It will celebrate the event's 20th anniversary and an all-time high fundraising goal of \$1 million after raising \$800k last year.

Ride routes include distances of ten, 25, 50, 62.5 and 100 miles, as well as a three-hour spinning event at the high school. Support on the ride routes includes route marshals, sag vehicles, mechanical support, and fully stocked rest stops.

According to route planning committee member Brent Pierce, this year's offerings include a good mix of varying terrain with distances keyed to expected rider abilities. The ten-mile route stays mostly within Saratoga Spa State Park, flat and largely on bike trails. Other routes venture out onto area roads and the 62- and 100-mile odysseys head north to the Lake Luzerne area, southwest toward Ballston Spa, and include more rolling hills and climbing.

The registration fee is \$25 with a \$150 pledge minimum. Every rider gets a T-shirt on the day of the event and extra incentives are available.

If you have diabetes yourself and will be riding, you can also be a Red Rider. Designed to give those with diabetes a special recognition, these participants enjoy special recognition including a Red Rider jersey and T-shirt, and entrance to the VIP tent with food, beverages, and a massage therapist. To become a Red Rider contact team captain Larry Lowe at chefo33354@yahoo.com.

More information on the Tour de Cure and instructions for registering can be found at diabetes.org/saratogaspriestourdecure.

The new kid on the block in area group rides, *Centurion Cycling*, will have an introduction this season and the main event in 2012.

It's a big kid. Routes of varying lengths will be based out of Lake George, with options for racers and riders that combine a group ride for all abilities, a big city bike marathon, and the rural scenery of a European gran fondo ("big ride" in Italian) type event. There will be a hill climb challenge, a kids' ride, routes of 25, 50 and 100 miles, and an

expo. All riders will have timing chips and full mechanical, sag, and medical support will be available, with portions of the longer rides on roads closed for the event. It's designed to offer something for everyone no matter what speed you ride at.

Centurion Cycling is the brainchild of Graham Fraser, who developed the Ironman triathlon series into a big name event. This latest venture brings the same large scale participation to a series of national locales, which started with Middleton, Wisconsin, and The Blue Mountains, Ontario in 2010, and now is coming to the village of Lake George on Friday-Sunday, June 22-24, 2012.

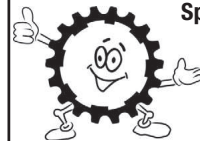
Centurion is having a preview ride on the Lake George 50-mile course on Sunday, June 26 of this year. Local retailers, bike club officers, ride leaders and avid riders, who would be interested in being ambassadors for the event, are encouraged to contact the organization at info@centurioncycling.com.

For riders looking for details on all the Centurion Cycling events, full descriptions are available at centurioncycling.com.

To learn more about MHCC and these cycling events, visit their booths at the *Adirondack Sports & Fitness Summer Expo* on April 16-17. ▲

Dave Kraus is a longtime area cyclist, photographer, writer and AFAA/ISFTA certified personal trainer. Contact him at dbkraus@earthlink.net.

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Early registration & team discounts!

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3/12 Runtin' Green • 4/10 Delmar Dash 5M
4/30 Bill Robinson 10K • 5/30 GF Memorial Mile
6/11 Kinderhook OK 5K • 6/26 Adk Distance 10M
9/18 Dunkin' Donuts 5K • 9/23 Arsenal City 5K
9/25 Falling Leaves 14K • 10/9 MHR Marathon or
Half Marathon • 11/13 Stockade-athon 15K
11/24 Troy Turkey Trot 10K

Top six male/female in each category:
\$5,200 cash prizes plus merchandise

Open to 2011 USATF Adirondack members
More info: usatfadir.org
Sponsored by Fleet Feet Sports Albany
& Hudson-Mohawk Road Runners Club

