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BE FIT FOR LIFE AT THE

Summer Expo

New for 2012 – Try Scuba and \$5,000 in Prizes!

Capital Region residents eager to get into shape, save money on clothing and gear, and find everything you need for summer sports are invited to attend our seventh annual **Adirondack Sports & Fitness Summer Expo** on March 10-11 at the Saratoga Springs City Center.

Set for Saturday and Sunday, the FREE ADMISSION show features everything you need for running, cycling, triathlon, paddling, hiking, healthy living and travel, with 100 exhibitors, great sales on gear, clothing and footwear, plus paddling demos, seminars and clinics, 25-foot rock climbing wall, and fun family activities.

New this year, attendees can try scuba diving in the heated expo pool with FREE "try scuba" from certified diving instructors! Visitors 10 and older can dive into the 4-foot deep, 15,000-gallon pool and even explore fun underwater features. All necessary equipment – even hairdryers – is provided. Bring your swimsuit, towel and sandals and you're ready to go! Sponsored by Rich Morin's Professional Scuba Center in Glens Falls (reserve your spot: 761-0533).

Also new to this year's show are \$5,000 in prizes and giveaways for attendees from races, events, products and services. Prizes include entries to 5Ks, half-marathon and marathon runs; half-century and century rides; sprint, intermediate and half-Ironman triathlons; hiking, paddling and outdoor gift baskets and certificates; lodging packages; scuba diving courses; and much more.

The cabin fever timing of the Summer Expo is perfect for outdoor lovers, competitive athletes, weekend warriors and newbies to pick up gear, information and motivation to plan their summer adventures. Reps from the Freihofer's Run for Women, Adirondack Mountain Club, Mohawk Hudson River Marathon, Adirondack Museum, Tinman Triathlon, Wild Center, Centurion Cycling and many more events and destinations will be there to share their information.

The show also includes great sales with a nice mix of retailers and organizations selling and marketing their products and services, including Mountainman Outdoors, The Mountain Goat, Lake George Kayak, Steiner's Ski & Bike, Hornbeck Boats, Fountain Square Outfitters, Tomhannock Bicycles, High Peaks Cyclery and Placid Boatworks. Most major outdoor sports and recreation clubs in the area will be represented, including Adirondack Mountain Club, Capital District Triathlon Club, Hudson Mohawk Road Runners Club, Mohawk-Hudson Cycling Club and many more.

In addition to try scuba, on-water paddle demos and open water/triathlon swimming clinics will take place in the 20x32x4-foot heated pool, featuring kayaking, canoeing, the growing sport of stand up paddle-boarding (SUP). The paddling clinics, led by Adirondack Mountain Club members and local experts, include capsizing recovery, rescue and rolling, and a FREE kids' try-it paddling session (bring your cameras).

A variety of seminars will be led by *Adirondack Sports & Fitness* magazine contributing writers and regional experts. Topics will include running for efficiency and fewer injuries; "PR" this triathlon season; bike fit for performance and comfort; bicycle touring across the USA; what's new in paddling and SUP; family-friendly hiking and exploration; and more.

Attendees can support the Regional Food Bank of Northeastern New York, who will be conducting a food and money drive at the show. They provide 20 million pounds of food annually to 1,000 agencies in 23 counties from Plattsburgh to Newburgh since 1982. Attendees who make donations will receive extra tickets to increase their chance of winning prizes.

The Summer Expo takes place on Saturday, March 10 from 10am-5pm and Sunday, March 11 from 10am-4pm at the Saratoga Springs City Center on 522 Broadway in Saratoga Springs. Admission is FREE.

See **EXPO GUIDE**, 15 ▶



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WorcesterMarathon.com

FREEPORT HALF MARATHON
August 12, 2012
RunFreeportHalf.com

SPRINGFIELD HALF MARATHON
August 26, 2012
RunSpringfieldHalf.com

AMISH COUNTRY HALF MARATHON
November 3, 2012
AmishCountryHalf.com

USRA HALF MARATHON

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BICYCLING

Centurion Lake George

Racers Race, Riders Ride at New Event

Spring and early summer this year will offer some big time events for Capital and Adirondack Region cyclists.

The new **Centurion New York (Lake George)** on Friday-Sunday, June 22-24 will present a full slate of rides for just about any kind of cyclist. The Centurion event is the newest addition to the Centurion Cycling series originated by Graham Fraser, the former head of Ironman North America and an experienced endurance sports event organizer.

The Centurion series motto is "Racers race, riders ride" and there are a wide variety of events during the weekend to allow just that whether you are a serious cyclist or more of a recreational rider. A coordinated

By Dave Kraus

▼ RIDING ALONG THE HUDSON RIVER ON GOLF COURSE ROAD NEAR WARRENSBURG. PHOTOS COURTESY OF CENTURION CYCLING



▲ CLIMBING AWAY FROM LAKE GEORGE ON BOLTON LANDING-RIVERBANK ROAD DURING LAST YEAR'S 50-MILE PREVIEW RIDE.

Earlier in the year, the **Tour of the Battenkill Spring Preview & Challenge Ride** on Sunday, March 25 is a fundraiser for the local Farm Team Cycling developmental team and will offer a sneak peak at the revised race route for this year in Washington County.

The Spring Preview & Challenge Ride will head out of Cambridge on Sunday, March 25, three weeks in advance of the main races on April 14-15. The 62-mile 'gran fondo'-style March ride is a fundraiser for the local Farm Team Cycling developmental club.

This early season ramble on a mix of paved and dirt roads gives non-racers a chance to test themselves against a course that attracts thousands of racers for the main Tour of the Battenkill amateur and pro races. It also gives racers a sneak peak at the course, which this year has undergone some changes.

Gone is Joe Bean Hill, the paved climb northwest of Salem that has blown up many a previous competitor. The route also no longer skirts the shoulder of Willard Mountain, but instead heads down a dirt descent on Cheese Factory Road to run along the Hudson River before climbing back away from the water on unpaved Wright Road to hook up with one of the Battenkill's hallmark dirt sections on Meeting House Road. The race also retains the now-famous leg-breaking dirt grade on Juniper Swamp Road farther north.

The Battenkill Spring Preview ride is open to riders of all ages and abilities. For their entry fee riders get cue sheets and maps, mechanical and vehicle support, and rest stops with food and drink.

This year's eighth annual **Tour of the Battenkill Race Weekend** on Saturday-Sunday, April 14-15 also offers some changes sure to improve the experience for racers, riders and spectators. Saturday features the Pro/Am 62-mile race, and Sunday's Professional race is once again a UCI level 1.HC event, with national pro teams participating in the 124-mile men's invitational. Three-time Tour de France winner Greg Lemond is scheduled to be the guest of honor and will ride the Sunday morning **Bike Marathon Battenkill** event with 62- and 22-mile options to raise money for several charities.

More information on all the events and registration for the Spring Challenge & Preview Ride is available at tourofthebattenkill.com.

start using pace corrals, traffic control on the routes and full support includes mechanics on route, feed stations with food and drink, sag wagons and medical support.

All the rides will start and finish on Beach Road in Lake George village, with expo activities based out of Battlefield Park. A hill climb up the Prospect Mountain Road starts the weekend off on Friday night. First up is the individual hill climb, which is an open event allowing anyone to test their mettle. Next up, is the elite level hill climb event where top local amateurs will vie for a prize purse. Area teams and clubs are encouraged to nominate their top riders to compete in the elite hill climb event.

Saturday brings another day of events, with the 25-mile recreational ride through Lake Luzerne and a kids' ride. On Sunday, the weekend culminates with the 50- and 100-mile rides that head from Lake George into the heart of the southeastern Adirondacks before finishing back in Lake George. Self-seeding start corrals for the rides allow everyone to select a start group consistent with their abilities. Racers will be off the front and gone quickly. Slower riders can avoid the faster crowd and enjoy the scenery and fellowship.

The Centurion model incorporates a point system with timing chips that allows riders who want the competitive experience – even at slower paces – to compare their

performance with others. A "Club Challenge" allows area clubs to compete against each other and vie for bragging rights. Clubs earn points from their members who finish in the top three in their age group across any of the weekend events. The club earning the most points wins the Club Challenge.

Local charity organizations are also invited to fold their fundraising events into the Lake George event, taking advantage of the infrastructure in place for Centurion to improve their own efforts. Centurion also provides an online fundraising platform for the organization to use to raise funds.

On Saturday night, Centurion is hosting a movie night for participants to relax and share a few laughs while watching a cycling movie.

This year's Lake George Centurion ride has been in the planning stages for some time, including a preview and test ride last June that drew cycling club officers, industry representatives, and journalists from the area.

Graham Fraser tries to select locations that have a good mix of infrastructure, accommodations, population – and scenery.

"Cycling is a beautiful sport so it should be presented in deserving locations," Graham said. "I always tell people that the best cycling I've ever done in the U.S. is in the Adirondacks. It's a 'wow, I can't believe I got to do that!' and then you'll come back again and again."

The Centurion New York (Lake George) event is the first in a four event series during the summer, with other events including:

- July 14-15: Centurion Ontario (Horseshoe Valley/Town of Oro-Medonte, Ontario)
- Aug. 17-19: Centurion Ellicottville (South of Buffalo)
- Sept. 14-16: Centurion Canada (The Blue Mountains, Ontario)

All the events are situated within a reasonable day's drive of the Capital Region and multiple registration options are available to give discounts for riding in multiple events. Early registration discounts apply before April 22.

"What Centurion Cycling is about is having the 'Tour de France'-type experience and also sharing a lot of laughs with our friends," Graham said.

Helmets are required for all Centurion events and no earphones or portable music devices are allowed. For more information and registration for any of the events, go to centurioncycling.com. 📍

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

FROM THE PUBLISHER &

Dear Readers

Please join us at the **Summer Expo!** It's the Capital Region's Run-Bike-Tri-Paddle-Hike-Healthy Living-Travel show – a celebration of the people, places and events that make this a great place to live and play year-round. Whether you participate in one endeavor or enjoy everything, there's something for you!

We've worked with the exhibitors and others to continuously improve the expo for you. We have 25 new exhibitors, more interactivity, more family-friendly activities, more exhibitors selling, more races/events, and more ideas for summer fun! Admission is FREE and every activity is FREE. But bring your wallet for great savings on gear, clothing, footwear, membership and event registration.

The Expo has everything you need for summer! If you enjoy reading the magazine, **attend the show that brings it to life!**

Darryl and Mona



ADIRONDACK SPORTS & FITNESS

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Adirondack Sports & Fitness, LLC

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ISSUE #137

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Calendar of Events
*March - May 2012**

*Events beyond this month are advertisers in this issue.

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

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ALPINE SKIING & SNOWBOARDING

ONGOING

Sat Park Sessions Instruction: 3/10-31. 1pm. Whiteface, Wilmington. 946-2223. whiteface.com.

MARCH

- 9 Full Moon Tubing & Pizza Party.** 3-9pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 10 Big Air at Little Gore Slopestyle Event.** 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 10 SpringFest: Ski/Board Cross Course Coaching.** 10am. Whiteface, Wilmington. 946-2223. whiteface.com.
- 11 Super Sunday: Shamrock Sunday.** Discounted tickets, slopeside games, park/pipe events, ski/board cross competition (11am). Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 17 Gail's Bump Camps.** 9:45am & 1:15pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 17 5th Hickory Telemark Festival.** Hickory Ski Center, Warrensburg. Martha Van Vleet: 798-3962 hickoryskicenter.com.
- 18 Walt's Bump Contest.** 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 19-25 Take Your Son to Gore Week.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 23-25 SpringFest: BagJump.** 9:30am. Whiteface, Wilmington. 946-2223. whiteface.com.
- 31 SpringFest: Apple Butter Moguls Open Competition.** 11:30am. Whiteface, Wilmington. 946-2223. whiteface.com.

APRIL

- 1 Super Sunday: Retro Sunday.** Discounted tickets, slope-side games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 1 SpringFest: Pond Skimming Contest.** 11am. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 1 April Fool's Mountain Challenge.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 7 Pond Skimming Contest on Bullfrog Bog.** 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8 Easter Sunrise Service & Breakfast Buffet.** 7am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 14 1st Rites of Spring Pentathlon.** 5K XC 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

ONGOING

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

- Sat Spring Tour Rides: Starts 3/3.** 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.
- Wed CBRC/MHCC Quick Training Rides: Starts 4/4.** 30M. 6pm. All welcome. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. cbrc.cc. webmhcc.org.
- Tue Albany Co Tour Rides: Starts 4/10.** 25M. 5:30pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Sat Search for 'Lost Legs' Casual Rides: 4/7-28.** 20M. 1:30pm. Park/Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.

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.
- 11 River Rd Quick Ride.** 35M. 11am. Shop Rite, Niskayuna. David Beals: 456-3728. webmhcc.org.
- 24 Trooper Brinkerhoff Memorial Spring Race Series #1.** 18-54M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 25 Tour of the Battenkill: Spring Preview & Challenge Ride.** 62M. 10am. Supported, non-competitive ride. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 25 200K Brevet.** Schuylerville. 583-3708. adkultracycling.com.
- 30 "Unclipped" Special Film Screening.** Behind the scenes at the 2011 Tour de France w/director Jason Berry. Also, award-winning TdF documentary "Chasing Legends." 7-9pm. National Baseball Hall of Fame Theater, Cooperstown. Info: innatcooperstown.com. Tickets: grippedstore.com.
- 31 Trooper Brinkerhoff Memorial Spring Race Series #2.** 18-54M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 31 "Unclipped" Special Film Screening.** Behind the scenes at the 2011 Tour de France w/director Jason Berry. Also, award-winning TdF documentary "Chasing Legends." 1:30-3:30pm. Oneonta Theater, Oneonta. Info: innatcooperstown.com. Tickets: grippedstore.com.

APRIL

- 1 HRRT April 1st Ride.** 16M/32M. 10:30am. St. James Plaza, Schenectady. hrrtonline.com.
- 7 Trooper Brinkerhoff Memorial Spring Race Series #3.** 21-63M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 14 Tour of the Battenkill: Pro/Am Race.** 14-80M. 8am-2:30pm starts. Cambridge. tourofthebattenkill.com.
- 15 Tour of the Battenkill: UCI Pro Invitational Race.** Cambridge. tourofthebattenkill.com.
- 15 Tour of the Battenkill: Bike Marathon (Gran Fondo style) w/Greg LeMond.** Individuals/teams: 62M. Kids: 22M. Military vets: 22-62M. 8:30am. Cambridge. tourofthebattenkill.com.
- 22 300K Brevet Ride.** Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 28 Kinderhook to Nassau Casual Ride.** 29M. 11am. OKenny's Express, Valatie. Terry Armon: 428-5355. webmhcc.org.

MAY

- 5-6 Inaugural Tour of the Dragons: Time trial, criterium, road races.** 62M-139M. 8am. Bennington, VT. Jim Marshall: 401-440-7760. tourofthedragons.com.
- 6 HRRT May Day Ride.** 62/32/16M. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.
- 12 Bear Mountain Spring Classic Race.** Harriman S.P., Harriman. crca.net.
- 12 400K Brevet Ride.** Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.

Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 8-9

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Rites of Spring

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X-C Ski • Alpine Ski • 10K Run
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Teams & Individuals • Raindate: 4/15
RitesofSpring.net
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 tomhannockbicycles.com

26-28 Killington Stage Race. Killington, VT. killingtonstagerace.com.
28 Memorial Day Metric Tour Ride. 62M. 9am. Ichabod Crane H.S., Valatie. James Bethell: 446-1766. webmhcc.org.

JUNE

- 3 American Diabetes Association Tour de Cure.** 100M: 7am. 63M: 7:30am. 50M: 8am. 25M: 9am. 10M: 10am. 3hr spin: 9am. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755 x3606. diabetes.org/tour.
- 8-12 9th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** 150M over two-days. Sat: Optional century loop. Hudson River Valley.. 718-875-2123. ibdrive.org.
- 9-10 4th Adirondack North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race. Sun: Saranac Lake Downtown Criterium. Wilmington & Saranac Lake. Jim Walker: 637-6590. teamplacidplanet.org.
- 15-24 Easy Adirondacks Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 16 11th Whiteface Mountain Uphill Bike Race.** 11M up 3,500ft on 8% grade. 8am. Whiteface Ski Center, Wilmington. 888-944-8332. whitefacerace.com.
- 22-24 1st Centurion New York (Lake George).** Racers race, riders ride. Fri: Prospect Mountain individual (6pm) & elite (7:30pm) hill climb. Sat: 25M race/ride (7:30am) & kids' ride. Sun: 50M & 100M races/rides. Fri-Sun: Expo. Beach Rd, Lake George. 303-953-2008. centurioncycling.com.

JULY

- 7-15 French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 14-15 Centurion Ontario (Horseshoe Valley).** 100/50/25M, kids' ride. Horseshoe Resort, Oro-Medonte, ON. 303-953-2008. centurioncycling.com.

AUGUST

- 4-12 French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 17-19 Centurion Ellicottville (New York).** 100/50/25M, time trial, kids' ride. Holiday Valley Resort, Ellicottville. 303-953-2008. centurioncycling.com.
- 25 12th Pat Stratton Memorial Century Ride.** 100/50/25M, kids' ride. 8am. Mount Pisgah, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 8-9 Mohawk-Hudson Cycling Club: Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1187. webmhcc.org.
- 14-16 Centurion Canada (The Blue Mountains).** 100/50/25M, hill climb, kids' ride. Blue Mountain Resort, The Blue Mountains, ON. 303-953-2008. centurioncycling.com.

CROSS-COUNTRY SKIING

ONGOING

- Thu Soup-er Seniors Ski/Snowshoe Day: Through 3/15.** Age 65+ free soup & discounted use fees. Lapland Lake Nordic Vacation Center, Northville. 863-4974. laplandlake.com.
- Sat Finn-Tastic Saturday: Through 3/24.** Skiing, snowshoeing, tubing, ice skating, après-ski relax & dinner specials. Lapland Lake Nordic Vacation Center, Northville. 863-4974. laplandlake.com.

MARCH

- 10 30th Lake Placid Loppet Ski Race.** 9am. 25K/50K classic/freestyle. 3/9: Waxing clinic & kids' race. Olympic Sports Complex Cross-Country Ski Center, Lake Placid. whitefacelakeplacid.com.

- 10 Full Moon Ski Party.** Night skiing, bonfires, food, music. Cascade Cross-Country Ski Center, Lake Placid. 523-9605. cascadeski.com.

HEALTH & FITNESS

ONGOING

- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 4/23 & 6/18. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Starts: 3/26 (4 wks), 4/30 (4 wks), 6/4 (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.
- M & W Yoga Class. Mon 6pm. Wed 7pm. Judy Torel's Coaching/Training Studio, Albany. 469-0815. judytorel.com.
- M & F Boot Camp Training. Mon 7am. Fri 6am. Judy Torel's Coaching/Training Studio, Albany. 469-0815. judytorel.com.
- Mo-Fr Fusion Training. Mo 6am/7pm. We 6pm. Th 4pm. Fr 7am/12pm. Judy Torel's, Albany. 469-0815. judytorel.com.

HIKING, SNOWSHOEING & CLIMBING

MARCH

- 10 Winter High Peaks Hike: Phelps.** 8.8M. Heart Lake, Lake Placid. Adirondack Mountain Club: 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.
- 11 4th Snowshoe Outing for High Peaks Hospice & Palliative Care.** 10am. Up Yonda Environmental Education Center, Bolton Landing. Sunday Conine: 743-1672. highpeakshospice.org.
- 11 GPS 101 Workshop.** Member Center, Lake George. ADK: 523-3441.adk.org.
- 17 Map & Compass Fundamentals Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441.adk.org.
- 24-25 Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441.adk.org.

MAY

- 4-6 Waterfall Hikes Weekend w/Barbara Delaney & Russell Dunn.** Trail's End Inn, Keene Valley. 576-9860. Trailsendinn.com.


MOUNTAIN BIKING

APRIL

- 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.
- 22 Hike-a-Bike Mountain Bike/Cyclocross Race.** 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.

JUNE

- 9 7th MUD "Mix Up the Dirt" Mountain Bike Festival.** 10am. Rides, BBQ, raffles, demos. Greenfield. Steve Godlewski: 369-6319. saratogamt.org.
- 15-17 3rd Wilmington Whiteface BikeFest.** Downhill mountain biking, pump track demos, films, BBQ, music. Opening of Whiteface Mountain Bike Center, Wilmington. Downhill Mike: 524-9805. downhillmike.com.

ADIRONDACK NORTH COUNTRY RACE WEEKEND

 WILMINGTON & SARANAC LAKE, NY

4th Annual

Sat. 6/9: Wilmington-Whiteface Road Race
 Sun. 6/10: Saranac Lake Downtown Crit
NYS Crit Championships!

