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**JUNE**  
**2011**



▲ OVER 500 RUNNERS STREAM OUT OF LAKE GEORGE VILLAGE IN THE FIRST MILE OF THE ADIRONDACK DISTANCE RUN TEN-MILER, INCLUDING: EDWARD BOYER (180) OF PLATTSBURGH, KERRIE MARTIN (210) OF WYNANTSKILL, SHANNON PINGITORE (31) OF FORT EDWARD, EMILY COOPER (506) OF GANSEVOORT, JANET OLDEN (492) OF QUEENSBURY, AND CHRISTINE CLOHOSEY (514) OF GLENS FALLS.  
PHOTO BY BRIAN TEAGUE/FATEAGUE FOTOS

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#### CALENDAR OF EVENTS

4-9 June thru August: 350 Events!

#### RACE RESULTS

16-21 Top Finishers in 15 Events!

# Adirondack Distance Run

## A Perfect 10

by Laura Clark

On the scale of one to 10 the Adirondack Distance Run rates a 10—one point for each mile. With the increasing popularity of the marathon and its little sister, the half-marathon, “middlish” events find themselves sandwiched between their showier counterparts. But consider the classic Oreo: the best part is the frosting, to be saved for last and slowly savored. Ten miles affords an optimum combination of distance and speed, a sweet spot where the endurance athlete might just triumph over his fast-twitch brethren.

Unlike the 26.2, 13.1 or 9.3 distances, 10 miles is tailor-made for metrically challenged Americans. While anyone with computer access can print out a mile split wristband, it is all too easy to dismiss the minuscule territory beyond the decimal point. Mentally, I am done when I hit the final mile and adding a dot something to the equation yields a formula that leaves me vulnerable to more mathematically savvy competitors. After the final easily divisible number, others soldier past me, still focused on The Race.

But not at the 35th annual Adirondack Distance Run on Sunday, June 26. Launching this year from the Lake George Fire Department, the course forks onto Lake Shore Drive, heading north with the lake towards Bolton Landing and concluding at the Rogers Memorial Park Beach. First-timers might assume that running along scenic Lake George would logically be flat, but veterans know they are facing 10 miles of “rolling” Adirondack foothills.

While I am grateful for the varied footstrike that doesn't unduly stress any single part of my anatomy, others are not quite as enthusiastic. Brian Teague, race statistician and photographer from Glens Falls, begs to differ. “I have a long stride

that relies on a steady rhythm and when that rhythm is constantly changing my results suffer. I think smaller, efficient runners have a greater advantage on this type of course.”

So how do you train simultaneously for speed and distance, and hills and flats? Besides the obvious hill repeats, Saratoga Stryders coach Jeff Nastke recommends extending hilly tempo runs beyond the normal 20 minutes into the 30-to-35 minute range at a pace you could steadily hold for 10 miles. Serious competitors should not only aim for a 13-mile over-distance workout but also consider tacking a three-mile tempo workout onto their usual mid-distance run. Jeff feels, “This will teach you to run tired which is key at the Adirondack 10-miler.”

A necessary component of training is strategy. According to Vince Juliano, race director of the Stockade-athon 15K in Schenectady, strategy should be closely linked to your objectives, whether you want to compete for an award, run on a USATF team or finish within a specific time goal. “Do I challenge myself and go out fast and try to hold on? Do I start slowly and try to preserve energy for when it may be needed late in the race?”

The unique award system, with awards to EVERY age entered, also demands its own special approach, requiring competitors to scout out their exact age-mates. According to Brian Teague, this idea was taken from the Fort Stanwix 20K in Rome, and has proven to be a great way for those at the tail-end of the normal five-year age group span to remain competitive, not to mention the fact that this opens up the possibility of more awards for all. The Distance Run is also the USATF Adirondack Association 10-Mile Championship.


See **RUNNING**, 22 ▶

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## KAYAKING &amp; CANOEING

A GROUP OF LOCAL KAYAKERS HEAD DOWN SARATOGA LAKE FOR A SPRING PADDLE, WITH JIM WILSON OF TROY IN THE FOREGROUND.

PHOTO BY ALAN MAPES



# Saratoga Lake Area

## Saratoga Lake, Lake Lonely, Fish Creek and Kayaderosseras

by Alan Mapes

**S**aratoga Lake and its surrounding waters offer great paddling opportunities. In an area best known for sports involving horses, Saratoga is the largest lake in the Capital Region that provides paddling access. Here are some ways you can enjoy these waters this summer, including Fish Creek, Kayaderosseras Creek, Lake Lonely, and the main lake. Let's look at launch access first, and then I'll outline some trips.

### LAUNCHES

Four launching areas are available, giving a good variety of access. Note that nominal fees for parking and/or launching are involved at three of the four places. The main access is Saratoga Lake State Boat Launch on the north end of the lake just off NY Route 9P, next to the bridge across the outlet. The new Saratoga Lake bridge that links the launch to nearby Saratoga Springs opened on May 26 – with bike-friendly shoulders and sidewalks on both sides.

Two more launching spots are available at local kayak and canoe rental businesses. The Kayak Shak on 251 Stafford's Bridge Road, at the bridge where it crosses Fish Creek, the outlet of Saratoga Lake. This is about two miles down the outlet from the state boat launch. The business is part of the Fish Creek Marina and offers kayak rentals. You can also park and launch your own boat from there.

Lake Lonely Boat Livery, located at 378 Crescent Avenue, also offers rentals along with parking and launching.

The fourth launch spot is the only one not bearing a fee. It's on Bryant Bridge Road, about 4.5 miles down Fish Creek from the state boat launch. There is very limited parking at this spot and the access to the water is steep and rocky. The bottom line for launching: you can have good access or free access, choose one.

### THE PADDLE TRIPS

With four launching spots and lots of water available, you can mix and match kayak and canoe trips to suit your skills, interests and time limits. I will list a few trips that I've done and enjoyed.

**State Boat Launch down Fish Creek to Grangerville Dam and return – 12 miles.** The water from Saratoga Lake drains down Fish Creek, running northeast to Schuylerville, where it empties into the Hudson River. The creek starts as a wide and slow-moving waterway, but it narrows and the current picks up speed as you get near Bryant Bridge Road. You can paddle the creek to the dam near Grangerville, about six miles from the state launch. The trip back upstream again the current takes a bit more effort until the creek widens and the water slows down. You will lose the motor boat traffic in the narrow part of the stream, and it's a good area to see birds and other wildlife. I have also paddled the creek either way from the rough launch at Bryant Bridge Road. This stretch of the creek seldom freezes over in winter, and the really hard-core paddlers in the area use it for winter outings (dressed and equipped for cold water). I've often seen canoe racers training there during the late winter.

**State Boat Launch to Snake Hill and return – 8 miles.** Saratoga Lake is about 4.5 miles long and 1.5 miles wide, with a maximum depth of 96 feet. It is only about one-seventh the size of Lake George, but drains a slightly larger watershed, covering almost 30-percent of Saratoga County. Motorboat traffic can be fierce here on the weekends in summer, so it's best to paddle the lake on weekdays or in the early morning before the motors get going. Fishing is good on the lake, so please be courteous and give anglers a wide berth.

Snake Hill is the highest point of land along the lake and sits on a point about two-thirds down the eastern shore. Keep left as you pass under the Route 9P bridge after

launching and follow the shore to Snake Hill point. We had an exciting surf ride on our way back to the launch from Snake Hill earlier this year, pushed by a strong south wind and some rolling white-capped waves. For a longer paddle, you could do the whole circuit of the lake shore, covering about 12 miles.

**Lake Lonely to Saratoga Lake and return – 7 miles.** Lake Lonely is a hidden gem, lying northwest of Saratoga Lake. It connects to the main lake via an outlet stream that flows into Kayaderosseras Creek, the main water source for Saratoga Lake. Part of the shoreline of Lake Lonely is a nice wild wetland area. On my last spring visit, we found several large nests made of sticks in the trees along the shore, each guarded by a tall Great Blue Heron. These herons nest in groups and can be seen at their nesting colony throughout the spring. A paddle around the shoreline of Lake Lonely from the livery on Crescent Avenue is about three miles.

Lake Lonely Boat Livery offers rentals, parking and launching. Going down the outlet of the lake from the livery, you will find the stream winds through pretty woodlands. Watch out for log jams, and take special care winding through any that you come across. The same is true of the

Kayaderosseras, also called the Kaydeross for short. A few weeks ago, the Albany Area Kayaking Meetup Group made a one-way trip from Lake Lonely down the two creeks, and across Saratoga Lake to take out at the state launch. No mention was made in the trip report of problems with log jams, but each rain storm can bring changes in that account, so use caution. The trip from the livery to the mouth of the Kayaderosseras on Saratoga Lake and back is about four miles.

"Kayaderosseras" is a Mohawk Indian word, reputed to mean "Valley of the Crooked Stream." In the late 1800s there were many industries along this watercourse, including 12 paper mills. Just one of such mills is still in business today.

Try the Saratoga Lake area for a kayak or canoe trip this season. It abounds with beauty, and offers lots of wildlife and fine waters. As always, be safe – wear your life vest and dress in bright colors to be seen. ▲

Alan Mapes (aamapes@nycap.rr.com) 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.

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ISSUE #128

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Russell Dunn, Bill Ingersoll, Jeff Lutzger, Alan Mapes, Brian Teague, Peter Thomas

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## Calendar of Events June - August 2011\*

\*Events beyond this month are advertisers in this issue.

JUNE 2011							JULY 2011							AUGUST 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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19	20	21	22	23	24	25	24 <sup>24</sup> / <sub>31</sub>	25	26	27	28	29	21	22	23	24	25	26	27	
26	27	28	29	30									28	29	30	31				

### BICYCLING

#### ONGOING

- Daily Mohawk-Hudson Cycling Club.** Group road rides. All levels welcome. Skip Holmes: 466-1182. Ride Schedule: webmhcc.org.
- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Sun Wake-Up Casual Ride.** 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. (6/21, 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.** 6pm. 25M. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.
- Tue Tuesday Training Rides.** 40M. 6pm. Village Green, Jay. Jim Walker: 637-6590. teamplacidplanet.org.
- Tue 7th Time Trial Series:** 6/14-8/16. 6:30pm. West River Rd, Fort Edward. adirondackspokes.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 Womens' Road Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Wed Bike Maintenance 101.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.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.

### JUNE

- 17-19 Saranac Lake Tandem Rally.** Great rides, food & fun. Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 18 10th Whiteface Mountain Uphill Bike Race.** 8M. 5:30pm. Tandems/unicycles welcome. New: MTB division. Veterans Memorial Highway, Wilmington. 888-944-8332. whitefacrace.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. Hannaford, 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.
- 25-7/3 French Canada Tandem Tour.** Montreal & Quebec. Gear-To-Go Tandems: 891-1869. gtgtandems.com.
- 26 Centurion Ride Preview.** 50M. 8am. Preview of 2012 event. Lake George. centurioncycling.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. 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 Thousand Islands Tandem Tour.** Watertown & north. Gear-To-Go Tandems: 891-1869. gtgtandems.com.
- 10 CVPH Mayor's Cup Bike Ride.** 70M: 8:30am. 54M: 9am. 20M: 9:30am. Post-ride BBQ. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org/Foundation.
- 10 Pawling Mountain Road Race.** 20-40M. 9am. Lakeside Park, Pawling. 845-855-9866. pawlingcycle.com.
- 10 5th Champ's Challenge for Cystic Fibrosis.** 7M/40M. 9:30am. Vergennes, VT. 802-989-8864. champchallenge.org.
- 11 Group Training Ride.** 6pm. Women welcome. Town Park, Colonie. Team LUNA Chix: Albany Triathlon. Kristen: kphislop@yahoo.com. teamlunachix.com.
- 16 25th Bike MS: Follow the Foothills Ride.** 10/32/62/100M. West Mountain, Glens Falls. 800-344-4867. msupstateny.org.
- 17 4th Tour de Farm Bike Ride.** 35M/15M. 9am. Post-ride picnic. Hand Melon Farm, Greenwich. 692-7285. agstewardship.org.
- 17 Sweet N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrtonline.com.
- 23 Butternut Valley Time Trial.** 15M. 3537 Route 51, New Lisbon. 607-437-2545. centralnycycling.com.
- 23 12th Mt Ascutey Bicycle Hill Climb.** 3.7M. 9:30am. Windsor, VT. 802-484-5015. club.penguincycles.com.
- 23-31 Finger Lakes Tandem Tour.** Canandaigua, Seneca & Keuka lakes. Gear-To-Go Tandems: 891-1869. gtgtandems.com.
- 24 Tongue Mountain Century Ride.** 100M. 8am. Lake George. Inside Edge: 793-5676. adirondackspokes.com.
- 30 NYS Time Trial Championships.** 20-40K. Tioga Center, Tioga. Tioga Velo Club: 607-625-4753. tiogavelo.com.
- 30-31 25th Bike MS: Finger Lakes Challenge Ride.** 25-100M. Keuka Park. 800-344-4867. msupstateny.org.

### AUGUST

- 5-7 Montreal Double Double Ride & Race.** 400M. Schuylerville-Montreal-Schuylerville. 583-3708. adkultracycling.com.
- 5-7 Tour of the Catskills Bicycle Race.** Tannersville-Hunter-Windham. tourofthecatskills.com.
- 6 Mt Equinox Uphill Bike Climb.** 5.4M. 8am. Skyline Drive, Manchester, VT. Andy Holzman: 802-442-7619. gearupforlyme.com or bikereg.com.

## WAY NORTH CENTURY

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SECOND ANNUAL

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 Monday-Friday 10-8, Saturday 10-6, Sunday 12-5

- 7 **9th Christine Nicole Perry Memorial Bike Ride.** 25-30M. 9am. Post-ride lunch. 121 Federal Hill Rd, Bolton Landing. Linda Perry: 644-3020. [chrissyfund.com](http://chrissyfund.com).
- 8 **Group Training Ride.** 6pm. Women welcome. Town Park, Colonie. Team LUNA Chix: Albany Triathlon. Kristen: [kphislop@yahoo.com](mailto:kphislop@yahoo.com). [teamlunachix.com](http://teamlunachix.com).
- 13 **2nd Bike the Byway.** 36M. 9am. Colonie Town Park, Colonie. Eric Hamilton: 371-7548. [mohawktowpath.org](http://mohawktowpath.org).
- 13 **10th Adirondack Spintacular 5K, 6M & 12M Bike or Run.** 10am. Mayfield Fairgrounds, Mayfields. Carol Madeiros: 863-8998. [adirondackspintacular.com](http://adirondackspintacular.com).
- 14 **"Ididaride" Adirondack Bike Tour.** 75M loop. 20M w/ shuttle. Post-ride party. Ski Bowl, North Creek. Adirondack Mountain Club: 668-4447. [adk.org](http://adk.org).
- 14 **5th Way North Century & Half-Century Ride.** 100/50M. 8am. PARC, Plattsburgh. Tracy Gryger: 563-7620. [adirondackcyclingteam.com](http://adirondackcyclingteam.com).
- 14 The Ti Ride. 41M. 7am. Bike: Lake George to Ticonderoga. Mohican: Ti to LG. 793-5676. [adirondackspokes.com](http://adirondackspokes.com).
- 20 **10th Capital Region Bicycle Road Race.** 43-83M. 10am. Ravenna-Coeymans-Selkirk H.S., Ravenna. Paul McDonnell: 281-3710. [cbrc.cc](http://cbrc.cc).
- 20 2nd Tour De Schenectady. 55M ride: 8am. 16M city ride: 10am. MTB race: 10:30am. 3.2M run: 11am. Central Park, Schenectady. 847-2419. [schenectadycancerfoundation.org](http://schenectadycancerfoundation.org).
- 20 Catskill Century & Family Ride. 20M/50M/100M. 6:30am. SUNY Ulster. Bill Miller: 845-657-9764. [midhudsonbicycle.org](http://midhudsonbicycle.org).
- 27-28 28th Chris Thater Memorial Criterium Race. Recreation Park, Binghamton. 607-778-2056. [bcstopdwi.com](http://bcstopdwi.com).
- 28 1st Cycle for Life. 65M/32M. 8am. Cambridge H.S., Cambridge. Cystic Fibrosis Foundation. Nicole Spath: 783-7361. [neny.cff.org](http://neny.cff.org).
- 28 **11th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & kids' ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. [bikereg.com](http://bikereg.com).

**SEPTEMBER**

- 10 **2nd Camp Challenge Ride.** 62M, 30M, 15M. Cycle thru Adks to send a child to camp. Double H Ranch, Lake Luzerne. 696-5921 x226. [doublehranch.org](http://doublehranch.org).
- 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](http://webmhcc.org).
- 18 **Tour de Habitat.** 100M, 50M, 25M & 10M family ride. Post-ride reception. Albany Pump Station, Albany. George DiPiro: 447-9000. [evansale.com](http://evansale.com).

**HEALTH & FITNESS**

**ONGOING**

- M & W Yoga Class.** Mon 6pm. Wed 7pm. Judy Torel's Coaching & Training Studio, Albany. 469-0815. [judytorel.com](http://judytorel.com).
- M & F Boot Camp Training.** Mon 7am. Fri 6am. Judy Torel's Coaching & Training Studio, Albany. 469-0815. [judytorel.com](http://judytorel.com).
- M-W-F Bikram Hot Yoga Class.** 9am Lake Placid Hot Yoga, Lake Placid. 523-8028. [lakeplacidhotyoga.com](http://lakeplacidhotyoga.com).
- Mo-Fr Fusion Training.** Mon 6am & 7pm. Wed 6pm. Thu 4pm. Fri 7am & 12pm. Judy Torel's Coaching & Training Studio, Albany. 469-0815. [judytorel.com](http://judytorel.com).
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 7/11, 8/8, 9/12. Colonie, Gunderland, East Greenbush. 444-8060. [cbootcamp.com](http://cbootcamp.com).
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 9/12. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. [makeitfittraining.com](http://makeitfittraining.com).
- Tue Basic Training.** 6:30pm. Recreation Center, Saratoga Springs. Saratoga Core Fitness: 366-1413. [saratogacorefitness.com](http://saratogacorefitness.com).
- Tue Kids' Yoga Summer Session: 7/5-8/23.** Age 5-12. Drop-ins welcome. True North Yoga, Schroon Lake. 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).
- Tue Ashtanga Hot Yoga Class.** 4pm Lake Placid Hot Yoga, Lake Placid. 523-8028. [lakeplacidhotyoga.com](http://lakeplacidhotyoga.com).
- Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).
- Tu-Th Bikram Hot Yoga Class.** 8am Lake Placid Hot Yoga, Lake Placid. 523-8028. [lakeplacidhotyoga.com](http://lakeplacidhotyoga.com).

- Thu Basic Training.** 7pm. MyGym, Ballston Spa. Saratoga Core Fitness: 366-1413. [saratogacorefitness.com](http://saratogacorefitness.com).
- Thu Ashtanga Hot Yoga Class.** 6pm Lake Placid Hot Yoga, Lake Placid. 523-8028. [lakeplacidhotyoga.com](http://lakeplacidhotyoga.com).
- Sat Basic Training.** 9am. MyGym, Ballston Spa. Saratoga Core Fitness: 366-1413. [saratogacorefitness.com](http://saratogacorefitness.com).
- Call CardiotFit Classes.** Prime Care Physicians, Albany. 618-1100. Schedule: [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).

**JULY**

- 21 **Yoga Paddlenic - Go with the Flow.** A paddling journey for women w/catered picnic. "Aligning with the River" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. [battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com).

**AUGUST**

- 18 **Yoga Paddlenic - Go with the Flow.** A paddling journey for women w/catered picnic. "Meditation in Motion" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. [battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com).

**HIKING & ROCK CLIMBING**

**ONGOING**

- Mo-Fr AIR RockGym: Summer Camps.** Age 10+. Albany's Indoor RockGym, Albany. 459-7625. [airrockgym.com](http://airrockgym.com).
- Thu Get Ready to Backpack.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. [lbean.com](http://lbean.com).

**JUNE**

- 18 **Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 19 **Trailless Peak Day Hike: Iroquois Peak.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 24-26 **Trailless Peak Backpacking: Cliff & Redfield.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. [adk.org](http://adk.org).
- 25-29 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 27 **Trailless Peak Day Hike: Mount Marshall.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**JULY**

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

**AUGUST**

- 1 **Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 6 **Trailless Peak Day Hike: Iroquois Peak.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 7 **Women's High Peaks Hike.** Phelps Mtn. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 8-11 **Dog Days: Ages 8-12.** Hike, canoe, explore. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).



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643 Upper Glen Street (Rt. 9) • Queensbury  
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## 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](mailto:serottaskip@nycap.rr.com)

**MHCC** [www.webmhcc.org](http://www.webmhcc.org)  
 Mohawk-Hudson Cycling Club

**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](http://www.webmhcc.org)

**MHCC**  
 Mohawk-Hudson Cycling Club

## 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](http://www.cvph.org/Foundation)  
 Funds benefit Foundation of CVPH Travel Fund



## 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](http://gearupforlyme.com) or [bikereg.com](http://bikereg.com)  
 Andy Holzman: (802) 442-7619  
 Presented by Manchester Rotary Club



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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](http://tomhannockbicycles@nycap.rr.com)  
[tomhannockbicycles.com](http://tomhannockbicycles.com)

**Judy Torel's Coaching & Training Studio**

**Small Group Workouts**  
 \*Yoga (for athletes) \*Fusion \*Bootcamp

All levels welcome – individual modifications given as needed  
 Pay as you go \$20 per workout

Athletes (especially over 40) need joint stability, flexibility and counter-balancing exercises to avoid repetitive movement injury and to enhance performance  
 – Judy's Fusion and Yoga are perfect for just that!

Click on the schedule graphic at [www.judytorel.com](http://www.judytorel.com) for a complete schedule

116 Everett Road, Albany • [www.judytorel.com](http://www.judytorel.com) • [jtorel2263@yahoo.com](mailto:jtorel2263@yahoo.com)

**Green Leaf Racing**  
 Race Management, Marketing & Timing

**Join us this summer!**

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.greenleafracing.com](http://www.greenleafracing.com)

Capital District  
**Habitat for Humanity**

**Tent-a-Thon 2011**  
 August 11-18 • Guilderland  
 Camp Out in Tents to Help Eliminate Sub-Standard Housing!

- Weeklong camping event at Tawasentha Park
- Collect pledges to raise funds for CDHfH
- Evening festivities & free dinner/breakfast
- Stay one night or all & be prepared to have fun!