2ND ANNUAL
Jog for
Jugs

Half-Marathon & 5K Run

Saturday, May 7 • 9am

Duanesburg Town Park, Duanesburg

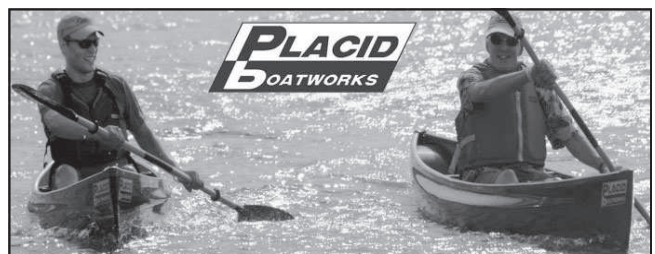
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Register: areep.com

Info: powerhouseathleticsny.com

Jessica Mitchell: (518) 229-5611

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RACE RESULTS

28TH ANNUAL LAKE PLACID LOPPET CROSS-COUNTRY SKI RACES

February 6, 2010 • Olympic Sports Complex, Lake Placid

Overall Top Three, Age Group Winners & Regional Finishers

MEN 25K CLASSIC

OVERALL			
1 SAMLER Tyler/25-29	Waterbury Center, VT	1:23:59	
2 ROSE Chris/40-44	Peru	1:32:26	
3 WRIGHT Stephen/45-49	Waterbury Center, VT	1:34:02	
AGE GROUP: 13-17			
1 GREEN BECK Evan	Saranac Lake	1:45:18	
2 LOVE Hyelem	Lake Placid	2:21:26	
3 TASHMAN Zack	Lake Placid	2:32:09	
AGE GROUP: 18-24			
1 POLLOCK Daniel	Queensbury	1:51:45	
AGE GROUP: 25-29			
1 KOGUT Keith	Tupper Lake	1:34:03	
2 MOCHOLK Kyle	Lake Placid	2:05:27	
3 MARTIN William	Saranac Lake	3:17:08	
AGE GROUP: 30-34			
1 ERENSTON Jeff	Lake Placid	1:34:52	
AGE GROUP: 35-39			
1 DARLING Kyle	Williston, VT	1:48:34	
2 BYRNE Brian	Saratoga Springs	1:56:41	
7 KOSTOS Christopher	Wilmington	2:09:27	
8 PRAZILROB Rob	Wilmington	2:12:52	
9 THOMASIE Dylan	Northville	2:16:14	
10 MAULET Matt	Balston Spa	2:18:14	
AGE GROUP: 40-44			
1 WHITE Mark	Burlington, VT	1:40:22	
5 RUTISHAUSER Richard	Whitesboro	2:33:41	
AGE GROUP: 45-49			
1 MORRISSEY Dave	Queensbury	1:42:40	
2 DADJEKIAN Robert	Niskayuna	1:45:24	
3 OERLEMANS Onno	Clinton	1:48:48	
5 FERRE Patrick	Austerlitz	1:57:31	
6 WINT Randy	Lake Placid	1:59:39	
10 JUBIN Ken	Lake Placid	2:26:55	
11 HUNSTON Jim	Queensbury	2:32:12	
12 TRACHTER Paul	New Paltz	2:53:41	
14 BICKEL Oliver	Plattsburgh	3:04:26	
AGE GROUP: 50-54			
1 MICKIBEN Bill	Ripton, VT	1:40:05	
4 BAYNE Todd	Clinton	1:55:02	
5 KAHN Jason	Spencertown	1:57:30	
7 SANTOR Gordy	Plattsburgh	2:09:05	
9 BATTISTI Michael	Jay	2:12:04	
11 FORD Chris	Peru	2:20:01	
13 DOAN John	Lake Placid	2:47:44	
AGE GROUP: 55-59			
1 OSBORNE Samuel	Burlington, VT	1:54:45	
2 DAVIS Peter	Keene	1:55:25	
3 CRAWFORD John	Queensbury	1:55:43	
4 BURT David	Queensbury	1:56:13	
5 LARSON Daniel	Queensbury	2:06:02	
6 BILLINGSLEY Chas	Lake Clear	2:26:41	
7 HOCHSCHARTNER David	Saranac Lake	2:26:46	
9 SHAPIRO Richard	Saranac Lake	2:37:12	
11 SALT Jeffrey	New Paltz	2:56:19	
12 PLOOF David	Lake Placid	3:11:01	
AGE GROUP: 60-64			
1 DAVIS Peter	Underhill, VT	1:37:34	
2 BEATIE Chris	Lake Placid	1:47:45	
3 HUNTER David	Lake Placid	1:52:25	
4 KEATS Roy	Schenectady	1:55:00	
5 COLLINS Lenny	Valatie	1:59:41	
8 BURKE Tim	Essex	2:13:31	
9 SOREL Michael	Lake Placid	2:28:49	
AGE GROUP: 65-69			
1 HENRY Roger	Rexford	2:07:56	
2 DEVLIN Mike	Lake Placid	2:18:42	
3 CLARKE Rene	Queensbury	2:19:39	
5 VOIGT Arthur	Jay	3:21:43	
AGE GROUP: 70-PLUS			
1 KARIG Dan	Ithaca	1:54:45	
2 KLAUCK Ken	Lake Placid	3:37:54	

