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**NOVEMBER
2011**

See You At Our
**Winter Sports &
Healthy Living Expo**
November 19-20
Saratoga City Center



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ADIRONDACK

SPORTS & FITNESS

Winter Sports & Healthy Living Expo

We're excited to bring the fourth annual **Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo"** to the Saratoga Springs City Center on Saturday-Sunday, November 19-20!

It is shaping up to be the Capital Region's largest exhibition of alpine and cross-country skiing, snowshoeing, cross-training and travel, plus mind, body, spirit, fitness and green living – in a fun, high-energy social setting!

Come visit the mountain resorts, outfitters and outdoor clubs for great ideas and deals for winter. Learn from health and fitness professionals who will share their healthy living expertise and services, and begin planning your next day trip or multi-day adventure.

New to this year's show will be the Mega Spin indoor cycling class on both days, instructed by Kevin Crossman. We will have an indoor snowshoe running demo area, and cross-country skiing and biathlon target shooting activities, so be prepared to try them.

A variety of seminars are planned for winter sports, from backcountry skiing 101 to winter cross-training for triathletes. In the healthy living mix, topics will include being gluten free, eating healthy, and taking care of your brain. These sessions will help improve your quality of life – see page 11 for the schedule. Also, complimentary massage and healing treatments will be offered all weekend. We're super excited to bring it all to you!

In the lead-up to this event, we appreciate that people enjoy this magazine, but please don't take us for granted. If you like what you're reading and want to see this publication and our expos continue to exist and grow, we *need* your ongoing support.

One of the most important things you can do is attend this Expo and purchase products and services from our advertisers and exhibitors. These local businesses and organizations are the lifeblood of this business – and you can benefit with some great fun, information and deals!

Admission to the Expo is only \$5 for adults and free for 18 and under, so it's family-friendly! Partial ticket proceeds will benefit floydwarriors.com, a local organization that helps newly diagnosed cancer patients with basic life necessities.

The Expo is a great opportunity to see how outdoor sports, mind-body-spirit, fitness and green living complement one another. We hope you'll join us at the Winter Sports & Healthy Living Expo!

Danyle, Mona & Lisa



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Sunday, December 18
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Side Country Tour

Saturday, December 17
9am - 2pm
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Pro Night

Saturday, December 17
4pm - 7pm
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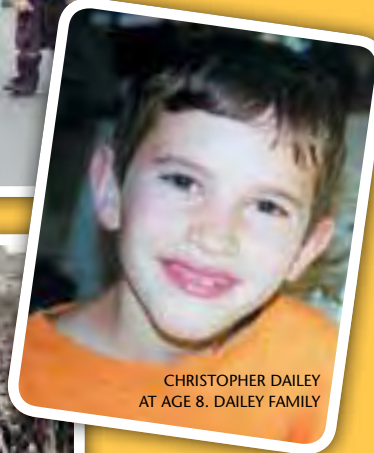
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◀ START OF THE TROY TURKEY TROT. TOM KILLIPS/THE RECORD

CARDIAC CLASSIC IN CENTRAL PARK. ELLIS HOSPITAL

"Anything for Thanksgiving?"

BUSIEST RUNNING DAY OF THE YEAR

by Laura Clark

After adventuring around the world with my military husband, I was excited to return to my New York roots. One of the items on my list was to arise early on Thanksgiving morning, dress my girls up as ragamuffins, and send them forth to collect apples, nuts and if they were lucky, coins. Today I still awake early, but I dress as a runner and am rewarded with bagels, a T-shirt and if I am lucky, an age group award.

So what happened? Whenever I inquired about Thanksgiving begging, my new neighbors greeted my queries with open-mouthed astonishment. Realizing that childhood recollections straddle a wavy line between reality and fantasy, I was ready to chalk up my memories to imagination until I discovered an old photo of me, my uncle and my best friend, cheeks caked with charcoal, dressed in rags, bag in hand. Apparently this little-known custom radiated from the Greenpoint area of Brooklyn, spread to neighboring boroughs, fueled by frazzled moms eager to get the turkey into the oven.

With Thanksgiving being the most popular race date in the U.S., chances are you will line up beak-to-beak ready to break into a trot along a main street eerily devoid of cars. Look around. Some turkeys will be preened to perfection, some hoping to avoid the dinner plate will come disguised as Pilgrims, while Brooklyn relatives will shun pretense, and opt for torn racing tees and ragamuffin shoes. That would be me.

"Anything for Thanksgiving?" With so many options, it would take longer than an average turkey's lifespan to run them all. Here's the game plan:

The most seasoned veteran is the **Troy Turkey Trot**. Taking flight in 1916 and now anticipating its 64th anniversary, it ranks high in the pecking order as the third oldest race in the state, right behind the Yonkers Marathon and the Buffalo Trot. Don't even attempt the math – there was a hiatus from 1935 to 1964 and a snowstorm timeout in 1971. This

means that most of the flock will be younger than the event itself.

With over 6,000 registrants contributing to the food pantry, this event is as finely tuned as any wishbone with four carefully timed main courses: a Turkey Walk, Grade School Mile, 5K and 10K. To ensure elbow room for all, the starting line will be moved to 4th and Museum Place, and to streamline the finish, feet will be banded with disposable timing chips instead of the bread-tie models. Info: troyturkeytrot.com.

A comparative upstart, Schenectady's 30th anniversary **Cardiac Classic 5K** benefits Ellis Hospital's Wright Heart Center. The Cardiac Classic has long been known for its pragmatic outlook, recognizing that the Puritan in us needs an early morning workout to atone for future gastronomic indiscretions.

At one time, results were posted eventually when everyone was in turkey sandwich mode. Now, in this age of instant gratification, standings are swiftly dispatched with the use of timing chips, and thanks to a runners-only 5K race, which is preceded by a two-mile Wellness Walk. There's a one-mile kids' fun run after the main course. New this year, packet pick-up is available at the Casino in Central Park on Sunday and Wednesday prior to race day. Info: ellismedicine.org.

Entering its tenth year, Saratoga Springs' **Christopher Dailey 5K Turkey Trot** has become a community tradition with Maria Dailey explaining, "We gather Thanksgiving morning to honor our son, Christopher, who lost his life suddenly at the age of eight." Imagine how difficult it is to lose a child and then to turn that misfortune into a positive event. Over the years, the Christopher Dailey Foundation has built a youth gym, and extended their support to various young athletes and sports groups. With Fr. Anselment of St. Clement's Church delivering the opening benediction, and Maggie Doherty and Brendan Dailey singing the National Anthem, people flock to this celebration with pride and a sense of purpose.

Altamont's fourth **Run Off That Turkey Trot 5K**, on the Saturday after Thanksgiving serves as either the dessert course for those who survived the main turkey roundup, or as a last chance for those who were reluctant to tempt fate. In deference to overstuffed waistlines, running gloves, rather than T-shirts are offered to the first 175 to step-up to the plate. Additionally, walkers will have their very own division.

The rural course is a fair mix of flat expanse and rolling hills. All are encouraged to bring a dry food or paper item for the Altamont Food Pantry. In deference to the narrow start, the race limited to 300 participants making it is advisable to preregister. Info: active.com.

"Anything for Thanksgiving?" Yes! Select an event near you and plan a day of family, fun and food. As Leah and Kristen Guastella, John's daughters, realized as they were out policing up the final lawn signs from the Bethlehem Turkey Trot, "Well, we know what we'll be doing on Thanksgiving morning for the rest of our lives!" 🍗

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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ISSUE #133

ADIRONDACK
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Adirondack Sports & Fitness, LLC

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Calendar of Events

November 2011 - January 2012*

*Events beyond this month are advertisers in this issue.

NOVEMBER 2011							DECEMBER 2011							JANUARY 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5				1	2			1	2	3	4	5	6	7
6	7	8	9	10			4	5	6	7	8	9		8	9	10	11	12	13	14
13	14	15	16	17			11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24			18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30	31				

ALPINE SKIING & SNOWBOARDING

ONGOING

Sa-Su Used Equipment Sale. 10/29-11/20. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

Wed Why Not Wednesdays: \$38 Lift Ticket with Coke Can. Gore Mountain, North Creek. 251-2411. goremountain.com.

NOVEMBER

- 4-6 50th Albany Ski & Snowboard Expo. Empire State Plaza, Albany. 383-6183. albanyskiandsnowboardexpo.com.
- 5 **Warren Miller Movie: "...Like There's No Tomorrow."** 7pm. Trombley Auditorium, Saratoga Springs M.S. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 9 **Backcountry Ski Night.** 7pm. Mike w/Dynafit & Jesse w/Cloudsplitter. High Adventure Ski & Bike, Latham. 785-0501. highadventuresbp.com.
- 12 **Hickory Work Day.** 8am-1pm. Hickory Ski Center, Warrensburg. Paul Moore: 384-1180. hickoryskicenter.com.
- 18-19 Warren Miller Movie: "...Like There's No Tomorrow." Palace Theater, Albany. skinet.com.
- 18-19 **Warren Miller Movie: "...Like There's No Tomorrow."** Wood Theater, Glens Falls. skiwestmountain.com.
- 19 **Sporting Goods/Ski Swap.** 10am-4pm. Oak Mountain, Speculator. Fran Gramlich: 548-7343. oakmountainski.com.
- 19 **Backcountry Skiing 101 Clinic w/Eric Schillinger.** 1pm. Adk S&F Winter Sports & Healthy Living Expo. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 19-20 **4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

DECEMBER

- 11 **Whiteface Rail Jam.** 12pm. Whiteface Mountain, Wilmington. 946-2223. whitefacelakeplacid.com.
- 14 **Inside Edge Alpine Ski/Snowboard Demo Day.** Gore Mountain, North Creek. 793-5676. insideedgeskiandbike.com.
- 17 **Side Country Tour w/High Peaks Cyclery.** 9am-2pm. Pro Night: 4-7pm w/movies, specials. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 17 **Lumber Jack Log Jam Freestyle.** Gore Mountain, North Creek. 251-2411. goremountain.com.

- 18 **Alpine Touring & Telemark Demo Day w/High Peaks.** 10am-4pm. Whiteface, Wilmington. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- 28 **Burton Snowboard Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 29 **57th Master's Ski Jump: Art Devlin Cup.** 6-8pm. Olympic Jumping Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- 30 NYSEF 90K New Year's Ski Jump. 6pm. Olympic Jumping Complex, Lake Placid. 523-2202. nysef.org.

JANUARY

- 1 **New Year's Tubing & Skiing Party.** Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.
- 1 **Island Madness Super Sunday.** Whiteface Mountain, Wilmington. 946-2223. whitefacelakeplacid.com.
- 8 **Hovey Memorial Alpine Race.** Whiteface Mountain, Wilmington. 946-7001. nysef.org.
- 17-22 **Take Your Daughter to Gore Week.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21-22 **Master the Mountain Skiing & Snowboarding Camps.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21-22 **Intro to Telemark Skiing Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28-29 **Women's Skiing Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28-29 **Women's Burton LTR Snowboard Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 29 **Rock the Mountain.** Rail jam, music, prizes & giveaways, fireworks. Willard Mountain, Greenwich. 692-7337. willardmountain.com
- 30 **Recreational Restaurant Race.** Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING

ONGOING

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

NOVEMBER

- 5 Rivers & Lakes 100 Century Ride. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 12 Haunted Hundred Overnight Century. 100M. 6am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 19-20 **MEGA SPIN Indoor Cycling Class w/Kevin Crossman.** 2-3pm. ASF "Winter Sports & Healthy Living Expo," Saratoga Springs City Center, Saratoga Springs. Kevin Crossman: 761-4067. Preregister: areep.com.

DECEMBER

- 4 Last Century Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

JANUARY

- 7 First Century Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

JUNE

- 22-24 **Centurion New York.** 100M, 50M, 25M, hill climb, kids' ride, expo. Lake George. 877-504-9631. centurioncycling.com.

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Thu Free Family Moonlight X-C Ski: 12/8, 1/5, 2/2, 3/8, 4/5. 7pm. Vischers Ferry Nature Preserve, Clifton Park. Parks/Rec: 371-6667. cliftonpark.org.

NOVEMBER

- 12 NYSEF Nordic Benefit. 8pm. Cascade XC Ski Center, Lake Placid. NYSEF: 946-7001. nysef.org.
- 19 **Ski Waxing Clinic with David Kvam.** 12:30 & 3:30pm. Adk Sports & Fitness "Winter Sports & Healthy Living Expo." Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 19-20 **4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 20 8th Kingston Roller Ski Race. 12pm. Miller M.S., Lake Katrine. kingstonnordic.blogspot.com.
- 25-26 **Lapland Lake Open House.** 9am-4:30pm. Sale, X-C ski swap, food. Lapland Lake Nordic Center, Benson. 863-4974. laplandlake.com.
- 25-12/4 **Thanksgiving Sale!** Cascade XC Ski Center, Lake Placid. 523-1111. cascadeski.com.

DECEMBER

- 11 **NYSEF Season Opener XC Freestyle.** 5K/10K. 10:30am. Olympic Sports Complex, Lake Placid. 523-1900. nysef.org.
- 16-17 **FIS Nordic Combined Continental Cup.** Olympic Jumping Complex/Sports Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- 17 **Osceola Classic XC Ski Race.** Osceola Tug Hill, Camden. nyssranordic.com.

JANUARY

- 1 **Old Forge Resolution Day XC Ski Race.** Old Forge. nyssranordic.com.
- 6 **Moonlight Snowshoe/Ski.** Evening ski, bonfire: 6-9pm. Guided snowshoe tour: 7pm. Reg required. Pineridge XC Ski Area, East Poestenskill. 283-3652. pineridgexc.com.
- 7 **Winter Trails Day.** 11am-4:30pm. Comp use, beginner lesson, rentals for first-timers. Reg required. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 7 **Full Moon Ski Party.** Night skiing, bonfires, food, music. Cascade XC Ski Center, Lake Placid. 523-9605. cascadeski.com.
- 7-8 **Pineridge Ski Fest.** Free Beginner Lessons: 11am & 1pm. Free downhill clinic: 12pm. Reg required. Pineridge XC Ski Area, East Poestenskill. 283-3652. pineridgexc.com.
- 8 **Beginner Backcountry Skiing: Adirondack Loj.** Ages: 16+. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 8 **Lapland Ladies Love to Ski.** Beginner-Intermediate Ladies' Ski Lessons. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 11 **Women's Learn to Ski Day.** 11:30am. Pineridge XC Ski Area, East Poestenskill. 283-3652. pineridgexc.com.
- 14 **Winona Forest Try-It Race.** Winona Forest, Mannsville. nyssranordic.com.
- 14-15 NYSEF Harry Eldridge Classic Race. XC Ski Center, Olympic Sports Complex, Lake Placid. 523-2811. nysef.org.

