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Summer

"Not all those who wander are lost."

-J.R. Tolkien, "The Fellowship of the Rings."

tend to find my summer days filled with travel through the written word. Usually I venture into a fantastic world or a dystopian society but sometimes as my thoughts wander, I think of all the real places I would like to go or revisit. I have met runners who plan their vacations around a race or make plans to run a race in all 50 states. Not all of us have the time to get away for a few days to enjoy races outside our region, so why not instead take advantage of some regional races that offer the same getaway

Your journey can begin 30 minutes from Exit 16 or 20 of the Adirondack Northway in Lake Luzerne for the **ARE Run & Tube Fun Day** on Saturday, July 14. Campers from the ARE Trail Running Camp will meet you at Adirondack Tubing Adventures where a bus will take you and your belongings five miles from the tubing launch. Don't worry; the bus will greet you after your run, so that you can then enjoy a lazy river ride down the calm Hudson River sans running attire. All tubers are invited to a cookout.

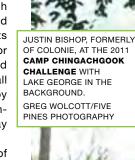
quality, and have a little extra perk to keep you local?

THEY'RE OFF AT THE SILKS & SATINS 5K RUN 2010 ALONG EAST AVENUE IN SARATOGA SPRINGS. THE 16TH ANNUAL RUNWALK BENEFITS SPECIAL OLYMPICS NEW YORK.

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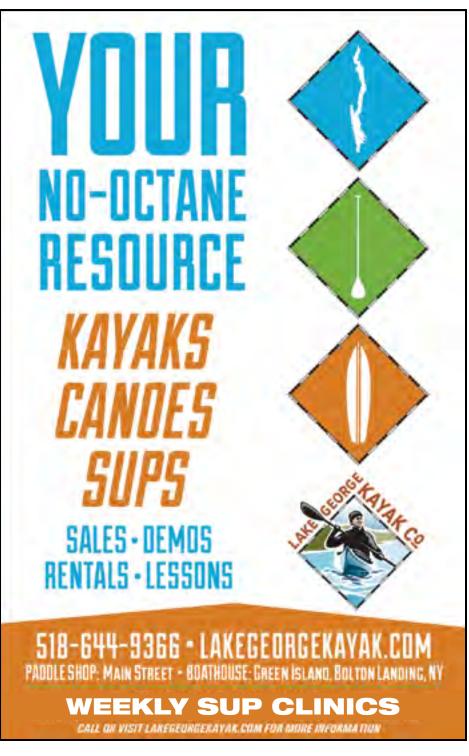
By Jennifer Ferri





See **SUMMER RACES**, 27



























came across a kayaking disaster the other day on Round Lake. It was a minor disaster and all ended well, but it got me thinking about some simple elements that contribute to safe and fun paddling.

It was early evening on a really hot day, and our group of eight students and two instructors paddled out onto the lake from the launching area. My instructing partner, Mike Cavanaugh, lead the way and we played a little game of "follow Mike and do what he does." This allowed us to see how our new students were doing with balance, forward paddling and simple turns.

As Mike slowed down and turned around to face the group, he spotted an overturned kayak several hundred yards away, with someone in the water next to it. I took over the class while Mike paddled over to check out the capsized kayak.

The situation he found was all too predictable. A young man was paddling alone and flipped the kayak unexpectedly. He was in the water trying to swim the swamped boat to shore. That can be a very slow process, and solid land was quite a distance away. He was not wearing a personal floatation device (PFD), and did not even have one with him, as legally required. The scene was the proverbial "floating garage sale," with an iPhone and iPod bobbing around the cockpit full of water (probably ruined). Several empty beer bottles were also floating, along with a few other items.

Mike carried out a rescue and reentry with the fellow. It was not easy, since the recreational kayak had no bulkheads or float bags - water flooded the whole interior. With help from the athletic young man, Mike was able to get the boat across his deck upside down, and they rocked it back and forth to empty the water. He held the kayak steady while the swimmer reentered and went on his way, hopefully the wiser for his unhappy experience.

Here are a few paddling tips, mostly conceived with kayaking in mind, but most apply well to canoeing. The first few were prompted by the rescue. Others are lessons hard-learned through years of paddling. I expect to learn something every time I go out, usually by making mistakes.

- 1. Plan for an unexpected swim. It may happen - or not, but make some preparations.
 - Buy a simple dry bag or waterproof box for your stuff. This item costing \$20 or so will protect your expensive electronics, your electronic car keys, the chocolate chip cookies, and so on. Both bags and boxes come in a variety of sizes. My Pelican 1060 box is big enough for my wallet, smart phone, and car key with room to spare. When paddling late in the day. I include a headlamp and keep the box in a day hatch or clipped in the cockpit, within easy reach.

See KAYAKING & CANOEING, 27

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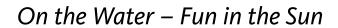
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Rentals&

Lessons!

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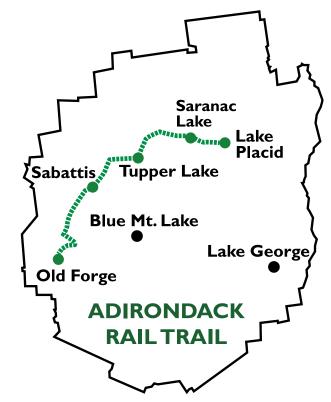
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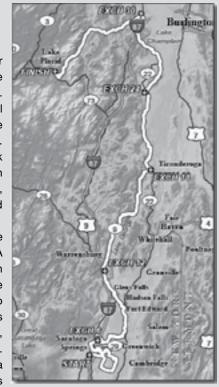
Adirondack Recreational Trail Advocates (ARTA)

AROUND THE REGION News Briefs

Ragnar Adirondacks: Saratoga Springs to Lake Placid

SARATOGA SPRINGS – The inaugural Ragnar Adirondacks, from Saratoga Springs to Lake Placid, will take place Friday-Saturday, Sept. 28-29. Ragnar has rerouted their former Bethel to Westchester County course to capture the upstate fall scenery and the Adirondack terrain. The relay starts at the Saratoga Spa State Park in Saratoga Springs, skirts along the Hudson River, passes through the Lake George region, up the western side of Lake Champlain, and ends in Lake Placid.

Ragnar is the overnight running relay race that makes testing your limits a team sport. A team is made up of six to 12 individuals; each individual runs three legs. The legs of the race vary in difficulty and distance, from three to eight miles, allowing elite and novice runners to run together. Over two days and one night, Ragnar Adirondacks teams will run 193 miles. Pair that with crazy costumes, inside jokes, a finish line party and unforgettable stories. It's



a slumber party without sleep, pillows or deodorant. Ragnar Adirondacks registration is thru July 20 and late registration is thru Aug. 15. This year's official charity is the Adirondack Mountain Club. Visit adirondacksragnar.com.

LOVE the Lake and ACA Paddle Green Festival

LAKE GEORGE – In conjunction with Bob Weinman, founder of Lake George's LOVE the Lake Memorial Paddle, and Chris Navitsky, Lake George Riverkeeper, the American Canoe Association is sponsoring a community festival on July 20-22 at their birthplace, Lake George. Founded in 1880, the ACA returns to celebrate this Queen of American Lakes.

The weekend's events include the third annual LOVE the Lake Memorial Paddle, a trek that will traverse the 32-mile lake in memory of two kayakers who died in motorboat accidents on the lake. The memorial paddle is Friday evening thru Saturday afternoon, helping raise awareness of on-water safety, and respect for the lake's mixed-use recreation. Learn how to SUP with on-water demos and gain experience in one of paddlesports fastest growing activities. There will be on-water canoe, kayak and SUP races for all, and paddling safety tips/demos. Finally, help keep Lake George beautiful by participating in restoration activities and boat rides to cleanups of nearby islands. For schedules and registration, visit americancanoe.org. 📥

Many Lo-Dough or Free Track, Trail and Fun Runs

ALBANY - There are many affordable options available this summer for low-key training, cooler trail runs, and fun runs or walks. The Hudson Mohawk Road Runners Club's Summer Track Series at Colonie High School, Albany with Colonie Mile (7/3), Two-Person Relay (7/12), Hour Run (7/19) and Pentathlon (7/26). hmrrc.com. In its 44th season, the Colonie Tuesday Night Summer Track Program, also at Colonie High School, through August 7. The Dynamic Duo Pursuit Race is on Saturday, August 4. hmrrc.com. And, the ARE Event Productions' Thursday Summer Trail Run Series, with locations that vary weekly in the Capital Region, through August 30. areep.com. Those are a few highlights, see the Calendar of Events for many more offerings.

Free Registration for Team In Training

ALBANY – The Leukemia & Lymphoma Society is offering free registration for Team In Training, the endurance sports training program that raises money for blood cancer patients waiting for life saving therapies. From July 9 through midnight EST on July 18, 2012 pay no registration fee and get personalized training, advice on nutrition, injury prevention and more. Give back by raising money and saving the lives of blood cancer patients. Visit teamintraining.org/firsttimehere/signup and enter code (case sensitive): FREEREG. Contact Kristi Miller at (518) 438-3583 or kristi.miller@lls.org.



TNT'S JULIE HOSKINSON/ALBANY CROSSFIT

Kids' Triathlons Becoming More Popular

ALBANY – Triathlons for boys and girls have become tremendously popular, drawing participants from five through 15, and we're fortunate to have a handful of local events. The distances vary but are very reasonable and combine three things kids like to do: swim, ride their bikes and run around – so training is not needed. The triathlons are more about family and community support, rather than timing, winning or getting a medal. In



the swim, kids can touch the bottom and some use swim floats. Some allow training wheels, but not tricycles or big wheels. Children often get race numbers and/or body markings. The transition areas are closed to parents, but volunteers help youngster tie shoes and hop on bikes.

The 13th annual *SkyHigh SHAPE Kids' Triathlon* is Saturday, July 28 at 2pm in Grafton Lakes State Park, Grafton. Ages five to 15: 100-meter swim, 5K easy mountain bike and 1K run (skyhighsupertri.com). The 29th annual *High Peaks Kids' MiniTriathlons* are Monday, July 30 and August 13 at 3pm at High Peaks Cyclery, Lake Placid (highpeakscyclery.com). The third annual *Fronhofer Tool Kids' Triathlon* on Friday, August 3 at 6:15pm in Lake Lauderdale County Park, Cambridge. Junior (5-10): 50-yard swim, 2.4-mile bike, 0.5-mile run, and Senior (11-15): 100-yard swim, 5.0-mile bike, 1-mile run (fronhofertooltriathlon.com). The third annual *Lake George Kids' Splash-N-Dash* is Saturday, Sept. 1 at 1pm in Battlefield Park, Lake George. Ages six through 10: 50-yard swim, 0.5-mile run, and ages 11-14: 100-yard swim, 1.0-mile run (Igtrifestival.com).

Gore Open Summer: New Activities Available

NORTH CREEK – Gore Mountain has new activities and attractions for visitors this summer, including the "The Rumor Climbing Wall," the "Wild Air Bungee Trampoline," disc golf, and daily hiking excursions. Others features are a huge inflatable obstacle course, Base Area and Bear Mountain interpretive walks. Plus, educational cooking classes, yoga retreats, photography camps, jewelry workshops, and Friday evening happy hours. These are available in combination with the Northwoods Gondola Skyrides and downhill mountain biking, which have been open in the past. The new Open Pit Grille sundeck offers a full menu of selections, and catering is available for special events.

Gore is open daily from July 7 through September 2, and

weekends during the fall foliage season. The gondola runs 12-3:30pm, and other attractions/grille are open 11am-5pm. Gore employees are improving the experience for winter, including renovations of the Tannery Pub and Restaurant, ski shop and Saddle Lodge, as well as grooming and snowmaking enhancements. 2012/2013 season passes are on sale, which offer free skyrides and self-guided hiking during summer/fall, a free group lesson and more. An easier-to-use Gore "Friends" discount program allows people to obtain discounted or free season passes. Gore discount activity packages are available in combination with tickets aboard the Saratoga-North Creek Railroad (sncrr. com). Visit gorenmountain.com.



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ISSUE #141



out this issue for encouragement! Whether it's running, hiking, biking, paddling, triathlon, walking or eating well, we've supplied the information you need to be active and healthy.

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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: chrissysfund.com

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

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Calendar of Events July-September 2012*

		JUL	Y 2	012				AUGUST 2012							SEPTEMBER 2012							
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29	30	31						26	27	28	29	30	31			²³ / ₃₀	24	25	26	27	28	29

ONGOING

Monday Ride. 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.

Northway Ten Tour Trek. 35M. 9am. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org.

Albany Co Tour Rides. 30M. 6pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.

Southern Adirondack Spokes 10M Time Trial Series. 6:30pm. West River Rd, Fort Edward. adirondackspokes.com. Tuesday Time Trials: 5/15-9/11. 18M. 6:30pm. Johnny Cake

course, Coxsackie. GC Cycles/Sean: 225-4498. CBRC/MHCC Quick Training Rides. 30M. 6pm. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477.

cbrc.cc. webmhcc.org.

Group Rides. 20-35M fast/moderate paces. 6pm. Inside Edge, Queensbury. 793-5676. insideedgeskiandbike.com.

JULY

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.

Sunday Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.

Tollgate Ice Cream Casual Ride. 20M. 10am. Tollgate, Slingerlands. Jackie Hill: 439-6487. webmhcc.org.

Monday Massacre Casual Ride. 20M. 6pm. So Bethlehem Park, Bethlehem. Richard Bird: 475-1346. webmhcc.org. 16

Last of the Mohicans Tour Ride. 55M. 8:30am. Rain date: 7/24. Reserve w/LG Steamboat: 668-5777. Henry Wilkie:

482-3902. webmhcc.org. Tuesday Rensselaer Co Multi-Pace Ride. 30M. 5:30pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 928-8877.

webmhcc.org. Tuesday Casual Ride. 18M. 6pm. Glen Worden E.S., Glenville. John Ogden: 376-1078. webmhcc.org.

Wednesday Lunch Casual Ride. 35M. 10:30am. SCCC

Schenectady. Frank Kuwik: 439-5319. webmhcc.org. Wacky Wednesday Tour Ride. 38M. 5:30pm. Chango E.S.,

Round Lake. Henry Wilkie: 482-3902. webmhcc.org. Cap Reg RR Preview Quick Ride. 30M. 6pm. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.

Hilly Helderbergs Casual Ride. 20M. 6pm. Town Park, Feura Bush. Richard Bird: 475-1346. webmhcc.org.

Thursday Pizza Tour Ride. 30M. 6pm. Park/Ride, Scotia.

Mark Wilder: 346-5988. webmhcc.org. Hill of a View Quick Ride. 60M. 9am. SCCC, Schenectady. 21 Bruce Curtiss: 587-4408. webmhcc.org.

Saturday in the Park Tour Ride. 62M. 9am. Little Theater. Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org. Helderberg Hilly Multi-Pace Ride. 32M. 9:30am. Shell Inn,

Rensselaerville. Robert Tomczak: 797-3651. webmhcc.org. Deer Mt Casual Ride. 26M. 9:30am. Park/Ride, Bethlehem.

Jude Sagor: 729-3933. webmhcc.org. 6th Champ's Challenge for Cystic I Basin Harbor Club, Vergennes, VT. Cindy Sherwood:

802-310-5893. champschallenge.org. Battenkill Time Trial. 10-25K. 10:30am. Cambridge School, Cambridge. Dieter Drake: 275-6185. greatamericancycling.com. Monday Casual Ride. 15M. 6pm. Guilderland H.S.,

Guilderland Center. Jonathan Benn: 482-6648. webmhcc.org. Tuesday Rensselaer Co Multi-Pace Ride. 30M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 928-8877. webmhcc.org.

Tuesday Casual Ride. 19M. 6pm. Guilderland H.S., Guiderland Center. John Ogden: 376-1078. webmhcc.org. Wednesday Lunch Casual Ride. 20M. 10:30am. Park/Ride,

Bethlehem. Frank Kuwik: 439-5319. webmhcc.org. Wacky Wednesday Tour Ride. 35M. 5:30pm. Parade Ground Village, Malta. Henry Wilkie: 482-3902. webmhcc.org.

Cap Reg RR Preview Quick Ride. 30M. 6pm. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.

Hilly Helderbergs Casual Ride. 20M. 6pm. Paint Mine lot, Thatcher S.P., Voorheesville. William Dillon: 439-6429.

Thursday Pizza Tour Ride. 30M. 6pm. Bethlehem H.S., Delmar. James Morris: 371-3065. webmhcc.org.

CBRC Pinnacle Hill Climb Time Trial. 3.9M, 1200ft.

6:30pm. New Salem F.D., Voorheesville. cbrc.cc. 11th NY Capital Region Road Race. 43-83M. 10am.

Ravena-Coeymans-Selkirk H.S., Ravena. 281-3710. cbrc.cc. **5th Tour de Forks Century Ride.** 37M/100M. 9am. Jay Community Center, Au Sable Forks. Linda Preston:

647-8194. ausableforksrevitalization.org. Going for Ghent Tour Ride. 46M. 9am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.

Saturday at the Park Tour Ride. 62M. 9am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.

Farmland Frolic Casual Ride. 22M. 10am. OKenny's Express, Valatie, Dave Render: 433-8316, webmhcc.org.

3rd Tour de Farm. 15M/35M. 8am. Farms, history, picnic. Hand Melon Farm, Greenwich. 692-72285. agstewardship.org.

Adirondack 6 Lakes Century. 8am. Inside Edge, Glens

Falls. 793-5676. insideedgeskiandbike.com.
Monday Massacre Casual Ride. 17M. 6pm. Clayton Bouton

H.S., Voorheeseville. Richard Bird: 475-1346. webmhcc.org.

Tuesday Rensselaer Co Multi-Pace Ride. 30M. 5pm. Algonguin M.S., Poestenkill. Sharon Gibbs: 928-8877.

webmhcc.org. Tuesday Casual Ride. 18M. 6pm. Guilderland H.S., Guiderland Center. John Ogden: 376-1078. webmhcc.org.

AUGUST

Wacky Wednesday Tour Ride. 35M. 5:30pm. Ballston Spa M.S., Ballston Spa. Henry Wilkie: 482-3902. webmhcc.org.

Onesquethaw Outing Casual Ride. 21M. 6pm. Park/Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.

Kinderhook Lake Casual Ride. 20M. 6pm. Steiner's Ski/Bike, Valatie. Terry Armon: 428-5355. webmhcc.org.

Tour of the Catskills. 55-175M Stage Race. Greene/Ulster Counties. tourofthecatskills.com.

Montreal Double Double Race/Ride. Schuylerville-Montreal-Schuylerville. 400M. Sat: rest day. John Ceceri: 583-3708. adkultracycling.com.

Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M, 3,248ft. 8am. Manchester, VT. gearupforlyme.com. Greene Co Tour Ride. 51M. 9am. Park/Ride, Bethlehem.

John Petiet: 438-9102. webmhcc.org. Saturday at the Park Tour Ride. 60M. 9am. Carlsbad

Pavilion, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.

Goose Island Quick Ride. 65M. 9:30am. BOCES, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.

French Canada Tandem Tour. Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.

10th Christine Nicole Perry Memorial Bike Ride. 30M. 9am. Post-ride lunch. Sweet Pea Farm, Bolton Landing. Linda/Mark Perry: 644-3020. chrissysfund.com. Sunday Wake-Up Casual Ride. 18M. 7:15am. Hannaford,

Voorheesville. Steve Redler: 428-8993. webmhcc.org. Easy Like Sunday Morning Tour Ride. 40M. 8:30am. BHBL

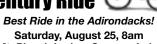
M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org. Rogers Island Casual/Tour Ride. 30M/36M. 10am. Rog

Island V.C., Fort Edward. Martha: 758-2228. Ray: 434-4683. webmhcc.org. Tuesday Casual Ride. 17M. 6pm. Guilderland H.S.,

Guilderland Center. John Ogden: 376-1078. webmhcc.org.

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THIRD ANNUAL

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- Wacky Wednesday Tour Ride. 35M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- So Rensselaer Co Casual Ride. 20M. 6pm. Rite Aid, Castleton. Dave Render: 433-8316. webmhcc.org. Junes Jaunt Casual Ride. 22M. 6pm. Clarksville E.S.,
- Clarksville. Andrew Swartz: 439-8786. webmhcc.org.
- Train Ride & Bike Back Tour Ride. 62M. 10am. Rain date: 8/17. Reserve: sncrr.com. Henry Wilkie: 482-3902.
- 3rd "Bike the Byway" Casual Ride on Mohawk Towpath Byway. 36M. 9am. Town Park, Colonie. Eric Hamilton: 383-8565. mohawktowpath.org.
- Saturday at the Park Tour Ride. 60M. 9am. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- Helderberg Multi-Pace Ride. 36M. 9:30am. Shell Inn, Rensselaerville. Robert Tomczak: 797-3651. webmhcc.org. Teddy Roosevelt Tour Ride. 80M. 9:30am. Ski Bowl Park,
- North Creek. Skip Holmes: 466-1182. webmhcc.org. 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. Mohican Ride. 8am: LG Steamboat, Lake George to Baldwin Dock, Ticonderoga. 11:20am: LG Steamboat ride back. Steamboat Co: 668-5777. adirondackspokes.com.
- Sunday Wake-Up Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 17-19 Centurion Ellicottville (New York). 100/50/25M, time trial, kids' ride. Holiday Valley Resort, Ellicottville. 303-953-2008. centurioncycling.com.
- Tour de Schenectady. 16-62M. St. James Square, Niskayuna.
- 847-2419. schenectadycancerfoundation.org.

 12th Pat Stratton Memorial Century Ride. 100/50/25M, kids' ride. 8am. Mount Pisgah, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 20th Echo Lake Road Race. 10M. Echo Lake, Charleston, VT. Wendy Hilliard: 802-461-7460. occa-vt.org.
- 29th Chris Thater Memorial Bike Races. Binghamton. 607-761-3953. bcstopdwi.com.

SEPTEMBER

- 3rd Camp Challenge Ride. 15, 30 & 62M. 7am. Also: 1st Camp Challenge 5K Run/Walk. Double H Ranch, Lake Luzerne. 696-5676. doublehranch.org.
- Hunter Mountain Fall Classic. 39-117M. 8am. Hunter Mt Lodge, Hunter. huntermountainclassic.com.
- $\textbf{MHCC Saratoga Century Weekend.}\ 100M; 8am.\ 62M;$ 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.
- 14-16 Adirondack 540 RAAM Qualifier Race. 136/272/408/544M. Wilmington. John Ceceri: 583-3708. adkultracycling.com. Tour of the Adirondacks/Lake Luzerne Circuit Race. Sat:
- 38-60M race. Sun: 100M noncompetitive ride. Lake Luzerne. Dieter Drake: 275-6185. touroftheadirondacks.com. 5th Lance Gregson 1-Eye Classic Cycling Rides & Picnic.
- 46+M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3+M: 11am. Town Park/Beach, Schroon Lake. Judy Allison: 532-9479. schroonlakecycling.com. Race With The Wind. 46M MTB race. 12M Community
- Ride. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org. Ride Run Walk 4 Love to Benefit Love146.org. 15/30/50M
- rides, 5K run/walk. Saratoga Spa S.P., Saratoga Springs.

HEALTH & FITNESS

ONGOING

- Mo-Fr Boot Camp Challenge. Malta 6-week camp starts: 9/10. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Capital District Adventure Boot C 8/6 (4wk), 8/20 (2wk), 9/10 (4wk). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

- Stand-Up Paddling & Yoga on Lake George: 7/10-8/7. 8am. Patty's Water Sports Boutique, Cleverdale. Patty Pensel: 656-9353. pattyswatersports.com.
- **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

a whoolstun camp

- **Beginner Hatha Class.** 8am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- CardiotFit Classes w/Dr. Paul Lemanski. Prime Care Physicians, Albany. 618-1100. Schedule: center for preventive medicine. com.

JULY

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

HIKING & ROCK CLIMBING ONGOING

Daily Guided Hiking Excursions. 2-3hrs. 11:45am. Gore, North Creek. 251-2411. goremountain.com.

JULY

- 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.
- 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

- Trailless Peak Backpacking: Skylight & Gray. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org
- Trailless Peak Day Hike: Table Top Mtn. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Beginner Day Hike: St Regis Mtn. 5.5M. Adk Mtn Club: 523-3441. adk.org.
- Paddle & Hike Day Trip: Long Pond Mtn. 5M paddle, 4M hike. Adk Mtn Club: 523-3441. adk.org. 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. **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 Sewards. Adk Mtn Club:
- 523-3441. adk.org. Women's High Peaks Hike: Wright Peak. Heart Lake, Lake
- Placid. Adk Mtn Club: 523-3441. adk.org. 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

SEPTEMBER

- Trailless Peak Backpacking: Allen Mt. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org. **Trailless Peak Backpacking: Cliff & Redfield.** Heart Lake,
- Lake Placid. Adk Mtn Club: 523-3441. adk.org.

 10-14 Leave No Trace Master Educator. Heart Lake, Lake Placid.
- Adk Mtn Club: 523-3441. adk.org. 14-16 Trailless Peak Backpacking: Skylight & Gray. Adk Mtn
- Club: 523-3441. adk.org. 21-23 Trailless Peak Backpacking: The Dix Range. Adk Mtn Club: 523-3441. adk.org.
- 28-30 Trailless Peak Backpacking: The Sewards. Adk Mtn Club:
- 523-3441. adk.org.



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
- SAG, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

Mohawk Hudson Cycling Club

www.webmhcc.org



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Saturday, July 28 - 9am **Jay Community Center** Au Sable Forks

100 & 37 mile rides through the Adirondack High Peaks region T-shirt (preregistered), aid stations, lunch \$40 Century & \$35 37M by 7/15 • \$45 ride day

Register & More Info: AusableForksRevitalization.org



A supported recreational bike ride thru rolling farmland in Washington & Saratoga countie with stops at farms & Saratoga Battlefield Delicious local food & drinks at finish -

or saratogaplan.org 518-692-7285 Agricultural Stewardship Association & Saratoga PLAN

agstewardship.org

Info & Register:







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

Presented by Manchester Rotary Club

DUATH LON 5K Run, 30K Bike, 5K Run

Sunday, October 7, 2012 8:00 am East Field, Glens Falls, NY

- ❖ Chip timed ❖ Participant only raffles
- Free micro-mesh tee shirt to the first 300 entrants
- One, two and three person teams;
- Corporate teams of three welcome

Register at the Baystate website below

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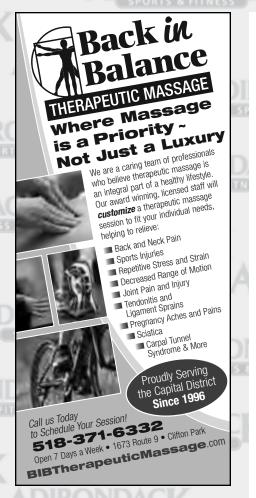
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27_{TH} ANNUAL

Piseco Lake Triathlon Saturday, July 21 • 9am Piseco Airport, Piseco

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

New: pro timing & register online! www.speculatorchamber.com Entry fee: \$50

> Adirondacks Speculator Region Chamber of Commerce More info: (518) 548-4521

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MOUNTAIN BIKING & CYCLOCROSS

ONGOING

we Mountain Bike Group Ride: May-Oct. 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.

Tue Hot August Nights MTB Series: 8/7-28. 6pm. Central Park, Schenectady. Heather Rizzi; 847-2419. hrrtonline.com.

Sun Chasm Riders MTB Race Series: 5/27-10/7. 10am. AuSable Chasm MTB Center, Keeseville. 593-3572. bikereg.com.

JULY

- **"Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 14-15 "Fun Not Fear" 2-Day Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 29 Hurley MTB Classic: NYMTB Series #2. 12-24M. 10am. Hurley. nysmtbseries.com.