- Challenging, hilly road race with uphill finish; rolling, fast, exciting village criterium
- 19 categories including women's & jr's (10-18) races, + kids' (below 10) crit on Sunday
- Pre-reg. on BikeReg.com: road race \$35, crit \$30; juniors \$10; kids' crit free
- Day-of registration available: \$15 surcharge except for cat 5 men, cat 4 women, juniors
- Over \$4500 in cash plus merch. & medals
- More info at BikeReg.com, teamplacidplanet.org, or email jameswalker3@yahoo.com

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WHITEFACE MOUNTAIN UPHILL BIKE RACE

Saturday, June 16th

BikeFest! June 15-17
 Mountain/road biking
 Bike demos & films
 BBQ & music
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July 28-29 • Grafton Lakes State Park, Grafton

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- SUPER Olympic Road Triathlon**
Sun, 7am – 1M swim/30M bike/7M run
- XTERRA Off-Road Triathlon**
Sat, 9am – 1K swim/20K bike/6K run
- SHAPE Kids' Triathlon**
Sat, 2pm – 100m swim/5K bike/1K run

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4TH ANNUAL High Peaks Hospice & Palliative Care SNOWSHOE OUTING

Sunday, March 11 at 10am
Up Yonda Farm Environmental
Education Center, Bolton Landing
Enjoy beautiful scenery & relaxation
\$20 pledge = snowshoes, hike & cocoa
Snowshoe rentals available for age 5+



New Date!
Preregister (by 2/21)
& More Info:
Sunday Conine 743-1672
sconine@hphpc.org
Entry/pledge form:
highpeakshospice.org

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event
Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 18, 8am
Registration is limited
Register at active.com
Details at cdtriclub.org
Open to youth, individual & relay teams

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Members train on Crystal Lake Tri course in
Tuesday Training Series: June 5 - Aug 28
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More info: Jenny Stahl (518) 312-6686
jenny@trirevtraining.com



Saturday, May 12 – 9am
Fort Hunter (5M west of Amsterdam)
Duathlon: 5K run, 20M bike, 5K run
Duathlon Relay & 5K Race
AREEP chip-timed
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Register/Info: AREEP.com
Matt Ossenfort: (518) 694-1955

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17 Wilmington Whiteface 100 Mountain Bike Race/Ride. 100K. 8am. Leadville Trail 100 qualifier. Whiteface Ski Center, Wilmington. Shannon Gipson: 719-219-9351. leadvillercrossseries.com.

MOUNTAINEERING & WILDERNESS SKILLS

MARCH

- 11 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)/WFR Recertification w/Clark Hayward.** N Dakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

APRIL

- 9-10 Spring Tracking Awareness Games & Animal Legends w/Jim Bruchac.** 9am. Age 6-8 & 9-12. N Dakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
- 14-15 Wilderness First Aid (SOLO Certified)/WFR Recertification w/Clark Hayward.** N Dakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

Tue CDTC Crystal Lake Training Series: 6/4-8/27. 0.5M swim, 18M bike, 3M run. 6pm. Crystal Cove, Averill Park. Lee Hilt: 452-5701. cdtriclub.org.

MARCH

- 8 Triathlon Lecture Series. 7pm. Nutrition & Endurance Athlete; Overuse Injuries: shoulder/knee; Heart Disease & Endurance Athlete. So Glens Falls H.S., So Glens Falls. adktri.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.
- 31 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

- 14 1st Whiteface Rites of Spring Pentathlon.** 5K x-c ski, alpine ski, 10K road race, 6K paddle, 32K road bike. 7am. Relay/sole. (Rain date: 4/15). Whiteface, Wilmington. Charlie Cowan: 523-1480. ritesofspring.net.
- 21 Holiday Indoor Triathlon. 10M swim, 30M bike, 20M run. 6pm. Cooperstown. 607-547-2800. clarksportscenter.com.
- 22 1st Delmar Duathlon. 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Delmar. 320-8648. townofbethlehem.org.
- 29 T3 Coaching Duathlon Series #1.** 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.
- 29 Triathlon Performance Seminar.** Training tips & techniques for tri/endurance athletes. Planning strategies, injury prevention/mgmt, nutrition. 10am-3pm. Revolutionary Velo-Watts, Clifton Park. Reserve: 256-9818. velowatts.com.
- 29 West Point Duathlon. 2M run, 14M bike, 2M run. 8am. Camp Buckner, West Point. westpointduathlon.com.

MAY

- 6 19th Anyone Can 'Tri' Triathlon.** 350yd swim, 11M bike, 3.2M run. 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
- 6 7th Kids' Can 'Tri' Too Triathlon.** 9-13: 50yd swim, 1M bike, 0.5M run. 8-under: 25yd swim, 0.5M bike, 0.25 run. 10:30am. SSMCA, Clifton Park. 371-2139. cdymca.org.

6 T3 Coaching Duathlon Series #2. 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.

12 1st Rally in the Valley Duathlon & 5K Race. Du: 5K run, 20M bike, 5K run. 9am. Fort Hunter. Matt Ossenfort: 694-1955. areep.com.

12 Fly by Night Duathlon. 6pm. Race Track, Watkins Glen. 503-922-1589. flybynightdu.com.

13 T3 Coaching Duathlon Series #3. 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.

13-18 Diamond Mills Tri-Camp. Diamond Mills Hotel/Tavern, Saugerties. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.

27 2nd Cooperstown Sprint Triathlon. 0.5M swim, 11M, 3.1M run. 8am. Otesaga Resort Hotel, Cooperstown. Mike Byrch: 315-404-8130. atcendurance.com.

27 8th Saratoga Lions Club Duathlon. 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. Greg Dixon: 696-4450. saratogalions.com.

JUNE

9-10 HITS Triathlon Series: Hunter Mountain. Sat: Olympic, Sprint & Open. Sun: Full & Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.

10 3rd Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. hudsoncrossingtri.com.

30 30th Tinman Triathlon. 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M swim, 18.6M bike, 6.2M run. 8am. Municipal Park, Tupper Lake. Ted Merrihew: 359-7571. tupperlake.com.

30 6th North Country Triathlon. Olympic: 1.5K swim, 40K ride, 10K run. Sprint: 750m swim, 20K ride, 5k run. 8am. Town Beach on Lake George, Hague. Randy Engler: 408-828-5060. northcountrytri.com.

JULY

2-8/3 SHAPE Multi-Sport Camps. Mon-Fri: 9-5. Age 8-15. Safe/fun swim, bike, run instruction. Averill Park, Colonie, Grafton. John Slyer: 281-6480. skyhighsupertri.com.

8 12th Pine Bush Triathlon. 8am. 325yd swim, 11.5M bike, 3.2M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. 456-3634. cdymca.org.

28-29 Multi-Sport Life Triathlon Festival. Sat, 9am: XTERRA Off-Road Tri (1K swim, 20K bike, 6K run). Sat, 2pm: SHAPE Kids' Tri (100m swim, 5K bike, 1K run). Sun, 7am: SUPER Olympic Road Tri (1M swim, 30M bike, 7M run). Grafton Lakes S.P., Grafton. John Slyer: 281-6480. skyhighsupertri.com.

29 3rd Delta Lake Triathlon. 1500m swim, 24M bike, 6M run. Sprint: 750m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. atcendurance.com.

AUGUST

4 6th Fronhofer Tool Triathlon. Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 0.5M swim, 14.5M bike, 3.1M run. Also: Double Tri. 8/3: Kids' Race: 6:30pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhoferooltriathlon.com.

12-17 Diamond Mills Tri-Camp. Diamond Mills Hotel/Tavern, Saugerties. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.

18 Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. Tim Sweet: 833-0200. cdtriclub.org.

26 1st Old Forge Triathlon. 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.

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LGTri - BIG George - BG-Aquabike
King George - Kids Splash-n-Dash

SEPTEMBER

- 1-2 Lake George Triathlon Festival.** Sat, 7am: Lake George Triathlon (0.9M swim, 24.8M bike, 6.2M run). Sat, 1pm: Kids' Splash-N-Dash (6-10: 50yd swim, 0.5M run; 11-14: 100yd swim, 1M run). Sun, 7am: BIG George Triathlon (1.2M swim, 56M bike, 13.1M) & BIG George AquaBike (1.2M swim, 56M bike). Beach Rd, Lake George. 257-2833. lgtfestival.com.
- 22-23 HITS Triathlon Series: Cooperstown.** Sat: Olympic, Sprint & Open. Sun: Full & Half. Glimmerglass S.P., Cooperstown. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

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.
- 10-11 Try Scuba Diving in Heated Expo Pool w/Certified Instructors.** 9:30am & 2:30pm. Age 10+. Free. Bring suit, towel, sandals. Adk S&F Summer Expo, City Center, Saratoga Springs. Reserve at Rich Morin's: 761-0533. richmorinsproscubacenters.com.
- 10-11 Winter Raptor Fest. Gallup Ridge Farm, Fort Edward. winterraptorfest.com.
- 11 Discover Scuba Class.** 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.
- 16-18 NYSPHSAA Boys Basketball High School State Championships.** Glens Falls City Center, Glens Falls. 855-GFCC-Tix. nysbasketball.net.
- 17-18 Camp Santanoni Open House. XC ski, snowshoe, tours. Camp Santanoni, Newcomb. aarch.org.
- 24 St. Baldrick's Be Brave, Get Bald! 1pm. Head-shaving fundraiser for childhood cancer research. Proctor's Theatre, Schenectady. Rebecca Murtagh: 281-0844. stbaldricks.org.
- 30-4/1 America's Cup Bobsled & Skeleton Racing.** Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.

APRIL

- 15 Discover Scuba Class.** 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.

MAY

- 4-6 3rd Adirondack Adventure Festival.** Guided mtn biking, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
- 20 Discover Scuba Class.** 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.

JUNE

- 8-10 8th Adirondack Birding Festival. Hikes, canoe trips, walks, safaris, outings, seminars in Hamilton Co. Register: 548-3076. adirondackexperience.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.
- 10-11 Kids' Kayaking Tri-It Session in Heated Expo Pool w/ Experienced Paddlers.** 1pm. Adk S&F Summer Expo, City Center, Saratoga Springs. 877-8788. adksports.com.
- 14 Kayak Lessons: Rolling.** 8pm. Jewish Comm Ctr, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

- 21 Kayak Lessons: Rolling.** 8pm. Jewish Comm Ctr, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 28 Kayak Lessons: Rescues 8pm.** Jewish Comm Ctr, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

APRIL

- 1 39th Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Mechanicville. 810-7579.
- 15 Little River Ramble. 1pm. 2-6M. Little River, Canton. slvpaddlers.org.

MAY

- 4-6 Canton Canoe Weekend: 51st Rushton Memorial Races. Grasse River, Canton. slvpaddlers.org.
- 5-6 55th Hudson River White Water Derby.** Sat, 11am: Slalom Races, North Creek. Sun, 11am: Downriver Race, North Creek to Riparian. Gore Region Chamber: 251-2612. whitewaterderby.com.
- 18-20 Adirondack Paddlefest.** Old Forge. Mountainman Outdoor Supply Co: 315-369-6672. adirondackpaddlefest.com.
- 19 'Round the Mountain Canoe & Kayak Races. 11am. 10.5M. Ampersand Resort, Saranac Lake. macscanoe.com.

RUNNING, SNOWSHOE RACING & WALKING

ONGOING

- Open ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Daily Fall Marathon or Half Marathon Training.** USA Fit Albany, Albany. Jennie Heidebreder: 698-1478. usafitalbany.com.
- Mon Freihofer's Run for Women Training Challenge: Starts 3/19.** Beginning & intermediate programs. The Crossings, Colonie. 273-5552. freihoferstrun.com.
- Tue AdiRUNdack Trail 5K Series: 5/1-29. 5K & 25K Challenge. Cole's Woods, Glens Falls. Rebecca Smith: 796-9404. adirondackrunners.org.
- Thu ARE Summer Trail Run Series: 5/24-8/30.** 6:30pm. Various locations. Josh Merlis: 320-8648. albanyrunningexchange.org.

MARCH

- 10 ARE Group Frun Day.** Multiple locations. Josh Merlis: 320-8648. albanyrunningexchange.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.
- 11 9th Celebrate Life Half Marathon. 10am. Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.
- 11 McCauley/Mountainman Snowshoe Challenge Race.** 6K: 11am. 3K: 9:15am. McCauley, Old Forge. 315-369-2300. mountainmanoutdoors.com.
- 11 Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. Town Hall, LaGrange. mhrcc.org.
- 17 Catamount Sunset Snowshoe Race.** 3M. 4:45pm. Dion Series. Catamount Ski Area, Hillsdale. 325-3500. runwmac.com.
- 17 13th Runnin' of the Green (Island). 4M run: 10am. Kids' runs: 11:30am. American Legion, Green Island. hmrrc.com.
- 17 4K Kilt Run & 1K Kids Shamrock Shuffle. 11am. Uncle Marty's Adirondack Grill, Averill Park. justsayuncle.com.
- 17 Doc Lopez Run for Hope. 12.1M: 9am, Keene. 3.1M run/1M walk: 9:30am, Elizabethtown. 962-4898. northernrunner.org.
- 18 Shamrock Scramble 5K. Walk: 8:30am. Run: 9:30am. Kid's Race: 10:30am. Wallkill. Al Favata: 845-565-1483.
- 24 Wurtsboro Mountain 30K Road Run & Relay. 9am. Emma Chase School, Wurtsboro. 845-866-1345. sullivanstriders.org.
- 24 2nd Shamrock Shuffle 5K & Fun Run. 8:30am. Whitesboro. Ryan Misencik: 315-768-2390. uticaroadrunners.org.

St. Regis Canoe Outfitters



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Sunday, June 10

500yd Swim, 12M Bike, 5K Run
Limited to 275 - Register Early!
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SARATOGA LIONS DUATHLON



Premier Sponsor:



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

Saratoga Casino and Raceway, Saratoga Springs

5K Run, 30K Bike, 5K Run • Individuals & Teams
Print Application & Online Registration:
SaratogaLions.com

Micro-mesh T-shirts to first 300 entrants

Raffle Prizes - \$4,000 Serotta bicycle; \$800 Southwest Airlines tickets;
\$500 Mirror Lake Inn stay/golf package; \$600 iPad 2 (or iPad 3 if available)


New Location! New Health and Fitness Expo!
Proceeds benefit sight and hearing projects of the Saratoga Lions Club

Glens Falls Urban Assault

Saturday - June 2nd
5pm - Start

Run 4.6 miles thru the streets of
GLENS FALLS
taking on Obstacles along the way!!!

www.adkracemgmt.com/GFUrbanAssault.php



32nd Annual
HMRRRC

Bill Robinson Masters 10K Championship

For runners 40 years or older

Saturday, April 28 • 9am
Guilderland High School
Guilderland Center

Application: hmrrc.com
Jim Tierney
869-5597 • runnerjmt@aol.com

6TH ANNUAL
CCRC 5K Run/Walk/BBQ

Saturday, May 5th - 3pm
Christ Community Reformed Church
1010 Route 146, Clifton Park

USATF Sanctioned 5K Race
Family Team Competition
Kids' 1K Race - 4pm
BBQ chicken dinner included
T-shirt to first 100 entrants
Sneaker Recycling Program

Register: www.active.com
Form: www.ccr-cpny.org
Pat Glover: 877-0654 • pjglove@aol.com

An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle
Proceeds to a local animal shelter

6th Annual
Firecracker 4



4-Mile Road Race

Wednesday, July 4 • 9am
Run Thru Historic Saratoga Springs, NY
USATF Certified & Chronotrack B tag timed


START/FINISH:
Saratoga Springs City Center
*Entertainment along the course
Band at the start/finish*

\$20 by 7/2 or \$30 race day
Dry-fit shirts to all registered runners

REGISTER AND INFO:
www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and fire/police/EMS

Peter Goutos: pgoutos@casmithllc.com
Bob Vanderminde: bobjr@telescopecasual.com
Peter: 518-316-4445 • Bob: 518-744-5646



SUNDAY, JUNE 10, 2012
LAKE PLACID, NEW YORK, USA

MARATHON HALF MARATHON

Ranked as a Top U.S.
"Destination Race"

**Race Entry on
Record Pace!**

2012 Registration via
www.lakeplacidmarathon.com
or
www.marathonguide.com

info@lakeplacidmarathon.com

- 24-25 Track & Field Spike Weekend.** Get ready for outdoor season with spikes for all your events. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 25 26th Shamrock Shuffle 5M Road Race.** 11am. Leprechaun Leap kids' 1M fun run: 10am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.
- 25 33rd Kaynor's Sap Run. 10K. 12pm. Westford, VT. Steve Eustis: 802-878-4385. gmaa.net.
- 31 3rd Run 4 Your Life 5K Run/Walk.** 9:30am. Kids' 1M fun run: 10:30am. Central Park, Schenectady. Brian Demarest: 365-3883. schenectadyfirefightersrun4yourlife.com.
- 31 Robert C. Parker 5K Trail Run. 10am. Parker School, North Greenbush. 286-3449. parkerschool.org.
- 31 Ice Breaker Challenge 5K. 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. albanyrowingcenter.org.

APRIL

- 1 31st Skunk Cabbage Classic: Half Marathon & 10K. 10am. Cornell University, Ithaca. 315-497-3743. fingerlakesrunners.org.
- 1 3rd HITS 5K for United Way. HITS Showgrounds, Saugerties. 845-331-4199. ulsterunitedway.org.
- 1 Oleksak Lumber Half Marathon & 5K. Westfield, MA. 413-478-1252. bgcwestfield.org.
- 7 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.
- 7 18th Rabbit Ramble 4M Run. 10am. Guilderland H.S., Guilderland Center. Phil Carducci: 861-6350. active.com.
- 7 Rotary 5K Road Race. 10am. SUNY Adirondack, Queensbury. glensfallsrotary.com.
- 7 Fort to Fort 5K & 10K Road Races. 9am. Rome Free Academy, Rome. romanrunners.com.
- 7 Northern Nipmuck Trail Race. 16M. 10am. Grand Tree Series. Union, CT. 860-429-0582. runwmac.com.
- 14 Peppertree's Furry Fun Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. active.com.
- 14 21st Merrimack River Trail Run. 10M. 9am. Grand Tree Series. Andover, MA. 508-628-8943. runwmac.com.
- 15 Cape Cod Half Marathon.** USRA Half Series. Hyannis, MA. capecodhalf.com.
- 15 24th Delmar Dash. 5M. 9am. Bethlehem M.S., Delmar. Tom/Marcia Adams: 356-2551. hmrrc.com.
- 15 Saints Race for Red Cross 5K. 10:30am. The Crossings, Colonie. 229-8689. tinyurl.com/sienaredcrossrace.
- 15 30th Kingston Classic 10K & 2.1M Races. 1pm. Front St, Kingston. Greg Riley: 845-514-4654. kiwaniskingstonclassic.com.
- 15 Save Our Switchbacks 7.5K Road Race. Parkway Ski Chalet, Utica. Kathy Fuller: 315-768-7561. uticaroadrunners.org.
- 15 More Magazine Women's Half Marathon. 8am. Central Park, New York City. nyrr.org.
- 16 116th Boston Marathon. 26.2M. 12pm. Hopkinton to Boston, MA. baa.org.
- 21 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.
- 21 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.
- 21 13th Muddy Sneaker 20K Trail Run. 9am. Parish Hill, Bristol Springs. roadsarepoison.com.
- 21 YMCA Spring Sprint. 5K. 9am. Fulton Co YMCA, Johnstown. Ken Whiteman: 848-3447. fultoncountyyymca.org.
- 21 Bust a Move 5K. 10am. Russell Sage College, Troy. Michael Washco: 210-5298. sage.edu.

- 21 Great Mom's 5K Run Run/Walk. 9am. Maple Ridge Park, Selkirk. Jessica West: 649-7744. drchurch.org.
- 21 13th Muddy Sneaker 20K Trail Run. 9am. Hi Tor Wildlife Mgmt Area, Bristol Springs. roadsarepoison.com.
- 21 Hot Foot 5K. 9am. Stockbridge Valley. Ray Brych: 315-542-0312. romanrunners.com.
- 21 34th Rollin Irish Half Marathon. 9am. Essex Center, VT. Randi Brevik: 802-598-5624. gmaa.net.
- 22 4th Cherry Blossom Race for ALS & 2M Wellness Walk. 12:15pm. Central Park, Schenectady. Tim Fecura: 320-6770. conta.cc.
- 22 3rd Plattsburgh Half Marathon & Relay. 8am. Oval, Plattsburgh. plattsburghhalfmarathon.com.
- 28 9th St John's/St Ann's Spring Run-Off.** 10K: 8:30am. 5K: 10am. 1M family fun walk: 10am. Hudson River Way Amphitheater, Albany. 472-9091. springrunoff.com.
- 28 32nd Bill Robinson Masters 10K Championship.** 9am. Age 40+. Guilderland H.S., Guilderland Center. Jim Tierney: 869-5597. hmrrc.com.
- 28 5K Run 4 Vocations. 11am. Crossings, Colonie. 674-3818. albanyvocations.org.
- 28 kLaVoy5k Run/Walk. 8am. Saratoga Spa S.P., Saratoga Springs. Tonya Pellegrini: 928-5808. inpr.esources.com.
- 28 8th DACC 5K Dash. 9am. Duanesburg Area Comm Center, Delanson. Darcie Adams: 895-9500. dacc.info.
- 28 Schoharie 5K Run/Walk. 10am. Schoharie E.S., Schoharie. David Roy: 295-7162. sta5k.org.
- 28 Healthy on the Hudson 5K Run/Walk. 9am. Hendrick Hudson H.S., Montrose. hhcef.org.
- 28 Adamant 20-Miler & Relay. 10am. Adamant Music School, Adamant. Eric Ryea: 802-223-2733. cvrunners.org.
- 29 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.
- 29 11th Sean's Run.** 5K Race/Walk: 1pm. Meghan's Mile: 12:30pm. Chatham H.S., Chatham. seansrun.com.
- 29 Muddy Moose Trail Race. 14M/4M. 9am. Grand Tree Series. Wolfeboro, NH. 603-520-5450. runwmac.com.