Register Online: [CapitalDistrictHabitat.org](http://CapitalDistrictHabitat.org)  
 518-462-2993

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

**St. Regis Canoe Outfitters**

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**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](http://active.com) – Details at [cdtriclub.org](http://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

SECOND ANNUAL  
 team  
**LUNA chix**

**Splash & Dash Aquathon**  
 0.5-mile swim & 3.1-mile run

**Sunday, August 28 @ 11AM**  
**Tinney's Tavern on Lake Desolation**  
 198 Lake Desolation Rd, Middle Grove

Register now: [Active.com](http://Active.com)  
 \$25 preregistration / \$30 day of event  
 Includes lunch at Tinney's & great swag  
 FUN-focused fundraiser for Breast Cancer Fund

- 13 **Women's High Peaks Hike: McIntyre Range.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. [adk.org](http://adk.org).
- 13-14 **Trailless Peak Backpacking: Mt Marshall.** 17M. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. [adk.org](http://adk.org).
- 15 **Trailless Peak Day Hike: Esther Mt.** Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 19-21 **Trailless Peak Backpacking: Cliff & Redfield.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. [adk.org](http://adk.org).
- 19-21 Chicks w/Picks Women's Climbing Weekend. Keene Valley. 970-626-4424. [chickswithpicks.net](http://chickswithpicks.net).
- 22 **Moderate Day Hikes: St Regis Mtn.** 5.5M. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 22-26 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 26-28 **Trailless Peak Backpacking: Santanoni, Panther, Couchsachraga.** Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 28 **4th Race to the Top of Vermont.** Hike, run or mtn bike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).
- 29 **Trailless Peak Day Hike: Table Top Mtn.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**MOUNTAIN BIKING**  
 ONGOING

- Sat-Sun **"Fun Not Fear" MTB Clinics: 7/2-3, 7/16-17, 8/6-7, 6/13-14.** Olympic Sports Complex, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- Daily **High Peaks MTB Center.** 20M of trails. Olympic Sports Complex, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- Daily **Whiteface MTB Center.** Lift-serviced riding. Whiteface MTB Center, Wilmington. 946-2223. [downhillmike.com](http://downhillmike.com).

**JUNE**

- 17-19 **2nd Wilmington/Whiteface BikeFest!** MTB, BMX/uni-cycle demos, films, BBQ, music, clinics, jump trials, "Brainless Not Chainless" Gravity Ride, jump/trials jam. Whiteface MTB Park, Wilmington. 888-944-8332. [downhillmike.com](http://downhillmike.com).
- 19 **Leadville Qualifying Series: Wilmington/Whiteface 100K MTB Race.** 8am. Qualifier for Leadville Trail 100 MTB Race. Whiteface, Wilmington. [leadvillequalifiers.com](http://leadvillequalifiers.com).
- 23 "Ride the Divide" Movie. 7:30pm. Saratoga Film Forum, Saratoga Springs. [saratogafilmforum.org](http://saratogafilmforum.org).

**JULY**

- 2 **Whiteface MTB Ladies Day #1.** Whiteface MTB Park, Wilmington. 524-9805. [downhillmike.com](http://downhillmike.com).
- 2 Plattekill July 4th Downhill MTB Race. Plattekill, Roxbury. 607-326-3500. [plattekill.com](http://plattekill.com).
- 3 **4th HRRT 3-Hour MTB Race.** 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. [bikereg.com](http://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. 800-355-2287. [racewindham.com](http://racewindham.com).
- 17 Bulldog Rump MTB Race. Andover, NJ. [h2hrace.com](http://h2hrace.com).
- 23 Plattekill Mid-Summer Classic Downhill MTB Race. Plattekill, Roxbury. 607-326-3500. [plattekill.com](http://plattekill.com).
- 31 Darkhorse 40 MTB Race. Stewart S.E., New Windsor. 40M. [darkhorse40.blogspot.com](http://darkhorse40.blogspot.com).

**AUGUST**

- 6 **Whiteface MTB Ladies Day #2.** Whiteface MTB Park, Wilmington. 524-9805. [downhillmike.com](http://downhillmike.com).
- 7 Taconic 909 Challenge MTB Race. Pleasant Valley. [espraces.com](http://espraces.com).
- 13-14 Wildcat Epic Backcountry MTB Race. 100M. Mohonk Preserve & Minnewaska S.P., New Paltz. [wildcatepic.com](http://wildcatepic.com).
- 20 **2nd Tour De Schenectady.** MTB race: 10:30am. 55M ride: 8am. 16M city ride: 10am. Kids' Ride: 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. [schenectadycancerfoundation.org](http://schenectadycancerfoundation.org).
- 28 **4th Race to the Top of Vermont.** Mtn bike, run or hike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).

- 28 Belleayre All-Terrain Challenge MTB Race. Belleayre Mountain, Highmount. [nysmtbseries.com](http://nysmtbseries.com).

**MOUNTAINEERING & WILDERNESS SKILLS**  
 ONGOING

- Fri Navigating with a GPS. 7pm. LLBean, Albany. Holly Veiders: 437-5460. [llbean.com](http://llbean.com).

**JUNE**

- 25-29 **Leave No Trace Master Educator.** Heart Lake Program Center, Lake Placid. Adirondack: 523-3441. [adk.org](http://adk.org).

**JULY**

- 11-14 **Adirondack Pathfinders: Mtn Waterways.** Age 13-16. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 18-20 **Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 18-22 **Wilderness Adventures Day Camp.** Age 9-13. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 25-27 **Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 25-29 **Wilderness Adventures Day Camp.** Age 9-13. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

**AUGUST**

- 1-2 **Junior Pathfinders Tracker Training.** Age 10-12. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 1-3 **Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 3-5 **Junior Pathfinders Wilderness Training.** Age 10-12. Overnight camping. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 8-12 **Pathfinders Wilderness Training.** Age 12-16. Overnight camping. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

**MULTISPORT: TRIATHLON & DUATHLON**  
 ONGOING

- Mon **28th High Peaks Cyclery Monday Mini-Tri Series: 6/20-8/15.** 400yd swim, 12M bike, 3M run. 6:30pm. Individuals/teams. Mirror Lake Beach, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.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](http://shapecamp.org).
- Tue **CDTC 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](http://cdtriclub.org).
- Wed **Multi-Sport Life Club: June & July.** 6pm. New members welcome. Crystal Lake, Averill Park. John Slyer: 674-0369. [multisportlife.com](http://multisportlife.com).
- Thu STC Lake Desolation Weekly Workout. 6pm. Tinney's Tavern, Middle Grove. [saratogatriclub.com](http://saratogatriclub.com).
- Daily **Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. [velowatts.com](http://velowatts.com).

**JUNE**

- 19 **Wilton Mall Duathlon Clinic #1.** 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. Chris Bowcutt: 290-0457. [greenleafracing.com](http://greenleafracing.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](http://northcountrytri.com).
- 25 **31st Tupper Lake Tinman.** 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](http://tupper-lake.com).
- 26 Vermont Sun Triathlon. 600yd swim, 14M bike, 5K run. 8am. Branbury S.P., VT. 802-462-2999. [rushtonsports.com](http://rushtonsports.com).

**JULY**

- 9 Henderson Harbor Triathlon & Duathlon. Watertown. 315-788-7430. [nnychildrenshome.com](http://nnychildrenshome.com).
- 9 Kids' Tri Triathlon. 9am. Robert Moses S. P., Massena. 315-842-7006. [peakssportsolutions.com](http://peakssportsolutions.com).
- 10 **11th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. [cdymca.org](http://cdymca.org).

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](http://speculatorchamber.com)

**ADIRONDACKS SPECULATOR REGION**  
 Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

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## Run-Pedal-Tube Triathlon

**Saturday, August 20 at 9am**  
**Canoe Take-Out (11M W of Exit 21), Hadley**  
 • 5K foot race in Hadley  
 • 7.5M bicycle ride across Stewart's Dam  
 • Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out  
 Individuals \$20 & Teams \$55  
 Teams: M/F/Coed/Family/Company  
**Entry/Info: hadleybusinessassociation.net**  
 (518) 696-4947 • hadleyba2003@yahoo.com  
 Bike, helmet, inner tube & PFD required  
 Benefits Hadley Business Assn Scholarship Fund

## SECOND ANNUAL Peck's Lake Challenge Sprint Triathlon

**Saturday, August 6 • 9am**  
**Peck's Lake, Gloversville**  
 1/2-mile swim • 9-mile bike • 3-mile run  
 \$40 entry • Registration closes 8/3  
 Solo or 2-3 person teams • Limited to 150  
**Entry Form: fultoncountyny.org**  
**Info: (518) 725-0641**  
 Fulton County Regional Chamber & PLPA

# LG TriFestival.com

Lake George Triathlon and BIG George Triathlon & Aquabike  
 September 3rd and 4th

- 11 **Should I Sign-Up for an Ironman?** Presentation/clinic w/Kevin Crossman. 7pm. Blue Sky Bicycles, Saratoga Springs. RSVP: 583-0600. blueskybicycles.com.
- 11 **High Peaks Monday Kids' Mini-Tri Series #1.** 50yd or 100yd swim, 1M or 3M bike, 0.5M or 1M run (Ages 5-14). 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- 15-17 **Musselman Triathlon, Half-Iron, Sprint Races.** 7am. Seneca Lake S.P., Geneva. 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 **Newton Running Clinic & 5K Fun Run.** 9am. Demo shoes, form critique, natural run. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 17 **Vermont Sun Triathlon.** 600yd swim, 14M bike, 5K run. 8am. Branbury S.P., VT. 802-462-2999. rushtonsports.com.
- 17 **4th Tri 'N Du Putnam.** 8am. Veteran Memorial Park, Carmel. nytri.org.
- 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.** Tri: 0.3M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M run. Ulster Landing Park, Saugerties. nytri.org.
- 24 **13th Ironman Lake Placid.** 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. ironmanlakeplacid.com.
- 31 **Wilton Mall Duathlon Clinic #2.** 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. Chris Bowcutt: 290-0457. greenleafacing.com.
- 31 **2nd Delta Lake Triathlon.** Intermediate: 1500m swim, 40K bike, 10K run. Sprint: 800m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Brych: 315-404-8130. atendurance.com.

### AUGUST

- 1 **High Peaks Monday Kids' Mini-Tri Series #2.** 50yd or 100yd swim, 1M or 3M bike, 0.5M or 1M run (Ages 5-14). 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- 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.
- 6 **2nd Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 9am. Peck's Lake, Gloversville. 725-0641. fultoncountyny.org.
- 6 **Dryden Lake Triathlon.** 1.2M kayak, 16M bike, 3.1M run. 9:30am. Dryden Park, Dryden. drydenlakefestival.com.
- 7 **9th Cayuga Lake Triathlon.** Intermediate/sprint. Taughannock Falls S.P., Trumansburg. ithacatriathlonclub.org.
- 7 **Iron Girl Women's Triathlon.** 600m swim, 18.6M bike, 3.1M run. Oneida Shores Park, Brewerton. irongirl.com.
- 14 **11th Cazenovia Triathlon & Aquabike.** Intermediate/sprint. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- 14 **West Point Triathlon.** 800m swim, 15.5M bike, 3.1M run. Camp Buckner, West Point. 845-325-3439. westpointtri.com.
- 15 **High Peaks Monday Kids' Mini-Tri Series #3.** 50yd or 100yd swim, 1M or 3M bike, 0.5M or 1M run (Ages 5-14). 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- 20 **8th Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. 833-0200. cdtriclub.org.
- 20 **Norwood Triathlon.** 400m swim, 15M bike, 4M run. 9am. Beach, Norwood. 315-261-4391. norwoodny.org.
- 20 **Run-Pedal-Tube Triathlon.** 9am. 5K run, 7.5M bike, tube paddle across Hudson. Canoe Take-Out, Hadley. 696-4947. hadleybusinessassociation.net.
- 20 **Powerade Triathlon.** 8am. 1/2M swim, 16.1M bike, 3.1M run. Delta Lake S.P., Rome. turningstoneraces.com.
- 27 **3rd Duanesburg Triathlon.** 325yd swim, 10M bike, 3.1M run. 9am. Comm. Ctr., Duanesburg. 895-9500. dacc.info.
- 28 **2nd Splash & Dash Aquathon.** 0.5M swim & 3.1M run. 11am. Tinney's Tavern, Lake Desolation, Middle Grove. Team LUNA Chix: 496-0874. active.com.

### 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.
- 11 **Moreau Lake Aquathon & Swim.** Aquathon (1.5K swim & 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 18 **35th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. 9:30am. Great Barrington to Tanglewood, Lenox. Patty Spector: 413-637-6913. joshbillings.com.
- 18 **Dawn of the Duathlon (Clinic #3).** 2M run, 10M bike, 2M run. Wilton Mall, Saratoga Springs. Chris Bowcutt: 290-0457. greenleafacing.com.

### OTHER EVENTS

#### ONGOING

- Mo-Fr JCC Center Summer Camps.** Camp Taf: Age 3-5. Camp Olam: Grades 1-6. Teen Campers: Grades 7-10. Plus, Adventure Camps, Mad Science Camp, Lego Robotics Camp, KizArt Camp & Red Bulls Soccer Camp. Sidney Albert Jewish Community Center, Albany. Drew Katz: 438-6651 x113. saajcc.org.
- Daily Monomoy Island Excursions.** Seal, seabird & harbor cruises. Monomoy Island tours w/guide. Harwichport, Cape Cod, MA. Reserve: 508-430-7772. monomoysealcruise.com.

#### JULY

- 2 **BuzzFest.** 10am. Insects/dragonflies/honey bees. BBQ, bug delicacies. Wild Center, Tupper Lake. wildcenter.org.
- 9, 23 **Bloomingdale Bog & Birds eXpedition.** 8am. Wild Center, Tupper Lake. Register: 359-7800. wildcenter.org.
- 22-24 **1st Summer Nordic Camp for Junior Racers (J2/J1).** West Mountain, Queensbury. Hudson United Racing Team. David Kvam: dakvam06@gmail.com. hurtnordicskiing.com.
- 30 **Birds & Ecology eXpedition w/Wild Center.** 8:30am. Whiteface Highway, Wilmington. 359-7800. wildcenter.org.

#### AUGUST

- 11-18 **Tent-a-Thon to Benefit Capital District Habitat for Humanity.** Fun camping event: stay one night or all. Tawasentha Park, Guelderland. 462-2993. capitaldistricthabitat.org.

### PADDLING: CANOEING & KAYAKING

#### ONGOING

- Tue **Sundowner Series & Clinics:** 6/21; 7/5, 19; 8/2, 16, 30. 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.

#### JUNE

- 14 **Mohawk Evening Tour.** 6:30pm. Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 15 **Mohawk Evening Tour.** 6:15pm. Lions Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 18 **Tupper Lake 9-Miler Canoe/Kayak Race.** 10am. Rod/Gun Club, Tupper Lake. macscanoe.com.
- 20 **Swift Canoe & Kayak Demo.** Meet Bill Swift. 6-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.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.
- 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.
- 12 **Evening Paddle:** Hudson River Champlain Canal Lock 1, Waterford. 6:30pm. Rich Macha: 346-3180. adk-albany.org.

### 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

#### 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

New: pro timing & register online!  
**www.speculatorchamber.com**

**Entry fee: \$50**  
*Adirondacks Speculator Region*  
*Chamber of Commerce*  
 More info: (518) 548-4521

## TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY  
 Hudson-Mohawk Road Runners Club  
**-43RD SEASON-**

**June 14, 21, 28**  
**July 5, 12, 19, 26**  
**August 2 (Ribbon Night), 9**

**FREE OF CHARGE**  
 6pm • Colonie High School  
 1 Raider Blvd (off Sand Creek Rd),  
 behind Colonie Center

- ORDER OF EVENTS**
- One-Mile Race Walk
  - Hurdles
  - One-Mile Run
  - 50-Meter Dash (Kids)
  - 100-Meter Dash
  - 400-Meter Dash
  - 800-Meter Run
  - 200-Meter Dash
  - Two-Mile Run
  - Relays
  - Field Events

Info: Frank Myers 869-9333  
 Reminder: Dynamic Duo is  
 Sat., Aug. 6



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41ST ANNUAL  
**Half Marathon**  
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 ♦ 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**  
**Register: ezracereg.com**  
**\$30 by 9/10 • \$40 after**

**Saturday  
September 17th**

part of a perfect day  
**LAKE PLACID**



33RD ANNUAL  
**Lane 10K Lake Run**  
**Sunday, August 7**  
**Lake Pleasant to Speculator**



Registration: 9am at Speculator Ball Field  
 Race Start: 10am  
*Scenic route follows south shore of Lake Pleasant*  
 Entry Forms:  
 www.speculatorchamber.com  
 or (518) 548-4521  
*Adirondack Speculator Region  
 Chamber of Commerce*  
 PO Box 184, Speculator, NY 12164

**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

**2011 HMMRC  
 SUMMER TRACK SERIES**  
**Fun & Challenging!**

**South Colonie High School Track**  
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

**Race #1: COLONIE MILE**  
 Tuesday, July 5 at 6:15pm  
 Free entry

**Race #2: TWO-PERSON RELAY**  
 Thursday, July 14 at 6:15pm  
 Free HMMRC members, \$5 non-members  
 Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

**Race #3: HOUR RUN**  
 Thursday, July 21 at 6:15pm  
 Free HMMRC members, \$5 non-members  
 Participants run on track for one hour

**Race #4: PENTATHLON**  
 Thursday, July 28 at 6:15pm  
 Free HMMRC members, \$5 non-members  
 Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

**Low-key track runs - instead of road runs in the summer heat!**

For more info, Ken Skinner:  
 (518) 489-5311 • kennyskin@earthlink.net  
**Hudson-Mohawk Road Runners Club**  
**hmrrc.com**

- 13-15 Paddle, Bugs, Junk & PB&J.** Cultivating river stewards, one child at a time. Ages 7-18. Engages kids and parents to learn paddle skills together, learn the aquatic bugs & clean-up along the way. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.
- 17 Hudson River Paddle: Adirondacks. 16M. Thurman Station to Lake Luzerne. Rich Macha: 346-3180. adk-albany.org.
- 17 6th Paddling for a Cure. 5M on Mohawk River. 8am. Capital Region Maritime Center, Alplaus. Kathy Boyle: 399-0421. alplaus.org.
- 20 Paddle Little Tupper to Round Lake. 7:30am. Bill Valentino: 439-9686. adk-albany.org.
- 21 **Yoga Paddlenic - Go with the Flow.** A paddling journey for women w/catered picnic. "Aligning with the River" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. battenkillvalleyoutdoors.com.
- 22-24 **Intro to Canoe Camping: St. Regis Canoe Area.** Adirondack Mountain Club: 523-3441. adk.org.
- AUGUST**
- 5-7 **Family Canoe Camping: Lake Lila.** Adirondack Mountain Club: 523-3441. adk.org.
- 6 **Lewis County RiverFest.** 11.3M leisurely paddling on Black River. Free shuttle service, kayak/canoe rentals (reserve). Beaches Bridge, Watson to Boat Launch, Castorland. 315-376-2213. lewiscountychamber.org.
- 6 'Round the Islands Canoe Race. 4M. Higley Flow, Colton. Judy Fuhr: jfuhr@twcny.rr.com.
- 13 **Paddling Day Trip: Long Pond Mtn.** St. Regis Canoe Wilderness. Adirondack Mtn Club: 523-3441. adk.org.
- 14 **Paddling Day Trip: Raquette Falls.** Adirondack Mountain Club: 523-3441. adk.org.
- 18 **Yoga Paddlenic - Go with the Flow.** A paddling journey for women w/catered picnic. "Meditation in Motion" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. battenkillvalleyoutdoors.com.

- 19 24th Summer Sizzle 5M Road Race. Women: 8am. Men: 9am. Utica. Paula May: 315-368-3166. uticaroadrunners.org.
- 19 Mount Greylock Trail Half-Marathon & 5K. Greylock Glen, Adams, MA. Ed: 413-743-5669. runwmac.com.
- 21 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.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' 1/4M 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 1st Take Me Home 5K. 10am. 1M Kids' Race: 11am. The Crossings, Colonie. 456-1969. berkshirefarm.org.
- 25 Joan Nicole Prince Home 5K Run/Walk. 9am. Baptist Health Center, Scotia. 370-4700. bapthealth.com.
- 25 Cranberry Lake Boat Club 5K/10K Races. 9am. Boat launch, Cranberry Lake. cranberrylakeboatclub.org.
- 26 **35th Adirondack Distance Run.** 10M. 7:30am. LG Firehouse, Lake George to Roger's Memorial Park, Bolton Landing. Marcy Dreimiller: 222-9090. adirondackrunners.org.
- 27 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastudyders.org.
- 28 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- 29 **Group Training Run.** 6pm. Women welcome. Crossings, Colonie. Team LUNA Chix: Albany Triathlon. Kristen: kphislop@yahoo.com. teamlunachix.com.
- 29 LUNA Chix Running Workout. 6pm. Shenendehowa H.S. Track, Clifton Park. Karen: 899-9888. teamlunachix.com.
- 29 Yes We Can 5K for Food Bank Hudson Valley. 6:15pm. Red Hook H.S., Red Hook. yeswecan5krace.webs.com.

- RUNNING, TRAIL RUNNING & WALKING**
- ONGOING**
- Mon Tawasentha Park Trail Run Series.** 3.5M loops. 6pm. Tawasentha Park, Guelderland. Josh Merlis: 320-8648. albanyrunningexchange.org.
- Wed ARE Track Workouts.** 6pm. UAlbany, Albany. Josh Merlis: 320-8648. albanyrunningexchange.org.
- Wed AMC Summer Track Workouts.** 5pm. Lake Placid Track, Lake Placid. Justin Colby: 897-2483. amccares.org.
- Thu 8th ARE Summer Trail Run Series.** 6:30pm. Alternating weekly venues/courses. albanyrunningexchange.org.
- 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.
- JUNE**
- 17 **Greenbush Spring 5K Run, 3K Walk & Kids Fun Run.** 6pm. Greenbush Area YMCA, East Greenbush. Kendra Evans: 477-2570. cdyymca.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. 12-4pm. 1K Kids Run. Tawasentha Park, Guelderland. 456-3150. guelderlandrec.com.
- 19 **HMMRC 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. Huguenot St, New Paltz. 845-255-0243. newpaltzchamber.org.

- JULY**
- 2 Finger Lakes Fifties. 50K/50M/25K. 6:30am. Finger Lakes National Forest, Hector. active.com.
- 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 St, Ticonderoga. lachute.us.
- 5 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- 5 **HMMRC Summer Track Series #1: Colonie Mile.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 10 Shack Attack 5K. 9am. Crossings of Colonie, Colonie. Jennifer Lawrence: 275-2989. cancer.org.
- 10 Boilermaker 15K Road Race. 8am. Utica. Mary MacEnroe: 315-797-5838. boilermaker.com.
- 10 Ascutney Mtn Run. 3.7M. 10am. Mount Ascutney S.P., Windsor, VT. 802-484-5015. club.penguincycles.com.
- 11 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastudyders.org.
- 12 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- 14 **HMMRC Summer Track Series #2: Two-Person Relay.** 6x1M. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 14 10th Tour de Potsdam 5K. 6pm. Potsdam Laundry, Potsdam. Carol Zimmerman: 315-261-4760. gethealthyslc.org.
- 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. Collins Park, Scotia. Nancy Gildersleeve: 399-8118. cdyymca.org.
- 16 **10th Turning Point 5K Run/Walk.** 9am. Kids' Fun Run: 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
- 16 **ARE Run & Tube Fun Day.** 9am. 5M non-race, pure fun & lunch. Adirondack Tubing Adventures, Lake Luzerne. Josh Merlis: 320-8648. areep.com.
- 16 12th Moonlight in Vermont 4M Road Race. 11:59pm. Pownal E.D., Pownal Center, VT. 442-4414. bkvr.org.

