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### Get Outside This Winter!



SKIERS AND RIDERS WITH A BLUE SKY VIEW OF THE WHITEFACE SUMMIT IN WILMINGTON. © ORDA

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by Darryl Caron

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**I**n a winter that's brought less natural snow and fewer notably cold days – so far – don't let that stop you from getting outside to enjoy the winter we have right now! Here are some ideas for snow and ice fun with family and friends.

Join many hearty Capital Region and Adirondack locals and visitors by ignoring the winter naysayers and celebrate with winter destinations, activities and events. Whether you cruise the wintry trails by skis, sled, snowshoes or dog sled, we have it all. With affordable ski/stay packages, state parks and preserves, and tons of free family activities and entertainment, planning your next winter trek has never been easier. It's no fun being cooped up inside all winter. Get out of your home, office or gym, and try out some of these ideas for outdoor recreation.

**Skiing & Snowboarding** – With dozens of alpine ski resorts and hundreds of ski trails, New York has some of the best skiing and riding in the U.S. With snowmaking, you can enjoy a day at Gore, Hickory, Oak, West, Whiteface, Willard, or next door at Bromley, Okemo or Stowe, and experience everything from gentle slopes to challenging steps. Be sure to check out their websites for midweek savings, ski lessons, learning camps, vacation planning, special events and snocountry.com for new snowfall reports. And be sure to take advantage of great mid-winter sales at alpine and Nordic shops and outfitters that support us!

**Cross-Country Skiing** – The Nordic centers offer hundreds of kilometers of groomed cross-country ski trails across our region, and there are countless miles of backcountry ski tours in the Adirondacks. Whether you are looking for a peaceful trail winding along frozen rivers and fields or a day of adventure, visit Cascade, Dewey, Garnet Hill, Lapland Lake, Mt. Van Ho (Olympic Sports Complex), Osceola Tug Hill or Pineridge. Or, try backcountry skiing with an outfitter or guide service that offers rentals, lessons and guided tours. The Adirondack Backcountry Ski Festival in Keene Valley is March 3-4. There are many trips and programs offered by Adirondack Mountain Club, High Peaks Mountain Guides, Adirondack Paddle N Pole and Ndakinna, which can help people of all abilities safely learn and experience something new.

**Snowshoeing** – If you can walk, you can snowshoe through the beautiful Capital-Saratoga landscape and hike the Adirondack backcountry. If you have never been and would like to try, contact the above organizations, shops and guide services for informative snowshoeing excursions that will provide you with equipment and instruction. Cascade, Lapland Lake and Pineridge offer full moon skiing and hiking in February and March for a nighttime adventure.

See **GET OUTSIDE!**, 11 ▶

• Adventure • Backpacking • Bicycling • Canoeing • Duathlon • Environment • Fitness • Health • Hiking • Running • Bicycling • Hiking

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PHOTOS BY BRIAN TEAGUE

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### SNOWSHOEING & HIKING

Hikers setting off for a day of adventure from St. Huberts have a multitude of options. Many of the available hikes to choose from on the Ausable Club's Adirondack Mountain Reserve are quite long, but if you're looking for a challenging hike that won't take an entire day to complete, then perhaps your first option should be Noonmark Mountain.

Though a lesser summit compared with its neighbors, Noonmark has an incomparable view. The bald, peaked summit offers a nearly 360-degree panorama, and there is probably no better introduction to the Dix Range, the Ausable Valley, and the Great Range. Though not a High Peak itself - the mountain tops out at 3,556 feet - the trail leading up its north slope is quite steep, with several open ledges along the way.

Noonmark is so named because it is due south when viewed from Keene Valley, and therefore under the midday sun - when daylight savings time is not in effect.