MAY

- 5 6th CCRC 5K Run, Walk & BBQ.** 3pm. Kids' 1K Race: 4pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 5 2nd Kerry Blue Hustle 5K Race.** 9am. Kids' 0.5M dash: 10am. St. Mary's/St. Alphonsus School, Glens Falls. Amy Campopiano: 761-9329. smsaschool.org.
- 5 Albany YMCA 5K Run & 3K Walk. 9am. Lake House, Washington Park, Albany. 463-9622. cdymca.org.
- 5 The Humane Race 5K w/Dogs. 10am. Williamstown, MA. Alix Cabral: 413-441-3677. humanerace.org.
- 6 Literacy 5K Run/Walk.** 10am. Kids' fun run: 9am. Youth mile: 9:30am. Troy Atrium, Troy. Literacy Volunteers of Rensselaer Co: 274-8526. lvorc.org.
- 6 Walk MS. 5K or 1M for multiple sclerosis. 10am. Recreation Dept, Plattsburgh. Susan Ashline: 585-271-0805. msupstateny.org.
- 6 35th Steve Zemianek Bennington Road Race. 10K, 3.8M & fun run. 10am. North Bennington, VT. bkvr.org.
- 6 22nd Seven Sisters Trail Race. 12M. 9am. Grand Tree Series. Amherst, MA. 413-695-7244. runwmac.com.
- 10 3rd Saint Helen's School 5K Run/Walk & 1M Kids' Run. 6pm. Central Park, Schenectady. 229-3321. sainthelens.net.
- 11 3rd Ella Grace Chiari 5K Country Run.** 6:30pm. Plus, 1M fun run/walk. Nassau Commons, Nassau. Deborah La Due: 334-6001. defeatchiari.org.

9th Annual St. John's/St. Ann's
SPRING RUN-OFF
Saturday, April 28th



Hudson River Way
Amphitheater

FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am 10K 10 am 5K
10 am 1 Mile Family Fun Walk

Fees: 5K & 10K: \$17/person, per race (\$20 after 4/20), Family Walk \$10/adult, \$5/child

Register Online: www.Active.com • Info/Entry Form: www.springrunoff.com
Or call St. John's/St. Ann's Center (518) 472-9091

3RD ANNUAL
Jog for Jugs

CASH PRIZES FOR OVERALL WINNERS

Half-Marathon & 5K Run

Saturday, May 12 • 9am
Duanesburg Town Park, Duanesburg

Register by 4/15 for guaranteed race shirt
Register: areep.com
Info: powerhouseathleticsny.com
Jessica Mitchell: (518) 229-5611

SECOND ANNUAL
KERRY BLUE HUSTLE 5K
RUN WITH THE DOGS
RACE | FUN RUN

Saturday, May 5 @ 9am
SMSA School, Church St, Glens Falls

T-shirts to first 150 registered by 4/19
Friends/Family Challenge: Teams of 3!
Kids' Half-Mile Dash @ 10am - Free!

Donations appreciated for St. Mary's Food Pantry
smsaschool.org or active.com
Amy Campopiano: kerrybluehustle@gmail.com




Train for a Fall Marathon or Half Marathon

- Individualized training plans for NYC, Mohawk Hudson, Palio and others
- Weekly group runs
- Weekly seminars on running topics
- Experienced coaches
- All levels and abilities welcome

Season begins April 28!

More info or sign up: usafitalbany.com
Jennie Heidebreder: 698-1478 info@usafitalbany.com

March 31 – 9:30 am
Central Park, Schenectady
Schenectady Firefighters' 3rd Annual




RUN 4 YOUR LIFE
5K Run/Walk • Kids' Fun Run (free)


To benefit American Heart Association
5K: \$20 by 3/11, \$25 after
T-shirt for first 500 registrants

Register Online or Entry Form: AREEP.com
schenectadyfirefightersrun4yourlife.com
sfddemdem232@yahoo.com
Brian Demarest 365-3883

26TH ANNUAL



Shamrock Shuffle
Sunday, March 25 – 11am • 5 Miles
Glens Falls High School, Glens Falls



Entry Fees/Donations
\$20 Pre-register (by 3/20)
\$16 TAR member pre-register (by 3/20)
\$25 race day

The Leprechaun Leap – 10:00am
Children's Fun Run (12 & under) • 7/8-mile
Donation: \$3 • Medallions for all finishers

T-shirts to first 400 entrants • New this year! Chip timing by AREEP

Application: www.adirondackrunners.org • **Online:** www.active.com
Information: Kevin Sullivan (518)798-9593 or ksullivan@queensburyschool.org
An Adirondack Runners event to benefit Warren-Washington Counties Special Olympics

- 12 23rd Prospect Mountain Road Race.** 5.7M up 1,600ft. 9am. Lake George E.S., Lake George. Chris Cifone-Clohosey: 361-1668. adirondackrunners.org.
- 12 3rd Jog for Jugs Half Marathon & 5K Race.** 9am. Town Park, Duaneburg. Jessica Mitchell: 229-5611. powerhouseathleticsny.com.
- 12 1st Rally in the Valley 5K Race & Duathlon.** Du: 5K run, 20M bike, 5K run. 9am. Also: Duathlon relay. Fort Hunter. Matt Ossenfort: 694-1955. areep.com.
- 12 MTA 5K Road Race. 10am. Town Park, Halfmoon. mta5k.shutterfly.com.
- 12 Run for the RACC 5K. Rome Art & Community Center, Rome. Jason Pare: 315-351-6830. romeart.org.
- 12 23rd Towpath Trail Run 10K & 2M. 5:30pm. St. Johnsville. John Geesler: 568-7509. fmrc.org.
- 12 Wapack & Back Trail Races. 21.5M/50M. Grand Tree Series. Ashburnham, MA. runwmac.com.
- 13 32nd HMRRC Mother's Day 5K for Women & Their Children.** 10am. Kids' race: 11am. Hamagrael School, Delmar. hmrc.com.
- 17 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 19 Make it a Great Day Half Marathon & 5K. 8am. Tamarac School, Troy. 312-5330. thedragonflyadventure.com.
- 19 Tuff eNuff Challenge 5K Mud Run. 9am. NYRA Lowlands/BOCES Campus, Saratoga Springs. 581-1230. preventioncouncil.org.
- 19 Johnstown 5K Run/Walk. 9am. Johnson Hall, Johnstown. Ron Robinson: 762-4459. fmrc.org.
- 19 MHRRC Women's Run. 5K/10K. 8am. Dutchess Rail Trail, Poughkeepsie. mhrrc.org.
- 19 Dandelion Run Half Marathon & 10K Run/Walk. 9am. Derby, VT. Katy Murray: 802-334-8511. dandelionrun.org.
- 20 1st Founders Day 15K & Mastodon 5K Races. 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. foundersday15k.com.
- 20 Soapstone Mountain Trail Races. 14.5M/4M. 9am. Grand Tree Series. Stafford Springs, CT. 860-512-0125. runwmac.com.
- 26 2nd Survive the Farm 5K Challenge.** 10am/11am/12pm. Fun trail run with 12+ military-inspired obstacles. Route 40, Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 26 1st TEARS Foundation's Rock & Walk. 10am. Crossings, Colonie. 512-1940. thetearsfoundation.org.
- 27 KeyBank Vermont City Marathon & Relay. Burlington, VT. runvcm.org.
- 28 10th Glens Falls Memorial Mile. 9:40am. Glens Falls. Bob Underwood: 796-5908. adirondackrunners.org.
- 28 Woodstock Races 15K & 5K. 9am. Woodstock. Rich Gromek: 731-7697. onteorarunners.org.

JUNE

- 2 34th Freihofer's Run for Women.** Women's 5K run: 10am. Kids' Run: 11am. Community Walk: 12:30-1:30pm. USA open/junior national 10K race walk champs: 8am. Sportwalk clinic: 11:30am. CapitalCare Expo: Fri-Sat. Empire State Plaza, Albany. UTATF-Adirondack: 273-5552. freihofer'srun.com.
- 2 15th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M fun run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 2 1st Glens Falls Urban Assault.** 4.6M run thru the streets taking on challenging obstacles. 5pm. GF Civic Center, Glens Falls. Randy Rath: 321-3088. adkracemgmt.com.
- 2 3rd Dragon's Pride 5K Run/Walk. 10am. Saratoga Spa S.P., Saratoga Springs. dragonspriderun.yolasite.com.
- 3 Worcester Marathon & Half Marathon.** USRA Half Series. Worcester, MA. worcestermarathon.com.

- 3 Nipmuck 50K Trail Race. Grand Tree Series. Ashford, CT. 860-429-0582. runwmac.com.
- 9 14th Kinderhook Bank OK-5K Road Race.** 9am. OK-1 kids' 1M run: 8:15am. Village Square, Kinderhook. Ed Hamilton: 369-4789. ok5krace.org.
- 10 7th Lake Placid Marathon & Half Marathon.** 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 24 36th Adirondack Distance Run.** 10M. 7:30am. Lake George Firehouse, Lake George to Rogers Memorial Park Beach, Bolton Landing. adirondackrunners.org.

JULY

- 4 6th "Firecracker 4" 4M Road Race.** 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. Bob Vanderminde: 744-5646. firecracker4.com.
- 12-15 5th ARE Trail Running Camp for Adults.** Running, yoga, clinics, paddling, run/tube trip. Sun, 9am: Froggy Five Trail Race. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.

SEPTEMBER

- 16 7th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 8am. 5K Run/Walk: 8:05am. Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com.
- 22 35th Whiteface Mountain Uphill Foot Race.** 8M up 3,500ft on 8% grade. 8am. Wilmington. 888-944-8332. whitefacrace.com.
- 23 Adirondack Distance Festival.** 5K & 10K Races. 9:30am. Municipal Center, Chestertown. 532-7675. adirondackmarathon.org.
- 23 Adirondack Distance Festival.** Marathon & Marathon 4-Person Relay (new): 9am. Half Marathon: 10am. Expo & kids' fun run (2pm): 9/22. Schroon Lake. 532-7675. adirondackmarathon.org.
- 28-29 1st Ragnar Relay Series: Adirondacks.** 200M. Overnight 6-12 person team relay race. Saratoga Springs to Lake Placid. 877-837-3529. adirondacksragnar.com.

OCTOBER

- 7 Mohawk Hudson River Marathon & Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo: 10/6. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.

SWIMMING

MARCH

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

APRIL

- 7 2nd Duaneburg Swim Meet. 10am. Duaneburg Area Community Center, Delanson. adms.org.

MAY

- 19 Spring Fling Swim Meet. 1:30pm. Ballston Spa H.S., Ballston Spa. Keith Coonrod: 527-5853. adms.org.

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

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

Come Run with Us...

- Improved loop course around beautiful Schroon Lake
- New England Runner says "you will love the scenery"
- Bands, musicians and talko drummers
- Free massages following race
- Super friendly volunteers

Adirondack Distance Festival

Half & Full Marathon Marathon 4-Person Relay

Full – 9am, September 23
Half – 10am, September 23
Schroon Lake, New York

Kids 1K Fun Run

Saturday 2pm, September 22
Schroon Lake, New York

5K & 10K Races

9:30AM, September 22
Chestertown, New York

Visit Our Website
adirondackmarathon.org

For Info & Registration Form
Call **1-518-532-7675**

23rd Annual

PROSPECT MOUNTAIN ROAD RACE

Lake George, NY
Saturday, May 12 • 9am

Course: 5.67 miles
Prospect Mtn gate, up 1,601 feet to summit
Events: Lake George Elementary School

Register Online: active.com
Application: adirondackrunners.org
Info: cifonedesigns@aol.com

Short-sleeve shirts to first 200 by 5/3
Sponsored by The Adirondack Runners

Grand Prix Road Race Series

3/17 Runnin' Green • 4/15 Delmar Dash 5M
4/28 Bill Robinson 10K • 5/28 GF Memorial Mile
6/9 Kinderhook OK 5K • 6/24 Adk Distance 10M
9/9 Dunkin' Run 5K • 9/21 Arsenal City 5K
9/23 Falling Leaves 14K • 10/7 MHR Marathon or Half Marathon • 11/11 Stockade-athon 15K
11/22 Troy Turkey Trot 10K

Top six males/females in each category:
\$5,900 in cash/merchandise prizes
Open to 2012 USATF Adirondack members

More Info: usatfadir.org
Sponsored by Fleet Feet Sports Albany

33rd Annual Salem

APRIL FOOL'S RACE

Saturday, April 7

Run in scenic and historic Salem, NY
Start/finish: Salem High School
10:00am 1-mile children's race (14 & under)
10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

Registration: Dan Sheldon
4361 State Route 22
Salem, NY 12865
(518) 854-9262
drswht@yahoo.com



All entrants receive April Fool's T-shirt!

Literacy

5K Run/Walk 2012

Sunday, May 6 • 10am
Troy Atrium
3rd St & Fulton St, Troy

Register: Active.com
\$20 registration; \$25 race day
Children's Fun Run – 9am (\$6)
Youth Mile – 9:30am (\$10)

Complete info: lvorc.org
Literacy Volunteers of Rensselaer County
(518) 274-8526

33RD ANNUAL ST. PETER'S KEYS RUN

A Grand Prix Event of the Adirondack Runners

Saturday, April 21 *5K & 10K USATF Certified*

10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM
SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS



ENTRY FEE 5K & 10K \$18 / \$23 day of race (1 fee covers both races)
1-Mile \$10
Family Discounts (5K & 10K): \$50 preregistered / \$60 day of race

Online Registration & Application: www.saratogastryders.org

INFORMATION Jeff Clark 581-7550 or Laura Clark laura@saratogastryders.org
Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!



Cholesterol Testing *Revisited* PART TWO

By Paul E. Lemanski, MD, MS, FACP



This is the 47th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 46 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost.

One way to measure the benefit of dietary and lifestyle changes on heart disease risk is through blood cholesterol testing. An understanding of such testing is essential for an individual to determine whether a change in diet and/or lifestyle is having the desired effect on risk and to serve as a focal point of discussion with your physician regarding personal cardiovascular risk and the reduction of that risk. Part One addressed the measurement of blood cholesterol and resulting cardiovascular risk. Part Two will address non-medicated ways to improve cholesterol measures and risk.

The most effective non-medicated ways to improve cholesterol measures and risk are based on specific modifications of

dietary composition, daily aerobic exercise, and achieving a normal or near normal body weight. Recommendations for each and how they impact cholesterol and risk will be taken in turn.

Dietary Composition – The most effective dietary approach to improve cholesterol measures and reduce risk is to reduce dietary cholesterol as well as the consumption of saturated fat. All animal derived food and food products contain dietary cholesterol. Thus meat, fish, butter, and dairy products contain dietary cholesterol. Vegetables and fruits do not. Dietary cholesterol in the gut is absorbed into the blood stream and may account for up to 30-percent of blood cholesterol levels.

Saturated fat which is also contained in meats, the skin of animals and animal by-products, is absorbed into the blood stream and converted via the liver ultimately to low-density lipoprotein (LDL) or the bad cholesterol. Non-meat sources of saturated fat include coconut oil and palm oil, but even olive oil has small amounts of saturated fat. LDL in turn when present in increased amount will enter artery walls and form a cholesterol plaque, a necessary precondition for heart attack and stroke.

Reducing dietary cholesterol may modestly reduce blood cholesterol levels, but for most people the American diet contains proportionately much more saturated fat than cholesterol. Thus reducing saturated fat in the diet has a much more powerful effect on lowering LDL. The American Heart Association recommends reducing dietary cholesterol to 200 milligrams per day and

saturated fat to less than seven-percent of total calories. A simpler approach may be to reduce the combined total of saturated fat and trans-fats to less than 10 grams per day. Product nutrition labels generally display the grams of both. Depending upon initial intake of saturated fat, such an approach could drop LDL levels as much as 20 to 30 points. For every milligram per deciliter (mg/dl) of LDL reduction, cardiovascular risk is decreased by one-percent.

A predominately plant-based diet that adds small amounts of lean meat without skin would be the simplest approach. Fish which is naturally low in saturated fat is an excellent substitute for meat. Examples of traditional diets that employ this general approach would be a Mediterranean diet or an Okinawan diet. Veganism which completely avoids meat and dairy is another perhaps even more restricted approach that could work to maximally lower LDL. Using this general approach, as long as the restriction is confined to saturated fat plus trans-fats, LDL will drop but high-density lipoprotein (HDL) – the good cholesterol – should remain unaffected.

Daily Aerobic Exercise – In order to be maximally effective in altering cholesterol levels for the better, exercise should be daily for about 30 to 45 minutes. Exercise does not generally alter the LDL level in the blood, but it can alter LDL particle size and number. As explained in Part One, LDL exists in the blood as particles, which if excessive may gain access to the artery wall and form a plaque.

Exercise, specifically aerobic exercise, can modify the size of particles and their number. Thus aerobic exercise can help the liver repackage smaller more numerous LDL particles into fewer, larger ones. The measured LDL in the blood may not change appreciably with exercise, but the non-HDL cholesterol (see Part One) can drop significantly. By repackaging LDL into larger particles, the LDL is less likely to penetrate into the artery wall and form a plaque. Cardiovascular risk is thereby reduced.

Exercise may also raise the HDL or good cholesterol. As described in Part One, HDL acts as a vacuum cleaner which picks up LDL from a cholesterol plaque in the artery wall and returns that LDL to the liver. Daily aerobic exercise, such as brisk walking or running, may increase HDL by two mg/dl

for every 10K per week. For every mg/dl that HDL is increased, cardiovascular risk decreases by about three-percent. Exercise may also decrease triglycerides, another blood fat, by 20- to 30-percent for those in whom high triglycerides are an issue.

Normal Body Weight – Weight loss in those overweight or obese will only modestly lower LDL cholesterol, generally by about 10- to 15-percent. Weight loss, however, will powerfully increase LDL particle size and reduce the number of particles. Non-HDL cholesterol can be shown to drop and by this means the individual can track their improving cardiovascular risk. Weight loss may also powerfully raise HDL four-to-six mg/dl for every 20 pounds of weight lost toward a normal body weight. Additionally, weight loss can decrease triglycerides by 30- to 50-percent.

Finally, the dietary changes described above, the daily exercise suggested as well as weight loss will all lower high-sensitivity C-reactive protein (hs-CRP), the inflammatory marker of cholesterol plaque stability. As described in Part One, the body's immune response to oxidized LDL within the cholesterol plaque is for white blood cells to attack the plaque, and increase the likelihood of the plaque rupturing, and thus causing a heart attack or stroke. Hs-CRP represents a global way of assessing improved plaque stability using these non-medicated approaches.

In summary, individuals may assess and significantly improve cardiovascular risk with a thorough understanding of their baseline cholesterol profile and proactive improvement in that profile with changes in diet, exercise and weight management. In this way a non-medicated approach may be shown in measurable ways to help avoid the proverbial bottle of pills to address one of our most significant potential health problems. 🌱

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RUNNING & WALKING

Running Trends

By Laura Clark

At first glance the word *trendy* seems like an oxymoron when applied to running. In a sport known for its simplicity, it is difficult to imagine doing more than lacing up a pair of sneakers and heading out the door. But apparently while putting in those solitary miles, runners have had a lot of time to think. We have gone from sweatpants to tights, ice pop sticks to advanced timing systems, and tailgate shoe salesman to running stores that resemble neighborhood clubs. So why stop now?

The *Loneliness of the Long Distance Runner* book withstanding, the most obvious development is the fact that there are simply so many more of us out there. The field has expanded from single-purposed runners bent on winning, to PR (personal record) contenders to PE (personal enjoyment) participants. Although elite and semi-elite runners continue to chip away at the possible, average race times across all distances have declined as more folks mold running around their daily lives rather than organize their lives around running.

While some of this increase can be attributed to baby boomers confronting their mortality, a lot of it has to do with the fact that more women are out there, not cooking meals or cleaning houses. During the first running boom in the 1970s I could pretty much count on a quick pre-race pit stop, all the while laughing at the guys queued in an endless line – but no more. In fact, at the Freihofer's Run for Women 5K, females have been known to commandeer the men's facilities.

According to the 2010 Running USA Survey, which is pretty much the latest available since you have to pay \$109 for the 2011 survey, female road runners outnumbered men at all distances except the full marathon. Interestingly, in the half marathon females comprised 59-percent of entries to the males' 41-percent, with the percentages exactly reversed for the marathon. Female trail runners still lag behind their male counterparts although according to Nancy Hobbs of the American Trail Running Association, there are many more women running the trails now than there were ten years ago and they are giving the men a run for their money.

I would suggest that another reason for the proliferation of women runners is the fact that training has become less solitary and more of a community event. Kenyan and Team USA success has filtered down into mainstream consciousness and folks are beginning to recognize the value of group motivation. And who else is more

attuned to the group mentality than a bunch of women? When was the last time you saw guys gossiping in the powder room, going shopping together or doing lunch? For a number of years now Fleet Feet Sports Albany has partnered with New Balance on a stunningly successful No Boundaries program twice a year, which through lectures, group runs and cheer-leading, prepares beginners to run their first 5K. An overwhelming percentage of participants are women.

The Mohawk Hudson River Marathon and Half Marathon Training Program quickly filled. USA Fit Albany, led by Jennie Heidbreder, offers individual training plans, weekly group runs and experienced coaches, and their season begins on April 28.

Thanks to online tools, solitary runs can be just that or become communal events. The popular Couch-to-5K Running Plan (coolrunning.com) offers both free and paid versions. Either way, if you follow the run/walk training schedule, after two months you will receive your 5K reward. SmartCoach now offers smart phone apps empowering you to tailor a training plan to suit your chosen distance and ability level. Many folks turn to Facebook to document their progress, pose questions, and check up on what the competition is doing.

Nowadays, compulsive runners can spend more time dissecting their runs than actually running. GPS-enabled watches download workout data to your computer, analyze and compare distance, pace and elevation. Map My Run and Google Maps show you where you have been and where you might like to head next. Nice, but that takes away the serendipity and the accidental encounters that come with spatial disorientation. Somehow, I'd rather spend all that time running than reviewing the run.

As far as the races themselves, Stockade-athon 15K race director Vince Juliano notes that, "10Ks were the trend from 1985 to 1995. 5Ks then took over and 10Ks almost disappeared." Now half marathons are firmly established as the new marathon and are guaranteed a crowd. We know through painful experience that the Mohawk Hudson River Half Marathon will sell out its 13.1-mile slots well in advance of its full marathon. Personally, I suspect that new kids on the block will abandon the younger cousin format and offer the half as the main event. Vince laments, however, that while 15Ks and 10 milers attract a strong regional following, the combination



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of speed and distance training required to be successful at these events has so far limited their popularity.

