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JULY
2011



▲ TOM MCGUIRE OF EAST GREENBUSH, TAMMY COUSINS OF BETHLEHEM, AND GERRY MAGNES OF NISKAYUNA EXPLORE AN ADIRONDACK POND.
PHOTO BY RICH MACHA

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CONTENTS

ARTICLES & FEATURES

1 Kayaking & Canoeing
Paddling Smaller Adirondack Lakes

3 Bicycling
Fun, Easygoing Summer Rides

11 Running & Walking
Closer to Home:
Local Races Family-Style

13 Hiking & Backpacking
Northville-Placid Trail, Part Five:
Long Lake to Lake Placid

15 Athlete Profile
Triathlon with Stephanie Landy & John Noonan

17 The Non-Medicated Life
Learning How to Change to Healthier Habits, Part Two

22 Bicycling & Triathlon
Training with Numbers

23 Mountain Biking
Top Trail Riding Systems

CALENDAR OF EVENTS

4-9 July thru September: 350 Events!

RACE RESULTS

18-21 Top Finishers in 15 Events

Paddling Smaller Adirondack Lakes

by Rich Macha

Summer is here and if you are looking for some short four- to six-mile paddling trips possibly combined with short hikes, camping, swimming or fishing, then here are some ideas in the southern and eastern Adirondacks, all within one-and-a-half hours driving time from the Capital District. While you might witness some light motor use on these bodies of water, they are more attractive to kayakers and canoeists. All of these bodies of water have dams at their outlets which make them what they are today.

BIG BAY
Big Bay is a widening of the outlet of Piseco Lake created by a dam at the NY Route 10 bridge. I start with Big Bay because it is one of the first bodies of water in the Adirondacks to free itself of ice. In April I cruised the shoreline in my canoe and saw at least seven loons, three osprey, buffleheads, mallards, mergansers, yellowlegs, wood ducks, black ducks, kingfishers, swallows and an otter. In early July one can expect to see and hear peepers, bullfrogs, fish snapping at flies and, of course, mosquitoes.

Shores are mostly undeveloped and there are a handful of backcountry campsites – one with a rocky point offers a great spot to watch the sun set. Most of the north shore is private land while much of the south shore is state owned. About 1.5 miles west of Route 10 the paddler will notice a current and in high water will have to paddle hard to get through a rocky dogleg before reaching the NY Route 8 bridge at 2.5 miles – returning is less work, of course. Launch on the southwest side of the Route 10 bridge – there is plenty of parking across the road.

GARNET LAKE
Garnet Lake is south of Johnsburg and west of Thurman. From the dammed north end of the lake one can drive on a dirt road along the east side past some private camps to state land and a sandy launch spot before a gate. The south half of the lake is state land and one can find several backcountry campsites. The lake is surrounded by steep hills – Mount

Blue dominates to the west, rising almost 1,500 feet above the lake, and Crane Mountain's massive rocky hulk is seen to the northeast.

The varied shoreline invites slow exploring. One finds lily pads and pickerelweed (purple flowers) in the shallows, and tree stumps offer an obstacle course in the southeast bay. During May visit I saw a great blue heron, loons, wood ducks, mallards, mergansers, a muskrat, three snapping turtles, and heard barred owls. Over the summer one is likely to see cedar waxwings chasing flying bugs. One summer evening I was camped on the lake and was reading by the light of a candle lantern. Hearing a rustling sound behind the campsite I turned and shined my headlamp in that direction lighting up two large reddish eyes staring at me. I saw that it was a whitetail deer and it soon sauntered off.

From a landing on the southwest shore, a trail leads 1.2 miles to the lean-to on scenic Lixard Pond – this is worth the short hike. Mount Blue rises steeply from the opposite shore. The pond is also known for its echo. I tested it once on a visit this year but otherwise enjoyed the peacefulness of this place while watching a pair of courting loons. The more adventurous hiker can bushwhack part-way up Mount Blue and enjoy wonderful views from the many open areas of rock.

THIRTEENTH LAKE
Two-mile long Thirteenth Lake is west of the North Creek and North River area and lies at the edge of the Siamese Ponds Wilderness Area. Most of the shoreline is state land – there is a little development at its eastern shore. From NY Route 28 in North River, take Thirteenth Lake Road for 3.5 miles, and turn right on a dirt road to the parking area. One does have to carry or wheel their canoe or kayak 150 yards along a smooth wide trail to the water's edge passing by primitive campsites, outhouses, and a picnic area. The put-in is to the left of the register.



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BICYCLING

(MAIN) **IDIDARIDE! RIDERS** HEADING UP PEACEFUL VALLEY ROAD SHORTLY AFTER THE 2009 START IN NORTH CREEK.

PHOTO BY DAVE KRAUS

(INSET) CLIFTON PARK TOWN HISTORIAN JOHN SCHERER INTERPRETS AT THE COHOES FALLS VIEW PARK DURING **2010 BIKE THE BYWAY.**

PHOTO BY DARRYL CARON

Fun, Easygoing Summer Rides

by Dave Kraus



has grown to a \$1,000 amount given each year to a graduating senior. The first ride started with 10 people and has grown over the passing years.

The 30-mile ride starts at Sweet Pea Farm near Bolton Landing on Lake George, and meanders on an intermediate-level course. Lunch will be provided in Bolton Landing after the ride. For more information, go to chryssysfund.com or call (518) 644-3020.

The following weekend is a busy one for cyclists looking for organized rides. The first is on Saturday, Aug. 13 with the second annual **Bike the Byway** ride, start-

ing at the Colonie Town Park (aka Colonie Mohawk River Park) on Schermerhorn Road and exploring the Mohawk Towpath Scenic Byway.

This ride explores the many historical and scenic aspects of the Mohawk Towpath Byway, which encompasses the Mohawk River corridor between downtown Schenectady on the west end, and the Waterford and Cohoes area on the east. It's a multi-pace 36-mile ride that will have frequent refreshment and regroup stops where knowledgeable byway volunteers will provide historic commentary.

Points of interest include river valley vistas, the confluence of the Mohawk and Hudson Rivers, 19th century Erie and Champlain canal features, and current canal facilities: Falls View Park in Cohoes and Waterford's harbor area. A moisture wicking, long-sleeve shirt will be available. For more information, visit: mohawktowpath.org.

The **Adirondack Spintacular** celebrates its 10-year anniversary on Saturday, Aug. 13 in Mayfield, with scenic, paved 5K, six-mile and 12-mile routes for cyclists and runners/walkers, amidst the Adirondack Mountains and along the Great Sacandaga Lake. This charity event for chronic disorder and organ donation awareness, benefits the Lawrence Madeiros Scholarship Fund, advancing the education of individuals that are living with a chronic disorder.

It's a family affair where adults and children safely ride or race as cyclists, runners or walkers. Registration includes T-shirts for the first 200 participants and awards will be presented to the top overall and age-group finishers. After the ride, there is a lunch, silent auction and kids' activities at the Mayfield Fairgrounds. For further info, visit: adirondackspintacular.com.

If the Ididaride! seems like a bit too much climbing, then head north to Plattsburgh on Sunday, Aug. 14 for the fifth annual **Way North Century**, which starts at the old Plattsburgh Air Force base parade ground, known as "The Oval." The organizers are hoping for several hundred riders this year.

The ride is organized by the Adirondack Cycling Team club, and according to member Tom Gerner this ride that circumnavigates beautiful, rural Clinton County with less than 3,000 feet of climbing on the county's lightly travelled, well-maintained roads. Two major food stops are featured and there's also a picnic at the end.

Tom said the ride is scenic and fun. "The only real conflict we've ever had is when a bull wandered onto the road a few years ago. How many century rides can say THAT?" he said with a chuckle. The ride T-shirts given to the first 100 registrants now feature – you guessed it – a picture of the bull. For more info and to register, go to adirondackcyclingteam.com.

The 11th annual **Pat Stratton Memorial Century** on Sunday, Aug. 28, is unusual for a ride in the Adirondacks. Organizers say that there are no significant hills to climb, even though the 25, 50, and 100-mile routes will take riders of all abilities through the heart of the mountains north of Saranac Lake. The route uses wide shouldered state roads, and quiet back roads to visit Paul Smith's College and Meacham Lake, and the small communities of Lake Clear, Gabriels and St. Regis Falls.

The ride, based at Mount Pisgah Lodge in Saranac Lakes, enjoys full support on the road including feed stations with portable toilets and sag wagons. There are also prizes, a barbecue, live music, and a free kids' ride at the event, which benefits youth programs of the Kiwanis Club of Saranac Lake. For details and to register, go to: bikereg.com or active.com. ▲

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

July and August are high times for dedicated cyclists. Your fitness has improved over the first few months of the cycling season and the long rides that were so hard in May are now almost effortless. The weather has improved, with no heavy clothing needed. Even if it does rain, temps are warm enough that it can be OK to keep riding.

The summer includes a host of organized rides in the Capital Region and Adirondacks that let you concentrate on having a good time while organizers provide the extras you need for support and fun.

The **Ididaride! Adirondack Bike Tour** will be held on Sunday, Aug. 14. This will be the sixth edition of this popular ride, which was started in 2006 after Stony Creek resident Kim Fisher pitched the idea to club officers of the Residents' Committee to Protect the Adirondacks. In 2008 the Adirondack Mountain Club took over organization for the event and in 2010 over 326 riders started the ride from Ski Bowl Park in North Creek. They ranged in age from 9 to 84 and came from as far away as California to participate.

The route for the 75-mile fully supported ride inscribes a large clockwise

loop across some of the most scenic land in the Adirondacks, including 6,800 feet of total climbing. Heading southwest from North Creek, riders will pass through Wells, Speculator, and Indian Lake before arriving back in North Creek where lunch, drinks, and a band await them. There's also a shorter, 20-mile ride to Indian lake with a shuttle bus back to Ski Bowl Park.

This year organizers hope for over 375 riders. More local merchants than ever will be offering discounts for riders, and over 40 local volunteers will be manning rest stops equipped with food, drink and portable toilets. Proceeds benefit the ADK and its mission to encourage a balanced approach to outdoor recreation, advocacy, environmental education, and natural resource conservation. For information or to register, go to: adk.org.

The **Christine Perry Memorial Bike Ride** on Sunday, Aug. 7 is dedicated to the memory of a young woman killed in an auto accident in 2003. This is the ninth annual ride to benefit the memorial trust in her name.

Chrissy's Ride was started in 2003 with the proceeds going to the Scholarship Fund at Bolton Central School. The scholarship

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Town Park/Beach, Schroon Lake
Easy Does It (3-8M): 11am
Scenic Route (10-15M): 10:30am
Lance's Loop (26M around lake): 9:45am
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Calendar of Events

July - September 2011*

*Events beyond this month are advertisers in this issue.

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

BICYCLING

ONGOING

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Sun Wake-Up Casual Ride.** 18M. 7:45am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- Mon Columbia Co Casual Ride.** 20M. 6pm. Various locations. Karen Wade: 794-7451. webmhcc.org.
- Mon Monday Ride.** 6pm. Two levels & cookout. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Tue Northway Ten Tour Ride.** 35M. 9am. Country Knolls Pool, Ballston Lake. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Terrible Tue Tour Ride.** 35M. 6pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- 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.
- Thu Thursday Tour Ride: 5/12-9/29.** 20M. 6pm. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.

JULY

- 16 Around Saratoga County Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 16 25th Bike MS: Follow the Foothills Ride.** 10-100M. 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 Sweat N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrtonline.com.
- 17 West Stockbridge Lunch Tour Ride.** 35M. 9:30am. Old Chatham. Karen Wade: 794-7451. webmhcc.org.
- 19 Last of the Mohicans Boat & Tour Ride.** 55M. 9am. Lake George. Henry Wilkie: 482-3902. webmhcc.org.
- 19 Rensselaer Co Multipace Ride.** 35m. 5am. Algonquin M.S., Averill Park. Sharon Gibbs: 283-0155. webmhcc.org.
- 19 Tue Casual Ride.** 19M. 6pm. Glen Worden E.S., Glenville. John Ogden: 376-1078. webmhcc.org.
- 20 Wacky Wed Tour Ride.** 45M. 5:30pm. Ballston Spa N.B., Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 21 Berninger Classics Quick Ride.** 35M. 6pm. Park/Ride, Bethlehem. David Beals: 456-3728. webmhcc.org.
- 21 Duane Lake Tour Ride.** 18M. 6pm. St. John's Church, Altamont. Bill Maurer: 439-6678. webmhcc.org.
- 21 Pizza Tour Ride.** 30M. 6pm. Park/Ride, Scotia. Mark Wilder: 346-5988. webmhcc.org.
- 22-24 Summer Bike Sale.** Steiner's Sports, Valatie. 784-3663. steinersskibike.com.
- 23 Alcove Tour Ride.** 45M. 9:30am. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 23 Hill of a View Quick Ride.** 60M. 9:30am. SCCC, Schenectady. Bruce Curtiss: 587-4408. webmhcc.org.
- 23 Shell Inn Down/Up Casual Ride.** 26M. 9:30am. Shell Inn, Rensselaerville. Robert Tomczak: 797-3650. webmhcc.org.

- 23-31 Finger Lakes Tandem Tour.** Canandaigua, Seneca & Keuka. Gear-To-Go Tandems: 891-1869. ggtandems.com.
- 24 Movin to Medusa Quick Ride.** 40M. 10am. B-K-W H.S., Berne. John Berninger: 439-6473. webmhcc.org.
- 24 Tongue Mountain Century Ride.** 100M. 8am. Lake George. Inside Edge: 793-5676. adirondackspokes.com.
- 26 Rensselaer Co Multipace Ride.** 35M. 5pm. Park/Ride, Schodack. Sharon Gibbs: 283-0155. webmhcc.org.
- 26 Casual Ride.** 17M. 6pm. Glen Worden E.S., Glenville. John Ogden: 376-1078. webmhcc.org.
- 27 Wacky Tour Ride.** 45M. 5:30pm. Ballston Spa M.S., Ballston Spa. Henry Wilkie: 482-3902. webmhcc.org.
- 28 Berninger Classics Quick Ride.** 35M. 6pm. Park/Ride, Bethlehem. David Beals: 456-3728. webmhcc.org.
- 28 Field of Dreams Tour Ride.** 20M. 6pm. So Bethlehem Park, Bethlehem. Richard Bird: 475-1346. webmhcc.org.
- 28 Pizza Tour Ride.** 30M. 6pm. Bethlehem H.S., Delmar. James Morris: 371-3065. webmhcc.org.
- 30 Around Saratoga Co Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 30 Farmer's Market Casual Ride.** 16M. 10am. Boat Launch, Corning Preserve, Albany. Jonathan Benn: 482-6648. webmhcc.org.
- 31 Greene Co Tour Ride.** 51M. 9:30am. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 31 Saratoga Lake Casual Ride.** 30M. 9:30am. Chango E.S., Round Lake. Bob Cohen: 877-5552. webmhcc.org.

