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## Events and Deals

### What's Going On and Fun Ways to Save

By Jeff Farbaniec

**E**very New Year, I'm amazed at the number of people who make resolutions. Most seem to fall into predictable categories, like weight loss, fitness or personal finance. Mine? Ski more in 2013. I guess that's pretty predictable too, since I'm an avid skier, but it comes with a twist. Instead of just skiing more days, my goal is to add some variety to my skiing: to try some new areas, ski more cross-country and back-country, maybe even compete in a few events. If you'd like to mix things up a bit too, here are some events, deals and discounts to get you started.

In North Creek, **Gore Mountain** has a huge calendar of events for this winter. Highlights for January include Take Your Kids to Gore Week, when kids 19 and under ski free with a parent Jan. 7-13. On the Sunday of Martin Luther King holiday weekend, Jan. 20, there will be fireworks and a torchlight parade at dusk. Restaurant Week runs Jan. 27-Feb. 1, which includes the popular Restaurant Race on Monday the 28th.

February 10 is Gore's Festival for Kids and Family Race. Kids under 12 ski free for the day. The Family Fun Race will be held on the Arena carving course, with Mother/Daughter, Mother/Son, Father/Daughter, and Father/Son divisions.

March events at Gore include the Mini Shredders Jibfest on March 2, a freestyle competition for kids 10 and under. There will be boxes, rails, and jibs especially for kids. A week later, on March 9, is the Big Air at Little Gore competition for kids and young adults, 21 and under. The event takes place under the lights at the North Creek Ski Bowl at 5pm. March 17 is Walt's Bump Contest, one of the most popular events of the winter. Participants will be judged on style, speed, control, and overall performance in the mogul course on The Arena. There are ski, snowboard and telemark divisions. Look for me in the Old Guy telemark division! And finally, on April 6, you can splash, skim – and hopefully not swim – in the annual pond skimming contest. The Events page on [goremountain.com](http://goremountain.com) has details for all of the above activities and more.

See **Alpine Skiing, 19** ▶

8TH ANNUAL



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## CROSS-COUNTRY SKIING &amp; SNOWSHOEING

# Great Nordic Skiing Awaits You!

By Skip Holmes

It is the start of a new year and for the first time in several years the snow is falling in generous quantities in the Northeast. Usually we wait for snow at home before it motivates us to set out for some of our favorite cross-country (Nordic) ski and snowshoe centers. Well wait no longer because there are great snow conditions all over the area!

Nordic skiing is a wonderful way for all ages and abilities to enjoy the great winter season. The groomed trail systems offer an alternative to the backcountry skiing that was reviewed in last month's magazine. It can be a family outing offering the kids a new experience gliding around on skis without the challenges of downhill skiing. For those with intermediate skills it can be a terrific way to get out for several hours without having to be concerned with navigating the backcountry. For others who have strong Nordic ski skills it can be a vigorous training day that continues aerobic conditioning during the winter months.

There is equipment available to meet the needs of varying ability levels. From beginner skis, to touring equipment, to full race gear for the competitive athletes, the ski centers and ski shops in our region can provide you with rentals or sell you equipment to meet your needs.

Within one to three hours of the Capital Region you can find a Nordic ski area that will provide you with not only quantities of snow but a wide variety of groomed trails and equipment to satisfy your needs. Having skied most of them over the years I can attest to the excellent trail grooming and service they provide. The Nordic ski areas offer groomed trail systems that provide tracks for classic-style skiing as well as groomed trails for those who wish to skate ski.

For those who have never tried Nordic skiing, it is a great way to enjoy the incredible outdoor environment without the large crowds of downhill ski centers, and for you

to participate in an activity that can provide a unique winter experience. Whether it is a family event or a group of friends getting together for a day or weekend of skiing, it promises to provide an experience that will have you wishing you could stay longer!

Starting with a location close to Capital Region you can visit Pineridge Cross-Country Ski Area in East Poestenkill (20 minutes east of Troy), which offers 35 kilometers of groomed trails for both classic and skate skiing. Located on the Rensselaer plateau they often get snow when there is none in the Albany area. Pineridge offers a family-friendly lodge with rentals, a woodstove to get warm by, and an extensive trail system with some trails lit for night skiing. Visit [pineridgexc.com](http://pineridgexc.com).

