

ADIRONDACK

SPORTS & FITNESS

FREE!
20,000 CIRCULATION

CAPITAL REGION • SARATOGA • GLENS FALLS • ADIRONDACKS

MAY
2011



▲ WOMEN'S SWIM WAVE IN CHAMPLAIN CANAL AT THE 2010 HUDSON CROSSING TRIATHLON IN SCHUYLERVILLE. PHOTO BY KRISTEN HISLOP
▲ SANDY CRALL OF CLIFTON PARK NEARING THE FINISH AT THE 2008 CRYSTAL LAKE TRIATHLON IN AVERILL PARK. COURTESY OF CAPITAL DISTRICT TRIATHLON CLUB
▲ PAUL FRONHOFFER OF ARGYLE CRUISES OUT OF T1 DURING THE 2010 LAKE GEORGE TRIATHLON. PHOTO BY MIKE SYLVIA

Visit Us on the Web!
AdkSports.com
Facebook.com/AdirondackSports

CONTENTS

ARTICLES & FEATURES

- 1 **Triathlon & Duathlon**
So Many Triathlons, So Little Time!
- 3 **Bicycling**
Bike Month Safety Tips
- 11 **Kayaking & Canoeing**
Get Ready for Paddling
- 12 **Hiking & Backpacking**
Northville Placid Trail, Part Three: Wakely Dam to Lake Durant
- 13 **Running & Walking**
Races with a Festival Atmosphere!
- 15 **Mountain Biking**
Dirt Racing Season
- 16 **Around the Region News Briefs**
- 16 **From the Publisher & Editor**
- 17 **The Non-Medicated Life**
Learning How to Change to Healthier Habits, Part One
- 23 **Health & Fitness**
Train Like a Firefighter
- 4-9 **CALENDAR OF EVENTS**
300-Plus Events in May thru July!
- 18-21 **RACE RESULTS**
Top Finishers in Ten Events!

So Many Triathlons, So Little Time!

by Christine McKnight

That's increasingly the lament of some triathletes these days as the number of triathlons being staged in the region has risen sharply in the last decade.

It's a good dilemma. Triathletes from the Capital-Adirondack Region typically used to have to travel 50 to 100 miles or more to find a race. Not any more. At least five new triathlons and duathlons have sprung up on the area's multisport calendar in the last few years, and a new half-Iron event will be contested for the first time in September at Lake George.

The races offer something for every competitor, from newbies to seasoned veterans. What sets them apart is their hometown flavor, dedicated volunteers and broad support from local communities and businesses.

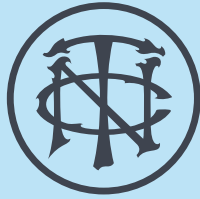
"I love competing locally," says Steve Becker, a 44-year-old Niskayuna businessman who has completed at least 50 triathlons and duathlons, including the Ironman. "It's a huge, huge logistical consideration that makes life so much easier." When he started competing eight years ago, he says, "there were so few local races then." Now, it's a different story, and like other triathletes, Steve welcomes the new events.

Lake George Triathlon Festival, Sept. 3-4 – Headlining the list is the bigger and better *Lake George Triathlon Festival*, featuring the sixth annual *Lake George Triathlon*, Olympic distance on Sept. 3, and the first annual *Big George Triathlon*, half-Iron distance on Sept. 4. Plus, a *Big George Aquabike* (1.2-mile swim, 56-mile bike) race on Sept. 4. The expanded format makes Lake George the triathlon capital of the Northeast over Labor Day weekend. Organizers expect upwards of 1,000 triathletes, along with their families and friends, to descend on Battlefield Park on the shores of one of America's most beautiful lakes. The Big George is at the top of Steve's 2011 local race calendar.

"We knew we had a good race going with the Lake George Triathlon, which has sold out for the last three years," said Randy Rath, who played a key role in launching the event as a volunteer member of the Adirondack Triathlon Club. "We have an absolutely fantastic venue, a challenging course at a fair price, and we just thought it was time to create more of a destination event." He said the triathlons will be the centerpiece of the weekend, but added, "Lake George is a resort area that offers so many other attractions – restaurants, hotels, cruising on Lake George, for instance – and we are hoping people will take advantage of it."

Randy, a veteran himself of three Lake Placid Ironman races, remains the race director this year, but in a new capacity. He and four triathlon friends, Paul Bricoccoli, Paul Fronhofer, Ted Wilson and Jim Fox, recently created Adirondack Race Management, to oversee the race under a contract with the Adirondack Triathlon Club. There will also be a Kids' Splash-n-Dash on Sept. 3. Visit: lgrfestival.com.

Cooperstown Triathlon, May 29 – The inaugural Cooperstown Triathlon, sponsored by the Otesaga Hotel, promises to become an instant classic. Like the Lake George races, this sprint offers a historic resort setting on the shores of a spectacular body of water, Otsego Lake. Triathletes will start the 800-meter swim off the hotel dock, then dash up a flight of stairs to a grassy transition area. Organizers are promising a scenic bike (11.6 miles) and run (3 miles), with a "lot of ups, downs, twists and turns." Alert: late May water temperatures are typically 60-65. If the water is too cold, the triathlon could become a duathlon. Visit: atcendurance.com.



NORTH COUNTRY TRIATHLON

CELEBRATING
OUR FIFTH YEAR!



REGISTER
NOW!

Start your season
off right with the
best race in the region.

NORTH COUNTRY TRIATHLON LAKE GEORGE HAGUE, NY JUNE 25, 2011

WWW.NORTHCOUNTRYTRI.COM



BICYCLING

Safety Tips

MAY is Bike Month

by Dave Kraus

It's a cycling jungle out there. It's sobering to add up all the hazards that cyclists out on the road face. Everything from potholes to nails, the ubiquitous broken glass, and all manner of road debris from boards and spilled oil to half decayed road kill.

And don't forget your fellow cyclists. Riding in a pack with less experienced riders can be just as dangerous as pedaling down the shoulder of the Northway on a unicycle.

Then there's the intimidating math to consider about the other vehicles you share the road with. You and your bike together weigh several hundred pounds. Vehicles weigh several thousand pounds on up. There's no doubt the vehicle is going to win if you come in contact with one of them.

Road cycling today can be a risky adventure. But it's also a sport where the voice of experience speaks loudly. Fortunately, the Capital-Adirondack Region is lucky enough to have a number of cyclists who have a wealth of knowledge they are willing to share.

Even though he's only 47, Andy Ruiz has been riding and racing for 27 years and in that time has put in over 250,000 miles. Yes, you read that right, he's ridden to the Moon.

His top advice for staying safe for all these years might be the most important tip of all – *stay aware of your surroundings all the time.* "I was hit by a car in my second year of riding a bike – at a four way stop" Andy explained. "I stopped so I assumed the driver was going to stop. Thank God he wasn't going very fast, but my lesson was learned."

"I always assume that I'm going to get hit and I think that's why I've survived for many, many miles on the road," he continued. "It's saved my life a hundred times."

His next tip also proves that the simple precautions are usually the best. Buy a blinking taillight and use it. They are so inexpensive that it makes no sense not to. "You want to be seen. It's cheap insurance. You cannot be seen at all at dawn or dusk," he said.

Andy is also a strong advocate of communication between riders by pointing out road hazards, especially on club rides when riders are in a group. "When you're riding in the pack and there's a big pothole or dead animal in the road, you can't see it because you're in that pack."

Skip Holmes is also a longtime area rider who is president of the Mohawk-Hudson Cycling Club. He has ridden over 120,000 miles since he started in Texas in 1970. He's led over 400 group rides for MHCC over the past 15 years.

Skip's top advice for safety echoed Andy.

"Be alert ALL the time," he said. "Make sure your peripheral vision is on and you are listening, watching, and your radar is up. People get complacent but you just can't get afford to do that on a bicycle. You can't let your guard down – ever."

Skip's second tip is a mistake that led to one of his own accidents. On clubs rides the group often goes uphill and when the rider in front of you stands up on the pedals the bike will slow down – fast. Don't get surprised by that, he said, or before you know it you're both on the ground. "The going slower part is often the one where people get run into. Riding can be dangerous going faster or going slower. Most people don't realize the slower."

Skip's third tip is one that's often forgotten by riders in groups. Behave responsibly on the road with vehicles. "If we're going to get drivers' respect we have to behave that way, understanding that we have to follow the laws and share the road. We love to socialize and bunch up, so it's easy to get that two-abreast or three-abreast thing going on."

Henry Wilkie, also a ride leader for MHCC, leaves even an accomplished rider like Skip behind in the ride-leading department. He has led over 675 rides for the club since he started in 1994. His "Wacky Wednesday" tour pace ride has been a club tradition for years.

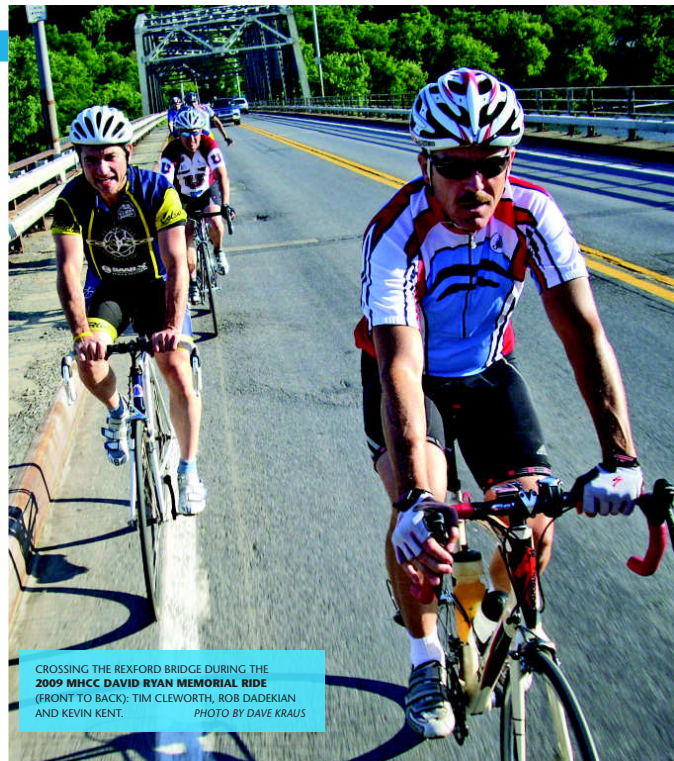
Henry took a seven-year break from cycling after a truck passed him, then turned right across his path. It's called "hooking" by cyclists. The collision caught his front wheel and threw him to the pavement, leading to serious cuts.

Henry said he was in "scary mode" when he started riding again, with every sight of a truck leaving him shaken. He credits MHCC ride leaders John Petit and Bill Maurer with getting him back on the road and inspiring him to become a ride leader himself.

He added he has learned to pay special attention to bridges, where road debris can accumulate and avenues of escape are limited or non-existent. "I always tell people, especially in the spring, be very careful riding cross bridges. People tend to drop bottles and unless you pay real attention you run through glass."

He also cautions to be very careful when vehicles overtake you to not always assume they are going straight. They can slow at any moment and turn right in front of you – the same action that led to his wreck.

Over all the years of leading group rides he wrote his first accident report last year. After cresting a hill, riders in the group were speeding down the other side when they hit a frost heave and three went flying. Inattention played a role. "Make sure you



CROSSING THE REXFORD BRIDGE DURING THE 2009 MHCC DAVID RYAN MEMORIAL RIDE (FRONT TO BACK): TIM CLEWORTH, ROB DADDEKIAN AND KEVIN KENT. PHOTO BY DAVE KRAUS

keep your distance between you and whoever is in the front. You never know what the front rider is doing. Too many times they are not paying attention," he said.

The fourth Capital Region rider with advice to share is – yours truly. Tops on the list, wear a helmet. Mine saved my life when I went over the bars on the bike trail and landed on my head last August. My helmet split almost in two as it took the 20 miles per hour impact to my forehead and saved my life. I'm absolutely sure of it. It's now hanging on my living room bike rack as a constant reminder of what might have been.

It doesn't need to be an expensive helmet, either. Every helmet sold in the US regardless of price is certified to the same safety standards. Any of them will give the protection that can literally save your life. New York law also mandates helmet usage for kids 14 and under, but what kind of example does it

set for your child to force them to wear one when you don't have one yourself? Spend the \$30-40 to buy one and ensure you will be around to watch them grow up.

Second, do a quick check of your bike before every ride. Is your chain lubed? Are your tires pumped up to the proper pressure? Did you remember to put a new spare tube in your seat bag when you got home after that last ride where you had a flat?

And, maybe most important, check the quick-release skewers that hold your wheels on. It was my absent-minded failure to make that check that caused me to learn the unpleasant lesson about helmets outlined above.

Don't learn these lessons the hard way. ▲

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

A Nationally Recognized Women's Fitness Boot Camp offering you fun, energizing activities designed to help you reach your fitness goals!

CAPITAL DISTRICT ADVENTURE BOOT CAMP FOR WOMEN

- Lose 3-10 pounds of weight
- Shed 3-5% body fat
- Decrease 3-5" in midsection
- Improve strength, endurance & self-confidence!

All Ages, Sizes & Fitness Levels WELCOME! Everyone is SUCCESSFUL!
CALL OR SIGN UP ONLINE: 518-444-8060 or www.CDBootCamp.com
Next 4-Week Camps Start: June 6 • July 11 • Aug 8

ISSUE #127

ADIRONDACK
SPORTS & FITNESS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC
15 Coventry Drive, Clifton Park, NY 12065 • (518) 877-8788
AdkSports.com • info@AdkSports.com • Fax (518) 877-0619

Publisher/Managing Editor: Darryl Caron
Editor/Marketing Manager: Mona Caron
New Media Intern: Hillary Mann
Contributing Writers: Laura Clark, Michael Della Rocco, Steve Godlewski, Bill Ingersoll, Dave Kraus, Dr. Paul E. Lemanski, Alan Mapes, Christine McKnight
Contributing Photographers: George Brown IV, David Harmon, Kristen Hislop, Bill Ingersoll, Dave Kraus, Tammy Loya, Alan Mapes, Wendy Matson, Mike Mooradian, Kyle O'Connor, Julie Suarez, Mike Sylvia

Web Designer: Hillary Mann
Circulation: Joan Caron, Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters
Graphic Design: Karen Chapman, Cummings Advertising Art, Clifton Park, NY
Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 20,000 copies. ©2011 Adirondack Sports & Fitness, LLC. All rights reserved.
♻️ Please recycle.

GET ADIRONDACK
SPORTS & FITNESS

YES, I WANT TO SUBSCRIBE!

- One year (12 issues) for \$17.95
- Two years (24 issues) for \$32.95 – save 10%
- Three years (36 issues) for \$44.95 – save 20%

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email (optional)* _____
* To receive email newsletter from Adirondack Sports & Fitness (we do not share your info)
I picked up my current issue at _____
Comments _____

Cash, check, or money order enclosed

Mail to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065
Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)

Payment covers first-class postage/handling. Canadian residents add \$5.00 per year (US funds).

WAY NORTH CENTURY

Sunday, August 14 • The Oval, Old Air Force Base, Plattsburgh
Join the Adirondack Cycling Team on our fifth annual century ride through the beautiful roads of Clinton County in the North Country

- 8:00am - Century and Half Century • Fee: \$30 by 7/10, \$40 by 8/13, \$50 ride day
- T-shirt to first 100 registrants by 7/10 • Two fully supported rest areas
- Vehicle support throughout • After-ride gathering with good food and great people!

Registration & Information:
adirondackcyclingteam.com or (518) 563-7620

H.I.T. It!

High Intensity Training Boot Camp


May 24 thru July 16
Tuesdays 7pm & Saturdays 9:30am
Start feeling stronger and looking leaner in eight weeks!
RESERVE TODAY! (518) 618-3977
Only five people per group

Details: www.LiveLifeLiveFit.net

Focus On Fitness
143 Troy Schenectady Rd (Route 2)
Hill Top Plaza, Watervliet/Latham

CVPH Mayor's Cup Bike Ride

Sunday, July 10
CVPH Medical Center
75 Beekman St, Plattsburgh
70M 8:30am • 54M 9am • 20M 9:30am
First 150 preregistered receive T-shirt
Rest stops, SAG support & post ride BBQ
Fee: \$35 by July 3 - \$40 after
Register/Info: (518) 562-7169
www.cvph.org/Foundation
Funds benefit: Foundation of CVPH Travel Fund



HARD
DIAMONDBACK
Raleigh
FUJI
FELT
Accessories & Clothing
Expert Repairs • Rentals
INSIDE EDGE
643 Upper Glen Street (Rt. 9) • Queensbury
(518) 793-5676

Calendar of Events

May - July 2011*

*Events beyond this month are advertisers in this issue.

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

BICYCLING ONGOING

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Sun Wake-Up Casual Ride: Starts 5/29, 15M, 7:45am.** Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- Mon Columbia County Casual Ride.** 20-30M. Various times/locations. Karen Wade: 794-7451. webmhcc.org.
- Mon Beginner Road Ride.** 9:30am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Blue Sky Bicycles: 583-0600. blueskybicycles.com.
- Mon Monday Ride.** 6pm. Two levels & cookout. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Tue Albany County Tour Ride.** 35M, 6pm. (6/14: Clarksville E.S., Clarksville. 6/21, 5:30pm: 50M solstice ride w/pizza.) Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Tue Rensselaer County Multi-Pace Ride.** 30M, 5pm. Various locations. Sharon Gibbs: 283-0155. webmhcc.org.
- Tue Northway Ten Tour Trek.** 35M, 9am. Country Knolls Pool, Ballston Lake. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Tuesday Casual Ride.** 20M, 6pm. Lynnwood E.S., Guilderland. John Ogden: 376-1078. webmhcc.org.
- Tue Advanced Road Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Tue Tuesday Quick Ride: 5/24-10/25.** 6pm. 25M. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.
- Tue Tuesday Training Rides.** 40M, 6pm. Village Green, Jay. Jim Walker: 637-6590. teampiacidplanet.org.
- Tue 7th Time Trial Series: 6/14-8/16.** 6:30pm. West River Rd, Fort Edward. adirondacksports.com.
- Wed Wacky Wednesday Southern Saratoga County Tour Ride.** 30-40M, 5:30pm. Various locations. Henry Wilkie: 482-3902. webmhcc.org.
- Wed Training Quick Ride.** 30M, 6pm. So. Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Wed Casual Tour Rides.** 6pm. 15-20M. Van Buren E.S., Kinderhook. Martha: 758-2228. Dennis: 758-7890. webmhcc.org.
- Wed Womens' Road Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Wed Time Trial Series: 5/4-6/8.** 6:30pm. All welcome. Riverside Drive (near ski jumps), Lake Placid. Placid Planet Bicycles: 523-4128. placidplanet.com.
- Wed Bike Maintenance 101.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. lbean.com.
- Thu Thursday Pizza Ride.** 25-30M, 6pm. Various locations/leaders. webmhcc.org.
- Thu Albany County Casual Ride.** 20M, 5:30pm. Various locations. William Maurer: 439-6678. webmhcc.org.
- Thu Thursday Tour Ride: 5/12-9/29.** 20M, 6pm. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.

MAY

- 17 **Felt Demo Day.** 5-8pm. Inside Edge Ski & Bike Shop, Glens Falls. 793-5676. insideedgeskiandbike.com.
- 18 5th Ride of Silence. 15M, 6pm. Slow-pace ride honoring cyclists killed/injured in auto collisions. Corning Preserve boat launch, Albany. Claire Nolan: 209-6477. rideofsilence.org.

- 21 **Fix a Flat Clinic.** 10am. Free. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- 21 **Leader's Choice Tour Ride.** 50M, 9:30am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 21 **Balloon Fest Road Race Preview Quick Ride.** 48M, 10am. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. webmhcc.org.
- 21-22 Tour de Syracuse Road Race. Syracuse. tourdesyracuse.com.
- 28 **Disc Brake Upkeep Clinic.** 10am. Free. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- 28 **Parlee Cycles Demo Day.** Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 28 **Saratoga to Lake Luzerne Tour/Casual Rides w/Massapequa Cycling Club.** 50/30M, 9:30am. Skidmore College, Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 28 **Riders Mills & Hills Tour Ride.** 38M, 9:30am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.
- 28 **"Alternate Plan B" Quick Ride.** 65M, 10am. Lunch: Adirondack General Store. Health Center, Warrensburg. Arthur Goedeke: 439-5937. webmhcc.org.
- 28-30 Killington Stage Race. Killington, VT. 802-496-5415. killingtonstagerace.com.
- 29 **Spring Century & Half Century Ride.** 100M: 8am. 50M: 10am. Fitness Revolution, Lake Placid. Post-ride BBQ at Lake Placid Pub and Brewery. 523-4127. placidplanetbicycles.com.
- 29 **Saratoga Battlefield Tour Ride w/Massapequa Cycling Club.** 38M, 9:30am. BOCES, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.
- 29 **No Whining & Cheese Casual Ride.** 38M, 10am. SCCC, Schenectady. Jonathan Benn: 482-6648. webmhcc.org.
- 29 **Kinderhook to Nassau Tour/Casual Ride.** 45/30M, 11am. Van Buren E.S., Kinderhook. Dennis: 758-7890. Martha: 758-2228. webmhcc.org.
- 30 **Memorial Day Metric Tour Ride.** 62M, 9am. BHBL M.S., Burnt Hills. Kyle Pemrick: 452-4384. webmhcc.org.

JUNE

- 4 **Around the Alcove Tour Ride.** 41M, 11am. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 4-5 **NYS Junior Championships & Lance Armstrong Race Series Weekend.** Juniors 10-18. Sat: time trials & criterium, State Offices, Albany. Sun: road races, Camp Schodack, Nassau. Gary Toth: 766-5280. cbrcc.com.
- 4-5 **Saratoga 600K Brevet Ride.** Schuylerville. Adirondack Ultra Cycling: 583-3708. adultracycling.com.
- 5 **20th Tour de Cure Bike Tour.** 10/25/50/63/100M or 3-hour spin. Saratoga Springs H.S., Saratoga Springs. American Diabetes Association. Denise Nicastro: 218-1755 x3606. diabetes.org.
- 11 **Trek Demo Day.** Road: shop. MTB: SMBA. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 11 **Adirondack North Country Race Weekend.** Sat: 4th Wilmington-Whiteface Road Race. 12-82M, 8am. Town Park, Wilmington. Jim Walker: 637-6590. teampiacidplanet.org.
- 11 **Do'en Dyken Tour Ride.** 50M, 9am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.
- 11 **Leader's Choice Tour Ride.** 60M, 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 11 **Summit Lake Quick Ride.** 52M, 9am. BOCES, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.
- 11 **A Landmark Casual Ride.** 24M, 10am. Loudon Plaza, Loudonville. Dave Rander: 361-3994. webmhcc.org.
- 12 **Adirondack North Country Race Weekend.** Sun: 3rd Saranac Lake Downtown Criterium. 6-30M. NYS Criterium Championship. Main St, Saranac Lake. Jim Walker: 637-6590. teampiacidplanet.org.
- 12 **Leader's Choice Tour Ride.** 40M, 9am. BHBL M.S., Burnt Hills. Henry Wilkie: 482-3902. webmhcc.org.
- 12 **Seven Lakes Casual Ride w/Post-Ride Cake.** 25M, 10am. West Sand Lake E.S., West Sand Lake. Janice Verrastro: 674-4473. webmhcc.org.

REVOLUTIONARY VELO-WATTS

The Capital District's Ultimate Indoor Cycling Experience

Recreational, Roadie and Triathlon Power Performance Cycle Training
-USA Cycling Certified Coaches-

1683 Route 9, St. John's Plaza
Clifton Park
velowatts.com • 256-9818

Enjoy Road or Mountain Biking in the Capital District & Saratoga?

Join MHCC Today!