AUGUST

- "Fun Not Fear" 1-Day Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 4 Downhill MTB Camp. 10am-3:30pm. Gore Mountain, North Creek. Gail Setlock 251-2411 x1043. goremountain.com.
- **4-5 "Fun Not Fear" 2-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 11-12 "Fun Not Fear" 2-Day Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.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.
- **24 "Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 26 Belleayre Mountain All Terrain Challenge Race #4: NYS MTB Series. 12-24M. nysmtbseries.com.
- **31 "Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

- **1-2 "Fun Not Fear" 2-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 11-12 Wildcat Epic MTB Race/100. 25-100M. 6:45am. New Paltz. wildcatepicevents.com.
- **14 "Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 15 Downhill MTB Camp. 10am-3:30pm. Gore, North Creek.
 Gail Setlock 251-2411 x1043. goremountain.com.
 15 16 "Flux Not Foor" 2 Day Dirt Comp. High Pooks MTP Conto
- 15-16 "Fun Not Fear" 2-Day Dirt Camp. High Peaks MTB Center,
 Lake Placid. 523-3764. highpeakscyclery.com.
 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

JULY

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

AUGUST

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

SEPTEMBER

15-16 Backwoods Wilderness Survival Overnight. (Adult). Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Mon High Peaks Mini-Tri Series: 6/18-8/13. 6:30pm. Kids' Mini-Tris, 3pm: 7/30 & 8/13. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.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.
- Thu BTC Warners Lake Training: 5/31-8/30. 0.6M swim, 16M bike, 5K run. 6pm. Warners Lake, East Berne. bethelehemtriclub.org.
- Thu STC Tri/Open Water Swims. 6-7pm. Moreau Lake S.P., Gansevoort. saratogatriclub.org.

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.
- 21 27th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 22 14th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Speedskating Oval, 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/Kathy Slyer: 281-6480. skyhighsupertri.com.
- **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.
- 30 **High Peaks Kids' Mini-Triathlon.** 3pm. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.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, 6:15pm: Kids' Race. Lake Lauderdale, Cambridge. Kevin/Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
- 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. fultoncountyny.org.
 Athleta Iron Girl Syracuse Women's Triathlon. 0.25M swim,
- 5 Athleta Iron Girl Syracuse Women's Triathlon. 0.25M swim, 10M bike, 3.1M run. 8am. Brewerton. irongirl.com.
- Esopus Triathlon. 0.25-1M swim, 5M hike, 50M bike. 10am. Minnewaska S.P., New Paltz. esopuspreservation.org.
 4th Mount Snow Tri For Hope. Sprint: 0.5M swim, 12M bike,
- 4th Mount Snow Tri For Hope. Sprint: 0.5M swim, 12M bike 5K run. Mount Snow, West Dover, VT. triforhope.com.
- 12 12th Cazenovia Triathlon & Aquabike. 800m swim, 22.5K bike, 5K run or 1500m swim, 40K bike, 10K run. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
- Park, Cazenovia. cazenoviatriathlon.org.

 12-17 Diamond Mills Tri-Camp. Diamond Mills Hotel/Tavern,
 Sougarties, 245, 246, 2922, hitetriathlongories com
- Saugerties. 845-246-8833. hitstriathlonseries.com.

 13 High Peaks Kids' Mini-Triathlon. 3pm. High Peaks
 Cyclery, Lake Placid. 523-3764. highpeakscyclery.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/
- Hudson tube. 9am. Canoe Take-Out, Hadley. Ernie/ Sue Wilder: 696-4947. hadleybusinessassociation.net. 4th Duanesburg Community Center Triathalon. 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.

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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

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2nd ANNUAL

DIRONDACI

Moreau Lake Aquathon, Swims & Trail Run

Saturday - USAT Youth Aquathon

Ages 7-10: 100m Swim & 1K Run • Ages 11-15: 200m Swim & 2K Run

Sunday - Aquathon, Swims & Trail Run

Aquathon: 1.5K Swim & 5K Trail Run Swims: 1.5K & 3K • Trail Run: 15K

September 8-9

Moreau Lake State Park, Gansevoort, NY Register: www.greenleafracing.com

- 1st Old Forge Triathlon. 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.
- 3rd River Rat Triathlon. 8:30am. Centennial Park, Clayton. Alex Buduson: 315-767-3270. tiylo.org.

SEPTEMBER

- 3rd 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. lgtrifestival.com.
- **Brick Workout.** 6pm. Bike Path, Town Park, Colonie. 496-0874. teamlunachix.com/albany_triathlon.
- SUNY Potsdam Triathlon. 9am. Maxcy Hall, SUNY,
- Potsdam. Joshua Jock: 524-1295. potsdam.edu. Moreau Lake Races. Aquathlon: 1.5K swim/5k run), $1500 \mathrm{m}$ swim, $3000 \mathrm{m}$ swim, $15 \mathrm{k}$ trail run 7:30am. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457.
- greenleafracing.com.
 2nd Wheel and Heel Olympic Triathlon/Duathlon. 9am. Lake Yaghkanic S.P., Ancram. wheelandheel.com.
- Finger Lakes Triathlon. 0.45M swim, 13M bike, 3.1M run. Canandaigua. fingerlakestriathlon.com.
- 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.
- Schenectady Co Pedal Paddle Run. 8:30am. Familyfriendly team triathlon. Collins Park, Scotia. schenectadycounty.com/ppr.
- 22-23 HITS Triathlon Series: Hunter Mountain II. Sat: Olympic/ Sprint/Open. Sun: Full/Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.

OCTOBER

- $\textbf{1st Glens Falls Lions Club Duathlon.}\ 5 K\ run, 30 K\ bike, 5 K$ run. 8am. East Field, Glens Falls. glensfallslions.org.
- 10th Mohawk Towpath Byway Duathlon. 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Duathlon: 8:30am. Krause's Grove, Clifton Park/Halfmoon. mohawktowpath.org.

OTHER EVENTS

ONGOING

- Daily Mountain Biking, climbing wall, disc golf, bungee trampoline. Open daily thru 9/2. 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.

JULY

- 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: hurtnordic@gmail.com.
- Adult Pack Basket Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.
- CRNA Summer Biathlon & Paintball Series: Pursuit. 10am. First-timer safety clinic: 8:45am. Castleton Fish & Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.

AUGUST

- Kathryn O'Keefe Adult Open Tennis Tournament. Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.
- Discover SCUBA. 9:30am. Free. Gurney Lane Rec Area, Queensbury. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 4th Chrissy's Chair Auction. 4:30-8pm. 15 Adk chairs decorated for auction. Food, live music, more. Proceeds to Cindy's 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.
- Adult Pack Basket Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.
- CRNA Summer Biathlon/Paintball Series: Individual Relay. 10am. Safety clinic: 8:45am. Castleton Fish/Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.

SEPTEMBER

- 29-30 Saratoga Native American Festival. SPAC, Saratoga Springs. Ndakinna: 583-9958. saratoganativefestival.com. **OCTOBER**
- 27-28 5th Adirondack Sports & Fitness Winter Expo. Sat: 10-5, Sun: 10-4. Outdoor sports, cross-training, health, fitness & travel. Exhibitors, sales, demos, activities, seminars, prizes. Saratoga Springs City Center, Saratoga Springs. Darryl/ Mona Caron: 877-8788. adksports.com.

PADDLING: CANOEING, KAYAKING & SUP ONGOING

- Ongoing Evening Kayak Tours. 7/10: Hudson Shores Park, Watervliet, 6:15pm. 7/13: Schodack Island S.P. Hannacroix Creek, 6:45pm. 7/17: 123rd St, Lansingburgh, 6:15pm. 7/24: Lock 6 Canal Park, Waterford, 6:15pm. 7/31: Lock 7, Niskayuna, 6:15pm. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Stand-Up Paddling & Yoga on Lake George: 7/10-8/7. 8am. Patty's Water Sports Boutique, Cleverdale. Patty Pensel: 656-9353. pattyswatersports.com.
- SUP Yoga on Lake George. Patty's Water Sports Boutique, Cleverdale. 656-9353. pattyswatersports.com.

JULY

- Traditional Paddle Making Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.
- 7th Paddling for a Cure. Canoe/kayak 5M or 3M on Mohawk River. 9am. Capital District Maritime Center, Alplaus. dragonsalive.org.
- Intro to Kayaking: The Basics. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Traditional Paddle Making Workshop. Adirondack Museum,
- Blue Mountain Lake. 352-7311. adirondackmuseum.org. **Fundamentals of Kayaking I & II.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Fundamentals of Kayaking III. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Kayak Rescue & Recovery. 6:30-8pm. Lock 7 Boat Launch,
- Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com. Fundamentals of Canoeing. 8:30-10am. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180.
- onewithwater.com. 20-21 LOVE the Lake Paddle Green Event. Fri-Sat: Memorial 32M Paddle. Sat, 10am-4pm: On-water SUP demos, clinics & races (10am & 3pm); Muscle vs. Steam Race against Minne-Ha-Ha; Clean-ups of Speaker Heck & Diamond islands (11am & 2pm). Awards, live music, film festival. Shepard Park, Lake George. americancanoe.org.
- 1st New York SUP Festival. SUP demos, clinics, races, food, more. Moose River, Old Forge. Mountainman Outdoors: 315-369-6672. mountainmanoutdoors.com.
- Naish Demo Days. Learn to SUP. Patty's Water Sports, Lake George. 656-9353. pattyswatersports.com.
- Fundamentals of Canoeing. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 24-26 Intro to Canoe Camping: Long Lake and Raquette River. Adk Mtn Club: 523-3441, adk.org
- 25, 27 Fundamentals of Kayaking I & II. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Traditional Paddle Making Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org *AUGUST*
- Traditional Paddle Making Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.

DUATHLON

Mohawk Towpath Byway Duathlon

Krause's Grove, Canal & Beach Roads Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run

Sunday, October 14 • 9am Open to adults, youth & teams

Kids' Fun Duathlon • 8:30am Register: mohawktowpath.org

Tech T-shirt to first 100 Registration limited to 200!

Benefits Mohawk Towpath Scenic Byway

Peck's Lake Challenge **Sprint Triathlon**

Saturday, August 4 • 8:30am Peck's Lake, Gloversville

1/2-mile swim • 9-mile bike • 3-mile run

\$50 entry • Registration closes 8/1 Solo or 2-3 person teams • Limited to 175

Entry Form: fultoncountyny.org Info: (518) 725-0641

Fulton County Regional Chamber & PLPA

Please Support **Our Advertisers** and Tell Them Where You Saw Their Ad!



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

So many things to do, you may just forget to go home.

every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism. Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways

518-548-4521 • speculatorchamber.com





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Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

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More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

The Center for Preventive Medicine • Prime Care Physicians, PLLC 400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100

EXPO & PACKET PICK-UP

Saturday, October 6 = 10am-6pm = Hotel Albany, Albany

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 2,250 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials - no race day packet pick-up available Promote and sell your products and services to 4,000 people
- Exhibitors included in MHR Marathon and Half Marathon race guide in September issue of Adirondack Sports & Fitness magazine (20,000 circulation) – and on adksports.com

EXHIBITOR CATEGORIES

Running = Health = Fitness = Nutrition = Outdoor Clubs = Events Travel - Apparel - Accessories - Samples - Prizes - Giveaways

ected by Hudson Mohawk Road Runners Club = Expo Produced by Adirondack Sports & Fitness Magazine To book your space, contact Darryl Caron: (518) 877-8788 = Darryl@AdkSports.com

Turning Point 5K Run/Walk

Recognizing the American victory at the Battle of Saratoga

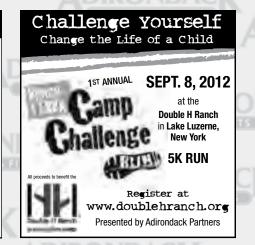


Saturday, July 28, 9am Warming Hut, Saratoga Spa State Park

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 kimgamache@hotmail.com





SUNDAY, SEPTEMBER 30 CLIFTON COMMONS CLIFTON PARK

Registration begins at 10:30am

- 13: 10pm Zumba Warm-up 17.45pm 2 Mile Wills
- T-shirts to first 250 walk/run.registrants!

fom 5K Run

Raffles - Prizes - DJ - Hds Carnival - Bouncy Bounce

Form a team & have more fun!

For into & to register go to WWW.FIGHTTOBEHEALED.ORG

AFTERS A # 521'C 3 cogmission supp or pediated arrow pater to



Eight miles, 3,500 feet up the Veterans Memorial Highway on NY's fifth highest peak!

WhitefaceRace.com RunReg.com 888-944-8332 • Wilmington, NY

IÇI HUDSON HEADWATERS CARE FOR KIDS 5K Run & Fitness Walk

Sunday, July 29 - 9am

2431 Schroon River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake - Free shuttle from finish line to start -\$25 or \$30 race day

Entry Form: hhhn.org

Info: Howard Nelson: 761-0300 x31112

3-5 Family Canoe Camping: Lake Lila. Adk Mtn Club: 523-3441. adk.org.

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.

SEPTEMBER

- 1-3 Intro to Canoe Camping: St. Regis Canoe Area. Adk Mtn Club: 523-3441. adk.org.
- Adirondack Canoe Classic. 90M. Old Forge-Long Lake-Saranac Lake. macscanoe.com.
- Long Lake Long Boat Regatta. 15M/10M. 11am. Adirondack Hotel, Long Lake. macscanoe.com.
- Traditional Paddle Making Workshop. Adirondack Museum, Blue Mountain Lake, 352-7311. adirondackmuseum.org. **Traditional Paddle Making Workshop.** Adirondack Museum,
- Blue Mountain Lake. 352-7311. adirondackmuseum.org.

RUNNING & WALKING ONGOING

- Open ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- 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.
- Track Series. 6pm. Queensbury H.S. Track, Queensbury. adirondackrunners.org.
- ARE/Miller 64 Thursday Summer Trail Run Series: 5/24-8/30. 6:30pm. Locations vary, Capital District. Josh Merlis: 320-8648. areep.com.

JULY

- Mizuno/Fleet Feet Albany Fun Run. 6pm. Shoe demos, giveaways, drinks. Peebles Island S.P., Cohoes. 459-3338. fleetfeetalbany.com.
- 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.
- **ARE Run & Tube Fun Day.** 9am. 5M run, Hudson River tube & cookout. Adk Tubing Adventures, Lake Luzerne. Josh Merlis: 320-8648. areep.com.
 12th Wakely Dam Ultra. 32.6M. Piseco. Kimberlee Gardner:
- 14
- 315-404-4010. wakelydamultra.com. **ARE Dippikill "Froggy Five" 5-Mile Trail Race.** 9am. Camp 15 Dippikil, Warrensburg. Josh Merlis: 320-8648, areep.com. HMRRC Free Training Clinic #1 – "Food, Weight & Runners: Finding the Right Balance" w/Nancy Clark. 16
- 7pm. NYS Nurses Assn Conf Ctr., Latham. Register: mohawkhudsonmarathon.com.
- Mizuno/Fleet Feet Albany Fun Run. 6pm. Shoe demos, 18 giveaways, drinks. Central Park, Schenectady. 459-3338. fleetfeetalbany.com.
- HMRRC Summer Track Series #3: 40th Hour Run. 19 6:15pm. Colonie H.S., Colonie. Ken Skinner: 489-5311.
- 16th Silks & Satins 5K Run. 8am. Flat, fast course. Walkers 21 welcome. East Ave & George Sts, Saratoga Springs. Brian McDonald: 388-0790 x108. nyso.org.
- Glenville/Schenectady YMCA 5K Run/3K Walk.~8:30 am.21 Collins Park, Scotia. Nancy Gildersleeve: 881-0117. cdymca.org.
- 21 Jingle Bell Run/Walk. 8am. Great Escape, Queensbury. Eileen Reardon: 456-1203. arthritis.org. Glenville/Schenectady YMCA 5K Run. 3K Walk & Kids Fun
- Run. YMCA, Glenville. 881-0117. cdymca.org. Fox Creek 5K & 3K Walk. 8am. Berne Town Park, Berne. Liz Chauvot: 225-4925. berneny.org.
- 24th VT 100 Endurance Run. 100M/100K. South Woodstock, VT. 802-683-9245. vermont100.com.
- Camp Saratoga 5K Trail Run Series #3. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. saratogastryders.org.
- Mizuno/Fleet Feet Albany Fun Run. 6pm. Shoe demos, giveaways, drinks. Saratoga Spa S.P., Saratoga Springs. 459-3338. fleetfeetalbany.com.

- HMRRC Summer Track Series #4: 37th Pentathlon. 5000m, 800m, 3200m, 400m, 1600m. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 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.
- Run the Ridge 5K Mud Run & 2K Family Run. 9am. 2K: 12pm. Maple Ski Ridge, Schenectady. runtheridge.net.
- **Hudson Headwaters Care for Kids 5K Run & Fitness** Walk. 9am. Start: 2431 Schroon River Rd, Chestertown. Finish: Suzie Q's Café, Brant Lake. Howard Nelson: 761-0300 x31112. hhhn.org.

AUGUST

- Mizuno/Fleet Feet Albany Fun Run. 6pm. Shoe demos, giveaways, drinks. Tawasentha Park, Guilderland. 459-3338. fleetfeetalbany.com.
- 10th Race the Train. 8.4M. Train: 8am. Race: 9am. North Creek Depot, North Creek. Gary Wilson: 494-2266.
- adirondackrunners.org.

 34th Dynamic Duo Road Race. 3M. 8:30am. Colonie Town Park, Colonie. Frank Myers: 869-9333. hmrrc.com. 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.
- 34th Lane 10K Lake Run. 10am. Lake Pleasant to
- Speculator. 548-4521. speculatorchamber.com. "First Sunday Series" Trail Runs. 15K/5K. Paul Smith's
- College VIC, Paul Smiths. 327-6241. paulsmiths.edu. Tupperpalooza Warrior Run. 3.5M obstacle run. 10am. Big
- Tupper Ski Area, Tupper Lake. tupper-lake.com. Camp Saratoga 5K Trail Run Series #4. 6:15pm. Wilton
- 10
- Wildlife Preserve/Park, Wilton. saratogastryders.org.
 Schenectady ARC 5K Challenge. 6:30pm. Central Park,
 Schenectady. 372-1160. arc5kchallenge.com.

 4th Camp Chingachgook Challenge Half-Marathon, 10K
 & Family Fun Day. 13.1M: 8am at Lake George. 10K: 9am at Camp. Chingachgook, Kattskill Bay. areep.com.
- Move it for the Music 5K Run/Walk. 8am. Also: 1M Beaver Dam Short Course. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- BaseRace 10K/5K. 10am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 11 Ken Hummel Memorial 5K. 9am. Stuyvesant. Mel Naegeli:
- 758-6248. stuyvesantny.us. Run for the Roses 5K. 9am. Grafton Lakes S.P., Grafton.
- Cindy Pulito: 279-0580. Tawasentha XC 5K #1. 6:30pm. Tawasentha Park,
- Guilderland. hmrrc.com.
- Southern Saratoga YMCA 5K Run, 3K Walk & Kids' Runs. 6:30pm. SSYMCA, Clifton Park. 371-2139. cdymca.org. HMRRC Free Training Clinic #2:"Running Forever: Injury
- Free" w/Dr. Todd Shatynski. 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com. CYC Boiling Pot 5K. 6pm. Community Youth Center,
- Canajoharie. Vicki Everleth: 673-5117. fmrrc.org. 10th Jailhouse Rock 5K Race. 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- 6th Landis Arboretum 5K Forest Run/Walk. 9:30am. Landis Arboretum, Esperance. 875-6935, option #2.
- landisarboretum.org.
 Kiwanis Clove Run. 8:30am. 10M, 5K run/walk. Castleton E.S., Castleton. vanrensselaerdivision.org.
 15th Olga Memorial Footrace. 5K run/walk, 10K run. 18
- 9:15am. Berkeley Green, Saranac Lake. saranaclake.com.
- Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.
- 21st 100K Catskill Mountain Road Relay. 6-8am. Phoenecia to West Shokan. sullivanstriders.org.
- Savoy Mountain Trail Races. 16.5M/4M. 9am. Savoy Mtn S.F., Šavoy, MA. runwmac.com.
- Tawasentha XC 5K #2. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com. Camp Saratoga 5K Trail Run Series #5. 6:15pm. Wilton
- Wildlife Preserve/Park, Wilton. saratogastryders.org. 15th Altamont 5K Run/Walk. 9am. Altamont Mile & Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci:
- 861-6350. altamont5K.org. 2nd Muddy Sneaker 5K Trail Run & Mile Fun Run. 9am.
- Indian Meadows Park, Glenville. glenvillerotary.org.

Sixth Perennial LANDIS ARBORETUM 5K FOREST RUN

Saturday, August 18 at 9:30am

Run/Walk for Family Fun A true cross-country course thru beautiful forests, fields & Landis collections

The Landis Arboretum, Esperance 174 Lape Rd, 1.5 miles off Rte 20 Followed by Tot Trot for Kids

T-shirts to all registered by 8/1 Register: landisarboretum.org Info: (518) 875-6935, option #2

To benefit the non-profit Landis Arboretum

Caring Together 11th Annual Teal Ribbon 5K Run & 1-Mile Walk For Ovarian Cancer Awareness & Resea Sunday, Sept. 9 • 9am Washington Park, Albany T-shirts to first 600 registered Awards: overall/age groups/fundraisers/teams Plus, face painting, clowns, raffles Individuals: \$15 by 9/1, \$20 after Team Members: \$12 by 9/1, \$20 after Children: \$5 ages 10-under

To Register & Donate: CaringTogetherNY.org or FirstGiving.com/CaringTogether



10th Annual Saturday, Aug 18 • 8:30am Brookside Museum, **Ballston Spa**

USATF Certified Flat and fast with fabulous downhill for vour 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

Receive our latest posts on Facebook Share your feedback, comments, events and pictures Help your friends discover ASF

Facebook.com/AdirondackSports

Facebook





3rd Annual **5K Run for** the Horses

Sunday, August 26 • 8:30am Orenda Pavilion Saratoga Spa State Park

USATF certified course • AREEP timed T-shirt to first 150 registered Virtual runners welcomed Pre-Reg \$25 – Day of \$30 Kids' 1/2 Mile Fun Run (8am): \$5 suggested

Register: TRFinc.org

Lisa Craig: 226-0028

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 Johnsburg Dollars for Scholars



August 25-26

ADIRONDAC

Saturday 2.5k, 5k and 10k swims

Sunday

4-mile point-to-point swim

Wetsuit and non-wetsuit divisions • Registration is Open! www.lakegeorgeswim.com

Town of Hague

25-26 Fleet Feet Sports XC Spike Weekend. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.25-26 Turning Stone 5K, 10K & Half-Marathon. Turning Stone

- Atrium, Verona. turningstone-eraces.com.
- 3rd Run for the Horses 5K to Benefit Thoroughbred Retirement Foundation. 8:30am. Kids' 1/2M Fun Run: 8am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs.
- Lisa Craig: 226-0028. trfinc.org. 29th Chris Thater Memorial 5K Run. 10am. Binghamton.
- 607-761-3953. bcstopdwi.com. Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.

SEPTEMBER

- 5 for fiVe. 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 5forfivempsrun.com.
- 6th Trooper Joseph Longobardo 5K Walk/Run. 10am.
- Saratoga Spa S.P., Saratoga Springs. longobardomemorial.org. 1st 1812 Challenge & Half Marathon Race Weekend. 18.12M & 13.1M road races. Watertown to Sackets Harbor. Sign-up by 7/20. 1812challenge.com. Capital District Scottish Games 5K. 9:30am. Altamont
- Fairgrounds, Altamont. Rebecca Schenck: 669-1470. scotgames.com.
- "First Sunday Series" Trail Runs. Marathon/Half/5K. Paul Smith's College VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 24th SEFCU Foundation Labor Day 5K. 9am. Kids' Fun Run: 10am. SEFCU Headquarters, Albany. SEFCU: 464-5243. sefcu.com.
- Greylock Road Race. 8M. North Adams, MA. Bob Dion: 802-423-7537. runwmac.com.
- 3rd Malta Business & Professional Association 5K. 8:30am. HVCC TEC-SMART, Malta. Paul Loomis: 288-8009. maltabpa.com.
- 1st Camp Challenge 5K Run/Walk. 7am. Double H Ranch, Lake Luzerne. 696-5676. doublehranch.org. 42nd Lake Placid/North Elba Half Marathon. 9am. Start:
- Olympic Speedskating Oval & Finish: Horse Show Grounds, Lake Placid. Rick Preston: 897-2685. lakeplacid.com.
- Brenda Deer 5K Run, 3K Walk & Kids' Fun Run. 8:30am. YMCA, Guilderland. 456-3634. cdymca.org.
- 1st Hero Rush. Firefighter-themed 5K & Obstacle Course.
- Ellm's Family Farm, Charlton. herorush.com. Cannonball Run 5K/10K. 9am. Oval, Plattsburgh.
- 563-6186. cannonballrun.yolasite.com. Maple Leaf Half Marathon & 5K. 9am. Manchester Rec
- Center, Manchester, VT. manchestervtmapleleaf.com. **33rd Dunkin Run.** 5K, 10K & 1/2M Kids' Run. 8:30am. Albany Jewish Community Center, Albany. Tom Wachunas:
- 438-6651. saajcc.org. 11th Caring Together Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research. 9am. Washington Park, Albany. Pam Robbins: 439-7415. caringtogetherny.org.
- 2nd Moreau Lake Aquathon, Swims & Trail Runs. 1.5K swim & 5K trail run. Swims: 1.5K & 3K. Trail Run: 15K. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.
- Stephen Sillers Tunnel to Towers 5K Run. 10am. Harriman
- Office Campus, Albany. tunnelstotowers.org.

 HMRRC Free Training Clinic #3 "Mental Training for Runners" w/Dr. Drew Anderson. 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com.
- 35th Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com. 4th Capital Region Special Surgery Race for Hope 5K. 10am.
- Slingerlands. capitalregionspecialsurgery.com. Albany Autism Society 5K Run/Walk. 8am. Central Park, Schenectady. Jenny DeBellis: 588-1189. albanyautism.org.
- Chase Leukemia Away 4.4M. 8am. Saratoga Spa S.P., Saratoga Springs. facebook.com/cornicksforacause. 7th Saratoga Palio: Melanie Merola O'Donnell Memorial Race. Half Marathon: 8am. 5K Run/Walk:
- 8:05am. Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com. Run for Life: Hannah's Hope Fund. In Memory of Chris
- Gleason. 5K/2M Walk: 10am. Kids' Fun Run: 11am. Olde Dater Farm, Clifton Park, hannahshopefund 41st HMRRC Anniversary Races. 2.95/5.9M. 9am. 16
- UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com. Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness. 9:30am. Cohoes H.S., Cohoes. dougelletmemorial.org.

- Arsenal City 5K Run. 6pm. City Hall, Watervliet. Diane LaCivita: 270-3811. watervliet.com.
- 19th FAM 5K "Fund" Run/Walk. 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400 x257.
- 35th Whiteface Mountain Uphill Foot Race. 8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whitefacerace.com.
- Ride Run Walk 4 Love to Benefit Love146.org. 5K run/ walk, 15/30/50M rides. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- Red Apple 5K/10K Trail Run. 9am. Samascott Orchards, Kinderhook. kinderhookrunnersclub.com.
- Footrace at Fort Ticonderoga. 5K XC course. 10am. Fort Ticonderoga, Ticonderoga. Matt Karkoski: 585-7206. footraceatfortti.com.
- 1st Color Me Rad 5K of Color Mayhem. 9am. Altamont Fairgrounds, Altamont. 801-831-4299. colormerad.com.
- 23 Adirondack Distance Festival. 5K & 10K Races. 9:30am. Municipal Center, Chestertown. 532-7675. adirondackmarathon.org.
- 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.

 38th Falling Leaves Road Race. 5K: 9am. 14K: 8:50am. Kids' races: 8am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. uticaroadrunners.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.
- Nick's 5K Run to be Healed. 1pm. 2M Walk: 12:45pm. 12pm: Nick's Kids' Dash. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 9th Crossings 5K Challenge Run/Walk. 10am. Kids' Fun Run: 9:45am. Ciccotti Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.

OCTOBER

- 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.
- 18th Komen NENY Race for the Cure 5K. 9am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- Hairy Gorilla Half Marathon & Squirrelly 6-Mile Trail Race. Thacher S.P., Voorheesville. Josh Merlis: 320-8648. hairygorillahalf.com.

NOVEMBER

2nd Fall Frun 10K. Shenendehowa H.S., Clifton Park. Josh Merlis: 320-8648. areep.com.

SWIMMING JULY

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

- 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.