Moving towards the Adirondacks, you can find the Lapland Lake Nordic Vacation Center just outside Northville (60 miles northwest of Albany). It is run by US Olympic Nordic skier, Olavi Hirvonen and a friendly staff, and they have been in operation for 35 years. Lapland Lake has 50K of groomed ski trails, including a frozen lake that you can also ski on. There is a large lodge, a woodstove to warm up with, and a snack bar and restaurant for refueling after all that skiing, and Adirondack lodging is offered in cottages or rooms. Rentals and sales are available along with a knowledgeable staff to help you and lessons are available. They offer many events throughout the season, including Ladies Days where instructors are women, students are women only, and you get a full day on the trails. Go to [laplandlake.com](http://laplandlake.com).

In North River, Garnet Hill Lodge & Cross-Country Ski Center is just a short distance from Gore Mountain, and it sits up near the top of a mountain that is adjacent to Thirteenth Lake. They have a lodge with overnight accommodations, a great restaurant, and 55K of groomed trails that traverse the entire area. Ski rentals, sales and lessons

are available. Garnet Hill has a shuttle service available in case you want to enjoy the downhill terrain without the uphill climb on the way back. They have a van that will return you to the lodge. Visit [garnet-hill.com](http://garnet-hill.com).

Further north you can experience the Olympic Sports Complex Cross-Country Ski Center at Mount Van Hoevenberg, just east of Lake Placid. They have just remodeled their lodge, purchased a new trail grooming machine, and offer a 50K groomed trail system that ranges from flat loops to some of the most challenging terrain around. "Van Ho" is the location for the 31st annual Lake Placid Loppet, a series of 25K and 50K classic ski races for classic and skate technique, that will challenge hundreds of Nordic skiers this coming January 26. Their lodge offers rentals, lessons, and a snack bar for those with an appetite. Go to [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

Also just east of Lake Placid, Cascade Cross Country Ski Center has 22K of groomed trails that interconnect with the Mount Van Hoevenberg (and Jackrabbit) trails and you can purchase a trail pass that admits you to both areas. They have Full Moon Ski Parties with bonfires, food/drink and live music on

Jan. 26 and Feb. 23. The Cascade ski shop offers ski rentals, plus sales of backcountry, telemark and racing items. Dorm-style lodging is available, along with a full restaurant and bar. Go to [cascadeski.com](http://cascadeski.com).

Just outside Saranac Lake, Dewey Mountain Recreation Center offers 16K of groomed trails for skate and classic skiing, ungroomed trails to the summit, and four nights of lighted skiing. Don't miss Dewey events including Friday night ski jams, doggie day ski-joring, Tuesday night races, skate ski clinics and more. It is on the western terminus of the Jackrabbit trail system that starts in Keene, continues through Lake Placid, on to Saranac Lake and Dewey, and up to Paul Smiths. Visit [deweymountain.com](http://deweymountain.com).

The Osceola Tug Hill Cross-Country Ski Center in Camden, 30 miles northwest of Utica,

is in the famous Tug Hill area where snowfall totals are in excess of 200 inches each winter for a long season. Osceola offers 40K of groomed trails groomed daily for classic and skate skiing, including a new trail and pond. In the ski shop, rentals are available and they have a huge selection of skis and gear. A trailside camp is available for rent. Go to [uxcski.com](http://uxcski.com).

For those who want to drive into the Northeast Kingdom of Vermont, the Craftsbury Outdoor Center in Craftsbury Common has a 105K trail system that links three villages and more. The four-season resort has on-site lodging and many events available. Their 32nd TD Bank Craftsbury Ski Marathon on Feb. 2, the largest Nordic ski event in the East with 1,000 competitors, is a 25K and 50K classic ski race on a scenic point-to-point course. Visit [craftsbury.com](http://craftsbury.com).

Skip Holmes ([serottaskip@nycap.rr.com](mailto:serottaskip@nycap.rr.com)) of Delmar teaches courses in building systems and sustainable design at RPI and provides consulting services. He leads spinning classes at the Y in Bethlehem and is president of the Mohawk-Hudson Cycling Club. He can be found biking, kayaking, hiking or cross-country skiing.



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**Calendar of Events**  
January - March 2013\*

\*Events beyond this month are advertisers in this issue.