AUGUST

- 2 Tue Casual Ride.** 19M. 6pm. Guilderland H.S., Guilderland. John Ogden: 376-1078. webmhcc.org.
- 2 Basic Bike Maintenance Clinic.** 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 3 Wacky Tour Ride.** 38M. 5:30pm. Ballston Spa N.B., Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 3 Capital Region RR Preview Ride.** 30M. 6pm. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- 4 Llana Pass Casual Ride.** 22M. 6pm. Park/Ride, Bethlehem. William Maurer: 439-6678. webmhcc.org.
- 4 Thu Pizza Tour Ride.** 30M. 6pm. Guilderland H.S., Guilderland. John Dowling: 371-4349. webmhcc.org.
- 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.
- 6 Fulton Co Tour Ride.** 60M. 9am. Town Hall, Charlton. Henry Wilkie: 482-3902. webmhcc.org.
- 6 Teddy Roosevelt Adk Tour Ride.** 80M. 9:30am. Ski Bowl Park, North Creek. Skip Holmes: 466-1182. webmhcc.org.
- 6 Van Wies Point & Bethlehem Casual Ride.** 27M. 9:30am. Van Wies Point, Glenmont. 729-3933. webmhcc.org.
- 7 9th Christine Nicole Perry Memorial Bike Ride.** 25-30M. 9am. 121 Federal Hill Rd, Bolton Landing. Linda Perry: 644-3020. chrissysfund.com.
- 7 Columbia Co Metric Century Tour Ride.** 9am. Ichabod Crane H.S., Valatie. Gregg Berninger: 475-0348. webmhcc.org.
- 8 Group Training Ride.** 6pm. Women welcome. Town Park, Colonie. Team LUNA Chix: Albany Triathlon. Kristen: kphislop@yahoo.com. teamlunachix.com.
- 9 Casual Ride.** 17M. 6pm. Guilderland H.S., Guilderland. John Ogden: 376-1078. webmhcc.org.
- 9 Basic Bike Road Repairs.** Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 10 Wacky Tour Ride.** 38M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 10 Buffalo Casual Ride.** 17M. 6pm. Wholly Cow Restaurant, Castleton. Dave Render: 433-8316. webmhcc.org.
- 10 Greene Co Hill/Dale Casual Ride.** 21M. 6pm. State Fishing Access, Coeyman's Landing. Bill Maurer: 439-6678. webmhcc.org.
- 10 Capital Region RR Preview Ride.** 30M. 6pm. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.



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CENTURY

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

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

- 11 Pizza Tour Ride.** 30M. 6pm. Park/Ride, Scotia. Mark Wilder: 346-5988. webmhcc.org.
- 13 2nd Bike the Byway w/Historian.** 36M. 9am. Colonie Town Park, Colonie. Eric Hamilton: 371-7548. mohawktowpath.org.
- 13 10th Adirondack Spintacular 5K, 6M & 12M Bike or Run.** 10am. Mayfield Fairgrounds, Mayfields. Carol Madeiros: 863-8998. adirondackspintacular.com.
- 13 Around Saratoga Co Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 13 Columbia Co Ramble Tour Ride.** 46M. 9am. Ichabod Crane H.S., Valatie. James Woodruff: 462-5030. webmhcc.org.
- 13 Aspirations of Argyle Quick Ride.** 66M. 9:30am. BOCES, Saratoga. Bruce Curtiss: 587-4408. webmhcc.org.
- 14 Iddaride Adirondack Bike Tour.** 75M loop: 8:30am. 20M w/shuttle: 12pm. Ski Bowl, North Creek. Adirondack Mountain Club: 668-4447. adk.org.
- 14 5th Way North Century & Half-Century Ride.** 100/50M. 8am. PARC, Plattsburgh. Tracy Gryger: 563-7620. adirondackcyclingteam.com.
- 14 Bethlehem Novice Casual Ride.** 11M. 10am. Park/Ride, Bethlehem. Bob Cohen: 877-5552. webmhcc.org.
- 14 Mohawk 50 Redux Casual Ride.** 50M. 10am. SCCC, Schenectady. Jonathan Benn: 482-6648. webmhcc.org.
- 14 The Ti Ride.** 41M. 7am. Bike: Lake George to Ti. Mohican: Ti to LG. Inside Edge: 793-5676. adirondackspokes.com.
- 20 Catskill Century Ride.** 20/50/100M. 6:30am. SUNY Ulster, Stone Ridge. 845- 657-9764. midhudsonbicycle.org.
- 20 10th Capital Region Bicycle Road Race.** 43-83M. 10am. Ravena-Coeymans-Selkirk H.S., Ravena. Paul McDonnell: 281-3710. cbrcc.com.
- 20 2nd Tour De Schenectady.** 55M ride 8am; 16M city ride 10am; MTB race 10:30am; 3.2M run 11am.; kids' ride: 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. schenectadycancerfoundation.org.
- 27-28 28th Chris Thater Memorial Criterium Race.** Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 28 11th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & kids' ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. bikereg.com.
- 28 1st Cycle for Life.** 65M/32M. 8am. Cambridge H.S., Cambridge. CFF: 783-7361. neny.cff.org.

SEPTEMBER

- 10 2nd Camp Challenge Ride.** 62/30/15M. Double H Ranch, Lake Luzerne. 696-5921 x226. doublehbranch.org.
- 10 Kelly Brush Century Ride.** 25/50/100M. 9am. Middlebury, VT. 802-846-5298. kellybrushfoundation.org.
- 10-11 MHCC 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.
- 16-18 Adirondack 540 RAAM Qualifier.** 136M. Schuylerville to High Peaks. 583-3708. adkulttracycling.com.
- 17 Tour D'Education: 50th Anniversary Bike Rally.** 50M 8:30am; 25M 9:30am; 10M 10am. SUNY Adirondack, Queensbury. John Arpey: 225-7794. sunyacc.edu.
- 17 14th Northeast Kingdom Lakes Century.** 7am. Barton, VT. orleanscountycitizenadvocacy.org.
- 18 Tour de Habitat.** 100/50/25/10M. Albany Pump Station, Albany. George DiPiro: 447-9000. evansale.com.
- 18 Lance Gregson 1-Eye Classic Cycling Ride.** 50M 8:30am; 26M 9:45am; 15M 10:30am; 8M 11am. Town Park/Beach, Schroon Lake. 532-9479. schroonlakecycling.com.
- 24 Ride, Run, Walk 4 Love.** 15/30/50M bike or 5K run/walk. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.

HEALTH & FITNESS

ONGOING

- M & W Yoga Class.** Mon 6pm. Wed 7pm. Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.
- M & F Boot Camp Training.** Mon 7am. Fri 6am. Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.
- M-W-F Bikram Hot Yoga Class.** 9am Lake Placid Hot Yoga, Lake Placid. 523-8028. 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.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 8/8, 9/12. Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.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.
- Tue Basic Training.** 6:30pm. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Tue Kids' Yoga Summer Session: 7/5-8/23.** Age 5-12. True North Yoga, Schroon Lake. 810-7871. truenorthyogaonline.com.
- Tue Ashtanga Hot Yoga Class.** 4pm Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Tu-Th Bikram Hot Yoga Class.** 8am Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Thu Basic Training.** 7pm. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Thu Ashtanga Hot Yoga Class.** 6pm Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Sat Basic Training.** 9am. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Call CardiotFit Classes.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

JULY

- 21 Yoga Paddlenic: Go with the Flow.** 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.

AUGUST

- 18 Yoga Paddlenic: Go with the Flow.** 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.

SEPTEMBER

- 30-10/2 Spirit, Mind Body for Women.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

HIKING & ROCK CLIMBING

ONGOING

- Mo-Fr AIR RockGym: Summer Camps.** Age 10-plus. Albany's Indoor RockGym, Albany. 459-7625. airockgym.com.
- Thu Get Ready to Backpack.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.


JULY

- 18 Trailless Peak Day Hikes: Esther Mt.** Adirondack Mtn Club: 523-3441. adk.org.
- 22-24 Trailless Peak Backpacking: Dix Range.** Adirondack Mtn Club: 523-3441. adk.org.
- 25 Trailless Peak Day Hikes: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 27-31 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 29-31 Trailless Peak Backpacking: Swards.** Adirondack Mtn Club: 523-3441. adk.org.

AUGUST

- 1 Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 6 Trailless Peak Day Hike: Iroquois Peak.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 7 Women's High Peaks Hike.** Phelps Mtn. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 8-11 Dog Days: Ages 8-12.** Hike, canoe, explore. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 13 Women's High Peaks Hike: McIntyre Range.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 13-14 Trailless Peak Backpack: Mt. Marshall.** 17M. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.


TOUR DE HABITAT
 C.H. Evans Brewing Company's Albany Pump Station



Sunday, September 18

A bicycle tour of Albany County to benefit Capital District Habitat for Humanity

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Mt Equinox Uphill Bike Climb

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

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

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gearupforlyme.com or bikereg.com
 Andy Holzman: (802) 442-7619
 Presented by Manchester Rotary Club

Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 10-11

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

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

Contact: Skip Holmes (518) 466-1182
serottaskip@nycap.rr.com

www.webmhcc.org
Mohawk Hudson Cycling Club



Join in the 11th annual

Pat Stratton Memorial Century Ride



Best Ride in the Adirondacks!

Sunday, August 28, 8am
Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities

T-shirt, picnic, music, poker ride w/prizes!

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Sunday, Sept. 18
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Ride among the wind towers of Lewis County, NY
Registration 9 am -

Maple Ridge Wind Farm, Lowville

50M Mountain Bike Race
12M School & Family Ride

Call (315)376-2213 or visit www.LewisCountyChamber.org calendar of events for more information or to register www.BikeReg.com



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DUATHLON

9th Annual

Mohawk Towpath Byway Duathlon

Krause's Grove, Canal & Beach Roads
Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run

Sunday, Oct. 16 • 9am

Open to individuals and teams

Kids' Fun Duathlon • 8:30am

Register: mohawktowpath.org

Tech T-shirt to first 100
\$25 before 10/7 & \$30 after

Benefits Mohawk Towpath Scenic Byway

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

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

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Entry/Info: hadleybusinessassociation.net
(518) 696-4947 • hadleyba2003@yahoo.com

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15 Trailless Peak Day Hike: Esther Mt. Adirondack Mtn Club: 523-3441. adk.org.

19-21 Trailless Peak Backpack: Cliff & Redfield. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

22 Moderate Day Hikes: St. Regis Mtn. 5.5M. Adirondack Mtn Club: 523-3441. adk.org.

22-26 Leave No Trace Master Educator. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

26-28 Trailless Peak Backpacking: Santanoni, Panther, Couchsachraga. Adirondack Mtn Club: 523-3441. 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.

29 Trailless Peak Day Hike: Table Top Mt. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

SEPTEMBER

11 Woods Walk; Adults/Children. 2M. 10:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.

2 Trailless Peak Day Hike: Street & Nye. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

3-5 Trailless Peak Backpack: Allen Mt. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

9-11 Trailless Peak Backpack: Skyline & Gray. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

16-18 Trailless Peak Backpack: The Swards. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

17 Family Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

18 Women's Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

23-25 Trailless Peak Backpack: The Dix Range. Adirondack Mtn Club: 523-3441. adk.org.

26-30 Leave No Trace Master Educator. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

Sat-Sun "Fun Not Fear" MTB Clinics: 7/16-17, 8/6-7, 8/13-14. OSC, Lake Placid. 523-3764. highpeakscyclery.com.

JULY

17 Getting Dirty Casual MTB Ride. 1hr. 10am. Madison Ave Ext, Albany. Jonathan Benn: 482-6648. webmhcc.org.

23 Plattekill Mid-Summer Classic Downhill MTB Race. Plattekill, Roxbury. 607-326-3500. plattekill.com.

31 Darkhorse 40 MTB Race. Stewart S.E., New Windsor. 40M. darkhorse40.blogspot.com.

AUGUST

6 Whiteface MTB Ladies Day. Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.

7 Taconic 909 Challenge MTB Race. Pleasant Valley. espraces.com.

13-14 Wildcat Epic Backcountry MTB Race. 100M. Mohonk Preserve & Minnewaska S.P., New Paltz. 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.

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.

28 Belleayre All-Terrain Challenge MTB Race. Belleayre Mountain, Highmount. nysmtbseries.com.

SEPTEMBER

3 Whiteface MTB Ladies Day. Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.

10-11 Whiteface 5K Downhill Race. Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.

11 Kirkland Cyclocross Race. NYCROSS.com #1. Kirkland S.P., Clinton. nycross.com.

18 5th Race With The Wind. 50M MTB/Cross Race & 12M School/Family Ride. 10am. Maple Ridge Wind Farm, Lowville. Lewis Co Chamber: 315-376-2213. lewiscountychamber.org.

MOUNTAINEERING & WILDERNESS SKILLS

JULY

18-20 Kids' Wilderness & Storytelling Camp. Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

18-22 Wilderness Adventures Day Camp. Age 9-13. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

25-27 Kids' Wilderness & Storytelling Camp. Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

25-29 Wilderness Adventures Day Camp. Age 9-13. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

1-2 Jr Pathfinders Tracker Training. Age 10-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

1-3 Kids' Wilderness & Storytelling Camp. Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

3-5 Jr Pathfinders Wilderness Training. Age 10-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

8-12 Pathfinders Wilderness Training. Age 12-16. Ndakinna, Greenfield Center. 583-9958. 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.

Mo-Fr SHAPE Multi-Sport Camps. Five sessions: 7/4-8/5, 9am-5pm. Ages 8-15. Swim/bike/run. Averill Park, Colonie, Grafton. John Slyer: 674-0369. 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.

Wed Multi-Sport Life Club: 6/15-7/27. 6pm. All welcome. Crystal Lake, Averill Park. 674-0369. multisportlife.com.

Thu STC Lake Desolation Weekly Workout. 6pm. Tinney's Tavern, Middle Grove. saratogatriclub.com.

Daily Indoor Cycling: Training & Coaching. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

JULY

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.

24 13th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Lake Placid. ironmanlakeplacid.com.

24 15th Hudson Valley Triathlon & Duathlon. Ulster Landing Park, Saugerties. nytri.org.

24 Pedal 'N' Plod. 4M run, 22M bike. 8:30am. Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.com.

31 2nd Delta Lake Triathlon. Int.: 1500m swim, 40K bike, 10K run. Sprint: 800m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Brych: 315-404-8130. atcendurance.com.

AUGUST

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. fronhofertooltriathlon.com.

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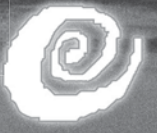


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- 6 5th Fronhofer Tool Triathlon.** Olympic, 8am: 1.5K swim, 40K bike, 10K run. Sprint, 2pm: 0.5M swim, 14.5M bike, 3.1M run. Lake Lauderdale, Cambridge. fronhofertooltriathlon.com.
- 6 2nd Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 9am. Peck's Lake, Gloversville. 725-0641. fultoncountyny.org.
- 6 Dryden Lake Festival Triathlon.** 1.2M kayak, 16M bike, 3.1M run. 9:30am. Dryden. drydenlakefestival.com.
- 7 9th Cayuga Lake Triathlon.** Int./sprint. 8am. 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.** Int./Sprint. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- 14 West Point Triathlon.** 800m swim, 15.5M bike, 3.1M run. 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. Norwood Beach, Norwood. 315-261-4391. active.com.
- 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. DACC, 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.
- 28 River Rat Triathlon.** 600m swim or 3M paddle, 17M bike, 5K run. 9am. Clayton. riverrattri.wordpress.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. lgtrifestival.com.
- 4 Lake George Triathlon Festival: 1st BIG George Triathlon & Aquabike.** 1.2M swim, 56M bike, 13.1M bike. 7am. Beach Road, Lake George. lgtrifestival.com.
- 10 Paintball Biathlon: Adults/Kids.** 3K or 5K. 11am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.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 Ironman 70.3.** 1.2M swim, 56M bike, 13.1M run. Jamesville Beach & Highland parks, Syracuse. ironmansyracuse.com.
- 24 Schenectady Co Pedal-Paddle-Run.** 8M bike, 1.6M paddle, 5K run. 8:30am. Collins Park, Scotia. schenectadycountry.com.