SEPTEMBER

2nd Moreau Lake Aquathon, Swims & Trail Runs. Sat: Youth Aquathons. Sun: 1.5K swim & 5K trail run. Swims: 1.5K & 3K. Trail Run: 15K. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.

Bold listing = Advertiser in current issue of Adiro 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.

15th Annual

Altamont 5K

Run & Walk

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Bozenkill Park, Altamont Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile & Other Kids' Races

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Register: Active.com (fee) Altamont5K.org (no fee) Phil Carducci (518) 861-6350

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Info: hannahshopefund.org Register: active.com Registration closes Sept 14

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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



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



Awards for 5K Run

Info/Register: luzernemusic.org

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5K Run/Walk & 1-Mile Beaver Dam Short Course

Saturday, August 11 • 8am 203 Lake Tour Rd, Lake Luzerne

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THE NON-MEDICATED LIFE

Is **Veganism**Required?

By Paul E. Lemanski, MD, MS, FACP

This is the 49th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 49 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. Periodically, veganism is presented as a dietary approach to prevent and treat disease, especially cardiovascular disease. As it would represent a significant change in the diet of most Americans, the question is raised: Is veganism required for the non-medicated life?

First, however, a definition of veganism is helpful. To practice veganism is to eat vegetables, legumes, grains, nuts and fruit, but no meat or animal products. Thus a vegan eats no red meat, no chicken and no fish, as well as no milk, no eggs and no cheese. A lacto-ovo vegetarian by contrast may consume eggs, cheese and butter.

The potential benefits of veganism for the prevention and treatment of heart disease are based on the relationship between cholesterol in the diet, cholesterol in the blood, and the ability of excess cholesterol in the blood to cause a problem with heart arteries. By avoiding meat and animal products it is easier to avoid dietary cholesterol and saturated fat. Indeed, dietary cholesterol is only contained in meat and animal products. Saturated fat is primarily contained in meat and animal products. By avoiding dietary cholesterol, one source of serum cholesterol is removed, and the LDL or "bad" cholesterol drops. Because saturated fat is processed by the liver into LDL, avoidance of saturated fat in the diet drops LDL cholesterol in the blood. Further, because saturated fat makes up such a significant portion of the diet of meat-eating Americans, the reduction in LDL by avoiding meat and meat products may be very significant.

LDL cholesterol has been shown to be the main fat that in excess gains access to artery walls in the heart to form a collection, or plaque, which is a necessary prerequisite for a heart attack. Research studies using intravascular ultrasound have demonstrated that at LDL blood levels of about 70 milligrams per deciliter, the deposition of cholesterol into the artery walls ceases. Indeed, in the treatment of coronary artery disease, doctors use the target of 70 mg/dl to adjust the amount of cholesterol lowering drugs required.

How does a vegan diet stack up against medicines for achieving this target? Significantly – observational studies of vegans demonstrate LDL blood cholesterol levels of 70 mg/dl. Lacto-ovo vegetarians and meat eaters have average levels closer to 130 mg/dl. It would seem that veganism, at least for the prevention and treatment of

heart disease, is the preferred diet and a possible way to achieve the non-medicated life. Are there any medical, nutritional or practical downsides?

The medical and nutritional concerns in eating a vegan diet are related to protein intake and the vitamin B12. Proteins are composed of amino acid building blocks. This is true of both plant protein and animal protein. However, the specific ratios of different amino acids are different in plants and animals. Building or maintaining human muscle requires the specific ratios of amino acids found in animal protein. While the amino acids in plants can be used, the ratios need to be adjusted through a process of using the amino acids of one plant's protein to complement the amino acids in another plant's protein. The end result is to make available to the body in a 24-hour period the full complement of amino acids needed for the construction of human protein.

Thus, the first concern may be addressed by following simple rules of protein complementarities such as consuming rice and beans. The second concern that vitamin B12 is not contained in plants may be addressed by simply taking B12 in a vitamin supplement.

The final concern is a practical one and is potentially the most significant. Veganism is an extreme dietary change for people who currently eat meat and cheese. Giving up all meat and cheese is a prospect which may limit enjoyment for many and be unacceptable. While veganism may represent greater simplicity than other effective cardio-protective diets, its unacceptability to the majority makes it impractical to recommend as an effective public health recommendation.

Eating a primarily plant based diet (see *The Non-Medicated Life*, May and July 2008), which includes small amounts of meat and cheese may be acceptable to the majority, and still achieve similar levels of cardiovascular protection. By way of example, the Lyon Diet Heart Study showed that consuming a high omega-3 Mediterranean diet could achieve a 70-percent reduction in fatal and nonfatal heart attack.

In summary, veganism is a dietary approach that markedly reduces both dietary cholesterol and saturated fat. For those willing to embrace the approach, the resulting lowering of LDL cholesterol may have significant benefits for the prevention and treatment of coronary artery disease. For those unwilling to embrace such an approach, a predominately plant based diet may achieve a similar benefit.

Either way, reducing meat and increasing vegetables and unrefined grains in the diet may present a viable alternative to the proverbial bottle of pills, to prevent and treat one of our most significant public health problems.

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

Summer Biathlon

An Exciting Challenge



By Russ Myer

Soon after the 1980 Winter Olympics in Lake Placid, a group of Nordic enthusiasts gathered together in Syracuse, and created New York State Ski Racing Association Nordic. Nordic competition was off and running for the able-bodied. In 1985 I traveled to a Tug Hill farm, attempted my first biathlon event at what was to be later called Dead Cow Run. Here I am 27 years later more immersed than ever in biathlon... both summer and winter.

New York started a summer biathlon circuit to serve as an off-season training program for winter biathletes. Summer events mimicked the winter formats. Cross-country running (or mountain biking) loops interspersed with rifle 0.22-caliber marksmanship at targets 50 meters away – shooting alternatively prone and standing. Small targets were used for prone, larger targets for standing. The sport and its events are exciting, often coming down to that last shot!

So here it is 2012, the sport continues to offer runners and other athletes an alternative, a different challenge to excel in their primary sport. Due to Title IX; Section 504 of the Rehabilitation Act of 1973; and the advocacy of many people encouraging those people with disabilities to participate, biathlon has become more inclusive and exciting. Capital Region Nordic Alliance, a pending non-profit club in NYSSRA Nordic and New England Nordic Ski Association, offers both able-bodied and disabled the opportunity to participate in its four recognized sports: cross-country skiing (roller skiing in the summer), snowshoeing (running in the summer), orienteering (ski and foot), and biathlon (0.22 caliber rifle, pellet and paintball).

The sport leaders of CRNA are regionally and nationally known for their leadership in promoting their sports to the greater community. Phil Hawkes-Teeter leads the orienteering efforts through Empire Orienteering Club, Tom Wright leads snowshoe, Stephen Wilson coordinates cross-country skiing, and I coordinate the biathlon program. CRNA has a great cast to expand its sports to any and all people who make the effort to attend and enjoy.

Capital Region Nordic Alliance hosts its summer biathlon events at Castleton Fish and Game Protective Association. They are supporting CRNA as it establishes its summer biathlon program.

CRNA is partnering with STRIDE Adaptive Sports (stride.org), one of the premier adaptive sport organizations in the country. With their new camp, Stride Center for Outdoor Recreation and Education in Chatham, CRNA is putting on orienteering and paintball biathlon events to benefit STRIDE youth programs and Wounded Warriors.

So check out capitalregionnordicalliance.org and give our summer biathlon (or other sports) a try. You will be part of a welcoming community!

Russ Myer (rmyer@nycap.rr.com) lives in Albany with his wife Rebecca, competing in biathlon for 27 years. Russ qualified for two Winter Olympic trials and has won 28 Empire State Games biathlon medals.



RUNNING

More Than an Entry Blank

Summer Training Tips





he great running author George Sheehan once wrote, "The difference between a runner and a jogger is an entry blank." In other words, the jogger is out strictly for the health benefits, while the runner is out to compete against others and the clock. If you are anything like me and you scoff at being accused of jogging than you know the differences go beyond a mere entry blank. With this in mind, I wanted to share a few summer training tips that are sure to help differentiate you from the rest of the pack.

GOAL SETTING – A now landmark 1989 study done on graduates of Harvard University proves that goal setting works. In the ten years following their graduation, three-percent of Harvard MBAs were making ten times as much

as the other 97-percent of graduates: the difference was their GOALS. The three-percent all made clear, *written* goals, and created plans to accomplish them. This is the reason I start each season by asking my athletes to write down their goals. You should do the same for this summer and/or fall.

Not all goals are equal. Your goals must be specific, measurable and appropriately challenging. Making the Olympic team might be out of reach, but you can certainly improve your 5K time by 30 to 40 seconds. Don't forget to write them down and keep them in a place you will be able to see on a daily basis, like on your nightstand or bathroom mirror. This will help you stay focused on what needs

See RUNNING, 28

ish your running were energy efficient and effortless?
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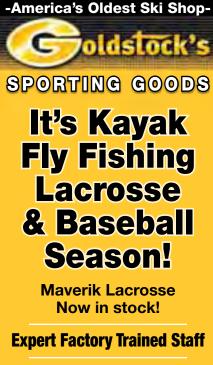


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t is now July and have you ridden your first century of this season? A century is a 100-mile ride that has traditionally been the goal of many cyclists. There are numerous centuries planned across the Northeast during the remainder of this cycling season. Use the Calendar of Events to find a route that suits your interest and ability. There is everything from the picturesque flat "Sea Gull" century along the eastern shore of Maryland to a challenging "Highlander" century in the Finger Lakes region with over 11,000 feet of climbing.

If you have been riding this year with a goal to increase the number of miles you spend on the bike then perhaps you should consider setting a goal of a 100-mile ride. It is an achievement that you will remember and may encourage you to ride further next year.

In order to complete 100 miles you need to work over the next month to gradually start increasing your weekly total riding miles. If you are already doing 30 to 40 miles on an individual ride then you should start increasing your longest ride of the week to 50 miles. Then each subsequent

week you should increase your longest ride by 10 miles. In addition, you should also have another one to two other rides that are longer than you would normally complete. After a longer ride be sure to give yourself a rest day or go for a slower recovery ride. You do not have to complete a 100-mile ride before you sign up for your first century. If you have done several rides of 80 to 90 miles, you should be prepared to finish your first century.

If you are riding alone it may be time to find others to ride with in order to provide some additional challenge and encouragement. Riding with others will provide the incentive to do a longer ride or go a little faster than you would when riding alone. Find another cycling partner to set the same goal. That way you will have someone to ride with for the 100 miles. Agreeing to ride together will provide that much needed encouragement, when your legs get tired and your back starts to ache, and those "this ride might be too hard" thoughts begin to appear. Having a partner there will get you through the tough moments.

On longer rides it is very important to

See BICYCLING, 28 ▶























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Mid-Season Training Malaise

By Kristen Hislop

This the time of the year some triathletes fall into a training slump. There are numerous posts, blogs and emails about losing mojo, having no drive, looking for shorter workouts or dreading another swim. Most triathletes take a couple of months off in the late fall and then jump into it in January as they are itching to get training, plan the season, and sign up for 'A' races. Come July the malaise has set in. Six months of hard work is tough to maintain. How can you get your mojo back and make sure the mid-season malaise never hits next season?

Solid Training Plan/Coach - Get a plan that has solid workouts, a reasonable build and recovery weeks. If you use a training plan from a book then don't be afraid to change it up. Any good plan will get you more than ready for your race. You can take days off. You can shorten and even miss a few workouts. To get the personal touch contemplate working with a coach. This way you will get workouts tailored to your needs, goals and schedule. USAT certifies coaches and as with any sport you will find there are varying levels of experience and certainly style. Make sure you feel comfortable sharing not only your goals but also thoughts and fears. A good coach will be an objective sounding board. When you have someone looking over your shoulder you have the benefit of being told when to go for it and when you need time off.

Recovery - Recovery is not just for your muscles, but also for your brain. Your recovery period is when the training actually takes effect. It is during the recovery that your body becomes stronger, not during the tough workouts. Recovery starts immediately post workout. Every workout over an hour should end with an active warm down, and a fluid and fuel replacement strategy. Within your training plan you should have recovery weeks where the load is lighter. As an athlete you need to identify your social and psychological preferences for recovery. For some that means immersing themselves in a good book and for others an outing with a group. Do what is right for you and not what everyone else is doing!

Changing It Up – We all know change is good and it holds true with training as well. Triathletes tend to get excited about training hard in January, thinking that will prepare them well for the season. While there are different trains of thought as far as when to focus on speed versus building endurance, one thing is for sure: You can't go hard all the time.

As you find it tough to get motivated for workouts, try something new. I teach a weekly aqua jogging class. It has proven very beneficial to my run. I can get a greater range of movement, incorporate resistance training, and take a load off my joints. Try stand-up



paddling or kayaking or hiking this summer. It is important to train muscles that you do not use in triathlon all the time. Check out the trail running options in this month's issue. It's a great way to change up your training. A softer surface is easier on the joints and uneven terrain will help strengthen muscles in your feet, ankles and legs.

Family First – Very often triathlon takes time away from the family. Getting out in the backyard with the kids can offer great benefits. Stress relief and cross training are just a couple. Involve the family in your training: transition relays, family bike rides, and track games can all be fun for everyone.

Volunteer – Sometimes it helps to be on the other side of the sport. Take a weekend off from training and volunteer at a race. Athletes make great volunteers since you know what to do, when and how. Sharing that knowledge and supporting others who aren't feeling the love can quickly rejuvenate you.

Competition – Sometimes you need a break from the competitive environment of triathlon. Choose an event that is non-competitive. Team LUNA Chix Albany Triathlon puts on an annual Splash and Dash that is not timed. The event is about having fun and being welcoming to all athletes. You can also choose an event where you know you will not or cannot be competitive. Enter a mud run with the intent to support others over obstacles. Check out the hikes in the Calendar of Events or participate in a canoe/kayak outing or race with friends.

Use your memory – Think back to that first triathlon whether 20 or two years ago. Why did you sign up?

For Jeff Varecka it was to have a focus for his training beyond doing a 5K. He said he was already thinking about what he

would do differently in his next race before even finishing his first.

Christina Nash says she told someone she ran, swam and biked, and they asked if she did triathlons. When the answer was no they were surprised. She started with the Crystal Lake Triathlon three years ago, and now thanks to training, and her raw food diet, she says her lupus is in remission. What a great motivator.

Mary Wilsey was a runner, but as she says, "Hip issues caused me to consider serious cross-training. After my first triathlon I was "hooked" – I wanted to improve all discipline times, and I couldn't wait for the next one, which I immediately signed up for."

Jeff Cornick did his first triathlon to be able to work his way up to the Ironman distance. He was slated to race this July at Ironman Lake Placid, but had a bike crash at the Tupper Lake Tinman triathlon in late June. Now his focus is healing and he offers this advice to others in the same boat, "Look beyond the injury, be grateful for what you have, and what you've accomplished up to this point."

Rachel Knaggs started training for a triathlon with a goal similar to many others – weight loss and getting more active. Once she knew she could do it, "Then I was hooked – wanting to see what else I was capable of doing." People often say "wow" or "I could never do that" when she tells them about races.

Dave Pritchard stays motivated by "Setting goals for continuous improvement... Last year I made tremendous improvements in swim but tanked the run. My goals are for a more balanced approach to training and see how race season works out." As is true for many readers it can be

extremely challenging with family, work, religious and social schedules to keep that balance and get the training needed.

Robin Davey says the camaraderie is what keeps her going. There are many triathlon clubs and training opportunities in the area. Check the Calendar of Events for meeting times and locations.

Maybe you are reading this and thinking you can't do a triathlon, think again! Mark Marshall, Donna Dixon, Brian Ferdinand, Melissa Gordon, and other Leukemia Team in Training athletes all got started due to a push from others and a desire to fight cancer. So often it is the extrinsic motivator that gets us started, but it is intrinsic motivators that keep up going.

Chris Gee was a smoker from the age of 14 to 34. After moving to the U.S. for work he was talked into being the cyclist for a relay with some guys from work. After working on his swim he moved from a sprint all the way up to Ironman United Kingdom in 2011. This progression made him realize that "If I put my mind to it, I could achieve anything, and it is a philosophy I live by today. If I tell people I do triathlons they say I'm crazy. Especially people back in England, who knew me before I left. It blows their mind that I've changed so much, and now they say they could never do it. When I tell them they could if they put their mind to it they don't believe me."

Sometimes the first step is to do, just as Chris, and then you will believe.

Kristen Hislop (hislopdesigns.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose motto is "Do. Believe. Achieve."



4TH ANNUAL Camp Chingachgook Challenge **Half-Marathon & 10K Race** and Family Fun Day on Lake George



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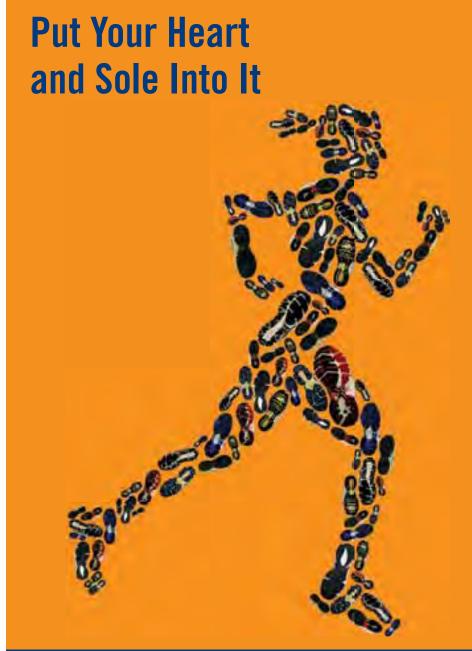
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donation will be made to support World's Window, Inc., a nonprofit organization that seeks to develop, support, and expand education initiatives and programs for students in need of assistance in Belize, New York, and beyond. For more information, visit www.TheMelanieFoundation.com.



www.AdkSports.com

ATHLETE PROFILE

errick Staley



By Anne Benson

"Hey Mom, isn't that Derrick running?" exclaim my kids on our way to soccer practice. On any given evening you quite likely will spot Derrick Staley covering several miles of Clifton Park on one of his many training runs. For most people over the age of 29, maturing means a gradual loss of muscle, strength, flexibility, energy, and general fitness level. Although there are many fine athletes at all ages these days, it is rare when you come across one so talented and dedicated who runs comparable to men who are decades younger. Derrick Staley is a perfect example of an athlete who defies the aging process and still performs at the top of his game in his mid fifties.

Derrick has been competing as a masters road racer for 14 years in the Albany area. He started running in his mid 30s after many personal struggles with substance abuse. He kicked his addictions but then began overeating. Consequently, he gained weight. He started running just to lose the weight and knew little about the sport including proper footwear. He would run in work boots for a few miles at a time. His overweight 220-pound body gradually morphed into a finely tuned running machine of 155 pounds of lean muscle. From his brief high school football career, Derrick knew he possessed speed, but now wanted to recapture it.

Derrick's competitive drive led him to enter local road races. As he excelled, he trained harder, and his motivation to get faster became more intense. Many of his personal records occurred within the last three to four years, while in his late forties and early fifties. However, it's not the PRs which make him outstanding, but the fact that his times on an age-graded basis have become world class (greater than 90 per**AGE:** 53

RESIDENCE: Ballston Spa

STATUS: Single

EDUCATION: B.A. Psychology and Criminal Justice, BA CASAC-T Counseling License

OCCUPATION: NYS Developmental Disabilities and Group Therapist at Conifer Park,

Scotia

MAIN SPORT: Running (Road Racing)

Biking, Scooter Riding, Movies,

Dancing, Comedy, Dinner, Concerts

cent). Age grading is a way of placing all race participants on a level playing field, regardless of age or gender. A mathematical calculation allows you to adjust your performance to what it theoretically would have been during your prime running years - your twenties and a portion of your thirties. A score of greater than 80 percent means you are nationally ranked. A score above 90 percent is world class.

This year Derrick has had two world class performances in the Runnin' of the Green four-mile race in Green Island at 90.58 percent, and the Memorial Day Mile in Glens Falls at 91.5 percent. These performances were the first 90 percent scores in local road races by a local athlete on certified courses in recent memory. As a comparison, the top three women in the Olympic Marathon trials ranked in the 92 to 93 percent range. Few runners ever achieve this prestigious ranking.

Derrick is very motivated to continue competing at a world class level. What motivates a 53-year-old man to train hard day after day just as he has for the last 18 years? His goals are simple: "Enhance my running, stay healthy, be consistent, train hard, achieve better times each race. I want to keep doing this the rest of my life. I think about longevity."

His disciplined training has gained him recognition beyond the local running community. In 2010 and 2011, he was voted New York State "50 to 59 Runner of the Year" by New England Runner magazine. Although the accolades and attention from world class performances help spur him on, Derrick's commitment to the sport of running stems from much deeper within. He explains, "I think most of all, running is my passion, my lifestyle. I enjoy great physical fitness and feeling good about myself afterwards."

Derrick

also attributes his success in

the past few years to his teammates, the Willow Street Athletic Club Men's Team based in Albany. As the oldest member on the team, Derrick runs hard workouts with his younger teammates. Derrick explains, "I wanted to become faster so I started to train with faster, younger, and more committed runners. Willow Street fit that criteria." His mile PR of 4:37 was set just a few years ago in his late 40s, and this year he ran a 4:43 mile at the age of 53. In fact, most of Derrick's PRs have been run in his late 40s to early 50s including 5K (15:55), 10K (34:07), 15K (53:17), and half marathon (1:17).

Typically after years of running, pounding the pavement can take a toll on the aging athlete's body. Derrick's continued success in the sport is due partly to his body's ability to stay healthy and injury resistant, withstanding the rigorous stresses competitive racing places on the body. In his entire career he has only had a couple of hamstring injuries, which forced him to take it easy for a few days at a time. He attributes his lack of injuries to good genes, young legs, athleticism, and knowing when to back off.

Derrick trains all year long. He runs 40 to 60 miles per week with one day of rest. To maintain a strong core, he hits Gold's Gym several times per week for 200 reps of abs work and 100 reps of triceps weights. This core strength, he believes, helps him to breathe better and run faster. The foods that fuel him consist of yogurt, cereal, coffee, salads, tuna, Moe's and Subway. He enjoys plenty of sweets also but knows he has to cut back when he's gained a couple pounds.

PHOTOS BY DARRYL CARON

JULY 2012

Derrick's schedule this year will be filled with National Masters Competitions outside of the Capital District. He plans on competing at the Chris Thater Memorial 5K in Binghamton and the Syracuse Festival of Races.

What advice would Derrick give to a new runner? "Get a good pair of shoes, do some races. Find the sport that works for you. Find your passion and pursue it. Do it to the best of your ability. Healthy outlets are important and make you feel good about something." Derrick's mantra pertains to all of us: "Eat well, stay healthy, live right, do good things." He encourages people to do something physical because he has experienced how running has helped him to overcome addictive behaviors.

His self-driven motivation has paid off, and he is excelling as a world class agegraded runner - a rare and special gift in the local running community. When you see Derrick running along the side of the road, remember that you too can choose a healthier lifestyle by harnessing the motivation that lies deep within you.

Anne Benson (rbenson1@nycap.rr.com) is a local competitive masters runner. She resides in Clifton Park with her husband and three children and works for GE Water & Process Technologies.





Albany counties

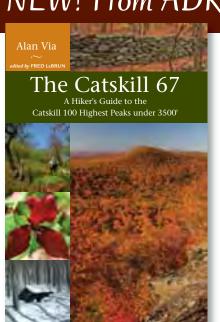
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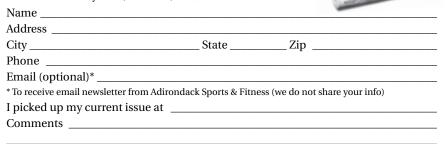
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15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area Enter at Park Office — Park in Pool Lot

<u> Sunday – August 5, 2012</u> 9:00 am – 15K 11:00 am - 3.5 mile 11:30 - 1 mile Kid's Run (free)

Day of Race Registration

7:45 to 8:30 am – 15K 9:45 to 10:30 am – 3.5 mile & 1 Mile Kid's Run

HMRRC Picnic

11:30 noon to 1:00 pm BBQ lunch included with 15k or 3.5

mile race entry No-Fee ONLINE REGISTRATION AVAILABLE AT WWW.HMRRC.COM

Questions? Email mjkhome@verizon.net

ure of applicant required [parent or guardian ,must sign for applicant under 18]

Directions from ...<u>Albany</u>: 1-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill – Right 4mi. on Rte 157 [Thacher Park Rd]

<u>Altamont</u>: Route 156 [up the hill]; left at Route 157–Follow signs to Thacher Park.

Pre-Registration [postmark by July 22]: \$17 – Member; \$20 – Nonmember/Guest July 23 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 28)

Race entry; Shirt to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; 1/2 BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrrc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course 15K - Loop - 97% natural surface - hiking & XC ski trails, wood roads- two that – Loop – 97 % institution surface – rinking & Xos it talls, wood loads—two challenging hills—strenuous physical exertion—trail racing experience optional 3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills—recommended for HS/College XC runners & novice trail runners of all ages





<u>Awards</u>

Overall Male & Female Winners Age-groups Winners: (2 deep) 20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only) featuring the 17th Anniversary of the NYS PARKS COMMISSIONER'S CHALLENGE CUP
Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check pa	J			
Name (print)				Race [check races entering] 3.5 mile 15K
Address (Street P.O. Bo x)				Gender [check one] ☐ M ☐ F
City		State	Zip	T-shirt [check one] S M DL DXL
Phone/Email	DOB m m dd yyyy	1 1	Age on 7/31/2011	Picnic Choice [check one] ☐ chicken ☐ burger ☐ veggie burger ☐ hot dog
Pre-registration by July 22 [postnark] \$\sigma\$ \$\frac{17.00 \text{ HM}}{2}\$ Pre-registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 23 to July 28, and Day of Race Registration July 24 to July 28, and Day of Race Registration All Day of Race Registration Day of Ra		\$20.00 Guest		Total enclosed \$
Read the following waiver carefully: In consideration of y Preservation, Thacher State Park, Hudson-Mohawk Ro	rour accepting my ap ad Runners Club, rac esulting from particip	e officials, and all poation in this event.	ersons and organization I fully recognize the ph	v York, the NYS Office of Parks, Recreation and Historic ons involved in this event from all liability for any injury, losses or sysical dangers inherent in trail running and attest that I am



Monday, September 3, 2012 **SEFCU Headquarters** Race / Walk Start: 9:00 a.m.

This year's 5k is PRE-REGISTRATION ONLY; participants MAY NOT register the day of the event.

Location: Race/walk starts and finishes at SEFCU Headquarters, 700 Patroon Creek Blvd., Albany

□ \$8 for HMRRC members and SEFCU members HMRRC Entry Fee for 5k Race/Walk*:

□ \$9 for all others

 $\hfill \square$ \$20 for HMRRC fee and a donation to the non-profit recipient of the race funds

Applications must be received by Friday, August 31, 2012.

HMRRC Entry Fee for Kids*: \$1 per child; 1 mile; approximate 10 a.m. start Event day registration only

Separate application for team competition is available at sefcu.com

Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will

also be awarded to the first three male and female overall finishers who are SEFCU members. No duplication of prizes.

Commemorative SEFCU 5k T-shirts will be given to all participants.

Shirts: Complimentary fruit, drinks, etc. available at end of event. Refreshments:

Posted 15 minutes after event and available the same day at http://www.hmrrc.com. Results:

Call 518-464-5243, or visit www.sefcu.com

	I will participate in:		
Name			
Address			
City			
Age Sex Male 🗆 Female 🗆 Phone			
SEFCU Member □ HMRRC Member □ Where did you hear about	this event?		
$^{\star}\text{I}$ would like to make a donation directly to the SEFCU Community Suppo	ort Program in the amoun	t of \$	·

Signature Parent/Guardian (if under 18)

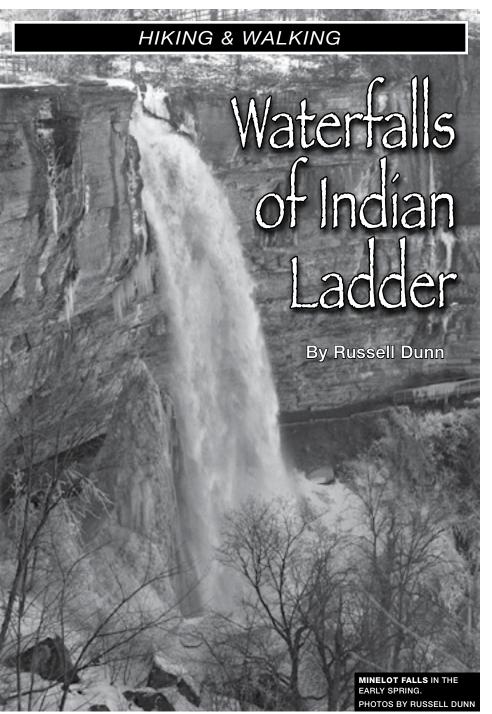
know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race office to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, includin and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself an entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the roce, the State of New York, their sy officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of pedicence or care

of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications. Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.



