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SEPTEMBER
2012



TOUR OF THE BATTENKILL
FALL PREVIEW RIDE.
PHOTO BY DAVE KRAUS

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Fall Rides and Races

Cycling Events on One or Two Wheels!

BY DAVE KRAUS

The coming month of September into October will be offering some unique opportunities for Capital Region cyclists. Whether you are a racer or a spectator there will be some interesting opportunities to ride or watch those who do. That even counts if you'd rather race on one wheel than two.

First up on September 15-16, the **Tour of the Adirondacks** will ride and race through the foothills and forests surrounding Lake Luzerne and Lake George. Sponsored by Dieter Drake of Anthem Sports - originator of the spring Battenkill races - the tour will include both a circuit race on Saturday the 15th and a pair of citizen's challenge rides the next day.

The circuit race in and around Lake Luzerne almost duplicates the course of the 1972 Olympic Trials road race held in the village. With a start/finish line on Main Street near the Up River Café and 500 feet of climbing per lap, the circuit event includes distances ranging from eight miles for the youngest

juniors to 48 miles for Men's Pro/1/2/3. Start times varying from 9am for juniors to 3:45pm for the Pro/1/2/3 race. A special kid's race for those less than ten years old will be held at 3:30pm - and a special ceremony will be held at 3:45pm to mark the 40th anniversary of the 1972 Olympic Trials.

The two "Gran Fondo" style events planned for Sunday the 16th at 10am give the average cyclist a chance to challenge themselves with some stiff climbs and beautiful scenery. Both the 40- and 100-mile rides start from Lake Luzerne and include rest stops, sag, and mechanical support on route. All riders will also receive a ride T-shirt and catered post-ride lunch.

The 100-mile event will include almost 7,000 feet of climbing as it heads north through Lake George, then tackles the stiff slope of Tongue Mountain, then the five-mile climb away from the lake over Graphite Mountain and Chestertown. The century route skirts Brant Lake, Friends

See **BICYCLING**, 27 ▶



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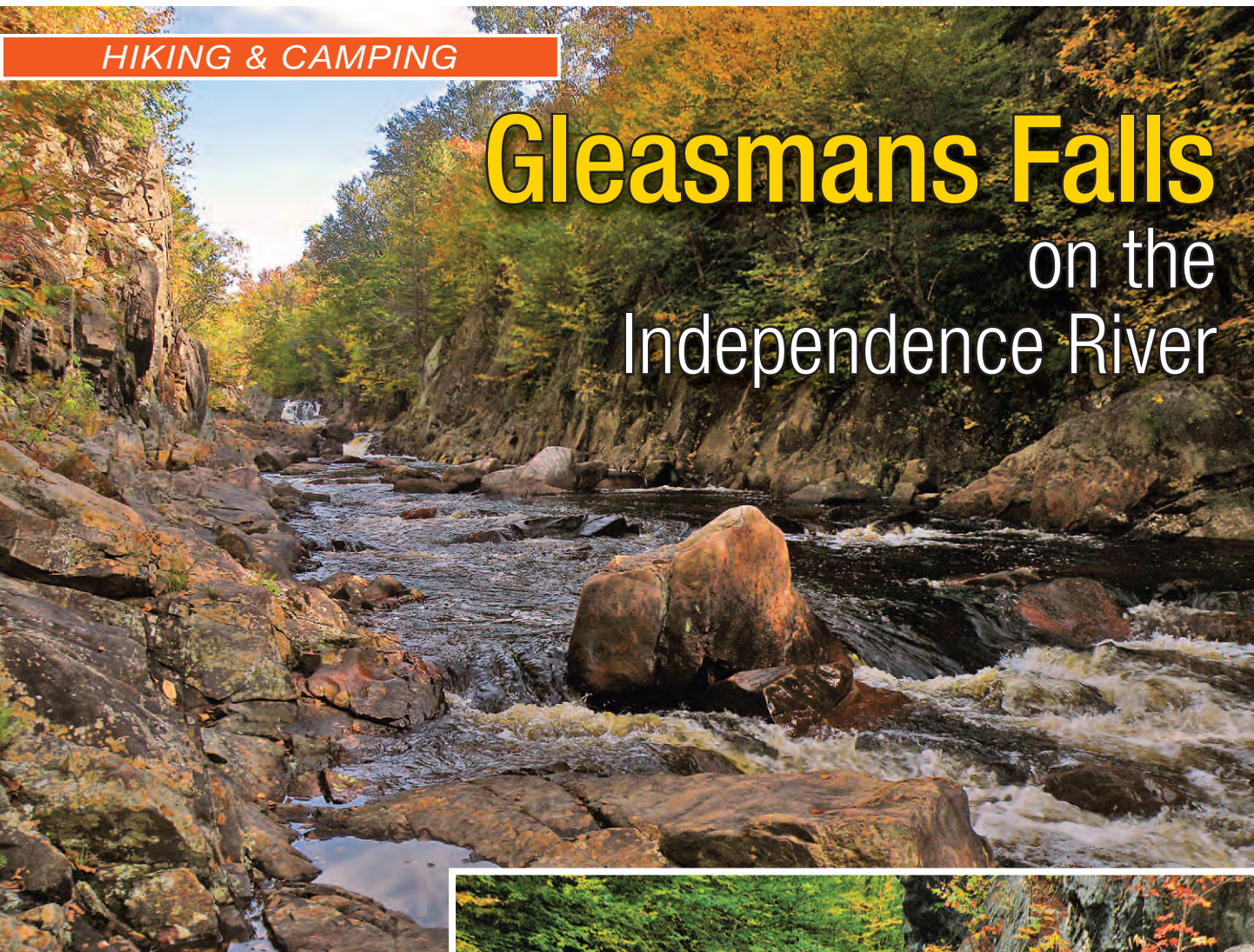
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HIKING & CAMPING

Gleasmans Falls on the Independence River

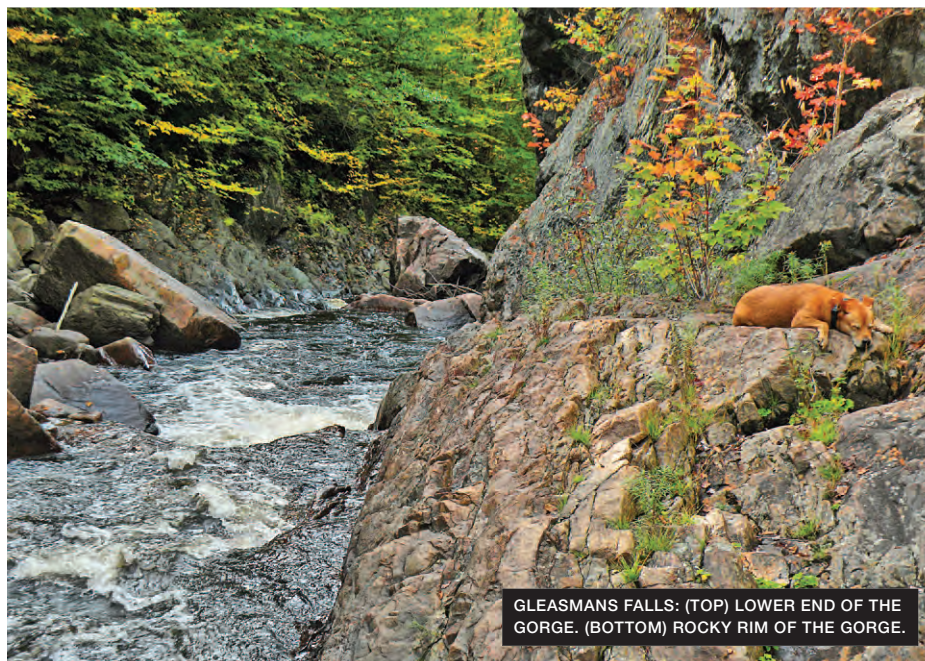


By Bill Ingersoll

The Independence River was named on July 4, 1793 by a surveyor named Pierre Perroux. It begins as the outlet of Little Independence Pond near the hamlet of Big Moose, and before it exits the Adirondack Park 29 miles later it is squeezed between the rugged rock walls of a gorge called Gleasmans Falls. This wild place, where the river descends a total of 60 vertical feet over a series of small cascades, is beyond all doubt one of the scenic highlights of the entire southwestern Adirondack region.

The trail along the river and its rugged gorge is perhaps the most outstanding hike in Lewis County's portion of the Adirondack Park. The route described here is the shortest approach to Gleasmans Falls, and therefore the most popular. The easy terrain and clear path make this an attractive route even for less experienced hikers. Even though only the final portion of the hike is located beside the river, that doesn't mean that the remainder lacks interest. This is a fine outing that appeals to a variety of people.

There is no bad time of year to enjoy Gleasmans Falls. The Independence River is a wild force in the spring, of course, when the water levels are at their highest. In the summer it is easier to descend into the gorge and



GLEASMAN'S FALLS: (TOP) LOWER END OF THE GORGE. (BOTTOM) ROCKY RIM OF THE GORGE.

PHOTOS BY BILL INGERSOLL

take photographs of the sheer rock walls on both sides. But autumn can be very beautiful here. The forest is filled with hardwoods, making the foliage quite colorful.

GETTING THERE

Number Four Road is the main highway between Lowville and Stillwater. At a four-way intersection 9.2 miles east of downtown Lowville, bear right (south) onto Erie Canal Road, which will take you into the woody

residential area surrounding Chase Lake. Turn left onto McPhilly Road at 2.5 miles, and left again 0.2-mile further onto Beach Mill Road. This is a narrow gravel lane that continues for a total of three miles into state land, and along the way you pass three trails in the Otter Creek Horse Trail system, all of which loop back to the nearby Cleveland Lake Road. The hiking trail to the falls begins at the last clearing where the road ends.

THE TRAIL

Beginning at the far end of the parking area, the trail begins as an extension of the road and descends to a crossing of Burnt Creek, just below the site of Beach Millpond. Beyond the creek, the old road becomes more trail-like as it turns northeast through the mixed woods. At 0.7-mile an unmarked side trail veers left to a campsite near the Beach Millpond wetland. A few small hills are encountered as the trail then veers southeast. At 1.3 miles you pass a sprawling wetland where beaver flooding could force you to improvise a detour. Keep an eye out for wildlife. Who knows? You might find a snapping turtle lurking in the shallows.

The trail approaches the Independence River rather slowly. Your first sighting does not occur until 2.5 miles, after a sharp descent into the valley of Second Creek. Just before you reach the crossing over this tributary, look for a side path leading right to a campsite near the river. Across the creek, the main trail continues another 0.2-mile to a third place where people have camped, this site located right on the trail. A rock ledge extends into the river and offers the best view of the lower end of the gorge.

The next 0.1-mile is what you came to see. Past the last campsite, the trail ascends to the rocky rim of the gorge. Look for a cleft in the rock to your right where the slope angles down at a reasonable pitch; this marks the best place to descend into the gorge when the water is low, although it is still steep enough to require a bit of a scramble. There are open ledges beside the trail further up where it is possible to stand on the edge and see the churning water below. A sign marks your arrival at Gleasmans Falls, in case you had any doubt. You reach this point 2.8 miles from the Beach Mill Trailhead.

If you choose to descend into the gorge through the cleft, you will find a ledge perfectly angled to look up the river to the uppermost cascade – the lower the water, the more this ledge will be exposed. Most of the rest of the gorge is inaccessible, but if you continue along the hiking trail past the Gleasmans Falls sign for another 0.1-mile you will find that it is reasonably easy to bushwhack towards the top of the upper waterfall.

The gorge marks the end of the hike for most people, but it is by no means the end of the trail. You can continue to follow the Independence River upstream to other trailheads near Stony Lake and Number Four. ▲

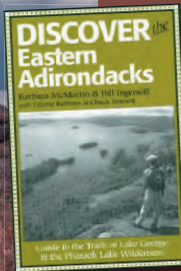
Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Southwestern Adirondacks.

The Owner's Manuals for the Adirondack Forest Preserve

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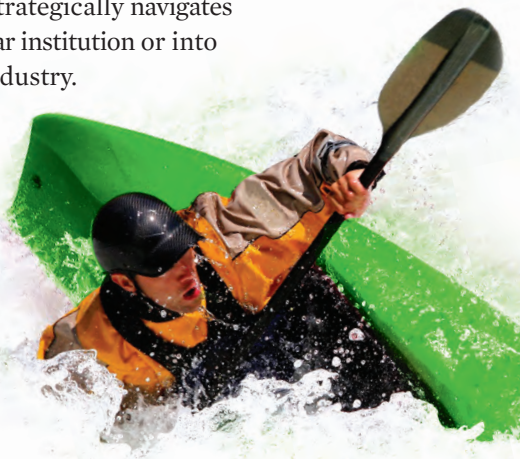
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- 15th -Mountain Biking Camp
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- 29th -Mexican Cooking Class
- 30th -Leaf Cruncher 5K Trail Run



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FEATURED UPCOMING EVENTS

- Naples, FL | Jan. 12-13, 2013
- Corpus Christi, TX | Date TBD
- Ocala, FL | Mar. 23-24, 2013
- Napa Valley, CA | Apr. 13-14, 2013
- Marble Falls, TX | Apr. 27-28, 2013
- Hunter Mountain, NY | Jun. 8-9, 2013
- Sterling, CO | Jul. 28-29, 2012
- Hunter Mountain II, NY | Sep. 22-23, 2012
- Lake Havasu City, AZ | Nov. 10-11, 2012
- HITS Championship in Palm Springs, CA
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AROUND THE REGION **News Briefs**

“Run Your Best Marathon” Clinic at Adirondack Marathon Expo

SCHROON LAKE – Jeff Dengate, *Runner's World* senior editor for shoes and gear, will lead a Run Your Best Marathon (or Half Marathon) clinic on Saturday, Sept. 22 at 3pm. It will be held as part of the Adirondack Distance Festival's Expo and Packet Pick-Up from 10am-5pm at the Schroon Lake Central School. The free session will cover shoes and gear, what to wear, course strategy, course amenities, pre/post-race tips and nutrition to make this a best-ever race. A veteran of 17 marathons with a 2:54 PR, Jeff has run the last four Adirondack Marathons and often trains on the course. He'll fill you in on where the biggest hills are located, when you can easily cruise, general course strategy – and questions about running barefoot or GPS watches are welcome.

The expo is open to the public, and exhibitors include National Running Center, RUseeN Reflective Apparel, My Fitness Recover/ChiRunning, Hudson Mohawk Road Runners Club, Leukemia Team In Training, Double H Ranch, American Cancer Society and more. NRC will also be exhibiting on race day. Saturday's schedule also includes the 5K and 10K at 9:30am in nearby Chestertown, Kids' 1K Fun Run at 10am in Schroon Lake, and Pasta Dinner from 5-7pm at Word of Life Inn. On Sunday, the Marathon and Relay start at 9am in Schroon Lake and the Half-Marathon begins at 10am in Adirondack. For more info, visit adirondackmarathon.org. ▲

Fun Multisport Events for Everyone

ALBANY – As we approach the end of triathlon and duathlon season, there's a nice mix of events from which to choose for adults, families and friends to participate as individuals or teams. In Keeseville, the Mountain Lake Services Triathlon on Sept. 15 has iron and shorter recreation distances for paddling, running and biking – in that order. On Sept. 16, the Josh Billings RunAground is a longstanding bike, canoe/kayak and run triathlon in the Berkshires with 36 team and iron categories. At Collins Park in Scotia, the Schenectady Co. Pedal-Paddle-Run on Sept. 22 is a family, business and organization friendly triathlon in the spirit of wellness.

On Oct. 6, the Rogers Rangers Challenge Triathlon features a seven-mile trail run over Buck Mountain, 30-mile bike to Fort Edward, and three-mile canoe/kayak around Rogers Island for solo or teams. In Glens Falls, the inaugural Glens Falls Lions Duathlon kicks off a 5K run, 30K bike, 5K run for individuals and two/three person teams. On Oct. 14, the Mohawk Towpath Byway Duathlon hosts its tenth 2.2-mile run, 16-mile bike, 2.2-mile run in Clifton Park and Halfmoon for adults, youth and teams. For more info, see the Calendar, ads and websites. ▲

FROM THE PUBLISHER & EDITOR

Great Summer, Fall Rewards

The summer heat and humidity are gone and now we get to enjoy the fruits of our summer fitness – or at least some apple cider donuts! The month of September brings more moderate weather, beautiful fall foliage, and a plethora of places to visit and events to do.

Combining these things, you have all the ingredients to explore a new destination or enjoy your favorite sport. Don't overlook the hidden treasures in our own backyard; they may bring a new appreciation for all upstate New York has to offer!

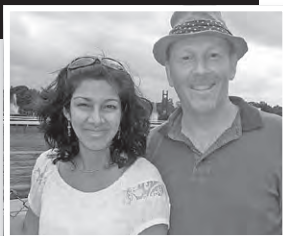
We hope this issue motivates you lead an active, healthy lifestyle, so get dirty outdoors, get sweaty at the gym, and stay involved with your loved ones. Life is short so make the most of everyday!

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Darryl and Mona



Changes at Two Area Cross-Country Races

TICONDEROGA & SARATOGA SPRINGS – The Footrace at Fort Ticonderoga is now the Footrace at the Falls. The scenic 5k cross-country course is run along varied terrain along the LaChute River Falls, crossing a covered bridge, and finishing in front of a grandstand at Bicentennial Park in the village of Ticonderoga. The Sept. 22 race benefits the Duane Crammond Memorial Fund. There's also a free kids' race and all participants receive a certificate for ice cream at the Wind-Chill Factory. Visit lachute.us.

The Saratoga Cross Country Classic is now produced by USA Track & Field-Adirondack, with Pat Glover as race director. It was previously sponsored by Saratoga National Bank, and founded and directed by Jeffrey Allen. This year's 5K cross country race is on Oct. 14 at the Saratoga Spa State Park, and it's open to individual and team competition. It will again be the USATF-Adirondack 5K XC Championship. New this year – 2K and 3K youth XC developmental runs, so bring the family. Go to usatfadir.org.

At the Classic, racewalking is also a new addition with the USATF-Adirondack 5K racewalk championship. And for those who want to give the sport a try, there will be a 2K novice sport-walk. For walk details, contact Don Lawrence at (518) 577-1333 or walk2agoal@gmail.com. ▲

Rensselaer Plateau Nordic: Registration and Instructors Needed

NORTH GREENBUSH – Rensselaer Plateau Nordic will be opening registration for its third program year on Oct. 31. RPN is a non-profit, cross-country ski program serving Capital Region families. The program provides children ages five to 12, the opportunity to learn in a non-competitive environment. On Sunday, November 4, RPN will hold its annual silent auction fundraiser at the Arlington House Restaurant in West Sand Lake. This will be a family-oriented event, and all proceeds directly benefit children enrolled in the program.

Rensselaer Plateau Nordic is also seeking ski instructors for the coming program season. The program will meet on Saturday mornings beginning January 5, 2013. For details, go to rensselarplateau-nordic.org or call Dawn Bishop at (518) 708-6077. ▲

Lake George Kayak's SUP Classes and Group Paddle

BOLTON LANDING – On Saturday, Sept. 22 from 10am-5pm, Lake George Kayak Co. in Bolton Landing will preview stand-up paddleboard classes to be offered in the summer of 2013. For those who have been wanting to try this fun sport a “Never Ever” Class will be held at 10am. Learn the basics of board design, construction and safety, and then get out on the water to work on your skills.

In the afternoon, find out what PaddleFit, SUP Pilates, and SUP Yoga are all about. They may bring a whole new meaning to exploring your edge. Prior SUP or Pilates/yoga experience is recommended for these classes. A Group Paddle will take place at 3pm. Bring your own board or rentals will be available. Pack a lunch and plan on spending the first day of fall on the water. Up on a SUP will give a unique view of the changing colors reflected in the still-warm water. For details, go to lakegeorgekayak.com or call (518) 644-9366. ▲

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See Calendar "Other Events" listings for Info Meetings. For more information:

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ISSUE #143

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DARRYL CARON

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*September - November 2012**

*Events beyond this month are advertisers in this issue.

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23 ³⁰	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30					

ALPINE SKIING & SNOWBOARDING
OCTOBER

19 "Lost Ski Areas of the Southern Adirondacks" Talk & Booksigning w/Jeremy Davis. 7pm. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinessportshop.com.

27-28 5th Adirondack Sports & Fitness Winter Expo. Sat: 10-5, Sun: 10-4. Free. 100 exhibitors, prizes, activities, sales, demos, seminars, clinics. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

NOVEMBER

16-17 Warren Miller's "Flow State." 8pm. Palace, Albany. Play It Again Sports: 785-6587. playitagainsportslatham.com.

BICYCLING
ONGOING

Call Fall/Winter Indoor Racing Series. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

Sun Long Ride. 8am. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.

Sun Group Ride. 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

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

Wed Road Ride. 6am. Shop Rite Plaza, Niskayuna. Plaine & Son: 346-1433. plaineandson.com.

Sat Early Bird Ride. 30M. 6am. Plaine & Son, Schenectady. 346-1433. plaineandson.com.

Sat Group Ride. 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

SEPTEMBER

14-16 Centurion Canada. 100/50/25M, hill climb. The Blue Mountains, ON. 303-953-2008. centurioncycling.com.

14-16 Adirondack 540 RAAM Qualifier Race & Rides. 136/272/408/544M. Alpine Country Inn/Suites, Wilmington. John Cegeri: 583-3708. adkultracycling.com.

15 2nd Columbia County Rotary Ride. 100/60/30/10M. Post-ride celebration & BBQ. Volunteer's Park, Valatie. Steiner's Ski & Bike: 784-3663. ccrotaryride.org.

15 Tour of the Adirondacks: Lake Luzerne Circuit Race. 9am-3:45pm. 8-48M. Kids' Fun Race: 3:30pm. Lake Luzerne. Dieter Drake: 275-6185. greatamericancycling.com.

15 Cambridge Valley Cycling Fall Benefit Ride. 62/25M. Lake Lauderdale Park, Cambridge. 677-3982. bikecvc.org.

15 Gloversville Tour Ride. 62M. 9am. Charlton Town Hall, Charlton. Henry Wilkie: 482-3902. webmhcc.org.

15 Alcove & Rte 51 Tour Ride. 45M. 9:30am. Elm Ave Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.

15 Helderberg Multipace Ride. 36M. 9:30am. Shell Inn, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.

15 Troy Farmer's Market Casual Ride. 16M. 10am. Corning Preserve, Albany. Jude Sagor: 729-3933. webmhcc.org.

16 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. Anne Gregson: 532-9479. schroonlakecycling.com.

16 Tour of the Adirondacks: Lake Luzerne Challenge Rides. 40M/100M scenic, supported rides. Lake Luzerne. Dieter Drake: 275-6185. greatamericancycling.com.

16 Race With The Wind. 46M MTB race. 12M Community Ride. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.

16 1st Ride for the River. 37M or 74M round-trip. 9am. Benefits Ausable River Assn. Noonmark Mtn Trailhead, Keene Valley to Ausable Chasm, Keeseville. 873-3752. ridefortheriver.org.

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

16 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.

16 1st Tom Boehm Memorial Casual Rides. 41M & 30M. 10am. OKenny's Express, Valatie. Janice Verraastro: 674-4473. Dave Render: 433-8316. webmhcc.org.

18 Rensselaer Co Multipace Ride. 30M. 5pm. Schodack Park/Ride, Schodack. Shari Gibbs: 283-0155. webmhcc.org.

19 Wacky Wednesday Tour Ride. 22M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.

22 Ride Run Walk 4 Love to Benefit Love146.org. 15/30/100M rides, 5K run/walk. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.

22 Rensselaer Plateau Multipace Ride. 50M. 9:30am. Miller Hill E.S., Sand Lake. Sharon Gibbs: 283-0155. webmhcc.org.

22 5th BikeFest Tour of the Valley. 8-104M rides & festivities. Northampton, MA. 413-204-0393. nohobikeclub.org.

