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December - February Events

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- Community
 - "Long Distance" Running in NYC
- **Athlete Profile**
 - Hiking with Spencer Morrissey
- Hiking & Snowshoeing
 - High Peaks to No Peaks: Nelson Lake
- From the Publisher & Editor
- **RACE RESULTS** 13-18 Top Finishers in 20 Events

Discover a Winter Wonderland

Backcountry Ski Touring in Upstate New York

By Rich Macha

f you have a sense for adventure, a thirst for exploration, an eye for the beauty of nature or just like to have more fun, then backcountry skiing could be for you! A day tour can be invigorating plus it can offer some expected and unexpected challenges. Add in the exhilaration of coasting down hills under control and you have the makings of a memorable outing.

Whether we like it or not, we all need some exercise and cross-country skiing offers a great cardiovascular workout, as well as utilizing both upper and lower body muscles. Getting that exercise in crisp air amongst natural beauty is a bonus.

The winter of 2011-12 was not the best for snow lovers, but I was still able to get out on my cross-country skis more than 40 times, most of the time on ungroomed trails. We did not have much snow in the Albany area where I live, but we often found snow after a drive of an hour or two. Thanks to the Internet we can find out snow depths in a variety of locations (nohrsc.noaa.gov/nsa).

We can get to these scenic places on snowshoes, but why trudge when we can glide? While beginner skiers might be able to tackle easy terrain, it does take time, patience, and practice to become proficient at negotiating steeper and bumpier hills.

The more you do it the better you get. I have a small quiver of skis to choose from. Most of my skiing is done on skis that are 70-millimeter (mm) to 90mm at their under the foot. A narrower ski tends to be faster, but a wider ski with more "sidecut" will float and turn better. Sidecut is the difference between the widest and narrowest part of the ski.

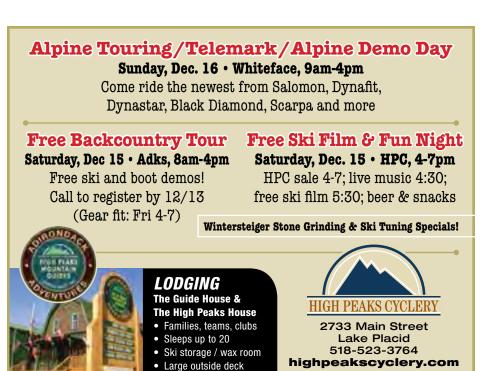
Metal edges on these skis protect and help you maintain a sharper edge, plus they aid you in turning on the steeper downhill sections - especially in less than ideal conditions. Waxless bases allow skiers to pay more attention to their surroundings, rather than attending to the performance of their skis. I do however either wax the front and back of no-wax ski bases for a better glide, or wipe a product like Maxiglide or Swix Easy Glide over the entire ski base, especially with warmer temperatures when the snow tends to be sticky.

Staying warm in cold weather can be an issue. It is best to dress in layers and avoid wearing any cotton clothing, which can suck the heat right out of you when damp. In your pack, carry extra gloves and mittens, extra warm clothing, and a down jacket is great for breaks when you are more likely to feel chilled. Other welcome additions are hand warmers (small, mostly disposable packets), an insulated pad to sit on, and a hot drink to consume. No matter what season it is, the essentials include a whistle, map and compass, multi-tool, food and water, fire-starting stuff, first aid kit, headlamp and repair items - including duct tape.

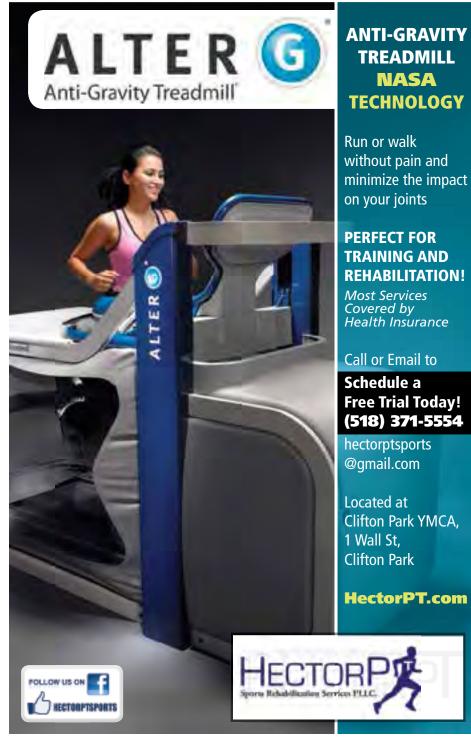
Where can we find snow? If there is no snow in your backyard, then think elevation! Here in the Capital Region, most people

See Backcountry Ski Touring, 19













www.AdkSports.com DECEMBER 2012

SNOWSHOEING RUNNING & WALKING

By Laura Clark | A /e have all heard of folks who have set | Examining the schedule, on January 12 | employ similar hard/easy strategies; that is, | 2011 SARATOGA | WINTERFEST.

We have all heard of folks who have set their sights on double Ironmans, or of 50 States Marathon Club members who log consecutive weekend marathons across state lines. Most of us greet this news with a slight shudder and a sense of incredulity. Then the overachiever aspect of our personality kicks in and we guiltily wonder if we should be doing any of this stuff.

With the 2006 Disney Goofy Challenge, featuring a half marathon on Saturday followed by the marathon on Sunday, the trend toward multiple day events suddenly became less mind-boggling and slightly more achievable. After all, with a bonafide Disney endorsement and Donald, Mickey and Goofy leading the way, how difficult could it be? Last year 6,500 runners succeeded.

This winter could be your opportunity to jump on the bandwagon without spending big bucks to travel to Florida. Just strap on your snowshoes, visit runwmac.com, and note the current lineup of 16 events. Even the most mathematically challenged among us can grasp the fact that with approximately 10 weeks of prime-time winter, some doubling is inevitable in the scramble to cram as much fun as possible into a too-short time span. Actually, we have been doing this for years, but now we get to latch onto a major trend.

So for the 2013 season there is a possibility of six weekends of back-to-back races. Add in the additional races sponsored by dionsnowshoes.com, empirestatesnowshoe.org and snowshoeracing.com, and the possibility for an endless winter really does exist. As the popularity of snowshoeing has increased and our race calendar has subsequently expanded, many experienced snowshoers began doubling, not to make any sort of personal statement, but rather because we hated to miss out on any of our favorite events. Through trial and error we have learned a few things; mainly, targeting likely races, streamlining pre-race logistics, training your mind if not your body.

As a starting point on your winter adventures, it is probably not a good idea to tackle a distance that you have never before attempted. After my first Peak Snowshoe Marathon, my husband Jeff and I blithely proceeded to the Hawley Kiln Five-Miler. The feeling was rather like the initial transition from bike to run during a triathlon, only more so. A better way to approach this insanity would be to consult the schedule and select a combo that features a more difficult event of doable mileage followed by an easier second day.

Examining the schedule, on January 12 and 13, **Constitution Hill** in Lanesborough, Mass., followed by Albany Running Exchange's **Brave the Blizzard** in Averill Park are likely candidates. Constitution Hill, one of the few races to thrive in last year's snow drought, takes you 3.6 miles through deep, untrammeled snow and winding, scenic wooded areas. Brave the Blizzard, with its trademarked costumed characters, continues to bill itself as a non-threatening beginner's four-mile event. As an added plus, this duo is early enough in the season to permit you to rack up more doubleheaders.

On the weekend of February 23 and 24, there is also **Moby Dick**, a difficult seven-mile trek up Mount Greylock's version of the white whale in Lanesborough, with a glorious ride down the hump, followed by the next day's **Hallockville Orchard**, a comparatively flat 3.8-mile trek in West Hawley, Mass.

For those who prefer the opposite tactic, the weekend of January 5 and 6 brings you **Turner Trail** five-miles in the Pittsfield (MA) State Forest, whose slogan should be "up, down and twist around," followed by the more moderate, but still challenging **I Love Woodford** three-miler near Bennington, Vt.

However you choose to go, know that the mental side of the equation is equally as important as the detailed racing strategies outlined in *Runner's World* John Hanc's *Five Strategies to Nail Back-to-Back Races*. By the time the snow arrives and you connect all the dots, the season will be over. After some post-Turkey Trot down time, concentrate on maintaining your fitness during the holidays. Visit the Western Mass. Athletic Club's runwmac.com site to peruse past *SnoNews* newsletter stories about your target events.

Most especially, don't make the mistake of sabotaging your Saturday race by holding something in reserve for the next day. Not only will you ultimately disappoint yourself, but you will be pleasantly surprised at how your Sunday legs quickly recover from the previous day's effort. Snow is softer than both roads and trails, and allows your body to rebound so much more quickly. The second day, you will want to start out a bit slower than usual, which is not necessarily a bad thing. If you have selected radically differing courses like the ones outlined above, you will discover that you will fool your body into believing it is starting fresh by recruiting different muscles and race speeds.

The three remaining combos pretty much

Ann Margaret McKillop

employ similar hard/easy strategies; that is, if you count Camp Saratoga as being easy. But here, lengthy road trips in possibly challenging weather conditions up-the-ante. On January 26 and 27, the **Side-Hiller** four-miler in New Hampshire is followed by **Curly's Record Run** four miles in Pittsfield, Mass.

On February 9 and 10, the **Camp Saratoga** five-miler in Wilton, is three hours away from the **Northfield Mountain** 6.2-mile race in Massachusetts. And Sunday's **Moore State Park** 3.1 miles near Worcester is far away from anything local.

This is not like attending a running festival weekend where one drive, however long, will net you several events with relaxing downtime in between. During your downtime you will be racking up road mileage in an unfamiliar setting while trying to dry out your clothes and refuel your body. Not exactly stress free. Your best bet, which remains true for any of these events, would be to carpool – either with like-minded companions who are in it for the long haul or with a completely fresh set of friends for round two.

In the Calendar of Events, you may notice that the WMAC Dion Snowshoe Series for the last three weekends of February – by which point we are presumably tough enough – features three doubleheaders!

If triple headers sound like a good idea to you, or if you are new to the sport of doubling, this is not the time for serious weekday training. One or two short shakedown runs at a ridiculously easy pace will be enough to loosen your legs. This would also be a good time to mentor a beginner or to cross-train. Or perhaps simply sleep in! Spend your extra time wisely by sorting your gear and doing those errands you would normally save for the weekend.



You don't have to be super-trim or extra speedy to take on the doubles challenge. In fact, doubling is particularly suited to the abilities of the average athlete who isn't as concerned with winning the race as they are with running outside of the lines.

PHOTOS BY BRIAN TEAGUE

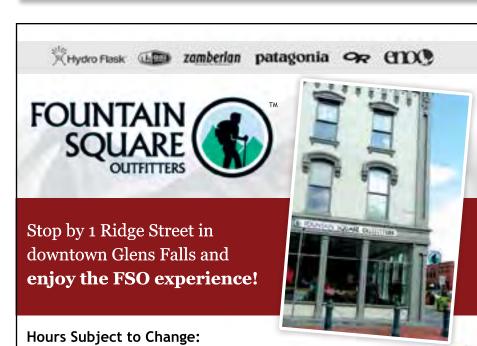
SARATOGA.

As Mary Whittredge, Saratoga Stryders club member and No Boundaries program mentor, discovered after completing Disney's Goofy Challenge, the possibilities expand exponentially. Attempting her first 50K, which previously seemed impossible now seems eminently doable. By tackling a double, you will discover what you are truly made of, and be ready to go wherever that takes you.

While you may not ever win a race outright or snag an age group medal, through your sheer persistence, you will become a role model to many and a hero to yourself!

Laura Clark (Iclark@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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Calendar of Events December 2012 - February 2013*

*Events beyond this month are advertisers in this issue

	DECEMBER 2012							JANUARY 2013							FEBRUARY 2013						
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ALPINE SKIING & SNOWBOARDING

DECEMBER

- Free Backcountry Tour in Adirondacks. Ski & boot demos. 8am-4pm. Register by 12/13. Gear fit: 12/14, 4-7pm. Ski Film, fun & sale: 4-7pm. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 15 Telemark Movie "Let's Go!" at Tannery Pub. 5pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 16 High Peaks Cyclery Demo Day: Alpine Touring, Telemark & Alpine. Whiteface, Wilmington. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- Inside Edge Ski, Board & Bike Demo Day. Gore Mountain, North Creek. Inside Edge: 793:5676. insidedge.biz. Deck the Halls Rail Jam. Whiteface, Wilmington. 946-2223. 19
- 21 whiteface.com.
- **Lumberjack Log Jam.** Freestyle Ski/Board. 12pm. Gore Mountain, North Creek. 251-2411. goremountain.com. 22
- Christmas Holiday Camp. 9:30am-3:30pm. Ages 4-12. Gore Mountain, North Creek. 251-2411. goremountain.com.
- Hot Dog Kids Ski/Ride Race. Oak Mountain, Speculator. 27 548-3606. oakmountainski.com.
- Burton Snowboards Demo Day. Gore Mountain, North 28 Creek. 251-2411. goremountain.com.
- 29 Willie Bear Kids Ski/Ride Race. Oak Mountain, Speculator. 548-3606. oakmountainski.com.

JANUARY

- 1 New Year's Tubing & Skiing Party. 6-8pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Beginner Weekend Programs. Maple Ski Ridge, Rotterdam. Schenectady Ski School: 377-3730. schenectadyskischool.com.
- Super Sunday: Island Madness. Discounts, games, events. Whiteface, Wilmington. 946-2223. whiteface.com.
- Ski Bus Trip: Okemo Mountain Resort, Ludlow, VT. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- Homewood Snowboards Demo Day. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 12 Rail Jam Series #1. Oak Mountain, Speculator. 548-3606.
- oakmountainski.com. Take Your Kids to Gore Week. 19-under ski/ride/tube free.
- Gore, North Creek. 251-2411. goremountain.com. FIS Freestyle World Cup: Moguls & Aerials. Whiteface Wilmington & Olympic Jumping Complex, Lake Placid.
- 523-1655. whitefacelakeplacid.com. 17-19 FIS Freestyle World Cup Aerials. Olympic Jumping Complex,
- Lake Placid. 523-2202. whiteface.com.

 MLK Holiday Camp. 9:30am-3:30pm. Age 4-12. Gore

 Mountain, North Creek. 251-2411. goremountain.com.
- Torchlight Parade & Fireworks Spectacular. Dusk. Gore 20
- Mountain, North Creek. 251-2411. goremountain.com. 21
- USASA Boarder/SkierCross Race. Ski Bowl, Gore Mountain, North Creek. Mike Kirchner: 946-7001. usasa.org.
- Deck the Halls Rail Jam. Whiteface, Wilmington. 946-2223. 21 whiteface.com.
- 26 Rock the Mountain Festival. Willard Mountain, Greenwich.
- Alpine Sport Shop Snow Train Ski/Ride Day at Gore. 7am. Saratoga Springs. 584-6290. alpinesportshop.com.
- Full Moon Pizza Party & Tubing. 6-8pm. Ski Bowl, North Creek. 251-2411. goremountain.com.

- 26-27 Women Only: Alpine Skiing & Burton Snowboard Clinics.
- Gore, North Creek. 251-2411. goremountain.com. Gore Restaurant Race. 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.

FEBRUARY

- 24 Hour Ski/Board Marathon for the Green Drakkoman Foundation. Also: 2, 7 or 12 hour opportunities. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 2-3 Master the Mountain: Alpine Skiing or Snowboarding Clinics. Gore, North Creek. 251-2411. goremountain.com.
- 2-3 Telemark Skiing Clinic for Beginners. 1-2 days. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 3 Super Sunday: Super Bowl. Discounts, games, events.
- Whiteface, Wilmington. 946-2223. whiteface.com. 33rd Empire State Winter Games. Olympic Venues, Lake Placid. 523-2445. empirestatewintergames.com.

 10th "Chicks on Sticks" Bus Trip. Bromley, Manchester, VT.
- Alpine Sport Shop: 584-6290. alpinesportshop.com.
- Hickory Historical Ski Day. Family activities. Après party w/vintage-retro skiwear theme. 9am-4pm. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.
- Burton Snowboard Clinic: Coed for Beginners. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- Adult Alpine Racing Clinic. 8:30am. Gore Mountain, North
- Creek. 251-2411. goremountain.com. Glades & Glory Adult Ski & Snowboard Camp. 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.

 Ridge Fest Celebration & Snowbox Derby. Maple Ski Ridge,
- Rotterdam. 381-4700. mapleskiridge.com.
- Saturday Night Skins Race. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Ski Bus Trip: Okemo Mountain Resort, Ludlow, VT. Alpine Sport Shop: 584-6290. alpinesportshop.com.

MARCH

6th Hickory Telemark Festival. Hickory Ski Center, Warrensburg. 798-3962. hickoryskicenter.com.

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DECEMBER

- Movement of Silence 1M Bike Ride & Run/Walk. Wear green & run/walk/bike in silence to honor Shenendehowa's Chris Stewart & Deanna Rivers. 10am. Donations encouraged. Niskayuna H.S., Niskayuna. HRRT/Plaine & Son. Heather Rizzi: 847-2419. hikebikerunoutside@yahoo.com.
- Changing Tires, Tubes & CO2 Clinic. 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com. Xmas Madness Mountain Bike Race. 5M. 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

JANUARY

- 4th Frozen Onion Winter Bike Race #1. 11am. Hubbard Park, 6 Montpelier, VT. 802-229-9409. onionriver.com.
- First Century Road Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

FEBRUARY

Snowball Express Road Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

MARCH

8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. adksports.com.

CROSS-COUNTRY & BACKCOUNTRY SKIING

ONGOING

- Cyclery & Mountain Guides, Lake Placid. Reserve w/Brian: 523-3764. highpeakscyclery.com.
- Soup-er Seniors Ski/Snowshoe Day. Discount/free soup. 65+. Lapland Lake, Northville. 863-4974. laplandlake.com.

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- 15
- Placid. 523-3764. highpeakscyclery.com.

 XC Ski Orienteering Race. 2-3K. Lapland Lake, Northville.
 Eric Hamilton: 383-8565. empo.us.orienteering.org.

 World Famous Christmas Pie XC Ski Race. 5K classic. 11am. 22 Osceola Tug Hill, Camden. 315-939-2341. skireg.com.
- 29 Finn-Tastic Moonlit Night Skiing & Campfire. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Glenville Hills Classic XC Ski Race. Glenville. nyssranordic.com.

JANUARY

- 1 Old Forge Resolution Day Freestyle XC Ski Race. McCauley Mtn, Old Forge. nyssranordic.com.
- 5 Lapland Ladies Love to Ski. Classic lessons. 9:30am-2:30pm.
- Lapland Lake, Northville. 863-4974. laplandlake.com. Glens Falls Freestyle XC Ski Race. 7.5 K/5 K. 9am. Crandall 5 Park, Glens Falls. nyssranordic.com.
- Lake Placid JNQ Freestyle XC Ski Race. Olympic Sports Complex, Lake Placid, nyssranordic.com.
- Ski Fest. Free lessons & DH clinic. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- Fischer Skis Demo Day. 9:30am-3pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Lake Placid JO Classic Ski Race. Olympic Sports Complex, Lake Placid. nyssranordic.com.
- NYSEF Harry Eldridge XC Classic: Classic & Freestyle. Olympic Sports Complex, Lake Placid. 523-2811. nysef.org.
- 12 Winter Trails Day. XC ski/snowshoe: 2-4:30pm. Lapland Lake, Northville. Preregister: 863-4974. laplandlake.com.
- Cayuga Nordic Classical XC Ski Race. nyssranordic.com. 12
- Ladies Nordic Ski Expo. 8:30am. Trapp Family Lodge, Stowe, VT. 802-864-5794. catamounttrail.org. Bill Thayer Memorial XC Ski Races. Garnet Hill Lodge, North
- River. 283-7397. capitalregionnordicalliance.org. **Beginner Backcountry XC Skiing: Adirondak Loj.** Heart Lake,
- Lake Placid. Adirondack Mountain Club: 523-3441. adk.org. Garnet Hill XC Ski Race. Garnet Hill Lodge, North River.
- 283-7397. capitalregionnordicalliance.org.
- Moonlight Snowshoe/XC Ski. 6-9pm. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
- 26 31st Lake Placid Loppet XC Ski Race. 50K Loppet classic: 9am. 25K Kort-Loppet classic: 9:15am. 50K Loppet freestyle: 10am. 25K Kort-Loppet freestyl: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.
- Cascade Full Moon Party. Bonfires, food, music. Cascade XC 26 Ski Center, Lake Placid. 523-1111. cascadeski.com. Holland Patent Classical XC Ski Race. Trenton Fish/Game 26
- Club, Holland Patent. nyssranordic.com. Winona Forest Try-It XC Ski Race. 12.5 classic. 9am. CCC 26
- Camp, Mannsville. 315-243-5235. skireg.com. 27 Higley Hustle XC Ski Race. 5K/10K classic: 10am. 5K free: 1pm. Higley Flow S.P., Colton. 315-262-2362. skireg.com.
- 27 Old Forge JNQ Qualifier XC Ski Race. McCauley, Old Forge. nyssranordic.com

FEBRUARY

- **32nd TD Bank Craftsbury Ski Marathon.** 25K/50K race or tour w/feed stations. 9am. Highland Lodge, Greensboro to Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- Hurt-A-Thon XC Ski Races. 5K/10K/15K. 9:30am. Crandall Park, Glens Falls. Dave Paarlberg-Kvam: 585-944-1610. skireg.com.
- Lapland Ladies Love to Ski. Classic technique, lessons. 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- Canadian Ski Marathon. 100M. North America's oldest, longest ski tour: 10 sections over two days for all ages/abilities w/feed stations. Lachute to Montebello to Gatineau, QC. 877-770-6556. csm-mcs.com.
- 19-22 Kids' Learn to Ski Week. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. pineridgexc.com.