- All levels of ability welcome
- More than 300 rides per year

Pick up an application at bike shops or visit www.webmhcc.org



Mohawk-Hudson Cycling Club

plaine and son BIKE SKI WAREHOUSE



- 16,000 Sq. Ft. Showroom
- Expert Service
- Club Discounts

The Area's Largest Specialized S-Works and Transition Dealer
Authorized Specialized Demo Center - Test the Best

TREK • SPECIALIZED • REDLINE • WE THE PEOPLE
Road - Mountain - Fitness - Hybrid - Youth - BMX
Same day or 24 hour repair shop turnaround

Visit plaineandson.com for printable coupons you can use in our store
1816 State St, Schenectady • (518) 346-1433
Monday-Friday 10-8, Saturday 10-6, Sunday 12-5



Adirondack North Country Race Weekend 2011

Sat. 6/11: Wilmington-Whiteface Road Race
Sun. 6/12: Saranac Lake Downtown Crit (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.teampiacidplanet.org or email jameswalker3@yahoo.com



OLDE SARATOGA BIKE & BOARDS

Sales and service for all levels of cyclists!
CANNONDALE GT • SCHWINN
Road - Mountain Hybrid - BMX - Kids
17 Ferry St, Schuylerville
(518) 695-9500 • Open 7 days
oldesaratogabikenboards.com

Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
 EASTERN • STOLEN**
 Expert Repair Work on All Brands
 Corner of Quaker Rd and Ridge Rd
 Queensbury
www.ricksbikeshop.com
(518) 793-8986

Join in the 11th annual

Pat Stratton Memorial Century Ride



Best Ride in the Adirondacks!
Sunday, August 28, 8am
Mt. Pisgah Lodge, Saranac Lake
 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities
 T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com or BikeReg.com
 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
 Benefits Kiwanis Club of Saranac Lake youth programs

Tomhannock BICYCLES

Sales & Service

The best new
bike shop in the
Capital Region!

ROAD • MOUNTAIN • TRIATHLON • TANDEM • BMX • KIDS
 Giant • Felt • Blue • Phat Cycles • Co-Motion
MENS AND WOMENS CLOTHING
 Louis Garneau • Gizmo • Yakima Racks and Accessories for Your Car or Truck!
 Triathlon Clothing and Gear • Come early for Spring Tune-Ups!

3149 Route 7, Pittstown
 (Just 15 minutes east of Troy)
 Mon/Tue/Wed/Fri 10am-6pm
 Thu 11am-7pm
 Sat 10am-5pm • Sun 11am-4pm
518-663-0083
 tomhannockbicycles@nycap.rr.com
 tomhannockbicycles.com

- 12 Kinderhook to Malden Bridge Casual/Tour Rides.** 30/40M. 11am. Van Buren E.S., Kinderhook. Martha: 758-2228. Dennis: 758-7890. webmhcc.org.
- 17-19 Saranac Lake Tandem Rally.** Great rides, food & fun. Gear-To-Go Tandems, Saranac Lake. 891-1869. gttgtandems.com.
- 18 10th Whiteface Mountain Uphill Bike Race.** 8M. 5:30pm. Tandems/unicycles welcome. New: MTB division. Veterans Memorial Highway, Wilmington. 888-944-8332. whiteface.com.
- 18 Hidden Valley Casual Ride.** 36M. 9am. Park/Ride, Bethlehem. Andrew Swartz: 439-8786. webmhcc.org.
- 18 Leader's Choice Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 18 Voorheesville to Gallupville for "The Gas Up."** 47M. 9:30am. Hammaford, Voorheesville. John Petiet: 438-9102. webmhcc.org.
- 18 Beyond the Gold Bam Casual Ride.** 22M. 2pm. Park/Ride, Bethlehem. Jude Sagor: 729-3933. webmhcc.org.
- 19 Leader's Choice Tour Ride.** 40M. 9am. BHBL M.S., Burnt Hills. Henry Wilkie: 482-3902. webmhcc.org.
- 19 Chango Novice, Really Casual Ride.** 12M. 10am. Chango School, Round Lake. Bob Cohen: 877-5552. webmhcc.org.
- 25 Adirondack 540 RAAM Qualifier Preview Ride.** 136M. Wilmington. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 25 4th Okemo Bike Climb.** 5.8M. 10:30am. Okemo Resort, Ludlow, VT. 802-259-2889. okemobikeclimb.com.
- 25-73 French Canada Tandem Tour.** Montreal & Quebec. Gear-To-Go Tandems: 891-1869. gttgtandems.com.
- 26 Owasco Flyer Road Race.** 36M. 9am. Emerson Park, Auburn. Jamie Strong: 315-252-7611. owascoflyer.com.
- 29 Cyclist Memorial Multi-Pace Ride.** 30M. 6pm. Mohawk River loop route w/stop at David Ryan ghost bike in memory of deceased area cyclists. Bring taillight. Post-ride gathering. St. James Square, Niskayuna. Dave Kraus: 377-9995. webmhcc.org.

JULY

- 9-10 Saratoga 12/24 Bike Rides & Races.** Saratoga Challenge 24hr Race; Hudson River Ramble 12hr Race; Nighthawk Nighttime 12hr Race. Plus, Triple Lap 96M Challenge; One Lap 32M Fun Ride; Midnight Madness One Lap 32M Fun Ride. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 9-10 Almost Full Moon Metric Century.** 62M. 11:58pm. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.
- 9-17 Thousands Islands Tandem Tour.** Watertown & north. Gear-To-Go Tandems: 891-1869. gttgtandems.com.
- 10 CVPH Mayor's Cup Bike Ride.** 70M: 8:30am. 54M: 9am. 29M: 9:30am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org/Foundation.
- 16 25th Bike MS: Follow the Foothills.** 10/32/62/100M. West Mountain, Queensbury. 585-271-0801. followthefoothills.org.
- 17 Sweat N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrtonline.com.
- 23-31 Finger Lakes Tandem Tour.** Canandaigua, Seneca & Keuka lakes. Gear-To-Go Tandems: 891-1869. gttgtandems.com.
- 24 Tongue Mountain Tandem Ride.** 100M. 8am. Lake George. Inside Edge: 793-5676. adirondackspokes.com.

AUGUST

- 6 Mount Equinox Uphill Bike Climb.** 5.4M. 8am. Skyline Drive, Manchester, VT. Andy Holzman: 802-442-7619. gearupforlyme.com or bikereg.com.
- 14 Ididaride!** Adirondack Bike Tour. 75M loop. 20M w/shuttle. North Creek. Adirondack Mountain Club: 668-4447. adk.org.
- 14 5th Way North Century & Half-Century Ride.** 100/50M. 8am. PARC, Plattsburgh. Tracy Gryger: 563-7620. adirondackcyclingteam.com.
- 28 11th Pat Stratton Memorial Century Ride.** 100/50/25M & kids' ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. bikereg.com.

SEPTEMBER

- 10-11 Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M 11am. Carlsbad Pavilion, Saratoga Spa S.P. Saratoga Springs. Skip Holmes: 466-1182. webmhcc.org.

HEALTH & FITNESS

ONGOING

- Call CardiotFit Classes.** Call for schedule. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Mo-Fr "Healthier & Leaner You" 10-Week Program.** Summer Kick-Off Meeting: Tue, 5/24, 7pm. Focus On Fitness, Watervliet/Latham. 618-3977. livelifelivefit.net.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 6/6, 7/11, 8/8. Colonie, Gunderland, East Greenbush. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 6/13, 9/12. Other camps: Saratoga, Schenectady & Albany counties. 366-1901. makeitfittraining.com.
- Tue Kids' Yoga Summer Session: 7:15-8:23.** Age 5-12. Drop-ins welcome. True North Yoga, Schroon Lake. 810-7871. truenororthyogaonline.com.
- Tu/Sa HIT It: High Intensity Training Boot Camp.** 5/24-7/16: Tue, 7pm & Sat, 9:30am. Focus On Fitness, Watervliet/Latham. 618-3977. livelifelivefit.net.

MAY

- 22 Restorative Yoga.** 1:30pm. True North Yoga, Schroon Lake. 810-7871. truenororthyogaonline.com.
- 24 "Healthier & Leaner You" 10-Week Program: Summer Kick-Off Meeting.** 7pm. Focus On Fitness, Watervliet/Latham. 618-3977. livelifelivefit.net.

JUNE

- 4 Zumbathon, Basket Raffle & More.** 1-3pm. Benefit: Circle of Hope & Healing Gardens at CVPH. Wellness Center at PARC, Plattsburgh. 562-7168. cvph.org/Foundation.

HIKING & ROCK CLIMBING

ONGOING

- Mo-Fr AIR RockGym: Summer Camps.** Age 10-plus. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.
- Thu Get Ready to Backpack.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.
- MAY**
- 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 National Trails Day.** Trail work: 9:30am. Lunch: 12pm. Hike/bike: 1pm. Grafton Lakes S.P., Grafton. nysparks.com.
- 11 Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Tinney's Tavern on Lake Desolation, Middle Grove. EMS Saratoga: 580-1505. demos.ems.com.
- 11 Trailless Peak Day Hike: Esther Mtn.** Adirondack Mountain Club: 523-3441. adk.org.
- 12 Trailless Peak Day Hike: Table Top Mtn.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 18 Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Trailless Peak Day Hike: Iroquois Peak.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 24-26 Trailless Peak Backpacking: Cliff & Redfield.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 25-29 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 27 Trailless Peak Day Hike: Mount Marshall.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

16TH ANNUAL BLACK FLY CHALLENGE Mountain Bike Race

**Saturday, June 11
Indian Lake to Inlet**

40 miles through the
Moose River Recreation Area
Prizes, food & fun!
Over \$3,000 in cash & prizes
Categories: Expert, Sport, Beginner,
Junior, Cyclocross

\$30 postmarked by • 5/21 or \$35 after
Register Friday 9am-9pm Pedals & Pedals
Race day 8-10am at Inlet Town Hall
Entry Form & More Info:
BlackFlyChallenge.com
Pedals & Pedals: 315-357-3281
Produced by Central Adirondack Association
& Adirondack Mountain Bike Association

gear UP Lyme Mt Equinox Uphill Bike Climb

Saturday, August 6 • 8AM
Skyline Dr, Manchester, VT

5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship:
gearupforlyme.com or bikereg.com
Andy Holzman: (802) 442-7619

Presented by Manchester Rotary Club

New Members Welcome!
Visit: CBRC.CC
 Established 1982
Join Today!

10TH ANNUAL

WHITEFACE MOUNTAIN UPHILL BIKE RACE

**Saturday,
June 18th**

BikeFest!
June 17-19
Mountain/road biking
Bike demos & films
BBQ & music
Whiteface MTB Park opening

WhitefaceRace.com
888-944-8332
 Wilmington, NY

Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 10-11

Carlsbad Pavilion (near Peerless Pool)
Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet
back roads in scenic Saratoga County
• Century/100M 8am, Metric/62M 9am,
Half/50M 10am, Quarter/25M 11am
• SAG, marked routes, rest stops, cue sheets
• Maps for shorter rides in park & city
• Post-ride lunch available

Contact: Skip Holmes (518) 466-1182
serottaskip@nycap.rr.com
www.webmhcc.org
 Mohawk Hudson
Cycling Club

Great Prices and Expert Service!

Cannondale • Fuji • Ibis • Surly
Giro • Fox • Pearl Izumi • and more

**Expert Bicycle Repairs and Tune-Ups
Parts and Accessories**

Rt. 7, Latham
2 Miles West of
Northway Exit 6
785-0501
www.HighAdventureSB.com

**HIGH
ADVENTURE**
SKI & BIKE

STORE HOURS:
Mon/Wed/Thu: 10-7
Tue/Fri/Sat: 10-5
Sun: closed

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

Premier Sponsor: SARATOGA CASINO AND RACEWAY

St. Regis Canoe Outfitters

Canoe, Kayak & Gear Rentals
 Guided Canoe & Kayak Trips Daily
 Retail Shop & Instruction
 New Adirondack Paddler's Map
 New/Used Canoes, Kayaks & Gear

73 Dorsey St, Saranac Lake
(518) 891-1838 • (888) 775-2925
www.canoeoutfitters.com

11th Annual Casanovia Triathlon & Aquabike

Sprint: 800m swim/22.5K bike/5K run
 Intermediate: 1500m swim/40K bike/10K run
Sunday August 14
Lakeside Park, Cazenovia, NY
 USAT NYS Club Championships
 Open & elite swim waves
 Dorm stays at Cazenovia College
 Register: mail-in by 7/31 & online by 8/8
Registration, Dorm & Race Details:
CazenoviaTriathlon.org
Presented by CNY Triathlon Club



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 teamtraining.org/uni
Week of Run, Half or Full Marathons Triathlons 100 Mile U2B Rides

JULY

- 1-3 Trailless Peak Backpacking: The Santanonis.** Adirondack Mountain Club: 523-3441. adk.org.
- 2-3 Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 4 Moderate Day Hike: Nun-da-ga-o Ridge.** 6M. Adirondack Mountain Club: 523-3441. adk.org.
- 11 Moderate Day Hike: Rooster Comb.** 4M. Adirondack Mountain Club: 523-3441. adk.org.
- 8-10 Beginner Backpacking: High Peaks Wilderness Area.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 15-17 Trailless Peak Backpacking: Allen Mtn.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 16 Women's High Peaks Hike.** Giant/Rocky Peak Ridge. Adirondack Mountain Club: 523-3441. adk.org.
- 18 Trailless Peak Day Hikes: Esther Mt.** Adirondack Mountain Club: 523-3441. adk.org.
- 22-24 Trailless Peak Backpacking: Dix Range.** Adirondack Mountain Club: 523-3441. adk.org.
- 25 Trailless Peak Day Hikes: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 27-31 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 29-31 Trailless Peak Backpacking: Seward's.** Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

MAY

- 22 Stewart Super Six-Pack MTB Race. 9am. 6 hours. Stewart S.E., New Windsor. mtbnj.com.
- 23 Luna Chix SMBA MTB Ride. 6pm. SMBA Trails, Saratoga Springs. Theresa: 421-0551. teamlunachix.com.
- 29 Williams Lake Classic MTB Race. Rosendale. 845-658-7832. nysmtbseries.com.

JUNE

- 4-5 Adirondack MTB Festival. Sat, 11am: 6-hour MTB Race. Sun: guided group rides. Ausable Chasm, Keesville. Mountain Riders: 324-9900. mtn-riders.com.
- 11 16th Black Fly Challenge: Adirondack MTB & Cyclocross Race.** 40M. 10:30am. Indian Lake to Inlet. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- 11 SMBA Mix Up the Dirt Event. Group rides & demos. SMBA trails, Saratoga Springs. saratogamt.org.
- 12 Hurley Mtn MTB Race. Stone Ridge. nysmtbseries.com.
- 17-19 2nd Wilmington/Whiteface BikeFest MTB, BMX/unicycle demos, films, BBQ, music, clinics, jump trials, "Brainless Not Chainless" Gravity Ride, jump/trials jam, Whiteface MTB Park, Wilmington. 888-944-8332. downhillmike.com.**
- 19 Leadville Qualifying Series: Wilmington/Whiteface 100K MTB Race.** 8am. Qualifier for Leadville Trail 100 MTB Race. Whiteface, Wilmington. leadvillequalifiers.com.
- 23 "Ride the Divide" Movie. 7:30pm. Saratoga Film Forum, Saratoga Springs. saratogafilmforum.org.

JULY

- 2 Plattekill July 4th Downhill MTB Race. Plattekill, Roxbury. 607-326-3500. plattekill.com.
- 3 HRRT 6-Hour MTB Race.** 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- 7-10 Windham MTB World Cup Festival.** UCI Windham World Cup (DHI/XCO); Gravity East Series (pro/amateur DH); Race the World (pro/amateur XC). Plus, Festival Events for Everyone: indoor/outdoor expo, kids' race, big wheel race, concert, block party. Windham Mountain, Windham. racewindham.com.
- 31 Darkhorse 40 MTB Race.** Stewart S.E., New Windsor. 40M. darkhorse40.blogspot.com.

MOUNTAINEERING & WILDERNESS SKILLS ONGOING

Fri Navigating with a GPS. 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.

MAY

- 21-22 Wilderness First Aid.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21-22 Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

JUNE

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

JULY

- 11-14 Adirondack Pathfinders: Mountain Waterways.** Age 13-16. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-20 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22 Wilderness Adventures Day Camp.** Age 9-13. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 25-27 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 25-29 Wilderness Adventures Day Camp.** Age 9-13. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- 1-2 **Junior Pathfinders Tracker Training.** Age 10-12. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 1-3 **Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 3-5 **Junior Pathfinders Wilderness Training.** Age 10-12. Overnight camping. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.
- 8-12 **Pathfinders Wilderness Training.** Age 12-16. Overnight camping. Ndashkinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Mo-Fr SHAPE Multi-Sport Camps.** Five sessions: 7/4-8/5, 9am-5pm. Ages 8-15. Swim/bike instruction, run games & teamwork. Averill Park, Colonie, Grafton. John Slyer: 674-0369. shapecamp.org.
- Tue CDT Crystal Lake Training Series: 6/7-8/23.** 0.5M swim, 18M bike, 3M run. 6pm. Crystal Cove, Averill Park. Jenny Stahl: 312-6686. cdtriclub.org.
- Wed Multi-Sport Life Club: June & July.** 6pm. New members welcome. Crystal Lake, Averill Park. John Slyer: 674-0369. multisportlife.com.
- Thu STC Lake Desolation Weekly Workout. 6pm. Tinney's Tavern, Middle Grove. saratogatriclub.com.

MAY

- 22 EMPO Orienteering Meet. 11am-1pm. Tawasentha Park, Guilderland. empo.us.orienteeing.org.
- 27-30 Memorial Day Weekend Triathlon Bike Sale.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 29 7th 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 Byrch: 315-404-8130. cooperstowntri.com.

26th Annual Piseco Lake Triathlon
Saturday, July 16 • 9am
Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
 Individuals or 2-3 Person Teams
 \$25 pre-entry or \$30 race day
Entry Form: (518) 548-4521
www.speculatorchamber.com
Adirondacks Speculator Region Chamber of Commerce
 PO Box 184, Speculator, NY 12164

Reach 50,000
active sports & fitness enthusiasts each month...

ADIRONDACK
 SPORTS & FITNESS

Advertise effectively with us!

JUNE AD DEADLINE: 6/3
 Contact Darryl: (518) 877-8788
 Darryl@AdkSports.com
 Media Kit: AdkSports.com

Godfrey Financial Associates, Inc.

Objective, Professional, Independent
Serving the Capital District for 11 years

- ✓ Fee-based financial planning
- ✓ Investment management
- ✓ Retirement and legacy planning

godfrey financial associates, inc. (518) 220-9381
a registered investment advisor
 godfreyfinancialplanning.com

The Great Adirondack Trail Run

JUNE 18, 2011
 Keene Valley, NY

11.5 mile 3000 ft. vertical mountain run
3.2 mile Baxter Mountain fun run

• Music • Prizes • Raffles • Food & Good Cheer

patagonia SALOMON
 www.mountaineer.com

Box 66, Rte. 73 • Keene Valley, NY 12943 • Tel: (518) 576-2281
 Environmental Benefit Event for Adirondack & Mountaineer Associations
REGISTRATION LIMITED: Preregistration Strongly Suggested

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



LAKE GEORGE
OPEN WATER SWIM

Registration is Open!

2.5k, 5k, 10k swims

August 27-28, 2011

www.lakegeorgeswim.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 CDTC's Crystal Lake Training Series
Tuesdays, Jun 7 - Aug 23 at 6pm

reduce muscle soreness
decrease injuries
enhance recovery from training

Discover how regular massage can enhance your performance!

Call today to schedule your appointment with one of our licensed therapists.



Back in Balance
Therapeutic Massage

1673 Route 9 (HealthPlex), Suite 2
Clifton Park, New York 12065
518.371.6332
www.BiBTherapeuticMassage.com

JUNE

- 4 24th Pawling Triathlon. 0.3M bike, 11.5M bike, 3M run. 9am. Lakeside Park, Pawling. nytri.org.
- 5 1st Cannonsville Triathlon. 6.5M run, 4M paddle, 12M bike. Hancock. cannonsvilletriathlon.blogspot.com.
- 11 EMPO Orienteering Meet. 10am-12pm. Thacher Park, New Scotland. empous.orienteering.org.
- 12 **2nd Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcut: 290-0457. hudsoncrossingtri.com.
- 12 **2nd Dynamic Duathlon.** 15M bike & 5M run. 9:30am. Champlain Valley Union H.S., Hinesburg, VT. Scott O'Neil: 802-434-5644. dynamicduathlon.org.
- 12 2nd Hopewell Triathlon. 500yd swim, 9M bike, 3M run. 8am. Hopewell Junction. 845-505-1211. espraces.com.
- 19 **Wilton Mall Duathlon Clinic #1.** 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. Chris Bowcut: 290-0457. greenleafacing.com.
- 25 **5th North Country Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 750m swim, 20K bike, 5K run. 8am. Town Beach on Lake George, Hague. northcountrytri.com.
- 25 **31st Tupper Lake Timman.** Half Iron: 1.2M swim, 56M bike, 13.7M run. Sprint: 0.6M swim, 18.6M bike, 6.2M run. Tupper Lake. 359-7571. tupper-lake.com.
- 25 South Shore Triathlon. 750m swim, 14M bike, 3M run. 8am. Oneida Shores Park, Brewerton. thesouthshorettri.com.
- 26 Vermont Sun Triathlon. 600yd swim, 14M bike, 5K run. 8am. Branbury S.P., VT. 802-462-2999. rushtonsports.com.

JULY

- 9 Henderson Harbor Triathlon & Duathlon. Watertown. Fawn: 315-788-7430. nnychildrenshome.com.
- 10 **11th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. cdyymca.org.
- 15-17 Musselman Triathlon. Half-Iron/Sprint. 7am. Seneca Lake S.P., Geneva. Jeff: 315-585-6086. musselmantri.com.
- 16 **26th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 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.
- 17 Vermont Sun Triathlon. 600yd swim, 14M bike, 5K run. 8am. Branbury S.P., VT. 802-462-2999. rushtonsports.com.
- 24 Pedal 'N' Plod. 4M run, 22M bike. 8:30am. Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.com.
- 24 15th Hudson Valley Triathlon & Duathlon. Ulster Landing Park, Saugerties. nytri.org.
- 24 13th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Lake Placid. ironmanlakeplacid.com.
- 31 **SkyHigh Super-Sprint Triathlon.** 250m swim, 10K bike (draft legal), 2.5K run. Location TBA. multisportlife.org.
- 31 **Wilton Mall Duathlon Clinic #2.** 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. Chris Bowcut: 290-0457. 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: 50yd swim, 2.4M bike, 0.5M run. 11-17: 100yd swim, 5M bike, 1M run. 6:30pm. Lake Lauderdale, Cambridge. fronhoferooltriathlon.com.
- 6 **5th Fronhofer Tool Triathlon.** Olympic, 8am: 1.5K swim, 40K bike, 10K run. Sprint, 2pm: 0.5M swim, 14.5M bike, 3.1M run. Lake Lauderdale, Cambridge. fronhoferooltriathlon.com.
- 14 **11th Cazenovia Triathlon & Aquabike.** Intermediate: 1.5K swim, 40K bike, 10K run. Sprint: 800m swim, 22.5K bike, 5K run. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- 20 **8th Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. 833-0200. cdtriclub.org.

SEPTEMBER

- 3 **Lake George Triathlon Festival: 6th Lake George Triathlon.** 0.9M swim, 24.8M bike, 6.2M run. 7am. Beach Road, Lake George. lgrfestival.com.
- 4 **Lake George Triathlon Festival: 1st BIG George Triathlon & Aquabike.** 1.2M swim, 56M bike, 13.1M bike. 7am. Beach Road, Lake George. lgrfestival.com.