WOMEN 25K CLASSIC

OVERALL			
1 COOK Annelies/25-29	Saranac Lake	1:29:51	
2 CRAWFORD Anna/18-24	Gainey, QC	1:35:51	
3 FINDLAY Jane/55-59	Lake Placid	1:49:12	
AGE GROUP: 13-17			
1 RUNYON Hannah	Lake Placid	2:26:44	
2 HOCHSCHARTNER Lucy	Lake Placid	2:26:45	
3 BREWER Anna	Lake Placid	2:44:39	
4 FLORES Andrea	Lake Placid	2:47:38	
AGE GROUP: 18-24			
1 DOMAS Kirsten	Saranac Lake	2:20:12	
AGE GROUP: 30-34			
1 VANDORIN Rosanne	Saranac Lake	1:49:24	
3 KAHKONEN Erika	Lake Placid	2:09:09	
4 GALVIN Sarah	Lake Placid	2:18:45	
5 JORDAN Elizabeth	Lake Placid	2:32:10	
6 THOLEN Katherine	Lake Placid	2:58:00	
AGE GROUP: 35-39			
1 VANDORIN Rosanne	Lake Placid	1:50:47	
5 WEBEL Jen	Lake Placid	2:31:14	
7 ACEY Angela	Utica	4:13:37	
AGE GROUP: 40-44			
1 GALARNEAU Marie-Helene	Lachine, QC	1:56:06	
AGE GROUP: 45-49			
1 BAILEY Nancy	Jordan	1:55:19	
3 KORZENICKI Lisa	Lake Placid	2:03:54	
6 ARMSTRONG Karen	Lake Placid	2:30:33	
7 TRACHTER Elizabeth	New Paltz	2:38:28	
8 DANIELS Laura	Keene Valley	2:39:50	
11 GELBER Beth	Saratoga Springs	3:00:12	
12 BERNSTEIN Marcy	New Paltz	3:16:26	
14 PANE Lori	Jay	3:55:53	
AGE GROUP: 50-54			
1 O'LEARY-LASKEY Maureen	Saratoga Springs	2:04:34	
3 DELANEY Karen	Lake Placid	2:06:35	
6 IZZO Sandra	Lake Placid	2:15:09	
7 PEREGRIN Dorine	Lake Placid	2:24:12	
AGE GROUP: 55-59			
1 WILTBERGER Peggy	Saranac Lake	2:09:26	
4 FORCIER Alana	Westport	2:41:09	
5 ELLIS Lindy	Saranac Lake	2:41:13	
6 BATTAGLIA Nancie	Lake Placid	2:50:12	
AGE GROUP: 60-64			
1 DAVIS Nancy	Underhill, VT	2:07:35	
2 BURKE Mary	Jay	2:43:44	
3 VOIGT Paula	Jay	3:13:37	
AGE GROUP: 65-69			
1 TURBEK Joan	Jay	3:26:58	
MEN 25K FREESTYLE			
OVERALL			
1 ROBERTS Wynn/18-24	Lake Placid	1:11:24	
2 COOK Matthew/30-34	Saranac Lake	1:17:09	
3 OHLING Eric/35-39	Shelburne, VT	1:18:22	
AGE GROUP: 13-17			
1 TOUT Jaden	Carleton Place, ON	1:41:40	
AGE GROUP: 18-24			
1 DELANEY Matt	Lake Placid	1:19:54	
2 SANTON Jon	Plattsburgh	1:21:59	
4 MESSAK Michael	Mayfield	2:09:04	
5 SCHMITT Ryan	Peru	2:22:10	
AGE GROUP: 25-29			
1 LEGGETT Tristan	Huntington, VT	1:25:39	
4 YOUNG Matt	Lake Placid	1:33:11	
AGE GROUP: 30-34			
1 FRAZER Bill	Lake Placid	1:22:18	
3 BURKE Sean	Saranac Lake	1:28:43	
AGE GROUP: 35-39			
1 DORE Patrice	Gainey, QC	1:22:39	
2 ALBER Keith	Clifton Park	1:44:37	

