Skiing | Running | Hiking | Biking Paddling | Triathlon | Fitness | Travel

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Top Finishers in 20 Events

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.

by Darryl Caron

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 wintery 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 steeps. 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,

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.

• Duathlon • Environment • Fitness • Health • Hiking •

which can help people of all abilities safely learn and experi-

ence something new.

See GET OUTSIDE!, 11



Bicycling • Hiking March 10 & 11 • Saturday 10-5 & Sunday 10-4 **Saratoga Springs City Center Everything You Need For Summer Sports!** Running • Cycling • Triathlon • Hiking • Paddling • Healthy Living • Travel 125 Exhibitors – Sales on Gear/Clothing – Family Activities Interactive Pool/Floor Demos - Expert Seminars & Clinics \*Kayaking • Mountain Biking • Orienteering • Rock Climbing • Rowing • Running • Swimming • Trail Running • Triathlon • Walking • Wilderness Skills •

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# SNOWSHOEING & HIKING

ikers 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. Tractionenhancing 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



Stop by 1 Ridge Street in downtown Glens Falls and

**Hours Subject to Change:** 

enjoy the FSO experience!

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FROM THE PUBLISHER & EDITOR

Enjoy our February issue – it's the shortest month and this one's a leap year! We greatly appreciate the enthusiastic support from our adver-

tisers, readers, contributors, vendors and expo exhibitors and attendees. With your

loyal support this business has survived and grown stronger over the past 12 years!

community in our region, whether you are a frontrunner or taking the scenic route.

Since the beginning, our mission is to inspire and inform the active lifestyle

Happy February!

PAUL KALAC OF GLOVERSVILLE, DOUG TINKLER

OF NEW HARTFORD, AND TWO VERMONT HIKERS

TOWARD THE GREAT BANGE

Climbing Noonmark

Mountain

by Bill Ingersoll

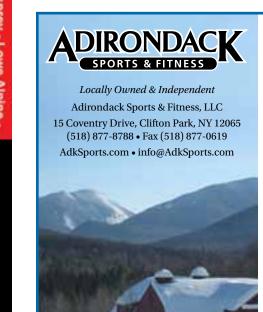


PHOTO BY DARRYL CARON

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Next Camps Start: Feb 6 (2 weeks) • Feb 27 (4 weeks) • March 26 (4 weeks)

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**ISSUE #136** 

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4833 Cascade Rd (Rte 73) - 5 miles southeast of Lake Placid (518) 523-1111 · www.CascadeSki.com · xcski@cascadeski.com



Saturday, April 14 - 7am Whiteface, Wilmington

X-C Ski • Alpine Ski • 10K Run 4M Paddle • 20M Bike

eams & Individuals • Raindate: 4/15 RitesofSpring.net

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Hill climb relay. Sun: 50M, 100M. Fri-Sun: Expo village.

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Park, Lake George. 877-504-9631. centurioncycling.com.

JULY

AUGUST

25M, kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob

**CROSS-COUNTRY SKI RACING** 

ONGOING

Tu/Th Dewey Youth Ski League. 4pm. Dewey Ski Center, Saranac

**FEBRUARY** 

NYSSRA Nordic Classic XC Ski Race. Pineridge, East

Big Tupper, Tupper Lake. 359-8370. tupper-lake.com.

12.5/25/37.5/50K. 9am. Mannsville. winonaforest.com.

Cookie Classic/Clash of the Titans XC Ski Race. 10K/5K.

Highland Forest XC Ski Festival. 10K/6K classical. 10am.

4th Winona Forest Tourathon Classic XC Ski Race.

10am. Dewey Ski Center, Saranac Lake. 891-2697.

Highland Forest S.F., Fabius. nyssranordic.com.

**NYSSRA Champions Cup Weekend: State Nordic** 

MARCH

1st Wood 'N' Ski Rendezvous. 5K race, vintage clothing,

Championships. Biathlon sprint/pursuit, ski orienteer-

ing, club relay, 21km freestyle. Olympic Sports Complex,

30th Lake Placid Loppet XC Ski Race. 9am. 25K/50K clas-

sic/freestyle. American Ski Marathon Series. 3/9: Waxing

clinic & kids' race. Olympic Sports Complex, Lake Placid.

9-10:30am. Pine Bush Preserve/Golf Course, Albany. Adk

Fri Night Ski Jam. 6:30-9pm. Ski, music, food. Dewey Ski

Full Moon Ski Party. Night skiing, bonfires, food, music.

Beginner Backcountry Skiing: Adirondak Loj. Age 16+.

Finn-tastic Moonlit Night Skiing, Campfire & Dinner.

Women's XC Ski Skill Building Day. 11:30am. Pineridge,

Lapland Lake, Northville. 863-4974. laplandlake.com.

Adirondack Classic Ski Tours: MacKenzie Pass. 10M.

Center, Saranac Lake. 891-2697. deweyskicenter.com.

**FEBRUARY** 

Cascade, Lake Placid, 523-9605, cascadeski.com

Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

East Poestenkill. 283-3652. pineridgexc.com.

21-24 Children Learn to Ski Week. Age 6-12. Pineridge, East

Poestenkill. 283-3652. pineridgexc.com.

**CROSS-COUNTRY SKI TOURING** 

ONGOING

Th, Fri XC Ski Lessons: Beginner, novice, intermediate.

Paddle N Pole: 346-3180. onewithwater.com.

live band. Cascade, Lake Placid. 523-1111. cascadeski.com

Lumberjack Scramble XC Ski Race. 10am 5K/10K classic.

NYSSRA Nordic ESG Tour/NADO. Olympic Sports

Complex, Lake Placid. nyssranordic.com

Poestenkill. 283-3652. pineridgexc.com.

dewevskicenter.com.

Lake Placid. nyssranordic.com.

whitefacelakeplacid.com.

Graymont Tue Night Race Series: 1/3-2/28. 5:30pm. Dewey

Ski Center, Saranac Lake. 891-2697. deweyskicenter.com.

12th Pat Stratton Memorial Century Ride, 100M, 50M.

7-15 French Canada Tandem Tour. Gear-To-Go Tandems,

4-12 French Canada Tandem Tour. Gear-To-Go Tandems,

Saranac Lake. 891-1869. gtgtandems.com.

Saranac Lake. 891-1869. gtgtandems.com.

Scheefer: 891-5873. active.com.

Lake, 891-2697, deweyskicenter.com

15-24 Easy Adirondacks Tandem Tour. Gear-To-Go Tandems,

22-24 1st Centurion New York. Racers race, riders ride. Fri:

Saranac Lake. 891-1869. gtgtandems.com

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### Join in the 12th annual **Pat Stratton** Memorial



Saturday, August 25, 8am Mt. Pisgah Lodge, Saranac Lake 100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities • Rain date: 8/26

T-shirt, picnic, music, poker ride w/prizes! Register: Active.com Info: Bob Scheefer (518) 891-5873

adkbuild@roadrunner.com Benefits Kiwanis Club of Saranac Lake youth programs

# **Calendar of Events** February - April 2012\*

No.1 Nordic ski sl



### ALPINE SKIING & SNOWBOARDING

### ONGOING

- Mo-Tu Mon-Tue Night. 4-9pm. \$17 non-holiday. West, Glens Falls. 793-6606. skiwestmountain.com. Wed Locals Night. 4-9pm. 2 tix: \$20 non-holiday w/coupon.
- West, Glens Falls. 793-6606. skiwestmountain.com. Thu 2-for-1 Tickets. 4-9pm. Non-holiday. Willard, Greenwich. 692-7337. willardmountain.com.
- TGI Friday. 10am-9pm. Lift, lesson, lunch \$45. Willard, Greenwich. 692-7337. willardmountain.com.

### **FEBRUARY**

- Rail Jam. 5pm. Oak, Speculator. 548-3606. oakmountainski.com. **Burton Learn to Ride Snowboard Camp.** Gore, North
- Creek. 251-2411. goremountain.com. Super Sundays: Super Bowl Sunday. Discounted tickets, slopeside games, park/pipe events. Whiteface,
- Wilmington. 946-2223. whitefacelakeplacid.com. Hickory Telemark Festival. 9am. Tour de trees, gear demos/clinics, skin challenge race, après party. Hickory Ski Center, Warrensburg. Martha VanVleet: 798-3962. hickoryskicenter.com.
- Salomon BBR Demo Day w/The Sports Page. Gore, North Creek. 251-2411. goremountain.com
- 11-12 Master the Mountain Alpine Ski & Snowboard Camps. Gore, North Creek, 251-2411, goremountain.com.
- 11-12 Dynafit Ski Mountaineering Camp. The Mountaineer, Keene Valley, 576-2281, mountaineer.com.
- Willard Fun Race. Kids' 10-under (all abilities). Ribbons/ candy, Willard, Greenwich, 692-7337, willardmountain.com Family Festival for Kids w/Price Chopper. Gore, North
- Creek. 251-2411. goremountain.com. Fire on the Mountain. Torchlight parade, fireworks, Audiostars, more. West, Queensbury. 793-6606.
- Sacandaga Challenge. 10am. Men/women's ski/ride, parade, fireworks. Oak, Speculator. 548-3606.
- Willard Fun Race. Kids' 10-under (all abilities). Ribbons/ candy. Willard, Greenwich. 692-7337. willardmountain.com.
- Gore Freeheel Festival w/Inside Edge. Gore, North Creek. 251-2411. goremountain.com.
- 21-23 Presidents' Week Camp for Kids & Teens. Gore, North Creek, 251-2411, goremountain, com. Saturday Night Skins Race. North Creek Ski Bowl at Gore,
- North Creek. 251-2411. goremountain.com. **USASA Slopestyle.** Whiteface, Wilmington. 946-2223.
- whitefacelakeplacid.com. Dummy Big Air: 10am. Torchlight Parade: 7pm. Oak, Speculator, 548-3606, oakmountainski.com

### **MARCH**

- Mini-Shredders Jibfest: Freestyle Competition. Gore, North Creek. 251-2411. goremountain.com.
- Cardboard Box Race: 10am. Rail Jam: 5pm. Oak, Speculator. 548-3606. oakmountainski.com.

Thunderbolt Ski Race. Hike to summit, backcountry ski/ ride down, 2M, 11am, Mount Grevlock, Adams, MA 10th Adirondack Backcountry Ski Festival. Ski clinics,

tours, presentations. The Mountaineer, Keene Valley.

- 576-2281. mountaineer.com. Women's Alpine Skiing Camp. Gore, North Creek.
- 251-2411. goremountain.com Telemark Skiing Camp: Trees, Steeps & Bumps. Gore,
- North Creek. 251-2411. goremountain.com. Ladies' Burton Learn To Ride Snowboard Camp. Gore, North Creek. 251-2411. goremountain.com.
- Glades & Glory: Alpine Skiing or Snowboarding Camps. Gore, North Creek. 251-2411. goremountain.com. Full Moon Tubing & Pizza Party. Gore, North Creek.
- 251-2411. goremountain.com BigAir/Slopestyle at Little Gore. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Super Sunday: Shamrock Sunday. Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington, 946-2223, whitefacelakeplacid.com. Gail's Bump Camps. Gore, North Creek. 251-2411.
- goremountain.com. Walt's Bump Contest. Gore, North Creek. 251-2411.
- goremountain.com. 19-25 Take Your Son to Gore Week. Gore, North Creek, 251-2411. goremountain.com

### APRIL

- Super Sunday: Retro Sunday. Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington 946-2223. whitefacelakeplacid.com.
- **Pond Skimming Contest.** Whiteface, Wilmington. 946-2223, whitefacelakeplacid.com.
- April Fool's Mountain Challenge. Gore, North Creek. 251-2411. goremountain.com.
- **Pond Skimming Contest.** 11am. Bullfrog Bog. Gore, North Creek. 251-2411. goremountain.com.
- 1st Whiteface Rites of Spring Pentathlon. 5K x-c ski, alpine ski, 10K road race, 6K paddle, 32K road bike. 7am. Relay/solo. (Rain date: 4/15). Whiteface, Wilmington Charlie Cowan: 523-1480. ritesofspring.net.

### **BICYCLING & MOUNTAIN BIKING**

### ONGOING

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

### **FEBRUARY**

Snowball Express Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

### MARCH

- Trooper Brinkerhoff Memorial Spring Race Series #1. 18-54M. 11am. Coxsackie-Athens H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- Tour of the Battenkill: Spring Preview & Challenge Ride. 62M. 10am. Supported, non-competitive ride. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- Trooper Brinkerhoff Memorial Spring Race Series #2. 18-54M. 11am. Coxsackie-Athens H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.

### APRIL

- Trooper Brinkerhoff Memorial Spring Race Series #3. Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- Tour of the Battenkill: Pro/Am Race. 14-80M. 8am-2:30pm starts. Cambridge. tourofthebattenkill.com. Tour of the Battenkill: UCI Pro Invitational Race.
- Cambridge. tourofthebattenkill.com. Tour of the Battenkill: Bike Marathon (Gran Fundo style) w/Greg LeMond. Individuals/teams: 62M. Kids: 22M. Military vets: 22-62M. 8:30am. Cambridge. tourofthebattenkill.com.

# Gear-To-Go Tandems

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# 1 Dahinda Rd Saranac Lake

### 21-24 Lapland Lake Loves Teachers. 9am-4:30pm. Lapland Lake, Northville. 863-4974. laplandlake.com **MARCH**

### 1st Wood 'N' Ski Rendezvous. 5K race, vintage clothing,

- live band. Cascade, Lake Placid. 523-1111. cascadeski.com. Finn-tastic Moonlit Night Skiing, Campfire & Dinner.
- Lapland Lake, Northville. 863-4974. laplandlake.com. Adirondack Classic Ski Tours: Whiteface Landing. 6M. ADK: 523-3441.adk.org.
- 10th Adirondack Backcountry Ski Festival. Guided tours, presentation, instructional clinics. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.

### Full Moon Ski Party. Night skiing, bonfires, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.

### **HEALTH & FITNESS**

### ONGOING

- Mo-Fr Boot Camp Challenge. Malta 6-week camp starts: 2/27 & 4/23. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com. Mo-Fr Capital District Adventure Boot Camp for Women.
- Starts: 2/6 (2 wks), 2/27 (4 wks), 3/26 (4 wks). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com. Call CardiotFit Classes w/Dr. Paul Lemanski, Prime Care

Physicians, Albany. 618-1100. Schedule:

centerforpreventivemedicine com

### HIKING, SNOWSHOEING & CLIMBING

### **FEBRUARY**

- Winter High Peaks Hike: Tabletop. 10M. Tabletop trailhead. ADK: 523-3441. adk.org.
- Winter High Peaks Hike: Esther. 9.5M. Esther trailhead. ADK: 523-3441. adk.org.
- **18-20 Winter Camping 101.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- Winter Wonderland Day. Ice fish, tube, snowshoe. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org. Tracking & Survival Snowshoe w/Jim Bruchac. Ndakinna
- Center, Greenfield Center. 583-9958. ndakinnacenter.org. Winter High Peaks Hike: Street & Nye. 8.5M. Street/Nye
- trailhead. ADK: 523-3441. adk.org. 4th High Peaks Hospice Snowshoe Outing. 10am. Up Yonda Farm, Bolton Landing. Sunday Conine: 743-1672.
- highhpeakshospice.com. Winter Wonderland Day. Ice fish, tube, snowshoe. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org. **Intro to Backcountry Snowshoeing.** Ages 12+. Animal
- adk.org. Women's Snowshoe Day. Buck Mt & lunch. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

tracking/ecology. Heart Lake, Lake Placid. ADK: 523-3441.

### **MARCH**

- Family Snowshoe Day. 10am-3pm. Heart Lake, Lake
- Placid. ADK: 523-3441, adk.org. Winter High Peaks Hike: Phelps. 8.8M. Heart Lake, Lake Placid. ADK: 523-3441.adk.org.
- 10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com. **GPS 101.** Member Services Center, Lake George. ADK:
- Map & Compass Fundamentals. Heart Lake, Lake Placid. ADK: 523-3441.adk.org.
- 24-25 Wilderness First Aid. Heart Lake, Lake Placid. ADK: 523-3441.adk.org.

### MOUNTAINEERING & WILDERNESS SKILLS

### FEBRUARY

Wilderness Forensics: Solving Mysteries Through Tracks w/Dr. James Halfpenny.

7pm. Ndakinna Center, Greenfield. 583-9958. ndcenter.org.

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Sunday Conine 743-1672 sconine@hphpc.org Entry/pledge form: highpeakshospice.org

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### **Du-It for Sight and Hearing** Sunday, May 27 at 8am

Saratoga Casino and Raceway, Saratoga Springs

Run, 20M Bike, 5K Kun · Individual Print Application & Online Registration: 5K Run, 20M Bike, 5K Run • Individuals & Teams

Micro-mesh T-shirts to first 300 entrants

**New Location! New Health and Fitness Expo!** 

Proceeds benefit sight and hearing projects of the Saratoga Lions Club



10:00am 1-mile children's race (14 & under)

10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

All entrants receive April Fool's T-shirt!

Registration: Dan Sheldon

4361 State Route 22

Salem, NY 12865

(518) 854-9262

drswhf@vahoo.com

Bike 18mi out & back Run 3mi lake loop



**Crystal Cove** 

38 Old Rte 66, Averill Park Saturday, August 18, 8am

Registration is limited Register at active.com Details at cdtriclub.org Open to youth, individual & relay teams



### Saturday, April 21 • 10am **Schodack Island State Park** Schodack Landing (8M S of Albany)

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Register Online or Entry Form: AREEP.com schenectadyfirefightersrun4yourlife.com sfddemdem232@yahoo.com

Brian Demarest 365-3883



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### 11-12 Cougar Ecology & Verification Class w/World Renowned Tracker Dr. James Halfpenny & James Bruchac. Fri: 7pm. Sat-Sun: 9am-5pm. Ndakinna Center, Greenfield. 583-9958, ndcenter.org

- Backwoods Tracking & Winter Survival Snowshoe w/ Jim Bruchac. Adults/teens. 9am-5pm. Ndakinna Center. Greenfield Center. 583-9958. ndcenter.org.
- 20-22 Winter Wilderness Adventure & Storytelling Camp. Ages 6-8. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndcenter.org.
- **20-22 Winter Wilderness Adventure Camp.** Ages 9-12. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndcenter.org.

### MARCH

Animal Tracking Snowshoe/Hike w/Dan Yacobellis. 9am or 1pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com. 3/31-4/1 Wilderness First Aid (SOLO Certified) w/Clark Hayward. Ndakinna Center, Greenfield Center. 583-9958.

### MULTISPORT: BIATHLON & ORIENTEERING

### **FEBRUARY**

- ESG Ski Orienteering race. 11am. Dewey, Saranac Lake. 891-2697. deweyskicenter.com.
- Adirondack Youth Paintball Biathlon Series #4. 10:30am. Dewey, Saranac Lake. 891-2697. deweyskicenter.com.
- Biathlon Training Clinic. 11:30am. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Pineridge Sprint Biathlon Race. 10K/7.5K. 8am. Pineridge, East Poestenkill. 283-3652. skireg.com

### MULTISPORT: TRIATHLON & DUATHLON

### FEBRUARY

- 8th "Love To Tri" Indoor Triathlon. 8am. 15min each: swim, bike, run. Southern Saratoga Y, Clifton Park. 371-2139. cdymca.org.
- Triathlon Training: 10-Weeks. Ciccotti Family Rec Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org.
- Adult Swim Endurance Conditioning. Wed/Thu. 6pm. Ciccotti Family Rec Center, Colonie. Jenny Stahl: 867-8920.

### **MARCH**

- 10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 1st Berkshire Highlands Pentathlon. 10K trail run, 23M bike, 5M kayak, 1M climb, alpine ski. 10am. Berkshire East, Charlemont, MA. 413-339-6617. berkshireeast.com.