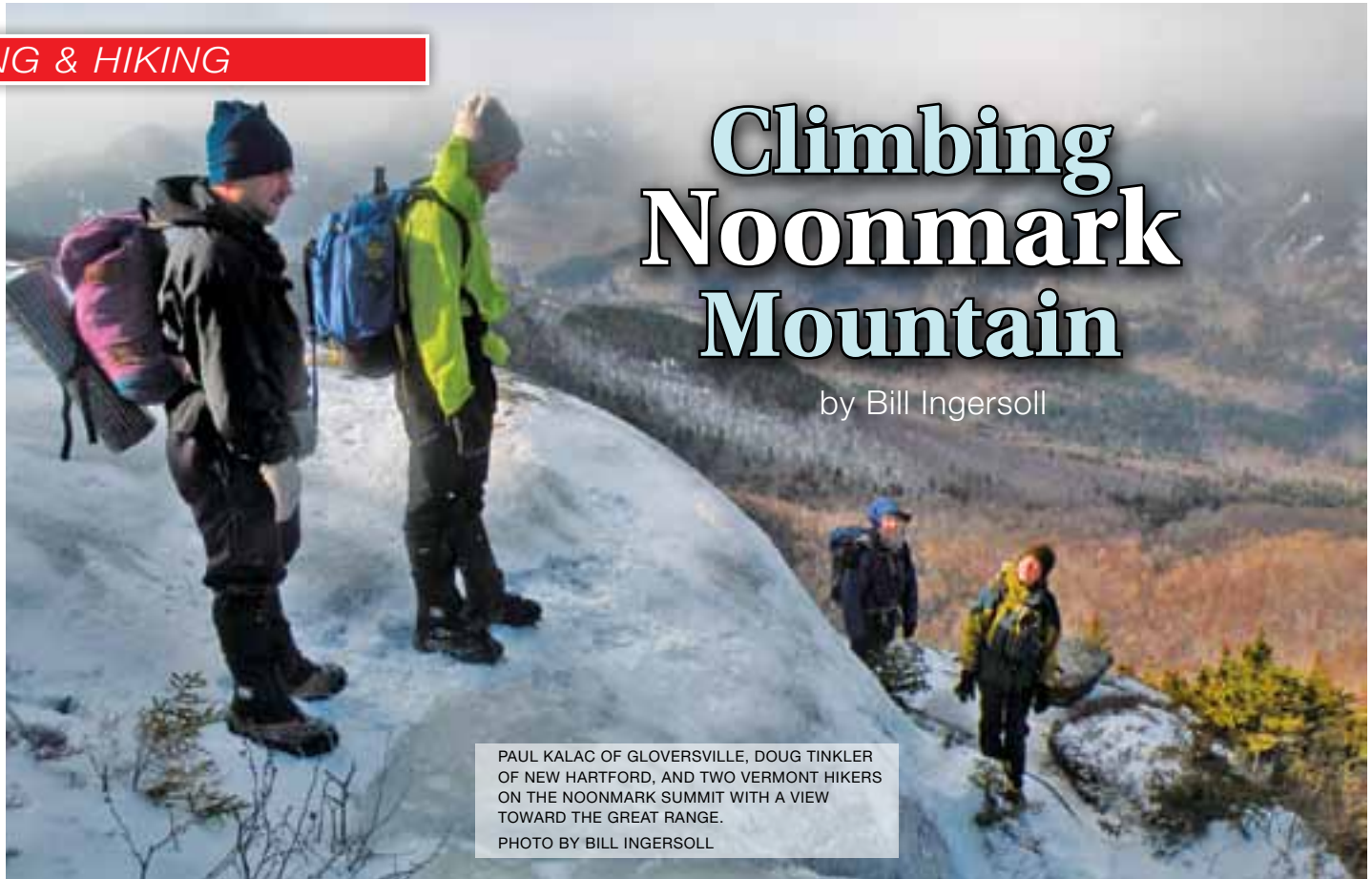
This is a great winter hike, but given the scarcity of snow as of January this year the trail is apt to be quite icy. Traction-enhancing devices such as crampons or micro-spikes may be an absolute necessity, unless by the time you are reading this the mountains have finally been blanketed in a thick layer of snow.

**GETTING THERE**

All public access across Adirondack Mountain Reserve lands begin at one of two parking areas adjacent to the intersection of NY Route 73 and Ausable Road in St. Huberts, 5.4 miles north of the "spaghetti intersection" with US Route 9, and 7.5 miles from Northway Exit 30. Ausable Road, which loops past the Ausable Club and its golf course, is a public highway and can be driven, but there are no other legal parking areas. On busy weekends the public parking area adjacent to Route 73 has been known to fill early - at which time latecomers may want to consider alternate trailheads.

**THE TRAIL**

The trailhead is 0.4-mile along Ausable Road from the parking area, near the start of the golf course. Look for the DEC trail signs at the entrance to a private road to the left. At a four-way intersection of driveways, the marked trail continues straight before finally bearing right past the last house, climbing into the woods and past a cascade on



PAUL KALAC OF GLOVERSVILLE, DOUG TINKLER OF NEW HARTFORD, AND TWO VERMONT HIKERS ON THE NOONMARK SUMMIT WITH A VIEW TOWARD THE GREAT RANGE.  
 PHOTO BY BILL INGERSOLL

# Climbing Noonmark Mountain

by Bill Ingersoll

Icy Brook. At 0.9-mile (just 0.5-mile from Ausable Road) you reach a junction where the Old Dix Trail bears left toward a place called Noonmark Junction and onward to Dix.

The shortest route to Noonmark bears right onto the Stimson Trail, named for an Ausable Club member who was secretary of state under President Herbert Hoover and secretary of war from 1940 to 1945. Depending on the snow cover, the iciness may begin right away. The trail climbs to the foot of a steep slope, curving far to the right (north) to make an easier ascent onto the ridgeline. It then follows this ridgeline to the summit, with several rocky/icy scrambles along the way. Two of these scrambles are steep enough to warrant log ladders. There are some preliminary views that are quite good, including vistas of Giant, Keene Valley, and the Great Range all the way up to Marcy.

There are also views of Noonmark's rocky summit knob as you climb closer. With more ledges to scramble over on the upper slopes, the overall experience of climbing this 3,556-foot mountain is very much like climb-

ing a small High Peak. When you do reach the summit 2.2 miles from the parking area, the view is quite impressive. In addition to the mountains you have already been seeing from the climb, you can now see the scarred slopes of Dix as well as the vast sweep of the Boquet River headwater region.