22 Helderberg Multipace Ride. 34M. 9:30am. NYPP Academy, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.

22 Rupert Mtn Quick Ride. 85M. 9:30am. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. webmhcc.org.

22 Upper Sacandaga Tour Ride. 52M. 9:45am. Edinburg C.S., Edinburg. Henry Wilkie: 482-3902. webmhcc.org.

22 Here Comes Autumn Casual Ride. 28M. 11am. Van Buren E.S., Kinderhook. Terry Armon: 428-5355. webmhcc.org.

23 Exotic Bicycle Show. 12-5pm. Upper Madison Ave Street Fair, Albany. 489-0866. albanybicyclecoalition.com.

23 Gran Fondo Gunks. 108/68M. 8am. Ulster Co Fairgrounds, New Paltz. wildcatepicevents.com.

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

23 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.

25 Rensselaer Co Multipace Ride. 30M. 5pm. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.

26 Wacky Wednesday Tour Ride. 27M. 5:30pm. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.

28 Elevate Cycles Clinic Series: Bike Maintenance, Training & Bike Fit. 6:30-8pm. Elevate Cycles, Clifton Park. 371-4641. elevatecycles.com.

28 Critical Mass Community Ride. 5:30pm. Washington Park, Albany. albanybicyclecoalition.com.

29 Open House: CORE Revolutionary Group Fitness. 7am-2pm. Membership specials, free hourly classes & state of the article indoor cycling studio. CORE, Glens Falls. 409-4111. coreglensfalls.com.

29 Train Ride to North Creek & Bike Back Tour Ride. 62M. 9am. Rain date: 10/13. Train Station, Saratoga Springs. Ticket: 877-726-7245. sncrr.com. Henry Wilkie: 482-3902. webmhcc.org.

29 Helderberg Multipace Ride. 34M. 9:30am. NYPP Academy, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.

29 "Bike! Bike! Northeast" Gathering. Troy Bike Rescue, Troy. 328-4827. troybikerescue.org.

29 Drops to Hops Bike Race & Ride. Cat 3-4 Race (42M) & Citizen's Ride (23M). 10am. Brewery Ommegang, Cooperstown. Doug McCoy: 607-547-2800. clarksportscenter.com.

30 HRRRT Fall Club Ride. 62M, 32M, 16M. 9am. Shop Rite Plaza, Niskayuna. Heather: 847-2419. hrrrtonline.com.

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

30 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.

30 Mark Fiato Tribute Multipace Ride. 20/30M. 12pm. No Bethlehem Park, Bethlehem. James Bethell: 446-1766. webmhcc.org.

OCTOBER

6 Battenfall Classic Circuit Race. Salem. 275-6185. Dieter Drake: 275-6185. greatamericancycling.com.

6 Sale on All 2012 Bikes. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

6 Greylock Multipace Ride. 35-75M. 10am. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.

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5th Annual Lance Gregson 1-Eye Classic

Cycling Rides & Picnic

Sunday, Sept. 16
Town Park/Beach, Schroon Lake

- Easy Does It (3+ miles): 11am
- Scenic Route (12 miles): 10:30am
- Lance's Loop (26 miles around lake): 9:45am
- Cyclist's Dream (46+ miles): 8:30am
- Post-ride live music, picnic, raffle

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7th Annual
Rogers Rangers Challenge Triathlon
 Saturday, Oct. 6 • 8am

Begin: Hogtown Trailhead (Buck Mtn.)
End: Rogers Island V.C., Fort Edward

7-mile trail run over Buck Mtn. to Pilot Knob Trailhead
 30-mile road bike from Pilot Knob to Fort Edward
 3-mile canoe/kayak around Rogers Island Solo, 2-person team or 3-person relay team

Pre-register (120-limit): rogersisland.org
 Info: Rogers Island Visitors Center

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 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

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- 7 **Tour of the Battenkill Fall Preview Ride.** 2013 course w/ support. Cambridge. 275-6185. greatamericacycling.com.
- 26 **Elevate Cycles Clinic Series: Bike Maintenance, Training & Bike Fit.** 6:30-8pm. Elevate Cycles, Clifton Park. 371-4641. elevatecycles.com.
- 27 **Haunted Hundred Overnight Century.** 6pm. Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.

NOVEMBER

- 4 **Sweat N Ice Full/Metric Century.** 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. bikereg.com.
- 10 **Rivers & Lakes Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

HEALTH & FITNESS ONGOING

- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 9/10 & 11/5. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Starts: 9/10 (4wk), 10/15 (4wk), 11/12 (1wk), 11/26 (4wk). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

SEPTEMBER

- 29 **Open House: CORE Revolutionary Group Fitness.** 7am-2pm. Membership specials, free hourly classes & state of the art indoor cycling studio. CORE, Glens Falls. 409-4111. coreglensfalls.com.

HIKING & ROCK CLIMBING SEPTEMBER

- 14-16 **Trailless Peak Backpacking: Skylight & Gray.** Adk Mtn Club: 523-3441. adk.org.
- 16 **Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdmymca.org.
- 21-23 **Trailless Peak Backpacking: The Dix Range.** Adk Mtn Club: 523-3441. adk.org.
- 28-30 **ADK Fall Outing.** Hiking, paddling & more for adults/families. North Creek. Sue Davis: 494-7000. adk.org.
- 28-30 **Trailless Peak Backpacking: The Swards.** Adk Mtn Club: 523-3441. adk.org.
- 30 **Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdmymca.org.

OCTOBER

- 5-6 **EMS Club Day & Sale.** Eastern Mountain Sports: Albany, Niskayuna, Saratoga Springs, Lake Placid. ems.com.
- 6-8 **Trailless Peak Backpacking: The Santanonis.** Adk Mtn Club: 523-3441. adk.org.
- 13 **Beginner Day Hike: Jay Range.** 7.5M. Adk Mtn Club: 523-3441. adk.org.
- 13-14 **Leave No Trace Trainer.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS ONGOING

- Fri MTB Ride.** 2M. 6am. Central Park, Schenectady. Plaine & Son: 346-1433. plaineandson.com.
- SEPTEMBER**
- 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 **"Fun Not Fear" 2-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 16 **NYCROSS.com Race Series: Kirkland Cyclocross.** Kirkland Town Park, Clinton. 315-853-7535. nycross.com.
- 16 **Race With The Wind.** 45M MTB race & 12M community ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.
- 23 **Unicycle Singletrack Off-Road Race.** 10am. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.

- 23 1st Adirondack Cyclocross Race. 9am. Johnstown H.S., Johnstown. Christian Sandel: 725-9703. adkveloclub.com.

OCTOBER

- 13-14 **NYCROSS.com Race Series: Uncle Sam GP of Cyclocross.** Prospect Park, Troy. Eric Schillinger: 441-1296. nycross.com.
- 21 **NYCROSS.com Race Series: Saratoga Spa Cyclocross.** Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. nycross.com.
- 28 **NYCROSS.com Race Series: Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. 802-442-7238. nycross.com.
- 28 **Hunter Cyclocross Race.** Hunter Mountain, Hunter. Dieter Drake: 275-6185. bikereg.com.
- 30 **All Hollows MTB Race.** 6pm. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

NOVEMBER

- 11 **NYCROSS.com Race Series: Bethlehem Cup Cyclocross.** Elm Ave Park, Bethlehem. Dave Beals: 439-6951. nycross.com.
- 22 **Giving Thanks MTB Race.** 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

MOUNTAINEERING & WILDERNESS SKILLS SEPTEMBER

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

OCTOBER

- 20 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON, BIATHLON & ORIENTEERING SEPTEMBER

- 15 **14th Mountain Lake Services Triathlon.** Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, 14M bike. 9am. North Country Camps, Keeseville. 546-3051. mountainlakeservices.org.
- 16 **36th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. 9:30am. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 22 **2nd Schenectady County Pedal-Paddle-Run.** 7.5M bike, 1.8M paddle, 5K run. 8:30am. Solo or team. Collins Park, Scotia. schenectadycounty.com/ppr.
- 22-23 **HITS Triathlon Series: Hunter Mountain II.** Sat, 7am: Olympic/Sprint/Open. Sun, 7am: Full/Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.
- 29-30 **1st CRNA Winter Tune-Up, Summer Biathlon & Family Fun Weekend.** Sat, 9am: Rollerski Race in North Creek. Sat, 1pm: Score-O Orienteering, Biathlon (.22cal & paintball) & 5K Trail Run at Garnet Hill Lodge in North River. Sun, 1pm: Leaf Cruncher 5K Trail Run at Gore Mountain in North Creek. Sun: Tri-States Summer Biathlon Championships at Garnet Hill Lodge in North River. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.

OCTOBER

- 6 **7th Rogers Rangers Challenge Triathlon.** 7M Buck Mt trail run, 30M bike to Fort Edward, 3M paddle around Rogers Island. 8am. Hogtown to Rogers Island V.C., Fort Edward. Faith Bouchard: 747-3693. rogersisland.org.
- 7 **1st Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 8am. East Field, Glens Falls. glensfallslions.org.
- 14 **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.

NOVEMBER

- 10-11 **HITS Triathlon Series.** Sprint, Olympic, Half, Full. Lake Havasu City, AZ. 845-246-8833. hitstriathlonseries.com.
- DECEMBER**
- 1-2 **HITS Triathlon Series Championship.** Sprint, Olympic, Half, Full. Palm Springs, CA. 845-246-8833. hitstriathlonseries.com.

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Kirkland Town Park, Clinton
- Oct 13-14 - Uncle Sam GP of Cyclocross**
Prospect Park, Troy
- Oct 21 - Saratoga Spa Cyclocross**
Saratoga Race Track, Saratoga Springs
- Oct 28 - Wicked Creepy Cyclocross**
Willow Park, Bennington, VT
- Nov 11 - Bethlehem Cup Cyclocross**
Elm Avenue Park, Bethlehem

Info: NYCROSS.com
Register: BikeReg.com

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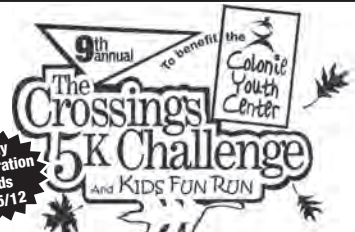
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5K Run • FREE Kids Run
Walkers Welcome**NICK'S RUN**
SUNDAY, SEPTEMBER 30
CLIFTON COMMONS
CLIFTON PARK**Registration begins at 10:30am**
12pm Nick's Dash
12:30pm Zumba Warm-up
12:45pm 2 Mile Walk
1pm 5K Run

T-shirts to first 250 walk/run registrants!

Raffles - Prizes - DJ - Kids'
Carnival - Bouncy Bounce**Form a team & have more fun!**For info & to register go to
WWW.FIGHTTOBEHEALED.ORGNFTBHF is a 501 c 3 organization supporting
local pediatric cancer patients**OTHER EVENTS****ONGOING**Call **Team In Training Info Meetings.** Leukemia & Lymphoma
Society, Albany. Call Kristi Miller: 438-3583 x12.
teamintraining.org/uny.**SEPTEMBER**

- 15 Oak'toberfest.** Great music & beer. 11am. Food, chairlift, family fun. oakmountainski.com.
- 15-16 19th Fall Festival.** 70 vendors, activities, music. Fern Park, Inlet. 866-GOINLET. inletny.com.
- 21-23 Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 22 Carl Heilman Photography Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 22-23 Great Adirondack Moose Festival.** Hiking, contests, more. Indian Lake. 648-5112. indian-lake.com.
- 23 Hickory Fall Festival.** 11am-4pm. Live music, craft brews, BBQ, helicopter rides, kids' games. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.
- 28-30 Spirit, Mind, Body Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 29-30 Saratoga Native American Festival.** 10am-7pm. Dancing, storytelling, music, arts, crafts, jewelry, demos, kids' activities, food. SPAC, Saratoga Springs. Ndakinna: 583-1440. saratoganativefestival.com.
- 29-30 Oktoberfest w/Die Schlauberger.** Music, activities, German food/beer. Sat: 10am-6pm. Sun: 10am-5pm. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

OCTOBER

- 6-7 Harvest Festival.** 10am-4pm. Free. Live music, artisans, vendors, activities, fall food/drinks, more. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 6-7 Flaming Leaves Festival.** Elite ski jumping, blues music, BBQ. Olympic Jumping Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- 14 Discover SCUBA.** 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 14 Women's High Ropes.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 19-21 Father/Son Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 27-28 5th Adirondack Sports & Fitness Winter Expo.** Sat: 10-5, Sun: 10-4. Free. 100 exhibitors, prizes, activities, sales, demos, seminars, clinics. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

NOVEMBER

- 4 Discover SCUBA.** 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.

PADDLING: CANOEING, KAYAKING & SUP
SEPTEMBER

- 13 Fountain Square Outfitters' Group Paddle.** 6:30pm. Free. Dockside Restaurant on Glen Lake, Lake George. 932-8355. fountain-square-outfitters.com.
- 13-14 Fundamentals of Kayaking I/II.** 8:30am. Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 15-16 Family Kayaking (Sat) & Canoeing (Sun) Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 16 Mystery Race & Awards Banquet.** Club paddle: 1pm. Mystery race: 2pm. Madrid. 315-854-0881. slvpaddlers.org.
- 22 SUP Classes & Group Paddle.** 10am -5pm. 10am: "Never Ever" Class. Afternoon: PaddleFit, SUP Pilates, SUP Yoga. 3pm: Group Paddle. Lake George Kayak: 644-9366. lakegeorgekayak.com.
- 22 8th Paddle for the Cure.** Leisurely 2M paddle on Moose River. 10am. Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoors, Old Forge. Janice Sell: 315-464-6276. upstate.edu/paddle.
- 22 Kayaking 4 a Cure.** 8am: Schuylerville (or 12pm Stillwater) to Mechanicville on Hudson River. kayaking4acure.org.
- 22 Long Lake Long Boat Regatta.** 15M/10M. 11am. North American war canoe champs. Adk kayak champs. 11am. Adirondack Hotel, Long Lake. 891-2744. macscanoes.com.
- 23 St. Regis Canoe Classic.** 4/7/11M. 10am. Paul Smith's College, Paul Smiths. Kristen Domas: 327-6389. nymcra.org.

- 24 Traditional Paddle Making Workshop.** Adk Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.
- 28-30 Adirondack Rendezvous: Canoe, Kayak, SUP Sale & Swift Demo Days.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 31 Traditional Paddle Making Workshop.** Adk Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.

RUNNING & WALKING**SEPTEMBER**

- 13 HMRRC Free Training Clinic #3: Mental Training for Runners w/Dr Drew Anderson.** 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com.
- 15 35th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K championship race. 2K Fun Run/Walk: 8:48am. Laurel Ave School, Northport. cowharborrace.com.
- 15 4th Capital Region Special Surgery Race for Hope 5K.** 10am. Slingerlands. raceforhopealbany.com.
- 15 Albany Autism Society 5K Run/Walk.** 8am. Central Park, Schenectady. 588-1189. albanyautism.org.
- 15 Chase Leukemia Away 4.4M Race.** 8am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. facebook.com/cornicksforacause.
- 15 Rockeater Adventure Race.** 5K obstacle run. 2pm. City Beach, Plattsburgh. rockeateradventurerace.com.
- 15 9th Common to Common 30K.** 8:30am. Essex Center, VT. Steve/Cathy Eustis: 802-878-4385. gmaa.net.
- 16 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.org.
- 16 7th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 8am. 5K Run/Walk: 8:05am. Broadway, Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com.
- 16 41st HMRRC Anniversary Races.** 2.95/5.9M. 9am. Gym, UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 16 Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness.** 9:30am. Cohoes H.S., Cohoes. 237-3559. dougellettmemorial.org.
- 16 34th Dutchess County Classic.** Half Marathon, 5K, Kids 1M & Walk. Arlington H.S., LaGrange. mhrrc.com.
- 21 31st Arsenal City 5K Run.** 6pm. Fun run/walk: 5:30pm. City Hall, Watervliet. 270-3811. watervliet.com.
- 22 19th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400 x257. fam5k.com.
- 22 Ride Run Walk 4 Love to Benefit Love146.org.** 5K run/walk, 15/30/100M rides. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- 22 Footrace at the Falls.** 5K XC course. 10am. Bicentennial Park, Ticonderoga. Matt Karkoski: 585-7206. lachte.us.
- 22 35th Whiteface Mountain Uphill Foot Race.** 8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whitefacepace.com.
- 22 4th Red Apple 5K/10K Trail Run.** 9am. Samascott Orchards, Kinderhook. kinderhookrunnersclub.com.
- 22 Nisky Fall Fun Run 5K.** 5:30pm. Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 22 1st Color Me Rad 5K.** 9am. Altamont Fairgrounds, Altamont. 801-831-4299. colormerad.com.
- 22 17th Run to Remember 5K.** 9am. East Campus Athletic Village, RPI, Troy. 276-6236.
- 22 Dan Ran 5K Run/Walk & Field Day.** 9am. Stevens E.S., Ballston Lake. Michael Hale: 399-4846. areep.com.
- 22 Get Your Rear in Gear 5K Run/Walk.** 8am. Saratoga Spa S.P., Saratoga Springs. 857-1588. getyourrearingear.com.
- 22 Cerebral Palsy Wellness 5K Walk/Run.** 9am. Partridge Run G.C. Trail, Canton. 315-386-1156. cpnorthcountry.org.
- 22 SVC 5K Challenge.** 10am. Southern Vermont College, Bennington, VT. 802-447-4640. svc.edu.
- 23 Adirondack Distance Festival.** 5K & 10K Races. 9:30am. Municipal Center, Chester town. 532-7675. adirondackmarathon.org.
- 23 Adirondack Distance Festival.** Marathon & Marathon 2- & 4-Person Relay: 9am. Half Marathon: 10am. 9/22: Kids' Fun Run: 10am; Expo: 10am-5pm; Running Clinic: 3pm. Schroon Lake. 532-7675. adirondackmarathon.org.
- 23 5th Tour LaFrance 5K Family Fun Run/Walk & 1M Kids' Run.** 11am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. connorlafrance.org.
- 23 38th Falling Leaves Road Race.** 14K: 8:50am. 5K: 9am. Kids' 1K run: 8:15am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. uticaoadrunners.org.

MVP HEALTH CARE
Saturday, October 20th, 2012
Saratoga Spa State Park Columbia Pavilion5K & 10K Walk/Run 9:30 AM
Kid's Fun Run following races
Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K
by October 1, 2012!****IMPORTANT****
NET Chip Timing, Disposable Chips/Bibs &
NO DAY OF Registration**5K & 10K Fees****\$22** (before 10/1), **\$25** (before 10/20)**NO DAY OF REGISTRATION****Kids Fun Run Fees** (12 & under)**\$5**Become a Fund Raiser for Saratoga Bridges
and YOU could win an Apple iPod Touch!
Create your own fundraising page at
active.com/donate/SaratogaBridges2012

Register Online:

www.saratogabridges.org

More information: 518.587.0723

***Packet & Chip Pick Up***
Friday 10/19 Noon-6pm @ Saratoga Bridges
offices located at 16 Saratoga Bridges Blvd.
or Day of 7:30 AM-9 AM at the eventTo Benefit
saratogabridges
The premier community resource for
people with disabilities and their families6th Annual
Falling Leaves 5K Run & Walk**Saturday, October 13 at 10am**
William Kelley Park on Ralph St, Ballston SpaScenic course within historic village of Ballston Spa!
Great Drawings - All registered 5Kers eligible to win gift certificates
for coffee shops, restaurants, bead shops, pizzerias, oil changes, etc.Register Online: www.ballstonspaumcchurch.org

\$17 by 10/1 - family rate (mail-in): \$50 - \$20 race day - T-shirt to first 100 entries

Kids' 0.5M Fun Run (10 & under): 10:45am - Free

Gary Wilson: gwilson@skidmore.edu or (518) 885-7424

Benefits community outreach programs of Ballston Spa UMC

Run for Readers
5K FUN Run/Walk**Saturday,**
Sept 29 - 9amScott Ellis Elementary School
11219 Route 32, Greenville\$15 by 9/17 - \$20 after
T-shirt to first 500 registered
Free Kids' 1M Spartan Sprint: 8:15am**Entry: Greenville.k12.ny.us**

Peter Mahan: (518) 966-5070 x301

Partial proceeds to elementary student after
school clubs & elementary classroom books7th Annual Saratoga
Spa State Park**Fall Back 5**
5-Mile Trail RaceHills, ridges, streams & singletrack...
Sunday, Nov 4 • 10am

Administration Bldg Lobby, Saratoga Spa S.P.

Improved course! Tech T-shirt to first 200

\$20 by 11/3 or \$25 race day • Prizes/Raffles

Free kids' activities (during race) & fun run (after)

active.com • saratogastryders.org

(518) 584-2000

5th Annual Hometown Heroes 5K Run & Walk
Sunday, Oct. 21 • 9:15am
The Crossings of Colonie
 USATF Certified • Solo/Teams
 T-shirt to first 250 • Chip Timing
 \$20 by 10/17 • \$25 after
Register: NYFRC-INC.ORG
 Ann Swezey: (518) 229-8956
 Fundraiser to benefit NY National Guard Family Readiness Council

4th Annual Race Away Stigma 5K Race & Fun Walk
 Help "race away" stigma surrounding mental illness
Saturday, Oct. 13 • 10am
Bruno Stadium, HVCC, Troy
 \$17 HMRRC, \$20 non-members
 T-shirt, awards, raffles
 Larry Ellis 629-7175, l.ellis@hvcc.edu
Register online: hvcc.edu/cct

38TH ANNUAL FALLING LEAVES ROAD RACE
Sunday September 23
Radisson Hotel, Utica
 USATF Certified 5k: 9am
 Scenic 14k: 8:50am
Nike long-sleeve tech shirts to first 1,400 registered
Info/Register: UticaRoadrunners.org or GetEntered.com
14k is USATF-Adirondack Grand Prix event

Team Pay It Forward presents the
6th Annual RUN FOR LIFE
To Benefit Hannah's Hope Fund
 In Memory of Chris Gleason
Sunday, Sept. 16
 5 Caraway Ct, Old Dater Farm
 Clifton Park
5K Run for Life • 10am
2-Mile Walk for Hope • 10am
Kids' Fun Run • 11am
 Overall, age-group & team awards
 T-shirts for first 200 registrants
 A fun community event with rock climbing wall, bouncy-bounce & face painting
New: Couch to 5K Training Program!
 8 weeks: starts Thu, July 26 at Shenentaha Park
 Led by running coaches • \$150 donation
Info: hannahshopefund.org
Register: active.com
 Registration closes Sept 14
Dedicated to funding research for a cure for Giant Axonal Neuropathy

- 23 Run to Cure Diabetes 5K. 11am. The Crossings, Colonie. 477-2873. jdrf.org.
- 23 31st Roosa Gap Roller Coaster 12M & 5K Run. 9am. Wurtsboro. Bill Norton: 845-888-2107. sullivanstriders.com.
- 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.
- 29 **Run for Readers 5K Run/Walk.** 9am. Kids' 1M Spartan Sprint: 8:15am. Scott Ellis E.S., Greenville. Peter Mahan: 966-5070 x301. Greenville.k12.ny.us.
- 29 Ryan's Knock Out Neuroblastoma 5K Run/Walk. 8:30am. Bike Path, Glens Falls. Tricia Freer: 792-1372. active.com.
- 29 Forest Festival 250 Chain 5K Run/Walk. 9am. Ranger School, Wanakena. June McWharf: 315-848-2566. esf.edu.
- 29 Run4Garrett 5K/10K Run/Walk Race. 11am. Sackets Harbor. run4garrett.org.
- 29 5th Johnstown Homecoming 5K Run/Walk. 10am. Glebe St E.S., Johnstown. Scott Hale: 848-3825. johnstownschoools.org.
- 30 **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.
- 30 **9th Crossings 5K Challenge Run/Walk.** 10am. Kids' Fun Run: 10:45am. Ciccotti Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.
- 30 **Gore Leaf Cruncher 5K Trail Run.** 1pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 30 33rd Voorheesville 7.1 Mile. 10am. Voorheesville Town Park, Voorheesville. hmrrc.com.
- 30 A New Leash on Life 5K. 9am. Blatnick Park, Niskayuna. Amy Pollard: 491-6684. schenectadyspca.org.
- 30 Run for the ROC 5K Run. 11am. Kids' Run: 10:15am. Saratoga Flat Track, Saratoga Springs. saratogacare.org.
- 30 31st Wineglass Marathon, Half-Marathon & Relay. 9am. Bath to Corning. wineglassmarathon.com.
- 30 Seaway Half Marathon & 5K. 8am. Robert Moses S.P., Massena. 315-842-7006. peakssportsolutions.com.