### **APRIL**

- 1st Whiteface Rites of Spring Pentathlon. 5K x-c ski, alpine ski, 10K road race, 6K paddle, 32K road bike. 7am. Relay/solo. (Rain date: 4/15). Whiteface, Wilmington. Charlie Cowan: 523-1480. ritesofspring.net.
- 1st Delmar Duathlon. Run 2M, bike 10M, run 2M. 8am. Elm Ave Town Park, Delmar. 320-8648. townofbethlehem.org.

### MAY

Saratoga Lions Duathlon. 5K run, 20M bike, 5K Run. 8am. New location: Saratoga Casino/Raceway, Saratoga Springs.

### JUNE

5-8/28Tue Crystal Lake Training. CDTC members. Crystal Lake, Averill Park. Jenny Stahl: 312-6686. cdtriclub.org.

### JULY

- 2-8/3 SHAPE Multi-Sport Camps. Mon-Fri 9-5. Age 8-15. Averill Park. John Slyer: 281-6480. skyhighsupertri.com.
- Multi-Sport Life Triathlon Festival. Sat: XTERRA Off Road: 1K swim, 20K bike, 6K run & SHAPE Kids': 100m swim, 5K bike, 1K run. Sun: SUPER Olympic Road: 1M swim, 30M bike, 7M run. Grafton Lakes S.P., Grafton. John Slyer: 281-6480. skyhighsupertri.com.

### **AUGUST**

Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org

### **OTHER EVENTS**

### **FEBRUARY**

- 32nd Empire State Winter Games. Lake Placid. 523-2445. empirestatewintergames.com.
- Saranac Lake Winter Carnival. Saranac Lake. saranaclakewintercarnival.com.
- Lake George Winter Carnival. Lake George.
- lakegeorgewintercarnival.com. Discover Scuba. 9:30am. Free. Glens Falls H.S., Glens Falls. 761-0533. richmorinsproscubacenters.com
- 13-27 Bobsled & Skeleton World Championship. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com. 18-19 Raquette Lake Winter Carnival. Winter sports, bonfire,
- fireworks. Raquette Lake. mylonglake.com. 18-20 Camp Santanoni Open House. XC ski, snowshoe, tours.
- Camp Santanoni, Newcomb. aarch.org. Inlet's Frozen Fire & Lights. Family fun w/sledding, skating, snowshoeing, XC skiing, fireworks, bonfire. Arrowhead & Fern Parks, Inlet. 315-357-5501. inletny.com.

### MARCH

- 10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com. Winter Raptor Fest. Gallup Ridge Farm, Fort Edward.
- winterraptorfest.com.
- Discover Scuba. 9:30am. Free. Glens Falls H.S., Glens Falls. 761-0533, richmorinsproscubacenters.com. St. Baldrick's Be Brave, Get Bald! 1pm. Head-shaving fun-
- draiser for childhood cancer research. Proctor's Theatre. Schenectady. Rebecca Murtagh: 281-0844. stbaldricks.org. 30-4/1America's Cup Bobsled & Skeleton Racing. Olympic Sports

Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.

### PADDLING: CANOEING & KAYAKING

### MARCH

- 10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- Kayak Lessons: Rolling. 8-9:30pm. Jewish Comm Cntr, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com. Kayak Lessons: Rolling. 8-9:30pm. Jewish Comm Cntr,
- Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com. Kayak Lessons: Rescues. 8-9:30pm. Jewish Comm Cntr, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com

### **APRIL**

39th Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Mechanicville. 810-7579.

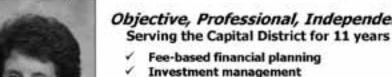
### RUNNING, SNOWSHOE RACING & WALKING ONGOING

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

Open No Boundaries 5K Training. Register: 1/16-3/4. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

### **FEBRUARY**

- Polar Cap 4M Run & Walk. 10am. Lake George E.S., Lake George. A. Hachem: 636-6789. adirondackrunners.org. McCauley Mountainman Snowshoe Quest Race (11am)
- & Hike (8am). 3K & 5K. 11am. McCauley, Old Forge. 315-369-6672. mountainmanoutdoors.com. HMRRC Winter Series #5, 4M, 10M, 20M, 10am, Phys Ed
- Bldg, University at Albany, Albany. hmrrc.com.
- 13th Saratoga Winterfest "Polar Star Icebreaker Almost 5K" Trail Race. 11am. Dion Series. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.



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Saranac Lake Winter Carnival Snowshoe Races. Dewey,

9th Camp Saratoga 8K Snowshoe Race. 10:30am. Dion

Series. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark:

Winter Fest Fun Run. 1M. 10:45am. Bicentennial Park,

Mary Duprey: 297-2192. nlrunners.org. **Hoot Toot & Whistle 3.3M Snowshoe Race.** 10am. Dion

Highland Forest Snowshoe Race. Highland Forest S.P.,

drinks, music, games, raffles. Recovery Room, Albany.

Fabius. empirestatesnowshoe.org.

2nd Capital District Runner's Party. 6:30pm. Food,

Hallockville Orchard 3.8M Snowshoe Race, 10am

35th Fred LaPann Road Race. 5M. 9am. Hague Winter

Moby Dick 7M Snowshoe Race, 9:30am, Dion Series,

Winona Classic 5K Snowshoe Race. 11:30am. Mannsville.

39th HMRRC Winter Marathon & Marathon Relay. 10am.

Moody Spring 5.5M Snowshoe Race. 10am. Dion Series.

Yonda Farm, Bolton Landing. Sunday Conine: 743-1672.

4th High Peaks Hospice Snowshoe Outing. 10am. Up

USATF Adirondack Indoor Race Walk Championships.

11am: Race walk clinic. 1pm: 1500m race walk. SEFCU

MARCH

Pineridge 6K Snowshoe Race. 10:30am. Dion Series.

10-11 7th Adirondack Sports & Fitness "Summer Expo." Sat 10-5

Pineridge, East Poestenkill. 283-3652. runwmac.com.

Sun 10-4. Running, cycling, triathlon, hiking, paddling,

healthy living, travel. Exhibitors, sales, demos, seminars,

City Center, Saratoga Springs. 877-8788. adksports.com. 9th Celebrate Life Half Marathon. 10am. Rock Hill.

11am. 3K: 9:15am. McCauley, Old Forge. 315-369-2300.

13th Runnin' of the Green (Island). 4M run: 10am. Kids'

4K Kilt Run & 1K Kids Shamrock Shuffle. 11am. Uncle

Marty's Adirondack Grill, Averill Park. multisportlife.org.

Doc Lopez Run for Hope. 12.1M run: 9am, Keene Comm

Center, Keene. 3.1M run/1M Walk: 9:30am, Elizabethtown

Wurtsboro. Myriam Loor: 845-866-1345. sullivanstriders.org.

26th Shamrock Shuffle. 5M road race: 11am. Leprechaun

Leap kids' fun run: 10am. Glens Falls H.S., Glens Falls.

3rd Run 4 Your Life 5K Run/Walk. 9:30am. Plus, kids' fun

Ice Breaker Challenge 5K. 9am. Corning Preserve, Albany.

**APRIL** 

18th Rabbit Ramble 4M Run. 10am. Guilderland H.S.,

Guilderland Center. Phil Carducci: 861-6350. active.com.

run. Central Park, Schenectady. Brian Demarest: 365-3883

Kevin Sullivan: 798-9593. adirondackrunners.org.

33rd Kaynor's Sap Run. 10K. 12pm. Westford School,

Westford, VT. Steve Eustis: 802-878-4385. gmaa.net.

schenectadyfirefightersrun4yourlife.com.

Kathy Johnston: 439-9964. albanyrowingcen

Greenbush. 286-3449. parkerschool.org.

Robert C. Parker 5K. 10am. Parker School, North

runs: 11:30am. American Legion, Green Island. hmrrc.com.

845-866-1345. celebratelifehalfmarathon.com.

Catamount Sunset Snowshoe Race. 3M. 4pm.

Catamount, Hillsdale. runwmac.com.

School. 962-4898. northernrunner.org. Wurtsboro Mountain 30K Road Run & Relay. 9am.

mountainmanoutdoors.com.

clinics, activities, prizes, giveaways. Free. Saratoga Springs

McCauley Mountainman Snowshoe Challenge Race. 6K:

Arena, UAlbany, Albany. 273-5552. usatfadir.org.

Hawley Kiln Notch 5M Snowshoe Race. 9:30am.

Dion Series, Hawley, MA, runwmac.com.

Matt Westerlund: 315-387-6078. empirestatesnowshoe.org.

Dion Series. West Hawley, MA. runwmac.com.

Carnival, Fire House, Hague, lachute.us.

Phys Ed Bldg, UAlbany, Albany, hmrrc.com,

Lanesborough, MA, runwmac.com.

West Hawley, MA, runwmac.com.

highhpeakshospice.com.

Frost Bite Run 5K. 12pm. Fire Station, Rouses Point.

Bolton Valley Snowshoe Shuffle 5K Run/Walk. 10am. Bolton

Saranac Lake. 891-2697. deweyskicenter.com.

Valley, Bolton, VT. 802-876-6860. lungne.org.

Series. Readsboro, VT. runwmac.com.

Iosh Merlis: 320-8648. areep.com.

581-7550. saratogastryders.org.

Ticonderoga, lachute.us.

10% off special for Adirondack Sports & Fitness magazine readers

33rd April Fool's Race. 10K run: 10:05am. 5K run/walk: 11am. 1M kids' race: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. aprilfoolsrace.com.

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- Rotary 5K. 10am. SUNY Adirondack, Queensbury. glensfallsrotary.com.
- Peppertree's Furry Fun Run 5K. 9am. Warming Hut, Saratoga Spa S. P., Saratoga Springs. active.com.
- Cape Cod Half-Marathon. USRA Half Series. Hyannis, MA. capecodhalf.com.
- 24th Delmar Dash. 5M. 9am. Bethlehem M.S., Delmar. 356-2551. hmrrc.com.
- Saints Race for Red Cross 5K. 10:30am. Crossings. Colonie. 229-8689. tinyurl.com/sienaredcrossrace.
- Kingston Classic 10K & 2.1M. 1pm. Front Street, Kingston. Greg Riley: 845-514-4654. kiwaniskingstonclassic.com. 10th Dodge the Deer 5K. 10am. Mile fun run & 200m
- kids' sprint. Creatures, cookout, music. Schodack Island S.P., Schodack Landing. Josh Merlis: 320-8648. areep.com 33rd St. Peter's Keys Run. 10K: 9am. 5K: 11am. Kids' 1M
- fun run: 10:30am. Columbia Pavilion, Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org. 3rd Plattsburgh Half Marathon & Relay. 8am. Oval,

Plattsburgh. plattsburghhalfmarathon.com.

- 32nd Bill Robinson Masters 10K Championship. 9am. Age 40+. Guilderland H.S., Guilderland Center. Jim Tierney: 869-5597. hmrrc.com.
- 11th Sean's Run. 5K: 1pm. Meghan's Mile: 12:30pm. Chatham H.S., Chatham. seansrun.com.
- 2nd Lake George Half-Marathon & 5K. 13.1M: 8am. 5K run/walk: 8:15am. Fun run: 9:45am. USRA Half Series. Fort William Henry, Lake George. runlakegeorgehalf.com.

### MAY

Literacy 5K Run/Walk. 10am. Kids' fun run: 9am. Youth mile: 9:30am. Troy Atrium, Troy. 274-8526. lvorc.org.

- 34th Freihofer's Run for Women 5K Road Race. Empire State Plaza, Albany. 273-5552. freihofersrun.com. Worcester Marathon & Half-Marathon. USRA Half
- Series, Worcester, MA, worcestermarathon.com. 7th Lake Placid Marathon & Half-Marathon. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

### JULY

12-15 5th ARE Trail Running Camp. Adults only. Running, yoga, clinics, paddling, run/tube trip. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.

### **OCTOBER**

Mohawk Hudson River Marathon & Half-Marathon. Marathon: Central Park, Schenectady to Corning Preserve, Albany. Half: Colonie Town Park, Colonie to Corning Preserve, Albany. Expo: 10/6. mohawkhudsonmarathon.com.

### **SWIMMING**

### **FEBRUARY**

Swim Endurance Conditioning. We/Th. 6pm. Ciccotti Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org. 20-24 Waterfront Lifeguarding Course. Ciccotti Family Rec Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org.

### MARCH

2nd Duanesburg Swim Meet, 10am, Duanesburg Area

Cabin Fever Swim Meet. 10am. Ballston Spa H.S., Ballston Spa. Matthew Glogowski: 859-0542. adms.org. APRIL

### Community Center Pool, Delanson. adms.org.

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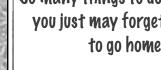
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### HEALTH & FITNESS

# 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.





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.

A concussion is a disturbance of brain function related to neuro-metabolic dysfunction rather than a structural injury. These injuries are typically associated with normal CT scans and MRIs. Concussions may or may not involve loss of consciousness. The damage done to the brain from a concussion is microscopic, but also compromises blood flow at the site of injury. Since the brain needs blood flow to function normally the reduction in blood flow affects brain function and cognitive abilities.

### 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

PHOTO COURTESY OF GORE MOUNTAIN 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.

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Most people still believe that a concussion is only evident with a loss of consciousness. Only ten-percent of concussions have loss of consciousness. Anytime an athlete receives trauma to the head and reports a headache, we must conclude that their brain has been concussed, especially in the adolescent and preadolescent age group. The physical signs of a concussion may resolve within three to ten days. Cognitive symptoms such as difficulty with concentration and memory or feeling mentally foggy, are also symptoms that will be evident and their resolution may take longer.

How long does it take to recover from a concussion? These three research studies illustrate findings on cognitive symptom

McCrea, Guskiewicz Study (2003) - 94 college students with paper and pencil. Cognitive resolution: three-to-five days. Symptom resolution: seven days. Sevenday recovery rate: 91-percent.

Iverson Study (2006) - 30 high school students with computer ImPACT assessment. Cognitive resolution: ten days. Symptom resolution: seven days. Seven-day recovery rate: 50-percent.

Collins, Lovell Study (2006) - 134 high school students with computer ImPACT assessment. Cognitive and symptom resolution: Not report. Seven-day recovery rate:

Neurocognitive testing is used to determine deficits in the following cognitive areas: Reasoning and Problem Solving Ability: Ability to Understand and Express Language; Working Memory and Attention; Short Term and Long-Term Memory; Processing Speed; Visual and Spatial Organization, Visual Motor Coordination: and Planning, Synthesizing and Organizing Information.

The most popular and reliable computer ized test is called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). ImPACT is used by many major colleges, the National Football League, and the

National Hockey League to help their medical teams to manage concussions properly.

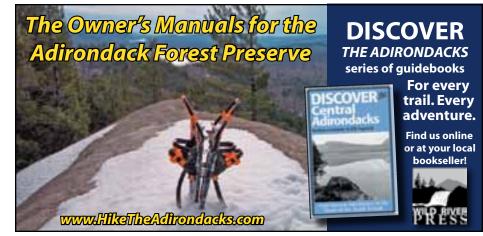
Data gathered by ImPACT shows that the average cognitive recovery for the high school athlete is 26 days. This information is critical in the proper treatment of the concussed athlete. Physical symptom resolution should not be the only criteria to return an athlete to participation. ImPACT has the sensitivity and reliability to measure these cognitive deficits and give accurate information to the clinician. Neurocognitive testing is another tool clinicians can use to evaluate the status of their return to participation.

In alpine skiing the risk of injury has decreased 50-percent since 1970. Better design in ski boots and skis has helped improve safety. Snowboarding injuries have increased in the last ten years, mostly due to increased participation in the sport.

Concussions in skiing and snowboarding are not as numerous as in football or hockey, but for the recreational skier or rider the risk is there. Helmets do decrease the incidence of some head injuries such as skull fracture, lacerations and contusions but are limited in the prevention of concussions. Collisions and falls are the main cause of mild traumatic brain injury. Obviously the terrain park and the race course can be risky. Most collisions occur on the margins of intermediate slopes, where skiers or riders are moving at high speeds

Skiers are three times more likely to be involved in a collision than a snowboarder, so follow your skier or rider responsibility code. Control your speed, obey all warning signs, ski within your ability, move to the side of the trail when stopping, and look uphill before entering a trail. Have a safe winter!

Luigi Rende, MS, ATC (Irende@sroapc. com) is a certified athletic trainer and the director of The Center for Sports Medicine in Schenectady and Clifton Park. He is also an









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 vear-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 studentathletes seriously, and is about as wellrounded 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. ATHLETE PROFILE

# **Dave Paarlberg-Kvam**

**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



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





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 AND CHRIS.

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 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 eams in the state, with leaders in the sport mongst its founders, but also in the high chool 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 yearround 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 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-

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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 **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,

tours, races and festivals, see the feature articles and Calendar of Events listings in this issue. Enjoy winter while you can!















Malta Camp: Feb. 27 & April 23 Early and Mid-Morning Camps



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# **Trooper Brinkerhoff Memorial Spring Race Series**

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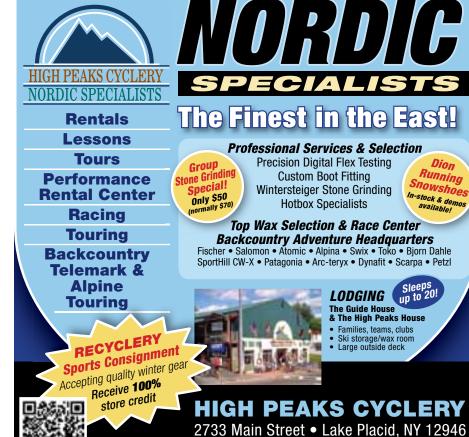


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**12** Adirondack Sports & Fitness www.AdkSports.com FEBRUARY 201

### 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 seventh annual Adirondack Sports & Fitness Summer Expo is on Saturday-Sunday, March 10-11 at the Saratoga Springs City Center.

The free admission, high energy show features 125 exhibitors with everything attendees need for running, cycling, triathlon, paddling, hiking, healthy living and travel! Register for summer events, get great deals on gear, clothing and footwear, and learn more from the experts. See the kayak, canoe and SUP demos in our giant pool—and attendees can now try scuba diving! There will be seminars and clinics with regional experts, and fun activities for all ages.

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. Here's a sampling to date:

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, Mountainman Outdoors and more.

Healthy Living and Travel – Adirondack Life,

Forge Camping Resort and more.

Rich Morin's Professional Scuba Centers, Old

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. The Regional Food Bank has been helping feed the poor and hungry, providing 20 million pounds of food annually to 1,000 agencies, in 23 counties from Plattsburgh to Newburgh since 1982.

For more info, visit **AdkSports.com** or call (518) 877-8788. For event updates, "*like us*" at: Facebook.com/AdirondackSports. There will be a seven-page Attendee Guide in the March issue, in-print and online.

### 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. It will be open to relay teams and individuals, with a rain date of April 15. All proceeds benefit the Lake Placid Outing Club, dedicated to getting youth invested in outdoor activities. For more info (registration opens mid-February), visit: ritesofspring.net.

# 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. Glen is an accomplished backcountry skier, guide and instructor based in Chamonix, France, but he loves visiting smaller ski destinations and skiing with regular skiers. He will be skiing and holding free demos and miniclinics at Otis Mountain in Elizabethtown on Saturday, and entertaining at Skifest with a presentation in the evening at the Keene Central School. Otis is a private ski area that's open for testing the latest skis and boots. and the mini-clinics on skinning, telemark

Guided ski tours will be held on Saturday and Sunday, led by Cloudsplitter and a group of local ski gurus. Skiers with intermediate Nordic skills can join the classic Avalanche Pass ski traverse, while intermediate to expert downhill skiers looking to get into backcountry skiing will want to join the intermediate tour. Expert skiers with prior backcountry experience and their own gear can refine their skills on the advanced tour. Space is limited, so register early. Skifest proceeds support NYSEF's Nordic racing programs and the Adirondack Ski Touring Council. For more info, call The Mountaineer (518) 576-2281 or visit mountaineer.com.