You can turn a day on Noonmark into an excellent loop trip by descending the southeastern slopes via the Felix Adler Trail, which departs from the summit on a heading of approximately 60-degrees true. This route also has its share of steep and potentially icy ledges, primarily at the very top and bottom of the mountain, but overall this is a much gentler descent than the Stimson Trail. It drops you at Noonmark Junction 0.9-mile from the summit (3.1 overall). At this four-way intersection, look

for the yellow-marked trail that turns hard left back toward Ausable Road. This trail is probably more attractive in the winter with a deep coating of snow to cover some of the washouts near its south end, but it makes for a pleasant and peaceful walk through the deep valley between Noonmark and Round Mountain. In 1.6 miles from the junction (4.7 overall) you close the loop with the Stimson Trail, which puts you back at your car after 5.6 miles of varied hiking. ▲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironclacks.com) and author of Snowshoe Routes: Adirondacks & Catskills (Mountaineers). For more on this region, consult Discover the Adirondack High Peaks.*

# MORE GORE

## FEBRUARY EVENTS

**SATURDAY FEB 11:**  
**SALOMON BBR DEMO DAY**  
 Presented by The Sports Page

**SUNDAY FEB 12:**  
**FESTIVAL FOR KIDS**  
 Presented by Price Chopper

**SUNDAY FEB 19:**  
**FREEHEEL FESTIVAL**  
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**SATURDAY FEB: 25**  
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## ADIRONDACK SPORTS & FITNESS

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PHOTO BY DARRYL CARON

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FROM THE PUBLISHER & EDITOR

## Happy February!

Enjoy our February issue - it's the shortest month and this one's a leap year! We greatly appreciate the enthusiastic support from our advertisers, readers, contributors, vendors and expo exhibitors and attendees. With your loyal support this business has survived and grown stronger over the past 12 years!

Since the beginning, our mission is to inspire and inform the active lifestyle community in our region, whether you are a frontrunner or taking the scenic route. We strive to continuously improve our magazine, expos and online experience, so please share your comments, support and ideas - they are always welcome at (518) 877-8788 or [info@adksports.com](mailto:info@adksports.com).

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*Darryl and Mona*

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**SPRINGFIELD HALF MARATHON**  
Springfield, MA  
August 26, 2012  
RunSpringfieldHalf.com

**OCEAN CITY HALF MARATHON**  
Ocean City, MD  
September 8, 2012  
OceanCityHalf.com

**AMISH COUNTRY HALF MARATHON**  
Lancaster, PA  
November 3, 2012  
AmishCountryHalf.com

# Concussions in Winter Sports

by Luigi Rende

The last two years we have seen an increase in the public awareness of concussions and how they affect athletes. From the professional athlete to the high school athlete, research on the incidence, prevention and management of concussions has flooded the scientific literature in sports medicine. The Center for Disease Control reports that are between 1.6 and 3.8 million mild traumatic brain injuries.

If you are a high school, collegiate or professional athlete, your chance of successful management after a concussion is much higher than the recreational or extreme athlete. In those settings there are systems in place to ensure safe return participation after a concussion. The recreational skier or snowboarder may not have the same systems available to them for successful management. This article will help dispel some of the confusion related to concussions.



PHOTO COURTESY OF GORE MOUNTAIN



**What is a concussion?** It's a mild traumatic brain injury caused by trauma or impacts to the head directly or indirectly. They can be caused by a direct blow to the head or by the head being shaken violently because a fall or an impact to another part of the body. Basically the brain is shaken inside the skull causing injury to the brain, because of contact made inside the skull.

on high school athletes at the University of Virginia, headache was the most commonly reported symptom for both sexes. However, in year one of the study males reported confusion, amnesia and disorientation as their primary symptom.

In year two, males still reported confusion, amnesia and disorientation more than females, but the women reported drowsiness and sensitivity to light more often than men.

**FOUR SYMPTOM CATEGORIES**

- 1) Physical – Headache, fatigue, dizziness, sensitivity to light and/or noise, nausea, and balance problems.
  - 2) Emotional – Sadness, feeling more emotional, and nervousness.
  - 3) Cognitive – Difficulty remembering, difficulty concentrating, feeling slowed down, and feeling mentally foggy.
  - 4) Sleep – Drowsiness, sleeping less than usual, sleeping more than usual, trouble falling asleep.
- Skiing and riding are fun, exciting and exhilarating, but they carry some risks. The American Association of Neurological Surgeons reported in 2009 that there were 16,948 emergency room visits for winter sports-related head injuries, and this is probably an underestimate, because many head injuries go unreported and mismanaged. Researchers have concluded that 53-percent of concussed athletes do not report head injuries to medical personnel, which causes a problem for successful treatment.

**SYMPTOMS OF A CONCUSSION**  
Symptoms vary for all concussed people but some researchers have found some common physical signs and symptoms that are consistent post injury. In a study done

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ATHLETE PROFILE

# Dave Paarlberg-Kvam

**RESIDENCE:** Round Lake  
**CAREER:** Art Teacher and Nordic Ski Coach, Shenendehowa High School  
**FAMILY:** Wife, Kate  
**PRIMARY SPORT:** Nordic Skiing  
**SECONDARY SPORTS:** Road Cycling, Triathlon, Running  
**AGES:** 30



KATE AND DAVE.



DAVE AND CHRIS.

an easy comparison. Like training, he says, some days in the studio are "a slog" while some days the creativity and execution flows. Out on the skis or bike, some days the like that in training too – you just can't reach that high level every day. He takes this all in stride.

Because of his commitment to his sport and the changing way NYSSRA was tracking points leaders from regions to club affiliations (in part to Dave's own contribution to the NYSSRA website), he and friends Tim Huneck of Clifton Park and Chris Yarsevich of Saratoga Springs started Hudson United Racing Team (aka HURT).

