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With the Perfect Races for You!

By Kristen Hislop

According to USA Triathlon, in 2011 there were over 8,800 adult members in New York, ranking us fourth in the country. With the continuing growth, more races are added each year in our region and the legendary events continue to fill to capacity. Choosing races for your calendar, whether a beginner or seasoned veteran, can be a challenge! As the sport continues to grow so do the number of available resources, such as tri clubs, local run and bike shops, triathlon coaches, and your fellow triathletes. This is an awesome sport because you can participate with just the basics and advance as far as you choose.

Early season is a great chance to volunteer if you have not signed up for a race. The new **Rally in the Valley Duathlon and 5K** in Fort Hunter on May 12, and the **Saratoga Lions Duathlon** on May 27 are great opportunities to watch the front of the pack athletes in transition. All races love to have volunteers helping out who understand the sport, so be sure to lend a hand over the course of the season.

If you have signed up for an early season race, the focus can be getting out the winter kinks to prepare for your chosen events. For newbies some of the local races are great for getting your feet wet. Race directors like Chris Bowcutt of Hudson Crossing, John Slyer of SKYHIGH Adventures, Mark Wilson of the HITS Series, Kevin and Bridget Crossman of the Fronhofer Tool Triathlon, and Mike Brych of ATC Endurance are focused on making new triathletes comfortable and feel welcome.

The offerings for new triathletes abound. The second annual **Cooperstown Triathlon** sprint distance on May 27 is expanding to 300 athletes. Mike Brych, race director, says "The average temperature of Otsego Lake in May is 65 degrees. Last year they said that once every 15 years, it does dip to around 55. Last year it was 55, so this year will be better!" Plan ahead and be prepared if you give it a go. The village of Cooperstown is a great family destination.

▲ HALF AND FULL DISTANCE ATHLETES JUMP IN FOR THEIR SWIM AT THE 2012 HITS TRIATHLON SERIES. ©SEAN DULANEY
▼ KRISTEN LECLAIR OF WILTON IN THE SPRINT RACE AND TODD SHAYTYNSKI OF ALTAMONT IN THE OLYMPIC AT THE 2011 FRONHOFFER TOOL TRIATHLON. PHOTOS BY LAURIE FRONHOFFER

The inaugural **HITS Triathlon Series** at Hunter Mountain on June 9 offers a free super sprint, sprint, Olympic, half and full distances. The sprint races will specifically cater to new triathletes with seating in the transition area. Look for another family-friendly environment here. If the kids are interested in getting into the action, they can participate in the free sprint event.

On June 10 the third annual **Hudson Crossing Triathlon** is a great race for athletes looking for a protected swim. The swim is fairly short and it's in the Champlain Canal with an in-the-water-start and only 275 participants. Swim instructor, Ann Svenson, will provide an on-site overview of the swim leg on Saturday, June 9 from 2 to 4pm. There is a great post-race party and awards ceremony with plenty of great viewing spots for spectators.

In Lake Placid, it's the 29th year of the **Monday Night Mini-Tri Series** from June 18 through August 13, hosted by High Peaks Cyclery. The weekly sprint races are a fun time, with abilities ranging from Ironman athletes to beginners, and first-timers are welcome.

If you are looking for an easy-going environment, then check out the sprint distance **Vermont Sun Triathlon** on June 24. Meg McCue of Rexford says, "This race made me feel comfortable and the setting is absolutely beautiful." They have added another sprint to the series calendar on August 26, along with the Half Vermont Journey (half Ironman).

Another great race for a calm swim is the 12th annual **Pine Bush Triathlon** in Guilderland on July 8. The two transition areas – one in Albany and the other in Guilderland – can make it a little confusing for new triathletes, so just ask for tips if needed. The Guilderland Y offers a training program to get ready for the event.

The 27th annual **Piseco Lake Triathlon** on July 21 also has two transition areas so setting up takes a little longer

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CYCLISTS BEGIN THE MAYOR'S CUP RIDE.

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There's something for everyone this summer at organized cycling events in the Capital Region and the Adirondacks. Whether you want to extend yourself with a higher distance goal, ride on some new scenic roads, or raise funds for a worthy cause, events are on tap that will let you do something new and valuable in cycling. Here is a selection from the first half of the summer.

First up is the **Team Billy Ride and Walk for Research** taking place Sunday, May 20 in Saratoga Springs. This ride and walk event is now in its eighth year to honor the memory of Billy Grey, who died of a brain tumor just before his 13th birthday. Over 50 sponsors and 450 participants in this event last year raised more than \$80,000 for brain tumor research.

The ride offers distances of 10, 25 and 50 miles along with a three-mile walking event. The bike route goes east from Saratoga into scenic farm country east of Saratoga Lake, and the 50-mile route includes a circuit of the historic loop road in Saratoga National Historical Park. All the events are based out of the Farmer's Market at High Rock Park in Saratoga Springs. Participants can register for the event, make a donation, or start their own team at eamilly.org. Basic registration donation for the Billy Grey ride is \$25.

The annual **Tour de Cure** to benefit the American Diabetes Association also starts in Saratoga at the Saratoga Springs High School on Sunday, June 3. This longtime staple of the Capital Region cycling scene has grown to almost 2,000 riders, offering a variety of rides. Distances include the century ride of 100 miles, and shorter routes of 62, 50, 25 and 10 miles. All the rides longer than 10 miles loop into the Adirondack foothills west of Saratoga Springs, with the 100-mile route heading as far north as Lake Luzerne.

Even if you don't have a bike, you can ride in the three-hour indoor spin-a-thon led by certified instructors on stationary bikes.

Registration for the Tour de Cure is \$25 with a \$200 pledge minimum. If you have diabetes you can join the special Red Rider team and receive special incentives at the ride. To get more information, register, to join a team go to diabetes.org/saratogatur.

The ninth annual **Get Your Guts In Gear Ride** will be cruising the Hudson River Valley byways from Friday-Sunday, June 8-10 to support research into causes and cures for Crohn's disease and ulcerative colitis, chronic conditions that cause inflammation of the digestive or gastrointestinal tract.

From a starting point north of New York City, riders gather on Friday evening to prepare for the Saturday and Sunday rides. Saturday riders will cross the Hudson River at Bear Mountain Bridge, then bike through West Point to the scenic Storm King Highway, and on to the village of Rhinebeck for the Saturday night stop. On Sunday the ride winds through countryside east of the Hudson and concludes in Sleepy Hollow with a closing ceremony. Each ride day averages 70 miles in this 150-mile tour. For those wanting more miles, there is an optional century loop available on Saturday. Registration is \$85, with a \$1,250 fundraising minimum. Support includes fully stocked rest stops, sweep vehicles and baggage transport. Learn more at ibdrive.org.

The inaugural **Centurion Lake George** event on Friday-Sunday, June 22-24 will present a full slate of rides for cyclists of all ages and abilities. The Centurion series motto is "Racers race, riders ride," and there are a wide variety of events during the weekend to allow all cyclists to enjoy a rewarding ride or race. Traffic control on

the routes is a huge perk, and full support includes mechanics on the road, chip timing for all riders, feed stations with food and drink, sag wagons and medical support.

All the rides will start and finish on Beach Road in Lake George, with activities and a bike expo based out of Battlefield Park. On Friday night, the open and elite Hill Climb up the Prospect Mountain highway (4.7 miles, 1,368 feet) starts off the weekend. On Saturday, the Centurion 25-mile ride to Lake Luzerne and Centurion Kids' Ride are scheduled. Then on Sunday are the featured Centurion 50 and 100 mile rides, which head into some spectacular Warren County mountain and lake scenery with challenging routes that will get your heart pumping.

Advance online registration fees varies from \$20 for the Saturday Kids' ride that benefits the Centurion Cycling Foundation charity to \$119 for the Sunday century. The fees are more than worth it when you consider the world-class support you receive in this all-inclusive event. More information and registration is available at centurion-cycling.com.

If you're looking for a change of scenery, the **CVPH Mayor's Cup Bike Ride** will be held in beautiful Clinton County on Sunday, July 15. Organizers anticipate 200 riders will leave from CVPH Medical Center and ride through Dannemora, Rand Hill, past Lake Champlain, and finish with a BBQ celebration back at the medical center. This year there will be rides of 70, 54 and 20 miles in length, appealing to a variety of cycling enthusiasts. Rest stops, a sag wagon, and medical support will be available on the routes.

This \$40 ride is a fundraiser for the CVPH Travel Fund, which assists income eligible North Country families with travel out of the area for care not provided at CVPH

Medical Center. Recently they had a patient who was diagnosed with a rare cancer that could only be treated by a specialist in New York City. The family could barely afford their rent let alone the expense of traveling to New York City to see the specialist. The CVPH Travel Fund was able to assist them with their travel expenses, thus, easing their mind a bit during a very stressful time.

This year's **Tour de Farm** on Sunday, July 29 will offer several routes suited to a leisurely pace. Both the 15- and 35-mile routes start at the Hand Melon Farm in Greenwich, and take riders on a tour of Washington and Saratoga County landscapes with stops at local farms and historical sites.

The Agricultural Stewardship Association expects 400 riders at the event this year, which raises funds for Saratoga PLAN to help protect and preserve farmland in the area. The 15-mile route stays on the east side of the Hudson, while the 35-mile ride crosses the river and includes a visit to McMahon Thoroughbreds Farm and the Saratoga National Historical Park, where an encampment of Revolutionary War reenactors will be taking place.

Riders will have full on-the-road support as well as a post-ride picnic featuring local food and drinks. Registration is \$10 for kids ages 9-17, \$20 for students, and \$40 for adults. Get more info at agstewardship.org.

Stay tuned for highlights of organized events from the second half of summer in next month's issue. 📌

Dave Kraus is a long time area cyclist, photographer, writer and AFAA/ISFTA certified personal trainer. Contact him at dbkraus@earthlink.net or KrausGrafik.com.

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AROUND THE REGION **News Briefs**

Albany Bike EXPO on May 6

ALBANY – The Albany Bicycle Coalition announces their second annual Bike EXPO to kick off National Bike Month and promote cycling across the Capital Region. The community event will take place on May 6 from 10am-4pm at the Washington Park Lake House in the heart of Albany. The Bike EXPO will feature a family-friendly ride on car-free park roadways, a guided tour of Albany's bicycle amenities, exhibitions, free tech advice, refreshments, raffles and prizes. Vendors and tables will include bike shops, bicycle clubs, and advocacy organizations. The event is free and open to the public.

“We are trying to bring together cyclists regardless of their individual riding skills or their motivation for riding. We are using bicycles as a central focus for sustainable and healthy living in the Capital District. Our secondary goal is to highlight the many cycling improvements in the city – shared lanes, hundreds of bicycle racks, bicycle signage, and bicycle lanes,” states John Vendetti, event coordinator. This event is sponsored in part by the New York Bicycling Coalition, the Albany Bicycle Rescue, the Pine Hills Neighborhood Association, the Delaware Area Neighborhood Association, and the Council of Albany Neighborhood Association. Visit: albanybicyclecoalition.com.

“The Catskill 67” is Now Available

LAKE GEORGE – “The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500 Feet,” is now available from Adirondack Mountain Club. Written by veteran hiker Alan Via of Slingerlands, and edited by Times Union journalist and hiker Fred LeBrun, the guide focuses on a previ-

ously overlooked group of mountains: the 67 Catskill peaks within the “100 Highest” that are under 3,500 feet.

The new guide describes routes to the summits of each of these lesser-known peaks and provides GPS coordinates for trailheads and difficult road intersections. Peaks are rated for view, interest and difficulty. The guide also includes nine regional maps, a separate large-format map of the Catskill 100 Highest and more than 60 photographs. The 192-page softcover book retails for \$21.95. “The Catskill 67” is available at book and outdoor supply stores, at ADK stores in Lake George and Lake Placid, or online at adk.org.

Mother's Day Race in New Location

SCHENECTADY – Ladies, the HMRRR Mother's Day Race on Sunday, May 13 is geared to help you get tuned up for the Freihofer's Run for Women or to just come out and stretch your legs. A chocolate fountain and non-alcoholic mimosas are just the start of the refreshment list. And the 32nd annual race this year has been moved to Central Park in Schenectady. The course is a pretty one – all within the confines of the park itself. It is a women-only race but men are welcome to volunteer to help put the event on – and walkers are welcome. There is a half-mile kids' run around the Duck Pond, and the park also offers two playgrounds for the children to enjoy. Register early because technical shirts are guaranteed to the first 200 entered. There is no day of race entry. There is last chance registration at Best Fitness in Schenectady from 12-6pm on May 12.

Todd Jennings Set for Hudson River Run

ALBANY – Momentum and support is building for ultrarunner and lifelong

NYS resident Todd Jennings as he prepares to run the entire 315-mile length of the Hudson River. Beginning on May 12 at Lake Tear of the Clouds, Todd will traverse the river's banks over eight consecutive days, averaging almost 40 miles per day to finish at The Battery in New York City. “Hudson River Run 2012” was created to bring awareness and support to Hudson River Sloop Clearwater's mission to preserve and protect the Hudson River and its tributaries for the benefit of its ecosystem and human communities. Many of those communities have rallied around Todd, providing emotional, logistical and financial support. Meanwhile, runners are joining his fundraising team.

“In order for this to succeed, the communities all along the Hudson have to be involved,” Todd said. “The river belongs to all of us and it is our responsibility to care for it.” On May 15, the Albany Pump Station will host a fundraising dinner. The public is invited to follow Todd on his preparation and training for the Hudson River Run 2012 on Facebook, and at his “Into the Woods” trail running blog, or on Twitter. If you are a runner, you are invited to run part of the course. You can donate at crowdrise.com/

HudsonRiverRun2012. All net proceeds from donations will go directly to help support the programs and initiatives of Clearwater.

Pacers Needed for 2012 Adirondack Marathon

SCHROONLAKE – The 2012 Adirondack Marathon in Schroon Lake is scheduled for Sunday, September 23. The organizers would like to offer participants the option of running with a pacing team, whether the goal is to secure a coveted Boston qualifying time, to achieve a personal best, or simply to complete the journey with a new bunch of friends. Pacers are needed for each of seven time goals: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45 and 5:00. Qualifications are previous marathon experience on hilly courses; previous marathon times of 20 to 30 minutes faster than the group you are pacing; and an ability to remain positive and encouraging. What's in it for you? Free entry, free pasta dinner, lots of warm fuzzies, and an opportunity to be a working part of the friendliest marathon on the planet. For further info and to sign-up for the team, contact Laura Clark at (518) 581-1278 or laura@saratogastryders.org.

FROM THE PUBLISHER & EDITOR

May is National Bike Month

This is the 56th consecutive year that the League of American Bicyclists has declared May to be National Bike Month. The League is also promoting the inaugural Bike-to-School Day on Wednesday, May 9; Bike to Work Week from May 14-18; and Bike-to-Work Day on Friday, May 18.



SHARING THE ROAD: CYCLISTS

1. *Ride on the Right* – Always ride in the same direction as traffic; use the lane furthest to the right that heads in the direction that you are traveling; slower moving cyclists and motorists stay to the right.
2. *Act Like a Vehicle* – The same laws that apply to motorists apply to cyclists; obey all traffic control devices (such as stop signs, lights, and lane markings); always use hand signals to indicate your intention to stop or turn to motorists and cyclists.
3. *Always Wear a Properly Fitting Helmet* – Make sure that the helmet fits on top of the head, not tipped back; always wear a helmet while riding a bike, no matter how short the trip; after a crash or any impact that affects your helmet, visible or not, replace it immediately.
4. *Ride Predictably* – Ride in a straight line and don't swerve in the road or between parked cars; check for oncoming traffic before entering any street or intersection; anticipate hazards and adjust position in traffic accordingly.
5. *Be Visible* – Wear brightly colored clothing at all times; at night use a white front light, red rear light or reflector and reflective tape or clothing, and make eye contact with motorists to let them know you are there.

SHARING THE ROAD: MOTORISTS

1. *Drive Cautiously* – Reduce speed when encountering cyclists; in inclement weather give cyclists extra trailing and passing room; recognize situations that may be potentially dangerous to cyclists and give them space.
2. *Yield to Cyclists* – Cyclists are considered vehicles and should be given the appropriate right of way; cyclists may take the entire lane when hazards, road width or traffic speed dictate; motorists should allow extra time for cyclists to traverse intersections.
3. *Be Considerate* – Scan for cyclists in traffic and at intersections; do not blast your horn in close proximity to cyclists; look for cyclists when opening doors.
4. *Pass with Care* – Leave at least three feet of space between your car and a cyclist when passing; wait until road and traffic conditions allow you to safely pass; check over your shoulder after passing a cyclist before moving back to normal position.
5. *Watch for Children* – Children on bicycles are often unpredictable so expect the unexpected and slow down; most children don't have adequate knowledge of traffic laws; children are harder to see because they are typically smaller than adults.

As cyclists and motorists, let's do everything we can to increase awareness and acceptance of safe bicycling in our area.

Darryl and Mona

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ISSUE #139

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DARRYL CARON

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Calendar of Events
*May - July 2012**
*Events beyond this month are advertisers in this issue.

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
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27	28	29	30	31				24	25	26	27	28	29	30		29	30	31					

BICYCLING ONGOING

- Sat Spring Tour Rides. 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.
- Mon Monday Ride. 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Tue Tuesday Night Time Trials: 5/15-9/11. 18M. 6:30pm. Johnny Cake Road Race Course, Coxsackie. GC Cycles/Sean: 225-4498.
- Tue Albany Co Tour Rides. 25M. 5:30pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Tue Tuesday Night Road Rides: 5/1-8/31. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Wed CBRC/MHCC Quick Training Rides. 30M. 6pm. All welcome. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. cbrc.cc. webmhcc.org.
- Wed Wacky Wednesday Tour Rides. 30M. 5:30pm. Exit 8 Park/Ride, Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- Wed Wednesday Night Women's Road Rides: 5/1-8/31. 6-8pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.

MAY

- 4-6 3rd Adirondack Adventure Festival. Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
- 5, 19 Fix A Flat Clinic. 9:30-10:30am. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 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.
- 6 Albany Bike Expo. 10am-4pm. Washington Park, Albany. albanybicyclecoalition.com.
- 12 Bicycle Screening. 9am-12pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 12, 26 Basic Maintenance Clinic. 9:30-10:30am. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.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.
- 12 Bristol Mountain Road Race. Corser Park, Canandaigua. rochesterroadracing.com.
- 12 Hunter Mountain Spring Classic. 38M/78M/117M. 10am. Hunter Mtn, Hunter. greatamericancycling.com.
- 12 Vermont May 200k Brevet. 7am. Burlington, Vt. New England Randonneurs: 508-877-1045. nerandonneurs.org.
- 16 6th Ride of Silence. 15M. 6pm. Slow pace honoring cyclists killed/injured in auto collisions. Corning Preserve, Albany. Claire Nolan: 209-6477. rideofsilence.org.
- 19 Inaugural Arboretum-to-Arboretum Bike Ride. 75M. 9am. Landis Arboretum, Esperance to Pine Hollow Arboretum, Slingerlands. webmhcc.org.
- 20 8th Team Billy Ride & Walk for Research. 50M, 25M, 10M: 8:30am. 3M Walk: 9am. High Rock Park, Saratoga Springs. teambilly.org.
- 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

- 2-3 Saratoga 600K Brevet. 4am. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 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.
- 13 Coeymans Hollow Time Trial. 12M. 6:30pm. Joralemon Memorial Park, Ravena. CBRC: 281-3710. cbrc.cc.
- 15-17 3rd Saranac Lake Tandem Rally. Gear-To-Go Tandems, Saranac Lake. 891-1869. ggtandems.com.
- 15-24 Easy Adirondacks Tandem Tour. Gear-To-Go Tandems, Saranac Lake. 891-1869. ggtandems.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.
- 23 Adirondack 540 Preview Ride. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 27 Pinnacle Hill Climb Time Trial. 3.9M. 6:30pm. New Salem Fire House, Voorheesville. Capital Bicycle Racing Club: 369-9132. cbrc.cc.
- 30 Okemo Bike Climb. 5.8M. 10:30am. Okemo, Ludlow, VT. okemobikeclimb.com.

JULY

- 7-15 French Canada Tandem Tour. Gear-To-Go Tandems, Saranac Lake. 891-1869. ggtandems.com.
- 14-15 Centurion Ontario (Horseshoe Valley). 100/50/25M, kids' ride. Horseshoe Resort, Oro-Medonte, ON. 303-953-2008. centurioncycling.com.
- 14 Mount Greylock Century. 100M. 7:30am. Notchview Reservation, Windsor, MA. Berkshire Cycling Association: 413-822-9328.
- 15 Mayor's Cup Bike Ride. 70M: 8:30am. 50M: 9am. 20M: 9:30am. CVPH Medical Center, Plattsburgh. Michelle Senecal: 562-7169. cvph.org/Foundation.
- 28 11th NY Capital Region Road Race. 43-83M. 10am. Ravena-Coeymans-Selkirk HS, Ravena. 281-3710. cbrc.cc.
- 28 5th "Tour de Forks" Century Ride. 37M/100 M. 9am. Jay Community Center, Au Sable Forks. Sue Pulitzer: 647-8194. townofjay.com.
- 29 3rd Tour de Farm. 15M/35M. 8am-3pm. Farms, historical sites, picnic. Hand Melon Farm, Greenwich. 692-72285. agstewardship.org.

AUGUST

- 4 Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M. 8am. Manchester, VT. gearupforlyme.com.
- 4-12 French Canada Tandem Tour. Gear-To-Go Tandems, Saranac Lake. 891-1869. ggtandems.com.
- 12 Ididaride! Adirondack Bike Tour. 75M loop or 20M option w/shuttle. Van support & party. Ski Bowl Park, North Creek. ADK Mtn Club: 800-395-8080 x42. adk.org.
- 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 3rd Camp Challenge Ride. 62M, 100M. 7am. Double H Ranch, Lake Luzerne. 696-5676. doublehranch.org.
- 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.

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Sunday, July 29
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35 or 15 miles - rain or shine

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 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/26
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 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
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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.

**HEALTH & FITNESS
 ONGOING**

Mo-Fr Boot Camp Challenge. Malta 6-week camp starts: 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: 6/4 (4 wks) & 7/9 (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.

MAY
 Sat Beginning Hatha classes through 5/19. 1-2pm. True North Yoga, Schroon Lake. 810-7871. truenorthyogaonline.com.
 Thu Reiki Share Circle: 5/3. True North Yoga, Schroon Lake. 810-7871. 810-7871. truenorthyogaonline.com.

**HIKING & ROCK CLIMBING
 MAY**

4-6 Waterfall Hikes Weekend w/Barbara Delaney & Russell Dunn. Trail's End Inn, Keene Valley. 576-9860. trailsendinn.com.
 14-16 Guide's License Training. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 19-20 Leave No Trace Trainer. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

JUNE

2 19th National Trails Day. Trailwork, BBQ, raffles. Grafton Lakes State Park, Grafton. Elizabeth Wagner: 279-1155. nyspark.com.
 9, 25 Trailless Peak Day Hike: Table Top. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 9 Women's Rock Climbing. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
 9 4th ADK Black Fly Affair: A Hikers Speakeasy. 6-11:30pm. Hiland Park Country Club, Queensbury. ADK/Deb Zack: 800-395-8080 x42. adk.org.
 10 Trailless Peak Day Hike: Esther Mt. ADK Mtn Club: 523-3441. adk.org.
 16 Trailless Peak Day Hike: Street & Nye. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 20 Family Rock Climbing Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
 22-24 Trailless Peak Backpacking: The Dix Range. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 23 Trailless Peak Day Hike: Lost Pond Peak. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 25-29 Leave No Trace Master Educator Course. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 30 Trailless Peak Day Hike: MacNaughton Mt. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 29-7/1 Trailless Peak Backpacking: The Swards. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

JULY

2 Trailless Peak Day Hike: Esther Mt. ADK Mtn Club: 523-3441. adk.org.
 6-8 Trailless Peak Backpacking: The Santanonis. ADK Mtn Club: 523-3441. adk.org.
 6-8 Beginner Backpacking. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 7-8 Leave No Trace Trainer. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 9 Trailless Peak Day Hike: Street and Nye. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 11-13 Johns Brook Valley Exploration. Johns Brook Lodge to Bushnell Falls, Gothics. ADK Mtn Club: 523-3441. adk.org.
 13-15 Trailless Peak Backpacking: Cliff and Redfield. ADK Mtn Club: 523-3441. adk.org.
 16 Trailless Peak Day Hike: Mt Marshall. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 20-22 Trailless Peak Backpacking: Allen Mt. ADK Mtn Club: 523-3441. adk.org.
 21 Women's High Peaks Hike: Phelps Mt. ADK Mtn Club: 523-3441. adk.org.

