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SPORTS & FITNESS

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JUNE
2012



FRONT TO BACK, TYLER GANTER OF BOLTON LANDING, JOHN FLYNN OF DIAMOND POINT, EVA RAMEY OF COLORADO, AND SIOBHAN FITZGERALD OF QUEENSBURY (HIDDEN) PADDLING NORTH OF GREEN ISLAND ON LAKE GEORGE, WITH THE NARROWS IN THE BACKGROUND. ©STOCK STUDIOSPHOTOGRAPHY.COM

Stand-Up Paddling

Sun, Fun, Fitness – Get On It

By Ike Wolgin

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Severance Hill

A year ago we wrote in the April 2011 issue of *Adirondack Sports & Fitness* that stand-up paddling was a great addition to your paddling experience. SUP is still growing and in 2012 the story is that many people exposed to the sport on warm-water vacations are looking to get started back home. And those that are already on a board are looking to take their stand up experience to a new level.

As SUP grows, the boards and paddles are quickly evolving for the flatwater. What is most exciting is all the new gear, which reaches beyond the basic recreational paddleboard to satisfy the need for longer paddle trips and better workouts.

Until recently the boards and paddles that have been available are referred to as recreational boards. These boards resemble a classic long-board surf shape, which is significantly thicker and wider than the new shapes. They are generally ten to 12 feet in length and 30 to 34 inches in width. Recreational boards will give a great deal of stability and versatility, but will not be as efficient cutting through the water, especially with midday big lake chop. While they continue to be popular and serve the needs of many – to go further and faster, with less effort – there is a new generation of touring/fitness boards to choose from.

Chapters can be written on board design, but for simplicity let's talk about boards in the broad stroke, and consider the following rules of thumb. To float a given paddler weight, a minimum amount of surface area is needed. When you stand on the board you displace, or move, water out of the way equal to your weight. While a five-foot by five-foot board will float a paddler and be as stable as a dock, it will not go through the water very well.

To design a board that displaces water and will move more easily through the water, and have the potential to reach a higher speed, the board needs to be longer and narrower. While the longer and narrower board can be less



JEN NEWHART OF LAKE PLACID WITH SAMMY AND ANDY ON LAKE COLBY. PHOTO BY JASON SMITH

stable (it will have the same square inches of surface area as a five-by-five "dock"), it will have a smoother paddling, more efficient hull that can help you achieve that higher speed. Imagine a touring kayak or race canoe that you can stand on, and you begin to envision the piercing bow and hull of a touring or race stand-up board.

Touring/fitness boards are generally 12 to 14 feet in length, 27 to 29 inches wide, and five to seven inches thick at the rail. The subtle tweaking of these dimensions and shaping of the materials in the design process give each board its unique feel and attributes. There is a new, large

See **STAND-UP PADDLING**, 27 ▶

4TH ANNUAL

Camp Chingachgook Challenge Half-Marathon & 10K Race and Family Fun Day on Lake George



Saturday, August 11

Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp

10K: 9am start at Camp Chingachgook –
Out and back course with start and finish at the camp

After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use camp facilities including showers

Register, application or more info: AREEP.com

Half: \$30 by 7/11 or \$40 after • 10K: \$20 by 7/11 or \$30 after
T-shirts to runners registered by 7/11
50% of race proceeds help send kids to camp!



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MONDAY, JULY 16 AT 7PM

**NYS Nurses Association Conference Center
11 Cornell Rd (off British American Blvd), Latham**

Runners of all levels are invited. The first of three free clinics offered as part of the Mohawk Hudson River Marathon and Half Marathon Training Program. Space is limited and registration is required. For more information and to register, see www.mohawkhudsonmarathon.com.

Runners – please bring a non-perishable food item for the Regional Food Bank of Northeastern New York



Put Your Heart and Sole Into It



THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Melanie Foundation presents

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race

Half Marathon & 5K Run/Walk
Sun., Sept. 16, 2012; 8 AM

Run, walk, pledge, or volunteer
www.thesaratogapalio.com

Follow an inspirational course through scenic Saratoga Springs, NY, to honor Melanie and make a difference.

Proceeds from the race benefit The Melanie Foundation's scholarship fund for graduate students in the mental health field. In addition to the scholarship, the Foundation is also devoted to giving back to the community. This year, a donation will be made to support World's Window, Inc., a nonprofit organization that seeks to develop, support, and expand education initiatives and programs for students in need of assistance in Belize, New York, and beyond. For more information, visit www.TheMelanieFoundation.com.



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SARATOGA SPRINGS TO LAKE PLACID
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EARLY REGISTRATION.....THRU JUNE 20, 2012
REGISTRATION.....THRU JULY 20, 2012
LATE REGISTRATION.....THRU AUG. 15, 2012



RUNNING & WALKING

◀ START OF THE 2009 KINDERHOOK BANK OK-5K IN VILLAGE SQUARE, KINDERHOOK. KINDERHOOK RUNNERS CLUB
▼ START AND FINISH OF THE 2011 FIRECRACKER 4 IN SARATOGA SPRINGS. DAVE HARMON [START] & ADAM VANDERMINDEN [FINISH]



Running Through History

By Laura Clark

How many times have you gone to a race, hung around a while chatting with friends, and then quickly driven home, anxious to cross a few more items off your weekend chore list? Given that this annoying list regenerates itself every Friday night, perhaps it is time for a different approach, especially as we threshold summertime mode. Consider making one of your weekend goals to explore each race site and discover a world beyond big-ticket tourist events. The five runs profiled here provide an entry point to investigate picturesque towns that have played a pivotal role in our nation's history.

Leading the march through time is the 14th annual **Kinderhook Bank OK-5K** on Saturday, June 9. Kinderhook, Dutch for Children's Corner, was aptly named by Henry Hudson in 1604 as he spied the many Mohican children who gathered to gawk at the Half Moon, thus granting this local municipality the distinction of being the oldest Dutch town in New York. And that was just the beginning. While there are no "George Washington slept here" signs, it seems as if every other key player in our nation's early history ran the road to Kinderhook.

And many of them will be running the flat and


fast route right alongside you, at least in spirit. Visit ok5krace.org for the clever Le Tour d'Okay, at once a course preview, and an opportunity to scope out the running styles of President Martin Van Buren, legend Rip Van Winkle, schoolmaster Icabod Crane, General Burgoyne and Benedict Arnold. While Van Buren's presidency is rarely commented upon nowadays, we nod in his direction whenever we say "OK." Popularly known as Old Kinderhook or O.K., Van Buren formed the O.K. Democratic Club, with the OK coming to indicate political approval, and moving from there to worldwide acceptance.

The OK-5K is a friendly village-wide event where, according to race director Jim Costello, "It is the only race that some residents run and the only time they ever run." While many families walk the event, kids who need a shorter, faster challenge can enter the OK-1 Run (kids' one-miler). Or they can do the Kinderhook Library's free Reading Ramble 50- and 100-yard dashes and receive a book to jumpstart their summer reading.

From there, you can travel back in time to nearby Whipple City for their weekend festival and **Whipple** See **RUNNING & WALKING**, 27 ▶



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Register: tinyurl.com/2012Satins5K
Day of Registration: 6-7:30am
More Info: 518-388-0790 x108 or bmcdonald@nyso.org



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Monday Night Trail Run Series
Tawasentha Park, Guilderland
Through June 11 – 6pm

Thursday Summer Trail Run Series
Locations vary in Capital District
May 24 through August 30 – 6:30pm

Hairy Gorilla Half Marathon and Squirrely Six Mile
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(Runner's World "The Trail" magazine, April 2012)
Sunday, October 28 – HairyGorillaHalf.com

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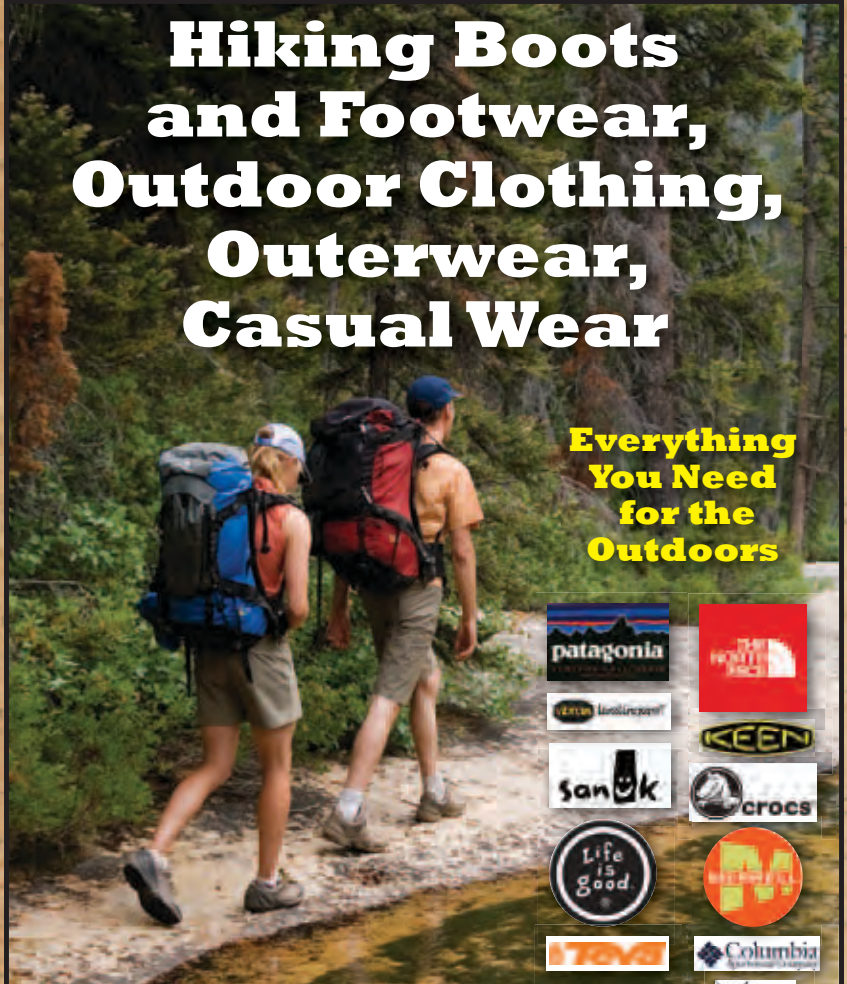
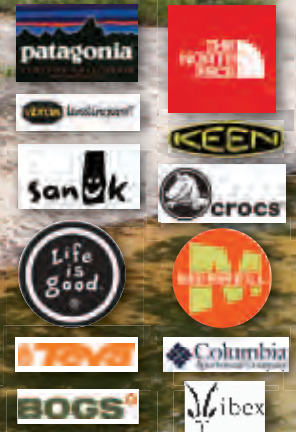
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Photo courtesy Mountain Hardwear, © 2007 Andrew Burr

AROUND THE REGION **News Briefs**

Serotta Announces Future Plans

SARATOGA SPRINGS – Serotta, one of the world's premier handcrafted performance bicycle manufacturers, announced a new partnership that will fast-track the company's research, design and production. They have entered into a partnership agreement with Bradway Capital. "They bring us the resources and management expertise that we need to expand and bring innovation to the next level," stated Ben Serotta. "I am excited about the prospects of allowing them to run the operations, while I turn my focus to building the world's best bicycles."

Bradway Capital is founded and managed by Brian Case, who is an avid rider, former shop owner and partner of Fit to Ride, a bicycle fit studio that has been selling Serotta since the late '80s. "There are many cycling enthusiasts here," Brian said. "We are not just partners – we have ridden Serottas for years." To see what's new, visit serotta.com.



Chrissy's Chairs Auction 2012

BOLTON LANDING – For the past several years Chrissy's Chairs have been auctioned to raise funds for the Christine Nicole Perry Memorial Trust that has supported Cindy's Comfort Camp (a program of the CR Wood Cancer Center at Glens Falls Hospital), High Peaks Hospice, Warm the Children, Bolton Central School Scholarship Fund, and members of the community in need of assistance. With the Unveiling and Artists Reception on May 26th at Sweet Pea Farm in Bolton Landing, the fourth annual Chrissy's [Adirondack] Chairs Auction is underway.

Fifteen chairs and original artwork will be auctioned, and this year's proceeds will go to Cindy's Comfort Camp, a program of the C.R. Wood Cancer Center at Glens Falls Hospital (cindys-comfortcamp.com). The auction will be



held on August 18th at Bolton Landing's Conservation Park, with food offerings and live music by the Stony Creek Band. For a sneak peek, visit chrissysfund.com or call Mark Perry or Linda Diehl-Perry at (518) 644-3020. The tenth annual Chrissy's Memorial Bike Ride will be held on August 5 in Bolton Landing.

Multi-Sport Life Tri Club and Youth Camp

AVERILL PARK – The Multi-Sport Life Triathlon Club trains youth and adult athletes ages 8 to 98 on Wednesdays at 6pm in June and July at Crystal Lake in Averill Park, just east of Albany. The affordable, family-friendly training is conducted weekly by USA Triathlon certified coaches working with separate youth and adult groups. The sessions focus on beginner, intermediate and advance swimming, biking, and running skills in a fun and relaxed atmosphere. Children ages 8 to 15 can also join in on the SHAPE Multi-Sport Camp and EPIC Adventures meeting Monday through Friday, 9am-5pm in Averill Park, Colonie Town Park, and Grafton Lakes State Park. For registration and further information, go to multisportlife.org or call John Slyer at (518) 281-6480.

"Adirondack Trail Runner" Guidebook Now Available

LAKE PLACID – The Adirondack Park has more than 2,000 miles of hiking trails. In theory, this means it has 2,000 miles of trails for running, too. Check out Adirondack Trail Runner guidebook, by Spencer Morrissey and Corenne Black, where they handpick over 100 trails for you to run to get the best sampling of the Adirondacks. The regions they covered include the High Peaks Wilderness, Pharaoh Mountain Wilderness, Five Ponds Wilderness, Sargent Pond Wild Forest, Blue Mountain Canoe Area, and the Saranac Lakes Wild Forest.

Each run is described in detail and accompanied with a topo map, an elevation graph, a photo and a summary. The soft cover, 271-page book is \$14.95, and was published in May. Spencer is also the author of The Other 54, a guide to the Adirondacks' 100 tallest mountains after the 46 High Peaks. Like that book, Trail Runner is self-published under Inca-pah-cho Wilderness Guides. You can pick it up at your local outfitter or bookstore.



SMBA Mix Up the Dirt Festival on June 9

SARATOGA SPRINGS – Join the Saratoga Mountain Bike Association at their eighth annual Mix Up the Dirt Festival on Saturday, June 9 from 10am to 5pm. At this free event, the public is invited to try SMBA's mountain bike trails and have a great time – helmets and bikes required. Group rides for every skill level are planned, and there will be a BBQ lunch, snacks, fun games and expo. Attendees can join Blue Sky Bicycles and the Santa Cruz Bikes demo team to test-ride some of their favorite Santa Cruz models on the trails! For details, see blueskybicycles.com. Additional festival sponsors include Tomhannock Bicycles, High Adventure Ski & Bike, and Elevate Cycles. For info and directions, visit saratogamt.org.

On Tuesday, June 12 at the SMBA trails, Blue Sky Bicycles will also be hosting a Women's Intermediate Mountain Bike Skills Clinic with pro rider Aleksandra Mooradian. If you're ready for more challenging terrain, it's time to experience this excellent trail system. Learn how to go over obstacles like small fallen trees, roots and rocks. Meet at the shop at 5:30pm or at the SMBA trails (intersection of Clinton and Daniels roads) at 5:45pm. To RSVP, call (518) 583-0600 or go to blueskybicycles.com.

HPC Offering Personal Coaching Ride Workshops

LAKE PLACID – Brian Delaney, owner of High Peaks Cyclery, has been developing his Road Cycling Coaching Rides for 14 years. "For performance, efficiency and safety, people really need to learn to ride their road bike," he says. "It's amazing that some athletes, who may have even completed Ironman, are relatively unskilled on the road." The skills taught will help riders discover a new way of enjoying their bike.

Some of the skills students will learn include: climbing, descending, cornering, shifting gears, comfort techniques, relaxing, riding in traffic, group riding skills, pace line and echelon riding. These classes can benefit individuals, couples, groups, clubs or teams. Two hours is all it takes to improve bike fit and become a better rider. Road bikes are available for rental. For an appointment, call (518) 523-3764 or go to highpeakscyclery.com.

FROM THE EDITOR & PUBLISHER

12 Years!

To our regular readers, thanks for your faithful readership and continued support! Twelve years ago this month we came out with our first issue and we're grateful for the continued loyalty, presence and growth the magazine has had in our area. Please remember to support our advertisers (and, since we've evolved into show producers, our exhibitors) who allow us to make it happen year-round.

If you are picking up the magazine for the first time or considering exercise, welcome to *Adirondack Sports & Fitness!* This anniversary issue, as with all issues, has something for every fitness or recreation level. We encourage your decision to lead an active, healthy lifestyle. The benefits of getting regular exercise are endless and good habits beget long-term results, including better quality of life, healthier eating, decrease in health care costs, connection to nature, and the camaraderie and social aspects of being part of a community.

The sports and fitness community in this region is a very welcoming group and we've made many lifelong friends over the years. These retailers, clubs and events are passionate about their business, organization or activity, and they'll do everything possible to help you get started and progress. In particular, the articles on paddling, bicycling, hiking, swimming are great for motivating beginners, and our Calendar of Events includes many "learn to" clinics, festivals, outings, demos days and races to get you going.

If you enjoy this magazine, please share it or pick up an extra copy for family and friends. Like us at Facebook.com/AdirondackSports – we promise not to bombard you with stuff – where you can learn more about news and events, and share your stories, photos and more.

Thank you!



Mona and Darryl

ADIRONDACK

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Publisher/Managing Editor: Darryl Caron

Editor/Marketing Manager: Mona Caron

Contributing Writers: Laura Clark, Kristen Hislop, Bill Ingersoll, Dave Kraus, Liz Lukowski, Rich Macha, Josh Potter, Ann Svenson, Ike Wolgin

Contributing Photographers: Nyle Baker, Eric Dammerman, Schyler Duross, Newton Greiner, Dave Harmon, Bill Ingersoll, Barry Koblenz, Dave Kraus, Rich Macha, Sarah Pooler, Justin Sanford, Mike Sylvia, Jason Smith, Tom Stock, Adam Vanderminden

Web Designer: Hillary Mann

Circulation: Joan Caron, Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters

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ISSUE #140

PHOTO BY DARRYL CARON

Challenge Yourself
Change the Life of a Child

3RD ANNUAL
camp challenge Ride

All proceeds to benefit the
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THIRD ANNUAL
BIKE THE BYWAY

Saturday, August 11 • 9am
Colonie Town Park, Latham

Casual pace 36-mile ride
through quaint hamlets, historic
communities and rolling terrain

Info: www.MohawkTowpath.org

11TH ANNUAL
WHITEFACE MOUNTAIN UPHILL BIKE RACE

Saturday, June 16th

BikeFest!
June 15-17
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Calendar of Events June - August 2012*

*Events beyond this month are advertisers in this issue.

JUNE 2012							JULY 2012							AUGUST 2012						
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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3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

BICYCLING ONGOING

- Mon Monday Ride.** 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Mon Women's Beginner Rides w/Blue Sky:** 5/1-8/31. 9:30am. Little Theater, Saratoga Spa S.P., Saratoga Springs. 583-0600. blueskybicycles.com.
- Mon Coed Beginner Rides w/Blue Sky:** 5/1-8/31. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Tue Northway Ten Tour Trek.** 35M. 9am. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Albany Co Tour Rides.** 30M. 6pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Tue Tuesday Race-Pace Rides:** 5/1-8/31. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Tue Tuesday Time Trials:** 5/15-9/11. 18M. 6:30pm. Johnny Cake course, Coxsackie. GC Cycles/Sean: 225-4498.
- Wed CBRC/MHCC Quick Training Rides.** 30M. 6pm. All welcome. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. cbrc.cc. webmhcc.org.
- Wed Wednesday Women's Rides:** 5/1-8/31. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Sat Spring Tour Rides.** 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.
- Sun Easy Like Sunday Morning Tour Ride.** 30-40M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.

JUNE

- 8-12 9th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** Hudson River Valley. 718-875-2123. ibdrive.org.
- 9 Bethlehem Novice Ride.** 11M. 9am. Park/Ride, Bethlehem. Jude Sagor: 729-3933. webmhcc.org.
- 9 Saturday Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 9 Basic Maintenance Clinic.** 9:30am. Keep your bike safe/clean. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 9 Gallopville Gas-Up Tour Ride.** 47M. 9:30am. Hannaford, Voorheesville. John Petiet: 438-9102. webmhcc.org.
- 9 Summit Lake Quick Ride.** 52M. 9:30am. BOCES, Saratoga Springs. Bruce Curtis: 587-4408. webmhcc.org.
- 9 First Ride Plus Casual Ride.** 26M. 11am. Park/Ride, Bethlehem. Jude Sagor: 729-3933. webmhcc.org.
- 9-10 4th Adirondack North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race. Sun: Saranac Lake Downtown Criterium. Jim Walker: 637-6590. teampaladplanet.org.
- 10 Seven Lakes Casual Ride.** 28M. 10am. WSL E.S., West Sand Lake. Janice Verrastro: 674-4473. webmhcc.org.
- 13 CBRC Coeymans Hollow Time Trial.** 12M. 6:30pm. Joralemon Park, Ravena. CBRC: 281-3710. cbrc.cc.
- 15-17 3rd Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 15-24 Easy Adirondacks Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.

JULY

- 7 Fix a Flat Clinic.** 9:30am. Bring wheel. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 7-8 Saratoga 12/24.** Schuylerville. Adirondack Ultra Cycling: 583-3708. adkulttracycling.com.
- 7-15 French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 14 Basic Maintenance Clinic.** 9:30am. Keep your bike safe/clean. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 14 BCA Mount Greylock Century.** 100M. 7:30am. Notchview Reservation, Windsor, MA. 413-822-9328. berkshirecycling.org.
- 14-15 Centurion Ontario (Horseshoe Valley).** 100/50/25M, kids' ride. Horseshoe Resort, Oro-Medonte, ON. 303-953-2008. centurioncycling.com.
- 15 Mayor's Cup Bike Ride.** 70M: 8:30am. 50M: 9am. 20M: 9:30am. CVPH Medical Center, Plattsburgh. Michelle Senecal: 562-7169. cvph.org/news-and-events.
- 21 Fix a Flat Clinic.** 9:30am. Bring wheel. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 27 CBRC Pinnacle Hill Climb Time Trial.** 3.9M, 1200ft. 6:30pm. New Salem F.D., Voorheesville. cbrc.cc.
- 28 11th NY Capital Region Road Race.** 43-83M. 10am. Ravena-Coeymans-Selkirk H.S., Ravena. 281-3710. cbrc.cc.
- 28 5th 'Tour de Forks' Century Ride.** 37M/100M. 9am. Jay Comm. Ctr., Au Sable Forks. 647-8194. townofjay.com.
- 28 Basic Maintenance Clinic.** 9:30am. Keep your bike safe/clean. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 29 3rd Tour de Farm.** 15M/35M. 8am. Farms, history, picnic. Hand Melon Farm, Greenwich. 692-72285. agstewardship.org.

AUGUST

- 3-5 Tour of the Catskills.** 55-175M Stage Race. Greene/Ulster Counties. tourofthecatskills.com.
- 3-5 Montreal Double Double.** Schuylerville-Montreal-Schuylerville. Adk Ultra Cycling: 583-3708. adkulttracycling.com.
- 4 Gear Up for Lyme: Mt Equinox Uphill Bike Climb.** 5.4M. 8am. Manchester, VT. gearupforlyme.com.
- 4 Fix a Flat Clinic.** 9:30am. Bring wheel. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 4-12 French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 5 10th Christine Nicole Perry Memorial Bike Ride.** 30M. 9am. Post-ride lunch. Sweet Pea Farm, Bolton Landing. Linda/Mark Perry: 644-3020. chrissyfund.com.

Gear Up
Lyme
Mt. Equinox Uphill Bike Climb

Saturday, August 4 • 8AM
Skyline Dr, Manchester, VT

5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship:
GearUpForLyme.com or BikeReg.com
aholzman1@earthlink.net
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10TH ANNUAL
Christine Nicole Perry
Memorial Bike Ride

Sunday, August 5 at 9am
Sweet Pea Farm, 121 Federal Hill Rd
Bolton Landing

Approximately 30 miles
Rain or shine • Post-ride lunch
Preregistration Appreciated:
chrissyfund.com

More Info: 518-644-3020
Proceeds benefit Christine Nicole Perry Memorial Trust

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SPORTS & FITNESS

CVPH Mayor's Cup Bike Ride

Sunday, July 15
CVPH Medical Center
75 Beekman St, Plattsburgh

70M 8:30am • 54M 9am • 20M 9:30am
First 150 preregistered receive T-shirt
Rest stops, SAG support & post ride BBQ
Fee: \$40 by July 9 - \$45 after

Register/Info: (518) 562-7169
www.cvph.org/news-and-events
Funds benefit Foundation of CVPH Travel Fund

Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 8-9

Carlsbad Pavilion (near Peerless Pool)
Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAC, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

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Sunday, Sept 16
Start 10am



Ride among the wind towers of Lewis County, NY
Registration 8:30am

Maple Ridge Wind Farm,
6972 Eagle Factory Rd, Lowville

46-mile Mountain Bike Race
12-mile Community Ride

Call (315)376-2213 or visit
www.LewisCountyChamber.org calendar of events for more information or to register
www.BikeReg.com

- 11 **3rd "Bike the Byway" Casual Ride on Mohawk Towpath Byway.** 36M. 9am. Town Park, Colonie. Eric Hamilton: 383-8565. mohawktowpath.org.
- 11 **Basic Maintenance Clinic.** 9:30am. Keep bike safe/clean. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.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.
- 12 **Silvermine Time Trial.** 11.1M. 8am. Harriman S.P., Tuxedo. 201-587-9404. bikereg.com.
- 17-19 **Centurion Ellicottville (New York).** 100/50/25M, time trial, kids' ride. Holiday Valley Resort, Ellicottville. 303-953-2008. centurioncycling.com.
- 18 **Fix a Flat Clinic.** 9:30am. Bring wheel. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 18 **Tour de Schenectady.** 16-62M. St. James Square, Niskayuna. 847-2419. schenectadycancerfoundation.org.
- 25 **12th Pat Stratton Memorial Century Ride.** 100/50/25M, kids' ride. 8am. Mount Pisgah, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 25 **Basic Maintenance Clinic.** 9:30am. Keep your bike safe/clean. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.

SEPTEMBER

- 8 **3rd Camp Challenge Ride.** 15, 30 & 62M. 7am. Also: 1st Camp Challenge 5K Run/Walk. Double H Ranch, Lake Luzerne. 696-5676. doublehbranch.org.
- 8-9 **MHCC Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa S.P., Saratoga Springs. webmhcc.org.
- 14-16 **Centurion Canada (The Blue Mountains).** 100/50/25M, hill climb, kids' ride. Blue Mountain Resort, The Blue Mountains, ON. 303-953-2008. centurioncycling.com.
- 16 **Race With The Wind.** 46M MTB race. 12M Community Ride. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.

HEALTH & FITNESS ONGOING

- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 6/18. 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.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 8am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Call SUP Yoga on Lake George.** Patty's Water Sports Boutique, Cleverdale. 656-9353. pattyswatersports.com.
- Call CardiotFit Classes w/Dr. Paul Lemanski.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

JULY

- 5 **Reiki Share Circle w/Joyce Vanselow.** True North Yoga, Schroon Lake. Debbie: 810-7871. truenorthyogaonline.com.
- 28 **Yoga in the Adks Retreat.** 1pm. Gore, North Creek. Susanne Murtha: 251-3015. yogaintheadirondacks.com.