OCTOBER

- 16 9th Mohawk Towpath Byway Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Krause's Grove, Clifton Park. mohawktowpath.org.

OTHER EVENTS

ONGOING

- Daily Monomoy Island Excursions.** Seal, seabird & harbor cruises. Monomoy Island tours w/guide. Harwichport, Cape Cod, MA. Reserve: 508-430-7772. monomoysealcruise.com.

JULY

- 22-24 1st Summer Nordic Camp for Jr Racers (J2/J1). West Mountain, Queensbury. HURT. hurt nordicskiing.com.

AUGUST

- Ongoing Team In Training Info Meetings.** Leukemia & Lymphoma Society. 8/23, 6pm: The Desmond, Albany. 8/24, 6pm: YMCA of Kingston, Kingston. 8/25, 6pm: YMCA of Saratoga, Saratoga Springs. 8/25, 6pm: Days Inn, Plattsburgh. 8/25, 6pm: Fleet Feet Sports, Essex Jct., VT.
- 8/30, 6 pm: Comfort Suites, Clifton Park.** 8/30, 6pm: Courtyard Marriott, Poughkeepsie. 8/30, 6pm: Courtyard Marriott, Burlington, VT. 8/31, 12pm: Leukemia & Lymphoma Office, Albany. 8/31, 6 pm: Ramada Inn, Glens Falls. 9/1, 6pm: Holiday Inn Express, Albany. Robyn Haberman: 438-3583. teamintraining.org/uny.
- 11-18 Tent-a-Thon to Benefit Capital District Habitat for Humanity.** Fun camping event: stay one night or all. Evening festivities, breakfast/dinner included. Tawasentha Park, Guilderland. 462-2993. capitaldistricthabitat.org.

SEPTEMBER

- 2-5 Family Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 23-25 Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

PADDLING: CANOEING & KAYAKING

ONGOING

- Tue Evening Kayak Tours.** 5:30pm. Adirondack Lakes & Trails Outfitters, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Tue Sundowner Series & Clinics: 7/19; 8/2, 16, 30.** 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.

JULY

- 17 6th Paddling for a Cure. 5M on Mohawk River. 8am. CR Maritime Center, Alplaus. 399-0421. alplaus.org.
- 18-19 Wakeboard Lessons w/Russ Wilde O'Brien. Boats By George, Lake George. 656-9353. boatsbygeorge.com.
- 19 **Evening Tour on the Hudson.** 6:15pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 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 **Intro to Kayaking.** 6:30pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 22-24 **Intro to Canoe Camping: St. Regis Canoe Area.** Adirondack Mountain Club: 523-3441. adk.org.
- 22-24 **Summer Kayak Sale.** Steiner's Sports, Valatie. 784-3663. steinersskibike.com.
- 23-24 Naish Stand Up Paddle Board Demo Days. 10am-4pm. Boats By George, Lake George. 656-9353. boatsbygeorge.com.
- 25 & 29 **Fundamentals of Kayaking.** Two sessions. 6:30pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 26 **Evening Tour on Mohawk.** 6:15pm. Canal Park above Lock 6. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

AUGUST

- 2 **Evening Tour on Hudson.** 6:15pm. Coeymans. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 3 **Intro to Kayaking.** 6:30pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 5 **Kayak Rescue & Recovery.** 6:30pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 5-7 **Family Canoe Camping: Lake Lila.** Adirondack Mountain Club: 523-3441. adk.org.
- 6 **Lewis County RiverFest.** 11.3M paddling on Black River. 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@twcnny.rr.com.

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

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
518-462-2993

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
\$25 preregistration / \$30 day of event
Includes lunch at Tinney's & great swag
FUN-focused fundraiser for Breast Cancer Fund

St. Regis Canoe Outfitters



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

518-548-4521 • speculatorchamber.com

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

LGTriFestival.com

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



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
David Dammerman: dddammerman@yahoo.com
Benefits: Breast Cancer Research

Kinderhook Runners Club
3rd annual
Red Apple Trail Run
5K Run/Walk & 10K Run
Saturday, Sept. 10 – 9am
Samascott Orchards
5 Sunset Ave, Kinderhook, NY
\$17 fee or \$12 KRC members
After 9/3: \$15 KRC or \$20 non-KRC
Register: active.com
or kinderhookrunnersclub.com
Knit gloves to first 300 registered
New - Chip Timing by ARE
Many raffle prizes and tasty awards
Sponsored by Samascott Orchards

41ST ANNUAL
Half Marathon
Lake Placid
The Original Lake Placid
◇ 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

- 16 **16th Southern Saratoga YMCA 5K Run & 3K Walk.** 6:30pm. The Y, Clifton Park. 371-2139. cdymca.org.
- 20 **Pre-Fall Classic 5K Run & 2M Walk.** 9am. Voorheesville H.S., Voorheesville. 765-3314. vcsfoundation.com.
- 20 **3rd Run for the Future 5K Race/Walk.** 9am. Stillwater U.C., Stillwater. stillwaterunitedchurch.org.
- 20 **2nd Tour De Schenectady.** 3.2M run: 11am. 55M bike: 8am. 16M city bike ride: 10am. MTB race: 10:30am. Kids' Run/Ride: 12pm. Central Park, Schenectady. Heather Rizzi: 847-2419. 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. lachte.us.
- 21 **Savoy Mt Trail Races.** 22M/11M/4M. 10am. Florida, MA. Rob Higley: 413-549-5804. runwmac.com.
- 22 **Camp Saratoga 5K Trail Series.** 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 27 **14th Altamont 5K Run & Walk.** 9am. Altamont Mile & Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 27-28 **Xcellent Cross-Country Spike Weekend.** Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 28 **4th Race to the Top of Vermont.** Run, hike or mtb bike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. catamonttrail.org.
- 28 **28th Chris Thater Memorial 5K Road Race.** 10am. Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 28 **Green Lakes Endurance Runs 50K/100K.** 6am. Green Lakes S.P., Fayetteville. Adam Peruta: 315-243-1460.

SEPTEMBER

- 4 **22nd Monster Marathon & Half-Marathon Trail Runs.** 7am. Virgil S.F., Virgil. fingerlakesrunners.org.
- 4 **Scottish Games 5K.** 9:30am. Fairgrounds, Altamont. Rebecca Feig: 669-1470.
- 5 **23rd SEFCU Labor Day 5K Race/Walk.** 9am. SEFCU Headquarters, Albany. 464-5243. sefcu.com.
- 6 **Mental Training for Runners Training Clinic w/Drew Anderson, PhD.** 7pm. The Crossings, Colonie. Free, register. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 10 **Cannonball Run.** 5K/10K/1M run/walk. 9am. Oval, Plattsburgh. 563-6186.
- 10 **3rd Red Apple Trail Run.** 5K run/walk & 10K run. 9am. Samascott Orchards, Kinderhook. 758-1218. kinderhookrunnersclub.com.
- 10 **2nd Malta BPA 5K.** 8:30am. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807. maltabpa.com/malta5k.
- 10 **Brenda Deer 5K Run/Walk.** 9am. The Y, Gunderland. Tys Bailey-Yavonditte: 869-3500. cdymca.org.
- 10 **3rd CRSS Race for Hope 5K.** 10am. Slingerlands. 441-8570. capitalregionspecialsurgery.com.
- 10 **Maple Leaf Half-Marathon & 5K.** 9am. Manchester Center, VT. 800-362-4144. manchestervtmapleleaf.com.
- 11 **40th HMRRC Anniversary Races 2.8M/5.6M. 9am.** UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 11 **Barry Hopkins Run at Olana.** 3.8M. 9:30am. Olana H.S., Hudson. 828-0135. oprhp.state.ny.us.
- 15 **Schenectady ARC 5K/1M Fun Run/Walk.** 5:15pm. Central Park, Schenectady. 372-1160. arcschenectady.org.
- 17 **41st Original Lake Placid Half-Marathon.** 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org or ezracereg.com.
- 17 **Landis Arboretum 5K.** 10am. Tot Trot: 11am. Landis Arboretum, Esperance. 875-6935. landisarboretum.org.
- 17 **34th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship. Northport. cowharborrace.com.
- 17 **8th Autism Walk & 5K Run.** 7am. Central Park, Schenectady. Jenny DeBellis: 588-1189.
- 17 **16th Run to Remember 5K.** 9am. East Campus Athletic Village, RPI, Troy. run2remember.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.
- 18 **10th Teal Ribbon 5K Run & 1M Walk.** 9am. Washington Park, Albany. 783-7600. caringtogetherny.org.
- 18 **32nd The Dunkin' Run.** 5K, 10K & 0.5M kids' run. 8:30am. Jewish Community Center, Albany. 438-6651. saajcc.org.
- 18 **5th 5K Run for Life.** 10am. 2M walk: 9:30am. Kids' fun run: 11am. Old Dater Farm, Clifton Park. hannahshopefund.org.
- 18 **5th Trooper Joseph Longobardo 5K Walk/Run.** 10am. Saratoga Spa S.P., Saratoga Springs. active.com.
- 18 **Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness.** 9:30am. Cohoes H.S., Cohoes. 237-3559.
- 23 **30th Arsenal City Run & Community Night.** 5K race: 6pm. 1M Fun Run: 5pm. City Hall, Watervliet. active.com.
- 24 **18th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. Peter Sweetser: 234-7400. fam5k.com.
- 24 **Ride, Run, Walk 4 Love.** 5K run/walk or 15/30/50M bike. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- 24 **Nisky Fall Fun Run 5K.** 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- 24 **Adirondack Distance Festival: Helpers Fund 5K & 10K.** 9:30am. Municipal Center, Chestertown. 494-5565. adirondackmarathon.org.
- 25 **Adirondack Distance Festival.** Marathon & Relay: 9am. Half-Marathon: 10am. Sat: Expo/Package Pick-Up: 11am-5pm; & Kids' Run: 2pm. Schroon Lake. 532-7675. adirondackmarathon.org.
- 25 **4th Tour LaFrance 5K & 1M Kids Run.** 11am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. 588-0067. connorlafrance.org.
- 25 **8th Crossings 5K Challenge & Kids Fun Run.** 10am. Ciccotti Family Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.
- 25 **37th Falling Leaves 5K & 14K.** 9am. Utica. Janice Williams: 315-853-7535. uticaroadrunners.org.
- 25 **Nick's Run to Be Healed 5K.** 5K 1pm; Nick's Dash 12pm. Clifton Commons, Clifton Park. fighttobehealed.org.
- 25 **Foot Race at Fort Ticonderoga.** 10am. Fort Ti, Ticonderoga. 585-7206. footraceatfortti.com.

OCTOBER

- 1 **17th Susan G. Komen Race for the Cure.** 5K Run: 9am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 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.

SWIMMING

AUGUST

- 13 **10th Betsy Owens Memorial Swim: 2-Mile Cable National Championship.** 10am. Mirror Lake, Lake Placid. Register by 8/3. dddammerman@yahoo.com. adms.org.
- 13 **Open Water Swim.** 1M/2M/0.5M. 9:30am. Gilbert Lake, Laurens. Oneonta YMCA: 607-432-0010. adms.org.
- 13 **15th Lake Swim. Relay/4M/8M.** 8:30am. Lake Champlain. Greater Burlington YMCA. 802-862-8993. gbymca.org.
- 27-28 **1st 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.

SEPTEMBER

- 11 **1st Moreau Lake Aquathon & Swims.** Aquathon (1.5K swim & 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. Trail Run: 15K. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.

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

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

14th Annual
Altamont 5K
Run & Walk
Saturday, August 27 9am
Bozenkill Park, Altamont
Gun Club Rd (10mi w of Albany)
10:15am: Altamont Mile & Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Great Live Music
- 100 Raffle Prizes

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry
Bring unexpired dry goods

Help save lives
one mile at a time!



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

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

TEAM IN TRAINING

Walk or Run, Half or Full Marathons
Triathlons
100-Mile Cycle Rides

9th Annual
Saturday, August 13 • 8:30am
Brookside Museum, Ballston Spa
USATF Certified
Flat and fast with fabulous downhill for your summertime PR!

Chip timing • T-shirts to first 250 registrants
5 year age group awards
Application: www.brooksidemuseum.org
Joy Houle (518) 885-4000
Register online: www.active.com
\$22 by 8/10 or \$27 after
Benefits: Brookside Museum education programs

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

MOHAWK HUDSON RIVER
MARATHON AND HALF MARATHON

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

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

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

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

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

Saturday, September 24th

AWARDS
KIDS' RACE
REFRESHMENTS
MUSIC
BROOKS' BBQ
MASSAGE THERAPISTS

FAM 5K
"Fund"
Run/Walk
18th Annual

10:00 Race Starts - Cobleskill Fairgrounds
30 minutes from the Capital Region

Benefits Catskill Area Hospice and Palliative Care

8:15-9:30 Race Day Registration or REGISTER ONLINE!

See application at FAM5K.com



RAFFLE GRAND PRIZE
6 Tickets to Proctors Family Series



The FAM 5K is sanctioned by the Adirondack USA Track and Field

Where Ambition,
Compassion,
and Dedication
Run Together



The Saratoga Palio
Melanie Merola O'Donnell
Memorial Race

Half Marathon & 5K Run/Walk
Sun., Sept. 18, 2011, 8 AM
Run, walk, pledge, or volunteer
www.thesaratogapalio.com

THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

Melanie lived an inspiring life dedicated to helping others. To honor her, The Melanie Foundation invites you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York. Proceeds will go towards The Melanie Foundation's scholarship fund for graduate students in the mental health field, as well as a donation to support the Franklin Community Center, a nonprofit human service agency that provides basic needs and services to less fortunate individuals and families.



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Sports

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Running, Walking, and Triathlon Store

Did you know?

We now offer wetsuit rentals
for your next triathlon.



Get Ready
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Fleet Feet Sports
Xcellent XC Spike Weekend

August 27-28

Great Selection
Gift with Saucony Spike Purchase



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(518) 459-3338 • FleetFeetAlbany.com

Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm



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

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

Register: www.areep.com/events/silks

Day of Registration: 6-7:30am

More Info: 518-388-0790 x108

or bmcdonald@nyso.org



RUNNING & WALKING

Closer
to Home

▶ RUNNERS FOLLOW THE CLIFF TOP TRAIL AT THE 2010 INDIAN LADDER TRAIL RUNS.