27-31 Leave No Trace Master Educator. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 27-29 Trailless Peak Backpacking: Mt Marshall and Iroquois Peak. ADK Mtn Club: 523-3441. adk.org.

**MOUNTAIN BIKING
 MAY**

4-6 3rd Adirondack Adventure Festival. Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
 31 Beginner Women's Mountain Bike Clinic w/pro rider Aleksandra Mooradian. 5:30pm. Meet: Blue Sky Bicycles, Saratoga Springs. Ride: Luther Forest Trails, Malta. RSVP: 583-0600. blueskybicycles.com.

JUNE

9 7th MUD "Mix Up the Dirt" Mountain Bike Festival. 10am. Rides, BBQ, raffles, demos. Greenfield. Steve Godlewski: 369-6319. saratogamtb.org.
 9 17th Black Fly Challenge MTB Race. 40M. Moose River Rec Area, Inlet to Indian Lake. Pedals & Petals: 315-357-3281. blackflychallenge.com.
 10 Williams Lake Classic: NYMTB Series #1. nysmtbseries.com.
 16-17 3rd Wilmington Whiteface BikeFest. 5K DH Race, Dual Slalom & Chainless DH races. DH mountain biking, pump track demos, films, BBQ, music. Opening of Whiteface Mountain Bike Center, Wilmington. Downhill Mike: 524-9805. downhillmike.com.
 17 Wilmington Whiteface 100 Mountain Bike Race/Ride. 100K. 8am. Leadville Trail 100 qualifier. Whiteface Ski Center, Wilmington. Shannon Gipson: 719-219-9351. leadvilleraceseries.com.
 30 Downhill Mountain Biking Camp. Beg/intermediates. 10am-3:30pm. Gore Mountain, North Creek. Gail Setlock: 251-2411. goremountain.com.
 28-7/1 UCI Windham Mountain Bike World Cup (DH/XCO); Gravity East Series (Pro/AM DH); Race the World (Pro/Am XC); Festival events for all. Windham Mountain Ski Resort, Windham. Jo Ann Nelson: 427-1186. racewindham.com.

JULY

29 Hurley Mtn Classic: NYMTB Series #2. 12-24M. 10am. nysmtbseries.com.

**MOUNTAINEERING & WILDERNESS SKILLS
 MAY**

12-13 Map & Compass Bushwhack. Heart Lake Program Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
 5 Spring Tracks & Scats Workshop w/James Bruchac (Adult & Teen). 9am-4pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
 6 Lost in the Woods! Wilderness Survival Basics w/James Bruchac (Adult & Teen). 9am-4pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
 12-13 Wilderness First Aid Course (SOLO Certified)/WFR Resert w/Clark Hayward (Adult & Teen). 8am-5pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

JUNE

9-10 Wilderness First Aid Course (SOLO Certified)/WFR Resert w/Clark Hayward (Adult & Teen). 8am-5pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
 17 Father's Day Family Wilderness Adventure w/James Bruchac. Ages 6+. 1-4:30pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

JULY

16-18, 23-25, 30-8/1 Kid's Wilderness & Storytelling Camp (Ages 6-8). 9am-4pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
 16-20, 23-27 Wilderness Adventure Day Camp (Ages 9-13). 9am-4pm. Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

1-3 Junior Pathfinders Wilderness Training. (Ages 10-12). Nadinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.



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 aholzman1@earthlink.net
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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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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/ny

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

6-10 Junior Pathfinders Wilderness Training. (Ages 12-16).
Ndakinna Wilderness Skills & Adventures, Greenfield
Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Mon HPC Duathlon Series: 4/9-5/28. 1M run, 8M bike, 2M run. 6:30pm. DJ's Field, Lake Placid. 523-3764. highpeakscyclery.com.
- Mon HPC Monday Mini-Tri Series: 6/18-8/13. 6:30pm. Lake Placid. 523-3764. highpeakscyclery.com.
- 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.
- Thu BTC Warners Lake Training: 5/31-8/30. 0.6M swim, 16M bike, 5K run. 6pm. Warners Lake, East Berne. bethelehemtriclub.org.
- Thu Tri/Open Water Swims: Starts 6/7. 6-7pm. Moreau Lake S.P., Gansevoort. saratogatriclub.org.

MAY

- 6 19th Anyone Can 'Tri' Triathlon. 350yd swim, 11M bike, 3.2M run. 7:30am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 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. 11:30am. SSYMCA, 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.
- 6 9th Trooper Duathlon. 2M run, 14M bike, 2M run. 9am. West Hurley Park, West Hurley. nytri.org.
- 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.
- 12 Mad Triathlon at Sugarbush. 7.2M run, 6M paddle, 10M bike, 3M run. 1pm. Lincoln Peak, Sugarbush Resort, Warren, VT. 802-583-6571. madtriathlon.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.
- 19 The HarryMan Triathlon. Half, Half Aquabike, Olympic, Olympic Aquabike. 9am. Lake Welch Beach, Harriman S.P., Pomona. 347-478-7469. genesisadventures.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

- 1 Catskill Spring Rush Tri. Sprint: 2.25M run, 10M bike, 1.25M kayak. 9am. Catskill H.S., Catskill.
- 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.
- 9 33rd Green Lakes Triathlon. 800m swim, 12.4M bike, 3.1M run. 8:30am. Green Lakes S.P., Fayetteville. 315-638-1255. ymcaofgreatersyracuse.org.
- 9 Just DU It. 3.1M run, 19M bike, 3.1M run. 10:30am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 10 3rd Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. hudsoncrossingtri.com.
- 10 27th New York Triathlon & Duathlon. Tri: .5M swim, 16M bike, 3M run. Du: 3M run, 16M bike, 3M run. 8am. Lake Sebago, Harriman State Park, Suffern. nytri.org.
- 17 Inaugural Trooper Triathlon & Duathlon. Tri: .25M swim, 14M bike, 3M run. Du: 1M run, 14M bike, 3M run. 8am. Putnam County Veterans Park, Carmel. nytri.org.

- 24 3rd Wheel & Heel Sprint Triathlon/Duathlon. Tri: 1/4M swim, 14M bike, 3M run. Du: 1M run, 14M bike, 3M run. 9am. Wilcox Memorial S.P., Milan. wheelandheel.com.
- 24 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. 7am. Jamesville Beach Co Park, Jamesville. ironmansyracuse.com.
- 24 Vermont Sun Triathlon. 600yd swim, 14M bike, 5K run. 8am. Branbury State Park, Salisbury, VT. vermontsuntriathlonseries.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. tupper-lake.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.
- 8 Orange County Triathlon. 1500m swim, 24.9M bike, 6.2M run. City Public Boat Launch, Newburgh. orangecountytri.com
- 15 Musselman Triathlon. Micro, Mini, Kids, Age-Distance, Half-Iron. Seneca Lake State Park, Geneva. 503-922-1589. musselmantri.com.
- 21 27th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 22 14th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Lake Placid. ironmanlakeplacid.com.
- 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.
- 29 Pedal N Plod. 4M run & 22M bike. 8:30am. Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.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 12th Cazenovia Triathlon & Aquabike. Sprint: 800m swim, 22.5K bike, 5K run. Intermediate: 1500m swim, 40K bike, 10K run. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- 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 Splash & Dash Aquathlon. Lake Desolation, Middle Grove. LUNA Chix.
- 26 1st Old Forge Triathlon. 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.

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. lgrifestival.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.

HUDSON CROSSING TRIATHLON

Sunday, June 10
500yd Swim, 12M Bike, 5K Run
Limited to 275 - Register Early!
www.hudsoncrossingtri.com

12th Annual

Cazenovia Triathlon & Aquabike

Sprint: 800m swim/22.5K bike/5K run
Intermediate: 1500m swim/40K bike/10K run

Sunday August 12

Lakeside Park Cazenovia, NY

Open & elite swim waves
Dorm stays at Cazenovia College

Registration, Dorm & Race Details:
CazenoviaTriathlon.org
Presented by CNY Triathlon Club

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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

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**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 ticket;
\$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

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OTHER EVENTS

MAY

- Open Team in Training recruiting runners, walkers, cyclists, triathletes for the Nation's Triathlon (9/9); Adirondack Half Marathon (9/23); Peak Season Century (10/6); Nike Women's Marathon (10/14); Marine Corps Marathon (10/28). Info Meeting: 5/9, 6pm: Saratoga Springs Public Library. 5/10, 6pm: Fleet Feet, Essex Junction, VT. 5/15, 6pm: Courtyard Marriott, Poughkeepsie. 5/16, 5:30pm: Fletcher Free Library, Burlington, VT. 5/16, 5:30pm: Ramada Inn, Queensbury. 5/16, 6pm: LLS Office, Albany. 5/17, 5:30pm: Berkshire Bank Community Room, Colonie. 5/23, 5:30pm: Mahoney's, Poughkeepsie. 5/29, 5:30pm: Greater Burlington YMCA, Burlington, VT. 5/30, 5:30pm: The Crossings, Colonie. Leukemia & Lymphoma Society, Albany. 438-3583. teamintraining.org/uny.
- 4-6 3rd Adirondack Adventure Festival. Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
- 5-6 Birding 101. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 19-20 Wildflower Weekend. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 19 Saratoga Orienteering Meet. Saratoga Spa S.P., Saratoga Springs. emp.us.orienteeing.org.
- 20 Discover Scuba Class. Free. 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.
- 21 11th Christopher Dailey Memorial Golf Tournament. 7:30am or 12pm. McGregor Links Country Club, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 29-8/11 Albany Ultimate Frisbee League: 5/29-8/11. Registration: 4/9-5/7. Social, competitive & women's leagues. All skill levels welcome. Albany. albanyultimate.com.

JUNE

- 2 Discover Scuba Class. Free. 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.
- 2 Tawasentha Orienteering Meet. Tawasentha Park, Altamont. emp.us.orienteeing.org.
- 8-10 8th Adirondack Birding Festival. Hikes, canoe trips, walks, safaris, outings, seminars in Hamilton Co. Register: 548-3076. adirondackexperience.com.
- 9 4th ADK Black Fly Affair: A Hikers Speakeasy. 6-11:30pm. Hiland Park Country Club, Queensbury. ADK/Deb Zack: 800-395-8080 x42. adk.org.
- 23 Five Rivers Orienteering Meet. Five Rivers Environmental Ed Center, Delmar. Phil Hawkes-Teeter: 872-1993. emp.us.orienteeing.org.

PADDLING: CANOEING, KAYAKING & SUP

- Ongoing Evening Kayak Tours. 5/9: 5:45pm, Mohawk River, Latham. 5/15: 6:15pm, Mohawk & Hudson, Peebles Island, Lansingburgh. 5/22: 6:15pm, Hudson, Vloman Kill & Papscaene Creek, Henry Hudson Park, Bethlehem. 5/30: 6:15pm, Mohawk, Lock 7, Niskayuna. 6/5: 6:15pm, Mohawk, Lions RR Station Park, Niskayuna. 6/13: 6:15pm, Hudson, Coeymans Landing. 6/19: 6:15pm, Mohawk, Kiwanis Park, Rotterdam. 6/26: 6:15pm, Hudson, Corning Preserve, Albany. Adk Paddle N Pole: 346-3180. onewithwater.com.

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 Riparius. Gore Region Chamber: 251-2612. whitewaterderby.com.
- 12 Family Sailing Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 12-13 Canoe, Kayak & SUP Demo Days. Riverside Park on Lake Flower, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
- 13, 20 Adult Learn to Sail. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 16, 18 Fundamentals of Kayaking I & II. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.

- 18-20 Adirondack Paddlefest. Sale, speakers, demos, clinics. 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.
- 19 Adult Sailing Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 19 Family Kayaking Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 20 Women's Kayaking. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 23 Fundamentals of Kayaking II. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 25 Intro to Kayaking Basics. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 25-28 50th General Clinton Canoe Regatta. Races, camping, canoe vendors, carnival, fireworks. Otsego Lake, Cooperstown to Bainbridge. 607-656-8448. canoeregatta.org.

JUNE

- 2 Intro to Canoe (ACA). Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 3 Intro to Kayak (ACA). Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 11-14 American Canoe Association Instructor Certification. Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 16 Tupper Lake 9-Mile Canoe/Kayak Race. 9M. Tupper Lake. macscanoe.com.
- 17 Lake George Kayak: SUP Clinics w/Danny Mongno. Race/Fitness: 8-11am. SUP Foundations: 12-3pm. Lake George Kayak Boathouse, Bolton Landing. 644-9366. lakegeorgekayak.com.
- 23 Adirondack SUP Festival. Demos, clinics, races, reps, food. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.

JULY

- 24-26 Intro to Canoe Camping: Long Lake and Raquette River. ADK Mtn Club: 523-3441. adk.org.

RUNNING & WALKING ONGOING

- Open ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Daily Fall Marathon or Half Marathon Training. Starts 4/28. USA Fit Albany, Albany. Jennie Heidebreder: 698-1478. usaftitalbany.com.
- Mon ARE Monday Trail Run Series. 6pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. albanyrunningexchange.org.
- Mon Camp Saratoga Fun Run Series: 5 weeks. Starts 6/25. Camp Saratoga, Wilton. saratogastryders.org.
- Tue AdIRUNdack Trail 5K Series: 5/1-29. 5K & 25K Challenge. Cole's Woods, Glens Falls. Rebecca Smith: 796-9404. adirondackrunners.org.
- Tue Track Series. 6pm. Queensbury HS Track, Queensbury. adirondackrunners.org.
- Tue Colonie Summer Track Series: 7/3-7/31. 6pm. Colonie HS Track, Colonie. hmrrc.com.
- Thu ARE Summer Trail Run Series: 5/24-8/30. 6:30pm. Various locations. Josh Merlis: 320-8648. albanyrunningexchange.org.

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. cdyymca.org.
- 5 Bark For Life. 1M Walk w/dog. 9am. Games, demos, activities. Cook Park, Colonie. Michele Bourgeois: 281-8976. relayforlife.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.

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9.1 - 9.2 - 2012

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King George - Kids Splash-n-Dash



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27TH ANNUAL

Piseco Lake Triathlon

Saturday, July 21 • 9am
Piseco Airport, Piseco



0.5M Swim, 11.5M Bike, 3M Run
Individuals or 2-3 Person Teams

New: pro timing & register online!

www.speculatorchamber.com

Entry fee: \$50

Adirondacks Speculator Region
Chamber of Commerce

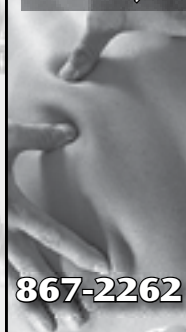
More info: (518) 548-4521

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The 18.12 Challenge and 1/2 Marathon

Race Weekend – September 1-2

Inaugural 18.12 Mile and 13.1 Mile Road Races

Starting in Watertown and ending on historic 1812 Battlefield in Sackets Harbor – overlooking spectacular Lake Ontario

A one-of-a-kind event!

More Info: 1812challenge.com
 Race T-shirts and medals for finishers and \$1812 in cash awards
Register at active.com
Limited to 812 runners, registration ends July 1st!

Whipple City 5K Run/Walk & 1K Fun Run for Kids

Saturday, June 16, 8:30am
Greenwich Middle School, Gray Ave
Greenwich, NY

\$20 by 6/12 or \$25 race day
 T-shirts to first 150 registered

Stay for 20th annual Whipple City Festival with music, food, exhibits & crafters

Entry/Info: GreenwichChamber.org
Register online by 6/14: Active.com

Barbara Hamel: (518) 692-3311
 Benefits Greenwich Chamber & Scholarship Fund

10th Anniversary

Race the Train

Saturday, August 4
North Creek Depot,
Main St., North Creek



8am: Free, scenic 8.4mi train ride
 9am: Runners "race the train" back!
 Spectators can also ride the train (fee)
 All runners receive finisher medals
 T-shirts to first 250 preregistered
 Post-race fun run, live music, food

Register: Active.com
Application: AdirondackRunners.org

Info: Gary Wilson (518) 494-2266
 Proceeds benefit Johnsbury Dollars for Scholars



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


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Saturday – June 9 – 9:00 AM
Village Square, Kinderhook
USATF Adk Grand Prix Event!
 \$15 by 6/1 (\$12 students); \$20 all after 6/1

OK 1 Run (Kid's One-miler)
 Sponsored by FairPoint Communications
 Ages 6-12 - \$2 – 8:15am

Register online: active.com
Info: www.OK5Krace.org
Email: ok5kbrace@hotmail.com



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- 6 Walk MS. 5M, 3M or 1M for Multiple Sclerosis. 10am. Crossings, Colonie or 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.
- 6 24th Thom Bugliosi Trail Runs. 13K/26K. 9am. Hammond Hill State Forest, Dryden. Jay & Melissa Hubis: 607-218-2182. fingerlakesrunners.org.
- 10 President's Challenge 5K. 4pm. SUNY Canton. Farren Davis: 315-379-3902. canton.edu.
- 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.
- 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. fmrrc.org.
- 12 Wapack & Back Trail Races. 21.5M/50M. Grand Tree Series. Ashburnham, MA. runwmac.com.
- 12 1st LPCS 5K Run/Walk for Komen for the Cure. 9am. Lake Pleasant C.S., Lake Pleasant. lpschool.com/5k.
- 12 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. curemiop.org/ryan-s-story.
- 12 1st Emma Foundation 5K & Kids Fun Run. 9am. Waldorf School, Saratoga Springs. theemmafoundationonline.org.
- 13 32nd Mother's Day 5K Run/Walk & bRUNch. 9:30am. Women only. Kids' 1/2 M Race: 10:15am. Central Park, Schenectady. hmrrc.com.
- 17 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwct.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. prevention-council.org.
- 19 Johnstown 5K Run/Walk. 9am. Johnson Hall, Johnstown. Ron Robinson: 762-4459. fmrrc.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.
- 19 11th Randy's Run 5K Run/Walk. 9am. Lake George Elementary School, Lake George. lkgeorge.org.
- 19 Partners In Compassionate Caregiving 5K Walk/Run. 8am. Baptist Health Nursing & Rehabilitation Center, Scotia. Michelle Stark: 370-4700. bapthealth.com.
- 19 Heather A. Freeman 5K, 10K, Half Marathon. 9am. Watertown. heatherafreemanfoundation.com.
- 20 1st Cohoes Founders Day 15K & Mastodon 5K Races. 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. founders-day15k.com.
- 20 8th Team Billy Ride & Walk for Research. 3M Walk: 9am. 50M, 25M, 10M: 8:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 20 SPAC Rock + Run 5K. 10:30am. Saratoga Spa S.P., Saratoga Springs. Sally King: 583-4051. spac.org.
- 20 14th Hall of Fame Races. 13.1M & 2-Person Relay: 8am. 5K: 8:15am. National Distance Running Hall of Fame, Utica. Mary MacEnroe: 315-724-4525. uticaroadrunners.org.
- 20 Rotary Run. 5M: 8:30am. 5K: 10am. Kids' 1M Run: 10:45am. Green Meadow E.S., Schodack. Peter Brown: 732-7178. srcrotary.com.
- 20 2nd Tupper Lake Marathon. 26.2M. 8am. Municipal Park, Tupper Lake. Brian Bennett: 524-5385. business.tupper-lake.com.
- 20 Shires of Vermont Marathon. 26.2M. 9am. Bennington to Manchester, VT. 802 442-4414. shiresofvermontmarathon.com.
- 20 Soapstone Mountain Trail Races. 14.5M/4M. 9am. Grand Tree Series. Stafford Springs, CT. 860-512-0125. runwmac.com.
- 23 23rd Run If You DARE 5K Road Race & 1M Fun Walk. 6:30pm. 40 North Central Ave, Mechanicville. 664-7307. connorsgroup.com.
- 23 Olana Star Loop Run. 10K. Olana Historical Site, Hudson. onteorarunners.org.
- 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.
- 26 Jenkins Mtn. Scramble. 13.1M or 10K. 9:30am. Paul Smith's College VIC, Paul Smiths. Sarah Keyes: 327-6241. paulsmiths.edu.
- 26 Sehghunda Trail Marathon & Relay. 26.2M. Solo, 2 or 4-person relay. 9am. Letchworth S.P., Mt. Morris to Portageville. 585-732-1090. yellowjacketracing.com.
- 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

- 1 Run to the Future 5K. 6:30pm. Ballston Spa. Susan Curley: 884-7195. bscsd.org.
- 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. freihoferstrun.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. Glens Falls Civic Center, Glens Falls. Randy Rath: 321-3088. adkracegmt.com.
- 2 3rd Burgher Dash 5K/Run For Your Life! 9:30am. Warrensburg E.S., Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com.
- 2 3rd Rail Trail to the Footbridge 5K Trail Race/Fun Walk & 1K Kids' Run Run. 9am. Granville. Kerry Thomas: 424-7683. railtrailtothefootbridge5k.com.
- 2 3rd Dragon's Pride 5K Run/Walk. 10am. Saratoga Spa S.P., Saratoga Springs. dragonspriderun.yolasite.com.
- 2 Gloversville Community 5K. 9am. Elm St, Gloversville. Jared Hammond: 506-1269.
- 3 Worcester Marathon & Half Marathon. USRA Half Series. Worcester, MA. worcestermarathon.com.
- 3 5th Cantina Kids Fun Run. .25M or 1M. 9am. Cantina Restaurant, Saratoga Springs. 583-8340. saratogahospital-foundation.org.
- 3 Shack Attack 5K Race/Walk. 9am. The Crossings, Colonie. Jennifer Lawrence: 275-2989.
- 3 Nipmuck 50K Trail Race. Grand Tree Series. Ashford, CT. 860-429-0582. runwmac.com.
- 3 JoAnn and Nancy 5K Race for Early Detection. 10am. Pinhead Susan's, Schenectady. joannandnancy5krun.com.
- 3 3rd Equinox Trail Race. 5K & 10K. 9:30am. Martha Keenan: 802-425-2384. gmaa.net.
- 7 Route 50 Mile. 1M. 6:30pm. Ballston Spa. Peter Sheridan: 399-1419. chsny.org.
- 7 Vale Park 5K. 6:30pm. Vale Park, Schenectady. 393-3131. nd-bg.org.
- 8-9 Murky Excursion Adventure Race. 8-hr night race: trek, navigate, mtn bike. Hardwick, Vt. 802-434-8639. gmara.org.
- 9 14th Kinderhook Bank OK-5K Road Race. 9am. OK-1 kids' 1M run: 8:15am. Village Square, Kinderhook. Ed Hamilton: 369-4789. ok5kbrace.org.
- 9 4th Run for Pride 5K. 9am. Washington Park, Albany. Nora Yates: 462-6138. capitalpridecenter.org.
- 9 17th Lions Ramble 10K & 2M. 5:30pm. Haslett Park, Fort Plain. John Geesler: 568-7509. romanrunners.com.
- 10 The Run for Help 5K Run/Walk Against Domestic Violence in Memory of Liza Warner. 10am. Goff M.S., East Greenbush. unityhouse.org.
- 10 7th Lake Placid Marathon & Half Marathon. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

23rd Annual

RUN IF YOU D.A.R.E.