NYSSRA

Champions

- **Moonlight Snowshoe/XC Ski.** Pineridge XC Ski Area, East 22 ikill. Reserve: 283-3652, niner
- Cascade Full Moon Party. Bonfires, food, music. Cascade XC Ski Center, Lake Placid. 523-1111. cascadeski.com.
- Dewey Cookie Clash Freestyle XC Ski Race. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.

32 ndWinona Forest Tourathon 13 K/25 K/38 K/50 K XC Ski 23 Races. CCC Camp, Mannsville. 315-243-5235. skireg.com.

MARCH

- 11th Adirondack Backcountry Ski Festival. Guided tours, presentations, clinics. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 2nd Wood 'N' Ski Rendezvous. 5K XC ski race, vintage clothing, music. Cascade XC Ski Center, Lake Placid. 523-1111.
- NYSSRA Nordic Champions Cup Weekend. Biathlon sprint/ pursuit, ski-orienteering, club relay ski race, 21K freestyle ski race. Saratoga Biathlon Center, Day. nyssranordic.com.

HEALTH & FITNESS

ONGOING

- Daily RPM Indoor Cycling Classes. First class is free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. Schedule: coreglensfalls.com.
- **Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 1/7 & 3/4. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women. Starts: 1/7 (4wk), 2/4 (2wk), 2/25 (4wk). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com. Fri
- Hatha Yoga. 8:30am. The Studio, High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com. Fri
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 10am. The Studio, High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

DECEMBER

10-1/15 Alter G Anti-Gravity Treadmill for Training & Rehabilitation. Hector PT at Southern Saratoga YMCA, Clifton Park. Schedule a free trail: 371-5554. hectorpt.com.

JANUARY

- Annual Membership Specials. Albany Jewish Community
- Center, Albany. 438-6651 x127. saajcc.org. **Open House & Fitness Demos**. 11am-3pm. Albany Jewish Community Center, Albany. 438-6651 x127. saajcc.org.

MARCH

8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, SNOWSHOE HIKING & CLIMBING

ONGOING

- Daily Lake Placid Snowshoe & Nordic Ski Vacations. High Peaks Cyclery & Mountain Guides, Lake Placid. Reserve w/Brian: 523-3764. highpeakscyclery.com.
- Finn-Friday Snowshoe Trek. Free tour. Lapland Lake, Northville. 863-4974. laplandlake.com.

DECEMBER

- 20-22 Winter Mountaineering Expedition: Mt Couchsagraga. 18M. Tim Hallock: 631-255-2672. northeastmountainguides.com.
- Adirondacks Great Range Mountaineering. Capt Tim Hallock: 631-255-2672. northeastmountainguides.com Dinner & Full Moon Snowshoe Tour. 6pm Lapland Lake,
- Northville. Reserve: 863-4974. laplandlake.com.
- New Years' Eve 1000-Ft Climbing Challenge. 12pm-12am. The Edge, Halfmoon. 982-5545. theedgehalfmoon.com.

JANUARY

- Esther Mountain Trailless Hike. 9.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- Full-Day Hike: Slide Mountain in the Adirondacks. Capt Tim
- Street & Nye Trailless Hike. 8.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- Snowshoe Hike to Perigo Mtn. 3hrs. 10:30am. Pineridge XC, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
 - So many things to do, you just may forget

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TRY SNOWSHOEING

Saratoga Winterfest 5-Mile! Sunday, February 3 at 11am

Saratoga Spa State Park, Saratoga Springs Empire State Snowshoe Series Championship! U.S. Snowshoe Championship qualifier

10th annual

Camp Saratoga 8K Saturday, February 9 at 10:30am Wilton Wildlife Preserve & Park, Wilton

New: 3-Person Teams! U.S. Snowshoe Championship qualifier

Register Online/Entry Form: www.saratogastryders.org

Fee: \$20 w/shirt or \$25 race day w/shirt if available Pre-registered only: Age 65-over & 12-under Free (shirt \$10) Pre-register only: \$30 for both races (one shirt) • Runners & walkers welcome! Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series

More info: Laura & Jeff Clark • laura@saratogastryders.org or 518-581-7550



you need - you raise funds for lifesaving cancer research.

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(518) 438-3583 or teamintraining.org/uny

MARCH 9 & 10

Saturday 10-5 • Sunday 10-4

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 $18\hbox{-}20\ \ 17 th\ Adirondack\ International\ Mountaineering\ Festival.\ The$ Mountaineer, Keene Valley. 576-2281. mountaineer.com.

Women's Snowshoe Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

Historic Snowshoe Hike. 2hrs. 10:30am. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. pineridgexc.com.

- 20 Street & Nye Trailless Hike. 8.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

 Dinner & Full Moon Snowshoe Tour. 6pm Lapland Lake,
- Northville. Reserve: 863-4974. laplandlake.com. Tabletop Trailless Hike. Heart Lake, Lake Placid. ADK: 26
- 523-3441. adk.org. 27 Intro to Backcountry Snowshoeing. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

FEBRUARY

- Esther Mountain Trailless Hike. 9.5M. Heart Lake, Lake 10 Placid. ADK: 523-3441. adk.org.
- Tabletop Trailless Hike. Heart Lake, Lake Placid. ADK: 17 523-3441. adk.org.
- Dinner & Full Moon Snowshoe Tour. 6pm Lapland Lake, 22 Northville. Reserve: 863-4974. laplandlake.com.
- Street & Nye Trailless Hike. 8.5M. Heart Lake, Lake Placid. 23 ADK: 523-3441. adk.org.

MARCH

8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. adksports.com.

ICE SKATING & SPEEDSKATING

DECEMBER

- 1st Lake Placid Golden Skate Marathon. 10K/21K/42K. Sheffield Speedskating Oval, Lake Placid. Christie Sausa: 302-5028. lakeplacidoval.com.
- 15-16 Jack Shea Sprint Speedskating Races. 500m/1000m. 12-under: 100m/600m. 8:30am. Sheffield Speedskating Oval, Lake Placid. Tom Miller: 304-3039. usspeedskating.org.

JANUARY

Charles Jewtraw All-Around Speedskating Races. 500 m/1500 m/1000 m/3000 m. Sheffield Speedskating Oval, Lake Placid. Tom Miller: 304-3039. lakeplacidoval.com.

FEBRUARY

 $16\text{-}17 \quad Lake \ Placid \ All-Around \ Speeds kating \ Races.} \\ 500m/1500m/1000m/3000m. \ Sheffield \ Speeds kating \ Oval,$ Lake Placid. Tom Miller: 304-3039. lakeplacidoval.com.

MULTISPORT: BIATHLON & ORIENTEERING

DECEMBER

Ski-Orienteering. Garnet Hill Lodge, North River. 872-1993. empo.us.orienteering.org.

JANUARY

- New Year's Resolution Day Biathlon. McCauley Mountain, Old Forge. nybiathlon.com.
- Biathlon: Sprint-Pursuit. Garnet Hill Lodge, North River. 861-8020. capitalregionnordicalliance.org
- Paintball Biathlon. 9:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- Ski/Snowshoe Orienteering. 10am. Pineridge, East Poestenkill. 872-1993. empo.us.orienteering.org.
- Saratoga Biathlon. Sat: Individual Relay. Sun: Individual.
- 11am. Saratoga Biathlon Club, Day. nybiathlon.org.

FEBRUARY

Paintball Biathlon. 9:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.

MULTISPORT: TRIATHLON & DUATHLON

DECEMBER

29-30 T3 Coaching 2-Day Triathlon Swim Clinic. Glens Falls HS, Glens Falls. Kevin Crossman: 761-4067. t3coaching.net.

JANUARY

Craftsbury Winter Triathlon #2. Run/bike/XC ski. 11am. Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

FEBRUARY

- 9th "Love To Tri" Indoor Triathlon. 8am. Southern Saratoga Y, Clifton Park. 372-2139. cdymca.org.
- Craftsbury Winter Triathlon #2. Run/bike/XC ski. 11am. Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

MARCH

8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. adksports.com.

OTHER EVENTS

ONGOING

Jan/Feb Team In Training Information Meetings: Vermont City Marathon, America's Most Beautiful Bike Ride, Rock N Roll San Diego Marathon, Lake Placid Half Marathon, Philadelphia **Triathlon.** 1/22, 6pm: Professor Java's, Albany. 1/24, 6pm: Samantha's Café, Glens Falls. 1/24, 6pm: Fleet Feet, Essex Jct., VT. 1/29, 6pm: Saratoga Springs Library. 1/30, 12pm: LLS Office, Albany. 1/31, 5:30pm: Vassar College, Poughkeepsie. 2/2, 10am: Maglianero Café, Burlington, VT. 2/5, 6pm: Mocha Lisa's Café, Clifton Park. 2/12, 5:30pm: Mahoney's Pub, Poughkeepsie. 2/12, 5:30pm: Burlington YMCA, VT. 2/16, 9:30am: Warming Hut, Saratoga Spa S.P. Leukemia & Lymphoma Society. 438-3583 or 802-233-0014. teamintraining.org/uny.

DECEMBER

- 28-29 New Year's Masters Ski Jump. Fri, 5:30pm: Masters ski jump & fireworks. Sat, 11am: NYSEF 90m jump. Olympic Jumping Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- NYSEF 90K New Year's Ski Jump. Olympic Jumping Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- First Night Saratoga 2013. 4pm-12am. Saratoga Springs. Saratoga Arts: 584-4132. Saratoga-arts.org.
- **USA Luge New Year's Open Sliding.** 5:30-9pm. Coaching/ sliding open to the public! Olympic Sports Complex, Lake Placid. Register: 523-4436 or oscreservations@orda.org. whitefacelakeplacid.com.

JANUARY

- GPS 101. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Winter Camping 101. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Free Discover Scuba. Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com. Adirondack Ice Bowl. Pond hockey tournaments, music,
- fun. Inlet. 315-357-5501. inletny.com.

FEBRUARY

- Winter Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- Winter Wonderland Family Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- Free Discover Scuba. Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- Winter Wilderness Adventure/Storytelling Camp. 10am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org. Winter Wilderness Adventure Camp. 10am. Ndakinna
- Center, Greenfield Center. 583-9958. ndcenter.org. Winter Wonderland Family Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- Inlet's Frozen Fire & Lights. Fern Park, 10am-5pm: Bonfire, treats, sledding, skating, XC skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire, fun & 7pm: Fireworks. Inlet. 315-357-5501. inletny.com.



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Saturday, January 12 1:00 pm

Snow or Shine! Hagaman Fire House, 126 S. Pawling St, Hagaman (just north of Amsterdam)

Info/Entry Form: www.fmrrc.org Day of race registration: 11 am to 12:30pm Gloves & long-sleeve tees to first 200 registered Questions? Rick Vertucci 857-9025

Portion of entry fee to James Dern Memorial Scholarship Fund.



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HMRR Winter Series

University at Albany

Dec. 9 – Sun 10am Doug Bowden Winter Series Starter – 3M, 15K Jan. 1 - Tue 12noon Winter Series #2 - Hangover Half Marathon & Bill Hogan 3.5M Run/Walk

Winter Series #3 – 3M, 10K, 25K Jan. 13 – Sun 10am Jan. 20 - Sun Winter Series #4 – 3M, 15K, 30K 10am Feb. 3 – Sun 10am Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6 More info at www.hmrrc.com, 518-273-5552, or Ed Thomas: et392@math.albany.edu

RUNNING, WALKING & SNOWSHOE RACING

Open Fleet Feet Distance Project. Now registering runners for adidas marathon/half program. Jan: training begins for NJ Marathon/Half in May. 2013 Boston Marathon runners may join w/adidas Boston 365 program. Fleet Feet Sports, Albany. 459-3338. Jonathan Catlett: ffdistanceproject@gmail.com.

Open Fleet Fleet Distance Project. Jan: Registering runners for Saucony 5K/10K program. Fleet Feet Sports, Albany. 459-3338. Jonathan Catlett: ffdistanceproject@gmail.com.

Open Fleet Feet & New Balance No Boundaries Spring Program. For beginners training for their first 5K race. Registration 1/2-2/1. Fleet Feet Sports, Albany. 459-3338. Patti Clark: pclark56@nycap.rr.com.

DECEMBER

- 7th ARE Adventure Race. 1:30pm. Camp Dippikill, 15 Warrensburg. Josh Merlis: 320-8648. areep.com.
- 15 16th Albany Last Run 5K. 5pm. Empire State Plaza, Albany.
- Cathy Kosa: 434-5415. albanyevents.org.

 Movement of Silence 1M Run/Walk & Bike Ride. Wear green and run/walk/bike in silence to honor Shenendehowa's Chris Stewart & Deanna Rivers. 10am. Donations encouraged. Niskayuna H.S., Niskayuna. HRRT/Plaine & Son.
- Heather Rizzi: 847-2419. hikebikerunoutside@yahoo.com. 17 Operation Santa Run 5K/10K/3M Walk/1M Elf Run. Hudson Fall M.S., Hudson Falls. adirondackrunners.org.
- 22 Holiday Classic 5K. 10am. Columbia Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- Pineridge Snowshoe Race. 10K. 10am. WMAC Dion Racing 30 Series. Pineridge XC Ski Area, East Poestenkill. Pineridge:
- 283-3652. runwmac.com. 15th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org. 31
- 31 Emerald Nuts Midnight Run. 11:45pm. 4M. Central Park, New York City. nyrr.org.

JANUARY

- HMRRC Winter Series #2: 37th Hangover Half-Marathon & 1 Bill Hogan 3.5M Run/Walk. 12pm. Phys Ed Bldg, UAlbany, Albany, 273-5552, hmrrc.com.
- Resolution Run. 5K/2M Walk & Kids Run. 11am. Bicentennial 1 Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- New Year's Day 5K Resolution Run/Walk. 8:30am. Public 1
- Beach, Lake Placid. Darci LaFave: 523-5873. active.com. Big A's 5K Run. 10am. Glens Falls H.S., Glens Falls. Rebecca
- Smith: 796-9404. adirondackrunners.org.
 Tortoise and Hare 5K. Slower runners start first. Kinderhook. kinderhookrunnersclub.com.
- Turner Trail Snowshoe Race. 5M. 10am. WMAC Dion 5 Racing Series. Pittsfield S.F., Pittsfield, MA. Beth/Brad Herder: 413-442-0560. runwmac.com.
- I Love Woodford Snowshoe Race. 5K. 10:30am. WMAC Dion Racing Series. Woodford S.P., Woodford, VT. Robert Pini: 802-379-5503. runwmac.com.
- 6 Garnet Hill Snowshoe Race. Garnet Hill Lodge, North River. 754-1072. capitalregionnordicalliance.org.
- 12 27th FMRRC Winter Wimp Foot Race. 4.4M or 2.2M. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 857-9025.
- Constitution Hill Snowshoe Race. 5.5K. 10:30am. WMAC Dion Racing Series. Constitution Hill, Lanesborough, MA. 12 413-499-0596. runwmac.com.
- 9th Brave the Blizzard Snowshoe Race. 5K. 9:30am. WMAC 13 Dion Racing Series. Robert Parker School, Averill Park. Josh Merlis: 320-8648. areep.com.
- HMRRC Winter Series Race $\hat{*3}$: 3M, 10K, 25K. 10am. Phys Ed 13 Bldg, UAlbany, Albany. 273-5552. hmrrc.com.
- Hoot Toot & Whistle Snowshoe Race. 3.3M. 10am. WMAC 19 Dion Racing Series. Catamount Trail, Readsboro, VT. Bob/ Denise Dion: 413-753-1174, runwmac.com.
- Cock-A-Doodle Snowshoe Race. 10K. 10am. Dion Snowshoe 20 Series. New Land Trust, Saranac. Jeremy Drowne: 376-1809, cockadoodleshoe.com.
- HMRRC Winter Series Race #4: 3M, 15K, 30K. 10am. Phys Ed 20 Bldg, UAlbany, Albany. 273-5552. hmrrc.com.
- 20 NYRR Manhattan Half-Marathon. 13.1M. 8am. Central Park, New York, nyrr.org.

- Side-Hiller Snowshoe Race. 4M. 11am. WMAC Dion Racing Series. Sandwich Fairgrounds, Center Sandwich, NH. Paul Kirsch: 603-367-8676. runwmac.com.
- 3rd Winona Stonewall Classic Snowshoe Race. 5K. 10:30am. CCC Camp, Mannsville. 315-387-6078. skireg.com.
- Maple Ski Ridge Full Moon Ridge Run 5K Run/Walk. 5pm. Maple Ski Ridge, Rotterdam. 381-4700. runreg.com. mapleskiridge.com.
- 10th Curly's Record Snowshoe Race. 4M. 10am. WMAC Dion Racing Series. Pittsfield S.F., Pittsfield, MA. Beth/Brad Herder: 413-442-0560. runwmac.com.

FEBRUARY

- Polar Cap 4M Run/Walk. 10am. Lake George E.S., Lake George. Amy Hachem: 636-6789. adirondackrunners.org.
- 14th Saratoga Winterfest Snowshoe Race. 5M. 11am. WMAC Dion Racing Series. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- HMRRC Winter Series #5: 4M, 10M, 20M. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- Craftsbury Snowshoe Races. 5K/10K. 10am. Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 10th Camp Saratoga Snowshoe Race. 8K. 10:30am. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550.
- saratogastryders.org.
 Northfield Mtn Snowshoe Race. 10K. 9am. WMAC Dion Racing Series. Northfield Mtn Visitors Center, Northfield, MA. runwmac.com.
- Moore State Park Snowshoe Race. 5K. 10am. WMAC Dion 16 Racing Series. Moore S.P., Paxton, MA. runwmac.com.
- Moody Spring Snowshoe Race. 5.5M. 10am. WMAC Dion
- Racing Series. Dubuque S.F., West Hawley, MA. runwmac.com. 40th HMRRC Winter Marathon & 3-Person Marathon Relay. 26.2M. 10am. Phys Ed Bldg, UAlbany, Albany. 331-5490.
- hmrrc.com. Moby Dick Snowshoe Race. 7.2M. 9:30am. WMAC Dion 23 Racing Series. Mt Greylock Reservation, Lanesborough, MA. runwmac.com.
- Hallockville Orchard Snowshoe Race. 3.8M. 10am. WMAC Dion 24 Racing Series. Dubuque S.F., West Hawley, MA. runwmac.com.

MARCH

8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. adksports.com.

APRIL

3rd Lake George Half Marathon. Fort William Henry Resort, Lake George. usrahalf.com.

JUNE

Lake Placid Marathon & Half Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

JULY

18-21 6th ARE Trail Running Camp. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.

SWIMMING

DECEMBER

Feelin' Long Lakey Polar Bear Plunge. 1pm. Town Beach, Long Lake. Register: 624-3077. mylonglake.com.

JANUARY

- Polar Plunge New Year's Day Swim. 1pm. Million Dollar Beach, Lake George. Duffly's Tavern: 668-5323. lakegeorge.com.
- Happy New Year Swim Meet. 10am. Mohansen HS,
- Rotterdam. Bill Mottola: 356-8240. adms.org.
- Grafton Polar Plunge Swim for Cystic Fibrosis. 1pm. Grafton Lakes S.P, Grafton. Peggy Phillips: 479-3739. nysparks.com.

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.

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Phys Ed Building, University at Albany Register: Day of race – all welcome! HMRRC: Free • Non-Members: \$6

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When I posed that question on Facebook, my husband said, "Hawaii," and Julie Gauer, of Clifton Park, said, "Aruba." Since those aren't options for regular workouts, I pulled together closer venues and found some alternative pools for aqua newbies, swimmers and triathletes.

Tammy Friend, of Halfmoon, and Catherine Bologna, of Rexford, stop swimming as soon as the triathlon season is over, but others in the Capital District are looking for options to workout, improve their strokes and get faster. Cory Metler, of Halfmoon, says, "I just joined the Southern Saratoga Y. First swim last night and I had the place to myself; so far, so good." Tom Orcutt, of East Greenbush, heads to the Greenbush Y. "I can swim while my kids are at swim team practice. I follow along the with kids' workout if the coach posts it on the white board." Bill Becker, of Albany, suggests heading to University at Albany for \$18 per month. UAlbany alum Trevor Ortolano, of West Hartford, Conn., used to bring Leukemia & Lymphoma Society's Team in Training athletes to Albany Academy for early morning sessions. Some of the local high schools are a great bargain if the hours work for you.

Those who learned to swim as kids often pick the sport up again in adulthood for a lower impact workout or sometimes due to injuries. Others decide to start swimming to be able to compete in triathlons or cross another 'must learn to' item off the bucket list.

For those just starting to swim, some of the adult swim lessons offered at area pools are a great place to start! The Albany JCC and Ciccotti Center in Colonie and most of the local Ys offer swim lessons for non-members. These pools also offer intermediate lessons for those who want to improve their strokes or learn another stroke like butterfly. Private lessons can be great for people who are very nervous about the water or want the class to progress at their speed.

The number one impediment to doing a triathlon is the swim. Michelle Shovah-Mickalonis, of Mechanicville, says,

"Swimmer? Me? NOT! I've run a marathon, I can bike 100 miles, but to do that first leg of a triathlon I knew that I had to learn the right way to swim. Problem being, I was terrified." She's now one of my clients, so we started slowly and worked on one thing at a time. Michelle recently said, "I no longer look at the pool as a scary place, where I do not belong. I belong."

As masters swimmer and Total Immersion swim coach, Ann Svenson, points out to her students at the Saratoga Regional Y, "Swimming is a technique sport more than an endurance sport. We are vertical land animals and need to learn how to get balanced in an environment in which you can't readily breathe."