Race Prize Structure:



ne of the most familiar yet frequently overlooked areas for enjoying tumbling waterfalls is Indian Ladder at John Boyd Thacher State Park in Voorheesville. Indian Ladder is one of nature's improbabilities of geology and geography – an astonishing natural area containing not just one but two large waterfalls that lies in close proximity to Albany. From the top of the escarpment you can easily see the Empire State Plaza and its skyscraper towers on even a moderately hazy day.

Many people hike the Lower Bear trail at Indian Ladder because it leads along the base of an enormous, 100-foot-high escarpment past outpouring streams from cave entrances, amphitheaters of rock, and even a cathedral-like arch.

But truly, its waterfalls command the most attention and respect, and Indian Ladder's got two big ones – 116-foot-high Minelot Falls, and almost equally as high, although less dynamic, Outlet Falls.

Minelot Falls is the main attraction – a plunge fall that springs off the top of the escarpment and then freefalls vertically unopposed into a talus field far below. In the early spring there is so much water falling that it would be sheer folly, almost unthinkable suicide, to walk under the fall. The full fury of the column of water would hit you with the power of a pile-driver.

Once spring's snowmelt has run its course, however, Minelot Falls becomes an entirely different entity. Visitors hiking the trail in the summer often encounter a ropelike stream swaying back and forth in the breeze like a drunken sailor. At these times it is easy and safe to stand beneath the fall to cool off, and many visitors do.

Minelot Falls has also gone by the names Big Falls and Indian Ladder Falls in the past. At the top of the waterfall is Lover's Leap – hopefully a name not based on fact.

Less than 0.2-mile north of Minelot Falls along the Lower Bear Path is Outlet Falls, also known as Dry Falls. When sufficient water is flowing Outlet Falls is unique among all the waterfalls that can be found in this region – it is a double waterfall. Not only do you have the plunge fall coming off the top of the escarpment, but at its base 100 feet below, a six-foot-high cascade

directly behind the main fall. What a rarity it is to see something like this!

Hikers should take note, however, that Outlet Falls is also called Dry Falls for a reason. In the desiccate months of summer, you may see little or no water coming off the top of the escarpment. Timing is everything if you want to visit these two waterfalls and see them in their full glory.

Unfortunately, the time when the waterfalls are at their mightiest is in early spring, which is also when the trails are still closed due to remaining traces of ice. For this reason, true waterfall-philes should make a point of visiting the falls during the summer or fall immediately after a period of prolonged, intense rainfall. Then, be ready to have your socks knocked off!

To Get There – From New Salem, junction of State Routes 85 and 85A, follow Route 85 uphill southwest for 1.1 miles. When you come to Route 157, turn

right, and head northwest for 4.0 miles. Turn right into the recreational area for Thacher State Park, go past the contact station, and then turn immediately right into a parking area.

From here, proceed on foot, following signs that direct you to the start of the Indian Ladder Trail. Be prepared for a 100-foot descent down cement steps and a

BICYCLING

C Different Kind of Bike Shop

By Mike Meslar

Bicycling

By Mike Meslar

By Mike Meslar

ocated in the eclectic neighborhood of the Beekman Street Art District in Saratoga Springs, Spa City Bicycleworks opened its doors in March 2012. The full-service bike shop founded by Anthony (Tone) Ferradino, an avid rider and experienced bike mechanic, combines the "Old World Traditions" of service and hospitality with the conveniences of the modern world.

Tone lives by the philosophy that "cycling should be fun," which is evidenced by the unique atmosphere as you enter the shop. While you wait for your bike to be serviced, coffee, smoothies and a snack bar are available at the Café Cyclismo. To keep you relaxed and entertained, plush lounge furniture and non-stop cycling videos are on two big screen TVs. There is also a courtyard featuring artwork from local artisans. No matter where you sit there's Wi-Fi available. Concierge service is available with pick-up and delivery of customer bike repairs and bike rentals.

A full-line of road, mountain and com-

Look and Turner. Bike rentals are available and include townie rentals as well as high end road and mountain bike demos. Group rides leave the shop on Monday, Tuesday and Sunday afternoons, and riders are encouraged to hang out afterwards and enjoy a barbeque. Of special note, Tone says, is the "Epic Ride - during June through September we pick a weekend and ride to Indian Lake in the Adirondacks. We enjoy the comfort of a lakefront mountain retreat and an awesome dinner. Then we get up, have a delicious breakfast and ride back." Tone plans on offering fully supported, guided bicycle touring and day tours in the future. Visit: spacitybicycleworks.com. 🖡

Michael Meslar (miguel@spa.net) of Saratoga Springs is a cycling coach and founder of Echo Kartos, a training organization that brings sport-specific expertise to clients with a focus on the development of power, strength, agility and endurance.



metal stairway to the Lower Bear Path, and then a 0.5-mile-long hike along the base of the escarpment. You will encounter Outlet Falls at roughly 0.3-mile and Minelot Falls at roughly 0.4-mile. At the south end of the path, you can either ascend up to the top of the escarpment, or return the way you just came.

Russell Dunn is author of the Mohawk Region Waterfall Guide and A Kayaker's Guide to Lake George, the Saratoga Region & Great Sacandaga Lake, both published by Black Dome Press (blackdomepress. com).

RACE RESULTS

55TH ANNUAL HUDSON RIVER WHITE WATER DERBY May 5-6, 2012 • Hudson River: North Creek, North River & Riparuis

	May 5-6, 20)12 • H	uds	on River: North Creek	, Nortl	h River & Riparuis
	NOVICE SLALOM RACE		4	Chuck Wilkison	12:32	3 Pete Roland/Robert Roland 1:06:03
к	AYAK: 1-PERSON MALE		5	Dave Ritchie	13:17	4 John Kazukenus/Joe Kazukenus 1:06:24
1	Peter Erwin	8:35	6	Simeon Hughson	13:36	5 Bob Cloutier/Rich Wilke 1:07:5
2	Ed Marticulo	11:47	7	Tom Addicks	14:39	6 Bryon Lussier/Cris Morris 1:09:28
0	PEN CANOE: 2-PERSON FEMA	LE	8	Mark Zajkoski	15:13	7 Tom McKiernan/Kevin McKiernan 1:22:20
1	Sylvia Wohlfahrt/Jessica Wohl	10:41	0	PEN CANOE: 2-PERSON MALE		OPEN CANOE: 2-PERSON RACE FAMILY
0	PEN CANOE: 2-PERSON MIXE	D	1	Rick Morse/Tim Trezise	10:21	1 Mike Dannan/Tyler Ahrens 1:14:29
1	Caleb Munson/Lydia Munson	10:41	2	Jim Sausville/Chris Burnham	10:41	OPEN CANOE: 2-PERSON RACE MIXED
o	PEN CANOE: 2-PERSON FAMIL	LY	3	Ken Perault/Matt Perault	11:01	1 Jim Underwood/Carol Fisher 56:4!
1	Rich Wilke/Andrea Wilke	9:54	4	Simeon Hughson/Jim Ernst	12:45	OPEN CANOE: 2-PERSON RACE MALE
2	John Rugge/Myshkin Munson	10:31	5	John Rugge/Caleb Munson	13:08	1 Robin Ahrens/Leif Ahrens 1:05:5!
3	Paul Hudson/Peter Erwin	13:10	6	Brian Kaufman/Eric Piett	14:50	OPEN CANOE: 1-PERSON REC MALE
4	Tom Amirault/Ray Amirault	13:42	O	PEN CANOE: 2-PERSON FAMIL	Y	1 John Marona 1:04:10
Ė	GIANT SLALOM RACE	15.12	1	Clayton Schmale/Marko Schmale	11:52	2 Robert Nessle 1:21:40
K	AYAK: 1-PERSON MALE		2	Sarah Wolfart/Fritz Wohl	15:06	OPEN CANOE: 1-PERSON RACE MALE
1	Jim Sausville	9:32	O	PEN CANOE: 2-PERSON MIXED		1 Jim Frnst 1:02:4!
2	Chris Burnham	9:58	1	Scott Edwards/Pricilla Kaufman	13:48	2 Will Siegfried 1:03:34
3	Greg Lombard	10:05	2	Leif Ahrens/Susan Ritchie	13:58	3 Dave Ritchie 1:10:4:
4	John Gilrein	10:51	3		14:10	KAYAK: 1-PERSON WHITEWATER MALE
5	Emil Klymkow	15:59	0	PEN CANOE: 2-PERSON MASTE	ERS	1 Caleb Clark 1:14:5
6	Ed Cunningham	16:12	1	Arthur Crane/Jim Davidson	32:34	2 Dan Clark 1:16:28
	AYAK: 1-PERSON FEMALE	10.12	Ė	DOWNRIVER RACE		KAYAK: 1-PERSON SHORT BOAT MALE
1	Carol Fisher	9:27	0	PEN CANOE: 2-PERSON REC MA	STERS	1 Chris Burnham 59:16
2	Deb Laun	11:25	1	Todd Kampainen/Steve Attman		2 Jim Sausville 59:46
3	Carol Hatch	12:08	'n	PEN CANOE: 2-PERSON FAMIL		3 Jeff Kelly 1:01:20
4	Julie Lombard	15:36	1		1:07:08	4 Tarrance Lasher 1:06:1
	OSED CANOE: 1-PERSON MA			PEN CANOE: 2-PERSON REC M		5 Emil Klymkow 1:13:34
1	Jim Underwood	8:00	1		1:25:25	6 David Donkelberg 1:14:04
2	Tim Trezise	10:38		PEN CANOE: 2-PERSON REC FE		7 Rob Kemsing 1:18:16
_	PEN CANOE: 1-PERSON MALE		1		1:20:38	KAYAK: 1-PERSON LONG BOAT MALE
1	Ken Perault	11:35		PEN CANOE: 2-PERSON REC M		1 Paul Menaldino 1:06:2!
2	lim Frnst	11:55	1		1:04:16	Courtesy of Hudson River
3	John Marona	12:18	2		1:04:16	White Water Derby
2	JUITIT IVIATUTA	12.10		rieu wagnemieli wagnei	1.04.37	vviinte vvater Derby

M	ALE OVERALL				FI	MALE AGE GROUP:			
1	Eric Young	20	Latham	15:48	1	Sara Lanesey	25	Troy	21:47
2	Birant Akbay	23	Niskayuna	16:34	2	Kayla Tomaro	25	Cohoes	22:30
3	Derrick Staley	53	Ballston Lake	16:45	3	Tracey Lanesey	25	Ballston Spa	23:52
FE	MALE OVERALL				M	IALE AGE GROUP: 30	- 34		
1	Jennifer Kriste	38	Ballston Lake	20:17	1	Eric Cruz	31	Albany	29:36
2	Kimberly Miseno	41	Amsterdam	20:47	2	Tim Wilson	34	Watertown	32:12
3	Shylah Weber	23	Rensselaer	21:19	3	Larry Fort Jr.	32	Delhi	39:13
м	ALÉ AGE GROUP: 1	- 14			FI	EMALE AGE GROUP:			
1	Jacob Miller	12	Clifton Park	25:09	1	Kristin McCulle	30	Averill Park	24:26
2	Charlie Paeglow	12	Trov	48:53	2	Kelly Phelan	31	Troy	25:09
- FE	MALE AGE GROUP:	1 - 14	,		3	Laurie Carter	32	Averill Park	26:15
1	Olivia Morgan	13	Troy	28:49	M	IALE AGE GROUP: 35			
2	Sierra Miner	13	Wynantskill	29:16	1	John Broungard	36	Schenectady	20:23
3	Sheisalys Ramos	11	Troy	31:10	2	Joshua Pach	35	Albany	21:27
-	ALE AGE GROUP: 15			31.10	3	Chris Williams	36	Troy	23:24
1	Jesse Miner	15	Wynantskill	19:43	FI	EMALE AGE GROUP:			
2	Dan Hodgkinson	16	Delmar	20:39	1	Deanne Webster	36	Albany	21:22
3	Jeremiah Cole	17	Earlton	21:52	2	Karen Georgeadi	38	Waterford	24:29
	MALE AGE GROUP:		Lanton	21.32	3		35	Petersburgh	27:12
1	Gabriella Ciava	19	Latham	22:19	M	IALE AGE GROUP: 40			
2	Melissa Bradsha	19	Trov	30:19	1	Matt Neal	43	Waterford	21:13
3	Yasmin Fabian	17	Albany	54:53	2	Michael Harper	43	Averill Park	26:28
_	ALE AGE GROUP: 20		Albany	34.33	3	Anthony Mauriel	44	Niskayuna	26:38
	Paul Malek		Tear	16:57	FI	EMALE AGE GROUP:			
1		20	Troy		1	Regina McGarvey	42	Castleton	21:26
2	Michael Rogers	21	Troy Clifton Park	18:31	2	Marcy Dikeman	44	Wynantskill	23:35
3	Stefano Fontana	23	Clitton Park	19:00	3	Amy Drag	41	Waterford	23:53
	MALE AGE GROUP:				M	IALE AGE GROUP: 45	- 49		
1	Rachel Binga	23	Saratoga Springs	23:47	1	Timothy Hoff	46	Albany	17:57
2	Sarah Killeen	21	Wynantskill	24:30	2	Russell Lauer	49	Troy	19:11
3	Katherine Manz	20	Fishkill	24:57	3	John Sestito	48	Johnsonville	20:45
М	ALE AGE GROUP: 25				FE	MALE AGE GROUP:	45 - 49		
1	Bob Baniak	28	Troy	17:50	1	Brenda Lennon	46	Troy	22:40
2	Frank Martin	25	Troy	20:11	2	Donna Segatto	45	Schenectady	23:46
3	Adam Staier	28	Cohoes	22:32	3	Lizette Arroyo	48	Schenectady	24:18 continu

			TROY LITE	RACY !	5K RUN continu	ıed		
М	ALE AGE GROUP: 50 -	54			FEMALE AGE GROUP	: 60 - 64		
1	Tom Dalton	53	Schenectady	17:34	1 Cheryl Smith	60	Latham	30:30
2	Vladimir Ilin	54	Albany	17:40	2 Cathy Lanesey	62	Troy	30:59
3	Chris Boyle	50	West Sand Lake	21:28	3 Alice Carpenter	61	Delmar	33:28
FE	MALE AGE GROUP: 5	0 - 54					Delitidi	33.20
1	Janet Rathjens	51	Delmar	27:32	FEMALE AGE GROUP	: 65 - 69		
2	Patricia Hodgkin	52	Delmar	28:08	 Nancy Johnston 	66	Ballston Lake	31:55
3	Maryse Folmsbee	54	Chatham	29:24	2 Cathy Troisi	66	Cohoes	35:24
M	ALE AGE GROUP: 55 -	59			3 Kathy Kavanaugh	67	Albany	53:01
1	Richard Kelly	55	Schenectady	21:58	MALE AGE GROUP: 7		/ liburiy	55.01
2	Marcus Harazm	56	Delmar	22:42	MALE AGE GROUP: /	0 - 74		
3	Mitch Cohen	55	West Sand Lake	22:52	1 Rich Glasheen	70	Troy	36:31
FE	MALE AGE GROUP: 5	5 - 59			FEMALE AGE GROUP	: 70 - 74		
1	Jill Mehan	57	Troy	25:55	1 Lynne Strnad	70	Altamont	53:00
2	Nancy Kolakowsk	55	Niskayuna	30:27	2 Phyllis Fletcher	72	Glenmont	53:00
3	Lois Satalino	58	Johnsonville	31:23	MALE AGE GROUP: 7	F 70		
М	ALE AGE GROUP: 60 -	64						
1	Paul Bennett	60	Latham	20:05	 Richard Schumac 	78	Hoosick Falls	32:43
2	Frank Broderick	60	Ballston Lake	21:34	2 Donald McBain	79	Troy	41:58
3	Seamus Hodgkins	63	Delmar	22:12	Courtesy of Litera	cy Volunte	ers of Rensselaer Co	unty

19TH ANNUAL ANYONE CAN 'TRI' TRIATHLON & 7TH ANNUAL KIDS CAN 'TRI' TOO MINI-TRIATHLON - Honoring Christopher Gleason -

May 6, 2012 • Southern Saratoga YMCA, Clifton Park

	/I, 11-MILI	E BIKE, 3.2-MILE RI	JN	MALE AGE GROUP: 40	- 44		
MALE OVERALL				1 Christian Gee	40	Mechanicville	58:09
1 John Gleeson	33	Rexford	53:49	2 George Stopyak	41	Clifton Park	58:17
2 Kevin Lanahan	44	Clifton Park	54:55	3 Mark Perrecone	44	Rexford	1:07:25
3 Anthony Pharo	45	Clifton Park	56:21	FEMALE AGE GROUP:	40 - 44		
FEMALE OVERALL				1 Lisa Long	40	Ballston Spa	1:25:54
1 Kristen Hislop	47	Clifton Park	1:06:27	 Kimberly Klippel 	41	Ballston Spa	1:28:28
2 Cara Krebs	38	Burlington, VT	1:08:24	3 Eleonora Morrell	43	Clifton Park	1:29:56
3 Kristin Grab	22	Troy	1:10:07	MALE AGE GROUP: 45	- 49		
MALE AGE GROUP: 1 -	14	,		1 Ron Richards	45	Corinth	59:2
Jackson Morrell	12	Ballston Lake	1:52:31	2 Adolfo Arana	45	Clifton Park	1:08:0
FEMALE AGE GROUP:				3 Bill Hoffman	45	Clifton Park	1:08:3
1 Amy Robison	13	Clifton Park	1:18:58	FEMALE AGE GROUP:	45 - 49		
2 Kristen Cregin	14	Clifton Park	1:19:41	1 Beth Grzyboski	47	Clifton Park	1:14:2
3 Madison Leggett	14	Mechanicville	1:20:35	2 Lauri Scheuing	46	Saratoga Springs	1:18:5
MALE AGE GROUP: 15		TTTCCTIGTTCTTTC	1.20.55	3 Patricia Robison	49	Clifton Park	1:27:5
1 Cameron Scott	17	Queensbury	1:17:43	MALE AGE GROUP: 50		Circorranc	1.27.5
MALE AGE GROUP: 20		Queensbury	1.17.45	1 David Mt Pleasant	50	Gansevoort	1:12:3
1 Joseph Pericone	24	Scotia	1:05:02	2 Keith Martin	52	Clifton Park	1:13:5
FEMALE AGE GROUP:		Scotia	1.05.02	3 James Trainor	53	Clifton Park	1:14:3
1 Laura Pratico	20 - 24	Niekawana	1:31:28	FEMALE AGE GROUP:		CIIILOITTAIK	1.14.3
MALE AGE GROUP: 25		Niskayuna	1:31:28	1 Robin Davev	54 - 54	Rexford	1:21:5
		Allegan	1.12.50				
1 Russell Sealy	26	Albany	1:12:56	2 Karen McIntyre Brew	51 52	Castleton	1:29:1
FEMALE AGE GROUP:		CI '''	4 24 22	3 Donna Cregin		Clifton Park	1:30:1
1 Erica Gierke	28	Glenville	1:21:22	MALE AGE GROUP: 55		CIII D. I	4 00 4
2 Michelle Juett	27	Scotia	1:22:50	1 Steven Schonwetter	58	Clifton Park	1:02:1
3 Driscoll Leann	25	Ballston Spa	1:26:02	2 Anthony Scardillo	55	Slingerlands	1:53:3
MALE AGE GROUP: 30				FEMALE AGE GROUP:			
1 Robert Ryan	33	Clifton Park	1:07:40	1 Ronnie Senez	59	Clifton Park	1:49:20
2 Glenn Thompson	33	Clifton Park	1:12:57	MALE AGE GROUP: 60			
3 Nichloas Lobosco	30	Ballston Spa	1:15:59	 Anthony Maddaloni 	60	Slingerlands	1:05:0
FEMALE AGE GROUP:	30 - 34			2 Stephen Dautel	63	Clifton Park	1:42:1
1 Kateri Phillips	31	Petersburg	1:16:48	3 James Farrell	61	Stuyvesant	1:42:1
2 Kristen Mortensen	34	Clifton Park	1:20:57	MALE AGE GROUP: 65	- 69		
3 Julie Tucker	31	Mechanicville	1:22:53	1 Hugh Dunseath	68	Clifton Park	1:08:0
MALE AGE GROUP: 35	- 39			2 David Dibelius	65	Ballston Lake	1:14:0
1 Greg McIntyre	38	Clifton Park	56:51	3 Douglas Kabat	65	Niskayuna	1:19:4
2 Brian Watts	38	Clifton Park	1:01:37	FEMALE AGE GROUP:	65 - 69	•	
3 Craig Nelson	37	Scotia	1:02:12	1 Nancy Powhida	69	Ballston Spa	2:31:0
FEMALE AGE GROUP:	35 - 39			MALE AGE GROUP: 75	- 79		
1 Antoinette Rose	39	Clifton Park	1:21:55	1 Richard Golden	77	Athens	1:59:3
2 Susan Bright	38	Slingerlands	1:26:50	FEMALE AGE GROUP:			
3 Brandy Dineen	38	Lake George	1:34:31	1 Armand Langevin	75	Cohoes	1:31:0
5 Starray Directi	50	Lake George	1.54.51	- Amana Langevill	13	COLIDES	contini

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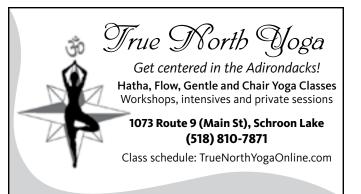
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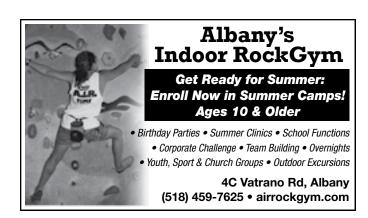
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South Glens Falls

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Chestertown

Glens Falls

Queensbury

Adirondack

Queensbury Latham

Limoges, ON

Stillwater

Queensbury Stephentowr

Round Lake Cohoes

Queensbury

Fort Edward

Lake Placid

Greenwich

Kattskill Bay Watervliet Queensbury

Queensbury

Saratoga Springs Olmstedville Queensbury

Saratoga Springs

Niskayuna Crestone, CO Halfmoon

Keene Schenectady

Coeymans Hollow

South Glens Falls

Saratoga Springs

Diamond Point

1:02:06

1:02:54

1:08:31

50:48

54:28

57:34

1:24:51

45:17

47:33

59:51 1:13:37

1:15:32

45:45 55:43 1:01:06

1:01:36

1:04:39 1:08:11 1:08:39

1:12:12

52:17

55:01 59:14 1:02:48

1:03:25 1:17:47

1:02:50 1:05:00

1:08:55 1:16:31

1:10:52

1:05:34

1:05:46

1:19:03 1:27:53

Malta

	AIVIVOA	L KIDS CAI	A IVI		O MINI-TRIAT			
ELAY TEAMS				3	Aidan Ryan	8	Clifton Park	6:21
Human Resources	David Nichols			4	Drew Canterbury	7	Ballston Lake	6:37
Dye Triing	Mark Pape			5	Matthew Binsfeld	7	Clifton Park	6:37
GUNS -n- Roses	Marcie Frase			6	Lj Lavigne	7	Clifton Park	6:57
	50YD SWIM	, 1M BIKE, 0.5M R	UN	7	Reid Binsfeld	5	Clifton Park	7:08
IALE OVERALL				8	Sam Tanner	6	Schenectady	7:16
Samuel Binsfeld	10	Clifton Park	7:53	9	Dillon Goodwill	6	Ballston Lake	7:28
Nicholas Lydon	12	Clifton Park	8:02		Liam Hoffman	8	Clifton Park	7:30
Luke Tanner	12	Schenectady	8:21		Chenxu Xiang	7	Clifton Park	7:41
Jeremy Lombardoni	11	Gloversville	8:21		Justin Balboni	8	Clifton Park	8:05
Alec Richards	9	Corinth	8:46		Zachary Ryan	7	West Sand Lake	8:14
Joshua Vogel	12	Queensbury	8:50		Danny Gagnier	8	Clifton Park	8:24
Max Hoffman	11	Clifton Park	8:55	15		7	Clifton Park	8:37
Peter Kirkpatrick	11	Rexford	9:30		Aiden Morrell	6	Ballston Lake	8:54
Pierce Bright	10	Slingerlands	9:51		Evan Gruendle	6	Castleton	9:06
Adolfo Arana Jr.	12	Clifton Park	9:56		Julian Shaffer	7	Chestertown	9:12
Thomas Gagnier	10 10	Clifton Park	10:25		Lucas Rysedorph	8	Clifton Park	9:15
2 Sidney Morrell		Ballston Lake	10:51		Trevor Goodwill	5	Ballston Lake	9:19
Zachary Stahl	10	Clifton Park	10:52		Seth Johnson	7	Bennington, VT	9:52
Dylan Jacobson	10 11	Clifton Park	11:14		Condon Lyons	7	Clifton Park	10:26
Griffin Day	8	Ballston Lake Ballston Lake	11:26 11:27		Quinn Nelson	5	Scotia	10:38
5 Hayden Day 7 Oscar Cols	9		11:54	24	Michael Tan	4	Clifton Park	12:05
MALE OVERALL	9	Clifton Park	11:54	25	Seamus Lyons	5	Clifton Park	16:10
Evelyn Bushway	9	Glenville	8:35	26	Jack Cahill	4	Troy	18:29
Hanna Petro	11	Rexford	8:35 8:37		Evan Ferdinand	5	Clifton Park	22:02
Nicole Orcutt	10	Fast Greenbush	8:46		Matthew Gleason	7	Clifton Park	23:00
Caitlyn Miller	10	Altamont	8:59	FE	MALE OVERALL			
Calynn Cerniglia	11	Rexford	9:01	1	Taylor Peterson	8	Cohoes	6:11
Emma Lanahan	9	Clifton Park	9:12	2	Lyndsay Lombardoni	8	Gloversville	6:43
Madison Stopyak	8	Clifton Park	9:16	3	Isabel Nelson	7	Scotia	6:43
Madison Krochina	11	Mechanicville	9:17	4	Jillian Richards	7	Corinth	6:53
Twvla Nastasia	10	Rexford	9:25	5	Heather Pritchard	8	Ballston Spa	7:09
) Lauren Johnson	9	Bennington, VT	9:43	6	Lillian Ensminger	8	Clifton Park	7:16
1 Erin Peters	10	Clifton Park	9:46	7	Alexa Peterson	5	Cohoes	7:16
Hannah Ryan	9	West Sand Lake	9:49	8	Paige Miller	8	Altamont	7:33
Samantha Padula	12	Schenectady	9:50	9	Ashley Gleason	9	Clifton Park	7:56
Lillian Miles	9	Ballston Lake	9:52	10	Claire Lanahan	6	Clifton Park	8:31
Alison Sposili	9	Clifton Park	9:57	11	Lochlain Clarke	7	Rexford	8:32
Paige Canterbury	10	Ballston Lake	10:03	12	Emily Chorbajian	8	Schenectady	8:41
7 Sydney Steinhardt	10	Schenectady	10:03	13	Annika Schermerhorn	5	Clifton Park	8:49
3 Lauren Sposili	11	Clifton Park	10:11	14	Emma Smrstik	8	Rexford	8:57
Abigail Lombardoni	10	Gloversville	10:27	15	Kiley Stahl	8	Clifton Park	9:00
) Margot Tanner	9	Schenectady	10:31	16	Sophia Miles	6	Ballston Lake	9:04
Mathilda Tristan	10	Clifton Park	10:57	17	Grace McIntyre	6	Clifton Park	9:16
2 Isabel Smrstik	10	Rexford	11:01	18	Carlye Boenau	5	Clifton Park	9:19
B Abby Vara	9	Clifton Park	11:05	19	Katherine Dreidel	7	Clifton Park	9:31
Mia Grundle	9	Castleton	11:13		Mackenzie Coughlin	8	Clifton Park	9:34
Maia Lavigne	9	Clifton Park	11:16	21	Grace Mortensen	6	Clifton Park	9:48
Lauren Clarke	8	Rexford	11:28	22	Corinne Boyle	7	Niskayuna	9:55
Lanya Xiang	11	Clifton Park	12:05		Katherine Chorbajian	6	Schenectady	9:59
3 Kiely Rose	9	Clifton Park	13:45	24	Abigail Stopyak	4	Clifton Park	11:43
Kierna Bright	9	Slingerlands	14:35		Natalie Coughlin	4	Clifton Park	12:11
AGE 8 & UNDER -	_			26	Gabriel McIntyre	3	Clifton Park	13:04
ALE OVERALL				27	Ashlyn Watts	4	Clifton Park	13:46
Ryan Orcutt	9	East Greenbush	6:15		Elyse Boyle	4	Niskayuna	17:55
Spencer Steinhardt	7	Schenectady	6:16			Canital	District YMCA	