5K Road Race & 1-Mile Fun Walk
Wednesday, May 23 • 6:30pm

Drug Abuse Resistance Education

Entry Form: www.ConnorsGroup.com
 Info: (518) 664-7307 or kconnors@connorsgroup.com

Flat, residential TAC-sanctioned course • T-shirt to first 300 entrants

Group Challenge: Open to runners/walkers in any group, business or organization

The Connors Agency, 40 North Central Ave, Mechanicville




15th Annual
Charlton Heritage 5K Run/Walk
Saturday, June 2 10 am

Historic Village of Charlton, Saratoga Co.
Old School House, Maple Ave/Charlton Rd
 Rolling hills with 3/4-mile downhill finish
 USATF certified – Chip timing by ARE
 \$20 by 5/18 or \$25 after – Shirts to first 400

Kids' 1-Mile Fun Run (\$10), 11am
 Fun runners receive T-shirt & medal

Register: active.com
Entry Form/Info: charlton5k.org
 Bill Herkenham: (518) 384-0065




The Great Adirondack Trail Run

JUNE 16
Keene Valley, NY

11.5 mile 2900 ft. vertical mountain run
3.2 mile Baxter Mountain fun run

• Music • Prizes • Raffles • Food & Good Cheer

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SALOMON
 www.mountaineer.com



Box 66, Rte. 73 • Keene Valley, NY 12943 • Tel: (518) 576-2281
 Environmental Benefit Event for Ausable & Boquet River Associations
REGISTRATION LIMITED: Preregistration Strongly Suggested

3rd Annual
'BURGER DASH 5K/
RUN FOR YOUR LIFE!
Saturday, June 2, 9:30am
Warrensburg Elementary School
 \$20 adults, \$10 students, \$45 families
 Cotton T-shirts to first 150 entered
Register: www.active.com
Entry Form: highpeakshospice.com
 More Info: 518-743-1672
 Proceeds: Warrensburg Playground Fund
 & High Peaks Hospice/Palliative Care

Challenge Yourself
 Change the Life of a Child

1st ANNUAL SEPT. 8, 2012
 at the
Double H Ranch
 in Lake Luzerne,
 New York
5K RUN

All proceeds benefit the

 Register at
www.doublehranch.org
 Presented by Adirondack Partners

36th Annual
Adirondack Distance Run
Lake George Village to Bolton Landing
Sunday, June 24 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech short-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: AREEP.com (closes June 19 at 10am)
 Late Registration: June 23, 5-7pm at Lake George Fire Station
 No race day or telephone registration
 Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

- 10 41st HMRRRC Distinguished Service Race 8 Mile. 9am. UAlbany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 10 Greenfield Dragon 5K Run/Walk. 9am. Kids' Fun Run: 8:30am. Greenfield E.S., Greenfield Center. 596-8194. greenfelddragon5k.com.
- 12 Colonie Summer Track Series. 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com
- 15 Greenbush Area YMCA 5K. 6pm. YMCA, East Greenbush. Sean Zabinski: 477-2570. cdymca.org.
- 15 "Bernie Stahl" Onteora Mile. 1M. 6pm. Dietz Stadium, Kingston. Al Schultz: 845-388-1249. onteorarunners.org.
- 16 Whipple City 5K Run/Walk & 1K for Kids. 8:30am. Greenwich M.S., Greenwich. Barbara Hamel: 692-7979. greenwichchamber.org.
- 16 The Great Adirondack Trail Run. 11.5M mountain run & 3.2M fun run. Music, prizes, raffles, food. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 16 3rd CVPH Families Helping Families 5K Walk/Run. 9am. Wellness Center @ PARC, Plattsburgh. Sandra Geddes: 562-7595. cvph.org/Foundation.
- 16 Tawasentha Mud Mania II. 11:30am. Tawasentha Park, Guilderland. Dennis Moore: 456-3150. townofguilderland.org.
- 16 Treetops to Rooftops 5K. 9am. Hudson River Walkway, Highland. mhrrc.org.
- 17 HMRRRC Father's Day 5K & Kids' Races. 9:30am. New course. The Crossings, Colonie. hmrrc.com.
- 17 Mt. Greylock Trail Races. Half-Marathon & 5K. Greylock Glen, Adams, MA. Ed Saharczewski: 413-743-5669. runwmac.com.
- 17 New Paltz Challenge Half Marathon & Father's Day 5K. 13.1M: 7:30am. 5K: 8am. Wallkill Valley Rail Trail, New Paltz. newpaltzchamber.org.
- 17 Summer Sizzler 5M. 8:30am. SUNY-IT, Utica. Suzanna Price: 315-731-5411. uticaroadrunners.org.
- 17 29th Mule Haul 8K. 9am. Erie Canal Towpath, Fort Hunter. Bill Platt: 843-2326. fmrrc.com.
- 19 Colonie Summer Track Series. 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com.
- 20 Summer Solstice 14K. 6:30pm. Minnewaska State Park, New Paltz. Steve: 845-339-5474. shawangunkrunners.org.
- 23 3rd Stride 4 Stride.5K. 9am. Corning Preserve, Albany. 598-1279. stride.org.
- 23 Tri-City Valley Cats Home Run 5K. 9am. Bruno Stadium, HVCC, Troy. John Haley: 456-3682. hmrrc.com.
- 23 Go the Distance 5K. 9am. Bennington, Vt. Joanne Larsen: 802-442-5491. bkvr.org.
- 23-24 Green Mountain Relay. 200M. 6am. Cambridge E.S., Cambridge, VT. rltrelays.com
- 26 Colonie Summer Track Series. 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com.
- 24 36th Adirondack Distance Run. 10M. 7:30am. Lake George Firehouse, Lake George to Rogers Memorial Park Beach, Bolton Landing. adirondackrunners.org.
- 30 Finger Lakes Fifties. 50K, 50M, 25K. 6:30am. Finger Lakes National Forest, Hector. fl50sultraz.blogspot.com.

JULY

- 3 The Colonie Mile. 6pm. Colonie HS Track, Colonie. Ken Skinner: 429-5440.
- 4 6th "Firecracker 4" 4M Road Race. 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. Bob Vanderminden: 744-5646. firecracker4.com.
- 4 Montcalm Mile. 1M. 1:45pm. Montcalm St, Ticonderoga. lachute.us.
- 4 30th Clarence DeMar 5K. 8:30am. Folsom School, South Hero. Jessica Bolduc: 802-338-7247. gmaa.net.
- 8 Boilermaker Road Races. 15K: 8am. 5K: 7:15am. 3M Walk/Kids' Run. ECR International to Matt Brewing, Utica. boilermaker.com.
- 9 Camp Saratoga 5K Trail Run. 6:15pm. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 12 HMRRRC Two-Person Relay. 6x1 Mile. 6:15pm. Colonie HS Track, Colonie. hmrrc.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.
- 14 12th Wakely Dam Ultra. 32.6M. Piseco. Kimberlee Gardner: 315-404-4010. wakelydamultra.com.

- 16 Food, Weight & Runners: Finding the Right Balance w/ Nancy Clark. 7pm. NYS Nurses Association Center, Latham. RSVP. mohawkhudsonmarathon.com.
- 19 40th HMRRRC Hour Run. 6:15pm. Colonie HS Track, Colonie. hmrrc.com.
- 21 16th Silks & Satins 5K Run. 8am. East Ave & George Sts, Saratoga Springs. Michelle Iorizzo: 388-0790. nysa.org.
- 21 Glenville/Schenectady YMCA 5K Run/3K Walk. 8:30am. Collins Park, Scotia. Nancy Gildersleeve: 881-0117. cdymca.org.
- 21 Jingle Bell Run/Walk. 8am. Great Escape, Queensbury. Eileen Reardon: 456-1203. arthritis.org.
- 21-22 24th Vermont 100 Endurance Run. 100M/100K. South Woodstock, VT. Julia Hutchinson: 802-683-9245. vermont100.com.
- 23 Camp Saratoga 5K Trail Run. 6:15pm. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 26 37th HMRRRC Pentathlon. 6:15pm. Colonie HS Track, Colonie. Todd Mesick: 221-3829. hmrrc.com.
- 28 11th Turning Point 5K. 9am. Saratoga Spa SP, Saratoga Springs. Kim Gamache: 222-0166. finishright.com.

AUGUST

- 4 10th Race the Train. 8.4M. Train: 8am. Race: 9am. North Creek Depot, North Creek. Gary Wilson: 494-2266. adirondackrunners.org.
- 11 4th Camp Chingachgook Challenge 10K & Half-Marathon. 13.1M: 8am, Lake George Elementary School, Lake George. 10K: 9am at Camp Chingachgook, Kattskill Bay. areep.com.

SEPTEMBER

- 1-2 1st 18.12 Challenge & 1/2 Marathon Race Weekend. 18.12M & 13.1M road races. Watertown to Sackets Harbor. 1812challenge.com.
- 8 1st Camp Challenge 5K Run. 7am. Double H Ranch, Lake Luzerne. 696-5676. doublehranch.org.
- 9 33rd Dunkin Run. 5K, 10K & 1/2M Kids' Run. 8:30am. Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- 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. whitefacerace.com.
- 23 Adirondack Distance Festival. 5K & 10K Races. 9:30am. Municipal Center, Chestertown. 532-7675. adirondackmarathon.org.
- 23 Adirondack Distance Festival. Marathon & Marathon 2- & 4-Person Relay: 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. 26.2M/13.1M. Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo: 10/6. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 28 Hairy Gorilla Half Marathon & Squirrelly Six-Mile Trail Race. Thacher S.P., Voorheesville. Josh Merlis: 320-8648. areep.com.

SWIMMING

MAY

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

JUNE

- 2 Oneida Shores Open Water Swim. 800 & 1500m. Oneida Lake, Brewerton. Matt Engineri: 315-474-6851. ymcaofgreatersyracuse.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.



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

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
NEW THIS YEAR!
 • Monetary Prizes
 • USATF Adk Team Championship
 • Team competition for Military, Public Safety and Scholastic teams
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 Vanderminden: bobjr@telescopecasual.com
 Peter: 518-316-4445 • Bob: 518-744-5646



3RD ANNUAL CVPH
Families Helping Families
5K Walk/Run
Saturday, June 16 at 9am
Wellness Center @ PARC
295 New York Rd, Plattsburgh
 First 200 registered receive a gift
 \$15 by 6/10 or \$20 race day
 Prizes for top 3 M/F runners & walkers
Entry Form: cvph.org/Foundation
 CVPH/Sandra Geddes: (518) 562-7595
 Benefits Families Helping Families program



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 Receive our latest posts on Facebook
 Share your feedback, comments, events and pictures
 Help your friends discover ASF by recommending us
ADIRONDACK THANKS FOR YOUR SUPPORT!
 SPORTS & FITNESS

Join the family & friends of Liza-
The Run for Help
5K Run/Walk Against Domestic Violence
 To benefit Unity House
Sunday, June 10 • 10am
Goff Middle School, East Greenbush
 T-shirts to first 250 entries
 \$17 by 6/7 or \$20 race day
Register: active.com
More Info: unityhousesny.org
 In memory of Liza Ellen Warner (1975-2004)
 Not affiliated with Liza's Legacy Foundation

3rd Annual

5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, June 2nd 9am
Slate Valley Museum, Granville
 Scenic recreational trail run • Corporate & School teams
 Reduced fee for under 18 & chip timing too!
 Supervised kids activities during 5K at museum
 Uniquely local prizes and giveaways
Register by 5/20 to save! active.com
Info: railtrailtothefootbridge5k.com

HMRRRC **Father's Day 5K**
Sunday, June 17, 9:30am
The Crossings of Colonie, 580 Albany Shaker Rd
 New flat & fast Crossings course • Chip timing by AREEP
 Technical race shirts to all registered in main race
 Father/Son & Father/Daughter Teams (lowest age-graded times)
 Kids' Races (10:45-11:15am): 50-75m (1-5 free); 0.5M (6-10 free); 1M (11-15 \$1)
Register online by 6/13 (mail entry by 6/12): HMRRC.COM
 Fees: \$18 HMRRC • \$22 others • No day of registration
 Parking: Metro Dr (off Wolf Rd) & The Crossings
Race Capped at 700 Runners!

THE NON-MEDICATED LIFE



The Effects of Diet & Lifestyle on Longevity

By Paul E. Lemanski, MD, MS, FACP



This is the 48th 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 47 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. What is not fully appreciated is that a healthy diet and lifestyle may not just successfully treat a multitude of chronic diseases but may prevent disease from developing in the first place. Moreover, in populations practicing a healthy lifestyle fewer medicines are used, the cost of care is reduced and individuals live more robust and productive independent lives into advanced old age.

Okinawa is a case in point. The Japanese island is home to more centenarians (those living to age 100) per 100,000 population than any other place on earth. For the past 36 years the Okinawa Centenarian Study has sought to determine the reasons for the increased longevity. While there is evidence for a genetic component to the longevity, there are also diet, lifestyle, and behavioral characteristics that contribute. What is clear from studying such a traditional population is that the observed longevity is not a result of medication use, or high tech, high cost procedures such as coronary angioplasty, coronary stent placement or coronary bypass grafting. It is a result of the way people live their lives.

For example, the traditional diet on Okinawa is lower in calories, higher in consumption of vegetables and fruit, higher in omega-3 monounsaturated fats, higher in fiber, and higher in flavonoids than typical Western diets. Moreover, Okinawans control caloric intake by practicing a cultural habit called *hara hachi bu* (only eating until they are 80-percent full). In Okinawa it is considered impolite to stuff oneself or ask for seconds, and these social mores lead to relative caloric restriction, which may contribute powerfully to longevity. There is strong evidence in a number of species from nematode worms to mice that caloric restriction prolongs life. The mechanism may be related to a reduction in free radicals from reduced calories and indeed Okinawa centenarians do have significantly lower blood levels of lipid peroxides.

Elderly Okinawans experience an 80-percent reduced risk of coronary artery disease, probably due to a combination of a predominately plant based diet, daily physical exercise, moderate alcohol use, a low rate of smoking, low normal BMI, and low blood levels of the amino acid homocysteine, which is found in meat. There is evidence that excessive homocysteine may cause direct damage to artery walls.

Elderly Okinawans also have up to an 80-percent reduced risk for hormone

dependent cancers, such as cancers of the breast, prostate, ovary and colon. Part of this effect may be secondary to naturally occurring plant based estrogen like compounds or phytoestrogens. Okinawans consume large amounts of phytoestrogens called isoflavonoids in soybean based foods such as tofu. Other phytoestrogens called lignans are found in flax seeds and other grains.

Let's not conclude that such outcomes are in truth a consequence of Okinawan genes rather than lifestyle, studies of the migration of individuals from healthy populations to Western society has shown that within one to two generations, rates of disease approximate those in Western populations. This holds true even when those who migrate, marry and reproduce with other migrants in their cohort. Additionally, studies of other traditional diets from other parts of the world and differing genetic pools show outcomes similar to Okinawa.

The Seven Countries Study, an epidemiological study by Ancel Keys, established that a traditional Mediterranean diet is associated with low rates of chronic disease and improved longevity. In another observational study of European men and women aged 70 to 90 years, a combined adherence to a Mediterranean diet, moderate alcohol use, avoidance of smoking, and exercise resulted in a mortality rate one-third that of those with none or only one of those protective factors.

In addition to observational studies, the Lyon Diet Heart Study, a randomized, placebo controlled clinical trial showed the benefit of a Mediterranean diet in those who did not normally consume such a diet. The Lyon Diet Heart Study evaluated a high omega-3 containing Mediterranean diet in those people with established heart disease, and they showed a 79-percent reduction in coronary events over five years, as compared to a prudent Western diet. Moreover, an analysis of the blood fat composition of study participants was similar to the blood fat distribution found in the blood of the people on Mediterranean island of Crete, from where the study diet was derived. Such blood fats are also similar to Okinawans suggesting a common dietary mechanism for reduced untoward cardiovascular events.

In summary there is evidence from healthy populations in different parts of the world that diet and lifestyle can reduce the burden of chronic disease and improve longevity. Consumption of a predominately plant based diet, the avoidance of smoking, moderation of alcohol, and daily exercise is a simple albeit powerful prescription for health and longevity. Such an approach may be seen to offer a cost-effective, viable alternative to the proverbial bottle of pills and high tech, high cost procedures to keep ourselves independent and vital even into advanced old age. ♣

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

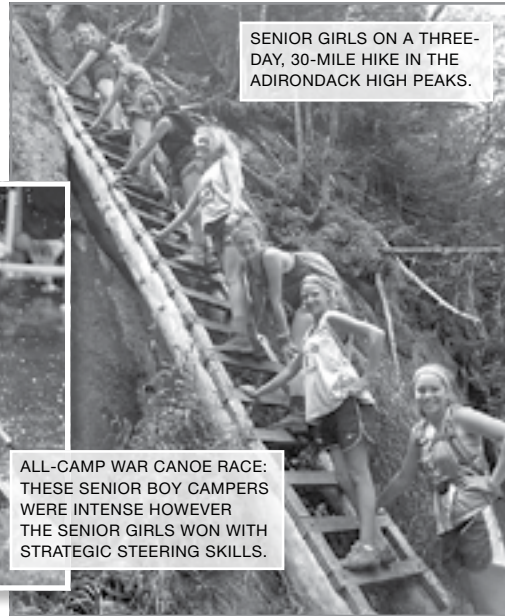
RECREATION

Camp Chingachgook

Celebrating 100 years of Adventure in the Adirondacks!



ALL-CAMP WAR CANOE RACE: THESE SENIOR BOY CAMPERS WERE INTENSE HOWEVER THE SENIOR GIRLS WON WITH STRATEGIC STEERING SKILLS.



SENIOR GIRLS ON A THREE-DAY, 30-MILE HIKE IN THE ADIRONDACK HIGH PEAKS.

By Kat Fitzpatrick

Where can young campers achieve a three-day wilderness hike, teen campers tackle all 46 High Peaks, and adults learn to rock climb, kayak, sail, windsurf and stand-up paddle? Look no further than the east shore of Lake George. YMCA Camp Chingachgook has been providing such activities for nearly 100 years.

"Over 350,000 children and adults have enjoyed Adirondack adventures here at Camp Chingachgook since 1913," said executive director George Painter. "Between our sleep-away camp, day camp, teen adventure center, and school outdoor education programs, we serve over 10,000 people a year. Additionally we employ over 200 outdoor recreation and education enthusiasts every year."

As if that's not accomplishment enough, Chingachgook also offers adventurous outings for adults through day events for kayaking, sailing, and Women's and Family Weekends.

No matter the event or the age, every visitor to Chingachgook leaves with a feeling of elation and accomplishment. One mother, Alex Sanchez of Delmar, is amazed at the effect this Adirondack adventure center has had on her son, Steve. "My son loves it here," says mom. "I don't know what it is, he just loves it." Whether by more deeply connecting with nature, by making friends or by finding a new sense of well-being, visitors repeatedly vouch for the magic that happens at camp.

"Last year my son's challenge was leading water hikes. He had the chance to expand his adventure into lifeguarding and high ropes. He's also gotten training in water sports and shooting sports."

It is hard to imagine how many life-experiences there have been over the last century. To commemorate this milestone, the camp kicked off the Centennial Celebration; not in the wilderness, but from the top-floor of the Hearst Tower, a LEED platinum-certified environmental skyscraper, in Manhattan on April 20.

"What an evening that was," George says, with a smile. "It was the perfect setting to gather over 100 Chingachgook alumni, and accept the gracious support of the Hearst Foundation, and to set the stage for our next century of service."

YMCA Camp Chingachgook is a branch of the Capital District YMCA. Registration for summer camp, day camp, and teen adventure trips is underway now. Open houses are held every Sunday at 2pm, RSVP required. Women, adult and family programs featuring water, climbing, and hiking adventures are also available. Learn more or register at lakegeorgecamp.org or by calling (518) 656-9462. ♣

Kat Fitzpatrick (kfitzpatrick@cdymca.org) has been on the program team with YMCA Camp Chingachgook since 2007. She enjoys writing almost as much as she enjoys being out on the water or in the woods.

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A fun 5K trail run with rolling natural terrain and a dozen military-inspired obstacles to navigate!

Water Crossings, Mud Trenches, Cargo Nets, Barbed Wire Fencing and Much More!
BBQ, drinks, live entertainment
Net proceeds benefit Operation Adopt A Soldier and Hope For The Warriors

Saturday, May 26

Start waves at 10am, 11am, 12pm
11491 Route 40, Easton

Register/Info: survivethefarm.com

Ed Johnson: (518) 791-7856 or Ed@survivethefarm.com
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Less than 40 minutes from Albany, Saratoga Springs and Glens Falls

HIKING & BACKPACKING

PHOTOS BY BILL INGERSOLL

Duck Hole

By Bill Ingersoll

An Updated Look

Many people have heard by now that the log dam was breached late last summer by Hurricane Irene's torrential rains. Soon after the storm the NYSDEC posted pictures of the breached dams and the "liberated" water gushing out of the former impoundment and into the Cold River. By the time the first hikers reached the scene the reservoir was completely drained.

Duck Hole lies at the heart of the High Peaks Wilderness. The first dam at Duck Hole was constructed by the Santa Clara Lumber Company in 1912, and the second dam (the one that breached), was built by the Civilian Conservation Corps in the 1930s. Prior to these dams, Duck Hole was a small natural pond located where three streams flowed together to form the Cold River. That natural pond has returned, although the extensive mudflats of the old reservoir bed isolate it from the nearby trails and lean-tos.

I have described Duck Hole before in these pages, but now seems to be a good time for another look. The loss of the dam has provoked a variety of emotional responses, but in my opinion it serves as a reminder that some forces of nature cannot be harnessed and controlled. Duck Hole is beginning a new phase of recovery and regrowth, and I feel fortunate that I will be able to witness it.

Getting There – From Northway Exit 29, drive west on Blue Ridge Road (also called Boreas Road), for 17 miles to the right turn for Tahawus. Follow this road, County Route 25, to a fork at 6.3 miles. Turn left and continue to a series of three parking areas: Santanoni at 8.2 miles, East River at 9.2, and the Upper Works parking area at the end of the road, 9.7 miles from Blue Ridge Road. The hike to Duck Hole begins at Upper Works at the end of the road.

The Trail – From the parking area at the end of the road at Upper Works, walk the first 1.6 miles of the trail to Indian Pass. Turn left across the bridge over Indian Pass Brook, and follow the trail back south toward the northwest corner of Henderson Lake, reaching a lean-to on the left at 2.2 miles. Nearby are the shoreline and an attractive waterfall nestled within a sheltered cove.

The trail now angles generally northwest to follow an unnamed brook. A number of walkways and bridges carry you over the stream, its tributaries, and several wet areas. The climb towards the Preston Ponds is long but relatively gentle. Chains of decrepit wooden walkways lead you into the pass, with mountains rising steeply from it. Preston Ponds Pass is encased in cliffs from which slabs have fallen and lie jagged in the ferns of the wet meadow.

The trail turns right at 3.8 miles just before the southern shore of Upper Preston Pond. A spur leads to the water and its views to the northwest. Not too long ago there was no public access to the pond. Now this is all state-owned Forest Preserve, so linger and enjoy the view all you want. Upper and Lower Preston ponds are both naturally occurring bodies of water, with no vulnerable man-made dams. They are here to stay.

The trail, however, angles away from the pond as soon as it reaches it. It follows a little stream – in it, beside it, and then across it – before angling north to Hunter Pond at 4.1 miles. Just north of the pond, the trail scrambles up a knoll. The climb is short, but it is the steepest hill on the way to Duck Hole.

A long, gentle, sometimes wet descent follows. At 4.8 miles you reach a tiny opening that was once an old logging clearing, and then you come down to a much larger stream flowing from high up on MacNaughton Mountain. You immediately cross it without the benefit of a bridge and continue the gentle descent.

The trail follows the bank of the stream toward Lower Preston Pond, but you will only glimpse the pond through the trees. Watch for rough and wet conditions at 5.5 miles, where the trail reaches another tributary flowing off of MacNaughton. The terrain is so low that swampy conditions prevail.

The trail climbs and descends two small knolls on the way to Duck Hole, reaching what used to be a log-filled, narrow bay at six miles. At 6.3 miles you reach Roaring Brook, spanned by a footbridge. The intersection with the Northville-Placid Trail is on the far bank.

Turn left on the blue trail. Just past the intersection, the trail is close to another drained finger of Duck Hole, over which there is a view toward Panther Mountain. The trail reaches a large clearing, 0.5-mile from the intersection, and 6.8 miles from Upper Works. Here there is another intersection, with the Northville-Placid Trail heading right, northwest, from the field.

The two lean-tos are to the left. The upper lean-to at the east end of the clearing was always the preferred shelter of the two. The aging lower lean-to, which overlooked the dam, was almost the second victim of the storm. When the dam breached, a large portion of the bank to which it was attached went with it, including the small copse of trees on its top. With no bedrock to check its progress, the raging river continued to eat into the bank to within 20 feet of the lean-to. Erosion will continue at a slower pace, but clearly the old lean-to has no long-term future.

The exposed lake bottom has revealed several insights about the construction of the dams. Some of the tools they used were tossed into the lake and can now be found in the outlet channel, and parts of the lakebed are dotted with preserved stumps from the original forest. It appears that an extensive cedar stand once stood here. The remaining pond, with only about 20-percent of the surface area of the former



BREACHED LOG DAM.