OTHER EVENTS

ONGOING

- Team in Training Info Meetings.** Leukemia & Lymphoma Society. 5/11, 6pm: Library, Saratoga Springs; 5/12, 6pm: Days Inn, Plattsburgh; 5/17, 6pm: Comfort Suites, Clifton Park; 5/17, 6pm: Hampton Inn, Poughkeepsie; 5/18, 6pm: Queensbury Hotel, Glens Falls; 5/18, 12pm: Leukemia & Lymphoma Society, Albany; 5/18, 6pm: Sheraton, Burlington, VT; 5/19, 6pm: Hilton Garden Inn, Albany; 5/25, 5:30pm: Crossings, Colonie. Robyn Haberman: 438-3583. teamintraining.org/ny.
- Tue Fishing: Fly Tying 101-202. 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.

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

ONGOING

- Tue **Kayak Demos.** 6-8pm. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Tue **Sundowner Series & Clinics:** 6/7, 21; 7/5, 19; 8/2, 16, 30. 6pm. Saranac Inn, Upper Saranac Lake. macscanoec.com.
- Wed **Whitewater Wednesdays.** 6pm. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Sat **Yoga & Paddling Sessions.** 7am. Reserve by Fri, 6pm. Mountainman Outdoors, Old Forge. 315-369-2300. nanette@mountainmanoutdoors.com.

MAY

- 20-22 **Adirondack Paddlefest.** Fri: 12-6pm. Sat: 9am-6pm. Sun: 9am-5pm. Canoe/kayak sale. Old Forge. Mountainman Outdoors: 315-369-6672. adirondackpaddlefest.com.
- 21 'Round the Mountain Canoe/Kayak Races. 10.5M. 11am. Ampersand Bay, Lower Saranac Lake. macscanoec.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.
- 24 **Mohawk Evening Tours.** 6:15pm. Lansingburgh to Peebles Island. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 25, 27 **Fundamentals of Kayaking I & II.** 6:30pm. Lock 7, Mohawk River, Niskayuna. Adirondack Paddle N Pole: -3180. onewithwater.com.
- 27-30 General Clinton Canoe Regatta. 70M. 50 races in 1-2 person classes. Susquehanna River, Cooperstown to Bainbridge. John Harmon: 607-237-6008. canoeeregatta.org.
- 28 Guided Kayak Trip. 9am. Lake Lonely Livery to Saratoga Lake. RSVP: 587-5554. saratogaplans.org.
- 28-30 **Total Immersion Whitewater Kayak Class.** Adirondack Exposure, Old Forge. 315-335-1681. adirondackexposure.com.
- 29 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 31 **Kayak Class for Disabled Veterans.** Watervliet. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JUNE

- 1 **Hudson Evening Tour.** 6:15pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180. onewithwater.com.



2 Great Races One Great Cause

Greenbush 5K Run/3K Walk
Friday • June 17 • 6PM
East Greenbush YMCA

Guilderland Pine Bush Triathlon
Sunday • July 10 • 8AM
Guilderland YMCA

Proceeds fund the Capital District YMCA's scholarship program, helping those in need.

Learn More • Register Online
CDYMCA.org

CAPITAL DISTRICT YMCA

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 11 - Moreau Lake Aquathlon & Swims
- Sept 18 - Dawn of the Duathlon (Clinic #3)



www.greenleafacing.com

SHAPE Multi-Sport Camps

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

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

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

Multi-Sport Life Tri Club

Wed, 6pm (Jun/Jul): Crystal Lake, Averill Park

SKYHIGH XTERRA Off-Road Triathlon
Sun, July 17 • Grafton Lakes State Park
Kids' Triathlon: Sat, July 16 • Multisportlife.org

LGTriFestival.com

Lake George Triathlon and BIG George Triathlon & Aquabike

September 3rd and 4th

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

22nd Annual
RUN IF YOU D.A.R.E.

5K Road Race & 1-Mile Fun Walk
Wednesday, May 25 • 6:30pm

Drug Abuse Resistance Education

Entry Form: www.ConnorsGroup.com
Info: (518) 664-7307 or kconnors@connorsgroup.com
Flat, residential IAC-sanctioned course • T-shirt to first 300 entrants
Group Challenge: Open to runners/walkers in any group, business or organization

The Connors Agency, 40 North Central Ave, Mechanicville

Kinderhook Bank
OK5K
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

2nd Annual

Ella Grace Chiari Foundation
5K Country Run
Mixed terrain with steady incline!
Friday, May 20 • 6:30pm
Village Commons, Nassau
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

Come Run with Us...

- Improved loop course around beautiful Schroon Lake
- New England Runner says "you will love the scenery"
- Bands, musicians and taiko drummers
- Free massages following race
- Super friendly volunteers

Adirondack Distance Festival

Half & Full Marathon 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
Call **1-518-532-7675**



SUNDAY, JUNE 12, 2011
LAKE PLACID, NEW YORK, USA

MARATHON HALF MARATHON

Ranked as a Top U.S. "Destination Race"

Marathon is CLOSED
Half Marathon is OPEN - Enter Today!

2011 Registration via
www.lakeplacidmarathon.com
or www.active.com

info@lakeplacidmarathon.com

- 3-4 **Kayak Demo Days.** Fri: 6:30-8:30pm. Sat: 9-11am. Free. Duaneburg Area Community Center, Duaneburg, Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 4 **Canoe/Kayak Race and Recreation Paddle.** 5M. 12pm. Feeder Dam, Queensbury. Jeanne: 792-5363. feeder canal.com.
- 4 **Intro to Canoe.** Rescues, skills. ACA. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 4 **Introduction to Kayak.** Adirondack Exposure, Old Forge. 315-335-1681. adirondackexposure.com.
- 4-5 **Adirondack Woods & Water Expo.** Boats, bikes, hikes, more. Arrowhead Park, Inlet. 866-GO-INLET.inletny.com.
- 4-5 **Beginner Whitewater Kayak.** Adirondack Exposure, Old Forge. 315-335-1681. adirondackexposure.com.
- 5 **Intro to Kayak.** Rescues, skills. ACA. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 5 **Essentials of Kayak Touring.** Adirondack Exposure, Old Forge. 315-335-1681. adirondackexposure.com.
- 6 **Kayaking 1 Basics.** 6:30pm. Lock 7, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 7 **Hudson Evening Tour.** 6:15pm. Hudson Shores Park, Watervliet. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 11 **Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Tinney's Tavern on Lake Desolation, Middle Grove. EMS Saratoga: 580-1505. demos.ems.com.
- 11-12 **20th Madrid Canoe Regatta.** Community Park, Madrid. Bernie Moulton: 315-322-4041. slvpaddlers.org.
- 15 **Mohawk Evening Tour.** 6:15pm. Lions Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 18 **Dagger Whitewater Day.** Mountaintainman Outdoors, Old Forge. 315-369-6672. mountaintainmanoutdoors.com.
- 18 **Tupper Lake 9-Miler Canoe/Kayak Race.** 10am. Rod/Gun Club, Tupper Lake. macscaoe.com.
- 20-23 **ACA Kayak/Canoe Instructor Certification.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 21 **Hudson Evening Tour.** 6:15pm. Coeymans. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 25-26 **Girls at Play Summer Tour.** Recreation or whitewater classes for women. Mountaintainman Outdoors, Old Forge. 315-369-6672. mountaintainmanoutdoors.com.
- 28 **Mohawk Evening Tour.** 6:15pm. Kiwanis Park, Rotterdam. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JULY

- 10-16 **Diverse Waters Guided Paddling Trip.** Northwoods Inn, Old Forge. Adirondack Exposure: 315-335-1681. adirondackexposure.com.
- 17 **6th Paddling for a Cure.** 5M on Mohawk River. 8am. Maritime Center, Alplaus. 399-0421. alplaus.org.
- 22-24 **Intro to Canoe Camping.** St. Regis Canoe Area. Adirondack Mountain Club: 523-3441. adk.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- Call No Boundaries Beginners 5K Training Program.** July-September. Register: 5/1-6/1. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Call Next Step 5K/10K/15K Training Program.** August-October. Register: 6/1-7/1. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Call ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Mon **Camp Saratoga 5K Trail Series:** 6/27, 7/11, 7/25, 8/8, 8/22. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- Tue **43rd Tuesday Summer Track Program:** 6/14-8/9. 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- Tue **AdiRUNdack 5K Trail Race Series & 20K:** 5/17, 24, 31. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.
- Wed **ARE Track Workouts.** 6pm. UAlbany, Albany. Josh Merlis: 320-8648. albanyrunningexchange.org.
- Thu **8th ARE Summer Trail Run Series.** 6:30pm. Free. Kick-off: 5/26 at Schodack Island S.P., Schodack Landing. Alternating weekly venues/courses. albanyrunningexchange.org.

MAY

- 19 **35th CDPHP Workforce Team Challenge.** 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwctc.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.** 6:30pm. Village Commons, Nassau. Plus, 1M Fun Run/Walk. Deb LaDue: 334-6001. defeatchiari.org.
- 21 **1st Kerry Blue Hustle 5K Run with the Dogs Race/Fun Run.** 9am. Kids' Half-Mile: 10am. St. Mary's School, Glens Falls. Amy Campopiano: 761-9329. smsaschool.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.
- 21 **Healthy Hearts Run/Walk.** 5K. 10am. Corning Preserve, Albany. Azula Kennedy: 442-5779. areep.com.
- 22 **2nd SPAC Rock & Run 5K.** 10:30am. Saratoga Performing Arts Center, Saratoga Springs. 584-9330. spac.org.
- 22 **Southern Rensselaer Rotary 5K/5M.** 8:30am. Greenmeadow E.S., Schodack. srrotary.wordpress.com.
- 22 **National Distance Running Hall of Fame Races.** 8am. Utica. 315-797-5838. uticaroadrunners.org.
- 25 **22nd Run If You DARE 5K Road Race.** 6:30pm. Plus, 1M Fun Walk. 40 North Central Ave, Mechanicville. Kevin Connors: 664-7307. connorsgroup.com.
- 25 **LUNA Chix Running Workout.** 6pm. Shenendehowa H.S. Track, Clifton Park. Karen: 899-9888. teamlunachix.com.
- 28 **1st Survive the Farm 5K Challenge.** 10am-2pm. Rough terrain w/12 military-inspired obstacles. Post-race party: 11491 Route 40, Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 28 **36th Voorheesville 15K Race & 3.2K Run/Walk.** 12pm. American Legion, Voorheesville. hmrrc.com.
- 28 **Fairways 5K.** 8:30am. Fairways Neighborhood, Gansevoort. active.com.
- 28 **Paul Smith's Jenkins Mtn Scramble Half-Marathon Trail Run.** 10am. Adk VIC, Paul Smiths. 327-6226. paulsmiths.edu.
- 29 **2nd Memorial Day Marathon, Half-Marathon, 10K/5K.** 8am. Tanglewood, Lenox, MA. memorialdaymarathon.com.
- 29 **KeyBank Vermont City Marathon & Relay.** 26.2M. 8am. Burlington, VT. 802-863-8412. runvermont.org.
- 30 **Woodstock Races 15K/5K.** 9am. Zena E.S., Woodstock. Sue Hoger: 845-679-7438

JUNE

- 4 **33rd Freihofer's Run for Women.** 5K. 10am. Kids' Run: 11am. Junior 3K Run: 11am. Community Walk: 12:30pm. CapitalCare Health & Fitness Expo: Fri 12-7pm & Sat 8am-2pm. Empire State Plaza, Albany. freihoferstrun.com.
- 4 **14th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 4 **2nd Rail Trail to the Footbridge 5K Trail Race/Fun Walk.** 9am. Plus, 1K Kids' Fun Run. Slate Valley Museum, Granville. Kerri Thomas: 424-7683. railtrailtothefootbridge5k.com.
- 4 **USA National 10K Race Walk Championships.** 7:30am. ESP, Albany. USATF-Adirondack: 273-5552. usatfadir.org.
- 4 **"Make it a Great Day" Half-Marathon.** 9am. Brittonkill C.S., Troy. Heidi: 312-5330. thedragonflyadventure.com.
- 5 **34th Whiteface Mountain Uphill Foot Race.** 8M. 8am. Veterans Memorial Highway, Wilmington. 888-944-8332. whitefaceace.com.
- 5 **Plattsburgh 5K Run/Walk for CVPH Families Helping Families.** 9am. Wellness Center at PARC, Plattsburgh. 324-2024. cvph.org/Foundation.
- 5 **Worcester Half Marathon & 5K.** Worcester, MA. 407-599-0568. worcesterhm.com.
- 5 **3rd Sparky's 5K Run.** 10am. 1M fun run: 9:30am. Corning Preserve, Albany. sparkysrun.weebly.com.
- 5 **Walk 4 Friendship.** 1.5M. 12pm. Elm Ave Park, Delmar. CD Friendship Circle: 438-4220. capitalfriends.org.
- 5 **Run For Ethan 5K Run.** 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 772-9018. active.com.

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

CVPH WEEKEND OF WELLNESS!

Basket Raffle, Zumbathon & More
Benefit for Circle of Healing & Hope at CVPH Medical Center

Saturday, June 4, 1-3pm
Wellness Center at PARC,
295 New York Rd, Plattsburgh

Grand Prize: 1-night stay in executive suite, Inn at Smithfield (\$299 value) & dinner/movie package, Ground Round (\$75 value)
\$8 advance, \$10 door • Register: (518) 562-7168

5K Run/Walk to Benefit CVPH Families Helping Families

Sunday, June 5, 9am
Wellness Center at PARC,
295 New York Rd, Plattsburgh

First 200 receive water bottle \$15 by 5/31, \$20 race day

Entry Form: www.cvph.org/Foundation
Info: (518) 324-2024

2nd Annual
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

KERRY BLUE HUSTLE
5.1K
RUN WITH THE DOGS
RACE | FUN RUN

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

41ST ANNUAL
Half Marathon

◆ 13.1 Mile Road Race
◆ T-Shirts for All Pre-registered Entrants
◆ Post Race Ceremony
◆ 5-year age group awards

Information: northelba.org
parks@northelba.org
518-523-2591

Saturday September 10th

part of a perfect day
LAKE PLACID

\$30 by 9/3 • \$40 after

- 5 9th New Balance Girls on the Run 5K. 2pm. Cooperstown. otsegocountygator.org.
- 9 3rd Route 50 Mile. 1M. 5:30pm. Burnt Hills. Peter Sheridan: 399-1419. chsny.org.
- 11 **13th Kinderhook Bank OK-5K Road Race.** 9am. OK 1M Run (4-12): 8:15am. 50/100yd (1-5): 8:40am. Village Square, Kinderhook. Dan Curtin: 758-9480. ok5kcrace.org.
- 11 2nd Walgreens Run for Pride 5K. 9am. Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 11 3rd Greenfield Dragon 5K Run. 10am. Greenfield E.S., Greenfield Center. greenfielddragon5k.com.
- 11 16th Lions Ramble 10K/2M. 5:30pm. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 11-12 Rebel Race 5K & 15K. Military-style obstacles & mud. Modena. rebelrace.com.
- 12 **The Run for Help: 5K Run/Walk Against Domestic Violence.** 10am. In memory of Lisa Ellen Warner. Goff M.S., East Greenbush. unityhouseny.org.
- 12 **6th Lake Placid Marathon & Half-Marathon.** 8am. Sat, 2pm: "Kids Run Too" Fun Run. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 12 40th HMRRRC Distinguished Service Award 8M Road Race. 9am. Honoring Cathy Slivinski. PhysEd Building, UAlbany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 12 Hometown Heroes 5K. 9am. The Crossings, Colonie. Ann Swezey: 873-9409. areep.com.
- 12 Moreau Mile & BETAR Byway 5K. 8:30am. SGF Park, South Glens Falls. 632-5128. adirondackrunners.org.
- 12 Run for the Violets 5K Run/Walk. 8:30am. 1K Kids' Run. Fire Dept., Dolgeville. violetfestival.com.
- 17 **Greenbush Spring 5K Run & 3K Walk. Plus, Kids Fun Run.** 6pm. Greenbush Area YMCA, East Greenbush. Kendra Evans: 477-2570. cdyca.org.
- 18 **Whipple City 5K Run/Walk.** 8:30am. Plus, 1K Fun Run & Whipple City Festival. Greenwich M.S., Greenwich. Barbara Hamel: 692-3311. greenwichchamber.org.
- 18 **1st Warrior Run.** Sat: 5K w/11 obstacles, 600' elevation change & post-race party. 10am-5pm. 6/19, 10am: Family Warrior Run 1K. West Mountain, Queensbury. warriorrunwestmt.com.
- 18 **7th Great Adirondack Trail Run.** 11.5M mtn run & 3.2M fun run. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 18 Tawasentha Mud Mania 5K. 12-4pm. 1K Kids Run. Tawasentha Park, Guilderland. 456-3150. guilderlandrec.com.
- 18 Treetops to Rooftops 5K. 8am. Hudson River Walkway, Highland. 845-452-2932. mhrrc.org.
- 18 2nd GMAA Equinox Trail Race. 5K/10K. 9:30am. Charlotte, VT. Martha Keenan: 802-425-2384. gmaa.net.
- 18-19 6th Green Mountain Relay. 200M. Jeffersonville to Bennington, VT. 303-800-5353. greenmountainrelay.com.
- 19 **HMRRRC Father's Day 5K.** 9:30am. Father/child teams. Kids' Races: 10:45-11:15am. The Crossings, Colonie. Roxanne Gillen: rmonahan63@yahoo.com. hmrrc.com.
- 19 28th Mule Haul 5M. 9am. Firehouse, Fort Hunter. Tom Flander: 853-3088. fmrrc.org.
- 19 2nd New Paltz Challenge Half-Marathon & 5K. 7:30am. New Paltz. 845-255-0243. newpaltzchamber.org.
- 19 24th Summer Sizzle 5M Road Race. Women: 8am. Men: 9am. Utica. Paula: 315-368-3166. uticaadrunners.org.
- 19 Mount Greylock Trail Half-Marathon & 5K. Greylock Glen, Adams, MA. Ed: 413-743-5669. runwmac.com.
- 22 Summer Solstice Run 15K. 6:30pm. Lake Minnewaska S.P., Gardiner. Steve Schallenkamp: 845-339-5474. mhrrc.org.
- 25 6th Valley Cats Home Run 5K. 9am. Kids' Run: 10am. Stadium, HVCC, Troy. John Haley: 456-3682. hmrrc.com.
- 25 2nd Strides for STRIDE 5K Run. 9am. 2.5K walk/wheelchair roll. Corning Preserve, Albany. 598-1279. stride.org.
- 25 RunAmuck Mud Run & Music Fest. 5K. Harriman S.P., Highland. runamuckfestival.com.
- 26 **35th Adirondack Distance Run.** 10M. 7:30am. LG Firehouse, Lake George to Rogers Memorial Park, Bolton Landing. Marcy Dreimiller: 222-9090. adirondackrunners.org.
- 29 LUNA Chix Running Workout. 6pm. Shenendehowa H.S. Track, Clifton Park. Karen: 899-9888. teamlunachix.com.

- JULY**
- 2 Finger Lakes Fifties. 50K/50M/25K. 6:30am. Finger Lakes N.E., Hector. fingerlakesrunners.org.
- 4 **5th "Firecracker 4" 4M Road Race.** 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. Bob Vanderminden: 744-5646. firecracker4.com.
- 4 9th GMAA Clarence DeMar Road Race 5K. 8:30am. South Hero, VT. Matthew Dall: 802-872-9799. gmaa.net.
- 4 Montcalm Mile. 1:45pm. Montcalm Street, Ticonderoga. lachute.us.
- 5 **HMRRRC Summer Track Series #1: Colonie Mile.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 10 Boilermaker 15K Road Race. 8am. 5K: 7:15am. Utica. 315-797-5838. boilermaker.com.
- 14 **HMRRRC Summer Track Series #2: Two-Person Relay.** 6x1M. 6:15pm. Location TBD. hmrrc.com.
- 14-17 **4th ARE Trail Running Camp.** Adults of all abilities. Clinics, yoga, meals, lodging, Froggy Five, run/tube trip. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 16 **Glenville & Schenectady YMCA 5K Run & 3K Walk.** 8:30am. Freedom Park, Scotia. Nancy Gildersleeve: 399-8118. cdyca.org.
- 16 **ARE's Run & Tube Fun Day.** 9am. Non-race, pure fun & lunch. Adirondack Tubing Adventures, Lake Luzerne. Josh Merlis: 320-8648. areep.com.
- 17 **ARE Dippikill Froggy Five.** 5M trail run. 9am. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 21 **HMRRRC Summer Track Series #3: Hour Run.** 6:15pm. Location TBD. hmrrc.com.
- 23 **15th Silks & Satins 5K Run.** 8am. East & George Sts., Saratoga Springs. Brian McDonald: 388-0790 x10. Special Olympics New York. areep.com.
- 28 **HMRRRC Summer Track Series #4: Pentathlon.** 6:15pm. Location TBD. hmrrc.com.
- 31 **17th Indian Ladder Trail Run 15K & 3.5 Mile.** 9am. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. hmrrc.com.

- AUGUST**
- 13 **100 on 100 Heart of Vermont Relay.** 100-mile team running relay. Trapp Family Lodge, Stowe to Okemo Resort, Ludlow, VT. Scott O'Neil: 802-434-5644. 100on100.org.
- SEPTEMBER**
- 10 **41st Original Lake Placid Half-Marathon.** 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org.
- 18 **6th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** 5K & Half-Marathon. City Hall, Saratoga Springs. Maria Palmer Maurer: 917-521-0469. thesaratogapalio.com.
- 24 **Adirondack Distance Festival: Helpers Fund 5K & 10K.** 9:30am. Municipal Center, Chestertown. 494-5565. adirondackmarathon.org.
- 25 **Adirondack Distance Festival: Marathon & Relay.** 9am. Half-Marathon: 10am. Sat: Expo/Package Pick-Up (11am-5pm) & 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. Sat, 10am-6pm: Expo/Package Pick-Up, Crowne Plaza, Albany. mohawkudsonmarathon.com.
- SWIMMING**
- AUGUST**
- 27-28 **Lake George Open Water Swim.** Sat: 2.5K 8:30am & 5K 10:15am. Sun: 10K 9am. Town Beach, Hague. Chris Bowcutt: 290-4045. lakegeorgeswim.com.
- Bold listing = Advertiser in current issue of Adirondack Sports & Fitness. All area codes 518 unless indicated.**
- Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.*

5th Annual
Firecracker 4

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@casimithc.com
Bob Vanderminden: bobjr@telescopecasual.com
Peter: 518-316-4445 • Bob: 518-744-5646

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: unityhouseny.org
In memory of Liza Ellen Warner (1975-2004)
Not affiliated with Liza's Legacy Foundation

Whipple City 5K Run/Walk & 1K Fun Run for Kids
Saturday, June 18, 8:30am
Greenwich Middle School, Gray Ave
Greenwich, NY
\$20 by 6/17 or \$25 race day
T-shirts to first 200 registered
Stay for 19th annual Whipple City Festival with music, food, exhibits & crafters
Entry/Info: greenwichchamber.org
Register online: Active.com
Barbara Hamel: (518) 692-3311
Benefits Greenwich Chamber & Scholarship Fund

Charlton Heritage
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

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

WhitefaceRace.com
888-944-8332
Wilmington, NY

ALBANY RUNNING EXCHANGE
The Capital Region's Most Fun Club!

NEED MOTIVATION? LIKE TO RUN? LOOKING FOR FUN?