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Race Directors:  
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**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

- 16-17 Mass Dash Relay. Lanesborough to Boston, MA. [mssdashrelay.org](http://mssdashrelay.org).
- 17 **Newton Running Clinic & 5K Fun Run.** 9am. Demo shoes, form critique, natural run. Blue Sky Bicycles, Saratoga Springs. 583-0600. [blueskybicycles.com](http://blueskybicycles.com).
- 17 **ARE Dippikill "Froggy Five" 5M trail run.** 9am. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. [areep.com](http://areep.com).
- 19 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. [hmrrc.com](http://hmrrc.com).
- 21 **HMRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. [hmrrc.com](http://hmrrc.com).
- 23 **15th Silks & Satins 5K Run.** 8am. Flat & fast. East & George streets, Saratoga Springs. Special Olympics New York: 388-0790 x10. [areep.com](http://areep.com).
- 25 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).
- 26 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. [hmrrc.com](http://hmrrc.com).
- 27 **Group Training Run.** 6pm. Women welcome. Crossings, Colonie. Team LUNA Chix: Albany Triathlon. Kristen: [kphislop@yahoo.com](mailto:kphislop@yahoo.com). [teamlunachix.com](http://teamlunachix.com).
- 27 LUNA Chix Running Workout. 6pm. Shenendehowa H.S. Track, Clifton Park. Karen: 899-9888. [teamlunachix.com](http://teamlunachix.com).
- 28 **HMRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. [hmrrc.com](http://hmrrc.com).
- 28 Locust Grove Summer Trail Race 5K. 6pm. Locust Grove, Poughkeepsie. 845-454-4500. [igny.org](http://igny.org).
- 30 Barre Heritage Festival 5K Trail Race. 9:30am. Millstone Hill Tour Center, Barre. 802-479-2938. [cvrunters.org](http://cvrunters.org).
- 30 Save The River 5K Fun Run Walk. 10am. Frink Park, Clayton. Sarah Walsh: 315-686-2010. [savetheriver.org](http://savetheriver.org).
- 31 **17th Indian Ladder Trail Runs.** 15K: 9am. 3.5M: 11am. HMRRC Club Picnic: 11:30am. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. [hmrrc.com](http://hmrrc.com).

**AUGUST**

- 2 **43rd Tuesday Summer Track Program: Ribbon Night.** 6pm. Colonie H.S., Colonie. 869-9333. [hmrrc.com](http://hmrrc.com).
- 6 **3rd Camp Chingachook Challenge Half-Marathon, 10K & Family Fun Day.** Half, 8am: Lake George to Kattskill Bay. 10K, 9am: Kattskill Bay. Post-race BBQ bash. YMCA Camp Chingachook, Kattskill Bay. [areep.com](http://areep.com).
- 6 **33rd "Dynamic Duo" Road Race.** 3M. 8:30am. Men first, hand off to women. Colonie Town Park, Colonie. Frank Myers: 783-2760. [hmrrc.com](http://hmrrc.com).
- 7 **33rd Lane 10K Lake Run.** 10am. Lake Pleasant to Speculator. 548-4521. [speculatorchamber.com](http://speculatorchamber.com).
- 8 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).
- 9 **43rd Tuesday Summer Track Program.** 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. [hmrrc.com](http://hmrrc.com).
- 13 **9th Jailhouse Rock 5K Race.** 8:30am. Flat & fast. Brookside Museum, Ballston Spa. 885-4000. [brooksidemuseum.org](http://brooksidemuseum.org).
- 13 **10th Adirondack Spintacular 5K, 6M & 12M Run or Bike.** 10am. Mayfield Fairgrounds, Mayfields. Carol Madeiros: 863-8998. [adirondackspintacular.com](http://adirondackspintacular.com).
- 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](http://100on100.org).
- 13 Castleton Kiwanis Clove Run. 8:30am. Castleton On Hudson. CJ Chartrand: 732-2940.
- 13 5th Run for the RACC. Rome Art & Community Center, Rome. Jason Pare: 315-336-1040. [romeart.org](http://romeart.org).
- 13-14 Warrior Dash. 3.2M. Windham Mountain, Windham. 312-980-9983. [warriordash.com](http://warriordash.com).
- 14 Save Our Switchbacks 4.7M. 9am. Parkway Ski Chalet, Utica. Mary Ruckel: 315-725-7301. [uticaroadrunners.org](http://uticaroadrunners.org).
- 14 HRRT Crazy Magic 6 & 12 Hour Run. 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).
- 14 Run for the Roses 5K. 9am. Grafton Lakes S.P., Grafton. Cindy Pulito: 658-3422. [graftoncommunitylibrary.org](http://graftoncommunitylibrary.org).
- 16 **Southern Saratoga YMCA 5K Run & 3K Walk.** 6:30pm. The Y, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 20 Pre-Fall Classic 5K Run & 2M Walk. 9am. Voorheesville H.S., Voorheesville. 765-3314. [vcfoundation.com](http://vcfoundation.com).

- 20 3rd Run for The Future 5K Race/Walk. 9am. Stillwater U.C., Stillwater. [stillwaterunitedchurch.org](http://stillwaterunitedchurch.org).
- 20 2nd Tour De Schenectady. 3.2M run: 11am. 55M bike: 8am. 16M city bike ride: 10am. MTB race: 10:30am. Central Park, Schenectady. 847-2419. [schenectadycancerfoundation.org](http://schenectadycancerfoundation.org).
- 21 Run for Rotary Scholarship 5K. 9am. Central Park Pavilion, Schenectady. Emily Miller: 391-8212.
- 21 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. [lachute.us](http://lachute.us).
- 21 Savoy Mt Trail Races. 22M/11M/4M. 10am. Florida, MA. Rob Higley: 413-549-5804. [runwmac.com](http://runwmac.com).
- 22 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).
- 27 **14th Altamont 5K Run/Walk.** 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. [altamont5k.org](http://altamont5k.org).
- 28 **4th Race to the Top of Vermont.** Run, hike or mtn bike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).
- 28 Green Lakes Endurance Runs 50K/100K. 6am. Green Lakes S.P., Fayetteville. Adam Peruta: 315-243-1460.

**SEPTEMBER**

- 17 **41st Original Lake Placid Half-Marathon.** 10am. North Elba Show Grounds, Lake Placid. 523-2591. [ezracereg.com](http://ezracereg.com).
- 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](http://thesaratogapalio.com).
- 18 **10th Teal Ribbon 5K Run & 1M Walk.** 9am. Washington Park, Albany. 783-7600. [caringtogetherny.org](http://caringtogetherny.org).
- 18 **The Dunkin' Run.** 5K, 10K & 0.5M kids' run. 8:30am. Jewish Community Center, Albany. 438-6651. [saajcc.org](http://saajcc.org).
- 24 **18th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. [fam5k.com](http://fam5k.com).
- 24 **Adirondack Distance Festival: Helpers Fund 5K & 10K.** 9:30am. Municipal Center, Chestertown. 494-5565. [adirondackmarathon.org](http://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](http://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. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

**SWIMMING**

**JULY**

- 9 **Group Training Swim.** 6pm. Women welcome. Lake Desolation, Middle Grove. Team LUNA Chix: Albany Triathlon. Kristen: [kphislop@yahoo.com](mailto:kphislop@yahoo.com). [teamlunachix.com](http://teamlunachix.com).

**AUGUST**

- 13 **10th Betsy Owens Memorial Swim: 2-Mile Cable National Championship.** 10am. Mirror Lake, Lake Placid. Register by 8/3. [dddammerman@yahoo.com](mailto:dddammerman@yahoo.com). [adms.org](http://adms.org).
- 13 Open Water Swim. 1M/2M/0.5M. 9:30am. Gilbert Lake, Laurens. Oneonta Family YMCA: 607-432-0010. [adms.org](http://adms.org).
- 13 15th Lake Swim. Relay/4M/8M. 8:30am. Lake Champlain. Greater Burlington YMCA. 802-862-8993. [gbymca.org](http://gbymca.org).
- 27-28 **Lake George Open Water Swim.** Sat: 2.5K 8:30am & 5K 10:15am. Sun: 10K 9am. Town Beach, Hague. Chris Bowcutt: 290-0457. [lakegeorgeswim.com](http://lakegeorgeswim.com).

**SEPTEMBER**

- 11 **Moreau Lake Aquathon & Swim.** Aquathon (1.5K swim & 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. [greenleafacing.com](http://greenleafacing.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](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*



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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](http://adirondackmarathon.org)  
For Info & Registration Form  
Call **1-518-532-7675**

10TH ANNUAL  
**Betsy Owens Memorial LAKE SWIM**

Saturday, August 13 • 10am  
Mirror Lake in Lake Placid

2011 USMS Two-Mile Cable National Championship  
Register online by 8/3 (no race day): [www.adms.org](http://www.adms.org)

David Dammerman: [dddammerman@yahoo.com](mailto:dddammerman@yahoo.com)  
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(rain or shine)

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## TRIATHLON

# Training Tips

## for Newbie to Experienced Triathletes

by Judy Torel



▲ THE AUTHOR, JUDY TOREL, ON THE BIKE COURSE AT THE 2010 IRONMAN 70.3 SYRACUSE.

▲ A SWIM WAVE START AT THE 2010 CRYSTAL LAKE TRIATHLON IN AVERILL PARK. PHOTO BY PETER THOMAS/ALPENGRAPHIK.COM

Triathlon is the number one growing sport in America today. Not only can just about anyone participate, which is proven by the para-athletes (those with missing limbs and various disabilities) and participants of all sizes and ages from 17 through their 80s, but those who race triathlons discover a sense of personal achievement and empowerment that is arguably without rival. Once participants experience their first race, many discover that they almost addictively are driven to either finish *faster* in their next race of the same distance, or they find they aspire to go to the next level and move to a longer distance race.

It is a very common story to hear of athletes who have never even completed a running race, who start with a sprint triathlon and then find they progress up to half-Ironman and even Ironman distances! Most of these athletes will tell you that what they learn about persistence towards a goal, personal focus through adversity, and reaching beyond themselves, not only leads to the personal empowerment mentioned above, but also spills out into their relationships, work-life and life in general, and adds a zest and a vitality to everyday living that was absent before participating in triathlon. No wonder it is the fastest growing sport in our country!

Athletes with different levels of experience benefit from different triathlon tips, so in this article I will provide what I consider the top three tips for two categories of triathlete: newbie triathletes who are racing

their first-year in the sport and intermediate/advanced triathletes who have been racing for three-plus years.

### TOP NEWBIE TIPS

**1) Focus on Completion.** As a newbie triathlete, the information about the sport can be completely overwhelming. From the plethora of gear that appears to be a must-have to the intricacies of intensity zones and lactate threshold levels, a new triathlete can be completely intimidated. My best advice is to place your attention on successfully and safely completing your first race or two! Don't worry about speed for your first races. Make sure you can successfully complete the distances for the swim, bike, run and a bike/run brick in your training, and stay within your comfortable aerobic zones for all. Once you have completed your first race and have a baseline, then you can start to worry about intensity and pacing. For your first couple of races let yourself absorb all that goes into participating including transitions and let completion be your reward!

**2) Get a Training Plan.** There are many options for training plans available for new triathletes. You can go online, Beginnertriathlete.com is an excellent site for not only logging in and tracking your workouts but you can also access free training plans. You can Google any distance triathlon training plan and find online programs you can download and follow. Another route is to sign up with one of the growing numbers of triathlon training groups available through

the YMCA and various privately owned gyms in our area. Finally, you can hire a coach who can customize a program for you and track you through online log ins. Don't try to just wing it on your own. Having a plan can be the difference between successful completion of your first races or mistakes in training that lead to injury and postponement of your race experience!

**3) Join a Local Triathlon Club.** In our area there is the Capital District Triathlon Club, Saratoga Triathlon Club, and Adirondack Triathlon Club. Joining a club allows you to participate in group workouts and clinics both of which prove to be invaluable learning experiences for the new triathlete. You learn by talking to other more experienced triathletes and you get to practice the skills needed in our sport before you race. You also can find like-minded workout buddies with similar paces so you can train together outside of the group events. Having others to train with is not only enjoyable of also often times proves to be safer, especially when swimming in lakes and biking on the roadways.

### TOP INTERMEDIATE/ADVANCED TIPS

**1) Have Your Swim/Bike/Run Technique Analyzed.** Most experienced triathletes are very focused on increasing race speeds and do this through either purchasing the most technologically advanced gear (race wheels; triathlon bikes; wetsuits with less drag, etc.) or hammering out zone four-to-five level interval workouts, both in an effort to cut precious minutes off their splits. I have

been able to shave minutes and in some cases even hours off completion times by the simple process of analyzing running gait with a video and then offering corrective advice, which leads to higher efficiency with less effort. Don't underestimate the value of getting specific drills for all three disciplines and working them in your training plan. This can be the equivalent of free speed in your races!

**2) Become Knowledgeable of Fueling Recommendations Before/During/After Your Training and Races.** During exercise, the average person sweats 30 ounces per hour, loses 600 milligrams of sodium per hour, and can replace 200-400 calories per hour of highly absorbable simple carbs. These are the general guidelines for fueling during your trainings and races. I tell my coached clients to think of an IV drip... water, glucose and salt...because these are what a human body needs to survive let alone race well. But individual differences can be very different than the general guidelines, so make sure you know yourself. It is the worst experience to have put in the perfect training, and then crash and burn in a race because you missed your nutrition!

**3) Make Sure You Have an Annual Training Plan that Includes Cyclical, Overreaching and Recovery Phases and Peripheral Training.** Many experienced triathletes believe that hammering out high intensity workouts is the best way to a personal record. Coaches know that PRs are the result of strategically planned overreaching with lower intensity/volume built-in for the body to absorb the higher intensity phases. This is true from a weekly format, to monthly and finally annually. A commonly used periodization schedule is three weeks of progressive increases of intensity followed by a lighter week. For athletes over age 40 often a two-week increase with a week of recovery works even better. Have an annual plan that includes peripheral training, which are basically workouts/practices that support the physical structure of the athlete, so that the repetitive nature of our sport doesn't result in injuries. Peripheral training includes things like yoga, stabilization-strengthening workouts, and recovery techniques like foam rolling, massage and ice baths.

Triathlon is a personally rewarding sport. Following the newbie tips will hopefully lead you to become a more experienced triathlete. Following the intermediate/advanced triathlete tips will hopefully help you to a vital and healthy triathlon career well into your 60s and beyond! Happy training to all levels! ▲

*Judy Torel has participated in all distances of triathlon for ten years, is a six-time Ironman finisher, and is a USAT certified coach. She owns Judy Torel's Coaching & Training Studio (judytorel.com) in Albany for triathletes and runners of all levels.*

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## ATHLETE PROFILE

# Rick Morse and Hope Plavin



**Residence:** Malta  
**Occupations:** Hope: Health Policy Analyst, NYS Department of Health; Rick: Senior Policy Advisor, Ecology and Environment, Inc.  
**Family:** Sam Grondahl, 21, son/stepson, Yale University senior  
**Ages:** Hope: 52; Rick: 61  
**Primary Sports:** Hope: Distance Running; Rick: Triathlon

◀ RICK AT AMICA IRONMAN 70.3 RHODE ISLAND IN JULY 2010.  
 ◀ HOPE AT RAGNAR RELAY NEW ENGLAND IN MAY 2011.  
 PHOTO BY JEFFREY LUTZKER

is about fun. If it's not fun, it is time to do something different."

Rick's outlet is something completely different. The determined athlete (though he says he is not a natural athlete) plays pedal steel guitar, Dobro and slide guitar, and has been an active musician for more than thirty years playing with numerous bands. His first band, Badge, was a popular country-rock group that played throughout the Northeast. He currently plays with several area bands including the Red Hair Strangers, the Lazy Suns, the Double Knots, and the Tern Rounders.

He hadn't competed in his first marathon until he was in his mid-40s. "I had no idea what I was getting into," he shares. "My first was the HMRRC's Mohawk Hudson River Marathon from Schenectady to Albany; I've done ten to 15 since then."

Hope has stopped doing that longer distance, even given up returning to the 1:38 half-marathon time she achieved in her mid-40s. She has competed in six marathons, completing the Montreal Marathon, her last, in Sept. 2009, just one month before her stroke.

Rick is just ramping up for his competitive season, prepared to take on his short list of goals. After crashing around on a cyclo-cross bike last fall, it might be easier to take on a World Championship qualifier. "It is always a challenge, I like the training. But my career and my music is also very important," says Rick.

For the fully-recovered and 'backing off a bit' Hope, on May 20-21 she competed with Saratoga Stryders in the Ragnar Relay New England, an overnight 200-mile, 12-person running relay from New Haven, Conn. to Boston, Mass. It is clear, with this able athlete, that everyone has a different concept of taking it easy. ▲

Janit Stahl (janitstahl@gmail.com) is a freelance writer with three children in Greenfield Center. She rows for Skidmore Community Rowing and specializes in driving kids to sports practice and helping with homework.

by Janit Stahl

On May 29, Rick Morse and Hope Plavin enjoyed the synchrony of earning a second-place finish in their respective age-groups at the Saratoga Lions Duathlon at Skidmore College. Despite being on different competitive paths, this dual podium finish is about as good a competitive day as they come for the married couple.

They support one another in their endurance events; Hope's favorite distance being the half-marathon, while Rick is grinding through Ironman, Half-Ironman and sometimes Olympic distance triathlons.

The Lake Placid scenery is a favored location for both, as Hope cites the Original Lake Placid Half-Marathon as her favorite race. "It is a hilly course but stunningly beautiful; it is like being in an Orvis commercial!" says Hope. The Adirondack Distance Run ten-miler, from Lake George to Bolton Landing, is a close second. Rick has competed in five Lake Placid Ironman triathlons.

The couple met years ago while Rick was an environmental and energy policy advisor on program staff of the NYS Assembly, and Hope was in her current Dept. of Health position. During power lunches, the pair emerged from adjoining locker rooms and decided to run together. Running was the genesis of a long friendship; they were married five years ago. Rick retired from the State Assembly but continues to work in environmental policy.

While Rick was developing into a very competitive age-group triathlete in his late 50s and then peaking at his podium finishes at the 2008 70.3 World Championships in Clearwater, Fla. as a 58-year-old and at the Lake Placid Ironman in the 60-64 age-group,

Hope was concurrently getting top-ten and 20 finishes in her age-group in major distance running races. Hope says that her best years were in the 40-45 age-group, but she continues to hold onto speed.

In October of 2009, Hope was running on Nelson Avenue Extension near their home in Malta when she collapsed and fell in a ditch. If a man across the road hadn't been looking out his window, she doesn't like to think about where she would be now. Hope had a brain aneurism, and was first taken to Saratoga Hospital, and then re-routed to Albany Medical Center, where she remained in the trauma unit for nearly three weeks.

She said she was asked some basic questions every day. "In my mind I felt if I got everything right, they would send me home." What she found out is that the criteria is just time. If she could make it for 21 days without a re-bleed, she could be released. She was sent home with platinum coils in her brain, blocking where her aneurism (or weakness) existed. "It was totally unexpected; I had no reason to think this could happen."

"It changed the way I look at things," she adds. Surprisingly, she had no debilitation. Her doctors felt she shouldn't push it so much anymore. For Hope, this meant backing off on the competition, and going from marathons to half-marathons.

During her rest at the hospital, she was surrounded with members of her running club. The couple suggested that "most of our friends are runners or triathletes," and indeed they found that out during Hope's recovery.

During the winter, she walked on the treadmill at the Saratoga YMCA. "I feel better when I am exercising – more alert, more engaged." And just walking for the first few months allowed her to be active and feel like

herself. Rick remembers her first tentative run. "She's now doing more mileage than me," he says.

The pair belongs to several running and triathlon clubs, so they can always find training partners. Rick belongs to the Capital District Triathlon Club, which organizes the popular Crystal Lake Training Series on Tuesdays in Averill Park and Hope trains with the Saratoga Stryders on Wednesday evenings.

Rick is currently "hoping to stay healthy" while he adjusts his training for Half-Ironman and Olympic distance triathlons this summer. His first big race of the season will be the Amica Ironman 70.3 Rhode Island on July 10. His goal is to qualify for the Ironman World Championship 70.3 in Las Vegas on Sept. 11. Between those two events, he will ratchet back to the Olympic distance and prepare for the USA Triathlon Age-Group National Championship on Aug. 20 in Burlington, Vt.

The challenge for Rick is to fit in some serious training while working, and often traveling for work. He recently returned from a corporate retreat, where he happily packed his gear to fight the black flies in the Adirondacks, and squeeze in training between sessions. This kind of multitasking allowed him to prepare for the ultimate challenge of an Ironman distance triathlon. "I mostly train by myself, I need to be flexible," says Rick. "I adjust my training to my work schedule." They live near Saratoga Lake, so once the seasons allow, Rick is out swimming in open water.

Rick is quick to add that he is competitive, but mostly to achieve his own goals. He gets good results in the process, but he always wants it to be fun. "At the end of the day, the reason why I do this is because it

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## HIKING &amp; BACKPACKING

# Northville-Placid Trail

PART FOUR:

## Lake Durant to Long Lake

by Bill Ingersoll



- LUNCH AT CHICKADEE BROOK.
- PADDLERS ON SCENIC TIRRELL POND.
- A HALF-MILE OF STRINGERS SPAN THE WETLANDS NEAR SHAW BROOK.

PHOTOS BY BILL INGERSOLL

The fourth section of the Northville-Placid Trail, from Lake Durant to Long Lake, is a 14.2-mile trek along the foot of Blue Mountain and over a part of the Fishing Brook Range, entailing some of the steepest climbing along the entire route. The trail also passes the sandy shores of Tirrell Pond, one of the NPT's more scenic waypoints.

This year, I am describing the Northville-Placid Trail – the longest trail in the Adirondacks – in a five-part series that breaks this 120-mile wilderness footpath into manageable sections. 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 the challenges of a long trek through remote and rugged terrain, the NPT offers an exceptional adventure through the heart of the Adirondack Park.