- 19 **Pineridge Night XC Ski Race.** Pineridge XC Ski, East Poestenskill. 283-3652. pineridgexc.com.
- 27-28 **Craftsbury XC Ski Marathon.** Fri: 200m night sprints. Sat: 25K/50K classic race. Craftsbury, Craftsbury Common. craftsbury.com.
- 28 **Adirondack Classic Ski Tours: Raquette Falls.** 9M. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 29 **Shenendehowa Nordic Race.** Saratoga Biathlon, Day. nyssranordic.com.

FEBRUARY

- 4 **30th Lake Placid Loppet.** 9am. 25K/50K. Olympic Sports Complex, Lake Placid. whitefacelakeplacid.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.
- 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.** Camps start: 11/14 (turkey blast) & 11/28 (holiday boot camp). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 11/7 & 1/9. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Call CardiotFit Classes.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

NOVEMBER

- 19-20 **4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, CLIMBING & SKILLS

NOVEMBER

- 19 **Family-Friendly Adirondack Adventures w/Diane Chase.** 4pm. Adk S&F Winter Sports & Healthy Living Expo. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 19-20 **4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

DECEMBER

- 26-30 **AIR Winter Break.** 10am-10pm. Also on 12/24 & 31: 10am-4pm. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

JANUARY

- 7 **Winter High Peaks Snowshoe Hike: Tabletop.** 10M. ADK Mountain Club: 523-3441. adk.org.
- 14 **Snowshoe Hike to Perigo Mountain.** 10:30am. Reg required. Pineridge XC Ski Area, East Poestenskill. 283-3652. pineridgexc.com.

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Thursday, November 24

New Course Designs!
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Walk – 7:45 AM
 Youth 1-Mile – 9:15 AM
 Open 5K – 9:45 AM
 Open 10K – 11 AM
 USATF-Adk Open 10K Championship
 Paper registration closes: 11/22 4pm
 Online registration closes: 11/23 12pm
 No day of race registration
 www.troyturkeytrot.com
 More Info: 279-7130

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2M Wellness Walk—FREE.....8:00am
 (day of event registration until 7:45 am)
5K Road Race—Runners Only.....9:00am
 (pre-register only, no day of registration)
1M Duck Pond Fun Run—FREE..10:00am
 (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
 Online registration closes:
 Tuesday, November 22 at 9 pm EST.
 You can also register by mail, fax or in person. Call 243.4600 for details.



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- 13-15 16th Adirondack International Mountaineering Festival.** Clinics, guest climbers, demos, slide shows. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 21 Winter High Peaks Snowshoe Hike: Esther.** 9.5M. ADK Mountain Club: 523-3441. adk.org.
- 21 GPS 101.** Member Services Center, Lake George. ADK Mountain Club: 523-3441. adk.org.
- 22 Historic Snowshoe Hike.** 10:30am. Reg required. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 22 Introduction to Backcountry Snowshoeing.** Ages 12+. Heart Lake Program Center, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 29 Winter High Peaks Snowshoe Hike: Street & Nye.** 8.5M. ADK Mountain Club: 523-3441. adk.org.

**MOUNTAIN BIKING & CYCLOCROSS
 NOVEMBER**

- 13 NYCROSS.com Race Series: 6th Bethlehem Cup Cyclocross.** Elm Ave Park, Delmar. Dave Beals: 439-6951. nycross.com.
- 19-20 Mega Spin Class with Kevin Crossman.** 2-3pm. Winter Sports & Healthy Living Expo, Saratoga Springs City Center, Saratoga Springs. Reg required: areep.com. 877-8788. adksports.com.

**MULTISPORT: BIATHLON & ORIENTEERING
 ONGOING**

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- NOVEMBER**
- 12 Orienteering Meet. 10am-noon. Cole Hill S.F., East Berne. Phil Hawkes-Teeter: 872-1993. empo.us.orienteering.org.
- 19-20 MEGA SPIN Indoor Cycling Class w/Kevin Crossman.** 2-3pm. ASF "Winter Sports & Healthy Living Expo," Saratoga Springs City Center, Saratoga Springs. Kevin Crossman: 761-4067. Preregister: areep.com.
- 20 Winter Cross-Training for Triathletes Clinic w/Kevin Crossman.** 12pm. ASF "Winter Sports & Healthy Living Expo," Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

DECEMBER

- 17 ToKo Wax Clinic. Osceola XC Ski Center, Osceola. uxski.com.
- JANUARY**
- 1 New Year's Resolution Day Biathlon. 7.5K. 10am. Macauley Mountain, Old Forge. nybiathlon.org.
- 15 Paintball Biathlon. 9am. 3K/5K Snowshoe, run or walk. Classic or freestyle XC ski. Snowshoe races for children & adults. Pineridge XC Ski, East Poestenkill. 283-3652. pineridgexc.com.

**OTHER EVENTS
 NOVEMBER**

- 19 Polar Plunge for NY Special Olympics. Lake George. 388-0790. nysso.org.
- 19-20 4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

HMRRC Winter Series

University at Albany

Dec. 11 – Sun 10am Doug Bowden Winter Series Starter – 3M, 15K
 Jan. 1 – Sun 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk

Jan. 8 – Sun (tent.) 10am Winter Series #3 – 3M, 10K, 25K
 Jan. 22 – Sun (tent.) 10am Winter Series #4 – 3M, 15K, 30K
 Feb. 5 – Sun (tent.) 10am Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6
 More info at www.hmrrc.com, 518-273-5552, or Ed Thomas: et392@math.albany.edu

19-20 Cougars: Ecology/Verification w/Dr. Jim Halfpenny. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JANUARY

21 Polar Plunge for Cystic Fibrosis. 1pm. Grafton Lakes S.P., Grafton. Margaret Phillips: 479-3739. nysparks.com.

**PADDLING: CANOEING & KAYAKING
 NOVEMBER**

1 Evening Kayak Tour. 4:45pm. Peebles Island, Lansingburgh. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

**RUNNING, TRAIL RUNNING & WALKING
 ONGOING**

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

NOVEMBER

- 5 11th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. sullivanstriders.org.
- 6 **1st AREEP Fall Frun 10K Race.** 9am. Shenendehowa H.S., Clifton Park. Josh Merlis: 320-8648. fallfrun10.com.
- 6 **"Fall Back 5" 5M Trail Race.** 10am. Kids' Fun Run: 11am. Administration Mall, Saratoga Spa S.P., Saratoga Springs. 584-2000. saratogastryders.org.
- 6 42nd ING New York City Marathon. 9:40am. Fort Wadsworth to Central Park, NYC. nycmarathon.org.
- 11 **Shenendehowa Veteran's Day Dash 5K Road Race/Walk.** 11am. 1M Kids' Fun Run: 10:30am. Shen H.S. Track, Clifton Park. Fred Hance: 899-7755. active.com.
- 11 6th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. Jon Meredith: 728-1451. active.com.
- 12 Mike Nolan Memorial 5K Run/Walk. 9:30am. Oliver Winch M.S., South Glens Falls. active.com.
- 12 2nd Mohawk PTO Turkey Trot. 5K/2M Walk/Kids Fun Run. 10am. Weller Park, Mohawk. uticaroadrunners.org.
- 13 After The Leaves Have Fallen 20K. 11am. Minnewaska State Park, Gardiner. Steve Schallenkamp: 845-339-5474. shawangunkrunners.org.
- 13 **36th Gazette Stockade-athon 15K.** 9am. 1M Kids' Run: 11:30am. (Sat, 9am-1:30pm: Expo, GE Theater @ Proctors.) Central Park, Schenectady. stockadeathon.com.
- 19 Frostbite 5K. 10am. Mayfield High School, Mayfield. Rebecca Newkirk: 661-8200. mayfieldcsd.org.
- 19-20 4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo."** Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 20 HMRRC Turkey Raffle 1-Hour Run. 10am. The Crossings, Colonie. Al Maikels: 489-1040. hmrrc.com.
- 22 Wonderland of Lights/Run for Safety. 5:30pm. Masonic Care Campus, Holly Fedorka: 315-797-4642. wonderlandoflights.org.
- 24 **64th Troy Turkey Trot.** 1.25M Walk: 7:45am. Youth 1M: 9:15am. Open 5K: 9:45am. Open 10K: 11am. Atrium, Troy. Jeff Piro: 279-7130. troyturkeytrot.com.
- 24 **10th Christopher Dailey Turkey Trot 5K Run/Walk.** 8:30am. City Hall, Saratoga Springs. Mark/Maria Dailey: 581-1328. christopherdaileyfoundation.com.
- 24 **2nd Our Towne Bethlehem Turkey Trot 5K Run/Walk.** 9am. Bethlehem M.S., Delmar. John Guastella: 598-3434. ourtownebethlehem.com.

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 109 Grand St, Altamont
 St. Lucy/St. Bernadette Church

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 Door prizes, refreshments, more...
 Only 300 entries allowed

Register: active.com/5k-race/altamont-ny/4th-annual-run-off-that-turkey-trot-5k-2011
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10th Annual Turkey Trot
 5K Run/Walk
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Thursday, November 24 Thanksgiving Day • 8:30am
 City Hall, Broadway
 Saratoga Springs

Entry Fee: \$21 by 11/17
 \$25 between 11/18-23
 T-Shirt: To all registered by 11/14

Packet pickup/last chance to register
 Wed, Nov 23, 4-8pm at Saratoga Hilton
No "Day Of" Registration

All proceeds benefit Christopher Dailey Foundation

Register Online: areep.com
christopherdaileyfoundation.com

- 24 **Ellis Hospital Cardiac Classic 5K & 2M Wellness Walk.** 9am. Kids' Fun Run: 10am. Central Park, Schenectady. 243-4600. cardiacclassic.org.
- 24 48th Cohoes Turkey Trot. 3.5M: 9am. Walk: 8am. City Hall, Cohoes. Danielle Lagace: 233-2116. ci.cohoes.ny.us.
- 24 James Hinchliffe 5K Run/Walk for ALS. 8:30am. Travelers Building, Glens Falls. Dillon Hinchliffe: 812-4758.
- 24 Adk Medical Center Turkey Trot 5K. 8:30am. Speedskating Oval, Lake Placid. Justin Colby: 897-2483. amccares.org.
- 24 The Adirondack for Kids Turkey Trot. 10am. Arsenal Green, Malone. Nancy Monette: 483-3835. northernrunner.org.
- 24 MHRRRC Turkey Trot. 25K: 8:30am; 5M: 8:45am; 2M Fun Run. Arlington H.S., LaGrange. mhrrc.org.
- 24 Running of the Turkeys. 8:30am. Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 24 28th Watertown Family YMCA Turkey Day Run. 10am. Watertown. Steve Rowell: 782-3100. watertownymca.org.
- 24 Thanksgiving Day Prediction Run. 10K. Sports Hall of Fame, Rome. romanrunners.com.
- 24 27th Thanksgiving Day Run/Walk to End Hunger. 5K. 9am. Utica. uticaroadrunners.org.
- 24 35th Turkey Trot 5K. 11am. Kids' Run: 10:45am. Gutterson Field House, UVM, Burlington, VT. Anne Bliss: 802-865-7999. gmaa.net.
- 24 WMAC Turkey Trot. 5K. 9:30am. PNA Hall, Adams. Ed Saharczewski: 413-743-5669. runwmac.com.
- 26 **4th Run Off That Turkey Trot 5K.** 10am. St. Lucy's/St. Bernadette's Church, Altamont. Phil Carducci: 861-6350. active.com.
- 30 **Brooks Nightlife Fun Run.** 7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

DECEMBER

- 3 Reindeer Run 5K. SUNY Adirondack, Queensbury. Becky D'Allaird: adirondackrunners.org.
- 3 Jingle Bell Run 5K. 10am. The Crossings, Colonie. 456-1203. arthritis.org.
- 3 MHRRRC Knights of Columbus Holiday Run. 5M: 11am. Kids 1M: 10:30am. Knights of Columbus Hall, Wappingers Falls. mhrrc.org.
- 3 Miles for Meals 5K. 9am. Rome. romanrunners.com.
- 4 Jingle Jog 7K. 10am. Loughran's Pub, Salisbury Mills. sullivanstriders.org.
- 10 **ARE's 6th Adventure Race.** 1:30pm. Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. albanyrunningexchange.org.
- 10 Red Nose Run. Little Falls YMCA, Little Falls.
- 10 **Jingle Bell Snowshoe Race.** 5K. 11am. Paul Smith's College. empirestatesnowshoe.org.
- 11 **HMRRRC Winter Series: Doug Bowden Starter Race.** 15K/3M. 10am. University at Albany, Albany. hmrrc.com.
- 17 **15th Albany Last Run 5K.** 5pm. Empire State Plaza, Albany. City of Albany: 434-2032. albanyevents.org.
- 17 Last Chance Trail Run and Pancake Breakfast. 8-9:30am. Highland Forest, Fabius. Mark Driscoll: 315-449-9615. syracusechargers.org.
- 17 NYRR Ted Corbitt Classic. 15K. 8am. Central Park, New York. nyrr.org.
- 26 **"I Love Woodford" Snowshoe Race.** 3.5M. 10:30am. Dion Snowshoe Series. Woodford S.P., VT. runwmac.com.
- 31 **14th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.
- 31 NYRR Emerald Nuts Midnight Run. 4M. 12am. Music, fireworks. Central Park, New York. nyrr.org.

- 31 First Night Montpelier 5K. 3pm. Pavilion Bldg, Montpelier, VT. Ann Bushey: 229-6288. cvrunners.org.

JANUARY

- 1 **36th HMRRRC Winter Series #2: Hangover Half-Marathon & 3.5M Run/Walk.** 12pm. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 1 Resolution Run. 5K/2.5M Walk. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- 1 Hangover Run. 9am. Barneveld. romanrunners.com.
- 7 Frozen Assets Snowshoe Race. 5K. 11am. Federation Cup. Honeoye. empirestatesnowshoe.org.
- 8 **HMRRRC Winter Series #3 (tent. date).** 3M, 10K, 25K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 8 Beaver Lake Snowshoe Race. 5K 10am. Baldwinsville. empirestatesnowshoe.org.
- 14 Winona Forest 5K Classic Snowshoe. 1pm. Mannsville. empirestatesnowshoe.org.
- 15 Mendon Ponds Winterfest Snowshoe Race. 5K/10K. 10K: Dion Snowshoe Series. USSA Qualifier. Rochester. empirestatesnowshoe.org.
- 22 **HMRRRC Winter Series #4 (tent. date).** 3M, 15K, 30K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 22 Lake Effect Snowshoe Races. 2M/4M/Half-Marathon. Webster. empirestatesnowshoe.org.
- 28 Dart's Lake Dash 5K. Eagle Bay. empirestatesnowshoe.org.
- 29 Dart's Lake Dash 10K. Eagle Bay. empirestatesnowshoe.org.
- 21 **Brave the Blizzard Snowshoe Run.** 3.8M. Robert C. Parker School, North Greenbush. areep.com.