3	Patty Moore	46	Queensbury	51:46	2	Will McGivney	49
М	ALE AGE GROUP: 1 - 19	•			3	Paul Matson	49
1	Evan Christie	12	Lake George	1:09:11	4		47
2	Zachary Denton	19	Elizabethtown	1:17:51	5	Patrick DiCerbo	45
FE	MALE AGE GROUP: 1 -	19			_	MALE AGE GROUP: 45	
1	Dana Sheridan	13	Limoges, ON	1:18:40	1	Erika Sheridan	49
2	Lindsay Hewitt	19	Ottawa, ON	1:26:17	M	ALE AGE GROUP: 50 -	54
М	ALE AGE GROUP: 25 - 2	29			1	William Venner	52
1	Ryan Walter	27	Voorheesville	45:11	2	Kevin Higgins	51
2	Will Rose	29	Schenectady	49:15	3	Timothy Bardin	50
3	Seth Thomas	26	Glens Falls	50:53	4	Tom Tift	54
4	Lyman Tinc	27	Saratoga Springs	54:33	5	Stuart Mesinger	53
5	Athan Biss	29	Latham	1:19:51		MALE AGE GROUP: 50	
FE	MALE AGE GROUP: 25	- 29			1	Donna Horton	51
1	Melissa Wern	26	Hudson Falls	51:53	2	Marsha Englert	54
2	Vanessa Holzmann	27	Albany	55:27	3 4	Lorie Cross Susan Johnson	51 51
3	Kristin Dooley	28	Elizabethtown	57:56		ALE AGE GROUP: 55 -	
4	Michelle Carter	28	Troy	1:04:34	1	Lee Pollock	59
5	Allison Buckley	29	Elizabethtown	1:09:51	2	Claude Marchand	59
М	ALE AGE GROUP: 30 - 3	34			3	Eric Leskovec	55
1	Andrew Loux	32	Delmar	44:27	4		57
2	Tyson Evensen	30	Glens Falls	46:25	5	Bob Morgonson	55
3	John Nakel	31	Saratoga Springs	46:57	FE	MALE AGE GROUP: 55	- 59
4	Kevin Burns	33	Clifton Park	55:25	1	Nancie Battaglia	58
5	Doug Jones	33	Selden	56:34	2	Kathy Messina	57
FE	MALE AGE GROUP: 30	- 34			3	Melody Hoffmann	55
1	Rebecca Bassin	33	San Francisco, CA	58:59	4	Joan Bleikamp	58
2	Renay Dippert	31	Saratoga Springs	59:55		ALE AGE GROUP: 60 -	
3	Megan Foley	34	Cambridge, MA	1:03:24	1	Mark Sager John Stockwell	61 64
4	Rachel Luch	30	Glenville	1:13:32	3	Daniel Olden	60
М	ALE AGE GROUP: 35 - 3	39			4	Charles McGuire	62
1	Patrick Bazinet	37	Cambridge, MA	42:28	5	John Foley	61
2	William Henke	37	Gansevoort	46:31		MALE AGE GROUP: 60	
3	Todd Eicher	39	Queensbury	47:24	1	Cathy Biss	64
4	Andrew Snell	39	Glens Falls	49:50	M	ALE AGE GROUP: 65 -	69
5	Colin Crowley	35	Round Lake	52:26	1	Chuck Trimarchi	66
FE	MALE AGE GROUP: 35	- 39			2	J Favat	67
1	Erika Anderson	38	Malta	58:37	3	Eduardo Munoz	69
2	CC Rottger	39	Porter Corners	59:30	4	James Davis	68
3	Michelle Eicher	38	Queensbury	1:09:05	5		67
4	Amy Alberti	38	Cohasset, MA	1:11:39	1 1	MALE AGE GROUP: 65 Candi Schermerhorn	65
5	Amy Taylor	35	Lake Placid	1:12:14	2		65
М	ALE AGE GROUP: 40 - 4	14			_	ALE AGE GROUP: 70 &	
1	Dave Barr	41	Saratoga Springs	46:55	1	Bill Long	71
2	Seth Dunn	41	Saratoga Springs	47:11	2	Jim Moore	72
3	Steve Abbott	42	Hadley	55:09	3	Howard Maat	73
4	Jeff Mannion	42	Malta	55:09	4	Ray Lee	70

Lake George

Glens Falls

Queensbury

Queensbury

San Diego, CA

34 25

27

MALE OVERALL

Will Haskell

FEMALE OVERALL

Justine Mosher

Marcella Terran

Nick Marcantonio

Tucker Chrapowitzky

23RD ANNUAL PROSPECT MOUNTAIN 5.67-MILE ROAD RACE May 12, 2012 • 1,601 Feet Up Prospect Mountain, Lake George

36:48

40:44

41:43

47:03

FEMALE AGE GROUP: 40 - 44

43

43

40

Courtesy of The Adirondack Runners

Cheryl Morris Kim Scott

1 Frank Collins

Colleen Delcora

Chris Cifone-Clohosey

MALE AGE GROUP: 45 - 49

3RD A			DUATHLON SER dirondack, Queensh			3RD A	NNU	AL JOG FO	R JUGS	HALF-MARATH	ON &	5K RUN	
1.5-MILE RUN,	8-MILE BIKE, 1.5-MILE RUN		9 John Evansky	Hudson Falls	48:56					rg Town Park, Dua			
MALE OVERALL			10 Jim McCarty	Glens Falls	49:14	HOLE-MO		- 13.1 MILES		FEMALE AGE GROUP:		9	
1 Carl Regenauer	Saratoga Springs	41:08	11 Brandon Thomas	Granville	49:54	MALE OVERALL	Wallion	- IS.T WILLS		1 Tara Jovce	23	Altamont	1:49:41
2 Brian Woods	Saratoga Springs	42:18	12 James Bogue	Buskirk	51:25	1 Nick Webster	23	Latham	1:24:57	2 Julia Hudvncia	24	Fort Plain	1:59:02
3 Jason Gardner FEMALE OVERALL	Glens Falls	42:39	14 Barbara Jordan	Ballston Spa	52:33	2 Ryan Hudyncia	22	Fort Plain	1:27:55	3 Erin Rina	24	Clifton Park	2:01:05
1 Isabelle Dickens	South Glens Falls	45:13	15 Vincent Kirby	Mechanicville	53:57	3 Jason Chlopecki	36	Scotia	1:35:19	4 Amreen Vora	24	Latham	3:07:30
2 Frances Vincent	Slingerlands	45:58	16 Allison Gubala	Saratoga Springs	56:01	FEMALE OVERALL				MALE AGE GROUP: 25	- 29		
3 Rebecca Evansky	Hudson Falls	51:57	17 Ann Herring	Queensbury	56:26	1 Chris Varley	48	Albany	1:36:54	1 Daniel Ayala	26	Clifton Park	1:39:32
OTHER FINISHERS: OVE		51.57	18 Christine McKnight	Schuyerville	56:43	2 Kara Patrick	17	East Greenbush	1:37:20	2 Jeremy Krom	25	Albany	1:42:03
4 Jeff Cornick	Ballston Spa	43:10	19 Bill Nealon	Queensbury	59:30	3 Lindsay Choppy	27	Troy	1:41:42	3 Ben Baker	26	Troy	1:48:28
5 Michael Jordan	Ballston Spa	43:58	20 Glori Ekberg	Niskayuna	63:44	FEMALE AGE GROUP: 1	- 19			4 Matthew Langston	25	Westmere	1:59:44
8 Eric Besaw	South Burlington, VT	46:17	Courte	esy of T3 Coaching		1 McKenzie Phelan	14	Schoharie	2:31:24	5 Oleg Chouliakolsky	26	Troy	2:08:26 continued

5 Stephen Layden

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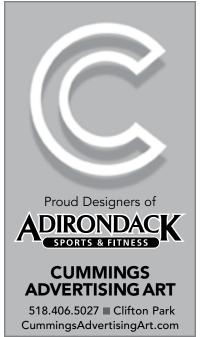
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RACE RESULTS

		og for jug	S HAL	F-MARATHON &		KUN continue	ed
FEMALE AGE GROUP: 2!				FEMALE AGE GROUP: 5	5 - 59		
1 Allison Bandos	27	Albany	1:59:48	1 Pia Sanda	57	Slingerlands	2:11:1
2 Jessica Bonfey	29	Johnstown	2:00:14	MALE AGE GROUP: 60 -			
3 Kelly Mattison	27	Esperance	2:08:43 2:14:07	1 Bob Ellison	63	Slingerlands	2:00:1
4 Kathryn Terry 5 Jennifer Newman	28 28	Saratoga Springs Albany	2:14:07	2 Edward Wronski	63	Slingerlands	2:15:2
6 Elinor Martin	28	Albany	2:17:21	FEMALE AGE GROUP: 60			
7 Megan Caruso	26	Schenectady	2:53:34	1 Susan Wong	64	Glenmont	1:57:3
MALE AGE GROUP: 30 -		Schenectady	2.33.34	2 Katherine Ambrosio	61	Delmar	2:13:3
1 Adam Maggs	31	Scotia	1:43:46		5K RU	N	
2 Matthew Letteer	33	Latham	1:58:24	MALE OVERALL			
FEMALE AGE GROUP: 30	0 - 34			1 Jeff Goupil	24	Clifton Park	17:3
1 Cristina Stanton	34	Guilderland	1:51:40	2 David Young	45	Delmar	20:1
2 Alicia Bronzell	31	Ballston Lake	2:04:26	3 Gavin Berdan	15	Schoharie	20:3
3 Nicole Holick	30	Ballston Lake	2:07:46	FEMALE OVERALL			
4 Caitlin Callahan	31	Clifton Park	2:21:14	1 Karen Bertasso	26	Slingerlands	20:0
5 Olya Prevo	30	Mechanicville	2:22:03	2 Danielle Maslowsky	33	Clifton Park	23:1
MALÉ AGE GROUP: 35 -	39			3 Kim Morrison	32	Wynantskill	24:2
1 Dennis Vanvlack	39	Duanesburg	1:38:46	MALE AGE GROUP: 1 - 1		· · · · · · · · · · · · · · · · · · ·	22
2 Patrick Sorsby	36	Albany	1:45:09	1 Brendon Vanvlack	12	Duanesburg	22:3
3 Ian Morrison	35	Wynantskill	1:45:14	2 Trevor Burnside	11	Westerlo	34:4
FEMALE AGE GROUP: 3!				FEMALE AGE GROUP: 1		vvesterio	54.4
1 Jennifer Satin	37	Loudonville	2:36:28		9	Foot Down	41.2
2 Courtney Goodman	35	Saratoga Springs	2:39:36	1 Remington Houck	-	East Berne	41:2
3 Lisa Dicocco	37	Menands	3:01:28	2 Nicole Filkins	10	Westerlo	41:2
MALE AGE GROUP: 40 -				MALE AGE GROUP: 15 -			
1 Brian Dillenbeck	41	Alplaus	1:42:20	1 Chris Lewis	16		21:5
 Alex Chlopecki Ii 	40	Glenville	1:49:47	2 Jared Reed	19		29:3
3 Bruce Nelson	44	Delanson	1:54:10	FEMALE AGE GROUP: 1			
4 Eric Clouthier	40	Scotia	2:00:39	1 Caitlyn Trepen	19	Scotia	26:5
5 Timothy Wyman	40	Niskayuna	2:12:13	MALE AGE GROUP: 20 -	29		
6 Brian Demarest	44	Schenectady	2:12:39	1 John David Iseman	20	Quaker Street	22:1
FEMALE AGE GROUP: 40				2 Colin Alverson	24	Glenville	23:4
1 Connie Smith	44	Ballston Lake	1:48:14	3 Robert Bourgeois	29	Albany	25:2
2 Martha Gohlke	44	Voorheesville	2:03:01	FEMALE AGE GROUP: 20			
3 Lonnie Wilson	43	Niskayuna	2:04:21	1 Sarah Yurenda	25	Albany	25:2
4 Michelle Rocklein	42	Delmar	2:08:40	2 Michelle Juett	27	Scotia	26:0
5 Kathy Vanvalen	43	Delanson	2:14:26	3 Sarah Briggs	23	Cohoes	29:4
6 Lisa Rufo	42	Rensselaer	2:16:48	MALE AGE GROUP: 30 -		Conoes	23.4
7 Tracy Racicot	44	Johnsonville	2:26:11		3 7	A Ileanu	20.4
8 Lisa Helmstadt	44	Schoharie	2:31:41	1 Michael Dinicola		Albany	20:4
9 Tara Barton	44	Schoharie	2:39:30	2 Christopher Borst	36	Latham	23:3
10 Katherine Phelan	43	Schoharie	2:40:51	3 Brian Degener	33	Albany	23:5
11 Alissa Caton	44	Delmar	2:52:12	FEMALE AGE GROUP: 30			
12 April Vanheusen	44	Schenectady	2:52:12	1 Kele Vanlare	34	Albany	26:2
13 Beth Wyman	42	Niskayuna	3:13:30	2 Alison Thorne	32	Schenectady	28:4
MALE AGE GROUP: 45 -				3 Linda Hines	33	Saratoga Springs	28:4
1 Joe McDonald	46	Niskayuna	1:38:02	MALE AGE GROUP: 40 -	49	_	
2 Chris Salvato	49	Scotia	1:43:15	1 Brad Austin	41	Albany	22:2
3 Daniel Morgan	46	Schenectady	2:00:02	2 Steve Janack	49	Scotia	22:3
4 Chris Duwe	48	Albany	2:06:54	3 Scott Lewin	45	Scotia	23:3
FEMALE AGE GROUP: 45		Cantin	1.50.00	FEMALE AGE GROUP: 40			
1 Deanna Hitchcock	45 45	Scotia Pallston Lako	1:58:03	1 Sue Brown	45	Duanesburg	27:4
2 Sheryl Hamel	45	Ballston Lake	2:06:02	2 Cindy Calderone	47	Latham	27:4
Krisen Lablanc	48	Broadalbin	2:06:54	3 Devonna Quinn	44	Ravena	30:0
4 Kathleen Kemp	47	Niskayuna	2:07:35	MALE AGE GROUP: 50 -		Navena	30:0
5 Shirley Sammons-Hudyn 6 Denise Gonder		Fort Plain	2:13:48			Dolonees	24.2
	48	Albany	2:15:23	1 Bob Kanarkiewicz	53	Delanson	21:3
7 Colleen Sheehan	47	Cobleskill	2:25:01	2 Kenny Hart	57	Colonie	27:4
3 Colleen Hadley	49	Ballston Spa	2:55:32	3 Bill Breen	58	Schenectady	29:1
MALE AGE GROUP: 50 -		Niekauura	1.20.22	FEMALE AGE GROUP: 50			
1 Robert Wither	51	Niskayuna	1:39:33	1 Sharon Close	58	Wynantskill	32:1
2 Chris Terzian	50	Albany	1:47:01	2 Tricia Johnston	50	Ballston Lake	35:4
FEMALE AGE GROUP: 50		Fact Currelinal	1.52.02	3 Mary Jane Lewis	53	Ballston Spa	36:1
1 Kim Law	54	East Greenbush	1:53:02	MALE AGE GROUP: 60 -	69		
2 Jenny Lee	52	Selkirk	2:02:09	1 Frank Broderick	60	Ballston Lake	23:0
Mary Signorelli	50	Castleton	2:18:41	2 Theodore Close	61	Wynantskill	29:5
Jennifer Lawrence	53	West Sand Lake	2:37:25	FEMALE AGE GROUP: 60		j	25.5
MALE AGE GROUP: 55 -		Fact Currelinat	1.46:44	1 Linda Kolnick	60	Fort Plain	32:0
1 Martin Patrick	58	East Greenbush	1:46:11				
2 Ray Lewis	56	Ballston Lake	1:53:21	2 Catherine Callahan	63	Schenectady	36:3
3 Chester Tumidajewicz	57	Amsterdam	1:54:02	3 Kathleen Paulus	62	Troy	37:2
4 Tim Doherty	58	East Berne	2:24:01	Courtesy of	Power I	House Athletics	

1ST RALLY IN THE VALLEY 5K & DUATHLON

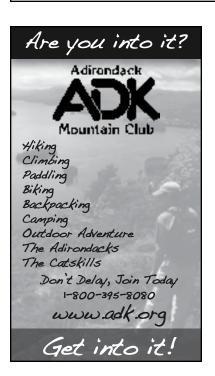
		Ма	y 12, 2012 •Fo	ort Hunt	er Fire	Dept, For	rt Hunter		
		5K RA	CE				N – 5K RUN, 2	OM BIKE, 5K RUN	
M	ALE OVERALL					OVERALL			
1	Cody Shave	19	Amsterdam	18:05		minic Tocco	50	Waterford	1:40:58
2	Vince Speenburgh	30	Somerville, MA	20:09		on Van Wie	42	Amsterdam	1:43:19
3	Robert Hulbert	32	Hagaman	21:14		vin Ballou	33	Saratoga Springs	1:45:05
FE	MALE OVERALL					LE OVERALL	40	Clifter Deal	1.50.50
1	Caitlyn Bintz	25	Brighton, MA	20:44		cy Perry	48 30	Clifton Park	1:58:53
2	April Marcellino	27	Amsterdam	24:39		annan Bintz		Cumberland, RI	2:03:47
3	Carolyn Sollecito	30	Somerville, MA	24:51	5	becca Weiderma LE AGE GROU		Johnstown	2:07:29
M	ALE AGE GROUP: 1 -	14					JP: 1 - 19 18	Burnt Hills	2.21.55
1	Evan lannuzzi	9	Amsterdam	27:28		arissa Hermann AGE GROUP:		Burnt Hills	2:31:55
2	Trevor Dzikowicz	8	Amsterdam	32:09		ward Givis	24	Saranac Lake	1:58:03
FE	MALE AGE GROUP:	1 - 14				nbrose Schaffer	29	Canajoharie	2:13:50
1	Avery Cusack	9	Fultonville	30:57		seph Spencer	29	Hagaman	2:27:35
2	Kayla Dzikowicz	12	Amsterdam	31:33		LE AGE GROU		Hayaman	2.21.33
3	Danielle Heck	14	Amsterdam	35:50		ah Schaffer	27 27	Canajoharie	2:14:01
	ALE AGE GROUP: 15		Amsterdam	33.30		AGE GROUP:		Cariajoriarie	2.14.01
1			A	22.20		vis Mitchell	38	Broadalbin	1:45:14
	Edward Korona	17 15 10	Amsterdam	23:28		niel Cusack	38	Fultonville	1:43:14
	MALE AGE GROUP:		Compleme	26.40		n Casey	33	Gloversville	2:10:24
1	Sara Klock	19	Sprakers	26:40		ul Isham	32	Oswego	2:10:24
2	Deanna Hazelton	19	Tribes Hill	30:19		ui isnam c Weber	32 31	Amsterdam	2:18:33
3	Amanda Krause	19	Fultonville	30:28		e Castro	31	Amsterdam	2:30:10
M	ALE AGE GROUP: 20	- 29				LE AGE GROU		Amsterdam	2.30.10
1	Ryan Weitz	20	Fultonville	22:48		ralyn Casey	36	Saratoga Springs	2:16:34
2	Scott Van Dyk	29	Watervliet	22:50		ily Sigel	32	Ballston Spa	2:20:38
3	Michael Greco	22	Amsterdam	24:01		nberly Hayes	35	Palatine Bridge	2:22:05
FE	MALE AGE GROUP: 2	20 - 29				egan Sandel	38	Gloversville	2:25:02
1	Mary Rose	28	Canajoharie	26:24		ee Hart	33	Johnstown	2:55:16
2	Brittney Hayes	21	Johnstown	27:16		AGE GROUP:		JOHNSTOWN	2.55.10
3	Tammy Lorensen	26	Amsterdam	27:19		eve Spring	48	Gloversville	2:10:06
	ALE AGE GROUP: 30		/ WIISterdam	27.13		n Shepard	43		2:10:00
			Fulkamuilla	24.20		n snepard LE AGE GROU		Canajoharie	2:10:47
1	Nathan Hayes	31	Fultonville	24:20			JP: 40 - 49 47	Amsterdam	2.21.44
2	Erik Kohler	32	Wynantskill	25:59		quel Parisi ristine Kausch	47	West Charlton	2:21:44 2:36:45
3_	Jacob Keck	31	Clifton Park	27:37		eresa Billington	47	Warnerville	2:37:40
	MALE AGE GROUP:						46		
1	Beth Tomlinson	37	Broadalbin	24:57		nna Hermann		Burnt Hills	2:47:35
2	Jennifer Georgelos	36	Fort Johnson	28:04		san Braiman	47 EO EO	Burnt Hills	2:47:35
3	Jennifer Sassanella	35	Broadalbin	28:12		AGE GROUP: vid Patterson	51	Fonda	1:56:17
M.	ALE AGE GROUP: 40	- 49				enn Herbert	54	Kinderhook	2:10:31
1	Douglas Browning	49	Tribes Hill	23:47		rt Laforest	51	Miller Place	2:10.31
2	Robert Szczepanik	40	Amsterdam	23:57			51 51		
3	Joe Agresta	42	Amsterdam	24:09		chael Parisi	51 56	Amsterdam	2:15:04
	MALE AGE GROUP:					nathan White m Bursese	56 57	Albany Amsterdam	2:23:15 2:27:35
1	Sarah Dzikowicz	41	Amsterdam	27:13		vid Wilber	57	East Greenbush	2:27:35
2	Nancy Whitty	49	Amsterdam	28:33			53 54		
3	Lynn Morck	43	Amsterdam	29:10		fery Clark	54 55	Glenmont Ames	2:37:41
			Amsterddill	23.10		ven Fuhs		Ames	2:47:42
	ALE AGE GROUP: 50		T-0	22.44		LE AGE GROU		Clavorovilla	2.10.27
1	Patrick Whelly	59	Tribes Hill	22:41		Argotsinger	58	Gloversville	2:18:27
2	Andrew Stegeland	52	Gloversville	24:56		AGE GROUP:		A	2.04.20
3	Tim Cramer	52	Mayfield	45:35		rt Konieczny	66	Amsterdam	3:01:20
FE	MALE AGE GROUP: !					/ TEAM - MAI		المقالمة المناب	1.42.55
1	Lisa Greco	53	Amsterdam	28:39		cker & Roadie	Charles Brooks		1:42:55
2	Mary Beth Cool	55	Canajoharie	29:59			John Brockhur		2:15:29
3	Valerie Kline	50	Amsterdam	35:33		ngents	Lance Kugler-N	viicnael Kobert	2:49:00
M	ALE AGE GROUP: 60	- 69				/ TEAM – FEN		Anlinea Con	2.12.22
1	Gerald Cramer	60	Schenectady	57:16		C-ed Chix	Crystal Davis-N		2:13:22
•	MALE AGE GROUP:		Jenen Celluly	37.10		ons-Riccio	Becky Lyons-C		2:14:20
ге 1		67	Tribes Hill	43:10		terbarge		udt-Courtney Labarg	e 2:41:38
	Judy Phetteplace					/ TEAM – MIX			
2	Cynthia Cusack	61	Fultonville	46:31		m Catena	Felix Catena-B		2:03:39
3	Donna Cramer	62	Mayfield	57:16		am Sise	Joe Sise-Robin		2:03:47
M	ALE AGE GROUP: 80				3 The	e Platters	Diane Hanson-	-Jake Smith	2:05:59
1	George Freeman	80	Cobleskill	31:38				ity Montgomery Co	

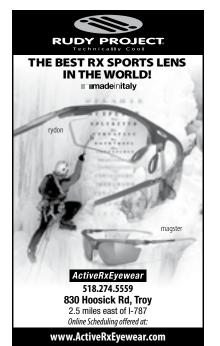
32ND ANNUAL BEST FITNESS HMRRC MOTHER'S DAY 5K RUN May 13, 2012 • Central Park, Schenectady FEMALE OVERALL FEMALE AGE GROUP: 20 - 24 1 Katie Hodge 40 Delmar 20:33 1 Kati Christoffel 24:12 Clifton Park FEMALE AGE GROUP: 1 - 19 1 Kiersten Anderson Glenville 22:08 19 2 Catie Anderton 23 35:41

3 Sarah Gettman

Ron Houser, C. Ped.