Daily group runs
Online training log
Fully interactive website
Organized trips near and far
Members of all ages and abilities

Approaching 1100 members
Marathon Training Series
Monday Trail Run Series: April - June
Numerous parties and social events
Countless memories and new friends

Just \$10 a year*
*Includes about 30 free cookouts, countless intangible perks, and a new you!
www.RUNALBANY.com

HARRY GORILLA HALF & SQUIRRELLY SIX • DODGE THE DEER • BRAVE THE BLIZZARD • FROGGY FIVE • ADVENTURE RACE • SUMMER TRAIL RUN SERIES

The Capital District's Most Complete Paddlesports Store - Where Enthusiasts Shop
Great Selection of Canoes, Kayaks & Accessories!
Sales - Rentals - Lessons - Tours
 Dagger • Bell • Swift • Wilderness Systems • Perception • Mad River
 Venture • P & H • Emotion • Werner • Aquabound • Stohlquist • Seals
 Chota • Kokatat • NRS • Thule & Yakima Car & Truck Racks



2123 Central Ave (Rte 5), Colonie
 4.25 miles west of Northway Exit 2W
 (518) 346-3180 • OneWithWater.com



BE DIFFERENT. BE RUDY.
100% WINNERS. 100% RX-ABLE.



RUDY PROJECT
Technically Cool Eyewear™
Fastest sunglasses in the Adirondacks




eye peek 518.523.1530
 2237 Saranac Ave, Lake Placid NY
 www.eyeppeekoptical.com

Adirondack Paddlefest 2011
May 20-22, 2011 • Old Forge, NY
America's Largest On-Water Canoe & Kayak Sale!

Over 1,000 Canoes and Kayaks on Sale!

Wilderness Systems • Perception • Dagger
 Mad River • Wave Sport • Old Town
 Necky • Point 65 • Ocean Kayak • Swift
 Delta • We no nah • Current Designs
 And more!




Fri.: 12pm - 6pm
Sat.: 9am - 6pm
Sun.: 9am - 5pm

Admission: \$5 per day
 Kids 12 & under free!
 \$20 Test Paddle all Weekend
 (*Includes entry fee, redeemable for boat purchase during Adirondack Paddlefest!)

BROUGHT TO YOU BY

Mountainman Outdoor Supply Company
 Rt. 28, Old Forge, NY • 315-369-6672
 New York's Largest Canoe & Kayak Dealer!



Visit www.AdirondackPaddlefest.com for more info!


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

I'm one rider,
 inspired by one little boy with diabetes,
 to join thousands of other riders across the
 nation, supported by contributions from
 thousands more. I ride for the 26 million
 people living with diabetes, and the
 79 million more Americans currently at risk.
 I ride for one little boy.



Who will you ride for?
START A CHAIN REACTION.
STOP DIABETES.

20 YEARS RIDING STRONG
Tour de Cure
 American Diabetes Association.
 Saratoga Springs, NY

Sunday, June 5th • Saratoga Springs High School
 Routes: 10, 25, 50, 62.5, 100 miles or 3-hour Spin

Register At
diabetes.org/saratogaspringstourdecure
 1-888-DIABETES ext. 3606



FLEET FEET Sports

FOOTWEAR • APPAREL • ACCESSORIES
 The Capital Region's Only Locally Owned and Operated
 Specialty Running and Walking Store

WE MOVE MOVEMENT™

WHAT'S NEW! Check out our **NEW WEBSITE**
 at FleetFeetAlbany.com
 and follow us on Facebook
 for the latest up-to-date
 information about our
 featured products and
 upcoming events.



155 Wolf Road, Albany, NY 12205
 (518) 459-3338 • FleetFeetAlbany.com
 Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm

KAYAKING & CANOEING

Get Ready for Paddling!

by Alan Mapes



BEGINNER PADDLERS ON THE HUDSON RIVER. PHOTOS BY ALAN MAPES

The waters are cold, muddy and flowing high right now, but paddling season is upon us. It's time to get ready for some rewarding time on the water this year. If you are new to paddling, I'll give some tips on trying out the sport. If you are already a paddler, I have some tips for getting your gear in shape and ready for the water.

GETTING STARTED

Gliding through the water in a canoe or kayak gives me a feeling like nothing else. It's a combination of freedom, exploration, exercise and tranquility. With a little guidance, you can have a great time the very first time you try paddling. If you are like me, paddling will hold your interest over the years when other hobbies come and go. I love working to improve my paddling skills, and never expecting to run out of challenges.

The rich variety of waters in our region offer nearly unlimited paddling opportunities. We have small creeks and ponds, rivers and medium-sized lakes, even big waters like Great Sacandaga Lake, Lake George and Lake Champlain. Fast waters are here, as well, for those interested in whitewater paddling.

How to sample the paddle sports? It's best not to run right out and buy a kayak or canoe. Instead, do some research by reading and visiting paddle shops – the best have ads in this publication. Look over some boats and get advice from the shop staff. Tell them what kind of paddling you would like to do and they will show you the boats that work best.

Next, try out boats on the water. Most shops offer free or inexpensive try outs, and several have special demo days. Check with the paddle shops for any beginner classes they offer, or go out with friends who pad-

dle. Develop a little skill and see what boats feel good to you. I am a believer in trusting your instincts when it comes to boat selection, but you first need some experience in a variety of boats.

Along with a boat, you need a paddle and a personal flotation device (PFD). Some experts suggest buying these two items before deciding on a boat. They recommend renting a few different boats and giving them a good try first. Don't look for the rock-bottom prices on this gear. A good-fitting PFD and a lightweight paddle make a huge difference in your enjoyment of paddling.

Think about how you will load and transport a boat. Most people use a rack on top of their vehicle. A good quality rack system can be as important to your paddling as the boat itself.

How early in the season can you start paddling? With the right skills and clothing, it's not too early now. But without a special wetsuit or drysuit, you may want to wait until late May or early June. Do some reading about cold water safety. Good information can be found on advertiser websites, paddling.net, kayakpaddling.net, canoe.org.au (click on "Education"), or atlantickayaktours.com (click on "Expert Center").

GET YOUR GEAR READY

If you are already a paddler, it's time to look over all that gear you've collected. Some items may need repair and much of it can benefit from a good cleaning. Some gear may simply need replacing.

Let's start with the cold water clothing. Neoprene wetsuits, gloves, hoods and footwear can get incredibly smelly, especially if they are used and not dried promptly. It's time to give them a good first washing of the

season. Mild detergent will work, but special cleaners and enzyme soaks are available for this material to help stem the stink. You can find them at diving shops and paddle shops.

Other paddle clothing should be washed periodically, as well. Gore-Tex and other breathable waterproof materials function best when they are washed regularly. Follow the maker's instructions. You can get special cleaners for this job. I fill the bathtub half-way with warm water and do a hand-wash on my dry top and dry suit. Then I throw in the PFD and give it a good wash, also.

If you have drywear with latex cuffs, make sure to coat the latex with 303 Protectant. I wipe on a coat every month or so – it extends the life of those latex seals quite a bit. Stretch those seals and look for cracking. If you find it, best to arrange for seal replacement.

Moving on to your biggest investment, your boat needs a good looking over. Modern canoes and kayaks are pretty low maintenance, but there may still be things that need attention. If your kayak has rubber hatch covers, hit them with a good coat of 303. It extends the life of the covers and also makes them much easier to open and close. While you have the 303 out, give your plastic boat a nice rubdown. The stuff is good for plastics and helps keep dirt from sticking on the hull. Some people use 303 on fiberglass boats, too. It protects against harm from UV rays – the bottle says "SPF 40 for your stuff."

Kayak foot pegs can get clogged with sand and dirt, making them impossible to adjust. Clean out the crud with a strong stream of water from the hose, or take them right off the boat, if you can. With the metal foot peg rails on my kayaks, I use a little



USING 303 PROTECTANT TO MAINTAIN A KAYAK.

spray of WD-40 to make them slide easier. I stay away from the greasier lubricants that may hold sand and dirt in the rails.

Bungee cords and deck lines on your kayak – and painter ropes on the ends of your canoe – can deteriorate with time and wear. Replace them with new material from your local paddle shop or marine supply place. It's not hard to do, and it makes the boat look and function much better.

While you are at it, replace the end toggle ropes on the kayak. You don't want one to break and cause that pretty boat to smack down on hard stones or pavement, or on your foot. Look over composite boats for chips and dings that hard paddling can produce. You can do your own gel coat repairs with materials from marine shops and instructions found online. Plastic boats seldom crack or get holes in them, but if it happens, try G/flex Epoxy from West System. This is a tough two-part epoxy for repairing plastics, fiberglass and other composites. I've used it to fill small holes in a plastic boat with good success.

Other gear to check includes your kayak rescue float and pump. Make sure the pump works and that the paddle floats hold air. I find that the floats don't last forever – the inflation tube cracked out on my first one after a few years. Also check the rope and carabiner on your tow line or throw bag.

Dry bags are the bane of my paddling life. They eventually become not-so-dry bags as the small leaks spring up. I test my dry bags periodically by filling them part way with water at my outdoor faucet. Any leaks show up as small streams of water.

There must be items that I'm forgetting, but you get the idea. It's much better to find the leaks, breaks and weak spots in your gear before you are out on the water – counting on it to keep you safe and to show you a great time as you explore our rivers, streams, ponds and lakes. ▲

Alan Mapes is a sea kayak instructor and guide, certified by the American Canoe Association and the British Canoe Union. He lives near Delmar and specializes in canoe and kayak repair and Greenland paddle making.

GET ON.

GET IN.

GET OUT & EXPLORE
 Your No-Octane Resource for Kayaks • Canoes • SUPs
 Sales • Demos • Rentals • Lessons

PADDLE SHOP: Main Street
BOATHOUSE: Green Island, Bolton Landing, NY

lakegeorgekayak.com
518-644-9366

Ready for a Healthier and Leaner You?

Our Successful Ten-Week Program Includes:
 How to Incorporate a **Raw Foodism Diet** and Menu Planning
 Proven **Plateau Busting** Progressive Workouts

Summer Kick-Off Meeting on Tuesday, May 24 at 7pm
 Call Today! (518) 618-3977

For Details: www.LiveLifeLiveFit.net

Focus On Fitness

143 Troy Schenectady Rd (Route 2), Hill Top Plaza, Watervliet/Latham



SAVE THE DATE!

5K & HALF MARATHON • 9.18.2011

Where Ambition, Compassion,
 and Dedication Run Together

THE SARATOGA PALIO

MELANIE MEROLA O'DONNELL MEMORIAL RACE

To register please visit www.thesaratogapalio.com

HIKING & BACKPACKING

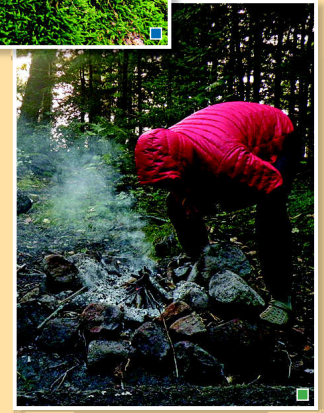
Northville-Placid Trail

PART THREE: Wakely Dam to Lake Durant

by Bill Ingersoll

- THE PINE-FRINGED SHORELINE OF STEPHENS POND.
- FUNGI NEAR BLUE RIDGE.
- CAMPFIRE AT STEPHENS POND LEAN-TO.

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 third section of the trail, from Wakely Dam to Lake Durant, features 7.3 miles of newly relocated trail. For decades, through-hikers had to endure about 5.5 miles of walking along Cedar River Road, an experience to be dreaded if you are traveling in heavy boots with a full pack. But in 2009, an Adirondack Mountain Club trail crew cut the new route as a winding woodland trail – a real complement to the NPT. Yes, this new segment is hillier than the road, but it is an overall better hiking experience.

This section is 11.3 miles long, not counting the brief remaining road section near Wakely Dam; this is a distance that many strong hikers can cover in a single day. If your itinerary requires you to camp along the way, Stephens Pond is currently the only established campsite not accessible by a road. It is also one of the more photogenic spots along the entire trail.

GETTING THERE

Cedar River Road begins at a bend in NY Route 28/30, 2.2 miles west of Indian Lake. Follow it past the end of the pavement and into state land. At 11.3 miles you reach a gravel road near Wakely Pond. This is the start of this section of the NPT, but there is no established parking area. At 12.0 miles you reach the Wakely Mountain trailhead, which has ample parking. The camping area known as Wakely Dam is found at 12.3 miles.

Note that while the trail currently leaves Cedar River Road at Wakely Pond as described below, an additional reroute will likely occur in the future. This will permanently locate the beginning of the trail at the Wakely Mountain trailhead.

THE TRAIL

Through-hikers emerging from the West Canada Lake Wilderness, which I described last month, emerge from the woods at a place called Wakely Dam, mile 57.1 of the NPT. This is a popular campsite for people with small RVs. Following Cedar River Road, you pass the Wakely Mountain trailhead at 57.4 miles and Wakely Pond at 58.1 miles. Just beyond, at 58.2 miles, a sign directs you left off the road onto a narrow gravel road leading into the woods.

This road, too, is open to vehicles, but after passing a drive-in campsite its surface gradually deteriorates into something that no one would want to drive. It slowly gains in elevation, until at 59.3 miles you reach a fork. The NPT bears right, and when the old road surface begins to get too wet for hiking look for marked detours that seek higher ground in the woods.

Eventually the road comes to an end and you are on the new foot trail. The route traverses the lower slopes of Metcalf Mountain, an otherwise uneventful section fraught with

minor ups and downs. The elevation of Wakely Pond was about 2,100 feet, but the trail now reaches a section of high ground between Metcalf and Round Top where you toy with the 2500-foot mark.

The NPT then begins a steady descent, which seems steeper on average than anything encountered so far. When you reach Browns Brook at 62.7 miles you have also dropped back to 2,185 feet in elevation. A solid bridge carries you across Browns Brook, a significant stream that drains a large swath of the Blue Ridge Wilderness. Just beyond, the trail briefly jogs right on an old "fire road." This route parallels the brook deep into the backcountry, but prior to the construction of the NPT there was no easy access to it.

Before leaving the road, you have to step across a sizeable tributary. At 62.8 miles you resume the trail walking, now following a traverse along the lower slopes of Blue Ridge. Your elevation briefly reaches 2,300 feet again, but after a long series of turns and small hills you slowly creep back down the mountain. Look for a hairpin turn that takes you around a knoll rather than over it.

At 65.5 miles you reach the junction with the original trail. The route to the right would lead back to Cedar River Road, except that the portion across private land has been permanently closed to the public. Bearing left, you will soon wish that the new detour had extended a little closer to Stephens Pond since this older section suffers from muddiness in a few areas.

At 66.2 miles you reach the side trail to the Stephens Pond Lean-To. While the shelter itself has no views, twin trails lead to the water and the pine-fringed shoreline.

The NPT quickly pulls away from the pond

and reaches a junction with the trail to Cascade Pond at 66.8 miles. The NPT turns sharp right, and the next couple miles are a gentle descent back toward civilization. The trail leads into the Lake Durant Campground, where you should turn right onto the main campground roadway. At 69.2 miles you pass right by the shower building, which may be one of the most welcome sights this side of Lake Placid. While you are waiting for your companions to finish washing up, wander down through the adjacent picnic area to enjoy the views across Lake Durant.

Past the shower house, the NPT bears left onto a side road to a bridge across the dam that forms the lake. The Rock River is below you. The last 0.2-mile of trail follows a section of abandoned highway to the twin parking areas alongside NY Route 28/30, 69.5 miles along the NPT, 12.4 miles from Wakely Dam. You have now covered 58-percent of the trail! The next section resumes across the highway and leads to Tirrell Pond and Long Lake – the subject of Part Four of this series, which I will write about next month. ▲

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

Adirondack Exposure
Your One Stop for Outdoor Adventure!

Trips – Experienced and Licensed Guides
Multi-Sport Vacations are our Specialty

Instruction – Flatwater and Whitewater
with Certified and Knowledgeable Instructors

Sales – Kayaks, SUPs, Camping, Paddling Accessories and Fishing Tackle
Kayak Fishing Specialists • Free Test Paddles

Located four miles south of Old Forge on Route 28
315-335-1681 • www.adirondackexposure.com • Find us on Facebook
Guided kayak and kayak fishing trips in Florida during winter months

The Owner's Manuals for the Adirondack Forest Preserve

DISCOVER THE ADIRONDACKS
series of guidebooks

For every trail. Every adventure.

Find us online or at your local bookseller!

www.HikeTheAdirondacks.com

DISCOVER Northern Adirondacks

WILD RIVER PRESS

Salomon Montrail
Scott Running
Scarpa
Oboz
Mammut
Patagonia
Ahnu
El Naturalista
OluKai
Teva
Chaco
Sole
Dansko
Birkenstock
Darn Tough

Custom footbeds and orthotics available on-site from in-house pedorthist Ron Houser

Shop smart. Shop local!

4886 Historic Main St.
Manchester Center, VT
802-362-5159

Mon-Sat 10-6
Sun 11-5

Shop Online Anytime:
mountaingoat.com

THE MOUNTAIN GOAT
FINE OUTDOOR CLOTHING & GEAR
SINCE 1987



by Laura Clark

RUNNING & WALKING

RACES WITH A FESTIVAL ATMOSPHERE!



With spiraling gas prices, this summer may very well mark the turning point for the buy local movement. While it is difficult to deny the theoretical benefits of going green it may just take an extra punch in the wallet to convince us to spend our recreational dollars closer to home.

But what if you decide your slogging running program might benefit from a high profile boost? Or perhaps you are bogged down by family and work commitments without the discretionary time to train for a brand name event? Does that mean you are forever relegated to a bland diet of flat and fast 5Ks? No way. Check out the events listed below for some exciting options.

For a true family activity, head out to the Village Commons in Nassau on Friday evening May 20 for the second annual **Ella Grace Chiari Foundation 5K Country Run**. Faculty and students of the DP Sutherland Elementary School rally in support of one of their own, first grader Ella Grace La Due, who is successfully battling Chiari Malformation. Proceeds benefit her namesake foundation which provides travel assistance and funds ongoing research.

During last year's Small Town USA event, my daughter's family and I journeyed through traffic-free suburban neighborhoods, and then tackled some hilly countryside vistas – a perfect mix of easy and challenging conditions. There's also a one-mile fun run/walk. Afterwards it's "Family Night" where parents can purchase hot dogs and burgers for a no-hassle picnic supper and relax while their kids enjoy face painting, playing tag, challenging the bouncy bounce

and the giant slide. Info: defeatchiari.org.

On Sunday, May 22, head over to the Saratoga Spa State Park for another second year happening, the **SPAC Rock & Run**, benefiting the Vivienne Anderson Children's Program, which funds a ballet experience for economically disadvantaged local youth. This truly is a big-time event with a cast of hundreds, featuring highly competitive front-runners vying for SPAC tickets, followed by mid packers and walkers out to get some exercise, and sample the live music positioned along the route.

Prior to the 5K, there is a kids' race with finisher awards. Afterwards, enjoy the party with live music, refreshments, the Saratoga Photobooth, and a myriad of kid-pleasing activities. Info: spac.org.

A few weeks later, join the sisterhood at the 33rd annual **Freihofer's Run for Women** on Saturday, June 4. Freihofer's is the world's only 5K road race honored with the International Association of Athletics Federations silver label designation for organizational and competitive excellence. Freihofer's is girl power taken to the ultimate level, with elite athletes visiting local school children and a host of team possibilities – mother/daughter, sister/sister, high school, USATF club, corporate, family/friends – and now a three-generation mother/daughter/granddaughter designation.

Like the Run for Women itself, my outlook has evolved. Initially I ran as a club competitor, but with my daughter Julie's pregnancy, we became walkers. Now we are back to running, with the addition of my

granddaughters, Elena and Emilia. Initially it was fun becoming a camera toting tourist, snapping pictures along the way, but I have a feeling this year a more seasoned Elena will give me a run for my money.

To encourage still more women to become active, the new Freihofer's Training Challenge, based on the popular Couch to 5K program, mixes certified coaches, media personalities, and a host of teammates for individual, team and group runs. Race director George Regan is pleased with the turnout for this new venture, so check back next year if you are looking for some group support. Freihofer's is the ultimate first-race destination, featuring marathon-like hype, expo glitz, and with the 3,000-plus participants, no worries about standing out in the crowd.

New this year is a Junior 3K Run, a timed 1.86-mile race for girls and boys ages nine to 13. As a pilot program, it will not be open to the general public to ensure kids are properly trained. Participants will come from the HMRRC "Just Run Albany" schools program; schools that use the Freihofer's Kids' Run training program; and kids who belong to a USATF club team. There's also a Community Walk, Kids' Run, and CapitalCare Health & Fitness Expo. Info: freihofer'srun.com.

For Saratoga's answer to the commercially cloned Rock 'n' Roll Marathon Series, kick off your Fourth of July celebration with the **Firecracker 4** on Monday, July 4, punctuated by a multitude of bands and musicians placed at strategic locations along the four-mile route. You will need this support to get you over the final uphill and down-

- START OF THE 2010 SPAC ROCK & RUN IN SARATOGA SPRINGS. PHOTO BY TAMMY LOYA
- LAURA CLARK WITH GRANDDAUGHTERS, EMILIA AND ELENA, AT THE 2010 ELLA GRACE CHIARI FOUNDATION 5K COUNTRY RUN IN NASSAU. PHOTO BY JULIE SUAREZ
- ALIAXANDR LEUICHANK OF BROOKLYN WON THE 2010 FIRECRACKER 4 4-MILE ROAD RACE IN SARATOGA SPRINGS. PHOTO BY DAVID HARMON

hill mile slope toward the finish, where the sparkle continues with the Freedom Hawk Band, raffles and vendors. In keeping with the patriotic theme, the race will honor members of the military, fire, police and EMS personnel with their own special awards. Register before June 1 to get your first name printed on your souvenir race bib! Info: firecracker4.com.

OTHER QUALITY RACES

- May 14 – 5K Burgher Dash, Warrensburg
 - May 21 – Kerry Blue Hustle 5K, Glens Falls
 - June 4 – Charlton Heritage 5K, Charlton
 - June 4 – Rail Trail to the Footbridge 5K, Granville
 - June 5 – Whiteface Mountain Uphill Foot Race
 - June 11 – Kinderhook Bank OK-5K, Kinderhook
 - June 12 – Lake Placid Marathon & Half Marathon
 - June 12 – The Run for Help 5K, East Greenbush
 - June 17 – Greenbush 5K Run, East Greenbush
 - June 19 – HMRRC Father's Day 5K, Colonie
- Jump-start your summer running adventures with these family-friendly events combining a unique blend of competition, camaraderie and celebration. ▲

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.

EDDYLINE • BELL CANOE • WENONAH • NECKY • OLD TOWN

Paddle the Adirondacks

Raqueette River Outfitters
Tupper Lake, New York

Canoe, Kayak & Camping Equipment Rentals & Sales
Celebrating Our 29th Anniversary!

TUPPER LAKE
1754 Route 30
(518) 359-3228

LONG LAKE
Public Beach, Route 30
(518) 624-2360

RaqueetteRiverOutfitters.com

OCEAN KAYAK • CURRENT DESIGN • VERMONT • SWIFT

Find Out More and Register at www.AREEP.com/camp

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running
- Yoga, form clinics and special sessions
- Gourmet meals
- Pond open for kayaking and swimming
- Run & Tube Trip – a camp favorite in 2010!
- Entry into the Froggy Five Mile
- One of the best weekends you'll ever have!

Trail Running Camp
YEAR #4
JULY 14-17, 2011
are EVENT PRODUCTIONS

Located in the heart of the Adirondack Mountains

Cost is from \$260 to \$365 for the entire weekend, based upon accommodations. Held at Dippikill Wilderness Retreat in Warrensburg, NY.