FEBRUARY

- 4 **Mountainman's McCauley Mountain Quest Snowshoe.** 5-8K. Old Forge Winter Carnival, Old Forge. mountainmanoutdoors.com.
- 5 **13th Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion Snowshoe Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 22 **HMRRRC Winter Series #5 (tent. date).** 4M, 10M, 20M. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 11 **9th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion Snowshoe Series. Wilton Wildlife Preserve, Wilton. Laura Clark: 581-1278. saratogastryders.org.

JUNE

- 10 **Lake Placid Marathon & Half-Marathon.** 26.2M/13.1M. Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

SWIMMING

DECEMBER

- 10 Holiday Classic Swim Meet. Ballston Spa HS, Ballston Spa. Keith Coonrod: 527-5853. adms.org.

JANUARY

- 7 Happy New Year Meet. Mohonasen H.S., Rotterdam. Bill Mottola: 356-8240. adms.org.

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

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


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Older, Smarter and Still Fast

by Christine McKnight

Hugh Dunseath has remained a dominant age-group triathlete for 30 years by staying healthy, pacing himself, and relying on his experience.

Hugh was there at the dawn of triathlon, about 30 years ago. It was a small sprint event in northern New York, at a time when wetsuits were not even allowed. He completed it on a borrowed bike and decided he liked it. "It was just fun," he recalls.

Since then, Hugh has completed close to 100 triathlons and established himself as one of the best age-group triathletes in the nation. Now 68, he finished 7th out of 33 competitors in his current 65-69 age group last August at the National Championships in Burlington, Vt. He anchored his race with a strong 27:55 swim split that would be the envy of athletes 20 years younger, then wrapped things up with a 1:18:53 bike split, and a 48:02 run that translated to a solid 7:45 pace per mile. His transitions were among the speediest.

It was a good day, except for a dropped chain on a steep uphill that cost Hugh about 1:30 on the bike. He kept his cool and recovered to surge past a number of competitors on the run, finishing in 2:37:52.

But perhaps his best performance came in 2008 at Hagg Lake near Portland, Ore., where he placed second in his age group in a time of 2:31:02. (The Olympic-distance National Age Group Championships feature a one-mile swim, 25-mile bike and 6.2-mile run, and rotate every two years to different sites around the country.) On the podium, the third-place finisher, whom he had edged out by less than ten seconds, turned to him and said, "Where did you come from?" It was an especially sweet victory.

"Age group competition is great because it's the one thing that makes you feel better about getting older," Hugh laughs. "I also enjoy passing younger athletes."

Although he races these days mostly at the Olympic distance, he has competed at every distance, including a 12:34 finish at Ironman

Hugh Dunseath

Age: 68
Wife: Candace
Residence: Clifton Park
Occupation: Property Manager
Main Sports: Triathlon, Swimming
Other Sports: Hiking, Backpacking in the White Mountains

Lake Placid in 2000 and numerous half-Ironman and sprint races.

What are the secrets to his continuing success? It boils down to three things, he says: staying healthy, experience and pacing himself, both in training and on race day.

"Staying healthy is the big thing," says Hugh, a Latham native and decorated former Navy SEAL who swam for Division I Syracuse University as a collegiate athlete. "I've been fortunate that I have not had any serious injuries."

Experience plays a role, too. "You have to view triathlon as a continuous effort. I try not to kill myself in the early phases of the race."

As he has grown older, Hugh has also made a number of adjustments to his training, including emphasizing intensity over endurance. "I can get more benefit from shorter periods of effort, but higher intensity," he says.

His advice to younger triathletes: "Just stay with it. Enjoy the races. Don't be upset when your times get slower as you age. What's important is how they compare to other athletes in your age group. And remember that we do triathlon for the fun of it."

At Syracuse, Hugh majored in chemistry, then enlisted in the Navy after graduation during the height of the Vietnam War. He went to Officer Candidate School, earned a commission, and joined the Navy Underwater Demolition Team. He eventually earned a coveted berth with the Navy's 200-man SEAL

ATHLETE PROFILE



Team 2, and served in Vietnam as a SEAL platoon commander, with 22 men serving under him. He earned a bronze star for heroism under fire during an operation in the South China Sea near the Cambodian border. He later returned to Vietnam for a second tour as a special warfare intelligence officer for the SEALs.

In all, Hugh spent six years in the Navy. He went back to school at San Diego State University and got certified to teach mathematics and science. A teaching job in the Shenendehowa School District lured him back to the East Coast in 1973, but he soon changed careers and got into property management with several partners.

Hugh swam regularly as a masters swimmer for many years, but was feeling burned out when he stumbled into triathlon in his late 40s. "Swimming is always the same," he says. "You swim up and down the same lane, and you don't see your competitors unless they happen to be in the lane next to you. Triathlons seemed like more of an adventure, so I morphed into a triathlete. Now, every time I go out (to train or race), things are different. There is a lot of variety."

An added bonus, he says, is the increasing number of triathlons that have popped up locally in recent years, which requires less traveling.

Hugh trains mostly by himself, fitting his workouts around a busy, but flexible, retirement schedule that includes managing a 12-unit apartment building. He often rides with a longtime friend, Kiersa Chappell, a three-time Ironwoman from Saratoga Springs. A member of the Southern Saratoga YMCA, Hugh also volunteers his time as a swim coach for a Y class for new and novice triathletes, with sessions in early winter and spring. He and his wife, Candace ("one

of my biggest fans"), have three grown children from previous marriages who live in other parts of the country.

As for the future, Hugh says he is likely to return to Burlington next year for Age Group Nationals. After that, Ironman Florida may be on his horizon. "I think it would be cool to do it at age 70," he says.

HOW HUGH TRAINS

Typical Swim Workout – Warm-up: 500 yards; 3 x 200 Swim; 250 Kick; 5 x 100 Pull; 250 Kick; One-Arm Drills; Set of 50s or 25s All Out; Cool-Down. **Bike** – A self-described "fair-weather" cyclist, Hugh rides at least twice a week, usually with friends, with his longest rides in the 50 to 60-mile range. **Run** – Fartleks are Hugh's preferred run workouts. His longest run, when training for Olympic-distance triathlons, is eight to nine miles.

HUGH'S TRIATHLON GEAR

Wetsuit – Quintana Roo Superfull; "Most wetsuit brands are pretty comparable these days. Good fit is essential." He believes that full-sleeve suits providing better buoyancy and warmth are preferable to sleeveless. **Bicycle** – Cannondale Slice. "Getting fitted is very important." **Running Shoes** – Zoot Laceless. 📌

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

ALPINE SKIING & SNOWBOARDING

Adirondack Ski Season Preview

by Jeff Farbaniec

The first snowflakes of the year have already whitened the highest peaks of the Adirondacks, and skiers and riders are looking forward to opening day. Here's a preview of what's in store for this winter at downhill ski centers in the Capital-Adirondack region.

At **Gore Mountain** (goremountain.com), 130 new high-efficiency tower guns will provide a major improvement in the mountain's snowmaking capabilities. The new guns will be installed on trails that constitute some of the mountain's most popular intermediate terrain including Sunway, Wild Air, Sleighride and Quicksilver. The new guns will also be installed on Sagamore, the expert trail which forms the core of Gore's Burnt Ridge terrain pod that opened in 2008. Emily Stanton at Gore explained the significance of the new guns: "It's huge. Not only will the new guns allow us to better utilize our pumping capacity to make more snow, they will allow us to devote snowmaking resources to other parts of the mountain more quickly. It's the biggest upgrade to our snowmaking plant since we tapped the Hudson in 1996."

There will be expanded glade terrain at Gore this winter as well, with two new black diamond glades at the North Creek Ski Bowl, and an extension of the intermediate Chatterbox glade. The entire Ski Bowl terrain pod and the Chatterbox glade were themselves new last year. Gore's base lodge will see a complete renovation of the Tannery Pub, a new outdoor grill, and a new lower level patio. The grooming fleet has also been upgraded with the purchase of a new groomer.

And last, Emily talked about excitement over the Saratoga & North Creek Railway's Snow Train this winter. "The train isn't just transportation, it's an experience. They've really done a first-class job. Ski packages for Friday, Saturday and Sunday, late December through March, are already set up on snocr.com. It's a wonderful marketing opportunity for us, and a year-round asset for North Creek too."

At **Whiteface** (whiteface.com), Bruce McCulley and Jon Lundin of ORDA gave an

overview of what they've been working on during the summer months. In the lodge, the rental shop and retail store will be extensively remodeled, as will the kitchen for the J. Lohr cafe. The rental shop will also be outfitted with new "rockered" Rossignol skis. Rockered ski design is a recent trend in ski design that allows for easier turn initiation, a plus for beginners.

A new winch cat groomer for the steeps has been added to the fleet, terrain in the Sugar Valley Glades has been expanded, and four new high-efficiency automated fan guns have been added to the snowmaking plant. The fan guns are considered state-of-the-art in terms of their automation, consistency, and ability to make snow in marginal conditions over a large area.

Last year, Whiteface had a number of lift malfunctions, and the Little Whiteface double chair was taken off-line in late February for the remainder of the season. That lift has been extensively renovated this summer, including new towers from mid-station up. Bruce elaborated: "That lift had an awful lot of hours on it. Some of the towers were as old as 1958, others went back to the 70s. We've gone through the entire mechanism, overhauling or replacing just about every component. Functionally it's the same lift, but it's essentially new."

Whiteface had one of its most successful seasons ever last year, as measured by skier visits and revenue. "It was a perfect storm" Jon said. "We had a favorable Canadian exchange rate, and all it did from Christmas until spring was snow." Recognition as the East's #1 ski resort (*Ski Magazine*, December 2010) helped as well. Jon is clearly excited for this winter: "We're looking to ride the wave of last year's snow and follow-up with another blowout year."

Not every skier is looking for the big mountain experience – and price tag. **Hickory Ski Center** (hickoryskicenter.com) near Warrensburg was brought back to life after having been shuttered from 2005 to 2009. Since the area reopened in 2010, the

lodge has been renovated, new grooming equipment, an electronic ticketing system has been installed, and the lifts have been refurbished. Hickory relies exclusively on surface lifts (two Pomas and a T-bar) to serve its 1,200 feet of vertical, and the lift upgrades have virtually eliminated breakdowns. Historically, Hickory never really had adequate grooming capability, but a state-of-the-art winch cat now allows the ski area to provide groomed corduroy conditions on its mid and lower mountain terrain, broadening the area's appeal to beginners, intermediates and families.

McCauley Mountain (mccauleyny.com) in Old Forge has skiing for all abilities in the Central Adirondacks with a double chair, two T-bars and 21 trails. At **Mount Pisgah** (saranalakeny.gov) the ski area's 1940s-era T-bar lift is being replaced with a new T-bar, which is expected to be completed by November, along with new lighting for night skiing. **Big Tupper** (skibigtupper.org) in Tupper Lake is another alternative, and the area is expected to be run again this winter by community volunteers.

In the Northern Adirondacks, **Titus Mountain** (titusmountain.com) south of Malone offers affordable skiing and has about two dozen trails spread across three mountains and 1,200 vertical feet. **Beartown** (skibeartown.com) near Plattsburgh is a family-friendly, non-profit operating since the 50s with a T-bar and Poma.

Surprisingly, there is even free skiing to be found at small, municipally operated hills like the **Indian Lake Ski Hill**, **Dynamite Hill** in Chestertown, and **Schroon Lake Ski Center**. The importance of these small-sized "feeder" areas cannot be underestimated. Besides providing an opportunity for beginning skiers to learn the sport, they also provide a positive local economic impact.

In the southern Adirondacks, **Oak Mountain** (oakmountainski.com) in Speculator is a family tradition, with a 650 feet vertical, two T-bars, a quad, and 30-percent snowmaking. **Royal Mountain** (royal-

BEAUTIFUL VIEWS AND PACKED POWDER GREET SKIERS ON THE CLOUD TRAIL AT GORE MOUNTAIN IN NORTH CREEK. PHOTO BY JEFF FARBANIEC

mountain.com) in Caroga Lake recently completed a multi-year upgrade to its snowmaking including new guns, increased pumping capacity, and additional water supply. There's new grooming equipment and upgrades to the chairlifts as well. The snowmaking improvements translate into covering 85-percent of their terrain with two feet of snow in six days.

West Mountain (skiwestmountain.com) near Glens Falls is adding several high-efficiency, automated fan guns – their snowmaking operation is 100 percent fan guns. They are also leveraging their electronic lift ticketing system, new last year, to provide skiers with more convenience and flexibility.

Just 30 minutes from the Capital Region, **Willard Mountain** (willardmountain.com) has been busy with improvements including the addition of fan guns to their snowmaking plant. Like most ski areas, Willard makes investments in their snowmaking operations every year. Owner Chic Wilson calls snowmaking "the most important part of our business."

Maple Ski Ridge (mapleskiridge.com) is just minutes from Schenectady. For this season, they have been certified as the newest Burton Learn-To-Ride Center, reflecting their commitment to learning. Maple Ski Ridge also places an emphasis on convenience with their electronic ticketing system, new last year, which allows skiers to purchase and reload their ski pass online, bypassing the ticket office.

ORDA's Jon Lundin summed up what every skier is already feeling, "Get out. Ski. It's going to be a great year." 🌲

Jeff Farbaniec of Saratoga Springs is an avid telemark skier and Adirondack 46er who writes *The Saratoga Skier & Hiker* (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.