28TH ANNUAL LAKE PLACID LOPPET CROSS-COUNTRY SKI RACES continued

AGE GROUP: 40-44			
1 KOBAK Jim	Peru	1:25:45	
4 LIS Edward	Lake Placid	1:31:59	
15 DOBERT Martin	Bolton Landing	2:04:03	
16 EBBING Dennis	Lake Katrine	2:10:27	
AGE GROUP: 45-49			
1 LABRIE Michel	Montreal, QC	1:20:09	
7 WEAVER Tim	Lake Placid	1:44:52	
11 LAKSEN Dane	Plattsburgh	1:59:18	
13 WALKER Jim	Elizabethtown	2:03:31	
AGE GROUP: 50-54			
1 BANNER Geoff	Georgetown, ON	1:21:54	
3 MOLES Peter	Lake Placid	1:36:40	
5 PARKIN Mike	Blossvale	1:41:16	
7 GREY Kenneth	Saratoga Springs	1:52:56	
8 DENNIN Grey	Lake Placid	2:07:48	
10 HART Brian	Saranac Lake	2:19:12	
12 GREENE Ajax	Gardiner	2:44:30	
AGE GROUP: 55-59			
1 NIRMEGH Dhyun	Huntington, VT	1:27:27	
5 LEONARD Timothy	New Hartford	2:19:26	
6 CAL Glen	Albany	2:23:27	
AGE GROUP: 60-64			
1 BANKS Murray	Underhill, VT	1:23:26	
4 BURKE Jack	Paul Smiths	1:52:30	
5 SHORT Steve	Lake Placid	1:54:48	
7 KLUMATSKI Andrew	Scotia	2:00:01	
10 DIXON Richard	Mayfield	2:27:51	
AGE GROUP: 65-69			
1 ARCHER Colin	Nepean, ON	2:06:30	
2 FEDERMAN Jay	Saranac Lake	2:09:01	
3 TURBEK Stephen	Jay	2:29:44	
AGE GROUP: 70-PLUS			
1 DAVIS Alec	Balston Lake	2:16:44	