22:33





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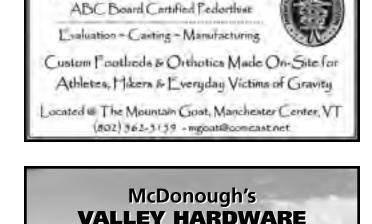






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	32ND ANNUA	L BE	ST FITNES	S HMRR	RC MOTHER'S I	DAY 5k	RUN contir	nued
FE	MALE AGE GROUP: 25	- 29			FEMALE AGE GROUP	: 50 - 54		
1	Rita Ramos	25	Albany	28:58	1 Debra-Jane Batcher	52	Albany	23:12
2	Cecilia Cooper	29	Boston, MA	30:18	2 Joyce Goodrich	54	Glenville	23:22
3	Brittany Camardello	27	Schenectady	31:39	3 Patricia Zuchowsk	51	Schenectady	25:37
FE	MALE AGE GROUP: 30	- 34			FEMALE AGE GROUP	: 55 - 59		
1	Melissa West	32	Scotia	21:25	1 Joan Celentano	58	Schenectady	25:46
2	Leah Jachym	32	Albany	21:58	Jill Meehan	57	Troy	26:56
3	Diana Tobon-Knobloch	31	Guilderland	23:44	3 Colleen Raney	57	Schenectady	27:43
FE	MALE AGE GROUP: 35	- 39			FEMALE AGE GROUP	: 60 - 64		
1	Kari Peterson	35	Cohoes	21:59	 Nancy Hodge 	64	Delmar	27:07
2	Allison Bradley	36	Albany	22:56	2 Pamela Kash	62	East Greenbush	28:59
3	Stefanie Pitts	37	Schenectady	23:09	3 Judy Lynch	62	Castleton	29:04
FE	MALE AGE GROUP: 40	- 44			FEMALE AGE GROUP	: 65 - 69		
1	Kimberly Miseno-Bowles	41	Amsterdam	21:58	 Christine Strebel 	68	Schenectady	34:56
2	Stacia Smith	41	Niskayuna	22:36	2 Barbara Matejka	67	Altamont	56:33
3	Sheila Couch	41	Castleton	23:36	FEMALE AGE GROUP	: 70 - 99		
FE	MALE AGE GROUP: 45	- 49			1 Liz Milo	71	Altamont	37:33
1	Laurie Hoyt	46	Schenectady	22:18	2 Eiko Bogue	74	Schaghticoke	38:20
2	Roxanne Gillen	49	Schenectady	25:15	3 Beverly Amsler	72	Slingerlands	53:20
3	Maureen Zito	47	Glenmont	28:44	Courtesy of Hu	dson-Moha	wk Road Runners Clu	b

May 13, 2012 • SUNY Adirondack, Queensbury					
.5-MILE RUN, 8-MILE BIKE, 1.5-MILE RUN	14 David Cann	Queensbury			

	1.5-MILE RUN, 8-N	MILE BIKE, 1.5-MILE RUN		14 David Cann	Queensbury	49:55
M	ALE OVERALL			15 Carrie Mauro	Glens Falls	49:59
1	Patrick O'Keeffe	Queensbury	39:56	16 Jim Fox	Glens Falls	50:15
2	Carl Regenauer	Saratoga Springs	39:58	17 Daniel Maloney	Gansevoort	50:30
3	Michael Jordan	Ballston Spa	43:32	18 James Boque	Buskirk	50:33
FE	MALE OVERALL			19 Vincent Kirby	Mechanicville	51:59
1	Isabelle Dickens	South Glens Falls	44:43	20 Barbara Jordan	Ballston Spa	52:30
2	Bridget Crossman	South Glens Falls	49:15	21 Allison Gubala	Saratoga Springs	53:14
3	Carla Burhoe	Queensbury	49:37	22 Ann Herring	Oueensbury	54:49
01	THER FINISHERS: OVERA	LL PLACE		-	Fort Edward	55:47
5	John Cardinale	Queensbury	45:08	23 Mary Dalaba		
6	Eric Besaw	South Burlington	45:54	24 Christine McKnight	Schuyerville	56:35
7	John Evansky	Hudson Falls	46:53	25 Bill Nealon	Glens Falls	57:11
8	Matt Landy	Glenmont	48:22	26 Erin Landy	Glenmont	57:50
9	Jim McCarty	Glens Falls	48:59	27 Joan Phillips	Salem	58:36
10	Brandon Thomas	Granville	49:00	28 Ann Mullaly	Delmar	69:01
13	Tracey Delaney	Queensbury	49:49	Court	esy of T3 Coaching	

1ST ANNUAL COHOES FOUNDERS' DAY 15K & MASTODON 5K RACES May 20, 2012 • Craner Park, Cohoes

FOUN MALE OVERALL	DERS' I	DAY 15K		FEMALE OVERALL 1 Kristyn Brozowski	31	Selkirk	23:55
Brian DeBraccio	46	Scotia	58:44	2 Mary Karen Noonan	55	Albany	25:11
2 Anthony Merola	41	Waterford	1:01:06	3 Jennifer Hartman	25	Cohoes	25:51
3 Neil Sergott	40	Clifton Park	1:04:52	MALE AGE GROUP: 1 - 1			
FEMALE OVERALL	39	Albany	1.06.24	1 Zachary Ogden	13	Niskayuna	23:30
1 Sally Drake 2 Chris Varley	48	Albany Albany	1:06:24 1:08:38	2 Anthony Ciampolillo 3 Shaun May	11 13	Troy Clifton Park	30:16 32:53
Stephanie Wille	37	Guilderland	1:12:03	MALE AGE GROUP: 15 -		CIII LOTI PAIK	32.53
EMALE AGE GROUP: 1	- 14			1 Matt Roden	15	Johnsonville	31:28
Cassie Bolaski	14	Cohoes	2:05:09	FEMALE AGE GROUP: 1!		Johnson	51.20
EMALE AGE GROUP: 1		11	4 24 47	1 Alexandra Maguire	19	Ballston	25:57
Fiona Recchia ! Hailee Walker	19 15	Latham Cohoes	1:21:47 2:05:09	2 Victoria Wittemann	17	Latham	48:00
MALE AGE GROUP: 20 -		Conocs	2.03.03	MALE AGE GROUP: 20 -		6.1	26.57
Michael Douglas	23	Au Sable Forks	1:08:59	1 Christian Kalupy	20 23	Cohoes Cohoes	26:57
? Kahlil Scott	21	Cohoes	1:18:14	2 Zachary Marsett FEMALE AGE GROUP: 20		Corioes	39:57
EMALE AGE GROUP: 20				Heather Kilventon	20	Cohoes	36:08
Valerie Belding Bridget McElduff	22 24	Albany	1:19:13 1:33:47	MALE AGE GROUP: 25 -			
Pridget McElduff Emily Black	20	Troy Camden	1:37:51	1 Anthony Lepage	28	Cohoes	26:47
MALE AGE GROUP: 25 -		Cumacii	1.57.51	2 Owen Wall	28	Menands	31:38
Phil Keats	25	Colonie	1:14:11	3 Matt Borysewicz	26	Cohoes	32:12
Chuck Flood	29	Cohoes	1:19:00	FEMALE AGE GROUP: 2!		6.1	26.45
Jon Bunnell	27	Ravena	1:21:04	1 Michelle Brammer	25 27	Cohoes	26:15
EMALE AGE GROUP: 25 Jennifer Newman	28 28	Albany	1.26.17	2 Katelyn Lepage 3 Julie Masa	25	Cohoes Selkirk	29:55 31:31
! Tara Dutcher	28 26	Albany Cohoes	1:26:17 1:28:21	MALE AGE GROUP: 30 -		JEINIIN	اد.اد
Michelle Juett	27	Scotia	1:28:31	1 Alex Herzlinger	33	Glenmont	27:53
MALE AGE GROUP: 30 -				2 Ryan Nix	32	Menands	28:13
Michael McClure	31	Albany	1:05:15	3 Barrett Massey	34	Troy	28:51
Mark Frontera	32	Ballston Lake	1:06:00	FEMALE AGE GROUP: 30			
Chris Glynn	31	Latham	1:11:43	1 Christine Spinner	32	Clifton Park	27:42
EMALE AGE GROUP: 30 Meleah Wright	3 0	Cohoes	1:26:28	2 Samantha Matson	32	Rensselaer	28:06
: Cayce Beauregard	32	Waterford	1:34:43	3 Erin Hoffay MALE AGE GROUP: 35 -	34	Averill Park	28:29
Heather Lavine	34	Troy	1:37:33	1 Michael Marcil	36	Cohoes	24:40
MALE AGE GROUP: 35 -	39	,		2 Daniel Brady	35	Cohoes	24:56
Joshua Katzman	36	Clifton Park	1:06:58	3 David Ehrlich	37	Cohoes	26:11
Kyle Johnson	38	Schenectady	1:09:30	FEMALE AGE GROUP: 35	5 - 39		
Doug McMahan EMALE AGE GROUP: 35	39 - 20	Clifton Park	1:10:20	1 Stacie Waters	35	Clifton Park	28:40
Shayne Eliz Johnson	38	Schenectady	1:19:50	2 Andrea Tobin	38	Slingerlands	33:31
Maura Ludlow	35	Rensselaer	1:24:34	3 Shannon Giles	35	Cohoes	33:44
Danielle Giroux	36	Waterford	1:26:14	MALE AGE GROUP: 40 -		Cabasa	22.10
MALE AGE GROUP: 40 -				1 Gary Ethier 2 David Decelle	43 40	Cohoes Mechanicville	23:19 26:18
Paul Prosser	44	Wynantskill	1:11:55	3 Tony Rivera	40	Cohoes	38:13
Harry Young Greg Pesta	41 40	Albany	1:15:42 1:20:37	FEMALE AGE GROUP: 40		COLIGES	50.15
EMALE AGE GROUP: 40		Albany	1.20.37	1 Kendall Maykowski	41	Memphis, TN	28:57
Dawn Valera-McGarry	44	Cohoes	1:12:43	2 Christine Hockford	43	Waterford	29:01
Renee Canestrari	40	Watervliet	1:16:14	3 Lon Munger	44	Clifton Park	30:20
Jennifer Durenberger	40	Saratoga Springs	1:27:53	MALE AGE GROUP: 45 -		Calanta	24.25
IALE AGE GROUP: 45 -		According to the	1.00.20	1 Mike Langevin 2 Rich Morris	47 47	Colonie Clifton Park	24:25 25:54
Brian Coyne Frank Steciuk	49 48	Averill Park Cohoes	1:08:20 1:18:24	3 Vincent Zandri	47	Menands	34:15
Matt Scarchilli	45	Cohoes	1:10:24	FEMALE AGE GROUP: 45		ivieriarius	34.13
EMALE AGE GROUP: 45		C0110C3	11.15.10	1 Lisa Ethier	46	Cohoes	28:22
Roxanne Gillen	49	Schenectady	1:23:13	2 Hilary Goodman	49	Dresher, PA	29:25
Cindy Steciuk	49	Cohoes	1:37:17	3 Kimberly Rings	48	Delmar	31:03
Maureen Zito	47	Glenmont	1:39:09	MALE AGE GROUP: 50 -			
MALE AGE GROUP: 50 -	54 51	Dolmar	1.15.01	1 Dale Lamphere	50	Canajoharie	25:36
Jeffrey Rings Matt Ryan	50	Delmar Cohoes	1:15:31 1:16:38	2 Stephen Green	50	Clifton Park	26:04
Louis Recchia	52	Latham	1:21:52	3 Ken Ray FEMALE AGE GROUP: 50	54 1 - 54	Loudonville	26:18
EMALE AGE GROUP: 50				1 Lisa Soeller	50 50	Clifton Park	26:41
Nancy Piche	51	Loudonville	1:32:30	Melanie Ciampolillo	51	Troy	26:57
Jennifer Lawrence	53	West Sand Lake	1:37:49	3 Pamela Barrall	50	Clifton Park	30:28
Lorie Cross	51 5 0	Cohoes	1:47:57	MALE AGE GROUP: 55 -			
MALE AGE GROUP: 55 - Steven Schonwetter	59 58	Clifton Park	1:06:00	1 Dan Bonomo	55	Cohoes	26:15
David Chandler	58 59	Woodstock	1:11:05	2 James Summa	57	Waterford	32:39
Marc Scarchilli	55	Waterford	1:21:11	FEMALE AGE GROUP: 55		6.1	_, .
EMALE AGE GROUP: 55				1 Kim Bonomo	55	Cohoes	28:47
Cathy Soloyna	59	Wynantskill	1:42:23	2 Lisa Walsh-Crandall3 Colleen Forlani	55 55	Cohoes Cohoes	49:36 52:23
Diana Graziano	59	Clifton Park	1:53:33	MALE AGE GROUP: 60 -		Curioes	32.23
Ronnie Senez	59 64	Clifton Park	2:07:21	1 Richard Bazar	63	Waterford	30:40
MALE AGE GROUP: 60 - Joe Yavonditte	63	Schenectady	1:22:15	FEMALE AGE GROUP: 60			55.10
Ed Swanson	62	Ballston Lake	1:53:32	1 Alice Carpenter	61	Delmar	33:11
EMALE AGE GROUP: 60				2 Kathleen Santarcangelo	60	Latham	33:59
Phyllis Fox	60	Loudonville	1:36:28	MALE AGE GROUP: 65 -			
MALE AGE GROUP: 65 -			:	1 Milt Schmidt	65	Colonie	23:34
Douglas Fox	67	Loudonville	1:27:29	FEMALE AGE GROUP: 65		Cehonostada	24.02
	ASTADO	N 5K		1 Christine Strebel MALE AGE GROUP: 75 -	68 79	Schenectady	34:03
ALE OVERALL Chris O'Brien	16	Delmar	19:39	1 Armand Langevin	7 9 75	Cohoes	31:14
	38	Cohoes	20:18	2 Charles Bishop	76	Schenectady	34:04
2 Greg Ethier							

23RD ANNUAL RUN IF YOU D.A.R.E. 5K ROAD RACE

	May 22 2			chaniquille	
	IVIAY 23, 20	012 • The Connors Age	ncy, wee	nanicville	
MALE OVERALL		MALE AGE GROUP: 12 - 15		FEMALE AGE GROUP: 16 -	19
1 Austin Lane	15:36	1 Ethan Jaynes	17:37	1 Victoria Hathaway	20:08
FEMALE OVERALL		2 Dante D'Ambro	24:22	2 Jackie Merchant	22:06
1 Brittney Lane	17:22	3 Alex Ciulla	24:26	3 Danelle Haner	24:14
MALE AGE GROUP: 11 & U	JNDER	FEMALE AGE GROUP: 12 - 15		MALE AGE GROUP: 20 - 29	
1 Andrew Herrick	32:01	1 Sarah Erno	22:59	1 Birant Akbay	16:30
 Joel DiVirgilio 	32:30	2 Mia Teal	28:02	2 Nate Gaetano	21:40
3 Nicholas Amodeo	32:33	3 Kalli Gilbert	31:23	3 Dan Miller	22:56
FEMALE AGE GROUP: 11	& UNDER	MALE AGE GROUP: 16 - 19		FEMALE AGE GROUP: 20 -	29
1 Michaelena Pasquale	25:15	1 Paul Vermilyea Jr.	19:39	1 Sara Lanesey	22:05
Mackenzie Bowie	25:47	2 Isaac Haner	19:52	2 Shannon Connors	22:28
3 Samantha Woods	31:22	3 Bill Cook	21:24	3 Kristen Connors	23:50

MALE AGE GROUP: 30 -	39	FE	EMALE AGE GROUP: 40 -	49	M	ALE AGE GROUP: 60 - 6	9
1 Matthew Fryer	19:26	1	Gail Rubinstein	20:58	1	Paul Bennett	19:19
2 Greg Ethier	19:43	2	Connie Anderson	28:53	2	Richard Daley	34:18
3 Craig Miller	21:30	3	Justine Cavotta	29:20		,	
FEMALE AGE GROUP: 30	- 39	M	ALE AGE GROUP: 50 - 5	9	FE	MALE AGE GROUP: 60	- 69
1 Sarah Baker	22:05	1	Patrick Culligan	19:41	1	Cathy Lanesey	31:52
2 Amy Pollard	23:51	2	Gary Barden	22:08	M	ALE AGE GROUP: 70 &	OVER
3 Melissa Smolen	24:42	3	Michael Maguire	24:17	1	Armand Langevin	29:47
MALE AGE GROUP: 40 -	49	FE	MALE AGE GROUP: 50 -	59		-	
1 Mark McKenzie	17:44	1	Linda Kimmev	23:25	2	Joe Kelly	32:56
2 Bob Radliff	18:28	2	Tanah Corelli	27:34	3	Ray Lee	34:51
3 Sam Mercado Jr.	19:00	3	Marie Arrao	27:59		Courtesy of The Conno	rs Group

	D. 181 184				ALE ACE CROUP: 35	20		
IEUN 5K TRAIL VIALE OVERALL	RUN WI	TH 12 OBSTACLES		M 1	ALE AGE GROUP: 35 - Randall Decker	39 36	Gavsevoort	32
Fthan Allen	26	Schaghticoke	27:12	2	Jeremy Pettis	35	Schuylerville	32
Lance Jordan	26	Greenwich	27:12		,			
Gregory Prime	26 29	Greenwich	28:49	3	Benjamin Yurschak	36	Greenwich	33
EMALE OVERALL	29	Greenwich	20.49		MALE AGE GROUP: 3			
	18	South Glens Falls	32:45	1	Teri Mostoller	37	Ballston Spa	39
Kelly Styczynski Denise Campbell	39	North Bennington, VT		2	Brandi Falcone	39	Albany	40
	26	Cambridge	34:28	3	Nichol Hall	39	Saratoga Springs	42
Emily Herrington MALE AGE GROUP: 14 8			34.28	М	ALE AGE GROUP: 40 -	44		
			20.10	1	Mike White	40	Greenwich	37
Connor Oakman	14	Lafayette	29:18	2	Stephen Palmer	44	Granville	37
Ellis Pemrick	12	Greenwich	33:21	3	Tony Johnston	41	Ravena	37
Tom Burns	13	Clifton Park	34:22	FE	MALE AGE GROUP: 40	0 - 44		
EMALE AGE GROUP: 1			44.45	1	Nancy Koval	41	Stillwater	37
Emma Cronin	10	Greenwich	41:12	2	Michelle Brodt	41	Queensbury	30
Taylor Mann	12	Albany	49:14	3	Carolyn Peck	40	Schuylerville	41
Samantha Flohr	12	Albany	49:15	-	ALE AGE GROUP: 45 -		Scridylervine	-
MALE AGE GROUP: 15 -				1	Tony Malikowski	47	Hoosick Falls	33
Nathan Oakman	16	Lafayette	29:10	2	Rick Stowell	49	Hoosick Falls	34
Kyle Fosmire	17	Fort Edward	33:28	3		45	Gansevoort	3
Travis Riccardi	15	Stephentown	33:56	-	Daniel Maloney		Gansevoort	3.
EMALE AGE GROUP: 1					MALE AGE GROUP: 4			
Libby Mostoller	16	Ballston Spa	37:59	1	Kim Mariotti	49	Saratoga Springs	37
! Sage McKinley	15	Greenwich	43:48	2	Laurie Scheuing	46	Saratoga Springs	41
Courtnie Harrington	15	Greenwich	44:52	3	Angie Gargan	47	Glens Falls	4
MALE AGE GROUP: 20 -				М	ALE AGE GROUP: 50 -			
Robert Gendron	20	Whitehall	29:25	1	John Paduano	52	Stillwater	33
Samuel Roods	24	Greenwich	30:40	2	Daniel Pemrick	50	Greenwich	35
Michael Pryor	24	Greenwich	30:50	3	Phil Borgese	52	Niskayuna	35
EMALE AGE GROUP: 2				FE	MALE AGE GROUP: 50	0 - 54		
Emily Bell	23	Cambridge	36:35	1	Lillian Hammel	50	Mechanicville	4
Charissa Tucker	24	Hudson Falls	41:02	2	Jennifer Kuzmich	53	Greenwich	45
Kelcey Noble	24	Lake George	42:57	3	Margaret Nelson	50	Lake George	45
MALE AGE GROUP: 25 -	29			-	ALE AGE GROUP: 55 -		Lake George	7.
Landon Nelson	26	Schuylerville	29:33	1	George Fredericks	56	Malta	42
Justin Kneer	26	Troy	32:53	2	Harry Matrese	57	Rensselaer	43
Jeff Young	25	Schenectady	34:31	3	I. Hilt	55	Colonie	46
EMALE AGE GROUP: 2	5 - 29						Colonie	40
Anne Marie Hathaway	26	Schuylerville	36:25		MALE AGE GROUP: 55			
Brittany Pine	25	Hoosick Falls	37:36	1	Jo-Ann Spinelli	59	Latham	49
Rachel Skellie	26	Greenwich	37:37	2	Barbara Conway	56	Lake George	52
MALE AGE GROUP: 30 -	34			3	Laurie George	57	Cambridge	52
Eric Bott	30	Warrensburg	31:54	M	ALE AGE GROUP: 60 -	64		
Don Horan	30	Clifton Park	33:50	1	Craig Roods	63	Greenwich	38
Jack Gibbs	32	Glens Falls	38:42	2	Webster Madison Jr.	63	White Creek	49
EMALE AGE GROUP: 3		2.213 1 013	-0.12	3		61	Victory Mills	58
Jodi Wheeler	33	Corinth	35:40	М	ALE AGE GROUP: 75 -	79	,	-
Ke Henzler	33	Albany	38:28	1	Ray "Poppy" Johnson	78	Schaghticoke	1:15
Megan Connor	33	Eagle Bridge	42:40				ive the Farm	

2:07:54

Ke Henzier Megan Connor	33	Eagle Bridge	38:28 42:40	- 1	Kay "Poppy" Johnso		ve the Farm	1:1
		ANNUAL S						
	-	2012 • Sarato	ga Casin		-		_	1.3
5K R IALE OVERALL	UN, 30K BII	KE, 5K RUN		3 4	Brian Oneil Thomas Butler	53 52	Schenectady Delmar	1:2
Todd Shatynski	36	Altamont	1:22:40	5	Tim Foxen	51	New York City	1:3
Kevin Miles	16	Clifton Park	1:25:42	_	MALE AGE GROUP		nen ion eng	
Mikael Hanson	44	New York City	1:25:48	1	Patricia Monahan	50	Warrensburg	1:4
EMALE OVERALL				2	Joyce Goodrich	54	Glenville	1:5
Heidi Glovack	32	East Syracuse	1:33:17	3	Jane Mastaitis	53	Saratoga Springs	1:5
Sarah Rodriguez	22	Ossining	1:33:53	4	Jeryl Simpson	54	Mechanicville	1:5
Beth Stalker	52	Burnt Hills	1:36:26	5	Maureen Roberts	54	Gansevoort	1:5
IALE AGE GROUP: 1 David Bruno	19 & UNDER	Queensbury	1:33:00		ALE AGE GROUP: 5		A II.	4.7
Paul Schwan	18	Leroy	1:35:45	1 2	Jonathan White Dennis Sullivan	57	Albany	1:4
Adam Kurchner	16	Gansevoort	1:54:27	3	Pat Piscitelli	56 56	Ballston Lake Baldwinsville	1:4
IALE AGE GROUP: 2		Gunseroon	1.5 1.27	4	Andy Campbell	55	Albany	1:4
Tim Russell	22	Greenfield Center	1:26:17	5	Ray Lewis	56	Ballston Lake	1:5
Sean Pezzulo	20	Saratoga Springs	1:26:22		MALE AGE GROUP		Builston Luke	1
Zachary Goodrich	23	Glenville	1:32:11	1	Mickey Piscitelli	55	1:59:05	
Evan Dejonghe	24	Brookline, MA	1:37:57	2	Lynne Derusso	56	East Berne	2:1
Jonathan Lazzara	22	Rensselaer	1:38:14	3	Theresa Kaschak	57	Cropseyville	2:4
EMALE AGE GROUP			4 40 40	M	ALE AGE GROUP: 6	0 - 64	, ,	
Shylah Weber Mara Edelman	23 23	Rensselaer	1:49:12 1:51:23	1	Peter Gerardi	60	Scotia	1:4
		Brookline, MA	1:51:23	2	Rick Morse	62	Malta	1:4
IALE AGE GROUP: 2 James Keyzer	27 27	Greenfield Center	1:32:30	3	Michael McNally	62	Queensbury	1:5
Jason Stilson	29	Schenectady	1:34:57	4		62	Glens Falls	1:5
Erik Sointio	29	Queensbury	1:36:09		MALE AGE GROUP			
Kiel Vanwagner	28	Saratoga Springs	1:38:47	1	Christine McKnight	64	Schuylerville	1:5
Ryan Ruch	27	Schenectady	1:45:15	2	Judy Lecomb	60	Albany	2:0
EMALE AGE GROUP	: 25 - 29				ALE AGE GROUP: 6		Markey MT	4.7
Ryan Ventre	26	Saratoga Springs	1:47:57	1	David Chioffi	69	Weston, VT	1:4
Ana O'Neil	25	Saratoga Springs	1:53:24	2	Jim Cunningham Charles Brockett	67 66	Ticonderoga Dolgeville	1:4
Allison Porter	26	Saratoga Springs	2:03:37		ALE AGE GROUP: 7		Doigeville	1.3
Lauren Turchioe	27	Bedford	2:18:27	1	Stephen Mitchell	70	Malta	2:0
IALE AGE GROUP: 3		A Ileano	1,20,55	2	William Sheft	71	Ballston Spa	2:1
Matthew Purdy George Hade	33 32	Albany Trumansburg	1:28:55 1:29:23	3	Ray Lee	70	Halfmoon	2:2
George Hade Jeffrey Greer	31	Ballston Lake	1:32:01		LAY TEAMS: 2-PER			
Kevin Ballou	33	Saratoga Springs	1:32:01	1		JOH WALL	•	1:2
Anthony Moccia	30	Newport, VT	1:35:57		Brian Suozzo/Tom Su	IOZZO		
EMALE AGE GROUP				2	Mancuso/Stevens			1:2
Jill Gola	34	Slingerlands	1:52:31		Christopher Mancus	o/Greg Steve	ns	
Crystal Davis	32	Schenectady	2:07:24	3	Interlocked & Loaded	t l		1:3
Karen Tyler	34	Waltham, MA	2:19:07		Matt Twinam/Keith \			
Elizabeth Mahon	34	Johnstown	2:47:02	RE	LAY TEAMS: 2-PER	SON FEMA	LE	
IALE AGE GROUP: 3		0	1.27.20	1	Sexy Riders I			1:4
Keith Compson Anthony Kenney	35 36	Queensbury Saratoga Springs	1:27:28 1:27:53	2	Lindsey Ferguson/Mi	chelle Gallett		1.7
Anthony Kenney William Henke	30 37	Gansevoort	1:28:42	2	2 Tall Blondes	la al		1:4
Brenden Rillahan	39	South Glens Falls	1:29:34	3	Lisa Clifford/Kim Zim Team 316	Ddl		1:4
Jason Chlopecki	37	East Glenville	1:30:06	2	Renee Salerno/Hope	Plavin		1.4
EMALE AGE GROUP				RF	LAY TEAMS: 2-PER			
Erika Anderson	38	Malta	1:43:28	1		3011 0025		1:2
Cathy Oldrich	37	Valatie	1:47:24		Julie McKenzie/Mark	McKenzie		
Sarah Peters	36	Albany	1:53:09	2				1:3
Sarah Aldrich	35	New Haven, CT	1:57:13	_	Amy Knoeller/Ethan	North		
Caralyn Casey	36	Saratoga Springs	2:00:54	3	Swan Palace			1:3
ALE AGE GROUP: 4		Danton C	1.20.07		Gabriel McGarry/Col	leen Ottalaga	ano	
Stephen Offord	44	Porter Corners	1:29:07	RE	LAY TEAMS: 3-PER			
Jason Gardner	42	Glens Falls	1:30:10	1	Tomhannock Warrior	rs		1:2
Paul Bricoccoli	42	Queensbury	1:30:36 1:33:39		Tim Bonnier/Alex She	erman/James	Sherman	
Randy Swift Gernot Mang	40 43	Saratoga Springs Saratoga Springs	1:33:39	2	Boys 3			1:4
MALE AGE GROUP		Jaratoga Jprings	1.54.00		Collin Broderick/John	n Broderick/Pa	atrick Broderick	
Lisa Eriksson	44	Richmond, VT	1:51:52	3	Team Musits			1:5
Janice Decker	43	Gansevoort	1:53:19		Andrew Musits/Bela			
Karen Viger	42	Saratoga Springs	1:58:18	RE	LAY TEAMS: 3-PER	SON FEMA	LE	
Lisa Speller-Martone	43	Syracuse	2:03:47	1	Bad Ass Witches		Se /A mare A ASS	1:5
Kim Scott	43	Malta	2:06:13	2	Elizabeth Adelman/T	ına Centotar	iie/Anna Mika	2.0
IALE AGE GROUP: 4				2	Sassy Lassies	Gina Longer	/Poth Miles	2:0
Tim Hulse	47	Stowe, VT	1:30:17	DF	Bernadette Bennett/			
Tomo Miyama	47	Valatie	1:35:19	1 1	LAY TEAMS: 3-PER	JON COED		1.7
Daniel Whitehead	49	Great Barrington,		- 1	Stretcher, Please)odo U:II/Ia	oc Kilduff	1:3
Joe Place	49	Saratoga Springs	1:37:14	າ	Tyronne Culpepper/E Power Saw to the Pe		es Milli	1:3
Christopher Hogan	47	Delmar	1:37:20	2	Rachel Guillot/Elizab		ter Nilson	1.3
EMALE AGE GROUP		Poppington VF	1.40.12	3	Sure, Why Not?	cui Naul2/78	LEI INIISUIT	1:4
Melissa Rowe Tracy Perry	45 48	Bennington, VT	1:40:12	د		Simone Bor	nneville/Bradley Sawye	
	48 46	Clifton Park Ghent	1:46:42	co	ORP TEAM WINNER		crincrordalicy Jawyel	
Teresa Maiuri Bonnie Fachini	46 47	Cheshire, MA	1:53:08 1:54:05			-		1:5
Pamela Cooper	46	Middle Grove	1:56:22		Dean Coon/Karen Fo	ster/Tina Per	k	د.،
i arrieta Cooper	40	IVIIGUIE GIOVE	1.30.22		_ can coon realerrie	i iii a i et		

1:26:10 1:26:32

Ballston Spa

52 52

Dean Coon/Karen Foster/Tina Peck
Elevate Cycles
Michelle Conn/Sue Pitts/Anne-Marie Pratt