### 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. Additional discounts will be available online after February 29. Registrants will be entered to win iPods and an iPad, in addition to other packages, and earlier registration increases your odds of winning. The

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Adventure Sports

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. Almost 400 women signed up for the inaugural program in 2011.

In addition to competing against 5,000 runners, entrants receive a female-cut technical shirt. There will be a Capital Care/CDPHP Health & Fitness Expo, clinics with elite athletes and live music. For more info, visit freihofersrun.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

HMRRC members) includes coaching, weekly group runs, entry into the marathon or half marathon, a training T-shirt, a one-year membership in HMRRC, paid lunch at the HMRRC summer picnic, and water/gels during training runs. The program is limited to the first 70 registrants. Registration for the training program is non-refundable and non-transferrable. Registration began on February 1. For more info, visit mohawkhudsonmarathon.com.

# 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 CATEGORY WINNERS & REGIONAL FINISHERS 10:23 3 Adrian Cieri Lake Placid CAT 3: MALE 19 - 29 Bill Frazer Unattached Lake Placid 11:22 Nicholas Zinzer Generation Gap 8 Mark Nassar LeepOff Cycles Keene Valley 12:28 CAT 2: MALE 18 & UNDER 9:46 CAT 3: MALE 30 & OVER CAT 1: MALE 19 - 29 Chris Patton Team Death Bethel, CT 9:09 Patrick Driscoll Unattached CAT 1: MALE 30 - 39 CAT 3: MALE 14 & UNDER Walpole, NH Chad Roberts CAT 3: MALE 15 - 18 CAT 1: MALE 40 & OVER Leicester, MA 10:47 Jacob DeBrusk Unattached Wachusett Brewing Baldwinsville, MA 9:22 North Country Subaru Hudson Falls Haines Falls Ernie Reale Unattached Garret Frandser Unattached Glens Falls 15:36 Gravity Project CAT 2-3: FEMALE OVERALL CAT 1: MALE 18 & UNDER Mary Elges Rockport, MA 8:49 Keegan Konkoski GGR Lake Placid **CAT 1: FEMALE OVERALL** Lake Placid Colchester, VT 12:29 Stephanie Sowles KSL/IXS Sports CAT 2: MALE 19 - 29 Mathuy Bouthillier Accrocycle Sainte-Anne-Des-Lac. OC 9:48 Wayne Plumadore Wooden Ski & Wheel Redford PRO: FEMALE OVERALL 1 Kate Parhiala Wachusett Brew/Leatt Arlington MA 12:02 Unattached PRO: MALE OVERALL 5 Jordan Miller Unattached Harrisville CAT 2: MALE 30 & OVER Quebec City, QC 8:30 Lama Cycle: Yann Gavin Bruce Shilstone High Peaks Cyclery Lake Placid 10:07 Courtesy of High Peaks Cyclery & Whiteface Mountain Bike Park

M	ALE OVERALL				M	IALE AGE GROUP: 40	- 49		
1	Dan Kelly	23	Niskayuna	20:13	1	Todd McAwley	43	Colonie	22
2	Chad Davey	33	Selkirk	20:36	2	Mark Stephanson	47	Esperance	23
3	Drew McAwley	14	Colonie	20:53	3	Jamie Reichler	42	Parker, CO	24
FE	MALE OVERALL				FI	EMALE AGE GROUP:	40 - 49		
1	Aleesha Leruzic	13	Schoharie	27:09	1	Sheila Gillespie	43	Howes Cave	31
2	Heather Machabee	42	Delmar	27:24	2	Kathleen Tersigni	40	Burnt Hills	33
3	Leah Schaffer	27	Canajoharie	28:08	3	TICK ETCHCOI	42	Ames	38
м	ALE AGE GROUP: 14	& UNDE	,		IV.	IALE AGE GROUP: 50		Calcarated	20
1	Brandon McAwley	12	Colonie	26:41	2	Brian Kelly Peter Hennen	54 59	Schenectady Feura Bush	29 31
2	Ionathan Dicesare	14	Cobleskill	26:57	3		59 56	Schenectady	31 31
3	Tristan Strasser	13	Cobleskill	29:45	_	EMALE AGE GROUP:		Scrienectady	31
FF	MALE AGE GROUP: 1	4 & UNE		25.15	1	Barbara Sorell	54	Delmar	31
1	Paige Shovelton	13	Canajoharie	31:39	2		50	Scotia	34
2	Serena Sweet	9	Scotia	41:45	3	Cathy Sheehan	51	Cohoes	37
3	Annika Nielsen	9	Scotia	41:45	M	ALE AGE GROUP: 60	- 69		
-	MALE AGE GROUP: 2	_	Scotta	41.43	1	Charles Brockett	65	Dolgeville	30
1	Jennifer Curiano	26	Schenectady	35:08	2	Greg Taylor	65	Delmar	35
2	Trish Stanton	28	Cobleskill	43:43	FI	MALE AGE GROUP:	60 - 69		
_	ALE AGE GROUP: 30		CODIESKIII	43.43	1	Amy Thomas	60	Sharon Springs	1:11
1	Scott Handy	34	Richmondville	22:13		IALE AGE GROUP: 70			
2	Michael Connelly	35	Cohoes	31:11	1		76	Ballston Spa	35
	MALE AGE GROUP: 3		Corioes	١١.١١	2	John Lane	73	Clifton Park	37
1			Voorheesville	31:11	3	Richard Gundlach	79	Howes Cave	44
1	Kimberly Cardona	37 35		31:11		IALE AGE GROUP: 80		6 11 13	40
2	Kim Hayes Casey Rosensweig	35 33	Palatine Bridge Delanson	31:50 43:15	1		80	Cobleskill is Arboretum	40



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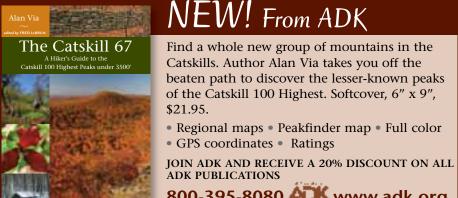


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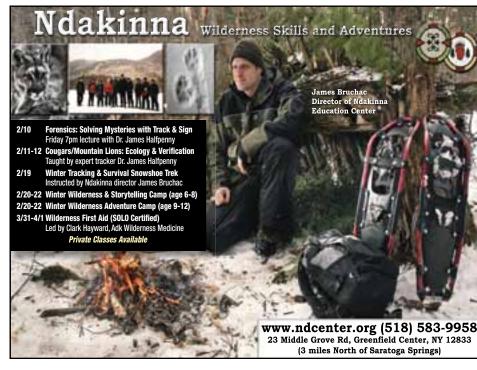


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# **RACE RESULTS**

					RIBBON 5K			
	Se	eptember 18, 2	2011 • V	Vasl	hington Park, A	lbany		
<b>FEMALE OVEI</b>	RALL			M	ALE AGE GROUP: 30	- 39		
1 Beth Stalker	52	Burnt Hills	19:37	1	Derik Smith	36	Albany	18:34
2 Ellen Predme	ore 53	Ballston Lake	21:04	2	Stephen Siebrecht	32	Delmar	18:52
3 Jennifer Cas	ev 28	Gloversville	22:03	3	Marc Shapiro	32	Great Neck	18:55
MALE OVERA	ĽĹ			FE	MALE AGE GROUP:	40 - 49		
1 Anthony Giu	uliano 32	Albany	16:23	1	Karen Skiba	40	Troy	22:36
2 Justin Van E		Clifton Park	18:16	2	Martha Gohlke	44	Voorheesville	23:05
3 Todd Eicher	38	Queensbury	18:29	3		46	Troy	24:14
	GROUP: 14 & UNI				ALE AGE GROUP: 40			
1 Shea Foley	14	Slingerlands	22:05	1	Michael Stalker	48	Burnt Hills	19:06
Melissa Rose		Clifton Park	22:38	2	John Furgele	43	Delmar	19:5
3 Julia Malone		Loudonville	23:47	3	John Williams-Seal	43	Albany	20:20
	:y ROUP: 14 & UNDE		25.47	FE	MALE AGE GROUP:			
		<b>n</b> Greenville	20:48	1	Stephanie Landy	51	Malta	22:1
1 Sean McAne				2	Linda Reed	53	Ghent	23:0
2 Scott Martin		Slingerlands	22:39	3	Jen Kuzmich	53	Greenwich	23:4.
3 Brady Van E		Clifton Park	23:16	M	ALE AGE GROUP: 50			
	GROUP: 15 - 19			1	Carl Urrey	51	Cobleskill	20:5
1 Hannah Rioi		Nassau	23:44	2	Mike Ku	59	Slingerlands	23:0
2 Abby Saline		Albany	24:26	3	Geoffrey Wilk	51	Delmar	23:1
3 Molly O'Brya		Wynantskill	25:27		MALE AGE GROUP:			
MALE AGE GI	ROUP: 15 - 19			1	Frances Brown	61	Albany	32:3
<ol> <li>Luke Miller</li> </ol>	16	Niskayuna	20:42	2	Jacqueline Tremont	60	Averill Park	33:3
2 Jordan Marr	one 19	Westerlo	21:14	3	Hope Adler	61	Queensbury	35:2
3 William Dav	is 17	Scotia	22:08		ALE AGE GROUP: 60		- I	
<b>FEMALE AGE</b>	GROUP: 20 - 29			1	James Larkin	63	Clifton Park	22:3
1 Trista Neinas	t 29	Washington, DC	24:07	2	Paul Turner	62	Delmar	22:5
MALE AGE GI	ROUP: 20 - 29	J. , .		3	Craig Roods	62	Greenwich	23:3
1 William Bevi	ns 28	Schoharie	20:58		MALE AGE GROUP:			22.5
2 Paul Mayer	23	Hudson	22:25	1	Lois Smith	70	Glenmont	33:5
3 Matthew Sn		Albany	22:51		ALE AGE GROUP: 70		A.II	242
	GROUP: 30 - 39	Albarry	22.51	1	Richard Eckhardt	77	Albany	34:3
1 Jen Gabriel	31	Clifton Park	23:10	2	Larry Garitz	72 9 OVED	Latham	40:3
Jen Gabrier     Joanne Burn		Queensbury	23:10		ALE AGE GROUP: 80		A I la a au	37:5
				1	Ken Orner	81	Albany	37:5
3 Melinie Ned	eau 38	Ballston Spa	23:40		Courtesy	or Caring	g Together NY	

	5K RL	JN		М	ALE AGE GROUP: 20	- 29		
MALE OVERALL  1 Tim Chichester  2 Justin Wood	23 28	Mount Morris Delhi	14:49 15:11	1 2 3 <b>FE</b>	Alexander Paley Chuck Terry Kevin Treadway MALE AGE GROUP:	25 29 23 <b>20 - 29</b>	Albany Albany Albany	15:30 15:34 15:44
3 Scott Mindel  FEMALE OVERALL  1 Kristina Gracey	24 28	Ballston Lake Albany	15:13 17:37	1 2 3	Liz Chauhan Jessica Chichester Krista Babiarz	27 25 27	Albany Guilderland Auburn	20:31 20:47 21:33
2 Emily Bryans 3 Wendy Pavlus	44 22	Schenectady Tupper Lake	17:39 17:56	1	ALE AGE GROUP: 30 Eamon Dempsey	31	Delmar	16:20
MALE AGE GROUP  Noah Valvo  Trey Hotaling	14 & UNDEI 12 12	R Delanson Ghent	20:06 20:45	2 3 <b>FE</b>	Robert Irwin David Tromp  MALE AGE GROUP: 1	38 36 <b>30 - 39</b>	Guilderland Glenmont	17:59 18:05
3 Dakota Harvey FEMALE AGE GROI	13	Albany	23:26	2	Shelly Binsfeld Sabrina Krouse	32 31 37	Clifton Park Duanesburg	18:24 20:12
1 Sarah Vener 2 Emily Patnode 3 Emily Honen	11 13 14	Slingerlands Albany Slingerlands	23:36 26:37 28:46	3 <b>M</b> 1 2	Regina Flint <b>ALE AGE GROUP: 40</b> Volker Burkowski Jack Arnold	٠,	Amsterdam Gansevoort Latham	21:42 17:11 18:42
MALE AGE GROUP  1 Avi Durling	<b>15 - 19</b>	Saratoga Springs	22:19	3 <b>FE</b>	David Martin	43 <b>40 - 49</b>	Loudonville	19:40
2 Matt Futia 3 Tyler Harvey	16 15	Delmar Albany	24:06 24:38	1 2 3	Anne Benson Nancy Nicholson Kim Miseno	46 49 41	Clifton Park Queensbury Amsterdam	18:58 19:58 20:07
FEMALE AGE GROU		5.1	22.54	M	ALE AGE GROUP: 50			
<ol> <li>Bethany Powhida</li> <li>Alexis Cashman</li> <li>Haley Goodrich</li> </ol>	17 15 15	Delmar East Greenbush Glenmont	22:54 27:19 27:20	1 2 3	Derrick Staley Vladimir Ilin Steve Vnuk	52 53 55	Ballston Lake Albany Delmar	17:21 18:11 19:46 continu

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			AINIOAL D	CINKIN		N 5K & 10K		iueu	
	MALE AGE GROUP: 50				FE	MALE AGE GROUP: 2			
	Deborah Mehm	53	Albany	27:24	1	Jennifer Walia	24	Albany	46:
	Linda Houlihan	50	Albany	27:54	2	Tracey Conboy	26	Albany	49:
	Jeanne Masterson	54	Voorheesville	27:55	3	Ashlyn Bach	22	Coopersburg, PR	51:
	LE AGE GROUP: 60 - 6	-			M	ALE AGE GROUP: 30			
	Thomas Miller	67	Altamont	24:46	1	Saturnino Fernandez	31	Rensselaer	37
	Tom Rutkowski	60	Glenmont	29:39	2	Jeff Nastke	30	Saratoga Spring	37
	Terry Baxter	61	Albany	30:53	3	Andrew Pris	35	Clifton Park	39
	MALE AGE GROUP: 60				FE	MALE AGE GROUP: 3			
	Joanne Skerritt	65	Troy	33:43	1	Amy Drucker	38	Albany	44
_	Kathleen McMahon-Paul	62	Troy	34:28	2	Julie Mounce	31	Albany	47
	Mary Pat Bichteman	62	Westerlo	34:33	3	Rachel Toolan	35	Castleton	48
	LE AGE GROUP: 70 - 7	-			M	ALE AGE GROUP: 40	- 49		
	Neil Colman	70	Slingerlands	31:54	1	Blaine Freadman	47	Pittsfield, MA	39
	Joseph Silva	70	Albany	36:13	2	Steven Smith	41	Delmar	42
3	Morton Hess	74	Albany	52:37	3	Paul Rogers	43	Johnstown	47
		10K RL	JN		FE	MALE AGE GROUP: 4			
	LE OVERALL				1	Diane Tenenbaum	45	Selkirk	46
1	Richard Messineo	22	Nassau	35:52	2	Lori Fermon	43	East Greenbush	49
2 .	Jeffrey Andrewa	34	Delmar	36:25	3	Jennifer Honen	48	Slingerlands	50
3	Mark Daley	50	West Winfield	37:11	M	ALE AGE GROUP: 50			
ΕN	MALE OVERALL				1	Dennis Fillmore	59	Ballston Spa	42
ı	Kari Gathen	42	Albany	40:14	2	Richard Tanchyk	59	Saratoga	46
	Karen Smith	38	Latham	42:23	3	Joe Benoit	54	Glenmont	46
	Sara Niccoli	34	Fort Plain	44:15	FE	MALE AGE GROUP: 5			
FEN	MALE AGE GROUP: 14	& UND			1	Janice Phoenix	50	Schenectady	44
	Emily Acker	14	Rexford	49:57	2	Karen Casper	54	Ballston Lake	1:00
	LE AGE GROUP: 15 - 1	-			3	Lisa Lavigna	50	Slingerlands	1:00
	Michael Ferlazzo	15	Stillwater	49:17	M	ALE AGE GROUP: 60			
	Neil Wagner	17	Delmar	50:44	1	Norman Dovberg	65	Slingerlands	47
FEN	MALE AGE GROUP: 15	- 19			2	Frederick Eames	63	Delmar	48
1	Nicole Lavigna	15	Slingerlands	53:57	3	Thomas Hunter	66	Troy	50
MΑ	LE AGE GROUP: 20 - 2	9			FE	MALE AGE GROUP: 6			
	Benjamin Heller	22	Albany	41:16	1	Carole Bieber	60	Slingerlands	54
	Michael Pittner	27	Albany	41:54		Claire Gregoire	69	Waterford	1:19
3	Kevin Messineo	22	Nassau	42:16		Courtesy of Sidney Albe	ert Alban	v Jewish Community	Cente

MA	ALE OVERALL	_			м	ALE AGE GROUP: 25 -	29		
1	Jim Sherman	49	Clifton Park	19:46	1	Brett Ebv	25	Clifton Park	20:52
2	George Stopyak	40	Clifton Park	19:52	2	Greg Johnson	28	Burnt Hills	21:27
3	Patrick Riley	33	Rexford	20:05	3	Chase Baker	25	Saratoga Springs	21:29
FEI	MALE OVÉRALL				FE	MALE AGE GROUP: 2	5 - 29		
1	Kathryn Bernarde	23	Latham	20:51	1	Stella Albanese	28	Ballston Spa	26:28
2	Kristen Hislop	47	Clifton Park	21:21	2	Jillian Caisse	26	Waterford	30:58
3	Shannon Fitzpatrick	13	Loudonville	21:38	3	Jen Robertaccio	28	Mechanicville	32:22
MA	ALE AGE GROUP: 14	& UNDER	1		М	ALE AGE GROUP: 30 -	34		
1	Michael Buyaskas	14	Clifton Park	20:42	1	Mark Ashman	32	Clifton Park	25:32
2	Patrick Nagy	11	Ballston Lake	24:27	2	Dan Glasser	32	Clifton Park	28:27
3	Tyler Coleman	11	Clifton Park	25:11	FE	MALE AGE GROUP: 3	0 - 34		
FEI	MALE AGE GROUP: 1	4 & UND	ER		1	Larina Riley	33	Rexford	22:53
1	Valerie Taylor	14	Clifton Park	21:57	2	Holli Mullholland	34	Saratoga Springs	22:59
2	Taylor Leggett	11	Mechanicville	23:24	3	Tina Vogel	34	Watervliet	27:00
3	Emma Smith	13	Clifton Park	23:25	М	ALE AGE GROUP: 35 -	39		
MA	ALE AGE GROUP: 15	- 19			1	Trevor Wood	36	Clifton Park	20:06
1	Zachary Lamora	15	Clifton Park	23:22	2	Chris Rajchel	38	Mechanicville	20:13
2	Paul Englert	18	Clifton Park	24:08	3	Ray Lipani	37	Clifton Park	20:26
3	Thomas Englert	18	Clifton Park	24:46	FE	MALE AGE GROUP: 3	5 - 39		
FEI	MALE AGE GROUP: 1	5 - 19			1	Amy Seagroatt	36	Clifton Park	23:12
1	Jaclyn Romano	15	Clifton Park	22:25	2	Christine Perez	37	Kingston	25:28
2	Shannon McMillan	17	Clifton Park	22:25	3	Stephanie Carpenter	38	Clifton Park	25:47
3	Amanda Underhill	15	Rexford	22:41	M	ALE AGE GROUP: 40 -	44		
MA	ALE AGE GROUP: 20	- 24			1	Rick Zachgo	41	Rexford	20:46
1	Conor Daley	22	Schenectady	21:29	2	David Troischt	44	Mechanicville	21:33
2	Christopher Loveloc	20	Clifton Park	21:55	3	Patrick Lentlie	42	Ballston Lake	21:41
FEI	MALE AGE GROUP: 2	0 - 24			FE	MALE AGE GROUP: 4	0 - 44		
1	Megan Bucci	24	Clifton Park	24:16	1	Susan Flint	41	Clifton Park	23:35
2	Tiffany Fischer	22	Rexford	39:05	2	Katie Benson	40	Clifton Park	24:39
3	Andrea Decicco	24	Clifton Park	47:04	3	Ingrid Gerst	41	Clifton Park	26:29 continu