AUGUST

- 2 **Reiki Share Circle w/Joyce Vanselow.** Oasis Massage Spa, North Creek. Debbie: 810-7871. truenorthyogaonline.com.
- 11 **Yoga in the Adks Retreat.** 1pm. Gore, North Creek. Susanne Murtha: 251-3015. yogaintheadirondacks.com.

HIKING & ROCK CLIMBING ONGOING

- Sa/Su Guided Hiking Excursions.** 2-3hrs. 11:45am. Daily starts 7/7. Gore, North Creek. 251-2411. goremountain.com.

JUNE

- 9 **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. Deb Zack: 800-395-8080 x42. adk.org.
- 10 **Trailless Peak Day Hike: Esther Mt.** Adk Mtn Club: 523-3441. adk.org.
- 16 **Eastern Mountain Sports Outdoor Demo Tour.** 10am-4pm. Cycling, kayaking, running, camping at Collins Park, Scotia. 482-0088. demos.ems.com.
- 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 **Trailless Peak Day Hike: Table Top.** 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.

AUGUST

- 3-5 **Trailless Peak Backpacking: Skylight & Gray.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 6 **Trailless Peak Day Hike: Table Top Mtn.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 7 **Beginner Day Hike: St Regis Mtn.** 5.5M. Adk Mtn Club: 523-3441. adk.org.
- 8 **Paddle & Hike Day Trip: Long Pond Mtn.** 5M paddle, 4M hike. Adk Mtn Club: 523-3441. adk.org.
- 9 **Beginner Day Hike: Nun-da-ga-o Ridge.** 6M. Adk Mtn Club: 523-3441. adk.org.
- 10-12 **Trailless Peak Backpacking: The Dix Range.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 11-15 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 13 **Trailless Peak Day Hike: Esther Mtn.** Adk Mtn Club: 523-3441. adk.org.
- 14-16 **John Brooks Valley Teen Adventure: Hiking.** Adk Mtn Club: 523-3441. adk.org.
- 17-19 **Trailless Peak Backpacking: The Swards.** Adk Mtn Club: 523-3441. adk.org.
- 18 **Women's High Peaks Hike: Wright Peak.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 20 **Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 24-26 **Trailless Peak Backpacking: The Santanonis.** Adk Mtn Club: 523-3441. adk.org.

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Best Ride in the Adirondacks!
Saturday, August 25, 8am
Mt. Pisgah Lodge, Saranac Lake
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MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Thu Group MTB Rides @ SMBA: 5/1-8/31.** No-drop. 6pm. Saratoga Mountain Bike Assn trails, Saratoga Springs. Blue Sky Bicycles: 583-0600. blueskybicycles.com.
- Tue Hot August Nights MTB Series: 8/7-28.** 6pm. Central Park, Schenectady. Heather Rizzi; 847-2419. hrrrtonline.com.
- Sun Chasm Riders MTB Race Series: 5/27-10/7.** 10am. AuSable Chasm MTB Center, Keeseville. 593-3572. bikereg.com.

JUNE

- 9 7th Mix Up the Dirt MTB Festival.** 10am. Rides, BBQ, raffles, demos. SMBA Trails, Saratoga Springs. Steve Godlewski: 369-6319. saratogamt.org.
- 9 Santa Cruz MTB Demo Day at Mix Up the Dirt Festival.** 10am-5pm. SMBA Trails, Saratoga Springs. Blue Sky Bicycles: 583-0600. blueskybicycles.com.
- 9 17th Black Fly Challenge MTB Race.** 40M. Inlet to Indian Lake. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- 10 Williams Lake Classic: NYMTB Series #1.** 1850 House/Tavern, Rosendale. nysmtbseries.com.
- 12 Beginner Women's MTB Clinic w/pro Aleksandra Mooradian.** Meet, 5:30pm: Blue Sky Bicycles, Saratoga. Ride, 5:45pm: SMBA Trails, Saratoga. 583-0600. blueskybicycles.com.
- 16 Dual Slalom MTB Race.** 12pm. Whiteface MTB Park, Wilmington. Downhill Mike: 524-9805. downhillmike.com.
- 16-17 3rd Wilmington Whiteface BikeFest.** Downhill, Dual Slalom & Chainless Downhill races. Instructional rides, live music, beach party, fun free family events. Opening of Whiteface MTB Center, Wilmington. Downhill Mike: 524-9805. downhillmike.com.
- 17 Wilmington Whiteface 100K MTB Race/Ride.** 8am. Leadville Trail 100 qualifier. Whiteface Ski Center, Wilmington. Shannon Gipson: 719-219-9351. leadvilleraaceseries.com.
- 17 7th Whiteface 5K Downhill MTB Race.** 2pm. Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 28-7/1 UCI Windham MTB 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.
- 30 Downhill MTB Camp.** 10am-3:30pm. Gore, North Creek. Gail Setlock 251-2411 x1043. goremountain.com.

JULY

- 7 Kids' MTB Clinic w/pro Aleksandra Mooradian.** 10:30am. Fun w/skills practice. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 29 Hurley MTB Classic: NYMTB Series #2.** 12-24M. 10am. Hurley. nysmtbseries.com.

AUGUST

- 4 Downhill MTB Camp.** 10am-3:30pm. Gore Mountain, North Creek. Gail Setlock 251-2411 x1043. goremountain.com.
- 11-12 Wild Cat Epic Bike Race.** 25-100M. New Paltz. 845-256-8073. wildcatepicevents.com.
- 19 Campmor H2H Race # 6, Taconic 909 Challenge.** 9-27M. Pleasant Valley. Tim: 845-505-1211. espraces.com.
- 26 Belleayre Mountain All Terrain Challenge Race #4: NYS MTB Series.** 12-24M. nysmtbseries.com.

SEPTEMBER

- 16 Race With The Wind.** 45M MTB race & 12M community ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.

MOUNTAINEERING & WILDERNESS SKILLS

JUNE

- 9-10 Wilderness First Aid Course (SOLO)/WFR Recert w/Clark Heyward (Adult/teen).** 8am. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
- 17 Father's Day Family Wilderness Adventure w/James Bruchac.** Ages 6+. 1-4:30pm. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.

JULY

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

AUGUST

- 1-3 Junior Pathfinders Wilderness Training.** (Ages 10-12). Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
- 6-10 Junior Pathfinders Wilderness Training.** (Ages 12-16). Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
- 13-16 Martial Arts & Wilderness Camp.** (Ages TBA). Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
- 18-19 Primitive Skills Course.** Heart Lake Center, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Mon HPC Monday Mini-Tri Series: 6/18-8/13.** 6:30pm. Lake Placid. 523-3764. hipeakscyclery.com.
- Mo-Fr SHAPE Multi-Sport Camps: 7/2-8/3.** 9-5. Age 8-15. Averill Park. John Slyer: 281-6480. multisportlife.org.
- 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.
- Wed Multi-Sport Life Triathlon Club: 6/6-7/25.** 6pm. Youth/adult. Crystal Lake, Averill Park. multisportlife.org.
- Wed HVTC Training Sessions: 5/2-8/28.** 400yd swim, 12M bike, 2M run. 5:30-7:30pm. Wilson S.P., Mt. Tremper. hvtc.net.
- Thu BTC Warners Lake Training: 5/31-8/30.** 0.6M swim, 16M bike, 5K run. 6pm. Warners Lake, East Berne. bethlehemtriclub.org.
- Thu Tri/Open Water Swims: Starts 6/7.** 6-7pm. Moreau Lake S.P., Gansevoort. saratogatriclub.org.

JUNE

- 9-10 HITS Triathlon Series: Hunter Mountain.** Sat: Olympic/Sprint/Open. Sun: Full/Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.
- 9 Just DU It.** 5K run, 19M bike, 5K run. 10am. 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.
- 24 3rd Wheel & Heel Sprint Tri/Du.** 9am. Wilcox Memorial S.P., Milan. wheelandheel.com.
- 24 Ironman 70.3 Syracuse.** 1.2M swim, 56M bike, 13.1M run. 7am. County Park, Jamesville. ironmansyracuse.com.
- 24 VT Sun Triathlon.** 600yd swim, 14M bike, 5K run. 8am. Branbury S.P., Salisbury, VT. vermontsuntriathlonseries.com.
- 30 30th Tupper Lake 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, 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.
- 5 Brick Workout.** 6pm. Bike Path, Town Park, Colonie. 496-0874. teamlunachix.com/albany_triathlon.
- 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. Newburgh. orangecountytri.com.
- 15 Musselman Triathlon.** Micro, Mini, Kids, Age-Distance, Half-Iron. 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.

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Info: (518) 725-0641
Fulton County Regional Chamber & PLPA

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LGTriFestival.com

9.1 - 9.2 - 2012

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

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
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SKYHIGHadventures

Multi-Sport Life Triathlon Festival

July 28-29 • Grafton Lakes State Park, Grafton

A RACE FOR EVERYONE!

SUPER Olympic Road Triathlon
Sun, 7am – 1M swim/30M bike/7M run

XTERRA Off-Road Triathlon
Sat, 9am – 1K swim/20K bike/6K run

SHAPE Kids' Triathlon
Sat, 2pm – 100m swim/5K bike/1K run

THE CAPITAL DISTRICT'S BIGGEST TRI FEST!

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Brunswick BBQ • Awards • Raffle
Bike Giveaways from Tomhannock
Race photo • Individuals & Teams
Register Now and Save!
SkyHighSuperTri.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

- 2 Brick Workout.** 6pm. Bike Path, Town Park, Colonie. 496-0874. teamlunachix.com/albany_triathlon.
- 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. fronhofertooltriathlon.com.
- 4 3rd Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. Gina Dabieri-Gibbs: 725-0641. fultoncountynyny.org.
- 5 Athleta Iron Girl Women's Triathlon. 0.25M swim, 10M bike, 3.1M run. 8am. Brewerton. irongirl.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. 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.
- 18 Hadley Run-Pedal-Tube Triathlon.** 5K run, 7.5M bike, Hudson tube. 9am. Canoe Take-Out, Hadley. Ernie/Sue Wilder: 696-4947. hadleybusinessassociation.net.
- 25 4th Duanesburg Community Center Triathlon. 9am. DACC, Delanson. Jenn Dixon: 895-9500. dacc.info.
- 26 3rd Team LUNA Chix Splash & Dash Aquathon.** 0.5M swim & 3.1M run. 11am. Tinney's Tavern on Lake Desolation, Middle Grove. Rachel Knaggs: 496-0874. active.com.
- 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.
- 6 Brick Workout.** 6pm. Bike Path, Town Park, Colonie. 496-0874. teamlunachix.com/albany_triathlon.
- 9 Moreau Lake Races.** Aquathlon: 1.5K swim/5k run), 1500m swim, 3000m swim, 15k trail run
7:30am. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 16 36th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. 9:30am. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 22-23 HITS Triathlon Series: Cooperstown.** Sat: Olympic/Sprint/Open. Sun: Full/Half. Glimmerglass S.P., Cooperstown. 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

ONGOING

- Sa/Su Mountain Biking, climbing wall, disc golf, bungee trampoline.** Open daily starting 7/7. Gore, North Creek. 251-2411. goremountain.com.
- 29-8/11 Albany Ultimate Frisbee League: 5/29-8/11.** 6pm. Social, competitive & women's leagues. Bethlehem Soccer Complex, Albany. albanyultimate.com.

JUNE

- 8-10 8th Adk Birding Festival. Hike, canoe, walk, outings, seminars in Hamilton Co. 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.
- 9-10 Junior 1B Tennis Tournament.** Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.
- 23 Five Rivers Orienteering Meet. Five Rivers EEC, Delmar. Phil Hawkes-Teeter: 872-1993. empo.us.orienteering.org.
- 24 CRNA Summer Biathlon/Paintball Series: Individual Relay. 10am. Safety clinic: 8:45am. Castleton Fish/Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.

JULY

- 15 Discover SCUBA/Christmas in July.** 9:30am. Free. Gurney Lane Rec Area, Queensbury. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 21-22 Junior L. 20 Tennis Tournament.** Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.
- 20-22 2nd Hudson United Racing Team Junior Nordic Ski Development Camp. Summer training to improve for next season. All welcome. West Mountain, Queensbury. Info: hurtznordic@gmail.com.
- 29 CRNA Summer Biathlon & Paintball Series: Pursuit. 10am. First-timer safety clinic: 8:45am. Castleton Fish & Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.

AUGUST

- 4-5 Kathryn O'Keefe Adult Open Tennis Tournament.** Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.
- 15 Discover SCUBA.** 9:30am. Free. Gurney Lane Rec Area, Queensbury. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 18 Chrissy's Chairs Auction.** 15 Adk chairs decorated for Comfort Camp. Conservation Park, Bolton Landing. Linda/Mark Perry: 644-3020. chrissysfund.com.
- 24-27 Barb Beyerbach Junior Level 1 Tennis Tournament.** Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.

PADDLING: CANOEING, KAYAKING & SUP

- Ongoing Evening Kayak Tours.** 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.
- Tu/Th Adult Learn-To-Row Classes: 7/5-8/14. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- Call SUP Yoga on Lake George.** Patty's Water Sports Boutique, Cleverdale. 656-9353. pattyswatersports.com.

JUNE

- 11 Fund of Canoeing 6:30pm.** Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 11-14 American Canoe Association Instructor Certification.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 15 Kayak Rescue/Recovery.** 6:30pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 16 Eastern Mountain Sports Outdoor Demo Tour.** 10am-4pm. Kayaking, cycling, running, camping at Collins Park, Scotia. 482-0088. demos.ems.com.
- 16 Tupper Lake 9-Mile Canoe/Kayak Race. 9M. Tupper Lake. macscanoe.com.
- 17 Lake George Kayak: Stand-Up Paddleboard Clinics w/ Werner Paddles instructor Danny Mongno.** SUP Fitness & Racing Skills: 8-11am. Building a Strong SUP Skills Foundation: 12-3pm. Lake George Kayak Boathouse, Bolton Landing. Sign-up: 644-9366. lakegeorgekayak.com.
- 22 Fund of Kayaking III.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.

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Run-Pedal-Tube Triathlon

Saturday, August 18 at 9am
Canoe Take-Out (11M W of Exit 21), Hadley
• 5K foot race in Hadley
• 7.5M bicycle ride across Stewart's Dam
• Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out
Individuals \$20 & Teams \$55
Teams: M/F/Coed/Family/Company
Entry/Info: hadleybusinessassociation.net
(518) 696-4947 • hadleyba2003@yahoo.com
Bike, helmet, inner tube & PFD required
Benefits Hadley Business Assn Scholarship Fund

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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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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



10th Annual
Saturday, Aug 18 • 8:30am
Brookside Museum, Ballston Spa
USATF Certified
Flat and fast with fabulous downhill for your summertime PR!
Chip timing • T-shirts to first 300 registrants
5 year age group awards
Application: www.brooksidemuseum.org
Joy Houle (518) 885-4000
Register online: www.active.com
\$22 by 8/14 or \$27 after
Benefits: Brookside Museum education programs

34TH ANNUAL
Lane 10K Lake Run
Sunday, August 5
Lake Pleasant to Speculator
Registration: 9am at Speculator Ball Field
Race Start: 10am
Scenic route follows south shore of Lake Pleasant
Entry Forms:
www.speculatorchamber.com
or (518) 548-4521
Adirondack Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164



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

2012 HMRRC SUMMER TRACK SERIES

Fun & Challenging!
South Colonie High School Track
1 Raider Blvd (off Sand Creek Rd), behind Colonie Center
Race #1: COLONIE MILE
Tuesday, July 3 at 6:00pm
Free entry
Race #2: TWO-PERSON RELAY
Thursday, July 12 at 6:15pm
Free HMRRC members, \$5 non-members
Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.
Race #3: HOUR RUN
Thursday, July 19 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run on track for one hour
Race #4: PENTATHLON
Thursday, July 26 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m
Low-key track runs – instead of road runs in the summer heat!
For more info, Ken Skinner: (518) 489-5311 • kennyskin@earthlink.net
Hudson-Mohawk Road Runners Club
hmrrc.com

23 1st Adirondack Stand-Up Paddle Festival. SUP demos: 10am-4pm. Choosing the right SUP: 10am. SUP obstacle course: 12pm. Intro to SUP: 12pm. Guided SUP tour: 4pm. Open 6M race: 9:30am. Open 3M race: 10am. Fun races: 2pm. Sprint/Novice 0.25M races: 1:30pm. Plus, Tandem & With Your Dog 400yd races. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.

JULY

21 1st New York SUP Festival. Demos, clinics, races, food. Moose River, Old Forge. Mountainman Outdoors: 315-369-6672. mountainmanoutdoors.com.
24-26 Intro to Canoe Camping: Long Lake and Raquette River. Adk Mtn Club: 523-3441. adk.org.
3-5 Family Canoe Camping: Lake Lila. Adk Mtn Club: 523-3441. adk.org.
4 RiverFest on the Black River. 9.8M leisurely paddle. 10am. Shuttle/rentals available. Castorland boat launch to West Carthage boat launch. 315-376-2213. lewiscountychamber.org.

AUGUST

Open ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
Sun "First Sunday Series" Trail Runs. 7/1: 5K/10K; 8/5: 15K/5K; 9/2: Marathon, Half, 5K. Paul Smith's College VIC, Paul Smiths. 327-6241. paulsmiths.edu.
Mon **ARE Monday Trail Run Series: Thru 6/11.** 6pm. Tawasentha Park, Guilderland. 320-8648. areep.com.
Tue **44th HMRRC Tuesday Night Summer Track Program: 6/12-8/7.** 6pm. Free: Dynamic Duo Pursuit Race: 8/4. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
Tue Track Series. 6pm. Queensbury H.S. Track, Queensbury. adirondackrunners.org.
Thu **ARE/Miller 64 Thursday Summer Trail Run Series: 5/24-8/30.** 6:30pm. Locations vary, Capital District. Josh Merlis: 320-8648. areep.com.

RUNNING & WALKING ONGOING

JUNE

9 14th Kinderhook Bank OK-5K Road Race. 9am. OK-1 kids' 1M run: 8:15am. Village Square, Kinderhook. Ed Hamilton: 369-4789. ok5kkrace.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.
10 41st HMRRC Distinguished Service Race. 8M. 9am. UAlbany, Albany. Mark Warner: 464-5698. hmrrc.com.
10 Greenfield Dragon 5K Run/Walk. 9am. Greenfield E.S., Greenfield Center. 596-8194. greenfielddragon5k.com.
10 Betar Byway 5K & Moreau Mile. 9:30am: 5K. 10:30: 1M. American Legion, Glens Falls. 632-5128. adirondackrunners.org.
10 Run for the Violets 5K & 1K Kids' Fun Run. 8am. Firehouse, Dolgeville. violetfestival-ny.com.
15 Greenbush Area YMCA 5K. 6pm. YMCA, East Greenbush. 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. 456-3150. townofguilderland.org.

16 Treetops to Rooftops 5K. 9am. Hudson River Walkway, Highland. hmrrc.org.
16 2nd Miles for Missy 5K Run & Walk. 8:30am. Herkimer E.S., East Herkimer. 315-868-6671.
17 HMRRC 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. 413-743-5669. runwmac.com.
17 New Paltz Challenge Half Marathon & Father's Day 5K. 7:30am. 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.
20 Summer Solstice 14K. 6:30pm. Minnewaska S.P., 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.
24 36th Adirondack Distance Run. 10M. 7:30am. Lake George Firehouse, Lake George to Rogers Memorial Park Beach, Bolton Landing. adirondackrunners.org.
24 LUNA Trail Running Clinic & Lunch w/pro triathlete Suzie Snyder. 10:30am. Clinic, trail run, tri tips & lunch. Peebles Island S.P., Waterford. Team LUNA Chix. RSVP to Kristen Hislop: 280-9679. hislopdesigns.com.
25 Camp Saratoga 5K Fun Run Series #1. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
30 Finger Lakes Fifties. 50K, 50M, 25K. 6:30am. Finger Lakes N.E., Hector. f50sultraz.blogspot.com.

JULY

3 HMRRC Summer Track Series #1: Colonie Mile. 6pm. Colonie H.S., Colonie. Ken Skinner: 489-5311. hmrrc.com.
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. ECR International to Matt Brewing, Utica. boilermaker.com.
9 Camp Saratoga 5K Trail Run Series #2. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
12 HMRRC Summer Track Series #2: Two-Person Relay. 6 x 1M. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 489-5311. hmrrc.com.
12-15 5th ARE Trail Running Camp for Adults. Running, yoga, clinics, paddling, run/tube trip. Sun, 9am: Froggy Five Trail Race. Camp Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com/camp.
12 Tour de Potsdam 5K Wellness Walk/Run. 6pm. Potsdam Laundry Potsdam. 315-261-4760. getthehealthyslc.org.
14 ARE Run & Tube Fun Day. 9am. 5M run, Hudson River tube & cookout. Adk Tubing Adventures, Lake Luzerne. Josh Merlis: 320-8648. areep.com.
14 Turtle Trot Walk-Run. 3.2M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.
14 12th Wakely Dam Ultra. 32.6M. Piseco. Kimberlee Gardner: 315-404-4010. wakelydamultra.com.
15 ARE Dippikill "Froggy Five" 5-Mile Trail Race. 9am. Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. areep.com.
16 HMRRC Free Training Clinic #1 – "Food, Weight & Runners: Finding the Right Balance" w/Nancy Clark. 7pm. NYS Nurses Assn Conf Ctr., Latham. Register: mohawkudsonmarathon.com.
19 HMRRC Summer Track Series #3: 40th Hour Run. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 489-5311. hmrrc.com.
21 16th Silks & Satins 5K Run. 8am. Flat, fast course. Walkers welcome. East Ave & George Sts, Saratoga Springs. Brian McDonald: 388-0790 x108. nyso.org.



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

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



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

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

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
patagonia 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



5K Run/Walk
 & 1-Mile Beaver Dam Short Course
Saturday, August 11 • 8am
203 Lake Tour Rd, Lake Luzerne

A beautiful outing for all ages with the Center's faculty, students and parents around Lake Luzerne, accompanied by LMC's music groups stationed at melodic intervals along the route

First 100 registered receive T-shirt
 Awards for 5K Run
Info/Register: luzernemusic.org
 (518) 696-2771

To benefit Luzerne Music Center's Scholarship Fund



LUZERNE MUSIC CENTER
 www.luzernemusic.org

- 21 Glenville/Schenectady YMCA 5K Run/3K Walk.** 8:30am. Collins Park, Scotia. Nancy Gildersleeve: 881-0117. cdympca.org.
 21 Canton Pee Wee Assoc Mud Run/The Mudder. 10am. Canton. Amy Hunt: 315-244-6800.
 21 Jingle Bell Run/Walk. 8am. Great Escape, Queensbury. Eileen Reardon: 456-1203. arthritits.org.
 21 Glenville/Schenectady YMCA 5K Run. 3K Walk & Kids Fun Run. YMCA, Glenville. 881-0117. cdympca.org.
 21 Fox Creek 5K & 3K Walk. 8am. Berne Town Park, Berne. Liz Chauvot: 225-4925. berneny.org.
 21 Rebel Race 5K/15K. Wave starts. New Windsor. rebelrace.com.
 21-22 24th VT 100 Endurance Run. 100M/100K. South Woodstock, VT. 802-683-9245. vermont100.com.
 23 Camp Saratoga 5K Trail Run Series #3. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
26 HMRRC Summer Track Series #4: 37th Pentathlon. 5000m, 800m, 3200m, 400m, 1600m. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 489-5311. hmrrc.com.
28 11th Turning Point 5K Run/Walk. 9am. Kids' Fun Run: 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
 28 Run the Ridge 5K Mud Run & 2K Family Run. 9am. 2K: 12pm. Maple Ski Ridge, Schenectady. runtheridge.net.

AUGUST

- 4 10th Race the Train.** 8.4M. Train: 8am. Race: 9am. North Creek Depot, North Creek. Gary Wilson: 494-2266. adirondackrunners.org.
4 34th Dynamic Duo Road Race. 3M. 8:30am. Colonie Town Park, Colonie. Frank Myers: 869-9333. hmrrc.com.
5 18th HMRRC Indian Ladder Trail Runs. 15K: 9am. 3.5M: 11am. Kids 0.5M Run: 11:30am. HMRRC Picnic: 11:30am-1pm. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
5 34th Lane 10K Lake Run. 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
 6 Camp Saratoga 5K Trail Run Series #4. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
 10 Schenectady ARC 5K. 6pm. Central Park, Schenectady. Doug Secor: 688-8641. arcschenectady.org.
11 4th Camp Chingachgook Challenge Half-Marathon, 10K & Family Fun Day. 13.1M: 8am at Lake George. 10K: 9am at Camp. Chingachgook, Catskill Bay. areep.com.
11 Move it for the Music 5K Run/Walk. 8am. Also: 1M Beaver Dam Short Course. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
 11 BaseRace 10K/5K. 10am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
 12 Run for the Roses 5K. 9am. Grafton Lakes S.P., Grafton. Cindy Pulito: 279-0580.
13 Tawasentha XC 5K #1. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
 14 Southern Saratoga YMCA 5K Run, 3K Walk & Kids' Runs. 6:30pm. SSYMCA, Clifton Park. 371-2139. cdympca.org.
15 HMRRC Free Training Clinic #2 - "Running Forever: Injury Free" w/Dr. Todd Shatynski. 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com.
18 10th Jailhouse Rock 5K Race. 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
18 Landis Arboretum 5K Forest Run. 9:30am. Landis Arboretum, Esperance. 875-6935. landisarboretum.org.
 18 Kiwanis Clove Run. 8:30am. Castleton E.S., Castleton. Chris Chartrand: 732-2940.
 19 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.
 19 Savoy Mountain Trail Races. 16.5M/4M. 9am. Savoy Mtn S.E., Savoy, MA. Isaac Tirrell: runwmac.com.
 19 21st 100K Catskill Mountain Road Relay. 6-8am. Phoenecia to West Shokan. sullivanstriders.org.
20 Tawasentha XC 5K #2. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
 20 Camp Saratoga 5K Trail Run Series #5. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.

- 25 15th Altamont 5K Run/Walk.** 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5K.org.
 25 2nd Muddy Sneaker 5K Trail Run & Mile Fun Run. 9am. Indian Meadows Park, Glenville. glenvillerotary.org.
 26 29th Chris Thater Memorial 5K Run. 10am. Binghamton. 607-761-3953. bcstopdwi.com/bcstopdwi.
27 Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.

SEPTEMBER

- 1-2 1st 18.12 Challenge & 1/2 Marathon Race Weekend.** 18.12M & 13.1M road races. Watertown to Sackets Harbor. Sign-up by 7/20. 1812challenge.com.
8 1st Camp Challenge 5K Run. 7am. Walkers welcome. Double H Ranch, Lake Luzerne. 696-5676. doublehbranch.org.
8 3rd Malta Business & Professional Association 5K. 8:30am. HVCC TEC-SMART, Malta. Paul Loomis: 288-8009. maltaba.com.
9 33rd Dunkin Run. 5K, 10K & 1/2M Kids' Run. 8:30am. Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
13 HMRRC Free Training Clinic #3 - "Mental Training for Runners" w/Dr. Drew Anderson. 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com.
16 7th Saratoga Palio: Melanio Merola O'Donnell Memorial Race. Half Marathon: 8am. 5K Run/Walk: 8:05am. Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com.
22 19th FAM 5K "Fund" Run/Walk. 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400 x257. fam5k.com.
22 35th Whiteface Mountain Uphill Foot Race. 8M. 8am. Veterans Memorial Highway, Wilmington. 888-944-8332. whitefaceace.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.
6 18th Komen NENY Race for the Cure 5K. 9am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
28 Hairy Gorilla Half Marathon & Squirrelly Six-Mile Trail Race. Thacher S.P., Voorheesville. Josh Merlis: 320-8648. hairygorillahalf.com.