HURT is now one of the leading Nordic ski teams in the state, with leaders in the sport amongst its founders, but also in the high school ranks with member Brian Halligan, a Saratoga Springs High School junior, at the top of the J2 Men category. Family members of Huneck and Yarsevich also fill the point totals on the NYSSRA points tallies, with the club affiliation as HURT. Also, Dave is now on the executive committee of NYSSRA Nordic as the vice president.

As a coach, Dave has had to remain upbeat in a season with virtually no snow for a sport where snow making just isn't an option. "We have remained enthusiastic," he says. "I coach at Shen with Jim Zimmons and we stay positive... we have had to be creative... we use roller skis and the kids have been great."

Dave's wife of one year, Kate, is also an outdoor fan, but not a competitor. A doctoral candidate at SUNY Albany in Latin American Studies, she also hikes, runs and Nordic skis for good health. As a couple they are all about wellness, from the social and mental perspective as much as physical health. Kate studies peace groups in Colombia, arguably one of the more volatile places in recent decades, with a few cities at the center of drug wars. And Dave is always a student of the psychological challenges of his sport.

"Nordic skiing at its best involves a year-round commitment to your wellness; living sustainably, working hard and achieving new goals with your friends," concludes Dave. 🌱

Janit Gorka (janitgorka@gmail.com) is a Wilton-based freelance writer. She works for Jaeger & Flynn Associates in Clifton Park and for Row2k.com.

GET OUTSIDE!

continued from page 1

**Ice Climbing** – Have you always wanted to try ice climbing, but don't know how to start or don't have the right equipment? Try a scheduled course, clinic or trip for climbers to suit your level of experience and ability. Introductory, one-day courses offer ice climbing equipment and safety as well as practical experience for climbing moderately angled snow and ice terrain. The best part is they provide all the technical gear needed for your first traverse. High Peaks Mountain Guides or a NYS Outdoor Guides Association licensed guide can help you get started.

**Skating** – Whether you enjoy indoor or outdoor skating, we have it all. You can enjoy outdoor skating at the Olympic Speedskating Oval in Lake Placid, where Eric Heiden won five gold medals in the 1980 Winter Olympic Games. There's also a wonderful outdoor skating rink at the Saratoga Spa State Park. Through a spon-

sorship with ORDA, you can now skate for free at the Empire State Plaza in Albany. There are also many rinks at town and city parks in the region. I suggest that you call or go online for hours and conditions. Want something new? Nordic skating is long distance skating on natural ice. Lake George, Lake Champlain and many smaller lakes and ponds are great wild-skating locales when the ice is safe.

**tubing or Sledding** – For those who just can't get enough time on the slopes or would rather go down the hill sitting down, try tubing at Willard, West, Gore, Oak, or at the Olympic Jumping Complex. No need to trek your tube up the slope, there are lifts (or in Lake Placid, trucks) for that! Tubers can enjoy a day or night of leisurely outdoor recreation that's fun for the whole family.

**Winter Carnivals** – During February, carnivals abound! The 115th anniversary of the Saranac Lake Winter Carnival on

February 3-12 has many sports events, dances, performances, parades, and fireworks above the famous ice castle. The Lake George Winter Carnival starts February 4-5 and runs every weekend during the month with cook-offs, ice diving demos, fireworks and more. The Old Forge Winter Carnival is February 3-5 with ski races, competitions, and fireworks at McCauley Mountain.

On February 18 and 25, YMCA Camp Chingachgook on Lake George is hosting their Winter Wonderland Days with ice fishing, snowshoeing, tubing and more. The Raquette Lake Winter Carnival on February 18-19 has winter sports, a bonfire and fireworks. Inlet's Frozen Fire and Lights is February 25 features many family fun activities including free sledding, ice skating, cross-country skiing, snowshoeing, fireworks, a bonfire and refreshments.

With the President's Week holiday, this is also a good time to take advantage of winter clearance sales and tune-up services at the retail shops. For other winter activities,



COURTESY OF LAPLAND LAKE

by Janit Gorka

If the Adirondack Park Association was ever creating marketing materials advertising "healthy outdoor living in the mountains of northern New York," the organization might want to use Dave Paarlberg-Kvam as their spokesmodel.

Dave, who in every sense personifies the image, is an avid Nordic skier who trains year-round on wheels and foot. He also eats healthy and aims to live sustainably. As a career, he teaches the youth of the southern Adirondacks about art. Although young, Dave takes being an example for student-athletes seriously, and is about as well-rounded as they come, as every art teacher/Nordic ski coach would attest. His unconventional blend of interests fosters a unique perspective on athletics and relationships.

"I like the idea that no matter how successful I am, or how much I improve, there is always a group of people who excel a bit more at the activities I am passionate about... and I love that I can learn from them," he asserts. He may teach as a profession, but he is always committed to learning. "I watch and learn from those who compete at a higher level and it pushes me to try a little harder... I think in some ways it keeps all the activities I like fresh and exciting."

"The goal for me is to be as competitive as I can while having a healthy, balanced life," he concludes.

To validate that statement, the Nordic ski coach is also in the "red group" for NYS Ski Racing Association Nordic (top 30 points earners), earned a fourth place overall in the Lake Placid Loppet ski race in 2009, and a second place overall at last year's Great Sacandaga Mini Marathon ski race.