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MALE AGE GROUP: 45	5 - 49			MALE AGE GROUP: 55	5 - 59		
1 Leon Teeuwen	45	Clifton Park	20:18	1 Edward Graham	56	Clifton Park	26:15
2 David Donatelli	45	Clifton Park	21:14	2 Joseph Bruderek	55	East Norriton, PA	33:46
3 Craig Evans	46	Malta	23:13			Last Normon, rA	33.40
FEMALE AGE GROUP:				FEMALE AGE GROUP:	55 - 59		
1 Theresa Newton	46	Malta	24:59	1 Kathy Pfeiffer	56	Queensbury	33:55
2 Bonnie Bucci	48	Marlboro	28:11	MALE AGE GROUP: 60	. 64	. ,	
3 Kelly Kschinka	48	Clifton Park	28:16				
MALE AGE GROUP: 50				1 Tom Schwarz	60	Clifton Park	29:04
1 Bill Fahr	53	Watervliet	21:16	FEMALE AGE GROUP:	60 - 64		
2 Tim Reilly	50	Valley Falls	21:21			CIII D. I	20.52
3 Greg Wheeler	51	Clifton Park	24:19	1 Carol Davis	60	Clifton Park	28:53
FEMALE AGE GROUP:				MALE AGE GROUP: 80	& OVER		
1 Eileen Trainor	50	Clifton Park	23:29	1 Matt Sames	84	Rexford	34:57
2 Patricia Campoli	52	Clifton Park	30:42	i iviati sairies	04	Rexioru	54.57
3 Christy Cardina	53	Ellenburg Depot	32:57	Courtesy	∕ of Hanna	h's Hope Fund	

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

Melanie Merola O'Donnell Memorial Race • September 18, 2011 • High Rock Park, Saratoga Springs

9 Jessica Mitchell

Aaron Knobloch

MALE AGE GROUP: 35 - 39

2	Thomas O'Grady	26	Latham	1:11:29	1	Aaron Knobloch	35	Schenectady	1:15:21
-	Shaun McGrath	32	Lynbrook	1:13:42	2	Robert Etien	37	Schenectady	1:20:37
					3		38		1:21:38
3		28	Sunnyside	1:13:42		Mathew Nark		Clifton Park	
FE	MALE OVERALL				4	Clay Lodovice	36	Albany	1:21:47
1	Dana Bush	32	Gansevoort	1:26:14	6	Jonathan Golden	38	Clifton Park	1:24:55
					7	Matt Zappen	35	Catskill	1:26:03
2	Julie Gold	37	Malta	1:28:28					
3	Virginie Poritzky	43	Greenfield Center	1:30:04	8	Todd Smith	37	Voorheesville	1:26:48
FE	MALE AGE GROUP: 14	L& UND	FR		9	Randall Cannell	39	Broadalbin	1:29:04
		12	Averill Park	2:23:45	10	Patrick Amyot	39	Saratoga Springs	1:29:19
1	Suzanna Coyne							Saratoga Springs	1.23.13
2	Sarah McTague	14	Averill Park	2:23:45		MALE AGE GROUP: 3			
3	Caroline Slyer	13	Averill Park	2:23:45	1	Tara Lavonas	36	Latham	1:35:45
	ALE AGE GROUP: 15 -				2	Sally Drake	38	Albany	1:38:30
			5 1 11 :	4 20 54	3	Karen Yoon	35	Saratoga Springs	1:39:10
1	Bryant Smith	19	Broadalbin	1:28:51					
2	Justin Fabian	18	Saratoga Springs	1:37:33	4	Deanne Webster	35	Albany	1:39:51
3	Liam Lynch	18	Saratoga Springs	1:39:36	5	Melissa Maguire	38	Loudonville	1:43:48
	MALE AGE GROUP: 15		Saratoga Springs	1.55.50	6	Mary-France Manno	37	Albany	1:44:15
					7		38		1:44:21
1	Alicia Razanousky	16	Stuyvesant	2:06:08		Emily Cooper		Gansevoort	
2	Karley Robinson	15	Saratoga Springs	2:09:39	8	Kathryn Sentz	38	Cooperstown	1:46:50
3	Julianna Kolakowski	15	Averill Park	2:23:45	9	Tiffany Morgan	36	Ballston Lake	1:47:06
			Aveilli raik	2.23.43	10	Darcy Baldwin	35	Ballston Spa	1:48:15
M	ALE AGE GROUP: 20 - 2	24						ballstoll spa	1.40.13
1	Jeff Goupil	24	Clifton Park	1:20:31	M	ALE AGE GROUP: 40 -			
2	Michael Douglass	22	Gloversville	1:21:53	1	George Adams	41	Gilsum, NH	1:14:31
					2	Jon Rocco	44	Colonie	1:20:40
3	Aaron Lozier	23	East Greenbush	1:23:06					
4	Peter Lamb	24	Clifton Park	1:25:09	3	David Barr	41	Saratoga Springs	1:31:23
5	Benjamin Shanks	23	Saratoga Springs	1:32:20	4	Bob Frank	44	Niskayuna	1:33:54
					5	Lee Ecker	44	Saratoga Springs	1:35:01
5	Rob Sobkowich	21	Amsterdam	1:32:24	7		40		
7	Alex Ventre	24	Saratoga Springs	1:33:53		John Cunanan		Ballston Lake	1:36:21
8	Andrew Bray	22	Schenectady	1:39:19	8	Bruce Amm	41	Clifton Park	1:37:47
					9	Dougie Fres Gerhardt	44	Saratoga Springs	1:39:20
9	Dan Lagoe	24	Saratoga Springs	1:40:31	-	Brian Dillenbeck	40		1:39:45
10	Stephane Henrion	22	Schenectady	1:42:01				Alplaus	1.39.43
FF	MALE AGE GROUP: 20	1 - 24	,		FE	MALE AGE GROUP: 4	0 - 44		
			Alleran	1.26.01	1	Stacie Hebert	41	Schenectady	1:36:51
1	Kerri Benzenberg	24	Albany	1:36:01	2	Suzanne Tomb	44	North Creek	1:45:43
2	Hilary Mislan	24	Albany	1:42:33					
3	Kristy Godette	24	Saratoga Springs	1:46:23	3	Heather Leggieri	40	Ballston Spa	1:45:45
					4	Jennifer Metivier	40	Lake George	1:46:12
1	Erin Ring	24	Albany	1:50:17	5	Maria Tedeschi	40	Westerlo	1:46:27
5	Manique Talaia-Murray	20	Clinton	1:51:05					
6	Emily Riley	22	Rensselaer	1:51:51	6	Stacia Smith	41	Niskayuna	1:48:31
7		23	Chatham		7	Mindy Fairchild	40	Averill Park	1:49:22
	Jordan Nieto			1:52:34	8	Elin Mattfeld	40	Voorheesville	1:49:29
9	Michelle Davis	22	Schenectady	1:53:06	9	Kimberly Bailey	42	Queensbury	
10	Grace Smisloff	21	Ballston Spa	1:53:24					1:50:44
			builston spu	1.33.24	10	Lisa Scaringe	43	Rexford	1:50:45
	ALE AGE GROUP: 25 - 2				M	ALE AGE GROUP: 45 -	. 49		
1	Matthew Medeiros	26	Saranac	1:18:26	1	Kevin Creagan	46	Albany	1:23:37
2	Matthew Vanslyke	29	Johnstown	1:24:49					
3		26			2	Craig Dubois	48	Sprakers	1:24:42
	Brian Woods		Loudonville	1:25:42	3	Jim Lebrou	45	Niskayuna	1:30:39
4	Matthew Igler	29	Saratoga Springs	1:27:46	4	Thomas Marcellas	46	Ballston Spa	1:32:27
7	Daniel Ayala	26	Saratoga Springs	1:35:40					
3		26			5	Glenn Pizarro	49	Amsterdam	1:34:24
	Ryan Ventre		Saratoga Springs	1:36:34	6	John Cardinale	46	Queensbury	1:34:50
	Sean Rumney	28	Delanson	1:36:39	7			Niskayuna	1:36:45
9	BAALE ACE CROUD OF				,	Incanh McDonald	76		
	MALE AGE GROUP: 25	- 29			0	Joseph McDonald	46		
FE	MALE AGE GROUP: 25		Albany	1.22.00	8	Chris Salvato	48	Scotia	1:36:49
FEI 1	Caitlin Hickin	29	Albany	1:33:08	8 9				
FEI 1		29 25	Albany Albany	1:33:08 1:33:48	9	Chris Salvato Richard Loud	48 46	Scotia Ballston Spa	1:36:49 1:37:02
F <b>E</b>   1 2	Caitlin Hickin Dassi Rosenfeld	29 25	Albany	1:33:48	9 10	Chris Salvato Richard Loud Daniel Senecoff	48 46 48	Scotia	1:36:49
F <b>E</b> 1 2 3	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello	29 25 25	Albany Wilton	1:33:48 1:36:11	9 10 <b>FE</b>	Chris Salvato Richard Loud Daniel Senecoff MALE AGE GROUP: 4	48 46 48 <b>5 - 49</b>	Scotia Ballston Spa Middle Grove	1:36:49 1:37:02 1:37:37
F <b>E</b> 1 2 3 4	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson	29 25 25 27	Albany Wilton Glens Falls	1:33:48 1:36:11 1:37:17	9 10 <b>FE</b> 1	Chris Salvato Richard Loud Daniel Senecoff MALE AGE GROUP: 4 Rose Angerosa	48 46 48 <b>5 - 49</b> 45	Scotia Ballston Spa	1:36:49 1:37:02 1:37:37 1:47:59
F <b>E</b> 1 2 3 4	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger	29 25 25 27 26	Albany Wilton Glens Falls Saratoga Springs	1:33:48 1:36:11 1:37:17 1:38:33	9 10 <b>FE</b>	Chris Salvato Richard Loud Daniel Senecoff MALE AGE GROUP: 4	48 46 48 <b>5 - 49</b>	Scotia Ballston Spa Middle Grove	1:36:49 1:37:02 1:37:37
FE 1 2 3 4 5	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson	29 25 25 27	Albany Wilton Glens Falls	1:33:48 1:36:11 1:37:17	9 10 <b>FE</b> 1 2	Chris Salvato Richard Loud Daniel Senecoff <b>MALE AGE GROUP: 4</b> Rose Angerosa Michele Cameron	48 46 48 <b>5 - 49</b> 45 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13
F <b>E</b>   1 2 3 4 5	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones	29 25 25 27 26 28	Albany Wilton Glens Falls Saratoga Springs Clifton Park	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50	9 10 <b>FE</b> 1 2	Chris Salvato Richard Loud Daniel Senecoff <b>EMALE AGE GROUP: 4</b> Rose Angerosa Michele Cameron Lynn Fredericks	48 46 48 <b>5 - 49</b> 45 45 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31
FE 1 2 3 4 5 6 7	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw	29 25 25 27 26 28 28	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58	9 10 <b>FE</b> 1 2 3 4	Chris Salvato Richard Loud Daniel Senecoff  MALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheryl Hamel	48 46 48 <b>5 - 49</b> 45 45 45 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40
FE 1 2 3 4 5 6 7 8	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone	29 25 25 27 26 28 28 29	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57	9 10 <b>FE</b> 1 2	Chris Salvato Richard Loud Daniel Senecoff <b>EMALE AGE GROUP: 4</b> Rose Angerosa Michele Cameron Lynn Fredericks	48 46 48 <b>5 - 49</b> 45 45 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31
FE 1 2 3 4 5 6 7 8	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw	29 25 25 27 26 28 28	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58	9 10 <b>FE</b> 1 2 3 4 5	Chris Salvato Richard Loud Daniel Senecoff <b>MALE AGE GROUP: 4</b> Rose Angerosa Michele Cameron Lynn Fredericks Sheryl Hamel Paddy Kelley	48 46 48 <b>5 - 49</b> 45 45 45 45 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23
FE 1 2 3 4 5 6 7 8	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith	29 25 25 27 26 28 28 29 27	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Clifton Park	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19	9 10 <b>FE</b> 1 2 3 4 5 6	Chris Salvato Richard Loud Daniel Senecoff IMALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheyl Hamel Paddy Kelley Irene Valada	48 46 48 <b>5 - 49</b> 45 45 45 45 45 46	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23 1:55:42
FE 1 2 3 4 5 6 7 8 9	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey	29 25 25 27 26 28 28 29 27 27	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57	9 10 <b>FE</b> 1 2 3 4 5 6 7	Chris Salvato Richard Loud Daniel Senecoff IMALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheryl Hamel Paddy Kelley Irene Valada Laura Sakala	48 46 48 <b>5 - 49</b> 45 45 45 45 45 46 45	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park Galway	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23 1:55:42 1:56:55
FE 1 2 3 4 5 7 8 9 10	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey ALE AGE GROUP: 30 - :	29 25 27 26 28 28 29 27 27	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Clifton Park Albany	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19 1:45:51	9 10 <b>FE</b> 1 2 3 4 5 6	Chris Salvato Richard Loud Daniel Senecoff IMALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheyl Hamel Paddy Kelley Irene Valada	48 46 48 <b>5 - 49</b> 45 45 45 45 45 46	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23 1:55:42
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FE 1 2 3 4 5 6 7 8 9 10 <b>M</b>	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey Matthew Kuiken	29 25 25 27 26 28 28 29 27 27 27	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Albany Ridgewood, NJ	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19 1:45:51	9 10 <b>FE</b> 1 2 3 4 5 6 7 8 9	Chris Salvato Richard Loud Daniel Senecoff IMALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheyl Hamel Paddy Kelley Irene Valada Laura Sakala Gail Doering Lisa Pleban	48 46 48 <b>5 - 49</b> 45 45 45 45 46 46 47	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park Galway Loudonville Gansevoort	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23 1:55:42 1:56:55 1:57:07 1:57:40
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FE 1 2 3 4 5 6 7 8 9 10 <b>M</b> 1 2 3	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey ALE AGE GROUP: 30 - : MATHEW Kuiken Brian Carucci	29 25 25 27 26 28 28 29 27 27 27 34 31 32	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Clifton Park Albany Ridgewood, NJ Malta Schenectady	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19 1:45:51	9 10 <b>FE</b> 1 2 3 4 5 6 7 8 9	Chris Salvato Richard Loud Daniel Senecoff  MALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheryl Hamel Paddy Kelley Irene Valada Laura Sakala Gail Doering Lisa Pleban Clover Schwartz	48 46 48 45 45 45 45 45 46 47 45 46	Scotia Ballston Spa Middle Grove Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park Galway Loudonville Gansevoort Saratoga Springs	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:54:40 1:55:23 1:55:42 1:56:55 1:57:07 1:57:40 1:57:53
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FE 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey ALE AGE GROUP: 30 - : Matthew Kuiken Brian Carucci Cory Gregg Klere Newlander Howie Architzel	29 25 25 27 26 28 28 29 27 27 34 31 32 30 31	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Albany Ridgewood, NJ Malta Schenectady Saratoga Springs Troy	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19 1:45:51 1:24:06 1:25:45 1:26:55 1:29:48 1:32:41	9 10 <b>FE</b> 1 2 3 4 5 6 7 8 9 10 <b>M</b> / 1 2	Chris Salvato Richard Loud Daniel Senecoff MALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheryl Hamel Paddy Kelley Irene Valada Laura Sakala Gail Doering Lisa Pleban Clover Schwartz ALE AGE GROUP: 50 - Steven Conant Patrick Culligan	48 46 46 45 45 45 45 45 46 47 46 47 54 55	Scotia Ballston Spa Middle Grove  Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park Galway Loudonville Gansevoort Saratoga Springs  Glenmont Round Lake	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:55:43 1:55:23 1:55:23 1:57:07 1:57:40 1:57:53 1:28:47 1:29:02
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FE 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Caitlin Hickin Dassi Rosenfeld Lisa D'Aniello Maria Compson Stacie Jaeger Katie Jones Jessica Bashaw Laura Stone Ashley Smith Molly Casey ALE AGE GROUP: 30 - : Matthew Kuiken Brian Carucci Cory Gregg Klere Newlander Howie Architzel Andrew Gorton Andrew Hunsberger Thomas Toher	29 25 25 27 26 28 28 29 27 34 31 32 30 31 34 34 32 32	Albany Wilton Glens Falls Saratoga Springs Clifton Park Cambridge Clifton Park Albany Ridgewood, NJ Malta Schenectady Saratoga Springs Troy Niskayuna Clifton Park	1:33:48 1:36:11 1:37:17 1:38:33 1:38:50 1:41:58 1:44:57 1:45:19 1:45:51 1:24:06 1:25:45 1:26:55 1:29:41 1:34:32	9 10 <b>FE</b> 1 2 3 4 5 6 7 8 9 10 <b>MJ</b> 1 2 3 4 5	Chris Salvato Richard Loud Daniel Senecoff  MALE AGE GROUP: 4 Rose Angerosa Michele Cameron Lynn Fredericks Sheyl Hamel Paddy Kelley Irene Valada Laura Sakala Gail Doering Lisa Pleban Clover Schwartz ALE AGE GROUP: 50 - Steven Conant Patrick Culligan Ken Schwartz Shawn Emery Robert Wither	48 48 48 5 - 49 45 45 45 45 46 47 46 47 45 53 51 53 50 50	Scotia Ballston Spa Middle Grove  Glenville Gansevoort Amsterdam Ballston Lake Saratoga Springs Clifton Park Galway Loudonville Gansevoort Saratoga Springs Glenmont Round Lake Saratoga Springs Saratoga Springs Saratoga Springs Niskayuna	1:36:49 1:37:02 1:37:37 1:47:59 1:50:13 1:52:31 1:55:23 1:55:54 1:56:55 1:57:07 1:57:40 1:57:53 1:28:47 1:29:02 1:31:55 1:33:30
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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

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HUDSON At corner of 3rd St

301 Warren St. (518) 828-5063

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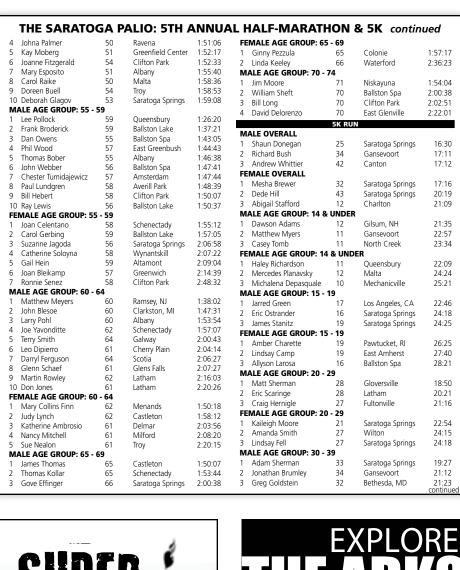
December 11th

January 1st

February 5th

March 11th

April 1st



FEBRUARY 2012 **15** 



HISTORIC SUNDAY

**ISLAND MADNESS** 

**SUPER SUNDAY** 

**SHAMROCK SUNDAY** 

**RETRO SUNDAY** 

WHITEFACE

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16 Adirondack Sports & Fitness www.AdkSports.com FEBRUARY 2012 **17** 