SWIMMING

JULY

- 15 2nd Summer Super Splash Swims on Thirteenth Lake.** Youth (9-18): 0.25M 9am; 0.5M 10am; 1M 11am. Adult: 1M 10:30am. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

AUGUST

- 11 11th Betsy Owens Memorial Open Water Swims.** 1M: 9:30am. 2M: 11am. Open to all. Mirror Lake, Lake Placid. Ann Svenson: 893-1967. betsyowensswim.com.
25-26 Lake George Open Water Swims. 2.5K/5K/10K/4M. Lake George, Hague. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

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.

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY
 Hudson-Mohawk Road Runners Club
 ~ 44TH SEASON ~

June 12, 19, 26
July 10, 17, 24, 31 (Ribbon Night)
August 7

FREE OF CHARGE
 6pm • Colonie High School
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- One-Mile Race Walk
- Hurdles
- One-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Info: Frank Myers 869-9333
 Dynamic Duo Pursuit Race
 is Saturday, August 4

11th Annual
Turning Point 5K Run/Walk

Recognizing the American victory
 at the Battle of Saratoga



Saturday, July 28, 9am
Warming Hut, Saratoga Spa State Park

Kids' Fun Run (12-under free): 10am
\$20 preregistration / \$25 race day

T-shirt to first 150 5k entries

Application: FINISHRIGHT.COM
 Info: 583-2940 or kingamache@hotmail.com



11TH ANNUAL



Betsy Owens Memorial LAKE SWIM

Saturday, August 11
Mirror Lake in Lake Placid

1-Mile: 9:30am & 2-Mile: 11am
 Open to all swimmers 18 & older

Register online by 8/6 (no race day):
www.BetsyOwensSwim.com

David Dammerman: dddammerman@yahoo.com

35th ANNUARY
WHITEFACE MOUNTAIN ANNUAL UPHILL FOOT RACE
Saturday, Sept. 22 at 8am
 Eight miles, 3,500 feet up the Veterans Memorial Highway on NY's fifth highest peak!
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RunReg.com
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Camp Challenge 5K RUN
 All proceeds to benefit the Double H Ranch
 Register at **www.doublehbranch.org**
 Presented by Adirondack Partners



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 20th!

TRIATHLON

Fantastic Triathlon Races

By Kristen Hislop



START/FINISH AND TRANSITION AREA FOR THE 2010 LAKE GEORGE TRIATHLON AT BATTLEFIELD PARK IN LAKE GEORGE. MIKE SYLVIA



FINISHERS AT THE 2011 SKYHIGH KIDS' OFF-ROAD TRIATHLON AT GRAFTON LAKES STATE PARK IN GRAFTON. DARRYL CARON

Scott Tinley says you can trace the roots of triathlon back to the 1920s in France. An event called 'les trois sports' was held in the 1920s. The first modern swim/bike/run event to be called a triathlon was held at Mission Bay in San Diego, and was hosted by the San Diego Track Club on September 25, 1974. That year there were 46 participants, which included 11 women. In the early days the equipment was much simpler: a swimsuit, a bike, and running shoes were all you needed.

There are a number of events celebrating the 30-year mark. We just happen to have one of them in our own backyard. This year the **Tupper Lake Tinman** celebrates its 30th anniversary on Saturday, June 30! This USAT sanctioned event is very popular and offers the Tinman (half-Ironman distance), a Tinman relay, and a sprint distance on scenic courses. There is a great YouTube video celebrating the life of the race called "Tupper Lake Tinman's 30th Anniversary Show." Check it out and get signed up: tupper-lake.com.

The Avia Wildflower Triathlon in Monterey County, Calif. and the Gulf Coast Triathlon in Panama City, Fla. celebrated 30 years in 2012, and the St. Anthony's Triathlon in St. Petersburg, Fla. turns 30 next year. Another great regional race, the Pat Griskus Sprint Triathlon in Middlebury, Conn. turns 26 this year.

Another legendary race is the 36th annual **Josh Billings RunAground** on Sunday,

September 16. This Great Barrington, Mass. race is a 27-mile bike, followed by a five-mile canoe or kayak, and a six-mile run to cap it off. There are 36 team and iron categories. Visit joshbillings.com. One of the only older paddling triathlons is Eppie's Great Race in Sacramento, Calif., which was started in 1974 and bills itself as "The world's oldest triathlon."

Some of those well-known races offer pretty tough and longer courses. You can find some challenging Olympic and sprint distance races as well. The sixth annual **North Country Triathlon** on Lake George in Hague offers both the sprint and Olympic distance on Saturday, June 30. Any swim on Lake George can be a challenge with waves and lake currents. The water temperatures can fluctuate, but are typically wetsuit friendly. Both bike rides offer challenging hills, and the runs are on beautiful out-and-back courses along the lake, with a few ups and downs. Race directors Randy Engler

and John Hartley put on a great event each year! For details or registration, go to north-countrytri.com.

You can't get in this year, but you can volunteer or spectate at the 14th annual **Ironman Lake Placid** on Sunday, July 22. If you do volunteer you can line up the day after the race to get an entry into 2013. It's the second oldest Ironman in North America and one of the most popular and challenging events in the sport. Check out ironman-lakeplacid.com.

If the Ironman distance isn't for you, the Danskin Triathlon Series has a race on July 22 in Webster, Mass. This all women's event is very popular with first timers. Sally Edwards, one of the pioneers in the sport, often shows up and runs the last finisher across the line – of course, many compete for that photo opportunity.

John Slyer of SKYHIGH Adventures has created the Multi-Sport Life Triathlon Festival, which will take place Saturday-Sunday, July 28-29 at Grafton Lakes State Park in Grafton. The **XTERRA Off-Road Triathlon** will be held on Saturday. This is one of the only XTERRA events in the Northeast, featuring a 1K swim, 20K bike and 6K run. It's where first-year LUNA pro athlete Suzie Snyder (*Athlete Profile*, May 2005) got her start while growing up in Averill Park. In May, Suzie placed fourth overall at the ITU Cross Triathlon World Championships in Alabama, and she'll be doing a trail running clinic for TEAM Luna Chix Albany Triathlon on June 24. LUNA Chix member Jenn Kendrick of Cohoes says of the XTERRA event, "I think someone could get through the course with a season of mountain biking under their belt; the course is challenging but not too bad."

The **SHAPE Kids' Triathlon** will also be held on Saturday, with a 100-meter swim, 5K bike and 1K run, on the kid-friendly course. John expects over 100 children to participate and there is a team option.

The weekend culminates with the inaugural **SUPER Olympic Road Triathlon** on Sunday, with a one-mile swim, 30-mile bike and seven-mile run. John comments on the hill at the end of the bike, "The Babcock Lake Road climb will be challenge and great for those who are training for a half or full Ironman." The weekend will include a BBQ, bike giveaways, free photo printout, and ARE Event Productions chip timing for all races. Look for a 75-mile triathlon in 2013. For details and registration, go to skyhightri.com.

On Sunday, July 29 the ATC Endurance third annual **Delta Lake Triathlon** at Delta Lake State Park in Rome, offers both intermediate and sprint distances. Race director Michael Brych says about the series, "Our venues are challenging enough for the seasoned athlete to really test themselves, but friendly enough for the newbies to come out and give it a shot as well." He continues, "If you look at the times our athletes have put on our course, you can see there are really some great athletes out there." To register and for more info, you can visit atcendurance.com.

The 12th annual **Cazenovia Triathlon and Aquabike** will be held on Sunday, August 12, and is organized and hosted by the CNY Triathlon Club. The sprint and intermediate distance races can offer the experienced triathlete a scenic, challenging course. Cazenovia Lake can be a little rough, but they offer separate open and elite swim waves. The bike and run courses are rolling to hilly. Lane Dickson of Clifton Park cautions athletes to drive the course as there is a sharp turn at the bottom of one hill on the bike. Click on cazenoviatriathlon.org.

Once again the **USAT Age Group Nationals** are being held in Burlington, Vt. on Saturday, August 18. You must qualify for this Olympic distance event, but the sprint on Sunday is open to all athletes, and is the national championship for the Athena and Clydesdale divisions. As of mid-May the National Championship were 85-percent full, so you still have a chance to qualify, or you can attend to watch some of the top age groupers from around the country. The site is usatriathlon.org.

ATC Endurance is offering a new event this year. The **Old Forge Triathlon** on Sunday, August 26 is presented by Enchanted Forest Water Safari. All athletes receive a free admission to the theme park during race weekend, which is sure to be a hit with families before the kids go back to school. The course is a 0.75-mile swim, 22-mile bike and four-mile run. When asked about the great post-race refreshments, Michael Brych says, "They're a few fun, local extras that we think give the athletes another reason to come to an ATC Event." To register, go to atcendurance.com.

The season continues with the great **Lake George Triathlon Festival** on Labor Day weekend, which offers four races for everyone. The **Kids' Splash-N-Dash** is on Saturday afternoon with a shallow shore swim followed by a run. That morning the beach will be full of athletes competing in the seventh annual **Lake George Triathlon** Olympic distance event. All racers get a hoodie this year, so get your entry in early. The south end of the lake can create a challenging swim or it can be beautiful, calm and serene. The bike starts off with a climb and finishes with some rolling hills along the lake. The run is a two-lap course with great spectator and volunteer support.

On Sunday, athletes can choose between the second annual **BIG George Triathlon** half-Ironman distance or the **BIG George Aquabike** with a 1.2-mile swim and 56-mile bike. Post-race festivities are always fun at the Lake George events. For the latest and registration, visit lgtrifestival.com.

There was an early June **HITS Series Triathlon** event at Hunter Mountain. The season will finish up with another race filled weekend in Cooperstown, ideal for athletes and spectators, amidst the beautiful fall foliage. Over the course of the weekend of September 22-23 there will be a free super sprint, a sprint, an Olympic, and half and full Ironman distance races – designed for seasoned triathletes and first timers.

There are some really fantastic races to choose from that are an easy drive. Choose your races, get a plan in place, and have a great season! ▲

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.



Saturday, June 30th, 2012

TUPPER LAKE, NEW YORK, USA

30th Anniversary Tinman Triathlon

2012 REGISTRATION VIA
TUPPER-LAKE.COM/TINMAN

FOR MORE INFORMATION:

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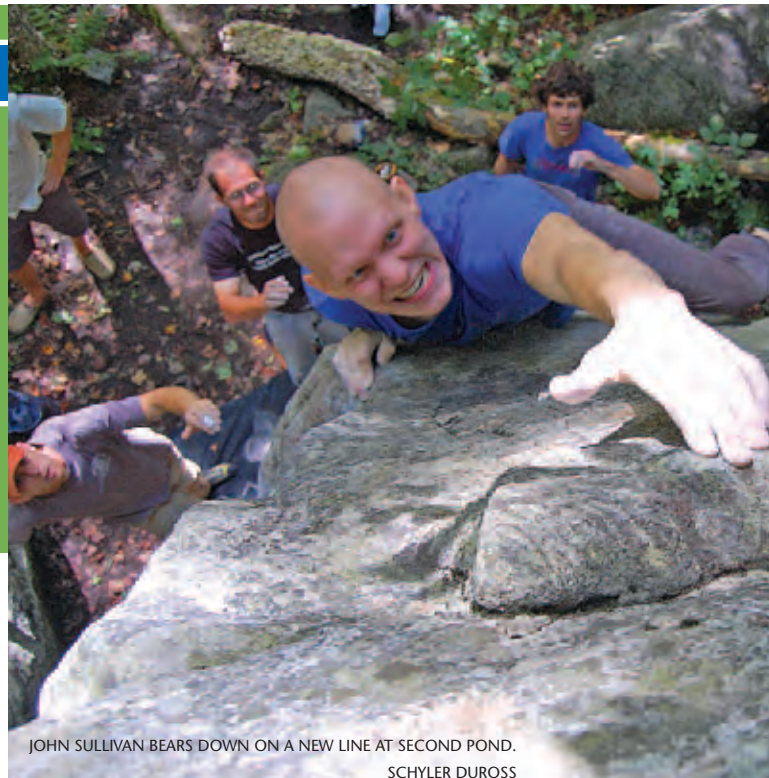
ROCK CLIMBING

Adirondack Bouldering on the Rise

KEN MURPHY ON THE HIGHBALL CLASSIC "TOWER OF POWER" AT NINE CORNERS. JUSTIN SANFORD



KEN MURPHY SENDING HIS V11 TEST PIECE "LUCK OF THE IRISH" AT THE CAROGA LAKE "PRISON BOULDER." NYLE BAKER



JOHN SULLIVAN BEARS DOWN ON A NEW LINE AT SECOND POND. SCHYLER DUROSS

By Josh Potter

On a Saturday in late September, a train of hikers headed up the trail at Nine Corner Lake in the Southern Adirondacks, large, rectangular foam crash pads strapped to their backs. Boulders are used to explaining the pads to puzzled passersby—used to break falls in the practice of short, ropeless rock climbing—but, on this day, the bouldering crew far outnumbered the hikers and campers who also make the small lake a destination. This was the scene of the Adirondack's first outdoor bouldering competition, organized by Justin Sanford in conjunction with the fourth annual Southern Adirondack Rock Climber's Festival.

Justin, who would have easily won the competition that day (had his organizing role not disqualified his superhuman list of ascents from the competition), has become a central figure and steward of the area, which, along with the glacial erratics scattered in the Caroga, Green and Otter Lake area, has, in the past few years, become the epicenter of southern Adirondack bouldering and a destination climbing spot. Documenting his exploits on southernadirondackclimber.blogspot.com, Justin and a small posse of climbers have been integral in developing new Adirondack bouldering areas. Taking the torch from a generation of area climbers who first decided to stray from

the region's traditional crack climbs to wrestle the massive blocks that lie at the base of cliffs and rim of lakes, Justin and company insist that the potential for Adirondack bouldering is endless and that the next few years will see the region recognized—like the Shawangunks of New Paltz—as much for bouldering as traditional climbing.

"Ask the right people and they'll tell you that it already is!" Justin exclaims. "There is so much rock out there. Each year, new cliffs and boulder fields are being unearthed. For those willing to spend the time and energy, the effort will definitely be rewarded."

Justin, who also runs a small business shaping indoor plastic climbing holds for Black Swan Climbing and Element Climbing Holds, is generally excited by the opportunity to talk about climbing but his psyche right now is higher than ever after a couple recent weekends spent at Second Pond outside Saranac Lake, finding, cleaning and climbing new boulders with a crew including Ken Murphy, Keith Banta, Mitch Hoffman, John Sullivan and Ryan Pooler. "I was blown away by the quality and quantity of rock in the area," he says of the

See **ROCK CLIMBING**, 28 ►

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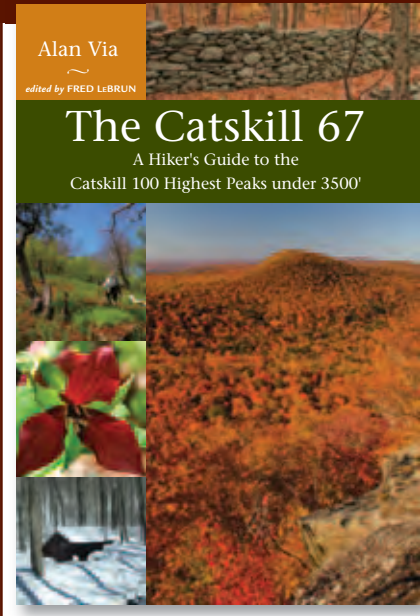
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Alan Via
 edited by FRED LEBRUN

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5K and 10K Races • Kids 1K Fun Run



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



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KAYAKING, CANOEING & SUP

Paddling Indian Lake

By Rich Macha



THE LONG BEACH PICNIC AREA.



CANOEIST OFF INDIAN POINT. PHOTOS BY RICH MACHA

Indian Lake is a 14-mile long body of water in the south central Adirondacks. Seventy-five percent of the lake's 49-mile shoreline is state land and comprises the Indian Lake Islands Campground. The primitive (no showers or running water) campsites are scattered around the 4,365-acre lake, primarily on the east shore and on the islands. In summer, these accessible-by-boat only campsites are much in demand and can be reserved through ReserveAmerica.com. The 2012 camping season is May 17 through October 7 – before and after that the camping is free. The campsites have a picnic table, fire pit and outhouse.

The fact that there is only one public boat launch on the lake limits the number of boats, whether motorized or not, that can be on the water at any one time. The paddler will not have to deal with a lot of motorboat traffic and noise especially compared to other larger lakes like Lake George and Great Sacandaga Lake. There is a parking fee in-season for day users and there are several designated picnic sites scattered

around the lake, some with sand beaches good for swimming.

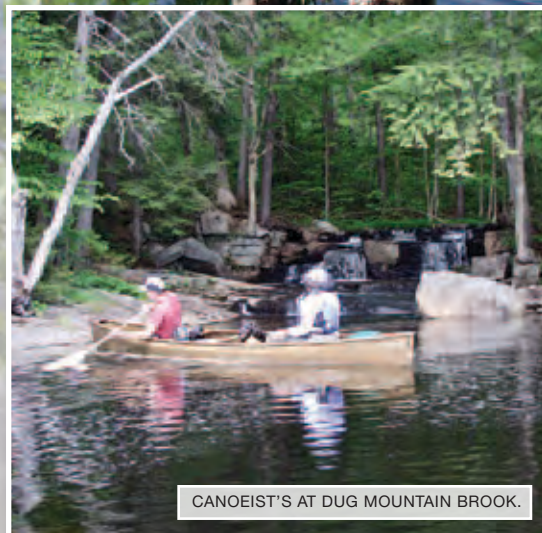
On Indian Lake you are never too far from civilization or wilderness. NY Route 30 runs close to the west shore yet to the east lies the Siamese Ponds Wilderness Area. Dominating the landscape to the west is a long ridge of mountains, most notably Snowy Mountain, which at 3,899 feet is the highest mountain in the Adirondacks south of the High Peaks. The National Geographic *Trails Illustrated* #744 *Northville/Raquette Lake* map shows the hiking trails and offers a good overview of the area. You can also pick up a free campsite map at the entrance station or peruse it at dec.ny.gov/outdoor/camping.html.

Folks who like to fish can try for lake, brown and rainbow trout, landlocked salmon, rock bass, smallmouth bass and northern pike. Birdlife to look for includes loons, wood ducks, mallards (so bold they might walk right into your campsite looking for a handout), common mergansers, osprey and merlin. Chipmunks, red squirrels and beaver

are commonly seen. On a recent visit I found some fresh moose tracks.

Because of the lake's orientation, winds greater than 15 miles per hour can produce waves of over one-foot, especially if the wind is coming from the southwest, south, north or northeast. Novice paddlers should probably get some experience on smaller bodies of water before venturing out onto Indian Lake. Note also that calm mornings can morph into blustery afternoons. I often carry a weather radio to check on the latest forecast for the Adirondacks.

I will describe a paddling route going clockwise around the lake, starting at the state boat launch just off Route 30, 12 miles north of Speculator, and 12 miles south of Route 28 in Indian Lake village. Obviously, the average canoeist, kayaker or SUPer is not going to paddle 49 miles in one day, so repeat visits or a camping stay of a few days will allow one to explore different sections of the lake.



CANOEIST'S AT DUG MOUNTAIN BROOK.

See PADDLING, 28

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CENTURION NEW YORK

LAKE GEORGE

FRIDAY, JUNE 22 - SUNDAY, JUNE 24

Cycling is a beautiful sport so it should be presented in deserving locations. And, what better place to stage a weekend of cycling, geared toward all ability levels, than in Lake George and the incredibly scenic roads of the Adirondacks in Warren County!

That is why Centurion Cycling will kick off its 2012 series with Centurion New York (Lake George) the weekend of June 22-24. Filled with events to excite racers, serious cyclists and recreational riders alike, cyclists can make a weekend of it or pick just one day.

"What Centurion Cycling is about is having the 'Tour de France' type experience and also sharing a lot of laughs with your friends," said founder Graham Fraser, the former head of Ironman North America and one of the most respected endurance sporting event organizers in the business.

Having brought Ironman to Lake Placid, Graham knows the area well. "I always tell people the best cycling I've ever done in the United States is in the Adirondacks," Graham said, adding, "It's a wow, you can't believe you got to do that and then you want to come back again and again."

Having successfully staged world-class events across the continent, Graham felt that something was missing in the cycling world. His concept was to develop events for both amateur racers and recreational riders that had the look and feel of a big-city marathon, yet focused on cycling. Participants would compete for their personal best or challenge themselves to do something they never thought they could. Teams would race against each other or just ride for fun and even raise money for a charitable organization. Yet, no matter whether you planned to race or ride, everyone would get the pro treatment.

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- Feed zones along the course stocked with fluids and nutrition, and staffed by volunteers ready to provide moral support
- Finish line festival complete with music playing, spectators cheering and an announcer calling out the name of each cyclist crossing the finish line

■ Full expo introducing participants to the latest in bikes and cycling gear

The cycling begins with a **Friday Evening Hill Climb** up Prospect Mountain Highway. The individual interval start event is open to all who want to test their strength and their will in a 5.5-mile, 1,457-foot climb. The second event of the evening is the **U.S. Vertical Challenge**, a Hill Climb event for elites or top amateurs in the region who will compete against each other in a race up the hill for the prize purse.

On Saturday, the full morning of activities begins with the **Centurion 25** mile ride to Lake Luzerne, which is intended for recreational riders. The C25 is followed by the **Kids' Rides**, one for ages 5-9 and one for ages 10-13. Both the C25 and Kid's Rides start and finish on Beach Road in Lake George.



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

Centurion Cycling Founder Graham Fraser

The crescendo to the weekend is Sunday's marquee events – the **Centurion 50** mile and **Centurion 100** mile events. The coordinated start on Beach Road, the neutral rollout up Canada Street, and having secured the full road up to Bolton Landing allows those who are racing to get out and go, while those who prefer to ride can position themselves further back. Cyclists will enjoy the incredibly scenic courses and amazing views as the Adirondack courses wind their way through many of Warren County's communities.

For those who've chosen the Centurion 100, hearts will be pumping with the added challenge of facing Graphite and Tongue mountains. Cyclists can take solace in the fact though that drafting is not only allowed at Centurion Cycling events, it's encouraged.

An added element to the Centurion 100 is a King and Queen of the Mountain com-



petition, a timed contest at Gore Mountain that measures how long it takes a cyclist to get from the bottom to reach the top. Those with the fastest time will be crowned at the awards ceremony afterwards.

Overall winners as well as age group winners, both male and female, are awarded for each distance. And, those looking for the course maps with elevation profiles for all events can be found on the Centurion New York website.

Those who are very familiar with cycling in the area are looking forward to the event. "The scenery is dramatic, the small towns are welcoming, and the roads provide a challenge for all levels of cyclists," said Skip Holmes, president of Mohawk-Hudson Cycling Club. "Having a full weekend of rides, full support and an event of this size is really exciting."

"Our club members are excited," said Dick Murphy of the Southern Adirondack Spokes. "Each day they can choose a different way to be involved, and I've enjoyed cycling these roads for years, so I look forward to sharing the experience with everyone who comes to the area."

And, based on the success of Centurion Canada last year, area cyclists can expect that their counterparts from Toronto and throughout Ontario will be traveling to Lake George to join them. That is one of the reasons that the Centurion New York schedule includes a low-key social event on Saturday night. A large screen will be set up in Battlefield Park playing a cycling movie, so

participants, spectators and the community can come out, relax and enjoy the view. The movie is free as is the Centurion Expo that will be open all weekend in Battlefield Park.

At the end of the day, Centurion Cycling's goal is to get more adults and kids on bikes. "I like to see people fit, I love to see people changing their lives," Graham said. "Cycling can do that for so many people. Everyone has the opportunity to be a Centurion."

Website: CenturionCycling.com

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SCHEDULE OF EVENTS

FRIDAY, JUNE 22

- 4-8pm** Centurion New York Expo (Battlefield Park)
Onsite Registration/Package Pick-Up (Battlefield Park)
- 6pm** Open Hill Climb – Individual Interval Start (Prospect Mountain)
- 7:30pm** U.S. Vertical Challenge/Elite Hill Climb (Prospect Mountain)
- 8:15pm** Hill Climb Awards (Near Finish Line at Top of Prospect Mountain)

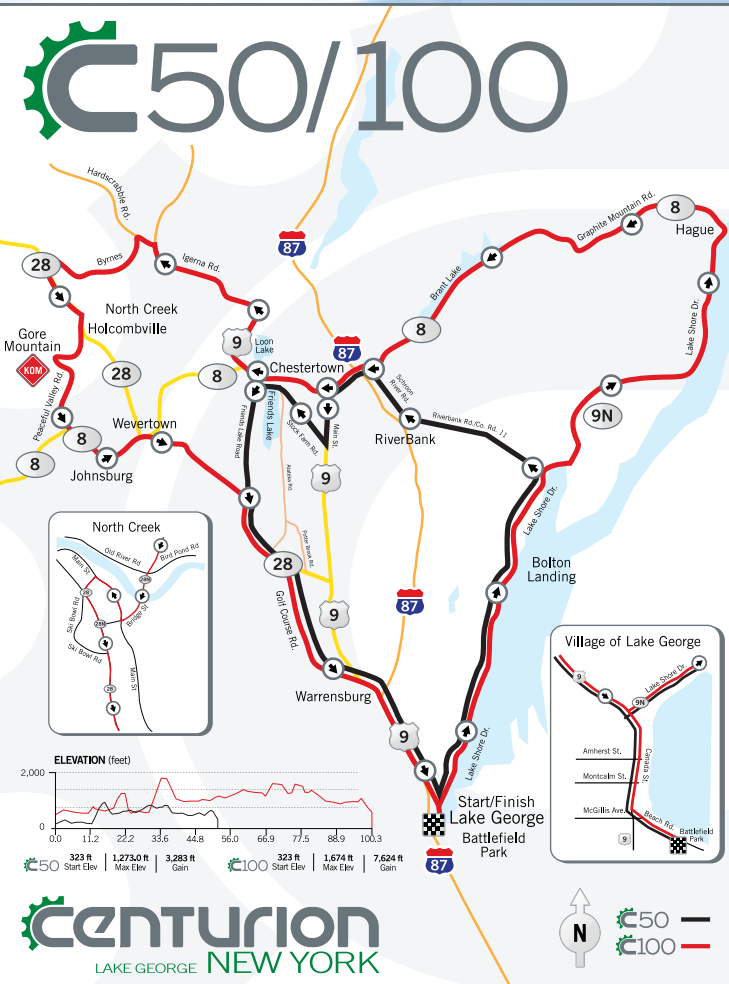
SATURDAY, JUNE 23

- 6am-4pm** Onsite Registration/Package Pick-Up (Battlefield Park)
- 7am-4pm** Centurion New York Expo (Battlefield Park)
- 7am** Staging for Centurion 25-mile Ride
- 7:30am** Centurion 25-mile Ride Start (Beach Road, Lake George)
- 10:30am** Centurion 25 Awards (Battlefield Park)
- 11am** Kids' Rides Start – 5-9 year olds and 10-13 year olds (Beach Road)
- Evening** Movie Night (Battlefield Park)

SUNDAY, JUNE 24

- 5-6:45am** Onsite Registration/Package Pick-Up (Battlefield Park)
- 7am-3pm** Centurion New York Expo
- 6:30am** Staging for Centurion 50-mile and 100-mile Events (Beach Road)
- 7am** Centurion 50 and Centurion 100 Start (Beach Road)
- 11am** Centurion 50 Awards (Battlefield Park)
- 1:30pm** Centurion 100 Awards (Battlefield Park)
- 3pm** Centurion New York Expo Closes



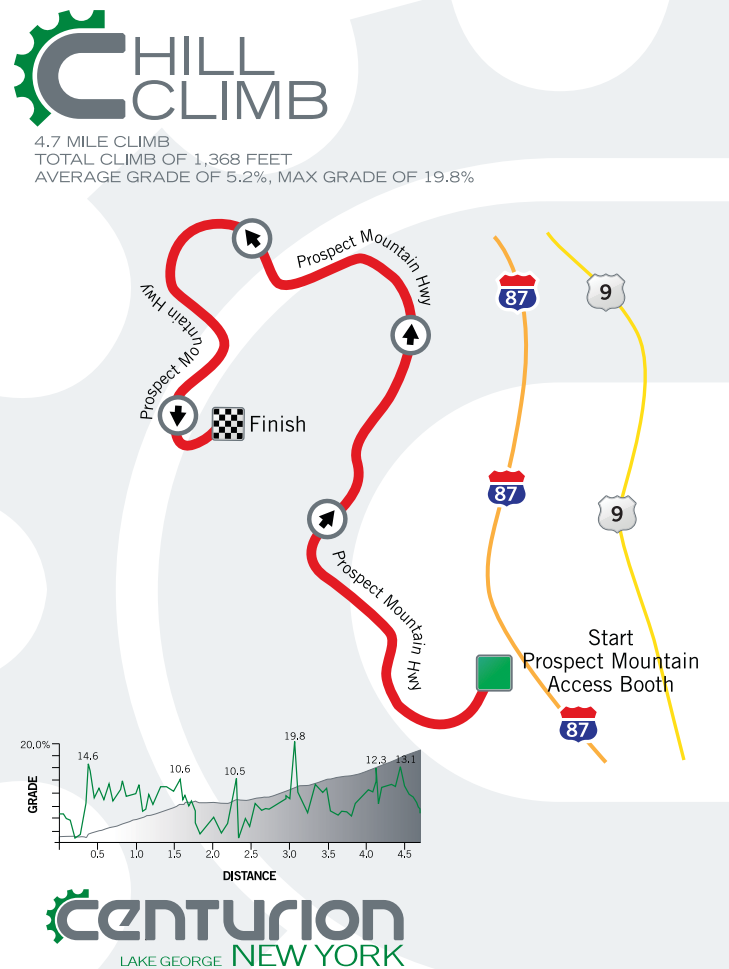


Online Registration closes **June 20**
Register at **CenturionCycling.com**

- ### 2012 Centurion Cycling Series
- Centurion New York (Lake George): June 22-24
 - Centurion Ontario (Horseshoe Valley): July 14-15
 - Centurion Ellicottville (New York): August 17-19
 - Centurion Canada (The Blue Mountains): September 14-16



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ATHLETE PROFILE

Beth Ellen Ruiz

By Liz Lukowski

RESIDENCE: Delmar
CAREER: Psychologist, Ichabod Crane High School, Valatie
FAMILY: Husband, Andy Ruiz
PRIMARY SPORT: Road Cycling
SECONDARY SPORTS: Running, Snowshoeing
AGE: 38



2012 TOUR OF THE BATTENKILL IN CAMBRIDGE. BARRY KOBLENZ BASETWELVEPHOTO.COM

of the longest running, most prestigious women's races in the country.