Courtesy of Saratoga Lions Club

1 Melissa Rowe 4
2 Tracy Perry 4
3 Teresa Maiuri 4
4 Bonnie Fachini 4
5 Pamela Cooper 4
MALE AGE GROUP: 50 - 54

1 John Noonan 2 Jim Allott

RACE RESULTS

2ND ANNUAL COOPERSTOWN TRIATHLON May 27, 2012 • Otesaga Resort Hotel, Cooperstown

		iviay 27, 2	2012	· Otesa	iga kesori notei, t	Loope	SLOVVII	
		INT – 800M SWIM,	M.	ALE AGE	GROUP: 30 - 34	4	1:20:51	Mebust, Kai
	11.	5M BIKE, 3M RUN	1	1:05:45	Babik, Milan	5	1:21:25	Iovoli, Louis
M	ALE OVER	ALL	2	1:12:33	Krempa, Jeff	FE	MALE AG	E GROUP: 45 - 49
1	1:03:05	Lujambio, Julio/40-44	3	1:13:16	Broedel, Jason	1	1:25:39	Bradt, Joanne
2	1:04:53	Hansen, David/25-29	4	1:14:36	Thomas, Timothy	2	1:26:25	Reid Thomas, Janet
3	1:05:05	Hatfield, Joe/35-39	5	1:15:05	Totman, Andrew	3	1:30:05	Bradley, Andrea
FE	MALE OV	ERALL	FE		E GROUP: 30 - 34	4	1:36:42	McBrearty-Hulse, Christine
1	1:04:34	Hansen, Jennie/25-29	1	1:24:30	Viel, Aileen	5	1:46:51	Phillips, Rebecca
2	1:11:36	Hatfield, Amanda/30-34	2	1:28:27	Kapelewski, Loren	М	ALE AGE	GROUP: 50 - 54
3	1:12:04	Bader, Rebecca/35-39	3	1:35:32	Thorne, Alison	1	1:09:57	Wnorowski, Daniel
М	ALE AGE	GROUP: 15 - 19	4	1:36:37	Pamkowski, Amy	2	1:13:35	Celeki, Mark
1	1:13:43	Lawson, Nick	5	2:06:56	Barry, Heather	3	1:13:58	Mallery, Kevin
2	1:13:50	McGarry, Matthew	M		GROUP: 35 - 39	4	1:16:46	Karl, John
3	1:14:56	Bonderoff, David	1	1:09:08	Burghdurf, Brian	5	1:18:51	Johnson, Dennis
4	1:20:47	Simone, Zack	2	1:10:15	Creagan, Sean			E GROUP: 50 - 54
5	1:25:19	Beckham, Andrew	3	1:12:47	Peterson, Derek	1	1:22:45	Huntsman, Paula
		E GROUP: 15 - 19	4	1:14:03	Marr, George	2	1:23:48	Boots, Donna
1	1:50:47	Hait, Amy	5	1:14:49	Falkenmeyer, Aaron	3	1:26:31	Clinton, Eileen
		GROUP: 20 - 24			E GROUP: 35 - 39	4	1:30:36	Croll, Dedra
1	1:10:21	Agen, Connor	1	1:16:05	Creagan, Laura	5	1:31:51	English-Bowers, Molly
2	1:10:43	Szilagyi, Dan	2	1:18:17	Lavonas, Tara			GROUP: 55 - 59
3	1:15:00	Fontana, Stefano	3	1:18:48	Broadhead, Lisa	1	1:14:10	Wood, Kirkham
4	1:40:47	Balles, Robert	4	1:19:02	Roberts, Becky	2	1:25:29	Sullivan, William
5	1:40:47	Kraus, Thomas	5	1:20:58	Verga, Rita	3	1:25:49	Onisk, Tom
		E GROUP: 20 - 24	M		GROUP: 40 - 44	4	1:25:49	Coppolo, Dominic
			1	1:08:31	Denmark, John			
1	1:46:17	Johnson, Emily	2	1:08:46	Dubois, Corey	5	1:30:15	Carney, Jay
2	1:48:49	Donovan, Erin	3	1:15:59	Lawson, Thomas			GROUP: 60 - 64
		GROUP: 25 - 29	4	1:16:05	Oliver, Kyle	1	1:37:39	McCann, Robert
1	1:08:25	Hammond, Kenneth	5	1:21:00	Bisacia, Paul	2	1:38:00	Malone, Robert
2	1:17:21	Fredette, Nate	FE		E GROUP: 40 - 44	3	1:48:31	Stevens, Mike
3	1:30:47	Sickles, Ryan	1	1:17:18	Rainbow, Kathleen			GROUP: 65 - 69
4	1:36:36	Harris Jr, Larre	2	1:19:22	Burns, Amy	1	1:10:09	Habecker, Terry
5	1:42:10	Passalacqua, Nick	3	1:20:34	Harris, Victoria	2	1:26:27	Dibelius, David
FE		E GROUP: 25 - 29	4	1:24:19	Durkin, Kerry	3	1:33:25	Gray, James
1	1:17:18	Brooks, Amanda	5	1:25:11	Brennan, Kristen	RI	ELAY TEAN	
2	1:22:02	Roser, Brigitta	M.		GROUP: 45 - 49	1	1:02:14	Melust-Famion-Reiss
3	1:23:49	Adams, Caitlin Marie	1	1:13:46	Fitzgerald, Mike	2	1:07:03	Barbosa-Bonderoff-Harmon
4	1:28:59	Shelly, Charlene	2	1:16:02	Landy, Matthew	3	1:09:24	Putnam-Martling
5	1:44:00	McDermott, Amy	3	1:17:49	Porter, Drew		Courte	esy of ATC Endurance

34TH ANNUAL FREIHOFER'S RUN FOR WOMEN

			June 2, 2012 •	Empire	e Sta	ate Plaza, Albany	y		
	wo	MEN'S !		ر نے	3	Terri Artese	46	Schenectady	20:08
FE	MALE OVERALL				4	Christine Varley	48	Albany	20:46
1	Mamitu Daska	28	Ethiopia	15:20	5	Kristen Hislop	47	Clifton Park	21:54
2	Ashu Kasim	27	Ethiopia	15:37	FEI	MALE AGE GROUP: 50	- 54		
3	Alemitu Abera	26	Ethiopia	15:41	1	Carmen Ayala-Troncoso	53	Austin, TX	18:46
4	Gesabwa Risper	23	Kenya	15:47	2	Nancy Nicholson	50	Queensbury	20:23
5	Genoveva Kigen	30	Kenya	15:53	3	Nancy Briskie	54	Schenectady	20:43
6	Michelle Frey	30	Minneapolis, MN	16:03	4	Nancy Taormina	53	Albany	21:38
7	Jelliah Tinega	26	Kenva	16:07	5	Donna Harrigan-Thrailkill		Clifton Park	22:08
8	Lara Tamsett	23	Australia	16:14		MALE AGE GROUP: 55		Circon run	22.00
9	Laura Thweatt	23	Boulder, CO	16:15	1	Joan Benoit Samuelson	55	Cape Elizabeth, ME	18:23
-	Rebecca Donaghue	36	State College, PA	16:17	2	Joan Miller	55	Chestnut Hill, MA	20:58
	ASTERS: AGE 40 & OV		State conege, 171	10.17	3	Cathy Gibson	57	Brookline, MA	23:09
1	Dorota Gruca	41	Poland	16:50	4	Joy Devries	58	Delmar	23:28
2	Sheri Piers	40	Falmouth, ME	17:00	5	Leatrice Finck	56	West Stockbridge, I	
3	Lisa Harvey	42	Calgary, AB	17:22		MALE AGE GROUP: 60		vvest stockbridge, i	1417 (23.33
4	Kara Haas	41	Chelmsford, MA	17:30	1	Judy Phelps	61	Malta	21:41
5	Lori Kingsley	46	Wysox, PA	18:18	2	Coreen Steinbach	61	Pompey	22:07
	MALE AGE GROUP: 14			10.10	3	Kathleen Miorin	60	Wynantskill	24:13
1	Olivia Morrow	14	Saratoga Springs	18:20	4	Frika Oesterle	60	Stamford	24:21
2	Kirsten Kaminski	14	Albany	19:39	5	Martha DeGrazia	61	Slingerlands	24:55
3	Shannen Kerin	13	Albany	19:48		MALE AGE GROUP: 65		Silligeriarius	24.33
4	Carolyn Pellegrini	14	Albany	19:46	1	Alice Caton	67	East Nassau	26:22
5	Emily Digman	13	Ballston Spa	20:04	2	Rosemary Hillengas	65	Rensselaer	27:28
	MALE AGE GROUP: 15		palistori spa	20.04	3	Gail Johnson	65	Shaftsbury, VT	28:35
1		17	Greenfield Center	17:39	4	Jayne Zinke	69	Valatie	28:47
	Maggi Szpak				5	Marcia Brown	69	Ballston Lake	
2	Keelin Hollowood	17 17	Saratoga Springs	17:44		MALE AGE GROUP: 70		BallSton Lake	31:12
3	Margaret MacDonald	17	Gansevoort	17:55 18:12	1		- 74 71	Dallatan Lalia	28:34
	Tara Peck		Saratoga Springs			Marge Rajczewski	70	Ballston Lake	
5	Emily Burns	15	Slingerlands	19:03	2	Carol Rider	70 70	Bridgeport	31:37 37:22
	MALE AGE GROUP: 20		Dellate a Labor	17.10		Laddie Toney		Warrensburg	
1	Nicole Irving	20	Ballston Lake	17:13	4	Kathryn Bacher	71	Herkimer	38:51
2	Mary Champagne	22	Plattsburgh	17:18	5	Marva Nadeau	70	Cohoes	40:03
3	Emily Finnegan	21	Schenectady	18:56		MALE AGE GROUP: 75		5 · 6 III · 60	22.24
4	Emily Layden	23	Saratoga Springs	19:13	1	Libby James	75	Fort Collins, CO	23:34
5_	Roxanne Wegman	24	Troy	19:16	2	Anny Stockman	79	Rensselaer	34:43
	MALE AGE GROUP: 25				3	Eiko Bogue	75	Schaghticoke	38:22
1	Lindsey Scherf	25	Fayetteville, NC	16:23	4	Nora Dietz	76	Yorktown Heights	42:59
2	Esther Erb	26	Blowing Rock, NC	16:48	5	Alice Mrzyglod	77	Albany	46:31
3	Kierann Toth	28	Rhinebeck	18:29		MALE AGE GROUP: 80			
4	Chelsea Benson	29	Hudson	18:36	1	Gisela Choi	80	Schenectady	44:32
5_	Sylvie Lloyd	25	Clifton Park	18:55	2	Marylee Trudeau	80	Latham	49:13
	MALE AGE GROUP: 30				3	Nancy Gerstenberger	82	Albany	54:41
1	Benita Willis	32	Australia	16:39	4	Catherine Murphy	80	Troy	1:02:44
2	Amanda Jinks	31	Brooklyn	17:44		EN CLUB TEAM			
3	Mesha Brewer	33	Saratoga Springs	17:50	1	Willow Street 1			54:53
4	Lindsay LaRose	30	Arlington, VA	18:33		Sara Facteau/Emily Bryans	Kenee T	olan	
5	Jillian Mastroianni	30	Nashville, TN	18:41	2	Westchester Track Club			55:31
	MALE AGE GROUP: 35					Lindsey Scherf/Kelly Thom	npson/So _l	ohia Spring	
1	Amy Bevilacqua	38	Wilton, CT	17:31	3	Willow Street 2			56:23
2	Sara Facteau	35	Peru	17:53		Lori Kingsley/Meghan Dav		hen Oliver	
3	Renee Tolan	37	Clifton Park	18:36		ASTERS 40-PLUS CLUB	TEAM		
4	Gretchen Oliver	37	Guilderland	19:09	1	Team Utopia 40			1:09:24
5	Kelly Thompson	35	Valhalla	19:12		Connie Smith/Brenda Len	non/Mar	y Ibbetson	
FE	MALE AGE GROUP: 40	- 44			2	Saratoga Stryders 40			1:09:45
1	Emily Bryans	44	Schenectady	18:25		Donna Harrigan-Thrailkill	/Jennifer	Ferriss/Lauren Herbs	
2	Heather Baiman	41	New York	20:05	SEI	NIORS 50-PĽUS CLUB T			
3	Katie Hodge	40	Delmar	20:11		Willow Street 50			1:05:55
4	Michelle Dupont	44	Lenox, MA	20:18		Nancy Nicholson/Nancy B	riskie/Ma	rtha DeGrazia	
5	Kerry Rodgers	43	Washington, DC	20:20	2	Liberty AC 50			1:07:16
-	MALE AGE GROUP: 45				_	Joan Miller/Cathy Gibson	/Drusilla F	Pratt-Otto	
1	Anne Benson	47	Clifton Park	18:58	3	Westchester 50			1:07:43
	Jill Marie Buff	45	Altamont	19:49		Stella Medina/Judy Rubin	/Maureer	Carson	
-	mane ball	.5	, mannortt	.5.75		a meaniarady nabiti			

River	Fest
August 4	Registration 8-10am at the Castorland boat launch Leisurely paddling along 9.8 miles of the scenic Black River ending at the West Carthage boat launch Free shuttle service
Sponsored By: Stewarts Shops Otis Technology, Inc.	Call (315) 376-2213 or visit www.LewisCountyChamber.org calendar of events for more information or to register stregistration free ce Rentals (reserve in advance)

VF	TERANS	60-PLUS CLUB TEAM			BO	OYS AGI	E GROUP: 7 - 8				
1	Team Ut	topia	-	1:22:09	1	14:53	Cameron Jansen	8	Belltop ES		
		elps/Mary Wilsey/Anny St	ockma	1		15:56	Sam Oliver	8	Guilderland	d FS	
М		DAUGHTER TEAM				16:08	Cameron Frey	8	GES-Justru		
1 Gabrielle Mancuso/Gayle Mancuso 44:18							E GROUP: 9 - 10	Ü	GES JUSTIA	iiiiogia	
2	Mary De	evries/Joy Devries		44:38	1	12:49	Caroline Wise	9			
3	Danielle	Jordan/Therese Jordan		45:31		12:58	Natalie Weiner	10	Milton ES		
SISTER/SISTER TEAM						13:22	Emily Bini	10	IVIIILOTT E3		
1	1 Keelin Hollowood/Colleen Hollowood 33						,	10			
2							E GROUP: 9 - 10	4.0			
3		nnegan/Shannon Finnega		43:02	1	11:47	Christopher Garretson	10			
GRANDMOTHER/MOTHER/DAUGHTER TEAM					2	12:31	Juan Moscoso	10	Teague MS		
1						12:43	Samuel Fox	10 Cambridge ES			
2						GIRLS AGE GROUP: 11 - 12					
3			er/Nan	cy Gerstenberger 1:42:34	1	12:48	Caroline Callender	12	Farnsworth	n MS	
FR		& FAMILY TEAM				13:27	Lilly Digman	12			
1				/Kathryn Bernarde 59:01		13:32	Brooke Wright	12	Dream Big	Running	
2		Brewer/Hannah Davidson			BO	DYS AGI	E GROUP: 11 - 12				
3		gman/Jordan Casey/Joset	te Mes	sere 1:00:12	1	12:41	Colin Leonard	11			
		OOL TEAM			2	13:00	Leo Rosenblum	11			
1				53:18	3	13:09	David Weiner	12	Harvey		
_	Maggi Szpak/Keelin Hollowood/Margaret MacDonald				GI	RLS AG	E GROUP: 13 - 14		,		
2	Saratoga HS B			56:07	1	14:06	Bailey MacTavish	13	Dream Big	Running	
_	Tara Peck/Olivia Morrow/Katie Treichel Colonie HS A 58:51				2	14:13	Colleen Powers	14	Farnsworth		
3	Colonie HS A 58: Kaitie Schillaci/Jackie Malecki/Shannen Kerin				3	17:53	Abigail Hellen	13	Coxsackie-	Athens I	
			innen r	kerin			E GROUP: 13 - 14				
CORPORATE TEAM 1 FBC 1 1:12:38				1	12:15	Isaac Young	14	Albany HS			
1	Alyssa Risko/Suzanne Anson/Mikala Anson					12:78	Antonio Mercado	13	Lynch Litera		
2	Saratoga Springs YMCA 1:14:06				2	13:47	Paul Capuano	13	Homescho		
2			/incont			13.47	USA 10K RACE WALK			UI	
2	Renee Damico/Amy Rodak/Laila Vincent CSC 1 1:15:42					ALE OV		CHAWIE	TONSHIPS		
ر		anoue/Rachael Ruberto/Jo	ndi Dav	1.13.42							
	luylor Lo	JUNIOR FREIHOF		V DIIN	1		rianni/21World Class Team			44:	
DC	YS OVE			K KON	2		l Mannozzi/26Miami Valley			45:	
1	11:30	Riley Grossman	11		3		Luettchau/27Shore AC/So		NJ	45:	
2	11:47	Killian Ryan	12		4		orey/29 Shore AC/Kenos			47:	
3	11:47	Nickolas Kokkinides	12	Gowana MS	5		lcott/52 Shore AC/Ow	ego		48:	
	RLS OVE		12	SSWAIIA IVIS	FE		OVERALL				
1	12:17	Keellyn Cummings	11	Maple Ave MS	1		/aill/49 Pegasus AC/Gaine		_	47:	
2		Sarah Vener	12	Dream Big Running	2	Erin Tay	lor-Talcott/34Shore AC/Ow	/ego		50:	
	12:40	Jennifer Bartlett	11	S.cum big numing	3	Susan R	Randall/38Miami Valley TC/	Dayton,	OH	50:	
-		E GROUP: 7 - 8			4		Tylock/19Mansfield U/Ma			51:	
1	15:52 Jannis Kruse 7 Waldorf School Saratoga					5 Maite Moscoso/34Florida AC/Longwood, FL 52:5:					
	17:57	Emily Seely	8	Green Meadow FS	Courtesy of USA Track & Field Adirondack						

15TH ANNUAL CHARLTON HERITAGE 5K RUN

June 2, 2012 • Old School House, Charlton MALE OVERALL MALE AGE GROUP: 40 - 44 Seamus Nally Joe Chapman John Rabideau 25 17 16 Zach Gobel Craig Todd Burnt Hills 16:20 43 Ballston Spa 20:00 Ballston Lake Ballston Spa 16:23 16:26 Burnt Hills Burnt Hills Evan Wolf 24:46 FEMALE OVERALL **FEMALE AGE GROUP: 40 - 44** Samantha Roecker Meaghan Gregory 20 Charlton 17:59 23:10 Robin Murray Clifton Park Kristin Short 44 Ballston Spa 23:22 Beth Stalker Burnt Hills 52 19:54 MALE AGE GROUP: 14 & UNDER MALE AGE GROUP: 45 - 49 Joshua Moeckel Michael Bashant Scotia 18:52 14 13 Michael Stalker Samuel Mercado Jr. 49 Burnt Hills 19:28 Ballston Lake 19:51 Wilton 19:51 19:56 Ballston Spa Wavne Richardson Altamont 20:07 **FEMALE AGE GROUP: 14 & UNDER** FEMALE AGE GROUP: 45 - 49 22:18 Abby Stafford 12 11 Glenville 25:22 Beth Gregory Diedre Rafferty Burnt Hills 22:36 Stephanie MacIntosh 46 Scotia 26:04 Glenville 23:24 MALE AGE GROUP: 15 - 19 MALE AGE GROUP: 50 - 54 17:09 Glenville Frojoe Girard Chris Buckley Jim Amell 50 Burnt Hills 19:40 Alex Gilgore 19 18:04 Scotia 19:46 Burnt Hills FEMALE AGE GROUP: 15 Gary Newmann 19:55 FEMALE AGE GROUP: 50 - 54 Anastasia Monsen 16 21:35 Clifton Park 26:13 Sarah Killeen Ballston Spa Kelley Vite 22:25 Kathleen Arthur 51 Glenville Middle Grove MALE AGE GROUP: 20 - 24 3 Jeffrey Brown 5 MALE AGE GROUP: 55 - 59 22 20 West Charlton 18:30 18:34 19:02 Raymond Perry Martin Patrick 57 Glenville 21.31 East Greenbush 22:07 Scotia FEMALE AGE GROUP: 20 - 24 Matthew Jones 58 Saratoga Springs 23:15 Megan James Amanda Brush Burnt Hills 20.57 FEMALE AGE GROUP: 55 - 59 Burnt Hills 27:51 Charlton Clifton Park 22:28 Gina Schneider Clifton Park Burnt Hills Amelia Simonson 23 23:33 Marie Arrao 56 28:59 MALE AGE GROUP: 25 - 29 Suzanne Brunelle 45:36 55 Greg Stevens Joel Patrie MALE AGE GROUP: 60 - 64 28 Scotia 19:43 Paul Bennett Peter Gerardi Latham 20:02 Joshua Kirkham Scotia 21:51 60 Scotia 21:18 FEMALE AGE GROUP: 25 - 29 Chuck Starks Broadalbin 24:11 Ballston Spa 23:14 Amanda Barone FEMALE AGE GROUP: 60 - 64 27 Erin Corcoran Ballston Lake 25:33 Alice Carpenter Delmar 34:55 25:33 Elaine Koeppel 61 Glenville 50:38 MALE AGE GROUP: 30 - 34 MALE AGE GROUP: 65 - 69 21:26 Seneca Falls Joshua Waller 31 69 25:27 Frank Klose Castleton Michael Cognetti Richard Theissen 3 Kenny Hayner 31 **FEMALE AGE GROUP: 30 - 34** 21:49 65 Burnt Hills Don Marshall 29:39 **FEMALE AGE GROUP: 65 - 69** Laura Zima Kelly Dutcher Schenectady 20:38 Nancy Johnston 32:59 33 Glenville 23:05 Rita Moore 65 Scotia 37:03 Saratoga Springs 24:02 Martie Watts Scotia 41:00 MALE AGE GROUP: 35 - 39 FEMALE AGE GROUP: 70 - 74 Gabe McGarry Chris Mulford Slingerlands Schenectady Glenville 35 35 18:11 18:25 18:59 Galway 51:36 MALE AGE GROUP: 75 - 79

1ST GLENS FALLS URBAN ASSAULT

22:03

24:13

Shawn Decenzo

Rebecca Bednarek Sarah Reed

3 Erin Gorman

FEMALE AGE GROUP: 35 - 39

35 35 35

Saratoga Springs

Ballston Spa

Norm Marincic

Donald McBain

Paul Koelhel

31:22

36:14

Saratoga Springs

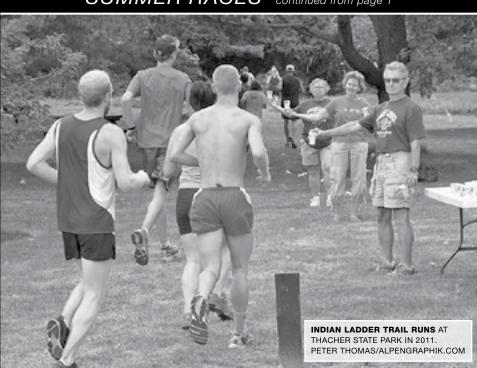
Greenfield Center Troy

78 79

Courtesy of Charlton Historical Society

June 2, 2012 • Glens Falls Civic Center, Glens Falls										
	4.6-MILE CITY RUN		34	Ryan Carruthers	36:16	19	Heather Benson	40:00		
	CONQUERING OBSTACE	LES	35	John Cardinale	36:24	20	Marissa McGuirk	40:02		
M	ALE OVERALL: TOP 50		36	Jerry Blackbird	36:37	21	Leann Driscoll	40:17		
1	Kellen Henderson	29:08	37	Jake Dobert	36:38	22	Meleah Wright	40:21		
2	John Schmitz	29:32	38	Kory Darfler	36:39		Katie Allen	40:36		
3	Robert Underwood	29:41	39	Stephen Layden	37:23	24	Angie Gargan	40:49		
4	Ryan Scanlon	29:50	40	Tim Russell	37:46		Lisa Denison	40:56		
5	William Frielinghaus	30:03	41	Keenan Wittenberg	37:47		Bridget Crossman	40:56		
6	Sean Magee	30:10	42	Mike Forcier	37:52		Roberta Carruthers	41:02		
7	Tyson Evensen	30:34	43	Jared Wood	37:57			41:21		
8	Kevin Crossman	32:03	44	Lance Decker	38:23		Emma Royallimnns Heather Mossotti	41:41		
9	Israel Deltoro	32:16	45	John Paduano	38:26					
10	John Godfrey	32:41	46	Tim Wright	38:27		Lindsey Montanye	41:41		
	Niko Tuomela	33:26	47	Shane Magner	38:30		Kelly Houghtlen	41:46		
	Jackson Donnelly	33:33	48	Andy Gordon	38:35		Caetlin Casey Ebersol	41:54		
	Christopher Connolly	33:33	49	Tom Segucjic	38:36		Sydney Dennison	42:07		
	David Bruno	33:33		Derek Slayton	39:04	34	Allison Walter	42:11		
15	Thomas Bolen	33:42	FE	MALE OVERALL: TO		35	Liz Clohessy	42:11		
	Tom Portuese	33:46	1	Amanda Magee	30:04	36	Megan Johnson	42:27		
	Eddie Fyvie	33:46	2	Kristin Symmes	30:24	37	Rachael Rosati	42:41		
	Adam Labarre	33:57	3	Tammy Aurlbury	30:46	38	Jacquie Jones	43:05		
	Daniel Buckley	34:00	4	Chris Macpherson	31:54	39	Karen Costello	43:16		
	Douglas Fair	34:32	5	Michelle Roberts	32:55	40	Shannon Dorvee	43:34		
	William Stamp	34:35	6	Tracy Chieco	33:19	41	Emma Hayes	43:37		
	Chris Fiorino	34:39	7	Kate Hostiff	34:07		Devon Bolen	43:38		
	Patrick O'Brien	34:45	8	Brittany Feeley	34:40		Meghan Reynolds	43:46		
	Damon Riesz	34:47	9	Kate Mulcahy	34:52		Beth Birmingham	43:55		
	Mike Girard	34:51	10	Melissa Wern	35:01		Kimberly Alessi	44:13		
	Phil Schultes	34:52	11	.,.	36:20		,			
27	Seth Thomas	35:15		Tracey Delaney	36:37		Candice Yuca	44:17		
	Jason Santamore	35:20		Janice Decker	37:13		Caitlin Bolen	44:32		
29	Randy Russon	35:22		Amy Rainwater	37:26		Lauren Mackay	44:33		
30	Paul Johnson	35:35	15	Carol Hill	38:04	49	Shannon Whitney	44:42		
31	Anthony Desantis	35:38	16	Paula Slayton	39:04	50	Lindsey Hollister	44:42		
	Brendan Dunfee	35:39		Christina Reeves	39:32		Courtesy of Adirondack	Race		
33	Jared Murphy	36:10	18	Kristy Moore	39:44		Management			

SUMMER RACES continued from page 1



The next day, head back on the Northway to Warrensburg where you are a short hop from the 850-acre University at Albany retreat, Dippikill, home base for the ARE Trail Running Camp. The **Dippikill Froggy Five Trail Run** on Sunday, July 15 is open to non-campers. Every year a new chorus of frogs greets the runners at the beginning and end of the race. Dippikill Mountain's summit view will not disappoint you if you take a peek as you run by... It will only take a few seconds. After the race enjoy a vegetarian friendly BBQ – take a shower if you want and continue to enjoy the company of the campers and ARE family.

The following weekend Saratoga is "the summer place to be." The Silks & Satins 5K Run on Saturday, July 21 to benefit Special Olympics New York takes approximately 1,200 runners on a tour through the tree-lined streets of the East Side Historic District of Saratoga Springs. Every morning the thoroughbreds warm up opposite on the Oklahoma Track opposite the registration area. Watch them as you take your warm-up run around East and Union avenues. The race takes place on the opening weekend of the Saratoga Race Course and the last day for the NYC Ballet. You will have plenty of time to get to the 1pm post or matinee times.

Anyone out there running in the "Ragnar Relay: Adirondacks" from Saratoga Springs to Lake Placid this fall? If you check out Ragnar's training plan you should plan three runs in 24 hours. Here is your chance to do just that, with the commitment of showing up to a race, and running a bit faster than you would for a solo run out in your own neighborhood.