# **RACE RESULTS**

	THE SARATO	OGA P	ALIO: 5TH A	NNUA	L H	IALF-MARA	HON	& 5K contin	ued
FE	MALE AGE GROUP: 3	30 - 39			M	ALE AGE GROUP: 60	- 69		
1	Amanda Wang	31	Albuquerque, NM	21:28	1	Joseph Scaringe	65	Latham	24:51
2	Christine Cutler	39	Fairfield, CT	22:42	2	Joseph Miranda Jr	63	Ballston Spa	26:04
3	Grete Jerzak	36	Burnt Hills	22:43	3	Lorin Spiegel	62	Saratoga Springs	27:32
M	ALE AGE GROUP: 40	- 49			FE	MALE AGE GROUP:	60 - 69	3 , 3	
1	Samuel Mercado Jr	48	Wilton	18:59	1	Susana Hoffman	61	Saratoga Springs	31:45
2	Tom Myott	43	South Glens Falls	19:12	2	Susan Fassett	66	Ballston Spa	35:38
3	Adam Erno	46	Mechanicville	19:54	3	Charlene Gilbert	63	Saratoga Springs	42:04
FE	MALE AGE GROUP: 4	10 - 49			_	ALE AGE GROUP: 70	0.5	Saratoga Springs	72.07
1	Cindy Wian	41	Schuylerville	23:57	1	Bob Brodie	72	Diamond Point	26:47
2	Nicole Clarke	43	Hagaman	24:21	2	John Webster	71	Queensbury	55:16
3	Lisbeth Brooks	48	Amsterdam	24:43	3	Philip Palmer	78	Las Vegas, NV	58:58
M	ALE AGE GROUP: 50	- 59				MALE AGE GROUP:		Las vegas, IVV	30.30
1	Rob Picotte	58	Malta	18:46	FE			CI 5 11	44.40
2	Ed Johnson	50	Easton	19:38	1	Kay Morrissey	75	Glens Falls	44:40
3	Frank Lombardo	55	Saratoga Springs	20:17	2	Mary Fien	71	Gansevoort	1:06:10
FE	MALE AGE GROUP: 5	50 - 59			3	Peggy Lee Morrell	77	Victor	1:06:13
1	Carolyn George	57	Albany	24:29	M	ALE AGE GROUP: 80	& OVER		
2	Lisa Greco	53	Amsterdam	26:40	1	Harry Saxe	84	Mesa, AZ	1:11:12
3	Marie Arrao	55	Clifton Park	28:19		Courtesy o	f The Mela	anie Foundation	

5TH ANNU								CROSS BIKE	RAC	Œ
	•		8, 2	2011 • Maple R	•					2 46 20
46-MILE ENDUR	ACE RA	CE	/	Jason Haight John Ormsby	37 38	3:23:15 3:23:35	6		56	3:46:28
	20	2:42:44	0	,			IVI	ALE AGE GROUP: 60		
1 Cory Burns	28	2:43:44	9		38	3:44:37	1	Terry Gardner	61	3:27:08
2 Robert Rehm	38	2:59:00		Philip Morrison	30	3:54:40		10-MILE COMMUN	IITY R	ACE
3 Terry Blanchet	47	2:59:05	M	ALE AGE GROUP: 40	- 49			ALE OVERALL		
FEMALE OVERALL			1	Glenn Miley	47	3:32:49	1	Norman Leach	35	41:20
1 Margaret Thompson	57	3:32:30	2	Brian Campbell	45	3:37:18	1			
2 Flizabeth Treadwell	37	4:14:07	3	Marc Rusch	47	3:37:25	2	Andy Litteer	49	41:40
MALE AGE GROUP: 30	- 39		4	Karl Schweitzer	47	4:17:40	3		32	42:13
1 Alan Cushman	39	3:05:37		ALE AGE GROUP: 50			FE	MALE OVERALL		
2 Simon Smith	37	3:07:49	1	Ray Falso	50	3:02:49	1	Krista Harwick	31	41:22
3 Derek Treadwell	36	3:16:37	2	*	58	3:07:50	2	Julie Sawyer	46	42:2
4 Scott Gregg	38	3:17:55	3		50	3:18:36	3	Leigh Van Volkenburg	19	43:0
E Matthews Distriction	2.0	2.40.56	-	D : 11 E !!		2.44.40				4

3:22:09 5 Mike Fenlor

			RUNAGROUND TRIATHLON glewood, Lenox, MA	
	27-MILE BIKE, 5-MILE CANOE, 6-MILE RUN		IASTERS 50 & OVER CANOE	
	Biker/Canoeist/Canoeist/Runner	1	Roberts Roofing	2:38:08
AI 1	LL BERKSHIRE CANOE  Josh Itch 2:29:	.ne 2	David Berrell/Dave Dugas/Jim Roberts/Bob Chasen Hawaii 50	2:40:12
1	Brian Rabuse/Sue Purdy/Kurt Kuehnel/Kent Lemme	.05 2	Peter Green/Tom Warner/Peter Heed/John Lucey	2.40.12
2	4-2-Go 2:34:	.22 3	Dr Al & The Pacemakers	2:52:30
_	Bruce Townend/Tom Ostrowski/Ken Ostrowski/Chris Tafer		Al Bravo/Wes Denering/Lawrence Bravo/John Primmer	
3	Moynihan & Crew 3:01:	:16 <b>G</b>	RANDMASTERS 60 & OVER CANOE	
	Gary Moynihan/Butch Barbour/Jake Barbour/Steve Roberts	1	NA Law	2:56:01
	ALE 39 & UNDER CANOE	.12 2	Fred Thompson/Al Ross/Bob Allen/Frank McDonald	2.50.22
1	Allen Heights Vet Clinic 2:22: Josh Lipka/Tom Keefe/Bob Rapant/Steve Monsulick	:13 2	Fugawe Indians Gordy Soule/Phil Tieney/Rick D'Elia/Bill Borla	2:58:22
2	Chocolate Springs Bold Move 2:26:	-10 3	Almost Shangaied	2:59:42
-	Chris Fisher/Charlie Zuber/Alex Sabo/Jason Ayr	.10 5	Pete Wick/Jack Lareau/Ed Prasol/Bob Bissell	2.55.42
3	Smokin-Aces 2:33:	:55 <b>M</b>	IIXED 39 & UNDER CANOE	
	Will Dugan/Gary Aprea/Brent Lyesiuk/Steve Schmitt	1	3 Plus 1	2:28:20
M	ALE 40 & OVER CANOE		Todd Roberts/Carina Perritore/Jeff Defeo/Greg Ward	
1	Balanced 2:43:	:43 2	Misfits	2:37:15
2	Zane Wenzel/Dennis Girard/Robert Smith/Donald Tyszkiewicz Clarks Gamble 2:44:	./1 2	Jason Gauthier/Dennis Carey/Kristen Warner/Ryan Good Maxine	win 2:44:18
2	Craig Robertson/Clark Gamble/Christopher Gamble/Jim Preite	.41 3	William Sigsworth/Susan Korte/Kathy Korte/Cathryn Clar	
3	The Ethyl Mer-men 3:00:	:15 <b>M</b>	IIXED 40 & OVER CANOE	K
	Alden Booth/Tom Greenough/Kurt Kusiak/Garth Shaneyfelt	1	Patty & the Purple Kings	2:39:33
A	LL FEMALE CANOE		Lew Fisher/Patty Spector/Nick Lyesiuk/Sheila Mason	
1	Girlzilla - Jenny Ives/Laura Walton/Gloria Wesley/Lori Kingsley 2:37:		Great Expectations	3:11:33
2	Trifecta - Erica Mains/Karen Levitt/Jess Buchinski 3:10: Blood Sweat & Gears (Beers) 3:22:		Gary Phillips/Doreen Donovan/Carol Nixon/Jen Ward Lenox Softworks	3:13:31
3	Blood Sweat & Gears (Beers) 3:22: Tammy Lockenwitz Payer/Karen Feboy/Patti Jette/Katie Boudrea		Carroll Patin/Dennis Collins/Gary Case/Nancy Hudlin	5:15:51
	idining Lockenwitz rayer/Karen repoyrratii Jette/Katle Bouuled	u	Carron rather Definition Continue Case/Nanicy Rudilli	continued