When not on snow – which is rare this season anyway – Dave finished 12th overall at the 2009 North Country Triathlon in Hague, and fourth overall at the 2010 Chris Dailey Turkey Trot 5K road race.

He emphasizes healthy living and balance while training. While this is not always possible while training at a high level for any sport, he is teetering at the top with a long pole, staying true. And part of his reason for focusing on good health, is his older brother Chris Kvam, 32, who has been living with Cystic Fibrosis all his life. Those with this congenital disease do much better when they exercise, helping the lungs stay clear which doesn't happen passively.

Dave says of his brother, "Chris" a lot more interesting than me... he's awesome."

The elder brother is an attorney in Rochester, and actively raises money for CF in his spare time. The Kvam brothers participated in a 1,000 mile bike ride in 2009 from Vancouver, British Columbia to Jasper, Alberta in Canada. "Basically we pick a challenging activity every year for a fundraiser and do it together." (This has included mostly cycling). His brother, who has a relatively mild case of CF, has had to manage medicines, treatments, and surgeries while growing up.

"I might have better race results, but he is twice the athlete that I am," says Dave, who adds that endurance sports have kept him healthy, and Chris rides about 300 miles a week during the summer months, and ran a 4:32 mile while in college at SUNY Geneseo.

It was during his years at Nazareth College in Rochester that Dave first started racing the NYSSRA series and become competitive. He had participated in Bill Koch Youth Ski programs growing up, and had been on the Nordic Ski team at Shenendehowa, but he was never competitive until his senior year. While a freshman and sophomore in college, he was an assistant coach for Pittsford High School Nordic ski team, which gave him the experience to coach. He later coached at Lake George High School while living in Glens Falls (almost adjacent to the Crandall Park Nordic ski course), and now he's at Shenendehowa.

Dave went back to graduate school to go after his teaching degree and finished with an MFA in Painting. Although he (and his professors) finds the fine artist/Nordic skier pairing a bit unusual, he sees there is

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AROUND THE REGION News Briefs

What's New at Adirondack Sports & Fitness Summer Expo on March 10-11

SARATOGA SPRINGS - Save the dates for the Capital Region's gathering of 5,000 sports and fitness enthusiasts!

The free admission, high energy show features 125 exhibitors with everything attendees need for running, cycling, triathlon, paddling, hiking, healthy living and travel!

New this year, attendees will be entered to win their choice of more than \$5,000 in entries, packages and gift certificates from regional races, events, businesses, clubs and organizations.

Running - Lake George Half Marathon, Dodge the Deer 5K, Freihofer's Run for Women, Firecracker 4, Adirondack Marathon & Half Marathon, Mohawk Hudson River Marathon & Half Marathon, Hairy Gorilla Half Marathon and more.

Triathlon - Anyone Can 'Tri' Triathlon, Hudson Crossing Triathlon, North Country Triathlon, Splash & Dash Aquathon and more.

Cycling - Centurion New York, High Peaks Cyclery, Saratoga Century Weekend, Plaine and Son and more.

Paddling and Hiking - Adirondack Mountain Club, Lake George Kayak, Mountmainan Outdoors and more.

Healthy Living and Travel - Adirondack Life, Rich Morin's Professional Scuba Centers, Old Forge Camping Resort and more.

In addition, attendees can support the Regional Food Bank of Northeastern New York, who will be conducting a food drive and raffles for prizes at the show.

For more info, visit AdkSports.com or call (518) 877-8788. For event updates, "like us" at: Facebook.com/AdirondackSports.

New Rites of Spring Pentathlon at Whiteface

WILMINGTON - Come join the first annual Rites of Spring Pentathlon winter/spring multisport race, which will be held at Whiteface on Saturday, April 14.

The unique race will have five legs: a 5K cross-country ski that ends at the base of the Tower 10 hill; a boot pack up the Mountain Run trail; an alpine ski descent to the base lodge; a 10K road run; a 6K class II kayak/canoe paddle down the Ausable River; and a 32K road bike back to the start.

Registration is now underway for the 34th annual Freihofer's Run for Women 5K on Saturday, June 2. Early-bird pricing of up to 30 percent off is available for those signing up online through February.

Registration is now underway for the 34th annual Freihofer's Run for Women 5K on Saturday, June 2. Early-bird pricing of up to 30 percent off is available for those signing up online through February.

Adirondack Backcountry Ski Festival on March 3-4

KEENE VALLEY - It's finally starting to feel like ski season and they have high hopes for the next couple of months in the peaks. The Mountaineer and Cloudsplitter Mountain Guides have teamed up to host the tenth annual Adirondack Backcountry Ski Festival

on March 3-4. The Skifest celebrates the ski experience both in the Adirondack backcountry and in the greater ranges of the world. This year's event features guest athlete Glen Plake, who is the star of many ski films and one of the sport's ambassadors.

In addition to competing against 5,000 runners, entrants receive a female-cut technical shirt. There will be a CapitalCare/CDPHP Health & Fitness Expo, clinics with elite athletes and live music. For more info, visit freihoferstrun.com or call (518) 273-5552.

Freihofer's Training Challenge, which follows the popular Couch to 5K Running Plan, will be back. Beginning March 19, runners signed up can work with dedicated coaches and team leaders for ten weeks leading into the event.

In addition to competing against 5,000 runners, entrants receive a female-cut technical shirt. There will be a CapitalCare/CDPHP Health & Fitness Expo, clinics with elite athletes and live music. For more info, visit freihoferstrun.com or call (518) 273-5552.