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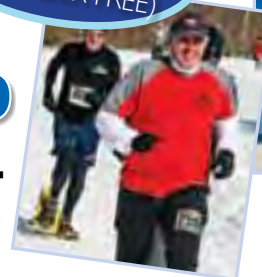
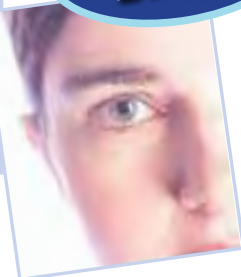
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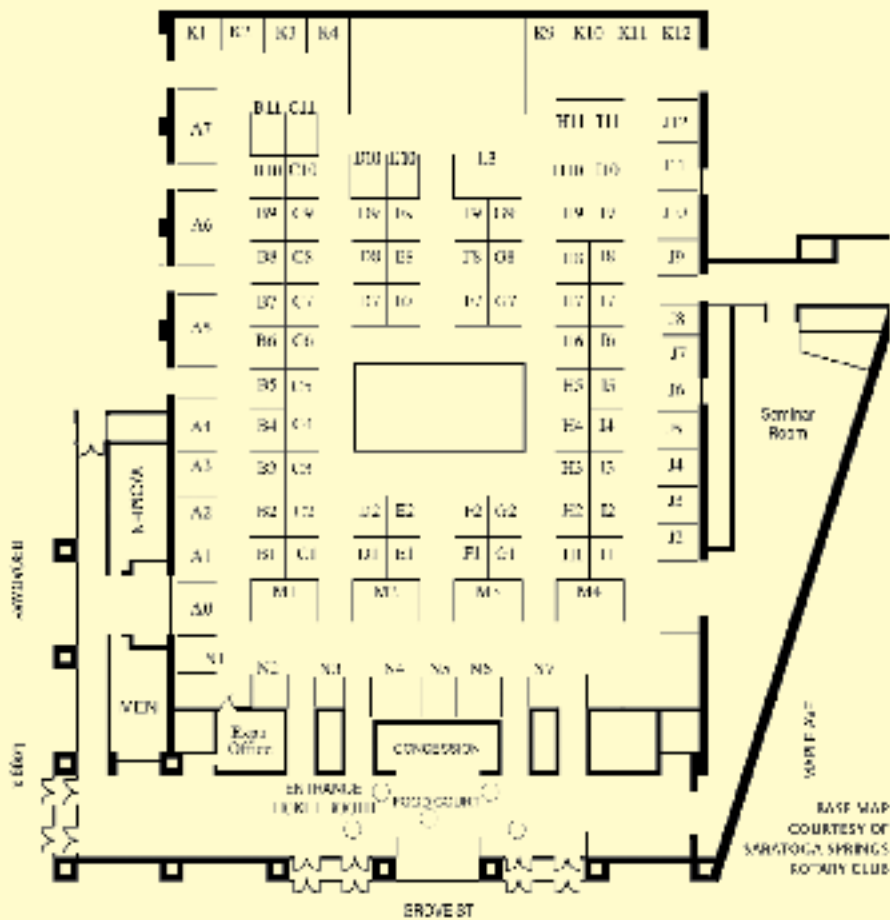
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Photos: (Ski) Armon Benny/Gore, (Snowshoe) Brian Teague

Exhibits, Activities & Seminars Floor Plan

Saratoga Springs City Center



Exhibitors by Category

As of 11/3/2011 – Visit AdkSports.com for updates

ALPINE SKIING & RIDING

- Alpine Sport Shop
- Booty Guard
- Bromley Mountain Ski Resort
- Cunningham's Ski Barn
- Goldstock's Sporting Goods
- Gore Mountain Ski Area
- Hardway Apparel
- Hickory Ski Center
- Oak Mountain Ski Center
- Stowe Mountain Resort
- West Mountain Ski Resort
- Whiteface Mountain Ski Area
- Willard Mountain Ski Area

- Select Care Chiropractic
- Smile Sanctuary/Mark Moreau DMD
- Studio Massage
- SwissJust
- Take Shape for Life
- Tuning Elements
- Young Living Essential Oils

HIKING & SKILLS

- Adirondack Mountain Club
- Fountain Square Outfitters
- Just Plain Good &
- Mountainman Outdoors – Saratoga Outpost
- NYS Outdoor Guides Assn
- Wild River Press/Discover the Adks
- YMCA Camp Chingachgook

BICYCLING

- American Diabetes Assn/Tour de Cure

CROSS-COUNTRY SKIING

- Cascade Cross Country Center
- Lapland Lake Nordic Vacation Center
- NYS Ski Racing Assn Nordic
- Wilton Wildlife Preserve & Park

FITNESS

- Cloud Nine Hooping
- High Rock Sports & Fitness
- Wolfpack Training

HEALTH & WELLNESS

- AAC Family Wellness Centers
- Albany Vegetarian Network
- Arbonne International
- Celiac Disease Resource Network
- CerebralSports
- The Good Feet Store
- H2O Solutions
- Isagenix
- Kid's Weigh
- LiveWell ADK
- Living Well
- Mary Kay Skin Care & Cosmetics
- One Roof of Saratoga
- Protective Chiropractic
- Pyramid of Potential

QUALITY OF LIFE

- Adirondack Sports & Fitness
- Cummings Advertising Art
- Floydwarriors.com
- Huff n Puff Home Improvement
- Nikita Indoor Outdoor Convertibles
- The Sage Colleges
- Saratoga Photobooth Co
- The Studio @ Photo Images
- SUNY Adirondack/Adventure Sports

RUNNING & SNOWSHOEING

- Albany Running Exchange
- Dion Snowshoes
- Hudson-Mohawk Road Runners Club
- Leukemia & Lymphoma/Team in Training
- Saratoga Snowshoe Races
- Troy Turkey Trot

TRAVEL DESTINATIONS

- Adirondacks Speculator Chamber
- Desperados Mexican Restaurant
- Gore Mountain Region Chamber
- Olympic Regional Development Authority
- Silverleaf Resorts
- Wildwood on the Lake Motel
- Winter Raptor Fest

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Expo Seminars & Clinics

SATURDAY, NOVEMBER 19

12-12:45pm To Be or Not To Be... Gluten Free! • Seminar Room.

Learn how to live gluten-free and do it well: what no one ever tells you about really being gluten-free! This presentation is for anyone who has gluten related challenges, knows someone or suspects they have issues themselves. A quick overview of how gluten affects an individual with Celiac Disease or gluten-sensitivities plus practical tips, planning tools, and other resources will be highlighted. *Presented by The Celiac Disease Resource Network, Inc., Erin Buckenmeyer, MPH and Lacey Wilson, MPH, CPFT, MS/RD Nutrition Candidate, Russell Sage College.*

12:30-1pm Cross-Country Ski Waxing Demo with David Kvam • NYSSRA Nordic booth.

Learn how to wax on classic skis – both hardwax and klisters – for optimal performance. *David Kvam is an avid runner, cyclist and Nordic ski racer for over 15 years, a NENSA certified ski coach, VP of NYSSRA Nordic, and current coach for Shenendehowa Nordic. He is the co-founder of the Hudson United Racing Team and a two-time defending state points champion.*

1-1:45pm Backcountry Skiing 101 with Eric Schillinger • Seminar Room.

Get out of the lift line and into the deep powder! We'll discuss the techniques, skills, and equipment you need to make your first self-powered ski trip a safe and successful one. *Eric Schillinger has been skiing for over 20 years. He joins us from High Adventure Ski & Bike.*

2-2:45pm Naturopathic Medicine – From the Inside Out with Dr. Sarah LoBisco • Seminar Room.

Dr. LoBisco will review the various types of alternative, complementary, integrative, and conventional medical approaches. Plus, naturopathic, functional, and mind-body medicine, as well as covering nutritional healing and how conventional and alternative methods can come together to form an integrative approach for individualized medicine. *Dr. Sarah LoBisco is a Naturopathic Doctor and Functional Medicine Practitioner in Ballston Spa.*

2-3pm Mega Spin Indoor Cycling Class with Kevin Crossman • Main Show Hall.

Coach Kevin will lead a fun, challenging workout for seasoned veterans to beginners. Learn effective ways to use your trainer and techniques to be a better cyclist/triathlete. Workout includes power sets, variable RPMs, accelerations and more so you'll leave ready for winter training! Preregister at AREEP.com – class \$10. Bring your bike and indoor trainer. *Kevin Crossman is a USAT Level 1 certified triathlon coach, who has proven results with athletes at all distances and ages. He has been very successful in his own career compiling over ten USAT sanctioned podiums and a two-time USAT All-American.*

3-3:45pm The Holistic Approach for an Energy Efficient, Healthy Home with Michael Wizner • Seminar Room.

With a 20-plus year background of home renovation and remodeling and certified by the Building Performance Institute, Mike Wizner's focus is in helping people protect their homes, their health and their wallet. Today's homes are becoming tighter than ever before. Certainly we all want to have comfortable homes with affordable energy costs, but there can be health and safety risks. This session will be an informal discussion about common issues with existing homes and how to avoid serious problems. *Michael Wizner is a BPI Certified home analyst.*

3:30-4pm Cross-Country Ski Waxing Demo with David Kvam • NYSSRA Nordic booth.

Learn how to wax on skate skis – both hardwax and klisters – for optimal performance. *David Kvam is an avid runner, cyclist and Nordic ski racer for over 15 years, a NENSA certified ski coach, VP of NYSSRA Nordic, and current coach for Shenendehowa Nordic. He is the co-founder of the Hudson United Racing Team and a two-time defending state points champion.*

4-4:45pm Easy Family-Friendly Adirondack Adventures with Diane Chase • Seminar Room.

Join us as we present a slideshow of short snowshoe walks and cross-country ski trails throughout the High Peaks region. Learn how to venture off the groomed paths while being comfortable and safe. Learn some fun activities to keep your kids engaged on the trails. *Diane Chase is the author of the new Adirondack Family Tri-Lakes and High Peaks: Your Four-Season Guide to Over 300 Activities guidebook, and a writer and columnist. Her husband Tyler Chase is a licensed guide for wilderness adventure for youth and families through backcountry excursions.*

SUNDAY, NOVEMBER 20

12-12:45pm Winter Cross-Training for Triathletes with Kevin Crossman • Seminar Room.

Come listen to Coach Kevin on the topic of cross-training for triathletes. Answers to what, when, and how much will be covered. Additionally, he will demonstrate some of his favorite core stability exercises. *Kevin Crossman is a USAT Level 1 certified triathlon coach, with proven results with athletes at all distances and ages. He has been very successful in his own career compiling over ten USAT sanctioned podiums and a two-time USAT All-American.*

1-1:45pm Healthy Learning Starts in the Brain with Kathy Johnson • Seminar Room.

How do our brains develop, and what causes resulting problems like ADD/ADHD, learning disabilities, reading struggles, and more? Kathy will present a basic model of brain development to begin a conversation with the audience about how learning issues are created and how to remediate or correct them. Learn how the brain makes new connections, what happens prenatally, the first year of life and how to create better memory, attention, and processing speed leading to success and independence. *Kathy Johnson, MS Ed is with Pyramid of Potential and the Brain Development Clinic.*

2-2:45pm The Wholesome Diet – Eating Your Way to a Healthier You with LisaMarie Tersigni • Seminar Room.

Learn more about the toxicity of the average American diet, how these toxins are the root of many diseases, and how to remove toxins from your diet through healthy alternatives. LisaMarie will provide you with ideas for simple changes – perhaps life-saving changes. *LisaMarie Tersigni is president of The Albany Vegetarian Network.*

2-3pm Mega Spin Indoor Cycling Class with Kevin Crossman • Main Show Hall.

Coach Kevin will lead a fun, challenging workout for seasoned veterans to beginners. Learn effective ways to use your trainer and techniques to be a better cyclist/triathlete. Workout includes power sets, variable RPMs, accelerations and more so you'll leave ready for winter training! Preregister at AREEP.com – class \$10. Bring your bike and indoor trainer. *Kevin Crossman is a USAT Level 1 certified triathlon coach, who has proven results with athletes at all distances and ages. He has been very successful in his own career compiling over ten USAT sanctioned podiums and a two-time USAT All-American.*



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showcases photographs of wild lands and waters in the Adirondacks. Also features small images of trees and excerpts from *Forests and Trees*, by E. H. Ketchledge. 12" x 9", \$12.95.

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SPORTS & FITNESS

Winter Sports & Healthy Living Expo

List of Exhibitors

AAC Family Wellness Centers – We are a family and pediatric wellness center offering services ranging from chiropractic care, nutrition and exercise. *Ballston Spa* • 518-363-0202 • aacfamilywellness.com

Adirondack Mountain Club – ADK is a non-profit organization that protects wild lands and waters through a balanced approach of conservation and advocacy, environmental education, and responsible recreation. We will be offering publications, maps, gifts and memberships. *Lake George* • 518-668-4447 • adk.org

Adirondack Sports & Fitness – We publish the magazine – and bring it to life with Summer and Winter Expos – the essential guide for aerobic sports, health, fitness and travel in the Capital-Saratoga Region, the Adirondacks, and surrounding areas. *Clifton Park* • 518-877-8788 • adksports.com

Albany Running Exchange – One ball of fun! With over 2,000 organized runs and social events in 2011, which did include a Caribbean cruise, weekend retreats to the Adirondacks, and dozens of group runs each week, the ARE is all about providing you with plenty of opportunities to get fit – and have fun while doing it too! *Albany-based* • 518-320-8648 • albanyrunningexchange.org

Albany Vegetarian Network – We promote the global health benefits of green sustainable living, compassion for animals, healthy and wholesome nutrition, and environmental awareness. *Latham* • 518-880-6665 • albanyvegetariannetwork.org

Alpine Sport Shop – At Alpine everyone is passionate about winter snow sports – alpine skiing, snowboarding, snowshoeing and cross-country skiing. We consider it our mission to spread the joy and excitement of participating in these sports. We want your shopping experience to be fun, informative and pleasurable. *Saratoga Springs* • 518-584-6290 • alpinesportshop.com

American Diabetes Association – Get ready to take the ride of your life with the Tour de Cure on June 3, 2012 in Saratoga Springs, and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5 and 100 miles. *Albany* • 518-218-1755 • diabetes.org

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

Booty Guard – Protect your tailbone with our snowboarding safety equipment made in the USA. It is designed to reduce the impact and protect your tailbone every time you hit the slopes. *Lake George* • 516-521-6750 • bootyguard.com

Bromley Mountain – Bromley offers 45 classic New England trails and glades with a variety of terrain that is seldom seen elsewhere. Experience Vermont's Sun Mountain today. *Manchester Center, Vt.* • 802-824-5522 • bromley.com

Cascade Cross-Country Ski Center – Our Nordic shop will be displaying the latest in cross-country touring, backcountry and telemark equipment with discounts on earlier models. *Lake Placid* • 518-523-1111 • cascadeski.com

Celiac Disease Resource Network – We're a non-profit organization dedicated to providing educational information to the public by regular meetings, special events, printed literature, telephone and email. We provide a support system for patients with Celiac Disease and their families through education among health care professionals, patients, and food and drug companies. *Glenmont* • 518-461-7065 • celiacresource.org

CerebralSports – The area's only sports psychology coach, Herman Johnson, specializes in teaching psychological skills to increase athletic potential. *Glens Falls* • 518-260-3588 • cerebralsports.pro

Cloud Nine Hooping – We will be offering dazzling handmade adult-sized hula hoops for exercise and dance. You can register for Hoop Dance and Hoop Fitness classes. Special Expo-only deals on packages and custom events! *Saratoga Springs* • 518-328-4852 • cloudninehooping.com

Cummings Advertising Art – Experienced graphic design and production professionals. We handle any project from creative concept through printing or any step in between. Brochures, catalogs, ads, newsletters, websites and more. Proud designers of *Adirondack Sports & Fitness* magazine. *Clifton Park* • 518-406-5027 • cummingsadvertisingart.com

Cunningham's Ski Barn – We will be selling and displaying demo skis at 50% off, goggles, helmets, clothing and accessories. *North Creek* • 518-251-3215 • cunninghamsskibarn.com

Dion Snowshoes – We manufacture snowshoes for running, hiking and fitness and sponsor the Empire State Snowshoe Series. *North Bennington, Vt.* • 802-753-1174 • dionsnowshoes.com