MUDFLATS OF THE OLD RESERVOIR BED.



PRESERVED STUMPS FROM THE ORIGINAL FOREST.

reservoir, lies at the southeast end near the outlet of Lower Preston Pond. Don't try walking there directly from the lean-to, because the mud is soft and deep. It will be some time before returning vegetation can take root and turn this into a green place again. 🌲

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

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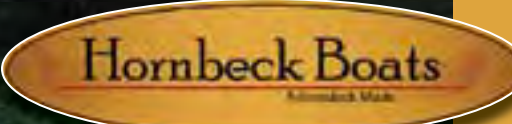
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RUNNING & WALKING

Spring into Locally Grown Races!



By Laura Clark

This spring, extend your farmer's market mindset with some locally grown running events. While destination races are fun, there is a lot to be said for sticking closer to home, supporting the local economy and investigating local attractions. Before you chuckle at the New York City residents who have never climbed the Empire State building, it is time for a reality check. Have you ever visited Cohoes Falls, jumped hay bales in Crandall Park, or run through the fields of a working farm? All this and more await as you explore your local environment.

The inaugural **Cohoes Founders' Day 15K & Mastodon 5K** races on Sunday, May 20 cap off Cohoes' 143rd anniversary week with both routes spotlighting scenic, historical, and business aspects of the city. Of special note is the fact that the cornerstone event is a 15K run. According to Stockade-athon 15K race director Vince Juliano, this distance has fallen into neglect in all but New York and Florida, with "15K road races rare and unique holdovers from another era." This seems an appropriate fit for Cohoes' Heritage Festival with side events including a host of reenactors, tours of Cohoes Falls, Native American and railroad lore, outdoor mass. and old-fashioned church suppers and songfests.

Wearing their new Mastodon T-shirts commemorating the 1866 discovery of the mammoth's bones, 15K and 5K runners will gradually terrace their way up a series of hills, getting lots of scenics with minimal effort. Along the way they will be treated to a grand tour of the city – from Cohoes Falls and the historic Cohoes Music Hall, through the business district and alongside the old railroad tracks and the locks of the Erie Canal – ending up once more at the Mastodon's gravesite. Visit: foundersday15k.com.

Now into its second year, the **Survive the Farm 5K Challenge** on Saturday, May 26 is a true farmer's market event. It takes place on the Johnson family farm in Easton – just across the Hudson River in Washington County. This is not some commercially produced obstacle course, but locally and authentically constructed by the

three Johnson brothers, two of whom are in the military, one currently deployed in Afghanistan.

This year much of the grassy terrain has been replaced by wooded trails, with 14 military-style obstacles including a log crossing, a rope and plank bridge, a cargo net climb, and a huge water slide. Farmer and race director Ed Johnson estimates that a finish time of 50 to 55 minutes would be "reasonable." Similar to all the other Warrior Dashes and mud runs out there, the person who normally turns in a fast 5K time will not necessarily be the winner. As Laurence Gonzales postulates in his book *Deep Survival*, "...experience, training, and modern equipment can betray you. ...It's not what's in your pack that separates the quick from the dead... Corny as it sounds, it's what's in your heart." That's not to say that a few push-ups wouldn't hurt, but in this type of adventure, mental outlook levels the playing field.

Fittingly, the event takes place on Memorial Day weekend, with proceeds serving Wilton's Operation Adopt-A-Soldier and Hope for the Warriors. What better way than to honor our heroes by walking in their footsteps and acknowledging their sacrifice? Go to: survivethefarm.com.

Giving a new twist to the survivalist mentality, the inaugural **Glens Falls Urban Assault** on Saturday, June 2 will reveal a Glens Falls you never knew existed. The after-hours experience begins at 5pm, after Saturday errands are done and before serious partying begins. The 4.6-mile running route navigates inside public buildings, up and down stairs, through parking garages and hidden alleyways, and into small urban parks where slip-n-slides and rope obstacles await. Think cop and robber chase scenes and you will get the idea.

Again, the playing field is leveled as co-organizer Jim Fox explains that, "even the faster runners will have to stop to catch their breath and focus before tackling some of the trickier obstacles." And if for some reason you are unable to complete one of the tasks, a penalty option will be offered, similar to the sport of biathlon where athletes fail-

ing to make the shot are saddled with penalty laps. Except that in this case, participants will just as likely be required to jump rope or exercise their mental prowess with trivia questions.

While urban adventures are popular in big cities nationwide, this is the first such locally produced event. Refreshingly, the cost is a mere \$35, a modest amount by warrior standards – especially when you consider the insurance permits, road closings and police support required for such an undertaking. After you take your turn at a basketball shot for a cash prize, you are on your way to the finish line, where a refreshing stop at an urban beer garden awaits. Visit: adkracemgmt.com.

Moving toward a more traditional experience, we are privileged to have a national-class event right here in downtown Albany, a perfect first-race experience where school girls, citizen runners, and seeded professionals can participate on an equal footing. I am referring of course, to the **Freihofer's Run for Women** on Saturday, June 2. To celebrate its 34th year, three-generation Mother/Daughter/Granddaughter teams have been added, reflecting the fact that entire families have grown up partaking in the Freihofer's tradition, where every female is 'Queen for a Day' special. My only wish is that I could clone myself and run on a team with each of my granddaughters! For those in the workforce, Freihofer's introduces a Corporate Cup competition for employees of businesses and organizations.

Youth girls and boys ages 9-14 can join the fun at the second annual Freihofer's Junior 3K Run. This 1.86-mile timed race takes place on a closed, monitored course to ensure participant safety, and a family member is allowed to run along with the youth runner. New this year is "Kids Helping Kids," where the \$10 registration fee is donated to the Melodies Center for Childhood Cancer and Blood Disorders at the Children's Hospital at Albany Medical Center.



◀ MAGNUM PI TEAM MEMBERS UNDER THE WIRE CRAWL AT THE 2011 SURVIVE THE FARM. GREG WOLCOTT/FIVE PINES PHOTOGRAPHY

▼ 2011 LAKE PLACID MARATHON START ON MAIN STREET. ASI PHOTO

If you long to join in the fun but need extra motivation, consider joining next year's Training Challenge group workouts and clinics for beginners and intermediates. Once there, you will discover that participation is a two-way street. Patrick Lynskey, media coordinator comments, "Running in the rain this morning with the hearty, undaunted women was great. I set out to inspire them and they inspired me!" Go to: freihoferstrun.com.

Finally, the eighth annual **Lake Placid Marathon & Half Marathon** on Sunday, June 10 gives locals the opportunity to sample a *Runner's World* "Best Destination Race" without the travel hassle and to get marathon or half marathon credit without the burden of hot summer training. Plus you can visit the Olympic village and sports venues for some pre-race inspiration and look forward to finishing on the Olympic Speedskating Oval where Eric Heiden won five gold medals in 1980.

Marathoners will do two loops of an incredibly scenic route with stunning views of the surrounding High Peaks. As race director, Jeff Edwards, describes the course, "it's challenging with a significant climb in the last mile, but nevertheless scenic and fair." Visit: lakeplacidmarathon.com.

This spring, plan on sampling a few of these local events to enhance your community ties, and collectively lend strength to our regional footprint. 🌲

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

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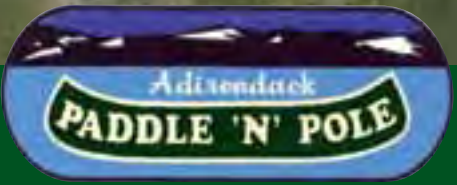
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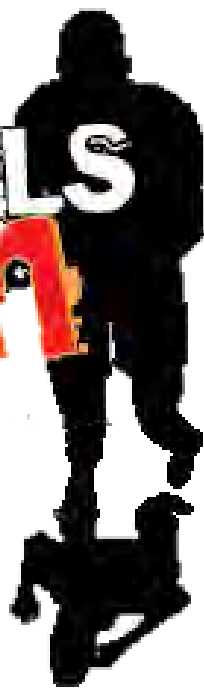
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LOOKING NORTH ON LAKE GEORGE FROM THE LANDING AT MALLORY ISLAND.

PHOTOS BY ALAN MAPES

Alone with Lake George

Three Days of Solo Kayak Camping

By Alan Mapes

As a kayak instructor, I always advise people to paddle in a group for safety. Ignoring my own advice, I took a three-day solo kayak camping trip on Lake George last fall. Let me share some of the considerations I made for safety and a few of the things I learned on the trip.

The idea of a solo kayak camping trip was running around in my head for more than a year. My first idea was to paddle Lake George end-to-end. This "Queen of Adirondack Lakes" is about 32 miles long, and is peppered with over 150 islands, most of them state-owned, many of them available for camping. A one-way trip would involve finding a safe parking spot for my car and a shuttle ride back to get the car once the trip was finished. In the end, I decided to skip these logistics and to just paddle out and back from one location.

As someone obsessed with all things related to kayaking, I had read a number of articles and books about solo kayak travel, in particular, two books written by Hudson Valley native Chris Duff. Chris is well known for his long solo paddling trips. On his trips, he circumnavigated Great Britain, Ireland (*On Celtic Tides*), New Zealand's south island (*Southern Exposure*), and Iceland – in that case with two other paddlers. My small trip would pale in comparison, but some of the same considerations would apply.

Is Solo Paddling Wise? – The questions ran around in my head for months – would it be too risky to do a solo trip? There would be no one around to help in case of a medical emergency, or a capsize. The waters in late fall would be cold, further increasing the risk.

After careful thought, I decided to go ahead, addressing the risks in several ways. My paddling skills were pretty well-tuned after a long season of kayaking, guiding and instructing. My rescue techniques had been practiced constantly throughout the season. I am a strong kayak roller and I frequently practice other methods of self-rescue, like the "cowboy scramble" and the "re-enter and roll."

I dressed for immersion in cold water, wearing a dry suit with fleece clothing under it. For a boat, I paddled my trusty old NDK Explorer, a 17.5 foot expedition kayak that is steady and predictable. It is easy to roll and has sealed flotation chambers fore and

aft. Some of my safety gear included a spare paddle on the deck, a cell phone, and VHF radio for emergency calls. A bilge pump and paddle float were close at hand.

Respect the Waters – The conditions of wind and waves on Lake George can be challenging. A summer day-paddle on a calm sheltered bay can be idyllic. But on this trip, I would be covering more than 30 miles on the main body of the lake, exposed to the wind and waves. I made this trip during the first week in November, with the waters cooling off rapidly.

On the bright side, one major hazard of Lake George would be dramatically reduced because motor boat traffic would be minimal. During summer, the incredible number of boats using the lake will usually have the waves rocking, even on the most placid day. Add to this the risk of collision with a boat, and I take great care paddling the lake during summer, especially on weekends. Spring and fall, though, are great for paddlers, who may have the lake mostly to themselves.

For paddling during the shoulder seasons, fall has the advantage of warmer waters. The lake is deep – around 250 feet maximum – and takes a long time to warm up in the spring. For an early season camping trip, I would favor the Hudson River, which warms up much faster.

Going It Alone – Another big question lingered – would I enjoy my own company for three days? A solo trip would mean no human company, but that turned out to be just fine. There was no need to negotiate the details with anyone – no other paddlers to keep track of – only myself to debate with.

My trip started at Bolton Landing, where I had a safe place to leave my car. With my wife, I left a general trip plan. She knew I'd check in by cell phone, if I had coverage. If not, she would not hear from me for three days. It turned out that I did have cell coverage each night.

The plan was to paddle north through The Narrows and to camp on an island in the Mother Bunch Islands, or further north. I started with the idea of reaching the north end of the lake, but that would be a round-trip of about 50 miles. The wind was the determiner of the route, as it turned out.

My first day offered beautiful weather,



ALAN ENJOYS THE SUNSET AND SOME TEA NEAR HIS FIRST NIGHT CAMPSITE.

sunny with a light south wind. I crossed from Green Island to The Narrows, followed the eastern shore of the Tongue Mountain Range, and stopped at East Dollar Island for lunch. I made about 15 miles the first day, setting up camp in the late afternoon on Mallory Island, one of the northern-most state island campsites on the lake.

From Mallory, I could see the village of Hague in the distance. Checking the map (National Geographic *Trails Illustrated* #743), I found it was still another ten miles to the north end of the lake. If conditions were good on day two, I could make the 20-mile round-trip and spend my second night back on Mallory Island. Things looked different the next morning, though. A stiff south wind was blowing. It would be a quick trip surfing the waves to the north end, but a tough slog to paddle back to my campsite.

Instead, I decided to work my way south from Mallory Island and find a camping spot back in The Narrows. The wind blew straight up the lake and slowed my paddling speed quite a bit. I switched from my big-bladed Werner paddle to my spare paddle, a cedar Greenland paddle that I carved myself. A wind blowing in your face will catch the blade that is up out of the water, slowing you down. The narrow stick paddle is not as much affected by the headwind.

I worked my way south against the blow, exploring each bay along the wild eastern shore. A lunch stop on Agnes Island near Hewlett's Landing village offered the chance for a short nap on a sunny warm rock. Reaching The Narrows, I chose a nice campsite on the north side of Fork Island, in a spot sheltered from the wind. During the main season, these island campsites are in

great demand, but early and late in the year they are free of charge and open for use. Check with NYSDEC (dec.ny.gov) for camping season dates, prices and reservations.

On a weekday in early November, I did not find any other campers on the lake. In fact, I did not see another paddler over the three days, and encountered no more than a half-dozen motor boats each day.

A few "winners" emerged from the trip: A Big Agnes air mattress and the system that I rigged to blow it up, using my kayak bilge pump, and an adapter to connect it to the mattress nozzle; an MSR MicroRocket camping stove that gives a nice adjustable flame, uses a small gas bottle for fuel, and is very compact; a Crazy Creek camping seat that allows you to sit by the fire, with a pad under you, and your back supported; some real food from the grocery store – no freeze-dried mush for me on this trip (for dinners, I made one-pot dishes with canned tomato, fresh onion and garlic, cheese and kielbasa sausage, which I combined with rice or with pasta); and lots of time to think and listen to nature around me.

My paddle on day three covered just four miles back to Green Island, still against the south wind, but a nice short workout. This trip was my first going solo, and it turned out that I really enjoyed my own company! It is time to plan a four- or five-day solo trip for this year. 🌲

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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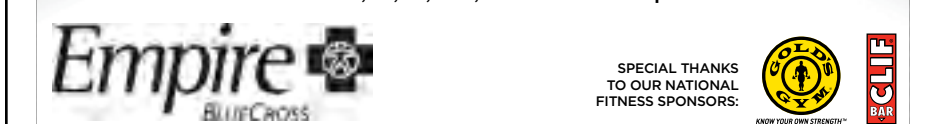
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For more event information visit www.adk.org or call Deb @ 1-800-395-8080, ext. 42
All proceeds go to support ADK's environmental conservation programs

ATHLETE PROFILE

Alan Via

By Gillian Scott

RESIDENCE: Slingerlands

CAREER: Retired Marketing Representative

FAMILY: Wife, Barbara; Son Matthew;
Daughter, Gillian;
Dog, Bookah

PRIMARY SPORT: Hiking

SECONDARY SPORT: Cycling

STROLLING THROUGH
THE TALL FERNS NEAR
THE SUMMIT OF
MILLBROOK RIDGE.

PHOTOS BY JOANNE HIHN

“One of the pleasures of life is introducing new people to the outdoors and watching them achieve things that they thought were beyond their abilities,” says Slingerlands resident Alan Via. “I love to watch their eyes light up with the things they discover in the woods and about themselves while hiking.”

That passion for getting people outdoors – whether it’s taking new hikers into the woods for the first time or showing veteran hikers new mountain peaks – has been the driving force for Alan’s outdoors activities for decades.

He’s been an active member of the Albany Chapter of the Adirondack Mountain Club, serving as its Outings Chair for 14 years, and has been leading trips for the ADK, the Catskill 3500 Club, and the Taconic Hiking Club for almost 40 years. A few years ago, Alan began a hiking program at the Bethlehem YMCA that now has more than 100 participants and offers hikes and snowshoe outings 12 months a year.

“Some of them are very casual hikers – some have never been hiking before – and I’m taking them to these ledges and peaks and view spots, and I’m standing back and watching the delight on their faces,” Alan says. “It’s rediscovering the mountain through someone else’s eyes.”

Besides leading trips for others, Alan has spent years exploring the region’s mountains.

He’s hiked all 46 Adirondack High Peaks (those over 4,000 feet) in both summer and winter, the 35 Catskill peaks over 3,500 feet in both summer and winter, all of Northeast 111 (the peaks over 4,000 in five northeastern states), and is one of just a handful of people to have climbed the 100 highest peaks in the Adirondacks, and the 100 highest peaks in the Catskills.

As if that weren’t enough, he’s currently working on hiking the New England

100 highest, the Vermont 100 highest, New York’s 3,000 foot peaks, and is re-climbing the Catskill 100 in wintertime. Alan was also the co-director of the Taconic Hiking Club’s Taconic Crest Trail end-to-end endurance hike five times, completing the event each time.

His dog, Bookah, a seven-year-old chocolate Labrador retriever, has been hiking weekly with Alan since she was six-months-old and has only missed a handful of trips. Bookah’s hiking resume includes completing the 35 Catskill peaks and is the first dog to climb the Catskill 100. She’s in the process of completing the Catskill 35 in winter.

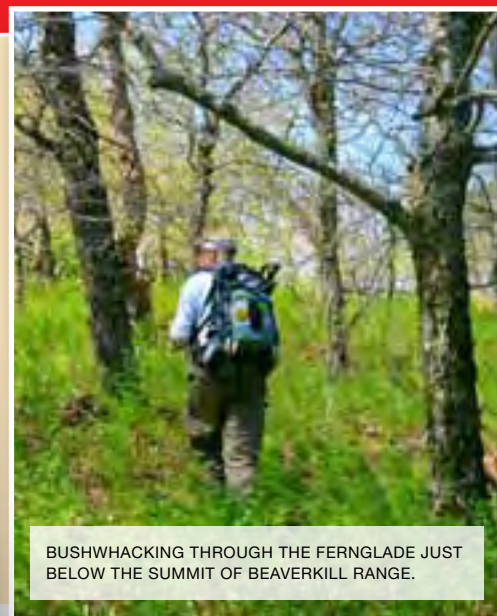
Farther afield, Alan has hiked extensively in the mountains of Colorado, Utah, Arizona, California, Washington and Oregon, and been on the summits of Mount Hood and Mount Whitney.

It was Alan’s original quest for the Catskill 100 highest led him to another listing on his outdoors resume: author.

This spring, Alan’s book *The Catskill 67: A Hiker’s Guide to the Catskill 100 Highest Peaks Under 3500’*, was published through the Adirondack Mountain Club. While the Catskill peaks over 3,500 feet are well travelled by those seeking to join the Catskill 3500 Club, the 67 peaks described in Alan’s book are definitely the paths less traveled. In fact, many of the peaks don’t have paths, but require bushwhacking, navigating off-trail using a map and compass. It’s Alan’s favorite type of hiking.



GETTING BOOKAH DOWN THE CORNELL CRACK IN THE CATSKILLS.



BUSHWHACKING THROUGH THE FERNGLADE JUST BELOW THE SUMMIT OF BEAVERKILL RANGE.

on the course with the road officials during the race and never got a chance to run it.

But 40 years of running took its toll on his knees and back; about two years ago, Alan had his right knee scoped. Surgery on the other knee soon followed. He no longer runs competitively but, when he’s not hiking, stays in shape through cycling and indoor spinning.

“Hiking is good cross-training,” Alan says. “You can go out and get a four to six or 10 to 12 hour elevated pulse rate with no pounding on your joints. It’s like running a weekend race or a really nice long training run.”

For those who want a harder workout, Alan says, “you can make it harder by putting more in your pack or go longer or steeper – you can really push your pulse for hours.”

Besides long lists of peaks climbed and thousands of photographs, Alan’s years of hiking have netted him a huge variety of hiking friends.

“The people that I hike with are just terrific,” he says. “You go on a hike and all you do is gab all day long while you’re walking. If you don’t see them for a month or six weeks, you get out of the car and you pick the conversation up where you left off.”

Alan has been busy lately promoting *The Catskill 67*. He’ll be giving presentations May 5 at The Open Door bookstore in Schenectady, June 2 at the Mountain Top Historical Society in Haines Falls, and Aug. 14 at The Adirondack Mountain Club’s headquarters in Lake George. 🌲

Gillian Scott lives in Schenectady and works as a page designer and editor for the Times Union. She and her husband Herb Terns co-write a bimonthly outdoors column for the newspaper’s sports section and also write the *Outdoors* blog (blog.timesunion.com/outdoors).

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MOUNTAIN BIKING

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Many Miles of Racing and Festivals

By Kevin Ballou



TRaversing the MOOSE RIVER PLAINS WILD FOREST AT THE 2010 **BLACK FLY CHALLENGE**. PHOTO BY TIM HOLMES

WOMEN'S ELITE CROSS-COUNTRY START AT THE 2011 **WINDHAM MOUNTAIN BIKE WORLD CUP**. © DAVE KRAUS/KRAUSGRAFIK.COM

fast and flowing you soon forget how much the climb hurt; the descent features bench cut fast turns, some with built-in wooden platforms. The race takes place at a farm, which has a hostel that was converted from an old barn, and is a site to see with a spiral stairwell which wraps around a giant tree. After the race there is a BBQ where racers and spectators can eat pulled pork from the pig which had been roasting on the spit all day during the race.

The **HRRT "Hot August Nights" Race Series** occurs every Tuesday evening in August. It's a great local series taking place in Schenectady's Central Park and is perfect for those with families who find it hard to break away on the weekends. The races are on the short side time-wise, making them perfect for the novice racer or rider, or the elite racer looking for some good midweek training.

Other races in and around the area worth checking out are the **Root 66 XC Race Series** (root66raceseries.com) in New England; the **Hudson 2 Highlands Series** (h2hrace.com) in the Hudson Valley and northern New Jersey; and the **Lippman Park Series** (renegadesmtb.com.ipage.com) in the Hudson Valley.

If you are looking to get together with your fellow mountain bike riders in a non-race setting check out the eighth annual **Mix Up The Dirt Festival** (saratogambt.org) hosted by the Saratoga Mountain Bike Association. MUD will take place on June 9 from 10am to 5pm. This event will take place in the clearing on SMBA's trails in Saratoga Springs. There will be mountain bike demos, BBQ lunch with refreshments, scheduled group rides for all skill levels, bike games, giveaways and more. The event is free and open to members and non-members alike to try the SMBA trails and have a great time. Attendees must have a helmet, water, and mountain bike to take part in any of the group rides. 📍

Kevin Ballou (kgballou@gmail.com) resides in Saratoga Springs. He is a category 1 cross-country and category 3 cyclocross racer with the *Bikeman.com* cycling team, and works as an environmental engineer at AnchorQEA.

While there will be many amazing mountain biking events which will take place in upstate New York and the surrounding area this summer, only two mountain biking events will be drawing the top level racers from across North America and from all around the world.

For the third year in a row, the world's best professional and amateur mountain bike riders will converge on Windham Mountain for the 2012 edition of the RockyRoads.net **UCI Mountain Bike World Cup** (racewindham.com) presented by Shimano from June 29 through July 1. This is the second to last stop on the World Cup calendar and will be a most impressive competition of the best athletes from around the world.

The US Olympic mountain bike team (two males and two females) will be announced on June 15, two weeks before the Windham race, this will be the last opportunity to see the team compete on US soil and cheer them on in one of the last races before the games. As part of the NYS and Root 66 mountain bike series there will also be Race the World with pro/amateur (category 1-3) cross-country races occurring on the same course as the World Cup athletes, as well as Gravity East Series pro/amateur downhill races. Spectator admission is free and there will be festival events for everyone including ride the pond challenge, a bike stunt show, a kids' fun race and expo.

The **Wilmington Whiteface 100** mountain bike endurance race (leadvillerrace-series.com) is the only qualifying Leadville Trail 100 event east of the Mississippi River. The Leadville 100 race is the most popular mountain bike race in the USA and the Wilmington Whiteface 100-kilometer qualifier is certain to draw some of the top names in North America to the Adirondacks. The course will challenge racers with a mixture of fire roads, gravel roads and singletrack trails, before sending anyone strong enough to finish up to the summit of Whiteface Mountain. The format is unique in that it starts and ends at separate locations, atypical of the standard multiple lap cross-country format, whereby even the racer whose eyes are not set on Leadville will enjoy.