OCTOBER

- 6 **18th Komen NENY Race for the Cure.** Co-ed 5K: 9am. 2M family walk: 10am. Kids' for the Cure Dash: 11:30am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 6 **18th BHBL Rotary Apple Run 5K Run/Walk.** 9am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.com.
- 6 2nd Rhino Run 5K. 9:30am. Crossings Park, Colonie. Frank Murray: 783-7486. hmrrc.com.
- 6 Canandaigua Lake 50M & 50K. 7am. Canandaigua Lake. Tom Perry: 585-388-5270. canlake50.org.
- 7 **30th Mohawk Hudson River Marathon & 11th Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo, Hotel Albany: 10/6, 10am-6pm. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 7 Trek for Hope. 10K: 9am. 5K Run/Walk: 10:30am. Village Park, Granville. Peter O'Brien: 321-9640. active.com.
- 7 1st What Would Trevor Do Run for Hope 5K. 10am. Saratoga Spa S. P., Saratoga Springs. 221-0708. finishright.com.
- 7 Harvest Half Marathon & 5K Run. 10:30am. Red Hook. 845-625-3473. harvesthalf.webs.com.
- 7 Community for a Cure 5K Run/Walk & Kids' Run. 1pm. Boulevard E.S., Gloversville. 775-5747. gloversvilleschools.org.
- 13 **4th Race Away Stigma 5K Race/Fun Walk.** 10am. HVCC Stadium, Troy. Carrie Zurenko: 629-7176. hvcc.edu/cct.
- 13 **6th Falling Leaves 5K Run & Walk.** 10am. Kids' Fun Run: 10:45am. William Kelley Park, Ballston Spa. Gary Wilson: 885-7424. ballstonspaumcchurch.org.
- 13 UA Homecoming 5K Run, 3K Walk & Little Dane Dash. 9:15am. Track, UAlbany, Albany. 442-3087. albany.edu.
- 13 3rd 5K Fun Run/Walk for Brachial Plexus Injuries. 9am. Town Park, Halfmoon. Diana: 664-2178. ubpn.org.
- 13 2nd Octoberfest Half Marathon & 10K. 9am. Peru F.D., Peru. runoctoberfest.com.
- 14 **Saratoga Cross Country Classic.** 5K XC race: 10am. 2K/3K youth XC runs: 11am. 5K race walk (8am) & 2K novice sport walk. Saratoga Spa S.P., Saratoga Springs. Pat Glover: 877-0654. usatfadir.org.
- 14 **ARC in the Park 5K Race.** 10am. Rensselaer Tech Park, North Greenbush. ARC of Rensselaer Co. Susan Streb: 274-3110 x3003. renarc.org.
- 14 2nd Fall Foliage Half Marathon & 5K. 10am. Starr Library, Rhinebeck. 561-470-7966. fallfoliagehalf.com.

- 20 **12th Great Pumpkin Challenge 5K & 10K Run/Walk.** 9:30am. Plus, Kids' Fun Run. Saratoga Spa S.P., Saratoga Springs. 587-0723. saratogabridges.org.
- 20 Bite Back for a Cure 5K Run & 1M walk against tick-borne diseases. 11am. Crossings, Colonie. tbdalliance.org.
- 20 Cahill Classic 5K Race. 9am. Cahill E.S., Saugerties. Jenny Mangione: 845-247-0675. welcometosaugerties.com.
- 20 3rd 5K for Johnson Park Center. 9am. SUNYIT, Utica. johnsonparkcenter.org.
- 21 **5th Hometown Heroes 5K Run & Walk.** 9:15am. Fundraiser for National Guard Readiness Council. The Crossings, Colonie. Ann Swezey: 783-9409. nyfrc-inc.org.
- 21 Wandering Witch 5K/10K Trail Races. Christ the King Conf Ctr, Greenwich. Jen Kuzmich: 692-2801. bkvr.org.
- 21 Monster Dash 5K. 12pm. Medicine Horse Farm, Morrisonville. 566-7217. medicinehorsefarm.org.
- 21 Empire State Marathon & Half Marathon. 7:30am. Alliance Stadium, Syracuse. empirestatemarathon.com.
- 27 **1st Mario Zeolla '97 5K Run/Walk.** 10am. Free Kids' Fun Run: 9:30am. Plus, Health & Wellness Expo: 10am-2pm. Albany College of Pharmacy & Health Sciences, Albany. acphs.edu.
- 27 **19th Goblin Gallop 5K.** 9am. Halloween Hop Kids' Run: 10am. Abraham Wing School, Glens Falls. Liz Ramos: 307-8884. adirondackrunners.org.
- 27 Great Sacandaga 10K Road Race. 10:30am. Sport Island Pub, Northville. Dave Gifford: 863-8046. fmrrc.org.
- 27 1st Maddie's Mark 5K. 9am. Central Park, Schenectady. 852-0485. maddiesmark.org.
- 27 Troy YMCA 5K Run, 3K Walk & Kids' Fun Run. 8:30am. YMCA, Troy. 272-5900. cdyymca.org.
- 27 5th Anne's Quest 5K Run & 3K Walk. 9:30am. Raffles, music, food. Shaker H.S., Latham. annesquest.org.
- 28 **8th Hairy Gorilla Half Marathon & Squirrelly 6-Mile Trail Race.** 9:30am. 600m Kids' Race: 9am. Thacher S.P., Voorheesville. AREEP: 320-8648. hairygorillahalf.com.
- 28 Coop Loop 5K. 12:30pm. Clark Sports Center, Cooperstown. Rich Jantzir: 607-547-2800. clarksportscenter.com.

NOVEMBER

- 4 **2nd Fall Frun 10K.** 9am. Shenendehowa H.S., Clifton Park. AREEP: 320-8648. fallfrun10.com.
- 4 **7th "Fall Back 5" 5M Trail Race.** 10am. Kids' Fun Run: 11am. Administration Bldg, Saratoga Spa S.P., Saratoga Springs. 584-2000. saratogagstryders.org.
- 4 ING NYC Marathon. 26.2M. Staten Island to Central Park, New York. nyrr.org.
- 10 Revolutionary Run for Veterans. 9am. Ft. Hardy Park, Schuylerville. 884-4115. saratogacountyyny.gov.
- 10 Fall Flurry 10K. Little Falls. Tony DeLuca: 315-823-1740. uticaroadrunners.org.
- 11 **37th Gazette Stockade-athon 15K.** 9am. Plus, 1M Duck Run for Children. Central Park, Schenectady. stockadeathon.com.
- 11 After The Leaves Have Fallen 20K. Lake Minnewaska S.P., New Paltz. shawangunkrunners.org.
- 12 **5th Shenendehowa Veteran's Day Dash 5K Road Race/Walk.** 10am. Kids' 1M Fun Run: 11am. Shen H.S. Track, Clifton Park. Beth Haig: 573-4595. shenrunners.com.
- 17 NYRR NYC 60K Road Race. 8am. Central Park, New York. nyrr.org.
- 18 **HMRRC Turkey Raffle 1-Hour Run.** 10am. The Crossings, Colonie. Al Maikels: 435-4500. hmrrc.com.
- 18 4th Run for Safety. 2M/0.5M. 5:30pm. Mason Home, Utica. Mike Kessler: 315-724-3315. uticaroadrunners.org.
- 22 **65th Troy Turkey Trot.** Open 5K, Open 10K, Youth 1M, Walk. Troy Atrium, Troy. USATF Adirondack: 273-5552. usatfadir.org.
- 22 **31st Cardiac Classic 5K Road Race.** 9am. 2M wellness walk: 8am. 1M Duck Pond fun run: 10am. Central Park, Schenectady. 243-4600. ellishospitalfoundation.org.
- 22 **11th Christopher Dailey Turkey Trot 5K Run/Walk.** 8:30am. City Hall, Saratoga Springs. christopherdaileyfoundation.com.
- 22 **3rd OurTowne Turkey Trot 5K Fun Run/Walk.** Bethlehem M.S., Bethlehem. ourtownebethlehem.com.
- 22 Cohoes Turkey Trot. 9am. City Hall, Cohoes. Danielle Lagace: 233-2116. ci.cohoes.ny.us.
- 25 Thanksgiving Run/Walk to End Hunger. 5K, 2M Walk & Kids Run. Utica. 793-0955. uticaroadrunners.org.
- 24 **5th Run Off That Turkey Trot 5K.** 10am. Altamont. Phil Carducci: 861-6350. active.com.

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

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

Sunday, October 14th



USATF Adirondack presents
Saratoga Cross Country Classic
 Sponsored by Excelsior College
 Saratoga Spa State Park
 Saratoga Springs, NY
5k Cross Country Race - 10am
Individual and team competition
 USATF Adirondack 5k XC Championship
2k and 3k Youth Developmental Cross Country Runs - 11am
5k USATF Adirondack Race Walk Championship - 8am
Also: 2k Novice Sport Walk • Walk info: (518) 577-1333 or walk2agoal@gmail.com
Moisture wicking T-shirt to all registered in 5k by 10/1
 Info: (518) 877-0654 or piglove@aol.com
Register at usatfadir.org



Arc in the Park 5K Race
Sunday, Oct. 14 • 10am
Rensselaer Tech Park
 Off of Route 4, North Greenbush
 Walkers & rollers welcome
 T-shirt to first 150 5K preregistered
 Timing by AREEP
 0.5M Fun Run • 9:30am
Entry Form: www.renarc.org
Info: 518-274-3110 x3003
To benefit:
 The Arc of Rensselaer County
 ADVOCACY • RESOURCES • COMMUNITY

35th Anniversary
Whiteface Mountain Annual Uphill Foot Race
Saturday, Sept. 22 at 8am
 Eight miles, 3,500 feet up the Veterans Memorial Highway on NY's fifth highest peak!
WhitefaceRace.com
RunReg.com
 888-944-8332 • Wilmington, NY

31st Annual Watervliet Arsenal City Run & Community Night
Friday, September 21
5K Road Race: 6pm
 USATF-Adk Masters 5K Championship
Register: active.com
 \$17 before 9/21 or \$20 after or \$5 active military
 Free 1-Mile Fun Run/Walk (all ages): 5:30pm
 Family Festivities: 6-9pm
 Food, drinks, live music, activities for all
 Benefits Watervliet Adopt-a-Family program

First Annual Mario Zeolla '97 5K Run/Walk
Saturday, Oct. 27 / 10am
 Albany College of Pharmacy & Health Sciences, Albany
 \$20 by 10/20 / \$25 event day
 All 5K participants receive T-shirt
 Free Kids' Fun Run / 9:30am
Register: acphs.edu/healthexpo
 Sponsored by ACPHS & MVP Health Care
 Part of Health & Wellness Expo: 10-2
 Open to public with free services/events
 Benefits Mario Zeolla '97 Memorial Scholarship

THE NON-MEDICATED LIFE

The Role for Vitamins & Dietary Supplements

PART ONE

By Paul E. Lemanski, MD, MS, FACP



This is the 50th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 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. While the use of diet and lifestyle has a lower side effect profile and lower cost than medications the approach is less convenient and requires more effort. The dual issues of convenience and effort have led some to propose the use of vitamins and natural supplements as an alternative route to the Non-Medicated Life. Unfortunately, from the perspectives of efficacy and safety vitamins and supplements have a decidedly limited role. Part One will address vitamins and Part Two dietary supplements.

Vitamins are organic molecules which generally cannot be synthesized by the human body and in small amounts are necessary for normal metabolism. Deficiency states for vitamins are possible in certain parts of the world on the basis of poor diet and may lead to classic vitamin deficiency syndromes such as scurvy with vitamin C, pellagra with niacin, or beriberi with thiamine. Deficiency states may also occur in special populations such as the elderly; those with alcoholism; those with restrictive diets (vegans); those with malabsorption (celiac disease, Crohn's disease, gastric bypass surgery); and those with limited exposure to sunlight (the homebound or living in Northern latitudes).

In Western culture, apart from the above mentioned special populations, deficiency states are unusual for those who eat a balanced diet. Indeed, for those eating a variety of whole foods from the major food groups, vitamin supplementation is unnecessary. For those unsure of the adequacy of their diet a visit to a registered dietitian can be helpful. Although a low dose daily multivitamin can be considered, this practice is not a substitute for basic nutritional knowledge. Moreover, one should not assume that more

is better with vitamins. While water soluble vitamin such as the B vitamins and vitamin C are generally not toxic in reasonable doses because the excess can be excreted in urine, high doses can still cause toxicity. Fat soluble vitamins such as A, D and E, however, can accumulate in the body and cause significant toxicity which in rare instances may be life threatening.

Moreover, using vitamins to potentially prevent or treat disease unassociated with a deficiency state has little evidence with few exceptions. Folic acid taken early in pregnancy has been shown to prevent neural tube defects in the fetus. In all other populations, there is no evidence for a benefit for folic acid in the prevention of disease. For example a combination of folic acid, B6, B12 to reduce homocysteine, a marker of cardiovascular risk, has not been shown to reduce cardiovascular risk. Vitamin C while generally safe has no evidence in clinical trials for the prevention of disease. There is no evidence that using Vitamin E prevents disease and there is some evidence that taking greater than 400 international units per day of vitamin E may increase cardiovascular risk and all-cause mortality.

While there is evidence that Vitamin D deficiency increases the risk for osteoporosis and may be considered in the amount of 800 to 1000 units per day especially in northern latitudes, it is a fat soluble vitamin, and its use should be discussed with one's personal physician. Vitamin A should not be taken for disease prevention and should not be used in high dose supplementation by pregnant women because of the potential for teratogenicity; its use should also be avoided in those with osteopenia or osteoporosis.

Antioxidant vitamins have not been shown in clinical trials to reduce either cardiovascular risk or cancer risk. Indeed, in the HATS trial the addition of an antioxidant cocktail of vitamin E, Vitamin C, beta-carotene, and the mineral selenium was not neutral, but actually reduced the benefit achieved in the study. In the HOPE trial of 9,297 patients, vitamin E showed no benefit compared to placebo. In a recent study of 35,000 men, daily vitamin E supplementation

was shown to possibly increase the risk of prostate cancer. This data is in marked contrast to data in which antioxidant vitamins are consumed as part of the vegetables and fruits in which they occur; as part of whole foods they lower both cardiovascular and cancer risk. The reasons are not completely understood at this time but may involve other cofactors consumed with the foods or the avoidance of higher risk foods in those consuming less vegetables and fruit.

Megavitamin treatment or the use of vitamins in excess of the recommended dietary allowance (RDA) should be reserved for physician supervision only. Niacin has been used for cholesterol lowering for over 30 years. In doses many times the RDA it can lower triglycerides and the bad cholesterol. Use of niacin in megavitamin dosing, however, may increase the risk of liver toxicity and exacerbations of gout. It is also contraindicated in those with active stomach ulcers or concomitant liver disease.

In summary, vitamin supplementation has a role in correcting deficiency states that have been diagnosed and perhaps routinely in those in certain select populations. Vitamin supplementation is generally safe, but is usually unnecessary in those eating a balanced diet. There is no evidence that vitamin supplementation can prevent diseases not associated with deficiency states with the possible exception of neural tube defects. Megavitamin therapy is not to be recommended except under the direction of a physician.

If vitamins are consumed as a natural constituent of a balanced diet they may contribute to the non-medicated life and may thus help avoid the proverbial bottle of pills to prevent cardiovascular disease and cancer. ▲

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.

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KAYAKING, CANOEING & SUP

Paddling from Catskill • Small Winding Creeks



PHOTOS BY ALAN MAPES

By Alan Mapes

Launching a kayak, canoe or stand-up paddleboard from Dutchman's Landing gives you so many choices! A paddler can brave the open waters of the Hudson River or can spend most of the time in sheltered creeks. A trip from this launch usually includes a bit of both.

Dutchman's Landing Park in Catskill is worth a visit whether you plan to paddle or not. The view of the Hudson is spectacular, with the Rip Van Winkle Bridge looming just to the north. The Olana State Historic Site shows above the trees on the far side of the river – this was the home of the famous “Hudson River School” painter Fredrick Church.

The park is free to use, with lots of parking and a nice boat launch. A small building houses restrooms and a snack bar with good ice cream – spots to find good food are important parts of the paddling experience along the Hudson, at least for my wife and me.

On our most recent paddle from this spot, we headed south and around the point into Catskill Creek. Lots of power boats and sailboats are docked and moored along the creek, and you can paddle nearly three miles up the creek through the village.

We opted instead to turn south into Dubois Creek, which comes up shortly on your left. Also referred to as the “Little Amazon,” Dubois is a winding tidal creek that usually can be paddled for more than a mile, but we turned back a little short of that distance when our way was blocked by a fallen tree.

Downed trees are often a factor when exploring small creeks along the Hudson. Root systems of the swamp trees, a red maple in this case, are quite shallow, and make the trees subject to windthrow

(being blown over by wind). Beaver dams are another type of barrier you find when exploring small creeks. We drifted over the remains of an old dam on the Dubois, but did not find an active one.

Both the Dubois Creek and the Ramshorn Creek that we explored later are part of the Livingston-Ramshorn Preserve. The preserve's 420 acres are owned by the Scenic Hudson organization and managed by Audubon New York. I can't say enough about the work done by Scenic Hudson to protect open lands all along the tidal Hudson River and to keep them open for public enjoyment.

The best part of exploring small creeks along the Hudson, for me, is observing the wonderful communities of wildlife and plants. In late August, we found a beautiful array of wildflowers along the banks – jewelweed, virgin's bower (clematis), arrowhead, joe pye weed and cardinal flower. The shocking color of the cardinal flower really stands out in the tangle of greenery along the banks. The bright red blooms are specially adapted to be pollinated by hummingbirds.

Citadina insects buzzed in the trees and we heard songs and call notes from Carolina wren, warbling vireo and red-bellied woodpecker. We also spooked up several black ducks feeding along the creek.

Water celery plants were abundant in the water of the creek. This narrow ribbon-like plant is found growing underwater in the Hudson. It provides a hiding place for young developing fish and is very important in the river ecosystem. For unknown reasons, water celery is scarce in the main river this year, but it is doing well in Dubois Creek.

Leaving the quiet confines of the small stream, we paddled back to the mouth of Catskill Creek and out onto the main river.

Heading south for a bit less than a mile, we found the opening to Ramshorn Creek on the west bank of the river.

Dubois Creek has its twists and turns, but the Ramshorn takes it to a whole new level. One source describes the creek as twisting like ribbon candy – an apt description. The banks were loaded with wildflowers and a beaver swam close to my wife Char at one point.

It was lunch time, and we planned on stopping at the Audubon Landing up the Ramshorn for a stretch, and a bite to eat. Instead, stretching and eating lunch were accomplished as best we could in the boats.

Back on the river, we watched an osprey diving for fish as we returned to Dutchman's Landing. Our trip totaled a little over six miles. At the landing we found a pair of beautiful red-over-white Impex kayaks and instantly knew who had stopped there for ice cream. Our friends excitedly asked “Did you see the Halfmoon?” The re-created historic ship had passed by headed south, apparently while we were up the Ramshorn.

Our paddling day ended at that point, but other routes from Dutchman's Landing include:

Rogers Island – A state wildlife management area that lies across the river, supporting part of the Rip Van Winkle Bridge. You can cross the river from Dutchman's Landing and enter a creek that runs between the island and the east shore of the Hudson. This allows you to paddle around the island, a loop of four miles or so. After navigating the creek, you can cross the river from the north end of the island and continue north to the Hudson-Athens Lighthouse and the kayak landing at Athens village.



(TOP LEFT) PADDLING UP THE “LITTLE AMAZON,” DUBOIS CREEK. (TOP RIGHT) PADDLING PAST DUTCHMAN'S LANDING, TOWARD RIP VAN WINKLE BRIDGE. (ABOVE) CARDINAL FLOWER BLOOMS ALONG THE BANK OF RAMSHORN CREEK IN AUGUST.

Going south beyond Ramshorn Creek – You can explore Inbocht Bay on the western shore, and continue to Germantown boat launch on the eastern shore.

Catskill Creek – As mentioned, the creek can be paddled upstream for about 3 miles before rocks and rapids block the way.

If you go, Dutchman's Landing Park is located at 42 Main Street in Catskill. You can also go just a little further on Main Street and stop at Historic Catskill Point. It's a park with great views of the river, and the site where the Hudson River Day and Night Line river boats landed in times past, bringing vacationers to the Catskill Mountain hotels. An interpretive center, open on weekend afternoons, highlights the history of the river and the area. ▲

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

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MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON



Sat - Sun, October 6 - 7



EVENT GUIDE

Pages 13 - 16

You've Come a Long Way, Baby

By Mary Ibbetson

If one of the runners from the first Mohawk Hudson River Marathon in 1983 used Dr. Emmett "Doc" Brown's time machine to travel ahead 29 years to the start line of this year's marathon, he would likely be bogged by water belts, gels, waffles, chomps, e-tabs, s-tabs, GPS, and heart rate monitors that today's runners are literally attached to.

Runners in the 80s ran "naked" (seriously... have you seen the shorts?), and only occasionally would stash water, and maybe jelly beans on long runs, according to HMRRC's longtime runner, Jack Berkery (aka "Sumo Runner") of Latham. Runners today, including myself, might argue that they need their "stuff." But runners like Dale Keenan of Selkirk, who won the inaugural marathon in 2:22:16 and set the course record of 2:20:59 in 1984 - that still stands today, did so without much more than water!

The first Mohawk Hudson River Marathon took place on October 16, 1983 with a mere 152 runners. This race has come a long way, now being capped at 2,350 runners - 1,400 full marathoners and 950 half marathoners - and sells out earlier and earlier each year. Between the two races this year, 55 percent are men and 45 percent are women. A far cry from the 140 men and 12 women who completed the race in 1983!

The race itself has changed quite a bit over the ensuing years - going from a small local race that coordinators hoped runners would even show up for on race day, to a race that is now well known with runners coming far and wide. This year in the marathon and half marathon, 76 percent of registered participants are from New York. The remaining registrants are from 28 other states and Canada and a few from as far

away as Brazil, Peru, Hong Kong, Italy and Iceland. Yet for local runners, the race still feels... local. While on a training run on vacation this summer, I briefly ran with another runner, from Canada, who not only had heard of our "little" marathon, but he and his wife ran it the year prior to qualify for the Boston Marathon.

Today, shorts are still short, but maybe not as short for the guys. Running shoes were bulkier, with no pretty colors, and only the shorts were minimalist (OK, I'll stop picking on the shorts!).

Of course, there was no chip timing in 1983 and runners had no GPS or smart phones to help them keep their splits even. There were no posted mile markers and runners memorized their planned mile splits or went "old school" and wrote them on their arms. This year, along with mile markers and chip timing, the race will have "instant chip time results" - each participant's chip time and place in age displayed on a screen at the finish line.

Another welcome change this year will be marathon pacer teams! These ten experienced pacers will help runners meet their goal finish time on race day, from 3:05 (7:04 per mile) to 4:40 (10:41 per mile). Come meet some of the pacers at the Expo and Packet Pick-Up at the Hotel Albany on Saturday, Oct. 6.

However, the biggest difference at the start line from 1982 to 2012 may not be the field size or even pacers, but the colors of socks! Compression socks in every neon color under the rainbow will brighten the early morning start in a way that 1980s tube socks just couldn't do justice to - not to mention the possibility of less cramping, better performance and faster recovery!

For 30 years this race has been known as



LEE POLLOCK OF QUEENSBURY: **THEN** (#185) IN 1983, AND **NOW** - WINNER OF THE MHR MARATHON 55-59 AGE GROUP IN 2010.



PHOTO BY JANE MORRISSEY

a well-run, flat and fast course. While each year has brought improvements, the core of the race remains the same. This race was created to give runners an opportunity to challenge themselves or qualify for the Boston Marathon. That has not changed.

Race directors Cathy Sliwinski and Maureen Cox, along with over 35 volunteer members of the Race Committee of the Hudson Mohawk Road Runners Club, work tirelessly, year-round, to make this race the best it can be. And it seems to be working! I'll see you at the finish line! For more information on race weekend, visit mohawkhudsonmarathon.com.