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 – including Tirrell Pond, where we spent the ninth of our 13 nights. This rather large body of water offers multiple camping opportunities, including two lean-tos, but as you will see below the pond comes relatively early in the trip. Another campsite near the Salmon River allows backpackers to break this section into two more evenly matched days.

## GETTING THERE

The trail begins at the well-marked parking area on NY Route 28 and 30 between Indian Lake and Blue Mountain Lake, near the Lake Durant Campground and just 2.6 miles from the main intersection at Blue Mountain Lake. There is ample parking on both sides of the road.

## THE TRAIL

For NPT through-hikers, the trailhead near Lake Durant on Route 28 and 30 represents mile 69.5 of the overall trail. Beginning on the north side of the highway, you delve straight into the woods and begin a winding course that leads in 0.9-mile to a wetland. A set of stringers span this area, which is an extension of O'Neil Flow, but on my last trip through the planks were under several inches of water. Even so, they offered the only solid footing.

This wetland is the only real obstacle encountered in the first leg. It is worth noting that much of the distance to Tirrell Pond is located on private land with a history of logging. The NPT makes several turns from one primitive road to another, making it critical for hikers to pay attention to the signs and markers – of which there should be plenty.

Tirrell Pond itself is on a parcel of state land surrounded on three sides by the private lands. Shortly after crossing the property line, you reach the side trail to the newly relocated O'Neil Lean-To at 72.8 miles, on the pond's outlet. The NPT then proceeds to follow the west shore of the pond and reaches a large tent site at 73.3 miles. Considering the popularity of the two lean-tos at Tirrell, this site with its own sand beach makes an attractive alternative for anyone seeking a bit of privacy.

The NPT curves around the northwest corner of the pond and finds the Tirrell Pond Lean-To at 74.0 miles – a very popular campsite among weekend hikers as well as those passing through to Lake Placid. At this point you have only traveled 4.5 miles from the trailhead, with 9.7 miles remaining to the next road crossing. Based on these

numbers alone, you may wish to keep hiking before calling it a day.

At 74.3 miles you reach a side trail that leads left to the Blue Mountain trailhead on Route 30. You follow a marked detour left around a wetland before returning to private land, where again you need to pay close attention to the signs and markers to avoid wandering off on the wrong skid trail. You return to state land soon, though, and at 76.2 miles you reach a prominent gravel road. Bear right.

This is a private road leading to camps at Salmon Lake, but when you reach a bridge over the small Salmon River at 76.5 miles you are squarely on public land. This means that the good campsite at the northeast corner of the bridge is fair game. The site is 7.0 miles from Lake Durant and 7.2 miles from Long Lake, making this the best midway point to stop for the night.

At 76.7 miles you bear left off the gravel road onto an older road that climbs gradually. You pull near a large stream on your left and enter a large, open wetland at 77.8 miles. This is Chickadee Brook; the mountain on the far side is part of the Fishing Brook Range, a portion of which you will have to climb.

First, though, you are probably more concerned that the bridge over the brook has collapsed into the stream – and it appears to have been that way for a while. The trail cuts north through the meadow before it eventually angles east in the woods. Barring the discovery of an alternate way across the stream – or the decision to ford it – you may be faced with a long and rugged bushwhack around the east side of the meadow.

What follows is one of the roughest portions of the entire NPT. This is one part of

the trail that is *only* used by through-hikers – few others have any motivation to come this way. Following a narrow old woods road, you bend sharply from northeast to northwest and climb toward the mountain. Trail maintenance does not appear to occur frequently. The route narrows to just a foot-path and climbs steeply. This is more than just a hill – you are climbing a mountain!

At 79.4 miles you reach what appears to be the height-of land at about 2,950 feet, about 910 feet above the Salmon River campsite. But the trail turns to follow the ridge, climbing to an eventual height of about 3,020 feet, at 79.6 miles.

The descent toward Long Lake begins even more steeply than the ascent had been, but eventually the NPT finds yet another old woods road and from this point forward the walking becomes easier. At several points you will see ski trails looping to the left and right, and from 82.0 miles to 82.5 you will be on a well-defined gravel access road.

At 83.3 miles you reach Shaw Brook and its surrounding wetlands, which are spanned by half a mile of continuous stringers and puncheons. Then, at 83.7 miles, you reach the trailhead parking area on NY Route 28N outside of Long Lake. The village and its amenities are 1.5 miles to the left. Across the road is Tarbell Hill Road, which through-hikers must follow for 0.7-mile to the Long Lake trailhead – the subject of Part Five of this series, which I will write about next month. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironacks.com](http://hiketheadironacks.com)). For more on this region, consult Discover the Central Adirondacks.

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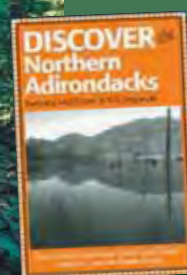
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## BICYCLING

A COUPLE AT THE 2010 BLACK FLY CHALLENGE MOUNTAIN BIKE RACE NEAR INLET. PHOTO BY TIM HOLMES

THE AUTHOR, RICH SHAPIRO AND HIS WIFE LINDY ELLIS, AT MOODY POND IN SARANAC LAKE.

# Tandem Bikes

## Fun, "Equalizing" Riding

by Rich Shapiro

For tandem couples, riding a tandem bike is fun, it is the "great equalizer," and you get to have adventures together! Besides the benefits of cycling – being in the moment, immediate adventures, and amazing landscapes – tandeming also offers the subtle rewards of teamwork: easy conversation, shared discovery, and enjoying awesome rides together.

Modern tandem design, tubing and components make for a lightweight, responsive bike for two. Compared to single bikes, good tandems are faster and more comfortable. Two can ride more easily than one.

Most bikers learn about a tandem's speed when riding behind one on an organized ride. While single riders are struggling to keep up, the tandem's riders are sharing a normal conversation. Seeing this speed and ease, most people assume the tandem's owners must be incredibly fit. After all, cycling can't be this efficient; there must be a catch. But that's what it is like on a tandem, you can ride faster and farther with less work.

My wife, Lindy Ellis, and I discovered this in 1991 on our three-day, 150-mile ride for the American Lung Association. Before tandems, typical rides for Lindy were five to ten miles. Lindy says, "The tandem allowed us to do the bike ride together."

Never having ridden a tandem before, Lindy says, "We went on a three-mile test ride in the rain and got hooked. After that, we ordered our first tandem, did the long ride, and kept on riding... We really enjoy the time outdoors, being active and doing it together."

With time at a premium, shared workouts seem to make sense for active couples. While this sounds easy, for most couples it's nearly impossible. For workouts to be effective, you must exercise at your own pace. Even the smallest difference in fitness, motivation or ability will cause you to either no longer exercise together – or work above or below your desired pace, which can reduce the effectiveness of the workout. Even if you're "lucky" enough to have identical abilities, competitiveness can strain any relationship.

Tandems are known as the great equalizer. People can have ride and have fun together, even if they have different riding strengths. It's the one aerobic sport that bridges the abilities of active couples – where couples play as equals, and often lead the pack.

The tandems increased speed comes from a decrease in per-rider wind resistance. Tandem partners, as a result, frequently attain or exceed the speed and range of the stronger rider. This near doubling of horsepower allows tandem partners to enjoy longer tours and faster training rides. And a tandem, by virtue of its weight and wheelbase, is also exceptionally safe and stable.

Families get in the mix as well because tandems allow kids as young as four to ride with parents or grandparents. Kids learn how to ride a bike correctly. Children on tandems learn to signal, stop at lights, and do all the things bikers do through riding with you. And the whole family gets to stop for ice cream!

Every couple on a tandem soon makes the same discovery – people actually smile when they see you. Yes, they often joke to the front rider that the rider in the back is "not pedaling!" Whether riding across town or around the world, couples on tandems meet amazing people. Strangers enjoy talking with you, because the tandem catches their eye, makes them smile, and come up to you. Lindy says, "Tandems are a wonderful way for people to have adventures and connect. We've tandemed in France, Japan, England, Canada and Ireland. We've been invited to tea, given encouragement, and even offers of 'come stay the night with us.'" ▲

*Rich Shapiro owns Gear-To-Go Tandems in Saranac Lake, and enjoys training couples to ride and enjoy the tandeming experience. Rich and Lindy arrange tandem vacation tours in the Northeast and Canada. You can learn more at ggtandems.com.*

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SCHUYLerville – Adirondack Ultra Cycling, led by John Ceceri, organizes ultra marathon

bicycle rides and races in the Adirondack and Saratoga regions. Their events include the year-round Adirondack Ultra Challenge centuries, the Saratoga Brevet Series in the spring, the Saratoga 12/24 in, the Montreal Double Double in August, the Adirondack 540 RAAM Qualifier in September, and the Haunted Hundred overnight century in October. The Saratoga 12/24 is Saturday-Sunday, July 9-10 on a marked rolling 32-mile course along the Hudson River in Saratoga County. It's a complete weekend of ultra activity with events for every level of rider: Saratoga Challenge 24-hour Race; Hudson River Ramble 12-hour Race; Nighthawk Nighttime 12-hour Race; Triple Lap 96-mile Challenge; One Lap 32-mile Fun Ride; and Midnight Madness One Lap 32-mile Fun Ride. All events are sanctioned by the Ultra Marathon Cycling. Visit: [adkulttracycling.com](http://adkulttracycling.com).



### Ride to Protect Farms near Saratoga Battlefield

GREENWICH – The **Tour de Farm** is a fun, healthy and educational bike ride organized by the Agricultural Stewardship Association and Saratoga PLAN to raise land conservation funds and celebrate the Saratoga National Historical Park area along the Hudson River. This supported recreational ride will bring cyclists through vibrant, productive farms on 5,000 acres of protected land, while stopping to learn about interesting farms and historical sites along the way. The Sunday, July 17 tour features loops of 35 or 15 miles, beginning at Hand Melon Farm in Greenwich, a produce operation famous for its melons that is being conserved. Both loops stop at Sunset View Farm, a heifer facility that raises cows and is a dairy. Riders on the long route cross the river and climb up to the Neilson House in the Battlefield, and the last stop is the Sword Surrender Site, a turning point in American history. At the finish there will be a picnic with local food and refreshments and prizes from Olde Saratoga Bike & Boards. Visit: [agstewardship.org](http://agstewardship.org) or [saratogaplan.org](http://saratogaplan.org).



### "It's Not About Winning" by Jack Rightmyer

BURNT HILLS – Vitesse Press's latest book, "It's Not About Winning," by local author Jack Rightmyer is now available and receiving great reviews and response. As a high school freshman, Jack Rightmyer had dreams of playing basketball but due to a lack of height, speed and ability, his wish never came true. He became a distance runner instead. In his book, Jack writes about his journey from being the worst runner on his high school team to becoming the school two-mile record holder and a Division I college athlete. This 144-page book describes the teachers and coaches who changed his life, the influence his dad had on his athletic career, and the struggles and joys of being a dad to his athletic children. Coach Jack has been an English teacher for over 30 years – he's currently at Bethlehem Middle School in Delmar – and during that time has coached numerous state champions in track and cross-country. His first book "A Funny Thing about Teaching," (2008), is popular with teachers across the country, and this book will appeal to parents, coaches, teachers, athletes, and all of those who dream big and never want to give up. Visit: [vitessepress.com](http://vitessepress.com).



### Calling All 46ers – Take the Vermont Challenge

STOWE, VT – The 4.3-mile, 2,550 vertical feet course for the fourth annual Fleischer Jacobs Group **Race to the Top of Vermont** is one of the most demanding hill climbs in the East. A shaded gravel road with switchbacks over the first three miles opens to above tree line views over the last 1.5 miles. Participants will be treated to a BBQ, live music and awards party with \$14,000 in raffles. The race is the biggest fundraising event for the Catamount Trail Association to protect and manage the 300-mile trail. This year's race will be on Sunday, August 28 and is capped at 800 participants. Competitors will either mountain bike or run to the top. A hiking class for non-competitive participants is a great option for families. Top racers from 20 states and Canada will converge at the Stowe Mountain Resort. Visit: [catamounttrail.org](http://catamounttrail.org). ▲



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# RACE RESULTS

## TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #3

April 2, 2011 • Coxsackie High School, Coxsackie

PRO & CATEGORY 1/2/3 - 63 MILES				CATEGORY 5 - 24 MILES			
<b>MALE OVERALL</b>				<b>MALE OVERALL</b>			
1	2:36:09	Ernest Tautkus	Hurlymetalfab.com/PB/CCNS, Casino Land, CT	1	58:28	Nicholas Quesnel	Northampton Cycling Club, Granby, MA
2	2:36:09	Ryan Serbel	Hurlymetalfab.com/PB/CCNS, Hartford, CT	2	58:31	James Nord	Unattached, New York City
3	2:36:09	Justin Lindine	Bikereg.com/Joe's Garage/Scott, New Salem, MA	3	58:31	David Bertram	Team Ommegang/Syracuse Bicycle, Cooperstown
<b>FEMALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1	2:43:57	Beth Miller	Farm Team Elite, Delmar	1	1:01:14	Nicole Laplante	Team Placid Planet, Peru
<b>REGIONAL FINISHERS</b>				<b>REGIONAL FINISHERS</b>			
9	2:41:43	Wayne Bray	Embrocation Cycling Journal, Clinton	2	1:02:35	Birgit Reeves	Finkraft Cycling Team, Brooklyn
11	2:42:36	Cliff Summers	CCC/Keltic Const/Zanes Cycles, Queensbury	3	1:03:52	Kate Marshall	Tarmac Cycling/Iron Bridge, White Plains
15	2:42:36	Kevin Mosher	CCC/Keltic Const/Zanes Cycles, Voorheesville	5	58:31	Gianni Polhemus	Farm Team Cycling, Spencertown
18	2:43:18	Matt Goedeke	Stage5/Cycling Fusion, Selkirk	6	58:31	Kyle Gagnier	Unattached, Peru
19	2:43:57	Andrew Ruiz	CCC/Keltic Const/Zanes Cycles, Delmar	7	58:31	Scott Hock	Adirondack Velo Club, Johnstown
21	2:43:57	Curtis White	CL Noonan/Bay Hill/Corner Cycle, Delanson	9	58:31	Dylan Dearborn	Team Tuesday, Albany
24	2:43:57	Anthony Felitte	CCC/Keltic Const/Zanes Cycles, Delmar	11	58:31	Lee Johnson	Team Elevate Cycles, Clifton Park
30	2:43:57	Sean McCarthy	Fightibd.com/Windham Outfitters, Coxsackie	12	58:31	Mike Klein	Team Wear On Earth, Potsdam
32	2:43:57	Bruce Beauharnois	Team Wear On Earth, Peru	13	58:31	Raymond Willard	Team Ommegang/Syracuse Bicycle, Oneida
39	2:53:31	Terry Blanchet	North American Velo, Castleton	14	58:31	Dylan Nord	Unattached, Oneonta
40	2:57:06	Nathan Sentz	Paceline Sports, Cooperstown	15	58:31	Matt Alexander	Unattached, Catskill
43	2:57:06	Steven Smith	Paceline Sports, Cooperstown	16	58:34	Jon Kosich	Unattached, Rensselaerville
44	3:08:53	Stephen Hudynia	Rogue Race Team/Horseheads, Fort Plain	17	1:00:35	Alex Roskin	Bikeman.com/Funk Cycles, Hudson
<b>CATEGORY 4 - 49 MILES</b>				<b>CATEGORY 3 - 24 MILES</b>			
<b>MALE OVERALL</b>				<b>MALE OVERALL</b>			
1	2:08:32	Bryan Fried	CRCA/Teany Cycling, New York	1	1:00:35	TJ O'Connor	Capital District Triathlon Club, Slingerlands
2	2:08:32	Zack Vogel	North American Velo, Saratoga Springs	20	1:00:35	Paul Hogan	Unattached, Cohoes
3	2:10:36	Christopher Deluco	Tarmac Cycling/Iron Bridge, Yonkers	21	1:00:52	Eric Saari	Unattached, Saratoga Springs
<b>FEMALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1	2:10:36	Bryna Blanchard	Anthem Cycling, Troy	22	1:02:22	Van Fronhofer	Battenkill-United, Salem
2	2:10:36	Maria Murphy	CRCA/Finkraft Cycling Team, West Nyack	24	1:02:50	Joel Mancini	Unattached, Freehold
3	2:34:28	Kerrin Strevell	Capital Bicycle Racing Club, Valatie	25	1:02:56	John Kowalski	Cycle Club Kingston, Red Hook
<b>REGIONAL FINISHERS</b>				<b>REGIONAL FINISHERS</b>			
6	2:10:36	Ashton Momot	Team Wear On Earth, Plattsburgh	28	1:03:37	Daniel O'Hare	Unattached, Westerlo
8	2:10:36	Seth Demarrais	Capital Bicycle Racing Club, Worcester	29	1:03:37	Greg Blomquist	HP, Glens Falls
11	2:10:36	Paul Wojciak	Pawling Cycle & Sport, Poughkeepsie	30	1:06:06	Gregg Salisbury	Oren Salt, Red Hook
12	2:10:36	Tim Eck	Battenkill-United, Ballston Spa	34	1:06:31	Wyatt Drake	Farm Team Cycling, Cambridge
13	2:10:36	Steve Seabury	Unattached, Old Chatham	35	1:06:31	Michael Muche	Unattached, Malta
15	2:10:36	Brian Polhemus	Battenkill-United, Spencertown	36	1:06:31	Emma White	Capital Bicycle Racing Club, Delanson
16	2:10:36	Jay Tyler	Team Genesis Cycling/Mechanicville	37	1:06:31	Kevin Maldonado	Windham Outfitters, Windham
17	2:10:36	Jay Thomas	North Atlantic Velo, Poestenkill	39	1:07:42	Phil Neisser	Team Wear On Earth, Canton
18	2:10:36	Yohsuke Takakura	Capital Bicycle Racing Club, Albany	40	1:08:04	James Bogue	Cambridge Valley Cycling, Buskirk
21	2:10:36	Charlie Casey	Unattached, Alplaus	41	1:08:04	Rob Manning	Team Bikeway.com, Red Hook
24	2:10:36	Jonathan Favata	Favata's Table Rock Tours, Kerhonkson	42	1:08:04	James Litynski	Unattached, Niskayuna
26	2:10:36	Keane Brennan	Farm Team Cycling, Cambridge	43	1:08:24	Marc Kingsley	Inn at Cooperstown/Paceline Sports, Cooperstown
27	2:10:36	Todd Shapiro	North American Velo, Ballston Spa	44	1:09:16	Roger Truax	Capital Bicycle Racing Club, Troy
29	2:10:36	Jud Speer	Windham Mountain Outfitters, Cobleskill	45	1:09:30	Aleksandr Repny	Mohawk-Hudson Cycling Club, Schenectady
32	2:10:36	Tim Leonard	Capital Bicycle Racing Club, New Hartford	46	1:09:54	Jared Ray	Unattached, Albany
34	2:26:16	Philip Burnett	Capital Bicycle Racing Club, Niskayuna	47	1:11:26	Stacy Maziejka	Capital Bicycle Racing Club, Voorheesville
				48	1:11:32	Timothy Mendoza	Unattached, Clifton Park
				49	1:11:32	Eric Thomas	Team Elevate Cycles, Saratoga Springs
				50	1:12:52	Rick Ikasalo	Unattached, Delmar
				51	1:14:09	Kenneth McGuinness	Capital Bicycle Racing Club, Albany
				52	1:14:09	John Cummings	Schenectady Cycling Club, Schenectady
				54	1:18:29	Christopher Myers	Unattached, Cairo
				55	1:23:30	Christina Nash	Capital Bicycle Racing Club, Malta