Esperanto Restaurant – We provide great food, fast and fresh, in downtown Saratoga since 1995. We will be selling doughboys, burritos, beef chimichangas, pizza and more delicious food made from scratch. *Saratoga Springs* • 518-587-4236 • go2esperanto.com

Floydwarriors.com – Founded by cancer survivor Lisa I. Morahan, floydwarriors.com is a community links resource network providing families in the Capital Region coping with cancer real help in the home with their mission of "Dinner is Done, Dishes are Clean and the Kids are OK!" *Saratoga Springs* • 518-584-3935 • floydwarriors.com

Fountain Square Outfitters – FSO provides multidimensional products for outdoor enthusiasts. Patagonia, Outdoor Research, Zamberlan, Darn Tough, ENO hammocks, Hydro Flask and more. *Glens Falls* • 518-932-8355 • fountainsquareoutfitters.com

Goldstock's Sporting Goods – Goldstock's will be displaying a selection of the newest ski and snowboard gear for 2011-2012. Our store features a huge selection of ski/board clothing, top ski/board brands, season rentals, and expert factory-trained staff. *Scotia* • 518-382-2037 • goldstockssportinggoods.com

The Good Feet Store – We offer custom fit arch supports for plantar fasciitis, hammer toes, bunions and heel spurs. You don't have to live with foot pain anymore! *Albany* • 518-458-2724 • goodfeet.com/albany

Gore Mountain – For Winter 2011-2012, improvements at Gore include 130 new tower guns for snowmaking, two new glades, and a complete Tannery Pub renovation! Visit our booth for expo-only savings and your "MORE GORE" NY license plate sticker! *North Creek* • 518-251-2411 • goremountain.com

Gore Mountain Region Chamber – The Chamber will have information on the latest coming events in the Gore Mountain/North Creek Region and our member businesses, plus maps for hiking, snowshoeing, biking, skiing and snowmobiling. *North Creek* • 518-251-2612 • gorechamber.com

H2O Solutions – We'll be displaying and selling stainless steel water bottles, slings, cozies, clips, caps, plus, ionic filtered water bottles, medical grade stainless steel bottles. *Malta* • 518-899-5555 • h2osolution.net

Hardway Apparel – Hardway Apparel creates apparel for the adventurous. Hardway brings you top quality and design in an assortment of unique hoodies and accessories. Created in the Adirondacks and made in the USA, Hardway reflects your style, your spirit. We make it, you wear it. *Lake Placid* • 914-582-1012 • hardwayapparel.com

Hickory Ski Center – Long known for its steep natural terrain and tree skiing with a family friendly atmosphere, Hickory is back. The new owners have restored the ski area to its former glory while updating and adding modern amenities. *Warrensburg* • 518-623-5754 • hickoryskicenter.com

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

Hudson-Mohawk Road Runners Club – We are a non-profit running club holding over 30 events throughout the year and open to runners of all levels, ages and abilities. Come run with us! *Albany* • 518-377-1836 • hmrrc.com

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

Isagenix – We are the world leader in whole-body nutritional cleansing, cellular replenishing and youthful aging. *Saratoga Springs* • 518-796-8649 • sethmcguire.isagenix.com

Just Plain Good – Now offering outdoor clothing and footwear by Patagonia, The North Face, Ibex, Merrell, Smartwool, Columbia, Mountain Hardware, Helly Hansen, and many others and of course our great selection of Life is Good casual wear. New Saratoga Outpost for Mountainman Outdoor Supply Company. *Saratoga Springs* • 518-584-3500 • justplaingood.net

Kid's Weigh – Pediatric weight management offering a multidisciplinary approach to promoting improved physical and mental health for children. *Saratoga Springs* • 518-871-1885 • kidsweigh.com

Lapland Lake Nordic Vacation Center – Adirondack Splendor – Finnish Hospitality! Award-winning family, friendly resort operated by Olympian Olavi Hirvonen. Our 34th winter season! 50 km trails, snowcat grooming, Ski, snowshoe, tube, ice-skate. Rentals, lessons, lodge, restaurant, accommodations. *Northville* • 518-863-4974 • laplandlake.com

Leukemia & Lymphoma Society – Train with Team In Training to run or walk a full or half marathon, cycle a century ride, or complete



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a triathlon or endurance hike – and help save lives with every mile! *Albany* • 518-438-3583 • teamintraining.org/uny

LiveWell ADK – A nutritional and educational approach to weight loss and wellness. The last diet you will ever need! *Queensbury & Saratoga Springs* • 518-793-5555 • 518-306-5322 • livewelladk.com

Living Well – Living Well is a holistically oriented wellness center and spa offering a variety of services including Naturopathic Medicine, natural and organic skin care and products, organic nail care, organic aromatherapy, access consciousness life coaching, massage, acupuncture and more. *Ballston Spa* • 518-885-9145 • livingwellballstonspa.com

Mary Kay Skin Care & Cosmetics – Featuring award-winning skincare and color cosmetics for all ages and skin types. Visit our booth to enter to win a personalized pampering session based on your ideal beauty experience. *Cambridge* • 518-423-5948 • marykay.com/jbennett12189

New York State Outdoor Guides Association – NYSOGA is a professional association of licensed New York State guides. Our booth will be staffed by guides who will display photographs and equipment and distribute information about guide services. *Dolgeville* • 315-429-9324 • nysoga.org

NYSSRA Nordic – We are the governing body for Nordic ski racing in New York State, including the disciplines of cross-country skiing, biathlon and ski-orienteering and the Bill Koch Youth Ski League. Visit our booth for biathlon target shooting with laser rifles all weekend, and Cross-Country Ski Waxing Clinics on Saturday at 12:30 and 3:30pm with David Kvam. *Altamont* • 518-861-7093 • nyssranordic.com

Nikita Indoor Outdoor Convertibles – We offer a new kind of convertible furnishings for den and deck. Unique sofas, chairbeds, loungebeds and smart futons that roll on hidden wheels, and Just Lean Back into beds. Handmade in New York. *Saratoga Springs* • *Richfield Springs* • 518-796-1887 • justleanback.com

Oak Mountain Ski Center/Adks Speculator Chamber – The Chamber will offer information on the Speculator region and Oak Mountain Ski Center plus events, dining, lodging and retail this winter. *Speculator* • 518-548-4581 • speculatorchamber.com • oakmountainski.com

Olympic Regional Development Authority – ORDA operates Whiteface Mountain and Gore Mountain ski areas; the Olympic Sports Complex at Mt. Van Hoevenberg; and the ice and jumping complexes in Lake Placid. We will have information on the 2011-12 ski/ride season and special events at the Olympic venues. *Lake Placid* • 518-523-1655 • whitefacelakeplacid.com

One Roof of Saratoga – We are a holistic health center with 23 practitioners located at 58 Henry Street. Through a continuum of care we have a retreat, workshop and meditation center called One Big Roof at 433 Broadway which provides many regular classes and events year-round. *Saratoga Springs* • 518-450-1624 • 518-581-3180 • oneroofsaratoga.com

Protective Chiropractic – Dr. Nate Cintron will be offering free posture screenings and analysis at our booth. *Halfmoon* • 518-383-3800 • protectivechiropractic.com

Pyramid of Potential – Kathy Johnson helps people with learning disabilities improve their brain through screenings and consultations to families. She authored The Roadmap from Learning Disabilities to Success and wrote the Pyramid of Potential DVD/Workbook Series. She gives professional development workshops on dyslexia, dyscalculia and dysgraphia. Stop by the booth for a free brain exercise. *Burnt Hills* • 518-885-2007 • pyramidofpotential.com

The Sage Colleges – We offer advanced study of professional practice and leadership through Master's degrees and certifications in many areas including education, management and health sciences. *Albany* • 518-292-8615 • sage.edu

Saratoga Photobooth Company – Looking for something different for your next event? We provide classic-style digital photobooth rentals for upstate New York and western New England. Weddings, parties, promotions, corporate events, school events, sporting events – any event! *Saratoga Springs* • 518-584-6473 • saratogaphotobooth.com

Saratoga Snowshoe Races – Try snowshoe racing this winter! We have two runs and walkers are welcome: Saratoga Winterfest 5K on Feb. 5 at the Saratoga Spa State Park and Camp Saratoga 8K on Feb. 11 at the Wilton Wildlife Preserve & Park. *Saratoga Springs* • 518-581-7550 • saratogastryders.org

Select Care Chiropractic – We will be providing free spinal screenings and postural assessments throughout both days of the expo. Learn why chiropractic care is a safe and effective way to treat neuromusculoskeletal conditions. Stop by our booth to find out how your body can function at its highest potential! *Clifton Park* • 518-373-6545 • selectcarechiropractic.com

Silverleaf Resorts – We provide great vacation packages in the Berkshires. *Latham* • 518-785-4083 • silverleafresorts.com

Smile Sanctuary, Mark Moreau DMD – Smile Sanctuary provides the knowledge and experience to give everyone the opportunity to achieve optimum dental health and overall well-being through a radiant smile. *Saratoga Springs* • 518-584-6768 • smilesanctuary.com

Stowe Mountain Resort – Charm unique to Vermont combined with a level of service and overall experience found exclusively at the world's best resorts, make Stowe Mountain Resort a one-of-a-kind winter destination. *Stowe, Vt.* • 802-253-3000 • stowe.com

Studio Massage – We will be providing free chair massages at the Expo! Lisa Ciniglia offers a wide variety of massage treatments including relaxation, deep tissue sports, hot stone, pre/post natal, and more at her practice. *Ballston Spa* • 518-383-3873 • studiomassage.org

'The Studio' @ Photo Images – We're a portrait photography studio specializing in family, children and pets and a full-service digital lab and camera center. We were voted "Best Camera Shop" in 2010 by Metroland. *Glenville* • 518-399-9100 • photoimageslab.com

SUNY Adirondack, Adventure Sports – Get out what you put in. Experience a comprehensive, adventure-based academic program that strategically navigates students toward a four-year institution or into the outdoor adventure industry. *Queensbury* • 518-743-2250 • sunyacc.edu

SwissJust North America – SwissJust is a third generation family-owned company founded in Switzerland in 1930. Our products are derived from time tested medicinal herbs focusing on the prevention and treatment of health related challenges. *Gloversville* • 518-770-6240 • swissjustusa.com

Take Shape for Life – We are a weight loss and optimal health program, designed by health care professionals. Lose weight safely and protect muscle, with a free personal health coach and ongoing support. Learn the skills necessary to keep the weight off, create health, and have long-term success. *Saratoga Springs* • 518-584-8008 • patriciamazza.tsfl.com

Troy Turkey Trot – The City of Troy will promote and offer applications to enter the 64th Troy Turkey Trot walk, youth mile, open 5K and open 10K on Thursday, Nov. 24. *Troy* • 518-279-7130 • troyturkeytrot.com

Tuning Element – We are a multinational company that manufactures science-based tools which provide effective and economical relief for people suffering from various physical elements including chronic pain. *Branson, Mo.* • 417-973-0312 • tuningelement.com

West Mountain Ski Resort – Skiing and tubing in your backyard! We offer day and night skiing, snowboarding and tubing, with tickets that fit your schedule – 2, 4 or 8 hours. *Glens Falls* • 518-793-6606 • skiwestmountain.com

Whiteface Mountain – Welcome to Whiteface, the Olympic Mountain. We have the greatest vertical drop east of the Rockies and trails for everyone in your family. This is where the world's best come to train and compete and where kids come to learn and have fun. *Wilmington* • 518-946-2223 • whiteface.com

Wild River Press, Discover the Adirondacks – Regional author Bill Ingersoll will be on hand to sell and autograph copies of his popular Discover the Adirondacks series of hiking guidebooks. *Barneveld* • 315-272-5699 • hiketheadironacks.com

Wildwood on the Lake Motel & Desperados Mexican Restaurant – Ski, stay and dine packages with local favorites and favorite locals Andrew Quinn and Stuart Hemsley. Come plan your winter getaway with guys who know! *Lake Placid* • 518-523-2624 • wildwoodmotel.com • mexiquinn.com

Willard Mountain – A winter resort offering ski and snowboard rentals and lessons, sled dog rentals, night skiing, and our retail shop with demo equipment available. *Greenwich* • 518-692-7337 • willardmountain.com

Wilton Wildlife Preserve & Park – Encompassing 2,400 acres, the park works with its partners, the Town of Wilton, Saratoga County, NYS DEC, and The Nature Conservancy in its mission of conservation, education and recreation with year-round opportunities on 14 miles of trails. *Gansevoort* • 518-450-0321 • wiltonpreserve.org

Winter Raptor Fest 2012 – Friends of the IBA offer you a chance to meet some of the owls, hawks and falcons native to the Washington County Grasslands Important Bird Area. We sponsor the Winter Raptor Fest and other exciting Live Birds of Prey events to raise awareness and support for endangered short-eared owls and other at-risk birds. *Fort Edward* • 518-955-8301 • winterraptorfest.com

Wolfepack Training – We offer a unique personal training service that teaches people how to awaken to their own heroic journey in life and approach total wellness living by using humanistic practices that are physically empowering, emotionally nourishing and spiritually sound. Joined by Barney Villa, RKC, and Margaret Thompson Yoga. *Saratoga Springs* • 518-772-9978 • wolfepacktraining.com

YMCA Camp Chingachgook – Camp Chingachgook is a perfect winter destination for outdoor fun. Our Ice Fishing Derby, Winter Wonderland Days, and Winter Women's Weekend offer the same quality activities as our summer camp and school programs. *Kattskill Bay* • 518-656-9462 • lakegeorgecamp.org

Young Living Essential Oils – "Mankind's First Medicine" is pure therapeutic grade essential oils for health and wellness. *Saratoga Springs* • 845-797-2935 • pamelameeker.yl@gmail.com

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RACE RESULTS

34TH ANNUAL UTICA BOILERMAKER 15K ROAD RACE July 10, 2011 • ECR International to FX Matt Brewing, Utica

15K ROAD RACE

MALE OPEN			
1	Ridouane Harroufi	29	43:30 Morocco
2	Peter Kamais	34	43:31 Kenya
3	Shadrack Kosgei	26	43:49 Kenya

FEMALE OPEN			
1	Alice Timbiliti	28	48:41 Kenya
2	Belainesh Zemedkun	22	48:45 Ethiopia
3	Alevtina Ivanova	36	49:38 Russia

MALE MASTERS			
1	Vyacheslav Shabunin	41	46:44 Russia
2	Mohammed AR-AR	41	47:47 Morocco
3	Mark Andrews	40	48:18 USA

FEMALE MASTERS			
1	Tatyana Byelovoi	42	55:10 Ukraine
2	Lori Kingsley	45	56:27 USA
3	Emily Bryans	43	57:35 USA

MALE AMERICAN			
1	Fernando Cabada	29	45:20 USA
2	Stephan Shay	25	46:27 USA
3	Fred Joslyn	27	46:45 USA