Mary Ibbetson of Selkirk is a blogger for the Times Union Runner's Blog. She will be running in the marathon, hoping to qualify for Boston. Last year she and her husband, Joe, celebrated their 20th anniversary by renewing their vows at the finish line of the Mohawk Hudson River Marathon. ▲

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SCHEDULE OF EVENTS

WEEK OF SPETEMBER 29

Community Clean Up – Join fellow runners, walkers and environmentally-conscious community members to help us prepare the course! For dates and details, contact racedirector@mohawkudsonmarathon.com.

SATURDAY, OCTOBER 6

10am-6pm Expo and Packet Pick-Up – Hotel Albany, State and Lodge Streets, Albany. Pick-up your race packet and visit over 30 organizations offering goods and services for athletes and their families. Free parking in hotel garage with validation at the expo. Note: No day of race packet pick-up!

11am Panel Discussion: "Inside a Runner's Mind" – Get motivated to have your best race ever with tips from those in the know. Moderator: Benita Zahn of WNYT. Panel Members: Emily Bryans, 2006 and 2010 Mohawk Hudson River Marathon winner; Mark Kruger, season five finalist in NBC's "The Biggest Loser," motivational speaker, marathoner, ultra-marathoner and triathlete; Dr. Sara Brenner, assistant VP for Nano Health Initiatives and assistant professor of nanobioscience, University at Albany College of Nanoscience and Engineering, marathoner and ultra marathoner; Don Lawrence, USATF Adirondack president and former USA masters national race walk champion and walking consultant to Nike, Walking magazine, Prevention magazine, and American Athletics magazine.

1pm Pre-Race Stretch/Yoga – Presented by the Steuben Athletic Club.

3pm View a Video of the Course! – The race and course race directors will be on hand to answer any questions about race logistics.

Ongoing US Marine Corps Reserves Toys for Tots Collection – Please bring a new unwrapped toy to the USMC Reserves booth and make a local child's holidays bright.

Ongoing HMRRC's Running Shoe Recycling – Bring gently worn T-shirts and running shoes (shoelaces tied together please) to HMRRC's recycling booth. Donations will be given to local charities.

4:30-8pm Pasta Buffet – Webster's Corner Restaurant, Hotel Albany, State and Lodge Streets, Albany. No reservation necessary.

SUNDAY, OCTOBER 7

6:45am Buses to the Start Lines Depart – Maiden Lane and Broadway in Albany. Directions and parking information: mohawkudsonmarathon.com.

8:30am Races Begin.

10am Musical Entertainment by Joe's Boys – Albany Riverfront Park at Corning Preserve

10am Half Marathon Awards Ceremony – Amphitheater at Albany Riverfront Park

11am Massages – Compliments of the Center for Natural Wellness School of Massage Therapy

12pm Marathon Awards Ceremony – Amphitheater at Albany Riverfront Park.

12pm Bus Departs for Colonie Town Park – Note: This is the only bus back to the start line in Colonie.

2pm Race Course Closes.

2:30pm Bus Departs for Central Park, Schenectady – Note: This is the only bus back to the start line in Schenectady.

3pm Volunteer After-Race Party! – Riverfront Bar and Grill at Corning Preserve (1/4-mile north of finish line). Refreshments, DJ and raffles! Wear your volunteer shirt or hat for entry.

Training Tips

from the Medical Directors

A marathon requires training, preparation, and confidence to go the distance. As athletes, we understand the physical and mental work that goes into preparing for an endurance event, but as physicians, we are also keenly aware of the health risks that sometimes arise when pushing your body to the limit. A marathon should be a fun event, one that you will enjoy, and hopefully want to do again. To help you have your best run and avoid injury, keep these tips in mind:

Hydration is Key – Leading up to the race, and especially the 24 hours just before the race, you should try to keep your body as hydrated as possible with water or caffeine-free sports drink. Urine should be clear to pale yellow to indicate that hydration is adequate. Energy drinks are best the morning of to keep the glycogen stores maximal as well as preventing electrolyte imbalances.

During the race remember to take in fluids at each aid station – Do not skip more than one aid station in a row. Hyponatremia (the lack of salt or too much fluid diluting the salt in the body) can be prevented by avoiding "overhydration" with water the day of and during the race, so try to include some energy drink, at least every other station. If you are especially prone to muscle cramps, consider salting your food the night before while carbohydrate loading.

Avoid anything new on race day – New shoes, new clothes, new diet... This will only risk you having a problem such as a blister, chafing, upset stomach, etc.

Your diet the week prior to the race – Diet should be heavy in healthy carbohydrates such as pasta, bagels, wheat breads, potatoes, etc. This will help get the body ready for a big effort.

Eating the morning of a marathon – Include some sort of breakfast because the race is long, but deciding what to eat can be difficult. Prerace nerves get you ready to go but can make digestion difficult. If you have a sensitive stomach, carbohydrates are best because they are easily digested. Protein and fat slows digestion and can cause more cramps or upset stomach. Avoid dairy and acidic citrus (such as orange juice) if you have an especially sensitive stomach. Possible options for a good meal include a bagel with honey and/or a little peanut butter or an energy bar. While training, practice your prerace breakfast and experiment with your food selection.

Sunscreen can make you faster! – It helps by protecting the skin and reflecting the sun's rays, thus preventing absorption of more heat.

On bright, sunny days – A light colored hat and/or sunglasses help prevent strain and can conserve energy.

Warm-ups before a marathon – These are less important than before a shorter race. Move enough to get warm, stretch, and then you should be ready to go.

Pace yourself – If you have done it right, you will feel energetic, and fast at the start of the race. Hold back as much as possible and know that the race is long and there will be plenty of time to pick-up the pace later on. Faster marathon times can be run with a "negative split" – second half faster than the first half.

If at any point in the race you feel that you cannot go on – Stop at the next aid station for assistance. It is normal for a marathoner to have moments of doubt where self-confidence can waver. Wait for 15 minutes before you make a final decision. Don't be afraid to seek aid. If you are feeling sick or are having pain that causes you to change running or walking style, stop at a medical aid station. At these stations, medical personnel will be there to help you. Take advantage of these free services to ensure a healthy and successful finish.

Remember these tips and you are well on your way to a successful day and avoiding a visit to the medical tent. Anticipate the ups and downs of a long run and you will make it to the finish. Please visit the Medical Information page on the race website (mohawkudsonmarathon.com) for more information. There, you can learn hands-only CPR and register your medical/emergency contact information with ICEdot.

Good luck and have fun out there!

Todd Shatynski, MD, primary care sports medicine specialist, Capital Region Orthopaedics; Kimberly Kilby, MD, MPH, family medicine physician, Albany Family Practice Group-Delmar; Michael Dailey, MD, emergency medicine physician, Albany Medical Center.

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HMRRC Invests in Kids

By Ken Skinner

Four years ago, the Hudson Mohawk Road Runners Club's Long Range Planning Committee studied how some of its revenue could be spent on the development of the next generation of runners – kids in the Capital Region. In 2009, the committee recommended, and the membership accepted, that HMRRC pilot test a fairly new program, based in Monterey, California, called *Just Run*.

Just Run is a website-based program designed to assist schools and other youth organizations in promoting running and healthy lifestyle choices to combat childhood obesity and related illnesses. It was developed five years earlier by the Big Sur International Marathon as a way to support running programs for children and give back to the Monterey community.

The program focuses on running to get children moving (Just Run), on proper food choices for healthy eating (Just Taste), and on acts of good citizenship (Just Deeds). California governor Arnold Schwarzenegger and his Council on Physical Fitness and Sports awarded a gold medal to Just Run for "positively impacting physical activity, fitness levels, and the well being of California Children and Youth."

In 2010, HMRRC became a licensed satellite and now operates under the name of *Just Run Albany*. As a satellite, Just Run Albany has the flexibility and independence to tailor the program to our local needs. It was pilot-tested at two sites – an urban after-school program and a suburban middle school program. Each site provided a leader to coordinate the program, which involved recruiting students and adult volunteers to participate in an after-school running program starting in March and ending in May or June.

The leader tracked each student's weekly mileage through the web-based program, taught students how to keep track of their own mileage, and developed an incentive system to reward those who ran, chose healthy food options and did good deeds. HMRRC provided administrative and financial support by providing instructional material, incentive gifts, and T-shirts to students as well as other resources to help leaders. The pilot was considered a success with about 60 students participating in the two sites.

In 2011, HMRRC allocated a larger portion of the club's budget to expand the Just Run Albany program. The club's program coordinator, Ken Skinner, a former HMRRC club president, reached out to schools in the Capital Region to gauge interest in participating in the program. And there was interest!

Twelve schools signed up for the 2011 spring season representing about 550 students primarily in grades 2-6. Six of the participating schools came from urban school districts, two from rural districts, and four from suburban districts. Many of these schools were in communities that previously had little to offer for after-school physical activities for grammar school children. At the end of the 2011 program, HMRRC worked with Union College and held a celebratory track meet where all of the Just Run Albany schools came together to run. About 215 students participated.

During the 2011-12 school year, eight schools participated in the fall Just Run Albany program, ending with a cross country meet for all schools in mid-November at Tawasentha Park in Guilderland. In the spring, approximately 700 students from 14 schools participated in the program, which again ended the season with a celebratory track meet at Union College. Almost 400 students participated and 175 parents and family members watched! A 2012-13 cross country season is being planned now.

On September 14, 2012, HMRRC will be hosting a workshop, focusing on improved coordination of youth running programs in the Capital Region, followed by a dinner recognizing the Just Run Albany leaders and volunteers. Both events will be held at the Desmond Albany Hotel and Conference Center in Colonie. The Big Sur International Marathon's Just Run coordinator, Susan Love, will be a key participant in both the workshop and dinner.

If you have comments or questions about the program or workshop, contact Ken Skinner at kennyskin@earthlink.net. For more info, see justrun.org.



PHOTO BY BILL MEEHAN

Water Stop Competition

Runners and walkers, vote for your favorite water stop along the Mohawk Hudson River Marathon and Half Marathon course! For the second year, all organizations manning a water stop will be competing for cash prizes for the best, most energetic, and most memorable water stop in the race. These volunteers will be putting in 100 percent to get a smile on your face during your race! Recognize their efforts by casting your vote at the finish line. Thanks to the following organizations for their help.

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- 2) Blatnick Park, Niskayuna – Schenectady H.S. National Honor Society
- 3) Lock 7 Rd, Niskayuna – Mohonasen H.S. National Honor Society
- 4) Lions Park, Niskayuna – Colonie Central H.S. Key Club
- 5) Onderdonk Rd, Colonie – Out of Control Ski Club
- 6) Island View Rd, Colonie – Shaker H.S. Girls Track & Field
- 7) Fonda Rd, Cohoes – Plaine and Son Bike Ski Warehouse
- 8) North Reservoir St, Cohoes – Delmar Track & Field Club
- 9) Alexander St, Cohoes – Cohoes H.S. Track & Field
- 10) 21st St, Watervliet – Lansingburg H.S. Track & Field
- 11) Passanno Paints, Watervliet – Kinderhook Runners Club
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- 12) Bike Path, Menands – Team In Training, Upstate NY/VT Chapter
- 13) Bike Path, Under I-90 Overpass – Fleet Feet Sports Albany



PHOTOS BY NANCY BRISKIE



ABOUT Hudson Mohawk Road Runners Club



HMRRC, race organizer and director of the Mohawk Hudson River Marathon and Half Marathon, is a 2,500-member volunteer organization focused on promoting the sport of running. It accomplishes that task, in part, by putting on over 30 running events each year in the Capital District. The CDPHP Workforce Team Challenge, Stockade-athon 15K, Hudson Mohawk Winter Marathon and Relay, Delmar Dash, Runnin' of the Green (Island), Valley Cats 5K, SEFCU Labor Day 5K, Indian Ladder Trail Run, Tawasentha XC races, and the Colonie Summer Track Series are a few of the many events the club organizes.

HMRRC promotes running by offering scholarships to college-bound seniors from local high schools who will continue running in college, offers general grants of up to \$1,000 to qualifying organizations who advance running in the Capital District, and offers special grants of up to \$10,000 annually to municipalities and organizations who work to improve running-related resources in our community. The club also sponsors and provides financial support to local elementary and middle schools and youth organizations who add *Just Run Albany* to their after-school activities. See adjacent article and justrun.org.

Club membership is only \$12 annually for individuals or \$15 for families. Membership includes a number of free club races, discounts at other club races, subscription to *The Pace Setter* magazine, and many social and volunteer opportunities. For more info or to join, visit hmrrc.com.

EXPO PACKET PICK-UP EXHIBITORS

PRESENTED BY **ADIRONDACK SPORTS & FITNESS** & **HMRRC**

Adidas – We are pleased to partner with Fleet Feet Sports for the third year as a major sponsor of the Mohawk Hudson River Marathon. Fleet Feet carries a wide selection of the latest Adidas training footwear, racing flats, technical running apparel and training accessories. *Albany • 518-459-3338 • fleetfeetalbany.com*

Adirondack Mountain Club, Albany Chapter – The Albany Chapter of ADK offers a variety of outdoor recreation opportunities throughout the year, and actively protects the Adirondacks and Catskills through advocacy, conservation and education. Join today. *Albany • John Sheehan: 518-674-8121 • adk-albany.org*

Adirondack Sports & Fitness – For the third year, we are organizers of the Mohawk Hudson River Marathon and Half Marathon Expo. We publish Adirondack Sports & Fitness magazine, in-print and online monthly, and we bring it to life with our annual Winter and Summer Expos. *Clifton Park • 518-877-8788 • adksports.com*

Albany Jewish Community Center – We are a full-service community center, and fitness and aquatics facility. Come learn about our great fitness classes, personal training, basketball/volleyball leagues, indoor/outdoor pools, and the best in cardio equipment. We also have incredible childcare, excellent senior and cultural programs, and a private lake site near Grafton. You belong here! *Albany • 518-438-6651 • saajcc.org*

Albany Running Exchange – When running, socializing and zeal for excitement come together, you have the Albany Running Exchange! We offer numerous events daily. ARE Event Productions is an event management company that provides timing services with technology, event logistics, entertainment and more. *Albany • 518-320-8648 • runalbany.com*

Arbonne International – Arbonne is a vegan company offering shakes, vitamins, skin care, and makeup. We have the only line of botanically based products in the industry, including vegan protein. *Clifton Park • Sheila Greene: 518-321-4591 • sheila.myarbonne.com*

Back in Balance Therapeutic Massage – Gain the competitive edge with therapeutic massage. Learn how massage can enhance your athletic performance. At the expo, Back in Balance will offer pre-event massages to all runners. *Clifton Park • 518-371-6332 • bibtherapeuticmassage.com*

Bondi Band – We offer "no slip, no drip" headbands, hats, and gators for women, men and children. We donate ten-percent of profits to the Dana-Farber Cancer Institute. *Arlington, TN • 602-885-3028 • bondiband.com*

Downtown Albany Business Improvement District – Everything's here. And the Downtown Albany BID will make sure you know where to find it. Loaded

with specials deals from downtown retailers and restaurants, learn how to make the most of your day, and night in the capital of New York. *Albany • 518-465-2143 • downtownalbany.org*

Fleet Feet Sports – Proud sponsor of the 2012 Mohawk Hudson River Marathon, we are strongly committed to serving the needs of our running community. Our knowledgeable, friendly staff provides expert footwear fitting, product expertise, training programs, and guidance to help you achieve your fitness goals throughout the year. *Albany • 518-459-3338 • fleetfeetalbany.com*

Good Feet – The Albany Good Feet store provides custom fit arch supports designed to provide better overall comfort, balance and support. Walk-in or schedule for a free foot consult, personal fitting and test walk or run. *Albany • 518-458-2724 • goodfeetalbany.com*

Healthy Concepts for Life – We aim to be the leader in educating individuals on lifelong health concepts through fitness, nutrition and lifestyle changes while helping people achieve their health and fitness goals. *Albany • 518-944-8482 • healthyconceptsforlife.com*

Hudson Mohawk Road Runners Club – We are the race organizers of the Mohawk Hudson River Marathon and Half Marathon. Our organization is one of the largest running clubs in upstate New York with over 2,000 members. We host over 30 road, track and trail races every year with distances ranging from a mile to the marathon. *Albany • 518-862-9279 • hmrrc.com*

Leukemia & Lymphoma Society – Team In Training is the world's largest endurance sports training program. With Team In Training, you can receive training support and inspiration and travel accommodations, while helping you raise funds for lifesaving cancer research. *Albany • 518-438-3583 • teamintraining.org/uny*

My Fitness Recovery – Learn how chitalking and chirunning techniques, based on tai chi principles, can help you walk or run with increased energy efficiency and fewer injuries. Discover how focusing on your posture and relaxing your limbs can give you a burst of energy to take you through the day. *Ludlow, VT • 802-259-3617 • myfitnessrecovery.com*

RUseeN Reflective Apparel – We have a unique and fashionable product line of hi-visibility and reflective clothing for runners, joggers, bikers, hikers, walkers, cyclists, hunters, and more. RUseeN has designed and created a fashionable, comfortable clothing line that is breathable, moisture-free, wicking, color fast and with UV protection. *Shillington, PA • 610-777-1288 • ruseen.com*

USA Track & Field, Adirondack Association – We are the local association of the national governing body for track and field, long-distance running and race walking. USATF Adirondack is also the event manager of the Freihofer's Run for Women, Saratoga Cross Country Classic, and Troy Turkey Trot. *Troy • 518-273-5552 • usatfadir.org*

WomenHeart: The National Coalition for Women with Heart Disease – We are the only national organization dedicated to improving the health and quality of life for women living with or at risk of heart disease – education, advocacy and support! *Washington DC • 202-728-7199 • womenheart.org*

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COURSE MAP

MARATHON START
in Central Park at Bradley Blvd & Central Park Rd. Parking at Fehr Ave & Golf Rd. Schenectady, 12303

VIEWING 1
Central Park - Mile 1
No parking at this location. Park at lot on Fehr Ave & Golf Rd.

VIEWING 2
Lions Park
3439 Rosendale Road
Niskayuna, 12309

VIEWING 3
Maplewood School
32 Cohoes Rd (Rt 32)
Watervliet, 12189

VIEWING 4
Broadway between 16th & 18th Streets. Park at Price Chopper Plaza, 1804 Second Ave, Watervliet, 12189

FINISH
Riverfront Park at Corning Preserve, Quay Street, Albany, 12207

HALF MARATHON START
Colonie Town Park
71 Schermerhorn Rd
Cohoes, 12047

FINISH
Riverfront Park at Corning Preserve, Quay Street, Albany, 12207

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

- Marathon Mile Marker
- Half-Marathon Mile Marker
- Water & Gatorade Station
- + Medical Aid Station
- G Energy Gel Station
- P Parking Area
- ▲ Porta-Jon

ELEVATION CHART

visit MohawkHudsonMarathon.com for complete info

MAP BY KAREN CHAPMAN/CUMMINGS ADVERTISING ART

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Photos: Brightroom Inc.

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- 15K USATF & HMRRRC Grand Prix Event
- USATF - Regional Competition — Open, Masters, Age-Graded, & Team Divisions
- \$5,000 Cash Prizes — presented by Fleet Feet Sports

1-mile Duck Pond Run for Children

Last Chance registration and early packet pick-up will be held Saturday, November 10th from 9:30am to 1:00pm at the Gazette Newspapers Building at 2345 Maxon Rd., Schenectady.

RUNNER PERKS: Brooks L/S Technical Shirt to the first 900 men and 900 women who pre-register. Gender specific sizes available... first come first serve at packet pick-up.
Additional race clothing accessories for sale at discounted rates.

Visit Website for event details and how to register
www.stockadeathon.com

Testimonials:
"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."
2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

Said Central MA masters mainstay Sidney Letendre:
"Thanks for really one of the greatest races ever. I loved the pavilion with the fire and the whole set up of food was really great. I don't think there was one detail that was left undone. So thank you for a fine day. PS: I LOVE the performance t-shirts!!"

ATHLETE PROFILE

Armand Langevin

By Jennifer Ferriss



AGE: 75
TOWN: Cohoes and Vero Beach, Florida
OCCUPATION: Retired Construction Manager for Aquatic Development Group, Cohoes
FAMILY: Married for 50 years to Betty. Two daughters, Michele (husband Peter Wistort) and Marlene, twin sons Michael (wife Susan) and Mark (wife Amy). Five grandchildren, Zackery 19, Hannah 17 and Sarah Wistort 14, and Jeremy 15 and Molly 10 Langevin.
MAIN SPORTS: Running, Duathlon, Triathlon
LEISURE ACTIVITIES: Graphite Pencil Drawings, Fishing, Gardening and Kayaking



FITNESS AT WORK ≠ FITNESS ON THE ROAD

Armand Langevin remembers his wife Betty's running career beginning at age 60, with the Freihofer's Run for Women. Her enthusiasm for running was used to convince Armand to give running a try at age 63. Prior to 2000, Armand worked as a construction worker for the Aquatic Development Group travelling and installing water theme parks. He was used to daily exercise as part of working and did not need to throw on a pair of running shoes after a long day of physical labor. But as Armand discovered, being fit for the job was not the same as being fit for the road. His first run was beyond his abilities so he decided to take his running slow. Upping his running mileage by the quarter mile, Armand eventually was able to complete a 5K run.

In 2008 at the age of 71, he repeatedly heard people discuss their recent triathlons. Inspired to try something different, Armand completed hours of swim training and riding his old Schwinn bike to participate in the Anyone Can "Tri" Triathlon at the Southern Saratoga YMCA in Clifton Park – he was hooked.

IT'S A FAMILY AFFAIR

Betty and Armand ran races every weekend, sometimes even two, with their friends Mo and Ginny Mosher of Delanson. Armand was accustomed to traveling for work and continued to travel with Betty to race together in several half marathons, including Nashville Tennessee's Country Music, Quechee Vermont's Covered Bridges, Allentown Pennsylvania's Runners World, Virginia Beach Shamrock, Mohawk Hudson River, as well as

the largest and most competitive 15K races in the USA, the Gate River in Florida and the Boilermaker in Utica respectively.

This August, a proud and thrilled father and grandfather, was able to compete in the fourth annual Duanesburg Area Community Center Triathlon with his son Michael, a runner, and his granddaughter, Hannah, a member of the Niskayuna High School Crew Team.

Betty recently had to stop running due to health reasons, but she continues to encourage Armand and is his support for keeping an active lifestyle. Betty can still be seen biking and volunteering at the weekly Crystal Lake training series for the Capital District Triathlon Club.

BREAKFAST OF NATIONAL AND WORLD CHAMPIONS

How about oatmeal (cooked one minute in microwave), add an egg (cook another minute), and then add raisins and peanut butter? We will all trust Armand that it tastes better than it sounds. Instead of reaching for a pre-race power bar or gel, this world qualifier prefers half a peanut butter sandwich.

In the summer of 2011, at the USA Triathlon Age Group National Sprint Championships in Burlington, Vt., with a time of 1:57:38, Armand qualified for the World Games in Auckland, New Zealand on October 22, 2012. Being the only U.S. male participant in the 75-79 age group, he plans to represent our nation while swimming in the 60 degree waters of The Queens Wharf and biking and running along the world famous Auckland Waterfront. The race will double as the 2012 ITU Age Group World Championship, bringing thousands of age-group athletes and triathlon fans to New Zealand.

Again this summer at the 2012 Nationals in Burlington, he qualified with a time of

1:42:12 for the World Games in London, England next fall. He plans on going to London in 2013.

In order to get used to the time change and the early spring temperatures of New Zealand, Betty and Armand will take some time together to explore the island. When asked if he was going to bring his own peanut butter; he laughed and said he will figure out his breakfast plan when he gets there.

TRAINING THE FUN WAY

With only a mental plan and a training log, Armand intends to swim twice, bike twice, and run twice each week. He continues to race as a speed workout and keeps up his strength training too.

Biking, being his favorite leg of the triathlon, encourages Armand to do one long ride of 35 to 45 miles each week. On two occasions Armand's long rides were part of a bike tour. In 2007, Betty and Armand rode an inn-to-inn bike ride in Vermont – three days with overnights in Middlebury, Shoreham and Brandon. In 2008, Armand completed a Buffalo to Albany 420-mile bike tour along the Erie Canal.