Mohawk Hudson River Marathon and Half Marathon Training Program

ALBANY - Want to challenge yourself to train for and finish a marathon or half marathon? Want to motivate yourself by training with a group? Then join the Hudson Mohawk Road Runners Club's Mohawk Hudson River Marathon and Half Marathon Training Program.

It's designed for novice runners who have never before completed the distance but are attracted by the challenge or more experienced runners looking for the motivation running with a group brings. The program will be geared toward the Mohawk Hudson River Marathon or Half Marathon on Sunday, October 7. This gradual, progressive and structured five-month program will begin in May.

The \$125 cost (discount for current HMRRRC members) includes coaching, weekly group runs, entry into the marathon or half marathon, a training T-shirt, a one-year membership in HMRRRC, paid lunch at the HMRRRC summer picnic, and water/gels during training runs.

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Registration Open for Freihofer's Run for Women 5K on June 2

ALBANY - Registration is now underway for the 34th annual Freihofer's Run for Women 5K on Saturday, June 2. Early-bird pricing of up to 30 percent off is available for those signing up online through February.

RACE RESULTS

6TH ANNUAL WHITEFACE 5K DOWNHILL MOUNTAIN BIKE RACE Eastern States Cup #10 & NYS Championship Series September 11, 2011 • Whiteface Mountain Bike Park, Wilmington

5TH PERENNIAL LANDIS ARBORETUM 5K FOREST RUN September 17, 2011 • Landis Arboretum, Esperance

41ST ORIGINAL LAKE PLACID HALF-MARATHON September 17, 2011 • North Elba Show Grounds, Lake Placid

34TH RUNNING OF THE GREAT COW HARBOR 10K RUN September 17, 2011 • Laurel Avenue School, Northport

ChiRunning Certified Instructor Ann Margaret McKillop. Wish your running were energy efficient and effortless? Think ChiRunning is only for summer? Think again!

NEW! From ADK The Catskill 67. Find a whole new group of mountains in the Catskills. Author Alan Via takes you off the beaten path to discover the lesser-known peaks of the Catskill 100 Highest.

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RACE RESULTS

10TH ANNUAL TEAM RIBBON 5K RUN

September 18, 2011 • Washington Park, Albany

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

32ND ANNUAL DUNKIN RUN 5K & 10K

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, etc.

5TH ANNUAL RUN FOR LIFE 5K FOR HANNAH'S HOPE

Table with columns for gender/age group, name, time, and location. Includes categories like MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 55 - 59, etc.

THE SARATOGA PALIO: 5TH ANNUAL HALF-MARATHON & 5K

Table with columns for gender/age group, name, time, and location. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 35 - 39, etc.

5TH ANNUAL RUN FOR LIFE 5K FOR HANNAH'S HOPE

Table with columns for gender/age group, name, time, and location. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 25 - 29, etc.

THE SARATOGA PALIO: 5TH ANNUAL HALF-MARATHON & 5K

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, etc.

32ND ANNUAL DUNKIN RUN 5K & 10K

September 18, 2011 • Sidney Albert Albany Jewish Community Center, Albany

Table with columns for gender/age group, name, time, and location. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 20 - 29, etc.

INSIDE EDGE advertisement for ski equipment. Features text: 'Reliable Racing's Catalog Showcase Store!', 'CROSS COUNTRY, DOWNHILL, SNOWBOARD & TELEMAR', 'Expert Tune-Ups, Rentals & Demos, Clothing, Helmets, Tuning Supplies, Accessories & More!', 'The Northeast's Largest Selection!', '643 Upper Glen Street (Route 9) Queensbury 793-5676'.

dewey mountain recreation center advertisement. Features text: 'Dewey Mountain recreation center', 'Located just outside the Village of Saranac Lake, Dewey offers skiers groomed trails for both skate and classic skiing...', 'Don't miss out on Dewey Mountain events... Friday Night Ski Jam ~ ESQ Snowshoe Races ~ Graymont Tuesday Night Races Saranac Lake Winter Carnival Ski & Snowshoe Races', 'For more information on Dewey Mountain visit www.deweyski.com or 518-891-2697', 'Dewey Mountain is managed by Adirondack Lakes & Trails Outfitters 541 Lake Flower Avenue - Saranac Lake NY ~ www.adirondackoutfitters.com ~ 800-491-0414'.

Continuation of race results from the Saratoga Palio, including categories like MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, etc.

SKI WEST MOUNTAIN advertisement. Features text: 'Monday & Tuesday Nights - \$17 Hit the slopes from 4p-9p any non-holiday Monday & Tuesday night for only \$17.', 'Wednesday Night is Locals Night Bring a friend any non-holiday Wednesday night from 4p-9p and receive TWO lift tickets for \$20.', 'Skiing • Snowboarding Rentals • Lessons • Tubing', 'Breakfast & Lift Package - \$12 Morning riders can enjoy 2hrs between 8a-11a at Ski West. Includes a breakfast sandwich and a hot drink at our Westside Grille.', 'Lunch & Lift Package - \$16 Come ski for 2hrs between 11a-2p at Ski West. Includes a half sandwich, soup or salad and a soft drink at our Westside Grille.', '59 West Mountain Road • (518)793.6606 • www.skivestmountain.com'.