Courtesy of Capital Bicycle Racing Club

## 7TH ANNUAL TOUR OF THE BATTENKILL PROJAM BICYCLE RACE

April 10, 2011 • Railroad Park, Cambridge

<b>MEN PRO/CATEGORY 1 - 99 MILES</b>				<b>REGIONAL FINISHERS</b>			
1	4:07:37	Brett Tivers	Garneau/Club Chaussures, Quebec, QC	20	0:10:43	William Henke	Battenkill-United, Hudson Falls
2	0:00:11	Jesse Anthony	KBS/OptomHealth, Beverly, MA	41	0:17:51	Michael Lenihan	Battenkill-United, Lake George
3	0:00:47	Brendan Housler	Mt Borah Custom Apparel, Rochester	<b>MEN CATEGORY 4 PINK - 64 MILES</b>			
<b>REGIONAL FINISHERS</b>				1	2:58:42	Philip Shaw	Green Line Velo, Lowell, MA
30	0:01:06	Wayne Bray	Embrocation Cycling Journal, Clinton	2	0:02:53	Joseph Mueller	Kissena Cycling Club, New York
<b>WOMEN PRO/CATEGORY 1/2 - 64 MILES</b>				3	0:05:30	Robert Rakowitz	CRCA/Sid's Bikes NYC, New York
1	3:15:30	Lex Albrecht	Team Juvederm-Specialized, Laval, QC	<b>REGIONAL FINISHERS</b>			
2	0:00:02	Kacy Wander	Cawes P/B Specialized, Philadelphia, PA	21	0:17:15	Jonathan Favata	Favata's Table Rock Tours, Kerhonkson
<b>REGIONAL FINISHERS</b>				<b>MEN CATEGORY 4 GREY - 64 MILES</b>			
3	0:00:02	Melissa Ross	Team Kenda, Norwood, MA	1	3:03:19	Dylan Pudlak	Monroe Extinguisher, Fairport
<b>REGIONAL FINISHERS</b>				2	0:00:09	Frank O'Reilly	Unattached, Pearl River
12	0:00:03	Beth Miller	Farm Team Elite Cycling, Delmar	3	0:00:10	Everhard Paredes	Rutgers Cycling Alumni, Edgewater, NJ
22	0:01:10	Audrey Scott	TeamBikeway.com, Poughkeepsie	<b>REGIONAL FINISHERS</b>			
28	0:01:52	Jenny Ives	Farm Team Elite Cycling, Gloversville	4	0:00:10	Zack Vogel	North American Velo, Saratoga Springs
<b>REGIONAL FINISHERS</b>				10	0:00:12	Paul Wojciak	Pawling Cycle & Sport, Poughkeepsie
38	0:10:21	Sarah Krzysiak	Farm Team Elite Cycling, Utica	49	0:18:41	Todd Shapiro	North American Velo, Ballston Spa
<b>MEN CATEGORY 2 - 82 MILES</b>				55	0:22:20	Jay Thomas	North Atlantic Velo, Poestenkill
1	3:34:38	Alex Vnias	Priority Health Cycling Team, Leroy, MI	<b>MEN CATEGORY 4 BLUE - 64 MILES</b>			
2	0:00:17	James Morrison	Embrocation Cycling Journal, Newton, MA	1	3:01:44	Joseph Jacobs	Real Estate Rescue, Bloomingdale, NJ
<b>REGIONAL FINISHERS</b>				2	0:00:05	Andrew Shelby	WVVC Racing, Arlington, VA
3	0:00:17	Paul Lynch	Hot Tubes Jr. Development, Colchester, CT	3	0:00:07	Dylan Gallagher	Team Overlook Mt Bikes, Saugerties
<b>REGIONAL FINISHERS</b>				7	0:00:32	Nicholas Waller	Team Placid Planet, Gloversville
54	0:03:07	Alan Rego	Farm Team Cycling, Lake Placid	10	0:01:11	Christopher Fey	Team Placid Planet, Keene Valley
69	0:07:24	Dave McCahill	Farm Team Cycling, Lake Placid	33	0:14:32	Jeffrey Krywanczyk	Wear On Earth, Chazy
105	0:26:37	Andrew Bernstein	Champion System Racing, Saratoga Springs	35	0:17:00	Ashton Momot	Wear On Earth, Plattsburgh
<b>MEN CATEGORY 3 PINK - 64 MILES</b>				40	0:18:20	Loren Swears	Team Elevate Cycles, Gansevoort
1	2:58:37	Andrew Clerico	CRCA/BH Garneau, New York	41	0:18:20	Nathan Morgan	Team Elevate Cycles, Saratoga Springs
2	0:00:01	John Cotter	Freddie Fu Cycling Team, McKeesport, PA	50	0:22:56	Andrew Laplante	Team Placid Planet, Peru
<b>REGIONAL FINISHERS</b>				57	0:24:18	Frank Onderdonk	Team Elevate Cycles, Saratoga Springs
3	0:00:01	Alexander Barouh	CRCA/BH Garneau, Brooklyn	58	0:25:03	Mark Salvagin	Team Bicycle Doctor, Middletown
<b>REGIONAL FINISHERS</b>				<b>WOMEN CATEGORY 4 (UNDER 35) - 64 MILES</b>			
62	0:14:16	Elias Bennett	BCA/Tosk Chiropractic, New Lebanon	1	3:25:48	Linnea Koons	Embrocation Cycling Journal, Boston, MA
<b>MEN CATEGORY 3 GREY - 64 MILES</b>				2	0:00:46	Dawn Peterson	NCC, Northampton, MA
1	2:52:17	Stephen Mull	Richmond Velo Sport, Richmond, VA	3	0:03:14	Raquel Miller	CRCA/Houlihan, Sag Harbor
2	0:04:06	Eric Lundgren	Iron City Bikes, Pittsburgh, PA	<b>REGIONAL FINISHERS</b>			
3	0:04:06	Phil Beard	Onion River Racing, Middlesex, VT	6	0:08:09	Sara Koller	Team Mountain Riders, Plattsburgh
<b>REGIONAL FINISHERS</b>				17	0:23:12	Alyssa McClenning	Adirondack Triathlon Club, Argyle
5	0:04:07	Bruce Beauharnois	Wear On Earth, Plattsburgh	18	0:24:40	Dana Cooreman	Mission In Motion, Whitesboro
15	0:04:10	Matt Goedeke	Stage5/Cycling Fusion, Selkirk	<b>WOMEN CATEGORY 4 (35-PLUS) - 64 MILES</b>			
63	0:17:09	Terry Blanchet	North American Velo, Castleton	1	3:32:22	Stacey Barbossa	Team Cosmic, Rutherford, NJ
88	0:32:59	Michael Mascarenhas	North American Velo, Saratoga Springs	2	0:00:00	Susan Myers	CRCA/Fish Line, New York
<b>WOMEN CATEGORY 3 - 64 MILES</b>				3	0:00:01	Nicole Laplante	Team Placid Planet, Peru
1	3:12:41	Lindsay Honaker	XO Communications, Reston, VA	<b>REGIONAL FINISHERS</b>			
2	0:03:03	Monika Sattler	XO Communications, Arlington, VA	6	0:00:03	Aurora Lamperetta	Team Luna Chix, Saratoga Springs
3	0:04:05	Bryna Blanchard	Farm Team Elite Cycling, Troy	12	0:04:29	Molly Grygiel	Capital Bicycle Racing Club, Niskayuna
<b>REGIONAL FINISHERS</b>				28	0:29:03	Stacy Maziejka	Capital Bicycle Racing Club, Voorheesville
15	0:11:29	Kerrin Strevell	CBRC, Valatie	<b>MEN CATEGORY 5 (UNDER 35) GREEN - 64 MILES</b>			
27	0:23:24	Susanna Piller	Farm Team Elite Cycling, Plattsburgh	1	3:09:22	Anthony Fatuzzo	Team Cosmic, NJ
32	0:29:00	Margaret Thompson	Corning/NoTubes Race Team, Clinton	2	0:02:30	Justin Albin	Unattached, Townshend, VT
33	0:29:29	Sheila O'Mahony	Unattached, Saratoga Springs	3	0:02:34	Dylan Dearborn	Team Tuesday, Albany
<b>MEN CATEGORY 4 BROWN - 64 MILES</b>				<b>REGIONAL FINISHERS</b>			
1	2:57:51	Peter Reed	BreakawayBikes.com, Washington, DC	13	0:17:16	Andrew Akins	Unattached, Saratoga Springs
2	0:00:40	Warren St John	CRCA/Teany Cycling, New York	21	0:29:52	Matthew Cook	Team Placid Planet, Saranac Lake
3	0:03:16	Kevin Sweeney	B2C2, Medford, MA	28	0:54:16	Dylan Grimm	Unattached, Gansevoort
<b>REGIONAL FINISHERS</b>				<b>MEN CATEGORY 5 (UNDER 35) BROWN - 64 MILES</b>			
5	0:04:11	Brad Stratton	Capital Bicycle Racing Club, Albany	1	3:01:46	Keith Kelly	Arc-En-Ciel, Providence, RI
11	0:08:53	Charlie Casey	Unattached, Alplaus	2	0:03:54	Donald Green	Unattached, Providence, RI
13	0:09:09	Paul Hebert	Capital Bicycle Racing Club, Glenmont	3	0:11:57	Michael Nelson	CRCA/Sigg's, New York
28	0:16:14	Richard Serton	Central New York Cyclist, Clinton	<b>REGIONAL FINISHERS</b>			
39	0:25:53	Jon Hussey	Unattached, Saratoga Springs	5	0:15:26	Scott Hock	Serotta/Adk Velo Club, Johnstown
44	0:28:32	William Munyan	Unattached, Rensselaer	10	0:24:43	Seth Gallagher	Team Overlook Mt Bikes, Rhinebeck
45	0:28:38	Emory Creel	Central New York Cyclist, Hamilton	22	0:38:16	Eric Thomas	Team Elevate Cycles, Saratoga Springs
47	0:29:19	Keith Watkins	Central New York Cyclist, Hamilton	30	0:52:59	Jason McCreary	Team Elevate Cycles, Saratoga Springs
59	0:36:20	Yohsuke Takakura	Capital Bicycle Racing Club, Albany	32	0:59:12	Mike Klein	Wear On Earth, Potsdam
76	1:58:28	Jim Catalano	Unattached, Hurley	33	1:01:59	Shane O'Brien	Team Elevate Cycles, Saratoga Springs
<b>MEN CATEGORY 4 ORANGE - 64 MILES</b>				36	1:13:38	Rob Manning	TeamBikeway.com, Red Hook
1	3:02:22	David Anthony	CRCA/BH Garneau, New York	37	1:31:59	Philip McGuire	High Peaks Cyclery, Clifton Park
2	0:00:03	Ben Noble	CRCA/Houlihan, New York	<i>continued</i>			
3	0:01:43	Michael Pugar	Expo/Superior Energy, Ellington, CT				

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Camp Chingachgook Half-Marathon/10K  
CDYMCA Greenbush 5K  
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FAM 5K "Fund" Run 5K  
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Lake George Tri



**7TH ANNUAL TOUR OF THE BATTENKILL PRO/AM BICYCLE RACE continued**

<b>MEN CATEGORY 5 (UNDER 35) ORANGE – 64 MILES</b>			
1	3:04:30	Benjamin Toll	Patuxent Velo, St. Mary's City, MD
2	0:00:00	David Warner	Boston Road Club, Jamaica Plain, MA
3	0:00:06	Michael Zak	Team Cosmic, Fair Lawn, NJ
REGIONAL FINISHERS			
9	0:12:03	Paul Stockamore	Bicycle Depot, New Paltz
13	0:24:43	Ben Yandeau	Unattached, Potsdam
16	0:28:10	Nathan Schiele	RPI Cycling, Troy
18	0:30:35	Jeff Petrocci	Team Placid Planet, Lake Placid
19	0:30:42	Carl Pfranger	Mohawk Valley Bike Club, Utica
21	0:33:26	Lyle Schultz	Capital Bicycle Racing Club, Delmar
22	0:36:54	Brian White	Honey Stinger, Altamont
27	0:43:26	Karl Hensler	Unattached, Warrensburg
29	0:46:57	Jake Steria	Unattached, Louisville
32	0:51:27	Niles Gagnon	Unattached, Wilton
35	0:59:49	Jared Stritsman	Tomhannock Bicycles, Petersburg
36	1:02:07	Lyman Tinc	Unattached, Sprakers
<b>MEN CATEGORY 5 (35-PLUS) PINK – 64 MILES</b>			
1	3:10:17	David Bertram	Team Ommeegang, Cooperstown
2	0:00:01	Michael Bakker	Core Speed Training, Orlando, FL
3	0:02:55	Thomas Dirscherl	Core Speed Training, Orlando, FL
REGIONAL FINISHERS			
10	0:15:14	Keith Alber	Catskill Mt Multisport, Clifton Park
15	0:30:03	Paul Bricoccoli	Adirondack Triathlon Club, Queensbury
16	0:33:34	Lawrence Elmen	Adirondack Triathlon Club, Glens Falls
23	0:41:14	Alex Ciota	Unattached, Ballston Spa
26	0:50:00	Keith Amato	Saratoga Triathlon Club, Mechanicville
<b>MEN CATEGORY 5 (35-PLUS) GREY – 64 MILES</b>			
1	3:16:16	Gregg Giddes	Team Signature Cycles, Easton, CT
2	0:00:46	Michael Kuehn	CRCA/Siggi's, New York
3	0:02:00	Duncan Gross	Unattached, Boston, MA
REGIONAL FINISHERS			
8	0:08:01	Bob Frank	Adirondack Triathlon Club, Niskayuna
11	0:16:21	Jason Gardner	Adirondack Triathlon Club, Glens Falls
16	0:21:08	Randy Rath	Adirondack Triathlon Club, Glens Falls
17	0:22:22	Matt Kresge	Unattached, Rexford
27	0:43:08	Mark Kowalski	Unattached, Glenville
30	0:49:04	Joshua Katzman	Capital District Triathlon Club, Clifton Park
33	1:13:11	Greg Cannon	Bicycle Depot, New Paltz
36	1:47:04	Jeff Goodwin	Catskill Mt Multisport, Queensbury
<b>MEN CATEGORY 5 (35-PLUS) BLUE – 64 MILES</b>			
1	3:14:30	Jules Roazen	CRCA/Siggi's, Brooklyn
2	0:01:54	Kenneth Moore	Unattached, Sayville
3	0:01:54	Javier Merelles	Cycle Craft Racing, Warthon, NJ
REGIONAL FINISHERS			
14	0:13:49	Douglas Meyer	Unattached, Saratoga Springs
16	0:15:38	Eliakim Littell	Battenkill-United, Greenwich
18	0:17:19	Stephen Offord	Team CoCo-Yaya, Porter Corners
19	0:21:33	TJ O'Connor	Capital District Triathlon Club, Slingerlands
21	0:22:57	Daniel Rivers	Maxpower Cycling Team, Lowville
31	0:40:12	Jeff Mannion	Unattached, Malta
32	0:41:59	Max Morton	Capital District Triathlon Club, Averill Park
35	0:50:47	Daniel O'Hare	Unattached, Westerlo
37	0:58:38	Brigham McCutcheon	Unattached, Altamont
39	1:18:15	Bill Devito	Unattached, Saratoga Springs
40	1:29:54	Erik Sanderson	Unattached, Schenectady
41	1:31:17	David Martin	Unattached, Loudonville
42	2:22:09	Christopher Myers	Unattached, Cairo
<b>MEN CATEGORY 5 (35-PLUS) YELLOW – 64 MILES</b>			
1	3:16:05	Art Picard	Unattached
2	0:00:00	John Tully	Unattached, Hoboken, NJ
3	0:02:15	Brendan Culloty	GVCC, Farmington
REGIONAL FINISHERS			
7	0:11:36	Gregg Salisbury	Oren Salt, Red Hook
15	0:22:10	Randy Swift	Saratoga Triathlon Club, Saratoga Springs
17	0:27:50	George Stopyak	Capital District Triathlon Club, Clifton Park
28	0:44:57	John Taggart	Unattached, Clifton Park
31	0:49:02	Todd Salvesold	Capital District Triathlon Club, Buskirk
<b>MEN CATEGORY 5 (45-PLUS) GREEN – 64 MILES</b>			
1	3:13:58	David Boyce	Housatonic Wheel Club, Pittsfield, MA
2	0:01:36	Russell Bogin	CRCA, New York
3	0:02:04	Ted Wilson	Adirondack Triathlon Club, Queensbury
REGIONAL FINISHERS			
16	0:22:15	Jonathan Stillman	Unattached, Ballston Spa
18	0:24:41	Brad Elliott	Elliott Chiropractic, Clifton Park
19	0:26:25	Terry Batchelder	Ascension Cycling, Argyle
22	0:31:46	John Davidson	Adirondack Triathlon Club, Queensbury
25	0:40:02	Tim Cleworth	Capital Bicycle Racing Club, Schenectady
31	0:54:19	Bert Weber	Adirondack Triathlon Club, Lake George
<b>MEN CATEGORY 5 (45-PLUS) BROWN – 64 MILES</b>			
1	3:15:01	Keith Hala	Signature Cycles, Campbell Hall
2	0:01:41	Rejean Gauthier	Unattached, Jamaica
3	0:08:14	Bryan Guenther	CRCA/Siggi's, New York
REGIONAL FINISHERS			
7	0:10:38	Paul Fronhofer	Cambridge Valley Cycling, Salem
10	0:14:03	Tom MacClarence	Capital Bicycle Racing Club, Loudonville
22	0:31:55	Joseph Pelletier	Unattached, West Shokan
25	0:36:15	Eric Gustafson	Wear On Earth, Massena
32	0:47:16	Michael McEnoy	Unattached, Greenwich
36	0:59:03	Kenneth Lane	Capital District Triathlon Club, Castleton
39	1:13:39	Charles Hayward	Saratoga Triathlon Club, Albany
40	1:15:06	Ed Komar	Hudson Valley Velo Club, Hyde Park
<b>MEN CATEGORY 5 (45-PLUS) ORANGE – 64 MILES</b>			
1	3:16:02	Tom O'Neill	Unattached, Cortlandt Manor
2	0:01:19	John Pescatore	VCI, New Haven, CT
3	0:01:35	John Noonan	Unattached, Ballston Spa
REGIONAL FINISHERS			
17	0:30:55	Keith Lyndaker	MaxPowerCycling, Lowville
29	0:57:13	Kevin Kretschmar	Unattached, Rensselaer
<b>MEN CATEGORY 5 (45-PLUS) PINK – 64 MILES</b>			
1	3:17:20	Rejean Rochette	Unattached, St-Jerome, QC
2	0:05:49	Dana Brown	545 Velo, West Roxbury, MA
3	0:05:50	Tom Keane	545 Velo, Cambridge, MA
REGIONAL FINISHERS			
10	0:22:40	Eric Whiting	Cambridge Valley Cycling, Greenwich
11	0:23:07	Andrew Valvano	Unattached, Mount Marion
21	0:46:17	Jon Harris	Cambridge Valley Cycling, Fort Edward
22	0:47:45	Stephen Romero	Unattached, Saratoga Springs
29	1:01:29	Michael Mead	Unattached, Queensbury
32	1:27:43	Robert Wasiczko	Unattached, New Hartford
<b>JUNIOR MEN 17-18 – 64 MILES</b>			
1	2:58:21	Ben Wolfe	Bay Hill Capital, Old Lyme, CT
2	0:00:01	Thomas Wrona	Hot Tubes Cycling Team, Pinehurst, NC
3	0:00:03	Zach Semian	Team Specialized/Rising Stars, Mertztown, PA
REGIONAL FINISHERS			
33	0:13:03	Jack MacClarence	Bay Hill Capital, Loudonville
46	0:27:52	Caleb Batchelder	Unattached, Argyle
58	1:25:19	Hunter Dansin	Farm Team Cycling, Cambridge
<b>JUNIOR WOMEN 15-18 – 64 MILES</b>			
1	3:27:17	Addy Albershardt	Asheville Youth Cycling, Matthews, NC
2	0:06:45	Tennessee Mayer	Espoirs Quilicot, Boisbriand, QC
3	0:14:49	Emily Elbers	Farm Team Cycling, Syracuse
<b>JUNIOR MEN 15-16 – 64 MILES</b>			
1	2:59:18	Curtis White	Bay Hill Capital, Delanson
2	0:04:05	Rudyard Peterson	Kinetics Systems, Kalamazoo, MI
3	0:04:16	Brendan Rhim	Claremont Cycle Depot, Norwich, VT
REGIONAL FINISHERS			
24	0:30:20	Keane Brennan	Farm Team Cycling, Cambridge
<b>JUNIORS 13-14 BOYS – 13 MILES</b>			
1	0:41:17	Gianni Polhemus	Farm Team Cycling, Spencertown
2	0:00:00	Thomas Dudzik	Crearex Colors/Bendorm Bikes, Burlington, CT
3	0:00:01	Cooper Wilsey	Bliss Racing, Hinesburg, VT
REGIONAL FINISHERS			
6	0:00:04	Wyatt Drake	Farm Team Cycling, Cambridge
10	0:03:20	Paul Dallemagne	Farm Team Cycling, Cambridge
11	0:03:22	Connor Lenihan	Farm Team Cycling, Lake George
<b>JUNIORS 13-14 GIRLS – 13 MILES</b>			
1	0:41:18	Emma White	Capital Bicycle Racing Club, Delanson
2	0:02:32	Olivia Saunders	Somerset, Flemington, NJ
3	0:03:01	Melissa Seib	BikeMan, Bryant Pond, ME

**7TH ANNUAL TOUR OF THE BATTENKILL PRO/AM BICYCLE RACE continued**

REGIONAL FINISHERS			
4	0:03:18	Julia Sante	Farm Team Cycling, Queensbury
5	0:12:17	Kathryn Toth	Capital Bicycle Racing Club, Stephentown
<b>JUNIORS 10-12 BOYS – 13 MILES</b>			
1	0:44:11	Donald Seib	BikeMan, Bryant Pond, ME
2	0:00:00	Isaac Allen	Bicycle Depot, Marlboro
REGIONAL FINISHERS			
6	0:05:21	Harrison White	Capital Bicycle Racing Club, Delanson
8	0:14:13	Linus Sante	Farm Team Cycling, Queensbury
11	0:41:26	Tyler Koziol	Farm Team Cycling, Cambridge
<b>JUNIORS 10-12 GIRLS – 13 MILES</b>			
1	0:50:28	Katharine Voake	Unattached, New York
2	0:08:23	Isabella Brookshire	Asheville Youth Cycling, Hendersonville, NC
3	0:12:40	Nikia Hubbard	Farm Team Cycling, Cambridge
REGIONAL FINISHERS			
4	0:12:46	Dagny Drake	Farm Team Cycling, Cambridge
<b>MEN 30-PLUS – 64 MILES</b>			
1	2:51:30	Mike Barton	Strava, White River Junction, VT
2	0:00:03	Max Lippolis	Team Danbury/Audi, Pound Ridge
3	0:00:04	Ken Gallardo	IronDataThirstyBearCycling.com, Belmont, CA
REGIONAL FINISHERS			
26	0:03:57	Mark Miller	Favata's Table Rock Tours, Hurley
<b>MEN 40-PLUS – 64 MILES</b>			
1	2:50:06	Bruce Bird	Wheels of Bloor, Toronto, ON
2	0:00:01	Roger Aspholm	Westwood Velo, Haworth, NJ
3	0:00:02	Fred Thomas	OA/Cyclemania, Cape Elizabeth, ME
REGIONAL FINISHERS			
7	0:06:41	Cliff Summers	CCC/Keltic/Zanes Cycles, Queensbury
18	0:06:44	Anthony Felitte	CCC/Keltic/Zanes Cycles, Delmar
19	0:06:44	Douglas Campbell	CCC/Keltic/Zanes Cycles, Salem
32	0:09:01	Andy Ruiz	CCC/Keltic/Zanes Cycles, Voorheesville
70	0:24:19	Danny Goodwin	Capital Bicycle Racing Club, Delmar
<b>MEN 50-PLUS – 64 MILES</b>			
1	2:59:33	Bill Kellagher	Mix 1 Cycling Team, Boulder, CO
2	0:00:00	John Funk	Cycle Fitness, South Kent, CT
3	0:00:00	Keith Davies	Mambo Kings Racing, Wilmington, DE
REGIONAL FINISHERS			
4	0:00:00	Kevin Mosher	CCC/Keltic/Zanes Cycles, Voorheesville
19	0:08:08	Richard Karaz	Capital Bicycle Racing Club, Delmar
32	0:13:03	Gene Primomo	Unattached, Queensbury
40	0:15:14	Robert Gover	Capital Bicycle Racing Club, New Hartford
72	0:27:50	Tim Leonard	Battenkill-United, Rensselaer
104	0:58:16	Dan Reilly	Team Placid Planet, Saranac Lake
<b>MEN 60-PLUS – 64 MILES</b>			
1	3:25:08	Scott Haverstick	ERA Cycling, Washington Boro, PA
2	0:06:27	Jim Youngblood	NVRC, Silver Spring, MD
3	0:06:27	William Care	ERA Cycling, Mount Gretna, PA
REGIONAL FINISHERS			
13	0:14:35	Van Fronhofer	Battenkill-United, Salem
24	0:42:14	James Bogue	Cambridge Valley Cycling, Buskirk
26	0:53:15	Richard Morse	Capital District Triathlon Club, Malta
38	1:13:47	Ross McCabe	Unattached, Albany
39	1:13:57	Douglas Ward	Unattached, Saratoga Springs