Ndakinna

Wilderness Skills and Adventures

James Bruchac, Director of Ndakinna Education Center

Training People in the Arts of Tracking and Survival

6/11-12 Wilderness First Aid (SOLO Cert/WFR Recert) [adult/teen]
6/18-25 Tracking Expedition at Yellowstone National Park [adult]

Summer Youth Camps! [Info: Ndcender.org]

7/11-14 Adirondack Pathfinders: Mountain Waterways [age 13-16]
7/18-20, 7/25-27, 8/1-3 Wilderness & Storytelling [6-8]
7/18-22, 7/25-29 Wilderness Adventures [9-13]
8/1-2 Jr. Pathfinders Tracker Training [10-12]
8/3-5 Jr. Pathfinders Wilderness Training (Overnight) [10-12]
8/8-12 Pathfinders Wilderness Training (Overnight) [12-16]

ANCIENT TO MODERN SKILLS FUN FOR ALL AGES

Ndcender.org (518) 583-9958
23 Middle Grove Rd., Greenfield Center, NY 12833
(2 miles North of Saratoga Springs)

New from ADK and Lost Pond Press

Adirondack Birding

60 Great Places to Find Birds

Classroom Histories
Rural Landmarks
Mountain Forests
Country Roads
Wild Lakes & Ponds

By John M.C. Peterson and Gary N. Lee
with color photographs by Jeff Nadler

Adirondack Birding

The first comprehensive guide to birding hot spots in the Adirondack Park—more than 60 sites. By John M.C. Peterson and Gary N. Lee, with color photographs by Jeff Nadler, \$20.95, 240 pages.

JOIN ADK AND RECEIVE A 20% DISCOUNT ON ALL ADK PUBLICATIONS

800-395-8080
www.adk.org

ADK Mountain Club
LOST POND PRESS

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON



EXPO & PACKET PICK-UP
 Saturday, October 8 • 10am-6pm • Crowne Plaza, Albany

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 2,250 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials – no race day packet pick-up available
- Promote and sell your products and services to 4,000 people
- Exhibitors included in MHR Marathon and Half Marathon race guide in September issue of *Adirondack Sports & Fitness* magazine (20,000 circulation) – and on adksports.com

EXHIBITOR CATEGORIES
 Running • Health • Fitness • Nutrition • Outdoor Clubs • Events
 Travel • Apparel • Accessories • Samples • Prizes • Giveaways

Race Directed by Hudson Mohawk Road Runners Club • Expo Produced by Adirondack Sports & Fitness Magazine
 To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com

DISCOVER INLET AND ALL THE BEAUTY THAT SURROUNDS US



For maps & more:
 Inlet Area Information Office
 1-866-GO INLET
www.inletny.com

REGISTER NOW!



15th Annual **Silks & Satins 5K Run**
 To Benefit Special Olympics New York
2011

Silks & Satins 5K Run
 Saturday, July 23 • 8am
 East & George Sts., Saratoga Springs

- Join 1,200 runners and walkers
- Winds through beautiful neighborhoods
- Fast and flat course
- Watch thoroughbreds do their morning warm-up

Register: www.areep.com/events/silks
 Day of Registration: 6-7:30am
 More Info: 518-388-0790 x10
 or bmcdonald@nyso.org

Special Olympics New York









MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

EVENT DATE: 10-09-11 **REGISTRATION IS NOW OPEN**

Directed by Hudson-Mohawk Road Runners Club: www.hmrrc.com
 Half Marathon presented by US Marine Corps Reserve Toys for Tots

- Flat, fast point-to-point course in upstate New York during beautiful fall foliage season. Course follows the Mohawk and Hudson Rivers over picturesque bike trails and historic city streets, finishing in New York's State Capital, Albany.
- Trying to qualify for the Boston Marathon? This is your race. The May 2009 Runner's World Magazine named the Mohawk Hudson River Marathon one of the top 10 U.S. "Superfast Marathons". Last year, one-third of finishers qualified for the Boston Marathon.
- Great race for first-time marathoners!
- adidas® technical shirts to all participants.


NEW THIS YEAR!
 Prize money in both the marathon and half marathon. Marathon is the USATF Adirondack Association Marathon Championship
 Both races sold out last year. Register early!
 Race and training program information: www.mohawkudsonmarathon.com







Placid Planet BICYCLES



THE BEST NAMES IN BICYCLES

**Cervelo • Orbea • Scott
 Cannondale • Kona • Felt
 Trek • Santa Cruz**

In Stock and Ready for a Ride
Fantastic Selection and Professional Service

- Three Serotta SIC1 and FIST Certified fit technicians
- Get the right bike, size and fit to meet your goals and expectations
- Massive selection of triathlon equipment – we understand!
- More than 20 brands of cycling clothing
- Professional Repairs


2242 SARANAC AVE, LAKE PLACID • OPEN 7 DAYS A WEEK
(518) 523-4128 • PlacidPlanet.com

ADK ADIRONDACK MOUNTAIN CLUB presents

ididaride!

Adirondack Bike Tour

August 14th, 2011







Registration deadline August 1
www.adk.org • (800) 395-8080, ext. 14

- 75-mile loop or 20-mile option w/ shuttle
- Van support
- \$65 ADK member / \$75 non-member
- Après-Ride Party
- Register by June 1st and get \$10 off!
- Scenic Views

All proceeds will support ADK's education, internship and advocacy programs.

Thanks! to our Premier Sponsors

photos © Carl Hellman II — www.carhellman.com

MOUNTAIN BIKING

Dirt Racing Season

by Steve Godlewski



ALEKS MOORADIAN OF SARATOGA SPRINGS RACED IN THE PRO WOMEN'S CROSS-COUNTRY AT THE 2010 WINDHAM WORLD CUP.

For two weekends this summer all eyes will be on upstate New York as it hosts two of the biggest races on the national and international off-road racing calendars. Weekend warriors – myself included – will also have their hands full deciding which race to choose on any given weekend.

Top dirt racers from more than 30 countries will return to the Catskills on July 9-10 for the second annual **Windham World Cup**. The race is the fifth stop on the World Cup circuit, representing the high level of mountain bike competition. Racing is expected to be even more fierce this year than it was in 2010, as athletes do anything they can to hone their racing technique and earn a chance to represent their nations at the 2012

Olympics. Events are spectator friendly, with many courses in full view of Windham's base lodge, and include cross-country, downhill and dual slalom.

In 2010, Aleks Mooradian of Saratoga Springs and Castleton resident Bryna Nestor raced the professional women's cross-country event at Windham, qualifying by traveling around North America to win international points at pro-level races. Aleks hopes to repeat in 2011, once again showcasing local talent on the international stage.

Those of us not shooting for an Olympic berth can take a shot at the same courses on Sunday in **Race the World** event, which features downhill and cross-country races. In addition to cheering on the racers, spectators will enjoy exhibitors, vendors, and live music at Windham's annual block party. Info: racewindham.com.

To those outside the cult of endurance mountain bike racing, the prizes awaiting top riders at the June 19 **Wilmington/Whiteface 100K** will seem cruel: The victors will have earned the right to suffer through a 100-mile mountain bike race in Leadville, Colorado, the nation's highest established community.

After Lance Armstrong won the Leadville 100 in 2009 interest in the race exploded – so much so that organizers decided to implement a series of races to qualify would-be entrants, who don't win a spot in the race's traditional lottery.

This year's 100K (62 miles) race is a first-year event, and the only qualifying event east of the Mississippi River. It is therefore expected to draw racers from across the country to the Adirondacks, as the masses shoot to qualify for a moment on the national stage.

The course will challenge racers with a mixture of fire roads, gravel roads and singletrack trails, before sending anyone strong enough to finish up to the summit of Whiteface Mountain.

The 100K race will be held in conjunc-

tion with the annual **Wilmington BikeFest** (downhillmike.com) on June 17-19 which includes the **Whiteface Mountain Uphill Bike Race** (whiteface.com), which sends cyclists up the eight-mile toll road, and includes a mountain bike division for the first time. The weekend's events include BBQs, downhill mountain biking at the ski area, the opening of several new bike trails, live music, BMX demonstrations, and the chance to demo bikes from several companies. Info: whiteface.com.

The **Adirondack Mountain Bike Festival** rolls through Ausable Chasm over the July 4th weekend. The event includes a six-hour race on Saturday with entrants completing multiple laps around a 9.5-mile course. Racers will either race in teams and alternate laps, or challenge themselves by racing all six hours solo. A post-race BBQ dinner and tent camping is included in the entry fee for all participants. Sunday's events will feature guided group mountain bike rides for cyclists of any experience level. Info: mtn-riders.com.

The **Stewart Super Six-Pack** rolls into Newburgh on May 22. If this preview is the first time you're hearing of this addition to the local racing calendar then, sorry, you're likely too late. Registration filled up in March for the inaugural running of this endurance race, to be held on the always-popular trails at Stewart State Forest. Endurance racing is the fastest-growing segment of mountain bike racing, as it offers a few hours in the saddle, in exchange for your tank of gas – rather than just another two-hour (albeit faster) cross-country race. Info: mtbnj.com/sixpack.

If you missed out on the Six-Pack, fear not! Endurance racing returns to the Stewart State Forest with the **Darkhorse 40** on July 31. This 40-mile race offers a combination of fast singletrack and a fun atmosphere, thanks, in part, to a mid-lap tiki bar. The finish line includes BBQ and beer for both racers and fans. This race sells out every year, and never disappoints its racers. Words of advice from personal experience – stay on the trail unless you a) are immune to poison ivy, or b) enjoy scratching yourself in the summer heat. Info: darkhorse40.blogspot.com.

The **Black Fly Challenge** on June 11, is a test of fortitude for upstate racers, who set out to be the first across the finish line – and to endure the spring scourge of the

Adirondacks – the black fly. The race is often won by racers on cyclocross bikes – which share some characteristics with road bikes, but give riders more control with powerful brakes and knobby tires – as the course traverses many dirt roads. Racers without access to a cross bike shouldn't despair; there have been reports of competitors lining up on tandems and unicycles. The point-to-point race kicks off in Indian Lake this year, with a finish line in Inlet, traversing the scenic Blue Ridge Wilderness and Moose River Plains Wild Forest. Info: blackflychallenge.com.

The **New York State Championship Series** kicks off with the **Williams Lake Classic** on May 29. One of my favorite races, this event features lots of rock gardens and an infamous cave section, which sends racers into the fleeting cool of an old garnet mine for a welcome reprieve on a hot summer day. The series continues at **Hurley Mountain** on June 12, continues with the **Windham Mountain "Race the World"** on July 10, then moves on to the **Belleayre Mountain All Terrain Challenge** on Aug. 28. The series concludes with **Riedlbauer's Round Top Rally** on Sept. 18, contested at a German resort in the foothills of the Catskill Mountains. In homage to the hosts' native land, bratwurst and draft Oktoberfest awaits you at the finish line. Info: nysmtbseries.com.

The widely popular **Hudson to Highlands Race Series** returns with a full slate of events to test racers' skills on the rocky, rooty trails of the lower Hudson Valley. The seven-race series includes the **Tymor Park Challenge** on May 15, the **Lewis-Morris Challenge** on June 26, the **Bulldog Rump** on July 17, the **Taconic 909 Challenge** on Aug. 7, the **Rumble in the Jungle** on Sept. 11, the **Blue Mountain Chain Stretcher** on Sept. 25. The concludes with the **Leaf Blower** on Oct. 2. Info: h2hrace.com.

Racing moves back to the Catskills for the third **Wildcat Epic Backcountry Race** on the weekend of Aug. 13. The two day, 100-mile event is held in the backwoods of the scenic Mohonk Mountain Preserve and Minnewaska State Park near New Paltz. Racers are handed a long list of mandatory items that include standard items such as tubes and multi-tools and some non-standard items like a complete first aid kit and foil blanket. The Epic is rapidly growing into a staple of the northeast endurance racing circuit. Info: wildcatopic.com.

Offering a 50-mile category for serious competitors and a 20-mile category for beginners and families, **Lewis County's Race with the Wind** event in Lowville on Sept. 18 sends racers along dirt roads and single-track. In an unusual twist, the race is held at the largest wind farm east of the Mississippi. Info: lewiscountyrecreation.com.

The **Heather Rizzi Race Series** has become a staple for Capital District mountain bikers looking to get their racing fix without traveling too far. Heather holds a **Six-Hour Race** on July 3, in which solo riders or teams compete to see who can complete the most laps around the course before the clock stops. **Evening Races** are held every Tuesday in August in Schenectady's Central Park, where twisty singletrack challenges riders' ability to control their bikes, and to keep lunch down. Also in August is the **Tour De Schenectady MTB Event** on Aug. 20. For racers looking for new holiday traditions, check out the annual **All Hallows Race**, Oct. 23, which includes a costume contest; **Giving Thanks** on Nov. 24; and **X-Mas Madness** on Dec. 24. Info: heatherrizzimountainbikeracetteam.webs.com.

GRAVITY LOVERS UNITE! Whiteface Mountain and Plattekill Mountain, two of the East Coast's premier downhill race venues, will each host multiple gravity events this year, including stops on the **Eastern States Cup** circuit. The season kicks off at Plattekill on May 19 with the **UCI ProGRT National Race**, where coveted UCI points will be awarded to the top finishers. Racing continues with **July 4th Race** (held on July 2), the **Mid-Summer Classic** on July 23, **Labor Day** on Sept. 3 – and the **New York Championship** at Whiteface on Sept. 10. Plattekill will close out their race season and the ESC series over Columbus Day weekend, Oct. 8, with **Plattepalooza**. Info: downhillmike.com, plattekill.com, easternstatescup.com. ▲

Steve Godlewski resides in Saratoga Springs and is president of the Saratoga Mountain Bike Association (saratogambt.org). He races with the North American Velo cycling team, focusing on endurance events, and works as a civil engineer at Creighton Manning Engineering.



Mountain Bike

UCI WORLD CUP

Windham

PRESENTED BY SHIMANO

WINDHAM 2011

MOUNTAIN BIKE WORLD CUP FESTIVAL

JULY 7TH–10TH



- » UCI Windham World Cup (DHI/XCO)
- » Gravity East Series (Pro/Amateur DH)
- » Race the World (Pro/Amateur XC)
- » Festival Events for Everyone
Indoor/Outdoor Expo, Kid's Race,
Big Wheel Race, Concert & Block Party
- » Parking: \$10/day, \$25/3 days (Fri–Sun)

Register for UCI, Pro, Cat 1,2,3 & 1st Timer Races!

RACEWINDHAM.COM



FROM THE EDITOR & PUBLISHER

Thank You!

Thank you to all of the attendees, exhibitors, presenters, vendors, volunteers, friends and family for their participation in the sixth annual *Adirondack Sports & Fitness Summer Expo!*

Our post-expo message would not be complete without thanking the following people who dedicated parts or all of their weekend: Len Armer, Karen Chapman, Kim Scott, and our family members who worked tirelessly all weekend, Jeff Caron, Joan Caron, Sudhir and Sheela Kulkarni, Sonia Limaye, and Justin and Meghana. We are very appreciative!

One of the gratifying aspects of the Expo is the coming together of outdoor sports, fitness and healthy living enthusiasts – all under one roof. We enjoy seeing

old friends and meeting new ones through the expos and throughout the year at races and events.

We're working on building our community of readers and attendees through Facebook. Please visit facebook.com/AdirondackSports and "like" us for updates on people, races, events and destinations – plus you can share news, stories, article ideas and much more!

We hope you enjoy reading the articles and using the Calendar as motivation to get involved and get outdoors. Please support our advertisers and exhibitors who bring this free magazine to you – and let them know you saw them in *Adirondack Sports & Fitness!*

Cheers,

Mona and Danyel

AROUND THE REGION News Briefs

Whiteface Mountain: Run It, Bike It, Conquer It!



On Sunday, June 5, runners will rise to the challenge at the 34th Whiteface Mountain Uphill Road Race in Wilmington. The eight-mile journey up the Veterans Memorial Highway averages an eight-percent grade as it hairpins around 3,500 feet of elevation change. Whiteface, with the distinction of being New York's fifth highest peak, is the only High Peak featuring paved access.

While even seasoned runners might balk at the idea of running straight up, finishers joke that "there is only one hill." In truth, an uphill stance is not as physically taxing as it is mentally challenging. A useful strategy is to break the race into one-mile segments using the water stops as brief recharging stations before the next push. Make an effort not to look upwards at the discouragingly faraway Whiteface Castle, at the summit, until you can hear the finish.

On a clear day you are rewarded with a forever 360-degree panoramic view of the Adirondacks, New England and Canada. However, you must first climb past the castle and up the rocky stairs to the actual summit. But you can take as long as you desire – no one will be timing you!

Afterwards, reunite with your carpool companions, enjoy the drive down in low gear, and relax at the BBQ lunchtime celebration. You earned it! Those craving double the fun can register for the Whiteface Uphill Bike Race on June 18th at a discounted fee. Info: whitefaceace.com. – *Laura Clark, Saratoga Springs*



Father's Day 5K

Sunday, June 19, 9:30am
The Crossings of Colonie, 580 Albany Shaker Rd

Flat, fast USATF certified course • Chip timing by AREEP
 Technical race shirts to first 600 registered
 Father/Son & Father/Daughter Teams (lowest age-graded times)
 Kids' Races (10:45-11:15am): 50-75m (1-5 free); 0.5M (6-10 free); 1M (11-15 \$1)

Register online by 6/15 (mail entry by 6/14): HMRRRC.COM
 Fees: \$17 HMRRRC & \$20 non-member • Race Day: \$25
 Info: Roxanne Gillen rmonahan63@yahoo.com
 Parking: Metro Dr (off Wolf Rd) & The Crossings

Adirondack North Country Bicycle Road Race Weekend

Team Placid Planet will host the fourth annual Wilmington-Whiteface Road Race on Saturday, June 11, and the third annual Saranac Lake Downtown Criterium – the 2011 NYS Criterium Championships – on Sunday, June 12. Both races are sanctioned by USA Cycling, and provide opportunities for men, women and youth of various experience levels to participate.

The Wilmington-Whiteface Road Race starts at the Wilmington Town Park and takes Bonnie View Road to a 13.7-mile loop on backroads in the town of Black Brook, before returning to Wilmington, and finishing 1.6 miles up Whiteface Mountain to the Santa's Workshop entrance. Race distances range from 12 miles for ten to 14-year-olds; 27 miles for first-time adult women; 41 miles for

first-time adult men; 54 miles for experienced male and female racers; and 82 miles for elite male racers. The course features excellent pavement, scenic views, rolling to hilly terrain, and a challenging finishing climb.

The Saranac Lake Downtown Criterium is a multi-lap event designed to be spectator friendly. The course is a three-turn half-mile counterclockwise loop around Main Street, Broadway, Dorsey Street and Route 3 – fast, safe, technical, and exciting to watch.

More than \$4,600 in cash and merchandise prizes, medals and trophies will be awarded. A portion of the proceeds will be donated to local charities in Wilmington and Saranac Lake. Both of these communities are gracious hosts, and the organizers and the club are very grateful for this support. Registration is online at bikereg.com or on-site on race day. Info: teamplacidplanet.org. – *Nicole LaPlante, Peru*

PADDLING SEASON IS HERE
 CANOES - KAYAKS - PADDLES - PFDs - AND MORE!!

SUP
 Stand Up Paddling
 stop by and see what
 it is all about

CANOE & KAYAK SELECTION SIMPLIFIED
 Our trained staff will help you select the canoe or kayak that's right for your paddling desires, beginner or experienced.

The finest in canoes, kayaks, paddling goods and services

ADIRONDACK LAKES AND TRAILS OUTFITTERS
 541 Lake Flower Ave Saranac Lake NY
 1-800-491-0414
www.adirondackoutfitters.com

STEINER'S SPORTS
SKI, BIKE & KAYAK SPECIALISTS

BIKES Specialized • Trek
 Serotta • Look

KAYAKS Perception • Dagger
 Current Designs • Hurricane
 Wilderness Systems • E-motion

GLENMONT 3 mi south of Thruway Exit 23
 329 Route 9W
 (518) 427-2406

VALATIE 2 mi south of I-90 exit 12
 3455 Route 9
 (518) 784-3663

HUDSON At corner of 3rd St
 301 Warren St.
 (518) 828-5063

SteinersSkiBike.com

EASTERN MOUNTAIN SPORTS®
Outdoor Demo Tour
 A 9-Week, 9-State Demo Extravaganza of Gear for Camping, Kayaking, and More

Tinney's Tavern
 Middle Grove, NY
Saturday, June 11 10 AM-4 PM

For directions and more information, please call our store in:
 Saratoga Springs 518-580-1505

For a complete list of Demo Tour dates:
demos.ems.com

Find us on Facebook
 Eastern Mountain Sports

eastern mountain sports

SHOP THE WAY YOU WANT | online ems.com | phone 888-463-6367 | stores 65 locations

THE NON-MEDICATED LIFE

Learning How to Change to Healthier Habits

PART ONE

by Paul E. Lemanski, MD, MS, FACP

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

In the first 41 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications. Integral to implementing an informed diet and lifestyle is learning how to change to healthier habits. Part One will describe the psychology of behavior change as it relates to one undesirable health behavior, smoking. Part One will show how such an approach may be generalized to help change behaviors related to high blood pressure and high cholesterol.

While there are a number of ways to describe how individuals change behavior, perhaps the most widely accepted model is the **Stages of Change** model proposed by James Prochaska and Carlo DiClemente. In this model, change is a process with discrete stages each of which must successfully be completed before an individual can implement a new behavior. Prochaska and DiClemente describe six stages of change including pre-contemplation, contemplation, preparation, action, maintenance and relapse. It is useful for an individual – and those helping them – to understand and identify the stage of change in which they find themselves because what they do to move forward at each stage in the process of change is different.

Pre-Contemplation – Let's take the example of a smoker changing to a non-smoker. A smoker in the stage of pre-contemplation is actually not even considering smoking cessation. For a physician or a friend to try and convince an individual in this stage to change behavior will generally meet resistance, if not hostility. Individuals

in this stage are in denial that the evidence establishing a link between their behavior and an undesirable health outcome relates to them or even exists.

A pre-contemplator will, for example, suggest that their grandmother smoked from age 15 to 95 and died of an unrelated condition. The implication is that if the link between smoking and disease were so strong such longevity should not be possible. Moving a pre-contemplator out of this stage requires an acknowledgment that there are almost always exceptions to most generalizations, but in areas outside of smoking we do not let the exceptions alone determine our choice of actions. To additionally establish an area of agreement such as the financial cost of smoking may serve as an alternative way to help move the person to the next stage which is contemplation.

Contemplation – A smoker in the stage of contemplation has begun to weigh in his/her mind the cost and the benefit of smoking. The acknowledgment that the behavior has a cost may have begun with the actual financial cost becoming prohibitive. Or the social cost of the negative opinion of others of the behavior may have become real. Many times an actual untoward health outcome related to smoking may lead one to contemplation. For example, a smoker who suffers recurrent bronchitis and hears how tobacco smoke paralyzes the hair cells or cilia which line the upper respiratory tree, and push bacteria away from the entry to the lung, may begin to contemplate a cost for the behavior. A more serious, even life threatening event, such as a heart attack or a stroke may suddenly provide a powerful reason to begin this process of contemplation, and help move the person to the next stage which is preparation.

Preparation – A smoker in the stage of preparation is looking for a way to quit, will begin experimenting with small changes, and will seek information on how to quit. Individuals in preparation will talk to friends who have quit, will seek out help from medical professionals, and will try to cut down on their own. Preparation is a very important

This is the 42nd in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietician in the implementation of dietary changes is strongly recommended.



stage because the success or failure of the change in behavior is usually determined by the strategy decided upon in the preparation stage.