GET ADIRONDACK SPORTS & FITNESS advertisement. Features text: 'GET ADIRONDACK SPORTS & FITNESS', 'YES, I WANT TO SUBSCRIBE!', 'Includes SUNDAY TIMES UNION HOME DELIVERY OR E-EDITION!', 'One year (12 issues) for \$17.95', 'Two years (24 issues) for \$32.95 - save 10%', 'Three years (36 issues) for \$44.95 - save 20%', 'Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_', 'Phone \_\_\_\_\_ Email (optional) \_\_\_\_\_', '\*To receive email newsletter from Adirondack Sports & Fitness (we do not share your info) I picked up my current issue at \_\_\_\_\_', 'Comments \_\_\_\_\_', 'Cash, check, or money order enclosed', 'Mail to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065 Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)', 'Payment covers first-class postage/handling. Canadian residents add \$5.00 per year (US funds).'.

STEINER'S SPORTS advertisement. Features text: 'STEINER'S SPORTS', 'PRESIDENT'S WEEK SALE February 17-26', 'Alpine Skis & Boots - 30-50% off', 'Snowboards, Boots & Bindings - 30-50% off', 'Snowshoes & Cross-Country Skis - 20% off', 'Ski Jackets - 30-50% off', 'Ski Pants - 30% off', 'Gloves, Hats & Thermal Underwear - 30% off', 'All Ski Accessories - 30% off', 'Blundstone - The North Face - Dansko - Brooks - New Balance', 'Oakley - Halt - Scott - Merrell - Woolrich - Horny Toad', 'Hot Chilly's - K2 - Alpine - Marker - Fischer - Alpina - Nordica', 'Line - Roxy - Dakine - Orage - Blizzard - Tecnica - Keen', '\*Not all items available in all locations', 'GLENMONT 3 mi south of Thruway Exit 23 329 Route 9W (518) 427-2406', 'VALATIE 2 mi south of I-90 exit 12 3455 Route 9 (518) 784-3663', 'HUDSON At corner of 3rd St 301 Warren St. (518) 828-5063', 'www.SteinersSkiBike.com'.

EXPLORE THE ADKS advertisement. Features text: 'EXPLORE THE ADKS', 'Cross Country Ski or Snowshoe 50km of expertly groomed terrain', 'SUPER SUNDAYS AT WHITEFACE', 'ADIRONDACK PARKS', 'Adult Super Sunday Lift Ticket \$35', 'WHITEFACE IS BRINGING BACK THE FUN THIS WINTER.', 'Five select Sundays will feature \$35.00 lift tickets, fun slopeside games, park and pipe events and more...', 'December 11th HISTORIC SUNDAY', 'January 1st ISLAND MADNESS', 'February 5th SUPER SUNDAY', 'March 11th SHAMROCK SUNDAY', 'April 1st RETRO SUNDAY', 'OLYMPIC SPORTS COMPLEX', 'JOIN US ON FACEBOOK @ MT VAN HOEVENBERG', 'WHITEFACE LAKE PLACID', 'WHITEFACELAKEPLACID.COM', 'TO SEE ALL OF OUR 2011-2012 WINTER PROGRAMS'.



RACE RESULTS

THE SARATOGA PALIO: 5TH ANNUAL HALF-MARATHON & 5K continued

Table with race results for Saratoga Palio, including categories like MALE AGE GROUP: 30-39, MALE AGE GROUP: 40-49, etc.

5TH ANNUAL RACE WITH THE WIND MOUNTAIN/CROSS BIKE RACE

Table with race results for Wind Mountain/Cross Bike Race, including categories like 46-MILE ENDURANCE RACE, MALE OVERALL, etc.

35TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

Table with race results for Josh Billings Runaground Triathlon, including categories like 27-MILE BIKE, 5-MILE CANOE, 6-MILE RUN, etc.

35TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON continued

Table with race results for Josh Billings Runaground Triathlon, including categories like TWO-PERSON MALE CANOE, ALL FEMALE KAYAK, etc.

30TH ANNUAL ARSENAL CITY RUN 5K ROAD RACE

Table with race results for Arsenal City Run 5K Road Race, including categories like MALE OVERALL, FEMALE OVERALL, etc.

18TH ANNUAL FAM 5K "FUND" RUN continued

Table with race results for FAM 5K "Fund" Run, including categories like MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, etc.

7TH ANNUAL FOOT RACE AT FORT TICONDEROGA 5K CROSS-COUNTRY

Table with race results for Fort Ticonderoga 5K Cross-Country, including categories like MALE OVERALL, FEMALE OVERALL, etc.

Advertisement for Rudy Project eyewear, featuring the text 'THE BEST RX SPORTS LENS IN THE WORLD!' and 'ActiveRxEyewear'.

BUSINESS DIRECTORY

Advertisement for Placid Planet Bicycles, featuring the text 'All 2011 Bikes ON SALE!' and 'THE BEST NAMES IN BICYCLES'.

Advertisement for Long Lake, featuring the text 'Visit Long Lake A Real Adirondack Experience' and 'Call Today (518) 624-3077'.

Advertisement for McDonough's Valley Hardware, featuring the text 'McDonough's VALLEY HARDWARE An Adirondack Department Store'.

Advertisement for The Green Grocer, featuring the text 'YOUR ORGANIC GROCERY STORE' and 'Specializing in Organic...'.

BUSINESS DIRECTORY

Advertisement for Kite Club New York, featuring the text 'Snowkiting Lessons' and '(202)549-7693'.