Beth is inspired by a handful of the women who are currently making waves nationally and internationally in the road cycling scene. Listening to her talk about these racers who have been an inspiration to her, it is clear how much respect she has not only the veterans in women's cycling, but also those women for whom she's moved up with in the ranks. In the sport of cycling elite racers often race against professionals and semi-professionals, so it's not unusual for Beth to line up at a race alongside personal heroes of hers.

Beth says she is "in awe" of Evelyn Stevens, a professional road cyclist for Team Specialized-lululemon, who will be heading to the London Olympic Games in July. "I've had the privilege to race with her," Beth says of Evelyn, humbly laughing the word "race." Beth is impressed by another Olympic hopeful, Megan Guarnier, formerly of Queensbury, who started racing in the Northeast around the same time (Beth outsprinted Megan at the 2005 Jiminy Peak Road Race.) Megan now races for a very successful women's cycling team, Team TIBCO. Beth also looks up to Laura Van Guilder, a veteran racer who at 48 years old, has been a pro-cyclist since 1992 and continues to excel in the sport.

Beth is also excited to see young, talented girls starting out in cycling. On Farm Team Elite Women's Team, she has three junior teammates: Emma White, Emily Elbers, and Julia Sante. Since Beth didn't start cycling until her early 30s, she is curious to know how far she could have gone in cycling had she started at an earlier age.

All her many wins, podiums, and top tens can't compare to a ride that she participated in on her own when she had been riding for less than a year. She completed the Great Big FANY Ride, a week-long, 500-mile cycling tour across New York. Beth considers this ride the most empowering thing she has done as a woman and as a cyclist. Never having been on her bike for consecutive days, or for over 50 miles for that matter, completing this event left her feeling fulfilled, strong and independent!

This is good news for the rest of us. It shows that you don't need to win a bunch of elite bicycle races to feel accomplished. This is what Beth wants people to know – especially women and girls. As she puts it, she wants to encourage women to believe "Yeah, I can get out there too!" ▲

Liz Lukowski (lizlukowski@gmail.com) is an engineering geologist for the New York State Department of Environmental Conservation. She is cyclocross racer with Team NYCross.com and occasionally blogs about bikes on The Bike Blog for the Times Union.

Growing up in the hills of Voorheesville, in Albany County, Beth spent a lot of time playing outdoors, but doesn't remember bikes being a huge part of her childhood. Sitting at a coffee shop recently to talk to her about her cycling, Beth and I did a bit of memory-jogging and she eventually recalled times as a kid when she rode her bike from her house down the mountain into town to hang out with some friends. Her friends couldn't believe she had ridden her bike so far. What they really should have been impressed with was that she would later that day ride her bike back home UP the mountain!

Whether or not this accomplishment left any kind of subconscious impression on her is uncertain, but what is certain is that it was only the beginning.

Fast forward a couple of decades, and Beth was invited to participate in a spin class for members of a local bike racing club, after her aerobics class in the same facility. Lured by the intensity of the workout and camaraderie of the riders, Beth ventured into doing local group rides for about a year, before being convinced to give racing a try. In 2005, Beth competed in her first-ever bike race, the Jiminy Peak Road Race, and won an uphill sprint! That victory launched her career as a formidable bicycle racer in the Northeast and beyond.

During her first few years road racing, Beth joined a local team, but was primarily racing as an individual. She advanced quickly from a Category 4 (beginner) racer to a Category 2 by her second year and is now a Category 1 (elite). In 2009 she started riding on a regional women's cycling team, which is currently called the Farm Team Elite Women's Team. Beth explains that riding as a team is very different than riding on your own. "Team tactics are difficult," she says, and admits that for her it's not a natural

instinct. On Farm Team, director Chris McBurnie usually comes up with the race plan. As Beth states though, "Even the best laid plans sometime have to be left out on the road." Beth's strengths that she brings to her team include her aptitude for climbing and her endurance for long breakaways.

After taking 2011 off from racing to re-energize her body, she's found that this year she's having more fun with it. Still in the early 2012 race season, Beth has four podium finishes already. She is racing strong and feeling more confident than she has in the past. One would never know it from watching her outwardly calm persona, but Beth admits that even she gets nervous. One piece of advice that she has for new cyclists trying to get into racing is that "nerves are normal." Confidence has been an issue for her in racing. When I inquire as to what she means and ask if she feels like sometimes she "can't do it," she responds swiftly and without reservation "I never think I can't do it." Her weakness, as she sees it is that she doesn't always "take the risk" to win. Beth declares, "I've been told you can't be afraid to lose." The mantra is, "Race your strength, train your weaknesses."

In an age when lots of cyclists are fixated on training data, Beth has taken a simpler approach. She doesn't train with a power meter – a very popular device cyclists use to measure power output, or even wear a heart rate monitor. Usually, Beth's workouts are prescribed by her husband, Andy Ruiz. Andy, a cycling coach and masters racer is a

long-time local cycling icon. They usually ride together. "What he's doing, I'm doing, and vice versa," she says. Though Andy tries to convince her to train and race with data, as he's a firm believer in training with power ("The numbers don't lie," he says) and uses it in his own training and for many of his clients, Beth prefers, for now, to keep it 'old-school'; focus on how her body feels and keep it fun. During peak season, Beth trains ten to 15 hours riding six days per week. Some days she focuses on hills, some days on sprinting and intervals, some days are for endurance rides, and believe it or not, there are recovery days too! Beth doesn't obsess over a specific diet, rather focuses on getting good proteins and good carbohydrates.

Beth's goals have changed throughout the years and she feels she has accomplished many already. Her current goal is to compete in a big pro cycling tour event. She regrets having not taken the opportunity to race in the Nature Valley Grand Prix a few years back. Her team has been invited to the Liberty Classic in Philadelphia, an NRC race on June 3, and she and four of her teammates, hope to make it into the finishing results. The 17th annual Liberty Classic, a Union Cycliste Internationale race, is one

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Peak Fitness and Harvest of Rides

By Dave Kraus

Late summer is a time when the crops ripen and the harvest begins to come in. If you're a cyclist, it's also the time when you're in the best shape of the year and this season's harvest of rides is ripe for the riding.

The seventh annual **Ididaride! Adirondack Bike Tour** on Sunday, August 12 starts at North Creek's Ski Bowl Park and traverses a 75-mile loop through some of the most beautiful scenery of the Adirondack Park. Participants will find a well-organized event with full road support including stocked rest stops with port-a-johns, sag and mechanical support, and maps/cue sheets. There is also a 20-mile route option that returns to North Creek after a shuttle bus ride to Indian lake.

The bike tour is sponsored by the Adirondack Mountain Club that works to protect that scenery, and participation has grown over the years as word has gotten out about the views, organization, and the après-ride party. Across the finish line, riders will find a catered barbecue by Nikktina's of Queensbury and beer provided by Cooperstown Brewing Company and Butternuts Beer & Ale. Also returning this year is the Ididaride! bike jersey, which can be ordered in advance of the ride. Registration for the 75-mile ride is \$65 for ADK members or \$75 for non-members. For details and registration, go to adk.org.

The 12th annual **Pat Stratton Memorial Century Ride** on Saturday, August 25 is playing catch-up this season. An unregistered participant named Irene on ride day last year and forced a cancellation. Registered riders for this year's event will get last year's and this year's t-shirts, according to organizers. The Pat Stratton ride, which benefits youth programs of the Kiwanis Club of Saranac Lake, starts in Saranac Lake and offers 25-, 50-, and 100-mile routes that let riders see the beautiful heart of the Adirondacks without having to ride any major climbs. Fees range from \$30 for the 25-miler to \$40 for the century, with a free kids' ride, and also free registration for active duty military and law enforcement personnel.

The route uses wide shouldered state highways and quiet back roads to visit Paul Smith's College and Meacham Lake and the small communities of Lake Clear, Gabriels and St. Regis Falls. Riders will have full road support including feed stations with portable toilets and sag wagons. There are also prizes, a barbecue and live music. To register, go to bikereg.com or active.com and search for "Pat Stratton Memorial Ride."

The third annual **Camp Challenge Ride** on Saturday, September 8 benefits and is hosted at the Double H Ranch, a serious fun camp in Lake Luzerne for kids with life-threatening illnesses. The 15, 30, and 62-mile routes take participants through the rolling hills surrounding the ranch.

New this year is the Ranch-Terra Camp Challenge 5K Trail Run on the same date, so riders can ride and runners or walkers can do their thing!

Registered participants will receive their own personal fundraising webpage, training tips, online discussion groups and training. The day will begin with a pre-ride breakfast and end with a postride BBQ all at the Double H Ranch. The registration fee is \$50 per rider, with an additional \$100 fundraising goal for the 15 and 30 milers, and \$250 for the 62 milers. Additional family members can attend the BBQ for \$10 per person. To register go to doublehbranch.org.

The **Saratoga Century Weekend**, sponsored by the Mohawk-Hudson Cycling Club on Saturday-Sunday, September 8-9, is the main event hosted by the largest cycling club between New York City and Montreal. Riders can choose from routes of 25, 50, 62 and 100 miles on each of the two days, starting out of the Carlsbad Pavilion in Saratoga Spa State Park in Saratoga Springs. All the routes offer sag and mechanical support and stocked rest stops, and take in the scenic countryside around Saratoga County and west into the Adirondack foothills. A catered meal after the ride restocks exhausted muscles, and offers you a chance to meet some of the many riders who come from out of town for the event.

For families, the Saratoga Springs area offers many interesting events, restaurants, shopping and attractions to keep the family busy while you ride. Further information and registration forms can be found on webmhcc.org, and keep in mind the club is always looking for additional volunteers to put on this large event that's a mainstay of the Capital Region cycling scene.

The fifth annual **Ride Run Walk 4 Love** will take place on Saturday, September 22 at the Saratoga Spa State Park in Saratoga Springs. Proceeds from RRW 4 Love go to Love146, an international human rights group working to end the trafficking and exploitation of children. This local fundraising ride started in 2008 with only 60 riders. Since then the event has raised over \$150,000 toward the fight trafficking and exploitation of children, a very worthwhile cause.

As the name indicates, Ride Run Walk 4 Love includes events in all three disciplines that give everyone an opportunity to take part. Participants have the option of cycling 15 or 30 miles or doing a 5K run/walk. This year a 100-mile cycling century route will also be offered, replacing the 50-miler of previous years. The 5K run/walk event stays inside the scenic park, while the road cycling routes head east toward Saratoga Lake. The fundraising minimum for this ride is \$146. For details and registration, go to rrw4l.com.

KIDS' MILE RIDE AT THE 2011 RIDE RUN WALK 4 LOVE IN SARATOGA SPRINGS.
RIDE RUN WALK 4 LOVE



If you're after fall foliage, the **Peak Season Century** in Lake George on Saturday, October 6 will deliver. This ride, which benefits the Leukemia & Lymphoma Society, starts from Million Dollar Beach in Lake George village. The century route takes riders all the way around the lake. There's a 60-mile option also available, where riders will be bussed to Fort Ticonderoga, then they will then cycle that distance back to Lake George – along the same route as the century. On the road, there will be full support including rest stops every 15 miles apart, with mechan-

ics and sag available.

After the finish, there will be goodie bags for all riders with long sleeved T-shirts, Chipotle burritos, beer supplied by the local Adirondack Pub & Brewery, and live music. The beach house at Million Dollar Beach will be open for showers, with lockers available. For information or to register, go to peakseasoncentury.org. ▲

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

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RACE RESULTS

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #2

March 31, 2012 • Coxsackie-Athens High School, Coxsackie

TOP 3 OVERALL & REGIONAL FINISHERS

A RACE: PRO & CATEGORY 1/2/3 - 54 MILES

1	2:07:44	Max Lippolis/44, Team Danbury Audi, Pound Ridge
2	2:07:44	Ben Wolfe/19, Aetna Cycling Team, Old Lyme, CT
3	2:07:44	Laurence Merling, Cheshire Cycle Racing, Guilford, CT
7	2:07:44	Zack Vogel/41, North American Velo, Saratoga Springs
14	2:12:41	Michael Mascarenhas/49, North American Velo, Saratoga Springs
17	2:13:27	Anthony Felitte/50, CCC/Keltic Const/Zanes Cycles, Delmar
18	2:13:27	Thomas Butler/52, CCC/Keltic Const/Zanes Cycles, Delmar
19	2:13:27	Bradford Stratton/34, Capital Bicycle Racing Club, Albany
21	2:13:27	Brian Polhemus/52, Capital Bicycle Racing Club, Spencertown
22	2:13:27	William Pjontek/46, Battenkill-United, Albany
27	2:13:27	Mark Miller/40, Favata's Table Rock Tours, Hurley
29	2:13:27	Fernando Ferreira/44, Unattached, Poughkeepsie
33	2:13:27	Andrew Ruiz/48, CCC/Keltic Const/Zanes Cycles, Delmar
35	2:13:27	Matt Goedeke/30, Capital Bicycle Racing Club, Selkirk
36	2:13:27	Christian Favata/34, Favata's Table Rock Tours, Kerhonkson
42	2:16:01	Keane Brennan/16, Farm Team Cycling, Cambridge

B RACE: CATEGORY 4 - 42 MILES

1	1:48:57	Chris Chapman/47, Breakaway Courier/CRCA, Ridgewood, NJ
2	1:49:08	Gianni Polhemus/14, Capital Bicycle Racing Club, Spencertown
3	1:49:08	Scott Hock/33, Adirondack Velo Club, Johnstown
4	1:49:08	Ad Stabel/52, Central NY Cyclist, East Meredith
5	1:49:08	Steve Seabury/44, Unattached, Old Chatham
6	1:49:08	Phillip Hershberger/62, Capital Bicycle Racing Club, Climax
9	1:49:08	Andrew Roginski/49, Elevate Cycles, Saratoga Springs
10	1:49:08	David Bertram/41, Pacerline Sports, Cooperstown
11	1:49:08	Kyle Gagnier/26, Team Wear On Earth, Peru
12	1:49:08	Raymond Willard/45, Ommegang/Syracuse Bicycle, Oneida
13	1:49:08	Mark Graber/54, North American Velo, Saratoga Springs
14	1:49:08	Jeffrey Krywanczyk/27, Team Wear On Earth, Chazy
18	1:49:08	Barry Koblenz/49, Capital Bicycle Racing Club, Albany
19	1:49:08	Stephen Hudynia/14, Rogue Race Team, Fort Plain
22	1:49:08	Terry Blanchet/49, North American Velo, Castleton
26	1:49:08	Jay Thomas/42, North American Velo, Poestenkill
27	1:49:08	Jonathan Favata/32, Favata's Table Rock Tours, Kerhonkson
30	1:49:08	Charlie Casey/50, Unattached, Alplaus

32	1:49:08	Glenn Allen/51, Unattached, Gloversville
34	1:49:08	Shane O'Brien/25, Unattached, Saratoga Springs
36	2:01:41	Michael Lenihan/47, Battenkill-United, Lake George

C RACE: CATEGORY 5 - 18 MILES

1	48:12	Andrew Meunier/27, Pawling Cycle & Sport, Clinton Corners
2	48:12	Thomas Warren/35, HBC Racing, Huntington
3	48:12	Christopher Yates/36, Elevate Cycles, Saratoga Springs
4	48:12	Daniel O'Hare/45, Unattached, Westerlo
5	48:12	Jeff Petrocci/34, Team Placid Planet, Lake Placid
6	48:12	Andrew Rizzi/31, HRRT/Specialized, Niskayuna
7	48:12	Sean Gilooly/38, Team Elevate Cycles, Saratoga Springs
9	48:12	Jason Stilson/29, HRRT/Specialized, Schenectady
10	48:12	James Jennings/23, Pacerline Sports, Cooperstown
12	48:12	Brian Burr/39, Unattached, Glens Falls
13	48:12	Jerry Hicks/36, Team Core, Queensbury
14	48:12	Sam Train, Team Bikeway.com, Poughkeepsie
15	48:12	Paul Hogan/48, Unattached, Cohoes
16	48:12	Brian Hupe/27, Capital Bicycle Racing Club, Albany
20	51:44	Gordon Webster/43, Unattached, Ballston Lake
23	52:21	Paul Byron/30, Capital Bicycle Racing Club, Feura Bush
24	52:27	John Baranoski/29, Unattached, Schuylerville
25	52:52	Kenneth McGuinness/61, Capital Bicycle Racing Club, Albany
26	52:58	Dylan Thomaire/37, Unattached, Northville
27	53:04	Alexander Brehm/22, Skidmore College, Saratoga Springs
29	53:35	Spencer Perry/15, Unattached, Nassau
30	54:23	Lyle Schultz/30, Capital Bicycle Racing Club, Westerlo
31	54:29	Roger Truax Jr/42, Capital Bicycle Racing Club, Troy
33	54:46	James Litynski/54, Unattached, Niskayuna
34	54:46	Gary Lessard/59, Schenectady Cycling Club, Schenectady
35	54:53	Kevin Kretschmar/47, Tomhannock Bicycles, Rensselaer
36	55:22	Buck Maille/53, HRRT/Specialized, Niskayuna
37	55:22	Oscar Larosa/45, Elevate Cycles, Saratoga Springs
38	57:15	Howie Diamond/53, Team Elevate Cycles, Clifton Park
40	1:01:13	Ben Matusow/20, Unattached, Saratoga Springs
41	1:02:26	Christopher Myers/40, Unattached, Cairo
43	1:02:25	Tom Baeckmann/44, Unattached, Purling

Courtesy of Capital Bicycle Racing Club

33RD ANNUAL APRIL FOOL'S RACE continued

10K RACE

MALE OVERALL				
1	Lance Jordan	26	Greenwich	38:55
2	Tim Russell	22	Saratoga Springs	40:03
3	Jon Gurney	49	Saratoga Springs	41:13

FEMALE OVERALL				
1	Chelsea DeSalvatore	26	Tarrytown	43:43
2	Jessica Chapman	34	Williamstown, MA	44:49
3	Kathleen Newton	52	Bennington, VT	45:14

FEMALE AGE GROUP: 1 - 19				
1	Grace Petty	11	Pawlet, VT	1:04:17
2	Olivia Burnham	11	West Pawlet, VT	1:04:21

MALE AGE GROUP: 20 - 29				
1	Lucas Roods	21	Greenwich	45:36

FEMALE AGE GROUP: 20 - 29				
1	Kate Imboden	21	Topsfield, MA	50:29
2	Jessica Kratzert	26	Salem	51:34
3	Jackie Houran	28	Jacksonville, NC	57:36

MALE AGE GROUP: 30 - 39				
1	David Bentley	38	Troy	43:14
2	Eric Fiske	32	Granville	43:17
3	Benjamin Yurschak	36	Greenwich	49:18

MALE AGE GROUP: 40 - 49				
1	Bill Colvin	48	Williamstown, MA	44:41
2	Steve Abbott	42	Hadley	46:06
3	Allan Bishop	48	Clifton Park	49:04

FEMALE AGE GROUP: 40 - 49				
1	Janet Guilfoyle	47	Round Lake	52:30
2	Miriama Patrick	46	Greenwich	59:26
3	Laurie Fronhofer	44	Salem	1:04:30

MALE AGE GROUP: 50 - 59				
1	Dave Birse	53	Hancock, NH	43:08
2	Tom Tift	54	Averill Park	44:54
3	Timothy O'Connor	53	Loudonville	50:08

FEMALE AGE GROUP: 50 - 54				
1	Jennifer Kuzmich	53	Greenwich	53:44
2	Jill Mehan	57	Troy	54:28
3	Deb McCarthy	51	Burr Hill	57:52

MALE AGE GROUP: 60 - 69				
1	Craig Roods	62	Greenwich	50:16
2	Terry Smith	64	Galway	1:00:02

1-MILE RACE

MALE OVERALL				
1	Levi Cummings	14	Salem	6:22
2	Ellis Pennick	12	Greenwich	6:29
3	Nick Falk	10	Salem	6:30

FEMALE OVERALL				
1	Jackie MacGregor	11	Shushan	7:27
2	Alex Birchmore	11	Middle Granville	7:40
3	Kyndra Riche	10	Salem	9:01

Courtesy of Salem Rotary Club & Racing Committee

TROOPER BRINKERHOFF MEMORIAL SPRING SERIES RACE #3

April 7, 2012 • Coxsackie-Athens High School, Coxsackie

TOP 3 OVERALL & REGIONAL FINISHERS

A RACE: PRO & CATEGORY 1/2/3 - 63 MILES

1	2:31:08	Ben Wolfe/19, Aetna Cycling Team, Lyme, CT
2	2:31:08	Daniel Chabanov/25, Foundation/CRCA, Brooklyn
3	2:31:12	Aidan Charles/29, Aetna Cycling Team, Middletown, CT
13	2:33:55	Mark Miller/40, Favata's Table Rock Tours, Hurley
14	2:33:55	Cliff Summers/49, CCC/Keltic/Zanes, Queensbury
16	2:33:55	Zack Vogel/41, North American Velo, Saratoga Springs
22	2:33:55	Anthony Felitte/50, CCC/Keltic/Zanes, Delmar
28	2:33:55	William Pjontek/46, Battenkill-United, Albany
42	2:33:55	Jack Piller/47, Onion River Racing, Plattsburgh
44	2:33:55	Kevin Mosher/53, CCC/Keltic/Zanes, Voorheesville
45	2:33:55	Mark Sumner/49, CCC/Keltic/Zanes, Clifton Park
49	2:33:55	Matt Goedeke/30, Capital Bicycle Racing Club, Selkirk
50	2:33:55	Wayne Bray/35, Embrocation Cycling Journal, Clinton

B RACE: CATEGORY 4 - 49 MILES

1	2:07:19	Ted Culotta/45, Expo Wheelmen, Guilford, CT
2	2:07:21	Tristan Orford/26, CRCA/Siggi's/NY Velocity, New York
3	2:07:21	Roger Parmelee/35, CRCA/Siggi's/NY Velocity, Brooklyn
8	2:07:21	Jonathan Favata/32, Favata's Table Rock Tours, Kerhonkson
12	2:07:21	Andrew Roginski/49, Elevate Cycles, Saratoga Springs
13	2:07:21	Jay Tyler/47, Team Genesis Cycling, Mechanicville
14	2:07:21	Kerrin Strevell/35, Farm Team Elite Women, Valatie
15	2:07:21	Raymond Willard/45, Ommegang/Syracuse Bicycle, Oneida
16	2:07:21	Jay Thomas/42, North American Velo, Poestenkill
21	2:07:21	Kyle Gagnier/26, Team Wear On Earth, Peru
22	2:07:21	Gene Primomo/55, Capital Bicycle Racing Club, Delmar
23	2:07:21	Steven Smith/49, Pacerline Sports, Cooperstown
24	2:07:21	Steve Seabury/44, Unattached, Old Chatham
25	2:07:21	Audrey Scott/39, Farm Team Elite Women, Poughkeepsie
27	2:07:21	Terry Blanchet/49, North American Velo, Castleton
31	2:07:21	Jenny Ives/27, Farm Team Elite Women, Saratoga Springs
34	2:07:21	Ad Stabel/52, Central NY Cyclist, East Meredith
35	2:07:21	Scott Hock/33, Adirondack Velo Club, Johnstown
36	2:07:21	Brian Polhemus/52, Capital Bicycle Racing Club, Spencertown
39	2:14:38	Caleb Batchelder/19, Ascension Cycling, Argyle
40	2:17:14	Mark Graber/54, North American Velo, Saratoga Springs
42	2:17:14	Charlie Casey/50, Unattached, Alplaus
43	2:17:14	Tim Eck/47, Elevate Cycles, Ballston Spa
45	2:17:14	Jeffrey Krywanczyk/27, Team Wear On Earth, Chazy

46	2:18:27	Terry Batchelder/53, Ascension Cycling, Argyle
55	2:30:13	Glenn Allen/51, Unattached, Gloversville