There is a large body of medical research, which has been devoted to helping individuals to quit smoking, and certain concrete steps and actions have been shown to be associated with successful quitting. For example, decreasing the number of cigarettes smoked before stopping is helpful to complete cessation. By slowly reducing the number smoked per day to between seven and ten, the smoker is decreasing the nicotine in the blood and reducing the subsequent withdrawal symptoms markedly. Successfully completing preparation helps move the person to the next stage which is action.

Action – A smoker in the stage of action has a plan or a strategy and has made a decision to quit. The science of behavior change as it relates to smoking has actually reinforced this decision by asking all smokers to set a "quit date." Moreover, smokers are encouraged to tell family and friends their quit date so as to garner support for the attempt. Friends do not offer you a cigarette on your quit date and an individual not keeping to the quit date risks ridicule if the decision has been publicly announced. Slowly tapering the number of cigarettes to zero does not work well compared to the setting of a quit date and the abrupt discontinuation from seven to 10 ciga-

rettes daily to zero on that date. Successfully completing cessation on the quit date helps move the person to maintenance.

Maintenance – An ex-smoker in maintenance may be challenged repeatedly and it may take months or years before the desire for tobacco has abated. Nevertheless, each day which is smoke free enhances the feeling of accomplishment and real physical benefits will become evident. Breathing will become easier. Cough will lessen, then resolve. Successful ex-smokers may occasionally try a cigarette and this does not constitute a failure to quit, but a return to several times per week smoking does and heralds the stage of relapse.

Relapse – Relapse is actually common and may be seen as ultimately necessary to final success. The average person who has quit smoking has seriously tried six times before final success. The desire to quit and the willpower may be no greater on the sixth attempt as on the first, but each failure teaches what not to do and thus provides an individualized, better conceived strategy for preparation and action.

While the example used here is smoking cessation, the Stages of Change model may be used in any attempt to change behavior. In Part Two, this model will be used to show how to change behavior and lifestyle to treat high blood pressure and high cholesterol, thereby avoiding the proverbial bottle of pills to treat some of our most serious health problems. ▲

Paul E. Lemanski, MD, MS, FACP (paul.lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

So many things to do, you may just forget to go home.

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism,
Routes 30 & 8, Box 184, Speculator, NY
At the crossroads of two Scenic Byways

518-548-4521 • speculatorchamber.com

ADIRONDACKS
SPECULATOR REGION

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

THE CENTER FOR PREVENTIVE MEDICINE
Paul Lemanski, MD, FACP • Laurie Burton-Gregg, MS, RD • Amy Milstein, MS, RD, CDE

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac., Dipl. Ac., North Country Acupuncture, LLC • 518-210-6081

More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

The Center for Preventive Medicine • Prime Care Physicians, PLLC
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100



Experience the Top Three Triathlon Brands Under One Roof!



TREK

cervélo
VROOMEN.WHITE.DESIGN

SPECIALIZED®

Also Featuring Bikes From:
PINARELLO – SANTA CRUZ – PARLEE – SEROTTA

And Quality Clothing From:
PEARL IZUMI – GORE BIKE WEAR – 2XU
ZOOT – TERRY – GIORDANA

71 Church St, Saratoga Springs
518-583-0600 • blueskybicycles.com

RACE RESULTS

12TH ANNUAL RUNNIN' OF THE GREEN (ISLAND) 4-MILE ROAD RACE

March 12, 2011 • Legnard-Curtin American Legion Hall, Green Island

MALE OVERALL		
1	Justin Wood	27
2	Chuck Terry	28
3	Dan Haggerty	26
FEMALE OVERALL		
1	Emily Bryans	43
2	Eileen Combs	33
3	Kristina Gracy	28
MALE AGE GROUP: 14 & UNDER		
1	Keith Machabee	14
2	Robert Paly II	14
3	Griffin Wallner	11
FEMALE AGE GROUP: 14 & UNDER		
1	Payton Czapal	11
2	Julia Maloney	14
3	Sasha Weillaker	14
MALE AGE GROUP: 15 - 19		
1	Eric Young	19
2	Adam Cooing	18
3	Jordan Fantalone	16
FEMALE AGE GROUP: 15 - 19		
1	Moiria Hilt	18
2	Amber Summers	19
3	Taylor Mead	18
MALE AGE GROUP: 20 - 24		
1	Brad Lewis	24
2	Kahill Scott Jr	20
3	Richard Messineo	22
FEMALE AGE GROUP: 20 - 24		
1	Brina Seguinie	21
2	Christine Sloat	21
3	Rebecca Moore	23
MALE AGE GROUP: 25 - 29		
1	Thomas O'Grady	25
2	Justin Bishop	29
3	Andrew McCarthy	27
FEMALE AGE GROUP: 25 - 29		
1	Crystal Perno	29
2	Karen Bertasso	26
3	Meghan Davay	25

12TH ANNUAL RUNNIN' OF THE GREEN (ISLAND) 4-MILE ROAD RACE continued

4	Bill Martin	56
5	Robert Somerville	57
6	Steve Vinul	55
FEMALE AGE GROUP: 55 - 59		
1	Erika Oesterle	59
2	Catherine Silwinski	55
3	Mayanne McLamara	57
MALE AGE GROUP: 60 - 64		
1	Bob Gambalvo	61
2	Paul Forbes	60
3	Patrick Glover	64
FEMALE AGE GROUP: 60 - 64		
1	Judy Phelps	60
2	Martha DeGrazia	60
3	Susan Wong	63
MALE AGE GROUP: 65 - 69		
1	Thomas Adams	66

2011 NYSSRA NORDIC CHAMPIONS CUP WEEKEND

March 12-13, 2011 • Olympic Sports Complex, Lake Placid

JUNIORS - 7K CLASSICAL X-C SKIING CHAMPS				
MALE OVERALL				
1	Brian Halligan/14-15	Garnevoort	HURT	16:11
2	Matthew Forshey/12-13	Scotia	Glenville Hills	17:17
3	Aaron Huneck/12-13	Roxford	HURT	19:20
4	Brian Chrzan/14-15	Clifton Park	Unattached	19:41
5	Eric Schreiner/10-11	Hadley	Saratoga Biathlon	26:55
FEMALE OVERALL				
1	Amstrong/12-13	Lake Placid	NYSEF	17:36
2	Anna Izzo/14-15	Lake Placid	NYSEF	18:31
3	Jacklyn Hoch/12-13	Cortland	Cayuga Nordic	23:01
4	Maeve Peabody/12-13	Keene	NYSEF	23:33
JUNIOR CLASSICAL X-C SKIING CHAMPS				
MALE OVERALL				
1	Jon Santoro/20-29	Plattsburgh	Peru Nordic	1:05:15
2	Eric Seysa/20-29	Scotia	Glenville Hills	1:05:29
3	Chris Yarsavich/30-34	Saratoga Springs	HURT	1:06:19
FEMALE OVERALL				
1	Heidi Underwood/40-44	Kattskill Bay	HURT	1:15:53
2	Carol Fisher/55-59	Queensbury	HURT	1:20:38
3	Amanda Zullo/30-34	Saranac Lake	Peru Nordic	1:22:16
MALE AGE 16-17				
1	Evan Greenberg	Saranac Lake	NYSEF	1:14:31
FEMALE AGE 20-29				
1	Kristen Domas	Saranac Lake	Unattached	1:35:34
MALE AGE 35-39				
1	Matthew Tominain	Fultonville	HURT	1:09:22
2	Loic St. Gal de Pons	APO	Unattached	2:08:34
FEMALE AGE 35-39				
1	Rosanne Van Dorn	Lake Placid	HURT	1:22:28
2	Jill Krotel	Buskirk	HURT	1:39:20
MALE AGE 40-44				
1	Chris Rose	Peru	Peru Nordic	1:09:07
2	Jim Kobak	Peru	Peru Nordic	1:09:44
3	Edward Lis	Lake Placid	Peru Nordic	1:22:50
MALE AGE 45-49				
1	Stanley Hatch	Cadyville	Peru Nordic	1:09:26
2	Tom Chappell	Cortland	Cayuga Nordic	1:14:39
3	Robert Dadekian	Cortland	Unattached	1:17:12
4	Jose Jimenez	New York	Manhattan Nordic	1:26:57
FEMALE AGE 45-49				
1	Kathy Schwenk	Corfu	HURT	1:22:59
MALE AGE 50-54				
1	Justin Gabinski	Orchard Park	Byrnclyff Nordic	1:08:27
2	Tim Huneck	Roxford	HURT	1:11:21
3	Joe Korzeneki	Lake Placid	Peru Nordic	1:20:24
4	Amdrej Woljton	Port Chester	Unattached	1:23:29
5	Donald Massone	Niskayuna	Unattached	1:31:51
FEMALE AGE 50-54				
1	Audrey Balander	Cortland	Cayuga Nordic	1:33:24
2	Sandra Izzo	Lake Placid	Unattached	1:38:15
3	Jennifer Harvey	Niskayuna	Unattached	1:45:59

CAN YOU SURVIVE THE FARM...?



A fun 5K trail run with rolling natural terrain and a dozen military-inspired obstacles to navigate!

Water Crossings, Mud Trenches, Cargo Nets, Barbed Wire Fencing and Much More!
BBQ, drinks, live entertainment
Partial proceeds benefit Operation Adopt-a-Soldier

Saturday, May 28, 2011
Start waves from 10am to 2pm
11491 Route 40, Easton

Info: survivefarm.com
Ed Johnson: (518) 791-7856 or Ed@survivefarm.com
Register: areep.com
Early registration & team discounts!

Less than 40 minutes from Albany, Saratoga Springs and Glens Falls

Cryosurgery New Treatment for Foot Pain



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

What is Cryosurgery?

Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy nerve regenerates in six weeks.

The Benefits

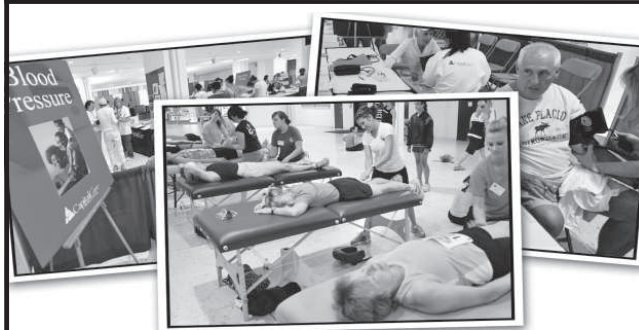
- 15 minute office procedure
- No stitches required
- No post-op pain
- Quick recovery

An avid outdoor enthusiast, Dr. Lambariski specializes in custom orthotic design for all sports. Stop living with your foot pain - Call today.

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

t. 842.2200

Get Your Summer Off to a Healthy Start!



Join us for the 9th Annual CapitalCare Health & Fitness Expo on Friday, June 3rd and Saturday, June 4th at the Empire State Plaza, part of the 33rd annual Freihofer's Run for Women.

Featuring two days of family-friendly activities and information:
Free Health Screenings/Massage Therapy/Healthy Living Seminars
See New Products & Fitness Trends/Talk with Medical Professionals/
Meet World-Class Athletes

Live Music & Entertainment for Kids/Food, Fashion & Gear for a Sporting Life
For the latest expo schedule, visit freihoferstrun.com

CapitalCare
Health & Fitness
EXPO

Expo times: Friday, Noon - 7 p.m. and Saturday, 8 a.m - 2 p.m.



2011 NYSSRA NORDIC CHAMPIONS CUP WEEKEND continued

YOUTH MEN 16-18		2 Team B	1:28:51
1 Will Fieroh	34:56	Sluke Hynes/Lidiko Hynes/Jerimiah Hynes	
2 Brian Halligan	35:43	3 Team A	1:32:54
3 Matthew Forshey	39:40	Bill Kozio/Eric Hamilton/Tom Beili	
SENIOR WOMEN 21-39		EXHIBITION	
1 Jill Kozio	48:28	1 Team USA	53:52
SENIOR MEN 21-39		Zach Hall/Pat Coffey/Zach Hall	
1 Zachary Hall	26:08	SKI-ORIENTERRING - EMPIRE STATE GAMES: 2/26	
2 Tom Moffett	34:19	MALE SCHOLASTIC - 5.1K, 6 CONTROLS	
3 Eli Walker	34:55	1 Zachery Lyons	42:04
4 Eric Seyse	35:06	2 Tyler Kozio	Washington
5 Patrick Detraglia	36:55	MALE OPEN - 12.9K, 12 CONTROLS	
6 Douglas Dehl	39:40	1 Serge Dobrowsky	Monroe
7 Brian Burr	39:30	2 Martin Donnelly-Heg	Onondaga
8 Patrick Clancy	40:22	3 Pavel Kornilov	Steuben
9 Matthew Jaquish	41:24	4 Mitch Collinsworth	Tompkins
MASTER WOMEN 40-49		5 Aims Coney	Hamilton
1 Deb Nordyke	38:55	MALE MASTERS - 9.4K, 8 CONTROLS	
MASTER MEN 40-49		1 David Hunter	Essex
1 Sean Halligan	34:03	2 Jim Pamper	Livingston
GRAND MASTER WOMEN 50-PLUS		3 Thomas Hay	Essex
1 Isidko Hynes	54:38	4 Doug Swank	Rensselaer
GRAND MASTER MEN 50-PLUS		5 Gary Maslanka	Livingston
1 Russ Myer	41:30	MALE GRANDMASTERS - 9.4K, 8 CONTROLS	
2 Arthur Stegen	42:51	1 Mitch Hansen	Oneida
3 Kurt Donath	45:18	FEMALE GRANDMASTERS - 5.1K, 6 CONTROLS	
4 Thomas Beili	47:00	1 Terry Myers Coney	Hamilton
5 Jeremiah Hynes	47:16	2 Elino George	Saratoga
6 Eric Hamilton	52:42	3 Susan Dawkins-Tietler	Albany
BIATHLON CHAMPS: DAY 2 - TEAMS		FEMALE OPEN - 12.9 K, 12 CONTROLS	
CLUB TEAMS		1 Sina Bridgeman	Ontario
1 Saratoga A	1:01:35	FEMALE SCHOLASTIC - 5.1K, 6 CONTROLS	
Brian Halligan/Tom Moffett/Sean Halligan		1 Melanie Sergeiv	Rensselaer
2 Lake Placid	1:04:28	FEMALE MASTERS - 9.4K, 8 CONTROLS	
Alex Got/Will Fieroh/Carly Wynn		1 Janet Findlay	Essex
3 Saratoga B	1:09:18	2 Cindy Gretzinger	Broome
Brian Burr/Deb Nordyke/Danyl Rikert		3 Sandi Wilsey	Ontario
4 Glenville Hills Nordic	1:09:45	SPORT TEAMS	
Matthew Forshey/Patrick Clancy/Eric Seyse		1 Team C	1:20:55
SPORT TEAMS		Nick Gretzinger/Matthew Jaquish/Jill Kozio	

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #1
March 19, 2011 • Coxsackie High School, Coxsackie

PRO & CATEGORY 1/2/3 - 54 MILES		CATEGORY 4 - 42 MILES	
MALE OVERALL		MALE OVERALL	
1 2:11:40 Justin Lindine	Bikereg.com/Joel's Garage, New Salem, MA	1 1:54:24 Loren Swears	Elevate Cycles, Gansevoort
2 2:11:40 Roger Aspholm	Westwood Velo, Haworth, NJ	2 1:54:24 Matt Moore	CCC/Keltio/Zane's, Manchester, VT
3 2:11:40 Sean Smith	J.A.M. Fund/NCC, New York	3 1:54:24 Ad Stabel	Central NY Cyclist, East Meredith
FEMALE OVERALL		FEMALE OVERALL	
1 2:28:36 Beth Miller	Anthem Sports, Delmar	1 1:54:24 Kimberly Edwards	CVC/Subaru New England, Clinton, CT
2 2:28:52 Sarah Krzyziak	Farm Team Elite, Utica	2 1:55:31 Maria Murphy	Finkraft Cycling, West Nyack
3 2:36:12 Jenny Ives	Farm Team Elite, Gloversville	3 1:55:31 Megan Searloss	Bethel Cycle, Ridgefield, CT
REGIONAL FINISHERS		REGIONAL FINISHERS	
8 2:12:46 Wayne Bray	Embrosation Cycling Journal, Clinton	10 1:54:24 Charlie Casey	Unattached, Alplaus
11 2:15:39 Christian Fasata	Tablerock Tours & Bikes, Kerhonkson	12 1:54:24 Marc Sullivan	North American Velo, Middle Grove
20 2:18:03 Andrew Ruiz	CCC/Keltio/Zane's, Delmar	14 1:54:24 Zack Vogel	North American Velo, Saratoga Springs
20 2:19:00 Cliff Summers	CCC/Keltio/Zane's, Queensbury	20 1:54:24 Yoshuke Takakura	Capital Bicycle Racing Club, Albany
22 2:19:10 Bruce Beauharnois	Wear On Earth, Peru	22 1:54:24 Brad Stratton	Capital Bicycle Racing Club, Albany
27 2:19:10 Thomas Butler	CCC/Keltio/Zane's, Delmar	24 1:54:24 Jeffrey Krywanyczyk	Wear On Earth, Chazy
28 2:19:10 Douglas Campbell	CCC/Keltio/Zane's, Salem	26 1:54:24 Ashton Momot	Wear On Earth, Plattsburgh
31 2:19:10 Anthony Felitte	CCC/Keltio/Zane's, Delmar	32 1:54:45 Dylan Gallagher	Overlook Mountain Bikes, Saugerties
40 2:19:10 Kevin Mosher	CCC/Keltio/Zane's, Voorheesville	33 1:54:50 Paul Wojcik	Pawling Cycle & Sport, Poughkeepsie
45 2:19:10 David McCutcheon	Verge Test Pilot, Saugerties	41 1:56:19 Steve Seabury	Unattached, Old Chatham
48 2:19:10 Matt Goedeke	Stage5/Cycling Fusion, Selkirk	42 1:57:26 Harold Schmidt	Team Placid Planet, Lake Placid
49 2:19:52 Curtis White	CL Noonan/Bay Hill, Delanson	45 2:04:12 Todd Shapiro	North American Velo, Ballston Spa
55 2:28:36 Mark Sumner	CCC/Keltio/Zane's, Clifton Park	46 2:08:50 Tim Leonard	Capital Bike Racing Club, New Hartford
56 2:28:36 Michael Drezel	Unattached, Delanson	47 2:09:37 Kerin Stewell	Capital Bicycle Racing Club, Valatie
59 2:28:36 Nathan Sentz	Paceline Sports, Cooperstown	48 2:10:40 Michael Lenihan	Battenkill-United, Lake George
68 2:33:48 James Walker	Team Placid Planet, Elizabethtown	50 2:12:31 James Leone	Capital Bicycle Racing Club, Delmar
		51 2:14:02 Michal Jacyna	Capital Bicycle Racing Club, Albany
		53 2:17:52 Andrew LaPlante	Team Placid Planet, Peru

Changing Jobs or Retiring?

Should you roll over your 401(k) plan account or reallocate your retirement assets? Whether you are changing jobs or retiring, a Morgan Stanley Smith Barney Financial Advisor can review your situation and help you make informed choices to ensure that your nest egg will be there when you need it. Call your Morgan Stanley Smith Barney Financial Advisor today to help you develop an investment program tailored to your retirement needs.

Richard F. White
Second Vice President-Wealth Management
Financial Planning Specialist
Financial Advisor
80 State Street, 12th Floor
Albany, NY 12207
518-427-5555
www.fa.smithbarney.com/richardfwhite
richard1.white@mssb.com

Morgan Stanley Smith Barney

A Morgan Stanley Company

Tax laws are complex and subject to change. Morgan Stanley Smith Barney LLC, its affiliates and Morgan Stanley Smith Barney Financial Advisors do not provide tax or legal advice. This material was not intended or written to be used for the purpose of avoiding tax penalties that may be imposed on the taxpayer. Individuals are urged to consult their personal tax or legal advisors to understand the tax and related consequences of any actions or investments described herein.

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #1 continued

MALE OVERALL		CATEGORY 5 - 18 MILES	
1 51:01 David Bertram	Ommegang-Syracuse Bicycle, Cooperstown	17 53:37 John Kowalski	Cycle Club Kingston, Red Hook
2 51:01 Scott Hock	Adirondack Velo Club, Unattached, Johnstown	19 54:54 Stephen Werthner	Capital Bicycle Racing Club, Albany
3 51:05 Lyle Schultz	Capital Bicycle Racing Club, Delmar	20 55:36 Gianni Polhemus	Farm Team Cycling, Spencertown
FEMALE OVERALL		23 55:36 Gordon Webster	Unattached, Ballston Lake
1 55:36 Danielle Kosecki	CRC/A/Asphalt Green, New York	28 57:59 Robert Lazzara	Unattached, Hudson
2 55:36 Brittany Sumner	Farm Team Cycling, Clifton Park	29 57:59 Aurora Lameretta	Elevate Cycles, Saratoga Springs
3 55:36 Erma White	Capital Bicycle Racing Club, Delanson	30 58:12 Joel Mancini	Unattached, Freehold
REGIONAL FINISHERS		32 58:44 Donald Kilburn	Unattached, Highland
5 51:05 Andrew Rizza	HRRT, Niskayuna	33 58:44 James Bogue	Cambridge Valley Cycling, Buskirk
6 51:05 Dylan Dearborn	Team Tuesday, Albany	36 58:44 Dana Cooreman	Mission in Motion, Whitesboro
7 51:05 Alex Raskin	Bikeman.com/Funk Cycles, Hudson	38 59:02 Timothy Mendoza	Unattached, Clifton Park
8 51:05 Nathan Schiele	RPI Cycling, Troy	40 1:01:57 Mike Talmadge	Battenkill-United, Greenwich
10 51:49 Seth Gallagher	Overlook Mountain Bikes, Rhinebeck	41 1:01:57 Christopher Myers	Unattached, Cairo
11 51:49 Tim Cleworth	Capital Bicycle Racing Club, Schenectady	42 1:01:57 Erik Sanderson	Unattached, Schenectady
12 52:14 Dylan Thomanie	Adirondack Velo Club, Northville	44 1:04:03 Rick Kasalo	Unattached, Delmar
13 52:14 Mike Klein	Wear On Earth, Potsdam	46 1:04:55 George Sterling	Unattached, Albany
14 52:24 Matt Alexander	Unattached, Catskill	47 1:08:55 Jared Ray	Unattached, Albany
15 52:24 Greg Blomquist	Unattached, Glens Falls	48 1:07:30 Lisa Snyder	Elevate Cycles, Greenfield
		49 1:08:25 Connor Lenihan	Farm Team Cycling, Lake George

Courtesy of Capital Bicycle Racing Club

GORE MOUNTAIN WALT'S BUMP CREST
March 20, 2011 • Gore Mountain, North Creek

SKIERS - RANKED BY POINTS		FEMALE AGE GROUP: 13 - 17		FEMALE AGE GROUP: 50 & OVER			
MALE AGE GROUP: 9 & UNDER		1 Madison Pomarico	Newburgh	32	1 Mary Irish	Clifton Park	
1 Kevin Olden	Chestertown	2 Allison Hardy	Maple Line	27	TELEMARK - RANKED BY POINTS		
2 Brynd Moyer	Sloatsburg	3 Isabel Zachara	Summitt	27	MALE AGE GROUP: 40 - 49		
3 Lucas Dougherty	22	MALE AGE GROUP: 18 - 29		1 Tom Amiant	Scotia	30	
FEMALE AGE GROUP: 9 & UNDER		1 Logan Marino	Fort Edward	33	2 Jack Cook	Princeton, NJ	
1 Milana Pomarico	Newburgh	35	1 Rebecca Henck	Long Beach	19	FEMALE AGE GROUP: 30 - 39	
2 Claire Felton	Ballston Spa	31	MALE AGE GROUP: 30 - 39		1 Tim Feltton	Ballston Spa	
3 Zoe Cook	Princeton, NJ	24	1 Paul Kuskar	Glenville	26	RIDERS - RANKED BY POINTS	
MALE AGE GROUP: 10 - 12		31	3 Eric Heck	Long Beach	23	MALE AGE GROUP: 10 - 12	
1 Paolo Pomarico	Newburgh	31	MALE AGE GROUP: 40 - 49		1 James Hayes	Ballston Spa	
2 Brandon Olden	Chestertown	28	3 Hugh Dempsey	Saratoga Springs	27	2 Gavin De Felice	Queensbury
3 Hugh Dempsey	Saratoga Springs	27	3 Heather Raggart	Clifton Park	27	3 Aidan De Felice	Queensbury
FEMALE AGE GROUP: 10 - 12		30	MALE AGE GROUP: 50 & OVER		1 Jose Cook	Princeton, NJ	
1 Jose Cook	Princeton, NJ	30	1 Karen Pomarico	Newburgh	29	1 Julianna Balzano	Yonkers
2 Brett Dewese	Saratoga Springs	27	2 Sheila McIntyre	Saratoga Springs	28	MALE AGE GROUP: 13 - 17	
3 Emily Turner	Saratoga Springs	26	3 Stephen Doyan	Saratoga Springs	32	1 Vincent Balzano	Yonkers
MALE AGE GROUP: 13 - 17		33	MALE AGE GROUP: 10 - 12		3 Drew Griskowitz	Saratoga Springs	
1 Anthony Cirelli	Queensbury	34	FEMALE AGE GROUP: 50 & OVER		1 Michael Pomarico	Newburgh	
2 Graham Irish	Clifton Park	34	2 Jeff McNamara	Gloversville	28	MALE AGE GROUP: 50 & OVER	
3 Greg Hartunian	Clifton Park	33	3 Jeff Dunn	Clifton Park	28	1 Bill Gibson	Long Beach

Courtesy of Gore Mountain

2ND ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE SK
March 26, 2011 • Central Park, Schenectady

MALE OVERALL		MALE AGE GROUP: 15 - 19		
1 Justin Lange	15 Schenectady	15:59	1 Jacob Ulys	16 Rotterdam
2 Ashton Becker	16 Broadalbin	16:43	2 Adam Coooling	18 Ballston Spa
3 Eric Young	19 Latham	16:49	3 Jordan Pantalona	16 Schenectady
FEMALE OVERALL		FEMALE AGE GROUP: 15 - 19		
1 Meghan Davey	25 Rotterdam	19:53	1 Anka Parzych	16 Niskayuna
2 Shelby Coons	24 Middleburgh	20:21	2 Katie Zeppeletti	17 Scotia
3 Michelle Rosovsky	43 Niskayuna	20:36	3 Victoria Hathaway	15 Stillwater
MALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 20 - 24		
1 Devin Fitzgerald	14 Schenectady	21:47	1 Kahlil Scott	20 Cohoes
2 Patrick Frank	9 Niskayuna	28:45	2 David Chan	22 Poughkeepsie
3 Lucas Parzych	10 Niskayuna	29:42	3 Joseph Demarco	20 Merrick
FEMALE AGE GROUP: 14 & UNDER		FEMALE AGE GROUP: 20 - 24		
1 Anne Ryan	14 Schenectady	23:34	1 Rachel Karam	22 Clifton Park
2 Rileigh Sayles	12 Scotia	27:44	2 Jess Berschwinger	22 Voorheesville
3 Shannon Burbank	13 Glenville	27:45	3 Courtney Donovan	22 Alplaus

continued

BROADWAY BICYCLE CO.