The 100K race will be held in conjunction with the annual **Wilmington BikeFest** (whitefaceregion.com) on June 14-17. The BikeFest includes the **Whiteface Mountain Uphill Bike Race** (whitefacerace.com), which sends cyclists up the eight-mile toll road. The weekend's events also include "Fun not Fear" mountain bike instruction; stunts, jumps and tricks at the Kyle Ebbett Friends Jump Jam and Trials exhibition at the Wilmington Bike Park; a parade of costumed riders and decorated bikes will participate in the "Brainless not Chainless Gravity Ride" from Santa's Workshop down-

hill to Lake Everest in Wilmington, where there will be a BikeFest Beach Party with music, vendors, a pro rider exhibition, family games, and awards for the Gravity Rides best costume and best decorated bike.

Another popular race in the Adirondacks is the **Black Fly Challenge** (blackflychallenge.com) on June 9. With its humble beginnings 17 years ago drawing only 60 participants, it now attracts hundreds and is considered by the racing community as the "must do" race in the Adirondacks. The race is 40 miles of dirt and gravel mountain roads with plenty of climbing, which traverses the rugged and scenic Moose River Plains Wild Forest, from Inlet to Indian Lake. The race is unique in that it is not perfectly suited for one style of bike and therefore cyclocross bikes, mountain bikes, unicycles, and tandems are all allowed with each having its benefits and drawbacks on the Black Fly course. Also like the Wilmington Whiteface 100, the Black Fly is also a point-to-point race, with a shuttle provided to transport riders back to the start.

The **Hampshire 100** like the Wilmington Whiteface 100 is another race garnering national attention (hampshire100.com). The Hampshire 100 is now part of the National Ultra Endurance Series and is sure to attract the best endurance athletes in the country. The Hampshire 100 will take place on August 19 in Greenfield, NH.

Having raced for a number of years myself I have been to many of the events within a few hours' drive. I find myself getting tired of some events but there are a select few races which are so much fun I am equally excited each year to race them. All of the races in the **New York State Mountain Bike Series** (nysmtbseries.com) fall into the must do category because they are all fun, technical, and each has its own unique flavor.

The NYS Series kicks off with the **Williams Lake Classic** on June 10. This event features lots of rock gardens and an infamous cave section, the cave sends racers into the fleeting cool of an old garnet mine for a welcome reprieve on a hot summer day, however take your sunglasses off before entering the cave, or you will not be able to see anything. The series continues with the **Windham Mountain "Race the World"** on July 1, which is a climbers paradise. Then on to **Hurley Mountain Classic** on July 29; a rocky technical course with minimal climbing. Next is the **Belleayre Mountain All Terrain Challenge** on Aug. 28; a fast but technical course with a mix of everything. The series concludes with **Riedlbauer's Round Top Rally** on Sept. 9, it's a challenging course with some steep climbs, an amazing gorge trail, and some super fast flowing descents. On top of

the great riding, Riedlebaur's is a German American resort where bratwurst and draft Oktoberfest awaits you at the finish line!

Another favorite is the first race I ever competed in, the **Darkhorse 40** (darkhorsecycles.com) on August 5 – a 40-mile endurance race is a bona fide rite of passage for mountain bikers of all fitness levels. From the elite racer to the weekend warrior, all will race the same Stewart State Forest course at the same time for the same duration; some will come to win, while others just hope to finish. There is a BBQ after the race along with adult beverages for those of age. The Darkhorse 40 is truly a fun event but unfortunately registration is already closed for the 2012 race, so look for registration dates in early 2013 as it fills up fast.

There are some races that I try to do each year which are not sanctioned by USA cycling and therefore do not get much attention. These races are just as fun but almost always have much smaller field sizes and a more grass roots vibe. The two races I want to suggest people check out are, the **Peak 6/12/24 Hour Mountain Bike Race** in Pittsfield, Vt., and the **HRRT "Hot August Nights" Race Series** in Schenectady.

If you like lots of climbing and perfectly built singletrack, you will love the **Peak 6/12/24 Hour Mountain Bike Race** (peakraces.com). Typically a six-hour race, new this year will be a 12- and 24-hour format. Each ten-mile lap contains approximately 1,400 feet of elevation gain, that is mostly contained within the initial climb, which traverse the ridge through a number of switchbacks too numerous to keep track of – my guess is around 100! Once at the top the view is spectacular and the descent is so

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RACE RESULTS

6TH ANNUAL ARE ADVENTURE RACE December 10, 2011 • Camp Dippikill, Warrensburg

MALE OVERALL			
1	Josh Merlis	29	Albany 56:58
2	Joe Hayter	31	Schenectady 56:59
3	Ray Webster	36	Burlington, VT 57:03
FEMALE OVERALL			
1	Justine Trybendis	29	Glens Falls 1:07:06
2	Amanda Johnson	21	Troy 1:08:42
3	Katelyn Moretti	24	Albany 1:09:23
FEMALE AGE GROUP: 1 - 14			
1	Sloane Zardez	13	Ballston Lake 1:36:10
MALE AGE GROUP: 15 - 19			
1	Will Gomez	18	Albany 1:06:39
2	Paul Cox	18	Troy 1:08:29
3	James Loeser	19	Clifton Park 1:31:01
FEMALE AGE GROUP: 15 - 19			
1	Maira Hilt	19	Albany 1:15:16
2	Veronic Kolegue	18	Albany 1:31:01
3	Kacey Gardner	18	Troy 1:42:45
MALE AGE GROUP: 20 - 24			
1	Elliott Megquier	23	Fort Drum 57:46
2	Ryan Wicks	24	Troy 1:04:29
3	David Teubl	22	Tivoli 1:06:35
FEMALE AGE GROUP: 20 - 24			
1	Anna Sheridan	21	Troy 1:26:00
2	Erin Ring	24	Albany 1:52:47
MALE AGE GROUP: 25 - 29			
1	Paul Mueller	27	Delmar 1:02:23
2	Andrew McCarthy	28	Albany 1:06:10
3	Andrew Gravelle	27	Clifton Park 1:07:21
FEMALE AGE GROUP: 25 - 29			
1	Karen Bertasso	27	Slingerlands 1:10:16
2	Hilary Mislán	25	Albany 1:11:33
3	Ann Flower Seyse	25	Scotia 1:29:30
MALE AGE GROUP: 30 - 34			
1	Eamon Dempsey	31	Delmar 57:13
2	Rich Teal	33	Troy 1:02:15
3	Jim Sweeney	30	Albany 1:03:21
FEMALE AGE GROUP: 30 - 34			
1	Kim Morrison	32	Wynantskill 1:17:43
2	Marie McCahee	31	Saratoga 1:26:55
3	Jessica Mokhiber	31	Albany 1:30:00
MALE AGE GROUP: 35 - 39			
1	Mike Siudy	37	New Paltz 58:21
2	Andrew Snell	38	Glens Falls 1:07:16
3	Mike West	35	Warrensburg 1:09:21
FEMALE AGE GROUP: 35 - 39			
1	Jessica Hageman	36	Guiderland 1:26:11
2	Tammy Liu-Haller	36	Greenville 1:46:09
3	Cybelles Nicholzen	38	Glenmont 1:46:09
MALE AGE GROUP: 40 - 44			
1	Tim Flannery	40	Wynantskill 1:09:23
2	Dave Barr	41	Saratoga Springs 1:13:44
3	Doug Gerhard	44	Saratoga Springs 1:15:20
FEMALE AGE GROUP: 40 - 44			
1	Marcy Beard	42	Albany 1:09:45
2	Jennifer Ferriss	40	Saratoga Springs 1:31:40
3	Shannon Zardez	40	Ballston Lake 1:36:09
MALE AGE GROUP: 45 - 49			
1	John Beard	47	Albany 1:04:50
2	Dave Ruderman	49	Watervliet 1:07:08
3	Peter Sturn	46	Schenectady 1:08:38
FEMALE AGE GROUP: 45 - 49			
1	Chris Varley	47	Albany 1:18:05
2	Kat Fitzpatrick	45	Kattskill Bay 1:34:37
3	Roxanne Gillen	48	Guiderland 2:00:52
MALE AGE GROUP: 50 - 54			
1	Jeff Clark	53	Glenmont 1:13:28
2	Ed Johnson	50	Easton 1:15:56
3	Tom Tift	54	Averill Park 1:26:47
FEMALE AGE GROUP: 50 - 54			
1	Pam Fitzgerald	51	Scotia 1:31:58
2	Jen Kuzmich	53	Greenwich 1:38:38
MALE AGE GROUP: 55 - 59			
1	Rick Babson	57	Saratoga Springs 1:23:36
2	Lee Hilt	55	Albany 1:35:17
FEMALE AGE GROUP: 55 - 59			
1	Phyllis Fox	59	Loudonville 1:59:51
MALE AGE GROUP: 60 - 64			
1	Chuck Batchner	64	East Berne SWEEP
MALE AGE GROUP: 65 - 69			
1	Douglas Fox	67	Loudonville SWEEP

Courtesy of Albany Running Exchange

HMRRC DOUG BOWDEN WINTER SERIES STARTER: 3M & 15K December 11, 2011 • University at Albany, Albany

3-MILE RUN				15K RUN			
MALE OVERALL				MALE OVERALL			
1	Chuck Terry	29	Albany 15:48	1	Richard Messino	23	Nassau 55:26
2	Chris Judd	31	Glennville 16:02	2	Paulie Walnuts	26	Ithaca 56:20
3	Eric Young	20	Latham 16:04	3	Chris McCloskey	30	Albany 56:40
FEMALE OVERALL				FEMALE OVERALL			
1	Shylah Weber	23	Rensselaer 22:42	1	Meghan Davey	26	Rotterdam 1:01:22
2	Juddy Wines	34	Albany 22:48	2	Crystal Perno	30	Clifton Park 1:04:39
3	Rebecca Bowsell	35	Albany 23:16	3	Diane Ryan	29	Malta 1:05:05
AGE GROUPS				AGE GROUPS			
1	Tyler Covsert/M1-14		Pattersonville 28:33	1	Brendan VanKlack/M1-14		Duanesburg 1:24:12
1	Adam Coolorg/M15-19		Ballston Spa 18:04	1	Paul Cox/M15-19		Troy 59:07
1	Brad Lewis/M20-29		Troy 16:30	1	Lea Cure/F15-19		Altamont 1:17:14
1	Jessica Krater/F20-29		Averill Park 25:27	1	Ryan Walter/M20-29		Voorheesville 1:02:00
1	Jeff Andrews/M30-39		Delmar 18:44	1	Kristen Quaresimo/F20-29		Rensselaer 1:13:14
1	Leah Blind/F30-39		Albany 23:30	1	Dennis VanVlack/M30-39		Duanesburg 57:55
1	Tim Hoff/M40-49		Albany 18:09	1	Christina Ardito/F30-39		Niskayuna 1:07:01
1	Susan Motler/F40-49		Rensselaer 23:36	1	Tom Kracker/M40-49		Delmar 58:09
1	Mark Nunez/M50-59		Ballston Lake 20:18	1	Veronica Armbruster/F40-49		Selkirk 1:10:38
1	Debra Jane Batcher/M50-59		Albany 23:18	1	Ken Evans/M50-59		Delmar 1:01:51
1	Tom McGuire/M60-69		Slingerlands 22:35	1	Sara Madden/F50-59		Albany 1:11:40
1	Ginny Pezzula/F60-69		Colonie 25:09	1	Paul Forbes/M60-69		Colonie 1:04:47
1	Jim McGuinness/M70-79		Schenectady 24:51	1	Martha DeGrazia/F60-69		Slingerlands 1:15:06
1	Joan Corrigan/F70-79		Clifton Park 39:33	1	Jim Moore/M70-79		Niskayuna 1:19:26
1	Joe Corrigan/M80-89		Clifton Park 39:30	1	Anne Stockman/F70-79		Rensselaer 1:47:11

Courtesy of Hudson-Mohawk Road Runners Club

15TH ANNUAL ALBANY LAST RUN 5K December 17, 2011 • Empire State Plaza, Albany

MALE OVERALL				FEMALE AGE GROUP: 30 - 39			
1	Anthony Giuliano	32	Albany 16:10	1	Jessica Chapman	34	Williamstown, MA 20:47
2	Patrick Cullen	25	Albany 16:29	2	Kim Hayes	35	Palatine Bridge 21:58
3	Ryan Egan	29	Latham 17:08	3	Shannon Pinkowski	36	Albany 22:00
FEMALE OVERALL				MALE AGE GROUP: 40 - 49			
1	Ada Leigh Munson	22	East Berne 17:50	1	Timothy Egan Sr	49	Latham 17:51
2	Jacquelyn Pierce	22	Pittsfield, MA 18:45	2	Kevin Creagan	46	Albany 17:51
3	Melissa Weiner	34	New York 20:18	3	Jon Rocco	45	Colonie 17:56
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 49			
1	Nicholas Pearson	14	Richmondville 19:14	1	Lisa Nieradka	46	Clifton Park 21:34
2	Anthony Erno	14	Glennville 19:36	2	Melissa Germain	45	Greenwich 21:55
3	Ben Herrick	14	Lenox, MA 20:11	3	Brenda Lennon	45	Troy 23:02
4	Noah Valvo	13	Delanson 20:12	4	Diane Montes Harris	44	Troy 23:48
5	Nicholas Mauro	13	Schenectady 20:26	5	Kristen Grasso	40	Rensselaer 23:57
6	Danny Dibise	14	Schenectady 21:57	6	Kim Zeosky	49	Clifton Park 25:15
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 50 - 59			
1	Tess Fitzmaurice	9	Greenville 22:22	1	Steve Jones	57	Averill Park 19:29
2	Olivia Baumann	12	Greenville 22:23	2	Dan Cantwell	50	Albany 19:37
3	Meghan Araldi	13	Westerlo 23:59	3	Steve Conant	53	Glenmont 19:38
4	Aleesha Leruzic	13	Schoharie 25:26	4	Tom Locascio	53	Albany 19:46
5	Emma Daviero	13	Schenectady 25:53	5	Michael Seeley	51	Glennville 20:13
6	Abigail Messare	12	Ballston Lake 25:58	6	Peter Maloy	51	Loudonville 20:23
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 59			
1	Paul Cox	18	Troy 17:28	1	Maureen Fitzgerald	54	Clifton Park 22:36
2	Alex Howk	16	Wilton 19:09	2	Kathy Jones	52	Averill Park 23:41
3	Daniel Hodgkinson	17	Delmar 20:17	3	Carolyn George	58	Albany 24:27
4	Jonathan Zeosky	17	Clifton Park 22:03	4	Kimberly Flander	50	Fonda 24:30
5	Jared Danaher	16	East Greenbush 24:08	5	Jenny Lee	51	Selkirk 25:33
6	Justin Peabody	15	Ballston Lake 24:25	6	Deb McCarthy	51	Burnt Hills 25:44
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 60 - 69			
1	Alaina Krueger	17	Selkirk 20:52	1	Paul Forbes	61	Colonie 19:57
2	Michelyn Little	17	Voorheesville 21:26	2	Seamus Hodgkinson	62	Delmar 22:49
3	Maira Hilt	19	Colonie 21:34	3	Bob Ellison	63	Ballston Spa 23:32
4	Lexy Payne	16	Schaghticoke 21:40	4	James Thomas	65	Delmar 24:04
5	Mary Veltre	19	Poughkeepsie 22:26	5	Ronald Rodriguez	62	Delmar 24:56
6	Andrea Mangione	19	Ballston Lake 23:34	6	Frank Klose	68	Castleton 25:55
MALE AGE GROUP: 20 - 29				FEMALE AGE GROUP: 60 - 69			
1	Brian McKernan	29	Albany 18:14	1	Martha DeGrazia	60	Slingerlands 23:59
2	Greg Stevens	27	Ballston Spa 18:28	2	Sue Nealon	61	Troy 30:47
3	Kyle Gutbrodt	20	Troy 18:28	3	Suzanne Forbes	62	Valley Falls 31:07
4	Michael Rogers	21	Troy 18:44	4	Sibyl Jacobson	69	Canaan 31:15
5	Jon Rea	25	Liverpool 19:32	5	Nancy Johnston	65	Ballston Lake 32:28
6	Tom Scudder	24	Albany 19:38	6	Linda Meier	63	Schenectady 34:19
FEMALE AGE GROUP: 20 - 29				MALE AGE GROUP: 70 - 79			
1	Katie Bubnack	27	Rensselaer 21:25	1	Dick Egan	73	Albany 33:06
2	Rachel Karam	23	Clifton Park 22:04	2	Richard Eckhardt	78	Albany 35:15
3	Ashley Gilman	23	Albany 22:27	3	Charles Bishop	76	Schenectady 37:30
4	Christine Sloat	22	Ballston Lake 22:37	4	Donald McBain	79	Troy 41:27
5	Michelle Davis	23	Schenectady 22:48	5	Eiko Bogue	74	Schaghticoke 36:35
6	Alison Rodriguez	28	Albany 23:00				

Courtesy of the City of Albany

14TH ANNUAL FIRST NIGHT SARATOGA 5K RUN December 31, 2011 • Skidmore College, Saratoga Springs

MALE OVERALL				FEMALE AGE GROUP: 15 - 19			
1	Corey Robinson	22	Syracuse 15:22	1	Jon Moore	16	Saratoga Springs 16:21
2	Alexander Benway	21	Queensbury 15:40	2	Jay Navin	18	Saratoga Springs 16:33
3	Sam McEntee	19	Villanova, PA 15:47	3	Evan Quinones	16	Saratoga Springs 16:46
FEMALE OVERALL				MALE AGE GROUP: 20 - 24			
1	Keelin Hollowood	16	Saratoga Springs 17:41	1	Ian Mullikin	24	Albany 16:31
2	Samantha Roecker	20	Charlton 17:42	2	Brian Trainor	20	Clifton Park 16:50
3	Estela Smith	14	Ballston Spa 17:57	3	Kenneth Hammond	21	Cambridge, MA 18:10
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 20 - 24			
1	Victor Warner	13	Slingerlands 20:12	1	Jacquelyn Pierce	22	Pittsfield, MA 18:53
2	Trevor Peck	13	Saratoga Springs 20:18	2	Chloe Williams	20	Saratoga Springs 22:15
3	Ken Bashant	12	Ballston Lake 20:32	3	Devan Tracy	20	Saratoga Springs 22:52
FEMALE AGE GROUP: 1 - 14							
1	Olivia Morrow	13	Saratoga Springs 19:07				
2	Amelia Mahoney	13	Saratoga Springs 20:55				
3	Erin Carey	13	Saratoga Springs 20:56				

continued

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14TH ANNUAL FIRST NIGHT SARATOGA 5K RUN continued

Table with columns for Male Age Group (25-29, 30-34, 35-39, 40-44, 45-49, 50-54), Female Age Group (25-29, 30-34, 35-39, 40-44, 45-49, 50-54), Name, and Time. Includes names like Alex Grout, Jaime Julia, Shane Zanetti, etc.

Courtesy of Saratoga Arts

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RACE continued

Table with columns for Male Age Group (45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89), Female Age Group (15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89), Name, and Time. Includes names like Jon Rocco, John Stadlander, Timothy Hoff, etc.

Courtesy of Hudson-Mohawk Road Runners Club

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RACE • January 1, 2012 • University at Albany, Albany

Table with columns for Male Overall, Female Overall, Male Age Group (25-29, 30-34, 35-39, 40-44, 45-49, 50-54), and Female Age Group (25-29, 30-34, 35-39, 40-44, 45-49, 50-54). Includes names like Thomas O'Grady, Joe Hayter, Jodie Robertson, etc.

continued

HMRRC WINTER SERIES #3: 25K, 10K, 3M January 8, 2012 • University at Albany, Albany

Table with columns for Male Overall, Female Overall, Male Age Group (01-14), and Female Age Group (01-14). Includes names like Eric Young, Dylan Hedderman, Chuck Racey, etc.

continued

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Advertisement for Adirondack Sports & Fitness. Includes logo and text: Advertise effectively with us! Contact Darryl: (518) 877-8788.

RACE RESULTS

HMRRRC WINTER SERIES #3: 25K, 10K, 3M *continued*

10K RUN				5K RUN			
MALE OVERALL				MALE OVERALL			
1 Eric Young	20	Latham	34:43	1 Josh Myers	20	Ballston Spa	17:01
2 Justin Bishop	30	Colonie	35:35	2 Ken Plowman	38	Troy	17:12
3 Paul Cox	18	Troy	37:50	3 Dylan Hedderman	19	Latham	17:22
FEMALE OVERALL				FEMALE OVERALL			
1 Gretchen Oliver	37	Guiderland	42:02	1 Lisa D'Aniello	25	Wilton	18:58
2 Sally Drake	38	Albany	43:40	2 Julie Matarese	22	East Greenbush	20:34
3 Colleen Ottalagnio McGarry	34	Slingerlands	44:00	3 Daniele Cherniak	50	Cohoes	21:15
AGE GROUPS				AGE GROUPS			
1 Brendon VanVlack/M01-19		Duanesburg	49:55	1 Keenan Boscoe/M00-14		Albany	23:23
1 Moira Hill/F01-19		Albany	46:18	1 Sasha Weilbaker/F00-14		Saratoga Springs	24:34
1 Paul Mueller/M20-29		Delmar	41:42	1 Stephen Huneau/M15-19		Latham	22:30
1 Katie Bubnack/F20-29		Rensselaer	51:39	1 Hilary Crannage/F15-19		Schuylerville	22:20
1 Joseph Sullivan/M30-39		Schenectady	38:48	1 Jeff Long/M20-29		Clifton Park	18:49
1 Jessica Chapman/F30-39		Williamstown, MA	44:26	1 Hilary Mislav/F20-29		Albany	23:11
1 Neil Sergott/M40-49		Clifton Park	41:54	1 Greg Ethier/M30-39		Waterford	18:42
1 Jennifer Elliott/F40-49		Averill Park	48:34	1 Meghan Geary/F30-39		Albany	22:46
1 Jon Weilbaker/M50-59		Saratoga Springs	40:47	1 Frank Boscoe/M40-49		Albany	18:40
1 Nancy Taormina/F50-59		Albany	50:53	1 Brenda Lennon/F40-49		Troy	22:38
1 Paul Forbes/M60-69		Colonie	42:41	1 Andy Campbell/M50-59		Albany	19:25
1 Katherine Ambrosio/F60-69		Delmar	57:26	1 Mary Karen Noonan/F50-59		Albany	23:49
1 Jim Moore/M70-79		Niskayuna	53:35	1 Rowland Evans/F60-69		Castleton	27:21
1 Eiko Bogue/F70-79		Schaghticoke	1:18:26	1 Ginny Mosher/F60-69		Delanson	29:26
				1 Bob Knouse/M70-79		Voorheesville	29:35
				1 Liz Milor/F70-79		Altamont	35:48
				1 Joe Corrigan/M80-89		Clifton Park	38:46

Courtesy of Hudson-Mohawk Road Runners Club

26TH ANNUAL WINTER WIMP FOOT RACE *continued*

2.2 MILES			
FEMALE AGE GROUP: 55 - 59			
1 Elizabeth Herkenham	55	Charlton	40:17
2 Laura Milak	55	Middleburgh	42:14
3 Barbara Matrese	57	Rensselaer	53:20
MALE AGE GROUP: 60 - 64			
1 Richard Wohlgemath	64	Canajoharie	38:02
2 Joe Yavonditte	62	Schenectady	38:28
3 Joseph Polidore	62	Johnstown	42:05
FEMALE AGE GROUP: 60 - 64			
1 Mary Collins Finn	62	Menands	38:24
2 Jill Pederson	61	Lake George	40:36
3 Bridget Polidore	60	Johnstown	41:50
MALE AGE GROUP: 65 - 69			
1 Darryl Ferguson	65	Scotia	40:45
2 Richard Theissen	68	Round Lake	42:59
3 Ray Lee	69	Halfmoon	54:35
FEMALE AGE GROUP: 65 - 69			
1 Candi Schermerhorn	65	Diamond Point	39:55
2 Susan Fassett	67	Ballston Spa	57:59
MALE AGE GROUP: 70 - 74			
1 Edward Bown	70	Broadalbin	36:50
MALE AGE GROUP: 75 - 79			
1 Charles Bishop	76	Schenectady	51:15