PHOTO BY PETER THOMAS

▶ ARE MEMBERS CELEBRATING COMPLETION OF THE 2010 CAMP CHINGACHGOOK CHALLENGE. COURTESY OF ERIN RING

Local Races
Family-Style by
Laura Clark

It comes as no surprise that a recent Automobile Association of America survey anticipates a decline in automobile travel this summer. And it credits not just the high price of fuel, but also increased prices down the line – accommodations, meals, entertainment. That is a shame since family excursions away from the normal routine add an extra dimension to relationships and are the source of lasting childhood memories. But wait! If you cannot justify the traditional week long vacation, consider embarking on several day trips. To celebrate summer, many of our local races have transformed into day-long events where there is something for each family member to enjoy. And the price is right!

Leading off with a visit to FrogLand on Sunday, July 17 is the Albany Running Exchange's fourth annual **Dippikill Froggy Five** launching from Camp Dippikill near Warrensburg. This event concludes the ARE's Trail Running Camp, but neighboring frogs and accompanying tadpoles are encouraged to join the adventure! Be warned, however, that the route was designed by landlubber amphibians, with lots of leapfrogging over roots and stones embedded in twisty, hilly single track. As with all ARE events, the emphasis is on fun. Competitive bulls are encouraged to take time out, puff up their vocal chords and croak at the amazing views. Those who have spent their summer relaxing around the pond are encouraged to join the

chorus of finish line cheerleaders and the six foot tall Mascot Frog. Each participant will be awarded his very own plush, multi-colored frog, and all are invited to an ARE-style cookout afterwards. Info: areep.com.

Move further upward in the animal kingdom and add a new dimension to your Saratoga Summer experience. Instead of merely grandstanding your favorite horses, immerse yourself in the entire racing scene by participating in our own premier two-legged event, the 15th annual **Silks & Satins 5K** taking off on Saturday, July 23 outside the famous Fasig Tipton Pavilion in Saratoga Springs. Like the race course itself, the route is flat and fast, a perfect venue for your summertime PR. While you are warming up, your family members will enjoy morning mist glimpses of the thoroughbreds as they circle the Oklahoma Track. Afterwards, encore your experience by cashing in your track discount coupon to pick up some pointers from the thoroughbred professionals themselves. All proceeds support the programs of our local Special Olympics athletes. Info: areep.com.

Who doesn't enjoy a yummy picnic in beautiful surroundings? If you like to eat, plan on the 17th annual **Indian Ladder Trail Runs** on Sunday, July 31 at the Haile's Cave picnic area in John Boyd Thacher State Park, near Voorheesville. Both the 3.5-mile and 15K options feature a mix of wide and single track hilly trails with lots of opportunity to get wet and muddy. With the 15K

commencing at 9am and the 3.5-miler at 11am, those training for an endurance event can simulate marathon conditions by racing the 15K and then trying to hold out during the 3.5-miler. While total distance teeters relentlessly toward the half, I can testify that attempting the final race gives a credible imitation of punching through The Wall. Every participant receives a free BBQ lunch and additional tickets may be purchased for family members. Afterwards, all will enjoy the breathtakingly beautiful hike along the Helderberg Escarpment. Info: hmrc.com.

If your kids are yearning for a picnic at the beach, then I suggest the third annual

mer visitors. This event, now entering its 33rd year, follows in the path of other well-established races founded on the heels of the 1970s running boom. Info: speculator-chamber.com.

If you are looking for an all-inclusive event that involves everyone, even the family dog, plan on the 10th anniversary of the **Adirondack Spintacular Run, Walk or Bike** at the Fairgrounds in Mayfield on Saturday, Aug. 13. Founded by Carol Madeiros in honor of her husband, who succumbed to hemophilia, the race donates all proceeds to the Lawrence Madeiros Scholarship Fund for students dealing with chronic disorders. According to Carol, "It's not just a race; it's an all-day event." The scenic, demanding six- and 12-mile routes parallel Sacandaga Lake, while the flat 5K and one-mile options encourage walkers and challenged entrants. Awards are presented to runners, bikers, walkers, and challenged athletes alike, with accompanying leashed dogs sharing in their owners' accomplishments. Afterwards, the expected 500 to 600 participants can picnic, and enjoy a fairground's worth of activities. Info: adirondackspintacular.com.

On Saturday, Aug. 13, check out Brookside Museum's ninth annual **Jailhouse Rock 5K** at the Brookside Museum in Ballston Spa. The race travels on the road to the turnaround by the correctional facility and onto an exhilaratingly steep downhill finish, again the stuff of summertime PRs. New this year is friends and family entry rates with substantial discounts. Afterwards, enjoy lounging on the museum grounds, listening to music, and taking your kids on an educational tour through the museum. Info: brooksidemuseum.org.

Finally, the 30th annual **Cole's Woods Runs** on Sunday, Aug. 14 offer the best of both worlds: a tantalizing preview of fall cross-country followed by a taste-of-summer cookout. The two-miler is a figure-eight loop on the Glens Falls International Ski Trails, while the six-miler comprises three loops of the same course. Trails are wide enough for competitive passing, with occasional sand-dune climbing to add a different spin to your normal trail experience. Both events conclude with an estimated timed mile, an unusual event designed to level the playing field between youngest and oldest. Participants run sans watch or GPS. Whoever comes closest to their estimated time is the winner. After the main event, I always tend to overestimate my finishing time – you think I would learn from year to year! Info: adirondackrunners.org.

So this summer, instead of deserting your family to run a race, bring them along, and let them enjoy the experience as well! ▲

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



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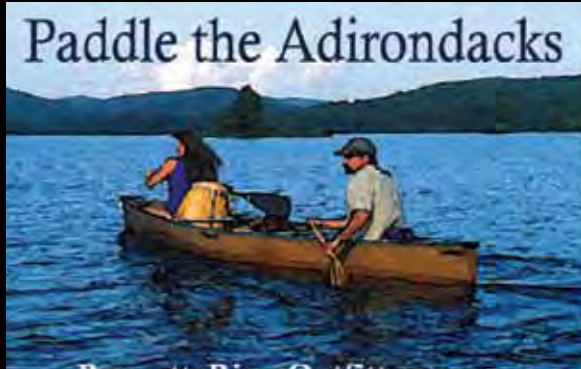


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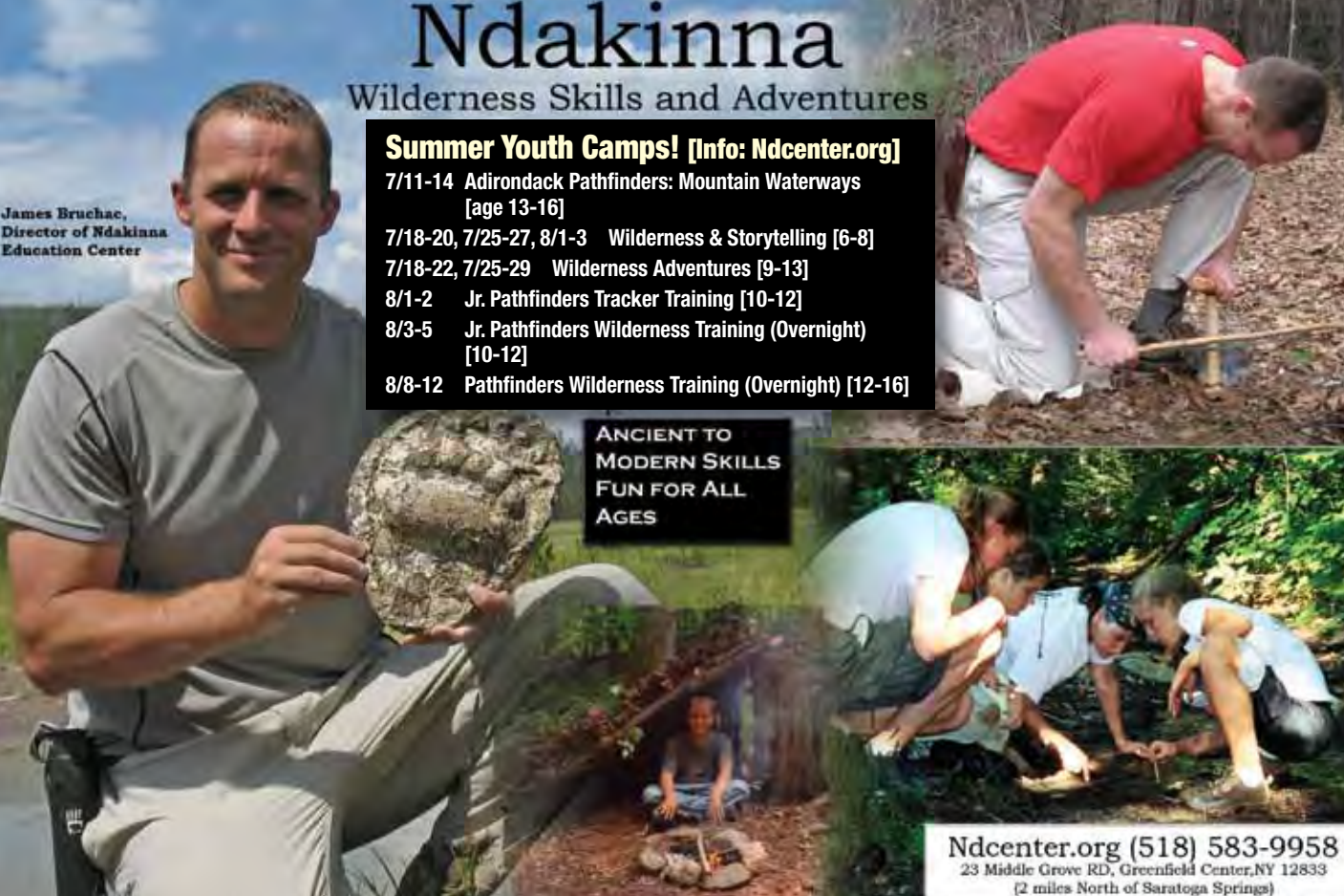
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HIKING & BACKPACKING

Northville-Placid Trail

PART FIVE:

Long Lake to Lake Placid

by Bill Ingersoll

This year, I have been 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. Beginning in the southern Adirondacks, the trail winds through the West Canada Lakes and passes the foot of Blue Mountain. This fifth and final section takes us through the remotest terrain in the Adirondack Park: from Long Lake to the Cold River and the northern trailhead near Lake Placid.

At 35.5 miles in length, this section could be hiked in three solid days. On our through-trip last September, my friend and I covered it in five days. We considered this a somewhat relaxed pace that allowed us opportunities to enjoy some of the wild places we passed – including Plumley Point, Millers Falls, Duck Hole, Moose Pond and Wanika Falls. For several miles the NPT follows the Cold River quite closely, and this remains one of my favorite sections of all.

This is a true wilderness, miles from the nearest road! 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.

GETTING THERE

From the intersection of NY Routes 28N and 30 in Long Lake, follow Route 28N east up the hill and out of town. At 1.5 miles you reach the junction with Tarbell Hill Road, with an NPT trailhead parking area on the right. This is actually the terminus of the Tirrell Pond section, which I described last month. Turn left on Tarbell Hill Road and follow it for 0.7-mile to the next trailhead, marked by a small sign on the right.

THE TRAIL

For NPT through-hikers, the trailhead on Tarbell Hill Road represents mile 84.4 of the overall trail. Beginning on the east side of the road, the trail descends a bit but then rolls through the woods to a stream crossing at 84.9 miles and then a larger wetland crossing at 85.5 miles. There is a bridge here, but fluctuating water levels have at times left it underwater. Should that happen again, it is possible to bushwhack left (downstream) around the wetland to a rocky area where an ad-hoc crossing can be negotiated.

The bridge brings you to the Katlin Bay Lean-To. Since it is just 1.1 miles from the



road, there is almost always activity here. For tent campers, there are alternate sites nearer the water where the old lean-tos used to stand.

This is your first sighting of Long Lake, which you will remain close to for several miles. A side trail leads left to the Hidden Cove Lean-To at 86.1 miles, and at 88.4 miles you reach the Kelly Point Lean-Tos. These shelters stand side-by-side and are immensely popular; if hikers haven't claimed them, then boaters certainly will be there.

At 88.8 miles you reach what used to be a trail junction, still marked by a few aging signs. The way right once led to Kempshall Mountain, but it is no longer maintained. Left, however, leads to an attractive designated tent site with its own sand beach.

You remain near the lake, even though you don't always see it. The spur to the Rodney Point Lean-To is at 89.7 miles, and soon after you veer inland to avoid a series of private camps along the shore. At 91.9 miles you reach a prominent junction, where the NPT turns right. The trail to the left leads to the western lean-to at Plumley Point, which is your last point to see Long Lake from the NPT. A second lean-to is hidden nearby in the woods.

Although the NPT doesn't pull away from the lake immediately, there are certainly no more views. You begin to work your way eastward toward the Cold River, at first through mixed hardwoods and then through pines planted by conservationists decades ago. Topographically there are few landmarks by which to judge your passage, except for Pine Brook at 94.8 miles, spanned by a log bridge.

At 96.1 miles you reach Shattuck Clearing, which is not much of a clearing these days. There used to be a ranger station here, but now it is simply a trail junction near the Cold River. The NPT briefly follows



- **PLUMLEY POINT CAMPSITE:** THE LAST POINT TO SEE LONG LAKE FROM THE NPT.
- **DUCK HOLE:** ONE OF THE BEST-KNOWN PONDS ALONG THE TRAIL, WITH A LEAN-TO IN THE CLEARING NEAR THE DAM.
- **MILLERS FALLS:** WHERE THE MIGHTY COLD RIVER SPILLS OVER A LEDGE INTO A DEEP POOL.
- **WANIKA FALLS:** A WORTHWHILE DETOUR ON THE CHUBB RIVER.

PHOTOS BY BILL INGERSOLL



a horse trail and turns left, crossing Moose Creek on a suspension bridge at 96.3 miles, and then the Cold River at 96.8 miles. Your introduction to this mighty stream is at a rocky cascade next to a lean-to, designated Cold River Lean-To #3. The #4 lean-to is a short distance down a side trail to the left.

The NPT begins one of its most beautiful stretches as it sticks close to the river, at first on the bed of a well-built logging road. You pass a large pool called Big Eddy at 98.1 miles, and the end of the road grade at 99.6 miles. It's amazing how rugged the trail becomes so quickly after the road ends, all the way to the Seward Lean-To.

This site has several distinctions. First, by my measurement, the lean-to marks mile 100.0 of the NPT. Second, this spot is about as remote as it gets in New York State, in terms of distance from the nearest active motor vehicle road. Finally, the Seward Lean-To stands near Millers Falls, where the river spills over a handsome ledge into a deep pool.

For the next 2.1 miles, the NPT faithfully follows the river as it bends back and forth. The views alternate between Seymour to the north and the Santanoni Range to the southeast. You cross Ouluska Pass Brook and then reach the aging Ouluska Lean-To at 102.1 miles.

At 102.5 miles you reach the site of Noah Rondeau's hermitage, now marked by a couple signs and some old hardware. The trail veers inland at this point, cutting through deep woods to a junction near Mountain Pond at 106.3 miles. Turn right, again on a well-built road, passing the Cold River #1 and #2 Lean-Tos and eventually arriving at Duck Hole at mile 108.0.

Duck Hole is probably one of the best-known ponds along the trail. In the large clearing near the dam you will find two lean-tos – one old and rough, one newer and in

better shape, but both within full view of each other. The trail continues past the northern bay to a junction at 108.5 miles, where a trail leads right toward Upper Works.