Armand is an active member of several clubs: Hudson Mohawk Road Runners, Fulmont Roadrunners, Albany Running Exchange, Capital District Triathlon Club and Masters Swimmers. One of the greatest benefits the Langevins reap by being involved in running and triathlons has been the many wonderful friends they have met along the way.

OBSTACLES AND INSPIRATIONS

Life likes to throw a twist of fate every now and then. In 2009, without much warning, Armand had a severe attack of rheumatoid arthritis, which took almost a year with physical therapy and hard work to get back

■ ARMAND AT 2012 USA TRIATHLON AGE GROUP SPRINT NATIONALS IN BURLINGTON, VT.
 ■ THREE GENERATIONS: ARMAND, MICHAEL AND HANNAH AT 2012 DUANESBURG TRIATHLON.
 ■ BETTY AND ARMAND FINISHING THE 2007 COUNTRY MUSIC HALF MARATHON IN NASHVILLE.

to doing triathlons. He is incredibly thankful for his doctors, Dr. Trout and Dr. Kremer, who understood Armand's lifestyle, and helped him get back to the activities he enjoys. On top of the painful arthritis, Armand also suffers from high blood pressure and Type 2 diabetes. His strenuous training plan and races have helped keep the diabetes and rheumatoid arthritis under control.

Armand states, "I believe you should follow your dreams and even though age will slow you down, it should never stop you."

As inspiring as Armand is to those who know him or compete with him, he still seeks inspirations from others. He admires the paraplegics Olympians and the 88- and 80-year-old competitors he met at the National Championships in Vermont.

LIFE IN BALANCE

As a member of the Association Jeanne Jugan, Armand shares in a committed, ongoing way to be hospitable to the needy elderly by volunteering his time helping out with maintenance. As a result the Little Sisters of the Poor in Latham, and the Association Jeanne Jugan keep him in their prayers for all of his athletic events.

In closing, Armand shares, "I believe that hard work does pay off. You have to dream it first, and then start before you can finish." ▲

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.

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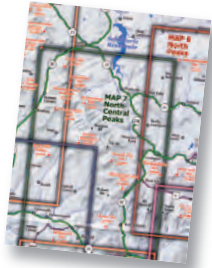
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Always check water conditions before you recreate. One source is Waterline: <http://www.h2oline.com> or call 1-800-452-1742 (fishing edition) or 1-800-452-1737 (boating edition).

Brookfield www.brookfieldrenewable.com

* New York State Department of Health Study



RACE RESULTS

2ND ANNUAL WILMINGTON-WHITEFACE 100K MOUNTAIN BIKE RACE

Leadville Trail 100 Mountain Bike Qualifier
June 17, 2012 • Whiteface Mountain, Wilmington

Top 3 Overall, Age Group Winners & Regional Finishers

MALE OVERALL		
1	Dereck Treadwell	37 Laurens 4:22:22
2	Philip Wong	32 Gloucester, MA 4:25:11
3	Billy Demong	32 Paul Smiths 4:42:32
FEMALE OVERALL		
1	Rebecca Rusch	43 Ketchum, ID 5:02:28
2	Crystal Anthony	31 Beverly, MA 5:21:59
3	Carmen Sweet	41 Oshawa, ON 5:32:59
PRO: MALE OVERALL		
1	Justin Lindine	28 New Salem, MA 4:19:15
2	Jonathan Schotter	27 Danbury, CT 4:22:42
3	Brian Larriere	39 Rockaway, NJ 4:43:44
SINGLESPEED: MALE OVERALL		
1	David Yacobelli	Endicott 5:32:31
2	Jeff Erenstone	Lake Placid 5:36:14
4	Kirk Fiore	Keeve Valley 6:25:38
SINGLESPEED: FEMALE OVERALL		
1	Amanda Wisell	Waterbury Center, VT 7:36:07
MALE AGE GROUP: 1 - 19		
1	Alex Elkins	19 Rochester 5:29:35
MALE AGE GROUP: 20 - 29		
1	Jake Sittler	22 Wrightsville, PA 4:45:22
6	Cameron Lewis	25 Chestertown 5:26:23
7	Colin Martin	26 Wappingers Falls 5:28:56
9	Matt Young	29 Lake Placid 5:40:16
11	Joel Nashett	29 Au Sable Forks 6:03:31
14	Kurt Mason	24 Schenectady 6:24:45
21	Matt Plaine	22 Schenectady 7:08:24
24	Michael Klein	29 Potsdam 7:26:01
FEMALE AGE GROUP: 20 - 29		
1	Amanda House	27 Portsmouth, NH 6:47:14
2	Caitlin Skufca	20 Wilmington 7:12:15

MALE AGE GROUP: 30 - 39		
1	Tim Marshall	37 Toronto, ON 4:52:57
7	Paul Fronhofer	33 Argyle 5:04:40
14	Dan Fronhofer	30 Saratoga Springs 5:31:19
20	Yohsuke Takakura	34 Albany 5:37:22
21	Christopher Bellona	35 Potsdam 5:39:58
FEMALE AGE GROUP: 30 - 39		
1	Meghan Smith	30 New London, NH 5:40:12
3	Nicole LaPlante	38 Peru 5:50:13
8	Heather Rizzi	33 Schenectady 6:37:24
10	Janay Camp	32 Saratoga Springs 7:34:56
MALE AGE GROUP: 40 - 49		
1	Kimo Seymour	43 Tempe, AZ 4:53:03
2	Tim O'Shea	40 Cazenovia 4:57:05
4	Seth DeMarrais	40 Worcester 5:11:32
6	Raymond Willard	44 Oneida 5:20:04
28	Edward Smith	49 Plattsburgh 5:51:58
FEMALE AGE GROUP: 40 - 49		
1	Tricia Spooner	42 Ottawa, ON 5:57:05
2	Mara Fronhofer	45 Argyle 6:11:41
MALE AGE GROUP: 50 - 59		
1	Rejean Rochette	50 St.-Jerome, QC 5:00:45
11	Jud Speer	50 Cobleskill 5:54:12
12	Patrick Lawrence	51 Greenfield Center 6:19:31
13	James Walker	50 Elizabethtown 6:19:39
21	Bob Maswick	57 Lake Placid 6:36:10
23	Brian Delaney	56 Lake Placid 6:43:08
FEMALE AGE GROUP: 50 - 59		
1	Susan Lynch	52 Medford, MA 5:39:02
2	Stephanie Landy	52 Ballston Spa 6:22:18
MALE AGE GROUP: 60 - 69		
1	Jack Kline	62 Lake Ann, MI 5:43:06

Courtesy of Life Time Fitness

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #1

June 18, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

FEMALE OVERALL		
1	Elizabeth Izzo/30-39	Lake Placid 1:06:52
2	Rosanne VanDorn/30-39	Lake Placid 1:08:12
3	Margaret Maher/18-29	Lake Placid 1:11:25
MALE OVERALL		
1	Dave Burger/40-49	Pennellunik 58:42
2	Colin Delaney/18-29	Lake Placid 1:00:31
3	Greg Moore/40-49	Saranac Lake 1:08:33
AGE GROUPS		
1	Beckett Ledger/M00-12	Lake Placid 1:21:59

1	Matt Morganson/M18-29	Lake Placid 1:37:20
1	Colleen Porter/F30-39	Lake Placid 1:11:43
1	Jake Campbell/M30-39	Rainbow Lake 1:30:45
1	Loring Porter/M40-49	Lake Placid 1:10:38
1	Nancy Battaglia/F50-59	Lake Placid 1:34:23
1	Doug Hazelden/M50-59	Bloomingdale 1:09:28
TEAMS		
1	Forest Ledger/Nina Armstrong/Mark Wilcox	1:15:00

Courtesy of High Peaks Cyclery

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #1

June 19, 2012 • West River Road, Fort Edward

MALE OVERALL		
1	21:52	Mike Wynn/41-60 Queensbury
2	22:46	Anthony Pharo/41-60 Albany
3	23:05	Fulton Lopez/41-60 Clifton Park
FEMALE OVERALL		
1	26:05	Julie McKenzie/41-60 Shaftsbury, VT
2	28:11	Star Cook/41-60 Queensbury
3	30:26	Pat MacKenzie/41-60 Clifton Park
AGE GROUPS		
1	55:56	Levi Deierlein/M1-10 Cambridge

1	29:15	Connor Linehan/M10-14 Lake George
1	31:56	Tyra Wynn/F10-14 Queensbury
1	23:57	Wyatt Drake/M15-18 Cambridge
1	28:56	Julia Sante/F15-18 Queensbury
1	23:08	Zack Vogel/M18-40 Saratoga Springs
1	23:30	Marc Hammond/M41-60 Waitsfield, VT
1	34:23	Diane Sante/F41-60 Queensbury
1	27:20	Jim Cunningham/M60-69 Ticonderoga
1	28:28	Larry Miller/M70-79 Latham

Courtesy of Inside Edge Ski & Bike

1ST ANNUAL CENTURION CYCLING (LAKE GEORGE) NEW YORK

June 22-24, 2012 • Lake George Battlefield Park, Lake George

4.7-MILE PROSPECT MOUNTAIN HILL CLIMB		
MALE OVERALL		
1	Galen Kennedy/30-39	Toronto, ON 21:08
2	Rob Wojtowicz/30-39	Hamilton, ON 23:10
3	Scott Thomson/50-59	Owen Sound, ON 23:12
FEMALE OVERALL		
1	Susana Garcia Romero/30-39	Rensselaer 28:49
2	Jamie Lee Gossler/40-49	Wilmington 29:12
3	Heather Rizzi/30-39	Niskayuna 29:48
MALE AGE GROUP: 18 - 29		
1	Karl Hensler	Warrensburg 24:10
2	Ryan Pawliw	Toronto, ON 24:39
3	David Wheelock	Scarborough, ON 25:30
MALE AGE GROUP: 30 - 39		
1	Brenden Rillahan	South Glens Falls 23:13
2	Erik Sointio	Queensbury 24:59
3	Holger Meiche	Collingwood, ON 25:28
MALE AGE GROUP: 40 - 49		
1	William Amoriell	Peru 25:12
2	Kenneth Trueman	St Basile Le Grand, QC 26:08
3	Douglas Southwick	Rensselaer 26:13
MALE AGE GROUP: 50 - 59		
1	William Kruesi	Tinmouth, VT 23:46
2	Robertson Andrew	Beaconsfield, MA 25:35
3	Joe Paterson	Lake George 25:39
MALE AGE GROUP: 60 - 69		
1	Paul Maher	East Schodack 29:19
2	Ivan Gotham	Voorheesville 33:11
3	Thomas Skeados	Margaretville 33:12
FEMALE AGE GROUP: 40 - 49		
1	Katherine Clements	Oakville, ON 34:44
2	Lori Blake	Andover, MA 36:43
FEMALE AGE GROUP: 50 - 59		
1	Wendy Hunt	Beaconsfield, MA 31:11
2	Jill Standing	Hadley 36:53

FEMALE AGE GROUP: 40 - 49		
1	Judy Kuban	Brampton, ON 1:19:53
2	Mitzi Newman	Lake Placid 1:25:13
3	Katherine Clements	Oakville 1:26:06
MALE AGE GROUP: 50 - 59		
1	Scott Thomson	Owen Sound, ON 1:03:30
2	Shawn Corrigan	Remsen 1:17:59
3	Mike Zerahn	Peru 1:18:20
FEMALE AGE GROUP: 50 - 59		
1	Lesley Ciarletti	Blue Mountains, ON 1:24:15
2	Anne Hall	West Newton 1:33:60
3	Carolyn Penny	London, ON 1:41:18
MALE AGE GROUP: 60 - 69		
1	John Balint	Ottawa, ON 1:19:39
2	Thomas Skeados	Margaretville 1:21:29
3	Lynn Hetherington	Medford 1:28:48
FEMALE AGE GROUP: 60 - 69		
1	Elissa Traher	Lexington, ON 1:55:59
MALE AGE GROUP: 70 & OVER		
1	Frey Frejborg	Queensbury 1:45:29

CENTURION 50-MILE RACE

MALE OVERALL		
1	Luka Senk/30-34	Collingwood, ON 2:13:44
2	John Hauser/25-29	Midland 2:13:45
3	Jason Stilson/25-29	Schenectady 2:13:46
FEMALE OVERALL		
1	Heather Rizzi/30-34	Niskayuna 2:27:54
2	Heidi McKee/45-49	Toronto, ON 2:34:05
3	Kelly McFater/30-34	Collingwood, ON 2:34:56
MALE AGE GROUP: 18 - 24		
1	Sam Cowan	Lake Placid 2:23:23
2	Matt Plaine	Niskayuna 2:27:53
3	Kurt Mason	Niskayuna 2:28:13
FEMALE AGE GROUP: 18 - 24		
1	Gianna Doukas	Mt Kisco 3:46:10
2	Maya Donoghue	Dover 4:40:15
3	Kate Masterson	Sherborn, MA 4:40:51
MALE AGE GROUP: 25 - 29		
1	Alex Keen	Victoria Harbour, ON 2:13:48
2	Cannon Bailey	Diamond Point 2:14:36
3	David Wheelock	Scarborough, ON 2:23:21
FEMALE AGE GROUP: 25 - 29		
1	Allison Yoho	Clifton Park 3:04:20
2	Lindsay King	Burlington 3:07:14
3	Kelly McCloskey	Albany 3:14:46
MALE AGE GROUP: 30 - 34		
1	Brad Hauser	Midland 2:15:07
2	Gerald Wise	2:23:23
3	Jason Foy	Ottawa, ON 2:27:51
FEMALE AGE GROUP: 30 - 34		
1	Gabrielle Edey	Oshawa, ON 2:37:18
2	Sarah Lalonde	Aurora 2:45:06
3	Kristin Penney	Boston 3:11:00
MALE AGE GROUP: 35 - 39		
1	Noah Qua	New York 2:33:52
2	Don Shackell	Collingwood, ON 2:46:48
3	William Devito	Saratoga Springs 2:51:00
FEMALE AGE GROUP: 35 - 39		
1	Jocelyn Stephen	Toronto, ON 3:03:33
2	Deborah Miller	Great Neck 3:34:16
3	Nicole Baron	Brooklyn 4:05:00
MALE AGE GROUP: 40 - 44		
1	Michel Courval	Verdun, ON 2:19:35
2	David Coughlan	Kingston, ON 2:23:24
3	Dejan Djuric	Bath 2:33:15
FEMALE AGE GROUP: 40 - 44		
1	Marie Josee Bonneville	Verdun 2:39:10
2	Diane Watson	Wasaga Beach 2:45:55
3	Tara Tchir	London, ON 2:48:14
MALE AGE GROUP: 45 - 49		
1	James Long	Dundas 2:29:46
2	Ian Waymann	Toronto, ON 2:29:51
3	Simon Dubuc	Saint-Bruno-De-Mo, QC 2:36:11
FEMALE AGE GROUP: 45 - 49		
1	Allison Lund	Somerville 2:51:09
2	Suzanne Diorio	Saratoga Springs 3:09:35
3	Julie Gatt	Collingwood, ON 3:12:43

CENTURION 25-MILE RACE

MALE OVERALL		
1	Luka Senk/30-39	Collingwood, ON 1:03:16
2	Rob Wojtowicz/30-39	Hamilton, ON 1:03:17
3	Robert Olden/40-49	Warrensburg 1:03:17
FEMALE OVERALL		
1	Tara Tchir/40-49	London, ON 1:14:12
2	Kelly McFater/30-39	Collingwood, ON 1:17:57
3	Gabrielle Edey/30-39	Oshawa, ON 1:17:58
MALE AGE GROUP: 18 - 29		
1	Russ Kuryk	Chicago 1:03:18
2	Alex Keen	Victoria Harbour, ON 1:03:18
3	John Hauser	Midland 1:03:19
FEMALE AGE GROUP: 18 - 29		
1	Lindsay King	Burlington 1:25:17
2	Michelle Stone	Voorheesville 1:33:50
MALE AGE GROUP: 30 - 39		
1	Mark Edey	Oshawa, ON 1:05:31
2	Andrew Putney	Wilton 1:14:11
3	Chris Obstarczyk	Saratoga Springs 1:16:45
FEMALE AGE GROUP: 30 - 39		
1	Jocelyn Stephen	Toronto, ON 1:28:26
2	Mary Friesen	Cambridge 1:34:06
3	Shannon Doyle	Collingwood, ON 1:34:17
MALE AGE GROUP: 40 - 49		
1	Greg Woitzik	Whitby 1:03:17
2	Justin Moore	Whitby 1:08:54
3	John Sipelanga	Avondale 1:09:17

1ST ANNUAL CENTURION CYCLING (LAKE GEORGE) NEW YORK continued

MALE AGE GROUP: 50 - 54		
1	Graham Fraser	Innisfil, ON 2:13:47
2	Dave McCombe	Thornbury 2:33:15
3	John Lachance	Lynchburg 2:34:55
FEMALE AGE GROUP: 50 - 54		
1	Alicia Chase	Cadyville 2:40:32
2	Audrey Chapman	Plainfield 2:57:50
3	Jane McGlade	Toronto, ON 2:59:25
MALE AGE GROUP: 55 - 59		
1	George Rhein	Warwick 2:23:21
2	Gregory Iorizzo	Hopewell Junction 2:28:26
3	Graham Banks	Toronto, ON 2:29:51
FEMALE AGE GROUP: 55 - 59		
1	Gloria Thibodeau	Toronto, ON 3:10:33
2	Anne Hall	West Newton, MA 3:23:24
3	Sylvie Gilbert	Montreal, QC 3:40:49
MALE AGE GROUP: 60 - 64		
1	Leo Desjardine	Sarnia 2:31:41
2	Bob Scheffel	3:03:06
3	Stephen Collen	Glenmont 3:10:09
FEMALE AGE GROUP: 60 - 64		
1	Diane Wagner	Elizabethtown 3:33:50
MALE AGE GROUP: 65 - 69		
1	Claude Houssais	Beaconsfield 3:09:45
2	Fred Atwater	Winston-Salem 5:59:11
FEMALE AGE GROUP: 65 - 69		
1	Louise McGonigal	Elmvale 2:57:32
2	Karen Hamm	Naples 4:47:27
MALE AGE GROUP: 70 & OVER		
1	Dave Watts	Elmvale 2:45:55
2	Lloyd Sloggett	Newmarket 3:00:56
3	Leonard Kershaw	Elizabethtown 3:32:25
FEMALE AGE GROUP: 70 & OVER		
1	Patricia Atwater	Bolivia 5:59:12

FEMALE AGE GROUP: 30 - 34		
1	Carly Johnson	Yorktown Heights 5:54:41
2	Laura Campbell	Albany 6:01:47
3	Renee Gordon	Glens Falls 7:38:08
MALE AGE GROUP: 35 - 39		
1	Bob Wojtowicz	Hamilton, ON 4:43:30
2	Holger Meiche	Collingwood, ON 4:44:36
3	Jody Wilson	Collingwood, ON 4:47:25
FEMALE AGE GROUP: 35 - 39		
1	Alicia Olmoz	Gardiner 7:22:20
MALE AGE GROUP: 40 - 44		
1	Brian Kelly	4:34:39
2	Arthur Parsons	Pickering, ON 4:43:31
3	Chris Herten	Brighton 4:43:32
MALE AGE GROUP: 40 - 44		
1	Erica Ruge	Rhinebeck 5:54:44
MALE AGE GROUP: 45 - 49		
1	Vito Barbera	Richmond Hill 4:25:10
2	Andrew Stewart	Toronto, ON 4:25:13
3	David Thompson	Toronto, ON 4:28:53
FEMALE AGE GROUP: 45 - 49		
1	Anne Beaulieu Owens	Whitby, ON 5:51:43
2	Wendy Horrobin	Courtice, ON 5:57:17
3	Mina Kelsick	Oakville 5:57:24
MALE AGE GROUP: 50 - 54		
1	Guy Pineault	Trois Rivières, QC 4:38:52
2	Joe Paterson	Lake George 4:52:19
3	Jim Dolson	Toronto, ON 5:05:44
FEMALE AGE GROUP: 50 - 54		
1	Sherrie Kingsley	Cooperstown 6:03:58
2	Catherine Snow	Ausable Forks 6:19:02
3	Jill Standing	Hadley 7:03:22
MALE AGE GROUP: 55 - 59		
1	Lou Montana	Newmarket, ON 5:02:39
2	Charlie Cowan	Lake Placid 5:09:36
3	Richard Wolf	Wilmington 5:33:52
FEMALE AGE GROUP: 60 - 64		
1	Thomas Bollum	Oakville 5:02:51
2	Rich Burnley	Gansevoort 5:45:58
3	Lynn Hetherington	Medford 5:54:35
MALE AGE GROUP: 65 - 69		
1	Graham Burton	Ottawa, ON 5:48:59
2	John Balint	Ottawa, ON 6:20:25
3	Thomas Robinson	Cornwall-on-Hudson 7:58:15
MALE AGE GROUP: 70 & OVER		
1	Orrie Johnston	Mississauga, ON 5:57:24
2	Jim Gilchrist	London, ON 6:07:07

CENTURION 100-MILE RACE

RACE RESULTS

1ST ANNUAL ADIRONDACK SUP FESTIVAL RACES June 23, 2012 • Lake Colby, Saranac Lake

LONG COURSE ELITE - 6 MILES			
MALE OVERALL			
1 Daniel Mongol/1-49	Asheville, NC	58:10	
2 Ross Stevens/1-49	New York City	1:00:16	
3 Matt Young/1-49	Lake Placid	1:03:06	
LONG COURSE STOCK - 6 MILES			
FEMALE OVERALL			
1 Mary Scheerer/50-99	Sag Harbor	1:05:29	
2 Danielle Deforest/1-49	South Wellfleet, MA	1:05:47	
3 Kaitlyn Fowle/1-49	Booth Bay, ME	1:06:45	
MALE OVERALL			
1 Justin Beckwith/1-49	Waitsfield, VT	1:06:00	
2 Bill Frazer/1-49	Lake Placid	1:06:14	

SHORT COURSE STOCK - 3 MILES			
FEMALE OVERALL			
1 Maggie Trabeau/1-49	Albany	43:15	
2 Robyn Rutkiewig/50-99	Loudonville	44:55	
3 Andrea Evans/1-49	Lake Placid	51:22	
SHORT COURSE RECREATION - 3 MILES			
FEMALE OVERALL			
1 Sara Lindsay/1-49	Lake Placid	46:45	
2 Melinda Frazer/1-49	Lake Placid	48:30	
3 Irene Przylucki/50-99	Albany	58:21	
MALE OVERALL			
1 Shane Wohlrahe/50-99	Glenmont	44:16	
2 Thomas Johns/50-99	Sunbury, PA	47:05	

Courtesy of Adirondack Lakes and Trails Outfitters

36TH ANNUAL ADIRONDACK DISTANCE RUN 10 MILER June 24, 2012 • Lake George to Bolton Landing