Triathletes like Tammy and Catherine may take a break from swimming in the fall, but by December most are looking for a place to get their feet wet again. Now is the time to look at facilities, as many are or will be running membership specials in December and January. If your high school or health club is not listed but has a pool, please check as they most likely have public swim hours.

Masters swimming is open to anyone over the age of 18. Adirondack District Masters Swimming (adms.org) offers meets over the course of the winter at area pools and summer open water swim events. Masters swim programs offer structured workouts led by certified coaches. Members can participate in the meets with swimmers of varying abilities. Triathletes should consider a winter meet to develop speed. Nick Deck, aquatics director at the Ciccotti Center, says he focuses on efficiency with his swimmers and would love to help prepare them for meets.

Other groups like the Capital District Triathlon Club (cdtriclub.org) and Team LUNA Chix (teamlunachix.com) offer winter swim clinics. These are opportunities to learn drills, get feedback, and improve swim technique. The Saratoga Regional Y in Saratoga Springs offers Open Water Safety Clinics and clinics on how to prepare for open water swimming in the pool.

Sometimes we need a little change to shake up swim training. How about swimming in a 17-foot pool with a variable current? No walls, the temperature you choose, and a shorter more intense workout. If that sounds interesting, you can check out the Michael Phelps Swim Spa at Concord Pools in Latham, or the Endless Pool at Revolutionary Velo-Watts in Clifton Park.

The Phelps Spa, installed and available for a test swim at Concord Pools, is a deluxe system. The 18-foot long pool has a propeller propulsion system that can hold Michael Phelps at bay. At a recent demo night I swam in the pool with Ironman Lake Placid finishers Peggy Phillips, of East Schodack and John Perry, of Johnsonville, We all found it to be realistic and challenging as the level increased. It's easy to change strokes and wide enough to swim butterfly. For coaches, is it a great tool to give a specific workout, and with a video camera/monitor be able to view the swimmer underwater (without holding your breath) to provide immediate feedback. You can schedule a time to try out the Phelps pool via the Concord Pools Facebook page: facebook.com/concord.pools.spas. The team at Concord will be happy to sell you your own pool!

Revolutionary Velo-Watts has an Endless Pool named "The Triquarium" at their cycling studio. You can schedule time in the pool; it's \$25 for 30 minutes or \$35 for 45 minutes. For more info, go to velowatts.com.

Finding swim gear in the winter can be a challenge. Fitness facilities, sporting goods stores, and tri-friendly bike shops often have training gear for sale. The Deep End is a swim shop in Latham, which carries swimsuits and all the necessary accessories.

Here is a sampling of Capital Region high school, college and health club pools.

SCHOOLS AND COLLEGES

- COST AND SWIM TIMES

- Albany Academy \$5/day, \$50/month, \$500/year; Mon-Fri 5:30-7:45am.
- Albany No charge; adults 50+ Mon eves, families Wed 6-8pm.
- Ballston Spa \$1 resident, \$2 nonresident; Mon/Wed/Fri 6-7am, Mon-Thu 8:30-9pm.
- Bethlehem Four lane pool, open to the public.
- Burnt Hills-Ballston Lake \$2/day, \$50/ semester; 6:30-7:30am, 7:30-8:30pm.
- Niskayuna \$2 resident, \$5 nonresident; Mon-Fri 6-7:20am, 11:20-12:40pm, 8:30-9:50pm.
- Ravena-Coeymans-Selkirk \$30/year resident, \$125/year non-resident; Mon-Fri 5:30-7:30am, Tue/Thu 8:30-9:30am, Sat 10am-1pm, Sun 3-4:30pm.
- Schenectady Via Capital District Y or \$12.50/month resident & \$25/month non-resident; Mon-Fri 5:30-7:45am, 5-9pm, Sat 8am-12pm.
- Shenendehowa Session (3 months): \$59 resident, \$74 non-resident; Mon-Fri 5:45-7:45am, Tue/Thu 6-9pm, Sat 12-4pm; adult lessons.

- University at Albany \$8/day, \$160/ semester, \$380/year; Mon-Fri 7:30am-9pm.
- Voorheesville \$2 all; Wed 7-9pm, Sat 1-3pm.

HEALTH CLUBS

- GUEST FEE; ADULT LESSONS; STEAM, SAUNA, WHIRLPOOL; MASTERS SWIM AND TRIATHLON PROGRAM

- Albany Jewish Community Center \$10 two guests/member, first Thu of month: free two guests/member; group/private lessons for all; sauna; outdoor pool (23m); spring swim clinics.
- Schenectady Jewish Community Center

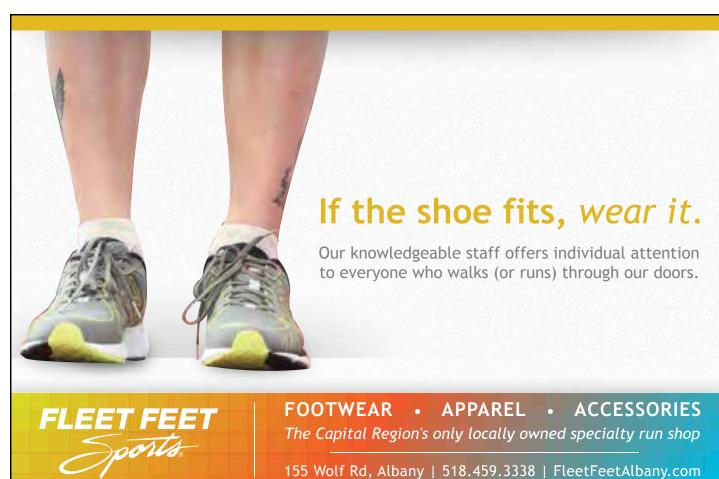
 1-day pass available, member guest
 pass \$5; private/semi-private lessons
 for all; members/non-members; hydro
 fit classes; steam, sauna, whirlpool;
 outdoor pool.
- Ciccotti Center \$15/day guest pass; group/private lessons; whirlpool; masters Mon/Wed 8-9pm seven-week session (\$100 member, \$150 non-member); February triathlon program.
- Bethlehem Y Members get 3 guest passes/year; group/private lessons for full/program members (guests and lessons: same for all Capital District YMCAs); steam, sauna, whirlpool; masters Wed 6:30-8pm; spring triathlon program.
- Greenbush Y Masters Mon-Fri 5-8am, Wed 7:30-9pm, Sun 7:30-9am; winter triathlon program.
- Glenville Y No masters or triathlon programs.
- Guilderland Y Steam, sauna; no masters program; triathlon clinics.
- Southern Saratoga Y Steam, sauna, whirlpool; masters Tue/Thu 8-9pm for \$15/month; triathlon program Feb-April as prep for Anyone Can "Tri."
- Troy Y Steam, sauna, whirlpool; no triathlon programs.
- Saratoga Regional Y \$10/day guest pass; lessons: Sun 7:30-8:30 am, 7-week session for full/program members; steam, sauna, whirlpool; no masters program; Open Water Safety and Tri Training clinics in spring for all.
- Glens Falls Y \$10/day guest pass; lessons Wed 12:15-12:45pm for all; steam, sauna, whirlpool; masters Mon 7:30-8:30pm, Wed/Fri 6:30-7:30pm, Sat 6-7am; coached workouts for swim/tri.

Pools are all 25 yards and 8 lanes except: Albany and Schenectady JCC indoor (20 yards, 5 lanes); Bethlehem and Glens Falls (6 lanes); Troy (20 yards, 4 lanes); Glenville (5 lanes). Pools are about 82 degrees, except: Ciccotti lap pool (79-81); Albany JCC (83-84). Happy laps!

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



Saratoga Springs, NY 12866





NYC marathon!

It all began on a very chilly 14-degree morning in the city, and despite the cold, we felt great running the Manhattan Half-Marathon in Central Park. After the race, we hurried back to the subway train to warm up and start the trek back to the Bronx to our car and then back upstate. The adventure was such a success that we were hooked. We thought, hey, why not run a half-marathon in each borough? Unfortunately, that plan was quickly thwarted when we were closed out of the Brooklyn Half-Marathon —

we were outsiders after all.

pose... To qualify for the one-and-only

What to do now? What's this "9+1 Program" everyone keeps talking about? As we learned more, we became more and more excited to give it a go. The 9+1 is one of the few guaranteed ways to get into the ING New York City Marathon by 1) joining New York Road Runners by January 31 of the calendar year, and 2) running nine of their qualifying races and volunteering for one during one calendar year. If you do this, congratulations, you are now qualified for entry into the following year's NYC Marathon. For a NYC resident, this would seem like a nobrainer - why would you NOT do this? The NYC Marathon is the world's greatest marathon! But for those of us runners who live three hours away, it does become a bit more challenging. But, we are runners - challenging ourselves is what this is all about! Here are six things we learned along the way.

Utilize nyrr.org and sign up for races early – NYRR races tend to sell out, so don't wait until the last minute. Their website is excellent and the calendar is generally updated with races several months in advance. Note that most of the races are 9+1 qualifiers, but not all, so pay attention!

Get a routine down early – It is possible to wake up very early and drive down to NYC on race morning and avoid traffic. Since most races are in Central Park, choose the same spot to drive to, and catch the train down to the park. We did most of the races down and back on the same day, which saves on housing costs, and gives you half of your weekend comfortably back at home.

Find a favorite pre/post race spot — Ours was a café that was right at the top of the subway stairs, offering a decent bathroom before the race, and warm coffee and croissants after. We went there every race and even discovered the guy behind the counter was a runner too!

Pretend to be a city-dweller – Seeing all of the runners fill up a subway car bright and early in the morning made it fun to play it cool and pretend to be just another city-dwelling-runner among them. Since my partner grew up in the Bronx, this came pretty naturally for him, but I'm sure I stood out like a sore thumb.

Respect the club – NYRR is a group that knows how to put on a road race. They are a well-oiled machine every step of the way, from packet/shirt pick-up, to D-tags, to the baggage drop, to the race starts neatly corralling thousands of runners, to the finish line food where you quickly grab a bagel, fruit, and water without even stopping! It gives you a lot of respect for a group that has what it takes to put on such large, smooth running events week after week.

Stay for the post-race celebration and raffle – There was such an awesome party after each race that was definitely worth staying for. How often can you watch a raffle emceed by a beautiful six-foot tall drag

queen or be in the running to win an all expenses paid trip to Abu Dhabi? Every race, there are plenty of freebies for everyone, and really sweet raffle prizes for a few lucky runners.

Keep a journal – Working toward a race for two years gives you lots of time to reflect on the experience and it was fun to document it all in a journal that we can look back on anytime. Each race ended up being its own unique experience. We ran Boomer's Cystic Fibrosis Run to Breathe with Super Bowl quarterback Boomer Esiason and runners living with CF, including one who was awaiting a lung transplant. And, we ran the Pride Run on June 25 – the very day gay marriage was legalized in New York. The excitement of the crowd on that day was nearly visible in the air.

Don't miss the Achilles Hope & Possibility Five-Mile Run – This was the race we volunteered for and one of the most inspiring events to watch, with physically challenged and able-bodied athletes showing unbelievable strength and fight to achieve... Aweinspiring!

By January 9, 2012, we had both received emails from NYRR documenting that "We were in." It didn't seem real but the 9+1 had actually worked... We were going to run the New York City Marathon in 2012!

But, as so many things in life, it didn't turn out quite as we expected... With the devastation brought to the NYC region by Hurricane Sandy, we knew even before the race was cancelled that we would not run the NYC Marathon as originally planned.

So, we changed our plans and ran the Manchester City Marathon in New Hampshire on November 4 instead – a much smaller field, and a much hillier course, but we survived our first marathon. We are keeping hope alive that the New York City Marathon is still in our future, just one more year away. NYC 2013 has a nice ring to it.

Kim Kilby (kimberlyakilby@gmail.com) is a runner and triathlete residing in Schenectady. She is one of the medical directors of the Mohawk Hudson River Marathon and Half Marathon, and is a primary care doctor at Albany Family Medicine Group of Delmar.







AGE: 39

Corenne Black, fiancée; FAMILY:

Son, Kole; Daughter, Emily

RESIDENCE: Lake Placid

CAREER: Assistant Manager, Eastern

Mountain Sports, Lake Placid

ATHLETE PROFILE

PRIMARY SPORTS: Hiking, Snowshoeing, Paddling SECONDARY

Trail Running, Backcountry SPORTS: Skiing, Bouldering, Ice Climbina

! A lways follow the rule of up," is a phrase a ssociate with Spencer Morrissey from our many off-trail hikes together. It refers to a bushwhack hike with no trail and answers the question "Where do we go from here?" It's also

an approach to his sports and all other activities in his life, and should someday be engraved on his tombstone. Spencer is likely one of the most highly

a philosophy of life that Spencer's adopted as

whackers in the Adirondacks. He was born and grew up in the heart of the mountains, Long Lake. Growing up in the mountain and lake country, you'd certainly expect he would be comfortable with a pack or pad-

travelled and experienced hikers and bush-

dle, but he's taken his outdoor pursuits to a whole new level.

The first time I crossed paths with Spencer was many years ago on an Internet hiking forum. Both of us were hiking the Adirondack 100 highest peaks and began trading information. This turned into a plan to do a bushwhack together, and that was

the start of a long and exhilarating friendship.

The young Mr. Morrissey loved to go fishing with his father and grandfather, his first steps into an outdoors life. He climbed his first peak, Goodnow Mountain, in third grade at age eight, and then began hiking taller and taller mountains, like Blue Mountain, and the second highest in New York, Algonquin Peak. The real hiking bug didn't hit him until his teen years when he fell in love with the sport and jumped in with both boots.

Spencer added paddling to his outdoor pursuits in his early 30s, kayaking and exploring ponds, with his good friend, Brian Yourdon. They had the idea of trying to hike into or canoe all the remote lakes and ponds throughout the Adirondacks, a pursuit they termed 'pondhopping.' Exploring the vast Adirondack network of waterways led to another activity, inspiring them to begin climbing the Adirondack 46 High Peaks of 4,000 feet or higher, to become Adirondack 46ers.

Not resting on their hiking and paddling laurels, Spencer and Brian set out on another almost impossibly difficult journey, the "Adirondack Quad Quest." There are over 100 United States Geological Survey topographic maps that are either completely or partially within the Blue Line boundary of the Adirondack Park. Doing the 'quads' means climbing every named mountain, peak, ridge or mountain feature on each of those maps. The goal was to ascend every mountain feature that had a name. Some of these are summits, but could also have the name notch, cliff, ridge, hill, ledge, peak or knob.

Just selecting one of these USGS maps at random, I noted over 75 climbable map features, almost every one without a trail. Even a map quad with a modest number of destinations requires hundreds of miles of hiking and bushwhacking. Spencer has 30 map quads fully completed and he is nearing 700 climbs. I don't believe anyone has even begun a project like climbing every destination on just one map, let alone taking aim at them all. Even with a two-year hiatus for school and another hiking project, Spencer is almost at 700, and is planning to pick up the pace this year.

The rest of Spencer's hiking resume is equally impressive. He has hiked all over New England, has completed 32 of the 50 US State High Points, and all of the New York fire

Like us!

peaks. His achievements

also include climbing the Adirondack 46 High Peaks multiple times and in winter. Since legendary John Winkler completed all of the 46 peaks by bushwhack, non-trailed routes 30 years ago, Spencer is only the second person to complete the peaks by hiking them all, even the trailed summits, by original off-trail bushwhack routes - something that required planning, perseverance, endurance and drive.

Our lives intersected when he and Brian Yourdon had begun hiking all of the Adirondack 100 highest summits. The three of us joined together to climb them, in heat, humidity, bugs and in all weather conditions. Spencer is the 23rd known completer of the ADK-100 list, which still has under 50 finishers. Climbing these mountains sparked an idea in Spencer, one that led to his publishing, The Other 54: A Hiker's Guide to the Lower 54 Peaks of the Adirondack 100 Highest. Until the book was published, information on the 100 summits was largely word of mouth. The book has sold out its first two editions with a third edition due April 2013. One of my biggest regrets is having suggested to Spencer that The Other 54 would make a great book title. He gets a kick out of my having eliminated "The Other 67" as a possible title for my own hiking guide his book and quest was its inspiration.

Spencer and his fiancée Corenne are the authors of another book, Adirondack Trail Runner: A Sample of More Than One Hundred Trail Running Destinations, and they are working on a couple of other as yet

WINTER HIKING IN THE HIGH PEAKS. ON THE WAY DOWN KILBURN MOUNTAIN. PHOTO BY ALAN VIA

unnamed projects for outdoors enthusiasts.

What does a person like this do to stay in shape? Besides lots of gym work, weights and yoga, his outdoor fitness regime includes running on roads and trails, snowshoeing, backcountry skiing, and lots and lots of hiking.

To round out his outdoors background, Spencer took a year off and enrolled and graduated from the SUNY Environmental Science and Forestry School, commonly known as The Ranger School. He is also a volunteer forest firefighter, member of the Champlain Valley Search and Rescue, and is a licensed NYS guide.

Spencer and Corenne are co-owners of Inca-pah-cho Wilderness Guides, a business that takes clients into the backcountry for a variety of mountain associated adventures. 🌲

Alan Via (be46@nycap.rr.com) enjoys hiking, photography and fly fishing. He is the author of many hiking oriented articles and his hiking guide, The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500' was published by the Adirondack Mountain Club in April.





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HIKING & SNOWSHOEING

From the High Peaks to the No Peaks

A Nelson Lake Update

By Bill Ingersoll

elson Lake is attached to the Middle Branch of the Moose River in the southwestern Adirondacks, and to a degree its water levels fluctuate in tandem with the river. It is attractive in its own quiet way, perfectly wild in appearance but with few special features to excite the visitor into wanting to return multiple times. Of all the wild places to visit in the town of Webb. Nelson is frequently overlooked - despite the fact that it is not very remote or physically difficult to get to.

There will likely be a bit more interest in Nelson Lake going forward, however, since a management goal of placing a leanto there was fulfilled in November 2012. Volunteers from the Lean2Rescue group hauled in the logs and erected the shelter in the woods near the western shoreline. Its location is about 475 feet back from the water, but the lean-to may provide the impetus to visit Nelson Lake that most people probably lacked previously. For those who do venture to the lake, it will certainly be the new focus of attention - shifting it away from a well-used tent site at the northeast end with long-standing litter issues.

The only drawback is that no trail markers or signs lead the way from NY Route 28 along the shortest route to the lean-to. The marked snowmobile trails from Old Forge are probably longer than most people will have patience for given the subtleties of the scenery, and the presence of the Adirondack Railroad prevents the state from marking the direct route described below, since it is technically illegal for pedestrians to use an active rail corridor. This is less of an issue in the winter, when the trains stop running for the season.

GETTING THERE

A sign on the east side of Route 28 marks a driveway leading into state land 2.9 miles north of McKeever and 6.8 miles south of Thendara. You can drive it for 350 feet to a parking area near a gate. The continuing road, closed to public motor vehicles, leads to a private inholding but can be used for foot access to Nelson Falls and Nelson Lake. The parking area is not plowed, so winter visitors must park on the shoulder.

THE TRAIL

Beginning at the Nelson Lake trailhead, follow the continuing road past the gate. Bear left at a fork at 0.1-mile, and at 0.3-mile cross the tracks of the Adirondack Railroad. A well-used trail bears right, leading down to the closest point on the bank of the river



below the foot of the rapids where people launch canoes in the summer, but the old road grade bears left. The road once crossed the river on a long-gone bridge, but the trail continues as a herd path upstream. It winds between the railroad grade and a set of wild rapids known as Nelson Falls, and it does become a bit vague where it encounters the large rocks that flank the river.

In 0.4-mile the path returns you to the railroad tracks next to a bridge over the river. Here you need to climb up to the tracks (used as a snowmobile trail in winter) and cross the span. This is a bridge, not a trestle, so it should not conjure images from the movie Stand By Me.

On the far side you will have two options for proceeding, both of them to the right of the tracks. Closest to the river is a herd path that leads back downstream along the falls with numerous opportunities to view the rapids again. It can be followed for 0.4-mile from the bridge to the snowmobile trail. This is the scenic option, but also the slower, and more rugged of the two routes.

The second option leads up a small hill from the end of the bridge. It is a flagged footpath that passes through open hardwoods to intercept an old logging road. Turn right, cross the outlet of a small beaver flow, and proceed downhill to the snowmobile trail. This route is 0.1-mile longer but is a bit easier to walk

Whichever path you use, bear right on the snowmobile trail. It leads past a view

of the river for about 0.6-mile to the lean-to site, located to the right of the trail.

Recapping the distances to get here: 0.3-mile from the highway to the rail-

- road tracks
- 0.7-mile to the railroad bridge above Nelson Falls
- 1.1 miles to the snowmobile trail via path beside the river (add 0.1-mile if you take the higher route)
- 1.7 miles to the lean-to

NELSON LAKE LEAN-TO

PHOTOS BY BILL INGERSOLL

NELSON FALLS

RAILROAD BRIDGE

So while the distance is trivial, the route is interesting but complicated by the lack of signage from start to end. A basic amount of woods sense is required to find your away along these unmarked turns, at least until you get to the snowmobile trail on the far side of the river.

As for the lean-to, it has a unique story of its own. It is true that it is new to Nelson Lake, yes, but it is not a new lean-to. The structure previously stood in the High Peaks and was known as the Bear Brook Lean-To, after a tributary of Johns Brook. Its services were not needed at that location, so Lean2Rescue dismantled the structure, and

hauled it out of the woods. After sitting in storage, the logs were hauled across the Adirondack Park, ferried across the river, and skidded by horses to the assembly site. The floor and roof is new, but the carvings in the wall tell of mountain adventures going back to the 1980s.