Courtesy of Anthem Sports

**23RD ANNUAL DELMAR DASH 5-MILER**  
April 10, 2011 • Bethlehem Middle School, Delmar

<b>MALE OVERALL</b>			
1	Aaron Robertson	32	Altamont
2	Chuck Terry	28	Albany
3	Justin Bishop	30	Colonie
<b>FEMALE OVERALL</b>			
1	Jodie Schoppmann	26	Levittown
2	Kristina Gracey	28	Albany
3	Shelly Binsfeld	31	Clifton Park
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			
1	Noah Bell	14	Delmar
2	Christopher O'Brien	14	Delmar
3	Joseph Somerville	13	Wynantskill
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			
1	Payton Czupil	11	Watervliet
2	Sydney Shaw	11	Delmar
3	Sarah Coffey	13	Delmar
<b>MALE AGE GROUP: 15 - 19</b>			
1	Eric Young	19	Latham
2	Bryan Kelly	19	Albany
3	Jason Applegate	18	Schenectady
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Irene Somerville	18	Wynantskill
2	Lydia Kouletsis	19	Oakland, ME
3	Kelly Bartlett	17	Glenmont
<b>MALE AGE GROUP: 20 - 24</b>			
1	Bradley Lewis	24	Troy
2	Ian Mullikin	23	Albany
3	Alex Paley	24	Albany
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Jessy Montrose	24	Albany
2	Nicole Izzo	23	Albany
3	Rebecca Moore	23	Rensselaer
<b>MALE AGE GROUP: 25 - 29</b>			
1	Thomas O'Grady	25	Latham
2	Keith Weiss	29	Malta
3	Patrick Cullen	25	Albany
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Karen Bertasso	26	Slingerlands
2	Crystal Perno	29	Clifton Park
3	Meghan Davey	25	Rotterdam
<b>MALE AGE GROUP: 30 - 34</b>			
1	Anthony Giuliano	31	Albany
2	Eamon Dempsey	31	Delmar
3	Jonathan Catlett	33	Albany
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Melanie Staley	30	Saratoga Springs
2	Aubrey Schulz	33	Farmington, CT
3	Sara Madden	33	Albany
<b>MALE AGE GROUP: 35 - 39</b>			
1	Michael Roda	35	Albany
2	Bill Davis	36	Delmar
3	Kenneth Plovman	37	Albany
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Gretchen Oliver	36	Guilderland
2	Katie Hodge	39	Delmar
3	Sally Drake	38	Albany
<b>MALE AGE GROUP: 40 - 44</b>			
1	Craig Tynan	41	Schenectady
2	Jon Rocco	44	Colonie
3	Edward Hampston	43	Voorheesville
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Kimberly Miseno-Bowles	40	Amsterdam
2	Alison Heaphy	44	Nassau
3	Hilary Eutz	44	Valatie
<b>MALE AGE GROUP: 45 - 49</b>			
1	Ahmed Elasser	48	Latham
2	Christen Lietzau	47	Delmar
3	Thomas Kracker	46	Delmar
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Anne Benson	46	Clifton Park
2	Nancy Nicholson	49	Queensbury
3	Mary Buck	47	Mechanicville
<b>MALE AGE GROUP: 50 - 54</b>			
1	Derrick Staley	52	Ballston Spa
2	Russell Hoyer	50	Voorheesville
3	Ken Evans	50	Delmar
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Donna Thrailkill	52	Clifton Park
2	Peggy McKeown	53	Schuylerville
3	Wendy Rescott	50	West Sand Lake

# Indian Ladder Trail Runs

# RACE RESULTS

## 23RD ANNUAL DELMAR DASH 5-MILER *continued*

<b>MALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 David Roy	56	Schoharie	31:18	1 Ginny Pezula	65	Colonie	42:46
2 Tony Maddaloni	59	Slingerlands	32:40	2 Sibyl Jacobson	68	Canaan	49:39
3 Steve Vruk	55	Delmar	32:42	3 Carol Butt	66	Delmar	1:02:35
<b>FEMALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 70 - 74</b>				
1 Erika Oesterle	59	Stamford	39:58	1 John Pelton	71	West Rupert, VT	38:50
2 Jill Mehan	56	Troy	41:15	2 Henry Peyrebrune	73	Delmar	55:40
3 Lisa Ippolito	55	Saratoga Springs	41:42	3 John Nylis	73	Delmar	55:56
<b>MALE AGE GROUP: 60 - 64</b>			<b>MALE AGE GROUP: 75 - 79</b>				
1 Bob Giambalvo	61	Delhi	29:39	1 Wade Stockman	76	Rensselaer	41:26
2 Paul Forbes	60	Colonie	31:58	2 Robert Thien	77	Glenmont	49:10
3 Patrick Glover	64	Clifton Park	34:03	3 Charles Bishop	75	Schenectady	54:26
<b>FEMALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 75 - 79</b>				
1 Judy Phelps	60	Malta	36:11	1 Anny Stockman	78	Rensselaer	55:01
2 Martha DeGrazia	60	Slingerlands	37:06	2 Joan Corrigan	75	Clifton Park	1:03:35
3 Susan Wong	63	Glenmont	38:31	<b>MALE AGE GROUP: 80 &amp; OVER</b>			
<b>MALE AGE GROUP: 65 - 69</b>			<b>MALE AGE GROUP: 80 &amp; OVER</b>				
1 Douglas Fox	66	Loudonville	38:23	1 Hilaire Mewissen	82	Delmar	1:01:28
2 David Hayes	67	Niskayuna	39:33	2 Joe Corrigan	80	Clifton Park	1:05:29
3 Thomas Kollar	65	Schenectady	41:33	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>			

## 9TH ANNUAL DODGE THE DEER 5K *continued*

<b>FEMALE AGE GROUP: 60 - 64</b>			<b>MILE FUN RUN: MALE OVERALL</b>				
1 Ginny Mosher	64	Delanson	30:31	1 Andrew McAuley	13	Colonie	6:06
<b>MALE AGE GROUP: 65 - 69</b>			<b>MILE FUN RUN: FEMALE OVERALL</b>				
1 Douglas Fox	66	Loudonville	24:35	2 Brandon McAuley	12	Colonie	6:56
2 Frank Klose	68	Castleton	25:18	3 Tai Ryan	8	Castleton	7:29
3 Don Eastwood	69	Castleton	38:03	<b>MALE AGE GROUP: 70 - 74</b>			
<b>MALE AGE GROUP: 70 - 74</b>			<b>MALE AGE GROUP: 75 - 79</b>				
1 Jim Hotaling	70	Niverville	28:38	1 Wade Stockman	76	Rensselaer	26:22
2 Armand Langevin	73	Cohoes	29:32	2 Peter Hettrich	76	Ballston Spa	30:02
3 Bob Knouse	71	Voorheesville	30:04	3 Charles Bishop	75	Schenectady	35:10
<i>Courtesy of Albany Running Exchange</i>							

## 32ND ANNUAL ST. PETER'S KEYS RUN 5K & 10K April 16, 2011 • Saratoga Spa State Park, Saratoga Springs

<b>5K RACE</b>			<b>MALE AGE GROUP: 40 - 44</b>				
<b>MALE OVERALL</b>			1 David Shumpert	40	Clifton Park	21:17	
1 Justin Bishop	30	Colonie	15:37	2 Gary Paschal	43	Ballston Spa	23:00
2 Michael Roda	35	Albany	16:08	3 Deanne Ogden	43	Saratoga Springs	23:52
3 Anthony Giuliano	31	Albany	16:22	<b>FEMALE AGE GROUP: 40 - 44</b>			
<b>FEMALE OVERALL</b>			1 Kelly Armer	44	Ballston Spa	27:15	
1 Estela Smith	13	Ballston Spa	19:17	2 Jodi Frank	42	Saratoga Springs	28:14
2 Nancy Nicholson	49	Queensbury	19:56	3 Alicia Crowther	41	Ballston Spa	29:30
3 Payton Czupil	11	Watervliet	20:48	<b>MALE AGE GROUP: 45 - 49</b>			
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			1 Carl Regenauer	45	Saratoga Springs	18:40	
1 Gavin Gaynor	12	Saratoga Springs	16:56	2 Kevin Creagan	45	Albany	18:47
2 Jaxon Smith	13	Ballston Spa	20:39	3 Ed Groves	45	Ballston Spa	20:00
3 Aidan Rice	10	Ballston Spa	22:40	<b>FEMALE AGE GROUP: 45 - 49</b>			
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			1 Tracey Delaney-Colden	46	Queensbury	22:29	
1 Brooke Clough	11	Watervliet	24:36	2 Lisa Luycky	49	Albany	23:16
2 Caroline Pitts	12	Wilton	33:09	3 Pamela Howard	46	Greenfield Center	24:04
3 Kayla Tomasek	12	Ballston Spa	37:09	<b>MALE AGE GROUP: 50 - 54</b>			
<b>MALE AGE GROUP: 15 - 19</b>			1 Rick Lesiak	51	Galway	18:59	
1 Adam Coolong	19	Ballston Spa	17:08	2 John Couch	52	Malta	19:24
2 James Gideon	16	Ballston Spa	19:11	3 Thomas Locascio	52	Albany	19:52
3 Ryan Postlethwait	19	Ballston Spa	22:01	<b>FEMALE AGE GROUP: 50 - 54</b>			
<b>FEMALE AGE GROUP: 15 - 19</b>			1 Susan Kiley	52	Saratoga Springs	26:16	
1 Jessica Dzialo	15	Latham	22:51	2 Barbara Scheurer	50	Saratoga Springs	28:36
2 Amber Charette	18	Pawtucket, RI	31:16	3 Svetlana Bakhareva	54	Niskayuna	31:46
<b>MALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 55 - 59</b>				
1 Caz VanDevere	23	Saratoga Springs	19:22	1 Paul Bennett	59	Latham	21:42
2 Tim Russell	21	Bennington, VT	21:04	2 Frank Broderick	59	Ballston Lake	24:42
3 Bett Strom	20	Saratoga Springs	21:22	3 Rick Morgan	58	Stillwater	27:07
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Rachel Guillot	22	Troy	21:52	1 Doris Nichols	57	Fort Edward	39:51
2 Sarah Guillot	20	Williamstown, MA	22:31	2 Theresa Hughes	55	Ballston Spa	1:18:47
3 Elizabeth Kautz	23	Troy	25:33	<b>MALE AGE GROUP: 60 - 64</b>			
<b>MALE AGE GROUP: 25 - 29</b>			1 Peter Carucci	61	Ballston Lake	23:18	
1 Thomas O'Grady	25	Latham	16:33	2 Ernie Paquin	64	Gansevoort	24:29
2 Russell Lidberg	28	Saratoga Springs	19:09	3 Daniel Prosser	60	Philmont	24:59
3 Chris Frey	28	Rye	26:22	<b>FEMALE AGE GROUP: 60 - 64</b>			
<b>FEMALE AGE GROUP: 25 - 29</b>			1 Judy Harrigan	61	Saratoga Springs	22:03	
1 Stella Albanese	27	Ballston Spa	25:51	2 Katherine Ambrosio	60	Delmar	26:11
2 Erin Stevens	27	Clifton Park	27:09	3 Christine McKnight	63	Schuylerville	28:02
3 Kristen Wohlgemuth	26	Saratoga Springs	29:15	<b>MALE AGE GROUP: 65 - 69</b>			
<b>MALE AGE GROUP: 30 - 34</b>			1 Ray Lee	69	Halfmoon	39:24	
1 Corey Kruse	30	Latham	19:48	2 Bill LaTour	68	Ballston Spa	47:53
2 Kevn Edwards	31	Cohoes	27:35	3 Ray Lee	69	Halfmoon	1:18:48
3 Alexander Gutman	31	Niskayuna	35:51	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 30 - 34</b>			1 Nancy Johnston	65	Ballston Lake	33:12	
1 Heidi Nark	30	Mechanicville	22:41	<b>MALE AGE GROUP: 70 - 74</b>			
2 Kit Siu	32	Rhinebeck	25:35	1 Jim Moore	71	Niskayuna	24:42
3 Amanda Brinton	34	Schenectady	26:37	2 William Sheft	70	Ballston Spa	26:25
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 - 74</b>				
1 Matthew Mark	37	Mechanicville	17:55	1 Marge Rajczewski	70	Ballston Lake	27:20
2 Todd Eicher	38	Queensbury	18:20	2 Becky Kotler	72	Manchester Center, VT	36:39
3 Greg Ethier	37	Waterford	19:28	<b>MALE AGE GROUP: 75 - 79</b>			
<b>FEMALE AGE GROUP: 35 - 39</b>			1 Norm Marcinic	76	Saratoga Springs	28:35	
1 Regina Flint	37	Amsterdam	21:52	2 Richard Schumacher	77	Hoosick Falls	36:14
2 Heather Brunell	37	Clifton Park	24:25	3 Jim Owens	75	Latham	36:17
3 Mindy Mannix	38	Clifton Park	24:41	<b>MALE AGE GROUP: 80 &amp; OVER</b>			
			1 Andy Keefe	80	Saratoga Springs	40:01	

## 9TH ANNUAL DODGE THE DEER 5K

April 16, 2011 • Schodack Island State Park, Schodack Landing

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 35 - 39</b>				
1 Josh Merlis	29	Albany	16:48	1 Joshua Katzman	35	Clifton Park	20:24
2 Tim Van Orden	42	Bennington, VT	17:03	2 Ed Oldrich	38	Valatie	22:41
3 Bryan Kelly	20	Albany	18:35	3 Steve Gibbs	38	Clifton Park	23:07
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 35 - 39</b>				
1 Sydney Shaw	14	Delmar	21:11	1 Stacey Kelley	35	Albany	23:26
2 Susana Garcia Romer	28	Rensselaer	22:38	2 Angela Squadere	39	Rotterdam	23:58
3 Julia Hotmer Murphy	44	Albany	23:01	3 Aixa Toledo	38	Delmar	24:31
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 40 - 44</b>				
1 Jondan Healy	14	Castleton	18:51	1 Edward Hampston	43	Voorheesville	19:05
2 Kevin Murphy	10	Albany	24:00	2 Carson Fiske	40	Slingerlands	20:08
3 Brandon Vanvlack	11	Duanesburg	27:24	3 Todd McAuly	42	Colonie	20:41
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 40 - 44</b>				
1 Cheyenne Munson	12	Schenectady	24:01	1 Julie Keating	41	Kinderhook	24:03
2 Laura Meade	10	Glenville	28:26	2 Kim Scott	42	Malta	24:23
3 Emma Hampston	11	Voorheesville	29:49	3 Marcy Dikeman	43	Wynantskill	24:25
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 45 - 49</b>				
1 Jason Applegate	18	Albany	19:01	1 Paul Partridge	46	Delmar	21:08
2 Eric Pierrou	18	Glenmont	20:27	2 Dale Lamphere	49	Canajoharie	22:38
3 Daniel Ray	15	South Windsor, CT	22:24	3 Tom Mack	46	Wynantskill	22:50
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 45 - 49</b>				
1 Phillip Sullivan	22	Pittsfield, MA	19:43	1 Eileen Halloran	48	Greenville	25:39
2 Michael Rogers	20	Troy	19:50	2 Susan Motler	48	Rensselaer	25:56
3 Tim Woods	23	Loudonville	21:58	3 Ann Birckmayer	45	Kinderhook	26:59
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Erin Ring	23	Albany	23:36	1 Russ Hoyer	50	Voorheesville	19:16
2 Aimee Favreau	23	Wynantskill	25:26	2 Rick Munson	54	Prattsville	19:37
3 Jamie Wolfe	21	Dansville	28:43	3 Jim Devine	50	East Berne	21:19
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Joshua Lipinski	27	Pittsfield, MA	18:36	1 Wendy Rescott	50	West Sand Lake	24:02
2 Brian Woods	25	Loudonville	18:42	2 Jen Kuzmich	52	Greenwich	25:25
3 Patrick Matolka	27	Troy	19:32	3 Kim Law	53	East Greenbush	25:31
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 55 - 59</b>				
1 Amanda Barone	27	Ballston Spa	23:47	1 Glen Tryson	58	Malden Bridge	22:47
2 Meghan Leary	27	Albany	26:49	2 Robert Drayn	57	Canandaigua	23:07
3 Krystle Kilmer	26	Rensselaer	27:03	3 Jonathan White	55	Albany	23:21
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 DJ Leibach	30	Watervliet	21:00	1 Carolyn George	57	Albany	26:29
2 David Benyo	31	Castleton	21:34	2 Cindy Michelin	56	Slingerlands	29:48
3 Robert Smith	32	East Berne	21:58	3 Phyllis Fox	58	Loudonville	29:55
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Melissa Brinkman	32	Cohoes	23:36	1 Jim Bowles	61	Amsterdam	22:51
2 Alyssa Bonitatibus	30	Rensselaer	27:13	2 Greg Rickes	61	Latham	25:20
3 Kim Buff	34	Clifton Park	27:15	3 Terry Smith	63	Galway	26:20

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**32ND ANNUAL ST. PETER'S KEYS RUN 5K & 10K** *continued*

10K RACE			
<b>MALE OVERALL</b>			
1	Thomas O'Grady	25	Latham 33:18
2	Kahill Scott	20	Cohoes 37:42
3	Kevin Creagan	45	Albany 38:47
<b>FEMALE OVERALL</b>			
1	Stacey Gaynor	45	Saratoga Springs 44:15
2	Janice Phoenix	49	Schenectady 45:07
3	Kelsie Meehan	21	Williamstown, MA 45:10
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			
1	David Rodak	8	Ballston Spa 50:41
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			
1	Kayleah Griffen	14	Saratoga Springs 57:35
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Tegan O'Neill	18	Stamford, VT 54:25
2	Amber Charette	18	Pawtucket, RI 1:02:15
<b>MALE AGE GROUP: 20 - 24</b>			
1	Benjamin Shanks	23	Saratoga Springs 39:34
2	Tim Russell	21	Bennington, VT 40:26
3	Caz VanDevere	23	Saratoga Springs 41:52
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Kate Imboden	20	Topsfield, MA 54:25
2	Elizabeth Kautz	23	Troy 54:35
3	Tessa Schraiven	23	Saratoga Springs 56:14
<b>MALE AGE GROUP: 25 - 29</b>			
1	Jesse Harper	25	Ballston Lake 51:12
2	Jeremy Lester	29	Ballston Lke 55:25
3	Matt Carl	29	Saratoga Springs 58:59
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Crystal Gipp	28	Rensselaer 52:11
2	Ariel Dickinson	29	Victory Mills 53:11
3	Kelly Schermerhorn	26	Providence, RI 53:55
<b>MALE AGE GROUP: 30 - 34</b>			
1	Anthony Gontarz	30	Ballston Spa 39:13
2	Lee Lurie	31	Ballston Spa 42:39
3	Daniel Berheide	32	Saratoga Springs 47:47
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Pamela Cooper	34	Middle Grove 49:53
2	Lisa Plue	34	Saratoga Springs 50:00
3	Cheryl Sarjeant	31	Albany 50:35
<b>MALE AGE GROUP: 35 - 39</b>			
1	Shawn DeCenzo	37	Niskayuna 40:38
2	Andrew Eyer	38	Gansevoort 43:11
3	Michael Bracken	37	Saratoga Springs 44:09
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Tiffany Morgan	35	Ballston Lake 49:20
2	Amy Rodak	38	Ballston Spa 50:42
3	Sara Fox	36	Medford, NJ 50:48
<b>MALE AGE GROUP: 40 - 44</b>			
1	Rik Jordan	40	Glens Falls 39:24
2	Neil Kelsey	41	Queensbury 43:30
3	David Shumpert	40	Clifton Park 43:41
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Bonny Wilson	40	Ballston Spa 49:09
2	Tara Penge	40	Porter Corners 56:27
3	Angela Annese	42	Saratoga Springs 57:27
<b>MALE AGE GROUP: 45 - 49</b>			
1	Tim Bardin	49	Queensbury 40:42
2	Samuel Mercado	48	Saratoga Springs 42:26
3	Kevin Whitehead	45	Clifton Park 44:34
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Patty Moore	45	Queensbury 46:23
2	Donna Ruppel	47	Argyle 49:22
3	Tracy Perry	46	Clifton Park 49:41
<b>MALE AGE GROUP: 50 - 54</b>			
1	Ken Schwartz	53	Saratoga Springs 41:14
2	C. Phillips	53	Ballston Spa 42:45
3	Jamie Casline	51	Ballston Lake 46:38
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Doreen Buell	54	Troy 52:42
2	Patricia Canterbury	52	Amsterdam 54:58
3	Deborah Glagov	52	Saratoga Springs 55:14
<b>MALE AGE GROUP: 55 - 59</b>			
1	Paul Bennett	59	Latham 41:58
2	Ted Todorov	55	Clifton Park 44:59
3	Frank Broderick	59	Ballston Lake 45:29
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Maryanne McNamara	57	Saratoga Springs 52:22
2	Adele Pace	57	Clifton Park 57:44
3	Theresa Hughes	55	Ballston Spa 1:18:47
<b>MALE AGE GROUP: 60 - 64</b>			
1	Daniel Prosser	60	Philmont 49:45
2	Craig Roods	62	Greenwich 51:22
3	Mark Fleszar	61	Troy 53:20
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Judy Phelps	60	Malta 45:58
2	Candy Schermerhorn	64	Diamond Point 55:50
3	Linda Plante	62	Middle Grove 1:08:12
<b>MALE AGE GROUP: 65 - 69</b>			
1	Jim Cunningham	66	Ticonderoga 53:23
2	Howard Jones	67	Clifton Park 58:35
3	Eduardo Munoz	68	Olmsteadville 59:16
<b>MALE AGE GROUP: 70 - 74</b>			
1	John Pelton	71	West Rupert, VT 49:17
<b>MALE AGE GROUP: 75 - 79</b>			
1	Joe Kelly	77	Menands 1:06:57