In *Back to the Future* mode, beefed up platform shoes with airbags and gel cushioning are yielding to the "new" minimalist trend as shoe companies scramble to justify their existence in the wake of the *Born to Run* book phenomena. When I first began running, my shoes were lightweight pancake flat Adidas and we have once again come full circle with minimal drop footwear. Most telling, *Runner's World* Spring Shoe Guide has been completely revamped, eliminating traditional motion-control, stability and neutral categories by designing a shoe finder to fit needs like mileage, injury protection, and body mass index.

No longer is the "if it ain't broke, don't fix it" philosophy acceptable. Thanks to ChiRunning and the barefoot techniques outlined by Barefoot Ken Bob Saxton in his must-read book, *Barefoot Running Step by Step*, runners have discovered that as in every other sport, good form counts, it makes you faster and prevents injury.

Above all, running is now supposed to be FUN, at least some of the time anyway. Single-minded pursuit of a compelling goal may get you the carousel ring but one can tolerate only so many A-plus performances. Folks are lightening it up a bit with events that begin their advertisements with the key phrase, "Not your average..." Mud runs have branched out to specialty encounters like the second annual Survive the Farm

5K challenge in Easton on May 26, which tours the rough terrain of a working farm, including obstacles designed by the active military – it received rave reviews last year. Or two inaugural events, the Tuff eNuff Challenge 5K in Saratoga Springs on May 19 is a muddy, obstacle course race (preventioncouncil.com), and the Hero Rush 5K firefighter-designed course that simulates rescue situations on Sept. 8 in Charlton.

Relay events such as the 200-mile Ragnar Relay Adirondacks demand logistical skill, running prowess and an ability to stay awake indefinitely. A variation on this theme are the new crop of borderline winter/spring pentathlons like Whiteface's Rites of Spring (ritesofspring.net) and Highlands in Charlemont, Mass. (berkshirehighlandsevents.com), featuring a combination of sports such as running, biking, kayaking, hill climbing and alpine and cross-country skiing. Those seeking a tamer experience can count on the Adirondack Marathon which offers a new five-eight-five-eight-mile relay option, a perfect combo for slow-twitch and fast-twitch teammates.

Lace up those sneakers (or not!), head out the door, and liven up your routine by embracing something new or revisiting a new twist on something old! 🌲

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



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ATHLETE PROFILE

RESIDENCE: Voorheesville
CAREER: Wildlife Biologist with NYS Department of Environmental Conservation
FAMILY: Partner Susan Wolfe and loyal Labrador Sophie
PRIMARY SPORT: Paddling
SECONDARY SPORT: Ice Hockey
AGE: 57

John Ozard

SWEETWATER KAYAKS SYMPOSIUM IN ST. PETERSBURG, FLA., FEBRUARY 2012 (LISA BACKMAN).

ICE-OUT ON SARATOGA LAKE (ALAN MAPES).



SKIN-ON-FRAME KAYAKING BUILDING WORKSHOP IN ROCHESTER.



SOLO CANOEING ON KUNJAMUK CREEK IN THE ADIRONDACKS (PETE DEVITT).

By Alan Mapes

Perhaps one of the most skilled sea kayakers in the Capital District, John Ozard started paddling kayaks when he was nearly 50 years old. John was comfortable on the water from his many years of paddling open canoes, and he launched into the new sport with his typical abandon. Now John has become a strong force in attracting new people to paddlesports and helping people improve their paddling skills.

For John, paddling is a lifelong sport, starting with canoe trips during his time at SUNY College of Environmental Science and Forestry at Syracuse. Some of his early experiences were multiday canoe camping trips in the Adirondacks and the running of whitewater rivers in Maine. After completing a BS degree in wildlife biology in the 1970s, John started work with the New York State Department of Environmental Conservation's Wildlife Bureau. He is still with DEC, serving as leader of the Wildlife Diversity Unit.

John is one of the lucky ones who can combine his sporting passion with his regular work. Canoeing played an important role over the years with tasks like surveying marsh birds along the Hudson River and documenting turtle populations in many areas of the state.

John's most challenging experiences canoeing involve studies of common loons in the Adirondacks. Imagine paddling a 17-foot canoe across a wilderness lake in the middle of the night with two other biologists in the boat. With John paddling in the stern, one biologist holds a spotlight (powered by a heavy marine battery), and the

other holds a large, long-handled net. The object is to closely approach, spotlight and capture the elusive loons. The birds are then banded, measured, and feather and blood samples are taken for continent-contaminant analysis. This is a tricky and difficult bit of paddling, without a doubt.

When John tried sea kayaking in 2003, he was immediately hooked. He bought his first kayak that fall and started paddling with our local Adirondack Mountain Club (ADK) paddle group (for more info, contact Rich Macha at Adirondack Paddle 'N' Pole: apnp@prodigy.net). He discovered, as most people do, that you can have a really good time your first time out in a kayak. With that said, you can also work for years to learn the finer skills of the sport.

One of the finer kayaking skills is rolling – rescuing yourself from a capsize by righting the kayak using body movement, and usually the paddle. Many kayakers never acquire this skill, as it takes a lot of practice to master. John took this as a challenge and signed up for wintertime rolling classes offered by ADK at a local pool.

I remember John's first roll in real world conditions, during a training day on Lake George. He was knocked over by a combination of wind waves and boat wakes as we paddled by Green Island. John kept his cool and rolled up successfully, impressing everyone, including the coaches leading the class.

That experience egged him on and he mastered rolls of many kinds over the next few years. I got him started with Greenland-style rolling, and he soon mastered ten or more different ways of rolling a kayak. Every time

John tries out a new model of kayak, he will roll it. His "kayaks I have rolled" list is now approaching 105 different models!

To take his kayak training beyond the level of our local classes, John turned to British Canoe Union (BCU) classes (bcuna.com). He has attended kayak training symposiums and classes in Maine, Massachusetts, Rhode Island, Washington, Connecticut, Florida and New York. The BCU offers some of the best classes and paddle coach training available in the country. John holds a number of ratings and awards, including BCU 2 Star award, BCU 3 Star Sea Kayak, and 3 Star Open Canoe awards, Canoe Safety Test, and Foundation Safety and Rescue Training. John is now working on the 4 Star Leader award.

The next step was to teach others. John began by leading local paddle trips and teaching beginners in the ADK winter pool sessions. He completed a BCU Level

1 Coach certification and is now working on a Level 2. As I write this article, he is in St. Petersburg, Florida, assisting with instruction at the Sweetwater Kayak Symposium.

Competition has not been part of John's path to sea kayaking skill. There are a few paddling races conducted in the Northeast, but he reserves his competitive side for ice hockey. John joined a NYSDEC hockey club when he started his professional career in the 1970s and is still playing. He is also captain of a team in the Bethlehem YMCA Adult Hockey League. Many of us who paddle with John are continually surprised at his stamina. After a long day's paddle of 15 miles or more, most of us are ready to relax. John will often head home in time to play in an evening hockey match.

There are many facets to the sport of paddling, and John takes part in many of them. He carves narrow-bladed Greenland paddles – traditionally used by the Inuit of Greenland – for his own use and also for friends. (For more info on Greenland paddling, visit: qajaqusa.org.)

John also organized a skin-on-frame kayak building workshop with expert Turner Wilson of kayakways.net. Four Greenland skin boats were built during the 11-day workshop. Some years ago, John built a redwood strip canoe and has worked on restoring wood-and-canvas canoes.

To explore new areas of paddlesports, John is working on solo canoeing skills and on whitewater kayaking.

Currently, John finds a number of outlets for his interest in training paddlers. He organizes the sea kayak demonstrations at the Adirondack Sports & Fitness Summer Expo, coming up March 10-11 at the Saratoga Springs City Center. John arranged kayak pool sessions at the Duanesburg Area Community Center, open to the public every Thursday evening during the winter. He teaches kayak rescues and rolling at those pool sessions and with the ADK spring pool sessions at the Jewish Community Center in Niskayuna.

John's experience with kayaking shows that someone who is well into middle age can pick up a new sport and develop a high level of skill. "I value personal skills" says John. "I recognized my limits and pursued instruction, always trying to learn something new." 🌲

Alan Mapes of Delmar is the owner of North River Kayaks, offering kayak instruction, canoe and kayak repairs and Greenland paddles. He has instructor ratings from the BCU and the American Canoe Association, and can be contacted through northriverkayaks.com

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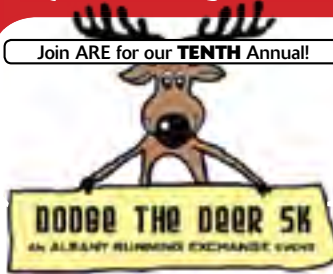
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- Special Olympics NY/Silks & Satins 5K
- Survive the Farm 5K Challenge
- Team In Training/Leukemia & Lymphoma
- USA Track & Field - Adirondack

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- Saratoga Century Weekend
- Tomhannock Bicycles
- Tour of the Battenkill Race Weekend
- Wilmington Whiteface 100/Leadville Race Series

■ TRIATHLON & MULTISPORT

- Bethlehem Tri Club
- Blue Sky Bicycles
- Capital District Triathlon Club
- Crystal Lake Triathlon
- HITS Tri Series/Hunter & Cooperstown
- North Country Triathlon
- Saratoga Triathlon Club
- SHAPE Multi-Sport Camps
- SKYHIGH Multi-Sport Life Triathlon Festival
- Steiner's Ski & Bike
- Team LUNA Chix Albany Triathlon
- Tupper Lake Tinman Triathlon

■ BICYCLING & MOUNTAIN BIKING

- ADK ididaride! - Adirondack Bike Tour
- American Diabetes Assn/Tour de Cure
- Broadway Bicycle Co
- Capital Bicycle Racing Club
- Centurion Cycling New York (Lake George)
- Double H Ranch/Camp Challenge
- Elevate Cycles

■ KAYAKING, CANOEING & SUP

- Adirondack Paddlefest
- Battenkill Valley Outdoors
- Hornbeck Boats
- Lake George Kayak Co
- Mountainman Outdoor Supply Co
- Placid Boatworks

■ HIKING, CLIMBING & SKILLS

- Adirondack Mountain Club
- Fountain Square Outfitters
- High Peaks Mt Adventures Guide Service
- Hope on the Horizon: An Expedition for ALS
- The Mountain Goat
- NYS Outdoor Guides Association
- Wild River Press/Discover the Adirondacks
- YMCA Camp Chingachgook

■ HEALTHY LIVING

- Adirondack Life Magazine
- Adirondack Sports & Fitness Magazine
- Arbonne International
- Army National Guard Rock Climbing Wall
- Back in Balance Therapeutic Massage
- Brains & Brawn Obstacle House
- Capital District YMCA

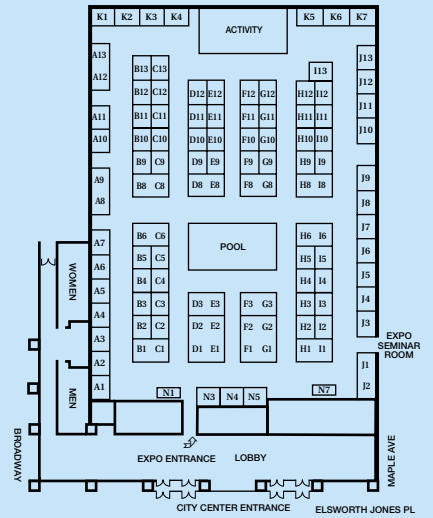
- Cummings Advertising Art
- The Good Feet Store
- Huff N Puff Home Improvement
- Level Head Recruiting
- Lifetime Fitness
- Northeast Promotional Group
- Regional Food Bank of Northeastern NY
- Regional Therapy Center/ Saratoga Hospital
- Rich Morin's Scuba Centers
- Saratoga Photobooth Co
- Saratoga Sports Massage
- SUNY Adirondack/Adventure Sports
- Watervliet Parks & Recreation
- Young Living Essential Oils

■ TRAVEL DESTINATIONS

- Adirondack Adventure Festival
- Adirondack Museum
- Adirondack Recreation Trail Advocates
- Adirondack Scenic Railroad
- Cunningham's Ski Barn
- Enchanted Forest/Water Safari
- Gore Mountain Ski Resort
- Gore Mountain Region Chamber
- Hudson River Rafting
- Mohawk Towpath Scenic Byway
- Old Forge Camping Resort
- Town of Inlet - Information



Saratoga Springs City Center
522 Broadway



- Tupper Lake Chamber of Commerce
- Washington County Tourism
- The Wild Center

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EXPO PADDLING, SCUBA & SWIMMING POOL DEMOS & CLINICS

SATURDAY & SUNDAY, MARCH 10 & 11 – 10:00-10:45 Try Scuba in Heated Pool. Led by certified diving instructors from Rich Morin's Professional Scuba Center. Age 10-plus. Reserve: 761-0533. Bring swimsuit, towel and sandals. **11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Pete Devitt, Lisa Backman, Steve Burke, Garth Johnson, Tricia Johnson & John Ozard, Adirondack Mountain Club – Albany Chapter. **11:30-12:00 Kayak Paddling Strokes & Boat Handling Techniques.** Pete Devitt, Lisa Backman, Steve Burke, Garth Johnson, Tricia Johnson & John Ozard, Adirondack Mountain Club – Albany Chapter. **12:00-12:30 Stand-Up Paddling: The Basics.** John Flynn, Lake George Kayak Company. **12:30-1:00 Whitewater Kayaking 101 & Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center and Bliss-Stick US & Alex Barham of Kinderhook. **1:00-2:00 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers. **2:00-2:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Pete Devitt, Lisa Backman, Steve Burke, Garth Johnson, Tricia Johnson & John Ozard, Adirondack Mountain Club – Albany Chapter. **2:30-3:00 Intro to Canoeing & Solo Canoeing.** Pete Devitt, Lisa Backman, Steve Burke, Garth Johnson, Tricia Johnson & John Ozard, Adirondack Mountain Club – Albany Chapter. **3:00-3:45 Try Scuba in Heated Pool.** Led by certified diving instructors from Rich Morin's Professional Scuba Center. Age 10-plus. Reserve: 761-0533. Bring swimsuit, towel and sandals.

SATURDAY, MARCH 10 ONLY: – 3:45-4:15 Total Immersion Swimming: Swimming That Changes Your Life. Watch swimming with grace, flow and economy. Take the struggle out of swimming to save energy for the bike and run or to simply enjoy the swim experience. Ann Svenson, former triathlete, masters swimmer, long distance all star, all American and national record holder, and Total Immersion coach since 1990.

EXPO SEMINARS & CLINICS

SATURDAY, MARCH 10 – 12:00-12:45 Triathlon: "Free Time in Triathlon." We'll discuss strategies and practices to shave time of the clock without much training. If you are hoping to "PR" this season, don't miss this session on reducing stress/anxiety, pre-race rituals, improving transitions, and race day game planning. Kevin Crossman of South Glens Falls has 10 USAT-sanctioned podiums and is a two-time USAT All-American. **1:00-1:45 Hiking, Running, Walking: Stop Living with Foot Pain: Prevention & Treatment.** If you have heel pain, plantar fasciitis or Achilles tendonitis, get information and answers to your questions related to sports injuries of the foot in this session. Dr. David Lambarski, Podiatrist, Northeast Foot Care. **2:00-2:45 Paddling: What's New in Kayaks, Canoes, Stand Up Paddleboards and More.** The paddle sports industry has varied offerings whether out for an hour or out for a day, from touring and exploring to fitness. This session is a guide to the "right boat for the job" – canoe, kayak, specialty and equipment selection. Bring your questions! Ike Wolgin, Lake George Kayak Co. **3:00-3:45 Running: How to Take Your Running to the Next Level.** Focus on strategies for improving as a runner from the 5K to marathon: area resources, speedwork and cross-training, diet, and balancing career and family. Emily Bryans is captain of a women's racing team, has competed at the national level from 5K to the marathon for 15 years, especially as a masters runner. Shelly Binsfeld is a running coach at Southern Saratoga YMCA, assistant captain of Willow Street women's team, and ran many personal bests in 2011, from 5K to the half marathon.

SUNDAY, MARCH 11 – 12:00-12:45 Bicycling: Two Wheels Across the USA 2010. Rich bicycle toured from Seaside, Ore., to Rehoboth Beach, Del., a journey of over 4,000 miles and three months on the road. Along the way, he saw America's small towns and people up close, enjoyed their hospitality, climbed mountains, and followed rivers as he pedaled his way across the country. Rich will present a slide show of his experiences on the road and provide some tips about bicycle touring in general. Rich Vertigan lives in Schenectady. **1:00-1:45 Triathlon & Bicycling: Proper Bike Fit and Positioning for Maximum Performance and Comfort.** Expert overview from a certified technician and 11-time Ironman Lake Placid finisher for recreational riders to expert racers and triathletes. Brian Delaney, High Peaks Cyclery in Lake Placid. **2:00-2:45 Hiking: The Catskill 100 Highest List.** This will introduce hikers and enthusiasts to a range of peaks largely unknown to the public by sharing beautiful digital slides of mountain scenery photo contributors to his new guide, recently published by ADK: The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500-Feet. Alan Via of Slingerlands has been a hike leader for ADK, 3500 Club, AMC and Taconic Hiking Club for 35 years.

NEW FOR 2012 TRY SCUBA!

Attendees can try scuba diving in the heated expo pool with FREE scuba diving instruction from certified diving instructors! Visitors 10 and older can dive into the 4-foot deep, 15,000-gallon pool and even explore fun underwater features. All necessary equipment – even hairdryers – is provided. Bring your swimsuit, towel and sandals and you're ready to go! Sponsored by Rich Morin's Professional Scuba Center in Glens Falls. To reserve your spot, call (518) 761-0533.



EXPO PRIZES AND GIVEAWAYS

BICYCLING • Centurion New York – Two entries to Centurion Lake George on June 22-24, where racers race, riders ride. 100, 50 or 25 miles. \$250 value. **Centurion New York** – Timex Ironman Global Trainer GPS. \$150 value. **Centurion New York** – Six Timex watches. \$180 value. **Get Your Guts in Gear** - Two cycling jerseys. \$100 value. **Mohawk-Hudson Cycling Club Saratoga Century Weekend** – Five entries to the 100, 62, 50, or 25 mile rides on September 8-9. \$125 value. **Plaine & Son/Broadway Bicycle Co** – Gift certificate to Plaine and Son in Schenectady or Broadway Bicycles in Albany. \$50 value. **Steiner's Sports** – A complete bike fit. \$150 value. **HIKING & PADDLING • Adirondack Mountain Club** – Hiking Book Sampler with a selection of books. \$65 value. **Eastern Mountain Sports** – Five equipment rental gift certificates to any local EMS. \$500 value. **RUNNING • Adirondack Marathon Distance Festival** – Entry to full marathon and half marathon in Schroon Lake on September 23. \$105 value. **ARE Dodge the Deer 5K** – Two entries to Dodge the Deer 5K at Schodack Island State Park on April 21. \$40 value. **ARE Hairy Gorilla Half Marathon** – Two entries to Hairy Gorilla Half-Marathon at Thacher State Park on October 28. \$50 value. **Firecracker 4 Road Race** – Four entries to the July 4th race in Saratoga Springs. \$80 value. **Lake George Half-Marathon** – Entry to the Lake George Half-Marathon on April 29 or another 2012 race in the USRA Half Marathon Series. \$70 value. **Mohawk Hudson River Marathon & Half Marathon** – Two entries to the marathon or the half marathon on October 7. \$130 value. **Schenectady Firefighter's Run 4 Your Life 5K** – Two race entries to the 5K on March 31. \$40 value. **Survive the Farm 5K Challenge** – Entries to the 5K obstacle trail run in Easton on May 26, 2012. \$50 value. **TRIATHLON • Team LUNA Chix Albany** – Two entries to the Splash & Dash Aquathon in August 2012 at Lake Desolation. \$60 value. **North Country Triathlon** – Two entries to the Olympic or sprint distance triathlon in Hague on Lake George on June 30. \$170 value. **Hudson Crossing Triathlon** – An entry to the sprint triathlon on June 10 in Schuylerville. \$70 value. **"Anyone Can Tri" Triathlon** – Two entries to the sprint triathlon in Clifton Park on May 6. \$50 value. **Tinman Triathlon** – One entry to the Tupper Lake Tinman on June 30. \$160 value. **HEALTHY LIVING • Adirondack Life** – Gift basket of Adirondack Life products and subscription to Adirondack Life magazine. \$50 value. **Arbonne** – Gift basket with nutritional, healthy, vegan and gluten-free products. \$150 value. **Back in Balance Therapeutic Massage** – One half-hour massage & one Stretching for Life three-hour session. \$200 value. **The Good Feet Store** – Good Feet Relaxer certificate. \$120 value. **Rich Morin's Professional Scuba Centers** – Complimentary PADI Open Water Diver Course at the Scuba Center in Queensbury. \$460 value. **Saratoga Sports Massage** - Four half-hour massages. \$220 value. **TRAVEL DESTINATIONS – High Falls Gorge** – Admission for four people and four mining bags. \$50 value. **Old Forge Camping Resort** – Free night in a camping cabin at Old Forge Camping Resort next to Enchanted Forest Water Safari. \$75 value. **The Wild Center** – Admission passes to the center in Tupper Lake. \$100 value. *Finally, exhibitors will have many additional prizes and giveaways at their booths so be sure to visit!*

How to Enter for Prizes – Come to the expo, receive an entry ticket (admission is free), write your name, email address and phone number, place your ticket into the prize bag of interest. For every food item or \$5 donation to the Regional Food Bank of Northeastern NY at their booth, you will receive an extra prize ticket – supporting a good cause and increasing your chance of winning. Winners will be drawn on Sunday, March 11 at 4pm (close of show). The winners will be notified on Monday, March 12. You do not need to be present to win. You must be at least 18 years old to enter. Winners will have seven days to claim their prize.