DECEMBER 2012

At Bear Brook, this lean-to was the first a hiker would encounter in a valley surrounded by 4,000-foot peaks. At Nelson Lake there are three nearby hills that bear the name "mountain," and the highest stretches to an underwhelming 2,118 feet. The southern summit of Tooker Mountain does feature a bald patch, but the surrounding trees are too tall to permit any views. Therefore this is the first lean-to that has moved from the High Peaks to the "No Peaks."

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



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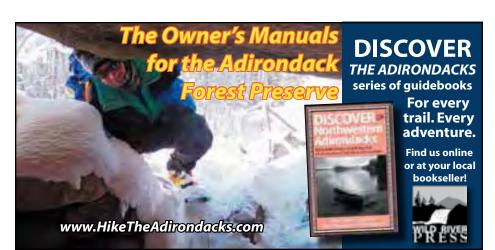
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FROM THE **EDITOR & PUBLISHER**

he last decade has been the hottest on record. Each of the last three decades has been much warmer than the decade before it, with each one setting a new and significant record for the highest global temperature, according to the National Oceanic and Atmospheric Administration.

In the Adirondacks, spring arrives two weeks earlier than it did in 1961. In the Northeast by 2039, the average ski season will be less than 100 days and the probability of being open for Christmas will decline below 75 percent, as reported by Elizabeth Burakowski in 2008.

Snow-based recreation in the United States is estimated to contribute \$67 billion annually to the economy and support 600,000 jobs. Even though the winter of 2011 was above average in the US in terms of snowfall, it was a below average winter temperature-wise throughout the northern hemisphere, the ninth below average winter in a row (NOAA, 2012).

The climate trend is one of warming, so when we look at the cost of inaction, it's serious business. There is so much information out there it's tough to know what to do, much less



that you're actually making a difference. The organization, Protect Our Winters, has a mission to engage and mobilize the winter sports community to lead the fight against climate change. There focus is on educational initiatives, activism, and the support of communitybased projects.

To make it easier for us, they've consolidated the best and most effective actions into one short list.

1) Get Political - This is the toughest one, but arguably the most effective. Once a month, call and/or write your elected officials and ask them to take action on climate change by putting a price on carbon and supporting clean energy legislation. Tell them they will lose your vote if they don't have a climate action plan. For contact info, go to senate.gov and house.gov. Don't vote for candidates that deny climate science or oppose action. Our local League of Conservation voters ranks US candidates on their environmental positions: lcv.org.

2) Educate Yourself - Start with NASA: www.nasa.gov/mission_pages/noaa-n/climate. Then read grist.org and climateprogress. org every day. Read books about climate by POW board members, Getting Green Done: Hard Truths from the Front Lines of the Sustainability Revolution by Auden Schendler (gettinggreendone.com), and Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming by Naomi Oreskes and Erik Conway (merchantsofdoubt.org). Then talk to people about this issue.

3) Find Your Biggest Lever - Each of us has unique power in some way, but it's not obvious. Think about how you can have the most impact on solving climate. Can you join your town council and change building codes? Can you run for your utility board? Are you a teacher or a journalist? Add climate science to the curriculum and to your reporting. Are you a skier, snowboarder or snowshoer? Reach out to your peers. Do you have a powerful friend? Talk to him or her. Are you a purchasing director? Ask suppliers what they are doing on climate. Your big lever exists; you just have to find it.

4) Be Vocal, Bug Your Friends - Not everyone wants to hear it, but it's important that we speak up about climate change to friends, family, coworkers, etc. Have a POW party. Share this magazine. Get everyone involved. Be the local climate activist. Write an op-ed to your local paper like pro snowboarders Jeremy Jones (POW founder) and Gretchen Bleiler did in the Denver Post (denverpost.com/opinion/ ci_16966857). Contact info@protectourwinters.org if you need help.

5) Talk to Businesses - Ask your favorite businesses what they are doing to solve climate change and tell them you'll take your

business to climate leaders. Do your homework: use the Good Guide before you shop: goodguide.com. Ask the organization you work for if they're committed to running a sustainable business, working with like-minded partners, and producing products that are environmentally responsible. Also ask if they are leveraging their weight to influence policy.

6) Change Your Life and Save Money -Do all that you can. Get a more efficient car. Ride the bus. Insulate and seal your house. Tune your furnace. Buy an energy smart appliance. Put solar panels on your roof. Change your light bulbs. Put up a clothesline. Turn your water heater down to 120 degrees. Use a reusable water bottle. Join Gretchen's 21-Day Reusable Challenge and commit to kicking your dependence on single use plastics: facebook.com/21dayreusablechallenge.

7) Join POW - There is no climate policy in Washington because fossil fuel and chamber of commerce money swamps everyone else's. The oil and gas lobby spent over \$175 million in 2010 - ExxonMobil spent \$27.4 million alone, more than what the entire environmental lobby spends annually. It's not a fair fight. But there are 21 million winter sports enthusiasts in the US alone. With those numbers, our collective effort can be a major force in the climate battle, and your support of POW will help them consolidate our power, and mobilize most effectively.

These actions are simple and effective, so visit protectourwinters.org to take their pledge - do these things once a month and you'll make a difference. Together we can protect our winters!

Best wishes for the holidays, Merry Christmas, and have a happy, healthy and active New Year! While shopping, please support our advertisers (and exhibitors) by purchasing their products and services - and tell them where you saw their ad. Their support helps us bring this magazine to you!

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DECEMBER 2012

RACE RESULTS

1ST ANNUAL 1812 CHALLENGE & HALF MARATHON

	RATHON	- 13.1 MILES		MALE AGE GROUP: 50 -			
MALE OVERALL				1 Peter Dephtereos	52	Watertown	2:00:2
Stefan Maucher	31	Dallas, TX	1:22:33	2 Jeffrey Fallon	50	Watertown	2:03:2
Aaron Netto	35	Watertown	1:33:18	3 John Freda	53	Watertown	2:34:4
Randy Demar	25	Watertown	1:37:46	MALE AGE GROUP: 55 -	59		
EMALÉ OVERALL				1 Gary Burns	58	Watertown	1:47:2
Brittany Burns	23	Watertown	1:24:04	2 Chris McKean	55	Scottsville	2:24:3
Tracie Rall	34	Clav	1:33:30	3 Lawrence Reynolds	55	Massena	2:25:3
				FEMALE AGE GROUP: 55		ividaaciid	2.23.3
		Watertown	1:38:31		58	\	1,50,1
MALE AGE GROUP: 1 -				. iciry bairis		Watertown	1:52:1
Andrew McFarland	14	Black River	1:39:21	2 Chris Frost	57	Herkimer	2:00:0
Nicholas Tyler	17	Adams	1:48:01	3 Serry Gilbert	55	Dexter	2:03:2
Chris Shelmidine	17	Lorraine	1:48:01	MALE AGE GROUP: 60 -			
EMALE AGE GROUP: 1	- 17			1 Robert Gould	61	Watertown	2:00:2
Rachel Francis	16	Fort Drum	1:45:44	2 Kenyon Wells	62	Sackets Harbor	2:16:3
Nola Pominville	16	Castorland	1:46:20	3 Reg Purington	62	Carthage	2:31:4
Erin Fayle	16	Lowville	1:55:54	FEMALE AGE GROUP: 60	- 64	9	
MALE AGE GROUP: 18	- 24			1 Jean Doell	62	Calcium	2:52:3
Scott Allen	24	Kingston, ON	1:57:05	MALE AGE GROUP: 65 -		carciarri	2.52
Joee Frattali	24	Watertown	2:25:46	1 Ed Van Marter	65	Liverpool	2:01:2
							∠.U I
Jamison Porter	21	Watertown	2:26:08		EDME:	- 18.12 MILES	
EMALE AGE GROUP: 1		4 42 25		MALE OVERALL			
Crystal Parker	24	1:42:35		1 Martin Nicholson	25	Syracuse	1:41:
Allison Dibble	24	Selkirk	1:53:15	2 Jon French	28	Buffalo	1:42:
Keely Sammon	20	Lowville	1:55:54	3 Colin Wilkinson	46	1:57:56	
MALE AGE GROUP: 2	25 - 29			FEMALE OVERALL			
Bianca Dalton	26	Fort Drum	1:42:25	1 Audra Adair	37	Sackets Harbor	2:06:
Melanie Ripley	28	Watertown	1:50:11	2 Crystal Cockayne	25	Adams	2:13:
Ashley Schaad	25	Woodbridge, VA	1:59:04	3 Suna Stone-McMasters	43	Canton	2:14:
IALE AGE GROUP: 25		vvoodbiidge, vA	1.33.04	MALE AGE GROUP: 1 - 1		Canton	2.14.
Brian Green	- 29 29	Sackets Harbor	1:50:51			Blatte delle lete	2.20.
				i Logari nariring	17	Philadelphia	2:30:
Chris St. Joseph	29	Brownville	1:58:18	Bradley Schieble Jr.	14	Stittville	3:00:
Shane Simser	29	Watertown	1:59:48	FEMALE AGE GROUP: 1			
EMALE AGE GROUP: 3				1 Sara Pignone	16	Rodman	2:55:
Amanda Root	33	Adams	1:45:14	MALE AGE GROUP: 18 -	24		
Erin Gates	34	Gouverneur	1:46:04	1 Alex Lockayne	24	Adams	2:21:
Jennifer Boyer	33	West Chazy	1:49:38	2 Ben Harvey	23	Watertown	3:42:0
IALE AGE GROUP: 30		West endly	1.15.50	FEMALE AGE GROUP: 18		· ratertown	5. 12.
Ted Burkhalter	33	Black River	1:43:45	1 Erica Ready	24	Boonville	2:19:2
				. Linea neady			
Jesse Lamora	33	Philadelphia	1:45:14	2 Theresa Brodeur	24	Watertown	2:35:
Aaron Orsini	30	Watertown	1:54:23	3 Haley Hudson	23	Adams	2:36:
MALE AGE GROUP: 3				FEMALE AGE GROUP: 25			
Miriam Meko	36	Sackets Harbor	1:54:18	1 Jessica Miller	25		2:35:
Jessica Hart	36	Watertown	2:00:39	2 Lauren Deritter	29	Baldwinsville	2:35:
Nova Schenk	35	Watertown	2:08:07	3 Nina Barnhart	26	Fort Drum	2:43:
ALE AGE GROUP: 35				MALE AGE GROUP: 25 -			
Jason Fingerman	39	Liverpool	1:44:39	1 Chris Mitrevski	28	Carthage	2:26:
Phillip Purcell	39	Liverpoor	1:47:40	2 Joe Saglimbeni	26 26	Cartriage	2:28:
	39 36	Matorto				Canaly Correl	
Timothy Virkler		Watertown	1:59:56	3 Nick Multari	25	Sandy Creek	2:36:
ALE AGE GROUP: 40				FEMALE AGE GROUP: 30			
Darryl Cathcart	40	Kingston, ON	1:41:46	1 Erin Wiley	31	Adams Center	2:24:
Todd Yerger	40	Copenhagen	1:45:33	 Aimee Démers-Bourgeoi 	s 34	Plattsburgh	2:30:
Ed Urf	40	Watertown	1:57:52	3 Sarah Coburn	33	Canton	2:38:
MALE AGE GROUP: 4				MALE AGE GROUP: 30 -			
Cheryl Steiner	43	Castorland	1:46:20	1 Clifford Jackson	34	Carthage	2:11:
Connie Bast	43	Woodville	1:47:45	2 Joe Sech	33	Carthage	2:11:
	41				33		
Carrie Taylor		Henderson	1:55:46	5 Craig monimi		Ogdensburg	2:19:
MALE AGE GROUP: 4				FEMALE AGE GROUP: 35			
Helna Bozarth	46	Fredericksburg, VA		1 Denise Carroll	37	Rochester	2:37:
Mary Clark	49	Chaumont	1:53:10	2 Ginger Carriero	36	Malone	2:46:
Dawn Phelps	49	Canandaigua	2:03:54	3 Keri Denagel	39	Williamson	2:49:
ALE AGE GROUP: 45	- 49			MALE AGE GROUP: 35 -	39		
John Moore	47	Syracuse	1:40:06	1 Jim Pelton	37	Mannsville	2:09:
	47			i siiii cicon	38		
Jay Steiner		Castorland	1:44:24	2 David Zimpfer		Rochester	2:12:
David Francis	45	Fort Drum	1:47:17	3 Gwyn Monnat	35	Carthage	2:14:
MALE AGE GROUP: 5				MALE AGE GROUP: 40 -			
Deb Donahue	51	Shamong, NJ	1:50:55	1 Ian Callan	43	Cornwall, ON	2:17:
Claudia Klaver	50	Fayetteville	1:55:56	2 Aaron Colon	40	Baldwinsville	2:29:
Denise Moore	52	Watertown	2:03:49	3 Scott Strife	41	Carthage	2:29:
						-u.u.ugc	conti

	1ST ANN	UAL	1812 CHA	LLENGE	&	HALF MARA	NOHTA	continued	
FE	MALE AGE GROUP: 40 -	44			М	ALE AGE GROUP: 55	5 - 59		
1	Kimberly Royle	44	Fort Drum	2:18:27	1	David Favalo	58	Phoenix	2:35:0
2	Judy Carbonell	41	Carthage	2:30:55	2	Paul Gibbs	58	Adams Center	2:45:1
3	Kate Porter	40	Canton	2:38:37	3	Alan Brown	55	Manlius	2:49:5
FE	MALE AGE GROUP: 45 -				-	MALE AGE GROUP:		Iviailius	2.43.3
1	Beth Hughes	45	Manlius	2:24:21	FE				
2	Kate Wilson	46	Manlius	2:30:13	1	Diane Covell	56	Watertown	3:02:50
3	Teresa Stone	45	Potsdam	2:38:17	2	Karen Burns	59	Watertown	3:11:1
М	ALE AGE GROUP: 45 - 4	-			3	Judy Chong	55	Mississauga, ON	3:27:09
1	Toby Woodard	45	Fayetteville	2:19:02	м	ALE AGE GROUP: 60	- 64		
2	Fred Sovie	45	Watertown	2:22:48	1	Peter Hardwick	60	Watertown	2:21:2
3	John Ferrini	48	Baldwinsville	2:23:52					
FE	MALE AGE GROUP: 50 -	- 54			2	Ken Bellor	60	Massena	2:28:0
1	Donna Mansulla-Coppola			2:31:34	3	Keith Ridgeway	62	Mannsville	2:40:09
2	Gwen Decker	52	Rodman	2:37:12	FE	MALE AGE GROUP:	60 - 64		
3	Cindy Cooper	53	Copenhagen	3:00:19	1	May Stemshorn	61	Mississauga, ON	3:42:00
М	ALE AGE GROUP: 50 - 54	-			М	ALE AGE GROUP: 70	74		
1	Jim Allott	53	Potsdam	2:06:28					
2	John Weiner	50	Osceola, PA	2:07:56	1	John Stirling	70	Watertown	3:04:14
3	Dave Morton	54	Ottawa, ON	2:27:57		Courtesy of 18	12 Challeng	e Race Committee	

		oterriber 3, 20	12 - JLI (Headquarters, A	-		
MALE OVER					ALE AGE GROUP: 35			
 Mike Roda 	36	Albany	15:51	1	Clay Lodovice	37	Delmar	17:
2 Chris Judd	32	Glenville	16:10	2	David Tromp	37	Glenmont	18:
3 Jordan Pant	alone 17	Schenectady	16:18	3	Brian Northan	37	Pittsburgh, PA	18:
FEMALE OVE	RALL			FE	MALE AGE GROUP: 3	5 - 39		
1 Meghan Da	vey-Mortensen 27	Rotterdam	18:51	1	Gretchen Oliver	38	Guilderland	19:
2 Crystal Perr	io 31	Clifton Park	19:06	2	Sally Drake	39	Albany	20:
3 Karen Berta	sso 28	Slingerlands	19:08	3	Stefanie Pitts	38	Schenectady	23:
MALE AGE G	ROUP: 1 - 14			M	ALE AGE GROUP: 40	- 44	,	
1 Jonah Allar	d 13	Schenectady	17:11	1	Jeff Loukmas	41	Clifton Park	19:
2 Dennis Polli	cino 14	Glenville	19:17	2	John Williams-Searle	44	Albany	19:
3 Noah Allard	13	Schenectady	21:08	3	Mark Cotugno	43	Cohoes	19:
FEMALE AGE	GROUP: 1 - 14	, , , , , , , , , , , , , , , , , , , ,		FE	MALE AGE GROUP: 4	0 - 44		
1 Lilianna Ma	tala 13	Schenectady	20:58	1	Kimberly Miseno-Bowle	s 42	Amsterdam	19:
2 Carolyn Pel		Loudonville	21:09	2	Penny Tisko	43	Voorheesville	21:
3 Shannen Ke		Colonie	21:26	3	Dana Peterson	41	Voorheesville	22:
	ROUP: 15 - 19	Coloriic	21.20		ALE AGE GROUP: 45		Voorneesvine	
1 Jason Lange		Schenectady	16:30	1	Jon Rocco	45	Colonie	18:
2 Matt Lange		Schenectady	17:09	2		47	Albany	18:
3 Nick Przeku		Selkirk	17:11	3		47	Schenectady	18:
	GROUP: 15 - 19	JEIKIIK	17.11		MALE AGE GROUP: 4		Schenectady	10.
1 Talya Willian		Schenectady	20:03	1	Laurie Hoyt	46	Schenectady	22:
2 Kaitie Schill		Colonie	20:03	2	Ruth Sadinsky	45	Albany	23:
3 Alicia Bousa		Albany	20:11	3		45	Glenmont	23:
	ROUP: 20 - 24	Albany	20.20		ALE AGE GROUP: 50		Glerimont	23.
1 Matt Johns		Albany	16:50	1	Jon Weilbaker	• 54	Saratoga Springs	19:
2 Aaron Lozie		Guilderland	17:05		Ken Evans	51	Delmar	19:
2 Aaron Lozie 3 Erik Carmai			18:19	3		51 54	Albany	20:
		Albany	18:19	_		٠.	Albany	20.
	GROUP: 20 - 24		40.55		MALE AGE GROUP: 5		A II	2.4
1 Shylah Web		Rensselaer	19:56	1	Nancy Taormina	53	Albany	21:
2 Ada Lauterl		East Berne	21:24	2		53	Averill Park	23:
3 Christa Can			23:45	3	,	52	Selkirk	25:
	ROUP: 25 - 29				ALE AGE GROUP: 55			
1 Jaime Julia	27	Amsterdam	17:46	1	Rick Munson	55	Prattsville	20:
Daniel Ayal		Clifton Park	19:48	2		58	Troy	23:
3 Jamie Kelly	27	Schenectady	23:18	3	Richard Kelly	55	Schenectady	23:
	GROUP: 25 - 29				MALE AGE GROUP: 5			
 Liz Chauhar 		Albany	21:17	1	Nancy Briskie	55	Schenectady	20:
2 Erin Ring	25	Clifton Park	21:57	2	Susan Burns	57	Rensselaer	25:
3 Nicole Viscu		Scotia	24:10	3		59	Schenectady	25:
	ROUP: 30 - 34				ALE AGE GROUP: 60			
1 Anthony Gi		Albany	16:20	1		62	Colonie	19:
2 Josh Merlis	30	Albany	16:24	2	Paul Bennett	61	Latham	19:
3 Andrew Ric		Delmar	17:34	3	Juergen Reher	62	Wynantskill	21:
FEMALE AGE	GROUP: 30 - 34			FE	MALE AGE GROUP: 6	0 - 64		
1 Jennifer Ric	hardson 32	Albany	21:28	1	Judy Phelps	61	Malta	21:
 Jennifer Me 	rritt 34	Renssélaer	21:39	2	Susan Wong	64	Glenmont	23:
3 Jennifer Do	tt 33	Albany	23:44	3	Erika Osterle	61	Stamford	23: conti





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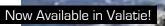
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RACE RESULTS

	24TH	ANNUAL SE	EFCU L	ABOR DAY 5K	contin	ued	
MALE AGE GROUP: 65	i - 69			MALE AGE GROUP: 75	i - 79		
1 Norman Dovberg	66	Albany	22:11	1 Wade Stockman	77	Rensselaer	25:52
2 Robert Ramage	67	Loudonville	27:55	2 Chris Rush	76	Schenectady	26:44
3 Richard Baluch	67	Delanson	28:17	3 Richard Green	77	East Chatham	29:32
FEMALE AGE GROUP:	65 - 69			FEMALE AGE GROUP:	75 - 79		
1 Linda Keeley	66	Waterford	35:06	1 Donna McBain	79	Troy	43:53
MALE AGE GROUP: 70	- 74			MALE AGE GROUP: 80	- 84		
1 Edward Bown	70	Broadalbin	23:20	1 Ken Orner	82	Albany	43:58
2 Jim Moore	72	Niskayuna	24:40	FEMALE AGE GROUP:	80 - 84	,	
3 Jim Hotaling	72	Niverville	27:30	1 Anny Stockman	80	Rensselaer	34:29
FEMALE AGE GROUP:	70 - 74			Courtesy	of SEFCU	Foundation &	
1 Janice Mayer	74	East Greenbush	47:40	Hudson-M	ohawk Ro	ad Runners Club	