Advertisement for Broderick Real Estate, featuring the text 'Ski Hard. Sleep Easy.' and '235 Main Street, North Creek, NY 12853'.

Advertisement for Shulman Howard & McPherson LLP, featuring the text 'ATTORNEYS AT LAW' and '77 Old Route 66 AVERILL PARK'.

Advertisement for Ron Houser, C. Ped., featuring the text 'ABC Board Certified Pedorthist' and 'Evaluation - Casting - Manufacturing'.

Advertisement for Hudson-Mohawk Road Runners Club, featuring the text 'The largest running club in the Capital Region' and 'Annual memberships for singles, couples'.

Advertisement for Dr. Brad Elliott, featuring the text 'CHIROPRACTOR' and 'Cost Effective Care for the Entire Family'.

Advertisement for ADK Mountain Club, featuring the text 'Are you into it?' and 'Hiking Climbing Paddling Biking Backpacking Camping'.

Advertisement for Fateague Fotos, featuring the text 'Event Photography By Brian Teague' and 'PHOTOS FOR ALL OCCASIONS'.

CLASSIFIEDS

Text for classifieds including 'SKI & STAY - Two 2-day ski passes at Gore Mountain' and 'LAKE PLACID VACATION HOME RENTAL'.

RACE RESULTS

7TH ANNUAL FOOT RACE AT FORT TICONDEROGA 5K CROSS-COUNTRY continued. MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59.

13TH ANNUAL HELPERS FUND 5K & 10K RACES September 24, 2011 • Municipal Center, Chertstown

5K RUN, 10K RUN. MALE OVERALL, FEMALE OVERALL. Top 3 Overall, Age Group Winners & Regional Finishers.

ADIRONDACK MARATHON & HALF-MARATHON continued

MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54.

ADIRONDACK MARATHON & HALF-MARATHON continued

MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59.

ADIRONDACK MARATHON & HALF-MARATHON continued

MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 75 & OVER.

8TH ANNUAL THE CROSSINGS 5K CHALLENGE September 25, 2011 • Rudy Ciccozzi Family Recreation Center, Colonie

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 14 & UNDER, FEMALE AGE GROUP: 14 & UNDER, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59.

Enjoy the Power of the River SAFELY. River systems are wonderful resources. The same rivers used to produce renewable hydropower also provide outstanding recreational opportunities for the public. We all need to share our rivers — safely. Every year in New York State, hundreds of people drown or are hospitalized for injuries that occur in the water\* and 90% of people who drown are not wearing life jackets. As the owner and operator of 75 hydropower facilities and 50 riverfront recreation areas in New York, Brookfield encourages you to have fun and be safe by wearing a U.S. Coast Guard-approved personal flotation device. Whether you are fishing, boating or cross country skiing, Brookfield reminds you that dangers exist on water any time of the year, and that conditions can change quickly and without notice. Avoid areas such as dams, intake and water conveyance structures, gates, powerhouses and substations. Use only designated recreation areas, and respect all warning signs, buoys, sirens, booms, barriers and fences. Always check water conditions before you recreate. One source is Waterline: http://www.h2oline.com or call 1-800-452-1742 (fishing edition) or 1-800-452-1737 (boating edition).

NEWTON THE FALLEN ARCH. 2537 Main St, Lake Placid 518-523-5310 • thefallenarch.com. Your Complete Running Store in The Adirondacks.

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

Find Out More and Register at www.AREEP.com/camp. Exclusively for ADULTS of ALL abilities! Learn the basics of trail running, Yoga, form clinics and special sessions, Gourmet meals, Pond open for kayaking and swimming, Run & Tube Trip — a camp favorite in 2011!, Entry into the Froggy Five Mile, One of the best weekends you'll ever have!

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON. EVENT DATE: 10-07-12. REGISTRATION OPENS: 03-01-12. Flat, fast point-to-point course in upstate New York during beautiful fall foliage season. Course follows the Mohawk and Hudson Rivers over picturesque bike trails and historic city streets, finishing in New York's State Capital, Albany.

Exhibitor registration going on now!

SEVENTH ANNUAL  
**ADIRONDACK**  
 SPORTS & FITNESS

Kick-off the summer recreation season!

# SUMMER EXPO

**Running, Hiking, Bicycling, Paddling, Triathlon & More!**

**March 10 & 11 • Saturday 10-5 & Sunday 10-4**  
**Saratoga Springs City Center • Saratoga Springs**  
**The Capital Region's Outdoor Sports,  
 Health, Fitness and Travel Expo!**



Photos by Brian Teague

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### **EXHIBITOR CATEGORIES**

Camps & outdoor education programs • Clubs & organizations • Races & events • Outfitters & sporting goods dealers • Kayak/canoeretailers & manufacturers • Bicycleretailers & manufacturers • Scubadiveshops • Health & fitness clubs • Sports medicine & wellness organizations • Nutrition & natural food stores • Adventure travel operators • Travel & tourism agencies • Whitewater rafting companies • Lodging & restaurants • Campgrounds • Guidebook publishers • Automotive dealers • Professional services

### **EXHIBITOR OPPORTUNITIES**

Increased sales • Lead generation • Face-to-face personal contact • Product/service awareness  
 Company/organization/event exposure • Networking • Sampling • Market research

**Increased Exposure • Increased Leads • Increased Sales!**

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