C RACE: CATEGORY 5 - 21 MILES

1	56:43	Andrew Meunier/27, Pawling Cycle/Sport, Clinton Corners
2	56:43	James Jennings/23, Pacerline Sports, Cooperstown
3	56:43	Michael Tanzi/28, TeamBikeway.com, Lagrangeville
5	56:51	Jason Stilson/29, HRRT/Specialized, Schenectady
6	56:51	Lyle Schultz/30, Capital Bicycle Racing Club, Westerlo
7	56:51	Christopher Yates/36, Elevate Cycles, Saratoga Springs
8	56:51	Andrew Rizzi/31, HRRT/Specialized, Niskayuna
9	56:51	Brian Hupe/27, Capital Bicycle Racing Club, Albany
10	56:51	Paul Byron/30, Capital Bicycle Racing Club, Feura Bush
11	56:51	Robert Murray/41, HRRT/Specialized, Rotterdam
12	56:51	Sean Gilooly/38, Elevate Cycles, Saratoga Springs
18	56:51	Anthony Pharo/46, Team Genesis Cycling, Clifton Park
20	56:51	Jerry Hicks/36, Unattached, Queensbury
21	56:51	Jon Kosich/44, Unattached, Rensselaerville
22	56:51	Rick Ikasalo/34, Bethlehem Triathlon Club, Delmar
23	57:44	Douglas Meyer/43, Unattached, Saratoga Springs
24	58:25	Keith Lyndaker/60, MaxPowerCycling.com, Lowville
25	58:25	Cody Madigan/30, Tinney's Tavern Cycling, Ballston Spa
27	59:11	Ryan Conley/30, Unattached, Delmar
29	1:00:22	Roger Truax Jr/42, Capital Bicycle Racing Club, Troy
31	1:02:05	David Warburton/30, North American Velo, Rensselaerville
32	1:02:05	Mark Kingsley/50, Pacerline Sports, Cooperstown
33	1:02:23	Stephen Werthner/43, Capital Bicycle Racing Club, Albany
34	1:03:34	Ed Decker, Unattached, Ravena
35	1:04:07	John Baranoski/29, Unattached, Schuylerville
37	1:04:59	Jon Whalen/44, Unattached, Slingerlands
38	1:05:41	Jared Ray/30, Unattached, Albany
40	1:08:16	Dana Cooreman/28, Mission In Motion, Whitesboro
43	1:12:30	Wayne Clermont/61, Health Thru Fitness, Rexford
44	1:12:52	Chris Schultz/63, Unattached, Schenectady
45	1:13:23	John Cummings/62, Schenectady Cycling Club, Schenectady
46	1:13:58	Stacy Maziejka/49, Capital Bicycle Racing Club, Voorheesville
47	1:17:01	Christopher Myers/40, Unattached, Cairo
48	1:20:25	Dennis Maille/ 42, Unattached, Scotia

Courtesy of Capital Bicycle Racing Club

33RD ANNUAL APRIL FOOL'S RACE • April 7, 2012 • Salem High School, Salem

5K RACE

MALE OVERALL				
1	Chris Repka	29	Porter Corners	18:01
2	Daryn Hutchings	15	Argyle	19:10
3	Dave Birse	52	Hancock, NH	20:47

FEMALE OVERALL				
1	Alicia Clark	18	Pawlet, VT	18:29
2	Annie Griminke	16	Greenwich	22:43
3	Cheri Andet	49	Fairfax, VT	23:53

MALE AGE GROUP: 1 - 14				
1	Zachary Sherman	13	22:07	
2	Ryan Dalaba	14	23:36	
3	Ellis Pennick	12	Greenwich	24:32

FEMALE AGE GROUP: 1 - 14				
1	Ella Gurney	14	Saratoga Springs	25:46
2	Sophie Phillips	8	Greenwich	30:43
3	Lilly Phillips	8	Greenwich	30:43

MALE AGE GROUP: 15 - 19				
1	Derek Durkee	16	Fort Ann	20:59
2	Dylan Durkee	18	Fort Ann	22:13
3	Brian Horner	15	West Pawlet, VT	23:36

MALE AGE GROUP: 20 - 29				
1	Dan Snyder	28	Argyle	24:18
2	Greg Randels	25	Argyle	25:43
3	Sam Roods	24	Nyack	31:13

FEMALE AGE GROUP: 20 - 29				
1	Alison Clark	22	Pawlet, VT	24:38
2	Rebecca Jordan	26	Greenwich	27:53
3	Emily Wood	28	Argyle	28:46

MALE AGE GROUP: 30 - 39

1	Randall Decker	36	Gansevoort	26:31
2	Tim Clark	30	Fort Edward	28:44
3	Matt Dickson	30	Victory Mills	29:22

FEMALE AGE GROUP: 30 - 39

1	Elizabeth Donaldson	33	Shushan	27:14
2	Kate Abbott	36	Granville	28:11
3	Shem Seybolt	31	Queensbury	29:18

MALE AGE GROUP: 40 - 49

1	Bryan Crosier	47	Argyle	21:19
2	Jerry Ellis	41	Albany	22:18
3	Mike Smith	48	Argyle	22:25

FEMALE AGE GROUP: 40 - 49

1	Cheri Audet	49	Fairfax, VT	23:53
2	Tammy Linder	40	Walworth	28:53
3	Kristen Long	43	Gansevoort	29:09

MALE AGE GROUP: 50 - 59

1	Tony Audet	55	Fairfax, VT	25:30
2	Art Hyde	54	Hoosick Falls	26:04
3	Steve Obermayer	50</		

8TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE
 April 14-15, 2012 • Main Street, Cambridge

PRO/AM - TOP 3 OVERALL & REGIONAL FINISHERS

PRO/CATEGORY 1 - 80 MILES

- 3:27:42 Bruce Bird, Wheels of Bloor, Toronto, ON
- 3:28:54 Blair Berbert, Kelly Benefit Strategies, Washington, DC
- 3:28:55 Jacob Rytlewski, Astellas Oncology, Brownsburg, IN

WOMEN PRO/CATEGORY 1/2 - 62 MILES

- 3:00:38 Veronique Fortin, Unattached, Gatineau, QC
- 3:01:22 Crystal Anthony, Ladies First Racing, Beverly, MA
- 3:01:22 Alizee Brien, Specialized/Mazda/SGC, Montreal, QC
- 3:04:51 Beth Ruiz, Farm Team Elite Women, Delmar
- 3:06:18 Jenny Ives, Farm Team Elite Women, Saratoga Springs
- 3:09:19 Rosanne Van Dorn, Team Placid Planet, Lake Placid
- 3:13:17 Audrey Scott, Farm Team Elite Women, Poughkeepsie
- 3:26:23 Anna McLoon, Unattached, Bouckville
- 3:28:33 Meredith Ehn, Farm Team Elite Women, Albany

CATEGORY 2 - 80 MILES

- 3:33:24 Ben Foltz, Round Here Racing, Wrightsville, PA
- 3:33:37 Patrick Goguen, CF Racing, Hopedale, MA
- 3:33:37 Andy Quinn, Schuylkill Navy Racing, Philadelphia, PA
- 3:33:38 Christian Favata, Favata's Table Rock Tours, Kerhonkson
- 3:56:38 Brandon Milet, Brevard College, Cambridge

CATEGORY 3 (PINK) - 62 MILES

- 2:46:07 David Anthony, CRCA/BH Comedy Central, New York
- 2:46:08 Andrew McGee, Century Road Club Association, New York
- 2:46:08 Daniel Crespo, CRCA/CycleLife, New York
- 2:51:32 Erik Markevich, Farm Team Elite Men, Stephentown
- 2:52:35 Brad Stratton, Capital Bicycle Racing Club, Albany
- 2:53:35 Michael Johnson, CCB/DOTGO, Cambridge, MA

CATEGORY 3 (YELLOW) - 62 MILES

- 2:48:37 Moritz Steiner, Team Montclair Bikery, Montclair, NJ
- 2:48:37 Joe Jacobs, Speedwell Racing, Bloomingdale, NJ
- 2:48:37 Peter Reed, Spintek Cycling Team, Oxford, MS
- 2:49:23 Zack Vogel, North American Velo, Saratoga Springs
- 2:50:35 James Walker, Team Placid Planet, Elizabethtown
- 2:52:34 Nicholas Waller, Team Placid Planet, Gloversville
- 2:56:41 Terry Blanchard, North American Velo, Castleton
- 2:59:31 Jack Piller, Onion River Racing, Plattsburgh
- 3:01:48 Michael Mascarenhas, North American Velo, Saratoga Springs
- 3:01:55 Matt Goedeke, Team Wear On Earth, Selkirk

WOMEN CATEGORY 3 - 62 MILES

- 3:13:47 Kerrin Strevell, Farm Team Elite Women, Valatie
- 3:13:47 Anneliese Haines, CRCA/Innovation Fitness, New York
- 3:13:47 Lindsey Knast, QCV, Philadelphia, PA
- 3:13:50 Bryna Blanchard, North American Velo, Troy
- 3:26:14 Susanna Piller, Farm Team Elite Women, Plattsburgh
- 3:27:17 Nicole Laplante, Team Placid Planet, Peru

CATEGORY 4 (WHITE) - 62 MILES

- 2:52:16 Ben Turrell, CRCA/FGX Racing, New York
- 2:52:42 Maksym Shepitko, Hudson Furniture Racing, Brooklyn
- 2:52:42 Jules Roazen, Kissena Cycling Club, Brooklyn
- 2:54:05 Paul Fronhofer, Battenkill-United, Argyle
- 3:11:04 William Henke, Battenkill-United, Hudson Falls
- 3:18:59 Michael Lenihan, Battenkill-United, Lake George

CATEGORY 4 (GREEN) - 62 MILES

- 2:54:58 Jayson Jacobs, CRCA/W&D Racing, Brooklyn
- 2:54:58 Jesse Walker, CRCA/Setanta, Brooklyn
- 2:54:59 Ilya Cantor, MTBNJ.com/Halter's Cycles, West Windsor, NJ
- 2:59:22 Jeffrey Krywanczyk, Team Wear On Earth, Chazy
- 2:59:25 Kyle Gagnier, Team Wear On Earth, Peru
- 3:15:22 Dustin Bessette, Berkshire Bike & Board, Copake Falls

CATEGORY 4 (PINK) - 62 MILES

- 2:54:10 Mike Barbone, Chester Co Velo, West Chester, PA
- 2:54:17 Brandon Freyer, Pawling Cycle/Sport, Brewster
- 2:55:37 Kevin Woodhouse, OAV/Cyclemania, Falmouth, ME
- 3:04:09 Yohsuke Takakura, Dr. Naylor's Racing, Albany
- 3:05:24 Mark Graber, North American Velo, Saratoga Springs
- 3:08:29 Jud Speer, Dr. Naylor's Racing, Cobleskill
- 3:08:29 Todd Shapiro, North American Velo, Ballston Spa
- 3:49:55 Marc Sullivan, North American Velo, Middle Grove

CATEGORY 4 (YELLOW) - 62 MILES

- 2:59:18 Michael Tabasko, DCMTB, Cabin John, MD
- 2:59:18 Travis Kroot, Base36/Gorham Bike, Cumberland Foreside, ME
- 2:59:19 Chris Baird, Unattached, Boston, MA
- 2:59:20 Scott Hock, Adirondack Velo Club, Johnstown
- 3:00:38 Raymond Willard, Ommegang/Syracuse Bicycle, Oneida
- 3:00:39 Christian Rose, Columbia University Cycling, New Paltz
- 3:01:58 Paul Hebert, Capital Bicycle Racing Club, Glenmont

- 3:03:16 Matt Mallet, Catskill Mountain Multisport, Ballston Spa
- 3:11:11 John Onderdonk, Team Elevate Cycles, Saratoga Springs
- 3:24:18 Loren Swears, Capital Bicycle Racing Team, Gansevoort
- 3:34:41 Glenn Allen, Unattached, Gloversville

CATEGORY 4 (BLUE) - 62 MILES

- 2:52:07 Jason Berry, Grippped Racing, Arlington, VA
- 2:52:08 Kevin Walker, Minerva Design, Rochester
- 2:52:08 Dean Phillips, Fit Werx, Wenham, MA
- 2:56:48 Jay Thomas, North Atlantic Velo, Poestenkill
- 2:57:04 Steve Seabury, Unattached, Old Chatham
- 2:58:13 Jonathan Favata, Favata's Table Rock Tours, Kerhonkson
- 2:59:34 Seth Gallagher, Overlook Mountain Bikes, New Paltz
- 3:08:30 William Munyan, HRRT Elite/Specialized, Rensselaer
- 3:11:34 Caleb Batchelder, Ascension Cycling, Argyle
- 3:14:27 Jeremy Dawkins, Bicycle Depot, New Paltz
- 3:14:34 Robert Gover, Unattached, Queensbury
- 3:17:08 Terry Batchelder, Ascension Cycling, Argyle
- 3:39:35 Richard Rutishauser, Sonne's Racing/MVBC, Whitesboro

WOMEN 4 (BLUE) - 62 MILES

- 3:19:02 Lisa Kennish, CRCA/Asphalt Green Cycling, New York
- 3:19:02 Meghan Schloat, CRCA/Asphalt Green Cycling, New York
- 3:19:02 Meredith Uhl, CRCA/Innovation Fitness, New York
- 3:20:32 Aurora Lamperetta, Unattached, Saratoga Springs
- 3:30:20 Dana Cooreman, Mission in Motion Cycling, Whitesboro
- 3:52:30 Lisa Gizzarelli, Unattached, New Paltz

WOMEN CATEGORY 4 (WHITE) - 62 MILES

- 3:13:15 Stephanie Jette, Paradise Racing, Brownsville, VT
- 3:17:13 Alexis Zink, NCVU/United Healthcare, Bethesda, MD
- 3:17:14 Ellen Noble, CF Racing, Kennebunkport, ME
- 3:24:57 Elizabeth Lukowski, HRCROSS.com, Albany
- 3:27:51 Emma White, Farm Team Cycling, Delanson
- 3:33:39 Mara Fronhofer, Clockwork Construction, Argyle
- 3:45:48 Charity Giroux, Team Core, Queensbury
- 4:05:36 Stacy Maziejka, Capital Bicycle Racing Club, Voorheesville
- 4:08:48 Barbara Padula, Mission in Motion Cycling, Clinton
- 4:08:49 Jessica Mitchell, HRRT Elite/Specialized, Albany
- 4:35:43 Kendra Farstad, KendraFarstadArts.com, Greenwich

CATEGORY 5/UNDER-35 (PINK) - 62 MILES

- 2:59:01 Bruce Fecheylrippens, CRCA/Siggi's/NYVelocity, New York
- 3:02:03 Andrew Meunier, Unattached, Clinton Corners
- 3:02:53 Jonathan O'Connor, BRC, Rosindale, MA
- 3:12:43 Ryan Conley, Unattached, Delmar
- 3:36:20 Jared Stritsman, Tomhannock Bicycles, Petersburg
- 3:36:59 Duane Goodermote, Tomhannock Bicycles, Petersburg
- 3:39:22 Lyman Tinc, Unattached, Saratoga Springs
- 3:42:17 Jeff Petrocki, Team Placid Planet, Lake Placid
- 3:48:19 Evan Greenberg, Team Placid Planet, Saranac Lake

CATEGORY 5/UNDER-35 (YELLOW) - 62 MILES

- 2:58:36 Jameson Ogg, Cause & Effect, Brooklyn
- 2:59:39 Jonathan Sellers, Unattached, Long Valley, NJ
- 3:01:42 Clinton Angwin, Mason Racing, Lebanon, NH
- 3:04:08 Cameron Lewis, Unattached, Chestertown
- 3:04:09 Paul Stockamore, Bike Depot, New Paltz
- 3:24:10 Karl Hensler, Unattached, Warrensburg
- 3:43:02 Andrew Akins, Unattached, Malta
- 3:44:20 Jared Ray, Melifera, Albany
- 4:09:05 John Baranoski, Unattached, Schuylerville

CATEGORY 5/UNDER-35 (BLUE) - 62 MILES

- 2:59:41 Christian Page, Unattached, Barrington, NH
- 2:59:41 Brian Duffy, Philadelphia Tri Club, West Chester, PA
- 3:29:46 Bret Page, Unattached, Sanbornville, NH
- 3:02:55 James Jennings, Paeline Sports, Cooperstown
- 3:15:00 Andrew Rizzi, HRRT/Specialized, Niskayuna
- 3:16:14 Jason Stilson, HRRT/Specialized, Albany
- 3:22:12 Niles Gagnon, Inside Edge, Queensbury
- 3:27:11 Ian McGrew, Overlook Bikes/Adidas, Kingston
- 3:07:31 Pierre Poulin, Gluten Free With Amy, Granville

CATEGORY 5/35-PLUS (WHITE) - 62 MILES

- 3:01:49 Kyle Welch, Catskill Mountain Multisport, Chelmsford, MA
- 3:02:33 Michael Bakker, Catskill Mountain Multisport, Garrison
- 3:04:16 Daniel Jarecke, Nice Tri Coaching, Canandaigua
- 3:17:33 Keith Alber, Catskill Mountain Multisport, Clifton Park
- 3:22:54 Kevin Lanahan, Catskill Mountain Multisport, Clifton Park

CATEGORY 5/35-PLUS (GREEN) - 62 MILES

- 3:03:08 Simon Oddy, CRCA/Breakaway Courier, Ridgewood, NJ
- 3:06:21 Douglas Marple, Unattached, Cambridge, MA
- 3:06:42 Pete Buletza, Unattached, Ipswich, MA

continued

8TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE continued

- 3:37:03 Jerry Hicks, Team Core, Queensbury
- 3:39:59 Mark Kowalski, Unattached, Glenville
- 4:06:48 Jason Gardner, Team Core, Glens Falls

CATEGORY 5/35-PLUS (PINK) - 62 MILES

- 2:54:02 Mark Branlie, CRCA, Lebanon, NJ
- 2:54:03 Daniel Bailey, Brands Cycling Team, Sea Cliff
- 2:55:42 Arthur Picard, Unattached, Clifton Park
- 3:17:34 Dylan Thomarie, Adirondack Velo Club, Northville
- 3:27:02 Ryan Rath, Adirondack Triathlon Club, Ballston Spa
- 3:30:06 Stephen Werthner, Capital Bicycle Racing Club, Albany
- 3:53:52 Charlie Samuels, Unattached, Saratoga Springs
- 3:57:34 Charles Tastensen, Unattached, Gansevoort
- 4:01:13 TJ O'Connor, Capital District Triathlon Club, Slingerlands
- 4:13:20 Greg Cannon, Bicycle Depot, New Paltz

CATEGORY 5/35-PLUS (YELLOW) - 62 MILES

- 2:57:15 Brad West, Unattached, Rockville Centre
- 3:03:55 Tibor Nemes, Formula Tri Club, New York
- 3:04:08 Chris Owen, Unattached, Leverett, MA
- 3:13:21 Christopher Yates, Elevate Cycles, Saratoga Springs
- 3:16:51 John Schwartz, Favata's Table Rock Tours, Rosendale
- 3:56:41 Dave Taylor, Mohawk Valley Bike Club, New York Mills
- 4:16:11 Don Whiting, Mohawk Valley Bike Club, Utica
- 5:32:13 Yvon Jean, Unattached, Coram

CATEGORY 5/35-PLUS (BLUE) - 62 MILES

- 2:58:30 Sean Gilooly, Elevate Cycles, Saratoga Springs
- 3:01:12 Paul White, Transportation Alternatives, Brooklyn
- 3:01:12 Tyler Merritt, Village Bicycle Repair, Richmond, VT
- 3:20:31 Randy Swift, Saratoga Triathlon Club, Saratoga Springs
- 3:22:47 Anthony Mitchell, NoFrenchGuys, Ravenna

CATEGORY 5/45-PLUS (WHITE) - 62 MILES

- 3:05:14 Gregory Linakis, HBC Racing, Lloyd Harbor
- 3:07:49 Jeffrey Bartsch, HBC Racing, Montclair, NJ
- 3:07:49 Dana Brown, S45 Velo, West Roxbury, MA
- 3:14:59 Tom MacClarence, Capital Bicycle Racing Club, Loudonville
- 3:34:24 Timothy Cleworth, Capital Bicycle Racing Club, Schenectady
- 3:38:09 Eric Whiting, Cambridge Valley Cycling, Greenwich
- 3:47:41 John Davidson, Adirondack Triathlon Club, Queensbury
- 4:12:21 David McGowan, Unattached, Lake George
- 4:32:22 Jim Fox, Adirondack Triathlon Club, Glens Falls

CATEGORY 5/45-PLUS (GREEN) - 62 MILES

- 3:08:11 Jeff Rowe, HBC Racing, Roslyn
- 3:08:32 Chris Connaught, Unattached, Old Saybrook, CT
- 3:13:46 Andre Sincennes, The Cyclery, Ottawa, ON
- 3:15:03 John Noonan, Unattached, Ballston Spa
- 3:34:02 Daniel O'Hare, Unattached, Westerlo
- 3:35:06 Stephen Romero, Unattached, Saratoga Springs
- 3:42:12 Philip Borgese, Unattached, Niskayuna
- 3:43:24 Mike Jaworski, Unattached, Shokan
- 3:48:03 Charles Hayward, Unattached, Albany
- 3:55:09 John Rot, Unattached, Lake George
- 4:34:28 Steve Lasalle, Unattached, Loudonville

CATEGORY 5/45-PLUS (PINK) - 62 MILES

- 3:08:32 David Stacey, BOB/Speed Merchant, Methuen, MA
- 3:08:32 Harry Bolick, Kissena Cycling Club/Brooklyn
- 3:10:33 Leonard Pagan Jr, Peaks Coaching Group, Novelty, OH
- 3:12:14 Brad Elliott, Chiropractic, Clifton Park
- 3:13:19 David St. Germain, Cambridge Valley Cycling, Fort Ann
- 3:13:57 Bob Frank, Adirondack Triathlon Club, Niskayuna
- 3:14:35 Jeffrey Rivet, Unattached, Saratoga Springs
- 3:14:57 Owen Dougherty, Unattached, Waterford
- 3:16:58 Eliakim Littell, Battenkill-United, Greenwich
- 3:26:49 Scott Sears, Unattached, Clay
- 3:37:56 Benoit Tonneau, Unattached, Niskayuna
- 3:55:07 Matthew Landy, Capital Bicycle Racing Club, Glenmont
- 4:02:55 Tim Reiss, Unattached, Loudonville

CATEGORY 5/45-PLUS (BLUE) - 62 MILES

- 3:04:56 Nicholas Pachuda, Morgan Stanley Cycling, West Chester, PA
- 3:04:56 David Boyce, Housatonic Wheel Club, Pittsfield, MA
- 3:04:58 James Stafford, Bicycle Depot, New Paltz
- 3:26:01 Chris Wurster, Independent Fabrication, Gardiner
- 3:39:49 Eric Gustafson, Team Wear On Earth, Massena
- 3:41:51 Joe Magliocca, Ommegang/Syracuse Bicycle, Oneida
- 3:54:31 George Prisco, Team Bikeway, Poughkeepsie
- 3:57:23 Powell Maille, HRRT/Specialized, Glens Falls
- 4:08:13 Tim Bantham, Saratoga Triathlon Club, Ballston Spa
- 5:21:46 John Perry, Not Dead Yet Racing, Johnsonville

CATEGORY 5/55-PLUS (WHITE) - 62 MILES

- 3:17:31 Gary Musgrove, BikeBarnRacing.com, Abington, MA
- 3:18:34 GD Dess, Unattached, Tenafly, NJ

- 3:18:39 Henry Lehman, CRCA/Pete's Bike, Ringoes, NJ
- 3:33:12 Glen Brent, Unattached, Red Hook
- 3:45:20 Kenneth McGuinness, Capital Bicycle Racing Club, Albany
- 4:09:49 Richard Morse, Capital District Triathlon Club, Malta
- 4:10:28 Michael Mead, Unattached, Queensbury

CATEGORY 5/55-PLUS (GREEN) - 62 MILES

- 3:06:40 Donald Foster, Slouch Velo, Rye, NH
- 3:06:43 Raymond Carlson, Central NY Cyclist, Hamilton
- 3:09:56 Paul Fronhofer, Cambridge Valley Cycling, Salem
- 3:23:19 Tom Gordon, Unattached, Delmar
- 3:31:23 John Price, Research Road Riders, Niskayuna
- 3:48:59 Gary Schiavi, Unattached, Chestertown
- 4:02:03 Wayne Clermont, Health Thru Fitness, Rexford
- 4:38:52 Ross McCabe, Unattached, Albany

JUNIOR 17-18 - 62 MILES

- 2:50:03 Benjamin Perry, Team CHCH, St. Catharines, ON
- 2:50:03 Miguel Bryon, Blue Star/Boom Dev Team, Miami, FL
- 2:50:04 Greg Ratzell, Young Medalists/Team Rothrock, Blandon, PA

JUNIOR GIRLS 15-18 - 22 MILES

- 1:15:08 Janelle Cole, Andrie/Machine/Star Jr. Devo, Rockford, MI
- 1:18:18 Melissa Seb, Bikeman.com, Bryant Pond, ME
- 1:28:25 Paige Williams, Farm Team Juniors, North Bennington, VT

JUNIOR 15-16 - 62 MILES

- 3:03:10 Austin Vincent, CF Racing, Simsbury, CT
- 3:03:10 Sam James, MVC/Miller School of Albemarle, Blacksburg, VA
- 3:03:10 Tom Dudzik, Farm Team Juniors, Burlington, CT
- 3:12:34 Keane Brennan, Farm Team Juniors, Cambridge
- 3:24:07 Wyatt Drake, Farm Team Juniors, Cambridge
- 4:13:49 Connor Lenihan, Farm Team Juniors, Lake George

JUNIOR BOYS 13-14 - 22 MILES

- 1:15:05 Gianni Polhemus, Unattached, Spencertown
- 1:15:05 Alec Ratzell, Young Medalists/Team Rothrock, Blandon, PA
- 1:15:05 Logan Zueger, WMCR/Andrie Jr Dev Team, Marquette, MI
- 1:31:47 Matthew Lang, Pawling Cycle/Sport, Dover Plains

JUNIOR GIRLS 13-14 - 14 MILES

- 0:50:38 Kathryn Toth, Capital Bicycle Racing Club, Stephentown

JUNIOR BOYS 10-12 - 14 MILES

- 0:48:39 Robin Plamondon, Espoirs Laval, Montreal, QC
- 0:48:42 Matthew Jodognik, Colavita/Baci U19, Chatham, NJ
- 0:48:42 Philip Hempstead, Northampton Cycling Club, Northampton, MA
- 0:51:32 Harrison White, Capital Bicycle Racing Club, Delanson
- 0:53:26 Maxwell McLenithan, Unattached, Cambridge
- 0:57:25 Ian Vernoo, Unattached, Niskayuna
- 1:05:17 Tommy Servetas, Unattached, Loudonville
- 1:08:55 Andrew Deierlein, Farm Team Juniors, Lake Luzerne
- 1:19:06 Tyler Koziol, Farm Team Juniors, Buskirk

JUNIOR GIRLS 10-12 - 14 MILES

- 1:07:11 Danae Waterbury, Unattached, Mirabel, QC

MASTERS 30 - 62 MILES

- 2:45:19 Colin Sandberg, Team GPOA, Philadelphia, PA
- 2:45:19 Gregg Galletta, CRCA/BH Comedy Central, Dobbs Ferry
- 2:45:19 Sean Barrie, XO Communications, Washington, DC
- 2:46:47 David McCutchen, Unattached, Saugerties

MASTERS 40 - 62 MILES

- 2:46:26 Jacob Hacker, Unattached, New Haven, CT
- 2:46:28 Ted Michaels, Evolution Cycling Club, Leesburg, VA
- 2:46:29 Dan Staffo, Handlebars Cycling Co, Farmington
- 2:47:27 Andrew Ruiz, CCC/Keltic Const/Zanes Cycles, Delmar
- 2:47:27 Cliff Summers, CCC/Keltic Const/Zanes Cycles, Queensbury
- 2:49:04 William Pjonte, Battenkill-United, Albany
- 2:49:16 Mark Miller, Favata's Table Rock Tours, Hurley
- 2:52:41 Paul Wojciak, Pawling Cycle/Sport, Poughkeepsie
- 2:57:56 Paul McDonnell, Capital Bicycle Racing Club, Selkirk
- 3:04:19 Gregg Salisbury, Oren Salt, Red Hook