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- 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.

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



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SUMMER EXPO

Exhibitor Overview

RUNNING & WALKING

Adirondack Marathon Distance Festival – We will be presenting information, brochures and maps for the Adirondack Marathon & Half-Marathon, 5K & 10K on September 22-23. New this year is the four-person marathon relay. Schroon Lake • 518-524-7464 • adirondackmarathon.org

Firecracker 4 Road Race – Our perennial 4-mile race has become a 4th of July Saratoga tradition. A spirited race through historic Saratoga Springs with entertainment along the course. Join the fun, bring a friend and run! Saratoga Springs • 518-316-4445 • firecracker4.com

Freihofer's Run for Women/USA Track & Field Adirondack – We're the local association of the national governing body for track and field, long-distance running, and race walking and the event organizers of the Freihofer's Run for Women on June 2 in Albany. Troy • 518-273-5552 • usatfadir.org • freihoferstrun.com

My Fitness Recovery/ChiRunning – My Fitness Recovery, featuring ChiRunning and Egoscue Postural Alignment, is about reclaiming your body. We provide individualized, cutting edge personal training that meets you where you are, and moves you to where you want to be. Or simply renew your love of running: align your posture; focus your mind; run like the wind! Ludlow, VT • 802-259-3617 • myfitnessrecovery.com

Hudson Mohawk Road Runners Club – We are a not-for-profit running club in the Capital District holding over 30 events throughout the year. We are open to all runners of all ages, levels, and abilities. Come run with us! Albany • 518-377-1836 • hmrrc.com

Komen NENY Race for the Cure – Find out more about the Komen Race for the Cure on October 6 at the Empire State Plaza in Albany and support the local breast health programs and national breast cancer research through the purchase of pink ribbon merchandise. Albany • 518-250-5379 • komenneny.org

RUseeN Reflective Apparel – We will be selling and promoting reflective running and biking apparel and accessories. Shillington, PA • 610-777-1288 • ruseen.com

Saratoga Stryders – Come run with us. The Saratoga Stryders have workouts and recreational runs and walks for all abilities. Join us Wednesdays or Saturdays throughout the year or participate in our summer trail run series. Saratoga Springs • 518-584-5229 • saratogastryders.org

Schenectady Firefighters "Run for Your Life" 5K – We'll be promoting our third annual 5K run/walk, held on March 31, to raise awareness about the leading cause of death to firefighters: cardiovascular disease. Schenectady • 518-365-3883 • schenectadyfirefightersrun4yourlife.com

Special Olympics New York – Learn more about the Special Olympics in general, as well as Silks & Satins 5K Run, Over the Edge and Polar Plunge. Schenectady • 518-388-0790 • specialolympicsny.org

Survive the Farm 5K – We'll be promoting our 5K obstacle challenge on May 26 – it's a mud run with military-inspired obstacles on a trail course. Net proceeds benefit Operation Adopt-A-Soldier and Hope for the Warriors



YOUR KIDS CAN TRY KAYAKING IN THE POOL SO BRING YOUR CAMERA! PHOTO BY BRIAN TEAGUE

charities. Race includes live music and barbeque. Easton • 518-791-7856 • survivethefarm.com

Team in Training/Leukemia & Lymphoma Society – Train with the team to run or walk a full or half marathon, cycle a century ride or complete a triathlon or endurance hike – and help save lives with every mile! Albany • 518-438-3583 • teamintraining.org/uny

BICYCLING & MOUNTAIN BIKING

American Diabetes Association/Tour de Cure – Get ready to take the ride of your life with the Tour de Cure on June 3 and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5, 100 miles, or an indoor three-hour Spinathon! Albany • 518-218-1755 • diabetes.org

Capital Bicycle Racing Club – Promotion of CBRC as a volunteer-run, not-for-profit sports club, which promotes bicycle racing of all kinds and holds eight yearly road racing events. Albany • 518-966-4198 • cbrc.cc

Centurion Cycling • Centurion New York – Centurion New York in Lake George is a full weekend of cycling on June 22-24, including a Friday evening Hill Climb, Saturday morning C25 and Kids' Ride and Sunday's C50 and C100. Racers race and riders ride. Madison, WI • 608-467-2914 • centurioncycling.com

Double H Ranch/Camp Challenge Ride & Run – Visit our booth for information on our Double H Ranch Camp Challenge Ride and Camp Challenge Run on September 8. Lake Luzerne • 518-696-5921 • doublehbranch.org

Elevate Cycles – We'll have information on road, mountain, tri and fitness bicycles as well as our indoor and outdoor training programs. Visit us for special show discounts on bike clothing (up to 60% off) and discount coupons for spring tune ups. Saratoga Springs • 518-587-0455 • Clifton Park • 518-371-4641 • elevatecycles.com

Get Your Guts in Gear – We raise awareness and money for people with Crohn's disease, ulcerative colitis and related conditions. Learn about our 2-day, 150-mile rides (optional century) in New York on June 8-10 and Wisconsin on September 7-9. White Plains • 623-551-6466 • ibdrive.org

High Peaks Cyclery & Mountain Adventures Guide Service – High Peaks Cyclery is the Adirondacks four-season source for bicycling, triathlon, running cross-country and hiking sales, service and rentals – plus the Mountain Bike Center at Whiteface. High Peaks Mountain Adventures Guide Service offers rock climbing, hiking, paddling and more for individuals, families and groups. Lake Placid • 518-523-3764 • highpeakscyclery.com

continues on 18 ▶

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EXHIBITOR OVERVIEW continued

Mohawk Hudson Cycling Club – We are upstate New York's largest recreational bicycling organization. The club currently has 700 members – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. Albany • 518-466-1182 • webmhcc.org

Placid Planet Bicycles – Located in Lake Placid since 1994, we are the North Country's premier bicycle store. A true one-stop shop, Placid Planet offers bikes, accessories and service to suit any cyclist. We will be promoting our products and services. Lake Placid • 518-523-4128 • placidplanet.com

Plaine and Son/Broadway Bicycle Co – Specialized – Trek – We're Schenectady's and Albany's largest bike stores! Huge selection, lowest prizes, club rides, events, and clinics. We'll be selling cycling clothing. 518-346-1433 • plaineandson.com • broadwaybicycleco.com

Revolutionary Velo-Watts – We will be demonstrating cycling technique with volunteer riders using a Computrainer. Clifton Park • 518-256-9818 • velowatts.com

Saratoga Mountain Bike Association – We will have SMBA memberships for sale, SMBA gear, general information about the club, and our 2012 schedule of events. Saratoga Springs • 518-369-6319 • saratogamtbo.org

Tomhannock Bicycles – We'll be selling and promoting tri, road and mountain bikes plus accessories and apparel. Pittstown • 518-663-0083 • tomhannockbicycles.com

Tour of the Battenkill/Anthem Sports – America's largest one-day pro/am cycling race, which is part of Stan's Notubes Great American Cycling Series! Racers compete over 62 miles of rolling terrain on both dirt and paved roads as they travel through the world famous Battenkill Valley on April 14-15. Cambridge • 518-275-6185 • tourofthebattenkill.com

Wilmington Whiteface 100/Leadville Qualifying Series – Lifetime Fitness will be promoting the Leadville qualifier race on June 17 and the race series. Tempe, AZ • 702-860-1227 • leadvillerraceseries.com

TRIATHLON & DUATHLON

Bethlehem Tri Club – We're a group of all level multi-sport athletes who socialize, train and race together in a motivating and professional environment. Weekend warriors to Ironman competitors, we educate, empower and inspires athletes to live and train at their best! Delmar • 518-598-3434 • bethlehemtriclub.com

Blue Sky Bicycles – Blue Sky Bicycles presents Newton Running Shoes, the leader in natural footwear and education. Newton's patented "Action Reaction Technology," in the forefront of their running shoes aids in efficiency



and injury prevention. Try them on and learn about the benefits of natural running. Saratoga Springs • 518-583-0600 • blueskybicycles.com

Capital District Triathlon Club – Organized in 1993 with 300 members, we serve the entire Capital District. We'll have information on membership, our 12-week summer training series and the Crystal Lake Triathlon on August 18. Troy • 518-279-1995 • cdtriclub.org

HITS Triathlon Series – We're a new race series designed for seasoned triathletes, as well as first timers and features race weekend across the country, with local events in Hunter and Cooperstown, providing for the first time ever, "A distance for everyone!" Saugerties • 845-246-8833 • hitstriathlonseries.com

North Country Triathlon – We are an eco-friendly sprint and Olympic distance triathlon located in Hague, on beautiful Lake George. Our race features some of the most challenging courses in the Northeast in the most pristine setting anywhere. Held on June 30th, this is a race you won't want to miss! Hague • 408-828-5060 • northcountrytri.com

Saratoga Triathlon Club – We seek to spread the sport in our area by supporting newbies, veterans and everyone in between. We offer swims, clinics, workouts and camaraderie. Saratoga Springs • 518-860-5698 • saratogatriclub.com

SkyHigh Adventures/Multi-Sport Life Triathlon Festival – We organize the super Olympic road triathlon, SHAPE Youth Camps, Multisport Life Tri Club, SkyHigh XTERRA, Epic Adventure Camps, and SkyHigh Kids' Triathlon. Averill Park • 518-281-6480 • skyhighsupertri.com

Steiner's Sports – We have everything for the triathlete, including bikes from Specialized and Look. Wheels from Zipp and Mavic as well as wetsuits and all triathlon accessories. Glenmont • 518-427-2406 • steinersskibike.com

Team LUNA Chix – We'll have Breast Cancer Fund awareness information. Plus, our event calendars, and Team LUNA Chix water bottles and shirts for sale. All proceeds go to the Breast Cancer Fund. Clifton Park • 518-280-9679 • teamlunachix.com/albany_triathlon

Tupper Lake Chamber/Tinman Triathlon – Learn more about the 2012 Tinman – we'll have registration forms and information on our 30th anniversary race! Tupper Lake • 518-359-3328 • tupper-lake.com

KAYAKING, CANOEING & SUP

Battenkill Valley Outdoors – Experience the beauty of southern Washington County and southern Vermont with a canoe, kayak, tube, raft, bike or hike adventure. Cambridge • 518-677-3311 • battenkillvalleyoutdoors.com

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Alan Via
edited by FRED LIBRUN

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Find a whole new group of mountains in the Catskills. Author Alan Via takes you off the beaten path to discover the lesser-known peaks of the Catskill 100 Highest. Softcover, 6" x 9", \$21.95

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Hornbeck Boats – We will be displaying and selling our canoes – lightest boats in the woods. Our winter and Summer Expo sale offers 10% off boats and 15% off accessories with boat purchase until March 31, 2012. Olmstedville • 518-251-2764 • hornbeckboats.com

Lake George Kayak Co – A full service kayak, canoe, stand up paddleboard, and small boat center located on Bolton Landing on Lake George. Sales, rentals, and lessons are offered daily from our boathouse where Every Day is Demo Day. Clothing, footwear and gear for every adventure – Patagonia, Horny Toad, Isis, Outdoor Research, Lole, Marmot, Vibram Fivefingers, Chaco, Keen and much more. Not just kayaks. Great clothing. Bolton Landing • 518-644-9366 • lakegeorgekayak.com

Mountainman Outdoor Supply Co – We will be selling and promoting our line of canoes, kayaks, SUPs, outdoor clothing and footwear at the expo. Old Forge • 315-369-2300 • mountainmanoutdoors.com

Placid Boatworks – We build the highest quality, lightweight canoes available. Constructed of vacuum infused carbon and Kevlar, our boats are stable, efficient to paddle, and easy to portage. Lake Placid • 518-524-2949 • placidboats.com

HIKING, CLIMBING & SKILLS

Adirondack Mountain Club – The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. Lake George & Lake Placid • 518-668-4447 • adk.org

Fountain Square Outfitters – We'll sell and display our outdoor gear from Patagonia, Outdoor Research, HydroFlask and GSI. Glens Falls • 518-932-8355 • fountainsquareoutfitters.com

Hope on the Horizon: An Expedition for A.L.S. – An expedition to climb the 48 highest peaks of New Hampshire's White Mountains in the name of Lou Gehrig's disease, or A.L.S. Through our expedition and the resulting documentary, we seek to build a network of strength and support for A.L.S. victims and their loved ones until we find a cure. Basking Ridge, NJ • 570-242-9413 • expeditionforals.com

The Mountain Goat – At the expo, we will be focusing on selling footwear for hiking, trail running, paddling and casual use. Ron Houser, certified pedorthist and owner of The Mountain Goat, will be educating attendees about custom orthotics. Manchester, VT • 802-362-5159 • mountangoat.com

New York Outdoor Guides Association – Member guides will provide information about the services of our guides in all outdoor endeavors. Dolgeville • 315-429-9324 • nysoga.org

Wild River Press/Discover the Adirondacks – Displaying "Discover the Adirondacks" series – four-season guidebooks to the entire Adirondack Park. Author Bill Ingersoll will be on hand to sell and sign copies. Barneveld • 315-272-5699 • hiketheadironacks.com

YMCA Camp Chingachgook – We're the trailhead to adventure! Our summer camp and adventure trips programs for kids ages 8-17 create lasting memories. We also offer year-round programs for families, adults and women. We'll be making "edible campfires" as an activity for kids in our booth. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

HEALTHY LIVING

Adirondack Life – We will be presenting info on Adirondack Life magazine, a regional/lifestyle publication covering the Adirondack Park. Jay • 518-383-0967 • adirondacklife.com

Adirondack Recreational Trail Advocates – ARTA will be promoting the creation of a 90-mile year-round, multi-use recreation trail from Lake Placid to Old Forge through the heart of the Adirondack Park, on the existing rail bed when the rails are removed. Saranac Lake • 518-891-2527 • thearta.org

Adirondack Sports & Fitness – Stop by our booth to introduce yourself, give us feedback on the magazine and Summer Expo, and enter to win great prizes to races, events, products and services – valued at over \$5,000. Clifton Park • 518-877-8788 • adksports.com

Arbonne International – Arbonne takes a natural approach to creating health and wellness products based on botanical principles. Our products meet dietary needs at every stage of life. We will be sampling vegan and gluten-free, healthy and nutritional products. Clifton Park • 518-321-4591 • sheila@myarbonne.com

Army National Guard Rock Climbing Wall – Challenge yourself on our 25-foot rock wall. All ages and abilities are welcome to try this free activity at the show. Saratoga Springs • 518-583-1007 • nationalguard.com

Back in Balance Therapeutic Massage – Recovery from strenuous exercise or competition and prevents injury with massage therapy. Learn how we custom design sessions to meet your specific needs. Back in Balance's experienced staff will be offering massage sessions. Clifton Park • 518-371-6332 • bibtherapeuticmassage.com

Brains and Brawn Obstacle House – Attention kids! Come on over to the Obstacle House booth to try a fun and wild game that will keep you moving and grooving to a healthy beat! Balance like a butterfly, leap like a frog, and stomp like a gorilla! All of these obstacles and more are waiting for you to move them to life! There will be new obstacles every hour, so visit us throughout the day. Johnsonville • 518-956-3643 • brainsandbrawn.net

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

The Good Feet Store – We provide custom fit arch supports designed to provide better overall comfort, balance and support. Albany • 518-458-2724 • goodfeetalbany.com

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

Level Head Recruiting – We sell a service which guides high school student athletes in the recruiting process. We also provide tools that enable the athletes to market themselves to college coaches. Glenville • 518-331-1943 • levelheadrecruiting.com

Northeast Promotional Group – Discover your marketing goals and turn those goals into a reality! We can help your business improve visibility, motivate and encourage staff, thank customers, increase safety awareness and more! South Glens Falls • 518-361-9787 • nepromo.com

Regional Food Bank of Northeastern NY – We will be representing the Food Bank and collecting food and monetary donations upon entrance to the expo. For every food item or \$5 cash donation, you receive extra tickets for the expo prizes and giveaways. Latham • 518-786-3691 • regionalfoodbank.net

Regional Therapy Center of Saratoga Hospital – We offer comprehensive rehabilitation services including physical, occupational and speech therapy, and athletic training. Some specialties include aquatic physical therapy, hand therapy, and enhancement for the athlete. Saratoga Springs • 518-583-8383 • saratogahospital.org

Rich Morin's Professional Scuba Centers – Learn more about our snorkel and scuba diving courses and equipment and Achilles inflatable boats. We'll have FREE scuba instruction in the expo pool over the weekend. Glens Falls • 518-761-0533 • richmorinsproscubacenters.com

Saratoga Photobooth Co – Looking for something different for your next event? We provide classic-style digital photobooth rentals for upstate New York and western New England. Weddings, parties, promotions, corporate events, school events, sporting events – any event! Stop by our booth to have your photo taken, which will be a souvenir from the Summer Expo. Saratoga Springs • 518-584-6473 • saratogaphotobooth.com

Saratoga Sports Massage – We are a state-of-the-art, modern facility located on South Broadway in Saratoga Springs, located next to the historic Spa State Park. Our therapists are highly trained in numerous massage techniques to help you achieve your health goals. Saratoga Springs • 518-587-9777 • saratogasportsmassage.com

SUNY Adirondack/Adventures Sports – We offer one and two year programs in adventure sports leadership and management. Opportunities include backcountry living, canoeing, whitewater paddlesports, rock climbing, challenge course facilitation and management, snowsports, wilderness first responder and more. Queensbury • 518-743-2200 • sunyacc.edu

Young Living Essential Oils – Try our 100% therapeutic oils for health and wellness. Mankind's first medicine! Saratoga Springs • 518-966-6015 • youngliving.com

TRAVEL DESTINATIONS

Adirondack Museum – Your Adirondack experience starts here! Learn about our exhibits, special events and family activities for all ages. Lake View Café and museum store. Blue Mountain Lake • 518-352-7311 • adirondackmuseum.org

Adirondack Scenic Railroad – Take the Adirondack Scenic Railroad on your next Adirondack adventure – hike, bike, paddle, or just sit back and enjoy the scenery! Trains depart from Lake Placid, Saranac Lake, Thendara and Utica. 518-469-0033 • adirondackrr.com

Gore Mountain – Gore is Saratoga's home mountain offering 2,537-foot vertical and an outstanding variety of terrain. 2012/2013 season passes on sale starting March 12! Ask us about new activities planned for the spring, summer and fall. North Creek • 518-251-2411 • goremountain.com

Gore Mountain Region Chamber of Commerce – Promoting the four-season activities of the Gore Mountain region and the second annual Adirondack Adventure Fest on May 6-8. North Creek • 518-251-2612 • gorechamber.com

Hudson River Rafting/Cunningham's Ski Barn – We offer whitewater rafting trips on state rivers and sell all-season apparel. Save money by booking a rafting trip from Hudson River Rafting at the Summer Expo! North Creek • 518-251-3215 • hudsonriverrafting.com

Town of Inlet – A west central Adirondack destination for all your eco-tourism needs. We'll have maps and tips for hiking, biking, fishing, birding, camping, kayaking, canoeing, and outdoor activities. Inlet • 315-357-5501 • inletny.com



Mohawk Towpath Scenic Byway – The Mohawk Towpath Byway is a series of roads that follow the historic route of the Erie Canal between Schenectady and Waterford/Cohoes. Ask us about recreational opportunities and upcoming events. Clifton Park • 518-371-7548 • mohawktowpath.org

Old Forge Camping Resort – The Old Forge Camping Resort is a four-season Adirondack retreat with cabins, cottages, RV or tent sites. Full hook up sites are available. Located on private Lake Serene, which is next door to Enchanted Forest/Water Safari. Old Forge • 315-369-6011 • oldforgecamping.com

Washington County Tourism – Within the boundaries of Washington County lie 837 square miles of astounding beauty, and a wealth of attractions. Washington County is situated at the heart of a region that offers visitors a number of intriguing ways to discover, play, connect, and rejuvenate. 518-222-7450 • washingtonnycounty.com

City of Watervliet Parks & Recreation – The city has worked very hard to increase its available recreational programming including the Arsenal City Run, low profile docking along the Hudson River for non-motorized water sports and the Watervliet Waterfront Farmers' Market. Watervliet • 518-270-3800 • watervliet.com

The Wild Center – We invite you to visit us in Tupper Lake. See live exhibits and animals, including otters, birds, fish and amphibians. Watch high-definition technology films. A great family Adirondack adventure is waiting ... at The Wild Center. Tupper Lake • 518-359-7800 • wildcenter.org



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RACE RESULTS

NICK'S FIGHT TO BE HEALED 5K RUN September 25, 2011 • Clifton Commons, Clifton Park