AGE GROUP: 30-34			
1 YARSEVICH Christopher	Saratoga Springs	3:14:54	
2 STECKLER Dave	Lake Placid	3:22:49	
AGE GROUP: 35-39			
1 RODRIGUE Sebastian	Montreal, QC	4:30:55	
2 LANPAIN Wes	Saranac	4:36:05	
AGE GROUP: 40-44			
1 WHITE Brian	Plattsburgh	4:58:10	
AGE GROUP: 45-49			
1 MALIKOWSKI Tony	Hoosick Falls	3:45:12	
2 SHERIDAN Mike	Lake Placid	4:19:41	
AGE GROUP: 50-54			
1 HUNECK Tim	Rexford	3:28:10	
3 BAILEY Steven	Morrisville	3:54:09	
5 DUNAWAY Fred	Constable	4:49:43	
AGE GROUP: 55-59			
1 DELANEY Brian	Lake Placid	3:40:56	
2 FRANZON Olof	Plattsburgh	4:48:16	
AGE GROUP: 60-64			
1 REMSEN Kenneth	Bolton, VT	3:21:40	
3 ERENSTON Richard	Lake Placid	4:09:05	
4 WOLSKI Tom	Cambridge	4:18:08	
AGE GROUP: 65-69			
1 MERZENIAN Anatoly	Brooklyn	3:47:23	
2 TORNIANEN Matti	Gloversville	4:30:03	
AGE GROUP: 70-PLUS			
1 LAPORT Vic	Clarksburg, MA	4:23:29	

WOMEN 50K CLASSIC			
OVERALL			
1 GERSTENBERGER Lisa/25-29	Ithaca	4:44:04	
2 POSI Ursula/50-54	Conway, MA	5:07:09	
3 ANTES Lucile/50-54	Conway, MA	5:08:49	
MEN 50K FREESTYLE			
OVERALL			
1 DOUGLAS Robert	Honeoye Falls	2:26:44	
2 HOLLENBACH Jason	Winooski, VT	2:33:57	
3 HETTENBAUGH Jason	Honeoye Falls	2:39:25	
AGE GROUP: 25-29			
1 DAY Chad	Pittsford	2:50:14	
3 KVAM David	Glens Falls	2:51:30	
AGE GROUP: 30-34			
1 CAHILL David	Norwich, VT	2:43:18	
AGE GROUP: 35-39			
1 UNDERWOOD Nathan	Chelsea, QC	2:41:54	
2 TORNIANEN Matthew	Fultonville	2:58:53	
AGE GROUP: 40-44			
1 TOLOMCIZENKO Paul	Mississauga, ON	2:41:55	
2 WYNN Mike	Queensbury	2:45:38	
6 HERPOLETTE John	New Paltz	3:51:47	
AGE GROUP: 45-49			
1 HER David	Canaan, VT	2:43:03	
3 HATCH Stanley	Cadyville	2:56:47	
AGE GROUP: 50-54			
1 BERGER Mark	Stouffville, ON	2:53:59	
6 CHMIELEWICZ Mark	Clinton	3:29:32	
8 CHEWRA Yuri	Lake Placid	3:58:39	
AGE GROUP: 55-59			
1 DYON Mike	King City, ON	2:40:27	
AGE GROUP: 60-64			
1 QUIGLEY Robert	Cumtongue, MA	3:01:28	
AGE GROUP: 65-69			
1 KRUEGER Frank	Jay	4:14:05	
WOMEN 50K FREESTYLE			
OVERALL			
1 JOSPE Alexandra/25-29	Newtown, MA	3:02:21	
2 SNYDER Jessica/25-29	Rochester	3:02:24	
3 LAMPI Allison/30-34	Chelsea, QC	3:33:18	
AGE GROUP: 30-34			
1 SAINT GERMAIN Janet	Norwich, VT	4:04:28	

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Table with columns for gender/age group, rank, name, and time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 14 & UNDER, etc.

HURTATHON CROSS-COUNTRY SKI RACE
February 13, 2011 • Queensbury Elementary School, Queensbury

Table with columns for gender/age group, rank, name, and time. Includes categories like 10K CONTINUOUS PURSUIT RACE, MALE OVERALL, FEMALE OVERALL, etc.

GORE MOUNTAIN TELEMARX SKI RACE
February 20, 2011 • Gore Mountain, North Creek

Table with columns for gender/age group, rank, name, and time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 30 - 39, etc.

38TH HMRC WINTER MARATHON & 25TH 3-PERSON RELAY
February 20, 2011 • University at Albany, Albany

Table with columns for gender/age group, rank, name, and time. Includes categories like MARATHON - 26.2 MILES, 3-PERSON MARATHON RELAY - 9.25/7.1/3.1 MILES, etc.