JANUARY 2013							FEBRUARY 2013							MARCH 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5							1	2						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28			24 <sup>th</sup>	25	26	27	28	29	30

**ALPINE SKIING & SNOWBOARDING**  
JANUARY

- 7-13 **Take Your Kids to Gore Week.** 19-under ski/ride/tube free. Gore, North Creek. 251-2411. goremountain.com.
- 17-19 **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.
- 19 **50th Anniversary Celebration.** 9am-4pm. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 19-20 **MLK Holiday Camp.** 9:30am-3:30pm. Age 4-12. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 20 **Torchlight Parade & Fireworks Spectacular.** Dusk. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 **USASA Boarder/Skier Cross Race.** Ski Bowl, Gore Mountain, North Creek. Mike Kirchner: 946-7001. usasa.org.
- 21 **Deck the Halls Rail Jam.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 26 **Rock the Mountain Festival.** Competitions, prizes, music. Willard, Greenwich. 692-7337. willardmountain.com.
- 26 **Alpine Sport Shop Snow Train Ski/Ride Day at Gore.** 7am. Saratoga Springs. 584-6290. alpinesportshop.com.
- 26 **Full Moon Pizza Party & Tubing.** 6-8pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 26-27 **Women Only: Alpine Skiing & Snowboard Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28 **Gore Restaurant Race.** 11am. Restaurant Week: 1/27-2/1. Gore, North Creek. 251-2411. goremountain.com.

FEBRUARY

- 2 **24-Hr Ski/Board Marathon for Green Drakkoman Foundation.** Also: 2/7/12-hr events. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 2 **Sacandaga Ski Challenge:** Gates, jumps, hoops. Oak Mountain, Speculator. 548-3606. oakmountainski.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.
- 3 **Ladies Slopestyle.** 1pm. Brookside Terrain Park, Whiteface, Wilmington. 946-2223. whiteface.com.
- 8 **10th "Chicks on Sticks" Bus Trip.** Bromley, Manchester, VT. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 9 **Historical Ski Day.** Family activities, après party w/vintage-retro skiwear theme. 9am-4pm. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.
- 9 **Founders' Day Celebration.** Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 9 **Rail Jam Series #2.** Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 9 **Slopestyle.** 11am. Brookside Terrain Park, Whiteface Mountain, Wilmington. 946-2223. whiteface.com.

- 9-10 **Burton Snowboard Clinic: Coed for Beginners.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 9-10 **Adult Alpine Racing Clinic.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 9-10 **Glades & Glory Adult Ski & Snowboard Camp.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 10 **Festival for Kids.** Family Race: 10am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 16 **Ridge Fest Celebration & Snowbox Derby.** Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 16-17 **President's Weekend Holiday Camp.** 9:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 16-17 **Winter Carnival.** Snow castle contest, fireworks. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 23 **Saturday Night Skins Race.** Ski Bowl, North Creek. 251-2411. goremountain.com.
- 23-24 **Master the Mountain: Alpine Skiing or Snowboarding Clinics.** Gore, North Creek. 251-2411. goremountain.com.
- 24 **Ski Bus Trip: Okemo Mountain Resort, Ludlow, VT.** Alpine Sport Shop: 584-6290. alpinesportshop.com.

MARCH

- 2 **6th Telemark Festival.** Tour de Trees, clinics for all, gear demos, climbing skins challenge race, après party. 9am-4pm. Hickory Ski Center, Warrensburg. Martha VanVleet: 798-3962. hickoryskicenter.com.
- 2 **Mini-Shredders Jibfest.** 10-under. 12pm. Gore Mountain, North Creek. 51-2411. goremountain.com.
- 2 **Skier/Boardercross.** 11am. Wolf Run Cross Course, Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 9 **Big Air at Little Gore.** Big Air/Slopestyle. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 9-10 **Telemark Clinic: Trees, Steeps & Bumps.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 9-10 **Glades & Glory: Adult Ski & Snowboard Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 10 **Super Sunday: Shamrock Sunday.** Discounts, games, events. Whiteface, Wilmington. 946-2223. whiteface.com.
- 16 **Gail's Bump Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 17 **Walt's Bump Contest.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 23 **Maple Festival.** Music, specials, maple fare. Gore Mountain, North Creek. 251-2411. goremountain.com.