MASTERS 50 - 62 MILES

- 2:48:05 James Nash, CCB Racing Team, North Hampton, NH
- 2:48:06 John Funk, Verge Sport/Test Pilot, South Kent, CT
- 2:48:13 Sylvan Adams, PowerWatts/FitTime, Montreal, QC
- 2:48:14 Anthony Felitte, CCC/Keltic Const/Zanes Cycles, Delmar
- 2:48:19 Kevin Mosher, CCC/Keltic Const/Zanes Cycles, Voorheesville
- 2:58:04 Thomas Butler, Capital Bicycle Racing Club, Delmar
- 2:58:06 Gene Primomo, Capital Bicycle Racing Club, Delmar
- 3:00:32 Richard Karaz, Central NY Cycling, Remsen
- 3:01:12 Charlie Casey, Unattached, Alplaus
- 3:03:54 Brian Polhemus, Battenkill-United, Spencertown
- 3:05:35 Don Rice, CCB Racing/Battenkill-United, Rensselaer
- 3:34:09 Dan Reilly, Team Placid Planet, Saranac Lake

MASTERS 60 - 62 MILES

- 2:55:10 Tom Officer, Cycle Fitness, Litchfield, CT

continued

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RACE RESULTS

8TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE *continued*

2 2:55:56	George Pawle, Cyclonaunts Racers, Westfield, MA	2 4:55:56	Jesse Anthony, Team Optum, USA
3 3:02:03	Bernie Sanders, EastCoasters/Bike Sherpas Touring, Roanoke, VA	3 4:55:56	Jeremy Vennell, Bissell Pro Cycling, NZL
19 3:25:19	Walter Hard, Eastern Bloc Cycling Club, New Hartford, CT	4 4:56:19	Joey Roskopf, Team Type 1/Sanofil, USA
20 3:25:23	Tim Leonard, NYCROSS.com, New Hartford	5 4:56:19	Michael Friedman, Team Optum, USA
22 3:29:14	Arthur Goedeke, Capital Bicycle Racing Club/Long Energy, Delmar	6 4:56:19	Jeffry Louder, United Healthcare Pro Cycling, USA
27 3:36:17	Keith Lyndaker, MaxPowerCycling.com, Lowville	7 4:56:19	Ben Jacques-Maynes, Bissell Pro Cycling, USA
28 3:37:59	Phillip Hershberger, Capital Bicycle Racing Club, Climax	8 4:56:19	Benjamin Day, United Healthcare Pro Cycling, AUS
32 4:00:55	James Bogue, Cambridge Valley Cycling, Buskirk	9 4:57:53	Bruno Langlois, Garneau/Quebecor Cycling, CAN

PRO UCI - ELITE MEN - 124 MILES

1 4:55:54	Francisco Mancebo, Competitive Cyclist Racing, ESP
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10 4:58:40	John Murphy, Kenda/5-Hour Energy, USA
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Courtesy of Anthem Sports

24TH ANNUAL DELMAR DASH 5-MILER April 15, 2012 • Bethlehem Middle School, Delmar

MALE OVERALL			FEMALE AGE GROUP: 40 - 44		
1 Eric MacKnight	23 Clifton Park	25:21	1 Kimberly Miseno-Bowles	41 Amsterdam	35:15
2 Alex Paley	25 Albany	25:48	2 Robin Murphy	41 Delmar	35:23
3 Kevin Treadway	23 Albany	25:58	3 Regina McGarvey	42 Castleton	37:19
FEMALE OVERALL			MALE AGE GROUP: 45 - 49		
1 Emily Bryans	44 Schenectady	29:43	1 Ahmed Elasser	49 Latham	28:26
2 Shelly Binsfeld	32 Clifton Park	30:21	2 Jon Rocco	45 Colonie	29:44
3 Kristina Gracey	29 Albany	30:40	3 Christian Lietzau	48 Delmar	29:59
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 45 - 49		
1 Riley Grossman	11 Delmar	34:34	1 Christine Varley	47 Albany	34:40
2 Killian Ryan	12 Delmar	37:06	2 Mary Fenton	46 Ballston Spa	37:05
3 Leo Rosenblum	11 Delmar	38:55	3 Ruth Sadinsky	45 Albany	38:16
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 50 - 54		
1 Sarah Vener	12 Slingerlands	36:12	1 Derrick Staley	53 Ballston Lake	28:01
2 Fiona Shea	14 East Greenbush	45:18	2 Peter Goutos	52 Saratoga Springs	31:17
3 Kathryn Sancilio	13 Delmar	45:29	3 Ken Evans	51 Delmar	31:51
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54		
1 Paul Cox	18 Troy	28:29	1 Kimberly Seelig	24 Saratoga Springs	23:33
2 Eric Pierson	19 Glenmont	32:29	2 Rachel Guillot	23 Rensselaer	25:15
3 Andrew Bohl	17 Voorheesville	33:23	3 Brittney Holcomb	22 Slingerlands	25:30
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 55 - 59		
1 Natalie Wallace	19 Canandaigua	35:32	1 Mark Nunez	55 Ballston Lake	34:10
2 Sofoia Eddy	19 Albany	37:37	2 Martin Patrick	58 East Greenbush	35:16
3 Sarah Yandow	18 South Burlington, VT	39:40	3 Richard Kelly	55 Schenectady	37:50
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59		
1 Eric Young	20 Latham	27:18	1 Mary Karen Noonan	55 Albany	42:24
2 Jeff Goupil	24 Clifton Park	28:20	2 Gail Sansivero	55 Albany	42:34
3 Aaron Lozier	23 Albany	28:28	3 Jill Mehan	57 Troy	42:49
FEMALE AGE GROUP: 20 - 24			MALE AGE GROUP: 60 - 64		
1 Shylah Weber	23 Rensselaer	36:39	1 Tony Maddaloni	60 Slingerlands	32:53
2 Lydia Kouletsis	20 Albany	36:56	2 Frank Broderick	60 Ballston Lake	36:38
3 Nicole Izzo	24 Albany	37:35	3 John Stockwell	64 Watervliet	36:43
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64		
1 Daniel Jordy	28 Glenville	26:42	1 Susan Wong	64 Glenmont	39:30
2 Marcus Debergh	28 Albany	28:10	2 Carole Bieber	60 Slingerlands	44:00
3 Andrew McCarthy	28 Albany	28:24	3 Katherine Ambrosio	61 Delmar	45:07
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 65 - 69		
1 Erin Rightmyer	28 Delmar	35:00	1 Patrick Glover	65 Clifton Park	34:19
2 Kelly Virkler	28 Albany	36:32	2 David Hayes	68 Niskayuna	40:19
3 Annie Hayden	27 Albany	36:46	3 Douglas Fox	67 Loudonville	40:49
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69		
1 Eamon Dempsey	32 Delmar	27:01	1 Nancy Johnston	66 Ballston Lake	54:21
2 Tucker Chrapowitzky	34 Feura Bush	27:57	2 Christine Strebel	67 Schenectady	55:24
3 Joey Sullivan	33 Schenectady	29:56	MALE AGE GROUP: 70 - 74		
FEMALE AGE GROUP: 30 - 34			1 Terry Rooney 71 Delmar 38:22		
1 Crystal Perno	30 Clifton Park	31:23	2 Jim Moore	72 Niskayuna	40:52
2 Sonya Pasquini	33 Albany	31:44	3 James McGuinness	73 Schenectady	42:32
3 Kari Deer	33 Guilderland	32:46	FEMALE AGE GROUP: 70 - 74		
MALE AGE GROUP: 35 - 39			1 Marge Rajczewski 71 Ballston Lake 46:14		
1 Michael Roda	36 Albany	26:48	2 Eiko Bogue	74 Schaghticoke	1:01:42
2 Jeff Andrews	35 Delmar	28:59	MALE AGE GROUP: 75 - 79		
3 Robert Irwin	39 Guilderland	29:05	1 Christopher Rush	75 Schenectady	42:43
FEMALE AGE GROUP: 35 - 39			2 Wade Stockman 77 Rensselaer 44:05		
1 Gretchen Oliver	37 Guilderland	31:17	3 Robert Thien	78 Glenmont	50:47
2 Sally Drake	39 Albany	33:26	FEMALE AGE GROUP: 75 - 79		
3 Melissa Maguire	39 Loudonville	36:06	1 Anny Stockman	79 Rensselaer	1:05:04
MALE AGE GROUP: 40 - 44			<i>Courtesy of Hudson-Mohawk Road Runners Club</i>		
1 Volker Burkowski	40 Gansevoort	27:45			
2 Ben Greenburg	43 Voorheesville	28:13			
3 Jonathan Bright	41 Guilderland	30:55			

33RD ANNUAL ST. PETER'S KEYS RUN 5K & 10K April 21, 2012 • Saratoga Spa State Park, Saratoga Springs

5K RACE			MALE AGE GROUP: 50 - 54		
MALE OVERALL			1 William Venner	52 Granville	18:50
1 Eric MacKnight	23 Clifton Park	15:44	2 Peter Goutos	52 Saratoga Springs	19:10
2 Michael Roda	36 Albany	16:21	3 Jon Weilbaker	53 Saratoga Springs	19:40
3 Shaun Donegan	26 Wilton	16:55	FEMALE AGE GROUP: 50 - 54		
FEMALE OVERALL			1 Kinnon Swick	53 Saratoga Springs	23:12
1 Meghan Davey	26 Rotterdam	18:47	2 Joanne Towers	50 Ballston Spa	28:13
2 Katie DeRusso	26 Fairport	18:57	3 Patricia Kennedy	52 Fort Ann	28:18
3 Melanie Staley	31 Saratoga Springs	20:11	MALE AGE GROUP: 55 - 59		
MALE AGE GROUP: 1 - 14			1 John Webber	56 Ballston Spa	22:26
1 Patrick Hughes	12 Ballston Spa	33:56	2 Frank Lombardo	56 Saratoga Springs	22:31
FEMALE AGE GROUP: 1 - 14			3 Donald McConkey	55 Greenfield Center	23:16
1 Keelyn Cummings	11 Wilton	23:23	FEMALE AGE GROUP: 55 - 59		
2 McKayla Shainberg	11 Ballston Spa	29:38	1 Matisyahu Kelleher	57 Saratoga Springs	26:07
3 Sierra Garcia	12 Saratoga Springs	31:29	2 Theresa Hughes	56 Ballston Spa	30:44
MALE AGE GROUP: 15 - 19			3 Kathy Strife	56 Ballston Spa	32:46
1 David Deger	19 Greenfield	17:56	MALE AGE GROUP: 60 - 64		
2 Jack Vite	15 Clifton Park	22:53	1 Paul Bennett	60 Latham	20:23
3 Dylan Juda	17 Ballston Spa	24:16	2 Peter Carucci	62 Ballston Lake	23:45
FEMALE AGE GROUP: 15 - 19			3 Tom Boltzer	64 Greenfield Center	26:36
1 Lauren Hughes	19 Saratoga Springs	21:40	FEMALE AGE GROUP: 60 - 64		
2 Hannah Fogarty	15 Ballston Spa	23:35	1 Christine McKnight	64 Schuylerville	28:49
3 Lauren Tyler	15 Hudson Falls	24:29	2 Peggy Keigley	62 Greenfield Center	31:42
MALE AGE GROUP: 20 - 24			3 Linda Plante	63 Middle Grove	36:48
1 Zach Phelps	24 Albany	18:59	MALE AGE GROUP: 65 - 69		
2 James Brooks	23 Clarksburg, MA	21:25	1 Jim Cunningham	67 Ticonderoga	24:15
FEMALE AGE GROUP: 20 - 24			2 Howard Jones	68 Clifton Park	29:02
1 Kimberly Seelig	24 Saratoga Springs	23:33	FEMALE AGE GROUP: 65 - 69		
2 Rachel Guillot	23 Rensselaer	25:15	1 Laura Clark	65 Saratoga Springs	29:42
3 Brittney Holcomb	22 Slingerlands	25:30	MALE AGE GROUP: 70 - 74		
MALE AGE GROUP: 25 - 29			1 James McGuinness	73 Schenectady	25:13
1 Pat Cullen	26 Albany	17:19	2 Ray Lee	70 Halfmoon	36:45
2 Daniel Kalbfleish	26 Johnsonville	26:09	FEMALE AGE GROUP: 70 - 74		
3 Richard Akin	26 Mechanicville	29:37	1 Marge Rajczewski	71 Ballston Lake	30:56
FEMALE AGE GROUP: 25 - 29			2 Clemence Clancy	72 Diamond Point	32:17
1 Amanda Wyman	25 Rensselaer	25:16	MALE AGE GROUP: 75 - 79		
2 Leann Driscoll	25 Ballston Spa	27:05	1 Norm Marciniak	77 Saratoga Springs	30:46
3 Katie Gibbs	29 Clifton Park	27:20	2 Richard Schumacher	78 Hoosick Falls	33:49
MALE AGE GROUP: 30 - 34			3 Bob McFarland	79 Schenectady	35:24
1 Jeffrey Lindy	32 Brooklyn	17:36	MALE AGE GROUP: 80 - 89		
2 Chris Yarsevich	33 Saratoga Springs	17:37	1 Walt McConnell	80 Bolton Landing	36:17
3 Lee Lurie	32 Ballston Spa	19:10	2 Andy Keefe	81 Saratoga Springs	44:16
FEMALE AGE GROUP: 30 - 34			10K RACE		
1 Christin Boeckman	32 Saratoga Springs	25:34	MALE OVERALL		
2 Sarah Reed	34 Saratoga Springs	25:46	1 David Deger	19 Greenfield Center	36:01
3 Heather Coleman-Ibrahim	32 Cohoes	27:23	2 Matt Mallet	36 Ballston Spa	36:14
MALE AGE GROUP: 35 - 39			3 Chris Repka	29 Porter Corners	36:31
1 Matthew Conant	36 Ballston Spa	18:51	FEMALE OVERALL		
2 Greg Ethier	38 Cohoes	20:20	1 Melanie Staley	31 Saratoga Springs	39:44
3 David Cann	39 Queensbury	25:11	2 Beth Stalker	52 Burnt Hills	42:43
FEMALE AGE GROUP: 35 - 39			3 Kimberly Mikesch	31 Charlestown, MA	42:49
1 Stephanie Salvato	38 Scotia	27:30	FEMALE AGE GROUP: 1 - 14		
2 Laura Clark-Elliott	37 Gansevoort	27:50	1 Amelia Breslin	14 Wilton	1:02:22
3 Anmari Hanrahan	36 Saratoga Springs	28:29	MALE AGE GROUP: 15 - 19		
MALE AGE GROUP: 40 - 44			1 William Clark	19 Porter Corners	38:54
1 Chun Park	40 Saratoga Springs	18:19	2 James Stanitz	19 University Heights, OH	58:08
2 Joe Nicoll	44 Wilton	19:35	FEMALE AGE GROUP: 15 - 19		
3 Todd Griswold	41 Saratoga Springs	20:47	1 Alyson Demskie	15 Porter Corners	1:11:35
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 20 - 24		
1 Yvette Wilson	42 Clifton Park	25:21	1 Zach Phelps	24 Albany	38:25
2 Heather Garcia	41 Saratoga Springs	27:40	2 Tim Russell	22 Saratoga Springs	40:35
3 Rachel Palmer	40 Niskayuna	27:47	3 James Brooks	23 Clarksburg, MA	51:40
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 20 - 24		
1 Rob Hoff	46 Albany	18:18	1 Rachel Guillot	23 Rensselaer	49:54
2 Samuel Mercado	49 Saratoga Springs	19:25	2 Sarah Larson	24 Round Lake	51:39
3 Edward Drebitko	49 Schenectady	21:30	3 Elizabeth Kautz	24 Troy	53:53
FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 25 - 29		
1 Kelly Armer	45 Ballston Spa	25:20	1 Pat Cullen	26 Albany	37:00
2 Tammi Edwards	46 South Glens Falls	28:35	2 Brian Woods	27 Saratoga Springs	38:37
3 Kelley Bauer	46 Albany	30:26	3 Russell Lidberg	29 Saratoga Springs	41:36

continued

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RACE RESULTS

33RD ANNUAL ST. PETER'S KEYS RUN 5K & 10K *continued*

FEMALE AGE GROUP: 25 - 29		
1 Amy Tretter	29	Clifton Park 48:01
2 Amanda Wyman	25	Rensselaer 52:04
3 Leah Serbalk	28	Saratoga Springs 53:50
MALE AGE GROUP: 30 - 34		
1 Charles Petraske	34	Clifton Park 41:03
2 Mike Washco	33	Albany 49:12
3 Rock Travis	30	Clifton Park 49:20
FEMALE AGE GROUP: 30 - 34		
1 Sarah Reed	32	Saratoga Springs 51:42
2 Elizabeth Oakes	33	Niskayuna 54:16
3 Erica Basso	32	Saratoga Springs 55:10
MALE AGE GROUP: 35 - 39		
1 Matthew Conant	36	Ballston Spa 38:58
2 Shawn DeCenzo	38	Glenville 42:03
3 Michael Bracken	38	Saratoga Springs 42:57
FEMALE AGE GROUP: 35 - 39		
1 Amy Rodak	39	Ballston Spa 51:07
2 Stephanie Salvato	38	Scotia 53:42
3 Mary Scott	39	Bolton Landing 53:59
MALE AGE GROUP: 40 - 44		
1 David Barr	41	Saratoga Springs 37:27
2 Bryan Horan	44	Ballston Spa 48:40
3 Lance Decker	42	South Glens Falls 49:12
FEMALE AGE GROUP: 40 - 44		
1 Dawn Morrison	44	Clifton Park 52:53
2 Angela Annese	43	Saratoga Springs 56:23
3 Rachel Palmer	40	Niskayuna 57:49
MALE AGE GROUP: 45 - 49		
1 Phil Spiezo	47	Greenwich 41:59
2 Edward Groves	46	Ballston Spa 42:33
3 Edward Drebtko	49	Schenectady 42:55
FEMALE AGE GROUP: 45 - 49		
1 Patty Moore	46	Queensbury 47:44
2 Lillian Hamel	49	Mechanicville 56:53
3 Marisa Alber	45	Gansevoort 57:04
MALE AGE GROUP: 50 - 54		
1 William Venner	52	Granville 37:40
2 Ken Schwartz	54	Saratoga Springs 42:44
3 Jim McElroy	53	Saratoga Springs 44:20
FEMALE AGE GROUP: 50 - 54		
1 Jeryl Simpson	54	Mechanicville 54:37
2 Kelly Vite	52	Clifton Park 56:24
3 Deborah Glagov	53	Saratoga Springs 58:38
MALE AGE GROUP: 55 - 59		
1 Timothy Fisher	59	Ballston Spa 46:53
2 Ray Lewis	56	Ballston Lake 50:50
3 Charles Babcock	57	Saratoga Springs 52:15
FEMALE AGE GROUP: 55 - 59		
1 Adele Pace	58	Clifton Park 57:40
2 Svetlana Bakharev	55	Niskayuna 57:59
3 Theresa Hughes	56	Ballston Spa 1:03:34
MALE AGE GROUP: 60 - 64		
1 Frank Broderick	60	Ballston Lake 47:36
2 Mark Fleszar	62	Troy 55:48
3 Leo DiPiero	61	Cherry Plain 57:10
FEMALE AGE GROUP: 60 - 64		
1 Susan Feyer	60	Schenectady 1:02:48
2 Linda Meier	63	Schenectady 1:09:27
3 Suzanne Nealon	62	Troy 1:06:14
MALE AGE GROUP: 65 - 69		
1 David Glass	65	Glenville 47:25
2 Howard Jones	68	Clifton Park 57:29
FEMALE AGE GROUP: 65 - 69		
1 Candi Schermerhorn	65	Diamond Point 56:59
MALE AGE GROUP: 70 - 74		
1 Ray Lee	70	Halfmoon 1:18:26

Courtesy of Saratoga Stryders

9TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF April 28, 2012 • Hudson River Way Amphitheater, Albany

5K RUN		
MALE OVERALL		
1 Thomas O'Grady	26	Latham 16:44
2 Richard Messineo	23	Nassau 17:56
3 Clement Robertshaw	50	Elka Park 18:47
FEMALE OVERALL		
1 Shylah Weber	23	Rensselaer 21:25
2 Erin Arnold	17	Latham 21:41
3 Amanda Zenner	36	Ballston Lake 22:29
MALE AGE GROUP: 1 - 14		
1 Taylor Kurtz	13	Elka Park 20:34
2 Bernard King	13	Elka Park 20:35
3 Brendon Baird	12	Elka Park 21:57
MALE AGE GROUP: 15 - 19		
1 Levi Ellis	17	Berne 29:20
FEMALE AGE GROUP: 15 - 19		
1 Laurel Abowd	18	Glenmont 23:19
2 Nicolette Dimura	16	East Greenbush 27:47
MALE AGE GROUP: 20 - 29		
1 Daryl Mercer	21	Elka Park 21:34
2 Kevin Messineo	23	Nassau 23:26
3 James Christian	29	Albany 1:01:15
FEMALE AGE GROUP: 20 - 29		
1 Michelle Juett	27	Scotia 25:10
2 Deirdre McArdle	20	Loudonville 26:45
3 Shannon Glaski	29	New Lebanon 27:49
MALE AGE GROUP: 30 - 39		
1 Ian Morrison	35	Wynantskill 19:40
2 Milton O'Connell	33	Elka Park 19:43
3 DJ Hansen	38	Wynantskill 22:50
FEMALE AGE GROUP: 30 - 39		
1 Kim Morrison	32	Wynantskill 22:44
2 Rachel Toolan	36	Castleton 26:20
3 Lynn Hansen	38	Wynantskill 27:22
MALE AGE GROUP: 40 - 49		
1 Jack Arnold	49	Latham 18:49
2 Allan Bishop	48	Clifton Park 22:50
3 James Yates	46	Albany 23:33
FEMALE AGE GROUP: 40 - 49		
1 Stacey Piel	42	East Greenbush 27:03
2 Mary Dooley	48	Clifton Park 28:27
3 Bernice Ruzzo	43	Schenectady 28:39
MALE AGE GROUP: 50 - 59		
1 Mike Pitnell	51	Niskayuna 24:34
2 Jim Giglio	50	Albany 26:22
3 Charles Dollard	50	Voorheesville 27:31
FEMALE AGE GROUP: 50 - 59		
1 Melanie Greenspan	59	Albany 27:49
2 Margaret Capozzola	51	Delmar 27:50
3 Janice Verrastro	56	West Sand Lake 28:11
MALE AGE GROUP: 60 - 69		
1 Paul Bennett	60	Latham 20:23
2 Stephen Chenette	61	East Greenush 25:17
3 Joseph Scaringe	66	Latham 25:44
FEMALE AGE GROUP: 60 - 69		
1 Kathleen Ryan	62	Schenectady 40:10
10K RUN		
MALE OVERALL		
1 Thomas O'Grady	26	Latham 32:12
2 Eric Young	20	Latham 34:21
3 Richard Messineo	23	Nassau 34:35
FEMALE OVERALL		
1 Lisa D'Aniello	26	Wilton 40:11
2 Stacia Smith	41	Niskayuna 44:33
3 Diane Tenenbaum	46	Selkirk 44:45
MALE AGE GROUP: 20 - 29		
1 Matt McCormick	29	Clifton Park 41:31
2 Kevin Messineo	23	Nassau 43:17
3 Brian Watts	28	Schenectady 47:34
FEMALE AGE GROUP: 20 - 29		
1 Jenna Bernhardt	27	Albany 46:39
2 Katherine Seeber	27	Rensselaer 47:23
3 Katie Vitello	29	Albany 48:01
MALE AGE GROUP: 30 - 39		
1 Billy Saleh	34	Albany 39:24
2 Steven Nicoll	38	Menands 43:46
3 Michael Washco	33	Albany 44:50
FEMALE AGE GROUP: 30 - 39		
1 Lynn Hansen	38	Wynantskill 46:59
2 Michelle Prenergast	38	Troy 48:46
3 Jennifer Labreche	31	Glenmont 49:10
MALE AGE GROUP: 40 - 49		
1 Russell Blue	42	Clifton Park 40:18
2 Bill Hoffman	45	Clifton Park 40:27
3 Sam Simmons	43	Waterford 41:05
FEMALE AGE GROUP: 40 - 49		
1 Donna Mare	47	Clifton Park 45:44
2 Sue Cleary	48	Albany 51:33
3 Anne Hurley	49	Delmar 51:37
MALE AGE GROUP: 50 - 59		
1 Joe Benoit	54	Glenmont 45:18
2 Chester Tumidajewicz	57	Amsterdam 46:59
3 Jerry Pittz	52	Delmar 48:17
FEMALE AGE GROUP: 50 - 59		
1 Jenny Lee	52	Selkirk 48:59
2 Carolyn George	58	Albany 49:34
3 Mary Karen Noonan	55	Albany 49:51
MALE AGE GROUP: 60 - 69		
1 Douglas Fox	67	Loudonville 50:11
2 Greg Rickes	62	Latham 57:24
3 John Shoemaker	63	Scotia 1:00:39
FEMALE AGE GROUP: 60 - 69		
1 Linda Meier	63	Schenectady 1:02:00
MALE AGE GROUP: 70 - 79		
1 Joe Kelly	78	Menands 1:09:33

Courtesy of St. John's/St. Ann's Center

10TH ANNUAL DODGE THE DEER 5K

April 21, 2012 • Schodack Island State Park, Schodack Landing

5K TRAIL RUN		
MALE OVERALL		
1 Tim Van Orden	43	Bennington, VT 16:36
2 Josh Merlis	30	Albany 16:41
3 Christopher McCloskey	30	Albany 17:34
FEMALE OVERALL		
1 Karen Bertasso	27	Slingerlands 20:41
2 Michelle Rosowsky	44	Niskayuna 20:48
3 Susana Garcia Romer	29	Rensselaer 21:42
MALE AGE GROUP: 1 - 14		
1 Justin Caron	13	Clifton Park 25:01
2 Isaac Menis	10	Schenectady 25:38
3 Miskas Kirstein	11	Schenectady 27:52
FEMALE AGE GROUP: 1 - 14		
1 Abby Werwaiss	12	Nassau 26:17
2 Emma Hampston	12	Voorheesville 27:56
3 Katie Hampston	9	Voorheesville 30:18
MALE AGE GROUP: 15 - 19		
1 Eric Pierson	19	Glenmont 20:20
2 Luke Caton	16	Delmar 23:17
3 Jacob Harding	15	Johnstown 26:40
FEMALE AGE GROUP: 15 - 19		
1 Marie Fuchs	18	Altamont 36:10
2 Tuija Hillner	18	Berne 36:10
3 Anna Whitney	18	Guiderland Center 59:06
MALE AGE GROUP: 20 - 24		
1 Michael Rogers	21	Troy 19:27
2 Robert Carpenter	24	Glenville 20:34
3 Wesley Rolnick	24	New Brighton, MN 20:40
FEMALE AGE GROUP: 20 - 24		
1 Betsy Rees	24	Hudson 27:44
2 Lindsey Williams	23	Saugerties 28:22
3 Shaina Reardon	24	Cohoes 31:27
MALE AGE GROUP: 25 - 29		
1 Tom Scudder	25	Albany 19:41
2 Joel Patrie	28	Scotia 20:07
3 Andrew Ohrin	27	Catskill 21:04
FEMALE AGE GROUP: 25 - 29		
1 Amanda Barone	28	Ballston Spa 23:13
2 Alaina Spadaro	25	Holland Patent 23:41
3 Kelly McCloskey	26	Albany 25:23
MALE AGE GROUP: 30 - 34		
1 Jeffrey Andritz	30	Altamont 19:00
2 DJ Leibach	31	Watervliet 20:33
3 Randy McKinley	34	Schenectady 21:42
FEMALE AGE GROUP: 30 - 34		
1 Kim Morrison	32	Wynantskill 23:45
2 Stephanie Sentz	32	Rensselaer 25:13
3 Anne Stackrow	33	East Greenbush 26:00
MALE AGE GROUP: 35 - 39		
1 Aaron Knobloch	36	Guiderland 17:37
2 Tom Fraser	39	Old Chatham 19:42
3 Mike Siudy	37	New Paltz 19:53
FEMALE AGE GROUP: 35 - 39		
1 Jeanine Mackiewicz	39	Delmar 22:57
2 Stefanie Pitts	37	Schenectady 23:18
3 Stephanie Schmid	37	Troy 24:09
MALE AGE GROUP: 40 - 44		
1 Edward Hampston	44	Voorheesville 18:47
2 Jonathan Bright	41	Guiderland 19:19
3 Andy Reed	40	Niskayuna 19:28
CHASE THE CHIPMUNK 1-MILE RACE		
MALE OVERALL		
1 Conor Flanigan	8	Troy 7:14
2 Jack Buff	9	Clifton Park 7:29
3 Ethan Gibbs	8	Clifton Park 7:51
FEMALE OVERALL		
1 Willa Werwaiss	8	Nassau 7:24
2 Madison Martel	8	Waterford 8:34
3 Amber Nuziati	10	Slingerlands 8:50