	Se	eptember 8. 20	12 • HV	/CC	- TEC SMART, I	Иalta		
MALE OVERALL	-	-,- : : : : : : : : : : : : : : : : : :			ALE AGE GROUP: 40			
Jean-Paul Reddinger	22	Troy	17:41	1	Todd Rowe	44	Rotterdam	21:06
2 Jonathan Peffley	24	Saratoga Springs	17:49	2	Johan Weiitmans	40	Mechanicville	21:15
3 John Stadtlander	46	Clifton Park	18:03	3	William May	44	Ballston Spa	21:50
FEMALE OVERALL				-	MALE AGE GROUP: 4		ballstoll Spa	21.50
1 Jennifer Bennice	33	Ballston Lake	20:43	1	Deborah Zelker	41	Malta	22:29
2 Vi Pham	23	Saratoga Springs	21:57	2		41		23:32
3 Gail Rubenstein	43	Saratoga Springs	22:02		Ronda Poiri		Ballston Spa	
MALE AGE GROUP: 1	- 14	3		3	Mary Ibbetson	43	Selkirk	23:58
Michael Poirier	11	Ballston Spa	22:01		ALE AGE GROUP: 45			
2 Michael Bucholtz	13	Ballston Spa	22:38	1	Jeff Farbaniec	49	Saratoga Springs	20:17
3 Peter Hansen	11	Ballston Spa	23:15	2	Lee Ecker	45	Saratoga Springs	21:14
FEMALE AGE GROUP:	1 - 14			3	Vater Uwe	47	Rock City Falls	22:20
1 Meghan Liuzzo	14	Malta	25:32	FE	MALE AGE GROUP: 4	15 - 49		
2 Mimi Liebers	13	Malta	25:35	1	Kim Eisler	45	Ballston Spa	23:54
3 Sarah Norris	13	Malta	28:16	2	Bridget Cotugno	45	Malta	24:58
MALE AGE GROUP: 15				3	Michelle Dannenhoff	45	Clifton Park	25:11
1 Owen Reilly	16	Saratoga Springs	19:44	м	ALE AGE GROUP: 50	- 54		
2 Austin Nagell	17	West Charlton	21:51	1	Ed Drebitko	50	Schenectady	19:56
3 John Geis	18	Schenectady	33:33	2		51	Clifton Park	21:43
FEMALE AGE GROUP:		Scrienceday	55.55	3		50	Ballston Spa	23:43
1 Hannah Bagshaw	16	Saugerties	32:52	_	MALE AGE GROUP: 5		ballstoll Spa	23.43
MALE AGE GROUP: 20		9		1	Marcy Dreimiller	52 52	South Glens Falls	23:46
1 Rob Sobkowich	22	Amsterdam	19:58			52 51		
2 Christopher Robisha	24	Clifton Park	22:33	2	Barbara Naple		Saratoga Springs	27:04
Greg Hart	24	Waterford	24:15	3	Joan Ide	52	Malta	29:40
FEMALE AGE GROUP:		· · · · · · · · · · · · · · · · · · ·	25		ALE AGE GROUP: 55			
1 Erika Valdez	22		25:52	1	Rob Picotte	59	Malta	20:15
2 Charley Mallet	24	East Greenbush	26:44	2	Martin Patrick	58	East Greenbush	21:46
3 Anna Kate Beigel	20	Naples	30:08	3		58	Malta	23:44
MALE AGE GROUP: 25				FE	MALE AGE GROUP: 5	55 - 59		
Michael Goodwin	26	Saratoga Springs	19:47	1	Joann Lyons	56	Clifton Park	29:40
2 Lynman Tinc	28	Saratoga Springs	21:56	2	Hollys Kozlowski	57	Valley Falls	29:47
B Dan Miller	26	Malta	23:05	3	Darlene Cardillo	59	Delmar	29:56
FEMALE AGE GROUP:		William	25.05	М	ALE AGE GROUP: 60	- 64		
1 Angela Shortle	29	Watervliet	24:50	1	Tim Fisher	60	Ballston Spa	22:34
2 Lauren Mackay	27	Schaghticoke	24:51	2	Raymond Sergott	63	Ballston Lake	25:39
3 Brita Liebers	25	Malta	26:44	3	David Anderson	61	Albany	26:20
MALE AGE GROUP: 30				-	MALE AGE GROUP: 6		7 tiburiy	20.20
1 Bryan Shults	34	Schenectady	18:49	1	Susan Lohnas	60	Niskayuna	28:06
2 Rob Chopman	32	Ballston Spa	19:55	2		62	Greenfield	30:46
3 Jeff Cornick	33	Ballston Spa	21:27		Peggy Keigley			
FEMALE AGE GROUP:		ballstoll spa	21.27	3	Alice Carpenter	62	Delmar	30:52
1 Sandy Tasse	33	Ballston Spa	22:48		ALE AGE GROUP: 65			
Jessica Reinhardt	31	Albany	24:03	1	Joseph Scarine	66	Latham	26:09
3 Julie Fariello	32	Saratoga Springs	24:25	2	Richard Baluch	67	Duanesburg	28:16
MALE AGE GROUP: 35		Saratoga Springs	24.23	3		68	Gansevoort	50:25
1 Christopher Tuohy	36	Malta	20:29	FE	MALE AGE GROUP: 6	55 - 69		
2 Andrew Keyes	37	Malta	22:52	1	Margie Ingram	65	Saratoga Springs	32:24
3 Dan Fariello	36	Saratoga Springs	23:09	2	Nancy Johnston	66	Ballston Lake	34:29
FEMALE AGE GROUP:		saratoga springs	23.03	3	,	68	Lake Luzerne	35:56
1 Liz Carr	37 - 35	Clifton Park	23:12	-	ALE AGE GROUP: 75			55.50
2 Erin Gorman	36	Ballston Spa	23:33	1	Richard Schumacher	79	Hoosick Falls	32:46
3 Ally Kelly	39	Ballston Lake	25:08				Professional Associat	
> Ally Nelly	23	Dalistoli Fake	23.00		Courtesy or ivialla B	usiliess &	riviessiviiai Associat	10/1

1ST CAMP CHALLENGE 5K TRAIL RUN September 8, 2012 • Double H Ranch, Lake Luzerne Stephanie Carte 22:57 Kathleen Tersigni 6 Brandon Thomas 26:44 26:42 26:56 10 Taura Cunningham 33:17 7 Michael Valiquette 26:47 MALE OVERALL 26:53 8 Larry Navatka 25:11 28:13 Scott Royael 9 Shawn McCarthy 25:13 25:38 Christopher Woll 10 David Messinger 29:32 30:00 Richard Colucciello Amy Legendziewicz 32:34 Tyler Shepard 26:28 Courtesy of Double H Ranch

	13.1 MI	IES		FEMALE AGE GROUP: 35	- 39		
IALE OVERALL	13.1 1/1			1 Colleen Porter	35	Lake Placid	1:44:5
Marc Galvin	36	Lake Placid	1:21:16	2 Allison Bradley	36	Albany	1:47:1
Shawn Spriggs	33	Potsdam	1:21:54	3 Carrie Donatello	35	Lake Placid	2:00:0
Isaiah Shaw	28	North Hudson	1:22:22	MALE AGE GROUP: 40 -		Lanc Flacia	2.00.0
EMALE OVERALL	20	North Huuson	1.22.22	1 Shawn Molloy	43	Central Square	1:27:
Jenny DeWeese	34	Lake Placid	1:23:27	2 Todd McGuley	44	Niskavuna	1:34:0
Katie DeRusso	27	Saranac Lake	1:23:27	3 Greg Moore	42	Saranac Lake	1:37:
Michelle Dupont	27 45	Lenox, MA	1:28:53	FEMALE AGE GROUP: 40	- 44		
		Lenox, IVIA	1:35:09	1 Susan Kelly	42	Burlington, VT	1:41:
IALE AGE GROUP: 15			4 44 43	2 Rachel Stanton	44	Lake Placid	1:45:
Jacob Young	17	Ticonderoga	1:41:13	3 Christina Dock	40	Lake Placid	1:56:
Ian Zdgiebloski	16	Lake George	1:44:02	MALE AGE GROUP: 45 -	49		
Kei Kullberg	17	Lake Placid	1:48:01	1 Markus Mohrs	46	Saranac Lake	1:36:
EMALE AGE GROUP: 1				2 Robert Durfee	49	Saranac Lake	1:38:
Hannah Feinberg	17	Saranac Lake	2:05:41	3 David Balestrini	47	Lake Placid	1:41:
Julianna Matos	16	Wilmington	2:15:28	FEMALE AGE GROUP: 45	- 49		
Emma Zdgiebloski	16	Lake George	2:34:40	1 Susan Thompson	45	Queensbury	1:41:
IALE AGE GROUP: 20	- 24			2 Chervl Tracy-Debraccio	47	Scotia	1:44:
Adam Ringler	22	Richmond, MA	1:39:14	3 Bonnie Galvin	45	Ballston Spa	1:47:
Matthew Saulpaugh	20	Lake Placid	1:40:48	MALE AGE GROUP: 50 -	54		
Wayne Duprey	23	Lake Placid	1:45:30	1 Michael Mortelliti	50	Lenox, MA	1:33:
EMALE AGE GROUP: 2	20 - 24			2 Doug Hazelden	53	Bloomingdale	1:37:
Catherine Scott	24	Elbridge	1:50:28	3 Chewpa Yuriii	52	Manotick	1:39:
Brittany Phelps	24	Lake Placid	2:01:15	FEMALE AGE GROUP: 50	- 54		
Brittany Groebler	23	Norfolk	2:01:19	1 Nancy Ogle	51	Pittsfield, MA	1:42:
IALE AGE GROUP: 25	- 29			2 Heidi Holderied	50	Saranac Lake	1:46:
Dave Thoman	26	Albany	1:23:40	3 Tina Hayden	50	Schenectady	2:09:
Scott Kulakowski	29	Albany	1:31:11	MALE AGÉ GROUP: 55 -	59	•	
Robert Kelleher	26	Beverly Hills, CA	1:38:59	1 Brian Delaney	56	Lake Placid	1:38:
EMALE AGE GROUP: 2		beverly rillis, ere	1.50.55	2 Peter Jones	57	Rainbow Lake	1:42:
Kristen Epstein	25	Fort Drum	1:38:10	3 Mark Regan	56	Queensbury	1:44:
Jennifer Wilson	29	Liverpool	1:40:26	FEMALE AGE GROUP: 55	- 59		
Molly Casey	28	Albany	1:42:03	1 Nancie Battaglia	58	Lake Placid	2:05:
IALE AGE GROUP: 30		Albally	1.42.03	2 Joanne Belliveau	57	Ottawa, ON	2:29:
Joseph Sullivan	- 34 33	Schenectady	1:27:27	3 Linda Ullyett	56	Ottawa, ON	2:29:
Phil Lynch	32	Saranac	1:27:27	MALE AGE GROUP: 60 -	64		
,				1 Phillip Gallo	61	Saranac Lake	2:24:
Jason Montgomery	31	Orleans, QC	1:32:40	FEMALE AGE GROUP: 60	- 64		
EMALE AGE GROUP: 3			4 30 00	1 Diane Wagner	64	Elizabethtown	2:48:
Vera Hunter	30	Ingleside, ON	1:38:00	MALE AGE GROUP: 65 -			
Molly Hann	31	Saranac Lake	1:54:10	 Robert VanDenbergh 	66	Deansboro	1:46:
Jessica Hurlbut	30	Massena	1:58:05	Charles Trimarchi	66	Albany	2:16:
IALE AGE GROUP: 35				3 Gary Baldwin	65	Lake Placid	2:26:
Jason Strickland	36	Lake Placid	1:33:07	MALE AGE GROUP: 70 -			
Jason Pare Francisco Passade	39 35	Rome New York	1:33:19 1:54:09	1 Leonard Kershaw	71	Elizabethtown ndack Health	2:26:4

HUNTER MOUNTAIN FALL CLASSIC September 8, 2012 • Hunter Mountain, Hunter

3:17:08

3:17:08

3:19:14

3:19:14

3:19:14

1:52:48

1:53:21 1:53:21

SHULMAN

HOWARD

Flushing New York

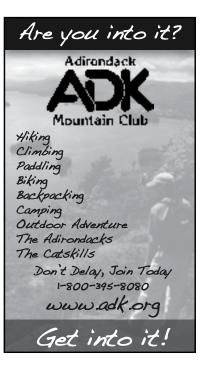
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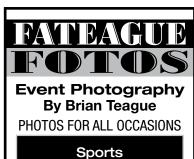
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MEN 3 - 78 MILES

MEN 4 - 78 MILES

Nolan Montiel/CRCA Setanta Ira Blumberg/CRCA FGX Racing Jack Jefferies/Unattached

Chris Strumolo/Unattached William Ransford/GBSC Carl Hart

Andrew Loaiza/EuroPRO Checklist

WOMEN 4 – 39 MILES

1 Barb Blakley/CRCA Innervation Fitness

Nancy Bailey/Onondaga Cycling Club

Anna Mumford/Unattached

FEMALE OVERALL

Rachel Wysocki Elizabeth Hogan

Erin McCarthy

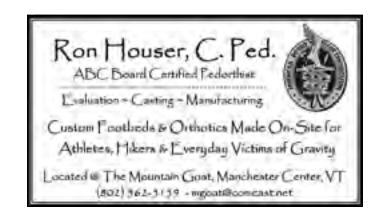
Lee Shepard

Kerry Guimarra

Kate Motsiff







MEN 5 (UNDER 35) - 78 MILES

MEN 5 (35-PLUS) – 78 MILES 1 Mark Jakubowski/Rocky Point Cycle

John Tully/Unattached

Rade Popovic/Pop Works

MEN 5 (45-PLUS) - 78 MILES

Phill Vermette/Eurosports

Parker McComas/Unattached

Paul Byron/Capital Bicycle Racing Club Benjamin Downs/Rocky Point Cycle Michael Quinn/Danny's Cycles

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Hoboken, NJ

Ottawa, ON

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17 OLD ROUTE 66

New York 12018

AVERILL PARK

Katonah

3:29:11

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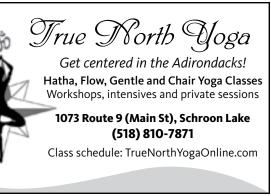
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DECEMBER 2012

RACE RESULTS

HUNTER MOUNTAIN FALL CLASSIC continued

- 78 MILES

	110111				
М	EN 5/CITIZENS – 39 MILES			М	EN 40-PLUS
1	Johan Adriaans/International Contra	actors Neversink	1:57:49	1	Mark Miller/F
2	Jonathan Addison/Unattached	New York	2:04:22		Gregg Gallet
3	Christopher Carey/Unattached	Delhi	15:40		William Wiss
	NIOR 15-18 – 39 MILES			М	EN 50-PLUS
JU	MIOK 13-16 - 39 WILES			1	Doug O'Neill

/Favata's TrT Bicycles Hurley 3:24:27 etta/CRCA BH Comedy Central Dobbs Ferry 3:24:27 sse/DeathRow Velo Toms River, NJ 3:24:29 EN 50-PLUS – 78 MILES
Doug O'Neill/Deno's Wonder Wheel West New York, NJ 3:24:29
Haluk Sarci/Deno's Wonder Wheel Cresskill, NJ 3:24:29 Teddy Koslowski/Farm Team Cycling Bridgewater, NJ 1:41:16 Flemington, NJ 3:24:29 Braedan Weller/Berkshire Bike & Board Great Barrington, MA 1:41:16 3 Richard Kazimir/CRCA Derek Cote/Farm Team Cycling Burlington, CT 1:41:16

2ND ANNUAL MOREAU LAKE AQUATHON, SWIMS & TRAIL RUN

	Se	eptem	ber 9, 2012 • i	Moreau	Lak	ke State Park, G	ansev	oort	
	AQUATHLON: 1	.5K SWI	M & 5K TRAIL RUN		3	Daniel Maloney	46	Gansevoort	25:31
M	ALE OVERALL				4	Dave Morrissey	51	Queensbury	27:22
1	Michael Morrissey	49	Queensbury	50:43	5	Ross Shuket	26	Saratoga Springs	29:22
2	Alan Finder	24	Albany	51:19	6	Richard Shanley	33	Falls Village	29:24
3	Amy Klein	50	Skaneateles	56:33	7	Shaun Gillilland	54	Willsboro	39:38
FE	MALE OVERALL				8	Connor Buzzell	21	Queensbury	41:35
1	Alison Hephy	46	Nassau	1:01:17	9	James Carter	66	Ballston Spa	44:25
2	Dani Stein	25	Saratoga Springs	1:07:36	10	Jim Chivers	73	Binghamton	44:44
3	Kimberly Alessi	31	Glens Falls	1:13:42		MALE OVERALL			
FE	MALE AGE GROUP: 20				1	Autumn Boxley	13	Saratoga Springs	25:19
1	Britalena Liebers	25	Saratoga Springs	1:14:45	2	Gabrielle Celia	15	Saratoga Springs	26:06
2	Kate Riviello	28	Bolton Landing	1:28:03	3	Carie Mauro	47	Glens Falls	26:16
M	ALE AGE GROUP: 30 -	39			4	Emily Danielson	14	Ballston Spa	26:3
1	Bill Davis	38	Delmar	59:46	5	Sarah Rodman	34	Clifton Park	29:33
2	Kevin Baird	37	Wilton	1:01:05	6	Wendy Matthews	52	Queensbury	30:17
3	Richard Shanley	33	Falls Village	1:09:57	-		52 55		
FE	MALE AGE GROUP: 30	- 49	-		7	Patricia Paduano		Stillwater	37:06
1	Karen Viger	43	Saratoga Springs	1:17:19	8	Kathy McGuire	59	New York	42:13
2	Alexandra Hensworth	36	Saratoga Springs	1:34:29			ISK TRAII	RUN	
3	Rebecca Phillips	45	Schenectady	1:36:23	М	ALE OVERALL			
M	ALE AGE GROUP: 40 -	49	•		1	Chris Repka	29	Porters Corners	1:37:41
1	Matthew Alpern	49	Latham	57:08	2	Tom Poruese	31	Queensbury	1:41:13
2	Gary Ethier	44	Cohoes	1:02:47	3	Bob Underwood	52	Kattskill Bay	1:41:22
3	Richard Starace	49	Greenfield Center	1:03:41	FE	MALE OVERALL		,	
M	ALE AGE GROUP: 50 -	59			1	Kelly Holzworth	33	Saratoga Springs	2:02:33
1	John Paduano	52	Stillwater	1:19:52	2	Alex Matthews	25	Queensbury	2:03:51
2	Eric Leskovec	56	Fort Edward	1:30:56	3	Samara Anderson	39	Saratoga Springs	2:06:07
- FE	MALE AGE GROUP: 50) - 59			-	MALE AGE GROUP:		Saratoga Springs	2.00.07
1	Janet Davignon	50	Schenectady	1:14:56	1	Jessica Watson	23	Albany	3:04:32
2	Melissa Wods	52	Saratoga Springs	1:25:20	2		22	Albany	3:50:36
3	Susan Browne	54	Albany	1:45:42		MALE AGE GROUP:		Albally	3.30.30
	ALE AGE GROUP: 60 -		,					Clifter Deal	2.16.00
1	Rick Morse	62	Malta	1:10:38	1	Megan Boyak	27	Clifton Park	2:16:06
2	David Dibelius	66	Lake George	1:15:23		ALE AGE GROUP: 30		5 (5)	
_			ER SWIM	1115.25	1	Jason Kenny	38	Fort Edward	1:41:48
М	ALE OVERALL		EK SWIM		2	John Nakel	31	Saratoga Springs	1:42:06
1	Gerald Gould	53	Fayetteville	46:35	3	Jared Murphy	35	Fort Edward	1:42:28
2	Dan Wall	57	Menands	46:35	FE	MALE AGE GROUP:			
3	Daniel Maloney	46	Gansevoort	52:01	1	Kim Didrich	32	Rensselaer	2:16:16
4	Tocher Mitchell	65	Shelburne	53:04	M	ALE AGE GROUP: 40	- 49		
5	Dave Morrissey	51	Queensbury	55:35	1	Bob Radcliff	48	Stillwater	1:41:53
6	,	33	Falls Village	56:49	2	Brian Dillenbeck	41	Alplaus	1:52:21
о 7	Richard Shanley Chris Boldiston	53 53		1:10:02	3	Peter Sturn	46	Schenectady	2:07:41
		55	Albany	1:10:02	FE	MALE AGE GROUP:	40 - 49	,	
	MALE OVERALL	20	Contleton	40.22	1	Melissa Frenyea	43	Saratoga Springs 2	·06·19
1	Alicia Fletcher	39	Castleton	48:32	2	Gabriella Frittelli	46	Gansevoort	2:10:44
2	Nadia Louhichi	31	Delmar	50:24	3		41	Germantown	3:16:21
3	Carrie Mauro	47	Glens Falls	51:54	-	ALE AGE GROUP: 50		Germantown	3.10.2
4	Wendy Matthews	52	Queensbury	1:00:24	1		55	Gansevoort	1:53:34
5	Ellen Tremper	46	Ulster Park	1:02:04		Doug Varney			
6	Susan Johnson	52	Saratoga Springs	1:08:20	2	David Matthews	57	Queensbury	2:14:43
7	Carol Davis	30	Peekskill	1:30:06	3	Kevin Cotter	59	Johnstown	2:42:07
8	Kathy McGuire	59	New York	1:31:21		ALE AGE GROUP: 60			
		PEN WA	TER SWIM		1	Charles Broclutt	66	Dolgeville	2:57:44
M	ALE OVERALL				FE	MALE AGE GROUP:			
1	Kevin Baird	37	Wilton	22:53	1	Laura Clark	65	Saratoga Springs	2:57:43
-									