Continuing straight, you embark on a little-used section of the trail that leads east of north toward Moose Pond, which you reach at mile 111.8. Its lean-to sits far from the water, and the shoreline is not easily accessible, but nevertheless the mountainous surroundings are extremely attractive.

The NPT traverses some high ground before descending toward a junction at 113.4 miles. The spur to the right leads on a very worthwhile detour to the foot of Wanika Falls, 0.2 mile away. The creek beside you is the Chubb River, which you cross on a log bridge at 114.0 miles.

What follows is a rather long traverse through mixed woods that begins at the foot of Nye Mountain and ultimately ends at Averyville Road. It's not that this section is inherently dull, but after hiking all this distance, and knowing you are so close to the end, the final miles do seem to drag.

You do not see the Chubb River again until the very end. The northern trail terminus is a triangular parking area beside Averyville Road, 119.9 trail miles from the southern trailhead in Upper Benson. This trailhead is located 1.2 miles from the Military Road intersection outside Lake Placid, and 1.9 miles from NY Route 73 within the village. It is therefore just a short drive into town where there are a number of dining establishments that would be happy to serve you your first post-hike meal. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Adirondack High Peaks.

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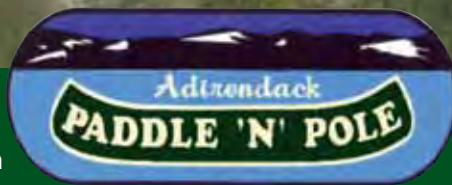
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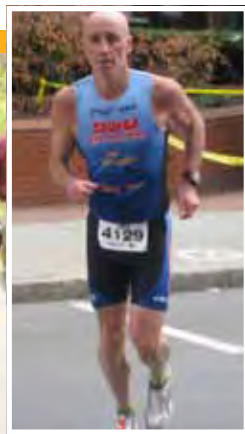
ATHLETE PROFILE

Stephanie Landy and John Noonan

Residence: Malta
Ages: Both 51
Occupations: *Stephanie:* Medical Sonographer in a private practice in Latham; *John:* Safety Inspector, New York State Department of Labor
Main Sport: *Stephanie:* XTERRA Triathlon; *John:* Triathlon
Other Sports: *Stephanie:* Trail Running; *John:* Cyclocross, Duathlon, Road Racing
Other Interests: *Stephanie:* Gardening for "cerebral therapy;" *John:* Hiking, Horse Racing; *Both:* Spending time with their dog, Tina



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technology and do post-graduate work in sonography at Albany Medical Center. She started running 5K and 10K road races and took up triathlon after viewing the famous Julie Moss crawl across the finish at Ironman Hawaii in 1982. "I saw that and said, 'I want to do that race too.' I had no idea what was involved!" Stephanie said.

She bought a bike and started training with the Capital District Triathlon Club on Tuesday nights at Crystal Lake in Averill Park, where she met John. They were married five years ago. She completed her first sprint race in 1994 and her first half-Ironman two years later. She competed in her first Ironman in 1997 in Montreal and contested Ironman Lake Placid in 1999 and 2000. At the Eagleman Half-Ironman Triathlon in Maryland the following season, she snagged a spot for Kona thanks to a "roll-down" (unclaimed slots are rolled down to the next eligible finisher), and then qualified again by placing second in her age group at Ironman Canada in a superb 11:20. Nearly all of her Ironman times, remarkably, are in the 12:28 to 12:35 range.

Seven years after she launched her crusade to compete at Ironman Hawaii, on a day when competitors were being blown off their bikes in high winds, Stephanie crossed the finish line at Kona with arms held high. Her 12:30 finish, which would have been outstanding even on a perfect weather day, was anchored by a sub-four-hour marathon. It was six weeks after the 9/11 attacks, and she wore a two-piece tri suit featuring a bottom with red and white stripes and a top with white stars on a blue background. NBC Sports showed clips of her triumphant finish over and over.

John, who grew up in Latham, ran the 400- and 800-meter distances in track at Shaker High School, then competed for

Hudson Valley Community College and Southern Illinois University, where he earned his engineering degree. He took some time off from running, and then began competing in everything from the 5k to marathon. A non-swimmer, he began racing in duathlons in his early 30s after a neighbor talked him into buying a bike. John now has seven bikes, and Stephanie has five. From there, it was a short jump to triathlon. In 2000, he qualified for Kona at the age of 40 by finishing his first Ironman Florida in 10:02.

The run has always been John's strong suit. At Duathlon Nationals earlier this year in Arizona, John was in fourth place in his age group after the first 5K run and fifth off the bike. He won the gold by posting a withering 18-minute second 5K run, running down the lead man in the age group in the last mile.

John's other multisport adventures include Survival of the Shawangunks, an eight-stage triathlon in the Catskills; Escape from Alcatraz staged from San Francisco Bay; and the Tour of the Battenkill Pro-Am bicycle race in southern Washington County. At the Ironman 70.3 Mooseman in New Hampshire on June 5, he qualified for the 70.3 World Championships in Las Vegas this Sept. 11. "There are so many opportunities in multisport," says John. "At this point, I'm just looking for some different, new events."

On a typical non-race weekend, they are both out the door early, with Stephanie on her mountain bike heading for the trails near their house in Luther Forest and John on a road bike, preparing for repeats at Saratoga Battlefield. They each devote about 12 to 15 hours a week to training, and currently are coached by Tim Snow of QT2 Systems in Boston. Their diet includes a lot of fish, whole grains, peanut butter, and other goodies picked up at the local food co-op.

Stephanie is also a member of Team LUNA Chix, which brings women together in learning a new sport by staying active and inspiring others to do the same. The team supports each other while fundraising for the Breast Cancer Fund. ▲

Christine McKnight (trichris@nycap.rr.com) is a triathlete who lives in Schuylerville.

Variety is the Spice of their Multisport Lifestyle

by Christine McKnight

She is a queen of the trails, hills and rocks – with the bruises, scrapes and an occasional dislocated elbow to prove it. He is a master of motivation who rejuvenates himself by constantly seeking out new challenges.

Together, Stephanie Landy and John Noonan are probably the most-decorated, actively competing multisport couple in the Capital District, with age group podium finishes at a half-dozen national- and world-class triathlons, XTERRAs and duathlons. Between them, they have completed nine Ironman races, including qualifying for and competing together at Ironman Hawaii in 2001.

The secret to their success: they keep reinventing themselves as athletes. They also train with discipline, pay careful attention to their nutrition, and have a certain amount of fearlessness.

"It's all out there. You just have to go find it and decide what you want to do," says John, who captured the gold medal in the 50-54 age group last April at the USA Triathlon National Duathlon Championships near Tucson, Ariz. John has also qualified numerous times to compete in world championships in both the duathlon and triathlon at venues around the globe. He will defend his National Duathlon age group title in 2012.

"I don't foresee either of us stopping. I've learned perseverance, tenacity and how to manage the 'hurt' locker," says Stephanie, who recently qualified for the XTERRA World Championships in Maui, Hawaii for the sec-

ond year in a row. XTERRA is off-road triathlon, and features swimming, mountain biking and trail running, with distances varying, depending on the terrain available.

Last year, Stephanie raced to a third-place podium finish in her age group at XTERRA Nationals and Worlds. This year, she again hopes to return to the podium. The bike course at Maui requires cyclists to ride up the flank of a mountain over lava rocks, dirt and jeep trails, and then negotiate "The Plunge," a heart-stopping, eight-kilometer descent that requires nerves of steel.

"It's really scary sometimes," Stephanie admits. "You can't have one second of hesitation. You have to just go for it." One key, she says, is to pre-ride the course and get a handle on its technical demands. At the Eastern Regionals in Richmond, Va., in June, she did just that, setting the stage for a strong race that earned her valuable points on the May to October XTERRA circuit. "When in doubt, you just get off your bike and walk."

"I love the off-road," she says. "You don't have to worry about cars. You're squeezing in between trees and over rocks, and there is no wind in the woods. It's just a lot of fun. And the athletes are so different – they're very laid back."

While they have similar multisport hopes and goals today, Stephanie and John took different routes to get there. In high school in Jamestown, Stephanie was a cheerleader and also a member of the synchronized swimming team her senior year. She came to Albany to earn a degree in radiologic

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PADDLING continued from page 1

The state is planning to ban non-electric motors on this lake and the Town of Johnsbury already bans personal water craft (aka jet skis) on any of its waters. Small rocky mountains rise steeply on the west shore and the white trunks of birches reflect in the water. There are a few backcountry campsites on the lake. Wildlife I've seen here includes osprey, common mergansers, bald eagles, loons and beavers. The intrepid paddler who does not mind lifting over a few beaver dams can explore the inlet (the outlet of Hour Pond) at the south end of the lake - I've gotten almost a mile up the stream.

Halfway down the west shore trails lead to Peaked Mountain and Hour Pond - the new red trail to Hour Pond is not found on most maps. From Elizabeth Point on the east shore one can access Old Farm Clearing and the new Botheration Brook and Pond loop trail. My pick on the east side though is a short climb up Balm of Gilead Mountain

where one can gaze across Thirteenth Lake and the mountains and wilderness beyond.

PUTNAM POND

Putnam Pond lies at the northeast edge of the Pharoah Lake Wilderness Area in the eastern Adirondacks between Schroon Lake and Ticonderoga. All of the shoreline is state-owned and the only development is the state campground. This of course means that in summer solitude might be hard to find. A small concrete ramp boat launch does make it easier for motorboaters to access this lake.

There are a few backcountry boat-access campsites out on the "pond." These are part of the campground so there is a charge and can be reserved from late May through Labor Day. When the campground is closed the backcountry sites are first-come, first-served, and there is no fee. Each campsite has a fire ring, picnic table and outhouse.

In spring I've seen romancing pairs of loons, mergansers and mallards. At various

times of year I've seen and heard bald eagles, osprey, merlins, Canada geese, kingfishers, white-throated sparrows, chickadees, snapping turtles and barred owls. One summer a friend and I paddled out from our campsite after sunset. At the south end of the pond were four beaver lodges in the vicinity of some small islands - a slap of a beaver tail warned us to stay away. We turned and headed north past the island, which separates the main pond from North Pond, admiring the red post-sunset clouds. The water was smooth, it was getting darker, we spooked a great blue heron out of the shoreline and bats swooped close to the head. Returning from the north end of the pond we were greeted by loon calls while Mars shined in the southern sky.

There are many wonderful small ponds in the area to hike to. Rock Pond is notable for its old graphite mine and is worth carrying a canoe to. Clear Pond is, well... very clear. You have to visit Grizzle Ocean just for

its name. A nice 2.5-mile trail leads from the west side of Putnam Pond to the summit of Treadway Mountain, where there are great views of Pharoah Lake and the High Peaks. So get out there and explore! ▲

Rich Macha is owner of Adirondack Paddle 'n' Pole, a specialty canoe and kayak shop in Colonie (onewithwater.com). Rich practically lives on the water in the summer while instructing, leading trips for the Adirondack Mountain Club's Albany Chapter, and escaping to the Adirondacks.



◀ THIRTEENTH LAKE ON A MISTY SUMMER'S DAY.
▲ THE NARROWS AT THE WESTERN END OF BIG BAY.
PHOTOS BY RICH MACHA

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THE NON-MEDICATED LIFE

Learning How to Change to Healthier PART TWO Habits

by Paul E. Lemanski, MD, MS, FACP

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

In the first 42 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications. Integral to implementing an informed diet and lifestyle is learning how to change to healthier habits. Part One (see May 2011 issue) described the psychology of behavior change as it relates to one undesirable health behavior, smoking. Part Two will show how such an approach may be generalized to help change behaviors related to high blood pressure and high cholesterol.

In Part One, learning how to change behavior from smoker to non-smoker is shown to be enhanced by an understanding of a specific model of change as proposed by Prochaska and DiClemente. In this model, change is a process with discrete stages each of which must successfully be completed before an individual can implement a new behavior. Prochaska and DiClemente describe six Stages of Change including: pre-contemplation, contemplation, preparation, action, maintenance and relapse (see May 2011 issue). As described below, the stages of change model may also be used to change unhealthy behaviors, which contribute to high blood pressure and high cholesterol.

While high blood pressure and high cholesterol are predisposed to by family history and thus genetics there is also, for most individuals, a strong behavioral or lifestyle component. A lifestyle that contributes to high blood pressure may include excess sodium intake, excess caloric intake (especially saturated fat calories), and thus obesity, excess alcohol intake, and a lack of daily aerobic exercise. A lifestyle that contributes to high cholesterol may include an

excess of saturated fat and/or an excess in dietary cholesterol. Let's examine how the stages of change model may help reduce excess sodium intake in the former condition, and an excess of saturated fat in the later condition, when both conditions exist in the same individual (unfortunately, not an uncommon occurrence).

Pre-Contemplation – An individual in pre-contemplation consumes excess salt and thus sodium because they experience food tasting better with salt and they see no connection between salt intake and their blood pressure. They may consume excess saturated fat by adding butter or cream to foods because it improves the taste and mouth feel of foods and they see no connection between such consumption and high cholesterol. Such individuals may typically salt their food without even tasting it. They may consume prepared soups, deli meats, pickles, fast foods, and not even realize the excessive salt intake until challenged by a physician who notes an elevated blood pressure. They may buy products that have “no cholesterol” but not realize that saturated fat in the product contributes more to raising blood cholesterol and they may drink whole milk. Such behaviors may continue until the individual is faced with the financial cost and side effects of taking a medication for control of high blood pressure or high cholesterol, and only then consider reducing salt intake and saturated fat, and move to the stage of contemplation.

Contemplation – An individual in contemplation is becoming aware of the connection between the consumption of excess salt and saturated fat and their blood pressure and blood cholesterol. Usually, this awareness comes during a visit to a physician. An elevated blood pressure or elevated blood cholesterol should begin a discussion between patient and physician about possible contributing factors and solutions. Physicians increasingly will discuss the cost and benefit of medication and alternatives, which may include a visit to a registered dietitian. A close family member with high blood pressure or high cholesterol who had a heart attack or stroke may also help move a

This is the 43rd in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



contemplator to the stage of preparation.

Preparation – An individual in preparation is looking for a strategy to reduce salt and to reduce saturated fat without reducing the enjoyment of foods. The first step is the identification of foods with excess sodium and saturated fat and then avoidance of such foods as well as a substitution with other more acceptable foods and condiments. Central to this strategy is the appreciation that taste buds reprogram over time for both sodium and saturated fat. Thus, for an individual used to a high salt intake, a low salt diet will taste bland. However, if the reduction is adhered to for four to six weeks, taste will normalize. A return to the prior diet even for several meals will be perceived as too salty for taste.

In like manner, for individuals on a high saturated fat diet, low fat alternatives will taste unexciting. Skim milk tastes watery and non-fat sour cream is a complete gustatory letdown. But if whole milk users first cut the whole milk with two-percent, and progressively over three to four weeks move to full two-percent, and then cut two-percent with skim in a similar manner, the move to full skim after four to six weeks is much more likely to be accomplished. If low fat sour cream is used as a “bridge,” non-fat sour cream may ultimately be acceptable especially when combined with other condiments. With a strategy and the support of

physician and dietitian an individual is prepared to move to the action stage.