7TH ANNUAL "LOVE TO TRI!" INDOOR TRIATHLON
February 13, 2011 • Southern Saratoga YMCA, Clifton Park

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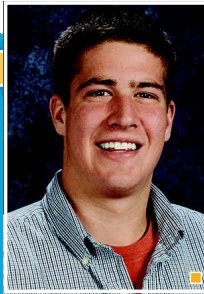
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RUNNING AND WALKING

Sean's Run

A RACE THAT CHANGES LIVES by Julie Keating



After a tough, icy winter running season that has tested the endurance of many, runners in Columbia County and all over the Capital Region are enjoying the milder conditions in the early spring, and looking forward to the race that has become its highlight, Sean's Run in Chatham.

The 5K race will be celebrating its 10th anniversary this year on Sunday, May 1, but over the years the run has expanded into a two-day affair with multiple events. Saturday, April 30 starts with packet pickup and registration at the Chatham High School from 2-4pm, and Sea Jem's Super Saturday Run for Special Needs Kids at 3pm. The festivities begin on Sunday at 10am with a Prevention Education Expo, and include the World Championship Battle of the Seat Belts at 12noon, Meghan's Mile youth race at 12:30pm, and the 5K Run and Community Walk at 1pm.

A 5K race is usually a quick and lighthearted competition, with the relatively short distance giving the runners the opportunity to go "all out" and work on their speed. But, of course, Sean's Run is much more than this. It's a time to commemorate Sean French, the young man and talented runner, who lost his life on January 1, 2002 at the age of 17 as a passenger in a drunken driving car crash. Another passenger, 17-year-old Ian Moore, suffered paralyzing injuries. Neither was using seat belts. The driver, also 17, had been arrested for drunken driving 18 days prior to the fatal crash.

Sean was involved in cross-country and track and field events in the Chatham Central School District, and he is well-known for running a mile in 4:18 as a sophomore in the Section II State Meet qualifying race in 2001, unusual for such a young runner, and that time is on everyone's race bib at Sean's Run.

In the midst of their grief, Sean's family, friends, and schoolmates found many opportunities for positive change. Sean's Law was enacted, requiring the immediate suspension of license upon the arrest of a 16- or 17-year-old on drunken driving charges. In its first nine years, Sean's Run has raised and given away \$138,050 to support youth programs and scholarships. Youth groups from around the region use Sean's Run grants to combat underage drinking and encourage teenagers to always wear seatbelts.

College scholarships have been awarded to 68 high school seniors.

Among all the other races that populate the calendar, Sean's Run is a must. When the merits of various races are discussed, and runners decide which races they will compete in, "We have to do Sean's Run!" is a common statement. In addition to the strong messages behind the race, the run is very fun. The course includes two turnarounds that give participants the chance to see and cheer on other runners that are in front or behind them, a hill that can take your breath away, and extensive post race refreshments.

The race is ideal for a family with children that could use some education on the dangers of alcohol. Sean's Run is also an occasion for homecoming, with many of the participants that grew up in the area, but moved away in adulthood, choosing the Sean's Run weekend as the time to return. Last year, I was reunited with a high school friend, James Hogan, who now lives in Brooklyn. On New Years Day 2010 he decided to start running, with Sean's Run chosen for his first race. I have never seen James more joyful as he ran the race alongside some of his oldest and dearest friends.

Sean French's family running tradition continues. Many of Sean's family members run and walk in the race and serve on the board of directors. His cousin Matthew Forsys of New York City, the Sean's Run course record holder with a time of 15:18, just qualified for the marathon Olympic trials in January 2012. Matthew did this by running a 1:04:56 at the NYC Half-Marathon in March.