Courtesy of Fulmont Roadrunners Club

26TH ANNUAL WINTER WIMP FOOT RACE January 14, 2012 • Hagaman Fire House, Hagaman

4.4 MILES			
MALE OVERALL			
1 Jaime Julia	27	Amsterdam	24:27
2 Tim Van Orden	43	Bennington, VT	24:31
3 Richard Cohen	41	Utica	25:43
FEMALE OVERALL			
1 Samantha Roecker	20	Charlton	27:15
2 Meghan Davey	26	Rotterdam	29:02
3 Regina Flint	38	Amsterdam	32:32
MALE AGE GROUP: 01 - 14			
1 Jonathan Knack	13	Amsterdam	34:39
2 Alex Hitrick	14	Broadalbin	37:40
MALE AGE GROUP: 15 - 19			
1 Nick Raponi	16	Hagaman	28:09
2 Matt Raponi	16	Hagaman	29:49
3 Kevin Stearns	15	Schenectady	30:41
MALE AGE GROUP: 20 - 24			
1 Michael Douglass	23	Gloversville	31:05
2 Ignacio Meza Jr	23	Queensbury	36:08
3 Peter Bagwell	24	Broadalbin	43:20
FEMALE AGE GROUP: 20 - 24			
1 Elizabeth Feriazzo	20	Amsterdam	40:59
2 Allissa LaPort	22	Amsterdam	46:21
MALE AGE GROUP: 25 - 29			
1 Greg Ernst	27	Gloversville	26:52
2 Josh Kuelling	29	Oriskany	28:13
3 Joel Patrie	27	Scotia	31:03
FEMALE AGE GROUP: 25 - 29			
1 Andrea Scribner	29	Amsterdam	33:55
2 Amanda Barone	28	Ballston Spa	36:09
3 Leah Schaffer	27	Canajoharie	36:11
MALE AGE GROUP: 30 - 34			
1 Michael Washco	32	Albany	36:16
2 Brendan Walsh	34	Niskayuna	41:19
FEMALE AGE GROUP: 30 - 34			
1 Lauren Edwards	32	Northport	34:21
2 Abbey Ballard	32	Amsterdam	38:46
3 Erin Fioretti	34	Gloversville	49:09

8TH ANNUAL BRAVE THE BLIZZARD 5K SNOWSHOE (TRAIL) RACE January 21, 2012 • Robert C. Parker School, Averill Park

MALE OVERALL			
1 Josh Merlis	30	Albany	23:38
2 Ryan Walter	27	Voorheesville	23:52
3 Steve Dowsett	23	Pittsfield, MA	24:06
FEMALE OVERALL			
1 Karen Bertasso	27	Slingerlands	27:58
2 Moira Hill	19	Albany	30:14
3 Hilary Mislav	25	Albany	30:56
MALE AGE GROUP: 01 - 14			
1 Riley Grossman	11	Delmar	32:53
2 Ezra Hulbert	13	Mexico	33:42
MALE AGE GROUP: 15 - 19			
1 Connor Devine	18	East Berne	24:25
2 Eric Hulbert	16	Mexico	26:06
3 Paul Cox	18	Troy	26:17
MALE AGE GROUP: 25 - 29			
1 Kristopher Geist	25	East Berne	29:46
FEMALE AGE GROUP: 25 - 29			
1 Amanda Wilson	28	Schenectady	41:13
2 Michelle Juett	26	Scotia	43:28
3 Alison Kerr	27	Rensselaer	44:39
MALE AGE GROUP: 30 - 34			
1 David Newman	31	Albany	28:20
2 Brian McKenna	32	Voorheesville	31:29
3 Joseph Murphy	32	North Greenbush	31:51
FEMALE AGE GROUP: 30 - 34			
1 Sara Brenner	31	Voorheesville	34:32
2 Shannon McGee	34	Madison, AL	40:53
3 Caroline Flynn	33	Clifton Park	49:33
MALE AGE GROUP: 35 - 39			
1 Matt Westerlund	39	Lacong	24:21
2 Joshua Katzman	35	Clifton Park	28:52
3 Chris Nowak	37	Watervliet	30:12
FEMALE AGE GROUP: 35 - 39			
1 Michelle Pendergast	38	Troy	38:05
2 Cybelle Nichol森	38	Glenmont	39:25
3 Tammy Liu-Haller	36	Greenville	39:25

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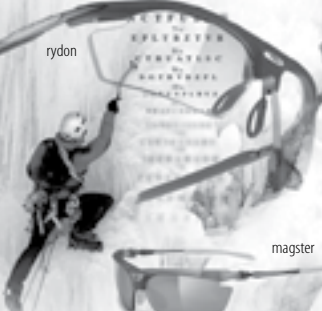
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HMRRC WINTER SERIES #4: 30K, 15K, 3M
 January 22, 2012 • University at Albany, Albany

30K RUN			
MALE OVERALL			
1 Eric Shannon	27	Williamstown, MA	1:52:51
2 Jeff Goupil	24	Clifton Park	1:53:14
3 Michael Roda	35	Albany	2:01:08
FEMALE OVERALL			
1 Crystal Perno	30	Clifton Park	2:20:27
2 Mary Beard	42	Albany	2:26:31
3 Christina Ardito	32	Niskayuna	2:27:45
AGE GROUPS			
1 Alan Finder/M20-29		Albany	2:12:15
1 Kelly Virkler/F20-29		Albany	2:38:06
1 Joe Hayter/M30-39		Schenectady	2:05:07
1 Nikki O'Meara/F30-39		Delmar	2:29:30
1 Jon Rocco/M40-49		Colonie	2:05:06
1 Stacia Smith/F40-49		Niskayuna	2:33:31
1 Ed Gravelle/M50-59		Ballston Lake	2:14:33
1 Peggy McKeown/F50-59		Schuylerville	2:33:52
1 Jueergen Reher/M60-69		Wynantskill	2:34:13
15K RUN			
MALE OVERALL			
1 Eric Young	20	Latham	54:59
2 Eamon Dempsey	32	Delmar	56:58
3 Aaron Knobloch	35	Guiderland	57:00
FEMALE OVERALL			
1 Roxanne Wegman	24	West Point	1:01:37
2 Kristina Gracey	29	Guiderland	1:03:50
3 Gretchen Oliver	37	Guiderland	1:04:55
AGE GROUPS			
1 Paul Cox/M15-19		Troy	58:05
1 Moira Hill/F15-19		Albany	1:09:04
1 Ryan Walter/M20-29		Voorheesville	59:29
1 Meghan Davey/F20-29		Rotterdam	1:04:55
1 Joe Sullivan/M30-39		Schenectady	1:01:23

1 Jessica Chapman/F30-39		Williamstown	1:09:48
1 Doug Campbell/M40-49		Salem	1:03:58
1 Christian Lay/F40-49		Albany	1:07:58
1 Ken Evans/M50-59		Delmar	1:03:02
1 Jenny Lee/F50-59		Selkirk	1:20:56
1 Paul Forbes/M60-69		Colonie	1:09:32
1 Susan Wong/F60-69		Glenmont	1:23:28
3-MILE RUN			
MALE OVERALL			
1 Jeff Long	28	Clifton Park	19:20
2 Greg Ethier	38	Waterford	19:28
3 Jeff Loukmas	41	Clifton Park	19:40
FEMALE OVERALL			
1 Melissa Bredice	23	Colonie	20:35
2 Shylah Weber	23	Rensselaer	22:42
3 Heather Machabee	43	Delmar	23:25
AGE GROUPS			
1 Damien/M01-14			31:35
1 Erin Geva/F01-14		Ballston Lake	27:44
1 Duane Harding I/M15-19		Johnstown	29:44
1 Ryan Sweet/M20-29		Albany	20:59
1 Julie Nabozny/F20-29		Valatie	23:35
1 Joseph Murrphy/M30-39		Campten	23:07
1 Melissa Gorden/F30-39		Troy	27:27
1 Ken Tarullo/M40-49		Feura Bush	20:25
1 Susan Motler/F40-49		Rensselaer	24:42
1 Martin Patrick/M50-59		East Greenbush	22:00
1 Carolyn George/F50-59		Albany	26:13
1 Jim Fiore/M60-69		Latham	23:32
1 Sue Nealon/F60-69		Troy	29:47
1 Bob Knouse/M70-79		Voorheesville	30:58
1 Marge Rajazewski/F70-79		Ballston Lake	27:37
1 Joe Corrigan/M80-89		Clifton Park	41:30

Courtesy of Hudson-Mohawk Road Runners Club

HMRRC WINTER SERIES #5: 20M, 10M, 4M
 February 5, 2012 • University at Albany, Albany

20-MILE RUN			
MALE OVERALL			
1 David Newman	31	Albany	2:28:06
2 Todd McAuley	43	Colonie	2:31:45
3 Robert Wither	51	Niskayuna	2:33:43
FEMALE OVERALL			
1 Nikki O'Mera	37	Delmar	2:37:31
2 Molly Casey	27	Albany	2:49:10
3 Jessica Hageman	36	Guiderland	3:00:18
AGE GROUPS			
1 James Kavanaugh/M30-39		Troy	2:34:00
1 Kristin Zielinski/F30-39		Altamont	3:20:31
1 Bart Trudeau/M40-49		Guiderland	2:35:56
1 Mary Ibbetson/F40-49		Selkirk	3:02:00
1 Ray Gamino/M50-59		Clifton Park	2:38:35
1 Thomas Kollar/M60-69		Schenectady	3:11:50
10-MILE RUN			
MALE OVERALL			
1 Eric MacKnight	23	Newtown, CT	54:35
2 Justin Wood	28	Delhi	54:38
3 Thomas O'Grady	26	Latham	55:58
FEMALE OVERALL			
1 Kristina Gracey	29	Guiderland	1:06:00
2 Meghan Davey	26	Rotterdam	1:06:33
3 Emily Bryans	44	Schenectady	1:06:33
AGE GROUPS			
1 Paul Cox/M15-19		Troy	1:03:00
1 Jeff Goupil/M20-29		Clifton Park	58:58
1 Karen Bertasso/F20-29		Slingerlands	1:07:53
1 Aaron Knobloch/M30-39		Guiderland	1:00:28
1 Gretchen Oliver/F30-39		Guiderland	1:08:48
1 Jon Rocco/M40-49		Colonie	1:03:12
1 Chris Varley/F40-49		Albany	1:11:10

4-MILE RUN			
MALE OVERALL			
1 Tim Hoff	46	Albany	27:03
2 Blaine Freedman	48	Pittsfield, MA	27:39
3 Nick Reynolds	16	Selkirk	28:48
FEMALE OVERALL			
1 Payton Czupil	12	Watervliet	30:23
2 Alaina Krueger	18	Selkirk	30:48
3 Moira Hilt	19	Albany	30:49
AGE GROUPS			
1 John Christopher/M01-14		Albany	50:00
1 Colleen McMahon-Healey/F01-14			32:42
1 Eric Pierson/M15-19		Glenmont	29:40
1 Nora Reynolds/F15-19		Selkirk	34:08
1 Jeff Long/M20-29		Clifton Park	29:09
1 Kelsey Heenan/F20-29		Selkirk	34:38
1 Greg Ethier/M30-39		Waterford	28:58
1 Jen Hebrner/F30-39		Delmar	35:15
1 Russell Lauer/M40-49		Troy	29:37
1 Renee Canestrari/F40-49		Watervliet	32:28
1 Mark Nunez/M50-59		Ballston Lake	29:36
1 Carolyn George/F50-59		Albany	37:00
1 Paul Hillengas/M60-69		Rensselaer	34:14
1 Erika Oesterle/F60-69		Stamford	34:55
1 Bob Knouse/M70-79		Voorheesville	44:55

Courtesy of Hudson-Mohawk Road Runners Club

31ST ANNUAL CRAFTSBURY SKI MARATHON
 January 28, 2012 • Craftsbury Outdoor Center, Craftsbury Common, VT

25K CLASSIC RACE				50K CLASSIC RACE			
MALE OVERALL				MALE OVERALL			
1 Steven Mangan/Dartmouth	19	Hanover, NH	1:02:47	1 Nils Koons/VT XC	23	Sidney, ME	2:06:58
2 Silas Talbot/Dartmouth	19	Hanover, NH	1:02:49	2 Eli Enman/GRP	34	Huntington, VT	2:07:52
3 Hans Halvorsen/GMVS	18	Waitsfield, VT	1:04:11	3 Scott Lacy/Unattached	20	Aspen, NH	2:10:22
FEMALE OVERALL				FEMALE OVERALL			
1 Julia Harrison/Dartmouth	19	Hanover, NH	1:15:59	1 Clare Egan/GRP	24	Craftsbury, VT	2:32:21
2 Karina Packer/Dartmouth	19	Hanover, NH	1:16:06	2 Robyn Anderson/VT XC	24	Stowe, VT	2:36:41
3 Elise Seyferth/Dartmouth	19	Hanover, NH	1:18:07	3 Emily Blackmer	22	Outocook, NH	2:41:13

Courtesy of Craftsbury Outdoor Center

POLAR CAP 4-MILE RUN
 February 4, 2012 • Lake George Elementary School, Lake George

MALE OVERALL				FEMALE OVERALL			
1 Eric Young	20	Latham	20:59	1 Ann Glackin	40	Ballston Lake	29:37
2 Chuck Terry	29	Albany	21:06	2 Nikki Moreschi	40	Glens Falls	31:10
3 Anthony Giuliano	32	Albany	21:28	3 Jennifer Audette	40	Glens Falls	32:22
FEMALE OVERALL				MALE AGE GROUP: 45 - 49			
1 Sara Facticeu	35	Peru	24:03	1 Samuel Mercado Jr	49	Wilton	25:25
2 Emily McCabe	28	Queensbury	24:22	2 Steven VanDixhorn	49	Fort Edward	26:20
3 Justine Mosher	27	Queensbury	26:32	3 Frank Klippel	49	Queensbury	27:25
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49			
1 Matthew Smith	10	Lake George	37:42	1 Patty Moore	45	Queensbury	29:49
FEMALE AGE GROUP: 1 - 14				2 Gail Doering	46	Loudonville	31:25
1 Chloey Jansson	12	Fort Edward	37:19	3 Angie Gargan	46	Queensbury	31:29
2 Autumn Shaughnessy	10	Lake George	38:45	MALE AGE GROUP: 50 - 54			
MALE AGE GROUP: 15 - 19				1 Derrick Staley	53	Ballston	22:20
1 Austin Nagell	17	West Charlton	31:05	2 William Venner	52	Granville	24:00
MALE AGE GROUP: 20 - 24				3 Tom Dalton	53	Schenectady	24:27
1 Kellen Henderson	21	Schenectady	23:23	FEMALE AGE GROUP: 50 - 54			
2 Andrew Sally	24	Albany	30:40	1 Mary Duprey	52	Rouses Point	30:04
3 Ethan Winnyall	23	Lake George	30:55	2 Patricia Monahan	50	Warrensburg	32:02
FEMALE AGE GROUP: 20 - 24				3 Jen Kuzmich	53	Greenwich	33:13
1 Rachel Binga	23	Ballston Spa	32:26	MALE AGE GROUP: 55 - 59			
2 Lindsey Johnston	23	Rutland, VT	33:32	1 Kevin Sullivan	55	Glens Falls	24:49
3 Chynna Marcucci	23	Watervliet	35:15	2 Rob Picotte	58	Malta	25:41
MALE AGE GROUP: 25 - 29				3 Christopher Kunkel	55	Pottersville	27:11
1 Seth Thomas	25	Glens Falls	29:03	FEMALE AGE GROUP: 55 - 59			
2 Isaiah Byron	27	Glens Falls	30:45	1 Kathy Messina	56	Fort Ann	35:07
3 Andrey Kiyantsa	25	Ballston Spa	31:31	2 Andrea Halnon	58	Lincoln, VT	36:31
FEMALE AGE GROUP: 25 - 29				3 Sue Flynn	59	Phillipsburg, NJ	40:08
1 Melissa Wern	26	Hudson Falls	29:14	MALE AGE GROUP: 60 - 64			
2 Amanda Barone	28	Ballston Spa	29:43	1 Mark Sager	61	Katskill Bay	29:07
3 Christine Behlmer	27	Queensbury	34:43	2 Daniel Olden	60	Queensbury	29:51
MALE AGE GROUP: 30 - 34				3 Craig Roods	62	Greenwich	32:02
1 Lou Pauquette	31	Granville	23:24	FEMALE AGE GROUP: 60 - 64			
2 Kevin Ballou	32	Saratoga Springs	27:00	1 Mary Collins Finn	62	Albany	32:38
3 John Evansky	33	Hudson Falls	28:12	2 Jill Pederson	61	Lake George	35:09
FEMALE AGE GROUP: 30 - 34				3 Christine McKnight	64	Schuylerville	38:17
1 Kristina Hubert	33	Red Hook	27:46	MALE AGE GROUP: 65 - 69			
2 Julie Mounce	31	Albany	28:14	1 Gerry Duprey	65	Rouses Point	31:02
3 Sarah Reed	34	Saratoga Springs	29:55	2 Eduardo Munoz	69	Olmsteadville	32:08
MALE AGE GROUP: 35 - 39				3 Ed Murphy	66	Queensbury	32:33
1 Greg Ethier	38	Waterford	25:34	FEMALE AGE GROUP: 65 - 69			
2 Joseph Genter	37	Schenectady	25:54	1 Candi Schermerhorn	65	Diamond Point	35:09
3 Andrew Snell	38	Glens Falls	27:09	2 Sakiko Claus	69	Schroon Lake	42:05
FEMALE AGE GROUP: 35 - 39				MALE AGE GROUP: 70 - 74			
1 Emily Cooper	38	Gansevoort	30:56	1 Dottie Langworthy	71	Warrensburg	40:06
2 Kelly Collins	39	Queensbury	31:19	MALE AGE GROUP: 75 - 79			
3 Lisa Fox	38	Lake George	32:57	1 Norm Marinic	76	Saratoga Springs	38:07
MALE AGE GROUP: 40 - 44				2 Richard Eckhardt	78	Albany	45:34
1 Tim VanOrden	43	Bennington, VT	21:33				
2 Michael Slinsky	42	Hopewell Junction	22:15				
3 Volker Burkowski	40	Gansevoort	22:58				

Courtesy of The Adirondack Runners

SARATOGA WINTERFEST 5K SNOWSHOE (TRAIL) RACE
 February 5, 2012 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL				FEMALE OVERALL			
1 Shaun Donegan	26	Saratoga Springs	20:02	1 Laurel Shortell	45	Northampton, MA	34:12
2 Ken Burd	40	Lacona	20:19	2 Kathy Raymond	47	Schenectady	38:05
3 Eric Hulbert	16	Mexico	21:22	MALE AGE GROUP: 50 - 54			
FEMALE OVERALL				1 Jeff Clark	54	Glenmont	26:36
1 Sarah Dzikowicz	41	Amsterdam	26:47	2 Frank Paone	54	Brunswick	26:44
2 Julia Sarni	22	Saratoga Springs	28:39	3 Stephen Obermayer	50	Ballston Spa	40:00
3 Jennifer Kehn	24	Burnt Hills	29:05	FEMALE AGE GROUP: 50 - 54			
MALE AGE GROUP: 1 - 14				1 Maureen Roberts	54	Gansevoort	29:34
1 London Niles	14	Shaftsbury, VT	26:51	2 Jennifer Kuzmich	53	Greenwich	29:48
2 Ezra Hulbert	13	Mexico	28:35	3 Beth Trapasso	50	Gansevoort	33:04

RACE RESULTS

39TH HMRRRC WINTER MARATHON & 25TH 3-PERSON RELAY *continued*

10 Lawrence Poitras	46	Johnstown	3:25:14
12 Tom Nesterick	46	Watertown	3:29:56
15 Rowland Butler	45	Philmont	3:34:36
15 Brian Borden	48	Altamont	3:42:59
16 Eric Bruno	42	Shirley	3:44:24
18 Samuel Simmons	42	Waterford	3:46:23
19 Richard Edick	47	Mohawk	3:46:58
21 Bart Trudeau	49	Guilderland	3:53:31
22 Vincent Wenger	48	Schenectady	3:53:54
23 Dale Miller	42	Schenectady	3:55:31
24 John Kinnicut	49	Menands	3:57:09
25 John Ehntholt	45	Kattskill Bay	3:58:43
27 John Splendido	41	Niskayuna	4:01:28
28 Christopher O'Hara	44	Clifton Park	4:05:00
29 Michael McLean	42	Albany	4:14:22
34 Drew Hopkins	42	Hudson	4:57:38
35 Tony Collins	47	Glens Falls	5:02:13
36 Yuri Lvov	42	Albany	5:23:19

FEMALE AGE GROUP: 40 - 49

1 Marcy Beard	42	Albany	3:39:40
4 Mary Ibbetson	42	Selkirk	4:05:26
7 Amy Weinberg	49	Gilboa	4:22:11
8 Kathy Edwards	41	Queensbury	4:31:10

MALE AGE GROUP: 50 - 59

1 Jeffrey Lease	53	Newburgh	3:13:22
5 Ken Evans	51	Delmar	3:25:48
6 John Geesler	53	St. Johnsville	3:26:08
11 Tom Tift	54	Averill Park	4:02:36
12 Chester Tumidajewicz	57	Amsterdam	4:05:41
13 Gary Gundlach	58	Davenport	4:07:15
14 Stewart Outfield	57	Catskill	4:09:22

FEMALE AGE GROUP: 50 - 59

1 Cheryl Abert	54	Belchertown, MA	3:50:57
2 Jenny Lee	52	Selkirk	4:07:19
3 Barbara Sorrell	54	Delmar	4:48:33

MALE AGE GROUP: 60 - 69

1 Martin Keibel	60	Manchester, CT	3:16:36
2 James Fairchild	62	Albany	3:28:04
6 Peter Desrochers	60	Ballston Lake	4:48:34
8 Michael Butтино	62	Earlton	5:54:39

FEMALE AGE GROUP: 60 - 69

1 Susan Wong	64	Glenmont	4:16:16
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3-PERSON MARATHON RELAY: 9.2/5.7/11.3 MILES

3-MALE COMBINED AGE: UNDER 120

1 Judd/Jordy/Vona	2:24:52
2 O'Grady/Giuliano/Cullen	2:32:00
3 Terry/Staley/Young	2:33:18

3-FEMALE COMBINED AGE: UNDER 120

1 Harris/McCabe/Virkler	3:13:33
2 Peterson/Staley/Staley	3:21:16
3 Sala/Schaffer/Yacobucci	3:55:54

2-MALE/1-FEMALE COMBINED AGE: UNDER 120

1 Rogers/D'Aloia/Cox	2:55:58
2 Merlis/Quaresimo/Hayter	3:00:28
3 Reed/Morris/Ardito	3:01:38

2-FEMALE/1-MALE COMBINED AGE: UNDER 120

1 Perno/Parisella/Pasquini	3:04:12
2 Elleman/Barton/Elleman	3:10:31
3 Rightmyer/Nowak/O'Grady	3:31:17

3-MALE COMBINED AGE: 120 & OVER

1 Johnson/Spiezio/French	2:54:55
2 Hoffman/Hoffman/McCormick	3:33:36

3-FEMALE COMBINED AGE: 120 & OVER

1 McKeown/Fenton/Herbs	3:32:03
2 Gohlke/Tedeschi/Toledo	3:33:37
3 Heaphy/Stevens/Mauri	3:41:35

2-MALE/1-FEMALE COMBINED AGE: 120 & OVER

1 Keel/Palmer/Seckinger	3:50:54
2 Fisher/Christopher/Golden	4:00:24
3 Gilson/Gilson/Conant	4:01:09

2-FEMALE/1-MALE COMBINED AGE: 120 & OVER

1 Hardin/McCarthy/Breznau	3:37:26
2 Scheving/Tracy/Dillenbeck	3:43:16
3 Heenan/Grimaldi/Grimaldi	3:49:17

3-MALE COMBINED AGE: 150 & OVER

1 Rowe/Kelly/Fraser	3:41:36
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3-FEMALE COMBINED AGE: 150 & OVER

1 Thrailkill/Delsignore/McNamara	3:47:44
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2-MALE/1-FEMALE COMBINED AGE: 150 & OVER

1 Forbes/Phelps/Forbes	3:06:28
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2-FEMALE/1-MALE COMBINED AGE: 150 & OVER