Action – An individual in the action stage has decided on making a change and is implementing a strategy. While the strategy involves a change in diet and behaviors, success is determined by the outcome of a lower blood pressure and cholesterol, and thus requires blood tests and blood pressure measurements – and close follow-up with both dietitian and physician. Support of medical professionals is essential for sufficient time until taste buds reprogram, the individual is comfortable with the new behaviors, and repeat measurement has proven the success of the approach.

Maintenance – An individual in maintenance may be challenged repeatedly in a culture that promotes fast food and eating out several times per week. However, healthy behaviors may be encouraged by practicing moderation both in frequency and portion size. Restaurants and products that clearly identify sodium and saturated fat content can help the individual in maintenance.

Relapse – When it occurs, relapse should be viewed as a learning experience and prompt a visit to dietitian to recalibrate the strategy for renewed success.

In summary, integral to implementing a healthier diet and lifestyle of The Non-Medicated Life is learning how to change behavior. The stages of model may be used to demonstrate how to change behavior and lifestyle to treat conditions such as high blood pressure and high cholesterol and thereby avoid the proverbial bottle of pills to treat some of our most serious health problems. ▲

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

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RACE RESULTS

18TH ANNUAL ANYONE CAN 'TRI' TRIATHLON & 6TH ANNUAL KIDS CAN 'TRI' TOO MINI-TRIATHLON

May 1, 2011 • Southern Saratoga YMCA, Clifton Park

350-YARD SWIM, 11-MILE BIKE, 3.2-MILE RUN

MALE OVERALL

- John Gleeson 32 Rexford 54:00
- William Davis 36 Delmar 54:32
- Anthony Pharo 44 Albany 57:18

FEMALE OVERALL

- Michelle Rosowsky 43 Niskayuna 59:12
- Kristen Hislop 46 Clifton Park 1:04:01
- Kristin Grab 22 Troy 1:06:26

FEMALE AGE GROUP: 14 & UNDER

- Madison Leggett 13 Mechanicville 1:19:45

MALE AGE GROUP: 15 - 19

- Edward Feist 15 Niskayuna 1:34:00
- Loreto Pantano 19 Niskayuna 1:52:58

FEMALE AGE GROUP: 20 - 24

- Kimiki Warlaumont 24 Slingerlands 1:27:08

MALE AGE GROUP: 25 - 29

- Lee Johnson 25 Clifton Park 59:05
- Geoffrey Bizan 27 Clifton Park 1:16:10
- Jacob Masker 27 Walden 1:30:17

FEMALE AGE GROUP: 25 - 29

- Danielle Leder Druzy 27 Ballston Lake 1:14:41
- Ashley Schnore 25 Scotia 1:39:27

MALE AGE GROUP: 30 - 34

- David Newman 31 Albany 1:01:00
- Matthew Nafus 34 Scotia 1:09:48
- Robert Ryan 32 Clifton Park 1:22:54

FEMALE AGE GROUP: 30 - 34

- Jessica Mitchell 33 Albany 1:10:04
- Olya Prevo 30 Mechanicville 1:19:18
- Melissa Gordon 32 Troy 1:19:50

MALE AGE GROUP: 35 - 39

- Craig Nelson 36 Scotia 1:03:10
- Brian Watts 37 Clifton Park 1:03:13
- Travis Moore 38 Clifton Park 1:04:48

FEMALE AGE GROUP: 35 - 39

- Kelly Anderson 39 Niskayuna 1:11:27
- Margaret McMahan 37 Ballston Lake 1:17:34
- Renee Damico 39 Ballston Spa 1:22:27

MALE AGE GROUP: 40 - 44

- Jim Leggett 41 Mechanicville 1:06:35
- Scott Steinhart 40 Schenectady 1:07:06
- Gary Ethier 42 Cohoes 1:07:22

FEMALE AGE GROUP: 40 - 44

- Colleen Gezcy 40 Queensbury 1:11:18
- Monica Ryan 40 West Sand Lake 1:23:11
- Rose Spraker 42 Rexford 1:25:24

MALE AGE GROUP: 45 - 49

- Keith Vogel 45 Queensbury 59:54
- Robert Hess 45 Clifton Park 1:04:30
- Robert Paley 47 Albany 1:04:48

FEMALE AGE GROUP: 45 - 49

- Linda Feist 47 Niskayuna 1:13:14
- Christine Varley 47 Albany 1:15:29
- Ann Correa 46 Clifton Park 1:17:43

MALE AGE GROUP: 50 - 54

- Keith Martin 51 Clifton Park 1:23:57
- Joseph Buono 53 Clifton Park 1:26:34
- Mark Marshall 53 Latham 1:26:38

FEMALE AGE GROUP: 50 - 54

- Robin Davey 53 Rexford 1:21:06
- Virginia Touhey 54 Clifton Park 1:25:44
- Joanne Scidmore 50 Clifton Park 1:26:41

MALE AGE GROUP: 55 - 59

- Anthony Maddaloni 59 Slingerlands 1:03:51
- Mark Mindel 59 Ballston Lake 1:33:25

FEMALE AGE GROUP: 55 - 59

- Donna Lustenhouwer 57 Altamont 1:25:50

MALE AGE GROUP: 60 - 64

- Dave Mt. Pleasant 61 Gansevoort 1:18:12
- Willard Rogers 64 Clifton Park 1:26:13
- John Warlaumont 62 Slingerlands 1:27:44

FEMALE AGE GROUP: 60 - 64

- Claudia Nafus 61 Scotia 2:12:06
- Heidi Mt. Pleasant 61 Gansevoort 2:40:39

MALE AGE GROUP: 65 - 69

- Hugh Dunsieath 67 Clifton Park 1:06:26
- James Bierce 67 Clifton Park 1:45:54

MALE AGE GROUP: 70 - 74

- Armand Langevin 74 Cohoes 1:29:26
- Ray Lee Jr. 70 Halfmoon 1:40:11
- Richard Back 73 Nassau 1:58:23

MALE AGE GROUP: 75 - 79

- Richard Golden 76 Athens 2:03:53

AGE 9-13 - 50-YD SWIM, 1M BIKE, 0.5M RUN

MALE OVERALL

- Luke Gezcy Queensbury 11 9:31
- Tanner Damico Ballston Spa 12 9:39
- Jack Larkin Malta 11 9:41
- Bradley Albright Burnt Hills 10 9:49
- Joshua Vogel Queensbury 11 10:34
- Samuel Binsfeld Clifton Park 9 10:38
- Brendan Murphy Albany 12 10:58
- Matthew Roos Clifton Park 11 10:58
- Adolfo Arana Jr. Clifton Park 10 11:02
- Daniel DeGennaro Waterford 12 11:14
- Zachary Stahl Clifton Park 9 11:43
- Louis Donatelli Clifton Park 10 12:29
- Sam Carter Binghamton 11 12:36
- Logan Kising Troy 11 12:52
- Steven Vanamerongen Albany 9 13:37
- Griffin Day Ballston Lake 10 13:42

FEMALE OVERALL

- Natalie Albright Burnt Hills 13 10:48
- Megan Keating Waterford 9 11:02
- Taylor Leggett Mechanicville 11 11:06
- Emily DeGennaro Waterford 9 11:11
- Emma Larkin Malta 9 11:13
- Tierra Damico Ballston Spa 9 11:17
- Sarah Pritchard Ballston Spa 10 11:29
- Madison Krochina Mechanicville 10 11:36
- Hannah Feit Clifton Park 10 11:38
- Elizabeth Roos Clifton Park 9 11:41
- Hanna Petro Rexford 10 11:52
- Nicole Orcutt East Greenbush 9 11:54
- Grace Carter Binghamton 9 12:17
- Mathilda Tristan Clifton Park 9 12:54
- Meghan Gezcy Queensbury 9 12:54
- Jessica Tallman Slingerlands 11 12:58
- Aimee Flint Saratoga Springs 10 13:06
- Madelyn Chu Mechanicville 9 13:20
- Bella Diaz Ballston Spa 10 13:26
- Amanda Bowman South Westerlo 12 13:28

AGE 8 & UNDER - 25YD SWIM, 0.5M BIKE, 0.25M RUN

MALE OVERALL

- Alec Richards Corinth 8 7:00
- Aidan Ryan Clifton Park 7 7:29
- Spencer Steinhart Schenectady 6 7:40
- Drew Canterbury Ballston Lake 6 7:46
- Ryan Orcutt East Greenbush 7 8:14
- Matthew Binsfeld Clifton Park 7 8:23
- Liam Hoffman Clifton Park 7 8:38
- Michael Roos Clifton Park 8 8:41
- Hayden Day Ballston Lake 7 9:08
- Matthew Gleason Clifton Park 6 9:47
- Dillon Goodwill Ballston Lake 5 10:33
- Maxwell Hoffman Clifton Park 8 10:38
- Reid Binsfeld Clifton Park 5 10:44

6TH ANNUAL KIDS CAN 'TRI' TOO MINI-TRIATHLON continued

14 Danny Gagnier	Clifton Park	7	11:53	6 Erin Berls	Saratoga Springs	7	8:02
15 Aidan Watts	Clifton Park	6	15:28	7 Abby Vara	Loudonville	7	8:12
16 Quinn Nelson	Scotia	3	15:46	8 Corinne Boyle	Niskayuna	5	8:16
17 Evan Friend	Mechanicville	3	16:18	9 Isabel Nelson	Scotia	6	8:28
FEMALE OVERALL				10 Emma Anderson	Niskayuna	7	9:08
1 Emma Lanahan	Clifton Park	8	7:08	11 Ashley Gleason	Clifton Park	7	9:40
2 Madison Stopyak	Clifton Park	7	7:09	12 Ella Friend	Mechanicville	6	9:57
3 Jillian Richards	Corinth	6	7:23	13 Claire Lanahan	Clifton Park	6	11:17
4 Taylor Peterson	Cohoes	7	7:34	14 Sarah Berls	Saratoga Springs	3	18:57
5 Heather Pritchard	Ballston Spa	7	7:38				

Courtesy of Capital District YMCA

T3 COACHING DUATHLON SERIES RACE #1

May 1, 2011 • SUNY Adirondack, Queensbury

1.5-MILE RUN, 7-MILE BIKE, 1.5-MILE RUN

MALE OVERALL

- Nick Marcantonio Glens Falls 35:54
- Doug Campbell Salem 39:41
- Jason Gardner Glens Falls 42:19

FEMALE OVERALL

- Heidi Underwood Kattskill Bay 43:55
- Frances Vincent Slingerlands 45:45
- Carrie Mauro Glens Falls 49:46

REGIONAL FINISHERS

- John Davidson Queensbury 43:11
- John Cardinale Queensbury 43:40
- Joe Hall Queensbury 44:36
- Andy Gordon Granville 45:44
- Chris Bowcutt Ballston Spa 46:46

MALE AGE GROUP: 30 - 34

- Michael Rozell Queensbury 46:48
- Van Fronhofer Queensbury 47:05
- Eric Besaw South Burlington, VT 47:32
- Neil Kelsey Queensbury 47:57
- David Cann Queensbury 48:16
- James Bogue Buskirk 49:50
- Vincent Kirby Mechanicville 50:20
- Jim Fox Glens Falls 50:58
- Ann Herring Queensbury 52:49
- Liz Collins Glens Falls 53:21
- Jim McCarty Glens Falls 53:33
- Christine McKnight Schuerville 53:37
- Matthew McMorris Saratoga Springs 56:50
- Janice Sorrentino Glens Falls 1:09:12

Courtesy of T3 Coaching

LITERACY 5K RUN • May 1, 2011 • Troy Atrium, Troy

MALE OVERALL

- James O'Connor 37 Troy 16:17
- Kahlil Scott Jr. 20 Cohoes 16:44
- Shaun Donegan 25 Saratoga Springs 17:10

FEMALE OVERALL

- Jennifer Kristel 37 Ballston Lake 20:37
- Deanne Webster 35 Albany 22:42
- Lauren Barnard 26 Colonie 22:49

MALE AGE GROUP: 14 & UNDER

- Alex Legg 13 Hamden 18:22
- Dylan Morgan 14 Troy 24:18
- Matthew Doyle 14 Troy 26:11

FEMALE AGE GROUP: 14 & UNDER

- Denasia Frierson 11 Troy 27:25
- Emily Fowler 11 Troy 29:37
- Bethany Dudley 13 Troy 30:02

MALE AGE GROUP: 15 - 19

- Paul Cox 17 Troy 18:45
- Daniel Hodgkinson 16 Delmar 22:27
- Jeremiah Cole 16 Earleton 22:51

FEMALE AGE GROUP: 15 - 19

- Amanda Lambrose 16 Breezy Point 39:22
- Madison Kolis 19 Albany 43:30

MALE AGE GROUP: 20 - 24

- Michael Rogers 20 Troy 19:15
- Chris Hill 24 Saratoga Springs 22:58
- Justin Clark 24 Ballston Spa 24:30

FEMALE AGE GROUP: 20 - 24

- Sara Lanesev 24 East Greenbush 23:23
- Tracey Lanesev 24 Ballston Spa 23:59
- Megan Bucco 24 Marlboro 24:03

MALE AGE GROUP: 25 - 29

- Terrence Rusch 28 Albany 24:04
- Will Reichert 27 Troy 25:32
- Zachary Gleason 25 Watervliet 26:43

FEMALE AGE GROUP: 25 - 29

- Sara Wlodarczyk 25 Valatie 26:50
- Jennifer Schermerhorn 29 Nassau 31:22
- Angela Taddes 25 Wynantskill 31:42

MALE AGE GROUP: 30 - 34

- Chris Morris 34 Albany 20:49
- Joshua Pachcco 34 Albany 21:55
- Michael Washco 32 Albany 23:41

FEMALE AGE GROUP: 30 - 34

- Colleen Cahill 33 Albany 24:09
- Kelly Phelan 30 Troy 24:44
- Elizabeth Kerry 34 Averill Park 26:32

MALE AGE GROUP: 35 - 39

- John Braungard 35 Schenectady 19:52
- Ryan Buff 36 Latham 20:10
- Sasha Phillips 39 Troy 27:29

FEMALE AGE GROUP: 35 - 39

- Nicole Stagnitti 35 Petersburgh 24:18
- Suzanne Filippone 39 Delmar 26:49
- Elizabeth Nagel 35 Rensselaer 27:32

MALE AGE GROUP: 40 - 44

- Rob Sheffield 42 Troy 20:10
- Matt Neal 42 Waterford 21:34
- Anthony Ostrander 43 Troy 23:26

FEMALE AGE GROUP: 40 - 44

- Marcy Dikeman 43 Wynantskill 22:55
- Karen Skiba 40 Troy 23:52
- Diane Montes-Harris 43 Troy 25:00

MALE AGE GROUP: 45 - 49

- Jack Arnold 48 Latham 19:37
- Dan Hart 48 Waterford 20:58
- John Sestito 47 Johnsonville 21:06

FEMALE AGE GROUP: 45 - 49

- Brenda Taylor 45 Troy 24:02
- Elizabeth King 46 Troy 25:57
- Cindy Calderone 46 Latham 27:52

MALE AGE GROUP: 50 - 54

- Tom Smith 54 Albany 23:40
- Ray Ludwig 53 East Schodack 24:13
- John Parsons 54 Troy 24:23

FEMALE AGE GROUP: 50 - 54

- Nancy Piche 50 Loudonville 26:00
- Patricia Hodgkinson 51 Delmar 27:36
- Nancy Kolakowski 53 Niskayuna 28:56

MALE AGE GROUP: 55 - 59

- Joe Pinto 58 Clifton Park 23:43
- John Carboni 57 Schenectady 24:11
- Kenny Hart 56 Colonie 27:20

FEMALE AGE GROUP: 55 - 59

- Carol Gerbing 58 Ballston Lake 27:48
- Cheryl Smith 59 Latham 28:28
- Dale Williams 56 Niskayuna 30:20

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LITERACY 5K RUN continued

Table with 3 columns: Rank, Name, Time. Includes Male Age Group: 60-64, Female Age Group: 60-64, Male Age Group: 65-69.