33RD ANNUAL DUNKIN RUN

•		-	Aibail	y Jewish Communit	-	ter, Albarry	
	K ROAD	RACE		FEMALE AGE GROUP: 5	0 - 54 53	Trov	27:0
MALE OVERALL 1 Joshua Edmonds	24	Cooperstown	15:07	1 Susan Matthews 2 Karen Mackey Evans	50	Troy Delmar	27:0
Scott Mindel	25	Cooperstown Ballston Lake	15:10	3 Tina Hayden	50	Schenectady	29:3
Alexander Paley	26	Albany	15:11	MALE AGE GROUP: 55 -		Schencelady	25
EMALE OVERALL	20	7 dibully	15.11	1 Frank Granato	55	Clifton Park	27:0
Mesha Brewer	35	Saratoga Springs	17:24	2 James Mahar	57	Ballston Spa	27:
Jodie Robertson	27	Melville	17:36	3 Brian Hassett	58	Clifton Park	27:4
Lori Kingsley	46	Wysox, PA	17:48	FEMALE AGE GROUP: 5			
MALE AGÉ GROUP: 1 - 1	14			1 Nancy Briskie	55	Schenectady	20:2
Daniel Hotaling	13	Ghent	21:36	2 Karen Provencher	57	Glens Falls	21:4
! Dakota Harvey	13	Poland	22:35	3 Jeanne Masterson	55	Voorheesville	29:
Leo Rosenblum	11	Delmar	23:04	MALE AGE GROUP: 60 - 1 Stephen Justa		A llea es .	27.
EMALE AGE GROUP: 1				1 Stephen Justa 2 Richard Bazar	62 63	Albany Waterford	27: 29:
Emily Patnavde	14	Albany	25:32	3 Michael Levine	63	Albany	30:
Sydney Smith Mikavla Rossier	12 13	Niskayuna	28:35	FEMALE AGE GROUP: 6		Albany	50
Mikayla Rossier MALE AGE GROUP: 15 -		Menands	29:38	1 Ilene Weinstein	62	Chatham	27:
Simon Powhida	15	Delmar	19:57	2 Mary Pat Bichteman	63	Westerlo	38:4
Brenden Leary	15	Pittsfield, MA	20:40	MALE AGE GROUP: 65 -	69		
Avi Durling	16	Saratoga Springs	20:47	1 Norman Dovberg	66	Albany	22:0
EMALE AGE GROUP: 1		Jaratoga Jpririgs	20.47	2 Thomas Hunter	67	Troy	24:3
Bethany Powhida	18	Delmar	20:22	3 Angel Rodriguez	68	Albany	31:5
Erin Arnold	17	Latham	22:50	FEMALE AGE GROUP: 6			
Haley Goodrich	16	Glenmont	24:51	1 Elizabeth Miller	66	Berlin	37:5
ALE AGE GROUP: 20 -				MALE AGE GROUP: 70 -		5 . N	
Eric MacKnight	23	Clifton Park	15:13	1 Greg Benson	70	East Nassau	28:5
Brian Debronsky	23	Troy	16:17	2 Neil Colman	71	Slingerlands	36:3
Nick Webster	23	Latham	16:18	3 Joe Silva	70 70	Albany	37:4
EMALE AGE GROUP: 2	0 - 24			MALE AGE GROUP: 75 - 1 Donald McBain	7 9 79	Trov	43:4
Rachel Guillot	24	Rensselaer	21:38	MALE AGE GROUP: 80 -		Troy	43.4
Sarah Guillot	21	West Suffield, CT	21:55	1 Sorrell Chesin	80	Slingerlands	35:5
Amanda Elliott	22	Clifton Park	23:53		K ROAD		33
MALE AGE GROUP: 25 -				MALE OVERALL	K KOAD	NACE	
Ken Little	25	Ballston Lake	15:56	1 Michael Roda	36	Albany	33:5
Jeffrey Goupil	25	Clifton Park	16:36	2 Tucker Chrapowitzky	34	Delmar	34:3
Daniel Jordy	28	Glenville	16:49	3 Nicholas Curelop	24	Pittsfield, MA	34:4
EMALE AGE GROUP: 2 Meghan Mortensen		Dattandana	10.20	FEMALE OVERALL			
Meghan Mortensen Kristina Gracey	27 29	Rotterdam Guilderland	18:36 18:48	1 Una Broderick	45	Wantagh	39:3
Karen Bertasso	28	Slingerlands	18:52	 Michelle Kroboth 	33	Pittsfield, MA	39:3
MALE AGE GROUP: 30 -		Silligelialius	10.32	3 Kelly Pasko	16	Castleton	40:3
Chuck Terry	30	Albany	15:20	MALE AGE GROUP: 1 - 1			
Chris Judd	32	Glenville	15:47	1 Noah Valvo	13	Delanson	40:5
Josh Merlis	30	Albany	15:55	2 Nicholas Mauro	13	Schenectady	43:2
EMALE AGE GROUP: 3		,burry	15.55	FEMALE AGE GROUP: 1			
Shelly Binsfeld	33	Clifton Park	18:36	1 Lauren Claeys	13	Mechanicville	54:0
Crystal Perno	31	Clifton Park	18:40	2 Olivia Godell MALE AGE GROUP: 15 -	13	East Greenbush	57:2
Kari Deer	33	Slingerlands	20:55	1 Brian Autenrieth	15	Hudson	50:3
MALE AGE GROUP: 35 -	39	-		FEMALE AGE GROUP: 1		Hudson	50.5
James O'Connor	38	Troy	16:18	1 Abbi Wright	15	Slingerlands	46:2
Aaron Knobloch	36	Guilderland	16:38	2 Lea Wright	17	Slingerlands	53:5
David Tromp	37	Glenmont	17:46	3 Jamie Davis	15	Albany	1:10:3
EMALE AGE GROUP: 3				MALE AGE GROUP: 20 -			
Renee Tolan	37	Clifton Park	18:06	 Michael Nickerson 	23	Niskayuna	35:0
Gretchen Oliver	38	Guilderland	19:26	2 Justin Nadeau	24	Albany	42:4
Sally Drake	39	Albany	20:07	3 Kevin Messineo	23	Nassau	45:5
MALE AGE GROUP: 40 -	40	Cananiani	10.20	FEMALE AGE GROUP: 2			
Volker Burkowski Frank Horn	40	Gansevoort	16:36 17:36	1 Christa Cardish	24	Watervliet	47:
	42	Albany	17:36	2 Katherine Seeber	23	Albany	48:0
Martin Gordinier EMALE AGE GROUP: 4		Delmar	19.40	3 Christina Biagini	22	Washingtonville	49:2
Kim Miseno Bowles	42	Amsterdam	19:29	MALE AGE GROUP: 25 -		Mindon CT	45.0
Penny Tisko	43	Voorheesville	22:19	1 John McDonnell	25	Windsor, CT	45:0
Denise Vanderwerken	40	Cobleskill	23:08	2 Joshua Taylor3 Alex Gaylord	29 25	Rensselaer Troy	49:3 49:3
ALE AGE GROUP: 45 -		Cobicsitiii	25.00	FEMALE AGE GROUP: 2		поу	45
Kevin Creagan	47	Albany	17:52	1 Brieanne O'Hearn	27	Albany	46:5
Jack Arnold	49	Latham	18:41	2 Samantha McBee	26	Saratoga Springs	49:5
Todd Lasher	49	Albany	20:46	3 Jillian Urtz	25	Rensselaer	51:1
EMALE AGE GROUP: 4	5 - 49	•		MALE AGE GROUP: 30 -			
Emily Bryans	45	Delanson	17:56	1 Juan Flores	32	Albany	45:3
Anne Benson	47	Clifton Park	18:45	2 Sal Pugliese	31	Albany	47:0
Alyssa Risko	46	Schenectady	22:24	3 Mike Brown	30	Albany	47:4
MALE AGE GROUP: 50 -				FEMALE AGE GROUP: 3			
Derrick Staley	53	Ballston Lake	16:41	1 Stacy Snell	33	Guilderland	47:
Thomas Dalton	54	Schenectady	17:41	2 Jessica Gallo	32	Latham	50:3
A Read Section 11 or	54	Albany	18:00	3 Johanna Stebbins	34	Delmar	50:3
Vladimir Ilin	54	7 tiburiy	10.00	5 Johanna Stebbins	54	Delinai	contir

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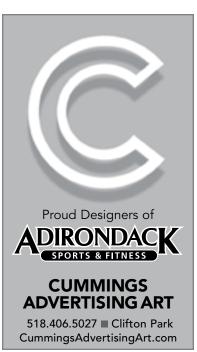
Kevin Putman, MS Sport Psychology

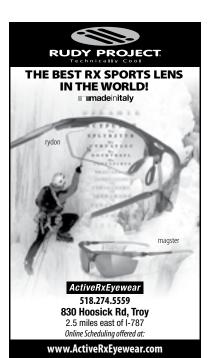
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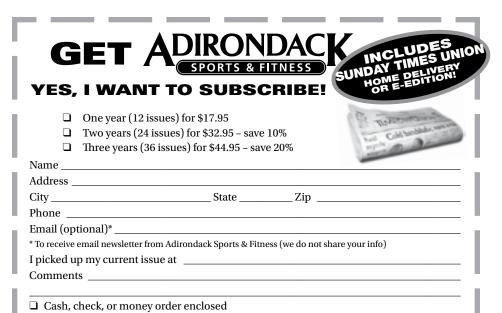


RACE RESULTS

		3	3RD ANNU	AL DUI	NKIN RUN cont	inued		
М	ALE AGE GROUP: 35 -	39			MALE AGE GROUP: 5	0 - 54		
1	Jeff Andrews	35	Delmar	37:02	1 Rick Vara	54	Loudonville	44:58
2	William Saleh	35	Albany	40:27	2 Tim Pierce	52	Glenmont	50:54
3	Steven Nicoll	38	Menands	43:57	3 Hugh Johnson	54	Albany	53:03
FE	MALE AGE GROUP: 35	- 39			FEMALE AGE GROUP	: 50 - 54		
1	Rebecca Corso	38		49:48	1 Wendy Rescott	52	West Sand Lake	46:13
2	Shayne Johnson	38	Schenectady	52:12	2 Janice Phoenix	51	Schenectady	47:08
3	Wendy Quinn-Decatur	35	Schenectady	53:15	3 Kathy Case	50	Albany	53:19
М	ALE AGE GROUP: 40 -	44	, , , , , , ,		MALE AGE GROUP: 5			
1	Dale Miller	43	Schenectady	41:16	1 Ace Curtiss	58	Great Barrington,	
2	Neil Sergott	40	Clifton Park	41:48	2 Richard Kelly	55	Schenectady	48:30
3	David Martin	44	Loudonville	43:57	3 Ray Lewis	57	Ballston Lake	49:47
FE	MALE AGE GROUP: 40	- 44			FEMALE AGE GROUP			
1	Stacia Smith	42	Niskayuna	45:50	1 Joan Celentano	59	Schenectady	51:30
2	Jennifer Kelleher	40	Albany	51:16	2 Rochelle Goldfarb	55	Albany	57:39
3	Tara Estra	40	Delmar	52:10	3 Rebecca Lazorchak	58	Malta	59:15
_	ALE AGE GROUP: 45 -		Delinai	32.10	MALE AGE GROUP: 6			
1	Blaine Freadman	48	Pittsfield, MA	38:59	1 James Fairchild	63	Albany	44:34
י	David Young	45	Delmar	42:13	2 Bob Ellison	64	Slingerlands	46:26
2	Joseph Cotrofeld	48	Deminar	42:15	3 Theodore Close	61	Wynantskill	1:02:50
3 FF	MALE AGE GROUP: 45		Ballston Spa	42:15	FEMALE AGE GROUP			
FE			A III	44.02	1 Carole Bieber	61	Slingerlands	55:04
1	Christine Varley	48	Albany	44:03	2 Anne Tyrrell	62	Albany	58:36
2	Diane Tenenbaum	46	Selkirk	47:51	3 Kathleen McMahon-		Troy	1:16:12
3	Melanie Bessette	48	Albany	51:39	Courtesy of Sidney A	bert Alban	y Jewish Community	/ Center

					RIBBON 5K R ington Park, Ali			
MALE OVERALL		•			ALE AGE GROUP: 30	-		
1 Justin VanEpps 2 Connor Armbruster	16 17	Clifton Park Selkirk	17:17 17:21	1	Stephen Siebrecht Mike Reeves	33 33	Delmar Schenectady	18:23 19:36
3 Sean Madden FEMALE OVERALL	38	Albany	18:07	3	Todd Schafer	34	Albany	20:55
1 Beth Stalker	53	Burnt Hills	19:45	1	MALE AGE GROUP: 3 Jen Reeves	32 32	Schenectady	21:11
	42		21:03	2	Kim Morrison	32 33	Wynantskill	21:11
2 Mary Beth Schanz 3 Fllen Predmore	42 54	Ridgefield	21:03	2	Trista Neinast	30	Washington, DC	23:29
MALE AGE GROUP: 1		Ballston Spa	21:08	3	ALE AGE GROUP: 35		wasnington, DC	23:29
		C	10.22				AAA oo oo aaalahah	20.12
1 Sean McAneny	14	Greenville	18:32	1	lan Morrison	35	Wynantskill	20:13
2 Scott Martin	14	Slingerlands	19:40	2	Michael Rapp	37	Troy	20:17
3 Zachary Ericson	13	Schenectady	21:33	3	Corbin Gosier	35	Schenectady	21:20
FEMALE AGE GROUP					MALE AGE GROUP: 3			
1 Lexi Hedding	14	Niskayuna	23:38	1	Joanne Burns	38	Queensbury	21:55
2 Isabelle Kingsley	14	Pittsford, VT	25:04	2	Stephanie Schmid	37	Troy	23:21
3 Morgan VanEpps	14	Clifton Park	25:36	3	Elizabeth Britton	37	Rensselaerville	24:43
MALE AGE GROUP: 1					ALE AGE GROUP: 40			
1 Andrew Maberg	18	Troy	18:48	1	Jeff Loukmas	41	Clifton Park	18:49
2 Chris O'Brien	16	Delmar	18:49	2	Bernie Hyatt	43	Latham	21:19
3 Travis Fairlee	16	Delanson	19:22	3	Ed Doodian	42	Delmar	23:51
FEMALE AGE GROUP				FE	MALE AGE GROUP: 4			
1 Sarah Killeen	15	Ballston Spa	22:09	1	Kelly Archambeault	40	Duanesburg	24:40
2 Shea Foley	15	Slingerlands	22:31	2	Sharon McGuire	44	Albany	26:17
3 Julia Maloney	15	Loudonville	22:43	3	Kelley Rockenstyre	44	Albany	26:39
MALE AGE GROUP: 2	0 - 24			M	ALE AGE GROUP: 45	- 49		
1 Andy Gilchrist	20	Cropseyville	19:02	1	Michael Stalker	49	Burnt Hills	18:37
2 Carl Williams	22	Schenectady	20:06	2	Nathaniel Barber	48	Glenmont	19:18
3 Dillon Wade	23	Schenectady	22:53	3	Brian Flint	48	Queensbury	22:34
FEMALE AGE GROUP	: 20 - 24	,		FE	MALE AGE GROUP: 4	5 - 49		
1 Jeannie Lukin	23	Valatie	24:49	1	Veronica Armbruster	46	Selkirk	22:31
2 Monica Ricci	21	Trov	25:15	2	Donna Segatto	46	Schenectady	23:50
3 Meagan Barber	24	Waltham, MA	25:28	3	Martha Gohlke	45	Voorheesville	24:11
MALE AGE GROUP: 2	5 - 29	,		М	ALE AGE GROUP: 50	- 54		
1 Joshua Hogan	29	Troy	22:33	1	William Ports	54	Schenectady	20:10
2 Devin Franklin	25	Menands	22:37	2	Jack Connor	52	Hudson	20:21
3 James Coluccio Jr	26	Albany	23:29	3	Keith Flint	53	Glens Falls	22:35
FEMALE AGE GROUP		,			MALE AGE GROUP: 5	0 - 54		55
1 Lauren Smith	27	Colonie	21:50	1	Sharon Danielsen	52	Gansevoort	23:43
2 Sarah Ryan	25	Ballston Spa	24:42	2	Anne Payne	50	Fast Berne	24:47
3 Amy DeSpirito	25	Albany	24:43	3	Joanna Nolette	51	Rensselaer	24:56 continue

				continued
*Give th	ie Gi	ft of L	ight-V	Veight
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11TH ANNUAL TEAL RIBBON 5K RUN continued FEMALE AGE GROUP: 60 - 64 MALE AGE GROUP: 55 - 59 Latham 1 Anthony Karwiel Kathie Hillard 2 Frances Brown 2 Michael Wright 58 Albany 23:55 35:14 3 Chuck Curiano 57 Schenectady 25:59 MALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 55 - 59 Castleton 26:16 Greenwich Slingerlands 2 Kenneth Tracy 24:50 1 Carolyn George 58 Albany 3 Jim Whelan

MALE AGE GROUP: 70 - 74

74 2 Karen Gerstenberger 55 Albany 25:08 28:49 Delmar 35:30 3 Margie Scully 55 Watervliet MALE AGE GROUP: 75 - 79 MALE AGE GROUP: 60 - 64 35:12 1 Michael Ku 60 23:13 Slingerlands MALE AGE GROUP: 80 - 84 2 Paul Turner 23:17 63 Delmar 1 Ken Orner 82 Albany
Courtesy of Caring Together NY 41:34

				UAL TY YANDON MEMORIAL 5K RUN r 9, 2012 • Newco mb Overlook, Newcomb
М	ALE OVERALL			MALE: JUNIOR
1	Daryn Hutchings	15	18:36	1 Kalab Helms 13 25:28
2	Pierre Poulin	34	19:58	FEMALE: JUNIOR
3	Mike Smith	49	20:51	1 Rachel Ford 14 27:45
FE	MALE OVERALL			MALE: SENIOR 1 David Halter 55 22:23
1	Jolene Hlavaty	36	22:58	FEMALE: SENIOR
2	Cecilia Poulin	23	23:49	1 Melanie Howard 58 29:51
3	Laura Bolan	23	27:45	Courtesy of Ty Yandon Memorial 5K Run

						N HARBOR 10 renue School, No			
M	ALE OVERALL				M	ALE MASTERS			
1	Mohamed Trafeh	27	Duarte, CA	29:21					
2	Sean Quigley	27	Boulder, CO	29:26	1	Matt Sandercock	43	Exton, PA	33:21
3	James Strang	27	Colorado Springs, CO	29:39		MALE MASTERS			
FE	MALE OVERALL				FE	IVIALE IVIASTERS			
1	Alisha Williams	30	Colorado Springs, CO	33:00	1	Kathleen Callahan-Fodor	45	Northport	39:36
2	Stephanie Rothstein	29	Flagstaff, AZ	33:11		ratificeir callariair rodol	.5	rior in porc	55.50
3	Ladia Alberston-Junkans	26	Minneapolis, MN	33:19		Courtesy of Gre	at Cow	Harbor 10K Race	
3	Ladia Alberston-Junkans	26	Minneapolis, MN	33:19		Courtesy of Gre	at Cow	Harbor 10K Race	

			LAKE LUZERNE CIRCUIT RACE River Café, Lake Luzerne
W	OMEN 3/4 – 24 MILES		JUNIOR 15-18 – 24 MILES
1	Celia Riechel/Ride Studio Café Jamaica Plain, M		1 Derek Cote/Farm Team Cycling Burlington, CT 59:23
2	Alexandra Danforth/Unattached Wellington, FL	1:15:06	2 Ian Clarke/Killington Mountain School Killington, VT 1:00:25
3	Nancy Bailey/Onondaga Cycling Club Jordan EN 3/4 – 28 MILES	1:15:06	3 Paige Williams/Unattached North Bennington, VT 1:20:10
1	Derek Cote/Farm Team Cycling Burlington, CT	1:11:55	JUNIOR 10-14 – 8 MILES
2	Sean Conway/Farm Team Cycling Basking Ridge, N		1 Ian Clarke/Unattached Killington, VT 22:02
3	Andrew Loaiza/EuroPRO Checklist Plattsburgh	1:11:55	2 Parker Chea/Star Track NYC Flushing 25:32
M	EN 5 (UNDER 35) – 24 MILES		3 Wyatt Cote/Farm Team Cycling Burlington, CT 29:11
1	Andrew Cappabianca/Blue Sky Bicycles Glens Falls	1:00:25	MEN 40-PLUS – 32 MILES
2	Daniel Patterson/Elevate Cycles Ballston Lake	1:00:25	1 Andy Ruiz/Unattached Delmar 1:19:37
3	Cameron Lewis/Inside EdgeQueensbury	1:00:34	2 Mark Sumner/CCC/Keltic/Zane's Clifton Park 20:45
IVI	EN 5 (35-PLUS) – 24 MILES Thomas Hill/Harrison Physical Therapy Walden	59:29	
2	Darren Phaneuf/Claremont Cycle Keene, NH	1:00:20	3 Zack Vogel/North American Velo Saratoga Springs 20:45
3	Douglas Meyer/UnattachedSaratoga Springs	1:01:50	MEN 50-PLUS – 32 MILES
	EN 5 (45-PLUS) – 24 MILES	1.01.50	1 Rick Sorenson/Onion River Sports Rutland, VT 1:19:37
1	Parker McComas/Unattached Boxford, MA	1:01:09	2 Eric deRivera/Valley Bike & Ski West Boylston, MA 1:20:45
2	Randall Vitullo/Unattached	1:01:45	3 Richard Kazimir/CRCA Flemington, NJ 1:20:45
3	Thomas Gordon/UnattachedDelmar	1:02:29	Courtesy of Anthem Sports