So many of us have had our lives affected by alcohol abuse. But it is our decision to either despair, or learn and grow from hardship and tragedy. Sean's Run is a wonderful example of how one life ended much too quickly has touched and helped improve the lives of thousands. ▲

Julie Keating (julie.keating@gmail.com) has been a runner for 12 years. She and her husband live in Kinderhook, and she works in finance at NYS Dept. of Labor. Julie is a member of the Kinderhook Runners Club who enjoys writing and staying in motion.



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HIKING & BACKPACKING

Northville-Placid Trail

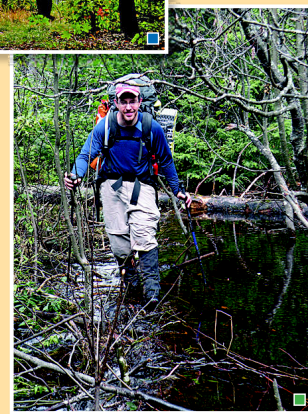
PART TWO: Piseco to Wakely Dam

by Bill Ingersoll



■ CEDAR LAKES TENT SITE.
■ VIEW FROM THE SHORE OF CEDAR RIVER FLOW.
■ WADING THROUGH THE MUD CREEK CROSSING.

PHOTOS BY BILL INGERSOLL



This year, I want to describe the longest trail in the Adirondacks: the Northville-Placid Trail. This will be a five-part series that breaks this 120-mile hiking route into manageable sections. Last September, I completed the trail in 14 days with a friend and my dog Lexie. We considered this a somewhat relaxed pace that allowed us opportunities to enjoy some of the wild places we passed.

The Northville-Placid Trail (or NPT for short) is a wilderness footpath. Some of the more accessible portions are very clear and well maintained, but many of the remoter portions can be challenging. By all means, if you are new to hiking and backpacking you will want to gain experience on other trails first, but for anyone willing to accept these challenges the NPT offers an exceptional adventure through the heart of the Adirondack Park.

The second section of the trail, from Piseco to Wakely Dam, is one of my favorites. Welcome to the West Canada Lake Wilderness, a region of remote lakes and tangled forests. I recommend a minimum of three days to do this section justice, although on my through-hike we allotted nearly five days.

GETTING THERE

From NY Route 8 in Piseco, diagonally across from the Piseco School, turn onto Piseco Road (CR 24). Follow it for 2.2 miles past the airport and post office to Haskell Road, a right turn. This road dead-ends at 0.8-mile at the Cold Stream trailhead, with a public parking area located just before the bridge.

THE TRAIL

Beginning from the trailhead parking area, which is mile 25.0 of the NPT, follow the continuing unpaved road to the register station. The foot trail begins on the level, skirting the foot of the mountains before hooking left,

west, to begin a brief climb into the higher country. At 29.3 miles (4.3 from the trailhead) you reach Fall Stream. There is a proposal to build a lean-to here, but for the moment backpackers make do with tent areas on either side of the trail.

You have to step across the stream on rocks, which can be an issue in times of high water. The terrain becomes quite hilly – both up and down – as you continue toward the headwaters of the Jessup River, skirting several wetlands along the way. When you reach the river at 31.8 miles it is little bigger than a creek, but there is no bridge here either. Just across the creek, look for a tent site on the right.

Just 0.6-mile later, at 32.4 miles, you reach a junction with the trail from the Jessup River Road trailhead on the right. The next couple miles can be quite muddy, even in dry summers, as you follow the well-traveled trail to Spruce Lake. The first lean-to is located to the left of the trail at 34.3 miles. Spruce Lake #2 and #3 are located at the end of short spur trails at 35.0 and 35.2 miles, respectively. The first shelter does not face the lake. Lean-To #2 has great views but is in poor physical shape; Lean-To #3 has a low ceiling.

The next 4.2 miles are one of the remotest portions of the NPT, traveled almost exclusively by prospective end-to-enders. The terrain is hilly, frequently muddy, and very wild. At 37.7 miles you reach a log bridge over a scenic stream, with a cascade below to your left and an open wetland to your right. This is the outlet of Sampson Bog. You encounter several other streams, as well as a set of old corduroy on an inclined slope, before reaching the west end of the French Louie Trail at 39.3 miles. (A right turn here would lead to Sampson and Pillsbury lakes.) A moment later, the NPT arrives at a substantial bridge over the outlet of Mud Lake. This spot is rec-

ognized as the start of the West Canada Creek. There is a good lean-to just ahead on top of a knoll at 39.4 miles.