FEMALE AMERICAN			
1	Maegan Kriechin	23	52:24 USA
2	Stephanie Pezzullo	29	52:49 USA
3	Karen Simmonds-Brady	37	54:00 USA

MALE WHEELCHAIR			
1	Krige Schabert	47	33:16 Cedartown, GA
2	Joshua George	27	34:36 Champaign, IL
3	Hermin Garic	21	38:49 Utica

FEMALE WHEELCHAIR			
1	Amanda McGroy	25	39:11 Savoy, IL
2	Ellie Komanecky	25	1:01:28 Skaneateles
3	Lindsay McGlinch	24	1:13:04 Greenville, OH

MALE AGE GROUP: 14 & UNDER			
1	Jack Gugel	14	58:41 Jordan
2	Bryce Millar	13	58:58 Manlius
3	Yaya Adam Djouma	14	58:58 Utica

FEMALE AGE GROUP: 14 & UNDER			
1	Rachel Steiner	14	1:15:23 Castorland
2	Aleigha Hawkins	14	1:16:34 Rome
3	Cara Sherman	14	1:17:29 Rotterdam

MALE AGE GROUP: 15 - 19			
1	Shaun Thompson	18	50:11 Baldwinville
2	Steven Mangan	19	51:10 Honeoye Falls
3	Adam Pacheco	19	51:13 Syracuse

FEMALE AGE GROUP: 15 - 19			
1	Lesley Bowers	19	1:01:21 Liverpool
2	Miranda McConnell	19	1:03:18 Liverpool
3	Danielle Bessette	19	1:03:36 Pittsford

MALE AGE GROUP: 20 - 24			
1	Tyler McCandless	24	46:51 USA
2	Rob Ahrens	23	49:08 Clarks Summit, PA
3	Alex Benway	21	49:43 Queensbury

FEMALE AGE GROUP: 20 - 24			
1	Wendy Pavlus	22	57:51 USA
2	Toni Wiszowaty	24	58:04 Plattsburgh
3	Brittany Burns	22	58:42 Watertown

MALE AGE GROUP: 25 - 29			
1	Harbert Okuti	25	46:19 Uganda
2	Andrew Foxenberg	26	48:12 USA
3	Samuel Morse	27	49:03 Camden

FEMALE AGE GROUP: 25 - 29			
1	Jackie Kosakowski	27	57:20 USA
2	Natalie Mackenzie	29	58:37 Syracuse
3	Lindsay Larose	29	1:00:41 Arlington, VA

MALE AGE GROUP: 30 - 34			
1	Abderrahime Bouramdane	33	47:43 Morocco
2	Chip O'Hara	30	49:54 Auburn
3	Roger Donaghy	32	49:57 South Boston, MA

FEMALE AGE GROUP: 30 - 34			
1	Victoria Rodriguez	32	57:14 Buffalo
2	Laura Kline	33	58:38 Syracuse
3	Eileen Ferguson	33	58:50 Lafayette

MALE AGE GROUP: 35 - 39			
1	Todd Meyer	37	48:14 USA
2	Jerad Crave	36	53:15 Asheville, NC
3	Scott Simon	39	54:52 Depew

FEMALE AGE GROUP: 35 - 39			
1	Christy Peterson	36	58:06 Doylestown, PA
2	Allison Craig	38	1:01:39 Delmar
3	Mary Bushollow	39	1:02:31 Auburn

MALE AGE GROUP: 40 - 44			
1	Gideon Mutisya	44	51:23 Kenya
2	Michael Rutledge	43	52:34 USA
3	Richard Cohen	40	53:41 Utica

FEMALE AGE GROUP: 40 - 44			
1	Karen Beckman	43	1:03:28 Fayetteville
2	Audra Naujokas-Knapp	41	1:03:45 Rochester
3	Brooke Hewson	43	1:03:47 Unionville, ON

MALE AGE GROUP: 45 - 49			
1	Joseph Mora	49	55:50 Fayetteville
2	Christopher Smith	45	57:15 Woburn, MA
3	Brian McElroy	49	58:21 Buffalo

FEMALE AGE GROUP: 45 - 49			
1	Kathy Champagne	49	1:03:33 Plattsburgh
2	Terri Artese	45	1:03:44 Scotia
3	Ramiliya Burangulova	49	1:05:21 Russia

MALE AGE GROUP: 50 - 54			
1	Charlie Andrews	54	54:56 Rochester
2	Jim Fiore	53	57:28 Utica
3	Mark Daley	50	57:59 West Winfield

FEMALE AGE GROUP: 50 - 54			
1	Suzanne Myette	54	1:04:53 Binghamton
2	Carolyn Corgel	53	1:08:42 Springville
3	Tammy Alcott	51	1:11:22 Hamilton

MALE AGE GROUP: 55 - 59			
1	Mark Rybinski	56	55:31 Manlius
2	Brian Cummins	56	59:33 Cortland
3	Dean Rippee	55	1:00:25 Saxonburg, PA

FEMALE AGE GROUP: 55 - 59			
1	Rosemarie Nelson	55	1:12:53 Jamesville
2	Louise Reesor	57	1:12:56 Thornhill, ON
3	Bonnie Legro	56	1:13:17 Baltimore, MD

MALE AGE GROUP: 60 - 64			
1	Doug Wood	61	1:01:49 Sylvan Beach
2	Paul Forbes	60	1:02:14 Colonie
3	Patrick VanBeveren	60	1:03:33 Syracuse

FEMALE AGE GROUP: 60 - 64			
1	Martha DeGrazia	60	1:12:25 Slingerlands
2	Nancy Werthmuller	60	1:17:55 Scott Twp, PA
3	Marie Pitarresi	61	1:23:09 New Hartford

MALE AGE GROUP: 65 - 69			
1	Dennis Sears	65	1:07:27 Cheektowaga
2	Tony Dunbar	66	1:08:33 Brockville, ON
3	Carlo Glotzbach	65	1:13:04 Pittsford

FEMALE AGE GROUP: 65 - 69			
1	Joanne Cunningham	66	1:16:24 Brocton
2	Karen Crisafulli	65	1:22:18 Fulton
3	Ginny Pezzula	65	1:26:55 Colonie

MALE AGE GROUP: 70 - 74			
1	Carl Grimm	72	1:17:18 Rochester
2	Larry Avery	70	1:18:00 Boulder, CO
3	Kermit Cadrette	73	1:18:16 Rome

FEMALE AGE GROUP: 70 - 74			
1	Alene Bosquet	71	1:47:07 Iilon
2	Esther Van Duzee	71	1:48:31 Bradenton, FL
3	Helen Botti	74	1:54:32 Kenmore

continued

34TH ANNUAL UTICA BOILERMAKER 15K ROAD RACE continued

MALE AGE GROUP: 75 - 79			
1	Samuel Sammarco	75	1:38:42 Camillus
2	Wayne Decker	75	1:47:07 Whitesboro
3	Ted Sullivan	79	1:52:25 Williamsville

FEMALE AGE GROUP: 75 - 79			
1	Edna Hyer	77	2:15:15 South Wales

MALE AGE GROUP: 80 & OVER			
1	Richard Sullivan	82	1:52:37 Buffalo

FEMALE AGE GROUP: 80 & OVER			
1	June Vyse Gravener	80	2:18:05 Mount Upton

5K ROAD RACE

MALE OVERALL		
1	Sam Anderson/15-19	16:38 Brantingham
2	Briar Beede/15-19	16:42 Augusta, ME
3	Derrick Staley/50-54	16:45 Ballston Lake

FEMALE OVERALL		
1	Cassandra Goodman/15-19	18:16 Phelps
2	Liz Hollenbach/30-34	19:18 Burlington, VT
3	Karen Becker/35-39	19:32 Travelers Rest, SC

Courtesy of Boilermaker Road Race

10TH ANNUAL TURNING POINT 5K RUN/WALK July 16, 2011 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			
1	Kyle Dawson	22	Coatesville, PA 15:33
2	Austin Lane	17	Greenwich 15:36
3	Matt Watson	16	Gansevoort 17:25

FEMALE OVERALL			
1	Sam Watson	18	Gansevoort 18:54
2	Rachel Wysocki	19	Gansevoort 20:40
3	Kelsey Leder	18	Niskayuna 21:34

MALE AGE GROUP: 14 & UNDER			
1	Josh Moeckel	14	Scotia 20:28
2	Kory Schimmelfenni	13	Staatsburg 20:55
3	Evan Qatani	14	Hyde park 21:00

FEMALE AGE GROUP: 14 & UNDER			
1	Julia Freemire	12	Gansevoort 23:46
2	Rainey Cerqua	14	Schuylerville 23:46
3	Caitlin Scavone	12	Gansevoort 24:07

MALE AGE GROUP: 15 - 19			
1	Vincent Zaluski	18	Broadalbin 18:07
2	Sam Goldenberg	16	Schuylerville 19:16
3	Thomas Madarasz	15	Gansevoort 19:41

FEMALE AGE GROUP: 15 - 19			
1	Justine Kozubal	16	Saratoga Springs 23:31

MALE AGE GROUP: 20 - 24			
1	Zachary Manz	20	Saratoga Springs 24:48

FEMALE AGE GROUP: 20 - 24			
1	Tara Salmon	23	Clifton Park 23:05
2	Caitlin Stremel	22	East Northport 24:10
3	Meghan Waterhouse	22	Fair Haven, VT 24:28

MALE AGE GROUP: 25 - 29			
1	Jesse Naftel	27	Ballston Spa 17:53
2	Michael Lomaestro III	29	Saratoga Springs 22:37
3	Ryan Conway	27	Loudonville 25:27

FEMALE AGE GROUP: 25 - 29			
1	Mallory Baringer	26	Saratoga Springs 28:39
2	Christine Stein	26	Richmondville 30:37

MALE AGE GROUP: 30 - 34			
1	Dave Cozey	34	Greenwich 21:05
2	Matt Oehlschlaeger	33	Clifton Park 21:06
3	Scott Nephew	30	Mineville 22:58

FEMALE AGE GROUP: 30 - 34			
1	Amanda Nephew	31	Mineville 25:38
2	Melissa Hasan	32	Latham 26:39
3	Amy Carpenter	33	Schuylerville 33:47

MALE AGE GROUP: 35 - 39			
1	Jim Caputo	35	Coxsackie 22:33
2	Mark Gerardi	38	Gansevoort 23:27
3	Andrew Keyes	36	Mechanicville 24:08

GLENVILLE & SCHENECTADY YMCA 5K RUN July 16, 2011 • Collins Park, Scotia

MALE OVERALL			
1	Pete Rowell	22	Albany 16:44
2	Bobby Gallant	18	Scotia 17:20
3	Justin Pangie	26	Ballston Spa 17:21

FEMALE OVERALL			
1	Tina Greene	37	Scotia 19:39
2	Terri Artese	45	Scotia 20:18
3	Elizabeth Chauhan	26	Albany 20:38

MALE AGE GROUP: 14 & UNDER			
1	Kyle Sheehan	14	Schenectady 19:28
2	Grant Norton	13	Scotia 19:38
3	Nathan Tabbert	11	Scotia 21:26

FEMALE AGE GROUP: 14 & UNDER			
1	Emily Crouse	13	Clifton Park 22:47
2	Lauren Dunham	14	Schenectady 27:46
3	Faith Borkowski	7	Schenectady 29:04

Courtesy of Schuylerville High School X-C Running

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GLENVILLE & SCHENECTADY YMCA 5K RUN continued

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes categories like MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, etc.

26TH ANNUAL PISECO LAKE TRIATHLON continued

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes categories like FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40-49, etc.

26TH ANNUAL PISECO LAKE TRIATHLON July 16, 2011 • Piseco Airport, Piseco

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes categories like MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, etc.

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RACE RESULTS

SKYHIGH XTERRA OFF-ROAD TRIATHLON & KIDS' TRIATHLON

July 16-17, 2011 • Grafton Lakes State Park, Grafton

1K SWIM, 20K MTN. BIKE, 6K TRAIL RUN

MALE OVERALL

1 Anthony Snoble	Selden	1:35:30
2 Shawn Jackson	Marlboro	1:36:43
3 Drew Hess	New Haven, CT	1:38:17

FEMALE OVERALL

1 Amy Caldwell	Putney, VT	1:48:32
2 Christiane Bouchard	Montreal, QC	1:55:12
3 Emily Gassman	Jericho, VT	1:58:46

MALE REGIONAL

1 Rob Hollinger	Averill Park	1:40:05
2 Tad Norton	Warrensburg	1:43:20
3 Kevin Sheridan	Troy	1:45:56
4 William Henke	Hudson Falls	1:46:34
5 Casey Gilby	Latham	1:47:16
6 Dennis Ball	East Greenbush	1:48:50
7 Logan Marshall	Altamont	1:50:43
8 Johnathan Loudis	Latham	1:53:03
9 Douglas Miller	Hillsdale	1:54:53
10 Bob Gramling	Red Hook	2:01:21
11 David Pritchard	Malta	2:05:14
12 Travis Moore	Clifton Park	2:06:55
13 Justin Pesta	Delmar	2:08:44
14 Joseph Botticelli	Troy	2:09:27
15 Will Besch	West Sand Lake	2:10:23
16 Jeff Mannion	Malta	2:11:07
17 Alex Chlopek	Glenville	2:11:37
18 Robert McLoughlin	Troy	2:12:51
19 James Vandelo	Clifton Park	2:19:14
20 Bryan Grygus	Clifton Park	2:19:31
21 Jeff Hanna	Clifton Park	2:20:41
22 Mitchell LeRoy	Troy	2:22:57
23 Howard Kreitsek	Clifton Park	2:23:39
24 Pete Gregory	Hoosick Falls	2:31:20
25 Timothy Bellora	Hurley	2:36:03
26 James Skopas	Rensselaer	2:36:44
27 Ryan Harrington	Averill Park	2:37:25
28 Darryl Caron	Clifton Park	2:39:28
29 Hank Lenney	Troy	2:41:42
30 Carlos Millan	Rensselaer	2:42:15
31 Karl Zaunbrecher	Saranac Lake	2:47:08
32 Robert Murray	Troy	3:14:36
33 Jeff Hanson	Averill Park	3:19:49

FEMALE REGIONAL

1 Stephanie Landy	Malta	1:59:22
2 Allison Yoho	Clifton Park	2:24:03
3 Julia Slycer	Averill Park	2:27:02
4 Ariel Hubert	Troy	2:27:48
5 Emily Blakeslee	Albany	2:39:40
6 Caroline Slycer	Averill Park	2:42:23
7 Sarah McTague	Averill Park	2:49:12
8 Peggy Nelson	Gansevoort	2:52:48
9 Marne Onderdonk	Saratoga Springs	2:52:59
10 Maria Bruno	Cohoes	3:03:01