Your first leg of the weekend will be in North Creek at the Race the Train 8.4miler, on Saturday, August 4. This is a great event for the entire family, but if you don't want to wake everyone up early to head to North Creek, consider spending Friday evening at one of the local inns or campgrounds so that everyone is ready to enjoy the day. All registered runners receive a free train ride to the start line in Riparius; family and friends can buy tickets at the station the day of the race. The goal of this race is to beat the train back to the North Creek Station. The train runs in between the seasonal dirt road and the Hudson River. If you are quick enough you'll get a close up view as the train chugs back to the station. The train is generously giving you a head start, with stops along the route so that spectators can cheer. A kid's race, food and music end this morning run.

Conveniently your second and third legs of the weekend trifecta can be completed at the **Indian Ladder Trail Runs** 15K and 3.5-miler on Sunday, August 5. The races are held in Thacher State Park on the Helderberg Escarpment, which boasts the richest fossil bearing formations in the world. Stretch out on some limestone preand post-race and check out the ancient creatures. As with the Froggy Five, take a moment to catch a glimpse of the panoram-

ic views of the Hudson and Mohawk valleys during the race – you can even spot iconic buildings in Albany on a clear day. After the catered BBQ lunch (nominal fee for those not racing) rinse off at the Thompson Lake beach, and don't forget to pick up a cone of the "world's best PB&J ice cream" at Toll Gate restaurant in Slingerlands on your way back home.

Saturday, August 11 brings two distinct races hosted by Lake George area overnight summer camps.

Move It To The Music 5K is Lake Luzerne's best kept race secret. Many races don't allow you to wear headphones and run with music to help keep you on pace; here music is allowed, but leave those headphones at home. This road race and walk takes you around the lake through a wooded hilly course while music fills your head. Luzerne Music Center's "Senior Session" students will be playing inspirational, upbeat, and at times humorous music based upon where the ensemble is located along the route. Following the kids' Beaver Dam one-mile race, participants are welcome to enjoy a light breakfast against the background of a live open rehearsal by LMC's Senior Session Symphony Orchestra.

If you want to try out something a little more challenging than a 5K, head over to the Camp Chingachgook Half-Marathon and 10K Challenge in Kattskill Bay. The camp staff, counselors in training, and counselors are hosts to this family-friendly event. This rolling road race takes place between the eastern mountains and several bays in Lake George. After a satisfying BBQ, spend some time enjoying the camp. The waterfront is open for swinging into the deep-end from a rope or wading in the shallow sandy waters. New this year, the race has partnered with the Jog for Jugs half-marathon to create the "Are You Tough Enough Half-Marathon Duo." If you raced in the Jog for Jugs on May 12, the Camp Chingachgook Challenge awards will be given for the lowest combined "marathon time."

All of these summer races conveniently start early in the morning to avoid the heat of the day. What better way to spend a summer day than with a swift run or jog through the woods, under looming mountains or in a historic neighborhood, followed by a shower or a dip in the lake, a complimentary breakfast or lunch, and then the rest of the afternoon free to enjoy the local community. From museums, water sports, arcades and mini-golf, you can have an enjoyable day trip – and then head home for a nice sound sleep in your own bed.

Not only are these races for great causes, but they each have something unique to offer and thus the perfect way to spend a runner's summer day – tripping locally.

Jennifer Ferriss (ferrissj@gmail.com) of Wilton is the president of Saratoga Stryders, not your average librarian, trail runner, and young apprentice to Laura Clark.



- Get a comfortable PFD and wear it! It's almost impossible to put one on after you fall in the water. If it seems too warm with the vest on, just splash some water on yourself.
- Paddle with a friend, preferably one who knows how to rescue you if needed. If not, they can at least paddle you to shore as you hang on to the rear of their boat. I sometimes paddle alone (see my May 2012 article on Lake George camping), but I am aware of the increased risk and take extra precautions.
- Practice some wet exits. In other words, flip your boat on purpose. The more you do this, the less likely it will happen for real. Do it with a spotter standing right nearby, in a spot with a nice sandy bottom, and in water just deep enough so you will not hit your head. You can stand up after flipping. I like to use a nose plug or diving mask.
- Know how to dump the water out of your boat without straining something. A boat full of water weighs hundreds of pounds. If you have a rear bulkhead, go to the bow, and lift up with the boat cockpit down. Nearly all of the water will run right out and the lift is easy. Without bulkheads, it's harder, but you can turn the boat 90 degrees and lift (cockpit facing out to the side). That will take care of a good deal of the water. Then you have to rock the boat back and forth upside down to clear the rest - it's a two-person job. Air bags in the ends of a no-bulkhead boat will displace water and make the job easier.
- 2. Get a paddle that is lighter and shorter. Let's say you are taking 1,000 strokes for each mile paddled. If you get a paddle weighing 1/2 or 3/4 of a pound less, how much less weight are you lifting during a typical paddle trip? You do the math. Many people have a paddle that's too long, often 230 or 240cm. For touring kayaks, I'd suggest one between 210cm and 220cm. This puts the blade closer to the boat, giving you more forward power and less zig-zagging.
- 3. Get some really good straps for tying the boat on your vehicle and learn to tie it down properly. I like straps from NRS best, followed by Seals and Thule. Recently, I helped a student tie on her kayak with her new Yakima straps. The straps would not hold I tightened them up and the material slipped right back through the cam

- buckles. Yakima is a top maker of roof racks, but these straps were dangerous junk! Directions for car-topping canoes and kayaks can be found on paddling. net, rei.com and others.
- 4. Get help lifting a boat on and off your car and carrying it to the water. I can't tell you how many people in our paddling group have refused my offer of help. I guess they think it's unmanly to accept a hand (yes, it's only men that refuse help). My first kayak instructor said this: "If you arrive someday to take the assessment for a kayaking skill award, and I see you muscle your boat off the car all alone, I will fail you immediately." Translation: "It's not worth chancing an injury. Get help if it's available."
- 5. Be legal carry a whistle and a light. The Coast Guard requires signaling devices, and they will occasionally stop and check paddlers out on the water. A loud whistle will carry further than a shout. After dark, a white light is required that can be shown to avoid collision. I keep the lights turned off to preserve my night vision, and the vision of paddlers around me. But I have two lights close at hand to show when needed, usually a head lamp and a marker light on my PFD.
- 6. Follow your mother's advice and sit up straight. If you are a typical couch-potato paddler who slouches back in the seat, there is nothing that will improve your paddling more than sitting up straight in the seat. Pull the kayak footbraces back a notch or two, scooch your butt back in the seat, and put a little arch in your back. You will go faster, turn easier, and hurt less at the end of the day.
- 7. Wear nylon or polyester clothing. Yes, it is summer, but a warm day can turn to chill very fast when the clouds roll in, the wind picks up, and you get soaked by a cold rain. Non-cotton clothing will stay warmer when wet and will dry quickly. You can also get it with SPF built in for sun protection.

Have fun and be safe out there! 📥

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



RUNNING continued from page 13

to get done along the way to accomplishing your goals.

PACE VARIANCE

- I would argue that another key difference between joggers and runners is the variation they include in their weekly training schedule. Joggers will head out at the same pace on a daily basis, but runners know that their weekly running must contain a variety of paces in order to fully develop their body's ability to carry these intensities over

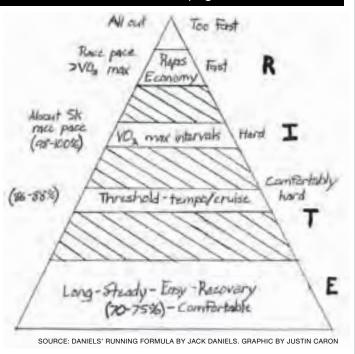
various distances. I point to legendary physiologist Dr. Jack Daniels' pyramid of training intensity, from his book *Daniels' Running Formula*, as a guide (see diagram).

While Daniels does suggest that the bulk of our running is done at a comfortable or "easy" (E) level, you will notice that "tempo" training (T) is also another crucial and often overlooked intensity of training. Tempo work is traditionally thought of as 30 to 40 seconds slower per mile than 5K race pace. I typically include one to two days per week of tempo or threshold running, along with one interval or speed workout (I), and the occasional injection of sub-maximum effort for running economy. Notice distance runners need little to no "all-out" exertions. Vary your training paces and you will reap the benefits.

RACE PLANNING - Another common pitfall I see novice runners succumb to is over-racing. Scheduling a 5K every weekend between now and November will only lead to burnout and/or injury (not to mention bankruptcy). While Runner's World magazine often glorifies running streaks and/or feats of consecutive marathons run, it doesn't make a lot of sense to race yourself ragged. I've found my athletes run best with at least ten to 12 days between races of 5K or longer. Therefore, it would make more sense to schedule a race every other weekend leading up to your "goal race." Plan backwards from the race you want to peak at, and limit yourself to five to seven total races in any given racing cycle.

ROUTE VARIATION – On my way to work I notice the same runner at about the same spot on the same road, every morning. I'm all for establishing a routine or ritual that works but that sounds extremely monotonous to me! I hardly ever run the same loop more than once a week. Turn around and run your favorite loop in reverse. Use a map and chart out a new and challenging route for your next long run. "USATF Running Routes" is a fun site (usatf.org/routes) to discover other local runner's favorite routes. Leave the roads behind and discover the beauty and solace of running on trails.

I recently reconnected with my affinity for "out-and-back" loops. "Out-and-back" routes have several advantages. If you are in away on vacation, it will minimize the likelihood you'll get lost. You can leave a water bottle in one spot and it functions as two water-stops. For threshold or uptempo training days, out-and-back courses automatically have a "lap-split" built-in, providing you with a finite way of determining whether or not you ran negative for the second half of your run. Destination running is another fun way to keep things interesting: drive somewhere new to run. Sure, it takes longer, but your change of scenery will pay dividends.



KEEP A JOURNAL - I logged every mile of my high school and college career in journals and kept records of all my races. I loved charting out my weekly progress on a bar graph and seeing what performances correlated to what training factors. What interval workouts always helped me peak at the right time? What amount of mileage did I race best at? Why did I feel so tired on certain days? What lead to that knee injury? The amount of data you can collect from running journals is dependent on the amount of information you record. I highly suggest you include items such as distance run, time run, shoes run in, weight, pulse, a description of your overall feeling and even

The more information you record, the more feedback you'll be able to give yourself later. Soon you'll start to notice patterns, and see progress over several racing seasons, especially if you repeat certain key workouts. No need to log in a notebook nowadays. There are now "apps" for workout journaling, and you could consider using blogs, and other social media to write about your training experiences for others to read.

IF IT AIN'T BROKE - One thing I continually remind my athletes is to stick with what works. This is especially good advice as you enter into the final few days or weeks prior to your "goal race." I have seen athletes go out and purchase a new pair of racing flats the night before a big event. I've seen them try a new pre-race meal. Didn't anyone ever tell them that, "if it ain't broke, don't fix it?" I recently had an extended bout of IT-band syndrome. After thinking back to what I did differently, I concluded that it was likely a different brand of shoe I began wearing. If Nike is what was working for me, than what possessed me to change? A sale? Trust yourself to know what's best.

With the abundance of daylight hours upon us, summer is a great time to get after your running goals and rededicate yourself to the sport. If you've ever been accused of being a jogger perhaps it's time you took a few simple steps to leaving the masses behind.

Begin by putting your goals in writing, vary the intensity of your training, plot out key races, and keeping a journal of your progress. Lastly, trust in your ability to succeed. Of course there is still that pesky entry blank to complete.

Andrew Rickert (rickerta@strose.edu) is a teacher at Lansingburgh High School in Troy. He is also a USATF Level II crosscountry and track & field coach at The College of Saint Rose. He runs competitively over road, trail and snow, whenever he can find a free weekend. Follow his running and coaching adventures at coachrickert. tumblr.com.

BICYCLING continued from page 15



■ RIDERS CHECK-IN WITH VOLUNTEERS AT THE MOHAWK-HUDSON CYCLING CLUB'S CENTURY WEEKEND IN SARATOGA SPRINGS. PHOTO BY BOB COHEN

remember to keep up your fluid and fuel intake, to avoid the "bonk." On a hot day you should be drinking at least one bottle of water or sports drink per hour. If it is hotter, then drink more. Drinking before you are thirsty is the best way to stay hydrated.

Some riders have trouble eating while riding. There are many types of food that you can eat, so experiment with new foods leading up to that first 100-mile ride. Some homemade favorites are peanut butter and jelly sandwiches cut up in small squares and put in zip lock bags. One of my favorites has been rice crispy treats, which are easy to eat and digest quickly. There are also gel products that come in foil packages and provide quick energy. Don't litter the roads; remember to put the wrappers back in your jersey pocket - or get a small plastic flask to put the gel product in. The night before the century ride, eat a meal containing carbohydrates like pasta and bread.

In the morning eat a good breakfast and drink liquids. If you have to drive an hour or more to the start of the ride you can have a banana or other fruit to continue to increase the glycogen in your bloodstream. After the ride starts continue to eat once an hour to replenish your energy levels. Riding at an average speed of 18 miles per hour will cause you to use up over 600 calories an hour. In six hours you will have burned up over 3,600 calories.

Preparation for a century should not be much different that for other longer rides. The night before the event gather up all your cycling gear: helmet, shoes, gloves, shorts and jersey, and any other items that may be necessary in case it is cold or rainy. Arm warmers are a nice item to have if the ride starts early in the morning when the air temperature is cooler. You can pull them down when it warms up or easily take them off and put them in your jersey pocket. A wind vest also helps and can also fit in your jersey pocket. Bring your favorite food items and at least two bottles of water. The century rides are usually well-supported and will have some food that you will find tolerable along with water ands sports drinks.

Check your bike prior to the event. Ensure that your tires do not have any cuts or are too worn. They have been in use for almost an entire season and have endured all kinds of road conditions. If the ride you have signed up for is very hilly, check the gearing on your bike to be certain that the low gears will allow you to climb the hills. If you do not perform your own maintenance, then take your bike in to the shop for a quick check. You want the chain to be cleaned and lubed, your brakes to have sufficient pad thickness, and all the bolts to be properly tightened. Spin those wheels to see if your rims are straight and wobble free.

Now that you have trained, prepared, eaten well, and had a good night's sleep, it is time to get on the line to ride off with hundreds of others who have committed to the same 100-mile challenge. The first 20 miles usually roll right along. Everyone is in a great frame of mind and the legs are fresh. Now is the time to remember that a century is just five 20-mile rides.

When you get to the halfway point it is usually time to stop for food and water. When you get back on the bike just remember that you are over halfway there. Usually around 80 miles the legs start to get tired and you feel like you may have taken on more than you may have wanted. Now is the time to remember that in less than 20 miles you will have finished the ride and accomplished your goal. It may feel longer and harder than the first 20 miles but you will cross the finish line knowing that you have completed a century – a major accomplishment!

The knowledge that you have succeeded will override the sore legs that you were noticing. The completion of this 100-mile event with all the other people you rode with will provide an afternoon of great stories as you share experiences. The end of a century ride is always a celebration with plenty of food and beverages to ensure that you will not go home hungry. Well, what are you waiting for? It is now time to sign up for your century!

Skip Holmes (serottaskip@nycap.rr.com) is president of the Mohawk-Hudson Cycling Club, a member of Capital Bicycle Racing Club, and a cross-country skier. When not outdoors, he can be found teaching parttime at Rensselaer Polytechnic Institute.







The transition between spring and summer can be a trying experience for mountain bikers in the Northeast. But the spring of 2012 was an exception with an early start, warm temps, and less rainfall across the region. The dog days of summer are here and the opportunities for riding in the Capital Region and Adirondacks are plentiful and offer something for riders of every level.

The trail systems listed below are just a sampling of the great riding in upstate New York. If you are unfamiliar with a system stop into a local bike shop and ask around. Shop employees often know the trails, or will be able to put you in touch with a knowledgeable rider.

Albany Pine Bush – A hidden gem in the city of Albany and towns of Colonie and Guilderland. The largest section of trails is accessed via the Washington Avenue Extension trailhead. The trails consist of winding, smooth singletrack. The sandy soil allows the trail system to drain water very quickly and makes this a great place to ride when the rest of the region is soggy. While not the most technical terrain, the Pine Bush trails are great for experienced riders looking for an aerobic workout or beginner riders looking to cut their teeth. Info: albanypinebush.org.

Schenectady's Central Park – These trails in the city of Schenctady have become a favorite for local riders looking to squeeze in a few fast laps during lunch or after work. The system is almost entirely singletrack and makes good use of a small area with trails winding back and forth, nearly crossing itself at several points. The trails are fast and flowing with several rock gardens, rooty sections, and bridges thrown in to keep you on your

toes. The trails are well maintained by a dedicated group of volunteers, and exist thanks to a partnership between the city and local riding community. Info: capitalmtb.org.

Luther Forest STEP Trails – Located adjacent to the Saratoga Technology and Energy Park in the town of Malta, the home of Global Foundries, these trails are similar to the sandy, twisting Pine Bush trails. The trails weave up and down ravines and offer a fun mixture of climbing and fast descents. The trails are not overly technical, but do feature several log crossings and bridges. Info: malta-town.org.

Thacher State Park – Believed by some to be Albany County's best kept secret (formerly – sorry everyone!), the trails in the northern section of the park mesh in with the famous Long Path, which continues all the way south to New Jersey. NYS Parks released a map of this section in spring 2011, which is available on their website. The park contains nearly 25 miles of trails, with something to challenge every level of rider. Info: nysparks.state.ny.us.

Saratoga Mountain Bike Association - The SMBA trails continue to grow and expand thanks to a dedicated group of volunteers. The trail system has a reputation of being better suited for more experienced riders, but is continuing to expand its network to include more trails for beginner and intermediate riders. The trails consist mostly of singletrack with plenty of roots, rocks, and the occasional boulder for an added challenge. The trails are relatively flat with only a few significant hills but no sustained climbing. A trail map is provided with each membership (available for purchase at area bike shops) and shows color-coded trails based on difficulty, to keep

riders from getting in over their heads. A SMBA membership is required to ride the trails – the annual fee covers the cost of insurance, land lease and trail maintenance work. Info: saratogamtb.org.

Moreau Lake State Park (aka Spier Falls) – Located a few minutes from Northway Exit 17, these trails consist of mostly rocky singletrack with a few sections of rough fire road. The trails farther away from the main campground do not receive as much traffic as other systems, and riders can expect to encounter the occasional blow down or unraked trail. After climbing to the top of the mountain ridge, riders are rewarded with rolling trails and scenic overlooks of the Hudson River and southern Adirondacks. Maps are available at the rangers' office on Old Saratoga Road. Info: nysparks.state.ny.us.

Grafton Lakes State Park and Pittstown State Forest - Located in rural Rensselaer County, Grafton Lakes State Park boasts over 25 miles of excellent trails and fire roads. Advanced riders have the option of connecting with trails in the Pittstown State Forest recently for an expanded ride which includes a technical decent down a rocky fire road. Keep in mind, though, that the Pittstown trails are not beginner friendly. The whole trail system is comprised of four trails: Bonnie & Clyde, Zig-Zag, Connector and the new Red Pine Trail. Zig-Zag consists of rocky singletrack with numerous natural features such as logs and small boulders. The other trails also have short steep climbs and offcamber sections. SMBA received a grant in March 2012 from Parks and Trails NY and has started to improve the Pittstown trail network and parking areas. The Grafton trail

map can be found online or at the rangers' office. Info: nysparks.state.ny.us.

Inlet and Old Forge – The Old Forge trail system is the most expansive of several trail systems, and is geared towards beginner and intermediate riders. The Black Bear Mountain trail provides more challenging terrain – it's relatively short but offers spectacular views of the surrounding area for those that make the trip to the top. There are many trail options in the Inlet area. The Inlet Information Office, Pedals & Petals bike shop in Inlet, or the bike shop at Mountainman Outdoors in Old Forge can steer you in the right direction. Info: inletny. com, pedalsandpetals.com or mountainmanoutdoors.com.

Wilmington, Lake Placid and Saranac Lake – Riders in this area have been working hard to improve and expand the network of trails in the High Peaks, capitalizing on venues from hosting two Winter Olympic Games. The town of Wilmington Wild Forest contains 14 miles of singletrack trails, including the Hardy Road trails and Flume Trail System. Flume is the larger of two areas has 10.5 miles of mostly intermediate to advanced trails. The system connects into the Whiteface Trail System, which requires a usage fee to ride.

The Beaver Brook Tract is a shorter system, but offers a big reward at its summit with a breathtaking view. The Whiteface Mountain Bike Park, operated by High Peaks Cyclery, offers lift-service and something for both downhill and cross-country riders. The base lodge bike shop offers rentals, with shuttle bus and gondola service available. The park contains 27 miles of trails including 17 miles of singletrack.

The High Peaks Cyclery MTB Center at the Olympic Sports Complex (Mt. Van Hoevenberg) near Lake Placid, has trails for all ability levels. Riding requires a reasonably priced trail pass and bike rentals are available. They also offer one-day and two-day "Fun, Not Fear" dirt camps; see Calendar of Events listings.

Henry's Woods, just off Old Military Road in Lake Placid, is a 200-acre community preserve and five-mile trail network with a variety of loops to try. It's great for kids and close to the village. At the Dewey Mountain Recreation Area in Saranac Lake, the Bark Eater Trail Alliance is completing a four-mile mountain bike trail expansion this summer. For more info, visit: bikewilmingtonny.com, downhillmike.com, barkeatertrails.org, highpeakscyclery.com, placidplanet.com.

Steve Godlewski resides in Saratoga Springs and is president of the Saratoga Mountain Bike Association (saratogamtb. org). He races with the North American Velo cycling team, focusing on endurance events, and works as a civil engineer at Creighton Manning Engineering.



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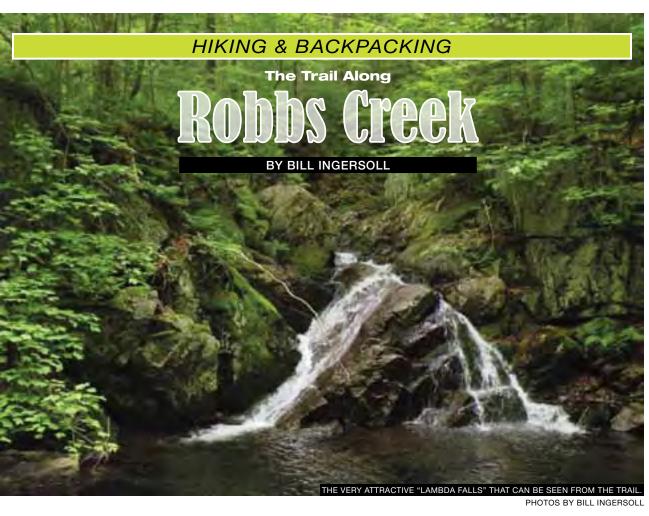
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Pobbs Creek is a tributary of the Sacandaga River that flows from the mountainous southwest region of the Siamese Ponds Wilderness. Officially this area is "trailless," meaning that there are no formal facilities created or maintained by DEC once you step across the state land boundary – but the on-the-ground reality is that there are a number of unmarked footpaths throughout the southern half of the wilderness.

The trail along Robbs Creek is an adventurous walk through tall hardwood forests. It starts very clearly but becomes faint the further you progress up the valley. The destination is a small waterfall on the creek. If you are good at following informal trails without the benefit of signs or markers then the only confusion that you are likely to encounter will be near the beginning.

GETTING THERE

Finding the trailhead involves driving for several miles along a gravel logging road. Ordinary cars can make the trip with care, but vehicles with high clearance and a sturdy suspension will fare better.

From a point along NY Route 8 and 30 about 3.1 miles south of Speculator, a paved side road known locally as "Old Route 8" bears north. As its name suggests, this was once a section of the main state highway between Wells and Speculator. It is paved, but since it has not been resurfaced in decades it is quite bumpy. It crosses the Sacandaga River at 0.05-mile and continues downstream. At 1.8 miles a sign marks the start of Robbs Creek Road, which is a left turn.

The first part of Robbs Creek Road is in fair shape. At 2.5 miles there is a fork where low-clearance cars may choose to park. Bear right and follow the remaining 0.9-mile of gravel road to its end in a muddy clearing, 3.4 miles from Old Route 8, and 5.2 miles from the modern highway.

THE TRAIL

From the clearing at the end of Robbs Creek Road, a narrow ATV trail can be seen continuing into the woods to the northeast. Within 400 feet a footpath veers left to keep to the side of the creek, reconnecting with the ATV trail again at 0.3-mile. Continue left on the ATV trail, which passes through the last section of paper company land to the state land boundary at 0.4-mile.

Just beyond where the ATVs park, the continuing footpath fords a wide tributary to a prominent campsite on the opposite bank. Someone clearly loves and takes care of this place, but there are actually several trails radiating outward that could be confusing. The one that continues upstream is the one that forks to the right of the campsite, heading northeast. A second trail begins at the same place and follows the tributary eastward.

After passing a second campsite you reach another ford at 0.7-mile, this one the main stem of Robbs Creek. You may be challenged to keep your boots dry here, and you may also find it discouraging to know that there are many more crossings to come. However, all of the subsequent crossings will feature plenty of stepping stones and other useful objects – including the very next one a few minutes later, at 0.8-mile.

The trail continues in this fashion – keeping the creek always within earshot, hopping across it whenever the bank gets too steep – for the rest of its length. It is leading you into the remote valley between the Big Range to the west and an unnamed series of small mountains to the east, although none of these heights are visible from the trail. The forest is full of tall hardwoods, including numerous ash trees. Like nearly every other trail in the Siamese Ponds Wilderness, this one features small patches of stinging nettles, an innocent-looking plant known to sometimes irritate exposed skin. The best precaution is to simply wear long pants.

I was fortunate enough to spot an active ovenbird nest on the ground beside the trail on my most recent hike. These hard-to-spot structures once reminded someone of a Dutch oven, hence the name.

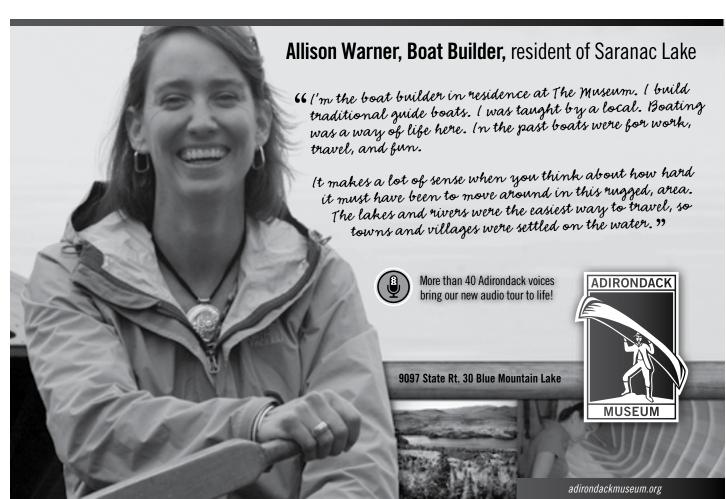
At a point 2.2 miles from the end of the road, while the trail is on the west side of the creek, you enter a small clearing with a few odd bits of hardware lying around. Clearly a camp stood here in years gone by, though there are too few clues to judge what kind of camp. (It is important to note that the path in no way resembles an old logging road.) There is no foot tread through the green growth, but if you continue straight through the length of the clearing the trail should become evident again.

The increasingly faint path continues to weave across the creek for the remaining 0.3-mile. The final crossing comes at the foot of a little rocky gorge. Just beyond, the creek turns left away from the trail and the trail seems ready to climb straight ahead away from the creek. You have to leave the path to step toward the splash pool at the foot of the waterfall, which is not very large but is nevertheless very attractive, and which can be easily seen from the trail. The water splits over the angled rock and forms an inverted "V" with a total drop of about eight feet. The cascade has no name that I'm aware of, and convention would dictate that it be called Robbs Creek Falls. For the sake of toponymic originality, I suggest that "Lambda Falls" would be more appropriate in this case.



Whatever the name, the waterfall is 2.5 miles from the end of Robbs Creek Road. The path probably once continued even further upstream, perhaps passing through the valley into the watershed of the Kunjamuk River, but modern maintenance seems to end right here.

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









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