1 Meckler/Drexler/Drexler	4:15:28
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Courtesy of Hudson-Mohawk Road Runners Club

HURT-ATHON WEST MOUNTAIN HILL CLIMB X-C SKI RACE

February 19, 2012 • West Mountain Ski Resort, Queensbury

MASTERS: MALE		MASTERS: FEMALE		JUNIORS: FEMALE	
1 Stan Hatch	16:56	1 Jill Kozial	25:43	1 Ashley Forshey	20:15
2 Matti Torniainen	17:04	2 Gabriella Frittelli	25:58	2 Maddie Phanuef	21:40
3 Eric Seyse	17:38	3 Bernadette O'Brien	37:25	3 Amy Duclos	24:28
4 Dave Paarlberg Kvam	17:45	4 Sherry Dixon	37:42	4 Sarah Duclos	24:50
5 Brett Schlesier	19:06	JUNIORS: MALE		5 Sarah Montgomery	25:28
6 Chris Yarsevich	20:17	1 Austin Huneck	14:39	6 Lidija Nikollaj	25:34
7 Thomas Williams	20:26	2 Brian Halligan	15:42	7 Rebecca Kraines	27:37
8 Tim Huneck	21:01	3 Matthew Forshey	18:18	8 Gabbi Rodbell	27:54
9 Jim Kobak	21:44	4 Tom McClellan	18:23		
10 Kevin Walter	24:01	5 Seth Mares	19:18	BILL KOCH YOUTH: BOYS	
11 Darwin Roosa	26:03	6 Alex Howk	20:05	1 Michael Halligan	1:19
12 Matti Torniainen	26:40	7 Aaron Huneck	20:25	2 Bailey Moore	1:27
13 Andrew Kulmatski	27:40	8 Henry Uzdavinis	20:55	3 Travis Kozial	2:39
14 Alec Davis	30:05	9 David Krutz	21:04	5 Connor Torniainen	5:05
15 Richard Dixon	33:17	10 Adam Marino	21:56	BILL KOCH YOUTH: GIRLS	
16 Eric Hamilton	34:44	11 Brian Chrzan	22:36	1 Olivia Phanuef	1:24
17 Jerry Curcio	36:29	12 Chandler Moore	23:57		
		13 Ethan Katz	24:14		
		14 David Buhrmaster	41:16		

Courtesy of NYSSRA Nordic

COOKIE CLASSIC 10K FREESTYLE CROSS-COUNTRY SKI RACE

February 25, 2012 • Dewey Mountain Recreation Center, Saranac Lake

MALE OVERALL		15 Alex Howk	J1	Unattached	39:53
1 Charlie Benzce	OJ	16 Tim Grossman	SR	Paul Smiths	39:56
2 Matt Piper	SR	17 Kevin Walter	M3	Rochester	42:15
3 Jon Santor	SR	18 Dave Burt	M6	HURT	44:16
4 Chris Rose	M3	19 Jack Burke	M7	Paul Smiths	50:37
5 Keith Kogut	SR	20 Rene Clarke	M8	HURT	52:14
6 Eric Seyse	SR	21 Eric Hamilton	M8	HURT	55:17
7 Chris Yarsevich	M1	22 Jerry Curcio	M6	Peru Nordic	57:00
8 Eyan Greenberg	J1	FEMALE OVERALL			
9 Jim Kobak	M3	1 Mailie Sapp	J1	NYSEF	46:19
10 Tim Huneck	M5	2 Jill Kozial	M2	Hurt	46:47
11 Alexei Tumanov	M2	3 Emma Zdziebloski	J1	NYSEF	49:31
12 Steve Halasz	M2	4 Annie Jardin	SR	Paul Smiths	53:16
13 Ed Lis	M3	5 Cari Benzce	OJ	Paul Smiths	55:11
14 Kris Cheney-Seymour	M3				

Courtesy of NYSSRA Nordic

NYSSRA NORDIC CHAMPIONSHIPS CUP WEEKEND

March 3-4, 2012 • Olympic Sports Complex X-C Ski Center, Lake Placid

CROSS-COUNTRY SKIING		3 Nathanael Kuzio	1:11:30
18KM FREESTYLE - MALE OVERALL		4 Samuel Gallant-Lemay	1:14:03
1 Mike Wynn/M3	Queensbury/Peru Nordic	5 Felix Berube-Larochelle	1:15:28
2 Aaron Newell/OJ	Queensbury/Peru Nordic	6 Drew Bursey	1:16:21
3 Eric Seyse/SR	Scotia/Glenville Hills	7 Derrek Schultz	1:22:19
4 Chris Rose/M3	Peru/Peru Nordic	8 Matthew Forshey	1:22:30
5 David Paarlberg-Kvam/M1	Round Lake/HURT	9 Isaac Shoultice	1:23:48
6 Brett Schlesier/OJ	Johnstown/Unaffiliated	10 Laurent Mercier-Roy	1:24:18
7 Bob Underwood/M5	Kattskill Bay/HURT	11 Parker Herlihy	1:39:30
8 Keith Kogut/SR	Tupper Lake/Peru Nordic	SENIOR FEMALE: 21 - 39	
9 Jim Kobak/M3	Peru/Peru Nordic	1 Corrine Malcolm	1:10:58
10 Matthew Torniainen/M2	Fultonville/HURT	2 Hannah Dreisigacker	1:12:02
11 Seth Mares/J1	Saratoga Springs/HURT	3 Danielle Bean	1:40:09
12 Joe Kerzencek/M6	Lake Placid/Peru Nordic	SENIOR MALE: 21 - 39	
13 Rob Quigley/M7	Cummington, MA/Berkshire Trails	1 Michael Gibson	1:16:08
14 Ed Luban/M6	Syracuse/HURT	2 John Witmer	1:45:55
15 Kurt Gustafsson/M4	NYC/Manhattan Nordic	3 Andre Bolduc	1:49:35
16 Bruce Townsend/M6	Windsor, MA/Berkshire Trails	4 Patrick Clancy	1:52:14
17 Stanley Hatch/M5	Cadyville/Peru Nordic	5 Gahlord Dewald	2:04:19
18 Tim Huneck/M5	Rexford/HURT	MASTER MALE: 40 - 49	
19 Mike Tuthill/J1	Vermontville/Peru Nordic	1 Sean Halligan	1:35:06
20 Jose-Manuel Jimenez/M4	NYC/Manhattan Nordic	JUNIOR FEMALE: 19 - 20	
21 Edward Lis/M3	Lake Placid/Peru Nordic	1 Carly Wynn	1:16:52
22 Tom Chappell/M4	Colton/Higley	2 Danika Frisbie	1:27:18
23 Tim Cowan/M6	Vergennes, VT/Peru Nordic	3 Silke Hynes	1:32:53
24 Alex Howk/J1	Wilton/Saratoga Biathlon	JUNIOR MALE: 19 - 20	
25 Chris Beatti/M8	Lake Placid/Peru Nordic	1 Graham Mater	1:27:13
26 Kevin Walter/M3	Pittsford/Rochester XC	2 Ian Campbell	1:27:21
27 Evan Greenberg/J1	Saranac Lake/NYSEF	GRAND MASTER FEMALE: 50+	
28 John Tomlinson/M4	NYC/Manhattan Nordic	1 Ildiko Hynes	1:51:51
29 Jack Rueckheim/M6	Freeville/Cayuga Nordic	GRAND MASTER MALE: 50+	
30 Peter Parken/M6	Painted Post/Unattached	1 Russ Myer	1:40:17
31 Matti Torniainen/M8	Gloversville/HURT	2 Arthur Stegen	1:42:47
32 Rene Clarke/M8	Queensbury/HURT	3 Thomas Hay	1:46:08
33 Jerry Curcio/M6	Oswego/Peru Nordic	4 Jeremiah Hynes	1:49:47
34 Andrew Kulmatski/M7	Scotia/Glenville Hills	5 King Milne	2:10:29
35 Eric Hamilton/M8	Clifton Park/HURT		
36 Jim Adams/M8	Altona/Peru Nordic	SKI-ORIENTEERING	
37 Loic St Gal de Pons/M3	APQ-AE/Unattached	GREEN COURSE	
18KM FREESTYLE - FEMALE OVERALL		1 Doug Swank	M40+
1 Audrey Balandier/M6	Cortland/Cayuga Nordic	2 Dmitri Soloviev	M40+
2 Bernadette O'Brien/M6	Round Lake/HURT	3 Jim Pamper	M40+
6KM FREESTYLE - JUNIOR MALE		4 Phil Hawkes-Teeter	M55+
1 Aaron Huneck/J3	Rexford/HURT	5 Ellie George	F40+
2 Bryce Hartman/J2	Saranac Lake/Peru Nordic	6 Sue Hawkes-Teeter	F55+
3 Brian Chrzan/J2	Clifton Park/HURT	7 Sandi Wilsey	F40+
4 Owen Putman/J3	Round Lake/Unattached	RED COURSE	
6KM FREESTYLE - JUNIOR FEMALE		1 David Hunter	M19+
1 Tyra Wynn/J3	Queensbury/Saratoga Biathlon	2 Pavel Korniliev	M19+
2 Amy Duclos/J2	Clifton Park/HURT	3 Sergey Dobretsov	M19+
3 Sarah Duclos/J2	Clifton Park/HURT	4 Stina Bridgeman	F19+
		5 Janet Findley	F19+
BIATHLON - SPRINT & PURSUIT COMBINED		WHITE COURSE	
YOUTH FEMALE: 18 & UNDER		1 Brian Chrzan	M-18
1 Erin Yungblut	1:03:51	2 Amy Duclos	F-16
2 Chloe Selenier	1:05:54	3 Sarah Duclos	F-18
YOUTH MALE: 18 & UNDER		4 Len Cormier	M70+
1 Brian Halligan	1:08:26		
2 Felix Hamel	1:11:04		

Courtesy of NYSSRA Nordic

13TH ANNUAL RUNNIN' OF THE GREEN (ISLAND)

March 17, 2012 • American Legion Hall, Green Island

4-MILE ROAD RACE		FEMALE AGE GROUP: 40 - 44	
MALE OVERALL		1 Karen Dolge	25:38
1 Alex Paley	25	2 Judy Guzzo	26:29
2 Eric Young	20	3 Kimberly Miseno-Bowles	27:46
3 Chuck Terry	29	MALE AGE GROUP: 45 - 49	
FEMALE OVERALL		1 Jon Rocco	23:21
1 Sara Facteau	35	2 Kevin Creagan	23:23
2 Emily McCabe	28	3 Thomas Kracker	23:37
3 Emily Bryans	44	FEMALE AGE GROUP: 45 - 49	
MALE AGE GROUP: 1 - 14		1 Anne Benson	24:24
1 Joseph Somerville	14	2 Christine Varley	27:01
2 Victor Warner	13	3 Mary Fenton	29:12
3 Patrick Hilt	14	MALE AGE GROUP: 50 - 54	
FEMALE AGE GROUP: 1 - 14		1 Kayla Doody	21:48
1 Kayla Doody	11	2 William Venner	23:19
2 Gina Corelli	14	3 Tom Dalton	23:55
3 Emma Hampston	12	FEMALE AGE GROUP: 50 - 54	
MALE AGE GROUP: 15 - 19		1 Nancy Nicholson	25:58
1 Ryan Egan	19	2 Beth Stalker	26:03
2 Paul Cox	18	3 Donna Harrigan-Thrailkill	28:43
3 Keith Machabee	15	MALE AGE GROUP: 55 - 59	
FEMALE AGE GROUP: 15 - 19		1 Bill Martin	24:56
1 Moria Hilt	19	2 Rob Picotte	25:26
2 Amy Becker	17	3 Robert Colborn	25:28
3 Jessica Dzialo	16	FEMALE AGE GROUP: 55 - 59	
MALE AGE GROUP: 20 - 24		1 Karen Provencher	28:23
1 Richard Messineo	23	2 Maryanne McNamara	30:57
2 Michael Rogers	21	3 Catherine Sliwinski	31:58
3 Kevin Messineo	23	MALE AGE GROUP: 60 - 64	
FEMALE AGE GROUP: 20 - 24		1 Carl Matuszek	25:36
1 Brina Seguire	22	2 Paul Bennett	26:22
2 Shylah Weber	23	3 Tom McGuire	26:43
3 Julie Nabozny	22	FEMALE AGE GROUP: 60 - 64	
MALE AGE GROUP: 25 - 29		1 Judy Phelps	28:16
1 Brad Lewis	25	2 Susan Wong	31:41
2 Daniel Jordy	28	3 Erika Oesterle	31:54
3 Dave Vona	29	MALE AGE GROUP: 65 - 69	
FEMALE AGE GROUP: 25 - 29		1 Patrick Glover	27:16
1 Kristina Gracey	29	2 Tom Adams	28:45
2 Meghan Davey	26	3 Norman Dovberg	29:48
3 Lisa D'Aniello	25	FEMALE AGE GROUP: 65 - 69	
MALE AGE GROUP: 30 - 34		1 Linda Keeley	45:46
1 Chris Judd	31	2 Judith Moliero	47:30
2 Eamon Dempsey	32	3 Rita Moore	50:31
3 Anthony Giuliano	32	MALE AGE GROUP: 70 - 74	
FEMALE AGE GROUP: 30 - 34		1 James McGuinness	35:10
1 Shelly Binsfeld	32	2 Joseph Richardson	35:18
2 Crystal Cammarano-Perno	30	3 Raymond Lee	43:48
3 Sabrina Krouse	32	FEMALE AGE GROUP: 70 - 74	
MALE AGE GROUP: 35 - 39		1 Marge Rajczewski	35:01
1 Michael Roda	36	2 Eiko Bogue	49:19
2 Robert Irwin	39	MALE AGE GROUP: 75 - 79	
3 David Tromp	36	1 Christopher Rush	34:13
FEMALE AGE GROUP: 35 - 39		2 Wade Stockman	34:28
1 Renee Tolan	37	3 Charles Bishop	43:04
2 Gretchen Oliver	37	FEMALE AGE GROUP: 75 - 79	
3 Erin Corcoran	37	1 Anny Stockman	42:14
MALE AGE GROUP: 			

WALT'S BUMP CONTEST *continued*

14 PJ Fratzmyo	22	2 Milana Pomarico	9	Newburgh	32
15 Ross Kowalewski	14	3 Abby Saks	3	Saddle River	31
SKIER - MALE AGE 18-29		4 Makena Evans	8	Malta	28
1 Ted Battesh	20	5 Kirk Gleason	8	Clifton Park	28
2 Olin Mather	23	6 Claire Felton	8	Ballston Spa	27
3 Jamison Duffy	18	7 Casey Felton	4	Ballston Spa	26
SKIER - MALE AGE 30-39		8 Bethany Hayes	8	Mechanicville	25
1 Josh Christensen	34	9 Deme Kellogg	9	Gavis	23
2 Chris Rivers	38	10 Sarah Mae Sheridan	9	Lake Placid	23
TELEMARK - FEMALE AGE 30-39		11 Sasha Ivanova	4	Fair Lawn	22
1 Liz Cook	39	12 Audrey Higgins Lopez	8	Ithaca	20
SKIER - FEMALE AGE 40-49		13 Hillary Larsen	8	Rumson	20
1 Karen Pomarico	49	14 Brooke DeWeese	8	Saratoga Springs	17
2 Carol Turi	49	15 Maggie Besthoff	9	Carlisle	15
3 Llon Hogan	42	SKIER - MALE AGE 6-9			
4 Demetria Koninis	44	1 Kevin Meyer	8	Sloatsburg	37
SKIER - MALE AGE 40-49		2 Anthony Sorice	9	Sloatsburg	35
1 Ted Collins	49	3 Cole Evans	6	Malta	30
2 Stephan Doyon	42	4 Thomas Sorice	7	Sloatsburg	30
3 Eric Larsen	45	5 Evan Wacks	8	Brooklyn	28
4 James Hogan	44	6 Rubby Fox	7	Saratoga Springs	28
5 Justin Heller	48	7 Aston Ferrillo	4	Wilton	27
6 Chris da Cunha	49	8 Matt Sisca	8	Riverside	26
7 Patrick Glackin	47	9 Jackson Cook	8	North Creek	25
8 Dave Cornell	42	10 Danlee Kagan	6	Guilderland	25
9 Roger Saks	42	28 Matthew Moeckel	8	Gansevoort	23
10 Stevan Paton	45	29 Jack Ormsbee	9	Burnt Hills	22
TELEMARK - MALE AGE 40-49		30 William Stratton	8	Skier Male	22
1 Michael Zachara	48	31 John Graney	9	Latham	21
2 Jack Cook	45	32 Andrew Montague	9	21	21
SKIER - FEMALE AGE 50 & OVER		40 Cole Paton	8	Skier	20
1 Mary Irish	50	41 Kevin Taggart	8	Clifton Park	20
SKIER - MALE AGE 50 & OVER		42 Nate Besthoff	6	Carlisle	18
1 Jeff Dunn	50	43 Justin Haverly	9	Clifton Park	18
2 Rick Irish	50	44 Jeffery Long	7	Gansevoort	18
3 Mike Pomarico	50	45 Aidan Schaefer	7	Clifton Park	18
TELEMARK - MALE AGE 50 & OVER		46 Evan Skufca	7	Niskayuna	18
1 Doug Dunn	50	47 Brighton Daniger	9	Diamond Point	16
RIDER - MALE AGE 6-9		48 Zachary Paton	8	16	16
1 Cameron Aery	8	TELEMARK - MALE AGE 6-9			
SKIER - FEMALE AGE 6-9		1 Nate Ball	8	Lake Placid	27
1 Cecile Kearey	9				

Courtesy of Gore Mountain

3RD ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K
March 31, 2012 • Central Park, Schenectady

MALE OVERALL					
1 Chuck Terry	29	Albany	15:44	2 Samuel Simmons	43
2 Ben Greenberg	43	Voorheesville	16:47	3 Sean Dolton	43
3 John Stadtlander	46	Clifton Park	17:56	Amsterdam	21:01
FEMALE OVERALL					
1 Kimberly Miseno-Bowles	41	Amsterdam	21:05		
2 Patrice Prusko	44	Niskayuna	25:18		
3 Kris Diemer	40	Schenectady	26:52		
MALE AGE GROUP: 45 - 49					
1 Tim Hoff	46	Albany	18:17		
2 Karl Sindel	47	Niskayuna	18:46		
3 Samuel Mercado Jr	49	Saratoga Springs	19:10		
FEMALE AGE GROUP: 45 - 49					
1 Laurie Hoyt	46	Schenectady	22:03		
2 Louise Bataillon	47	Clifton Park	22:50		
3 Catherine McCutcheon	48	Schenectady	25:58		
MALE AGE GROUP: 50 - 54					
1 Ed Johnson	50	Easton	18:53		
2 Peter Goutos	52	Saratoga Springs	19:25		
3 Thomas Locascio	53	Albany	19:41		
FEMALE AGE GROUP: 50 - 54					
1 Molly Grygiel	52	Niskayuna	25:45		
2 Marlene Nollette	51	Rensselaer	25:54		
3 Mary Signorelli	50	Castleton	26:02		
MALE AGE GROUP: 55 - 59					
1 Ronald Philipp	58	Gloversville	20:39		
2 Dominic Coppola	58	Cherry Valley	21:03		
3 Ronald Dunn	56	Albany	22:26		
FEMALE AGE GROUP: 55 - 59					
1 Joan Celentano	58	Schenectady	25:14		
2 Marlene Bradley	58	Schenectady	28:32		
3 Trish Roeser	57	Schenectady	29:42		
MALE AGE GROUP: 60 - 64					
1 Peter Carucci	62	Ballston Lake	23:45		
2 Michael DellaRocco	60	Schenectady	25:23		
3 Michael Norton	60	Delanson	26:50		
FEMALE AGE GROUP: 60 - 64					
1 Suzanne Nealon	61	Troy	28:38		
2 Linda Kolnick	60	Fort Plain	30:45		
3 Peg Carucci	61	Ballston Lake	34:26		
MALE AGE GROUP: 65 - 69					
1 Allen Lerner	31	Niskayuna	18:46		
2 Jared Senelick	33	Corinth	20:02		
3 Douglas Secor	32	Scotia	20:18		
FEMALE AGE GROUP: 65 - 69					
1 Danielle Maslowsky	33	Clifton Park	21:51		
2 Jessica Becker	33	Glenville	23:27		
3 Andrea McGuire	34	Clifton Park	24:12		
MALE AGE GROUP: 70 - 74					
1 Shawn Decenzo	38	Niskayuna	17:57		
2 Randall Cannell	39	Broadalbin	18:29		
3 Ty Remington	36	Glenville	19:03		
FEMALE AGE GROUP: 70 - 74					
1 James McGuinness	73	Schenectady	25:40		
MALE AGE GROUP: 75 - 79					
1 Charles Bishop	76	Schenectady	34:00		
2 Richard Eckhardt	78	Albany	35:17		
3 Jim Owens	76	Latham	38:10		
FEMALE AGE GROUP: 75 - 79					
1 Pearl Albrechtsen	75	Schenectady	1:09:36		

Courtesy of Schenectady Firefighters

TROOPER BRINKERHOFF MEMORIAL SPRING RACE SERIES #1
March 24, 2012 • Coxsackie-Athens High School, Coxsackie

TOP 3 OVERALL & REGIONAL FINISHERS					
1 46:22	John Ford/32	Team Danbury Audi, White Plains			
2 46:22	Cody Madigan/30	Team Tinney's Tavern, Ballston Spa			
3 46:22	Dylan Thomarie/37	Unattached, Northville			
A RACE: PRO & CATEGORY 1/2/3 - 54 MILES					
Neutralized with 1K to go due to a medical emergency blocking the final turn; prize list donated to Markus Bohler and Trooper Brinkerhoff memorial funds.					
B RACE: CATEGORY 4 - 42 MILES					
1 1:44:41	Daniel Cleiman/33	CRCA/SixCycle, New York City			
2 1:44:41	Omri Roden/26	Bicycle Depot, Chappaqua			
3 1:44:41	Leonard Galati/43	CRCA/Fox Racing, Eastchester			
4 1:44:41	Loren Swears/40	Capital Bicycle Racing Club, Gansevoort			
13 1:44:41	Scott Hock/33	Adirondack Velo Club, Johnstown			
14 1:44:41	Ashton Momot/22	Team Wear On Earth, Plattsburgh			
15 1:44:41	Kyle Gagnier/26	Team Wear On Earth, Peru			
17 1:44:41	Jonathan Favata/32	Favata's Table Rock Tours, Kerhonkson			
19 1:44:41	Michael Duerr/47	Team Elevate Cycles, Glens Falls			
20 1:44:41	Steve Seabury/44	Unattached, Old Chatham			
21 1:44:41	Todd Shapiro/39	North American Velo, Ballston Spa			
29 1:44:41	Seth Demarrais/40	Dr Naylor's Racing, Worcester			
32 1:44:41	Jeffrey Krywanczyk/27	Team Wear On Earth, Chazy			
36 1:44:41	Barry Koblenz/49	Capital Bicycle Racing Club, Albany			
37 1:44:41	Kerrin Strevell/35	Farm Team Elite Women, Valatie			
43 1:44:41	Jud Speer/50	Dr Naylor's Racing, Cobleskill			
46 1:44:41	Stephen Hudyncia/51	Rogue Race Team, Fort Plain			
48 1:44:41	Terry Blanchet/49	North American Velo, Castleton			
49 1:44:41	J Wozniak/35	North Atlantic Velo, Albany			
54 1:44:41	Paul Wojciak/47	Pawling Cycle & Sport, Poughkeepsie			
58 1:44:41	Dan Fitch/52	Ommegang/Syracuse Bicycle, Cazenovia			
62 1:45:22	Terry Batchelder/53	Ascension Cycling, Argyle			
68 1:54:29	Caleb Batchelder/19	Ascension Cycling, Argyle			
69 1:54:29	Raymond Willard/45	Ommegang/Syracuse Bicycle, Oneida			
70 1:54:29	Emma White/15	Farm Team Cycling, Delanson			
71 1:54:29	Bryna Blanchard/39	North American Velo, Troy			
72 1:52:42	Tim Leonard/60	Capital Bicycle Racing Club, New Hartford			
74 1:58:49	Wyatt Drake/15	Farm Team Juniors, Cambridge			
79 1:58:32	Robert Lazzara/55	Unattached, Hudson			
80 1:59:58	Michael Lenihan/47	Battenkill-United, Lake George			
81 1:59:58	Connor Lenihan/15	Farm Team Cycling, Lake George			
C RACE: CATEGORY 5 - 18 MILES					
1 46:22	Andrew Meunier/27	Unattached, Clinton Corners			
2 46:22	Lee Johnson/26	Spa City Racing, Ballston Lake			