MALE OVERALL			
1	Nico Turek	17	Schenectady 17:22
2	Chase Berry	16	Clifton Park 18:46
3	Matt Zappen	35	Catskill 18:55
FEMALE OVERALL			
1	Anne Benson	46	Clifton Park 18:49
2	Heather Martin	39	Clifton Park 21:14
3	Dana Belcher	27	Delmar 21:45
MALE AGE GROUP: 14 & UNDER			
1	Michael Buyaskas	14	Clifton Park 20:26
2	Ben Matz	13	Clifton Park 20:53
3	Maximilian Tulchins	12	Clifton Park 20:59
FEMALE AGE GROUP: 14 & UNDER			
1	Keelyn Cummings	11	Wilton 22:43
2	Sara Conroy	13	Clifton Park 22:53
3	Samantha Barringer	14	Waterford 22:58
MALE AGE GROUP: 15 - 19			
1	James Hanley	17	Clifton Park 19:48
2	Jackson DuMont	16	Loudonville 19:58
3	Graeme Corrigan	16	Troy 19:59
FEMALE AGE GROUP: 15 - 19			
1	Anka Parzych	17	Niskayuna 23:06
2	Marianne McHale	18	Clifton Park 25:11
3	Luliana Parzych	17	Niskayuna 25:58
MALE AGE GROUP: 20 - 29			
1	Neal Norton Jr	27	Niskayuna 19:33
2	Chad Hagner	26	Clifton Park 22:28
3	Ping Wong	24	Ballston Lake 22:46
FEMALE AGE GROUP: 20 - 29			
1	Olivia Jarem	23	Clifton Park 22:17
2	Shannon O'Meara	29	Albany 22:59
3	Danielle Druzynski	28	Ballston Lake 23:31
MALE AGE GROUP: 30 - 39			
1	Ray Lipani	37	Clifton Park 20:02
2	Jason Pelton	39	Clifton Park 20:13
3	Steven Nicoll	37	Menands 23:28
FEMALE AGE GROUP: 30 - 39			
1	Laura Zima	31	Schenectady 21:51
2	Jen Gabriel	31	Clifton Park 23:00
3	Erika Ligovri	37	Clifton Park 23:22
MALE AGE GROUP: 40 - 49			
1	Joe Murphy	44	Clifton Park 19:38
2	Jim Sweeney	47	Clifton Park 19:56
3	Jeff Loukmas	40	Clifton Park 19:59
FEMALE AGE GROUP: 40 - 49			
1	Christina Palmero	49	Clifton Park 22:16
2	Lauren Herbs	49	Rexford 22:50
3	Concetta Smith	43	Ballston Lake 23:26
MALE AGE GROUP: 50 - 59			
1	Mike Soellen	50	Clifton Park 19:54
2	Richard Bennett	59	Clifton Park 23:01
3	Bob Wilson	53	Clifton Park 23:04
FEMALE AGE GROUP: 50 - 59			
1	Linda Tepper	51	Clifton Park 25:28
2	Kelley Vite	51	Clifton Park 26:49
3	Patricia Campoli	52	Clifton Park 29:42
MALE AGE GROUP: 60 - 69			
1	Bruce Hosley	64	Nassau 28:27
2	Joseph Conroy	61	Clifton Park 28:43
3	Jim Zappen	67	Clifton Park 39:42
FEMALE AGE GROUP: 60 - 69			
1	Judy Cox	64	Clifton Park 32:15
2	Lorraine VanHorne	61	Burnt Hills 55:30
3	Rachele Grosso	63	Ballston Lake 55:31
MALE AGE GROUP: 70 & OVER			
1	Brien McNulty	72	Clifton Park 38:27

Courtesy of Nick's Fight to be Healed Foundation

37TH ANNUAL FALLING LEAVES ROAD RACE *continued*

1	Thomas O'Grady/M25-29	Latham	47:34	1	Jim Fiore/M50-54	Utica	53:25
1	Jamie Woolsey/F25-29	Oneida	1:07:07	1	Corole Iseneker/F50-54	Sherrill	1:06:10
1	Joe Mashaw/M30-34	Marcy	54:27	1	Jim Newlove/M55-59	Mt. Vision	57:33
1	Courtney Labarge/F30-34	Cobleskill	1:06:55	1	Susan Luley/F55-59	Sauquoit	1:16:53
1	Aaron Knobloch/M35-39	Schenectady	50:23	1	Paul Forbes/M60-64	Colonie	59:09
1	Christine McGlynn/F35-39	Whitesboro	1:01:03	1	Judy Phelps/F60-64	Malta	1:07:28
1	Jon Rocco/M40-44	Colonie	53:35	1	Charles Brockett/M65-69	Dolgeville	1:17:32
1	Dollie Kaido/F40-44	Oneida	1:05:30	1	Kermit Cadrette/M70-74	Rome	1:14:29
1	Joseph Gale/M45-49	Clinton	57:22	1	Sheldon Kall/M80-84	Manlius	2:03:55
1	Rosemary Lowde/F45-49	Farmington	1:02:47				

Courtesy of Utica Roadrunners

17TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN October 1, 2011 • Empire State Plaza, Albany

MALE OVERALL				FEMALE AGE GROUP: 40 - 44			
1	Kahlil Scott	21	Cohoes 16:23	1	Kari Gathen	43	Albany 19:16
2	Anthony Giuliano	32	Albany 16:25	2	Kim Seabury	44	Old Chatham 21:57
3	Brian Debronsky	22	Troy 16:39	3	Fred Callori	44	Needham, MA 22:38
FEMALE OVERALL				MALE AGE GROUP: 45 - 49			
1	Ashley Gorr	24	Albany 17:22	1	Jim Lebrou	45	Niskayuna 19:44
2	Jodie Robertson	26	Voorheesville 17:58	2	Liam Hayes	47	Rensselaer 21:01
3	Dana Bush	33	Gansevoort 18:35	3	Tom Reilly	46	Gansevoort 21:11
MALE AGE GROUP: 14 & UNDER				FEMALE AGE GROUP: 45 - 49			
1	William Christenfel	13	Valley Falls 19:52	1	Diane Tenenbaum	45	Selkirk 22:18
2	Evan Goodspeed	14	Duanesburg 21:42	2	Andrea Hanlon	45	Wynantskill 23:32
3	Kyle Stockman	13	Stuyvesant 21:50	3	Donna Walsh	48	Clifton Park 23:32
FEMALE AGE GROUP: 14 & UNDER				MALE AGE GROUP: 50 - 54			
1	Jessica Hernandez	14	East Greenbush 21:22	1	Vladimir Ilin	53	Albany 18:17
2	Katrina Josberger	14	Coxsackie 21:51	2	Donald Pelersi	52	East Greenbush 21:51
3	Tara Josberger	12	Coxsackie 23:05	3	Mark Howe	50	East Greenbush 22:04
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 54			
1	David Degon	19	Greenfield 17:20	1	Linda Reed	53	Ghent 24:01
2	Ross Wightman	16	Chatham 17:42	2	Johna Palmer	50	Ravena 24:31
3	Paul Cox	18	Troy 17:47	3	Jeri Seils	53	Tully 24:44
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 55 - 59			
1	Sydney Shaw	15	Delmar 20:34	1	Jack Nabozny	55	Valatie 20:36
2	Michelyn Little	17	Voorheesville 20:54	2	Tom McGuire	59	Slingerlands 21:00
3	Maired Swords	15	Port Jefferson 22:21	3	Lucas Labarre	56	Albany 21:15
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 55 - 59			
1	Eric Hultquist	22	Saratoga Springs 17:11	1	Dora Hayes	57	Rensselaer 21:02
2	Richard Messineo	23	Nassau 17:35	2	Lisa Barley	56	Albany 24:08
3	Zachary Phelps	23	Albany 17:55	3	Carolyn George	57	Albany 25:19
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 60 - 64			
1	Grace Giampaglia	20	Voorheesville 21:33	1	Seamus Hodgkinson	62	Delmar 22:37
2	Kelly Grace	24	East Greenbush 23:29	2	Joe Yavonidite	62	Schenectady 24:58
3	Marie Ciccarelli	23	Gansevoort 23:59	3	Stephen Chenette	61	East Greenbush 25:46
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 60 - 64			
1	Harry Garrott	27	Voorheesville 19:20	1	Martha DeGrazia	63	Slingerlands 23:25
2	Marc Pallozzi	27	Albany 20:33	2	Susan Wong	60	Glenmont 24:33
3	Joseph Tucker	26	Troy 21:21	3	Alex Turoski	61	East Greenbush 27:12
FEMALE AGE GROUP: 25 - 29				MALE AGE GROUP: 65 - 69			
1	Meghan Davey	26	Rotterdam 19:11	1	Michael Ricci	66	Latham 26:45
2	Shannon O'Meara	29	Albany 22:38	2	Brian Walton	66	Schenectady 28:20
3	Katelyn Primomo	26	Delmar 23:00	3	Dennis Blondin	67	Schenectady 32:47
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 65 - 69			
1	Matt Forlola	33	Williamstown, MA 18:28	1	Elizabeth Miller	65	Berlin 36:52
2	Adam Rice	31	Albany 19:03				
3	Corbin Gosier	34	Schenectady 20:16				
FEMALE AGE GROUP: 30 - 34				MALE AGE GROUP: 70 - 74			
1	Shelly Binsfeld	32	Clifton Park 18:41	1	Kenneth Skinner	71	Albany 29:38
2	Alyssa D'Aloia	33	Troy 22:45	2	Bob Knouse	71	Voorheesville 31:17
3	Erin Svare	31	Delmar 22:52	3	Joseph Silva	70	Albany 37:01
MALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 70 - 74			
1	Gabriel McGarry	35	Slingerlands 17:45	1	Lois Smith	70	Glenmont 35:32
2	David Tromp	36	Glenmont 18:07	2	Liz Milo	70	Altamont 37:47
3	Sean Madden	37	Albany 20:05				
FEMALE AGE GROUP: 35 - 39				MALE AGE GROUP: 75 - 79			
1	Erin Corcoran	37	Schenectady 19:28	1	Charles Bishop	75	Schenectady 36:01
2	Shannon Pinkowski	36	Albany 21:52	2	Jim Owen	76	Latham 37:14
3	Amy Drucker	38	Albany 21:56	3	Donald McBain	79	Troy 40:25
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 80 & OVER			
1	Brett Fajen	40	Nassau 20:26	1	Ken Orner	81	Albany 40:40
2	Michael Verdichizzi	43	Glenmont 21:40				
3	Peter Lafnitzgegu	42	Loudonville 22:01				

Courtesy of Komen Northeastern New York Affiliate

37TH ANNUAL FALLING LEAVES ROAD RACE September 25, 2011 • Radisson Hotel, Utica

5K RACE			
MALE OVERALL			
1	Michael Elleman/43	New Hartford	17:06
2	Seth MacDonald/16	Sherrill	17:06
3	Cody Debernardis/17	Whitesboro	17:16
FEMALE OVERALL			
1	Michelle LaFleur/39	Savannah, GA	18:17
2	Gina Richard/40	Barneveld	20:26
3	Kim Decarr/15	New Hartford	21:03
WHEELCHAIR MALE OVERALL			
1	Hermin Garcia/21	Utica	14:01
MALE MASTERS OVERALL			
1	Jack Bernard/40	Boonville	17:45
FEMALE MASTERS OVERALL			
1	Brenda Ko/41	West Monroe	22:32
AGE GROUPS			
1	Dakota Harvey/M00-12	Poland	21:55
1	Justyna Wilkinson/F00-12	Deerfield	21:10
1	David Taylor/M13-17	Whitesboro	18:53
1	Kathryn Gantley/F13-17	Syracuse	22:53
1	Joshua Wilcox/M18-24	Herkimer	18:37
1	Samantha Lawson/F18-24	Herkimer	21:59
1	Scott Jones/M25-29	Pennellville	18:18
1	Julie Delmedico/F25-29	Utica	23:20
1	Nathan Donaleski/M30-34	Rome	17:56
1	Carrie French/F30-34	New Hartford	21:50
1	Peter Cutler/M35-39	Potsdam	17:36
1	Heather Devitt/F35-39	Herkimer	21:31
1	Timothy Hoffman/M40-44	Holland Patent	19:23
1	Michelle Komacek/F40-44	Whitesboro	25:24
1	Ron Esposito/M45-49	Deerfield	19:44
14K RACE			
1	Susan Gustafson/F45-49	Utica	23:15
1	Clyde Ward/M50-54	Utica	18:37
1	Linda Kimmey/F50-54	Clifton Park	22:59
1	Tom Crowley/M55-59	Boonville	20:11
1	Cindy Hughes/F55-59	Chelmsford, MA	24:44
1	Victor Powers/M60-64	Spencer	22:25
1	Patricia Femial/F60-64	New Hartford	26:57
1	Jim Roach/M65-69	Illion	22:58
1	Sue Gardinier/F65-69	Vernon	24:41
1	Dick Stanley/M70-74	Clinton	29:14
1	Alene Bosquet/F70-74	Illion	29:18
1	Dan Cohen/M75-79	Utica	25:40
1	David Rider/M80-84	Brantingham	31:45
MALE OVERALL			
1	Samuel Morse/27	Camden	45:06
2	Kane Seamon/26	Richfield Springs	46:27
3	Chuck Terry/29	Albany	47:03
FEMALE OVERALL			
1	Jolene Casatelli/42	New Hartford	58:25
2	Erin Ludwig/34	Herkimer	59:45
3	Shannon Cutting/47	Hamilton	1:00:19
MALE MASTERS OVERALL			
1	Richard Cohen/40	Utica	50:03
FEMALE MASTERS OVERALL			
1	Michele Nizzi/45	Frankfort	1:01:53
AGE GROUPS			
1	John Kaminski/M00-12	Holland Patent	1:19:05
1	Michael Bennett/M13-17	New York Mills	57:21
1	Michael Hamilton/M18-24	Oneonta	50:45
1	Meghan Furner/F18-24	Whitesboro	1:02:43

continued

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GORE MOUNTAIN LEAF CRUNCHER 5K TRAIL RUN
October 1, 2011 • Gore Mountain, North Creek

MALE OVERALL: 1 Ralph Torr/20-29 Saratoga Springs 25:08... FEMALE OVERALL: 1 Vanessa Holzmnn/20-29 Catskill 27:25... AGE GROUPS: 1 Rob Hemsing/M20-29 Warrensburg 27:12... 1 Taylor Lanoue/F20-29 Troy 32:37... 1 Michael McGuire/M30-39 Schenectady 34:29

CYCLOCROSS @ BREWERY OMMEGANG
October 2, 2011 • Brewery Ommegang, Cooperstown

MEN - PRO/CATEGORY 1/2/3: 1 Dan Timmerman 58:47... 2 Seamus Powell 1:01:38... 3 Nicholas Quesnel 1:04:32... WOMEN - CATEGORY 1/2/3/4: 1 Vanessa McCaffery 42:19... 2 Rosanne Van Dorn 43:15... 3 Margaret Thompson 43:58... MEN - MASTERS 55 - 99 (CAT 1-3): 1 David Rath 53:26... 2 Karl Faruzel 53:53... BOYS - JUNIOR UNDER 19: 1 Joseph Toth... 2 Garrett Nunnink... MEN - MASTERS 35 - 44 (CAT 1-3): 1 Tim O'Shea 48:32... 2 Christopher Delisle 49:28... MEN - MASTERS 45 - 54 (CAT 1-3): 1 Brad Young 49:43... 2 Jeffrey Walker 50:30... MEN - CATEGORY 3/4: 1 Dylan Gallagher 42:38... 2 Andrew Mahon 42:54...

GRENO INDUSTRIES ANNUAL RUN FOR THE R.O.C. 5K
October 2, 2011 • Saratoga Flat Track, Saratoga Springs

MALE OVERALL: 1 Kahlil Scott Jr 21 Cohoes 16:26... 2 Jeremy Spiezio 14 Greenwich 16:33... 3 John Farley 22 Porter Corners 16:44... FEMALE AGE GROUP: 40 - 44: 1 Sherry Connors 41 Saratoga Springs 23:10... 2 Michelle Brodt 40 Queensbury 23:34... 3 Shannon Britten 40 Saratoga Springs 24:26... MALE AGE GROUP: 45 - 49: 1 Jack Arnold 48 Latham 19:00... 2 Samuel Mercado Jr 48 Wilton 19:13... 3 Thomas Marcellus 46 Ballston Spa 19:25... FEMALE AGE GROUP: 45 - 49: 1 Tracey Delaney 47 Queensbury 22:39... 2 Brenda Crawford 49 Saratoga Springs 23:29... 3 Amy Winberg 49 Saratoga Springs 25:16... MALE AGE GROUP: 50 - 54: 1 Derrick Staley 52 Ballston Lake 17:14... 2 Pete Rowell 22 Albany 19:11... 3 Joshua Lipinski 27 Pittsfield, MA 17:43... FEMALE AGE GROUP: 50 - 54: 1 Maureen Roberts 53 Gansevoort 24:14... 2 Deb McCarthy 51 Burnt Hills 24:51... 3 Ann Lajoie 50 Queensbury 24:56... MALE AGE GROUP: 55 - 59: 1 Frank Lombardo 55 Saratoga Springs 21:23... 2 Richard Kelly 55 Schenectady 22:41... 3 Matt Jones 57 Saratoga Springs 23:10... FEMALE AGE GROUP: 55 - 59: 1 Lisa Ippolito 56 Saratoga Springs 25:15... 2 Susan Lesar 57 Mechanicville 28:50... 3 Theresa Hughes 55 Saratoga Springs 29:24... MALE AGE GROUP: 60 - 64: 1 Joseph Bida 60 Miller Place 21:18... 2 Charles Wait 60 Saratoga Springs 22:21... 3 Terry Smith 64 Galway 24:56... FEMALE AGE GROUP: 60 - 64: 1 Carole Bieber 60 Slingerlands 25:55... 2 Bev McGaughan 61 Saratoga Springs 26:42... 3 Alice Carpenter 61 Delmar 34:05... MALE AGE GROUP: 65 - 69: 1 Stuart Field 69 Queensbury 35:56... 2 Ronald Keyes 67 Harrington Park, NJ 45:47... 3 Richard Reeves 66 Stillwater 52:27... FEMALE AGE GROUP: 65 - 69: 1 Nancy Johnston 65 Ballston Lake 30:57... 2 Susan Fasset 66 Ballston Spa 36:20... 3 Sandra Czajkowski 67 Ballston Spa 50:43... MALE AGE GROUP: 70 - 74: 1 William Sheft 70 Ballston Spa 24:53... 2 John Armstrong 72 Scotia 49:48... 3 Brian Maybee 70 Hadley 59:13... FEMALE AGE GROUP: 70 - 74: 1 Patricia Sitzer 70 Saratoga Springs 58:15... MALE AGE GROUP: 75 - 79: 1 Norm Marincic 76 Saratoga Springs 28:25... 2 Peter Hetttrich 76 Ballston Spa 30:18... 3 Richard Schamacher 78 Hoosick Falls 32:27... FEMALE AGE GROUP: 75 - 79: 1 Jane Stratton 76 Ballston Spa 1:00:29... MALE AGE GROUP: 80 & OVER: 1 Walt McConnell 80 Bolton Landing 33:54

17TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K
October 8, 2011 • O'Rourke Middle School, Burnt Hills

MALE OVERALL: 1 Alex Grout 25 Charlton 15:23... 2 Pete Rowell 22 Albany 16:20... 3 Joshua Lipinski 27 Pittsfield, MA 17:43... FEMALE OVERALL: 1 Kristen Grab 22 Troy 19:26... 2 Tina Greene 38 Scotia 19:44... 3 Colleen Ottalagano-McGarry 34 Slingerlands 21:03... MALE AGE GROUP: 14 & UNDER: 1 Nathan Kumm 11 Clifton Park 22:14... 2 Tyler Doherty 11 Scotia 23:01... 3 Isiah Empie 14 Fort Plain 23:06... FEMALE AGE GROUP: 14 & UNDER: 1 Elise Zwickelbaur 13 Charlton 24:26... 2 Katie Nerney 13 Ballston Spa 24:29... 3 Emma Pausley 10 Burnt Hills 24:33... MALE AGE GROUP: 15 - 19: 1 Luke Deboer 17 Fort Plain 18:20... 2 Jordan Ahrens 16 Fort Plain 20:54... 3 Avery Johnson 17 Fort Plain 22:17... FEMALE AGE GROUP: 15 - 19: 1 Amy Lebel 16 Ballston Lake 22:50... 2 Aubrey Kampilla 15 Burnt Hills 23:17... 3 Emma Hyland 15 Scotia 24:00... MALE AGE GROUP: 20 - 29: 1 Joel Patrie 27 Scotia 20:38... 2 Peter Goody 27 Brooklyn 22:37... 3 Lyman Tinc 27 Saratoga Springs 22:56... FEMALE AGE GROUP: 20 - 29: 1 Jessica Kratzert 26 Averill Park 22:55... 2 Jessica O'Sullivan 25 Bay Shore 23:09... 3 Erika Fox 24 Shortsville 24:31... MALE AGE GROUP: 30 - 39: 1 Matt Zappen 35 Catskill 18:53... 2 Matt Johnson 31 Glenville 21:26... 3 Chad Bradt 35 Glenville 21:39... FEMALE AGE GROUP: 30 - 39: 1 Faye Reynolds 38 Greenfield Center 22:39... 2 Jennifer Bennice 32 Ballston Lake 23:01... 3 Greta Jerzak 36 Burnt Hills 24:00... MALE AGE GROUP: 40 - 49: 1 Brian Borden 48 Altamont 19:10... 2 Gerard Largo 46 Ballston Lake 20:22... 3 AJ Carrier 49 Rexford 20:57... FEMALE AGE GROUP: 40 - 49: 1 Michelle Schrader 45 Burnt Hills 24:10... 2 Gina Kirsty 46 Glenville 25:04... 3 Eileen Borden 48 Altamont 25:14... MALE AGE GROUP: 50 - 59: 1 Chris Buckley 50 Burnt Hills 19:06... 2 Rick Knipper 51 Niskayuna 20:14... 3 Martin Patrick 57 East Greenbush 20:43... FEMALE AGE GROUP: 50 - 59: 1 Joyce Goodrich 53 Glenville 22:21... 2 Kathleen Arthur 50 Glenville 24:50... 3 Kim Farrow 54 Charlton 25:23... MALE AGE GROUP: 60 - 69: 1 Peter Gerardi 60 Scotia 19:55... 2 Thomas Miller 67 Altamont 24:39... 3 Chris Trow 60 Glenville 24:47... FEMALE AGE GROUP: 60 - 69: 1 Nancy Johnston 65 Ballston Lake 31:13... 2 Beverly Skoll 61 Schenectady 32:26... 3 Ilse Martin 67 Fairfield, CT 33:16... MALE AGE GROUP: 70 & OVER: 1 Norm Marincic 76 Saratoga Springs 29:34... 2 Joe Kelly 77 Menands 32:13... 3 Richard Eckhardt 78 Albany 32:54