MALE OVERALL			
1 Eric Macknight	23 Clifton Park	52:39	
2 Aleksandr Leuchanka	21 Albany	53:53	
3 Nick Marcantonio	19 Glens Falls	53:54	
FEMALE OVERALL			
1 Kristina Gracey	29 Guiderland	1:03:09	
2 Emily Bryans	44 Delanson	1:03:29	
3 Chelsea Benson	29 Hudson	1:04:02	
MALE AGE GROUP: 1 - 14			
1 Tim Maggs	12 Schenectady	1:41:29	
MALE AGE GROUP: 15 - 19			
1 Dan Janeczno	17 Clifton Park	59:13	
2 Anthony Erno	15 Glenville	1:02:16	
3 Ben Collins	17 Glens Falls	1:05:23	
FEMALE AGE GROUP: 15 - 19			
1 Kate Mulcahy	19 Glens Falls	1:15:26	
2 Gwen Roberts	19 Glens Falls	1:30:55	
3 Jordan Bumgarner	19 Renton, WA	1:38:17	
MALE AGE GROUP: 20 - 24			
1 Michael Nickerson	23 Salem, MA	58:44	
2 Luke Shane	22 Bolton Landing	59:22	
3 Ryan McTague	20 Niskayuna	59:39	
FEMALE AGE GROUP: 20 - 24			
1 Cristhene Koch	23 Seaford	1:09:57	
2 Kelsey Ryan	20 Niskayuna	1:12:59	
3 Allison Connor	22 Hudson	1:15:55	
MALE AGE GROUP: 25 - 29			
1 Thomas O'Grady	27 Latham	55:08	
2 Todd Raymond	28 New York City	58:05	
3 Gregory Langley	28 Hoboken, NJ	59:47	
FEMALE AGE GROUP: 25 - 29			
1 Caitlin McTague	25 Niskayuna	1:06:01	
2 Meghan Davey	26 Rotterdam	1:06:32	
3 Kristen Quaresimo	27 Rensselaer	1:07:55	
MALE AGE GROUP: 30 - 34			
1 Jeremy Drowne	34 West Chazy	56:27	
2 Nolan Graham	32 Troy	1:05:30	
3 Tanner Close	32 Queensbury	1:06:36	
FEMALE AGE GROUP: 30 - 34			
1 Shelly Binsfeld	32 Clifton Park	1:07:20	
2 Sonya Pasquini	33 Selkirk	1:09:01	
3 Julie Heaphy	30 Norwalk, CT	1:11:27	
MALE AGE GROUP: 35 - 39			
1 Michael Roda	36 Albany	55:01	
2 Justin Vianese	39 Saratoga Springs	1:03:05	
3 Matthew Conant	36 Ballston Spa	1:04:06	
FEMALE AGE GROUP: 35 - 39			
1 Renee Tolan	37 Clifton Park	1:07:12	
2 Erin Corcoran	38 Sche	1:09:39	
3 Sally Drake	39 Albany	1:11:59	
MALE AGE GROUP: 40 - 44			
1 Michael Slinsky	43 Hopewell Junction	57:53	
2 Volker Burkowski	40 Gansevoort	1:00:10	
3 Rik Jordan	41 Glens Falls	1:05:16	

FEMALE AGE GROUP: 40 - 44			
1 Karen Dolge	41 Valatie	1:11:23	
2 Kimberly Miseno-Bowles	41 Amsterdam	1:12:31	
3 Carol Hill	43 Glens Falls	1:15:36	
MALE AGE GROUP: 45 - 49			
1 Keith Guilfoyle	45 Commack	1:01:20	
2 Jon Rocco	45 Colonie	1:02:17	
3 John Stadlander	46 Clifton Park	1:03:15	
FEMALE AGE GROUP: 45 - 49			
1 Anne Benson	47 Clifton Park	1:05:45	
2 Patty Moore	46 Queensbury	1:18:53	
3 Christine Varley	48 Albany	1:19:59	
MALE AGE GROUP: 50 - 54			
1 William Venner	53 Granville	1:01:30	
2 Jay Thorn	50 Valatie	1:05:47	
3 Peter Carpenter	54 Queensbury	1:10:31	
FEMALE AGE GROUP: 50 - 54			
1 Nancy Nicholson	50 Queensbury	1:11:43	
2 Nancy Briske	54 Schenectady	1:11:50	
3 Nancy Dorn	53 Plymouth	1:20:52	
MALE AGE GROUP: 55 - 59			
1 Kevin Dollard	56 Hopewell Junction	1:05:54	
2 Dean Bryant	57 Stony Creek	1:09:10	
3 Bill Martin	57 Watervliet	1:09:20	
FEMALE AGE GROUP: 55 - 59			
1 Karen Provencher	57 Glens Falls	1:15:00	
2 Kitty Fair	56 Fort Ann	1:18:54	
3 Mary Hennessy	58 Brenhan, TX	1:28:21	
MALE AGE GROUP: 60 - 64			
1 Paul Forbes	61 Colonie	1:07:45	
2 Kenneth Klapp	62 Schenectady	1:11:57	
3 Frank Broderick	60 Ballston Lake	1:15:21	
FEMALE AGE GROUP: 60 - 64			
1 Susan Wong	64 Glenmont	1:20:44	
2 Martha DeGrazia	61 Slingerlands	1:25:25	
3 Mary Collins Finn	63 Menands	1:30:32	
MALE AGE GROUP: 65 - 69			
1 Patrick Glover	65 Clifton Park	1:13:18	
2 Norman Dovberg	66 Albany	1:17:00	
3 Stan Westhoff	68 Gansevoort	1:23:43	
FEMALE AGE GROUP: 65 - 69			
1 Candi Schermerhorn	65 Diamond Point	1:34:11	
2 Theresa Rodrigues	65 Delmar	1:42:25	
3 Cathy Biss	65 Queensbury	1:58:36	
MALE AGE GROUP: 70 - 74			
1 Bill Long	71 Clifton Park	1:28:53	
2 Jim Moore	72 Niskayuna	1:30:50	
3 Peter Ludlow	70 Hopewell Junction	1:35:23	
FEMALE AGE GROUP: 70 - 74			
1 Clemence Clancy	72 Diamond Point	1:48:20	
2 Sakiko Claus	70 Schroon Lake	1:49:03	
MALE AGE GROUP: 75 - 79			
1 Wade Stockman	77 Rensselaer	1:28:19	
FEMALE AGE GROUP: 80 - 89			
1 Anny Stockman	80 Rensselaer	1:59:08	

Courtesy of The Adirondack Runners

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #2 June 25, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

FEMALE OVERALL			
1 Elizabeth Izzo/18-29	Lake Placid	1:10:34	
2 Caitlin Hall/18-29	Watertown	1:16:40	
3 Sandy Rasco/50-59	Cadyville	1:19:23	
MALE OVERALL			
1 Jason Amoriell/40-49	Peru	1:05:08	
2 Doug Hazelden/50-59	Bloomington	1:09:41	
3 Todd McAuley/40-49	Schenectady	1:12:24	
AGE GROUPS			
1 Piper Blake/M13-14	Minerva	1:29:04	
1 Stephanie Kramer/F18-29	Saranac Lake	1:21:16	
1 Graham Rockwell/M18-29	Clayton	1:13:14	
1 Jake Campbell/M30-39	Rainbow Lake	1:28:04	
1 Carolyn Wroblewski/F40-49	Rome	1:41:15	
1 Jay Fogarty/M40-49	Holderness, NH	1:18:43	
1 Bill Izzo/M50-59	Lake Placid	1:24:36	
TEAMS			
1 Steven Vargo/Joe Leonard/Beckett Ledger		1:18:42	

Courtesy of High Peaks Cyclery

CAMP SARATOGA 5K TRAIL RACE #1 June 25 2012 • Wilton Wildlife Preserve & Park Gansevoort

MALE OVERALL			
1 Shaun Donegan	26 18:10		
2 Ryan Egan	19 18:16		
3 Dave Marthy	19 18:33		
FEMALE OVERALL			
1 Dana Bush	33 19:50		
2 Mary Fenton	46 24:57		
3 Chloe Williams	20 25:01		
AGE GROUPS			
1 Nathan Kumm	M1-14 23:39		
1 Gabrielle Weidner	F1-14 30:38		
1 Jonah Williams	M15-19 20:36		
1 Briona Enny	F15-19 29:55		
1 Chris Repka	M20-29 18:37		
1 Laura Cavanaugh	F20-29 25:02		
1 Jared Murphy	M30-39 21:56		
1 Kim Zimbal	F30-39 25:54		
1 David Smith	M40-49 21:40		
1 Ronda Poirier	F40-49 26:32		
1 Peter Goutos	M50-59 21:33		
1 Jen Kuzmich	F50-59 29:28		
1 Stan Westhoff	M60-69 26:45		
1 Laura Clark	F60-69 29:58		
1 Peter Hettrich	M70-79 35:53		

Courtesy of Saratoga Stryders

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #2 June 26, 2012 • West River Road, Fort Edward

MALE OVERALL			
1 21:43	Cliff Summers/41-60	Queensbury	
2 22:03	Mike Wynn/41-60	Queensbury	
3 24:21	Fulton Lopez/41-60	Clifton Park	
FEMALE OVERALL			
1 27:54	Charity Giroux/18-40	Queensbury	
2 30:47	Pat MacKenzie/41-60	Clifton Park	
AGE GROUPS			
1 32:37	Max McLenathen/M10-14	Cambridge	
1 24:45	David Kvam/M18-40	Queensbury	
1 27:01	Kent Sante/M41-60	Queensbury	
1 28:21	Jim Bogue/M60-69	Cambridge	
1 33:13	Walt McConnell/M80-89	Bolton	

Courtesy of Inside Edge Ski & Bike

COEYMANS HOLLOW & PINNACLE HILL CLIMB TIME TRIALS June 13 & 27, 2012 • Ravena & Voorheesville

COEYMANS HOLLOW TIME TRIAL - 12 MILES				PINNACLE HILL CLIMB - 3.9 MILES			
MALE OVERALL				MALE OVERALL			
1 Kevin Mosher	53	Voorheesville	26:48	1 Nick Waller	15		16:09
2 Nathaniel Ward	34	Winston-Salem, NC	27:18	2 Andrew Ruiz	48		16:51
3 Andrew Ruiz	47	Delmar	27:43	3 Brian Crosby			17:27
FEMALE OVERALL				FEMALE OVERALL			
1 Charity Giroux	29	Queensbury	34:11	1 Beth Ruiz	40		18:37
2 Sara Madden	35	Albany	36:12	2 Kerrin Strevell	35		18:51
3 Leisha Vinci			36:44	3 Charity Giroux	29		20:35
MALE OVERALL: 19 & UNDER				MALE AGE GROUP: 19 & UNDER			
1 Keane Brennan	16	Cambridge	31:16	1 Harrison White	11		25:09
2 Gianni Polhemus	14	Stephentown	31:35	2 Curtis White	17		26:10
FEMALE AGE GROUP: 19 & UNDER				FEMALE AGE GROUP: 19 & UNDER			
1 Kate Toth	16	Stephentown	40:43	1 Emma White	15		21:26
MALE AGE GROUP: 20 - 29				MALE AGE GROUP: 30 - 39			
1 Lee Johnson	26	Ballston Lake	28:51	1 Jason Selwitz	35		20:11
2 Jeffrey Krywanczyk	27	Chazy	29:13	2 Paul Byron	30		20:21
3 Brian Crosby	28	Albany	29:36	3 Brian McKenna	33		20:23
MALE AGE GROUP: 30 - 39				FEMALE AGE GROUP: 30 - 39			
1 William Munyan	37	Rensselaer	30:07	1 Samantha Langton	35		30:47
2 Lyle Schultz	30	Westerlo	30:36	MALE AGE GROUP: 40 - 49			
3 J Wozniak	35	Albany	30:41	1 Paul McDonnell	48		17:54
MALE AGE GROUP: 40 - 49				MALE AGE GROUP: 50 - 59			
1 Zack Vogel	41	Saratoga Springs	28:12	1 Thomas Butler	52		17:54
2 Paul Hebert	40	Glenmont	29:05	2 Christophe Wilkes	51		19:58
3 Anthony Pharo	46	Clifton Park	29:58	3 Thomas Gordon	55		20:05
3 Terry Blanchet	49		29:58	MALE AGE GROUP: 60 - 69			
MALE AGE GROUP: 50 - 59				MALE AGE GROUP: 60 - 69			
1 Gene Primomo	54	Delmar	30:06	1 Dave Beals	61		20:24
2 Christophe Wilkes	51	Averill Park	31:09	2 Ron Cooke	67		22:14
3 Thomas Gordon	55	Delmar	32:23	3 Phil Hershberger	62		22:52
MALE AGE GROUP: 60 - 69				MALE AGE GROUP: 20 - 29			
1 Tim Leonard	60	New Hartford	30:14	1 Ryan Weaver	27		21:57
2 Phil Hershberger	62	Climax	33:08	2 Patrick Riegel	27		24:10
3 Dave Beals	61	Niskayuna	33:32				

Courtesy of Capital Bicycle Racing Club

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RUDY

UCI WINDHAM MOUNTAIN BIKE WORLD CUP

June 28-July 1, 2012 • Windham Mountain Ski Resort, Windham

CROSS COUNTRY – ELITE MEN			
1	Burry Stander/Specialized Racing	South Africa	1:38:09
2	Sergio Mantecon/Trek Pro Racing	Spain	1:38:26
3	Marco Aurelio/Cannondale Racing	Italy	1:38:57
4	Todd Wells/Specialized Racing	United States	1:39:31
5	Mathias Flückiger/Trek Racing	Switzerland	1:39:46

DOWNHILL – ELITE MEN			
1	Aaron Gwin/Trek World Racing	United States	2:26
2	Steve Smith/Devinci Global Racing	Canada	2:27
3	Gee Atherton/GT Factory Team	Great Britain	2:28
4	Danny Hart/Giant Factory Team	Great Britain	2:29
5	Loic Bruni/LaPierre International	France	2:30

CROSS COUNTRY – ELITE WOMEN			
1	Catharine Pendrel/Luna Pro Team	Canada	1:37:53
2	Katerina Nash/Luna Pro Team	Czech Republic	1:37:54
3	Georgia Gould/Luna Pro Team	United States	1:38:04
4	Marie-Helene Preumont/Unattached	Canada	1:39:07
5	Lea Davidson/Specialized Racing	United States	1:39:54

DOWNHILL – ELITE WOMEN			
1	Rachel Atherton/GT Factory Team	Great Britain	2:52
2	Tracey Hannah/Hutchinson United	Australia	2:53
3	Emmeline Ragot/MS Mondraker	France	3:54
4	Emile Siegenthaler/Scott	Switzerland	2:55
5	Myriam Nicole/Commencal	France	2:56

Courtesy of Race Windham Committee

6TH ANNUAL NORTH COUNTRY TRIATHLON *continued*

FEMALE OVERALL					
1	1:23:27	McDonough, Elizabeth/35-39	1	1:34:26	Evansky, Rebecca
2	1:26:56	Emblidge, Elizabeth/25-29	2	1:39:04	Hood, Kate
3	1:31:24	Engler, Lisa/35-39	3	1:39:38	Marcove, Laura

MALE AGE GROUP: 50-54			
1	1:30:16	Spano, Michael	
2	1:32:41	Gustafson, Dave	
3	1:35:05	Davidson, John	

FEMALE AGE GROUP: 30-34			
1	1:22:00	Knight, Matthew	
2	1:23:30	Bonin, Daniel	
3	1:23:47	Engler, Steven	

MALE AGE GROUP: 35-39			
1	1:38:45	Canzone, Peter	
2	1:42:27	Schachner, Mark	
3	1:45:39	Brust, John	

FEMALE AGE GROUP: 35-39			
1	1:34:04	Friend, Tammy	
2	1:36:19	Bowerman, Georgia	
3	1:39:31	Pfaffenbach-Hicks, Jenny	

MALE AGE GROUP: 40-44			
1	1:22:59	Gordinier, Martin	
2	1:29:30	Baker-Porazinski, Paul	
3	1:31:04	Ethier, Gary	

FEMALE AGE GROUP: 40-44			
1	1:32:45	Morris, Cheryl	
2	1:37:04	Mahoney, Sara	
3	1:43:55	Long, Kristen	

MALE AGE GROUP: 45-49			
1	1:21:38	Pharo, Anthony	
2	1:27:04	Metzmaker, Joe	
3	1:35:13	Degennaro, Daniel	

FEMALE AGE GROUP: 45-49			
1	1:41:59	Feist, Linda	
2	1:45:50	Mackenzie, Maryanne	
3	1:46:42	Dostie-Olsen, Dawn	

6TH ANNUAL NORTH COUNTRY TRIATHLON

June 30, 2012 • Hague Beach on Lake George, Hague

OLYMPIC – 0.9M SWIM, 24.8M BIKE, 6.2M RUN			
1	2:41:49	Lodovice, Clay	
2	2:41:55	Kenney, Anthony	
3	2:45:07	Steckel, Jonathan	
4	2:51:54	Watts, Brian	
5	2:53:16	Ryan, Patrick	
6	2:58:05	Balzano, Christian	
7	3:07:13	Benson, Terry	
8	3:08:45	Nafus, Matthew	
9	3:11:16	Vitale, John	
10	3:12:07	Turek, Matt	
11	3:46:25	Michaels, Shawn	
12	4:06:10	Noke, Michael	
13	4:07:03	Dunayer, Barak	

FEMALE AGE GROUP: 45-49			
1	3:07:58	Hislop, Kristen	
2	3:08:55	Guzzo, Judy	
3	3:50:36	Bowman, Susan	

MALE AGE GROUP: 50-54			
1	2:43:29	Jordan, Michael	
2	2:58:58	Iacoponi, John	
3	2:59:22	Spann, Rick	
4	3:09:00	Van Nostrand, William	
5	3:13:34	Weidner, Mark	
6	3:13:45	Struzzieri, Thomas	
7	3:16:21	Busch, Chris	
8	3:25:37	Maloy, Peter	
9	3:29:55	Zerrahn, Mike	
10	3:30:00	Noordsy, Doug	
11	3:33:31	Elliott, Christopher	
12	3:46:50	Fraser, Robert	
13	3:56:10	Carlstedt, Kenneth	
14	4:33:37	Murtaugh, Anthony	

FEMALE AGE GROUP: 50-54			
1	2:49:05	Stalker, Beth	
2	3:37:31	Quinn, Mary	
3	3:52:01	Jordan, Barbara	

MALE AGE GROUP: 55-59			
1	2:34:05	Schumann, Jeffrey	
2	3:38:22	Johnson, James	
3	4:08:07	Pond, Richard	

FEMALE AGE GROUP: 55-59			
1	3:59:52	Sanda, Pia	
2	4:01:48	Touhey, Virginia	

FEMALE AGE GROUP: 70-74			
1	4:00:47	Jacobson, Sibyl	

RELAY TEAMS			
1	2:27:59	Prof Fire Restoration	
2	2:33:39	Team Suozzo	
3	2:42:14	Tom's Team	
4	2:50:10	Sick Boyz	
5	2:51:34	Perfect Fuel	
6	2:58:28	Trout Village Team	
7	2:59:31	Team VC	
8	3:04:08	SMAC	
9	3:05:16	The Eh? Team	
10	3:08:41	Team Fraser	
11	3:11:09	Charlie's Angels	
12	3:14:26	NCL	
13	3:16:17	Common Denominator	
14	3:20:53	Becky1	
15	3:26:48	Bethel-1	
16	3:28:07	Team Sise	
17	3:28:29	Donna's Angels	
18	3:33:40	EricGreg	

SPRINT – 0.5M SWIM, 12.4M BIKE, 3.1M RUN			
1	1:11:35	O'Keefe, Patrick/35-39	
2	1:14:44	Dibble, Kevin/40-44	
3	1:17:06	MacDonald, John/20-24	

continued

30TH ANNUAL TUPPER LAKE TINMAN TRIATHLON

June 30, 2012 • Municipal Park, Tupper Lake

1.2M SWIM, 56M BIKE, 13.1M RUN			
<i>Top 3 Overall, Age Winners & Regional Finishers</i>			
MALE OVERALL			
1	Chuck Perreault/35-39	Saint-Sauveur, QC	4:04:55
2	Jesse Vondracek/30-34	Durango, CO	4:20:22
3	Pierre-Marc Doyon/20-24	St-Romuald, QC	4:21:20

FEMALE OVERALL			
1	Isabelle Landry/35-39	Terrebonne, QC	5:06:35
2	Aimee Sutton/35-39	Ottawa, ON	5:08:38
3	Carley Kenwell/25-29	Kanata, ON	5:09:47

MALE AGE GROUP: 1-18			
1	Seth Mitchell	Randolph, NJ	5:42:06
2	Evan Klein	Saranac Lake	6:09:43

MALE AGE GROUP: 20 - 24			
1	Colin Delaney	Lake Placid	5:03:17
2	Jacob Painter	Keeseville	5:17:48
3	Dan Dohman	Jay	5:44:03
4	Phil Yoss	New Hartford	6:55:32

FEMALE AGE GROUP: 20 - 24			
1	Melissa Staciuk	Troy	6:32:39

MALE AGE GROUP: 25 - 29			
1	Bijan Bolouri	Montreal, QC	4:54:14
2	Jacob Steria	Lowville	4:58:27
3	James Keyzer	Greenfield Center	5:05:22
4	Joe Merrihew	Saranac Lake	5:32:22
5	McKenna Taylor	Lake Placid	5:58:09
6	Graeme Marcoux	Salem	6:07:27
7	Keith Kogut	Tupper Lake	6:37:07

FEMALE AGE GROUP: 25 - 29			
1	Natalie Medaglio	New York	5:40:58
5	Nicole Koster	Canton	6:21:59

MALE AGE GROUP: 30 - 34			
1	Justin Shane	New York	4:34:08
4	John Gleeson	Rexford	4:39:41
11	Tanner Close	Queensbury	5:01:19
13	Joseph Sullivan	Schenectady	5:10:00
22	Mike Casciaro	Slingerlands	5:57:06
23	Frank Scalzo	Rotterdam Junction	5:58:42
24	Jacob Dutcher	Schenectady	6:07:56
35	Joseph Barth	East Greenbush	8:11:30

FEMALE AGE GROUP: 30 - 34			
1	Peggy Labonte	Pierrefonds, QC	5:14:48
7	Laura Zima	Schenectady	5:33:15

MALE AGE GROUP: 35 - 39			
8	Christine Jenkins	Loudonville	5:35:53
18	Stephanie Eldridge	Carthage	6:30:27
24	Sarah Fisk	East Greenbush	7:32:45

FEMALE AGE GROUP: 35 - 39			
1	Todd Smith	Bristol, VT	4:30:19
8	Daniel Buehner	Queensbury	4:48:18
11	Matt Mallett	Ballston Spa	5:00:55
14	Jamie Campbell	Utica	5:14:23
19	Greg Antolick	Wynantskill	5:38:27
25	Cory Metler	Mechanicville	5:58:25
31	Brian Connery	Utica	6:29:26
36	Timothy Skjellerup	Utica	6:53:06
37	Arda Sepin	Greenwich	6:56:29
38	Ian Hazen	Parsippany	7:14:33

FEMALE AGE GROUP: 35 - 39			
1	Caroline Samson-Belair	Sumnerstown, ON	5:10:47
9	Colleen Porter	Lake Placid	5:54:10
10	Hilary Cloos	Hudson	6:03:34
20	Beth Connelie	Johnstown	6:55:36
21	Melinda Person	Albany	7:01:04
22	Tracy Arguelles	Plattsburgh	7:04:40
23	Kelly Davey	Albany	7:33:15

MALE AGE GROUP: 40 - 44			
1	Sean Robbins	Shavertown	4:27:41
4	Keith Alber	Clifton Park	4:47:56
10	Jon Whalen	Slingerlands	5:15:07
18	John Donovan	Charlton	5:49:39
20	David Fraterrigo	Altamont	5:54:16
27	Jan Duus	Plattsburgh	6:12:39
31	Michael Platt	Schenectady	6:36:32
32	Brian Ferdinand	Rensselaer	6:36:32
35	Jonathan Bright	Guilderland	6:50:26
37	Doug Wickman	Hudson	6:54:33

FEMALE AGE GROUP: 40 - 44			
1	Kathleen Donatello	Eliot, ME	5:10:27
10	Elizabeth Benjamin	New Baltimore	6:14:02
21	Rebecca Weyrauch	Ballston Lake	7:42:39