Courtesy of Saratoga Stryders

**115TH ANNUAL BOSTON MARATHON** *continued*

5609	Trudeau, Bart	48	Latham	3:26:34	872	Craig, Allison	38	Delmar	3:24:22
6030	McGarry, Gabriel	34	Slingerlands	3:28:39	977	Kubasiak, Anne	33	Averill Park	3:25:42
6061	Geesler, John	52	St. Johnsville	3:28:51	996	Sischo, Lauren	23	Canton	3:25:59
6088	Brenon, Dennis	61	Rome	3:28:57	1223	DeGrazia, Martha	60	Slingerlands	3:28:29
6220	Brom, Matthew	37	Troy	3:29:35	1561	Bashaw, Jessica	28	Cambridge	3:31:30
6404	Evans, Ken	50	Delmar	3:30:36	1875	Drucker, Amy	37	Albany	3:34:01
6454	Flack, John	46	Delmar	3:30:56	1948	McKeown, Peggy	53	Schuylerville	3:34:33
6610	Towle, Michael	41	Clifton Park	3:31:53	2240	Lavigne, Michelle	36	Albany	3:36:39
6700	Andrews, Jeff	34	Delmar	3:32:33	2706	Virkler, Kelly	27	Albany	3:39:48
6765	Larson, Daniel	59	Queensbury	3:32:56	3054	Ottalagano-McGarry, Colleen	34	Slingerlands	3:42:21
6770	Forbes, James	57	Valley Falls	3:32:58	3132	Pingitore, Sanning	32	Fort Edward	3:42:51
6919	Parenteau, Matthew	47	Saratoga Springs	3:33:50	3166	Emblidge, Elizabeth	25	Queensbury	3:43:05
6932	Conant, Steven	52	Glenmont	3:33:54	3478	Stange, Rebecca	44	Oneida	3:45:03
7105	Pizarro, Glenn	49	Amsterdam	3:34:48	3569	Chauhan, Elizabeth	26	Albany	3:45:34
7310	Von Schenk, Paul	25	Saratoga Springs	3:36:16	3847	Wilcox, Joanne	48	Utica	3:47:14
7393	Homenick, Richard	47	Schenectady	3:36:52	3899	Hageman, Jessica	35	Guiderland	3:47:36
7469	Palmer, Bruce	53	West	3:37:26	3962	Smith, Katherine	52	Keene Valley	3:47:56
7547	Lindow, Matthew	34	Rome Sand Lake	3:37:57	4120	Townsend, Jennifer	35	Canton	3:49:02
7736	Siopiola, James	57	Clinton	3:39:14	4378	Egan, Peggy	45	Albany	3:50:30
8821	Yavonditte, Joseph	62	Schenectady	3:47:34	4603	Fitzgerald, Maureen	53	Clifton Park	3:51:57
9090	Elison, Robert	62	Slingerlands	3:49:33	4745	Goodrich, Joyce	53	Glenville	3:52:46
9138	Lester, Steven	56	Lake Placid	3:49:56	4812	Smith, Concetta	43	Ballston Lake	3:53:09
9298	Veeder, Mike	50	Earlton	3:51:15	5225	Lorenc, Susan	37	Canton	3:55:42
9605	Rettig, David	46	Niskayuna	3:53:52	5263	Metvier, Jennifer	40	Lake George	3:55:53
9815	Sullivan, Dennis	55	Ballston Lake	3:55:44	5681	Seabury, Kim	43	Old Chatham	3:58:34
10382	Davis, Hugh	51	Saratoga Springs	4:00:28	5751	McAvoy, Ann	44	East Schodack	3:59:01
10431	Wahila, Andrew	27	Menands	4:01:04	5937	Wong, Susan	63	Glenmont	4:00:12
10617	St. Jacques, Michael	46	Burnt Hills	4:03:29	6198	Beaver, Lauren	28	Watervliet	4:02:19
10645	Hickland, Cole	55	Ballston Spa	4:03:55	6206	Batcher, Debra-Jane	51	East Berne	4:02:25
10747	Tylutki, William	64	Renssen	4:05:23	6226	Tyler, Karen	49	Burnt Hills	4:02:35
11019	Terzian, Chris	49	Albany	4:09:35	6441	Gustafson, Susan	47	Whitesboro	4:04:53
11068	Burak, Gary	53	New Hartford	4:10:27	6500	Panichi, Candice	36	Albany	4:05:22
11087	Girminnd, James	55	Niverville	4:10:44	6533	Dunne Ferrone, Hilary	45	Spencertown	4:05:44
11142	Quackenbush, Thomas	47	Fort Plain	4:11:31	6953	McGarvey, Regina	41	Castleton	4:10:17
11485	Feeney, Timothy	50	Niskayuna	4:16:50	6953	Colotiniuc-Hodgkinson, Larisa	48	Clifton Park	4:11:57
11680	Herkenham, William	53	Charton	4:20:05	7121	Bosman, Claudia	46	Niskayuna	4:11:59
11837	Bruce, David	69	Saratoga Springs	4:22:54	7283	Kemp, Kathleen	46	Niskayuna	4:13:38
12235	Richardson, Wayne	46	Altamont	4:30:29	7463	Collins Finn, Mary	61	Menands	4:15:47
12487	Correa, Richard	63	Scotia	4:36:41	7553	Feeney, Christine	52	Niskayuna	4:16:48
12779	Jackson, George	62	Schenectady	4:45:10	7571	Warner Maiuri, Teresa	45	Ghent	4:16:59
12801	Harris, Stephen	60	Niskayuna	4:46:03	7660	Hall, Susan	55	Plattsburgh	4:18:16
12933	Cadrette, Kermit	73	Rome	4:50:31	7673	Fitzgerald, Joanne	53	Clifton Park	4:18:24
13071	Moran, Gregory	38	Ballston Spa	4:55:11	8684	Toth, Shirley	46	Rome	4:36:24
13217	Duprey, Gerald	65	Rouses Point	5:00:02	8687	Wiegman, Andrea	19	Cohoes	4:36:28
13405	Abdelnour, Jerry	54	Cohoes	5:12:02	9245	Lynch, Judy	61	Castleton	4:54:27
13658	Bright, Jonathan	40	Guiderland	5:34:35	9407	Grega, Elaine	60	Woodstock	5:00:00
<b>REGIONAL FEMALE - Overall Gender</b>									
206	Ardito, Christina	31	Niskayuna	3:08:13	9501	Wiley, Kathleen	41	Keene Valley	5:05:29
346	Dolge, Karen	40	Valatie	3:13:45	<b>HAND CYCLE - Overall Female</b>				
385	Oliver, Gretchen	36	Guiderland	3:15:00	3	Duda, Jillian	30	Plattsburgh	2:10:37
777	Lavonas, Tara	36	Latham	3:22:53	Courtesy of Boston Athletic Association				

**115TH ANNUAL BOSTON MARATHON**  
April 18, 2011 • 26.2 Miles from Hopkinton to Boston, MA

<b>TOP MALE &amp; AMERICAN - Gender Place</b>									
1	Mutai, Geoffrey	29	Eldoret, KEN	2:03:02	2183	Ferreri, Anthony	48	Hyde Park	3:06:24
4	Hall, Ryan	28	Mammoth Lakes, CA	2:04:58	2209	Decarr, Rick	26	Menands	3:06:37
<b>TOP FEMALE &amp; AMERICAN - Gender Place</b>									
1	Kilel, Caroline	30	Bomet, KEN	2:22:36	2430	Poitras, Lawrence	45	Johnstown	3:07:08
2	Davila, Desiree	27	Rochester Hills, MI	2:22:38	2430	Smith, Peter Jr.	37	Fort Edward	3:08:14
<b>REGIONAL MALE - Overall Gender</b>									
359	Raucci, David	24	Germantown	2:46:18	2455	Chen, Kevin	19	Queensbury	3:08:24
372	Lynch, John II	28	Plattsburgh	2:46:36	2743	Downs, Matthew	29	New Hartford	3:09:57
468	Brych, Mike	32	New York Mills	2:48:47	2881	Pierson, Daniel	42	Oriskany	3:10:55
596	Senez, Christopher	21	Clifton Park	2:50:53	2997	Hudynia, Rob	48	Fort Plain	3:11:37
850	Vianese, Justin	38	Saratoga Springs	2:54:44	3291	Bradley, Robert	38	Whitesboro	3:13:28
1112	Weiler, Justin	31	Whitesboro	2:57:38	3428	DeBraccio, Brian	45	Scotia	3:14:22
1328	Tylutki, Jeremiah	31	Utica	2:59:17	4136	Forbes, Paul	60	Colonie	3:18:29
1391	Bosman, Johan	31	Niskayuna	2:59:44	4220	Somerville, Robert	57	Wynantskill	3:18:57
1420	Norhan, Brian	36	Guiderland	2:59:57	4363	Berninger, Glenn	47	Ghent	3:19:42
1555	Lodovice, Clay	35	Albany	3:01:01	4475	Sullivan, Joseph III	49	Green Island	3:20:15
1570	Becker, Steven	44	Schenectady	3:01:13	4658	Owen, Dale	31	Middleburgh	3:21:28
1608	Hudynia, Ryan	21	Fort Plain	3:01:30	4687	Millock, Robert	23	Loudonville	3:21:33
1971	Dubois, Craig	47	Sprakers	3:04:46	4721	Lorenc, Jason	37	Canton	3:21:45
1972	Kelly, Michael	40	Selkirk	3:04:46	4796	Flynn, Geoffrey	47	Castleton	3:22:17
					5126	Largo, Gerard	45	Ballston Lake	3:24:03
					5174	Kresge, Matthew	41	Rexford	3:24:16
					5515	Kingston, Trey	25	Albany	3:26:04

continued

**1ST ANNUAL LAKE GEORGE HALF-MARATHON & 5K**  
April 23, 2011 • Fort William Henry Resort, Lake George

13.1-MILE RACE			
<b>MALE OVERALL</b>			
1	Michael Slinsky	41	Hopewell Junction 1:18:17
2	Elliott Megquier	22	Fort Drum 1:19:18
3			

# RACE RESULTS

## 1ST ANNUAL LAKE GEORGE HALF-MARATHON & 5K *continued*

MALE AGE GROUP: 35 - 39		
1	Dominic Peters	37 Clifton Park 1:41:00
2	John Cunanan	38 Ballston Lake 1:42:22
3	Cory Metler	38 Mechancville 1:49:16
FEMALE AGE GROUP: 35 - 39		
1	Sally Drake	38 Albany 1:36:43
2	Renee Lane	39 Watervliet 1:44:37
3	Jessica Nash	36 Troy 1:48:04
MALE AGE GROUP: 40 - 44		
1	Scott Sgambato	40 Broadalbin 1:30:39
2	Jeff Barden	42 Morristown, NJ 1:32:46
3	Todd Digrigoli	44 Niverville 1:41:55
FEMALE AGE GROUP: 40 - 44		
1	Stacie Wetzel	40 Niskayuna 1:42:10
2	Michelle Hansen	42 Milford, NH 1:50:29
3	Laura Nesbit	41 Bennington, VT 1:52:00
MALE AGE GROUP: 45 - 49		
1	Kenneth Lane	45 Castleton 1:41:35
2	Thomas Sisson	49 Clifton Park 1:42:37
3	Garth Roberts	49 Sharon Springs 1:51:17
FEMALE AGE GROUP: 45 - 49		
1	Cathy Bodnoff	49 Ottawa, ONT 1:45:32
2	Kristen Hislop	46 Clifton Park 1:49:04
3	Patricia Monahan	49 Warrensburg 1:51:21
MALE AGE GROUP: 50 - 54		
1	Gerard Mulder	53 Glimmen, NED 1:27:54
2	Bruce Brown	51 Weedsport 1:36:56
3	John Miksad	51 Wilton, CT 1:42:37
FEMALE AGE GROUP: 50 - 54		
1	Colleen Brackett	50 Voorheesville 1:42:29
2	Marcy Dreimiller	51 South Glens Falls 1:50:17
3	Susan Brandow	52 Loudonville 2:01:28
MALE AGE GROUP: 55 - 59		
1	Tim Russell	55 Glens Falls 1:47:30
2	Glenn Wilbur	55 Charlton City, MA 1:52:48
3	James Cornick	57 Queensbury 2:10:52
FEMALE AGE GROUP: 55 - 59		
1	Terry Cornick	57 Queensbury 2:04:42
2	Darlene Cardillo	57 Delmar 2:22:39
3	Terry Begly	55 Geneva 2:23:47
MALE AGE GROUP: 60 - 64		
1	Van Fronhofer	63 Salem 1:55:05
2	Doug Stephens	61 Glens Falls 2:04:28
3	Terry Smith	63 Galway 2:11:18
FEMALE AGE GROUP: 60 - 64		
1	Nancy Mitchell	61 Milford 2:13:05
2	Elisabeth Krisjanis	61 Saugerties 3:17:00
FEMALE AGE GROUP: 65 - 69		
1	Susan Long	67 Queensbury 3:39:43
MALE AGE GROUP: 70 & OVER		
1	Gerald Barney	78 Swanton, VT 2:02:49
2	William Sheft	70 Ballston Spa 2:04:37

5K RACE		
FEMALE OVERALL		
1	Megan Erickson	16 Brant Lake 23:31
2	Kendra Isbell	31 Pittsfield, MA 24:07
3	Lisa Fox	37 Lake George 24:19
MALE OVERALL		
1	Jackson Donnelly	17 Lake George 19:14
2	Ramon Avancena	27 Congers 22:38
3	Randy Gibbs	52 Rhinebeck 22:52
MALE AGE GROUP: 19 & UNDER		
1	Michael Dreher	14 Lake George 31:14
FEMALE AGE GROUP: 19 & UNDER		
1	Bethany Brown	16 Weedsport 24:25
2	Amber Charette	18 Pawtucket, RI 27:50
3	Maria Waslick	15 Longmeadow, MA 31:11
MALE AGE GROUP: 20 - 29		
1	Adam Fitzgerald	27 Cicero 24:23
2	Aaron Moyer	27 Fort Wayne, IN 31:59
FEMALE AGE GROUP: 20 - 29		
1	Jennifer Vanetten	22 Ravena 25:24
2	Shannon Williams	24 Cleveland 26:53
3	Nicolette Moran	29 Delmar 27:01
MALE AGE GROUP: 30 - 39		
1	Greg Porter	30 Queensbury 24:29
2	Jim Unser	37 Averill Park 25:28
3	Gary Crossman	36 Warrensburg 28:10
FEMALE AGE GROUP: 30 - 39		
1	Bridget Crossman	31 South Glens Falls 24:42
2	Bridget Lamothe	32 Burnt Hills 25:52
3	Ann Herring	38 Queensbury 25:55
MALE AGE GROUP: 40 - 49		
1	Kevin O'Connor	47 Queensbury 24:56
2	Fred Dreher	48 Lake George 31:13
3	Robert Rouse	43 Fort Ann 32:33
FEMALE AGE GROUP: 40 - 49		
1	Cathy Gordineer	41 Tivoli 24:35
2	Jill Perry	44 Ottawa, ONT 25:22
3	Tracy Watson	41 Johnsbury 31:40
MALE AGE GROUP: 50 - 59		
1	Randall Bickford	56 Meredith, NH 27:23
2	John Nassivera	53 New City 30:14
3	David Way	51 Queensbury 30:34
FEMALE AGE GROUP: 50 - 59		
1	Cheryl Smith	59 Latham 32:08
2	Colleen Flesher	54 Troy 34:41
3	Pam Way	50 Queensbury 39:22
MALE AGE GROUP: 60 - 69		
1	Michael Smith	60 Latham 31:46
2	Jim English	67 Ottawa, ONT 32:26
3	Anthony Lotempio	69 Binghamton 38:26
FEMALE AGE GROUP: 60 - 69		
1	Marie Kroner	60 Queensbury 34:31

*Courtesy of USRA Half-Marathon Series*

## 31ST ANNUAL HMRRRC BILL ROBINSON MASTERS 10K CHAMPIONSHIP *continued*

MALE AGE GROUP: 55 - 59			
1	Lee Pollock	58 Queensbury 41:50	
2	Rob Colborn	56 Clifton Park 42:01	
3	Richard Clark	57 Feeding Hills, MA 42:37	
FEMALE AGE GROUP: 55 - 59			
1	Erika Oesterle	59 Stamford 51:13	
2	Mary Wisley	59 Albany 53:44	
3	Joan Celentano	57 Schenectady 54:37	
MALE AGE GROUP: 60 - 64			
1	Paul Forbes	60 Colonie 41:45	
2	Juergen Reher	61 Wynantskill 45:56	
3	Patrick Glover	64 Clifton Park 46:40	
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	63 Malta 46:33	
2	Martha DeGrazia	60 Slingerlands 48:18	
3	Susan Wong	63 Glenmont 49:50	
MALE AGE GROUP: 65 - 69			
1	Paul Murray	66 Albany 59:01	
2	Ray Lee	69 Halfmoon 1:22:07	
MALE AGE GROUP: 70 - 74			
1	John Pelton	71 West Rupert, VT 51:29	
2	Jim Moore	71 Niskayuna 52:54	
3	Keith Willis	71 Albany 57:29	
FEMALE AGE GROUP: 70 - 74			
1	Eiko Bogue	73 Schaghticoke 1:17:00	
MALE AGE GROUP: 75 - 79			
1	Wade Stockman	76 Rensselaer 52:28	
FEMALE AGE GROUP: 75 - 79			
1	Anny Stockman	78 Rensselaer 1:09:16	
MALE AGE GROUP: 80 & OVER			
1	Joe Corrigan	80 Clifton Park 1:15:12	

*Courtesy of Hudson-Mohawk Road Runners Club*

## 8TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF 5K & 10K April 30, 2011 • Hudson River Way Amphitheater, Albany

5K RUN			
MALE OVERALL			
1	Josh Merlis	29 Albany 16:45	
2	Kahill Scott Jr.	20 Cohoes 16:56	
3	Aaron Knobloch	35 Schenectady 18:00	
FEMALE OVERALL			
1	Rebecca Moore	23 Rensselaer 21:54	
2	Erin Arnold	16 Latham 23:01	
3	Kim Morrison	31 Wynantskill 23:37	
MALE AGE GROUP: 19 & UNDER			
1	Colin Hansen	7 Wynantskill 29:38	
2	Alec Hansen	5 Wynantskill 33:52	
FEMALE AGE GROUP: 19 & UNDER			
1	Nicolette Dimura	15 East Greenbush 25:07	
2	Maggie Carswell	15 Delmar 29:11	
3	Kayla Doody	10 Troy 29:37	
MALE AGE GROUP: 20 - 29			
1	Ben Heller	22 Albany 20:12	
2	Christopher Dum	27 Albany 27:26	
3	Anthony Locascio	20 Albany 27:27	
FEMALE AGE GROUP: 20 - 29			
1	Stephanie Racz	21 Castleton 29:13	
2	Sarah Sutton	28 Nassau 30:23	
3	Shannon Glaski	28 New Lebanon 30:25	
MALE AGE GROUP: 30 - 39			
1	Hank Tripp	32 Glenmont 23:22	
2	DJ Hansen	37 Wynantskill 24:06	
3	Ian Morrison	34 Wynantskill 25:11	
FEMALE AGE GROUP: 30 - 39			
1	Jessica Brown	30 Albany 25:12	
2	Sara Asher	32 Cohoes 29:26	
3	Amy Doody	39 Troy 30:33	
MALE AGE GROUP: 40 - 49			
1	Frank Boscoe	42 Albany 19:15	
2	Jack Arnold	48 Latham 19:50	
3	James Yates	45 Albany 23:50	
FEMALE AGE GROUP: 40 - 49			
1	Sheri Moreno	41 Delanson 24:11	
2	Eileen Halloran	48 Greenville 24:29	
3	Melanie Greenspan	49 Albany 27:59	
MALE AGE GROUP: 50 - 59			
1	Rick Munson	54 Prattsville 19:43	
2	Thomas Locascio	52 Albany 20:19	
3	Dave Pentak	51 Glenmont 21:05	
FEMALE AGE GROUP: 50 - 59			
1	Gillian Leonard	53 Loudonville 29:11	
2	Margaret Capozzola	50 Delmar 29:11	
3	Janice Verrastro	55 West Sand Lake 29:42	
MALE AGE GROUP: 60 - 69			
1	Stephen Chenette	60 East Greenbush 24:43	
2	Joseph Scaringe	65 Latham 26:53	
3	Bill Hasselbach	63 Glenmont 28:32	
FEMALE AGE GROUP: 60 - 69			
1	Judi Doody	61 Delmar 32:31	
2	Jo Ann Audino	60 Latham 33:22	
3	Maureen Klein	63 Menands 34:30	
MALE AGE GROUP: 70 - 79			
1	Jim Owens	75 Latham 36:52	
10K RUN			
MALE OVERALL			
1	Josh Merlis	29 Albany 37:17	
2	Tim Russell	21 Bennington, VT 40:20	
3	William Saleh	33 Albany 40:54	
FEMALE OVERALL			
1	Janice Phoenix	49 Schenectady 44:30	
2	Fernanda Scaleria	41 Lakewood Ranch, FL 45:32	
3	Chelsea Desalvatore	25 Ballston Lake 46:12	
MALE AGE GROUP: 19 & UNDER			
1	Keith Baird	13 Elka Park 51:56	
FEMALE AGE GROUP: 19 & UNDER			
1	Laura Bender	17 Saugerties 1:00:01	
MALE AGE GROUP: 20 - 29			
1	Troy Bielert	29 Albany 42:56	
2	Jacob Martin	24 Albany 44:01	
3	Luke Malamood	26 Guilderland 44:19	
FEMALE AGE GROUP: 20 - 29			
1	Sayaka Masuko	26 Troy 51:58	
2	Laurie Tafilowski	29 Selkirk 56:06	
3	Rachael Ruberto	27 Albany 56:10	
MALE AGE GROUP: 30 - 39			
1	Matthew Lindow	34 West Sand Lake 44:25	
2	Patrick Sorsby	35 Albany 44:37	
3	T.J. Karl	34 Albany 45:07	
FEMALE AGE GROUP: 30 - 39			
1	Lynn Hansen	37 Wynantskill 50:21	
2	Steven Nicoll	37 Menands 50:30	
3	Sandy Tasse	32 Ballston Spa 51:51	
MALE AGE GROUP: 40 - 49			
1	Ed Drebicko	48 Albany 44:26	
2	Brian Dollard	46 Voorheesville 45:28	
3	Tom Mack	46 Wynantskill 52:29	
FEMALE AGE GROUP: 40 - 49			
1	Patty Ellis	47 Slingerlands 52:33	
2	Debbie Kilmer	47 Albany 52:44	
3	Anne Hurley	48 Delmar 54:54	
MALE AGE GROUP: 50 - 59			
1	David Rowell	58 Albany 47:22	
2	Joe Ziegler	51 Watervliet 50:30	
3	John Sheehy	53 Menands 52:53	
FEMALE AGE GROUP: 50 - 59			
1	Carolyn George	57 Albany 53:30	
2	Joyce Reynolds	51 Rensselaer 53:56	
3	Elizabeth Gormley	53 Porter Corners 54:43	
MALE AGE GROUP: 60 - 64			
1	Douglas Fox	66 Loudonville 50:51	
2	Greg Rickes	61 Latham 51:59	
3	Peter Desroschers	60 Ballston Lake 55:39	
MALE AGE GROUP: 70 - 79			
1	Joel Kelly	77 Menands 1:07:02	

*Courtesy of St. John's/St. Ann's Outreach Center*

## 31ST ANNUAL HMRRRC BILL ROBINSON MASTERS 10K CHAMPIONSHIP April 30, 2011 • Guilderland High School, Guilderland Center