FIFTH ANNUAL FALLING LEAVES 5K RUN
October 8, 2011 • William Kelley Park, Ballston Spa

MALE OVERALL: 1 Rick Bush 34 Gansevoort 16:08... FEMALE OVERALL: 1 Roxanne Wegman 24 West Point 18:04... MALE AGE GROUP: 14 & UNDER: 1 Michael Poirier 10 Ballston Spa 20:45... 2 Mike Bucholz 12 Ballston Spa 23:46... 3 Diarmuid Gregory 13 Malta 23:47... FEMALE AGE GROUP: 14 & UNDER: 1 Hannah Fogarty 11 Ballston Spa 25:16... 2 Amanda Lane 14 Rock City Falls 25:36... 3 Julia Blake 12 Malta 26:22... MALE AGE GROUP: 15 - 19: 1 Tyler Leicht 15 Ballston Spa 18:10... 2 Matt McWatters 16 Ballston Spa 19:20... 3 Aaron Soden 17 Ballston Spa 20:58

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RACE RESULTS

FIFTH ANNUAL FALLING LEAVES 5K RUN *continued*

FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 40 - 49					
1	Rosalie Wright-Lapin	18	Cornwall, VT	21:54	1	Ronda Poirier	41	Ballston Spa	22:22
2	Hope Danison	15	Ballston Spa	22:26	2	Kelly Armer	44	Ballston Spa	24:01
3	Lyida Freehafer	15	Ballston Spa	22:27	3	Claudia Boyle	47	Saratoga Springs	24:43
MALE AGE GROUP: 20 - 29				MALE AGE GROUP: 50 - 59					
1	Tim Russel	22	Saratoga Springs	19:42	1	James McElroy	57	Saratoga Springs	20:48
2	Brad Hale	28	Schaghticoke	21:34	2	Dan Depeaux	57	East Berne	26:38
3	Rob Immel	29	Ballston Spa	28:58	3	James Mahar	56	Ballston Spa	27:41
FEMALE AGE GROUP: 20 - 29				FEMALE AGE GROUP: 50 - 59					
1	Sara Hotaling	25	Warminster, PA	22:28	1	Joanne Scidmore	51	Clifton Park	27:11
2	Jenna Pearson	26	Schenectady	23:49	2	Diane Maher	50	Ballston Spa	28:18
3	Katie Imboden	20	Saratoga Springs	25:08	3	Marie Arrao	55	Clifton Park	29:17
MALE AGE GROUP: 30 - 39				MALE AGE GROUP: 60 - 69					
1	Hans Weijtmans	39	Clifton Park	21:33	1	Joe Miranda Jr	63	Ballston Spa	26:24
2	Tom Kelly	23	Broomall, PA	22:28	2	Richard Thiessen	67	Round Lake	27:37
3	Will Yund	32	Ballston Spa	23:54	3	Lorin Spiegel	62	Saratoga Springs	28:11
FEMALE AGE GROUP: 30 - 39				FEMALE AGE GROUP: 60 - 69					
1	Renee Damico	39	Ballston Spa	22:15	1	Susan Fasset	66	Ballston Spa	41:20
2	Stacey Denisulk	37	Ballston Spa	22:31	MALE AGE GROUP: 70 & OVER				
3	Kara Harris	37	Saratoga Springs	24:49	1	William Sheft	70	Ballston Spa	25:06
MALE AGE GROUP: 40 - 49									
1	Greg Potter	43	Queensbury	21:15					
2	Al Thiem	47	Ballston Spa	21:49					
3	Allan Bishop	48	Clifton Park	22:03					

Courtesy of Ballston Spa United Methodist Church

2ND ANNUAL RUN FOR YOUR LIFE! 5K FOR HOSPICE October 8, 2011 • Warrensburg Recreation Field, Warrensburg

OVERALL				1	Roberta Carruthers/F19-40	Warrensburg	
1	Robert Hemsing/29	Warrensburg	22:15	1	Randy Boyce/M41-60	Oakfield	
AGE GROUPS				1	Patricia Monahan/F41-60	Warrensburg	
1	John Kelly/M00-18	Warrensburg		1	Mark Sager/M61-99	Kattskill Bay	
1	Alice Miller/F00-18	Dover, DE		1	Dottie Langworthy/F61-99	Warrensburg	
1	Travis Cayea/M19-40	Cadyville		<i>Courtesy of High Peaks Hospice & Palliative Care</i>			

29TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 10TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON October 9, 2011 • Central Park, Schenectady (Marathon) & Colonie Town Park, Latham (Half) to Riverfront Park, Albany

MARATHON - 26.2 MILES				MALE AGE GROUP: 25 - 29					
<i>Top 5 Overall, Age Group Winners & Regional Finishers</i>				27	Ambrose Schaffer	28	Canajoharie	4:15:16	
MALE OVERALL				29	Matthew Marsh	25	Watervliet	4:19:41	
1	Chuck Terry	29	Albany	2:32:47	30	Kyle Vieland	27	Schenectady	4:20:29
2	Louis-Phillip Garnier	46	Montreal, QC	2:36:22	31	David Clark	26	Cohoes	4:20:36
3	Sean Gallagher	29	Clearwater, FL	2:36:28	32	Sean Rumney	28	Delanson	4:22:13
4	Justin Bishop	30	Colonie	2:37:52	33	Paul Folster	27	Milton	4:22:20
5	Jonathan Wetzell	23	Niskayuna	2:42:01	34	Erik Rathell	29	Delmar	4:28:08
FEMALE OVERALL				35	Jordan Carleo-Evangelist	29	Albany	4:28:12	
1	Sara Facticeau	35	Plattsburgh	2:53:58	37	Jon Kusche	29	Clifton Park	4:46:11
2	Kristina Gracey	28	Albany	2:56:34	39	James Bolen	28	Saratoga Springs	5:01:28
3	Mollie Turner	31	Chesapeake, VA	3:05:25	40	William Mahoney	27	Albany	5:24:46
4	Alison Jeffs	45	Chester, NJ	3:08:20	FEMALE AGE GROUP: 25 - 29				
5	Allison Craig	38	Delmar	3:08:21	1	Anne Feldman	29	Arlington, VA	3:09:46
MALE AGE GROUP: 15 - 19				2	Karen Bertasso	27	Schenectady	3:12:16	
1	Tucker Bourque	19	Voorheesville	3:05:10	5	Jessica Oehlke	26	Ghent	3:34:25
MALE AGE GROUP: 20 - 24				7	Jessy Montrose	25	Albany	3:39:02	
1	Zachary Smetana	22	Niskayuna	2:54:24	9	Erin Rightmyer	27	Delmar	3:46:53
2	Timothy Ryan	22	Niskayuna	2:54:24	11	Katie Vitello	28	Albany	3:48:33
3	Michael Ryan	22	Niskayuna	2:54:24	14	Molly Casey	27	Albany	3:55:23
4	Justin Mulvey	24	East Greenbush	3:35:03	15	Jolene Montgomery	28	Clifton Park	3:56:20
10	Patrick Rizzo	24	Rensselaer	4:08:37	16	Amy Tretter	29	Clifton Park	3:57:41
16	Jonathan Lazzara	21	Rensselaer	5:11:01	17	Ashley Smith	27	Clifton Park	3:58:17
FEMALE AGE GROUP: 20 - 24				19	Alyssa Kouzan	27	Clifton Park	3:58:37	
1	Corey Smetana	23	Chestnut Hill, MA	3:26:56	28	Leah Schaffer	27	Canajoharie	4:17:11
2	Hilary Mislán	24	Albany	3:34:32	30	Heidi Parish	25	Saratoga Springs	4:20:17
3	Alison O'Brien	21	Rensselaer	3:41:13	31	Gabrielle Alberti	25	Saratoga Springs	4:20:17
4	Genevieve Loomis	23	Niskayuna	3:46:38	32	Julie Lambolot	25	Saratoga Springs	4:20:17
5	Brina Seguire	22	Rensselaer	3:49:18	34	Crystal Gipp	28	Rensselaer	4:22:52
6	Mary Anne Dutcher	24	Niskayuna	3:59:53	35	Meagan Mincher	28	Saratoga Springs	4:24:02
7	Hannah Antonson	20	Chatham	4:11:40	36	Amanda Barone	27	Ballston Spa	4:24:39
10	Brianna Drexler	23	Catskill	4:29:07	39	Lauren Beaver	29	Watervliet	4:36:59
12	Jill Archambault	23	Guiderland	4:38:31	47	Nicole Holick	29	Waterford	4:50:17
13	Courtney Bourque	21	Voorheesville	4:51:30	48	Jennifer Newman	27	Albany	4:51:18
15	Katie Bahran	23	Troy	5:04:06	51	Natalie Kapur	27	Albany	5:08:52
16	Jessica Kaszeta	24	Mechanicville	5:32:23	52	Lindsay Stokes	28	Albany	5:08:54
18	Cristina Phillips	24	Amsterdam	5:37:26	56	Sarah Scott	29	Troy	5:10:12
19	Shylah Weber	23	Rensselaer	5:42:24	57	Susana Garcia Romero	28	Rensselaer	5:24:05
20	Taiara Greene	24	Petersburgh	5:43:13	59	Tara Patton	29	Troy	5:31:44
22	Jena Goodermote	22	Petersburgh	5:47:47	60	Elizabeth Murphy	26	Delmar	5:37:07
23	Kate Prendergast	20	Voorheesville	6:15:56	61	Amanda Sowle	29	Gansevoort	5:44:43
MALE AGE GROUP: 25 - 29				63	Betsy McPhail	28	Mechanicville	5:47:14	
1	David Harwood	25	Schenectady	2:48:16	64	Katelyn Wilder	27	Clifton Park	5:47:24
2	David Jones	25	Ballston Lake	2:51:55	66	Cheryl Hanes	27	Gloversville	6:04:33
7	Steve Kaiser	25	Albany	3:10:47	67	Hannah Nolan	25	Albany	6:12:47
13	Trey Kingston	26	Albany	3:18:12	MALE AGE GROUP: 30 - 34				
14	Nicholas Treffietti	28	Saratoga Springs	3:21:50	1	Robert Bragoli	34	Hoboken, NJ	2:53:51
17	Matthew Iglar	29	Saratoga Springs	3:28:12	2	Ryan Kircher	33	Albany	2:58:49
21	Greg Gecevicz	28	Albany	3:50:59	5	Joseph Sullivan	32	Schenectady	3:03:30
25	Evan Mastaitis	29	Albany	4:03:36	13	James Kavanaugh	31	Troy	3:23:48
26	Nick Gebauer	26	Latham	4:07:39	15	Tom Portuese	30	Queensbury	3:24:42
					16	Oswaldo Rodriguez	33	Albany	3:25:46

continued

29TH ANNUAL MHR MARATHON & 10TH ANNUAL MHR HALF MARATHON *continued*

27	Kevin Anderson	34	Troy	3:54:00	46	Mark Hunter	41	Delmar	3:51:40
29	Jared Eicher	32	Scotia	3:56:02	51	Robert Frank	44	Niskayuna	3:56:59
30	Kevin Salinas	34	Troy	3:58:45	52	Chris LaFlamme	41	Niskayuna	3:57:54
31	Andrew Spiers	30	Averill Park	3:58:45	53	Todd DiGrigoli	44	Niverville	3:58:02
32	Timothy Nevinger	30	Delmar	4:03:11	61	Jason Van Wie	42	Amsterdam	4:14:29
33	Jason McCreary	32	Saratoga Springs	4:11:12	64	Jeff Mannion	41	Malta	4:19:51
34	Jeffrey Spencer	32	East Greenbush	4:14:59	65	Peter Forman	43	Altamont	4:27:24
35	William Salvi	33	Watervliet	4:15:08	66	Drew Hopkins	42	Hudson	4:33:04
36	Jonathan Kerr	30	Albany	4:19:53	67	Michael McClure	40	Niskayuna	4:35:16
37	Douglas Secor	31	Scotia	4:25:06	68	John Butler	44	Latham	4:37:39
43	Richard Youmans	31	Saratoga Springs	4:37:29	69	Bill Hoffman	44	Clifton Park	4:43:34
44	Benjamin Bober	30	Albany	4:39:43	71	Eric Harris	41	Albany	4:44:35
45	Jeremy McNamara	32	Troy	4:42:10	72	James Gallagher	41	Delmar	4:46:34
47	Justin Glass	30	Albany	4:53:00	73	Brian Murray	42	Loudonville	4:49:11
48	Joe Hasan	31	Latham	4:53:32	74	Christopher Alberti	40	Troy	4:52:32
49	Jonathon Tingley	30	Albany	5:02:14	75	Sean Roche	44	Slingerlands	4:55:34
50	Lincoln Lam	31	Slingerlands	5:15:26	76	John Christopher	43	Albany	5:00:21
51	Thomas Eastman	32	Stuyvesant	5:34:05	78	Keith Kaplan	44	Saratoga Springs	5:01:40
					79	James Kokernak	41	Niskayuna	5:03:33
					81	Yuri Lovov	41	Albany	5:15:12
FEMALE AGE GROUP: 30 - 34				1	Karen Merz	41	Montclair, NJ	3:18:36	
1	Sarah Muhlbardt	33	Los Angeles, CA	3:09:35	3	Christine Capuano	40	Altamont	3:21:27
2	Sonya Pasquini	33	Albany	3:17:41	7	Janel Browning	40	Saratoga Springs	3:36:22
4	Anne Kubasiak	33	Averill Park	3:27:33	8	Ann Glackin	40	Ballston Lake	3:44:20
12	Melissa McCreary	30	Saratoga Springs	3:41:46	10	Theresa Rushinski	41	Shushan	3:50:18
13	Leah Jachym	32	Albany	3:42:52	11	Stacia Smith	41	Niskayuna	3:52:11
15	Kelly Heaney	33	East Greenbush	3:47:22	12	Concetta Smith	43	Ballston Lake	3:52:34
19	Rosy Wiseman	33	Ballston Lake	3:51:37	15	Jennifer Metvier	40	Lake George	4:00:16
22	Germaine Edelmann	31	Rexford	4:04:22	16	Jamie Masson	42	Loudonville	4:01:58
26	Sarah Whalen	33	Albany	4:15:18	17	Rachel Butler	43	Lake Placid	4:02:32
27	Stacey Muscato	34	Albany	4:21:05	18	Eileen Catlin	41	Wynantskill	4:02:44
28	Colleen Zeliph	30	Voorheesville	4:21:16	23	Denise Lebrecht-Kuhne	43	North Chatham	4:08:16
29	Melanie Vedder	34	Schoharie	4:23:09	24	Maureen Clarke	44	Delmar	4:10:11
31	Christin Boeckman	31	Saratoga Springs	4:30:44	28	Kari Benson	40	Glens Falls	4:15:09
32	Melissa Hasan	32	Latham	4:33:42	29	Bonny Wilson	40	Ballston Spa	4:17:21
36	Lisa Lavigne	34	Niskayuna	4:43:36	34	Laura Floge	40	West Sand Lake	4:22:08
38	Jennifer Kane	34	Clifton Park	4:48:05	37	Mary Ibbotson	42	Selkirk	4:25:01
39	Jessica Whiting	34	Scotia	4:54:48	38	Ruth Grisham	40	Guiderland	4:28:50
40	Heather Hughes	32	Clifton Park	4:54:53	39	Linda Shaw	43	Rexford	4:30:37
41	Brianne Goodwin	31	Slingerlands	4:58:07	40	Sherry Amarel	44	Rensselaer	4:33:00
42	Amy Hebbard	33	Glenville	5:00:09	43	Elizabeth Haig	44	Rexford	4:38:16
43	Nicolette Moran	30	Delmar	5:03:43	44	Sherry Doudy	40	Waterford	4:39:24
44	Elizabeth Oakes	32	Niskayuna	5:06:27	45	Lisa Marrello	42	Slingerlands	4:40:13
45	Andrea Breton	31	Schenectady	5:06:49	46	Faith Smith	40	Greenville	4:40:32
46	Lea Becker	32	Ballston Spa	5:06:50	49	Colleen Carpenter-Rice	40	Hudson	4:47:54
48	Kelly Sullivan	32	Schenectady	5:08:10	50	Manasi Duttta	41	Niskayuna	4:49:15
50	Heather Fariello	34	Clifton Park	5:15:28	51	Eileen Raposa	43	West Sand Lake	4:52:54
51	Lauren Hammer	31	Ballston Spa	5:16:39	53	Kathleen Morrison-Braze	44	Voorheesville	4:59:35
52	Karen Toth	33	Clifton Park	5:35:43	56	Nicole Gambacurta	40	Gansevoort	5:17:04
MALE AGE GROUP: 35 - 39				57	Diane Fisher	41	Slingerlands	5:23:16	
1	Dan Clark	39	Alachua, FL	2:44:02	58	Meghan Cook	40	Saratoga Springs	5:35:08
3	Mike Roda	35	Albany	2:47:35	59	Rebecca Weiderman	43	Johnstown	5:37:44
6	Matthew Nark	38	Clifton Park	2:57:48	60	Lisa Delardi	40	Castleton	6:17:21
9	Jonathan Golden	38	Clifton Park	3:02:11	MALE AGE GROUP: 45 - 49				
10	Gabriel McGarry								

29TH ANNUAL MHR MARATHON & 10TH ANNUAL MHR HALF MARATHON continued

Table with 3 columns: Rank, Name, Time. Lists marathon and half-marathon results for the 29th Annual MHR Marathon & 10th Annual MHR Half Marathon.

MALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 30-34.

FEMALE AGE GROUP: 50 - 54

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 50-54.

MALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 55-59.

FEMALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 55-59.

MALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 60-64.

FEMALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 60-64.

MALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 65-69.

FEMALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 65-69.

MALE AGE GROUP: 70 - 74

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 70-74.

HALF MARATHON - 13.1 MILES

Top 5 Overall, Age Group Winners & Top 40 Regional Finishers

Table with 3 columns: Rank, Name, Time. Lists top 5 overall and top 40 regional finishers for the half-marathon.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Time. Lists female overall results.

MALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 15-19.

FEMALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 15-19.

MALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 20-24.

FEMALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 20-24.

MALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 25-29.

FEMALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 25-29.

MALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 30-34.

FEMALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 30-34.

MALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 35-39.

FEMALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 35-39.

MALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 40-44.

FEMALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 40-44.

MALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 45-49.

FEMALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 45-49.

29TH ANNUAL MHR MARATHON & 10TH ANNUAL MHR HALF MARATHON continued

Table with 3 columns: Rank, Name, Time. Lists marathon and half-marathon results for the 29th Annual MHR Marathon & 10th Annual MHR Half Marathon.

MALE AGE GROUP: 50 - 54

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 50-54.

FEMALE AGE GROUP: 50 - 54

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 50-54.

MALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 55-59.

FEMALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 55-59.

MALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 60-64.

FEMALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 60-64.

MALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 65-69.

FEMALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 65-69.

MALE AGE GROUP: 70 - 74

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 70-74.

FEMALE AGE GROUP: 70 - 74

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 70-74.

HALF MARATHON - 13.1 MILES

Top 5 Overall, Age Group Winners & Top 40 Regional Finishers

Table with 3 columns: Rank, Name, Time. Lists top 5 overall and top 40 regional finishers for the half-marathon.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Time. Lists female overall results.

MALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 15-19.

FEMALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 15-19.

MALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 20-24.

FEMALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 20-24.

MALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 25-29.

FEMALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 25-29.

MALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 30-34.

FEMALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 30-34.

MALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 35-39.

FEMALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 35-39.

MALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 40-44.

FEMALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 40-44.

MALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Time. Lists results for the Male Age Group 45-49.

FEMALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Time. Lists results for the Female Age Group 45-49.