Courtesy of Capital Bicycle Racing Club

26TH ANNUAL SHAMROCK SHUFFLE 5-MILE ROAD RACE
March 25, 2012 • Glens Falls High School, Glens Falls

MALE OVERALL					
1 Alex Benway	21	Queensbury	26:01	1 Volker Burkowski	40
2 Eric Young	20	Latham	26:50	2 Dave Barr	41
3 Neal Campbell	22	Queensbury	27:19	3 Joel Gordon	40
FEMALE OVERALL					
1 Dana Bush	33	Gansevoort	29:46	1 Janice Decker	43
2 Madeline Montague	16	Greenwich	30:08	2 Kimberly Miseno-Bowles	41
3 Jolie Navatka	17	Queensbury	32:00	3 Concetta Smith	44
MALE AGE GROUP: 1 - 14					
1 Cody Sipher	11	Queensbury	39:18	1 Patrick Smith	45
2 Ethan Carey	12	Queensbury	40:48	2 Jim Lebrou	46
3 Andrew Lafasciano	13	Queensbury	40:49	3 Paul Guilmette	48
FEMALE AGE GROUP: 1 - 14					
1 Maddy Godfrey	12	Fort Edward	36:15	1 Patty Moore	46
2 Haley Richardson	11	Queensbury	38:19	2 Christine Reeves	46
3 Sydney Dennison	14	Queensbury	41:32	3 Susan Coyner	48
MALE AGE GROUP: 15 - 19					
1 Aaron Newell	19	Gnarnia	27:36	1 Robert Underwood	51
2 Kevin Ash	17	Glens Falls	30:08	2 William Venner	52
3 Ben Collins	17	Glens Falls	30:17	3 Timothy Bardin	50
FEMALE AGE GROUP: 15 - 19					
1 Gabrielle Lebihan	18	Queensbury	34:18	1 Nancy Nicholson	50
2 Taylor Mueller	17	Queensbury	34:20	2 Ann Lajoie	51
3 Megan Kellogg	16	Queensbury	34:42	3 Jen Kuzmich	53
MALE AGE GROUP: 20 - 24					
1 Kellen Henderson	22	Schenectady	27:55	1 Bill Martin	57
2 Josh Meyers	21	Ballston Spa	29:36	2 James Forbes	58
3 Kevin Chen	20	Queensbury	31:01	3 Tim Russell	56
FEMALE AGE GROUP: 20 - 24					
1 Rachel Bachman	21	Queensbury	34:09	1 Jill Mehan	57
2 Sarah McTague	23	Niskayuna	37:55	2 Joan Bleikamp	58
3 Emily McTague	21	Niskayuna	37:55	3 Theresa Hughes	56
MALE AGE GROUP: 25 - 29					
1 Kevin Emblidge	28	Lake George	28:38	1 Paul Forbes	61
2 Matthew Iglar	29	Saratoga Springs	32:09	2 Dennis Fillmore	60
3 Seth Thomas	26	Glens Falls	35:34	3 Frank Broderick	60
FEMALE AGE GROUP: 25 - 29					
1 Justine Mosher	27	Queensbury	34:22	1 Jill Pederson	61
2 Elizabeth Emblidge	26	Lake George	35:05	2 Tanya White	62
3 Melissa Wern	26	Hudson Falls	36:25	3 Suzanne Nealon	61
MALE AGE GROUP: 30 - 34					
1 Raymond Quell	31	Mechanicville	32:01	1 Eduardo Munoz	69
2 Tom Portuese	30	Queensbury	32:24	2 Ed Murphy	66
3 Lee Lurie	32	Ballston Spa	32:45	3 David Forbes	65
FEMALE AGE GROUP: 30 - 34					
1 Sarah Reed	34	Saratoga Springs	37:38	1 Ginny Pezulla	66
2 Jennifer Boyer	33	West Chazy	38:48	2 Candi Schermerhorn	65
3 Carrie Arquette	33	Whitehall	39:17	3 Virginia Mosher	65
MALE AGE GROUP: 35 - 39					
1 Brian Northan	37	Guilderland	30:30	1 Raymond Lee Jr	70
2 Matthew Conant	36	Ballston Spa	31:13	1 Dottie Langworthy	71
3 Todd Eicher	39	Queensbury	31:36	1 Norm Marincic	76
FEMALE AGE GROUP: 35 - 39					
1 Serena Coombes	36	Queensbury	32:14	2 Joe Kelly	78
2 Kerri Thomas	36	Middle Granville	36:24		

HIKING

Griffin Falls

Hiking a Path to the Past

By Barbara Delaney



GRIFFIN FALLS AND THE IRON BRIDGE ON THE EAST BRANCH OF THE SACANDAGA RIVER.

PHOTOS BY RUSSELL DUNN



The hike from Griffin Falls to Auger Falls and exploration around the site of the vanished town of Griffin makes for one of the prettiest and most historic walks in the southern Adirondacks. The most notable features along the trail are impressive waterfalls in deep piney gorges and the obscured ruins of Griffin – a once thriving lumber and tannery town. Its location is north of the town of Wells in Hamilton County.

Griffin is a great hiking area. The walk from Griffin Falls to Auger Falls is about 1.2 miles along an abandoned dirt road, which allows plenty of room for walking several abreast – definitely a family-friendly hike. The short side-trail to the top of Auger Falls is an unmarked, but obvious, left turn. The site of the former town of Griffin is upstream from Griffin Falls. Allow another half-mile for exploring around this area.

The mostly level trail between the falls is remote and lovely. The pathways are actually old logging roads that traverse a dense forest of pine, hemlock and birch trees. Depending on the season, you may see a variety of wildflowers, including pink ladies slipper, trout lily, foam flower, and trillium along the main trail. Walking south along the Sacandaga River you encounter Griffin Falls, formed on the East Branch of the Sacandaga.

It is an impressive sight as a series of 30-foot high cascades plunge over rocky granite ledges. The falls are best viewed from a side path along the river at the southwest end of the iron bridge. It is fun to spend some time here exploring the huge boulders in the gorge. Returning to the main trail/logging road, continue south for about a mile. You will come to a side path on the left that leads to the top of Auger Falls, a magnificent 70-foot drop. Caution is advised in viewing because of slippery rocks.

In some ways, the Griffin hiking area is as intriguing for what is hidden from your eyes as it is for the beautiful woodland scenery that is in plain sight. How so? Should you have crossed the iron bridge back in the late 19th century, you would have been in the middle of Griffin, a bustling village of over 300 people. At that time there were tanneries, sawmills, a hotel, school, dry goods store and post office! Now the buildings are long gone, reclaimed by the Adirondack forest.

In the dense undergrowth you may occasionally see a rusted implement or piece of stone foundation – at best. Thanks to bits of recorded history, old photos and the memoirs of Ouida Girard, a former Griffin resident, you can still see Griffin in your mind's eye.

Personally, my husband Russell Dunn and I count the discovery of the lost village of Griffin as one of our most inspirational experiences in the Adirondacks. It was this 'eureka' moment that led us to write about 'history hikes,' most comprehensively in *Adirondack Trails with Tales*, and Russell's *Adventures Around the Great Sacandaga Lake*.

My most recent book inspired by the vanished Adirondack town is a novel titled *Finding Griffin*, which was just released on May 1.

Directions: From Wells, proceed north on NY Route 30 for approximately three miles. At the junction of NY Routes 30 and 8, turn right. You will immediately cross over the East Branch of the Sacandaga River. Follow Route 8 northeast for 2.5 miles, then turn left onto a dirt road directly across from the trailhead parking area for Cod Pond and Willis Lake. Follow the road downhill for over one-tenth of a mile. As soon as you cross over the iron bridge, park in the clearing west of the bridge. 🌲

Barbara Delaney (bdelaney@nycap.rr.com) is a NYS licensed hiking guide and co-author of *Adirondack Trails with Tales: History Hikes*, and *Trails with Tales: History Hikes in the Capital Region*. Her first novel, *Finding Griffin*, is about loss and redemption in the Adirondacks.

RECREATION

ARTA
Envisions
World-Class
Bikeway

By Dick Beamish



The Adirondack Park offers thousands of miles of trails for hiking, paddling and cross-country skiing, but this Mecca for outdoor recreation lacks one essential ingredient – a safe, easy, year-round, long-distance trail for bicyclists, runners, walkers, handicapped use and snowmobilers.

Yet the opportunity to create the "Great Adirondack Recreation Trail" has been staring us in the face for decades. A 90-mile rail corridor connects Lake Placid and Old Forge. Most of the corridor, which is public property owned by the state (that's us!), has just been sitting there, neglected and unused, since regular rail service ended in 1972. Now a recently formed group called Adirondack Recreational Trail Advocates has seized the opportunity to transform the travel corridor into a world-class recreation trail.

ARTA and its growing constituency of 5,000 supporters are dedicated to turning this rail bed into the finest wilderness bikeway in the United States. With the tracks and ties salvaged and the rail bed properly surfaced, this multiuse trail will be suitable for road and mountain bikes, and it will be ideal for short family excursions as well as an extended rides. Because it utilizes an old railroad bed, the trail will never exceed a two-percent grade.

For the nine-mile stretch at the far end of the corridor, between Lake Placid and Saranac Lake, there may be funding available to build a parallel trail beside the tracks, thus enabling a tourist train to continue operating on this section – as it has for the past 12 years – from May to October. However, if the funding does not materialize this year, ARTA will call on the state to remove the tracks and use the existing rail bed for a recreation trail. Based on popular rail-to-trail conversions around the country (there are now 30,000 miles of them utilizing old railroad lines), ARTA believes the Great Adirondack Recreational

Trail would attract far more users, and deliver far greater economic benefits to the region than the tourist train.

The next 81 miles of rail bed extends from Saranac Lake west to Tupper Lake and then south to Old Forge, with stops at Piercefield, Mount Arab, Sabattis, Lake Lila, Long Lake (easily accessible from the trail), Beaver River and Big Moose. For this entire stretch, where no parallel trail is feasible, ARTA favors an easy and relatively inexpensive rail-to-trail conversion. Preliminary estimates, pending the release of a Rails-to-Trails Conservancy study commissioned by ARTA and due to be released in July, put the conversion cost at \$135,000 per mile, a fraction of the cost of restoring and upgrading the railroad.

This wilderness bikeway will be made all the more appealing by the friendly villages along the way, with their restaurants, lodgings, watering holes, bike shops and museums. Add to this mix the opportunities for camping, paddling, hiking, fishing, birding and other outdoor pursuits, and we'll have a recreational amenity of significance.

The maps accompanying this article suggest the possibilities. Right now, for example, a bicyclist risks his life by pedaling on NY Route 86 between Lake Placid and Saranac Lake. With a recreational trail connecting the two villages, residents, commuters and vacationers will be able to enjoy a serene, scenic bike ride away from the noise, exhaust and hazards of Route 86.

With the bikeway extended the next 25 miles from Saranac Lake to Tupper Lake, you'll be able to cycle with ease through miles of beautiful lake-and-forest country, a ride of no more than three hours nonstop. But hey, what's the rush? Why not stop to smell the wildflowers, take a swim, watch loons, picnic by a wilderness lake, or try your luck at fishing?

And when the trail is extended the final 56 miles from Tupper Lake to Old Forge, we'll have a wonderful recreational amenity in the bicycling world! And let's not forget snowmobiling, which keeps the winter economy humming in the Old Forge area. With the tracks north of that village removed and sold, the snowmobiling season on the rail bed would be essentially doubled. The corridor extending north from Old Forge would connect with Tupper Lake and the hundreds of miles of existing snowmobile trails in St. Lawrence and Franklin counties.

Those who agree that it's high time to establish the Great Adirondack Recreation Trail through the heart of the Adirondacks, please visit thearta.org to sign up as a supporter and help make it happen. 🌲

Dick Beamish (dick@adirondackexplorer.org) is a resident of Saranac Lake. In 1998 he founded *Adirondack Explorer*, a bimonthly newsmagazine, and last year he helped launch *Adirondack Recreational Trail Advocates*.

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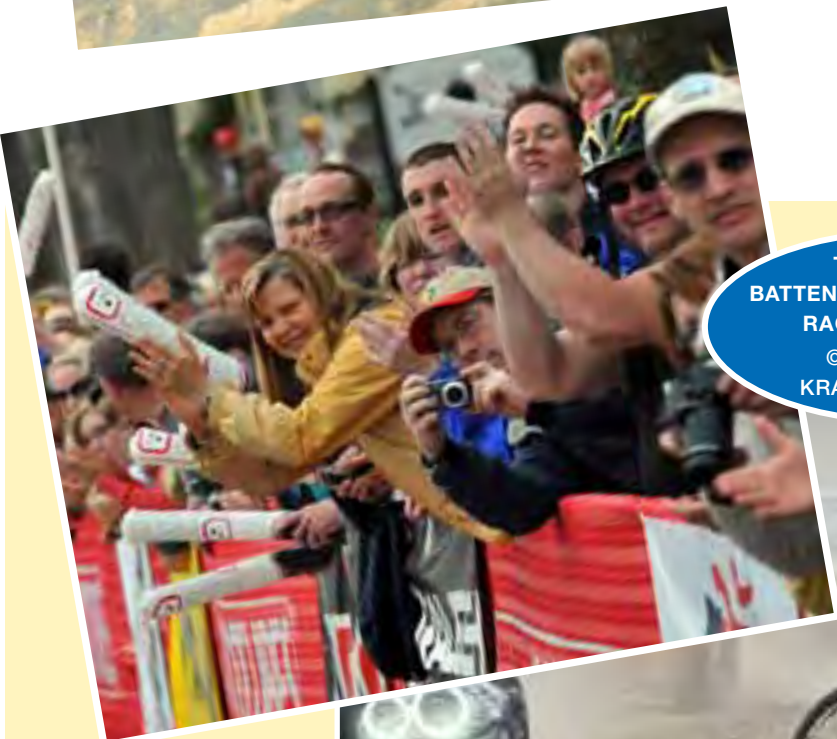
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GREG WOLCOTT/FIVE PINES PHOTOGRAPHY



TOUR OF THE BATTENKILL MEN'S PRO UCI RACE ON APRIL 15.
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Finding Griffin by Barbara Delaney

Finding Griffin, is an Adirondack story where the past and present overlap with intriguing congruencies. Strong characters drive an intricate plot filled with adventure and growing suspense.

Barbara Delaney has co-authored three non-fiction books with Russell Dunn. She is a NYS licensed hiking guide who leads treks in natural areas emphasizing history. This is her first novel.

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FEATURED NEW YORK EVENTS

- Naples, FL | Jan. 12–13, 2013
- Corpus Christi, TX | Feb. 16–17, 2013
- Ocala, FL | Mar. 23–24, 2013
- Napa Valley, CA | Apr. 13–14, 2013
- Marble Falls, TX | Apr. 27–28, 2013
- Hunter Mountain, NY | Jun. 9–10, 2012
- Fort Collins, CO | Jul. 28–29, 2012
- Cooperstown, NY | Sep. 22–23, 2012
- Lake Havasu City, AZ | Nov. 10–11, 2012
- HITS Championship in Palm Springs, CA
Dec. 1–2, 2012



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Join us at the Northeast debut of the HITS Triathlon Series in Hunter Mountain, NY – the setting for a breathtaking mountaintop race in the Catskills unlike any other. In September, experience Cooperstown, NY amidst the beautiful fall foliage – a grand slam venue for athletes and spectators alike.

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NORTH COUNTRY TRIATHLON
LAKE GEORGE HAGUE, NY
JUNE 30, 2012

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TRIATHLON SEASON continued from page 1

ATHLETES CLIMB FIRST MAJOR HILL TWO MILES INTO THE COURSE AND IN TRANSITION AT THE 2011 TINMAN TRIATHLON IN TUPPER LAKE. PHOTOS BY NEWTON GREINER



but the beautiful setting makes it worthwhile. Virginia Touhey of Clifton Park mentions, "It's pebbly coming out of the lake and you run up a hill, but they serve ice cream afterwards!" Hugh Dunseath of Clifton Park says, "The beauty of Piseco Lake is that it's laid back and unimposing. There are no bike racks so you just lay your bike down in a convenient location at the top of a hill. It is best to strip your wetsuit at the beach after the swim and then run up the hill to your bike."

The sixth annual **Fronhofer Tool Triathlon** in Cambridge is on August 4. "The Fronhofer is my favorite local race," reports Hugh. "It is very well run and organized." There is an Olympic distance race in the morning with a break and then a sprint, so you have the option to do the Double Tri. For new triathletes, Hugh suggests the sprint because, "The swim is nice for newbies with no seaweed or waves." He says the post-race feed is the best. Fronhofer is another family-friendly event with a kids' race on Friday evening. Last year there were over 100 kids – ages five to 15 – racing and this year promises to be even better as a USAT-sanctioned event.



Also on August 4, the third annual **Peck's Lake Challenge** sprint triathlon, held near Gloversville. This event has staggered competitive and "participant" swim starts, and race organizers limit the size to 150 athletes.

The **Crystal Lake Triathlon** on August 18 has a challenging bike course, but it should not be overlooked by new athletes. The Capital District Triathlon Club has weekly Tuesday workouts at the race site giving everyone the chance to ride the bike course on a regular basis.

The LUNA Chix created the **Splash & Dash Aquathon** at Lake Desolation on August 26 to raise money for the Breast Cancer Fund. This third annual fun event with great raffles is followed by a lunch at Tinney's Tavern. Last year there was an impromptu kids' run after the adult race. This year look for another opportunity to get the kids involved.

Many competitive athletes will race these

events for many of the same reasons listed above. The triathlon community is a welcoming group who is always willing to share tips and training and racing stories, so sign up and get out and train. Veterans can race their favorites and help acclimate the newer triathletes.

This is just the tip of the iceberg as far as great events in the area. Next month we will look at some legendary events, those with a bit more challenging courses and the

longer distances. This includes Tupper Lake Tinman, North Country Triathlon, Multi-Sport Life Triathlon Festival, Lake George Triathlon Festival and more. 🌲

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.

BOOT CAMP CHALLENGE
Invest in yourself
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Pine Bush Triathlon
Sunday, July 8 • 8AM
Guilderland YMCA

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the Y

6TH ANNUAL FRONHOFFER TOOL TRIATHLON

OLYMPIC RACE • SPRINT RACE
KIDS' RACE (AUG. 3) • DOUBLE TRI

SATURDAY, AUGUST 4
LAKE LAUDERDALE PARK,
CAMBRIDGE, NY

BEST OF THE US
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USAT sanctioned race
All proceeds benefit children's organizations
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34th run for women

Are You Registered?

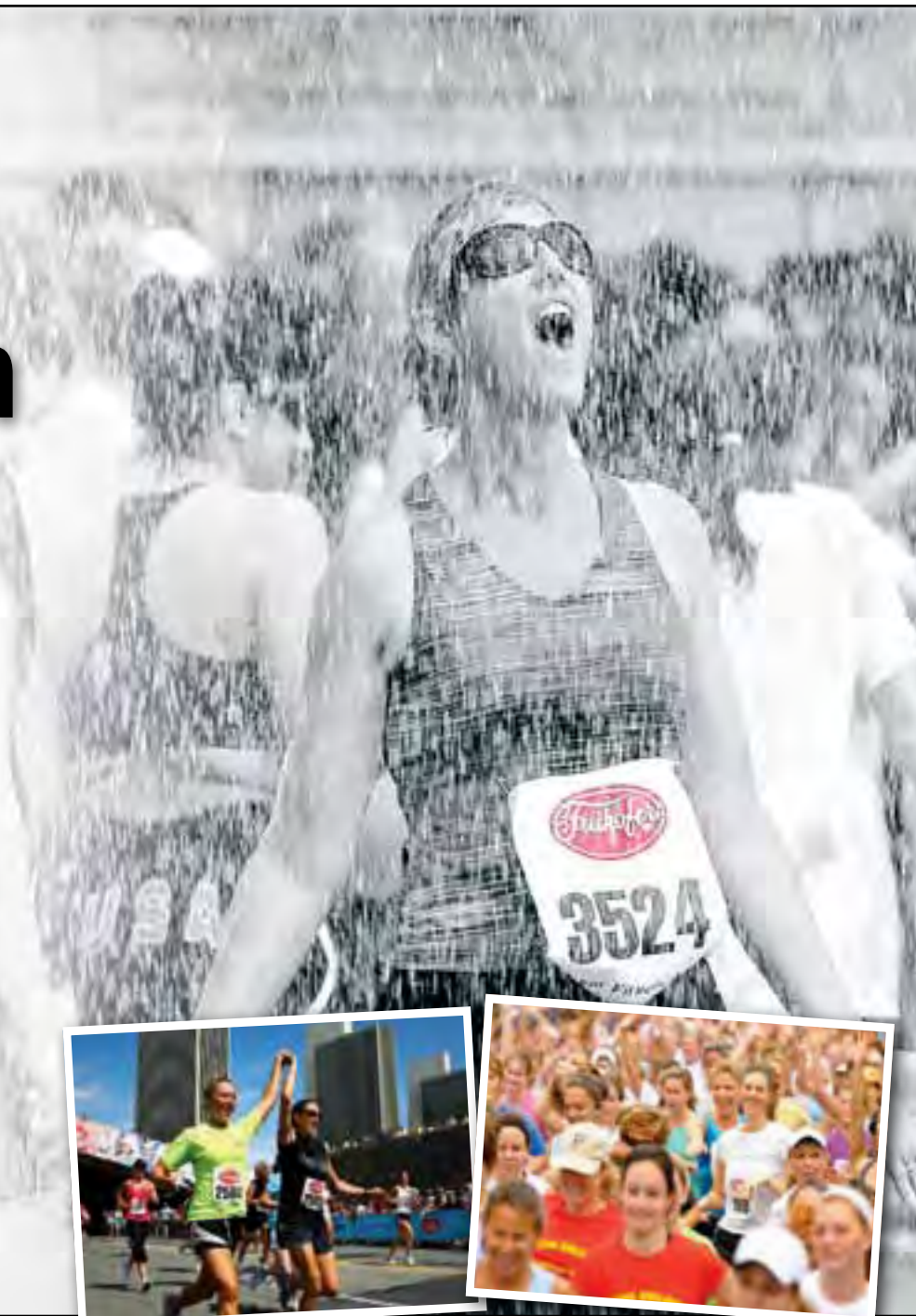
There is still time to sign up for the Capital Region's premier road race on Saturday, June 2, 2012. Online registration closes Tuesday, May 29th at midnight.

Last chance sign up will take place Friday, June 1st from noon to 7p.m. at the CapitalCare/CDPHP Health & Fitness Expo on the Concourse level of the Empire State Plaza.

Register now and be eligible for our grand prize drawing, an Apple iPad.

So don't miss out. Register now by visiting freihoferstrun.com.

The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.




Health & Fitness Expo

Join thousands of women at the CapitalCare/CDPHP Health & Fitness Expo on Friday, June 1st and Saturday, June 2nd at the Empire State Plaza, part of the 34th annual Freihofer's Run for Women.

Featuring two days of family-friendly activities and information:

- Free Health Screenings/Massage Therapy/Healthy Living Seminars
- See New Products & Fitness Trends
- Talk with Medical Professionals/Meet World-Class Athletes
- Live Music & Entertainment for Kids/Food, Fashion & Gear for a Sporting Life

Friday's Seminars

- 4:30pm - Dr. Herman Johnson Sports Psychologist-race psychology
- 5:00pm - Preventing Injuries w/Cassie Schultz (Advanced Physical Therapy)
- 5:30pm - Kyle Flik from Northeast Orthopedics
- 6:00pm - Joan Benoit Samuelson
- 6:30pm - TBA

Saturday's Seminars

- 11:00am - Lee Kaback from Northeast Orthopedics
- 11:30am - Dr. Joy L. Meyer — Plantar Fasciitis prevention and treatment
- 12:00pm - Shoprite — Nutrition
- 12:30pm - Sports Psychologist Dr. Herman Johnson
- 1:00pm - TBA
- And More...**