2ND ANNUAL JOG FOR JUGS HALF-MARATHON & 5K RUN continued

Table with 3 columns: Rank, Name, Time. Includes 5K Run, Male Overall, Female Overall, Male Age Group: 30-39, Female Age Group: 30-39.

5TH ANNUAL CCRC 5K RUN

May 7, 2011 • Christ Community Reformed Church, Clifton Park

Table with 3 columns: Rank, Name, Time. Includes Male Overall, Female Overall, Male Age Group: 30-39, Female Age Group: 30-39.

54TH ANNUAL HUDSON RIVER WHITE WATER DERBY

May 7-8, 2011 • Hudson River: North Creek, North River & Riparius

Table with 2 columns: Race Type, Rank/Name/Time. Includes Kayak: 1-person male, Open canoe: 2-person family, etc.

2ND ANNUAL JOG FOR JUGS HALF-MARATHON & 5K RUN

May 7, 2011 • Duaneburg Town Park, Duaneburg

Table with 3 columns: Rank, Name, Time. Includes Male Overall, Female Overall, Male Age Group: 40-44, Female Age Group: 40-44.

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RACE RESULTS

31ST ANNUAL HMRRC MOTHER'S DAY RACE

May 8, 2011 • Hamagrael School, Delmar

5K FOR WOMEN & THEIR CHILDREN			
FEMALE OVERALL			
1	Judy Guzzo	43	Niskayuna 18:21
2	Katie Hodge	39	Delmar 18:52
3	Kimberly Miseno Bowles	40	Amsterdam 19:32
MALE OVERALL			
1	Ben Unverhau	15	Niskayuna 18:19
2	Andrew Bohl	16	Rensselaer 18:38
3	Tom Abowd	14	Glenmont 22:42
MALE AGE GROUP: 14 & UNDER			
1	Derek Martelle	9	Delmar 23:17
2	Brien Maney	12	Slingerlands 25:23
3	Liam Spollen	8	Voorheesville 26:00
FEMALE AGE GROUP: 14 & UNDER			
1	Kelly Maney	9	Slingerlands 27:10
2	Kaitlyn Rarick	11	Delmar 27:32
3	Sarah Mattfeld	8	Voorheesville 31:10
FEMALE AGE GROUP: 15 - 19			
1	Laurel Abowd	17	Glenmont 22:25
2	Alanna Fitzpatrick	18	Loudonville 26:20
3	Elizabeth Bohl	18	Rensselaer 29:48
FEMALE AGE GROUP: 20 - 24			
1	Rebecca Lee	20	Selkirk 23:08
2	Laura Barlow	21	Latham 25:12
3	Allison Connor	21	Hudson 29:11
FEMALE AGE GROUP: 25 - 29			
1	Lauren Anderson	29	Albany 22:57
2	Sarah Scott	29	Troy 23:20
3	Caitlin Schreff	25	Delmar 24:18
FEMALE AGE GROUP: 30 - 34			
1	Lisa Lavigne	34	Niskayuna 21:44
2	Sara O'Grady	30	Latham 22:13
3	Jennifer Rickert	32	Delmar 25:32

FEMALE AGE GROUP: 35 - 39			
1	Stacey Kelley	35	Albany 21:21
2	Ellen Gokey	36	Delmar 21:52
3	Deana Geesler	39	Delmar 23:30
FEMALE AGE GROUP: 40 - 44			
1	Felice Devine	40	Wynantskill 21:36
2	Allison Lauenstein	44	Delmar 22:16
3	Elizabeth Coombe	43	Delmar 23:28
FEMALE AGE GROUP: 45 - 49			
1	Barbara Mahar	49	Delmar 23:48
2	Susan Reese	46	Rensselaer 24:01
3	Sharon Fellner	49	Schenectady 24:17
FEMALE AGE GROUP: 50 - 54			
1	Jenny Lee	51	Selkirk 25:42
2	Barbara Connolly	52	Delmar 27:05
3	Anne Connor	51	Hudson 29:10
FEMALE AGE GROUP: 55 - 59			
1	Jill Mehan	56	Troy 23:36
2	Maureen Kirsch	55	East Greenbush 23:47
3	Margaret Gaudet	56	Albany 24:21
FEMALE AGE GROUP: 60 - 64			
1	Martha DeGrazia	60	Slingerlands 21:48
2	Nancy Hodge	63	Delmar 24:28
3	Pamela Kash	61	East Greenbush 28:09
FEMALE AGE GROUP: 65 - 69			
1	Carol Lynch	65	Delmar 23:27
2	Penny Cushman	67	Albany 34:19
FEMALE AGE GROUP: 70 - 74			
1	Eiko Bogue	73	Schaghticoke 33:40
2	Geri Moore	74	Niskayuna 42:25
FEMALE AGE GROUP: 75 - 79			
1	Joan Corrigan	76	Clifton Park 35:54

Courtesy of Hudson-Mohawk Road Runners Club

T3 COACHING DUATHLON SERIES RACE #2

May 8, 2011 • SUNY Adirondack, Queensbury

1.5-MILE RUN, 7-MILE BIKE, 1.5-MILE RUN			
MALE OVERALL			
1	Jason Gardner		Glens Falls 41:26
2	Robert Stocks		Binghamton 42:04
3	Ryan Rath		Ballston Spa 42:20
FEMALE OVERALL			
1	Heidi Underwood		Kattskill Bay 42:51
2	Isabelle Dickens		South Glens Falls 45:19
3	Kristen LeClair		Wilton 48:33
REGIONAL FINISHERS			
5	Joe Hall		Queensbury 44:00
7	Matthew Twinam		Saratoga Springs 45:28
8	Chris Bowcutt		Ballston Spa 45:36
9	Van Fronhofer		Salem 47:21
10	David Cann		Queensbury 47:56

Courtesy of T3 Coaching

T3 COACHING DUATHLON SERIES RACE #3

May 15, 2011 • SUNY Adirondack, Queensbury

1.5-MILE RUN, 7-MILE BIKE, 1.5-MILE RUN			
MALE OVERALL			
1	Bob Underwood		Kattskill Bay 38:22
2	John Davidson		Queensbury 42:59
3	Ryan Rath		Ballston Spa 43:17
FEMALE OVERALL			
1	Krissy LeClair		Wilton 47:37
2	Ann Herring		Queensbury 52:03
3	Kaitlyn Hansen		South Glens Falls 55:24

REGIONAL FINISHERS			
4	John Cardinale		Queensbury 43:23
5	Joe Hall		Queensbury 43:43
6	Andrew Gordon		Granville 44:15
7	Chris Bowcutt		Ballston Spa 45:23
8	Dan DeGennaro		Waterford 45:23
9	Tom Hansen		South Glens Falls 46:24
10	Eric Besaw		South Burlington, VT 46:36
11	Van Fronhofer		Salem 47:08

continued

T3 COACHING DUATHLON SERIES RACE #3 continued

12	Michael Rozell	Queensbury	47:13	3	Elizabeth Gordon		7:31
14	Tom Burhoe	Queensbury	49:12	4	Carson Rath		8:13
15	Jim Fox	Glens Falls	50:38	5	MacKenzie Pisani		8:46
16	Vincent Kirby	Mechanicville	50:55	6	Ashland Gordon		8:50
18	Ben Pisani	Hudson Falls	52:51	7	Jacob Gordon		9:07
19	Gary Crossman	Warrensburg	54:01	8	Ella Crossman		9:41
21	Marge Rajczewski	Ballston Lake	56:39	9	Mia Rath		10:33
22	Matthew Twinam	Saratoga Springs	45:23	10	Phoebe Fox		11:10
KIDS' DUATHLON				11	Hazel Crossman		11:18
1	Kyle Hansen		6:55	<i>Courtesy of T3 Coaching</i>			
2	Jack Rath		6:56				

32ND ANNUAL CDPHP WORKFORCE TEAM CHALLENGE

May 19, 2011 • Empire State Plaza, Albany

3.5-MILE RUN			
COED TEAMS			
1	General Electric A		1:24:23
2	Albany Medical Center A		1:25:09
3	NYS Dept of Taxation & Finance A		1:29:02
4	Queensbury UF School District		1:29:19
5	Shenendehowa Central School A		1:31:27
FEMALE TEAMS			
1	C.H. Evans Brewing		1:42:28
2	Albany Medical Center A		1:44:01
3	Burnt Hills Ballston Lake Schools		1:44:15
4	Shenendehowa Central School		1:44:54
5	Bethlehem Middle School		1:46:17
MALE TEAMS			
1	ARE Event Productions A		1:16:21
2	Fleet Feet Sports		1:16:36
3	Alex Paley/Jonathan Catlett/Max Jack/Ken Little		1:20:39
CELEBRITY			
1	Tyler Gantz/Andrew Rickert/Joseph Sullivan/Jonathan Kruger		1:20:39

Courtesy of Hudson-Mohawk Road Runners Club

2ND ELLA GRACE CHIARI FOUNDATION 5K COUNTRY RUN

May 20, 2011 • Village Commons, Nassau

MALE OVERALL			
1	Richard Messinea	22	Nassau 17:29
2	Brett Fagen	39	Nassau 20:49
3	John Deer	28	Guilfordland 20:57
FEMALE OVERALL			
1	Kari Deer	32	Guilfordland 20:55
2	Heather Kromer	36	East Nassau 23:49
3	Cheryl Eveland	40	East Greenbush 24:27
MALE AGE GROUP: 9 & UNDER			
1	Austin Fahrenkopf	9	East Greenbush 23:29
2	David Romer	6	East Greenbush 26:00
3	Aiden Hickey	9	Nassau 28:34
FEMALE AGE GROUP: 9 & UNDER			
1	Elena Suarez	9	Nassau 33:45
MALE AGE GROUP: 10 - 19			
1	Zack Piel	14	Nassau 23:03
2	Jack Romer	10	East Greenbush 24:10
3	Jared Milford	12	Troy 25:09
FEMALE AGE GROUP: 10 - 19			
1	Olivia Bransky	13	Nassau 25:55
2	Maegan Drzymala	11	Nassau 27:46
3	Taylor Hickey	12	Nassau 28:35
MALE AGE GROUP: 20 - 29			
1	Victor Du	24	Troy 27:19
FEMALE AGE GROUP: 20 - 29			
1	Amber Malone	29	Castleton 26:01
2	Brianne Balzer	26	Nassau 26:10
3	Briana Vogel	25	Hudson 28:22

continued

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2ND ELLA GRACE CHIARI FOUNDATION 5K COUNTRY RUN continued

Table with 2 columns: 1-MILE KIDS' RUN and FEMALE OVERALL. Lists names, times, and locations.

1ST KERRY BLUE HUSTLE 5K RUN WITH THE DOGS

Table with 2 columns: MALE OVERALL and FEMALE OVERALL. Lists names, times, and locations.

22ND ANNUAL RUN IF YOU D.A.R.E. 5K ROAD RACE

Table with 3 columns: MALE OVERALL, FEMALE AGE GROUP: 16 - 19, and FEMALE AGE GROUP: 40 - 49. Lists names, times, and locations.

3rd Annual Camp Chingachgook Challenge Half-Marathon & 10k Race



and Family Fun Day Saturday, August 6, 2011



Half-marathon start: 8am 10k start: 9am

Course: Half-Marathon: This surprisingly fast course starts at the Lake George Elementary School...
Transportation: Free transportation will be provided from Camp Chingachgook to the Half-Marathon start...
Entry Fee: Half-Marathon - \$30 if received by July 6, 2011...
T-Shirts: T-Shirts guaranteed to all runners registered by July 6, 2011...
Awards: Prizes for Top 3 male and female overall finishers...
Post Race: Bring your bathing suit and towel for the post race bash in Lake George!...
Registration: To register online, with no service charge, go to www.AREEP.com

The 34th Annual Great Cow Harbor 10K Run

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August 6, 2011



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15K and 3.5 Mile Trail Races

John Boyd Thacher State Park

Haile's Cave Picnic Area Enter at Park Office - Park in Pool Lot

Sunday - July 31

9:00 am - 15K 11:00 am - 3.5 mile

Day of Race Registration

7:45 to 8:30 am - 15K 9:45 to 10:30 am - 3.5 mile

HMRRC Picnic

11:30 noon to 1:00 pm 1 BBQ lunch included with race entry

FREE!! ONLINE RACE REGISTRATION AVAILABLE AT WWW.HMRRC.COM

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Directions from... Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 [Thacher Park Rd]
Altamont: Route 156 [up the hill]; left at Route 157-- Follow signs to Thacher Park

What you pay... Pre-Registration [postmark by 7/17]: \$17 - Member; \$20 - Nonmember/Guest July 18 to Day-of-Race: \$20 - All [Mailed entries must be postmarked by 7/25]

What you get... Race entry; Shirt to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; 1/2 BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions... Maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area. Marked course with water/aid stations on course

15K - Loop - 97% natural surface - hiking & XC ski trails, wood roads-- two challenging hills--strenuous physical exertion--trail racing experience optional

3.5Mi - Loop - 99% natural surface--rolling terrain and demanding hills--recommended for HS/College XC runners & novice trail runners of all ages

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Age-groups Winners: (2 deep) 20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

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BICYCLING & TRIATHLON

Training with Numbers

by Ric MacKenzie



PAT SOMMO OF GUILDERLAND, A MEMBER OF THE CAPITAL DISTRICT TRIATHLON CLUB, LEARNS WHAT IT FEELS LIKE TO PEDAL EFFICIENTLY.

Training with numbers could be viewed as potentially boring, thereby diminishing some of the enjoyment of whatever sport we undertake. The word “training” though does impart the practice of work albeit: “To make proficient by instruction and practice, to make a person fit by proper exercise and diet; to treat or manipulate so as to bring into some desired form.”

Actually, my perspective is like many of you. Training with numbers has a benefit, when you know what to do with the numbers, and how to get “excited” about them. In business, it’s easy to get excited by numbers especially when it’s on the plus side. In sports, the excitement with numbers arrives when you’re on the winning side. In endurance sports, as in other sports that require a high degree of cardio capability, you train with numbers. Usually, it is distance and time related. Focusing on cycling, many of us have used heart rate monitors or power meters, but what do we do with those numbers? A lot of us simply download our instruments – our onboard computers – to diaries when finished with a workout, and store them for future comparison. Is there any more than that? Yes!

In endurance sports such as cycling, there are generally five main physiological systems that may be trained in the body. Although some coaches and experts may add more “sub” levels to these systems they are: aerobic/endurance, lactate threshold, VO₂, anaerobic capacity and neuromuscular power.