100-METER SWIM, 5K MTN. BIKE, 1K TRAIL RUN

MALE OVERALL

1 Sean Harrington		21:41
2 Rowan Wilson	Norwich, VT	21:52
3 Jonathan Crowell	East Chatham	22:11

FEMALE OVERALL

1 Abby Werwaiss	North Chatham	22:13
2 Rebecca Nelson	Delanson	22:52
3 Alexandra Dixon	Delanson	23:07
3 Emily LaPlante		23:07

REGIONAL MALE

1 Tucker Besch	West Sand Lake	22:29
2 Ben Besch	West Sand Lake	23:00
3 Sam Besch	West Sand Lake	22:42
4 Avery Ball	East Greenbush	24:27
5 Thomas Michalek	Clifton Park	26:01
6 Ian Vernooy	Niskayuna	26:05
7 Cameron Shoemaker	Poestenkill	26:06
9 Jeremy Pacious	Clifton Park	26:47
10 Feffrey Bransky	Nassau	27:12
11 Oz McClamrock	Troy	27:35
12 Connor Sage	Poestenkill	27:38
13 Joe Mulholland	Loudonville	28:29
14 Jeffrey Koeferl	Ballston Lake	28:43
15 Scott Paskiewicz	Center Moriches	28:48
16 Miles Ednie	Troy	28:49
17 Max Schaffer	Loudonville	29:35
18 Trevor Dzikowicz	Amsterdam	30:02
19 Cameron Plowinske	Rensselaer	30:32
20 Keston Holohan	Averill Park	31:28
21 Killian Whyte	Loudonville	33:06
22 Daniel Sanford	Nassau	34:08
22 Cole Murphy	Earlton	34:15

FEMALE REGIONAL

1 Emily Haworth	Wynantskill	24:06
2 Emily Conway	Averill Park	24:23
3 Olivia Nelson	Delanson	24:57
4 Caroline Slycer	Averill Park	26:04
5 Eva Murphy	Earlton	26:57
6 Willa Werwaiss	North Chatham	27:00
7 Kayla Dzikowicz	Amsterdam	27:03
8 Emma Alteri	Ballston Spa	27:28
9 Alexandra Koeferl	Ballston Lake	27:32
10 Olivia Bransky	Nassau	27:59
11 Davis Snyder	Averill Park	29:38
12 Madison Krochina	Mechanicville	29:41
13 Meghana Caron	Clifton Park	30:55
14 Alexa Deyo	Ballston Spa	31:01
15 Lillian Miles	Ballston Lake	31:14
16 Ruby Slycer	Averill Park	31:32
17 Isabella Schaffer	Loudonville	32:38
18 Caroline Crowell	East Chatham	32:45
19 Logan Plowinske	Rensselaer	32:53
20 Campbell Whyte	Loudonville	33:07
21 Tari Civerolo	Castleton	33:39
22 Hannah Schaffer	Loudonville	34:20
23 Sarah Vernooy	Niskayuna	34:51
24 Leila Bennett	Clifton Park	35:26
25 Elizabeth Pacious	Clifton Park	38:06
26 Bridgit Mack	Wynantskill	38:17

Courtesy of SKYHIGH Adventures

4TH ANNUAL DIPPIKILL FROGGY FIVE-MILER TRAIL RUN continued

FEMALE AGE GROUP: 25 - 29

1 Paula Cole	28	Whitehall	1:01:25
2 Jessica Kratzert	26	Averill Park	1:04:24
3 Christin Dibelius	25	Ballston Lake	1:08:02

MALE AGE GROUP: 30 - 34

1 David Newman	31	Albany	45:07
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FEMALE AGE GROUP: 30 - 34

1 Alanna Almstead	34	Valatie	54:32
2 Tanyette Hobbs	32	Clifton Park	1:09:24
3 Tina Vogel	34	Watervliet	1:10:51

MALE AGE GROUP: 35 - 39

1 Matt Zappen	35	Catskill	43:20
2 Chris Nowak	36	Watervliet	44:49
3 Matthew Brom	37	Troy	48:11

FEMALE AGE GROUP: 35 - 39

1 Stacey Kelley	35	Albany	58:14
2 Jennifer Ferriss	39	Saratoga Springs	58:45
3 Lisa Vasiliakos	35	Sleepy Hollow	1:10:15

MALE AGE GROUP: 40 - 44

1 Nick Laplaca	41	Whitehall	53:33
2 Andrew Tanzillo	43	Hudson	57:49

FEMALE AGE GROUP: 40 - 44

1 Wendy Blackman	44	Starksboro, VT	56:35
2 Martha Shipp	44	Rochester	1:02:24
3 Kathy Vanvalen	42	Delanson	1:04:04

MALE AGE GROUP: 45 - 49

1 John Kinnicutt	48	Menands	45:44
2 Joe Bouck	48	Latham	55:34
3 Jay Short	45	Rowley, MA	1:06:25

FEMALE AGE GROUP: 45 - 49

1 Roxanne Gillen	48	Schenectady	1:08:02
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MALE AGE GROUP: 50 - 54

1 Randy Goldberg	52	Schenectady	1:00:46
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FEMALE AGE GROUP: 50 - 54

1 Rebecca Ryan	54	Huntington, VT	56:50
2 Beth Elason	51	Ripton	56:57
3 Carmen Narvaez	50	Albany	58:31

FEMALE AGE GROUP: 55 - 59

1 Patricia Clocher	56	Beverly, MA	55:26
2 Phyllis Fox	59	Loudonville	1:11:13
3 Ronnie Senez	58	Clifton Park	1:30:31

MALE AGE GROUP: 60 - 64

1 Joe Yavonditte	62	Schenectady	1:01:34
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FEMALE AGE GROUP: 60 - 64

1 Laura Clark	64	Saratoga Springs	1:17:56
2 Marey Bailey	60	Schenectady	1:57:52

MALE AGE GROUP: 65 - 69

1 Douglas Fox	66	Loudonville	1:02:19
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FEMALE AGE GROUP: 65 - 69

1 Ginny Mosher	65	Delanson	1:16:53
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MALE AGE GROUP: 70 - 74

1 Charles Merlis	70	West Hartford, CT	1:39:20
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Courtesy of Albany Running Exchange

15TH ANNUAL SILKS & SATINS 5K RUN

July 23, 2011 • Fasig-Tipton, Saratoga Springs

MALE OVERALL

1 Ethan Clary	22	Schuylerville	14:56
2 Alex Leuchanka	20	Brooklyn	15:04
3 Steve Harrington	22	San Diego, CA	15:08

FEMALE OVERALL

1 Kristina Gracey	28	Albany	17:34
2 Mesha Brewer	32	Saratoga Springs	17:51
3 Estela Smith	13	Ballston Spa	17:52

MALE AGE GROUP: 14 & UNDER

1 Aidan Tooker	13	Greenfield Center	17:44
2 Ethan North	13	Greenfield Center	19:20
3 Jaxon Smith	14	Ballston Spa	19:27

FEMALE AGE GROUP: 14 & UNDER

1 Sarah Morin	14	Porter Corners	19:31
2 Spencer Hayes	13	Wilton	19:52
3 Payton Czupil	12	Watervliet	19:57

MALE AGE GROUP: 15 - 19

1 Eric Young	19	Latham	15:58
2 Nicholas Marcantoni	18	Glens Falls	16:11
3 Jonah Williams	17	Saratoga Springs	16:25

FEMALE AGE GROUP: 15 - 19

1 Margaret MacDonald	16	Saratoga Springs	18:15
2 Taylor Driscoll	15	Saratoga Springs	18:18
3 Courtney Tedeschi	16	Westerlo	18:41

MALE AGE GROUP: 20 - 24

1 Greg Kiley	22	Saratoga Springs	15:35
2 Scott Mindell	24	New London, CT	15:36
3 John Farley	22	Porter Corners	16:21

FEMALE AGE GROUP: 20 - 24

1 Anna Crawford	24	Queensbury	18:09
2 Roxanne Wegman	24	Troy	18:54
3 Kaitlin O'Sullivan	22	Gansevoort	20:14

MALE AGE GROUP: 25 - 29

1 Chuck Terry	29	Albany	15:23
2 David Raucci	25	Germantown	15:24
3 Alexander Grout	25	Clifton Park	15:28

FEMALE AGE GROUP: 25 - 29

1 Caitlin Sheil	25	Albany	17:54
2 Leann Donnelly	27	Ithaca	19:01
3 Elizabeth Chauhan	26	Albany	21:03

MALE AGE GROUP: 30 - 34

1 Chris Judd	31	Glennville	16:28
2 George Young	30	Liverpool	17:00
3 Matt Oberst	30	Farmington	17:59

FEMALE AGE GROUP: 30 - 34

1 Shelly Binsfield	31	Clifton Park	18:32
2 Melanie Staley	30	Saratoga Springs	19:39
3 Lynn Lorenz	31	Apalachin	20:45

MALE AGE GROUP: 35 - 39

1 Michael Roda	35	Albany	16:01
2 Aaron Knobloch	35	Guilfordland	16:46
3 Chris McGoldrick	37	Havertown, PA	17:30

FEMALE AGE GROUP: 35 - 39

1 Renee Tolan	36	Clifton Park	18:47
2 Tina Greene	37	Scotia	20:10
3 Michelle Lavigne	36	Albany	20:39

MALE AGE GROUP: 40 - 44

1 Richard Cummings	43	Schenectady	18:11
2 Patrick Smith	44	Queensbury	18:52
3 David ShumPERT	40	Clifton Park	19:40

FEMALE AGE GROUP: 40 - 44

1 Kimberly Miseno-Bowles	41	Amsterdam	20:25
2 Dorothy Hill	42	Saratoga Springs	21:16
3 Penny Tisko	42	Voorheesville	22:40

MALE AGE GROUP: 45 - 49

1 Jack Arnold	48	Latham	18:58
2 Steve Cummings	46	Ballston Spa	19:09
3 Thomas Marcellus	46	Ballston Spa	19:34

FEMALE AGE GROUP: 45 - 49

1 Nancy Nicholson	49	Queensbury	20:33
2 Lauren Herbs	48	Rexford	22:48
3 Susan Keely	46	Glens Falls	22:56

MALE AGE GROUP: 50 - 54

1 Vladimir Ilin	53	Albany	18:05
2 John Remy	53	Williston, VT	18:47
3 Ken Schwartz	53	Saratoga Springs	18:48

FEMALE AGE GROUP: 50 - 54

1 Donna Thrailkill	52	Clifton Park	21:37
2 Janice Phoenix	50	Schenectady	22:01
3 Maureen Fitzgerald	53	Clifton Park	22:10

MALE AGE GROUP: 55 - 59

1 John Crawford	57	Queensbury	19:59
2 Bill Foley	57	Wappingers Falls	20:17
3 Steve Vnuk	55	Delmar	20:35

FEMALE AGE GROUP: 55 - 59

1 Erika Oesterle	59	Stamford	23:33
2 Maryanne McNamara	57	Saratoga Springs	24:46
3 Joan Celentano	58	Schenectady	25:29

continued

4TH ANNUAL DIPPIKILL FROGGY FIVE-MILER TRAIL RUN

July 17, 2011 • Dippikill Preserve, Warrensburg

MALE OVERALL

1 Josh Merlis	29	Albany	36:23
2 Ray Webster	36	Burlington, VT	36:32
3 Paul Mueller	27	Delmar	41:19

FEMALE OVERALL

1 Karen Provencher	56	Glens Falls	49:30
2 Zsuzsanna Carlson	38	Edison, NJ	49:40
3 Erin Rightmyer	27	Delmar	52:52

MALE AGE GROUP: 15 - 19

1 Paul Cox	18	Troy	43:47
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MALE AGE GROUP: 25 - 29

1 Andy Sims	27	Brunswick	49:15
2 Gregory Johnson	28	Burnt Hills	52:11
3 Lyman Tinc	26	Saratoga Springs	55:15

continued

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15TH ANNUAL SILKS & SATINS 5K RUN *continued*

MALE AGE GROUP: 60 - 64				MALE AGE GROUP: 70 - 74			
1 Paul Bennett	60	Latham	20:20	1 Jim Moore	71	Niskayuna	24:23
2 Mike Chovonec	61	Baltimore, MD	22:44	2 William Sheft	70	Ballston Spa	25:56
3 Jim Fiore	63	Latham	23:25	3 James McGuinness	72	Schenectady	25:59
FEMALE AGE GROUP: 60 - 64				FEMALE AGE GROUP: 70 - 74			
1 Judy Phelps	60	Malta	21:39	1 Marge Rajczewski	70	Ballston Lake	26:49
2 Judy Lynch	62	Castleton	24:44	2 Judy Savitt	71	Bridgeport, CT	32:54
3 Suzanne Nealon	61	Troy	29:59	3 Eiko Bogue	74	Schaghticoke	38:16
MALE AGE GROUP: 65 - 69				MALE AGE GROUP: 75 - 79			
1 Stan Westhoff	67	Gansevoort	23:06	1 Norm Marincic	76	Saratoga Springs	31:11
2 Bill Tobia	65	Malta	25:07	2 Richard Eckhardt	77	Albany	35:21
3 Jim Cunningham	66	Ticonderoga	25:12	3 Jim Owens	76	Latham	37:02
FEMALE AGE GROUP: 65 - 69				<i>Courtesy of Special Olympics New York</i>			
1 Ginny Pezzula	65	Colonie	25:59				
2 Sakiko Claus	69	Schroon Lake	31:22				
3 Lois Smith	69	Glenmont	34:20				