MALE OVERALL			
1	Ben Greenberg	42 Voorheesville 35:36	
2	Derrick Staley	52 Ballston Lake 36:17	
3	Jon Rocco	44 Colonie 38:11	
FEMALE OVERALL			
1	Anne Benson	46 Clifton Park 40:28	
2	Judy Guzzo	43 Niskayuna 41:53	
3	Nancy Nicholson	49 Queensbury 42:08	
MALE AGE GROUP: 40 - 44			
1	Richard Cummings	43 Schenectady 38:33	
2	Edward Hampston	43 Voorheesville 39:11	
3	Drew Hanchett	41 Latham 41:17	
FEMALE AGE GROUP: 40 - 44			
1	Kari Gathen	42 Albany 42:16	
2	Kimberly Miseno-Bowles	40 Amsterdam 44:36	
3	Connie Smith	43 Ballston Lake 49:02	
MALE AGE GROUP: 45 - 49			
1	Tom Kracker	46 Delmar 38:22	
2	Ed Menis	46 Schenectady 39:34	
3	Kevin Creagan	45 Albany 39:36	
FEMALE AGE GROUP: 45 - 49			
1	Mary Buck	47 Mechanicville 43:26	
2	Christine Varley	46 Albany 44:31	
3	Sherri Long	47 Schenectady 51:51	
MALE AGE GROUP: 50 - 54			
1	Kenneth Schwartz	53 Saratoga Springs 40:56	
2	Ken Evans	50 Delmar 41:28	
3	William Ports	53 Schenectady 41:40	
FEMALE AGE GROUP: 50 - 54			
1	Debra-Jane Batcher	51 East Berne 48:50	
2	Karen Gerstenberger	53 Albany 51:58	
3	Hope Plavin	52 Malta 53:32	

*continued*

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**CAPITAL DISTRICT YMCA RACE SERIES: ALBANY 5K RUN**  
 April 30, 2011 • Washington Park, Albany

<b>MALE OVERALL</b>				<b>MALE AGE GROUP: 40 - 49</b>					
1	Kahill Scott Jr.	20	Cohoes	18:21	1	Thomas Corazzini	48	Albany	19:45
2	Robert Smith	44	Catskill	19:07	2	Leon Teeuwen	44	Clifton Park	20:29
3	Greg Ethier	37	Waterford	19:12	3	Matt Prorok	40	Clifton Park	21:19
<b>FEMALE OVERALL</b>				<b>FEMALE AGE GROUP: 40 - 49</b>					
1	Christine Jenkins	31	Albany	20:37	1	Kimberly Leonard	44	Troy	24:58
2	Wade Lacey	13	Albany	23:03	2	Sabina Ondoa	48	Albany	25:52
3	Jessica Tucker	24	Rensselaer	23:49	3	Angelica VanSlyke	40	Delmar	28:13
<b>MALE AGE GROUP: 19 &amp; UNDER</b>				<b>MALE AGE GROUP: 50 - 59</b>					
1	Tim Maggs Jr.	11	Scotia	27:36	1	Thomas Locascio	52	Albany	19:20
2	Colin Liebert	16	Delmar	53:11	2	Kevin Reilly	51	Rensselaer	25:09
<b>FEMALE AGE GROUP: 19 &amp; UNDER</b>				<b>FEMALE AGE GROUP: 50 - 59</b>					
1	Alyson Inero	14	Albany	26:22	2	Daniel Depeaux	57	East Berne	26:46
2	Faith Borkowski	7	Schenectady	28:04	<b>MALE AGE GROUP: 60 - 69</b>				
3	Krysten Gennuso	19	Guilderland	29:41	1	Thomas Rutkowski	60	Glenmont	28:53
<b>MALE AGE GROUP: 20 - 29</b>				<b>MALE AGE GROUP: 60 - 69</b>					
1	David Wojcik	29	Troy	20:31	2	Jim Whelan	64	Slingerlands	31:43
2	Sean Lemecha	27	Albany	20:56	3	Frank Barrie	61	Albany	33:13
3	Scott Thompson	23	Albany	21:09	<b>FEMALE AGE GROUP: 60 - 69</b>				
<b>FEMALE AGE GROUP: 20 - 29</b>				<b>MALE AGE GROUP: 70 &amp; OVER</b>					
1	Jenna Pearson	26	Schenectady	24:06	1	Donald McBain	78	Troy	39:11
2	Justina Johnson	20	Guilderland	24:49	<i>Courtesy of Capital District YMCA</i>				
3	Karen Malloy	29	Albany	24:54					
<b>MALE AGE GROUP: 30 - 39</b>									
1	Robert Invin	38	Guilderland	20:04					
2	Will Koons	36	Rotterdam	20:44					
3	Gabriel Leo	30	Acru	24:18					
<b>FEMALE AGE GROUP: 30 - 39</b>									
1	Siobahn Hotaling	34	Latham	24:33					
2	Amanda Melino	30	Castleton	24:43					
3	Alison Lynch	39	Albany	25:04					

**10TH ANNUAL SEAN'S RUN 5K & MEGHAN'S MILE** *continued*

<b>MALE AGE GROUP: 35 - 39</b>				<b>FEMALE AGE GROUP: 75 - 79</b>					
1	Brian Northan	36	Guilderland	18:29	1	Anny Stockman	78	Rensselaer	33:24
2	David Tromp	36	Glenmont	18:34	<b>MEGHAN'S MILE</b>				
3	Adam Rundell	35	Brookfield, MA	19:39	1	Chase Werner	12	Stuyvesant	5:51
<b>FEMALE AGE GROUP: 35 - 39</b>				2	Trey Hotaling	12	Ghent	6:39	
1	Regina Flint	37	Amsterdam	22:05	3	Brandon McAuley	12	Colonie	6:56
2	Jessica Hageman	35	Guilderland	22:40	<b>MALE OVERALL</b>				
3	Heather Kromer	36	East Nassau	23:29	1	Erin Clark	12	Old Chatham	6:34
<b>MALE AGE GROUP: 40 - 44</b>				2	Samantha Taylor	11		6:45	
1	Jon Rocco	44	Colonie	18:57	3	Hallie Allen	11	Spencertown	6:57
2	Kenneth Pierce	43	Hudson	20:18	<b>MALE AGE GROUP: 14 &amp; UNDER</b>				
3	Todd McAuley	43	Colonie	20:34	1	Michael Dennis	12	Ghent	7:07
<b>FEMALE AGE GROUP: 40 - 44</b>				2	Anthony Carlucci	10	Valatie	7:13	
1	Hilary Eutz	44	Valatie	22:26	3	Caleb Doyle	10	Ghent	7:17
2	Dominique Saint-Louis	44	East Chatham	22:59	<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>				
3	Julie Keating	41	Kinderhook	23:36	1	Maly Keegan	12	Kinderhook	7:10
<b>MALE AGE GROUP: 45 - 49</b>				2	Emma Flatland	11	Clifton Park	7:19	
1	Michael Howard	45	Hudson, MA	20:52	3	Maisie Rugen	11	Chatham	7:29
2	Chris Boyle	49	West Sand Lake	21:18	<b>MALE AGE GROUP: 15 - 19</b>				
3	David Gordon	49	Delmar	22:41	1	Jonathan Quinby	15	Copake	8:29
<b>FEMALE AGE GROUP: 45 - 49</b>				2	Brandon Crosier	17	Wynantskill	17:47	
1	Teresa Warner Maiuri	45	Ghent	23:50	<b>FEMALE AGE GROUP: 15 - 19</b>				
2	Tammy Kipp	49	Kinderhook	24:25	1	Shannon Sickler	15	Red Hook	6:58
3	Catherine Cappellett	45	Chatham	25:36	2	Sarah Nuss	16	Wynantskill	10:58
<b>MALE AGE GROUP: 50 - 54</b>				3	Myranda Berner	17	Averill Park	11:01	
1	Laudric Maxwell	51	Hudson	19:17	<b>MALE AGE GROUP: 20 - 29</b>				
2	Joe Garland	54	Mount Vernon	19:22	1	Kelly Ann Nagle-Zaik	25	Ghent	11:25
3	Brian Lifsec	50	East Chatham	21:31	2	Fred Hutchinson	29	Chatham	11:26
<b>FEMALE AGE GROUP: 50 - 54</b>				3	Peter Balich	28	Chatham	13:24	
1	Suzanne Wightman	51	Chatham	25:14	<b>FEMALE AGE GROUP: 20 - 29</b>				
2	Jean Dunbar	50	Valatie	29:25	1	Nichole Schuster	23	Ghent	10:46
3	Audrey Vandervoort	52	West Stockbridge, MA	29:49	2	Sarah Garrison	23	Ghent	11:19
<b>MALE AGE GROUP: 55 - 59</b>				<b>MALE AGE GROUP: 30 - 39</b>					
1	Martin Patrick	57	East Greenbush	22:17	1	David Byrne	32	Rhinebeck	8:40
2	Nelson Furlano	57	Canaan	23:23	<b>FEMALE AGE GROUP: 30 - 39</b>				
3	David Hudson	59	Ghent, MA	24:04	1	Sarah Mottoshiski	35	Craryville	9:59
<b>FEMALE AGE GROUP: 55 - 59</b>				2	Jennifer O'Neil	38	Rensselaer	18:10	
1	Pamela Hausman	58	New York	28:23	3	Stacey Dunbar	30	Valatie	21:19
2	Darlene Cardillo	57	Delmar	29:45	<b>MALE AGE GROUP: 40 - 49</b>				
3	Jeanne Bergeron	56	Hillsdale	30:24	1	Neil Howard	46	Hudson	9:29
<b>MALE AGE GROUP: 60 - 64</b>				2	James Kromer	40	East Nassau	9:57	
1	Bob Giambalvo	61	Delhi	18:41	3	Paris Smeraldo	42	Philmont	9:59
2	Daniel Prosser	60	Philmont	24:34	<b>FEMALE AGE GROUP: 40 - 49</b>				
3	Stephen Chenette	60	East Greenbush	25:11	1	Robin Flatland	42	Clifton Park	9:32
<b>FEMALE AGE GROUP: 60 - 64</b>				2	Jessica McGivern	41	Chatham	9:40	
1	Susan Wong	63	Glenmont	24:46	3	Jennifer Mickle	44	East Chatham	10:28
2	Barbara Hoy	62	Chatham	34:24	<b>MALE AGE GROUP: 50 - 59</b>				
3	Ann Scharoun	62	Valatie	37:55	1	Carl Brown	56	New York	14:22
<b>FEMALE AGE GROUP: 65 - 69</b>				2	Clyde Garrison	59	Ghent	17:52	
1	Jayne Zinke	68	Valatie	28:34	<b>FEMALE AGE GROUP: 50 - 59</b>				
2	Margaret Nells	66	Albany	32:39	1	Bonnie Kurtz	50	Chatham	12:29
3	Ron Bernstein	67	Chatham	33:34	2	Maryse Folmsbee	53	Chatham	12:37
<b>MALE AGE GROUP: 70 - 74</b>				3	Bernice Garland	53	Mount Vernon	13:20	
1	Jim Hotaling	70	Niverville	28:46	<b>MALE AGE GROUP: 60 - 69</b>				
2	Lewis Hartman	70	Columbiaville	32:01	1	Gary Okrent	61	Schenectady	33:05
<b>FEMALE AGE GROUP: 70 - 74</b>				<b>FEMALE AGE GROUP: 60 - 69</b>					
1	Judy Rusk	72	Hillsdale	54:48	1	Johanna Flanigan	62	Wynantskill	18:10
<b>MALE AGE GROUP: 75 - 79</b>				<b>FEMALE AGE GROUP: 80 &amp; OVER</b>					
1	Wade Stockman	76	Rensselaer	26:43	1	Anna Young	80	East Chatham	19:13
2	Donald McBain	78	Troy	40:53	<i>Courtesy of Sean's Run Organizing Committee</i>				

**10TH ANNUAL SEAN'S RUN 5K & MEGHAN'S MILE**  
 May 1, 2011 • Chatham High School, Chatham

<b>SEAN'S RUN 5K</b>				<b>MALE AGE GROUP: 20 - 24</b>					
<b>MALE OVERALL</b>				1	Richard Messineo	22	Nassau	17:49	
1	Chuck Terry	28	Albany	16:11	2	Kyle Gutbrodt	20	Wynantskill	18:32
2	Dave Vona	28	Valatie	16:48	3	Christopher Tommasino	21	Hoosick Falls	20:50
3	Eric Young	19	Latham	16:51	<b>FEMALE AGE GROUP: 20 - 24</b>				
<b>FEMALE OVERALL</b>				1	Julie Nabozny	21	Valatie	24:03	
1	Betsy Edinger	17	Greenwich	19:45	2	Sara Decker	23	Philmont	24:50
2	Meghan Davey	24	Rotterdam	20:10	3	Monica Thomas	24	Sandwich, MA	24:51
3	Madelaine Montague	15	Greenwich	20:31	<b>MALE AGE GROUP: 25 - 29</b>				
<b>MALE AGE GROUP: 14 &amp; UNDER</b>				1	Dan Ronsani	26	Hudson	18:02	
1	Jordan Healy	14	Castleton	18:18	2	Joseph Ronsani	28	Hudson	19:31
2	Dewyn Fernandez	14	Valatie	18:59	3	Paul Widjeskog	27	Port Ewen	19:47
3	Andrew McAuley	13	Colonie	20:20	<b>FEMALE AGE GROUP: 25 - 29</b>				
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>				1	Kristin Duffy	28	Pelham	27:35	
1	Zac Cope	13		23:13	2	Meghan Calhoun	27	Chatham	27:41
2	Emily Phillips	14	Valatie	23:53	3	Andrea Burriesci	26	Albany	27:53
3	Amanda Geiger	13	Valatie	24:23	<b>MALE AGE GROUP: 30 - 34</b>				
<b>MALE AGE GROUP: 15 - 19</b>				1	Jonathan Catlett	33	Albany	17:38	
1	David Degan	19	Malta	17:36	2	Chris Winslow	32	Catskill	18:03
2	Adam Coolong	19	Ballston Spa	17:45	3	Dale Owen	31	Schenectady	18:48
3	Ross Wightman	15	Chatham	17:49	<b>FEMALE AGE GROUP: 30 - 34</b>				
<b>FEMALE AGE GROUP: 15 - 19</b>				1	Julie Castle	32	Hudson	24:14	
1	Imelda Muller	19	Copake Falls	21:11	2	Alanna Almstead	34	Valatie	25:07
2	Colleen Tretheway	15	Valatie	21:11	3	Katie Tuffey	34	Greenfield Center	25:58
3	Emma Grynner	19	Craryville	21:50	<i>continued</i>				

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**RUNNING** continued from page 1

And then there is the often overlooked strategy demanded by the very nature of Lake George's point-to-point layout. Do you park your car at the finish and then endure a school bus ride back to the start? After several years of trial and error I finally hit on the ideal solution: plan on a family picnic at the beach and let others do the schlepping, giving you ample time to refuel, and refresh your sore muscles in Lake George's waters. You might even strategize a brief nap while friends are playing volleyball.

Rarely, however, are things as simple as they appear. There are all sorts of folks running around with secret agendas having little to do with the race itself. Take, for example, the year Saratoga Stryder Steve Mitchell and I opted for a return engagement to round out our marathon training. This was one of those "seemed like a good idea at the time" light bulb moments. In reality, even a shaded course does little to stave off the heat around mile 17 on a 90-degree day...

And while some bemoan the early bird 7:30am start, those who are primarily confined to 5K events because of family commitments can head back home well before their teenagers wake up! Best of all, with its pre-Fourth of July week start, runners are no longer confronted with the Adirondack 10-miler and Boilermaker 15K dilemma. When these two premier events were distanced by a mere seven days, serious competitors were



pretty much forced to designate one or the other as a training run.

And then there are the streakers led by James Mazza of Glens Falls with 30 consecutive finishes out of a possible 34, followed by Morgan Shipway of Avon, Conn., boasting 27. Tying four others for 23 finishes is Richard "Silver Bullet" Johndrow of Ticonderoga, who at 77 years young last year, is among the oldest competitors. True to his nickname, Dick has not limited his aspirations solely to the Distance Run. He has completed every Prospect Uphill but one; more than 30 Whiteface Uphills; the first 10 Adirondack Marathons; and every Crown Point to Fort Ticonderoga 18.6-miler. According to Richard, his streaks were not intentional. He just tends to focus on events he truly likes, with the goal of beating his previous year's time, and includes some



HELPING EACH OTHER AT THE FINISH OF THE 2010 ADIRONDACK DISTANCE RUN IN BOLTON LANDING. RACE DIRECTOR MARCY DREIMILLER ANNOUNCES THE 2010 AWARDS AT ROGERS MEMORIAL PARK BEACH. PHOTOS BY BRIAN TEAGUE

downtime tourist activities for the loyal family that accompanies him.

So while the math is simple, the training and strategizing accompanying the 10-mile Adirondack Distance Run is complex and totally worthy of a focused summertime effort.

For details and application, visit [Adirondackrunners.org](http://Adirondackrunners.org) or register online at [Active.com](http://Active.com) until June 24 at 9pm. Late registration is June 25 from 5-7pm at the Lake George Fire Station (no race day entry). The first 600 entrants receive technical, long-sleeve T-shirts. The race benefits Big Brothers Big Sisters and the Glens Falls YMCA Youth Scholarship Fund. ▲

Laura Clark ([lclark@sals.edu](mailto: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.

**Other Recommended Events**

- July 4 - 'Firecracker 4' 4M Road Race, Saratoga Springs
- July 14-17 - ARE Trail Running Camp, Warrensburg
- July 16 - Glenville/Schenectady 5K Run/3K Walk, Scotia
- July 16 - ARE 5M Run & Tube Fun Day, Lake Luzerne
- July 17 - ARE Dippikill 'Froggy Five' 5M Trail Run, Warrensburg
- July 23 - NYSO Silks & Satins 5K Run, Saratoga Springs
- July 31 - HMRRC Indian Ladder 15K/3.5M Trail Run, Voorheesville
- Aug. 6 - Camp Chingachgook Challenge Half-Marathon/10K, Kattskill Bay

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## WALKING &amp; BICYCLING

PHOTOS BY RUSSELL DUNN

# A Revolutionary Walk or Ride

THE AUTHOR ON THE CHAMPLAIN TOWPATH BRIDGE OVER THE FISH CREEK RAPIDS.

THE ROCKY STARKS KNOB PLAYED A ROLE IN THE AMERICAN REVOLUTION.

by Barbara Delaney

Schuylerville is at first glance an unassuming town you might drive straight through on your way to someplace else. But once you look around on backstreet byways you'll find fascinating historic sites nonchalantly sequestered from view. Once discovered, you may be amazed at the paths and parks that are hidden in plain sight.

Schuylerville has preserved some of the most important history about the American Revolution. Better yet, this heritage is not encapsulated in ho-hum dusty museums; rather it is located out-of-doors in interesting scenic areas where there are walking paths leading to a variety of tangible historic curiosities. Starks Knob and the Champlain Canal towpath leading to the Schuyler House

are short walks holding the rapt attention of both children and adults – no small feat for small feet either.

These two especially wonderful walks are close enough together to cover in an afternoon. They are perhaps five driving minutes apart, the preferable transport with younger children. For adults and older children, planning a bike route including both walks could be fun, though busier summer roads are a caution. Regardless of how you get there, Starks Knob and the Champlain Canal towpath are terrific treks on a summer afternoon.

**Starks Knob** is a small, intriguing 70-foot-high hill formed from an unusual volcanic rock called pillow basalt. To geologists, who initially mistook the hill for a volcano cone, this is of extreme interest. However, this rocky hill is of broader historic inter-

est for the important role it played in the American Revolution.

There are two very short trails at this site, one leading from a marker through a flat grassy area to the base of the knob. The other is about 100 yards up the road to the right, leading to the top of the knob, where there are good views of the Hudson River and Northumberland Bridge to the north, and the Green Mountains of Vermont to the east – seen across the river in the distance.

It is here at the “knob” that General John Stark of “Live free or die” fame (and motto on New Hampshire license plates) brought General Burgoyne's troops to a halt in a maneuver called “corking the bottle.” This maneuver occurred in October 1777, when the British troops had to retreat from the American line of fire. The Americans had the advantage of being at the top of the knob, a strategic position from where General Stark and his men could take pot shots and block the Brits from marching forward to Saratoga. General Stark had created an effective bottleneck.

**Directions:** From the junction of Routes 29W and 4/32, drive north on Route 4/32 for 1.1 miles. Turn left on Starks Knob Road and park immediately in the area on your right. From here, the entrance to the fascinating knob is just a few hundred feet up the road.

**Champlain Canal Towpath** follows an unpaved stretch of the old, original towpath that paralleled the Champlain Canal. The trail begins from Ferry Street and connects to the Schuyler House at the southern end. The grassy towpath is about one-mile round-trip in length, with a plaque at the

trailhead describing the main points of interest. Originally built in 1823, the Champlain Canal connected the Hudson River with Lake Champlain. The Schuyler House is the former residence of General Philip Schuyler, the Revolutionary War hero.

The interesting features of the walk along the banks of the canal include the remnants of a former dry dock and boat basin. In the summer it is a lush green area, quiet except for birdsong. After walking south along the path for less than one-mile you will reach the bridge over Fish Creek. There are rapids to view under the bridge. Fish Creek flows into the Hudson River less than one-mile downstream. Shortly, after leaving the bridge behind and veering right, you will come to the back lawn of the Schuyler House, home of General Philip Schuyler, rebuilt in 1777 after being burned to the ground by General Burgoyne's troops during the Revolutionary War. Many famous people of the time, including George Washington, Benjamin Franklin and Alexander Hamilton visited Schuyler's home. Schuyler's House is currently open to the public between Memorial Day and Labor Day.

General Schuyler's son, Philip II, along with his uncle Alexander Hamilton, was instrumental in lobbying for the construction of the Champlain Canal, a project his father had proposed earlier. So there is significant history linking the old towpath to General Schuyler's residence.

**Directions:** This splendid walk begins about one-tenth-mile east on Route 29 (Ferry Street) east from its junction with Route 4. There is a parking area to the right, behind the post office.

It's tempting to call these Schuylerville walks revelations about the Revolution. Doing two walks in one day is surely hitting a daily double. ▲

Barbara Delaney (bdelaney@nycap.rr.com) is a NYS licensed hiking guide and co-author of Adirondack Trails with Tales: History Hikes (Black Dome Press, 2009), and Trails with Tales: History Hikes in the Capital Region (Black Dome Press, 2006). She has also recently completed a novel, Finding Griffin, about loss and redemption in the Adirondacks.

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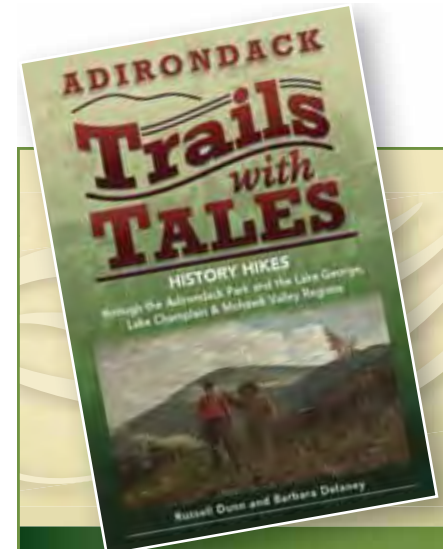
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