Kurt SQuest Kurt Hackler/Sean Jennings/Kurt Hackler/Sean Jennings The Maine Attraction No Clue of What 16 Dol Reduxl David Jacoboski/David Jac	Team Tri Harder	3:14:35
Kurt Hackler/Sean Jennings/The Maine Attraction         3.02:24           The Maine Attraction         3.02:24           AJ Piper/AJ Piper/Shawn Rumery/Shawn Rumery         3.04:26           AJ Piper/AJ Piper/Shawn Rumery/Shawn Rumery         3.04:26           AJ Piper/AJ Piper/Shawn Rumery/Shawn Rumery         3.04:26           David Jacoboski/Donth Hankins/John Hankins         2.71:5           Wo-PERSON FEMALE CANOE         3.27:15           Muddy Buddies         3.29:12           Jennifer Frederick/Jennifer Frederick/Rosalynn Frederick         Mixe           Vo-PERSON MIXED CANOE         2.46:56           Just Dolley It         2.46:56           Mike Dooley/Mike Dooley/Tara Dooley         2.46:56           Just Dolley It         2.55:24           Mat Burke/Sarah Machowski/Ed Machowski/Jeff Jakobsen         2.55:24           It Is It Is What It Is         3.14:47           Thomas Alessio/Donna Virgilio/Thomas Allessio         2.52:24           Mat Burke/Sarah Machowski/Ed Machowski/Jeff Jakobsen         1.1           It Is It	Jason Woodward/Larry Henrickson/Gregg Grahn	5.17.55
AP piper/Al piper/Shawn Rumery   Show Clue of What To Dol Redux!   3.04:26   David Jacoboski/David Jacoboski/John Hankins   3.04:26   Windudy Buddies   3:27:15   Sandy Superchi/Sandy Superchi/Kris Dorsey/Kris Dorsey   Scous Pocus   Pocus Pocus   Pocus Pocus   Pocus	LL FEMALE KAYAK	
No Clue of What To Dol Redux John Hankins Jo	The New Crew III	2:52:10
David Jacoboski/Jovid Jacoboski/John Hankins  No-PERSON FEMALE CANOE  Muddy Buddies  3:27:15  Sandy Superchi/Sandy Superchi/Kris Dorsey/Kris Dorsey Focus Pocus  3:29:12  Jennifer Frederick/Rosalynn Frederick  Mixe Dooley/Mixe Dooley/Tara Dooley Haystack Mike Dooley/Mike Dooley/Tara Dooley/Tara Dooley Haystack Matt Burke/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is Whatt It is 1: Swhatt It is	Frances Morrison/Debra Wechter/Michelle Kroboth	
NUMADY SUDDERSON FEMALE CANOE   NUMADY SUDDERSON SUDDE		2:57:29
Muddy Buddies Sandy Superchi/Sandy Superchi/Kris Dorsey/Kris Dorsey Focus Pocus Sandy Superchi/Sandy Superchi/Kris Dorsey/Kris Dorsey Focus Pocus Mark Burker Frederick/Rosalynn Frederick/Rosalynn Frederick Max Mike Dooley/Mike Dooley/Tara Dooley Haystack Mat Burker/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is What It is Natt Burker/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is What It is Natt Burker/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is What It is Noman Calon Repay Trails Guiding.com Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy Mas Calon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy Max Mas Mallace/John/Ed Nauss/Albert Najimy  Mas Mas Superchi Macker  Jack Highlander – Jack Morse  J	Martha Grinnell/Alicia Wendolowski/Kate Queeney	2:16:47
Janus Superti Irving	Wheels Water & Waddle	3:16:47
Incharter Frederick/Rosalynn F	Christine Goretti/Leigh Magadini/Susan Shafer/Dawn Po IXED 39 & UNDER KAYAK	sey
O-PERSON MIXED CANOE Just Dolley It Mike Dooley/Mike Dooley/Tara Dooley/Tara Dooley Haystack AWATE Burke/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is What it is Thomas Alessio/Donna Virgilio/Thomas Allessio CREATIONAL CANOE HappyTrails Guiding.com Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runner Mark Wallace/John/Ed Nauss/Albert Najimy Mark CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse Jake Highlander – Jack Morse Jonavid Lee – David Lee Jonavid Lee – Jack Morse Jon		2:45:35
Just Dolley It   Mike Dooley/Mike Dooley/Tara Dooley   2:46:56   Mike Dooley/Mike Dooley/Tara Dooley/Tara Dooley   7in	Mario de Ris/Pete Stern/Runner Man	2. 15.55
Mike Dooley/Mike Dooley/Tara Dooley Haystack  Asta Burke/Sarah Machowski/Ed Machowski/Jeff Jakobsen It is What it is Thomas Alessio/Donna Virgilio/Thomas Allessio  CREATIONAL CANOE HappyTrailsGuiding.com Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Pon Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy NamAn CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee 3:29:23 NPERSON 40 & OVER CANOE Team Zoltan – Thomas Lewis No Kate? – Art Sander Posseman – Bob Posey NPERSON 50 & OVER CANOE Joe Sumner – Joe Sumner Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara TERAN 70 & OVER CANOE Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank TENTY & UNDER CANOE Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McIo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs 2 Taglewood Will Y CANOE Very Old Guys Rule Very Old Guys Rule Sassencore Very Old Guys Rule Sassencore Jake Koorin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McIo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs 2 Taglewood Werds Nursery Boil Wild Carty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Kleir/ Brenda Loguidice/Amanda Lawrence  27-MILE BIKE, SMILE KAYAK, G-MILE RUN Biker/Kayaker/Runner Lerkshire Bike & Board Wermont Sports Connection Sevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshua Three  Rescentification  1 An Sumbar Stripp 1 An Sumbar Sumbar Schmidinger/Shiobbean Archery Less 39 & UNDER KAYAK Vermont Sports Connection 2:57:34  Room Sumbar Schmidinger/Shiobbean Archery Less Systy Burber Kayaker/Runner Less Systy Burber Kayaker/Runner Less Systy Burber Kayaker/Runer Less Systy Burber Kayaker		2:51:19
Haystack 2:55:24 3 Rec Combes/Mart Burke/Sarah Machowski/Ed Machowski/Eff Jakobsen It Is What It Is 3:14:47 Thomas Alessio/Donna Virgilio/Thomas Allessio CREATIONAL CANOE HappyTrailsGuiding.com 2:48:45 2 Ch Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash 3:01:26 Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners 3:01:29 Mark Wallace/John/Ed Nauss/Albert Najimy 3:01:29 Mark Wallace/John/Ed Naiss/Albert Najimy 3:01:29 Mark Wallace/John/Ed Najimy 3:01:29 Mark Wallace/J	Paul Abbott/Tom Jones/Brendan Walsh	
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Thomas Alessio/Donna Virgilio/Thomas Allessio CREATIONAL CANOE HappyTrailsGuiding.com Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy NMAN CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee Jack Highlander – Jack Morse David Lee – David Lee Jack Highlander – Jack Morse David Lee – David Lee No Kate? – Art Sander Robert Sour Cranos SuppersSon 40 & OVER CANOE Team Zoltan – Thomas Lewis No Kate? – Art Sander Rosseman – Bob Posey SuppersSon 50 & OVER CANOE Joe Sumner – Joe Sumner Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara Mark McNamara/Mark McNamara TERAN 70 & OVER CANOE Very Old Guys Rule Very Old Guys Rule Very Old Guys Rule Very Old Guys Rule Sour Cream & The Onions Jake Kobrin/Gam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mc/O Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs 2 Tanglewood Zash Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mc/O Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs 2 Tanglewood Zash Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mc/O Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs/Jaylad Toombs/Brian Toombs JassEncror Zedh Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mc/O Namy Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncror Zedh Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mc/O Namy Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs Sassencror Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE  Leer Scholler Renda Loguidice/Amanda Lawrence Zedhie Rendama Cander Renda	Creighton Curtiss/Katy Utenis Godwin/Eric Gabriel	
CREATIONAL CANOE  HappyTrailsGuiding.com  Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan  Rlash Splash & Dash  Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon  Ridge Runners  Mark Wallace/John/Ed Nauss/Albert Najimy  NMAN CANOE  Let's Try Again – Kyle Breier  Jack Highlander – Jack Morse  David Lee – David Lee  3:29:23  Bill  Jack Highlander – Jack Morse  David Lee – David Lee  3:29:23  SWPERSON 40 & OVER CANOE  Team Zoltan – Thomas Lewis  No Kate? – Art Sander  Posseman – Bob Posey  NPERSON 50 & OVER CANOE  Joe Sumner – Joe Sumner  Jess-Dust'em – James Virgilio  James Virgilio/James Virgilio  MacNamara – Mark McNamara/Mark McNamara  TERAN 70 & OVER CANOE  Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum  Occam's Racers  Sour Cream & The Onions  Jake Kobrin/Sam Kobrin/Carter Stripp  The Warriors  Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio  McIo  Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland  MILY CANOE  Takes Toombs 2 Taglewood  Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs  JassEncore  Very Old Guy Sule  Tin  Jake Toombs 2 Taglewood  Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs  JassEncore  Jake Koorn/Sam Kobrin/Carter Stripp  The Wards Nursery  Edwin Mizhquiri/Andy McMeekin/Greg Ward  Onyx  Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley  Polish American Community Club  Vorke McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley  Polish American Community Club  Sawyers & Porters  Polish American Community Club  Siker/Kayaker/Kayaker/Runner  Legrand The Consestric Haywood  Berkshire Bike & Board  Swift Durrin/Jason Cross/Eric Haywood  Berkshire Running Center  2:52:37  Bill  James Virgilio American Community Club  Sawyer Se Potters  Polish American Community Club  Siker/Kayaker/Kayaker/Kayaker/Runner  Legrand The Community Club  Siker/Kayaker/Kayaker/Kayaker/Runner  Legr	IXED 40 & OVER KAYAK	2,52,20
HappyTrailsGuiding.com Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy DimMAN CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee 3:09:23 DNPERSON 40 & OVER CANOE Team Zoltan – Thomas Lewis No Kate? – Art Sander John Hanson/Sto & OVER CANOE Joe Sumner – Joe Sumner Jess-Dust' em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Jesten To & Over CANOE Very Old Guys Rule Very Old Guys Rule Sour Cream & The Onions John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Sour Cream & The Onions John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McJo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs 2 Tanglewood Let's Try Again – Kyle Breier John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McJo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland Milty CANOE Takes Toombs/ 2 Tanglewood Let's Try College Coll	Two Chicks & a Rooster Thomas Connor/Ann Jon/Patricia Clark	2:53:20
Odin Adolpson/Brett Larmon/Jeff Minkler/Eric Keegan Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy  NMAN CANOE Let's Try Again – Kyle Breier Lack Highlander – Jack Morse David Lee – David Lee Tin Mark Cander Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners David Lee – David Lee David Lee – Art Sander Robert Geller/Don 6 GRAN No Kate? – Art Sander Robert Geller/Don's GRAN Dosseman – Bob Posey DNPERSON 50 & OVER CANOE Doe Sumner – Joe Sumner Less-Dust'em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio/James Virgilio James Virgilio/James Vi	Ching Ching BAbling Bling	3:02:01
Flash Splash & Dash Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners Mark Wallace/John/Ed Nauss/Albert Najimy MMAN CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee 329-23 Bill Jack Highlander – Jack Morse David Lee – David Lee 329-23 Bill SNPERSON 40 & OVER CANOE Team Zoltan – Thomas Lewis No Kate? – Art Sander Posseman – Bob Posey No Kate? – Art Sander Posseman – Bob Posey Josumer – Joe Sumner Jess-Dust'em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio/James Virgilio Mark McNamara/Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio/James Virgilio/James Virgilio/James Virgilio/James Virgilio/James Virgilio/James Virgilio/James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara/Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Jess-Dust'em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James	Stephen Passetto/Paul Monachina/Kim Baker	J.UZ.U1
Robert Geller/Don Fyfe/Lance Fyfe/Brad Gordon Ridge Runners  Mark Wallace/John/Ed Nauss/Albert Najimy  NMAN CANOE  Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee  ONPERSON 40 & OVER CANOE  Team Zoltan – Thomas Lewis  No Kate? – Art Sander  Joseph J		3:06:07
MAST MARK Wallace/John/Ed Nauss/Albert Najimy  NMAN CANOE Let's Try Again – Kyle Breier Jack Highlander – Jack Morse David Lee – David Lee 3:29:23 SIMPERSON 40 & OVER CANOE Team Zoltan – Thomas Lewis No Kate? – Art Sander Posseman – Bob Posey SIMPERSON 50 & OVER CANOE Joes Sumer – Joe Summer Jees – Joes Summer Jees – Joe Summer Jees – Joes Summer Jees – Joes Lyrigilio James Virgilio/James Virgilio MacNamara – Mark McNamara Mark McNamara/Mark McNamara TERAN 70 & OVER CANOE Very Old Guys Rule Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Very Old Guys Rule Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Cam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Very Old Guys Rule Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McJo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Jakes Kobrin/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Jeff-Corombs/Gary	Diego Gutierrez/Tim Lee/Diane Pomeroy	2.30.07
Image: Nama Nota Canobe   Image: Nama Nota Nota   Image: Nama Nota Nota Nota Nota Nota Nota Nota Not	ASTERS 50 & OVER KAYAK	
Let's Try Again – Kyle Breier     Jack Highlander – Jack Morse     Josephana – Bob Verse CANOE     Josephana – Bob Posey     Josephana – Jose Sumner     Jose Sumner – Joe Sumner     Josephana – Jose Jurielio     Josephana – Josephana – Josephana     Josephana – Josephana – Josephana     Jose	Ice Gleners	2:53:16
Jack Highlander – Jack Morse David Lee – David Lee Dav	Tim Fulco/Jonathan Raab/Sue Williams	
David Lée – David Lee  NiPERSON 40 & OVER CANOE  Team Zoltan – Thomas Lewis No Kate? – Art Sander Posseman – Bob Posey NPERSON 50 & OVER CANOE Joe Sumner – Joe Sumner Joes Sum er – Joe Sumner Joes Sum er – Joe Sumner Joes Sum er – Joe Sumner Joes Junglijo/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio MacNamara – Mark McNamara Mark McNamara/Mark McNamara  **RERAN 70 & OVER CANOE**  Very Old Guys Rule Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank  **ENTY & UNDER CANOE**  Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland  MILY CANOE Takes Toombs 2 Tanglewood  Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland  MILY CANOE Takes Toombs/Jama Toombs/ JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Jaswyers & Porters Politip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter  **RPONATE/ORGANIZATION CANOE**  Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward  Onyx Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  **PONATE/ORGANIZATION CANOE**  Berkshire Buke & Board  **Swyers & Porters**  **Polish American Community Club Spiker/Kayaker/Kayaker/Runner  **Leer Router Marker  **Leer Router Marker  **Leer Router  **Sum Jones/Sam Jone	7 Day Recreationalist	3:00:56
Team Zoltan – Thomas Lewis 2:57:15 No Kate? – Art Sander 3:09:01 Posseman – Bob Posey 3:14:59 NPERSON 50 & OVER CANOE Joes Sumner – Joe Sumner Jess-Dust'em – James Virgilio 3:32:14 James Virgilio/James Virgilio 3:33:56 MacNamara – Mark McNamara/Mark McNamara IERAN 70 & OVER CANOE Very Old Guys Rule 3:33:56 Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers 4:09:20 John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Sour Cream & The Onions 3:10:24 Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors 3:14:42 Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McJo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore 2:46:20 JassEncore 2:46:20 Will Same Short Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery 3:03:39 Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx 3:05:11 Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  ### PORATE/ORGANIZATION CANOE  Wards Nursery 3:03:39 Bolizar/Mark McNamara  ### Wol-1 In Intil Company	Bill Couch/Bruce Weik/Ted Hinman	
No Kate? – Art Sander Posseman – Bob Posey  NPERSON 50 & OVER CANOE Joe Sumner – Joe Sumner Joes Sumner – Joe Sumner Jess-Dust'em – James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio/James Virgilio MacNamara – Mark McNamara/Mark McNamara Mark McNamara  Mark McSanisa  Mark McSanisa  Mark McSanisa  Mark McSanisa  M		3:01:14
Posseman – Bob Posey  NPERSON 50 & OVER CANOE  Joe Sumner – Joe Sumner  Jess-Dust'em – James Virgilio  James Virgilio/James Virgilio  MacNamara – Mark McNamara  James Virgilio/James Virgilio  MacNamara – Mark McNamara  Mark McNamara/Mark McNamara  James Virgilio/James Virgilio  MacNamara – Mark McNamara  James Virgilio/James Virgilio  Very Old Guys Rule  Nonetare Mare Very James Virgilio  McOcam's Racers  John Hanson/Steve Moore/Tom Stanley/Jock Burbank  Milt Y CANOE  Jake Kobrin/Sam Kobrin/Carter Stripp  The Warriors  Jake Kobrin/Sam Kobrin/Carter Stripp  Jake Kobrin/Sam Kobrin/	Doug Wright/Pete Lipka/Dave Lipinski	
Solution	RANDMASTERS 60 & OVER KAYAK  Just Postal	2:49:21
Joe Sumner — Joe Sumner Joess-Dust'em — James Virgilio James Virgilio/James Virgilio James Virgilio/James Virgilio MacNamara — Mark McNamara Mark McNamara — Mark McNamara Mark McNamara/Mark McNamara Mark McNamara	Bob Johnson/Ed Dvorchak/Frank Rucki Jr	2.49.21
Jess-Dust'em – James Virgilio James Virgilio James Virgilio/James Viproper Very Old Guys Rule 3:33:56 Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Cacam's Racers 4:09:20 John Hanson/Steve Moorer/Tom Stanley/Jock Burbank IENTY & UNDER CANOE 3:10:24 Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors 3:14:42 Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors 3:14:42 Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors 3:14:42 Jake Scomes/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE 1akes Toombs/Gary Toombs/Junda Toombs/Brian Toombs JassEncore 2:36:20 Jake Kombes/Matthew Jassen/Kerry Jassen/Erik Jassen 2:50:26 Jake Kombes/Matthew Jassen/Kerry Jassen/Erik Jassen 2:50:26 Jake Kombes/Matthew Jassen/Kerry Jassen/Erik Jassen 3:03:39 JassEncore 3:05:17 Junoi-10 Junoi-1	Dawn's Boys	3:07:08
James Virgilio/James	Bob Berube/Rick Knelly/Dawn Farley	3.07.00
MacNamara – Mark McNamara Mark McNamara Mark McNamara Mark McNamara/Mark McNamara Mark		3:08:12
Mark McNamarard/Mark McNamarar/Mark McNamarar EREAN 70 & OVER CANOE  Very Old Guys Rule Peter Persoff/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE  Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mclo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MiLY CANOE Takes Toombs 2 Tanglewood Reith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Xyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Sincer McAyaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Boutfittes Trio David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Revin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshual Three	Fred Scully/Terry Coyne/Jeff Parkman	2.30.12
Very Old Guys Rule Peter Persoft/Dick Ulbrich/Dede Ulbrich/Michael Rosenbaum Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank ENTY & UNDER CANOE Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mclo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs 2 Tanglewood Zash Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mclo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs 2 Tanglewood Zash: Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Porter/Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Xyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE/S-MILE KAYAK, 6-MILE RUN Berkshire Bike & Board Swifty Durin/Jason Cross/Eric Haywood Berkshire Bike & Board Swifty Durin/Jason Cross/Eric Haywood Berkshire Bunning Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Z-57-314 ESIRONE Revin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshual Three	ECREATIONAL KAYAK	
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Occam's Racers John Hanson/Steve Moore/Tom Stanley/Jock Burbank  ENTY & UNDER CANOE  Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp  The Warriors  Jake Kobrin/Sam Kobrin/Carter Stripp  Two-Jake Kombes/Marthevor MacFarland/Irevor MacFarland  Milty CANOE  Takes Toombs 2 Tanglewood  JassEncore  JassEncore  Jake Kormbes/Matthew Jassen/Kerry Jassen/Erik Jassen  Jassen/	Daniel Moon/Rick Penna/Bill Chapman	
John Hanson/Steve Moore/Tom Stanley/Jock Burbank  ENTY & UNDER CANOE Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mclo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs 2 Tanglewood Takes Toombs/Gary Toombs/Jynda Toombs/Brian Toombs JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Sawyers & Porters Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Even BessettV/like Malley/Clyde Yarnell/Tim Pipp The Joshua Three	Johnson Cubed	3:07:29
Sour Cream & The Onions Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Zach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio Mclo Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombs 2 Tanglewood JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Sawyers & Porters Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Bedwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Syle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Swifty Durin/Jason Cross/Eric Haywood Berkshire Buning Center David Boyce/Elmar Schmidinger/Shiobbean Archery LAES 39 & UNDER KAYAK Vermont Sports Connection Z-57-314 LES SOLOTE LES SO	Jeff Johnson/Larry Johnson/Nathan Johnson	2.20.20
Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Jake Kobrin/Sam Kobrin/Carter Stripp The Warriors Jach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McIo McIo Jakes Toombes/Trevor MacFarland/Trevor MacFarland MILY CANOE Takes Toombes Z Tanglewood Reith Toombes/Gary Toombes/Lynda Toombes/Brian Toombes JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPOATE/CORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  ##WO-1  ##WO-1  I In In In In In I Lec Ch Ch Swithy Durrin/Jason Cross/Eric Haywood  ##Briker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board  ##WO-1  Janiel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection  Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshual Three	Horse Lover Michael Mortelliti/Michael Mortelliti/Philippe Mortelliti	3:29:30
The Warriors 3:14:42  The Warriors 3:14:42  Tach Sears/Dean Nichols/Mark Gaylord/Nick Virgilio McIo 3:41:20  Sam Jones/Sam Jones/Trevor MacFarland/Trevor MacFarland MILY CANOE  Takes Toombs 2 Tanglewood 2:38:39  Takes Toombs 2 Tanglewood 2:46:20  Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen 2:50:26  Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen 2:50:26  Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter  RPORATE/ORGANIZATION CANOE  Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter  RPORATE/ORGANIZATION CANOE  Wards Nursery 3:03:39  Edwin Mizhquiri/Andy McMeekin/Greg Ward  Onyx 3:05:11  TWO-1  I In 1  A No. Na. 3  Pra Joseph McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley  Polish American Community Club 3:05:17  TWO-1  I Leg  Ch  Two-1  Leg  Ch  Swifty Durrin/Jason Cross/Eric Haywood  Berkshire Bike & Board 2:35:49  Berkshire Bike & Board 2:35:49  EBERKSHIRE KAYAK  Berkshire Bike & Board 2:35:49  Berkshire Cuffitters Trio 2:42:33  Fas  Broni  I Moni  Swifty Durrin/Jason Cross/Eric Haywood  Berkshire Nurning Center 2:52:37  Daniel Celentano/Thomas Corrigan/Josh Lipinski 3:6  Fas Brekshire Running Center 2:52:37  Daniel Celentano/Thomas Corrigan/Josh Lipinski 3:6  Fas Brekshire Running Center 2:52:37  RONI  I Moni  Name Combes Advance 4  Se Will And The Se Weith	NO-PERSON MALE KAYAK	
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MILY CANOE Takes Toombs 2 Tanglewood Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Sawyers & Porters Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Syle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Unffitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Bayaker/Kayaker/Kunner David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshual Three		2:56:25
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Keith Toombs/Gary Toombs/Lynda Toombs/Brian Toombs JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters PORATE/ORGANIZATION CANOE Wards Nursery  Joac  TWO-1  Leg Ch	Tried & True	2:58:03
JassEncore Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Sawyers & Porters Sawyer/Lizbie Porter PROPATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Signaturi/Andy McMeekin/Greg Ward Onyx Signatu	Logan Wilson/David Wilson	
Alex Combes/Matthew Jassen/Kerry Jassen/Erik Jassen Sawyers & Porters Philip Porters RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club 3:05:17 Vince McDonald/Kerry Kleir/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Even Boyce Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Even Boyce Schmidinger/Shiobbean Bressett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshua Three	NO-PERSON FEMALE KAYAK	2 45 5
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Philip Porter/Charles Sawyer/Jonathan Sawyer/Lizbie Porter RPORATE/ORGANIZATION CANOE Wards Nursery Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx  3:05:11  Wolf- Onyx  1 Lec Ch Substitute Bike, Semille Run Biker/Kayaker/Runner  2:7-MILE BIKE, SEMILE KAYAK, G-MILE RUN Biker/Kayaker/Kayaker/Runner  Berkshire Bike & Board  Swifty Durrin/Jason Cross/Eric Haywood  Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LateS 39 & UNDER KAYAK Vermont Sports Connection  Zeys:08  Rown  1 An 2 An 2 Qu 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 2 Kara Ch 3 Mex Ch 3 Teze Ch 3 Mex Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 3 Mex Ch 3 Mex Ch 3 Teze Ch 3 Mex Ch	Bonnie Fachini/Bonnie Fachini/Diane Wright	3:17:09
Wards Nursery 3:03:39 Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx 3:05:11  Kyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Time McDonald/Kerry Kleir/Brenda Loguidice/Amanda Lawrence  27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner  L BERKSHIRE KAYAK Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Kevin BessettV/like Malley/Clyde Yarnell/Tim Pipp The Joshua Three	Nogle + Costa Nancy Ogle/Mcihelle Costa/Michelle Costa	5:17:09
Joac Edwin Mizhquiri/Andy McMeekin/Greg Ward Onyx Chyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Kleir/ Brenda Loguidice/Amanda Lawrence 27-MILE BIKE; 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Swiftp Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection 2:25:08 Evein Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshua Three 2:57:34		3:37:54
TWO-I Nyx Myle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  27-MILE BIKE, 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner L BERKSHIRE KAYAK Berkshire Bike & Board Swrifty Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Daniel Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Z:55:38  Vermont Sports Connection Z:57:34  I MONI RONI RONI RONI RONI RONI RONI RONI R	Joanna Ezinga/Joanna Ezinga/Cindy Allard	۵.۶۲.۵۹
Nyle McCarty/Keith O'Neil/Michelle Nardin/Stephen Foley Polish American Community Club Yince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  27-MILE BIKE; 5-MILE KAYAK, 6-MILE RUN Biker/Kayaker/Kayaker/Runner  L BERKSHIRE KAYAK Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshua Three	NO-PERSON MIXED KAYAK	
Polish American Community Club Vince McDonald/Kerry Klein' Brenda Loguidice/Amanda Lawrence  27-MILEEJIKE, S-MILE KAYAK, G-MILE RUN Biker/Kayaker/Kayaker/Runner  LBERKSHIRE KAYAK Berkshire Bike & Board Swifty Durrin/Jason Cross/Eric Haywood Berkshire Outfitters Trio Daniel Celentano/Thomas Corrigan/Josh Lipinski Berkshire Running Center David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection 2:25:08 Vermont Sports Connection 2:25:08 TRONI 1 Mil	Legal Queeries	3:15:35
Vince McDonald/Kerry Klein/ Brenda Loguidice/Amanda Lawrence  27-WILLE BIKE, 5-WILE KAYAK, 6-WILE RUN  Biker/Kayaker/Kayaker/Runner  L BERKSHIRE KAYAK  Swifty Durrin/Jason Cross/Eric Haywood  Berkshire Outfitters Trio  2:35:49  IRONI  1 Mill  Berkshire Cutfitters Trio  2:42:33  2 Nu  3 Fas  Berkshire Running Center  2:52:37  David Boyce/Elmar Schmidinger/Shiobbean Archery  LLES 39 & UNDER KAYAK  Vermont Sports Connection  2:25:08  Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp  The Joshua Three	Chrs Corsac/Chris Corsac/Henry Gibson/Henry Gibson	
The BIKE 5-MILE KAYAK, 6-MILE RUN  BikerlKayakerlKayakerlRunner  L BERKSHIRE KAYAK  Berkshire Bike & Board  Swifty DurrinJason Cross/Eric Haywood  Berkshire Outfitters Trio  Daniel Celentano/Thomas Corrigan/Josh Lipinski  Berkshire Running Center  David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK  Vermont Sports Connection  Kevin BessettV/like Malley/Clyde Yarnell/Tim Pipp The Joshua Three	Kare Bear Flew the Coupe	3:15:53
Biker/Kayaker/Kayaker/Runner         3         Mit           LBERKSHIRE KAYAK         Me         Me           Berkshire Bike & Board         2:35:49         IRONII           Swifty Durrin/Jason Cross/Eric Haywood         1         Mit           Berkshire Outfitters Trio         2:42:33         2         Nu           Daniel Celentano/Thomas Corrigan/Josh Lipinski         3         Fass           Berkshire Running Center         2:52:37         IRONF           David Boyce/Elmar Schmidinger/Shiobbean Archery         1         An           LES 39 & UNDER KAYAK         2         Qu           Vermont Sports Connection         2:25:08         3         Tee           Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp         The Joshua Three         2:57:34         IRONI	Thom Lincoln Coupe/Karen Allison/Karen Allison	
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Swifty Durrin/Jason Cross/Eric Haywood         1         Mil           Berkshire Outfitters Trio         2:42:33         2         Nu           Daniel Celentano/Thomas Corrigan/Josh Lipinski         3         Fass           Berkshire Running Center         2:52:37         IRONE           David Boyce/Elmar Schmidinger/Shiobbean Archery         1         An           LES 39 & UNDER KAYAK         2         Qu           Vermont Sports Connection         2:25:08         3         Tee           Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp         2:57:34         IRONE           The Joshua Three         2:57:34         IRONE	Melanie Bessette/Paul Fortini/Melanie Bessette	
Berkshire Outfitters Trio         2:42:33         2         Nu           Daniel Celentano/Thomas Corrigan/Josh Lipinski         3         Fas           Berkshire Running Center         2:52:37         IRONE           David Boyce/Elmar Schmidinger/Shiobbean Archery         1         An           LLES 39 & UNDER KAYAK         2:25:08         2         Qu           Vermont Sports Connection         2:25:08         3         Teac           Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp         2:57:34         IRONE           The Joshua Three         2:57:34         IRONE	ONMAN KAYAK	2.45.44
Daniel Celentano/Thomas Corrigan/Josh Lipinski         3 Fas           Berkshire Running Center         2:52:37         IRONI           David Boyce/Elmar Schmidinger/Shiobbean Archery         1 An           LES 39 & UNDER KAYAK         2:25:08         2 Qu           Vermont Sports Connection         2:25:08         3 Tea           Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp         2:57:34         IRONI           The Joshua Three         2:57:34         IRONI	Time daloop Time daloop	2:45:44 2:47:30
Berkshire Running Center         2:52:37         IRONF           David Boyce/Elmar Schmidinger/Shiobbean Archery         1         An           LLES 39 & UNDER KAYAK         2         Qu           Vermont Sports Connection         2:25:08         3         Tee           Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp         3         Tee           The Joshua Three         2:57:34         IRONF		2:47:30
David Boyce/Elmar Schmidinger/Shiobbean Archery LLES 39 & UNDER KAYAK Vermont Sports Connection Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp The Joshua Three  1 An 2 Qu 3 Tea	ONPERSON 40 & OVER KAYAK	210.00
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vermont sports Connection  Kevin Bessett/Mike Malley/Clyde Yarnell/Tim Pipp  The Joshua Three  2:57:34		2:57:30
The Joshua Three 2:57:34		2:58:28
	ONPERSON 50 & OVER KAYAK	
	Carbon based Enc. Modern Bernier	2:58:25
Italian Stallions 3:04:14 2 Da		3:09:52
Xavier Letteron/Ryan Sawyer/Brian Sinico 3 Fitt		3:12:59
LES 40 & OVER KAYAK IRON	ON WOMEN KAYAK	
2 Docs & a Joc 2:56:42 1 Bro		3:19:07
		3:20:09
Movin' Groovin' 3:11:25 3 Res Mark Coleman/Christopher King/Christopher Begley	Restless Punque – Michelle Dupont Courtesy of Josh Billings Race Committee	3:31:09