Courtesy of ARE Event Productions

32ND ANNUAL HMRRC BILL ROBINSON MASTERS 10K CHAMPIONSHIP

April 28, 2012 • Guiderland High School, Guiderland Center

MALE OVERALL		
1 Tim VanOrden	43	Bennington, VT 34:45
2 Volker Burkowski	40	Gansevoort 35:28
3 Ben Greenberg	43	Voorheesville 35:34
FEMALE OVERALL		
1 Anne Benson	47	Clifton Park 39:43
2 Beth Stalker	52	Burnt Hills 42:05
3 Nancy Nicholson	50	Queensbury 42:34
MALE AGE GROUP: 40 - 44		
1 Allan Serrano	44	High Falls 36:45
2 Edward Hampston	44	Voorheesville 41:16
3 Neil Sergott	40	Clifton Park 42:07
4 Brian Dillenbeck	41	Alplaus 43:00
5 Gil Chorbajian	42	Schenectady 43:29
FEMALE AGE GROUP: 40 - 44		
1 Kimberly Miseno-Bowles	41	Amsterdam 46:06
2 Regina McGarvey	42	Castleton 46:53
3 Connie Smith	44	Ballston Lake 47:08
4 Martha Gohlke	44	Voorheesville 51:46
5 Mary Ibbetson	43	Selkirk 53:34
MALE AGE GROUP: 45 - 49		
1 Jon Rocco	45	Colonie 37:29
2 John Stadtlander	46	Clifton Park 38:43
3 Christian Lietzau	49	Delmar 39:15
4 Brian DeBraccio	46	Scotia 39:58
5 Stuart Barlow	48	Bennington, VT 40:26
FEMALE AGE GROUP: 45 - 49		
1 Christine Varley	48	Albany 45:14
2 Megan Leitzinger	45	Albany 45:56
3 Bridgette Chorbajian	46	Schenectady 53:55
4 Barbara Light	47	Rensselaer 55:24
5 Brenda Pascapella	46	Troy 1:04:49
MALE AGE GROUP: 50 - 54		
1 Derrick Staley	53	Ballston Lake 36:32
2 John Noonan	52	Ballston Spa 37:59
3 Ken Evans	51	Delmar 40:55
4 Robert Wither	51	Niskayuna 41:36
5 John Parisella	54	Schenectady 41:39
FEMALE AGE GROUP: 50 - 54		
1 Karen Gerstenberger	54	Albany 51:42
2 Sharon Fellner	50	Schenectady 56:19
3 Dot Grimaldi	53	Selkirk 1:02:34
MALE AGE GROUP: 55 - 59		
1 Steve Schallenkamp	57	Kingston 40:19
2 Richard Clark	58	Feeding Hills, MA 42:49
3 Jeff Cole	56	Voorheesville 45:54
4 Frank Lombardo	56	Saratoga Springs 47:01
5 David Rowell	59	Albany 48:39
FEMALE AGE GROUP: 55 - 59		
1 Karen Provencher	57	Glens Falls 44:56
2 Susan Burns	57	Rensselaer 52:13
3 Joan Celentano	58	Schenectady 53:40
4 Jill Mehan	57	Troy 54:26
5 Cecelia Broomhead	55	Latham 1:05:28
MALE AGE GROUP: 60 - 64		
1 Paul Forbes	61	Colonie 41:51
2 Peter Gerardi	60	Scotia 43:10
3 Tom McGuire	60	Slingerlands 44:01
4 Juergen Reher	62	Wynantskill 45:46
5 Frank Broderick	60	Ballston Lake 46:36
FEMALE AGE GROUP: 60 - 64		
1 Susan Wong	64	Glenmont 51:17
2 Mary Wisley	60	Albany 55:29
3 Katherine Ambrosio	61	Delmar 57:40
MALE AGE GROUP: 65 - 69		
1 Patrick Glover	65	Clifton Park 45:05
2 Norman Dovberg	66	Slingerlands 47:05
3 Tom Adams	67	Schenectady 48:28
4 David Hayes	68	Niskayuna 52:43
5 Frank Klose	69	Castleton 53:09
MALE AGE GROUP: 70 - 74		
1 Ed Bown	70	Broadalbin 50:49
2 Jim Moore	72	Niskayuna 52:07
3 James McGuinness	73	Schenectady 54:46
4 Ray Lee	70	Halfmoon 1:13:41
FEMALE AGE GROUP: 70 - 74		
1 Coral Crosman	70	Middle Grove 1:08:03
2 Eiko Boque	74	Schaghticoke 1:16:41
MALE AGE GROUP: 75 - 79		
1 Wade Stockman	77	Rensselaer 54:52
FEMALE AGE GROUP: 75 - 79		
1 Anny Stockman	79	Rensselaer 1:18:35

Courtesy of Hudson-Mohawk Road Runners Club

11TH ANNUAL SEAN'S RUN

April 29, 2012 • Chatham High School, Chatham

5K RUN		
MALE OVERALL		
1 Chuck Terry	29	Albany 16:08
2 Macky Lloyd	22	Voorheesville 16:32
3 Dave Vona	29	Valatie 17:15
FEMALE OVERALL		
1 Brina Seguire	22	Rensselaer 19:11
2 Karen Bertasso	27	Slingerlands 20:00
3 Erin Clark	13	Old Chatham 20:26
MALE AGE GROUP: 1 - 14		
1 Andrew McAuley	14	Colonie 18:23
2 Trey Hotaling	13	Ghent 19:58
3 Austin Valliere	12	Stuyvesant 20:23
FEMALE AGE GROUP: 1 - 14		
1 Anna Lifsec	13	East Chatham 23:27
2 Macy Keegan	13	Kinderhook 24:14
3 Abby Werwaiss	12	Nassau 24:48
MALE AGE GROUP: 15 - 19		
1 Ross Wightman	16	Chatham 17:28
2 Griffin Keegan	15	Kinderhook 17:43
3 Jordan Healy	15	Castleton 18:06

RACE RESULTS

2ND ANNUAL LAKE GEORGE HALF MARATHON & 5K *continued*

5 Nicole Avila	23	Guiderland	1:54:44	31 Sallie Gilliland	30	Loudonville	2:06:41
7 Natasha Degiule	22	Delanson	1:56:22	32 Erin Desantis	33	Delmar	2:08:31
9 Brittany Pfaff	20	Loudonville	1:56:32	33 Taryn Raylinsky	34	Mechanicville	2:09:11
11 Emily Degiule	21	Delanson	1:56:34	34 Amanda Schaffer	34	Fort Edward	2:10:20
13 Jamie Philo	24	Northville	1:58:43	36 Renee Nowicki	30	Cohoes	2:11:15
14 Carrie Sisti	24	Queensbury	2:00:59	37 Anne Bink	33	Albany	2:11:16
15 Kimberly Parks	24	Troy	2:02:05	38 Beth Bouloukos	31	Albany	2:11:16
16 Colleen Matzell	21	Colton	2:05:21	39 Shelby Lemessurier	34	Niskayuna	2:12:16
17 Seanna Ryan	20	Rotterdam	2:06:04	40 Suzanne Metzger	31	Lake George	2:13:45
18 Rachael Viscio	23	East Berne	2:06:24	41 Ruth Whitney	31	Fort Ann	2:14:13
19 Francesca Delucia	24	Troy	2:06:28	42 Janet Ho	30	Albany	2:16:57
20 Stephanie Davis	24	Malta	2:06:56	43 Amber Fredericks	34	St. Johnsville	2:20:29
21 Jessica Nicosia	24	Amsterdam	2:08:11	44 Denise Ikasalo	34	Delmar	2:22:14
22 Jacqueline Vanacore	22	Albany	2:11:02	45 Blythe Gieseler	34	Schenectady	2:25:07
23 Kathryn Riley	20	Albany	2:14:48	46 Courtney Wendell	34	Queensbury	2:31:46
24 Jacqueline Begnoche	24	Albany	2:21:26	47 Stacy Jones	31	East Greenbush	2:32:16
26 Courtney Brower	24	Haines Falls	2:49:47	49 Cassandra Thomas	32	Middleville	2:39:25
				51 Maureen Hopkins	32	Saratoga Springs	2:48:46
				53 Rebecca Holmes	34	Glens Falls	2:56:14

MALE AGE GROUP: 25 - 29

1 Van Chakalis III	29	South Glens Falls	1:31:03
2 Seth Thomas	26	Glens Falls	1:43:28
3 Ben Baker	26	Troy	1:44:15
4 Justin Gaita	25	Clifton Park	1:44:52
5 James Powell	28	Waterford	1:46:38
8 Omar Vazquez	26	Albany	1:58:06
9 Christopher Ronca	26	Schenectady	2:00:41
10 Stephen Marra	29	Loudonville	2:04:57
11 Jeffrey Vareka	29	Ballston Spa	2:10:42

FEMALE AGE GROUP: 25 - 29

1 Melissa Wern	26	Hudson Falls	1:38:16
2 Stephanie Vioria	29	East Greenbush	1:43:21
3 Katie Mion	25	Ballston Lake	1:43:54
4 Tiffany Sheerer	29	South Glens Falls	1:45:03
5 Amanda Oliver	28	Albany	1:50:04
6 Jacquie Jones	28	Gansevoort	1:51:32
7 Brett Harris	27	Albany	1:52:07
8 Kathryn Tatko	28	Queensbury	1:54:06
9 Debra Halliday	28	Corinth	1:55:58
10 Rachael Bielert	29	Albany	1:57:49
11 Jessica Bizzarro	27	Saratoga Springs	1:58:48
14 Jamie Mastroianni	29	Gansevoort	2:02:33
15 Stella Albanese	28	Ballston Spa	2:03:09
16 Kate Loeffler	25	Niskayuna	2:03:58
18 Deanna Clements	27	Schuylerville	2:05:00
19 Christina Chiappetta	25	Albany	2:08:51
20 Susan Yzgorde	27	Watervliet	2:09:18
21 Siara Smalley	27	Chatham	2:09:43
22 Andrea Varecka	29	Ballston Spa	2:10:42
23 Ashley Lundquist	28	Mohawk	2:10:47
24 Michelle Carter	28	Troy	2:11:07
25 Abby Gajewski	25	Queensbury	2:12:23
26 Lauren Grouidine	28	Latham	2:14:34
27 Chelsea Bolles	27	Ballston Spa	2:15:40
28 Caroline Milano	26	Albany	2:22:00
29 Leigh-Ann Brash	26	Hudson	2:22:56
31 Kristin Healy	28	Albany	2:38:48
33 Heather Noble	28	Granville	2:49:16

MALE AGE GROUP: 30 - 34

1 Andrew Kinley	33	Albany	1:30:17
2 Jose Garcia-Aranda	34	Waterford	1:31:13
3 Mike Reeves	32	Clifton Park	1:32:55
4 Brandon Vioria	30	East Greenbush	1:34:48
5 Jared Senelick	33	Corinth	1:34:53
6 Rosario Gallo	30	Ticonderoga	1:38:20
7 Greg Rashford	33	Niskayuna	1:40:04
8 Jeffrey Spencer	32	East Greenbush	1:40:31
9 John Evansky	33	Hudson Falls	1:43:00
10 Ryan Deolde	34	Selkirk	1:45:46
11 Nicholas Ronca	30	Schenectady	1:50:33
12 Randy Holmes	30	Glens Falls	1:52:06
14 Michael Colleton	32	Albany	1:52:34
15 Craig Maslowsky	32	Clifton Park	1:52:38
16 Luke Boughton	30	Saratoga Springs	1:52:44
17 Anthony Mastroianni	30	Gansevoort	2:02:33
19 Ean Rose	33	Loudonville	2:06:40
20 Adam Desantis	30	Delmar	2:08:31
21 Kevin Ross	32	Clinton	2:09:49
22 Barclay Chantel	33	Ballston Spa	2:09:51
23 Brian Crowe	34	Albany	2:12:51
25 Sean McConaghy	34	Glennville	2:18:40
27 Adam Smith	31	Malta	2:23:24
28 Raymond Seng Ting	30	Malta	2:24:22

FEMALE AGE GROUP: 30 - 34

1 Meghan Carroll	33	Easton, MA	1:36:02
2 Danielle Maslowsky	33	Clifton Park	1:39:15
4 Melissa West	31	Scotia	1:40:58
5 Jennifer Gabriel	32	Clifton Park	1:42:04
6 Sarah Johnson	31	Saratoga Springs	1:44:08
7 Darci Miller	34	Johnstown	1:44:58
8 Meredith Schaefer	31	Albany	1:47:13
9 Marta Hallgren	34	Galway	1:47:31
10 Stephanie Poirier	34	Saratoga Springs	1:47:55
11 Elizabeth Hastings	34	Saratoga Springs	1:47:58
12 Karli Taylor	34	Schenectady	1:48:36
13 Sharlene Martin	32	Kingston	1:48:50
14 Nicole Kempton	32	Saratoga Springs	1:49:52
15 Julie Vittengl	34	South Glens Falls	1:51:13
16 Elizabeth Colleton	31	Albany	1:52:27
17 Kristin Ashley	34	Ogdensburg	1:52:35
18 Rebecca Evansky	32	Hudson Falls	1:52:36
19 Dana Pearce	30	Hannacroix	1:53:25
22 Nicole Holick	30	Ballston Lake	1:56:50
23 Jennifer Russell	31	Ballston Lake	1:57:28
24 Lauren Boughton	30	Saratoga Springs	1:57:35
25 Angelia Abbott	30	Granville	1:58:23
26 Mary Querbes	31	Malta	1:58:47
27 Alicia Bronzell	31	Ballston Lake	1:59:13
28 Beth Packer	30	Malta	2:00:00
29 Anne Stackrow	33	East Greenbush	2:02:11
30 Dana Pelton	30	West Sand Lake	2:06:02

31 Sallie Gilliland	30	Loudonville	2:06:41
32 Erin Desantis	33	Delmar	2:08:31
33 Taryn Raylinsky	34	Mechanicville	2:09:11
34 Amanda Schaffer	34	Fort Edward	2:10:20
36 Renee Nowicki	30	Cohoes	2:11:15
37 Anne Bink	33	Albany	2:11:16
38 Beth Bouloukos	31	Albany	2:11:16
39 Shelby Lemessurier	34	Niskayuna	2:12:16
40 Suzanne Metzger	31	Lake George	2:13:45
41 Ruth Whitney	31	Fort Ann	2:14:13
42 Janet Ho	30	Albany	2:16:57
43 Amber Fredericks	34	St. Johnsville	2:20:29
44 Denise Ikasalo	34	Delmar	2:22:14
45 Blythe Gieseler	34	Schenectady	2:25:07
46 Courtney Wendell	34	Queensbury	2:31:46
47 Stacy Jones	31	East Greenbush	2:32:16
49 Cassandra Thomas	32	Middleville	2:39:25
51 Maureen Hopkins	32	Saratoga Springs	2:48:46
53 Rebecca Holmes	34	Glens Falls	2:56:14

MALE AGE GROUP: 35 - 39

1 Gabriel McGarry	35	Slingerlands	1:28:50
3 Michael Bracken	38	Saratoga Springs	1:32:22
4 Kyle Johnson	38	Niskayuna	1:34:24
5 James Schertzer	36	Ballston Lake	1:42:59
6 Dean Turcotte	39	Ballston Lake	1:43:35
7 Manuel Farfan	38	Mechanicville	1:44:41
8 Cory Metler	39	Mechanicville	1:46:00
9 Gregory Sherwin	38	East Greenbush	1:49:50
10 Matthew Storey	37	Westport	1:53:45
11 Ryan Lambert	39	Niskayuna	1:56:42
12 Clay Schermerhorn	39	Beaver Falls	1:59:57
14 Andrew Alessi	36	Nassau	2:08:10
15 Siva Chockalingam	38	Clifton Park	2:10:20
16 Bill Nolan	36	Gansevoort	2:27:02
17 Richard Maura	37	Albany	2:30:11
18 Balakrishnan Meenaks	37	Halfmoon	2:52:23

FEMALE AGE GROUP: 35 - 39

1 Catherine Gilbert	39	Niskayuna	1:43:17
2 Rebecca Conley	38	Northville	1:44:58
4 Cheyanne Dallasandro	35	Lake George	1:48:42
5 Rebecca Corso	38	Albany	1:49:13
6 Erika Ries	35	Menands	1:51:03
8 Jamie Heidt	35	Waterford	1:53:27
9 Christine Beacher	35	Clifton Park	1:53:42
10 Denise Doin	38	Ballston Lake	1:55:39
11 Danielle Vaughan	38	Burnt Hills	1:55:46
12 Stephanie Salvato	38	Scotia	1:56:05
13 Victoria Pretti	37	Saratoga Springs	1:57:21
14 Megan McElligott	36	Troy	1:58:50
15 Amy Sipher	39	Queensbury	1:59:21
16 Christina Gow	37	Lake George	2:01:08
17 Lisa Fox	38	Lake George	2:01:21
18 Karen Georgeadis	38	Waterford	2:02:20
19 Megan Greco-Baron	37	Rensselaer	2:03:21
21 Melissa McHugh	39	Nassau	2:04:24
22 Elicia Bagnardi	38	Ballston Lake	2:06:48
23 Sharon Strodi	37	Nassau	2:08:10
24 Jennifer Sweeney	38	Gloversville	2:09:47
25 Laura Lutz	35	Watervliet	2:12:16
27 Kimberly Mayer	36	Latham	2:17:20
28 Jennifer Graham	38	Scotia	2:17:46
30 Amy Balich-Knight	39	Chatham	2:21:53
31 Amy Adams	38	Queensbury	2:25:15
32 Heather Bentley	35	Delmar	2:29:14
33 Carley Murray	38	Beaver Island	2:36:50
34 Karen Britt	35	Schenectady	2:41:18
35 Debra Flue	37	Rensselaer	3:28:06
36 Donna Formica	36	Latham	3:32:13

MALE AGE GROUP: 40 - 44

1 William Hamel	41	Clifton Park	1:27:25
2 Gregory Potter	44	Queensbury	1:35:20
3 Peter Bieden	44	Clifton Park	1:37:05
5 Nick Laplaca	42	Whitehall	1:43:16
6 Bryan Horan	44	Ballston Spa	1:44:39
7 John Bolton	42	Schaghticoke	1:44:48
9 Lance Decker	42	South Glens Falls	1:51:33
10 Stephen Cherniske	41	Malta	1:52:03
11 Jonathan Carlin	41	Albany	1:53:07
12 Ron Moraski	44	Waterford	1:55:34
13 Morris Auster	41	Niskayuna	1:56:44
14 William Pogonowski	43	Queensbury	2:00:45
15 Brian Ferdinand	43	Rensselaer	2:02:26
16 Michael Platt	44	Schenectady	2:02:26
17 Daniel Pasek	41	Loudonville	2:05:01
18 Brian Hawley	40	Albany	2:10:00
19 Andrew Curran III	43	Glens Falls	2:17:00
20 Michael Greenblatt	41	Selkirk	2:24:18

FEMALE AGE GROUP: 40 - 44

1 Jennifer Metvier	41	Lake George	1:46:19
2 Cathy Gordineer	43	Tivoli	1:47:54
3 Shannon Britten	41	Saratoga Springs	1:50:13
4 Maryanne Mackenzie	44	Queensbury	1:53:00
5 Jessica Storey	40	Westport	1:53:45
6 Carol Dunsdon	41	Glennville	1:53:56
7 Wendy Pogonowski	41	Queensbury	1:54:14
8 Lonnie Wilson	43	Niskayuna	1:54:45
9 Lisa Loughran	42	Red Hook	1:57:48
10 Molly Whittaker	40	Northville	1:58:43
11 Michelle Dellefave	40	Niskayuna	1:59:31
12 Bonny Wilson	41	Ballston Spa	1:59:53
14 Lisa Woolfe	43	Saratoga Springs	2:01:58
15 Lisa Rufo	42	Rensselaer	2:03:22
16 Tonya Maxstadt	41	Latham	2:04:16
17 Jennifer Audette	41	Glens Falls	2:04:36
18 Jen Pasek	41	Loudonville	2:05:00
19 Monique Clapper	40	Burnt Hills	2:05:41
21 Colleen Carpenter-Rice	41	Hudson	2:09:01
22 Denise Dubois	42	Athens	2:09:03
24 Marcia Luzier	42	South Glens Falls	2:19:23

continued

2ND ANNUAL LAKE GEORGE HALF MARATHON & 5K *continued*

25 Leslie Beauchamp	44	Eagle Bay	2:19:33
26 Bridget Cooke	40	Selkirk	2:22:13
27 Judith Poissant	40	West Sand Lake	2:22:21
28 Tracey Poissant	41	West Sand Lake	2:22:25
29 Simone McGuinness	44	Glennville	2:23:35
31 Ronnie Ippolito	44	Schenectady	2:25:07
32 Lisa Rush	42	Clifton Park	2:26:24
33 Mary Whittredge	42	Ballston Spa	2:26:36
34 Anne Demo	44	Fayetteville	2:30:10
35 Tammy Fredenburg	43	Valley Falls	2:34:56
36 Jessica Best	42	Porter Corners	3:12:00

MALE AGE GROUP: 45 - 49

1 Jeff Gould	47	Gardner, MA	1:25:40
2 Leon Teeuwen	45	Clifton Park	1:26:46
3 Mike Hamel	46	Castleton	1:32:40
4 Doug Gardner	45	Utica	1:33:46
5 Dougie Fresh Gerhard	45	Saratoga Springs	1:37:41
6 Robert Durfee	49	Saranac Lake	1:39:14
7 Patrick Dicerbo	45	Latham	1:42:22
8 Victor Solis	47	Middletown	1:43:35
10 Thomas Gavin	45	Plattsburgh	1:46:41
11 RJ Donohue	45	Niskayuna	1:48:42
12 Dan Korff	46	Clifton Park	1:53:08
13 Peter Sturn	46	Schenectady	1:54:12
14 Brian Donohue	45	Queensbury	1:58:45
15 Gerald Goff	46	Middle Grove	2:13:44
16 Jeff Halusic	45	Niskayuna	2:14:08

FEMALE AGE GROUP: 45 - 49

1 Lisa Dennison	46	Queensbury	1:52:29
2 Louise Bataillon	47	Clifton Park	1:54:35
3 Jennifer Casey	47	Ballston Lake	1:54:39
4 Bridget Cotugno	45	Malta	1:55:07
5 Joanne Enzien	47	Troy	1:58:48
6 Darlene Kusaywa	48	Clifton Park	2:06:30
7 Chieko Vititow	45	Altamont	2:12:42
8 Tracy Persons	46	Amsterdam	2:20:49
9 Lisa Lewis	49	Eagle Bay	2:21:19
10 Penny Manly	49	Glennville	2:23:17
11 Rosella Elliott	45	Latham	2:31:30
12 Susan Ryan	49	Clifton Park	2:34:11

STAND-UP PADDLING continued from page 1



ZOE SMITH OF SARANAC LAKE ENJOYS CALM WATER ON LOWER SARANAC LAKE. PHOTO BY JASON SMITH

crop of flatwater boards on the market as manufactures make boards to fit every sized paddler and their needs. Whether you are looking to go day touring with a hint of sweat or cross-train with a high heart-rate workout there is a board for you.

SUP racing is surging east from California to upstate New York, and the new touring/fitness boards will allow you to be competitive in races similar to your local 5K run or weekly triathlon. If you really want to open up your chances to podium as a racer, there are board designs in the race category that are comparable to the fastest marathon canoe or one-person kayak.

To truly understand the differences between recreational/universal boards and touring/fitness boards, they must be experienced. There are nuances to the variety of touring/fitness boards, so there is no substitute for experiential learning.

Identify how SUP will fit into your paddling life. Find a local dealer that has the expertise to get you and several boards on the water. Try them out to feel the differences and identify the one that best meets your needs. Now that you have read this, get out and paddle – summer is here! ▲



PADDLING ON THE MOOSE RIVER IN OLD FORGE. ANNE BREWER/PLACIDWATERSKAYAKING.COM

SUP EVENTS

JUNE 17 SUP Clinics with Danny Mongno – Fitness and Racing: 8-11am and Building a Strong Skill Foundation: 12-3pm. Demo boards/paddles available. Lake George Kayak Company (Boathouse on Green Island), Bolton Landing. Reserve: (518) 644-9366. lakegeorgekayak.com.

JUNE 23 Adirondack SUP Festival – Family-friendly on-water celebration with demos, beginner clinics, races, industry reps and food. Lake Colby Beach, Saranac Lake. Adirondack Lakes and Trails Outfitters: (800) 491-0414. Details: adirondacksupfestival.com.

JULY 21 NY SUP Festival – Family-friendly demos, clinics, races on the Moose River, instruction, live music and food. Mountainman Outdoor Supply Company, Old Forge. (315) 369-6672. More Information: mountainmanoutdoors.com.

Ike Wolgin of Bolton Landing is the owner of Lake George Kayak Co. (lakegeorgekayak.com). Ike has a passion for no octane small watercraft, especially those of the Adirondacks.

RUNNING & WALKING continued from page 3



START OF THE 2011 WHIPPLE CITY 5K IN GREENWICH. GREENWICH CHAMBER

City 5K Run/Walk on Saturday, June 16. Whoa! ...Nearby? How come it is not on the map? Well, way back in 1791 Job Whipple of Rhode Island settled on the banks of the Battenkill River, and being a self-starter sort, proceeded to erect a dam, a gristmill, and a cotton weaving factory. Naturally, he named the resulting town after himself. According to local history buff Cliff Oliver Mealy, the town was eventually renamed Union Village to incorporate both sides of the Battenkill. After the Civil War, however, it became Greenwich (named after Greenwich, RI) to distinguish itself from the myriad of patriotic Northern towns that jumped on the Union bandwagon.

The 5K itself traces a town mouse/country mouse path touring Victorian and Greek revival architecture, and then travels out into rolling countryside hills. Afterwards, take the kids to the 20th annual Whipple City festival with music, food, exhibits and crafters – and tour the village once more, but this time sitting in a horse-pulled wagon! Take a tour at the Rough & Ready Engine Co. #2 to view antique fire-fighting equipment. And be sure and save time for Cliff Mealy's Underground Railroad walking tour departing at noon from the Greenwich Free Library, and learn about the pivotal role many Greenwich homeowners played in the North Star to Freedom. Go to greenwichchamber.org.

On this hopscotch ride through history, I learned that 4th of July races are not even close to eclipsing the ubiquitous Thanksgiving Turkey Trots, although the justification is similar: guilt-free your holiday barbecue with an appetizer of hearty exercise. However, if Peter Goutos and Robert Vanderminden, race directors of the sixth annual **Firecracker 4** four-mile road race have anything to say about it, that day will not be far off. Participation has exploded for this tour of historic Saratoga Springs, and Peter anticipates 3,500 runners will toe the line on Wednesday, July 4. Part of his success can be attributed to the fact that as a serious runner himself, he is attuned to the requirements of competitive athletes, and aims to offer them a quality event. Team competitions are new this year for police, fire, EMS and military, as well as the USATF Adirondack team championships.