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15TH ANNUAL



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DECEMBER 2012

ALE OVERALL Michael Roda Collin Hodges Kevin Dixon MALE OVERALL Dana Bush Frin Davis	36 27 18	Albany Troy	1:12:25	1	ALE AGE GROUP: 25 - Brian Woods	27	Saratoga Springs
Michael Roda Collin Hodges Kevin Dixon MALE OVERALL Dana Bush	27		1:12:25				
Collin Hodges Kevin Dixon MALE OVERALL Dana Bush	27			2	Philip Roach	26	New Haven, CT
Kevin Dixon MALE OVERALL Dana Bush			1:17:49	3	Daniel Ayala	27	Clifton Park
MALE OVERALL Dana Bush		Rotterdam	1:19:34	4	Ryan Ventre	26	Saratoga Springs
Dana Bush		Notterdam		5	Ambrose Schaffer	29	Canajoharie
	33	Saratoga Springs	1:23:25	6	David Lombardo	25	Saratoga Springs
	33	Gansevoort	1:25:21	7	Sean Hannon	29	Colonie
Melanie Stalev	31	Saratoga Springs	1:25:22	8			Albany
	4	3		9			Troy
Kevin Cronin	12	Greenfield Center	1:41:51	10			Glenmont
Mark Smith	12	Clifton Park	1:57:52				Ciciliioni
Matthew Myers	12	Gansevoort	2:05:41				Rotterdam
	- 14						Clifton Park
Abigail Messare	12	Ballston Lake	2:16:52	_			Randolph
Jacilyn Doncoes	14	Winfield, IL	3:35:57				Loudonville
	19	,					Albany
Aaron Lewis	18	Jericho	1:24:47				Scotia
Brandon Smith	18	Hudson	1:28:37				Glens Falls
Levi Rosa	19	Deltona, FL	1:38:09				Clifton Park
Christopher Neumann	19	Marblehead, MA	1:42:20	-			Astoria
Ben Turnbull	19	Alexandria, VA	1:57:28				Clifton Park
Austin Nagell	17	West Charlton	2:00:54				Cinton raik
MALE AGE GROUP: 15	- 19						Schenectady
Rachel Kane	19	Williamsville	2:29:52				Saratoga Springs
ALE AGE GROUP: 20 -	24						Pittsfield, MA
Aaron Lozier	24	Guilderland	1:20:30	_			Corinth
William Clarke	20	Porter Corners	1:25:35				Glenville
Rob Sobkowich	22	Amsterdam	1:31:06				Saratoga Springs
Cameron Coppock	21	Vancouver, WA	1:33:15				Atlanta, GA
Andrew Bray	23	Schenectady	1:35:26				Mechanicville
Chris Tommasino	22	Troy	1:35:39	-			Waterford
James Brooks	23	Clarksburg, MA	1:36:56	_			Saratoga Springs
Olin Mather	23	Clifton Park	1:37:56				saratoya springs
Bryant Smith	20	Albany	1:42:39				Rensselaer
Andrew Larosa	24	Ballston Spa	1:42:43				Red Hook
MALE AGE GROUP: 20	- 24						Scotia
Meghan Lapoint	23	Schenectady	1:30:32	-			South Glens Falls
Emily Layden	23	Saratoga Springs	1:31:51				Atlanta, GA
Maria Dematteo	23	Saratoga Springs	1:34:19	-			Johnstown
Katie Rossettini	24	Slingerlands	1:42:31	7	Δmy Tretter	30	Clifton Park
	Melanie Staley ALE AGE GROUP: 1 - 1. Kevin Cronin Mark Smith Matthew Myers MALE AGE GROUP: 1 - 1. Abigail Messare Jacilyn Doncoes ALE AGE GROUP: 15 - Aaron Lewis Brandon Smith Levi Rosa Christopher Neumann Ben Turnbull Austin Nagell MALE AGE GROUP: 15 Rachel Kane ALE AGE GROUP: 20 - William Clarke Rob Sobkowich Cameron Coppock Andrew Bray Chris Tommasino James Brooks Olin Mather Bryant Smith Andrew Larosa MALE AGE GROUP: 20 Meghan Lapoint Emily Layden Maria Dermatteo	Melanie Staley ALE AGE GROUP: 1 - 14 Kevin Cronin Mark Smith 12 Matthew Myers 12 Matthew Myers 12 Matthew Myers 12 Matthew Myers 12 Jacilyn Doncoes 14 ALE AGE GROUP: 1 - 14 ALE AGE GROUP: 1 - 19 Aaron Lewis Brandon Smith 18 Levi Rosa 19 Christopher Neumann 19 Ben Turnbull 19 Austin Nagell 17 MALE AGE GROUP: 15 - 19 Rachel Kane 19 Ale AGE GROUP: 20 - 24 Aaron Lozier 24 William Clarke 20 Rob Sobkowich 22 Cameron Coppock 21 Andrew Bray 23 Chris Tommasino 22 James Brooks 23 Olin Mather 23 Bryant Smith 20 Andrew Larosa 44 Meghan Lapoint 23 Maria Dematteo 23 Maria Dematteo 23 Maria Dematteo	Melanie Staley 31 Saratoga Springs ALE AGE GROUP: 1 - 14 Kevin Cronin 12 Greenfield Center Mark Smith 12 Clifton Park Matthew Myers 12 Gansevoort MALE AGE GROUP: 1 - 14 Abigail Messare 12 Ballston Lake Jacilyn Doncoes 14 Winfield, IL ALE AGE GROUP: 15 - 19 Aaron Lewis 18 Jericho Brandon Smith 18 Hudson Levi Rosa 19 Deltona, FL Christopher Neumann 19 Marblehead, MA Ben Turnbull 19 Alexandria, VA Austin Nagell 17 West Charlton MALE AGE GROUP: 15 - 19 Rachel Kane 19 Williamsville ALE AGE GROUP: 20 - 24 Aron Lozier 24 Guilderland William Clarke 20 Porter Corners Rob Sobkowich 22 Amsterdam Vancewer Bray 23 Schenectady Chris Tommasino 22 Troy James Brooks 23 Clarksburg, MA Olin Mather 23 Clifton Park May Male AGE GROUP: 20 - 24 Meghan Lapoint 23 Schenectady MALE AGE GROUP: 20 - 24 Meghan Lapoint 23 Schenectady Emily Layden 23 Saratoga Springs Maria Dematteo 23 Saratoga Springs	Melanie Staley 31 Saratoga Springs 1:25:22 ALE AGE GROUP: 1 - 14 Kevin Cronin 12 Greenfield Center 1:41:51 Mark Smith 12 Clifton Park 1:57:52 Matthew Myers 12 Gansevoort 2:05:41 MALE AGE GROUP: 1 - 14 Abigail Messare 12 Ballston Lake 2:16:52 Jacilyn Doncoes 14 Winfield, IL 3:35:57 ALE AGE GROUP: 15 - 19 Aaron Lewis 18 Jericho 1:24:47 Brandon Smith 18 Hudson 1:28:37 Levi Rosa 19 Deltona, FL 1:38:09 Christopher Neumann 19 Marblehead, MA 1:42:20 Austin Nagell 17 West Charlton 2:00:54 MALE AGE GROUP: 15 - 19 Rachel Kane 19 Williamsville 2:29:52 ALE AGE GROUP: 20 - 24 Aaron Lozier 24 Williamsville 2:29:52 ALE AGE GROUP: 20 - 24 Amsterdam 1:30:00 20:00:54 William Clarke 20 Porter Cor	Melanie Staley 31 Saratoga Springs 1:25:22 8 ALE AGE GROUP: 1 - 14 Greenfield Center 1:41:51 10 Kevin Cronin 12 Greenfield Center 1:41:51 10 Mark Smith 12 Clifton Park 1:57:52 FE Matthew Myers 12 Gansevoort 2:05:41 1 MALE AGE GROUP: 1 - 14 Abigail Messare 12 Ballston Lake 2:16:52 3 Alze AGE GROUP: 15 - 19 Winfield, IL 3:35:57 4 6 ALE AGE GROUP: 15 - 19 Barandon Smith 18 Jericho 1:24:47 6 Brandon Smith 18 Hudson 1:28:37 7 8 Christopher Neumann 19 Deltona, FL 1:38:09 8 8 Austin Nagell 17 West Charlton 2:00:54 M MALE AGE GROUP: 20 - 24 Aaron Lozier 24 Williamsville 2:29:52 2 Alae AGE GROUP: 20 - 24 Guilderland 1:20:30 4	Melanie Staley	Melanie Staley 31 Saratoga Springs 1:25:22 8 Chris Skaggs 26 ALE AGE GROUP: 1 - 14 Kewin Cronin 12 Greenfield Center 1:41:51 10 John Burke 25 Mark Smith 12 Clifton Park 1:57:52 FEMALE AGE GROUP: 25 - 29 Matthe AGE GROUP: 1 - 14 Abigail Messare 12 Ballston Lake 2:16:52 Xatie Jones 29 Abigail Messare 12 Ballston Lake 2:16:52 Xatie Jones 29 Ale AGE GROUP: 1 - 14 Ballston Lake 2:16:52 Xatie Jones 29 Abigail Messare 12 Ballston Lake 2:16:52 Xatie Jones 29 Ale GG GROUP: 1 - 14 Winfield, IL 3:35:57 4 Lindsey Garney 29 Aaron Lewis 18 Jericho 1:24:47 6 Brittany Harrison 26 Brandon Smith 18 Jericho 1:22:47 6 Brittany Harrison 26 Brandon Smith 18 Jerichoa, IL 1:38:09 8 Jessica Horan 29 Abigail Beaudoin 27

t. 1	6, 2012 • High	Rock Pa	ark, Saratoga .	Springs
	ALE AGE GROUP: 25			
1	Brian Woods	27	Saratoga Springs	1:20:10
2	Philip Roach	26	New Haven, CT	1:27:39
3	Daniel Ayala	27	Clifton Park	1:31:51
4	Ryan Ventre	26	Saratoga Springs	1:34:00
5	Ambrose Schaffer	29	Canajoharie	1:35:25
6	David Lombardo	25	Saratoga Springs	1:35:27
7	Sean Hannon	29	Colonie	1:36:54
8	Chris Skaggs	26	Albany	1:37:12
9	Frank Martin	25	Troy	1:38:28
	John Burke MALE AGE GROUP:	25 25 - 20	Glenmont	1:39:01
1	Meghan Mortensen	23 - 23	Rotterdam	1:27:28
2	Katie Jones	29	Clifton Park	1:34:38
3	Lauren Carnahan	29	Randolph	1:35:55
4	Lindsey Garney	29	Loudonville	1:37:19
5	Hilary Mislan	25	Albany	1:37:36
6	Brittany Harrison	26	Scotia	1:39:20
7	Maria Compson	28	Glens Falls	1:40:11
8	Jessica Horan	29	Clifton Park	1:40:55
9	Abigail Beaudoin	27	Astoria	1:41:32
10	Jolene Montgomery	29	Clifton Park	1:45:30
	ALE AGE GROUP: 30	- 34		
1	Cory Gregg	31	Schenectady	1:24:12
2	Matthew Igler	30	Saratoga Springs	1:29:19
3	Mike Giulian	34	Pittsfield, MA	1:33:33
4	Jared Senelick	33	Corinth	1:33:49
5	Ryan Heritage	32	Glenville	1:35:21
6	Philip Lodico	34	Saratoga Springs	1:35:56
7	John Smith	34	Atlanta, GA	1:36:37
8	Thomas Toher	33	Mechanicville	1:37:03
9	Jose Garcia-Aranda	34	Waterford	1:37:28
	Andrew Carmichael	33	Saratoga Springs	1:39:09
1	MALE AGE GROUP: Jennifer Merritt	30 - 34 34	Rensselaer	1:36:58
2	Kristina Hubert	34	Red Hook	1:38:05
3	Melissa Patneaude	32	Scotia	1:38:20
4	Heather Kirk	33	South Glens Falls	1:38:54
5	Faith Davis	33	Atlanta, GA	1:40:22
6	Darci Miller	34	Johnstown	1:44:31
7	Amy Tretter	30	Clifton Park	1:45:01
8	Jamie Keegan	31	Saratoga Springs	1:45:18
9	Sara Bush	33	Saratoga Springs	1:45:28
	Jessica Mitchell	34	Albany	1:45:36
M	ALE AGE GROUP: 35	- 39	,	
1	Patrick Lowkes	39	Wallingford, VT	1:27:51
2	Scott Starr	36	Saratoga Springs	1:28:50
3	Scott Langevin	35	Portsmouth, RI	1:28:54
4	Joseph Genter	38	Schenectady	1:29:44
5	Patrick Cooley	37	Rutland, VT	1:29:46
6	Jonathan Golden	39	Slingerlands	1:30:47
7	Shawn Decenzo	38	Glenville	1:30:52
8	Brian Byrne	39	Saratoga Springs	1:33:27
9		36	Clifton Park	1:34:14
	Brian Cestaro	39	Niskayuna	1:34:47
	MALE AGE GROUP:			4.55.5
1	Tina Cukrovany	35	Rensselaer	1:33:24
2	. ,	36	Saratoga Springs	1:36:45
	Sally Drake	39	Albany	1:36:59
4	Deanne Webster	36	Albany	1:43:03 continue