Sprocket Head Sez "Come Demo a Specialized" Specialized S-Works - Transition - Woman's Design Authorized Specialized Mountain Test Center Demo a 29er!

SPECIALIZED • REDLINE • WE THE PEOPLE
Separate Fit Lounge - CompuTrainer Fit Center - Perfect your Stroke

1205 Broadway, Albany • (518) 451-9400

broadwaybicycleco.com • Tuesday - Saturday 11am-6pm

Schenectady Regional Orthopedic Associates, P.C.

Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region

Eric R. Aronowitz, M.D.
James M. Boler, M.D.
Daniel J. Bowman, M.D.
G. Robert Cooley, M.D.
Richard J. D'Ascoli, M.D.
Matthew DiCaprio, M.D.
Robert G. Leopold, M.D.
John C. Richards, M.D.
W. James Smith, M.D.
Gary A. Williams, M.D.
Rory D. Wood, M.D.

THE CENTER FOR SPORTS MEDICINE

530 Liberty St., Schenectady 382-7200
1201 Nott St., Ste. 302, Schenectady 243-4684
3757 Carman Rd., Ste. 104, Schenectady 355-3980
939 Rte. 146, Bldg. 500, Clifton Park 373-1436

www.schenectadyregionalorthopedics.com

RACE RESULTS

2ND ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K continued

MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 45 - 49		
1 Brian Wilson	28	Cadyville	1 Janice Phoenix	49	Schenectady
2 Austin Davis	25	Schenectady	2 Laurie Hoyt	45	Schenectady
3 Michael McClure	29	Albany	3 Kirsten Romanzo	47	Niskayuna
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54		
1 Chelsea Desalvatore	25	Tarrytown	1 Thomas Locasio	52	Albany
2 Jen Tattico	25	Johnstown	2 Mike Veeder	50	Earlton
3 Tril Reeves	29	Glenville	3 Dotty Dorovian	50	Niskayuna
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54		
1 Andrew Rizzi	30	Niskayuna	1 Tina Lee	50	Niskayuna
2 Christopher Connor	31	Altamont	2 Joanne Nolette	50	Rensselaer
3 Alexander Workman	34	Schenectady	3 Dotty Dorovian	54	South Hero, VT
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59		
1 Roshni Bhargala	30	Niskayuna	1 Steve Vruk	55	Delmar
2 Shannon Pingitore	32	Fort Edward	2 Frank Broderick	59	Ballston Lake
3 Laura Zima	30	Schenectady	3 Rick Krueger	57	Gloversville
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 55 - 59		
1 Joseph Gienter	36	Schenectady	1 Joan Celestano	57	Schenectady
2 Randall Cannell	38	Broadalbin	2 Darlene Cardillo	57	Delmar
3 Shawn Decenzo	37	Niskayuna	3 Trish Roerser	56	Schenectady
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64		
1 Jody Becker	39	Schenectady	1 David Glas	64	Glenville
2 Valerie Hammond	37	Clifton Park	2 Terry Smith	63	Galway
3 Cindy Gunn	36	Schenectady	3 David Spina	61	Galway
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64		
1 David Young	44	Delmar	1 Cathy Lanesey	61	Troy
2 Simon Scott	44	Scotia	2 Virginia Mosher	64	Delarson
3 Mark Blanchfield	44	Schenectady	3 Alana O'Mara	63	Duaneburg
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69		
1 Kimberley Bowles	40	Amsterdam	1 Douglas Fico	66	Loudonville
2 Deborah Mastroianni	42	Rotterdam	2 Frank Deocoppo	65	Ballston Lake
3 Martha Spoll	43	Voorheesville	3 Barbara Hodorosi	67	Ballston Lake
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 75 - 79		
1 Kevin Criegan	45	Albany	1 Charles Bishop	75	Schenectady
2 Ed Menis	46	Schenectady			
3 Joseph McDonald	45	Niskayuna			

Courtesy of Schenectady Firefighters

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #2

March 26, 2011 • Cossackie High School, Cossackie

PRO & CATEGORY 17.5 - 54 MILES			FEMALE OVERALL		
MALE OVERALL			1 2:20:11 Sarah Krzyzsiak	Farm Team Elite, Utica	
1 2:15:14 Alec Donahue	JAM Fund/NC, Easthampton, MA		2 2:26:48 Beth Miller	Farm Team Elite, Delmar	continued
2 2:15:14 Justin Lindine	Bikereg.com/Jo's Garage, New Salem, MA				
3 2:15:14 Max Lippolis	Danbury Aud/Pedal & Pump, Pound Ridge				

CLASSIFIEDS

FOR SALE - Like new 18' foot, 35lb. Wenonah Sundown Kevlar Touring Canoe. Aluminum gunnels. Wooden carrying yoke. 3 paddles, anchor. Plus, Yakima roof racks. Original: \$1,300 canoe. Asking \$750 firm for all - great deal. Saratoga Springs. Call (518) 330-1037.

FOR SALE - Waterfront house in Saratoga. Large year-round 4-bedroom, 3-bath house with 142' of waterfront on Fish Creek. Perfect for paddlers, rowers, and other outdoor enthusiasts. Asking \$279,500. See www.fishcreekhome.com for more information.

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@highpeakscycle.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.

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.

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #2 continued

REGIONAL FINISHERS			CATEGORY 5 - 18 MILES		
10 2:17:45 Cliff Summers	CCC/Keltic/Zanes Cycles, Queensbury		MALE OVERALL		
14 2:17:45 Kevin Mosher	CCC/Keltic/Zanes Cycles, Voorheesville		1 5:11:2 Mike McConnell	Team Darkhorse Cycles, Cornwall	
17 2:17:45 Christian Favata	Tablerock Tours & Bikes, Kerhonkson		2 5:11:2 Christopher Myers	Unaffiliated, Cairo	
19 2:19:09 Wayne Bray	Embrocation Cycling Journal, Clinton		3 5:12:1 Lee Johnson	Team Elevate Cycles, Clifton Park	
Due to camera malfunction, these riders finished in order listed but cannot be placed...			FEMALE OVERALL		
20 2:19:49 Andrew Ruiz	CCC/Keltic/Zanes Cycles, Delmar		1 5:25:4 Brigit Reeves	Finkraft Cycling Team, Brooklyn	
21 2:19:49 David McCutcheon	Verge Test Pilot, Saugerties		2 5:50:7 Amanda Bedard	Cycling Concepts, Canton, CT	
22 2:19:49 Mark Miller	Tablerock Tours & Bikes, Huxley		3 5:54:0 Stacy Maziejka	Capital Bicycle Racing Club, Voorheesville	
23 2:19:49 Terry Blanchet	North American Velo, Castleton		REGIONAL FINISHERS		
24 2:26:48 Paul Eisele	Somerville Bicycle Shop, Andes		4 5:11:2 Lyle Schultz	Capital Bicycle Racing Club, Delmar	
25 2:38:12 Nathan Sentz	Paceline Sports, Cooperstown		5 5:11:2 Sam Train	Team Bikeway.com, Poughkeepsie	
26 2:38:12 Bill McGreevy	Team Placid Farm, Wilmington		7 5:11:2 Jon Kosch	Team Elevate Cycles, Saratoga Springs	
Other riders could not be classified due to camera malfunction...			11 5:11:2 Caleb Batsheldor	Ascension Cycling, Argyle	
			13 5:11:2 Nately Schiele	RPI Cycling, Troy	
			14 5:11:2 Matt Alexander	Unattached, Catskill	
			15 5:11:2 Scott Hock	Adirondack Velo Club, Johnstown	
			16 5:11:2 Paul Hogan	Unattached, Cohoes	
			17 5:11:2 Terry Batsheldor	Ascension Cycling, Argyle	
			18 5:11:2 Joel Mancini	Unattached, Freehold	
			20 5:23:8 David Mendonca	Montclair Cyclists, Hudson	
			21 5:23:8 Robert Lazzara	Unattached, Albany	
			23 5:23:8 Gianni Polhemus	Farm Team Cycling, Spencertown	
			25 5:23:8 Greg Blomquist	HP, Glens Falls	
			26 5:55:3 John Kowalski	Cycle Club Kingston, Red Hook	
			27 5:55:3 Kent Sante	Farm Team Cycling, Queensbury	
			28 5:55:3 Gordon Webster	Unattached, Ballston Lake	
			30 5:27:6 Howie Diamond	Team Elevate Cycles, Clifton Park	
			31 5:27:6 Harold Schmidt	Team Placid Farm, Lake Placid	
			32 5:27:6 Kevin Maldonado	Windham Mtn Outfitters, Windham	
			34 5:27:6 Daniel O'Hare	Unattached, Westerlo	
			35 5:29:2 Timothy Mendoza	Unattached, Clifton Park	
			36 5:29:2 Todd Krokowski	Capital Bicycle Racing Club, Niskayuna	
			37 5:10:1 Erik Sanderson	Unattached, Schenectady	
			39 5:10:4:5 Stephen Werthner	Capital Bicycle Racing Club, Albany	
			40 5:10:4:5 John Cummings	Schenectady Cycling Club, Schenectady	
			41 5:11:1:38 Brook Caro	Unattached, Athens	
			42 5:11:1:38 Gili Rusak	Team Overlook, Loudonville	
			43 5:12:4:5 Jennifer Borrero	Tablerock Tours & Bikes, Kingston	
			Courtesy of Capital Bicycle Racing Club		

25TH ANNUAL SHAMROCK SHUFFLE 5-MILE ROAD RACE

March 27, 2011 • Glens Falls High School, Glens Falls

MALE OVERALL			FEMALE AGE GROUP: 20 - 24			
1 Austin Lane	17	Greenwich	26:15	1 Michele Berdella	21 Summit, NJ	35:48
2 Gary Messina	17	Queensbury	26:42	2 Lisa D'Aniello	24 Wilton	36:18
3 Anthony Giuliano	31	Albany	26:59	3 Jessica Cobly	21 Queensbury	37:56
FEMALE OVERALL			MALE AGE GROUP: 25 - 29			
1 Britany Winslow	17	Queensbury	30:27	1 Keith Weiss	29 Malta	27:14
2 Betsy Edinger	17	Greenwich	32:07	2 Kevin Embridge	27 Queensbury	28:19
3 Madeline Montague	15	Greenwich	32:11	3 Pete Gillen	28 Amherst, MA	31:39
MALE AGE GROUP: 14 & UNDER			FEMALE AGE GROUP: 25 - 29			
1 Matthew Reeves	14	Queensbury	36:23	1 Justine Mosher	26 Queensbury	32:57
2 Devin Kennedy	14	Greenwich	38:40	2 Jen Jeff	25 Queensbury	33:00
3 Sara Grenskie	10	Greenwich	38:41	3 Elizabeth Embridge	25 Queensbury	34:05
FEMALE AGE GROUP: 14 & UNDER			MALE AGE GROUP: 30 - 34			
1 Sarah Lapham	14	Greenwich	35:22	1 Jay Wells	31 Ticonderoga	28:54
2 Tyra Wynn	12	Queensbury	35:59	2 Gabe Anderson	33 Saratoga Springs	32:03
3 Sasha Weibaker	14	Saratoga Springs	38:49	3 Kevin Crossman	34 South Glens Falls	34:04
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 30 - 34			
1 Aaron Nowell	18	Queensbury	27:07	1 Jacyln Steidman	31 Glens Falls	37:12
2 Jay Berube	17	Putnam	28:57	2 Sonja Balcom	32 Glens Falls	39:06
3 Timothy Messina	17	Queensbury	29:13	3 Kristina Hubert	32 Red Hook	39:14
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 35 - 39			
1 Kellee Lawton	16	Gloversville	33:15	1 Brian Northan	36 Guiderland	30:46
2 Jolie Navetta	16	Queensbury	33:35	2 Todd Eicher	38 Queensbury	31:10
3 Cady Kuzmich	17	Greenwich	33:41	3 William Henke	36 Hudson Falls	32:52
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 35 - 39			
1 William Haskell	23	Saratoga Springs	31:43	1 Sereena Combes	35 Queensbury	33:11
2 Dan Pollock	23	Queensbury	32:32	2 Terry Benson	36 Glens Falls	34:32
3 Michael Douglas	22	Gloversville	32:42	3 Nicole Luzzo	37 VT	37:14

continued

Are you into it?

Adirondack
ADK
Mountain Club

Hiking
Climbing
Paddling
Biking
Backpacking
Camping
Outdoor Adventure
The Adirondacks
The Catskills

Don't Delay, Join Today
1-800-395-3030
www.adk.org

Get into it!

RUDY PROJECT
Technically Cool

THE BEST RX SPORTS LENS
IN THE WORLD!

rydon magster

ActiveRx Eyewear
\$18.274.5559
830 Hoosick Rd, Troy
2.5 miles east of I-787
Online Scheduling offered at:
www.ActiveRxEyewear.com

BUSINESS DIRECTORY

Visit Long Lake
A Real Adirondack Experience

LONG LAKE **RROUETTE LAKE**

Call Today (518) 624-3077
Or Visit Us Online www.mylonglake.com

Inverted
Wakeboard & Waterski
School @ Loon Lake
Marina

Wakeboarding · Waterskiing · Kneeboarding · Tubing
Beginner-Advanced Lessons
Two boats for more water time!

Call for appointment: 518-744-9826
or Loon Lake Marina 518-494-3410
www.invertedschool.com

Road Race, Triathlon, XC, Cycling, XC Skiing, Snowshoe

Auyer
RACETIMING

(315)342-5987
www.AuyerTiming.com
Oswego N.Y.

Full Service Timing and Scoring including Online Registration
hornet@twcny.rr.com

Schroon Lake Marina

New Boats from
Mariah, Sun Chaser,
Supra, Sylvan, Bentley

Motors from Mercury,
Evinrude and Honda

Docks from Alumidock,
Shore Master,
Shore Station

Full Service Marina
Open Seven Days

31 MARINA ROAD • SCHROON LAKE, NY 12870
518-532-7884 • www.schroonlakemarina.com

SHULMAN
HOWARD
& **MCPHERSON**
LLP

17 OLD ROUTE 66
AVERILL PARK
NEW YORK 12018

518-674-3766
518-674-3805
FAX: 518-674-3964

ATTORNEYS AT LAW

REAL ESTATE · WILLS & TRUSTS · ESTATES · BANKRUPTCY
LAND USE & ZONING · CORPORATIONS · TRAFFIC COURT & DWI

MORE THAN 75 YEARS OF EXPERIENCE

McDonough's
VALLEY HARDWARE
An Adirondack Department Store

On North Main St, Keene Valley
(518) 576-4330

25TH ANNUAL SHAMROCK SHUFFLE 5-MILE ROAD RACE continued

MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 60 - 64		
1 John Entholt	44	30:58	1 John Stockwell	63	36:55
2 Rick Jordan	40	31:19	2 Daniel Prosser	60	39:48
3 Bradley Tripp	41	34:41	3 Darryl Ferguson	64	40:36
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64		
1 Sue Thompson	44	35:40	1 Judy Pheles	60	36:51
2 Mara Fronhofer	44	38:12	2 Martha DeGrazia	60	39:18
3 Mary Williams	41	38:28	3 Mary Collins Finn	61	39:50
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 65 - 69		
1 John Gurney	48	31:45	1 Eduardo Munoz	68	40:23
2 Timothy Bardin	49	32:14	2 Gove Effinger	65	41:16
3 Rob Hudynia	48	32:30	3 G. Murphy	65	43:58
FEMALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 65 - 69		
1 Nancy Nicholson	49	33:28	1 Ginny Pezzula	65	42:49
2 Christine Varley	46	34:39	2 Patricia Phillips	67	48:02
3 Janice Phoenix	49	36:34	3 Sakiko Claus	69	53:10
MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 70 - 74		
1 Robert Underwood	50	28:23	1 John Pelton	71	39:31
2 Jon Welbaker	52	32:01	2 Jim Moore	71	42:03
3 Rick Lesjak	51	32:43	3 Armand Langevin	73	50:12
FEMALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 70 - 74		
1 Kay Pauquette	50	39:51	1 Dottie Langworthy	70	49:42
2 Jen Kuzmich	52	40:22	2 Becky Kotler	72	59:50
3 Doreen Buell	53	43:01	MALE AGE GROUP: 75 - 79		
1 Bill Martin	56	32:59	1 Norm Marinic	75	47:38
2 Dale Broomhead	55	35:39	2 Joe Kelly	77	53:16
3 Frank Broderick	59	36:14	3 Richard Eckhardt	77	55:53
FEMALE AGE GROUP: 55 - 59			FEMALE AGE GROUP: 75 - 79		
1 Maryanne McLamara	57	42:03	1 Joan Corrigan	75	1:04:38
2 Jill Mehan	56	42:18	Courtesy of The Adirondack Runners		
3 Kerry Devlin	57	43:12			

32ND ANNUAL SALEM APRIL FOOL'S RACE continued

MALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 50 - 59		
1 John Thrasher	44	44:07	1 Stephanie Landry	51	47:54
2 Todd McCauley	42	44:18	2 Jen Kuzmich	52	53:21
3 Rich Luopash	44	51:07	3 Sandy Adams	51	54:09
FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 60 - 69		
1 Gall Todd	40	56:39	1 Craig Roods	61	51:32
2 Mary Rubin	46	59:32	2 Leo DiPietro	60	59:13
3 Tracy Watson	41	1:07:51	3 Shushan	61	59:13
MALE AGE GROUP: 50 - 59			MALE AGE GROUP: 70 & OVER		
1 David Brise	51	45:00	1 John Pelton	71	51:59
2 Frank Broderick	59	46:51	2 Bob Cheney	70	55:22
3 David Matthews	55	50:18	Courtesy of Salem Rotary Club & Salem Racing Committee		

SUGARBUSH ADVENTURE GAMES: SUGARBUSH TRIATHLON

Run 5 miles, Kayak/Canoe 6 miles, Bike 10 miles, X-C Ski 3 miles

April 3, 2011 • Sugarbush Resort, Waitsfield, VT

TEAM RESULTS		MALE TEAM CANOE		FEMALE OVERALL	
TEAM OVERALL		1 Well That Was Hard	2:18:40	1 Jennifer Mygatt	Kayak 2:52:10
1 Washington West - Male Kayak	2:07:49	2 Education Express	2:33:35	2 Elena Luetli	Kayak 2:56:22
2 Team Lake Placid - Mixed Kayak	2:09:27	3 The Spare Armadillos	2:39:41	3 Laurie Greenberg	Canoe 3:06:14
3 Watch This! - Male Kayak	2:18:03	MALE TEAM KAYAK		FEMALE CANOE	
CORPORATE TEAM CANOE		1 Clearwater Sports	2:18:07	1 Brenda Rose	3:52:21
1 Elevation Physical Therapy	2:49:44	2 No Fly Zone	2:26:48	FEMALE KAYAK	
2 The MEGA-Jokes	2:54:37	3 Montpelier Saturday Runners	2:36:18	1 Laura McClaine	3:24:11
3 Old Red Mill Builders	3:11:16	MIXED TEAM CANOE		2 Kristin Giguere	3:26:05
CORPORATE TEAM KAYAK		1 Sports Connection	2:28:52	3 Heather Ambrose	3:39:16
1 Dinse Knapp McAndrew	2:27:07	2 No Name	2:31:27	MALE 40-PLUS	
2 Howlin' Badger	2:44:54	3 Fiercely Competitive	2:45:56	1 Ed Hamilton	2:32:46
3 Pomerantz Woodworking	2:45:59	MIXED TEAM KAYAK		2 Bruce Paulson	3:22:42
FAMILY WICANOE/KAYAK		1 Team 48	2:46:50	3 Bruce Thompson	3:25:27
1 Rozalia Project	3:18:50	2 Sap Suckles	2:47:12	MALE CANOE	
FEMALE TEAM KAYAK		3 Captain Planets	2:47:18	1 John Maunders	2:39:32
1 Fast and Female	2:38:06	INDIVIDUAL RESULTS		2 Jon Floyd	3:00:31
2 Suit Spitting Good	2:39:43	MALE OVERALL		1 Reid Greenberg	2:28:18
3 Hannah's House	2:55:24	1 Hugh Pritchard	Kayak 2:15:53	2 Terry Kelleog	2:31:33
		2 David Sinclair	Kayak 2:17:26	3 Chris Peabody	2:37:35
		3 Justin Beckwith	Kayak 2:23:30	Courtesy of Sugarbush & Mad River Path Association	

32ND ANNUAL SALEM APRIL FOOL'S RACE

April 2, 2011 • Salem High School, Salem

5K RACE		MALE AGE GROUP: 50 - 59		Hancock, NH	
MALE OVERALL		1 David Brise	51	22:13	
1 Kahlil Scott	20	2 Tim Nichols	50	23:25	
2 John Noonan	51	3 Peter O'Brien	51	25:40	
3 Jerry Audit	25	FEMALE AGE GROUP: 50 - 59			
FEMALE OVERALL		1 Janet Fronhofer	59	Salem 31:12	
1 Alicia Clark	17	2 Kathy Chambers	50	Salem 32:21	
2 Annie Girmick	15	FEMALE AGE GROUP: 60 - 69			
3 Jessica Bashaw	28	1 Juliet Brown	63	Salem 37:34	
MALE AGE GROUP: 19 & UNDER		2 Patricia Meagher	64	Stillwater 39:58	
1 Jesse Hitchcock	17	3 Ruth Frost	65	Granville 40:00	
2 Brandon Thomas	15	MALE AGE GROUP: 70 & OVER			
3 Andrew McCauley	13	1 Bob Cheney	70	Cambridge 34:08	
FEMALE AGE GROUP: 19 & UNDER		2 Richard Schumaker	77	Hoosick Falls 39:28	
1 Emma Duer	13	3 Andy O'Keefe	80	Saratoga Springs 45:49	
2 Erinna Duer	13	FEMALE AGE GROUP: 70 & OVER			
MALE AGE GROUP: 20 - 29		1 Becky Kotler	72	36:30	
1 Tim Russell	21	MALE OVERALL			
2 Nate Kraeling	21	1 Adam Cooling	19	Ballston Spa 37:48	
3 Dan Clary	20	2 Peter Lamb	24	Clifton Park 39:45	
FEMALE AGE GROUP: 20 - 29		3 Jim Flint	23	Burlington, VT 41:43	
1 Alison Clark	21	FEMALE OVERALL			
2 Heidi Parish	24	1 Jessica Boshaw	28	Cambridge 45:08	
3 Kate Massey	27	2 Terrie Dodge	29	Albany 47:21	
MALE AGE GROUP: 30 - 39		3 Mara Fronhofer	44	Argyle 47:38	
1 David Bentley	37	MALE AGE GROUP: 20 - 29			
2 Kevin Crossman	34	1 Tim Russell	21	42:30	
3 Charles Oswald	32	2 Dan Snyder	27	Argyle 47:38	
FEMALE AGE GROUP: 30 - 39		FEMALE AGE GROUP: 20 - 29			
1 Jessica Oswald	31	1 Alex Matthews	24	53:46	
2 Bridget Crossman	31	2 Jessica Krazer	25	Salem 54:54	
3 Sherri Seybolt	30	3 Kate Imboden	20	55:56	
MALE AGE GROUP: 40 - 49		MALE AGE GROUP: 30 - 39			
1 Ed Johnson	49	1 Bill Bennett	31	Schenectady 42:48	
2 Sam Mercado	48	2 Kevin Crossman	34	South Glens Falls 43:01	
3 Bryan Crosier	46	FEMALE AGE GROUP: 30 - 39			
FEMALE AGE GROUP: 40 - 49		1 Nicole Loscalzo	37	Wells, VT 47:53	
1 Theresa Rushinski	41	2 Heidi Whitney	37	Granville 52:58	
2 Mara Fronhofer	44	3 Eric Flint	31	East Amherst, MA 1:06:35	
3 Pandora Dars	42			continued	

PLEASE SUPPORT OUR ADVERTISERS!
And, tell them where you saw their ad!