Aerobic/Endurance Training – This training is just riding and commonly referred to as base training. It is an easy to moderate intensity and is a little more strenuous than a casual ride. It is not glamorous but it is the fundamental basics. The body adapts following endurance work with energetic gains, weight loss that leads to leaner body mass, mental adaptations and economy of movement with developed muscle memory.

Lactate Threshold Training – Usually accomplished with intervals that are done in sets. The intensity is done just below, to just above, time trial pace. The body’s reaction is to recruit more Type II muscle fibers, but the intensity must be high. Additionally, LT training improves a rider’s ability to stay in an aerobic state, and it improves maximum

steady state capability. The body adapts with reduced recovery periods.

VO₂ Training – This training is also accomplished in sets of intervals but with maximum intensity. VO₂ is the maximal volume of oxygen your body can process to produce movement. VO₂ is often distinguished as the “gold standard” for assessing one’s cardio-respiratory fitness. The relative measurement for athletes is expressed in terms of milliliters of used oxygen per kilogram of body weight per minute (ml/mg/min). It is a powerful predictor of a person’s endurance performance ability. This type of training increases the rate of oxygen delivery to muscles.

Anaerobic Training – Also accomplished with sets of intervals. This type of training increases anaerobic capacity and improves, buffering, and shuttling of lactate from the body, enabling you to withstand harder and longer muscle bursts. This type of training improves the recovery system that is critical during repeated hard efforts in an event.

Neuromuscular Power Training – Includes extremely short maximal repetitions. They improve rhythm and coordination during maximal efforts and increase muscular power output. They also improve your “fatigue ratio” through their intense repetition.

All these systems work together at the same time and overlap each other to some degree. However, depending on the effort and duration, one of these systems becomes more dominant. The art in training with numbers of course, is not only knowing how long to train each system, but how and with the correct intensity as each individual has a different level of fitness. It is somewhat easy to track duration but what about measuring intensity? Certainly, the first answer coming to mind might be heart rate. That’s partially true. But your heart rate is dependent on many outside variables like your level of hydration, air and core body temperature, quality of sleep, nutrition, stress and medication.

A power measuring device on the other hand like a power meter, a CompuTrainer or similar device measures an accurate rate of work regardless of those outside variables. They are much more precise than when using a heart rate monitor. Ascertaining intensity or your power is comparable to

measuring the amount of horsepower you are using in making your car go at one consistent speed. In terms of cycling, simply put, wattage is how hard you pedal multiplied by your cadence.

Power is important because it is a direct determinant of performance velocity. Power measures the sum of all forces resisting you from moving forward on a bicycle (aero drag, rolling resistance, gravity, drive train efficiency, mass of rider and bike, etc.) Measuring your power adds meaning and further clarity to monitoring your heart rate. Your heart rate only tells you how fast your heart is pumping, not if you are improving. Cycling, for the most part, is a sport of pacing. So how can we train with numbers and make it a little more enjoyable, a bit more recreational?

Training will always be work and painful at times. The pain of training and the solitude of the sport in general, require mental discipline. Despite our learned scholars and theologians relating “pain is only weakness leaving the body,” how do you make training a little less painful, a little more recreational and enjoyable? It’s called distraction. So that I’m clear, I use the term distraction in a positive sense. Distraction allows me to train but “takes me away” in a sense. Even “visualization” during training could be considered a distraction.

By riding outside, distraction is easily accomplished especially when accompanied by a group. The air, scenery, social atmosphere and networking capability of being in a group accommodate being distracted well. There is nothing in my mind that beats outside cycling for a feeling of freedom and enjoying life. But as it relates specifically to training, there are both pros and cons to riding outside. Some of the cons include the workings of Mother Nature and vehicular traffic, personal scheduling, and the consistency of your training sessions just to name a few.

What about riding and training indoors? Being in a garage or your basement and watching a movie, a training video while you watch others cycle with their choice of music

or listening to your own music might help alleviate boredom and provide some distraction for a while, but that effect certainly isn’t lasting. How could you ride indoors through a Northeast or inclement winter when the weather isn’t suitable? What’s the answer? Simply, it’s by combining all those distracting capabilities together including a social atmosphere. This is the pragmatic explanation for the advent of spinning studios over the last 15 years. Spinning in a group provides the benefit of cardio training (to an extent) with a social atmosphere.

What about more of a “hardcore” cycling benefit to the cycling enthusiast or competitor? There has been a technological attempt and trend to make sport participation and exercise conditioning virtual while providing a recreational aspect with a legitimate training benefit. Whether it’s through the use of Nintendo Wii-like games, golf simulators, virtual treadmills or CompuTrainer or similar cycling equipment, the virtual market in some aspect has spread to almost every sport.

In cycling, the oldest most novel and still leader in the area of virtual cycling is the CompuTrainer. The CompuTrainer, in lay terms, is a load-based trainer that uses your own bicycle, and changes the load depending on and contingent with the virtual course you ride. It was designed to provide cycling workouts that rival outside riding with the addition of an interactive graphics display. Although, not intended to replace outside riding, it has the ability to help you reach training goals in the shortest amount of time possible. The CompuTrainer’s capabilities continue to evolve becoming more realistic, while providing the recipient a myriad of training metrics for performance and improvement. ▲

Ric MacKenzie (ubmercycx@gmail.com) is the owner of Revolutionary Velo-Watts in Clifton Park, a new power and performance based cycling training center using CompuTrainers for triathletes and competitive and recreational cyclists.

35TH ANNUAL
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REVOLUTIONARY VELO-WATTS

The transition between spring and summer can be a trying experience for mountain bikers in the Northeast. The fickle weather can play games with local riders who find themselves riding through clouds of dust on Wednesday, watching the streets flood on Thursday, and then trying to decide if they want to spend their Saturday cleaning the caked remnants of Friday's muddy ride off of their bike.

The spring of 2011 has been no exception, with record rainfall across the region. Fortunately the dog days of summer lie ahead and with them comes the potential for scorching heat to help dry out the woods. The opportunities for riding in the Capital Region and Adirondacks are plentiful and offer something for riders of every level.

The trail systems listed below is just a sampling of the great riding in upstate New York. If you are unfamiliar with a system stop into a local bike shop and ask around. Shop employees often know the trails, or will be able to put you in touch with a knowledgeable rider.

ALBANY PINE BUSH

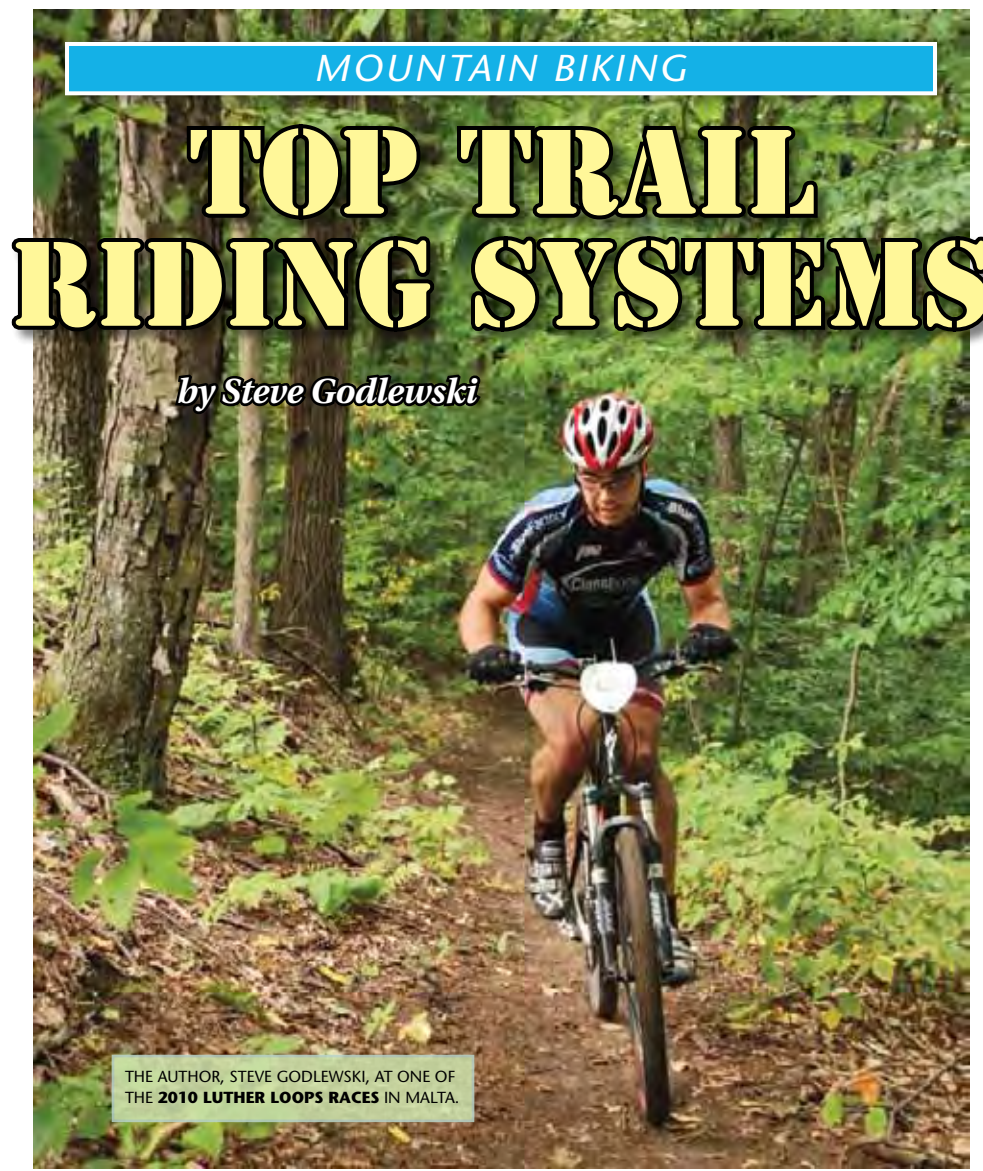
A hidden gem in the city of Albany and towns of Colonie and Guilderland. The largest section of trails is accessed via the Madison Avenue Extension trailhead. The trails consist of winding, smooth single-track. The sandy soil allows the trail system to drain water very quickly and makes this a great place to ride when the rest of the region is soggy. While not the most technical terrain, the Pine Bush trails are great for experienced riders looking for an aerobic workout or beginner riders looking to cut their teeth. Info: albanypinebush.org.

SCHENECTADY'S CENTRAL PARK

These trails in the city of Schenectady have become a favorite for local riders looking to squeeze in a few fast laps during lunch or after work. The system is almost entirely singletrack and makes good use of a small area with trails winding back and forth, nearly crossing itself at several points. The trails are fast and flowing with several rock gardens, rooty sections, and bridges thrown in to keep you on your toes. The trails are well maintained by a dedicated group of volunteers, and exist thanks to a partnership between the city and local riding community. Info: capitalmtb.org.

LUTHER FOREST STEP TRAILS

Located adjacent to the Saratoga Technology and Energy Park (STEP) in the town of Malta, these trails are similar to the sandy, twisting Pine Bush trails. The trails weave up and down ravines and offer a fun mixture of climbing and fast descents. The trails are not overly technical, but do feature several log crossings and bridges. Info: malta-town.org.



THACHER STATE PARK

Believed by some to be Albany County's best kept secret (formerly – sorry everyone!), the trails in the northern section of the park mesh in with the famous Long Path, which continues all the way south to New Jersey. NYS Parks released a map of this section in spring 2011, which is available on their website. The park contains nearly 25 miles of trails, with something to challenge every level of rider. Info: nysparks.state.ny.us.

SARATOGA MOUNTAIN BIKE ASSOCIATION

The SMBA trails continue to grow and expand thanks to a dedicated group of volunteers. The trail system has a reputation of being better suited for more experienced riders, but is continuing to expand its network to include more trails for beginner and intermediate riders. The trails consist mostly of singletrack with plenty of roots, rocks, and the occasional boulder for an added challenge. The trails are relatively flat with only a few significant hills but no sustained climbing. A trail map is provided with each membership (available for purchase at area bike shops) and shows color-coded trails based on

difficulty, to keep riders from getting in over their heads. A SMBA membership is required to ride the trails – the annual fee covers the cost of insurance, land lease and trail maintenance work. Info: saratogamtb.org.

MOREAU LAKE STATE PARK (SPIER FALLS)

Located a few minutes from Northway Exit 17, these trails consist of mostly rocky singletrack with a few sections of rough fire road. The trails farther away from the main campground do not receive as much traffic as other systems, and riders can expect to encounter the occasional blow down or unraked trail. After climbing to the top of the mountain ridge, riders are rewarded with rolling trails and scenic overlooks of the Hudson River and southern Adirondacks. Maps are available at the rangers' office on Old Saratoga Road. Info: nysparks.state.ny.us.

GRAFTON LAKES STATE PARK AND PITTSBOWN STATE FOREST

Located in rural Rensselaer County, Grafton Lakes State Park boasts over 25 miles of trails and fire roads. Advanced riders have the option of connecting with trails in the Pittsstown State Forest for an expanded ride

which includes a technical decent down a rocky fire road. Keep in mind, though, that the Pittsstown trails are not beginner friendly. The whole trail system is comprised of three trails: Bonnie & Clyde, Zig-Zag, and Connector. Zig-Zag consists of rocky single-track with numerous natural features such as logs and small boulders. The other trails also have short steep climbs and off-camber sections. Info: nysparks.state.ny.us.

INLET AND OLD FORGE

The Old Forge trail system is the most expansive of several trail systems, and is geared towards beginner and intermediate riders. The Black Bear Mountain trail provides more challenging terrain – it's relatively short but offers spectacular views of the surrounding area for those that make the trip to the top. There are many more trail options in the Inlet area. The Inlet Information Office, Pedals & Petals in Inlet, Adirondack Exposure in Old Forge or Mountainman Outdoors in Old Forge can steer you in the right direction. Info: inletny.com, pedalsandpetals.com, adirondackexposure.com or mountainmanoutdoors.com.

WILMINGTON AND LAKE PLACID

The Wilmington and Lake Placid area have been working hard to improve and expand the network of trails in the High Peaks, capitalizing on venues from hosting two Winter Olympic Games. The town of Wilmington Wild Forest contains 14 miles of singletrack trails, including the Flume Trail System, the larger of two areas with 10.5 miles of mostly intermediate to advanced trails. The system connects into the Whiteface Trail System, which requires a usage fee to ride.

The Beaver Brook Tract is a shorter system, but offers a big reward at its summit with a breathtaking view. The Whiteface Mountain Bike Park, operated by High Peaks Cyclery, offers lift-service and something for both downhill and cross-country riders. The base lodge bike shop offers rentals, with shuttle bus and gondola service available. The park contains 27 miles of trails including 17 miles of singletrack.

The High Peaks Cyclery MTB Center at the Olympic Sports Complex (Mt. Van Hoevenberg) near Lake Placid, has trails for all ability levels. Riding requires a reasonably priced trail pass and bike rentals are available. Info: bikewilmingtonny.com, downhillmike.com, barkeatertrails.org, highpeakscyclery.com, placidplanet.com. ▲

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



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

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* New York State Department of Health Study