7 Holfi Mulholland 35	5 Mary-France Manno	38	Albany	1:43:12	FE	MALE AGE GROUP: 5	0 - 54		
8 Rebecca Conley 38 Northwile 145:34 3 Marcy Dreimiller 52 South Glens Falls 9 Stephanie Porlier 35 Saratoga Springs 145:39 4 Bernadelter Natasis 4 Saratoga Springs 147:26 5 Ann Dillom 53 Troy 1 Radall Cannel 40 Broadablin 126:25 7 Andrea Peterson 53 Saratoga Springs 1 Patrick Amych 40 Saratoga Springs 129:17 9 Hichele Pearsall 51 Lake George 2 2 Matthew McCouneey 41 Serkirk 133:52 130:52 10 Redrow 135:43 130:52 10 Redrow 12 12 10 Redrow 12 </th <th>6 Sarah Reed</th> <th>35</th> <th>Saratoga Springs</th> <th>1:44:20</th> <th>1</th> <th>Carol Healey</th> <th>52</th> <th>Troy</th> <th>1:3</th>	6 Sarah Reed	35	Saratoga Springs	1:44:20	1	Carol Healey	52	Troy	1:3
9. Stephanie Poinier 35. Saratoga Springs 147-26			Clifton Park						1:4
10 Kate Vianese 39	8 Rebecca Conley	38	Northville	1:45:34	3	Marcy Dreimiller			1:4
Mala Ace GROUP - 40 - 44 And Broadalbin 1.26.25 7 Andrea Peterson 5.3 Saratopa Springs 2 Matthew McQueeney 41 Niskayuna 1.28.21 8 Pamela Vunginger 50 Clifton Park 6 John Petora 41 Selkirk 1.31.52 Matthew Kresge 43 Rexford 1.30.52 10 Barbara Naple 51 Lake George 2 John Petora 42 Gansevoort 1.35.43 1 George Shurter 58 Middletown Lexington, MA Selkirk 1.31.52 Malate AGE GROUP: 55 - 59 Malate AGE GROUP: 55 - 59 Malate AGE GROUP: 55 - 59 Middletown Lexington, MA Mala 1.39.54 Charles Phillips 55 Baliston Spa 1.39.55 Charles Phillips 55 Baliston Spa 1.39.55 Charles Phillips 55 Baliston Spa 1.39.55 Charles Phillips 55 Baliston Spa 1.39.54 Charles Phillips 55 Baliston Spa 1.45.52 Charles Phillips 56 Charles Phillips 56 Charles Phillips 56 Charles Phillips 57 Charles Phillips 57 Baliston Spa 1.45.52 Charles Phillips 56 Charles Phillips 57 Charles Phillips 58 Baliston Spa 1.45.52 Charles Phillips 56 Charles Phillips 57 Charles Phillips 58 Baliston Spa 1.45.52 Charles Phillips 57 Charles Phillips 58 Baliston Spa 1.45.52 Charles Phillips 58 Baliston Spa 1.46.27 Charles Phillips 59 Charles Phillips 59 Charles Phillips 59 Cha	9 Stephanie Poirier	35	Saratoga Springs	1:45:39	4	Bernadette Nastasi		Saratoga Springs	1:4
Randall Cannell	10 Katie Vianese	39		1:47:26	5	Ann Dillom	53	Troy	1:5
Randall Cannel	MALE AGE GROUP: 40 -	44	3 , 3		6	Hope Plavin	54	Malta	1:5
3			Broadalbin	1:26:25	7	Andrea Peterson	53	Saratoga Springs	1:5
3	2 Matthew McOueenev	41	Niskavuna	1:28:21	8	Pamela Yunginger	50	Clifton Park	1:5
4 Matthew Kresge 43 Rexford 1:30:52 MALE AGE GROUP: 55 - 59 5 Craig Wedidman 41 Selkirk 1:33:52 MALE AGE GROUP: 55 - 59 6 John Pecora 42 Gansevoort 1:35:43 1 George Shurter 58 8 Middletown 1 136:26 2 Tom Trometer 56 14 George Shurter 58 15 George Shurter 58 16 George Shurter 58 17 George Shurter 58 18 Middletown 1 136:26 2 Tom Trometer 56 18 Glens Falls 5 19 Thomas Austin 41 Malta 1:39:54 4 Chartes Phillips 55 19 Thomas Austin 44 Malta 1:39:54 4 Chartes Phillips 55 19 Thomas Austin 44 Malta 1:39:54 5 Ghester Turnidajewicz 58 19 Jane Remoriski 40 Albany 1:39:05 7 Chartes Winrhell 56 19 Chester Turnidajewicz 58 19 Jane Remoriski 40 Albany 1:39:05 7 Chartes Winrhell 56 19 Jane Remoriski 40 Albany 1:41:15 8 Danny Arnold 55 10 Michael Wright 58 10 Michael Wright 58 11 Jane Rocco 40 12 Garol Hill 43 Queensbury 141:15 9 Matt Melsert 58 11 Jane Rocco 40 12 Jane Jane Jane Jane Jane Jane Jane Jane					9	Michele Pearsall	51	Lake George	2:0
5 Craig Weidman 41 Selkirk 1:33:52 MALE AGE GROUP: 55 - 59 Middletown 6 John Pecora 42 Gansevoort 1:35:43 1 George Shutrer 58 Middletown 7 Andrew Eyer 40 Gansevoort 1:36:26 2 1 Tom Trometer 56 Lexington, MA 9 Thomas Austin 44 Malta 1:39:65 3 Tim Russell 55 Ballston Spa 1 10 Michael Dixon 44 Schenectady 1:40:07 5 Chester Turnidajewicz 58 Amrsterdam 16 John Webber 57 Ballston Spa Amrsterdam 16 John Webber 57 Chaffes Winchell 56 Stratford, CT 1 Amrsterdam 18 2 Carol Hill 43 Queensbury 1:45:52 10 Michael Wright 58 Burt Hills 13 Carol Gascoyne 44 Albary 1:45:52 10 Michael Wright 58 Burt Hills 13 Carol Hill 43 Queensbury 1:45:52 10 Mich		43			10	Barbara Naple	51	Saratoga Springs	2:0
Soliton Pecora 42 Gansevoort 1:35:43 1 George Shurter 58 Middletown 1:36:74 2 Gansevoort 1:36:74 2 2 2 3 Tim Russell 56 Glens Falls 58 Tim Russell 56 Glens Falls 59 Tim Russell 56 Glens Falls 50 Tim Russell 56 Glens Falls 50 Tim Russell 56 Glens Falls 50 Tim Russell 56 Glens Falls 56 Tim Russell 56 Tim R					M	ALE AGE GROUP: 55	- 59	3 1 3	
7. Andrew Eyer 40. Gansevoort 1:36.26 2 Tom Trometer 56 Glens falls 8. Seth Dunn 41 Saratoga Springs 1:36:59 3 Tim Russell 56 Glens falls 136:59 3 Tim Russell 56 Glens falls 136:59 3 Tim Russell 56 Glens falls 136:59 3 Tim Russell 56 Glens falls 150 Michael Dixon 44 Malta 1:39:54 4 Charles Phillips 55 Ballston Spa 1 Amsterdam 140 Margaret Bromiriski 40 Albary 1:39:05 5 Chester Turnidajewicz 58 Amsterdam 140 Margaret Bromiriski 40 Albary 1:39:05 5 Chester Turnidajewicz 58 Amsterdam 140 Margaret Bromiriski 40 Albary 1:39:05 7 Charles Winchell 56 Stratford, CT 1 Margaret Bromiriski 40 Albary 1:39:05 7 Charles Winchell 56 Stratford, CT 1 Margaret Bromiriski 40 Albary 1:41:15 8 Danny Arnold 55 Cleintor Park 141:15 10 Michael Wright 58 Albary 141:15 10 Michael Wright 58 Danny Arnold 55 Cleintor Park 141:15 10 Margaret Bromiriski 40 Albary 1:47:34 1 Lake George 1:46:27 1 Namy Briskie 55 Last Greenbush 1 Margaret Bromiriski 40 Albary 1:47:34 1 Lake George 1:46:27 1 Namy Briskie 55 Last Greenbush 1 Margaret Bromiriski 40 Albary 1:47:34 1 Joan Celentano 59 Chenectady 1 Dian Celentano 59 Clenectady 1 Dian Cel					1	George Shurter	58	Middletown	1:3
Seth Dunn					2	Tom Trometer	56	Lexinaton, MA	1:4
9 Thomas Austin					3	Tim Russell	56		1:4
10 Michael Dixon					4		55		1:4
FeMALE AGE GROUP: 40									1:4
Margaret Brominski			Scrienectady	1.40.07			57		1:4
2 Carol Hill			A lle e e	1.20.05					1:4
2 Green From 1-3 Green State 1-3									1:4
Ann Glackin									1:4
Sample American					-				1:5
Schenectady 1.24								Albany	1.5
Renee Damico 40 Ballston Spa 1.46:47 2 Kim Law 55 East Greenbush 1.46:47 3 Liz Rhein 55 Warwick 1.40:48 3 Liz Rhein 57 Albany 1.40:48 3 Rick Morse 62 Malta 1.40:49 3								Schonoctady	1:2
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MALE AGE GROUP: 45 - 49			Albany						1:5
MALE AGE GROUP: 45 - 49	9 Lindy Sweetman	40	Johnstown	1:49:05					1:5
MALE AGE GROUP: 45 - 49	10 Lisa Scaringe	44	Rexford	1:49:18					
John Kocco	MALE AGE GROUP: 45 -	49							1:5
2	1 Jon Rocco	45	Colonie	1:21:48					1:5
3 John Stadtlander	2 Michael Morrissey	49	Queensbury	1:22:45					1:5
1		46	Clifton Park	1:23:13					1:5
Section Color Co		45	Cohoes					Iroy	2:0
Stillwater 1:26:29 Matthew Meyers 61 Ramsey, NJ 7 Mike Hamel 47 Castleton 1:29:48 3 Rick Morse 62 Malta 1 1 1 1 1 1 1 1 1									
Mike Hamel									1:3
Saratoga Springs 1.35:42 4									1:4
9 Dan Heim 49 Clifton Park 1:36:08 4 Mark Sager 6/2 Kattskill Bay 1 10 Richard Loud 47 Ballston Spa 1:37:03 6 Bill Minchin 60 Latham 1 1									1:4
10 Richard Loud									1:4
1					5	Larry Pohl	61	Saratoga Springs	1:5
Christine Varley			ballstori spa	1.37.03		Bill Minchin	60	Latham	1:5
2 Suzanne Tomb			A III	1.26.24	7	Mike Ku	60	Slingerlands	1:5
Susan Thompson					8	Charles Terry	60	Albany	1:5
4 Bonnie Galvin 45 Ballston Spa 1:44:07 FEMALE AGE GROUP: 60 - 64 Schenectady 49 Ballston Lake 1:45:17 1 Mary Collins Finn 63 Menands 1 1 1:46:52 2 Kathleen Strait 61 Clifton Park 2 2 Kathleen Strait 61 Clifton					9	Leo Dipierro	62	Cherry Plain	1:5
Same					10	Joe Yavonditte	63	Schenectady	2:0
6 Rose Angerosa 46 Glenville 1:46:52 2 Kathleen Strait 61 Clifton Park 2 7 Michele Cameron 46 Gansevoort 1:48:56 3 Dorothy Stevens 61 Waterford, VT 2 8 Martha Gohlke 45 Voorheesville 1:49:20 4 Katherine Ambrosio 62 Delmar 2 9 Amy Daversa 49 Schenectady 1:51:39 5 Gail Hein 60 Altamont 2 10 Linda Francois 49 Scotia 1:52:32 6 Sue Nealon 62 Troy 2 7 Pedge RGOUP: 50 - 54 7 Pedge Fulkerson 60 Mesa, AZ 3 1 Patrick Culligan 52 Round Lake 1:29:32 MLE AGE GROUP: 65 - 69 Mesa, AZ 3 2 Steven Conant 54 Glenmont 1:33:29 1 James Thomas 66 Castleton 1 3 Jamie Casiline 53 Ballston Lake 1:33:347 2 Peter Dawson 67 Copenhagen 1 4 Mike Seeley 52 Glenville 1:35:00 3 Thomas Kollar 66 Schenectady 1 5 Rick Lesiak 53 Galway 1:38:13 4 Charles Trimarchi 66 Albany 2					FE	MALE AGE GROUP: 6	0 - 64		
6 Rose Angerosa 46 Glerville 1:46:52 2 Kathleen Strait 61 Clifton Park 2 2 Mathleen Strait 61 Clifton Park 2 2 Mathleen Strait 61 Clifton Park 2 2 Mathleen Strait 61 Waterford, VT 2 2	,				1	Mary Collins Finn	63	Menands	1:5
7 Michele Cameron 46 Gansevoort 1:48:56 3 Dorothy Stevens 61 Waterford, VT 2 8 Martha Gohlke 45 Voorheesville 1:49:20 4 Katherine Ambrosio 62 Delmar 2 9 Amy Daversa 49 Scotia 1:52:32 6 Gall Hein 60 Altamont 2 10 Linda Francois 49 Scotia 1:52:32 6 Sue Nealon 62 Troy 2 MALE AGE GROUP: 50 - 54 7 Peggy Fulkerson 60 Mesa, AZ 3 1 Patrick Culligan 52 Round Lake 1:29:32 MALE AGE GROUP: 65 - 69 Mesa, AZ 3 2 Steven Conant 54 Glenmont 1:33:29 1 James Thomas 66 Castleton 1 3 Jamie Casline 53 Ballston Lake 1:33:47 2 Peter Dawson 67 Copenhagen 1 4 Mike Seeley 52 Glenvil					2		61	Clifton Park	2:0
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10 Linda Francois 49 Scotia 1:52:32 6 Sue Nealon 62 Troy 2	9 Amy Daversa	49	Schenectady	1:51:39					2:1
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8 Andrew Ellis 53 Saratoga Springs 1:40:05 7 John Lacy 69 Gansevoort 2 9 Tim Healey 51 Troy 1:41:29 FEMALE AGE GROUP: 65 - 69 10 James Carrabba 50 Laurens 1:41:41 1 Ginny Pezzula 66 Colonie 1									2:0
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1	Carol Healey	5 4 52	Troy	1:39:59
	Bridgett Frary	52	Niskayuna	1:47:27
3	Marcy Dreimiller	52	South Glens Falls	1:47:53
4	Bernadette Nastasi	54	Saratoga Springs	1:48:05
5	Ann Dillom	53	Troy	1:50:05
6 7	Hope Plavin Andrea Peterson	54 53	Malta Saratoga Springs	1:54:22 1:55:41
8	Pamela Yunginger	50	Clifton Park	1:58:55
9	Michele Pearsall	51	Lake George	2:02:10
	Barbara Naple	51	Saratoga Springs	2:03:58
1VI.	ALE AGE GROUP: 55 - 59 George Shurter	9 58	Middletown	1:35:26
2	Tom Trometer	56	Lexington, MA	1:41:08
3	Tim Russell	56	Glens Falls	1:41:47
4	Charles Phillips	55	Ballston Spa	1:42:12
5 6	Chester Tumidajewicz John Webber	58 57	Amsterdam Ballston Spa	1:44:33 1:45:37
7	Charles Winchell	56	Stratford, CT	1:48:18
8	Danny Arnold	55	Clifton Park	1:48:49
9	Matt Melsert	58	Burnt Hills	1:49:05
	Michael Wright MALE AGE GROUP: 55 -	58 50	Albany	1:50:53
1	Nancy Briskie	55	Schenectady	1:29:51
2	Kim Law	55	East Greenbush	1:44:12
3	Liz Rhein	55	Warwick	1:49:40
4 5	Joan Celentano Cathy Sliwinski	59 57	Schenectady Albany	1:53:36 1:54:56
6	Maryanne McNamara	58	Saratoga Springs	1:56:26
7	Cheryl Olsen	59	Niskayuna	1:58:17
8	Myriam Santos	59	Clifton Park	1:58:22
9 10	Wendy Stein Doreen Buell	57 55	Greenfield Center Troy	1:59:42 2:00:01
	ALE AGE GROUP: 60 - 64		поу	2.00.01
1	Matthew Meyers	61	Ramsey, NJ	1:36:05
2	Bob Ellison	64	Slingerlands	1:44:10 1:46:27
3 4	Rick Morse Mark Sager	62 62	Malta Kattskill Bay	1:46:27
5	Larry Pohl	61	Saratoga Springs	1:52:55
6	Bill Minchin	60	Latham	1:54:35
7	Mike Ku	60	Slingerlands	1:58:55
8 9	Charles Terry	60 62	Albany Chorny Plain	1:59:14 1:59:23
	Leo Dipierro Joe Yavonditte	62 63	Cherry Plain Schenectady	2:00:23
	MALE AGE GROUP: 60 -			
1	Mary Collins Finn	63	Menands	1:59:44
2	Kathleen Strait Dorothy Stevens	61 61	Clifton Park Waterford, VT	2:01:16 2:03:46
4	Katherine Ambrosio	62	Delmar	2:04:13
5	Gail Hein	60	Altamont	2:19:00
6 7	Sue Nealon Peggy Fulkerson	62 60	Troy	2:24:20 3:17:38
	ALE AGE GROUP: 65 - 69		Mesa, AZ	5.17.50
1	James Thomas	66	Castleton	1:49:40
2	Peter Dawson	67	Copenhagen	1:54:58
3 4	Thomas Kollar Charles Trimarchi	66 66	Schenectady Albany	1:55:47 2:05:22
5	Terry Smith	65	Galway	2:05:27
6	Howard Jones	69	Clifton Park	2:09:45
7	John Lacy	69	Gansevoort	2:28:10
FF		CO		
FE 1	MALE AGE GROUP: 65 -		Colonie	
		69 66 67	Colonie Waterford	1:55:35 2:37:26
1 2 M	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7	66 67 4	Waterford	1:55:35 2:37:26
1 2 M 1	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore	66 67 4 72	Waterford Niskayuna	1:55:35 2:37:26 1:57:59
1 2 M	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7	66 67 4	Waterford	1:55:35 2:37:26
1 2 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore Ralph Santos Bill Long	66 67 4 72 71	Waterford Niskayuna Clifton Park Clifton Park	1:55:35 2:37:26 1:57:59 2:06:49
1 2 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7 Jim Moore Ralph Santos Bill Long ALE OVERALL	66 67 4 72 71 71 5K RUN	Waterford Niskayuna Clifton Park Clifton Park	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47
1 2 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley	66 67 4 72 71 71	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs	1:55:35 2:37:26 1:57:59 2:06:49
1 2 M 1 2 3 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush	66 67 4 72 71 71 5K RUN	Waterford Niskayuna Clifton Park Clifton Park	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47
1 2 M 1 2 3 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush MALE OVERALL	66 67 4 72 71 71 5K RUN 24 12 35	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12
1 2 M 1 2 3 M 1 2 3 FE	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush EMALE OVERALL Mesha Brewer	66 67 4 72 71 71 5K RUN 24 12 35	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Saratoga Springs Saratoga Springs	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36
1 2 M 1 2 3 M 1 2 3 FE 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush MALE OVERALL Mesha Brewer Julie Gold Kaitlin O'Sullivan	66 67 4 72 71 71 5K RUN 24 12 35 33 38 23	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12
1 2 M 1 2 3 M 1 2 3 FE 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush EMALE OVERALL Mesha Brewer Julie Gold Kaitlin O'Sullivan ALE AGE GROUP: 1 - 14	66 67 4 72 71 71 5K RUN 24 12 35 33 38 23	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Saratoga Springs Malta Gansevoort	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36 19:54 20:26
1 2 MM 1 2 3 MM 1 1 MM 1 MM	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush MALE OVERALL Mesha Brewer Julie Gold Kaitlin O'Sullivan ALE AGE GROUP: 1 - 14 Will Capuano	66 67 4 72 71 71 71 5K RUN 24 12 35 33 38 23	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Malta Gansevoort Ballston Spa	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36 19:54 20:26 21:15
1 2 M 1 2 3 M 1 2 3 M 1 2 3 M 1 2 3 M 1 2 3	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush EMALE OVERALL Mesha Brewer Julie Gold Kaitlin O'Sullivan ALE AGE GROUP: 1 - 14 Will Capuano Luke Gold Wilson Fresh	66 67 4 72 71 71 71 5K RUN 24 12 35 33 38 23	Waterford Niskayuna Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Saratoga Springs Malta Gansevoort	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36 19:54 20:26
1 2 M 1 2 3 M 1 2 3 FEE 1 2 3 M 1 2 3 FEE 1 2	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 70 Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush MALE OVERALL Mesha Brewer Julie Gold Kalini O'Sullivan ALE AGE GROUP: 1 - 14 Will Capuano Luke Gold Wilson Fresh EMALE AGE GROUP: 1 -	66 67 4 72 71 71 5K RUN 24 12 35 33 38 23	Waterford Niskayuna Clifton Park Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Malta Gansevoort Ballston Spa Malta Saratoga Springs	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36 19:54 20:26 21:15 22:57 22:58
1 2 M 1 2 3 M 1 2 3 FFF 1 2 3 M 1 2 3 FFF 1 2 3 FFF 1 2 3 FFF 1 2 3 FFF 1 1 2	MALE AGE GROUP: 65 - Ginny Pezzula Linda Keeley ALE AGE GROUP: 70 - 7. Jim Moore Ralph Santos Bill Long ALE OVERALL Greg Kiley Evan Quinnes Rick Bush EMALE OVERALL Mesha Brewer Julie Gold Kaitlin O'Sullivan ALE AGE GROUP: 1 - 14 Will Capuano Luke Gold Wilson Fresh EMALE AGE GROUP: 1 - 4 MALE AGE GROUP: 1 -	66 67 4 72 71 71 5K RUN 24 12 35 33 38 23 14 11 9	Waterford Niskayuna Clifton Park Clifton Park Clifton Park Saratoga Springs Saratoga Springs Saratoga Springs Malta Gansevoort Ballston Spa Malta Saratoga Springs Charlton	1:55:35 2:37:26 1:57:59 2:06:49 2:07:47 15:52 15:53 16:12 17:36 19:54 20:26 21:15 22:57 22:58
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Jane Parks

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Albany Altamont

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Saratoga Springs

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Amsterdam

Cohoes

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Cohoes

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FEMALE AGE GROUP: 35 - 39

MALE AGE GROUP: 40 - 44 Andrew Whittier Thomas Myott

FEMALE AGE GROUP: 40 - 44

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THE SARATOGA PALIO: 6TH ANNUAL HALF MARATHON & 5K continued MALE AGE GROUP: 60 - 64 MALE AGE GROUP: 70 - 74 1 Jerry Ferris 72 Middle Grove Lorin Spiegel Saratoga Springs Saratoga Springs FEMALE AGE GROUP: 70 - 74 FEMALE AGE GROUP: 60 - 64 1 Clemence Clancy 72 Diamond Point 31:28 30:19 Saratoga Springs Susan Davis Gansevoort Middle Grove 2 Gerry Ferris 70 Middle Grove 59:48 33:44 3 Maureen Ferris 73 Bolton Landing 59:48 MALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 75 - 79 Gove Effinger Tom Gould 69 Middle Grove 1 Kay Morrissey Glens Falls 49:55 76 Harvey Goldstein MALE AGE GROUP: 80 - 84 FEMALE AGE GROUP: 65 Monrovia, MD Sandy Anthony 1 Joe Howard 81 Oueensbury 38:02 Paula Galvin Ballston Spa Gansevoort Courtesy of The Melanie Foundation

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7	35:18	Joe Thiel	MA	STERS	MEN 55-PLUS	8	44:35	Julia Sante
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live a little above sea level, yet within a half hour's drive there are areas exceeding 2,000 feet in elevation that attract and hold snow.

For example, in southwestern Albany County, the **Partridge Run Wildlife Management Area** (dec.ny.gov) in Berne and **Edmund Niles Huyck Preserve** (huyckpreserve.org) in Rensselaerville, offer many miles of high elevation trails. Partridge Run has

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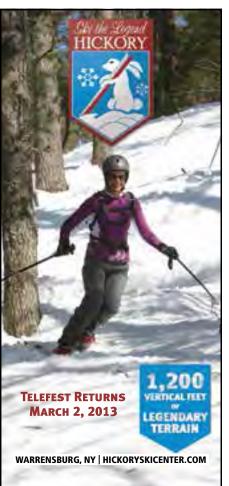
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designated cross-country ski trails, plus many more miles of snowmobile trails. The Huyck Preserve's network offers ski trails suitable for novice in the Lake Myosotis area and intermediate in the Partridge Path loop trails.

In Rensselaer County, the **Dyken Pond Environmental Education Center** (dykenpond.org) in Grafton is located on the Rensselaer Plateau, with elevations above





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1,500 feet, and it's just a short drive from Troy. Well south of NY Route 2, Dyken Pond is away from major roads and offers many trails in a peaceful, out of the way setting. To learn more, visit rensselaerplateau.org.

Further east, Route 2 climbs to the 2,000-foot mark and crosses the New York and Massachusetts border at **Petersburg Pass.** The Taconic Crest Trail crosses here, and the three-mile ski north to the Snow Hole, a cave that holds some snow year-round, is a good intermediate ski with a couple of steep hills and a great view toward the Hudson Valley at a lookout en route. South of the pass is an old alpine ski area on Mount Raimer, which attracts telemark skiers willing to "skin" up and then ski down. Climbing skins are attached to ski bases to make it easier to climb the steeper slopes.

The best guidebook to cross-country skiing in the greater Capital Region is *ECOS Ski & Snowshoe Tips* published by Environmental Clearinghouse. They also publish separate guidebooks to natural areas in Albany, Schenectady, Saratoga and Rensselaer counties, which I find very useful year-round. You can buy their guides at book or outdoor gear stores.

In most winters, the southern Adirondacks attract a lot of snow due to being in the line of lake-effect snows. Last winter the central Adirondacks, including the Blue Mountain Lake area, had some of the best snow depths throughout the winter. The intermediate backcountry skier has several choices here.

The Northville-Placid Trail heads north of NY Routes 29 and 30 over rolling terrain to mile-long **Tirrell Pond.** From the pond, there are super views of Blue and Tirrell mountains. There are lean-tos at both ends of Tirrell Pond that make for great lunch spots. South of Routes 29 and 30, trails lead past **Lake Durant to Cascade and Stephens ponds**, each of which also has a lean-to and mountain views if you ski out onto the ponds. The downhill run on the return to Lake Durant is one of my favorites.

From the Old Farm Trailhead near Thirteenth Lake, you have several choices of intermediate-level ski tours. The **Botheration Pond loop** is one of the newest trails in the area. There are views of Gore Mountain from Botheration Pond and The Flow, and skiing across picturesque William Blake Pond is always a pleasure.

The Adirondack High Peaks have some of the best scenery in the state. From the south, novices can ski from **Upper Works to Henderson Lake**, and from the lake enjoy spectacular mountain views that include the distinctively-shaped Wallface and the McIntyre Range. Intermediate skiers can continue on to the **Preston Ponds and Duck Hole** for more magnificent views.

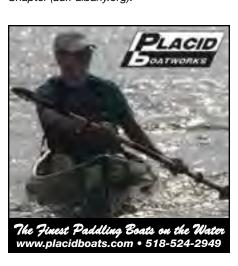
From the north, a popular and relatively easy trip goes from **Adirondak Loj Road to South Meadow** and along a wide truck trail to stunning views at Marcy Dam after a ski of four miles. Advanced skiers can continue past Marcy Dam and tackle the steep trail through **Avalanche Pass to Avalanche Lake.**

The best guidebook to skiing in the Adirondacks is *Ski and Snowshoe Trails in the Adirondacks* (Adirondack Mountain Club) by Tony Goodwin. For more year-round ideas, check out the "*Discover the Adirondacks*" (Wild River Press) series of trail guidebooks by Bill Ingersoll and Barbara McMartin, and also the Adirondack Mountain Club has a series of trail guidebooks (adk.org).

If you are looking for company out on the trails, check out your local chapter of the Adirondack Mountain Club (adk.org).

Rich Macha is owner of Adirondack Paddle 'n' Pole, a specialty cross-country ski and paddlesports shop in Colonie (onewithwater. com). Rich also leads backcountry ski trips for the Adirondack Mountain Club's Albany Chapter (adk-albany.org).







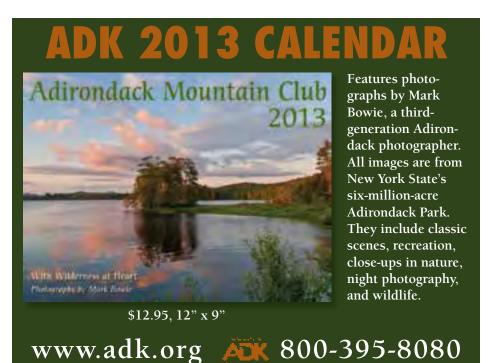


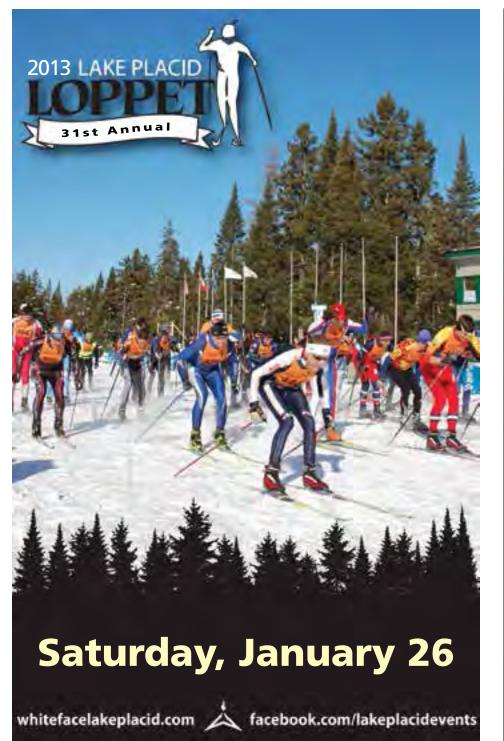
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