You are now in the heart of the West Canadas! At 39.8 miles a side trail leads left to the prized South Lake Lean-To. This spot is highly scenic, but it can also be exposed to inclement weather. As the NPT approaches the shore of the lake, don't bother looking for dry ground – recent beaver activity has assured there won't be any. A long wooden bridge carries hikers across South Lake's outlet – with scenic results – but both ends are quite wet.

At 40.4 miles you reach the spur trail to West Lake Lean-To #1, which is also close to the water but exposed to headwinds. The NPT reaches a key junction at mile 40.5. Here you'll find a large clearing with a signpost and a register box. The trail turns right here and immediately leaves the lake, but if time permits you should definitely check out the remains of French Louie's half-finished fire-place at the far end of the meadow. A narrow path leads through the balsams to a good view of West Lake.

Leaving the clearing, the NPT makes a winding detour around a large wetland, with a rock-hop crossing of West Lake's outlet. You pass close to Mud Lake, the shallowest of the West Canadas, at 41.3 miles. This lake's primary inlet, Mud Creek, presented a formidable obstacle when we passed through (mile 42.6). The bridge was washed out, so you may need to seek out a nearby beaver dam to get across without wading.

At 44.2 miles you reach the side trail that leads 0.4-mile to Cedar Lakes Lean-To #3, but vandals have ensured that the sign is almost always missing and that the trail to this attractive shelter is hard to spot. Just 0.2-mile later is the tent site located on a narrow bay, distinguished by the metal rim of a wagon

wheel encircling the fire ring. The next lean-to comes at 46.3 miles, just before the bridge over Beaver Lake's outlet.

After passing the little-used trail to Lost Pond, you arrive at the Cedar Lakes Lean-To #1 at 47.1 miles, located in a clearing. After passing the foundations of an old ranger station, you pass the deteriorating dam and the trail to Pillsbury Mountain at 47.3 miles.

For the next several miles the trail is parallel to the Cedar River, although you will only occasionally see it. There are a few vexing hills early in this section, but after reaching a height-of-land on the shoulder of Lamphere Ridge the trail becomes quite pleasant for walking. At 52.3 miles a side trail leads right to the Carry Lean-To, a popular shelter on the Cedar River. The NPT becomes more road-like as it continues northward. There is a scenic tent site at mile 54.7 on the shore of the Cedar River Flow, and at 55.8 miles – 30.8 miles from Piseco – you reach a trailhead on the road through the Moose River Plains. Through-hikers follow this road right for 1.3 miles to Wakely Dam (mile 57.1), located on Cedar River Road, where next month I will pick up for part three of this series: Stephens Pond and Lake Durant. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the West Central Adirondacks.

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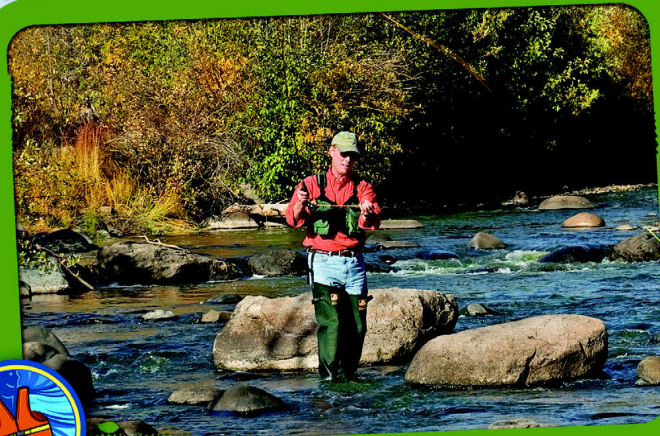
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