MALE AGE GROUP: 45 - 49			
1	Michael Bakker	Garrison	4:37:24
7	Jeffrey Burdo	Morrisonville	5:04:37
8	Eric Virkler	Lowville	5:07:42
10	Jay-Philip Tyler	Mechanicville	5:13:39
20	Ronald Richards	Corinth	5:25:57

continued

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RACE RESULTS

30TH ANNUAL TUPPER LAKE TINMAN TRIATHLON *continued*

21 Anthony Larocca 22 Robert Cameron 28 Rich Latorra 30 John Slyer 35 Loring Porter 38 Jonathan Masters 40 Adam Bell 41 William O'Brien 42 Don Welsh 45 Andy Heck 48 Tim Bantham 53 Darryl Caron	Round Top Clifton Park Plattsburgh Averill Park Lake Placid Albany Nassau Argyle Albany Amsterdam Ballston Spa Clifton Park	5:29:10 5:29:46 5:41:43 5:48:57 5:56:31 5:59:32 6:10:34 6:17:44 6:20:04 6:27:36 6:46:26 7:33:32	TEAMS - MIXED 1 5:11:23 Team Farrell/Daly New York 2 5:45:56 Team ARC Richfield Springs 4 6:02:01 Team Cognetto New Hartford 5 6:09:08 RJ's A-Team Ballston Lake 6 6:21:27 Just Tri-ing It Troy 7 6:23:00 Tri Rooks Morrisonville 9 6:45:11 Team Nebuli Guilderland 11 6:52:42 Dynamic Duo Broadalbin
FEMALE AGE GROUP: 45 - 49 1 Lisa Ransom 2 Megan Leitzinger 15 Brenda Smith 16 Diane Hanson	Concord, NH Albany Salem Fonda	5:29:26 5:35:12 6:53:07 7:29:32	SPRINT - 0.6M SWIM, 18.6M BIKE, 6.2M RUN MALE OVERALL 1 John Babini/40-49 Astoria 1:54:14 FEMALE OVERALL 1 Amy Farrell/30-39 Tupper Lake 1:55:46 MALE AGE GROUP: 19 & UNDER 1 Michael Nichols Saranac Lake 2:42:45 FEMALE AGE GROUP: 19 & UNDER 1 Julia Slyer Averill Park 2:39:27 2 Elena Beideck Saranac Lake 2:40:08 MALE AGE GROUP: 20 - 29 1 Tyler Heishman New York 1:59:05 3 Daniel Taylor Chatham 2:16:54 4 Joshua Sider Evans Mills 2:19:10 6 Joshua Garner Plattsburgh 3:24:55 FEMALE AGE GROUP: 20 - 29 1 Julie Drolet St-Sauveur, QC 2:14:38 MALE AGE GROUP: 30 - 39 1 Frank Yerina Ilion 2:01:46 2 Chris Demers Morrisonville 2:12:39 7 Aaron Hardy Massena 2:51:19 FEMALE AGE GROUP: 30 - 39 1 Laurie Gorman Ottawa, ON 2:13:11 4 Jessica Mitchell Albany 2:28:32 5 Jennifer Donohue Saranac 2:28:47 8 Pamela Cooper Middle Grove 2:36:10 9 Karly Decker Slingerlands 2:43:49 11 Patricia Holland Plattsburgh 3:44:44 MALE AGE GROUP: 40 - 49 1 Terry Kelly York, PA 2:09:13 6 Nicholas Montalio Latham 2:45:39 7 Jim Perez Troy 2:57:12 9 Russell Holland Plattsburgh 3:44:45 FEMALE AGE GROUP: 40 - 49 1 Lisa Richardson Red House, VA 2:31:58 8 Christine Hinz Craryville 2:58:00 10 Malanya Monette Clifton Park 4:15:07 MALE AGE GROUP: 50 - 59 1 Steven Skipper Kirkland, ON 2:14:34 2 Christopher Buckley Burnt Hills 2:15:12 4 Robert Morganson Lake Placid 2:30:24 5 Thomas Brown Altona 2:35:26 10 Phillips Thomas East Schodack 2:54:35 11 Karl Zaunbrecher Saranac Lake 2:57:43 14 Steve Mastaitis Saratoga Springs 3:26:22 15 William Diehl Middleburgh 3:29:14 16 Thomas Monette Clifton Park 4:15:07 FEMALE AGE GROUP: 50 - 59 1 Theresa Ferreira Stowe, VT 2:19:18 5 Karen Delaney Lake Placid 2:40:29 8 Nancie Battaglia Lake Placid 2:53:49 MALE AGE GROUP: 60 - 69 1 John Pickard Lindsay, ON 2:13:31 2 Richard Erenstone Lake Placid 2:23:43 7 Bob Scheefer Saranac Lake 2:53:31 8 Paul Murray Albany 2:54:46 9 Ken Marsh Peru 3:12:07
MALE AGE GROUP: 50 - 54 1 Edward Schmidlin 4 Dennis Johnson 6 Mark Howson 18 Brian Shea 19 Michael Lair 20 Stanley Hatch 21 John Abbuhl 25 Mark Miner 27 Lawrence Baker 29 Bob Steciuk 30 William Izzo Jr 31 John Perry	Corning Utica Ballston Lake Niskayuna Gloversville Cadyville Slingerlands West Chazy Tupper Lake Wilton Lake Placid Johnsonville	5:08:15 5:20:14 5:23:38 6:10:39 6:11:01 6:14:51 6:22:37 6:35:57 6:38:25 6:53:30 7:16:01 7:25:44	FEMALE AGE GROUP: 50 - 54 1 Mary Duprey Rouses Point 5:20:45 3 Catherine Snow Ausable Forks 5:50:27 7 Jane Mastaitis Saratoga Springs 6:26:32 9 Sandy Rasco Cadyville 6:30:38 MALE AGE GROUP: 55 - 59 1 Bernard Vallee Nicolet, QC 5:04:32 14 Danny Arnold Clifton Park 6:28:44 21 Dave Hall Plattsburgh 7:19:21 23 Bob Lepak Saranac Lake 8:09:52 FEMALE AGE GROUP: 55 - 59 1 Carolyn Silvey Toronto, ON 5:36:53 2 Margaret Phillips East Schodack 6:59:10 3 Liz Argotsinger Gloversville 6:59:34 MALE AGE GROUP: 60 - 64 1 Charlie Cowan Lake Placid 4:56:51 2 Tony Maddaloni Slingerlands 5:32:43 FEMALE AGE GROUP: 60 - 64 1 Martine Dor Mahwah, NJ 7:11:11 MALE AGE GROUP: 65 - 69 1 Robert Tebo Tupper Lake 5:33:35 3 Jim Adams Altona 7:15:26
TEAMS - MALE 1 4:25:54 Team Placid Planet Lake Placid 4 5:30:58 Team DMB Greenwich 5 6:05:32 Upstate Tri-Guys Harrisville 6 6:21:25 Team MJK Ballston Lake 7 7:01:32 MuckRods Tupper Lake 8 7:19:28 2 Old Men & a Bike Lake Placid			TEAMS - FEMALE 1 5:33:35 M & M's Baltimore, MD 3 6:09:17 We Can Do It Lake Placid 4 7:00:35 Teachers Tri-ing Ballston Lake 6 7:30:20 Rock-It Clifton Park 7 7:38:24 Three Brave New Friends Clifton Park

Courtesy of Tupper Lake Chamber of Commerce

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #3 July 2, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

FEMALE OVERALL 1 Elizabeth Izzo/18-29 2 Kaleigh Moore/18-29 3 Madeline Short/15-17	Lake Placid Lake Placid Kempton	1:07:07 1:16:20 1:17:47	1 Katy Briggs/F18-29 Pownall, ME 1:18:27 1 Sam Cowan/M18-29 Lake Placid 1:03:37 1 Julianna Kane/F30-39 Boston, MA 1:27:12 1 Andrew Snell/M30-39 Lake Placid 1:07:53 1 Robin Nye/F40-49 Fairfield 1:18:39 1 Chris Galaty/M40-49 Keene 1:07:40 1 Stacey Mandelbaum/F50-59 Queensbury 1:34:38 1 Mike Zerrahan/M50-59 Peru 1:14:09 1 Peter Doubleday/M60-69 Southern Pines 1:30:01
MALE OVERALL 1 Colin Delaney/18-29 2 Dave Burger/40-49 3 Jeff Erenstone/30-39	Lake Placid Pennellunuk Lake Placid	57:26 58:49 1:01:58	TEAMS 1 Gabby Armstrong/Chris Boehning/Forest Ledger 1:09:38
AGE GROUPS 1 Beckett Ledger/M00-12 1 Scott Mooney/M13-14 1 Miriam Frank/F15-17 1 John Clark/M15-17	Lake Placid Keene Valley Lake Placid Killingworth	1:19:39 1:08:16 1:32:23 1:29:15	Courtesy of High Peaks Cyclery

HMRRC SUMMER TRACK SERIES #1: COLONIE MILE July 3, 2012 • Colonie High School, Colonie

MALE OVERALL 1 Chuck Terry 2 Michael Roda 3 Michael Nickerson	30 Albany 36 Albany 23 Troy	4:27 4:48 4:55	FEMALE AGE GROUP: 30 - 34 1 Shannon Judisky 33 Rensselaer 9:34 MALE AGE GROUP: 35 - 39 1 Dan Smitas 35 Schenectady 5:06 2 Matthew Nark 38 Clifton Park 5:08 3 David Tromp 37 Glenmont 5:09 FEMALE AGE GROUP: 35 - 39 1 Stacey Kelley 36 Albany 6:39 MALE AGE GROUP: 40 - 44 1 Dennis VanVlack 40 Duaneburg 5:27 2 Ken Tarullo 43 Feura Bush 5:43 3 John Williams-Searle 44 Albany 5:46 MALE AGE GROUP: 45 - 49 1 Mark Stephenson 48 Esperance 5:27 2 Dan Korff 46 Clifton Park 5:57 3 Jon Rocco 45 Colonie 6:08 FEMALE AGE GROUP: 45 - 49 1 Barb Light 48 Rensselaer 7:30 2 Lynn Fredericks 46 Amsterdam 7:41 3 Jalaine McHale 45 Ballston Spa 7:41 MALE AGE GROUP: 50 - 54 1 Jim Giglio 50 Albany 6:39 FEMALE AGE GROUP: 50 - 54 1 Jenny Lee 52 Selkirk 7:45 2 Donna Charlebois 54 East Berne 8:02 3 Harriet Jaffe 52 Delmar 8:07 MALE AGE GROUP: 55 - 59 1 Rick Munson 55 Prattsville 5:34 2 Bob Somerville 59 Wynantskill 6:28 FEMALE AGE GROUP: 55 - 59 1 Susan Burns 57 Rensselaer 7:19 2 Cathy Silwinski 56 Albany 7:25 3 Karen Dott 56 Colonie 7:46
FEMALE OVERALL 1 Meghan Davey 2 Shylah Weber 3 Sasha Weibaker	26 Rotterdam 24 Rensselaer 15 Saratoga Springs	5:39 5:58 6:27	continued
MALE AGE GROUP: 1 - 14 1 Brendon VanVlack 2 Luke Korff 3 James Faraci	12 Duaneburg 14 Clifton Park 12 Troy	5:28 6:11 6:41	
FEMALE AGE GROUP: 1 - 14 1 Joselin Schmitz-Morfe 2 Kylar Foley	14 Albany 9 Slingerlands	7:10 7:32	
MALE AGE GROUP: 15 - 19 1 Wesie 2 Danny Karff	17 Albany 16 Clifton Park	5:01 6:40	
MALE AGE GROUP: 20 - 24 1 Jim Lazzara	22 Rensselaer	5:32	
FEMALE AGE GROUP: 20 - 24 1 Brittany Papuzza 2 Kelcey Heenan	20 Colonie 23 Selkirk	6:40 6:40	
MALE AGE GROUP: 25 - 29 1 Andy Reed 2 Kevin Seaman 3 Nick Bauer	29 Troy 27 Niskayuna 29 Grafton	5:00 6:18 7:36	
FEMALE AGE GROUP: 25 - 29 1 Michelle Carter	29 Troy	7:48	
MALE AGE GROUP: 30 - 34 1 Jeff Lindy 2 Dan Heenan 3 Michael Clark	33 Brooklyn 31 Selkirk 34 Troy	5:06 5:40 8:08	

HMRRC SUMMER TRACK SERIES #1: COLONIE MILE *continued*

MALE AGE GROUP: 60 - 64 1 Paul Bennett 2 Paul Forbes 3 Ken Klapp	61 Latham 61 Colonie 62 Guilderland	5:45 5:46 5:51	MALE AGE GROUP: 65 - 69 1 Norman Dovberg 66 Albany 6:33 2 Frank Myers 66 Colonie 6:40
FEMALE AGE GROUP: 60 - 64 1 Judy Phelps 2 Susan Wong 3 Judy Lynch	61 Malta 64 Glenmont 62 Castleton	6:30 7:18 7:34	MALE AGE GROUP: 70 - 74 1 Jim Moore 72 Niskayuna 7:20
Courtesy of Hudson Mohawk Road Runners Club			

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #3 July 3, 2012 • West River Road, Fort Edward

MALE OVERALL 1 21:40 Mike Wynn/41-60 2 23:04 Mark Sumner/18-40 3 23:25 Fulton Lopez/41-60	Queensbury Clifton Park Clifton Park		AGE GROUPS 1 42:47 Levi Drake/M1-10 Cambridge 1 34:30 Evan Williams/M10-14 No Bennington, VT 1 34:04 Dagny Drake/F10-14 Delmar 1 26:05 Keene Brennan/M15-18 Cambridge 1 24:32 David Kvam/M18-40 Queensbury 1 24:09 Don Rice/M41-60 Rensselaer 1 27:18 Jim Bogue/M60-69 Cambridge 1 29:49 Eric Krantz/M70-79 Lake George
FEMALE OVERALL 1 25:47 Julie McKenzie/41-60 2 27:15 Star Cook/41-60 3 30:10 Pat MacKenzie/41-60	Shaftsbury, VT Queensbury Clifton Park		Courtesy of Inside Edge Ski & Bike

6TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE July 4, 2012 • Saratoga Springs City Center, Saratoga Springs

MALE OVERALL 1 Patrick Geoghegan 2 Tito Medrano 3 Ethan Clary 4 Chuck Terry 5 Sean Pezzulo	21 Syracuse 22 Syracuse 23 Albany 30 Albany 20 Saratoga Springs	19:44 19:44 20:33 20:45 20:48	MALE AGE GROUP: 55 - 59 1 Christopher Kunkel 55 Pottersville 27:58 2 Martin Patrick 58 East Greenbush 28:10 3 Steve Vnuuk 56 Delmar 28:26 4 Charles Phillips 55 Ballston Spa 28:41 5 Peter Butryn 55 Schenectady 29:30 FEMALE OVERALL 1 Hannah Davidson 22 Saratoga Springs 22:22 2 Nicole Irving 20 Ballston Lake 22:47 3 Meshia Brewer 33 Saratoga Springs 23:29 4 Pia Stefan Friesenius 20 Clifton Park 23:33 5 Tara Peck 18 Saratoga Springs 23:52 MALE AGE GROUP: 1 - 14 1 Thomas Conboy 14 Saratoga Springs 26:06 2 Trevor Peck 14 Saratoga Springs 26:26 3 Ethan North 14 Greenfield Center 26:40 4 Spencer Swoboda 13 Gansevoort 26:55 5 Joshua Moeckel 14 Scotia 27:24 FEMALE AGE GROUP: 1 - 14 1 Olivia Morrow 14 Saratoga Springs 24:53 2 Emily Digman 13 Ballston Spa 26:09 3 Emily Burrell 14 Saratoga Springs 27:56 4 Shannen Kerin 13 Colonie 27:59 5 Payton Czupil 13 Watervliet 28:52 MALE AGE GROUP: 15 - 19 1 Gary Messina 19 Queensbury 21:09 2 Jonathan Moore 18 Saratoga Springs 21:27 3 Jay Navin 16 Saratoga Springs 21:52 4 Jonah Williams 17 Saratoga Springs 22:00 5 Buddy Herkenham 17 Charlton 22:02 FEMALE AGE GROUP: 15 - 19 1 Keelin Hollowood 17 Saratoga Springs 23:56 2 Maggi Szpak 17 Greenfield Center 24:41 3 Kaylee Scott 15 Nassau 25:32 4 Sarah Morin 15 Greenfield Center 25:50 5 Margaret MacDonald 17 Gansevoort 25:56 MALE AGE GROUP: 20 - 24 1 Eric MacKnight 23 Clifton Park 20:52 2 Demetri Goutos 21 Saratoga Springs 20:56 3 Greg Kiley 23 Saratoga Springs 21:02 4 Tyler Gantz 23 Albany 21:05 5 Kevin Treadway 24 Albany 21:10 FEMALE AGE GROUP: 20 - 24 1 Meaghan Gregory 20 Scotia 24:28 2 Ashley Campbell 23 Arlington, VA 24:59 3 Brianne Bellon 20 Greenfield 25:07 4 Cassandra Goutos 20 Saratoga Springs 26:15 5 Meghan Lapointe 22 Schenectady 26:20 MALE AGE GROUP: 25 - 29 1 Alex Grout 26 Clifton Park 21:02 2 Brian McNamara 29 Cambridge, MA 21:15 3 Ken Little 26 Ballston Lake 21:37 4 Alexander Paley 25 Albany 21:43 5 Shaun Donegan 26 Saratoga Springs 21:51 FEMALE AGE GROUP: 25 - 29 1 Kristina Gracey 29 Guilderland 24:00 2 Karen Bertasso 28 Slingerlands 25:57 3 Kristen Quaresimo 27 Rensselaer 26:01 4 Jessica Bashaw 29 Cambridge 26:57 5 Lindsey Garney 29 Loudonville 27:10 MALE AGE GROUP: 30 - 34 1 Josh Merlis 30 Albany 21:05 2 Chris Judd 31 Glenville 21:13 3 Eamon Dempsey 32 Delmar 21:42 4 Louie DiNuzzo 30 Albany 21:50 5 Anthony Giuliano 33 Albany 21:58 FEMALE AGE GROUP: 30 - 34 1 Shelly Binsfeld 32 Clifton Park 25:46 2 Melissa Weiner 34 New York 26:13 3 Teal Reeves 30 Stoodley Corners 26:55 4 Kari Deer 33 Slingerlands 27:10 5 Marcy MacKissock 34 Troy 28:21 MALE AGE GROUP: 35 - 39 1 James O'Connor 38 Troy 21:35 2 Robert Irwin 39 Guilderland 23:39 3 Randall Cannell 39 Broadalbin 24:23 4 Justin Vianese 39 Saratoga Springs 24:27 5 Shawn Decenzo 38 Glenville 24:35 FEMALE AGE GROUP: 35 - 39 1 Renee Tolan 37 Clifton Park 24:47 2 Gretchen Oliver 39 Guilderland 26:25 3 Amy Drucker 38 Albany 26:54 4 Erin Corcoran 38 Schenectady 27:05 5 Jan Zoller 37 Ballston Spa 27:45 MALE AGE GROUP: 40 - 44 1 Michael Slinsky 43 Hopewell Junction 21:29 2 Volker Burkowski 40 Gansevoort 22:15 3 Stephan Aris 44 Kleinmachnow, GER 22:26 4 David Barr 41 Liverpool, ENG 24:00 5 Rik Jordan 41 Glens Falls 24:02 FEMALE AGE GROUP: 40 - 44 1 Emily Bryans 44 Delanson 23:55 2 Carrie Arehart 43 Queensbury 25:47 3 Kimberly Miseno-Bowles 42 Amsterdam 27:25 4 Justine Cavotta 42 Mechanicville 28:27 5 Gail Rubinstein 43 Saratoga Springs 28:36 MALE AGE GROUP: 45 - 49 1 Jeffrey Brison 48 Kingston, ON 23:41 2 Thomas Kracker 47 Delmar 23:43 3 Paul Partridge 48 Delmar 23:59 4 John Stadlander 46 Clifton Park 24:05 5 Patrick Smith 45 Queensbury 24:19 FEMALE AGE GROUP: 45 - 49 1 Anne Benson 47 Clifton Park 25:10 2 Kellie Mastrodonato 49 Arlington, VA 28:58 3 Kristen Hislop 47 Clifton Park 29:32 4 Mary Fenton 46 Ballston Spa 29:35 5 Marilyn Laliberte 48 Fargo, ND 29:56 MALE AGE GROUP: 50 - 54 1 Derrick Staley 53 Ballston Lake 22:10 2 Thomas Dalton 54 Schenectady 24:03 3 Jon Weibaker 53 Saratoga Springs 26:19 4 Peter Carpenter 54 Queensbury 26:24 5 Christopher Douglas 53 Gloversville 26:42 FEMALE AGE GROUP: 50 - 54 1 Nancy Nicholson 50 Queensbury 28:32 2 Patricia Butcher 51 Hawthorne, NJ 30:17 3 Donna Harrigan 53 Clifton Park 30:27 4 Joyce Goodrich 54 Glenville 31:56 5 Donna Horton 52 Cambridge 31:59
MALE AGE GROUP: 60 - 64 1 Paul Bennett 2 Paul Forbes 3 Ken Klapp	61 Latham 61 Colonie 62 Guilderland	5:45 5:46 5:51	MALE AGE GROUP: 65 - 69 1 Norman Dovberg 66 Albany 6:33 2 Frank Myers 66 Colonie 6:40
FEMALE AGE GROUP: 60 - 64 1 Judy Phelps 2 Susan Wong 3 Judy Lynch	61 Malta 64 Glenmont 62 Castleton	6:30 7:18 7:34	MALE AGE GROUP: 70 - 74 1 Jim Moore 72 Niskayuna 7:20
Courtesy of Hudson Mohawk Road Runners Club			



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

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Race Directed 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

12TH ANNUAL PINE BUSH TRIATHALON

July 8, 2012 • Rensselaer Lake, Albany to YMCA, Guilderland

325YD SWIM, 11.5M BIKE, 3.2M RUN			
MALE OVERALL			
1	Christopher McCloskey	31	Albany 55:21
2	Bill Davis	37	Delmar 55:35
3	Nicholas Rindenello	26	Harvard 56:48
FEMALE OVERALL			
1	Courtney Tedeschi	17	Westerlo 1:06:46
2	Sarah Hale	29	Guilderland 1:07:10
3	Lindsay McKenna	27	Dover 1:07:14
FEMALE AGE GROUP: 1 - 14			
1	Emily Danielson	13	Ballston Spa 1:22:21
2	Amy Robison	14	Clifton Park 1:33:10
3	Camryn Schneider	14	Schenectady 1:53:27
MALE AGE GROUP: 15 - 19			
1	Jared Short	15	Ballston Spa 1:02:38
2	Sean Doyle	19	Schenectady 1:09:54
3	Andrew Maloney	15	Voorheesville 1:24:44
FEMALE AGE GROUP: 15 - 19			
1	Gabrielle Celia	15	Saratoga Springs 1:18:57
2	Maddison Feeley	15	Saratoga Springs 1:18:57
3	Caroline Conboy	17	Saratoga Springs 1:19:00
MALE AGE GROUP: 20 - 24			
1	Mike Rossi	21	Niskayuna 1:02:11
2	John Maiello	23	Cohoes 1:05:11
3	Stefano Fontana	24	Clifton Park 1:05:36
FEMALE AGE GROUP: 20 - 24			
1	Kristin Grab	23	Troy 1:07:30
2	Casey Gerety	20	Albany 1:14:22
3	Rachel Carlson	23	Washington 1:14:46
MALE AGE GROUP: 25 - 29			
1	Kyle Konopnicki	27	Saratoga Springs 59:59
2	Myles Killar	27	Somerville 1:04:16
3	Ryan Weaver	27	Guilderland 1:04:29
FEMALE AGE GROUP: 25 - 29			
1	Susana Garcia Romero	29	Rensselaer 1:08:56
2	Vanessa Holzmant	27	Albany 1:09:11
3	Jill Ganley	28	Waterford 1:12:24
MALE AGE GROUP: 30 - 34			
1	John Evansky	34	Hudson Falls 1:03:14
2	Stephen Russell	32	Albany 1:04:01
3	Ryan Conley	31	Delmar 1:04:15
FEMALE AGE GROUP: 30 - 34			
1	Laura Zima	32	Schenectady 1:08:38
2	Jessica Mitchell	34	Albany 1:10:16
3	Melinda White	31	Altamont 1:12:30
MALE AGE GROUP: 35 - 39			
1	Sean Sweeney	37	Schenectady 1:02:05
2	Craig Nelson	37	Scotia 1:02:20
3	Derek Peterson	36	Cohoes 1:02:43
FEMALE AGE GROUP: 35 - 39			
1	Lori Antolick	37	Wynantskill 1:08:38
2	Candice Yuca	38	Albany 1:12:06
3	Elizabeth Benjamin	39	New Baltimore 1:12:35
MALE AGE GROUP: 40 - 44			
1	Pat Sommo	44	Guilderland 59:33
2	Martin Gordinier	41	Delmar 1:00:36
3	Dan Krehnbrink	41	Guilderland 1:01:14
FEMALE AGE GROUP: 40 - 44			
1	Kim Donovan	41	Slingerlands 1:11:03
2	Kimberly Thurber	41	Delmar 1:16:01
3	Michelle Rocklein	42	Delmar 1:16:39
MALE AGE GROUP: 45 - 49			
1	Robert Frank	45	Niskayuna 59:42
2	Kevin Kretzschmar	46	Rensselaer 1:05:55
3	Rob Paley	48	Schenectady 1:08:28
FEMALE AGE GROUP: 45 - 49			
1	Tracey Delaney	47	Queensbury 1:10:07
2	Martha Gohlke	45	Voorheesville 1:13:58
3	Sherri Long	48	Schenectady 1:18:11
MALE AGE GROUP: 50 - 54			
1	Carl Urrey	51	Cobleskill 1:03:45
2	Bob Connelly	52	Stamford 1:06:13
3	Glenn Herbert	54	Kinderhook 1:07:14
FEMALE AGE GROUP: 50 - 54			
1	Mary Chew	50	Schenectady 1:18:09
2	Kathryn Perry	51	Niskayuna 1:21:13
3	Pamela Hart	50	East Greenbush 1:22:34
MALE AGE GROUP: 55 - 59			
1	George Baird	56	Rensselaer 1:05:33
2	Thomas Gorczyca	56	Schenectady 1:08:07
3	John Denio	58	Glenmont 1:12:08
FEMALE AGE GROUP: 55 - 59			
1	Lorraine Huether	56	Massapequa 1:11:06
2	Margaret Phillips	59	East Schodack 1:19:38
3	Pia Sanda	57	Slingerlands 1:20:41
MALE AGE GROUP: 60 - 64			
1	Glenn McKenna	63	Voorheesville 1:14:34
2	Peter Lee	64	Saratoga Springs 1:16:37
3	William Comiskey	60	Troy 1:19:55
FEMALE AGE GROUP: 60 - 64			
1	Lucia Fischer	62	Albany 1:52:36
MALE AGE GROUP: 65 - 69			
1	Fred Zeitler	68	Greenville 1:29:53
MALE AGE GROUP: 75 - 79			
1	Armand Langevin	75	Cohoes 1:24:49
2	Richard Golden	77	Athens 1:54:06