2011 HMRRC SUMMER TRACK SERIES

RACE #1: THE COLONIE MILE				MALE AGE GROUP: 60 - 69			
<i>July 5, 2011 • Colonie HS Track, Colonie</i>				1 Paul Bennett	60		5:57
MALE OVERALL				2 Paul Forbes	60		5:57
1 Ethan Clary	22		4:18	3 John Stockwell	63		6:36
2 Chuck Terry	29		4:22	FEMALE AGE GROUP: 60 - 69			
3 Justin Bishop	30		4:26	1 Judy Phelps	60		6:23
FEMALE OVERALL				2 Martha DeGrazia	60		7:05
1 Ada Lauterbach	21		5:10	3 Susan Wong	63		7:18
2 Kristina Gracey	28		5:20	MALE AGE GROUP: 70 - 79			
3 Meghan Davey	25		5:23	1 Chris Rush	75		6:39
MALE AGE GROUP: 19 & UNDER				2 Wade Stockman	76		7:11
1 Jake Johnson	13		4:40	3 Jim Moore	71		7:22
2 Kevin Cosgrove	15		5:36	FEMALE AGE GROUP: 70 - 79			
3 Brien Maney	12		7:17	1 Anny Stockman	79		9:51
4 Christian Mack	4		10:02	MALE AGE GROUP: 80 & OVER			
FEMALE AGE GROUP: 19 & UNDER				1 Ken Orner	81		12:40
1 Rayton Czupil	12		5:45	RACE #2: TWO-PERSON RELAY			
2 Zibby Eckhardt	14		6:48	<i>July 14, 2011 • Colonie HS Track, Colonie</i>			
3 Kelly Maney	9		7:14	1 David Rowell/Pete Rowell			37:31
4 Emma Hampston	11		7:16	2 Chris Varley/Jonathan Auger			38:34
5 Victoria Servetas	12		7:59	3 Saturnino Fernandez/Jack Nabozny			38:34
6 Kylan Foley	8		8:46	RACE #3: HOUR RUN			
7 Mackenzie Murphy	6		10:03	<i>July 21, 2010 • Colonie HS Track Colonie</i>			
8 Beth Irwin	7		11:20	MALE OVERALL			
MALE AGE GROUP: 20 - 29				1 Justin Bishop	30	Colonie	9:32M
1 Daniel Jordy	27		4:30	2 David Tromp	36	Glenmont	8:39M
2 Thomas O'Grady	26		4:45	3 Kahill Scott Jr.	20	Cohoes	8:14M
3 Andrew McCarthy	27		4:50	4 Jason Cordeira	28	Rensselaer	7:28M
FEMALE AGE GROUP: 20 - 29				5 Sunil Kumta	48	Schenectady	7:07M
1 Katie Vitello	28		6:29	FEMALE OVERALL			
2 Christina Jordy	29		6:30	1 Martha DeGrazia	60	Slingerlands	6:58M
3 Katie Auyer	28		7:07	2 Anny Stockman	79	Rensselaer	5:44M
MALE AGE GROUP: 30 - 39				3 Joy Leslie	43	Albany	4:63M
1 Mike Roda	35		4:43	4 Katie Auyer	28	Albany	4:22M
2 Jon Catlett	33		4:55	RACE #4: PENTATHLON: 5K, 800M, 3200M, 400M, 1600M - TOTAL POINTS			
3 Aaron Knobloch	35		4:58	<i>July 28, 2011 • Colonie HS Track, Colonie</i>			
FEMALE AGE GROUP: 30 - 39				MALE OVERALL			
1 Crystal Perno	30		5:43	1 Justin Bishop	30M		4591
2 Gretchen Oliver	37		5:47	2 Richard Messino	22M		3813
3 Stacey Kelley	35		6:30	3 David Tromp	36M		3237
MALE AGE GROUP: 40 - 49				4 John Parisella	53M		3098
1 Edward Hampston	43		5:02	5 Mike Crisafulli	14M		2728
2 Ahmed Elasser	48		5:03	6 Bill Bennett	31M		2689
3 Jon Rocco	44		5:10	7 Paul Bennett	60M		2576
FEMALE AGE GROUP: 40 - 49				8 Bill Sherman	42M		2460
1 Regina McGary	41		6:33	9 Bob Somerville	58M		2153
2 Connie Smith	43		7:00	10 Joey Somerville	13M		1922
3 Lynn Fredericks	45		7:10	FEMALE OVERALL			
MALE AGE GROUP: 50 - 59				1 Anna Spiers	18F		3241
1 Derrick Staley	52		5:00	2 Sonya Pasquini	32F		2782
2 Rick Munson	54		5:26	3 Jessica Hagaman	35F		1593
3 John Parisella	53		5:36	4 Marthia DeGrazia	60F		264
FEMALE AGE GROUP: 50 - 59				<i>Courtesy of Hudson-Mohawk Road Runners Club</i>			
1 Lori Santos	50		7:15				
2 Karen Dott	55		7:47				
3 Cynthia Finnegan	57		7:51				



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THE NON-MEDICATED LIFE



A Case for Acupuncture

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 while others may reduce certain types of cancer.

In the first 44 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 in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. As side effects and cost limit the benefits of medications, other complementary non-medicated approaches such as acupuncture should be examined and considered. The following represents this clinician's argument for a serious consideration of acupuncture to limit our increasing overreliance on prescription medication as well as supplements of unproven purity.

Acupuncture as a medical practice dates back 3,000 to 5,000 years. The word itself is derived from the Latin "acus" meaning needle and "punctura" meaning penetration, and refers in its most recognizable form

to a process of inserting thin solid metal needles into the skin to stimulate certain anatomical points. Acupuncture strictly speaking involves the insertion of needles as described above. However, its practitioners may also use a variety of means – manual pressure, electrical stimulation, heat and ultrasound – used to stimulate anatomical points in the skin.

Moreover, the stimulation of anatomical points on the skin with needles is only the most visible part of the treatment, which in Traditional Chinese Medicine involves a clinical assessment including inspection, auscultation, inquiry, and palpation. This assessment is related to the presenting symptom within the framework of Chinese medical theory, which views life as dynamic and interconnected, and health as constituting a balance or harmony of forces within the individual. Once an assessment is made acupuncture needles are inserted at certain defined points along established meridians in an attempt to correct disruptions in harmony. Additionally, lifestyle counseling involving diet, exercise, and mental outlook is provided. Sometimes massage and Chinese herbs may also be prescribed.

Acupuncture has been studied in controlled clinical trials for the treatment of such conditions as chronic pain including knee and low back pain, chemotherapy-induced nausea and migraine headache, and the better designed studies have shown modest

This is the 45th 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.



benefit as compared to standard Western medical treatment. Some studies show no difference when comparing acupuncture to sham acupuncture, where needles are not inserted at the predetermined points or actual piercing of the skin does not take place. It needs to be emphasized, however, that controlling for the acupuncture procedure is difficult in clinical trials where the intervention for all participants by definition is the same.

In usual acupuncture practice the treatment of a symptom such as back pain may vary considerably from patient to patient in terms of insertion points selected and the number of needles used to treat because of the unique makeup of each patient. The benefit of acupuncture therefore may be made less clear by structural constraints of the very process meant to study it.

While the controlled clinical trial may not offer robust evidence of acupuncture's potential benefit over some other more traditional Western treatments, an evaluation of acupuncture mechanisms shows physiological evidence of its effects. Acupuncture may increase release of endorphins at the spinal and supra-spinal level. Indeed, studies show that opioid antagonists which can negate the effects of morphine can also block the analgesia induced by acupuncture.

Functional MRI has shown changes in brain physiology in specific anatomic areas corresponding to stimulation of specific acupuncture anatomic skin points. Some

have suggested that acupuncture exerts its benefit by the mechanism of placebo effect. In studies of the placebo effect using pills, up to 30-percent of individuals may obtain significant benefit based simply on the power of the mind to affect real physiological changes.

Whether as a result of some yet undefined mechanism or the placebo effect, it is clear that for many patients acupuncture significantly improves a variety of symptoms and has efficacy. What makes it such a compelling candidate for an alternative to medication is not, however, its efficacy, but rather its safety. Unlike prescription medications acupuncture has almost no side effects. In the hands of licensed practitioners serious unfavorable events are rare. Unlike a supplement it does not introduce potentially harmful contaminants into the body. In the best of all possible worlds, one would want significant randomized, clinical trial proof of efficacy and safety of the benefits of an intervention. At the same time, one does not need a clinical trial to tell that it is safer to look both ways before crossing a street.

Likewise when a medical practice has existed for 5,000 years, its continued presence as a treatment modality argues persuasively for its benefits. If, with the knowledge of his or her physician, an individual tries acupuncture and is able to reduce pain or discomfort and improve how they feel and function, then such a practice can be a viable option to reduce the proverbial bottle of pills we commonly use to treat some of our most significant health problems. 🌱

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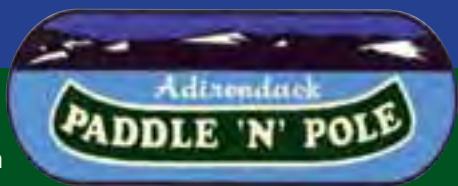
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HIKING & SNOWSHOEING

A New Route up an Old Favorite

Climbing the New Slide on Cascade Mountain

by Bill Ingersoll

Cascade Mountain has always been one of the most popular of the Adirondack High Peaks. It's hard to name one good reason *not* to climb it: the trailhead is very easy to find along the major highway between Lake Placid and Keene; the marked trail climbs directly up the mountain, without the long approach that is often required to reach many of the other peaks; and the summit is almost completely bald, revealing one of the best panoramas around.

For all of these reasons, it is typical to find many people on this mountain on any given fair-weather day – and for these same reasons, I have long been reluctant to promote it in this column. Cascade is one of those places that hardly need my endorsement.

However, on August 28, a little storm called Irene dumped an excessive amount of rain on the High Peaks region, triggering dozens of new landslides on many of the larger mountains. On Cascade, a slide occurred on the small stream that feeds the mountain's namesake waterfall, extending about 0.6-mile down the northwestern slope toward NY Route 73. For anyone willing to scramble up the steep flanks of the waterfall and bushwhack an additional 0.3-mile above the slide's headwall, this new gash in the forest will make an excellent alternate route to Cascade's summit.

GETTING THERE

The main trailhead for Cascade Mountain on Route 73 is very well known, and on any given weekend the parking area is a busy place to be. You will find it 8.5 miles east of Lake Placid and 6.8 miles west of Keene.

However, the best way to access the slide is at a slightly lesser known facility 0.7-mile to the east, in the direction of Keene, where a narrow driveway leads to a picnic area between the two Cascade Lakes. The angle that this driveway turns from the main highway is so sharp that it is best accessed from the west; if you are coming from Keene, you may need to drive past it and turn around.

THE TRAIL

This parking area was once the site of a small hotel, the foundation of which is still plainly visible. Old USGS maps clearly show a trail leading to the summit of the mountain directly from this spot, essentially following the route of the new slide. The only remaining portion of that trail may be the existing

unmarked path that leads to the foot of the waterfall from the far end of the parking lot.

To find it, start at the little bridge across the stream that flows between the two Cascade Lakes. The herd path begins quite clearly, but it quickly leads into the debris pile of logs and rocks that now lines the stream banks below the waterfall. The path ends after 500 feet. The slide debris flanks what can be a modest trickle in times of low water, and a raging torrent in times of high water. The debris itself testifies to these extreme fluctuations.

You have to pick your way up alongside the creek, crossing it to avoid a tough scramble on the way to the foot of the cascade, which looms very steeply above you. Piping from the old hotel operation is still easy to find. When the water is down, scrambling up the rocks beside the flow should be easy. When the water is high – which, admittedly, is when a waterfall is most impressive – you will be forced to detour up the steep banks where blowdown will be an issue.

This brings you to the splash pool at the base of the waterfall, where the mountainside rises almost vertically above you. Many casual visitors will be perfectly content to go only this far. The open rocks immediately adjacent to the cascade are ribbed with many small ledges, and this feature may be enticing to rock climbers. In fact, the landslide widened the exposed area surrounding the waterfall, but only dedicated climbers will find a suitable ascent route there, and only when the rocks are dry.

The recommended ascent route for hikers is through the woods to the left of the falls, but even here the slope is no less steep. In fact, it is so vertical that you will need to use your hands for the climb. If my suspicion is correct and the slide becomes a popular ascent route, then unfortunately the tradeoff will likely be an eroded eyesore here.

The steepest part of the cascade rises more than 150 feet from the splash pool, and there is a ledge near the top that lets you look down what you have just bypassed. The upper portion of the cascade is a series of chutes that are also unsuitable for walking, so you will need to continue bushwhacking through the woods. The height of the



▲ HEADWALL VIEW OF THE SLIDE THAT EXTENDS ABOUT 0.6-MILE DOWN THE SLOPE.
▶ IRENE TRIGGERED A SLIDE ON THE STREAM THAT FEEDS THE CASCADE WATERFALL.
PHOTOS BY BILL INGERSOLL

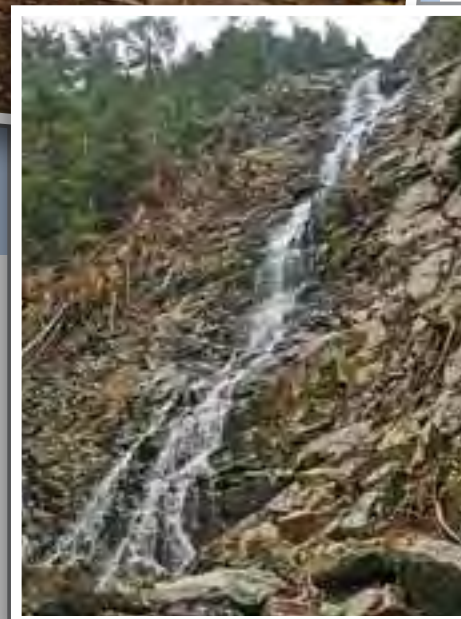
waterfall is effectively doubled by the time the grade eases and the slide begins, a mere 0.3-mile from your car.

From this point upward, once you have cleared the waterfall, the slide presents few major obstacles. If the debris pile and the cascade can be considered the lower section of the slide, then let's call this next part the middle section. In previous editions of *Discover the Adirondack High Peaks*, Barbara McMartin recommended this part of the mountain as a nature walk only. She warned hikers not to trample the rare ferns (Braun's holly fern, slender cliff-brake, berry bulblet fern, and fragile ferns) that took advantage of the limestone-rich Grenville rocks found here, when this was a completely wooded environment. Now the creek tumbles through an avenue of bare rock, and only time will tell how these plants will fare in the new order of things.

The climbing is pleasant, with continuous views of a rocky shoulder of Pitchoff Mountain across the road, and with McKenzie Mountain in the distance. A steep ledge across the width of the slide – forcing you to find a way around either side – marks the start of the upper section. Here, the forest is gone but much of the soil still remains. Barring any further erosion, this part will almost certainly become re-colonized by plant life someday.

The slope arcs upward to the headwall, a surface of angled bare rock that will be too steep for most people to climb. The open birch forest on either side offers no resistance. Be sure to visit the large ledge halfway up the headwall, which offers an outstanding vista down the terrain you have just navigated, across the shoulder of Pitchoff, to the spread of lowlands and small hills surrounding Lake Placid.

Perhaps you will find this view reward enough for your efforts and choose to turn back here. That's fine, but the elevation of the headwall is about 3,380 feet, which makes it



shy of the summit by a mere 720 vertical feet. As High Peak bushwhacks go, the remaining 0.3-mile is relatively easy. Going right around the headwall may get you to the top faster; going left brings you first to a smaller, older slide that you will also have to bypass.

Either way, the woods immediately above the slide begin as an open birch forest that slowly fills in with balsam fir as you climb. A compass heading of 115-degree true will get you to the summit, but following common sense works just as well: just keep walking directly uphill, and eventually you will reach the highest point of the mountain. You might not see the summit rock until you are close to it, but you will certainly hear the voices of people.

The tightest part of the montane forest comes just below the summit, where the trees finally give way to open rock. You will need to pick your way up the rock carefully, but within two hours of leaving your car you should be standing atop the mountain, looking down the northwestern slopes to a piece of the new slide you have just climbed. 🌲

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

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