At the same time, the Firecracker 4 provides perks for the mid-packer and recreationalist. Members of the Saratoga Springs High School track/field and cross teams personally visit each home along the route encouraging residents to applaud participants' efforts from the comfort of their own front lawns. Impressively, Firecracker 4 is Saratoga's answer to the pricey Rock 'n' Roll Marathon series, which advertises a band at every mile for the entire 26.2 miles. A mere four miles in length, this year's Firecracker will host 20 bands to blast you to the finish. You do the math. Not only that, but "entertainment coordinator" Bruce Borroughs carefully orchestrates the placement of each ensemble to achieve maximum effect including spirited drummers at the base of the signature hill.

Afterwards, make a day of it in nearby Congress Park with a parade, old-fashioned carousel rides, barbecue, period games, a classic car show, reenactors, historic tours and, of course, fireworks. For more information visit firecracker4.com.

Independence Day was just the beginning, with leaders to be chosen, battles to be fought and everyday lives to be changed forever. At times it seemed as if the fledgling nation would not survive the fall from the nest. The tipping point took place during the two Battles of Saratoga fought in September and October of 1777, where the Americans solidly defeated British advances, forcing the surrender of General Burgoyne's Army. This action directly led to the bounty of French support that helped turn the tide. And all this happened once upon a time in our very own backyard.

Celebrate this fact at the 11th annual **Turning Point 5K Run/Walk** to be held on Saturday, July 28 at the Saratoga Spa State Park. The mostly flat course will encourage those seeking a personal best as well as beginning runners and walkers. The first 150 registered will receive a cleverly designed T-shirt, featuring a British regular and Colonial militiaman poised against the background of the Saratoga Monument, which commemorates this event. Afterwards, wear your hard-won T-shirt to the Saratoga National Historical Park and pose for your own commemorative picture! Visit finish-right.com.

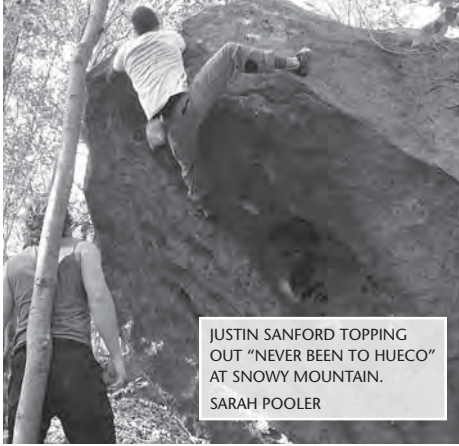
Complete your journey through United States history on Sunday, September 2 at the inaugural **18.12 Challenge and Half Marathon** beginning in Watertown and ending in Sackets Harbor, overlooking beautiful Lake Ontario. Race directors Paula Hurlbut and Leslie Robare initiated this unique distance to commemorate the 200th anniversary of the War of 1812. Following the outbreak of the war between our country and Great Britain, Sackets Harbor became the center of American naval shipyard activity and military power for the northern New York area, and was the site of two major battles. Sandwiched between the Revolutionary and Civil War, this confrontation is an overlooked but pivotal period of American history. Dubbed the "second war for independence," it established the United States as a nation to be reckoned with.

By participating in this event, not only can you honor past patriots, but acknowledge the large military presence at local Fort Drum, home of America's famed 10th Mountain Division, many of whom will be running and volunteering. According to Leslie, "Our goal this year is to get 812 runners. Our long-term goal is to have 1812 runners participating in this race." And competitive athletes take note because the Challenge will offer \$1,821 in prize money. But whether you win a check or not, all 18.12-mile Challenge runners will be guaranteed a new personal record for the distance, something not that easy to come by. Note, however, that registration closes on July 20, so you need to commit fairly soon. Go to 1812challenge.com.

While school is out for the summer, use this downtime as an opportunity to combine fresh air and exercise with a renewed knowledge of and respect for your country's past. ▲

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.

ROCK CLIMBING *continued from page 13*



JUSTIN SANFORD TOPPING OUT "NEVER BEEN TO HUECO" AT SNOWY MOUNTAIN. SARAH POOLER

zone that had been largely untouched until recently due to the required use of a boat for access. "It will be a destination climbing area in the next few years for those willing to travel off the beaten path."

It's largely the beaten path that determines which bouldering areas have thus far seen development. Nearby McKenzie Pond, Nine Corners and the Snowy Mountain boulders, generally the region's most established sectors, all feature short approach hikes, but with the help of topo maps, aerial photos, word of mouth, a lot of searching and a little luck, recent developers have put up new lines in Brant Lake (Gnarnia), Pottersville (Hogwarts) and smaller areas in between.

It was a combination of the aforementioned methods that led to the initial development of Nine Corners in early 2002. David Buzzelli (known as Buzz) was among the early climbers who, having grown wary of the danger involved in hard traditional climbing yet still dedicated to testing his ability on rock, first ventured out to the boulder field after a friend came back from a hike with rumors of monstrous blocks. Andy Scheiderich, Scot Carpenter (Kippy), Ariene Cartrette (Groover), Garret Koeppicus and Buzz began spending most of their weekends up at the lake, cleaning the boulders of moss and lichen and starting to spot the choice lines. "One weekday in particular," he recalls, "a bunch of us randomly called in sick and met up there. We sent [climbed without falling] a bunch of FA's [first ascents] and couldn't wait for the next trip. Kippy and Groover had a real good eye for boulder problems and were documenting the lines."

Unlike traditional climbing, which follows a fairly obvious weakness (crack, dihedral, textured face, etc.) in a cliff band, climbing a boulder requires an eye for features, movement and aesthetics to find what facet of the block is conceivably climbable. "It is crucial to know that the climb is actually possible," Justin says. "Otherwise, lots of time can be wasted in the woods. Generally, I start from the top down in my 'problem solving.' Once I know that a rock climb can be finished, I then work out the lower moves one by one and hope that one day I can link the climb from the bottom to the top." Buzz adds, "The problems need to be 'inspirational' enough that you would want to spend the time 'preparing' it. It's better if there are a cluster [of boulders]. And a decent landing would be nice." All this is a bit more challenging than it sounds and each have plenty of stories about wandering new potential areas, either never finding what looked promising on a map or a message board or finding loads of maddeningly featureless rock.

As word spread regarding the potential at Nine Corners, stronger climbers like Andy Salo (now one of the central developers of Gunks bouldering) and Tommy Durant (2001 American Bouldering Series national champ) cleaned up most of the hard lines. "It is my opinion that every bouldering area should see a visit from a 'professional or semi-professional climber,'" Buzz says, only half joking. "Seriously, it makes a difference. With hard lines come popularity, interest and the masses."

It was through norope.com that Justin first found out about bouldering at Nine Corners in 2004. "I would watch [online] videos religiously with Ken Murphy and then we would go up there and try to mimic what we saw. It didn't take many outings until we met some of the original develop-

ers." Justin and Ken, along with a growing southern Adirondack bouldering community, picked up where the others left off and have expanded development efforts. Justin boasts over 100 days spent outdoor climbing last year, while Ken spent the better part of his previous year of blissful unemployment poking around the woods with Google Maps printouts in hand.

No doubt, Justin's bouldering competition and blog (which has started receiving thousands of hits), along with the new state-of-the-art climbing gym, The Edge at Halfmoon, have increased the interest in and traffic to Adirondack bouldering destinations. For the most part, developers view this as positive. "I think you could count all of us [climbers] on one hand eight years ago," Justin says. "Now there are times when I return to Nine Corners and there are groups from out of state, sometimes even climbing groups from other countries. I enjoy meeting new people and showing off what Adirondack climbing has to offer." With the increased traffic, however, comes increased impact and Buzz is adamant about boulders maintaining the areas, cleaning excess chalk off of boulders, packing out trash and generally being good stewards of the places they enjoy. "It would just be nice to know that the next generation will take care of it," he says.

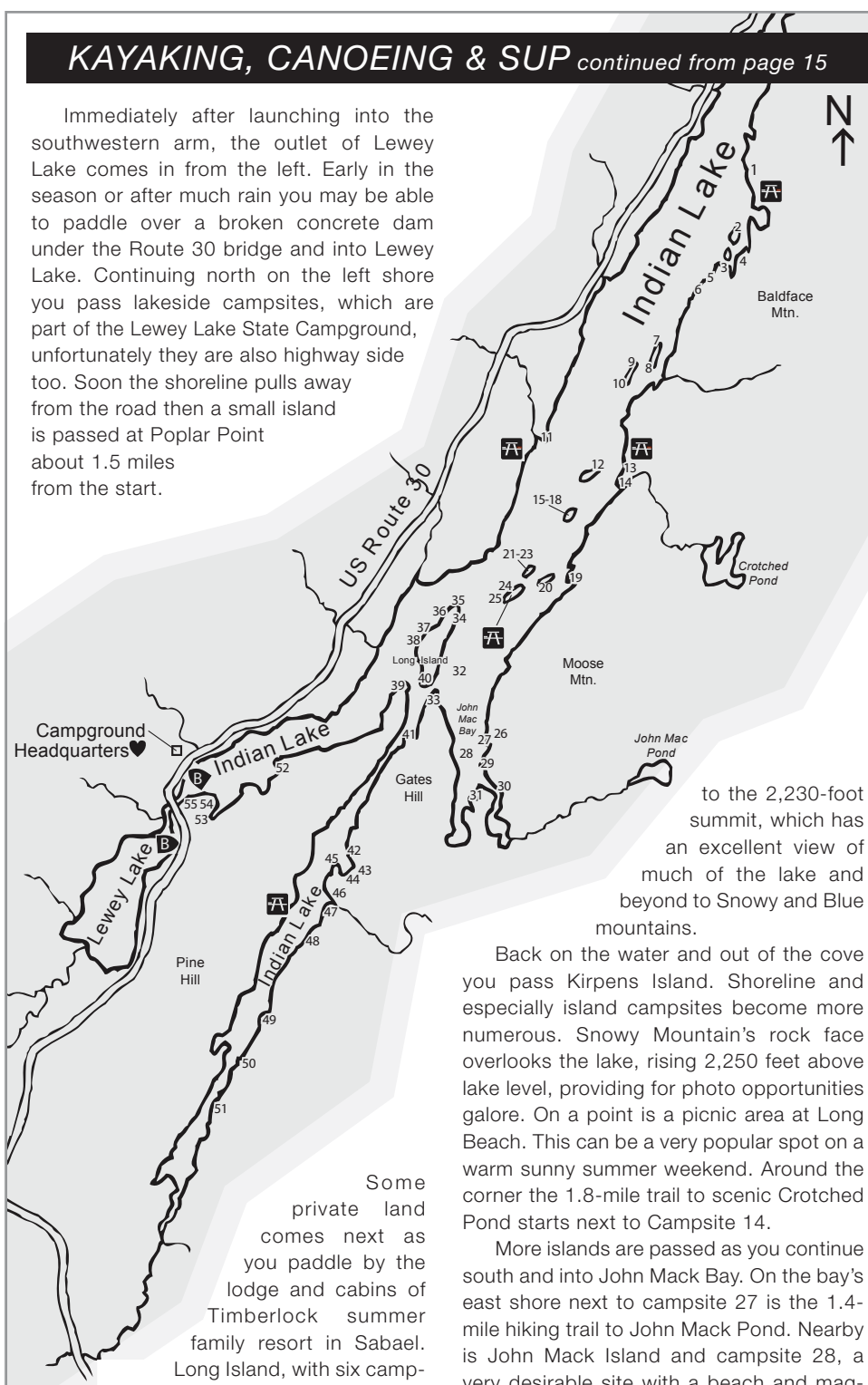
Meanwhile, the hunt for new boulders goes on. After spending more time at Second Pond, Justin says he might be following rumors to the base of Wallface Mountain for some backcountry FA's. Buzz, similarly, has his sights set on backcountry boulders, naming the High Peaks as one of the most promising new areas. He's also excited about several boulders in the Old Forge area that climbing partner Francis Sanzaro recently "re-found."

"We're only scratching the surface," Buzz says, unconcerned that the Adirondacks will ever become overcrowded as more and more rock is discovered. "A new bouldering guide book will help," he adds, although much of the region's early bouldering development did make it into Jim Lawyer and Jeremy Haas' comprehensive climbing guidebook *Adirondack Rock*. Considering how vast the Adirondack park is, Justin suspects there are at least six or seven new areas with the quality and concentration of Nine Corners just waiting to be found. And with plans in the works for the second annual fall climbing competition at Nine Corners, interest in Adirondack bouldering is growing exponentially. "Honestly, I do think [Adirondack bouldering] will catch up to the magnitude of Gunks bouldering," Justin says, "as well as gain the respect that Adirondack crack climbing has." ▲

When Josh Potter (joshmpotter@gmail.com) of Albany isn't out in the woods, bouldering all the new "destiny" Adirondack lines, he's the music editor at Albany altweekly Metroland – wait, maybe it's the other way around.

KAYAKING, CANOEING & SUP *continued from page 15*

Immediately after launching into the southwestern arm, the outlet of Lewey Lake comes in from the left. Early in the season or after much rain you may be able to paddle over a broken concrete dam under the Route 30 bridge and into Lewey Lake. Continuing north on the left shore you pass lakeside campsites, which are part of the Lewey Lake State Campground, unfortunately they are also highway side too. Soon the shoreline pulls away from the road then a small island is passed at Poplar Point about 1.5 miles from the start.



Some private land comes next as you paddle by the lodge and cabins of Timberlock summer family resort in Sabael. Long Island, with six campsites, is seen to the east. While rounding Watch Point you're now in the main body of the lake. In a small cove is a picnic area next to a waterfall on Griffin Brook. Campsite 11, the only campsite on the west shore, is on a point just past the cove, and has a sandy beach on the north side of the point. The High Peaks can be seen in the far distance. You are now about four miles from the launch.

It is not long before Route 30, private land, and cottages dominate the shoreline all the way to The Narrows and the dam – built in 1898, at the lake's north end which controls the level of the lake. Usually, lake level is drawn down somewhat later in the season – not a bad thing since you will find more sandy beaches to stop at.

Now heading south along the eastern shoreline you reach campsite one – an eight-mile direct paddle from the launch – then Norman's Cove after going about two miles from the dam. Here you find a picnic site and the trailhead for a hike to Baldface Mountain. The 1.1-mile trail gains 580 feet

to the 2,230-foot summit, which has an excellent view of much of the lake and beyond to Snowy and Blue mountains.

Back on the water and out of the cove you pass Kirpens Island. Shoreline and especially island campsites become more numerous. Snowy Mountain's rock face overlooks the lake, rising 2,250 feet above lake level, providing for photo opportunities galore. On a point is a picnic area at Long Beach. This can be a very popular spot on a warm sunny summer weekend. Around the corner the 1.8-mile trail to scenic Crooked Pond starts next to Campsite 14.

More islands are passed as you continue south and into John Mack Bay. On the bay's east shore next to campsite 27 is the 1.4-mile hiking trail to John Mack Pond. Nearby is John Mack Island and campsite 28, a very desirable site with a beach and magnificent view. To the southeast of the bay, an interesting river-like channel eventually leads past an island, and the paddling ends at John Mack Brook. Back to the bay and out toward Long Island, you round the point north of Gates Hill and campsite 33, which has a commanding view up the lake.

Turning south-southwest down a long narrow arm it is five miles to where the Jessup River flows into the lake. There are several desirable campsites on the east shore on this more secluded section of the lake. Campsite 50 is at Chocolate Bar, a wooded knoll – I only mention this because I like the name. The waterway becomes narrower and rockier as we enter the Jessup River. I have reached Indian Lake a couple of times by paddling down the Jessup from Route 30. In high water I've run the section of rocky rapids before the lake, but in low water you must likely portage on the river right. There is another picnic area where Dug Mountain Brook enters the lake at a small but pretty falls. A 0.4-mile trail walk along the north side of the brook brings you to 40-foot waterfalls.

Starting back north on the west side of this Jessup arm, you pass the Emancipation Island picnic site. The rocky south side of the island is a pleasant place to relax and gaze into the clear water. A small piece of private land is then passed before you round Indian Point, and start back down the southwest arm checking out a couple of coves on the south shore before returning to the launch. Whew! My arms are falling off – that was quite a day's paddle! ▲

Rich Macha is owner of Adirondack Paddle 'n' Pole, a paddlesport specialty store in Colonie (onewithwater.com), offering canoe and kayak sales, instruction, tours and rentals. Rich also leads trips for the Adirondack Mountain Club's Albany Chapter (adk-albany.org) and spends much time exploring the Adirondacks in all seasons.

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SWIMMING

Open water swimming can be one of the most spectacular and exhilarating experiences, or it can be an intimidating and fearful one. What you do to prepare can have a big effect on how enjoyable your experience will be.

Before the race director says "Ready, Set, Go," make sure you're ready with these tips.

EVALUATE THE COURSE

Water Temperature – Ask a lifeguard or race official. This may help you determine the need for a wetsuit or what kind of wetsuit, full-body, short one or sleeveless. If you can't get in for a warm-up, go to the shore and splash water on you so you're aware of what it feels like. There's nothing worse than being shocked by cold water! It can take your breath away, literally. It may also make your goggles fog up. Cooler water may require a longer warm-up. Colder water can cause you to fatigue sooner and your stroke technique to deteriorate more rapidly. Fresh water may feel warmer than pool at the same temperature but slightly colder than salt water at the same temperature.

Currents – Be aware of the currents, especially if the course is out and back and plan accordingly. If you are swimming out with the current, you'll have to work harder on the return.

Clarity – So it doesn't freak you out if you can't see the bottom.

Footing – Be cognizant of bottom conditions at the start and finish. If the water is muddy and soft, you may have a harder time at the finish before you've gotten back your "land legs." You also need to prepare if there's a steep slope at the start and/or finish. Boat ramps can be slippery or rough. Watch for plant life – if you swim through it, stop kicking as your legs can become entangled in it. Beware of rocks on the bottom that you might trip over.

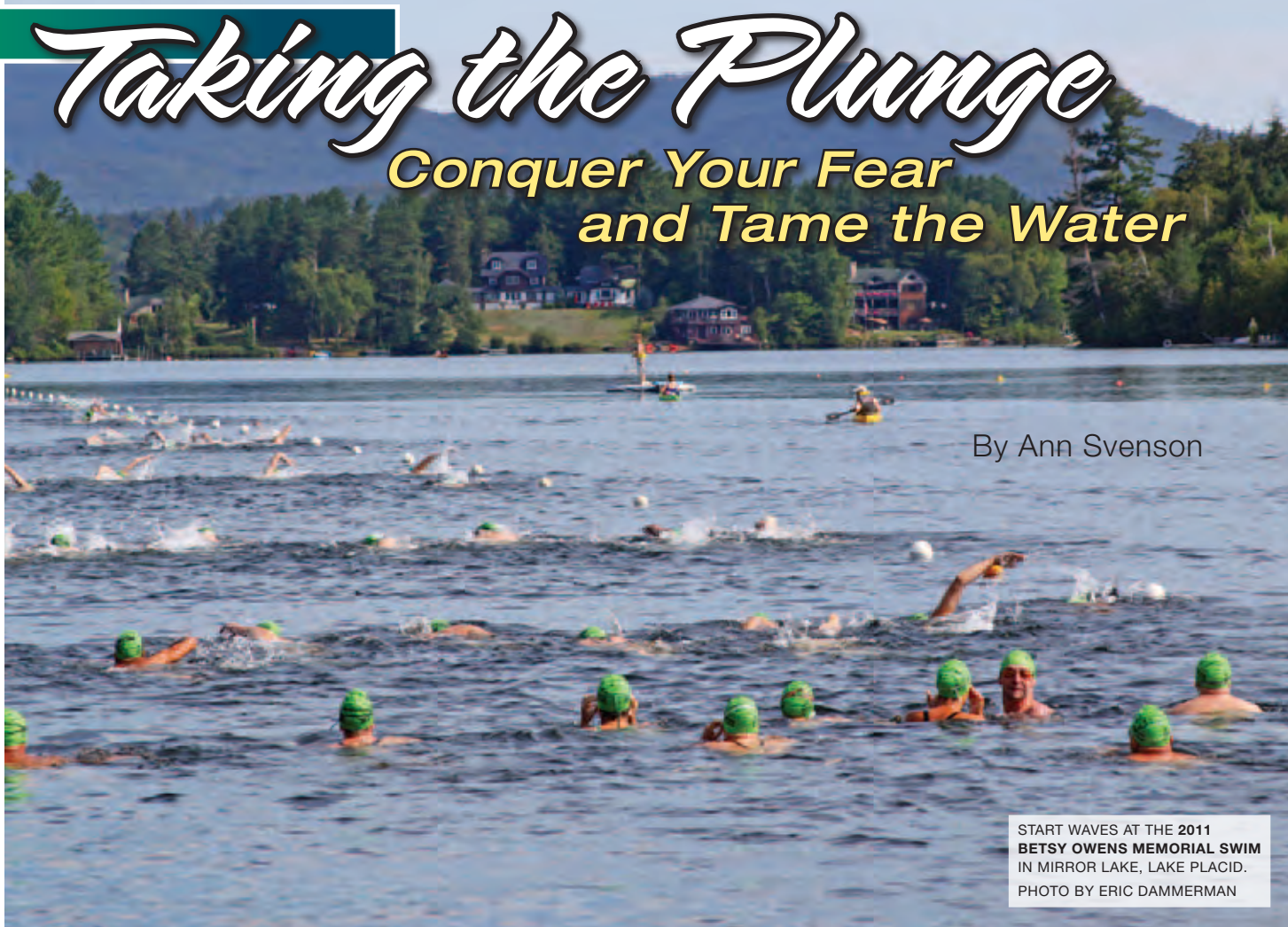
Course Layout – Look at the buoys and note their color. If you're wearing tinted goggles, put them on so you know what they look like. Remember how many there are, what shapes they are, and which direction you will go around them.

Position of the Sun – Is the sun going to be in your eyes for part of the course?

Plan for Sighting – Note landmarks on shore that you can sight off, such as a lifeguard stand, large tree, church steeple, hill or mountain – anything that will help you stay on course. You don't want to rely solely on other swimmers.

ADVANCED OPEN WATER SKILLS

Entry – This part of the event can cause the most fear and anxiety for novice and inexperienced open water swimmers or triathletes. Make sure you understand where and how to run into the water. Use short, quick steps, and swing your feet with a wide



By Ann Svenson

START WAVES AT THE 2011
BETSY OWENS MEMORIAL SWIM
IN MIRROR LAKE, LAKE PLACID.
PHOTO BY ERIC DAMMERMAN

heel recovery to the side to avoid tripping, especially in ocean events.

Navigation and Sighting – Sneak a peak *before* taking your breath. Do it by lifting your head as little as possible. Lifting your head will cause more drag and effort, especially as you kick more when your feet sink. Practice in a pool by choosing a variety of items to look for around the room. Choose landmarks and not just buoys for sighting as buoys may not always be visible in a crowded race or choppy water. Be cognizant of the where the sun is and where it will be during different parts of your race to avoid glare when sighting. You can use the direction of sun rays reflecting underwater to guide you to staying on course.

Try several kinds of goggles. Larger lens offer greater visibility and curved lenses can increase peripheral vision. Smoke color or mirrored lenses are good on sunny days, and blue lenses are fine on cloudy ones. Experiment and have a back-up pair.

Drafting – Drafting helps you conserve energy while maintaining speed, but it takes skill, confidence and awareness. It's best to choose an experienced swimmer who's slightly faster than you. Drafting directly behind a swimmer is fastest, but drafting off the hip is the safest position.

Turning Around Buoys – It's important

to get a good sighting. If you have clear water, make a sharp turn, but if it's crowded make it wider. Take a stroke with your outside arm, roll onto your back, and then back onto your stomach as you take a stroke with your other arm (practice this in the pool).

Water Exit – Be aware that you'll be more fatigued and running in water will be more difficult. Get your land legs by kicking before trying to stand up. If the bottom is muddy, swim in closer to shore.

Race Strategy – Have a plan and don't rely on the plans of others. Start wide of the

pack. Start easy at first and pick-up speed later in the second half of the race. Have fun! ▲

Ann Svenson (annb48@earthlink.net) is vice chair of USMS's Long Distance Committee and director of the Betsy Owens Memorial Lake Swims. She has been a USMS Long Distance All Star the last three years and a national record holder in four long distance and open water events. She coaches and teaches at the YMCA of Saratoga.

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HIKING & WALKING

SEVERANCE HILL

By Bill Ingersoll

Severance Hill goes by several names – Severance Mountain, Mount Severance – but “hill” is probably the most apt description. It is a foothill of the Blue Ridge Range, the imposing and trailless group of peaks that includes Hoffman Mountain, and it is one of the last protrusions of that range before the agitated topography of the Hoffman Notch Wilderness gives way to the wide Schroon River valley.

There is a marked trail to the summit of Severance Hill, which offers partial views of Schroon and Paradox lakes. It is not the broadest vista that the Adirondacks have to offer, but it is reward enough for the 1.1-mile hike. This is a well-worn trail favored by families and casual hikers, who may find some of the slopes to be somewhat steep. The vertical ascent is 750 feet and takes a minimum of 30 minutes, although many people will want to allow 45 minutes to reach the top.

GETTING THERE

The trailhead is on NY Route 9 on the north side of the hamlet of Schroon Lake. For travelers on the Northway, the easiest directions are from Exit 28, to turn south onto Route 9. From there it is just 0.6-mile to the trailhead parking area.

THE TRAIL

The trail begins at the northwest corner of the parking area, and it leads through the narrow pedestrian tunnels that pass under the northbound and southbound lanes of the Northway. You emerge in the Hoffman Notch Wilderness on the far side, skirting a wet area through a pine forest. At 0.1-mile you intercept an old woods road that was cut off when the interstate highway was built. The foot trail bears right.

The trail follows a small stream perhaps a little too closely before finally angling uphill at 0.3-mile. The forest cover is a taste of what the rest of Hoffman Notch region offers: cedars shading the lower slopes with tall hemlocks and pines above. These will later give way on the higher slopes to oaks, which are dominant on the drier hillsides of the eastern Adirondacks.

The trail is very easy to follow. It circles the south flanks of the mountain and heads north to the summit ridge. The first vantages overlook the Pharaoh Lake Wilderness, which lies beyond Schroon Lake. There is an open area here that invites lingering, although to fully appreciate the view you may need to stand to see over the trees. The path continues northeast for another 250 feet to a second opening that looks toward Paradox Lake and the mountains of the Hammond Pond Wild Forest. Fire created these open patches on the summit and for a time the grasses and low herbs here were mowed to preserve the view. Now, the grass is the least of your concerns – it’s the oaks that will eventually fill in both views.

The only disappointment with the hill is the fact that it does not have an overlook toward the heart of the Hoffman Notch Wilderness. This is compensated by the fact that it is on the edge of the major migration area for small birds, and Barbara McMartin wrote that early spring birding for warblers is delightful here. ▲

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

PHOTOS BY BILL INGERSOLL

THE SEVERANCE TRAILHEAD AND TUNNEL UNDER THE NORTHWAY.



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KEEP TRI-IN'



2012 DELTA LAKE TRIATHLON
INTERMEDIATE & SPRINT DISTANCES
SUNDAY, JULY 29, 2012
FREE SARANAC BEVERAGES

2012 OLD FORGE TRIATHLON
3/4 MILE SWIM, 22 MILE BIKE, 4 MILE RUN
SUNDAY, AUGUST 26, 2012

ALL ATHLETES WILL BE GIVEN A FREE ADMISSION TO THE ENCHANTED FOREST WATER SAFARI



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In cooperation with the New York State Office of Parks, Recreation and Historic Preservation - Central Region