Courtesy of Capital District YMCA

5TH ANNUAL DIPPICKILL FROGGY FIVE-MILER TRAIL RUN continued

MALE AGE GROUP: 45 - 49			
1	John Kinnicut	49	Menands 47:32
FEMALE AGE GROUP: 45 - 49			
1	Kirsten Leblanc	49	Broadalbin 1:01:24
2	Kim Hans	49	Loudonville 1:19:31
3	Donna Vallee	48	Niskayuna 1:19:33
MALE AGE GROUP: 50 - 54			
1	Randy Goldberg	53	Schenectady 1:00:39
2	Mark Vallee	51	Schenectady 1:11:49
3	Will Dixon	53	Albany 1:14:45
FEMALE AGE GROUP: 50 - 54			
1	Carmen Narvaez	51	Albany 57:17
2	Kathleen Goldberg	53	Schenectady 1:00:58
3	Deb Sanger	52	Burnt Hills 1:07:54
MALE AGE GROUP: 55 - 59			
1	Mark Nunez	55	Ballston Lake 45:54
FEMALE AGE GROUP: 55 - 59			
1	Cherie Moye	59	Rogers, AR 1:31:52
2	Colleen Snyder	56	Linden, VA 1:31:52
3	Ronnie Senez	59	Clifton Park 1:35:10
FEMALE AGE GROUP: 60 - 64			
1	Susan Wong	64	Glenmont 58:22
2	Gail Hein	60	Altamont 1:13:08
MALE AGE GROUP: 65 - 69			
1	Eduardo Munoz Jr	69	Olmstedville 1:02:13
FEMALE AGE GROUP: 65 - 69			
1	Laura Clark	65	Saratoga Springs 1:06:47
2	Ginny Mosher	66	Delanson 1:32:39
MALE AGE GROUP: 70 - 74			
1	Charles Merlis	71	West Hartford, CT 1:39:19

Courtesy of ARE Event Productions

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #5

July 16, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

FEMALE OVERALL					
1	Heather Mooney/18-29	Keene Valley 1:04:50	1	Chris Kaplanis/M18-29	Ridgewood 1:01:42
2	Elizabeth Izzo/18-29	Lake Placid 1:06:41	2	Jennifer Donohue/F30-39	Saranac 1:13:46
3	Caitlin Skufca/18-29	Wilmington 1:07:50	3	Joseph Sullivan/M30-39	Schenectady 1:00:48
MALE OVERALL					
1	Travis Frank/30-39	Norwalk 59:16	1	Cheryl Morris/F40-49	South Glens Falls 1:12:03
2	Sam Cowan/18-29	Lake Placid 1:00:28	2	Greg Moore/M40-49	Saranac Lake 1:05:30
3	Jeff Erenstoen/30-39	Lake Placid 1:00:44	3	Karen Delaney/F50-59	Lake Placid 1:20:14
AGE GROUPS					
1	Beckett Ledger/M00-12	Lake Placid 1:20:01	1	Scott Mooney/M13-14	Keene Valley 1:05:01
2	Scott Mooney/M13-14	Keene Valley 1:05:01	2	Ginny Mosher	66
3	Kyrsten Johnston/F15-17	South Glens Falls 1:38:52	3	Dean Paxon/M60-69	Hudson 1:15:51
TEAMS					
1	Alex Goff/Adam Terko				59:54

Courtesy of High Peaks Cyclery

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #5

July 17, 2012 • West River Road, Fort Edward

MALE OVERALL					
1	Mike Wynn/41-60	Queensbury 21:53	1	Evan Williams/M10-14	N Bennington, VT 36:15
2	Mike Duerr/41-60	Glens Falls 23:49	2	Gianni Polhemus/M14-18	Spencertown 28:09
3	Kent & Lunus Sante/Tandem	Queensbury 24:08	3	Brian Burr/M18-40	Glens Falls 26:53
FEMALE OVERALL					
1	Paige Williams/15-18	N Bennington, VT 26:33	1	Tom Suozzo/M41-60	Hartford 24:19
2	Star Cook/41-60	Queensbury 27:02	2	Julie Williams/F41-60	N Bennington, VT 30:02
3	Pat MacKenzie/41-60	Clifton Park 29:49	3	Walt McConnell/M80-89	Bolton 33:26

Courtesy of Inside Edge Ski & Bike

HMRRC SUMMER TRACK SERIES #3: HOUR RUN

July 19, 2012 • Colonie High School, Colonie

MALE OVERALL							
1	Kellen Henderson	22	Schenectady 9:5M	3	Matt Murname	46	Albany 6:8M
2	Richard Hamlin	39	Albany 9:1M	4	Vincent Wenger	48	Schenectady 6:8M
3	David Tromp	37	Glenmont 9:0M	FEMALE AGE GROUP: 40 - 49			
FEMALE OVERALL							
1	Judy Phelps	61	Malta 7:3M	1	Michelle Sanchez	49	Delmar 5:2M
2	Susan Burns	57	Rensselaer 7:0M	2	Joy Leslie	43	Albany 5:0M
3	Jennifer Bannigan	35	Slingerlands 6:6M	3	Jenika Conboy	40	Albany 3:2M
FEMALE AGE GROUP: 19 & UNDER							
1	Victoria Pezzolla	14	Slingerlands 6:0M	MALE AGE GROUP: 50 - 59			
MALE AGE GROUP: 20 - 29							
1	Cagri Ozcaglar	27	Troy 7:9M	1	Bob Somerville	59	Wynantskill 7:7M
2	Kyle Jojo	29	Troy 6:4M	FEMALE AGE GROUP: 50 - 59			
3	Philip Guerrant	26	Schenectady 6:0M	1	Janice Verrastro	57	West Sand Lake 5:8M
FEMALE AGE GROUP: 20 - 29							
1	Jessica Kostek	26	Schenectady 6:3M	MALE AGE GROUP: 60 - 69			
MALE AGE GROUP: 30 - 39							
1	Rakeem Carter	34	Albany 7:7M	1	Paul Forbes	61	Colonie 8:2M
2	Mathew Side	38	Albany 7:6M	2	Edwin Litts	62	Schenectady 6:7M
3	Michael Libertucci	32	Schenectady 7:0M	3	Charlie Matlock	67	Averill Park 4:2M
FEMALE AGE GROUP: 30 - 39							
1	Shannon Judisky	33	Rensselaer 5:2M	FEMALE AGE GROUP: 60 - 69			
MALE AGE GROUP: 40 - 49							
1	Jon Whalen	43	Slingerlands 7:6M	1	Mary Wilsey	60	Albany 6:3M
2	Ken Saddlelire	46	Waterford 7:0M	2	Mary Jane Kruegler	62	Latham 5:0M

Courtesy of Hudson Mohawk Road Runners Club

16TH ANNUAL SILKS & SATINS 5K RUN

July 21, 2012 • East & George Streets, Saratoga Springs

MALE OVERALL							
1	Macky Lloyd	22	Voorheesville 14:57	FEMALE AGE GROUP: 15 - 19			
2	Greg Kiley	23	Saratoga Springs 15:22	1	Margaret MacDonald	17	Saratoga Springs 18:19
3	Sean Pezzulo	20	Saratoga Springs 15:27	2	Courtney Tedeschi	17	Westerlo 18:23
FEMALE OVERALL							
1	Hannah Davidson	22	Saratoga Springs 17:05	3	Sarah Morin	15	Greenfield Center 18:25
2	Taylor Driscoll	16	Saratoga Springs 17:25	MALE AGE GROUP: 20 - 24			
3	Mesha Brewer	33	Saratoga Springs 17:33	1	Mike Danaher	21	Clifton Park 15:32
MALE AGE GROUP: 1 - 14							
1	Gavin Gaylor	14	Saratoga Springs 16:30	2	Andrew Dwyer	20	Rhinebeck 16:04
2	Aidan Tooker	14	Greenfield Center 16:41	3	John Farley	23	Porter Corners 16:06
3	Ethan North	14	Greenfield Center 18:35	FEMALE AGE GROUP: 20 - 24			
FEMALE AGE GROUP: 1 - 14							
1	Payton Czupil	13	Watervliet 20:43	1	Brianna Bellon	20	Greenfield 18:51
2	Erin Carey	14	Saratoga Springs 20:51	2	Emily Layden	23	Saratoga Springs 19:06
3	Keelyn Cummings	12	Wilton 21:45	3	Kaitlin O'Sullivan	23	Gansevoort 20:00
MALE AGE GROUP: 15 - 19							
1	Nick Marcantonio	19	Glens Falls 15:40	MALE AGE GROUP: 25 - 29			
2	Jay Navin	16	Saratoga Springs 15:44	1	David Raucci	26	Germantown 15:30
3	Edward Cody	19	Clifton Park 16:01	2	Shaun Donegan	26	Saratoga Springs 16:22
FEMALE AGE GROUP: 15 - 19							
1	Roxanne Wegman	25	Delmar 18:40	3	Andrew McCarthy	28	Albany 16:55
2	Leann Donnelly	28	Liverpool 18:53	MALE AGE GROUP: 25 - 29			
3	Karen Bertasso	28	Slingerlands 19:13	1	Roxanne Wegman	25	Delmar 18:40

continued

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #4

July 9, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

FEMALE OVERALL					
1	Heather Mooney/18-29	Keene Valley 1:04:34	1	Brian McPherson/M18-29	Athens, OH 1:03:00
2	Carly Wynn/18-29	Queensbury 1:05:22	2	Jennifer Donohue/F30-39	Saranac 1:17:19
3	Elizabeth Izzo/18-29	Lake Placid 1:05:36	3	Bruce Gugliotti/M30-39	Lyon Mt 1:08:23
MALE OVERALL					
1	Mike Wynn/40-49	Queensbury 55:39	1	Katie Tyler/F40-49	Saranac Lake 1:14:18
2	Colin Delaney/18-29	Lake Placid 57:45	2	Jason Amoriell/M40-49	Peru 1:02:22
3	Dave Burger/40-49	Pennellunik 1:00:25	3	Nancy Battaglia/F50-59	Lake Placid 1:27:46
AGE GROUPS					
1	Scott Mooney/M13-14	Keene Valley 1:08:35	1	Brian Delaney/M50-59	Lake Placid 1:06:35
2	Caitlin Skufca/F18-29	Wilmington 1:07:55	TEAMS		
1 Brooke Kelley/Tyra Wynn/Starlett Cook 1:03:40					

Courtesy of High Peaks Cyclery

CAMP SARAT

RUNNING & WALKING

Charity Begins at Home

Neighborhood Races with Heart

By Laura Clark

When we think of charity races Team In Training programs come to mind, with the opportunity to bypass the lottery and participate in big time events, in exchange for fundraising prowess. As noble as these mega-efforts are, the pre-race soliciting and cast of thousands can be difficult for the average competitor to manage on a regular basis.

Following in the footsteps of these trend setters are a swarm of local events. Now that consciousness has been fully engaged, athletes expect that every race affords a charitable outcome. In fact, with so many competitions in our area every weekend, often the determining factor for runners confronted with choosing between several similar events is how well the particular cause meshes with their personal belief system.

The award for the most impressive website goes to the fifth annual **Ride Run Walk 4 Love** based out of Saratoga Spa State Park on Saturday, Sept. 22, with 100, 30, 15 and a kids' one-mile bike ride, as well as a 5K run/walk. This is a serious fundraising event for a good cause, and all adult participants are expected to raise at least \$146 to benefit the Love 146 organization. This association works for the abolition of child sex trafficking across Asia, Europe and the United States, as well as providing rescued young people with therapy, family, education and employment opportunities.

Get involved by logging onto rrw4l.com to view videos of race day excitement, obtain super-detailed participant information, learn about the free bike tune-ups, and the Dinosaur Bar-B-Que feast. For those using this event as a toe-hold into the world of big-time charity events, check out the site's fundraising primer.

With your enthusiasm riding high, on Sunday, Sept. 23 head out to the fifth annual **Tour "LaFrance" 5K Family Run/Walk** once again at Saratoga Spa State Park's Orenda Pavilion. There's also a one-mile kids' run, live music and BBQ lunch. Proceeds are ear-



marked for the memorial fund established in honor of Connor LaFrance, a 14-year-old competitive motorcyclist who met a tragic death while participating in the sport he loved. Scholarships are awarded to local student athletes needing financial support to compete on a national level, to organizations promoting youth athletics, and to seniors graduating from Saratoga Springs High School interested in competing at the national level in their sport.

The website is both tasteful and poignant, laced with often humorous reflections on Connor's life. It is one thing to lose a friend; it is quite a different matter to lose a son and be strong enough to transform that loss into a positive force. Visit connor-lafrance.org.

In a similar manner, family and friends of 13-year-old Nick Cammarata, a leukemia fighter, commemorate his life with the third annual **Nick's 5K Run to be Healed** to be held on Sunday, Sept. 30 at Clifton Commons in Clifton Park. In addition to the 5K run, there's a Nick's Dash for kids, Zumba warm-up before the 5K, two-mile community walk, and raffles, prizes, DJ and carnival. This year's run is in honor of Ben Mayo, a Clifton Park teen who is battling cancer.

Nick's foundation supports local pediatric and young adult blood cancer patients with an event that is more celebration than sadness. Participants are encouraged to key into Nick's love of hats by wearing a zany hat of their own discovery or making. The upbeat spirit is a reflection of Nick's personality. The dragon embossed on the race logo expresses the teen's fascination with all things medieval. The thumbs-up "Healing Kids by Having Fun" tag line is demonstrated by Nick's favorite photo pose. But Nick's presence extends beyond the race's fundraising efforts to his Round Table, a teen advisory group determined to make a difference for kids battling cancer. Go to fight-to-be-healed.com.

Also on Sunday, Sept. 30 you could choose the ninth annual **Crossings 5K**



- REMEMBER TO WEAR YOUR CRAZY HAT AT NICK'S 5K!
- START OF THE 2011 RACE AWAY STIGMA 5K RUN AT HVCC. JEFFREY STASKO
- RUNNERS AND CYCLISTS AT THE 2011 RIDE RUN WALK 4 LOVE.

Challenge Run/Walk, staged from the Rudy Ciccotti Family Recreation Center, proceeding from there down Aviation Road, and onto a flat, fast route utilizing the paths of The Crossings of Colonie. Proceeds are earmarked to support the Colonie Youth Center's programs and their family scholarship fund that provides reduced rate before/after school child care and counseling services to struggling families.

In addition to the 5K run/walk, this is truly a kid-oriented event with the unusual option of both a free 1/4- or full-mile fun run. Only those kids desiring a dri-fit, long-sleeve shirt need make a \$10 donation. The key word is while supplies last so get those entries in early. Last year over 175 fun runners and 500 5Kers participated, claimed their medal, and enjoyed post-race pizza and music. Visit colonieyouthcenter.org.

On Saturday, Oct. 13 the fourth annual **Race Away Stigma 5K Run & Fun Walk** is based at the baseball stadium on the Hudson Valley Community College campus in Troy. Besides reaching the finish line, the goal is to help "race away" the stigma that surrounds mental illness. With mental health issues commonly arising during the college years, it is hoped the publicity engendered will help students overcome their reluctance to seek help.

As athletes we have all experienced the mental lift we get from going out for a run when stress builds, so helping to spread the word through running is a natural fit.

The course leaves the campus and winds through a residential neighborhood behind the school. Go to hvcc.edu/cct.

Also on Saturday, Oct. 13 celebrate the autumn spirit in Saratoga County with the sixth annual **Falling Leaves 5K Run and Walk** within the historic village of Ballston Spa. Enjoy the fall colors at race headquarters in Kelley Park, knowing that your efforts will support the community outreach programs of the Ballston Spa United Methodist Church. Race director Gary Wilson emphasizes that this is a family-friendly event with a special discounted family rate for snail mail entries.

Kids receive free entry into the half-mile fun run that utilizes the traffic-free park paths. The scenic 5K course is punctuated by an uphill near the start and its corresponding reward downhill as you approach the finish. There are great drawings to win gift certificates to many area businesses. Visit ballstonspaumchurch.org.

This fall we can select from a variety of more intimate local events that offer the same feel-good options as their larger cousins but with much less hassle. And in this era of "buy local" that is always a good thing. ▲

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

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BICYCLING *cont. from page 1*

Lake, and the Hudson River down to Stony Creek before taking a sharp left to head back to Lake Luzerne.

While the 40-mile route skips the big climbs, there's still a steady uphill out of Lake George to Warrensburg. There's also plenty of scenery along the Hudson following part of the route of the scenic Saratoga and North Creek Railway from Athol to Stony Creek.

Registration for the 40- and 100-mile challenge rides are \$35 and \$55, with fees for the Saturday USA Cycling sanctioned adult races at \$45. For more information, go to touroftheadirondacks.com.

On October 6-7, Dieter Drake and Anthem Sports will sponsor another event highlighting the Washington County landscape and the dirt roads that have made the spring Tour of the Battenkill into the largest cycling race event in the country. The **Battenfall Classic** and the **Tour of the Battenkill Fall Preview Ride** give all riders a chance to enjoy the famous – some say infamous – course that winds through farms, fields, and lots of dirt.

The Battenfall Classic scheduled for Saturday, will offer events for men's and women's Category 1-4, and special races for men new to racing as Category 5s. The event will be held on a 12-mile circuit through the towns of Salem and Hebron, with total race distance still to be finalized.

Dieter said this year's course harkens back to the first edition of the Tour of the Battenkill – then called Battenkill-Roubaix – in 2005. The Battenkill Valley Creamery will be one of the best places for spectators to take in the multi-circuit event, he added.

The Tour of the Battenkill Fall Preview Ride on Sunday will give next year's racers their first look at the revised race course, which has been tweaked to provide new challenges and fresh scenery.

A marked course, maps and cue sheets, stocked rest stops, and mechanical support will be available on the Sunday ride. Entry fees range from \$25 individual entry for the



STEVE RELLES OF DELMAR UNICYCLES
CENTRAL PARK IN SCHENECTADY.
PHOTO BY DAVE KRAUS

preview ride to \$45 for the Saturday Battenfall race. Registration for both is at bikereg.com.

Meanwhile, for riders who just can't find satisfaction on two wheels, the Heather Rizzi Racing Team will be sponsoring the **HRRT Unicycle Race** in Schenectady's Central Park exclusively for unicycles on Sunday, September 23.

Off-road unicycling requires a high level of balance and skill, not to mention strength for climbing. Every unicycle is a fixed gear because the axle of the wheel is also the crank axle. Add mud, rough terrain, steep climbs and descents – and the spectator friendly trails in Central Park – and the recipe is complete for a fun-to-watch event.

Slated to start at 10am, the two-hour race will award victory to the rider who completes the most laps of the course in the park's nature preserve near the intersection of Fehr Avenue and Golf Road in Schenectady. Prizes are based on attendance. Heather said the race attracts riders from a wide area and there were 14 racers last year.

Heather's club hosts a variety of events throughout the season, and the prepared trails in the park offer a good mix of flowing singletrack, boardwalks, short steep climbs, and no shortage of logs to jump over. Heather said she is aiming to mark out a three to four mile loop that will let racers complete a lap every 30 minutes.

Registration for the race is \$30. Get more information at bikereg.com. ▲

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

WALKING**Racewalking****Promoting an Often Misunderstood Sport**

By Jennifer Foresman
PHOTOS BY JENNIFER FORESMAN

Back in 1973, when Donald Lawrence was a typical 14-year-old boy bursting with energy to burn, his track coach suggested that he try competitive racewalking instead of running in the next meet. The quick-thinking ninth grader calculated his odds of medaling increased in a smaller participant pool, so he was game. The impact on his life from that event turned out to be far greater than the ribbon he brought home. Don had discovered the sport that would delight, challenge, and drive him for the next four decades.

Racewalking, although much less known than its other track and field relatives, has been an Olympic sport since 1908, involving distances from 5K to the longest distance of any Olympic event – the 50K. It is a sport that almost anyone can learn, can be practiced almost anywhere, and can provide an excellent total body workout once the correct form is achieved.

Although there are only two cardinal rules: 1) the knee must be kept straight from the forward heel contact until it is vertically under the hip, and 2) one foot must be on the ground at all times, racewalking engages every part of the body. A person should strive for good posture, arms held at right angles both driving forward and pulling back, abs contracted and glutes tucked under and tight, hips swiveling to accommodate the straight knee, and toes pushing off and then literally pulling the ground under you like the accelerated airport walkways. All this, while you remember to breathe, relax, and aim for a 12-minute-mile for starters! With practice, and increasing strength and endurance, times as fast as seven minutes per mile or faster can be achieved.

Don has travelled to three Olympics, three World Track & Field championships, and one Pan Am Games as a racewalk-

ing coach. He participated himself in three Olympic trials, the 1991 World Walking Championship, and has been race director of the USA 10K Championship for the past five years. He is also the president of USA Track & Field-Adirondack, where he is able to assure that racewalking is represented throughout the Capital Regions many events. Don still competes both nationally and internationally as a Masters Athlete, placing fifth in the 2011 Worlds.

Currently, he devotes most of his time promoting the sport he is passionate about and building its reputation locally. Many runners who must retire due to injury are surprised to discover that racewalking is a great sport in its own right. Young people that may shy away from some of the other track and field disciplines for whatever reasons, often find racewalking a sport to call their own, build confidence and self-esteem, and go on to compete at the college level. Adults, including this writer, who have never been able to master any sort of running activity, may be amazed that they can build up their walking strength, increase their physical fitness, keep setting new PRs, and compete in the numerous area races alongside the runners!

Don is the director of the Fleet Feet Sportwalkers Club, which conducts classes in Colonie at The Crossings on Mondays from 6 to 7pm, and in Saratoga Spa State Park at the Gideon Putnam parking lot on Thursdays from 6 to 7pm. All ages are welcome, and Don also offers private instruction. For more info, contact him at walk2goal@gmail.com. ▲

Jennifer Foresman (jenneleather@live.com) lives in Saratoga Springs and owns Jenne Leatherwork. She is an avid amateur athlete and can often be found at a track or a soccer field cheering on her family.

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