Gear-To-Go Tandems
NEW YORK'S LARGEST TANDEM BICYCLE SHOP
Expertise, free instruction, tips & test rides

1 Dahinda Rd, Saranac Lake
518-891-1869 • gtgtandems.com

Dr. Brad Elliott
CHIROPRACTOR

Cost Effective Care for the Entire Family

Thank you for 20-plus years!

677 Plank Rd, Clifton Park
(518) 383-4889

BUSINESS DIRECTORY

GREEN GROCER

YOUR ORGANIC GROCERY STORE

Specializing in Organic...

Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

1505 Route 9, Clifton Park, NY
Hours: Mon-Fri 9-7, Sat 9-6, Sun 11-5
(518) 383-1613 • TheGreenGrocer.com

Ron Houser, C. Ped.
ABC Board Certified Pedorthist

Evaluation ~ Casting ~ Manufacturing

Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity

Located @ The Mountain Goat, Manchester Center, VT
(802) 362-5159 • mgocat@comcast.net

CUMMINGS ADVERTISING ART INC.

518.406.5027
4 Yorkshire Terrace ■ Clifton Park
cummingsadvertisingart.com

HMRRC

Hudson-Mohawk Road Runners Club
The largest running club in the Capital Region

Annual memberships for singles, couples, families and youth at reasonable rates

Individuals \$12 • Youth (under 20) \$9 • Couple or Family \$15
Reduced race fees • Subscription to The Pace Setter

Check us out at www.hmrrc.com
Click on Membership Application to download form

Albany's Indoor RockGym

Get Ready for Summer!
Enroll Now in Summer Camps!
Ages 10 & Older

- Birthday Parties • Summer Clinics • School Functions
- Corporate Challenge • Team Building • Overnights
- Youth, Sport & Church Groups • Outdoor Excursions

4C Vatrano Rd, Albany
(518) 459-7625 • airrockgym.com

FATEAGUE FOTOS

Event Photography By Brian Teague

PHOTOS FOR ALL OCCASIONS

Sports
Scenic
Photo Restoration
Slide Shows
Special Events

Professional service and reasonable rates

518-232-6558
fateaguefotos@yahoo.com

Announcing Our Year-Round Franchise Concept in 2012!

PJ's BAR-B-Q

Route 9, South Broadway
(518) 583-CHIK or 583-RIBS

BARB USA
A TASTE TOUR OF AMERICAN BARBECUE
877-BAR-B-Q

True North Yoga

Get centered in the Adirondacks!

Hatha, Flow, Gentle and Chair Yoga Classes
Workshops, intensives and private sessions

NEW LOCATION!
1073 Route 9 (Main St), Schroon Lake
(518) 810-7871
Class schedule: TrueNorthYogaOnline.com

TRIATHLON continued from page 1

Saratoga Lions Duathlon, May 29 – This seventh annual event takes competitors through neighborhoods around Skidmore College. It features a 5K run with hills and descents, a 20-mile bike with four loops of rolling hills and flats, then a repeat of the run – which seems oh, so much tougher the second time. The duathlon enjoys tremendous support of the Saratoga Springs business community and has grown to a field of about 300. The raffle includes a \$4,000 Serotta bike frame. Go to: saratogalions.com.

Hudson Crossing Triathlon, June 12 – In this second annual event, triathletes get to swim in the Champlain Canalway system to start the Hudson Crossing Triathlon at Lock No. 5, north of the village of Schuylerville. Not to worry: there's no current, and the water is clean and clear. The 500-meter swim is followed by a 12-mile bike through Northumberland farm country and a 5K run on village streets and trails. This is a fast course, with one major exception: the ride up short and steep Northumberland Hill. The race takes its name from its historic setting. In 1777, British General John Burgoyne led several thousand British soldiers and German mercenaries across the Hudson River here to engage American forces on his quest south to conquer Albany. It set the stage for the Battles of Saratoga, the turning point of the American Revolution. Visit: hudsoncrossingtri.com.

Dynamic Duathlon, June 12 – The second annual Dynamic Duathlon in Hinesburg, Vt., is the perfect entryway into competing in multisport events. This approachable race starts with a 15-mile bike through the beautiful Vermont landscape and then finishes with a five-mile run – only one transition! More info: dynamicduathlon.org.

Wilton Mall Duathlon Series and Clinics, June 19, July 31 and Sept. 18 – This inaugural series of races and clinics at Wilton Mall and the Louden Trail in Saratoga Springs. The low-key, no-frills, fun 2-mile run, 10-mile bike, 2-mile run races are intended to benefit newbies and competitive types. Go to: greenleafacing.com.

North Country Triathlon, June 25 – With a scenic, almost 3-mile bike climb in the Olympic race, the North Country Triathlon offers a challenging venue in a spectacular setting at the north end of Lake George. "The town of Hague has been a partner and huge supporter," says race director Randy Engler. "And the Lake George Land Conservancy has been added to the list of organizations benefiting from this event." The race was launched in 2007 with 125 races and 45 volunteers. Celebrating its fifth year, organizers expect up to 500 competitors and 150 volunteers. The North Country Triathlon also offers a sprint race. Go to: northcountrytri.com.

Tupper Lake Triathlon, June 25 – In its 29th year, the Tinman is a popular, scenic half-Iron and sprint race in northern New York. Ted Merrihew, who has been involved since it began, returns as race director. It's also a final tune-up race for *Lake Placid Ironman* (July 24) competitors. Visit: tupper-lake.com.

Pine Bush Triathlon, July 10 – The 11th annual sprint race in and around the scenic Pine Bush Preserve is on a closed flat and fast course. The point-to-point event starts at Rensselaer Lake in Albany and finishes at the Guilderland YMCA. Go to: cdytmca.org.

Piseco Lake Triathlon, July 16 – This 26th annual race is based at the Piseco Airport near Speculator in the southern Adirondacks. The sprint features a swim in Piseco Lake and beautiful scenery for biking and running on flat to rolling roads. Visit: speculatorchamber.com.

SKYHIGH XTERRA Off-Road Triathlon, July 17 – In its 11th year, this is the longest-running off-road triathlon in the Northeast, and attracts competitors to Grafton Lakes State Park from all over the country seeking points to qualify for the XTERRA USA and World Championships in Utah and Hawaii. The 1K swim is at Long Pond with its vast beach, the 20K mountain bike course has a mix of technical and fast sections, and the 6K trail run features a challenging climb up Fire Tower Road. The popular SKYHIGH Kids' Off-Road Triathlon is on Saturday, July 16. Go to: multisportlife.org.

RACERS GETTING READY IN THE TRANSITION AREA BEFORE START OF THE 2010 NORTH COUNTRY TRIATHLON IN HAGUE. PHOTO BY GEORGE BROWN IV



Delta Lake Triathlon, July 31 – At the Delta Lake State Park, near Rome, the second annual Olympic race will take place with biking on rural roads in Westerville and swimming and running within the state park. A sprint race is new for 2011. Visit: atcendurance.com.

Fronhofer Tool Triathlon, Aug. 6 – Staged from Lake Lauderdale, just north of the village of Cambridge, the fifth annual event has blossomed into a two-day festival of races. There is a kids' triathlon Friday evening, Aug. 5, followed by the Olympic distance race Saturday morning, and a sprint tri in the afternoon. It is noted for its scenic bike courses in Washington County. Go to: fronhoferooltriathlon.com.

Peck's Lake Challenge Triathlon, Aug. 6 – This second annual sprint race, on Peck's Lake near Gloversville, has separate "competitive" and "participant" starts available. It's presented by the Fulton County Regional Chamber and the Peck's Lake Protective Association. Visit: fultoncountyny.org.

Cazenovia Triathlon and Aquabike, Aug. 14 – The Caz Tri offers sprint and intermediate distances for both the triathlon and aquabike disciplines, as well as the Hoffman Road Hill Climb, a novice swim wave (sprint tri only), and an open wave race (intermediate tri only). Go to: cazenoviatriathlon.org.

Crystal Lake Triathlon, Aug. 20 – This is a popular sprint event in Averill Park, but the 18-mile, out-and-back bike through rural Rensselaer County is not for sissies. It's mostly downhill going out and, yes, uphill, on the way back. As compensation, the three-mile run is flat and the half-mile swim is in calm Crystal Lake. The Capital District Triathlon Club has been staging this incarnation of the race since 2007. Visit: cdtriclub.org.

Run-Pedal-Tube Triathlon, Aug. 20 – In this unique event, you can do a 5K foot race in Hadley, a 7.5-mile bike ride across the

Stewart Dam, and "tube paddle" across the Hudson River from Lake Luzerne to Hadley. Go to: lakeluzernechamber.org.

Josh Billings RunAground Triathlon, Sept. 18 – In the Berkshires of western Mass., the 35th annual Josh is a bike, canoe or kayak, run triathlon. There are 36 categories of team/iron awards, plus a kids' fun run. Go to: joshbillings.com.

Moreau Lake Aquathon and Swim, Sept. 11 – This fun, first annual event combines a 1.5K swim in Moreau Lake and a technical 5K run on the scenic Moreau Lake State Park trails. There will also be 1.5K and 3K swim-only races the same day. Visit: greenleafacing.com.

Mohawk Towpath Byway Duathlon, Oct. 16 – In Clifton Park and Halfmoon, this 2.2-mile run, 16-mile bike, 2.2-mile run race is a great way to close the multisport season – and benefit the Mohawk Towpath Scenic. Go to: mohawktowpath.org.

Finally, Burlington, Vt., will host the **USA Triathlon Age Group, Sprint and Elite National Championships on Aug. 20**. The age group (Olympic) and sprint races will feature the top amateur athletes competing for national titles and spots on Team USA, and the elite race will be Olympic-style, draft-legal with multiple loops. Visit: usatriathlon.org. ▲

Christine McKnight lives in Schuylerville and has been competing in triathlons for 13 years. Her e-mail is trichris@nycap.rr.com.



2537 Main St, Lake Placid
518-523-5310 • thefallenarch.com

Your Complete Running Store
in The Adirondacks.




Adirondack Marathon Distance Festival
EXPO & PACKET PICK-UP
For Runners and Sports/Fitness Enthusiasts

Saturday, September 24 • 11 am-5pm
Schroon Lake High School, Schroon Lake

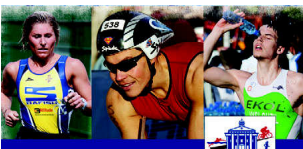
DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 1,000 Adirondack Marathon and Half-Marathon runners come to the Expo to pick-up registration packets
- Promote and sell your products and services
- Interact with 1,500 expected attendees

Limited to
30 Exhibit Spaces –
Purchase Your Booth
Today!

Produced by **ADIRONDACK**
SPORTS & FITNESS

To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com • Media Kit & Contract: AdkSports.com



COOPERSTOWN TRIATHLON
OTESAGA RESORT HOTEL,
COOPERSTOWN
SPRINT DISTANCE
SUNDAY, MAY 29 • 8AM

DELTA LAKE TRIATHLON 2011

DELTA LAKE TRIATHLON
DELTA LAKE STATE PARK,
ROME
INTERMEDIATE &
SPRINT DISTANCES
SUNDAY, JULY 31 • 8AM

atcendurance.com






100-mile team running relay
race through the Heart of
Vermont that will have you
returning year after year.

August 13, 2011
register online
100on100.org




An event designed to get you
hooked on multi-sports. Participate
as an individual or as a team.

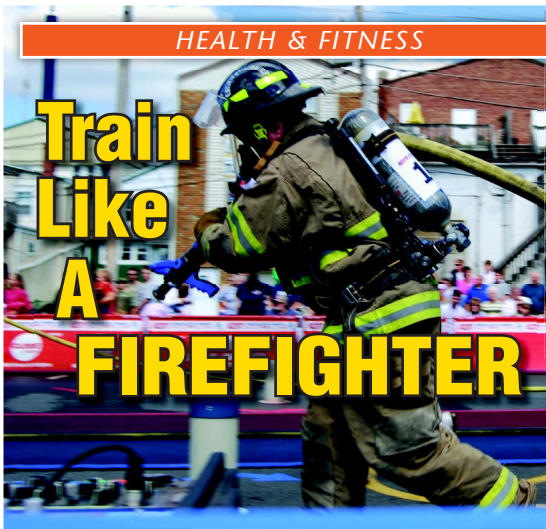
15 Mile Bike • 5 Mile Run

June 12, 2011
register online
dynamicduathlon.org

 **Dynamic
Duathlon**

HEALTH & FITNESS

Train Like A FIREFIGHTER



■ JEREMY MATSON DRAGGING A HOSE LINE DURING FIREFIGHTER COMBAT CHALLENGE IN ELKTON, MD. PHOTO BY WENDY MATSON
 ■ PAT SENA HOISTING A 59-POUND HOSE ROLL UP FIVE STORIES DURING TRAINING. PHOTO BY KYLE O'CONNOR
 ■ CHIEF DELLA ROCCO SPOTS TOM FAVATA SWINGING THE SLEDGE TO DRIVE THE HEAVY STEEL BEAM. PHOTO BY KYLE O'CONNOR

by Michael Della Rocco

You've probably seen the calendars: Trim, buff women and men wearing red suspenders and baring their muscles. Firefighters in these photos have worked hard to look good, but there is more to it than that; they represent a new breed of strong and healthy champions whose job every day is to run into dangerous situations when everyone else is running out.

Runners, hikers, bikers, paddlers or triathletes looking to improve their performance, to become stronger, and to increase their confidence can look for inspiration to the physical training that many firefighters use to prepare for their dangerous responsibilities.

Back in 1989, a joint commission was formed to study the reasons why so many firefighters were dying in the line of duty, not due to burns or smoke inhalation, but because of overall bad health and cardiac disease. The partners in that study, the

International Association of Fire Fighters and the International Association of Fire Chiefs basically represented both labor and management in the fire service.

As a result of their two-year study, the *Candidate Physical Ability Test* was developed. This physical test was to be a measurement of a candidate's ability to perform tasks expected of a firefighter and his or her fitness for duty. It was necessary that the test would be a fair, suitable, and valid method of evaluating the physical ability of a candidate to accomplish those tasks. Firefighter recruit training would now include a physical fitness component, not only to prepare rookies for their CPAT, but to establish a baseline of physical readiness to meet the challenges of their new careers. To pass or to fail at the fire academy now meant that a rookie firefighter had to meet an objective standard of physical ability.

The CPAT consists of a chain of eight separate events to be performed in a continuous sequence within a total time of ten

minutes and 20 seconds. Events consist of a StepMill stair climb, hose drag, equipment carry, ladder raise and extension, simulated forcible entry, search and

rescue, and ceiling breach and pull. In addition, candidates must wear a 50-pound vest to simulate the weight of self-contained breathing apparatus and firefighter protective clothing. An additional 25 pounds are added during the stair climb to simulate a high-rise pack (hose bundle).

Now, admittedly, most runners or other amateur athletes don't need to pull down ceilings, or raise ladders, or carry heavy tools every day, but the exercises that rookie firefighters use to prepare for their timed test can make each of us stronger and more confident, and better able to be tougher when the going gets tough.

The most overlooked aspect of most athletes' training regimens is strength training, both for women and men. In order to build strength and speed together, individuals must find a balance, just as we learn to balance our daily diets for the optimum energy benefit. Many runners don't pay enough attention to improving their overall physical fitness and strength, but just go out and try to get in their daily mileage, with the risk of decreasing benefits.

In addition to boot camps, marathon training or other intense training programs might consider modifying the firefighters' training regimen to suit their own specific needs. Strength training doesn't have to be complicated, but it does have to be focused, systematic and interesting. Why not train like a firefighter?

The recommended training program for firefighters (*Candidate Preparation Guide*, joinafd.org/CPAT.htm) includes both aerobic and anaerobic training. Recommended interval training for preparatory runs provides for easy days interspersed between increasingly more difficult runs, while

weight training addresses the development and improvement of the specific muscle groups utilized for each of the eight CPAT events.

You don't have to pump iron, though, to improve the quality and strength of specific muscle groups. The old stand-bys (think: *calisthenics*) are great, and using your own body weight as your resistance training is an easy way to measure your progress. Push-ups, chin-ups, bench steps, chair squats, planks, and split squats are all effective exercises for particular muscle groups. Dips, squat thrusts, and abdominal curls or crunches may remind you of your junior high school gym class, but they are effective and proven strength building exercises. Move from one exercise to the next in a circuit and don't rest long between each exercise. Try to increase to a reasonable number of repetitions as you develop your strength (you control this yourself), and try to complete a number of circuits based on your own goals and individual needs.

It probably won't be a surprise that an athletic contest was developed which is similar in some ways to the CPAT. Consisting of five events, the *Firefighter Combat Challenge* competition requires participants to climb a five-story tower carrying a hose pack weighing 45 pounds; hoist a 45-pound "donut" hose roll hand over hand up five stories; descend the tower making contact with every step; then drive a 160-pound steel beam five feet using a nine-pound mallet; proceed through a 140-foot maze; drag a charged hose line 75 feet; hit a target with the hose stream; then drag a 175-pound rescue dummy backwards 100 feet – all this while wearing full turnout gear and self-contained breathing apparatus.

This competition, which used to be referred to as the toughest three minutes in sports, is now called the toughest two minutes because of the increased skill and faster times of the participants. Not surprisingly, the best competitors in the *Firefighter Combat Challenge* are very vigorous and fit and share the healthy athletic appearance of many runners.

Fitness for duty is obviously essential for the men and women of the fire service. For the athlete, training like a firefighter means specifically to incorporate strength training as part of our overall training program. In more general terms, to be inspired to participate in a more comprehensive approach to fitness for life, including running stronger, with greater confidence. ▲

Michael Della Rocco (mjdellarocco@gmail.com) is Schenectady's Fire Chief. He is a runner, triathlete, snowshoe racer and a *Firefighter Combat Challenge State Champion* in the Chief's Division.

Wish your running were energy efficient and effortless? Tired of having your season interrupted by injury after injury? Lost the joy of running like a child? Playful and free? Dream of running like the wind? Easy, smooth, light, swift? It's time you tried...



ChiRunning
 Certified Instructor

Ann Margaret McKillop

AnnMargaret@MyFitnessRecovery.com • 802.259.3617 • MyFitnessRecovery.com



GET OUT WHAT YOU PUT-IN

Experience a comprehensive adventure-based academic program that strategically navigates students toward a four-year institution or into the outdoor adventure industry.



CONCENTRATION CREDIT:
 Course No. PED 149 Whitewater II



SUNYADIRONDACK
Adventure Sports

adventuresports.sunyacc.edu | 888-SUNY-ADK

Lake Placid Triathlon Headquarters

Triathlon Bike Sale!

Custom Fit Center for
GIANT GURU SPECIALIZED
QUINTANAROO Transition

Memorial Day Weekend Sale!
 Fri-Mon, May 27-30
25% off all in-stock triathlon bikes!

- Private Bike Studio
- Professional Staff
- Custom Shoe Fitting

Coaching Ride Workshops
 Learn skills to become a better rider
 Make an appointment today!

A better FIT makes a better rider!

Call for appointment



Lake Placid's Original Multisport Store Since 1983
 2733 Main St, Lake Placid
 (518) 523-3764
 Mon-Sat 9-6, Sun 10-5. HighPeaksCyclery.com

BOOT CAMP CHALLENGE

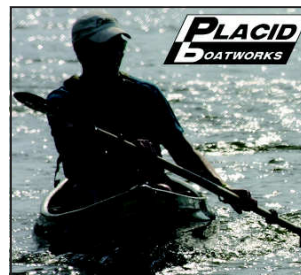
Invest in yourself

Malta Camp: June 13



Other camps in Saratoga, Schenectady & Albany counties

Most Blue Shield NE NY insured eligible for free camp
MakettFitTraining.com
 Melissa (518) 366-1901



The Finest Paddling Boats on the Water
www.placidboats.com 518-524-2949

Photo by STEVE JACOBS www.sjpics.com



33rd run for women



Are You Registered? Online registration closes May 31st.

There is still time to register for the Capital Region's premier road race on Saturday, June 4, 2011. Register now and be eligible for our grand prize drawing, a state-of-the-art Apple iPad. To save \$5, enter a store code from any local Subway.®

So don't miss out. Register now by visiting www.freihofersrun.com.



The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.