MALE OVERALL					AGE GROUP: 4			
1 Justin Bishop	30	Colonie	15:53	1 Kari Ga		42	Albany	18:49
2 Josh Merlis 3 Kahlil Scott Jr	29 21	Albany	15:56	2 Penny 1		42	Voorheesville	22:07
3 Kahlil Scott Jr FEMALE OVERALL	21	Cohoes	16:04	3 Dana P		40	Voorheesville	22:08
1 Emily Bryans	44	Schenectady	17:44		E GROUP: 45			
2 Anne Benson	46	Clifton Park	18:38		adtlander	46	Clifton Park	18:37
3 Shelly Binsfield	32	Clifton Park	18:41	2 Jack Ar		48	Latham	18:48
MALE AGE GROUP: 14					Mercado	48	Wilton	19:48
1 John Henry Paluszek	13	Farmington, NH	21:36		AGE GROUP: 4			
2 Nathan Kummu	11	Clifton Park	21:49	1 Nancy I	Nicholson	49	Queensbury	20:40
3 Evan Tambolleo	12	Watervliet	24:41	2 Anne S	trock	47	Petersburg	22:51
FEMALE AGE GROUP: 1	4 & UND			3 Laurie 9	Scheuing	45	Saratoga Springs	24:48
1 Kyleigh Sawyer	13	Watervliet	25:31	MALE AG	E GROUP: 50	- 54		
2 Keira Dinuzzo	13	Troy	27:22	1 Derrick	Staley	52	Ballston Lake	16:57
3 Kiersten Chaplin	10	Watervliet	27:43	2 Vladimi	r Ilin	53	Albany	18:09
MALE AGE GROUP: 15 -		_		3 Tom Tif	t	54	Averill Park	21:12
1 Paul Cox	18	Troy	17:39	FEMALE A	AGE GROUP: 5	0 - 54		
2 Nicholas Durocher 3 Griffin Kelly	19 18	Watervliet Watervliet	19:47 21:33	1 Nancy 1	Taormina .	52	Albany	21:23
FEMALE AGE GROUP: 1		vvaterviiet	21.55		Thrailkill	52	Clifton Park	22:18
1 Jocelyn Brunick	16	Watervliet	24:43	3 Margie		53	Watervliet	27:24
2 Alysa Chartrand	16	Watervliet	25:28		E GROUP: 55			
3 Katelyn Parks	16	Watervliet	26:51	1 Mark N		55	Ballston Lake	20:17
MALE AGE GROUP: 20 -		Trater the c	20.51		Hartshorn	56	Petersburg	21:18
1 Daniel Croteau	22	Acushnet, MA	17:15	3 Jim Cor		59	Schenectady	21:18
2 Michael Rogers	21	Troy	19:35		AGE GROUP: 5		Schencelady	21.10
3 Jeffrey Waters	24	Watervliet	22:01		George	57 57	Albany	25:29
FEMALÉ AGE GROUP: 2	0 - 24			2 Kim Bu		58	Loudonville	25:41
1 Kelcey Heenan	23	Selkirk	23:23	3 Susan E		55	Schenectady	
2 Meghan Abbott	21		24:22		E GROUP: 60		Scrienectady	28:24
3 Molly McGrath	23	Troy	25:24				Calanda	10.50
MALE AGE GROUP: 25 -	29			1 Paul Fo		61	Colonie	19:59
1 Joshua Lipinski	27	Pittsfield, MA	17:56	2 Juerger		61	Wynantskill	20:41
2 Daniel Ayala	26	Saratoga Springs	19:21		ockwell	63	Troy	21:59
3 Jeff Hayes	27	Troy	19:33		AGE GROUP: 6			
FEMALE AGE GROUP: 2		c	40.40	1 Judy Ph		60	Malta	21:50
1 Karen Bertasso 2 Brittany Mangione	27	Scotia	18:49		DeGrazia	60	Slingerlands	23:03
2 Brittany Mangione 3 Leah Rice	27 29	Troy	26:10 26:21	3 Sue Ne		61	Troy	30:17
MALE AGE GROUP: 30 -		Schenectady	20.21		E GROUP: 65			
1 DJ Liebach	30	Watervliet	20:15	1 Pat Glo		65	Clifton Park	22:01
2 Jared Eicher	32	Scotia	20:32		ly Whitehead	66	Watervliet	24:29
3 Charley Bowland	30	Scotta	21:43	3 Butch C	hristian	66	Troy	34:31
FEMALE AGE GROUP: 3			21.15	FEMALE A	AGE GROUP: 6	5 - 69		
1 Kristyn Brozowski	30	Selkirk	21:52	1 Nancy J	ohnston	65	Ballston Lake	32:24
2 Rebecca Cioffi	30	Averill Park	23:54	MALE AG	E GROUP: 70	- 74		
3 Kim Didrich	31	Rensselaer	24:21	1 Jim Mo	ore	71	Niskayuna	24:07
MALE AGE GROUP: 35 -	39			2 Carlos	Cuprill	70	Rensselaer	24:24
1 David Tromp	36	Glenmont	17:59		h Skinner	71	Albany	28:15
2 Robert Irwin	38	Watervliet	18:05		AGE GROUP: 7	70 - 74	,	
3 Jonathan Golden	38	Clifton Park	18:43	1 Eiko Bo		74	Schaghticoke	38:32
FEMALE AGE GROUP: 3					E GROUP: 75		. 3	
1 Deanne Webster	35	Albany	21:41		pher Rush	75	Schenectady	25:34
2 Angela Boisvert	35	Cohoes	24:02		tockman	76	Rensselaer	26:08
3 Erika Lies	35	Menands	24:21		McBain	79	Troy	40:03
MALE AGE GROUP: 40 -	<b>44</b> 40	Canada	17.17		NGE GROUP: 7		поу	₩.0.03
1 Volker Burkowski		Gansevoort	17:17		tockman	79	Rensselaer	32:03
2 Ben Greenberg 3 Jon Rocco	42 44	Voorheesville Colonie	17:47 18:03	i Ailily S			Parks & Recreation	JZ.U3
יסטטט ווטני כ	44	Colorlie	10:03		Courtesy of W	aterviiet	raiks & necreation	

Carrie Krohn

Sean Thaxter

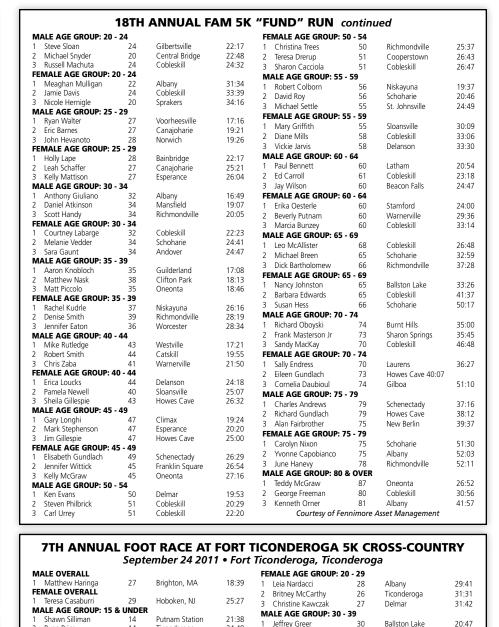
MALE AGE GROUP: 15 - 19

FEMALE AGE GROUP: 15 - 19

Rebbekka Graziano

2 Emily Lasher

15:31



Jeffrey Andritz

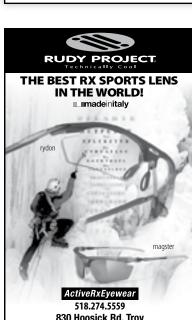
Deirdre Donohue

Michael Quinn

FEMALE AGE GROUP: 30 - 39

MALE AGE GROUP: 40 - 49

FEMALE AGE GROUP: 40 - 49



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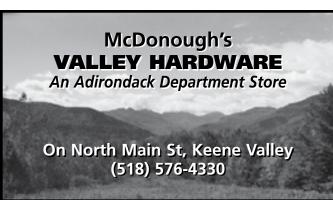
deck, off-street parking, convenient to Mirror Lake/shuttles, mtn. views. (518) 523-3764. brian@highpeakscyclery.com.

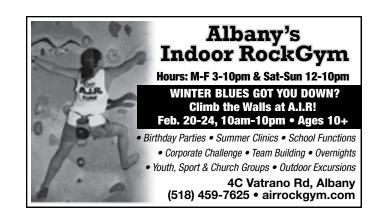
**CLASSIFIEDS** – Run your ad in next month's issue for \$.50/word, min. 30 words. Mail check with ad text for receipt by 25th of month.

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# **BUSINESS DIRECTORY**

Cobleskill

Cobleskill



Oneonta

Cobleskill

Aaron Robertson

**FEMALE OVERALL** 

MALE AGE GROUP: 14 & UNDER

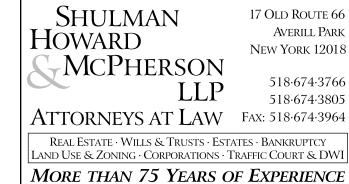
Lelia Alterio

Justin Kowal



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**FEMALE AGE GROUP: 15 & UNDER** 

MALE AGE GROUP: 15 - 19

MALE AGE GROUP: 20 - 29

Santa Clara, CA

Jacob Young

2 Markie teRiele

Bob Baniak



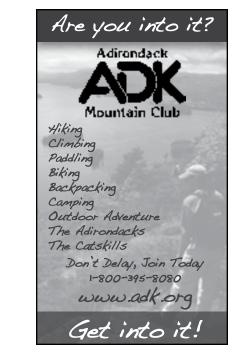
### **Hudson-Mohawk Road Runners Club**

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20:58

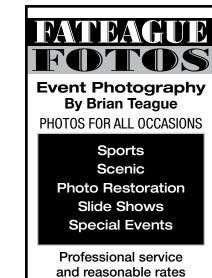
23:18

26:05 26:18

29:14

22:28 22:32 23:30

Ticonderoga



518-232-6558

fateaguefotos@yahoo.com

## **RACE RESULTS**

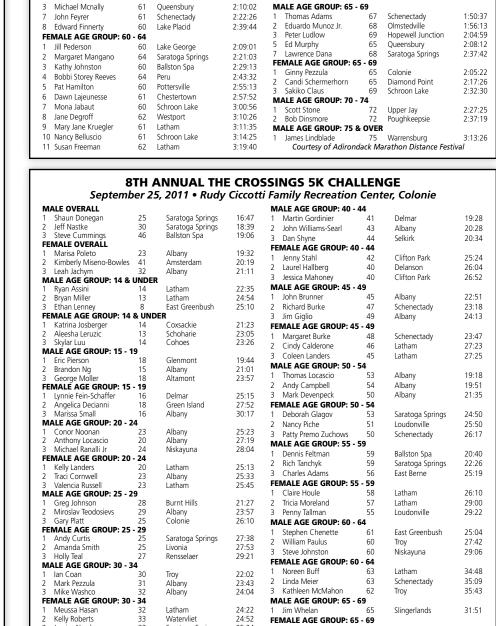
<b>7</b> T	H ANNUAL F	OOT R	ACE AT FOR	T TICON	IDE	ROGA 5K CR	oss-c	OUNTRY	continued
M	ALE AGE GROUP: 50	- 59			М	ALE AGE GROUP: 60	- 69		
1	James Morisseau	58	Cornwall, VT	22:12	1	John-Eric Nelson	65	Milford, CT	24:16
2	Tim Malaney	53	Ticonderoga	24:55	2	Tom Blaise	66	Crown Point	31:11
3	Fred Herbst	56	Ticonderoga	25:38	3	Dave Rutkowski	65	Ticonderoga	32:19
FE	MALE AGE GROUP:	50 - 59	-		M	ALE AGE GROUP: 70	& OVER	_	
1	Mary Roden-Tice	58	Plattsburgh	31:25	1	Richard Eckhardt	77	Albany	39:45
2	Pen Shaw	51	Delmar	33:35	2	Richard Johndrow	79	Ticonderoga	42:25
3	Malinda Chapman	54	Ticonderoga	38:43		Courtesy of Duane Cr.	ammond I	Memorial Schola	rship Fund

					JND 5K & 10K RA		
	5K RUM	N		1	Rosemarie Trainer/F70-79	Schroon Lake	38:12
M/	ALE OVERALL			1	Gary McDermott/M70-79	Henderson	26:37
1	Peter Sander/16	Wingdale	18:26		10K	RUN	
2	Timothy Egan Sr/49	Latham	18:39	M	ALE OVERALL		
3	Matthew Lee/16	Wingdale	18:56	1	Brian Lovett/37	Allentown, PA	36:30
FEI	MALE OVERALL			2	Jeffery Dengate/34	Brooklyn	36:46
1	Lesley Jones/16	Ridgewood, NJ	20:48	3	Peter Lamb/24	Clifton Park	39:33
2	Susan Keely/46	Glens Falls	22:29	FE	MALE OVERALL		
3	Alli Schill/36	Rochester	23:04	1	Daniele Cherniak/49	Cohoes	44:15
AG	E GROUPS	Ct. I OC	26.50	2	Patricia Monahan/49	Warrensburg	49:42
1	Jean-Christophe Lasnier/M00-14	St. Jean, QC	26:58	3	Patricia O'Brien/46	Chesterfield, MA	50:52
1	Kaitlin Robinson/F00-14 Brandon Olden/M00-14	Mendham, NJ Chestertown	25:30 22:19	Α	GE GROUPS		
1	Amanda Millington/F15-19	Chestertown	23:59	1	Alexandra Sibert/F00-14	Fayetteville	1:00:31
1	William Lowe/M15-19	North Hudson	23.39	1	Kiley Sullivan/F15-19	Glens Falls	53:2
1	Suzanne Bielamowicz/F20-29	Hull, MA	28:44	1	Katelynne Sullivan/F20-29	Glens Falls	56:36
1	Zachary Smith/M20-29	Chestertown	21:36	1	Timothy Stilwell/M20-29	Syracuse	43:28
1	Kiera Becker/F30-39	Albany	25:04	1	Angela Manekas/F30-39	Ozone Park	51:34
1	Bryan Shults/M30-39	Schenectady	22:05	1	Michael West/M30-39	Warrensburg	41:22
1	Lisa Godfrey/F40-49	Norristown, PA	27:43	1	Colleen Delcore/F40-49	Chestertown	50:58
1	David Wright/M40-49	Greenwich	20:37	1	Ted Dominy/M40-49	Parishville	42:55
1	Barbara Chalson/F50-59	Chestertown	30:06	1	Miriam Granados/F50-59	Valencia	59:18
1	Larry Lannino/M50-59	Maplewood, NJ	23:09	1	Nick Lamando/M50-59	Queensbury	45:14
1	Laura Dewey/F60-69	Schroon Lake	31:14	1	Dan Larson/M60-69	Queensbury	47:29
1	Jim Goodspeed/M60-69	Oueensbury	24:06		Courtesy of Adirondack N	larathon Distance Fest	ival

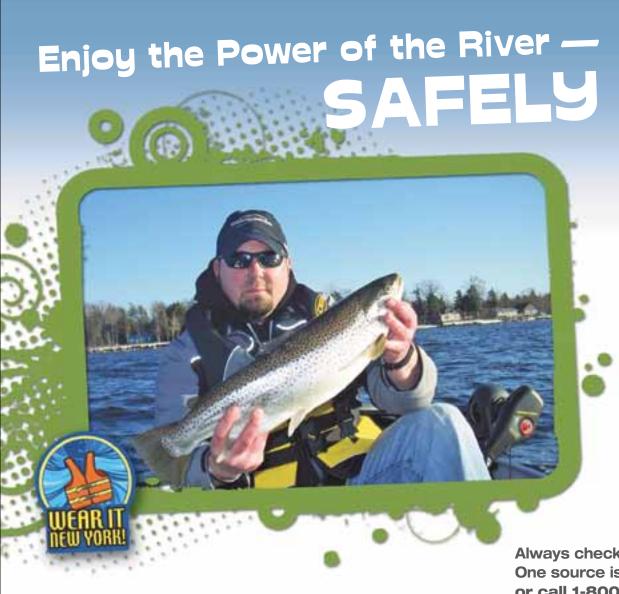
	Ai		ONDACK MA eptember 25, 20						
	MARAT	HON:	26.2 MILES		M	ALE AGE GROUP: 25	- 29		
	Top 3 Overall, Age Gro	up W	inners & Regional Finish	ners	1	Danny Ferreira	29	Concord, NH	3:10:00
M	ALE OVERALL	•	•		5	Matthew Igler	29	Saratoga Springs	3:34:26
1	Paul Allison	25	North Creek	2:41:55	7	Russell Lidberg	29	Saratoga Springs	3:50:04
2	Stanley Larkin	52	Saint-Basile-Le-Grand, QC	2:57:18	14	Austin Olney	25	Westernville	4:16:47
3	Paul Young	46	North Andover, MA	2:57:31	17	Bryce Pollock	29	Rexford	4:47:49
FE	MALE OVERALL				19	Eric Bott	29	Warrensburg	4:52:20
1	Virginie Rebeuh-Poritzky	43	Greenfield Center	3:17:26	20	William Bevins	28	Schoharie	4:56:44
2	Kelly Holzworth	32	Saratoga Springs	3:38:59	FE	MALE AGE GROUP:	25 - 29		
3	Katherine Barmettler	29	Denver, CO	3:48:50	1	Agatha Kluk	26	New York	4:01:2
H/	ANDCYCLE - MALE OVE	RALL			3	Sheila Cowieson	28	Albany	4:09:5
1	Jeremy Shortsleeve	34	South Burlington, VT	1:44:47	5	Kelly Stengel	28	New Paltz	4:22:49
M	ALE AGE GROUP: 15 - 1	9	<b>3</b> .		11	Cathryn Glanton	28	Albany	4:51:3
1	Anthony Benis	17	Saratoga Springs	4:52:20	16	Heather Bishop	25	Hudson Falls	5:20:2
FE	MALE AGE GROUP: 15	- 19			22	Cristin Farley	29	Albany	6:57:14
1	Chelsea Huyck	17	Orlando, FL	4:10:17	M	ALE AGE GROUP: 30	- 34	,	
M	ALE AGE GROUP: 20 - 2	4	,		1	Jeffery Dengate	34	Brooklyn	3:09:3
1	Joe Ottati	23	Saugerties	3:40:50	3	Noah Coburn	32	Saratoga Springs	3:18:1
2	Tim Russell	22	Saratoga Springs	3:43:27	7	Casey Holzworth	32	Saratoga Springs	3:32:3
3	Jared Schreiner	23	Burnt Hills	3:50:47	9	Brian Bombard	33	Glens Falls	3:34:4
5	Dan Lagoe	24	Saratoga Springs	4:17:12	14	Charles Petraske	34	Halfmoon	3:56:39
6	Sean Moran	23	Troy	4:45:45	17	Robert Smith	32	East Berne	4:05:20
7	Michael Willman	24	Cobleskill	5:23:51	19	Benjamin Looby	34	Scotia	4:07:1
FE	MALE AGE GROUP: 20	- 24			21	John Kinman	33	Saratoga Springs	4:18:2
1	Samantha Cocca	21	Ballston Lake	3:59:13	22	William Connelly	32	Albany	4:25:14