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RACE RESULTS

29TH ANNUAL MHR MARATHON & 10TH ANNUAL MHR HALF MARATHON *continued*

5 Jacqueline Tremont	60	Averill Park	2:31:24	FEMALE AGE GROUP: 65 - 69	1 Marva Nadeau	69	Cohoes	2:55:13
6 Cheryl Kirkendall	60	Latham	2:33:16	MALE AGE GROUP: 70 - 74	1 Jim Moore	71	Niskayuna	1:51:07
7 Joyce Bartlett	63	Malta	2:45:03	2 Ralph Santos	70	Clifton Park	2:03:23	
8 Ellen Picotte	60	Albany	2:45:04	3 David DeLorenzo	70	Scotia	2:26:56	
9 Macy Kruegler	61	Latham	3:02:14	4 Armand Langevin	74	Cohoes	2:28:19	
11 Sharon Buck	61	Mechanicville	3:29:49	5 John Nylis	74	Delmar	2:41:52	
MALE AGE GROUP: 65 - 69				6 Ron Nadeau	71	Cohoes	2:57:10	
1 Norman Dovberg	65	Slingerlands	1:43:06	<i>Courtesy of Hudson Mohawk Road Runners Club</i>				
2 James Nicholas	67	Schenectady	1:59:39					
3 Daniel Brown	65	Ballston Spa	2:10:58					
4 Clifford Snyder	69	Clifton Park	2:39:39					

3RD ANNUAL RACE AWAY STIGMA 5K

October 15, 2011 • Hudson Valley Community College, Troy

MALE OVERALL				FEMALE AGE GROUP: 30 - 39	1 Holly Blaise	37	East Greenbush	23:35
1 Paul Cox	18	Troy	17:58	2 Maria Ventura	33	Wynantskill	25:26	
2 Pete Birdsinger	48	Troy	21:06	3 Morgan Blaise	30	Colonie	26:55	
3 George Burke	45	Troy	21:16	MALE AGE GROUP: 40 - 49	1 John Sestito	48	Johnsonville	21:24
FEMALE OVERALL				2 Sean Thompson	44	Albany	23:17	
1 Laura McCoy	25	West Sand Lake	21:39	3 Allen Kumm	42	Clifton Park	24:05	
2 Sioney Letendre	57	Florence, MA	21:52	FEMALE AGE GROUP: 40 - 49	1 Felice Devine	41	Wynantskill	22:53
3 Rachel Guillot	23	Rensselaer	21:54	2 Brenda Lennon	45	Troy	23:38	
MALE AGE GROUP: 14 & UNDER				3 Katie Amundson	40	Sedona, AZ	25:05	
1 Nathan Kumm	11	Clifton Park	22:10	MALE AGE GROUP: 50 - 59	1 Nick Conrad	53	Cropseyville	22:02
FEMALE AGE GROUP: 14 & UNDER				2 John Paduano	51	Stillwater	23:02	
1 Bridget Maloney	12	Rensselaer	30:37	3 Alan Leake	59	Bennington, VT	25:20	
2 Jessica Schaeffer	14	Troy	32:34	FEMALE AGE GROUP: 50 - 59	1 Sherry Christoff	50	Sedona, AZ	25:05
MALE AGE GROUP: 15 - 19				2 Joanne Nollette	51	Rensselaer	26:45	
1 Paul Greenfield	19	Ilion	23:17	3 Catherine Soloyna	58	Wynantskill	26:52	
2 Doug Colleffe	17	Earlton	24:32	MALE AGE GROUP: 60 - 69	1 Stephen Chenette	61	East Greenbush	26:47
3 Jim O'Bryan	19	Troy	27:33	2 Jack Berkery	63	Latham	32:15	
FEMALE AGE GROUP: 15 - 19				3 Gary Lafountain	60	Kinderhook	53:12	
1 Casey Cotsonas	19	Columbiaville	36:24	FEMALE AGE GROUP: 60 - 69	1 Jacqueline Tremont	60	Averill Park	32:47
2 Taylor Anderson	19	Niskayuna	39:09	2 Pat Lafountain	60	Kinderhook	53:11	
3 Shannon Ruth	18	Schenectady	53:04	MALE AGE GROUP: 70 & OVER	1 Jim Hotaling	71	Niverville	27:06
MALE AGE GROUP: 20 - 29				2 John Moroney	73	Latham	28:14	
1 Charles Constantine	23	Glenmont	21:21	3 Rich Glasheen	70	Troy	32:36	
2 Adam Margan	27	Albany	22:47	<i>Courtesy of Hudson Valley Community College</i>				
3 Ryan Grennan	26	West Sand Lake	22:54					
FEMALE AGE GROUP: 20 - 29								
1 Jenna Bernhardt	26	Albany	23:20					
2 Maggie Callahan	29	Troy	23:53					
3 Elizabeth Kautz	23	Rensselaer	25:11					
MALE AGE GROUP: 30 - 39								
1 Carl Frey	30	Albany	21:44					
2 Douglas Secor	31	Scotia	21:56					
3 Michael Washco	32	Albany	23:58					

11TH ANNUAL SARATOGA NATIONAL CROSS-COUNTRY CLASSIC 5K RACE

October 16, 2011 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL				MALE AGE GROUP: 30 - 34	1 Chris Mulford	34	Schenectady	17:11
1 Justin Wood	28	Delhi	15:54	2 Andrew Rickert	32	Delmar	17:15	
2 Rick Bush	34	Gansevoort	16:08	3 Jared Eicher	32	Scotia	20:20	
3 Dan Jordy	28	Glenville	16:17	FEMALE AGE GROUP: 30 - 34	1 Kari Deer	32	Guiderland	20:17
FEMALE OVERALL				2 Rachel Uccellini	30	Saratoga Springs	23:27	
1 Dana Bush	33	Gansevoort	18:22	3 Sandy Tasse	32	Ballston Spa	23:29	
2 Shelly Binsfeld	32	Clifton Park	19:00	MALE AGE GROUP: 35 - 39	1 Bill Davis	37	Delmar	16:31
3 Melanie Staley	30	Saratoga Springs	19:34	2 Matthew Conant	35	Ballston Spa	17:47	
MALE AGE GROUP: 14 & UNDER				3 Robert Irwin	38	Guiderland	20:21	
1 Spencer Swoboda	12	Gansevoort	19:45	FEMALE AGE GROUP: 35 - 39	1 Tina Greene	38	Scotia	19:59
2 Bruin Smith	14	Cohoes	20:19	2 Carly Hamilton-Jones	38	Saratoga Springs	23:51	
3 Austin Valliere	12	Stuyvesant	20:21	3 Jennifer Ferriss	39	Saratoga Springs	24:52	
FEMALE AGE GROUP: 14 & UNDER				MALE AGE GROUP: 40 - 44	1 Tim VanOrden	43	Bennington, VT	16:25
1 Megan Dufort	14	Schenectady	22:16	2 Ben Greenberg	42	Voorheesville	17:29	
2 Chloe Jansson	12	Fort Edward	26:20	3 Chun Park	40	Saratoga Springs	18:58	
3 Kitty Sharp	14	Delmar	28:58	FEMALE AGE GROUP: 40 - 44	1 Judy Guzzo	44	Niskayuna	20:32
MALE AGE GROUP: 15 - 19				2 Keira Chappell	40	Saratoga Springs	25:11	
1 David Lennon	19	Troy	18:59	3 Pamela Delisignore	42	Gansevoort	25:38	
2 Daniel Rogers	15	Ballston Spa	20:21	MALE AGE GROUP: 45 - 49	1 Ahmed Elasser	48	Latham	18:19
3 Bryan Scheren	19	Schuylerville	21:50	2 Samuel Mercado Jr.	48	Saratoga Springs	19:40	
FEMALE AGE GROUP: 15 - 19				3 Matt Parenteau	48	Saratoga Springs	19:43	
1 Michelle Eckler	18	Cobleskill	20:44	FEMALE AGE GROUP: 45 - 49	1 Tracy Rose	48	Woodstock, VT	20:30
2 Sarah Baldwin	15	Cobleskill	22:30	2 Nancy Nicholson	49	Queensbury	20:42	
3 Malini Balan	15	Niskayuna	23:28	3 Terri Artese	45	Scotia	20:52	
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 50 - 54	1 Chris Buckley	50	Burnt Hills	18:49
1 Brad Lewis	24	Troy	16:20	2 Ken Schwartz	53	Saratoga Springs	19:38	
2 Aaron Lozier	23	Loudonville	16:53	3 Mike Soeller	50	Clifton Park	19:55	
3 Sam Dikeman Jr.	22	Altamont	17:32	FEMALE AGE GROUP: 50 - 54	1 Andrea Peterson	52	Saratoga Springs	24:22
FEMALE AGE GROUP: 20 - 24				2 Hope Plavin	53	Malta	24:22	
1 Jill Archambault	23	Albany	24:21	3 Maureen Roberts	53	Gansevoort	24:22	
2 Brittny Holcomb	22	Slingerlands	27:43	<i>continued</i>				
3 Meghan Clifford	24	South Glens Falls	29:38					
MALE AGE GROUP: 25 - 29								
1 Ryan Walter	27	Voorheesville	17:34					
2 Greg Stevens	27	Ballston Spa	19:05					
3 John Deer	29	Guiderland	19:48					
FEMALE AGE GROUP: 25 - 29								
1 Maria Compton	27	Glens Falls	21:06					
2 Abbie Archibald	27	Saratoga Spring	23:46					
3 Keira Moore	27	Westborough, MA	24:00					

11TH ANNUAL SARATOGA NATIONAL CROSS-COUNTRY CLASSIC 5K RACE *continued*

MALE AGE GROUP: 55 - 59				2 Frank Woodward	69	Plattsburgh	25:54	
1 Fred Kitzrow	55	Delmar	18:52	3 Ray Lee	69	Halfmoon	31:53	
2 Lee Pollock	59	Queensbury	19:31	FEMALE AGE GROUP: 65 - 69	1 Nancy Johnston	65	Ballston Lake	32:40
3 John Crawford	57	Queensbury	20:19	2 Penny Cushman	67	Albany	37:23	
FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 70 - 74	1 William Sheft	70	Ballston Spa	26:11
1 Lisa Ippolito	56	Saratoga Springs	26:11	2 Joe Geiger	70	Saratoga Springs	28:05	
2 Sandy Hyde	55	Hoosick Falls	29:49	3 Kenneth Skinner	71	Albany	30:06	
3 Marie Arrao	55	Clifton Park	30:54	FEMALE AGE GROUP: 70 - 74	1 Coral Crosman	70	Middle Grove	34:29
MALE AGE GROUP: 60 - 64				2 Becky Kotler	72	Manchester Center, VT	36:15	
1 Juergen Reher	61	Wynantskill	21:24	MALE AGE GROUP: 75 - 79	1 Norm Marincic	76	Saratoga Springs	29:53
2 Rick Morse	61	Malta	22:14	2 Peter Hettrich	76	Ballston Spa	31:02	
3 Leo Dipierro	61	Cherry Plain	27:07	MALE AGE GROUP: 80 & OVER	1 Walter McConnell	80	Bolton Landing	37:04
FEMALE AGE GROUP: 60 - 64				<i>Courtesy of Saratoga National Bank & Trust Company</i>				
1 Sue Nealon	61	Troy	29:40					
2 Alice Carpenter	61	Delmar	36:45					
3 Laura Clark	64	Saratoga Springs	42:55					
MALE AGE GROUP: 65 - 69								
1 Patrick Glover	65	Clifton Park	21:06					

ARC IN THE PARK 5K RACE

October 16, 2011 • Rensselaer Technology Park, North Greenbush

MALE OVERALL				FEMALE AGE GROUP: 30 - 39	1 Lisa Brock	37	Rensselaer	24:32
1 Eric French	29	Albany	18:41	2 Aileen Flach	39	Castleton	26:41	
2 George Burke	45	Troy	19:06	3 Morgan Fall	30	Albany	27:37	
3 Liam Fitzgerald	13	Troy	20:07	MALE AGE GROUP: 40 - 49	1 T Mack	47	Wynantskill	22:28
FEMALE OVERALL				2 Mike Lenney	48	East Greenbush	25:10	
1 Courtney Breiner	14	Troy	22:51	3 Tim Burns	44	Rensselaer	27:04	
2 Shana Marra	38	Castleton	23:21	FEMALE AGE GROUP: 40 - 49	1 Colleen Breiner	46	Troy	25:22
3 Julia Kajta Hayes	48	Rensselaer	24:05	2 Mary Sheehy	48	Troy	27:59	
MALE AGE GROUP: 1 - 14				3 Regina Button	49	Troy	29:19	
1 Jamison Burke	9	Troy	24:24	MALE AGE GROUP: 50 - 59	1 Martin Patrick	57	East Greenbush	20:21
2 Ethan Lenney	8	East Greenbush	24:28	2 Kim Burns	58	Loudonville	25:02	
3 Jacob Tarbay	12	Altamont	32:13	3 John Broderick	52	Troy	29:05	
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 50 - 59	1 Tricia Moreland	57	Latham	27:00
1 Shayna Lenney	10	East Greenbush	25:10	2 Barbara Bender	57	Troy	27:38	
2 Abby Kronav	12	Poestenkill	28:36	3 Susan Gallagher	56	Troy	37:22	
3 Lily Fitzgerald	10	Troy	45:53	MALE AGE GROUP: 60 - 69	1 Frank Bender	60	Troy	22:22
MALE AGE GROUP: 20 - 29				2 Dave Borge	64	Hoosick Falls	51:51	
1 Frank Cabe	28	Albany	20:42	3 James Peters	65	Troy	56:01	
2 Brandon Good	28	Brainard	21:37	FEMALE AGE GROUP: 60 - 69	1 Donna Milks	62	Troy	54:50
3 Ryanher West	28	Albany	22:05	2 Edie Hall	61	Averill Park	55:16	
FEMALE AGE GROUP: 20 - 29				3 Margie Biggins	62	Averill Park	55:23	
1 Valentina Zubareva	28	Waterford	27:31	<i>Courtesy of ARC of Rensselaer County</i>				
2 Alison Kerr	27	Rensselaer	29:53					
3 Alicia Gursky	23	Albany	32:28					
MALE AGE GROUP: 30 - 39								
1 Dave Ozman	30	Albany	22:05					
2 Oliver Boomhower	39	Waterford	23:56					
3 Jeffrey Colangione	36	Petersburg	45:59					

11TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K

October 22, 2011 • Saratoga Spa State Park, Saratoga Springs

5K ROAD RACE				FEMALE AGE GROUP: 60 - 64	1 Lorin Speigel	62	Saratoga Springs	29:38
MALE OVERALL				2 Linda Meier	63	Schenectady	34:03	
1 Josh Merlis	29	Albany	15:58	3 Kathleen McMahon-Pau	62	Troy	36:16	
2 Eamon Dempsey	31	Delmar	16:12	MALE AGE GROUP: 65 - 69	1 Terry Failing	65	Saint Johnsville	22:44
3 James O'Connor	37	Troy	16:29	2 Stan Westhoff	68	Gansevoort	22:56	
FEMALE OVERALL				3 Jim Cunningham	67	Ticonderoga	24:45	
1 Kari Gathen	43	Albany	18:43	FEMALE AGE GROUP: 65 - 69	1 Lenore Reber	67	Saratoga Springs	48:09
2 Meghan Davey	26	Rotterdam	18:56	2 Johanna Schreiner	66	Malta	49:40	

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SOUTH LAKE SPILLWAY AT THE
OUTLET OF A SMALL BAY.

SNOWSHOEING, X-C SKIING & HIKING

By Bill Ingersoll

One of the more underrated trails in the southwestern Adirondacks is the snowmobile trail that runs parallel to the south shore of South Lake, one of two reservoirs at the headwaters of the Black River. Snowmobile riders use it infrequently, and despite its wide turns and modest grades skiers seem to use it even less. During this winter with unusually low snow levels, I took advantage of its packed surface several times for brisk hikes into the backcountry.

When the meager snow pack disappears in the spring, this same trail will be a good setting for a quick "mud season" hike. This is generally a dry trail following a good road grade, winding across the forested

After angling eastward, you pass the cluster of camps at one-mile and the end of the improved section. As remote as these properties seem, one of them is a year-round residence. The trail continues much further back from the water now. It climbs over one small knoll, dips through a slight valley, and then gently climbs a larger hill. The surrounding hardwood forest is quite handsome, and more mature than what you might expect to find along a former logging road.

You pass a narrow bay on the left, and at 2.5 miles, you reach a bridge over a sizeable creek. To the left, a low concrete dam creates a small cascade at the outlet end of another small bay. This is the lake's spillway, and the stream is one of two outlets that merge in a large vly to the south to form the South Branch of the Black River.

Just past the bridge, look for an unmarked side trail angling back to the left. It is less than 500 feet long and should not be missed. It leads to an opening on the shoreline with a very good view of the central portion of South Lake, including the set of rock bluffs on the north shore that is a favorite swimming area for boaters in the summer.

Back on the snowmobile trail, there is a second side trail only 0.1-mile later. The main trail bears right and begins to descend from this junction, but for the present purposes I recommend that this be as far as you go.

Take the side trail instead. It isn't marked, but at only 0.1-mile in length it doesn't need to be. It leads straight to the west end of South Lake's main dam, a large earthen structure with an open view of the lake and the Raymond Hills beyond. If you have picked a calm, sunny afternoon for this hike, then you will not find a better spot for lunch.

If you are looking for more than just a quick spring hike, then there is more to see in these woods than just the view from this dam. I am currently working on a new edition of Discover the Southwestern Adirondacks that will describe other destinations accessible from this same snowmobile trail, including a historic site that I never knew existed until recently. 🌲

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

A Brief Outing at South Lake



VIEW FROM SOUTH LAKE'S
MAIN DAM IN SUMMER.
PHOTOS BY BILL INGERSOLL

knolls south of the lake. It does extend well beyond South Lake, but what is being recommended here is just the first 2.7 miles, which lead from South Lake Road to the earthen dam that creates the lake.

This is an easy outing with a round-trip investment of about three hours' hiking time, allowing you to enjoy the woods when other trails might be too messy.

GETTING THERE

Take the Woodhull Road exit off NY Route 28 in Forestport and follow it east for 1.2 miles east to Forestport Station. North Lake Road begins as the left fork of a wye in front of the Buffalo Head Restaurant. Follow it faithfully for 16.9 miles to the start of the trail. During that distance you will pass out of the residential area and into the woods, pass beyond the end of the pavement, and pass North Lake as you drive across its two earthen dams. At this point North Lake Road becomes South Lake Road. You reach the trail in question just before the road reaches South Lake itself. Signs mark its beginning, but there is no formal parking area. Because the first mile of the trail doubles as a residential driveway, hikers are asked to park to the side.

THE TRAIL

The trail begins at the west end of the lake, heading south. The first mile was improved in 1999 by residents on the remote south shore, and this section is essentially a small road. You can see the lake through the trees to your left, but it is an "arm's length" view since the trail never passes closer than a hundred feet of the shoreline. If you are anxious to see South Lake you can pick your own way easily enough through the open woods.

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TRIATHLON



A BALANCE DRILL – HOLD A STREAMLINE AS LONG AS POSSIBLE. PHOTO BY J. HISLOP



A STABILITY DRILL – SWIM WITH ONE ARM AND A SLIGHT KICK. PHOTO BY A. HISLOP

Focus on Swim Fundamentals Now • Benefit Later in Open Water

By Kristen Hislop

Very often the swim is the most intimidating part of a triathlon. Getting back to basics can help improve your swim and make you more comfortable in open water. In this article we will talk about some fundamentals: balance, stability, mobility and power. Sounds a little like the basics of strength training or for that matter the run and bike. Watch a kid's beginner swim lesson and you will see an instructor working on balance in the water. Right away kids are taught to float in the water.

Balance – Floating requires two things: balance and relaxation. Adults tend to tense up in the water and have a hard time floating. Start on your back with arms and legs slightly spread. Relax and then bring your legs together and your arms to your side. A drill I like to have triathletes do is to hold a streamline position on their stomachs as long as possible. With a very slight push off the wall hold a streamline, as in picture one, for as long as you can. Most people will lose their balance turning to one side. If you do not have good core stability you will bend at the waist and be unable to hold the position.

Stability – This refers to the ability to control force or movement. You want to have a solid horizontal platform for your arms and legs in the water. Bending at the waist either side-to-side or front-to-back will wreak

havoc with your swim. Side-to-side bends will lead to fishtail swimming. Arching the back is common as many people pull their head forward and up to see, which leads to excess drag. Always look at the bottom of the pool. When you arch your back your hips drop and you lose power. To focus on stability try the following drill. Swim with only one arm and a slight kick (see picture two). Instead of having the non-working arm out in front as many of you have been taught, place it alongside your hip. Focus on the core staying stable as you rotate to breathe. You will swim straighter and be able to get more mobility in your hips and shoulders.

Mobility – As with the other disciplines in triathlon, mobility is critical. It is the freedom of movement in a joint. Swimmers need wrist, elbow, shoulder, thoracic spine, hip, knee and ankle mobility. You can test shoulder mobility by reaching behind your back with your left hand, and reach overhead in back with your right hand, and see if you can touch your fingertips. The goal is to overlap on the both sides. Many swimmers and triathletes are locked up in the thoracic spine region. The wall slide is a good test to see if you fall in this camp. Sit against a wall so that your hips, back and shoulders touch the wall. With your hands in the 'stick 'em up' position, slide your hands and elbows up and down the wall, while maintaining contact with your spine.

Hip mobility is another bane of existence for many triathletes. To test hip mobility, sit on the very edge of a stable bench. Lie back down and pull your left leg into your chest just so the lower back touches the bench. Straighten your right leg and let it hang off the table. You want to have someone look at your right leg to see if your thigh is parallel to the ground. There are many other things a physical therapist or other health professional may look at, but this will let you know if you should be focusing on hip mobility. A great exercise is single leg squats with a TRX suspension or rip trainer. For exercises to improve balance, stability, mobility, and power check out hislopdesigns.com.

Ankle mobility creates forward thrust in the kick. Hugh Dunseath of Clifton Park (*Athlete Profile*, November 2011) coaches swimmers of all abilities and always suggests the ankle mobility stretch. Sit on your feet, toes pointed away from your body and knees together. If it is uncomfortable to start place a rolled up towel under the front of your ankles on the floor. A good swimmer looks smooth and glides through the water effortlessly. This is because they have appropriate range of motion in all joints. Mobility means you can focus on symmetry in your stroke. Every aspect of your stroke and body position should mirror the opposite side.

Power – All too often swimmers work on power before the other fundamentals. This comes last and flows naturally from a good stroke. Power in the stroke comes in the front quadrant. The power in swimming comes from your core as well as your arms and legs. When you look at top swimmers they have a "V" shape with very developed back muscles. As your hand enters the water your wrist breaks slightly so your fingertips point to the bottom of the pool. The elbow stays high as you move your body through the water. The hips rotate as you hold the water. This hip rotation drives the recovery arm forward. The focus is to reduce drag as much as possible. The hand stays relaxed as you focus on feeling the water.

Doc Counsilman of Indiana University, one of the most accomplished swim coaches ever, said he felt the fastest swimmers had the most sensitive fingers. Specific strength exercises will help develop the right muscles for a more powerful pull.

Get back to basics now for a great triathlon season. Working on these fundamentals will mean you'll be a more relaxed and confident swimmer in open water. 🌲

Kristen Hislop (hislopdesigns@hotmail.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose passion, next to family, is the sport of triathlon.

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