				HALF-MARATH		continuea	
28 Matthew		Albany	5:40:28	MALE AGE GROUP: 55 -		A CH I	
30 Timothy (		Albany	5:56:48	1 Steven Benway	57	Willsboro	3:56:25
FEMALE AG	E GROUP: 30 - 34			2 Dean Bryant	56	Stony Creek	3:56:37
<ol> <li>Alicia Enc</li> </ol>	34	Marion, AR	3:56:40	4 James Faraci	58	Troy	4:12:40
6 Bridget La	noir 34	Glens Falls	4:28:01	5 Steven Lester	56	Lake Placid	4:13:21
9 Jessica W	niting 34	Scotia	4:53:57	10 Marc Teller	55	Granville	4:59:53
12 Gita Conr	oy 31	Rome	5:12:50	15 Larry Reynolds	55	Massena	6:26:54
14 Amanda \	Vevers 30	Troy	5:47:28	FEMALE AGE GROUP: 55	- 59		
	GROUP: 35 - 39	,		1 Lisa Meissner	56	Tupper Lake	5:11:34
1 Chris Sch		Middlefield, CT	2:57:41	MALE AGE GROUP: 60 -	64		
	Torniainen 36	Fultonville	3:28:54	1 Curtis Lintvedt	64	Exeter, NH	4:06:44
5 Patrick So		Albany	3:52:45	4 Theodore Langenbahn	62	Schoharie	4:21:38
				7 Dominick Demarco	63	Lee Center	5:12:50
5 William K		Schenectady	3:54:38	FEMALE AGE GROUP: 60	- 64		
7 Greg Ethi		Waterford	3:56:18	1 Pam Hache	60	N. Bethesda, MD	5:39:12
15 Bernie We		Colonie	4:27:41	MALE AGE GROUP: 65 -		rt. Bearesaa, mb	5.55.12
17 Courtena		Queensbury	4:43:25	1 Michael Lafontaine	69	Champlain	4:43:09
22 Albert Sav		Wilton	4:58:30	MALE AGE GROUP: 70 &			4.45.05
26 Adam Hu	estis 36	Crown Point	6:06:18	1 Royce Sayer	70	Oak Ridge, TN	3:57:00
FEMALE AG	E GROUP: 35 - 39			TWO-PERSON MIXED RE		Oak Mage, TN	3.37.00
I Sarah Mo	arty 36	Plattsburgh	4:38:01			Caratana Carinas	2.04.20
2 Angie Car		Clifton Park	4:40:06	Melanie Staley/Richard S     Coatt Sixadia (Incompliant		Saratoga Springs	3:04:39
5 Jill Koziol	38	Buskirk	4:54:42	2 Scott Siverling/Jacqueline			3:20:33
7 Melissa W		Middleburgh	5:11:04	3 Louise McMullin/Daniel L		ie St-Hubert, QC	3:32:42
9 Amy Knig		Chatham	5:27:40	TWO-PERSON FEMALE R		Detectors	2.24
10 Christina		Plattsburgh	5:29:43	1 Kristen Betrus/Margie Ha		Potsdam	3:21:59
		Gansevoort		2 Shondel Boyden/Shanno			3:49:22
11 Debbie Re		GGUSEAOOLF	6:04:53	3 Alana Forcier/Karen Cost		stport	4:46:03
	GROUP: 40 - 44	Marri Vari	2.26.27	TWO-PERSON MALE REL			
1 Ion Vasi	40	New York	3:26:27	<ol> <li>Michael McCall/Alan Mc</li> </ol>			3:26:47
2 Michael L		Wilmington	3:27:34	2 Kristopher Renadette/De	rek Pay	ne East Greenbush	3:33:29
9 David Ma		Loudonville	3:55:49	3 John Bombard/Wayne Bo	mbard	Milton, VT	3:43:30
12 Chris Coy	ne 41	North Creek	4:06:13			N: 13.1 MILES	
13 Todd Gun	ter 43	Schuylerville	4:14:09	Top 3 Overall, Age Group			Finishers
16 Jay Eldrid	ge 40	Saratoga Springs	4:32:17	MALE OVERALL	•••••	is a rop to negional	
19 Christoph		Troy	5:07:06	1 Timothy Murphy	40	Ronkonkoma	1:15:34
22 Stephen L		New Paltz	5:49:15	2 John Ehntholt	45	Granville	1:24:48
	E GROUP: 40 - 44	THE THE THE	5.15.15		41	Selkirk	1:24:58
1 Sandra Ve		Morrisonville	4:38:01		41	SEIKIIK	1.24.30
		Waterford		FEMALE OVERALL	2.4	A.II	4 22 46
2 Chalice C			5:00:18	1 Ashley Gorr	24	Albany	1:22:18
5 Tina Bisho		Fort Ann	5:20:21	2 Amy Farrell	34	Tupper Lake	1:27:07
	GROUP: 45 - 49			3 Sereena Coombes	36	Queensbury	1:29:34
1 Stephen F		Belchertown, MA	3:21:03	MALE AGE GROUP: 14 &			
2 Douglas S	ocha 49	Granville	3:35:53	1 Levi Williams	12	Schroon Lake	2:01:46
3 James Dill	enberger 48	Au Sable Forks	3:38:57	2 Josiah Charron	12	De Kalb Junction	2:30:04
4 Daniel Do	minie 47	Canton	3:46:53	FEMALE AGE GROUP: 14	& UN	DER	
6 Bruce Mis	arski 49	Westport	4:05:21	<ol> <li>Acadia Dinardo</li> </ol>	14	Underhill, VT	1:56:45
11 Sean Cral		Clifton Park	4:19:40	MALE AGE GROUP: 15 -	19		
14 John Evar		Malta	4:38:04	1 Cakeb Maisonville	15	Schroon Lake	1:49:41
15 Robert Bil		Bolton Landing	4:46:41	2 Dan Maisonville	16	Schroon Lake	1:49:41
16 Ron Breni		Lake Placid	4:51:01	FEMALE AGE GROUP: 15			
				Alexandra Friedman	19	Nashville, TN	2:11:01
17 Steve Eich		Oneonta	4:53:54	2 Kendra Houston	16	East Nassau	2:14:49
18 Kurt Price	46	Ballston Spa	4:54:59	3 Allison Sherman	17	Westport	2:29:57
19 Terry Pott		Fort Edward	4:58:15	4 Jessica Charron	15	De Kalb Junction	2:29:37
20 Stephen (		Niskayuna	4:58:16			DE VAIN JUITCHOLL	2.33.40
23 Todd Bau		Watervliet	5:11:19	MALE AGE GROUP: 20 -		Most Boint	1.45.55
	E GROUP: 45 - 49			1 Timothy Hoffman	21	West Point	1:45:55
1 Gail Mart	n 46	Sharon, MA	3:52:42	4 Daniel Buser	23	Clifton Park	2:01:38
9 Katie O'b		Glens Falls	4:35:10	6 James Walker	24	Schenectady	2:46:56
11 Lenore M		Kerhonkson	5:03:23	FEMALE AGE GROUP: 20			
13 Joann Hu		Lee Center	5:09:09	<ol> <li>Maggie Fasselt</li> </ol>	20	Underhill, VT	1:40:08
				5 Grace Carlin	22	West Chazy	1:58:03
15 Elizabeth		Amsterdam	5:11:27	6 Brittney Hunt	23	Waterford	2:00:11
16 Susan Eld	ridge 46	Saratoga Springs	6:19:59	7 Cassandra Adams	23	Shushan	2:01:36
	GROUP: 50 - 54			9 Samantha Turco	21	Saratoga Springs	2:04:10
1 Stephen (		Cheshire, CT	3:20:55	11 Brianna Goddard	21	Burlington	2:07:04
5 George D		Keene Valley	3:58:57	14 Taylor Lanoue	20	Troy	2:14:10
5 David Bro	wnell 51	Franklin	4:08:38	15 Jenn Beckler	23	Pottersville	2:14:36
9 Ian Erne	51	New Paltz	4:18:41	19 Stephanie Ernestus	24	Guilderland	2:24:41
13 Joseph He		Forestport	4:39:07				2:24:41
19 Robert W		Whitesboro	6:04:11	21 Megan Mikeska	22	Chestertown	
	E GROUP: 50 - 54	* WITH CONDID	0.04.11	24 Jaclyn Petit	23	Canton	2:34:09
		Niekovare	4.12.52	MALE AGE GROUP: 25 -		Court Court	4.00 -
1 Christine		Niskayuna	4:12:53	1 Adam Bowman	27	Castle Creek	1:36:31
2 Sandy Ad		Shushan	4:17:11	6 Joshua Bolognani	29	Hoosick Falls	1:55:44
4 Caroline (		Stone Ridge	4:52:21	9 Joshua Kirkham	25	Scotia	2:01:31
5 Barbara S	orrell 54	Delmar	4:53:04	12 Benjamin Carlin	27	Plattsburgh	2:06:01
8 Robin Ber	ziger 53	Kinderhook	5:05:22	13 Matt Vogel	26	Albany	2:12:25
		Forestport	6:35:58	15 Ray Deck lii	25	Schroon Lake	2:36:37
10 Mary Hea	UC: JU		0.55.56		23		continue

				.J.1 G		LF-MARATHO			
	GE GROUP: 25 - 2					Christina Hayden	42	Saranac Lake	2:09:2
1 Marcy C			Greenfield, MA	1:37:46		Michelle Rocklein	41	Delmar	2:12:0
4 Sarah G			Ticonderoga Ticonderoga	1:52:39		Sara Gadway	40	West Chazy	2:12:4
6 Ashley S	Sbuttoni 2	27 5	Slingerlands	1:54:13	18	Michelle Raymond	41	East Nassau	2:14:0
9 Jennifer			Schenectady	1:55:47		LE AGE GROUP: 45 - 49		•	
11 Jessica E			ohnstown	1:59:17	1	Tony Lombardo	46	Sparta, NJ	1:30:3
					-		45		
12 Codie A			Schroon Lake	2:01:26	2	Kevin Whitehead		Clifton Park	1:37:5
17 Cassano	Ira Sisti 2	26 5	Saratoga Springs	2:08:19	3	John Cardinale	46	Queensbury	1:40:1
18 Lauren I	Cirkham 2	25 S	cotia	2:10:33	5	Eric Girard	45	Ogdensburg	1:46:4
19 Hadassa	h Pender 2		Granville	2:11:31	6	Michael Vinci	47	Albany	1:48:0
20 Elizabet			Kinderhook	2:12:58		Tracy Lawrence	48	Germantown	1:52:3
					9		49	Delmar	1:53:0
22 Sarah B		29 F	oestenkill	2:14:05		Dan Coffey			
MALE AG	E GROUP: 30 - 34					Richard Tucksmith	48	Chatham	2:01:0
1 Maxim 5	Sinitsvn 3	84 N	Montreal, QC	1:43:56	12	Gary Sancilio	47	Delmar	2:05:1
2 Drew Sh			Clifton Park	1:48:09	13	Scott Maclachlan	46	Oneonta	2:05:3
				1:48:30		Steven Rosato	46	Saratoga Springs	2:08:3
			Niskayuna			MALE AGE GROUP: 45 -		saratoga spririgs	2.00.5
7 David C			Porter Corners	1:55:21			49	Mallicil	1.44.1
8 Ryan Ve	nter 3	30 (	Glenmont	1:58:12	1	Erika Emigh		Wallkill	1:44:1
12 Sean Ne	well 3	33 A	Albany	2:05:21	2	Therese Jordan	48	Clifton Park	1:45:1
14 James N			Albany	2:08:15	4	Patty Moore	45	Queensbury	1:47:1
					7	Patty Ells	48	Slingerlands	1:53:3
15 John La			Delmar	2:14:29		Theresa Newton	46	Malta	1:56:5
18 Daniel D			Elifton Park	2:29:34					
20 Yoni Mo	skow 3	33 S	Schenectady	2:35:37		Karen Brady	46	Castleton-On-Hudson	1:57:1
	GE GROUP: 30 - 3		*		11	Lauren Beach	46	Highland	1:57:4
			Saranac	1:41:23	13	Tammy Dumont	47	Chateaugay	2:02:0
						Eileen Fitzpatrick	47	Glenmont	2:05:1
2 Cheryl S			Albany	1:45:39		Ann Correa	46	Clifton Park	2:11:4
4 Rhobie			Albany	1:57:14					
5 Mary Da	alv 3	34 A	Albany	1:58:44		Denise Gonder	47	Albany	2:12:1
6 Heather	,		Hudson Falls	2:02:18	MA	LE AGE GROUP: 50 - 54			
8 Sarah Sl			Salway	2:03:10	1	William Venner	52	Granville	1:30:2
					2	Kunkel	54	Pottersville	1:35:2
11 Katie Tu			Greenfield Center	2:05:39		Mark Howe	50	East Greenbush	1:52:1
14 Jill Thor	n 3	32 S	Schenectady	2:09:01					
15 Sarah H	ackett 3	34 F	Plattsburgh	2:09:59	5	Stuart Mesinger	52	South Glens Falls	1:55:5
16 Celia Ra			Glenmont	2:11:02	6	Douglas Ferris	52	Willsboro	1:57:1
					7	Tim Moran	50	Valatie	1:58:4
19 Meghar		30 N	North Creek	2:12:32	8	Andrew Haug	52	Adams Center	1:59:5
MALE AG	E GROUP: 35 - 39				-		52	Malta	2:05:2
1 Matthey	v Conant 3	35 E	Ballston Spa	1:26:21		Rene Cooper			
5 Derek L			oudonville.	1:43:54		David Burger	54	Richfield Springs	2:09:2
				1:53:52	13	Alan Sanders	54	Slingerlands	2:11:1
			Queensbury		14	Kevin Bolan	50	Newcomb	2:11:2
14 Craig Br	own 3	39 (	Chestertown	2:04:22		MALE AGE GROUP: 50 -			
19 Gary Cu	inningham 3	38 S	Schuylerville	2:09:36	1		50	Carataga Carings	1.42.4
20 David C	ann 3	38 (	Queensbury	2:10:02		Alison Muse		Saratoga Springs	1:42:4
21 Richard			Scotia	2:10:03		Hope Plavin	53	Malta	1:54:2
					4	Melinda Fink	51	Lake Clear	2:09:5
23 Jamie B			outh Glens Falls	2:13:27	5	Elizabeth Flaherty	52	Kinderhook	2:15:5
29 Matther	v Dickson 3	36 S	Saratoga Springs	2:29:58		Noreen Hoose	50	Niskayuna	2:16:4
31 Jody Pal	mer 3	38 (	Crown Point	2:36:53	8		51	Delmar	2:16:4
	GE GROUP: 35 - 3	9				Kellyanne Terry			
1 Heather			Malta	1:50:47		Cathryn Haug	54	Adams Center	2:29:4
					14	Mary Bean	52	Old Chatham	2:31:3
2 Aixa Tol			Delmar	1:51:52	15	Lorie Cross	50	Cohoes	2:32:1
3 CC Rott	ger 3	88 F	Porter Corners	1:52:31		Lynne Glenn	53	Plattsburgh	2:46:0
4 Erika Rie		85 N	Menands	1:54:13			54		
6 Beth Gil			Queensbury	2:02:15		Deanna Dugan		Middleburgh	2:46:3
						LE AGE GROUP: 55 - 59			
			Saratoga Springs	2:08:05	1	Matthew Degma	56	Rochester	1:42:3
11 Kara Ha			Saratoga Springs	2:09:10	2	Stephen Masten	57	Peru	1:47:5
12 Danielle	Beckingham 3	35 (	Old Forge	2:10:16		Bruce Stevens	55	Latham	1:52:4
			Viskayuna	2:10:18			55	Glens Falls	
14 Shanno			Stillwater	2:12:27		Tim Russell			1:53:4
						Larry Sanders	56	Rensselaer	1:55:1
17 Colleen		39 T	Ticonderoga	2:19:00	11	Paul Gibbs	57	Adams Center	1:59:4
	E GROUP: 40 - 44					Martin Selleck	57	Delanson	2:03:4
1 Christon	her Dowhan 4	13 N	Mount Kisco	1:30:28		Brian Curtin	56	North Bangor	2:26:1
4 Paul Ste			Selkirk	1:43:13					
			Castleton	1:46:36		Steven Sweet	55	Clifton Park	2:29:1
						John Schurga	57	Queensbury	2:30:2
			Glenville	1:48:24	19	Walter Smead	57	Clifton Park	2:54:0
9 Jack Ro	que 4	14 N	Norwich	1:57:11		MALE AGE GROUP: 55 -	59		
11 Jim Wild			Castleton	2:00:27	1	Maureen Lachiusa	58	Orchard Park	2:00:0
13 David Pl			Nynantskill	2:12:03					
						Phyllis Fox	59	Loudonville	2:13:5
14 Dan Dei			Warrensburg	2:13:00		Lynne Kopac	58	Poughkeepsie	2:22:2
15 John Ma			Cohoes	2:13:16	7	Ellen Langenbahn	57	Schoharie	2:25:5
17 Craig W	eidman 4	10 5	Selkirk	2:16:48		Joyce Porter	55	Ballston Spa	2:34:5
20 Michael			ake George	2:47:02		Darlene Cardillo	58	Delmar	2:45:0
			are delige	211.02					
	GE GROUP: 40 - 4					Susan Mitchell	58	Malta	2:47:5
<ol> <li>Shinobu</li> </ol>	ı Kusakabe 4	10 V	Nashington, DC	1:40:31	16	Carol Conigliaro	58	Utica	3:14:5
2 Felice D	evine 4		Nynantskill .	1:48:34		Nancy Ockrin	56	Crown Point	3:15:5
			Slingerlands	1:51:26		Mary Lamphear	56	Raquette Lake	3:32:0
6 Kristen			chaghticoke	1:55:06		Kathleen Snyder	56	Troy	3:48:3
9 Theresa			Rexford	2:00:00	MA	ALE AGE GROUP: 60 - 64			
10 \/: +++	Dingman 4	10 (	lifton Park	2:00:00	1	Richard Morse	61	Malta	1:44:0
TO VICTORIA			ohnstown	2:05:48		Charles Mcguire	61	Keene	2:07:5
12 May An	dersen 4								



**ADIRONDACK MARATHON & HALF-MARATHON** continued



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).

Brookfield www.brookfieldrenewable.com

\* New York State Department of Health Study







MALE AGE GROUP: 35 - 39

FEMALE AGE GROUP: 35 - 39 Shannon Burns

Daniel Skelton

Saratoga Springs



Courtesy of Colonie Youth Cente

MALE AGE GROUP: 70 - 74

2 Donald McBain

MALE AGE GROUP: 75 & OVER

Cryosurgery New Treatment for Foot Pain

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

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Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy

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### The Benefits

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- No stitches required
- No post-op pain Quick recovery

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t. 842.2200





**OPENS:** 03-01-12

REGISTRATION

34.37

42:55

36:44

40:36

### Directed by Hudson Mohawk Road Runners Club: www.hmrrc.com

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. Great race for first-time marathoners! • Trying to qualify for the Boston Marathon? This is your race. The January 2012 edition of Runner's World called the Mohawk Hudson River Marathon a "seriously fast course" and one of the top 10 marathons nationwide that "deliver on all fronts (course, weather, superb organization)."

• Technical shirts to all participants.



### **NEW THIS YEAR!**

- · Pace teams in the marathon!
- Prize money in both the marathon and half marathon.
- Marathon is the USATF Adirondack Association

Marathon Championship.

Registration begins on March 1.

Race and training program information: www.mohawkhudsonmarathon.com.







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