**BICYCLING & MOUNTAIN BIKING**

JANUARY

- 13 **First Century Road Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

FEBRUARY

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

MARCH

- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** City Center, Saratoga Springs. 877-8788. adksports.com.
- 23 **Trooper David Brinkerhoff Memorial Race Series #1.** 24-60M. 11am. Cocksackie-Athens H.S., Cocksackie. 281-3710. cbrc.cc.
- 24 **Battenspring Classic.** 39-65M. 11am. Cambridge. Anthem Sports: 275-6185. tourofthebattenkill.com.
- 24 **200K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30 **Trooper David Brinkerhoff Memorial Race Series #2.** 24-60M. 11am. Cocksackie-Athens H.S., Cocksackie. 281-3710. cbrc.cc.

APRIL

- 6 **Trooper David Brinkerhoff Memorial Race Series #3.** 24-60M. 11am. Cocksackie-Athens H.S., Cocksackie. 281-3710. cbrc.cc.

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ADIRONDACKS

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## CROSS-COUNTRY & BACKCOUNTRY SKIING ONGOING

- Daily** Nordic Ski/Snowshoe Treks. High Peaks Cyclery, Lake Placid. Reserve w/Brian: 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).  
**Tue** Graymont Ski Races. Kids: 5:30pm. HS/adults: 6pm. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).  
**Thu** Soup-er Seniors Ski/Snowshoe Day. 65+. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).  
**M/Tu/Sa** Backcountry Ski Lessons w/Rich Macha. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).  
**Fri/Sat** Cross-Country Ski Lessons w/Rich Macha. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

### JANUARY

- 12** Winter Trails Day. XC ski/snowshoe: 2-4:30pm. Lapland Lake, Northville. Preregister: 863-4974. [laplandlake.com](http://laplandlake.com).  
**12** Cayuga Nordic Classical XC Ski Race. Hammond Hill S.F., Dryden. [nyssranordic.com](http://nyssranordic.com).  
12-13 Bill Thayer Memorial XC Ski Races. Garnet Hill Lodge, North River. 283-7397. [capitalregionnordicalliance.org](http://capitalregionnordicalliance.org).  
**18** Ski Jam. 6:30pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).  
**19** Beginner Backcountry Skiing. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
19-20 Garnet Hill XC Ski Race. Garnet Hill Lodge, North River. Jay Thomas: 283-7397. [capitalregionnordicalliance.org](http://capitalregionnordicalliance.org).  
**25** Moonlight Snowshoe/XC Ski. 6-9pm. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://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 freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).  
**26** Cascade Full Moon Party. Bonfires, food, music. Cascade XC Ski Center, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).  
**26** Holland Patent Classical XC Ski Race. Trenton Fish/Game Club, Holland Patent. [nyssranordic.com](http://nyssranordic.com).  
26 Winona Forest Try-It XC Ski Race. 12.5 classic. 9am. CCC Camp, Mannsville. 315-243-5235. [skireg.com](http://skireg.com).  
26 Beginning XC Ski Lessons. 9am. Oak Hill XC Center, Duanesburg. Jeff Peil: 895-2097. [dacc.info](http://dacc.info).  
**27** Higley Hustle Ski Race. 5K/10K classic: 10am. 5K free: 1pm. Higley Flow S.P., Colton. 315-262-2362. [skireg.com](http://skireg.com).  
**27** Old Forge INQ Qualifier XC Ski Race. McCauley, Old Forge. [nyssranordic.com](http://nyssranordic.com).  
27 Backcountry Ski Fest. 10am. Bolton Valley Nordic Center, Bolton Valley, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).

### FEBRUARY

- 1** Ski Jam. 6:30pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).  
**2** 32nd TD Bank Craftsbury Ski Marathon. 25K/50K classic race w/feed stations. 9am. Highland Lodge, Greensboro to Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. [craftsbury.com](http://craftsbury.com).  
**2** Hurt-A-Thon XC Ski Races. 5K/10K/15K. 9:30am. Crandall Park, Glens Falls. Dave Paarlberg-Kvam: 585-944-1610. [skireg.com](http://skireg.com).  
**9** Lapland Ladies Love to Ski. Classic lessons. 9:30am. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).  
**10** Winter Carnival XC Ski Races. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).  
**9-10** 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](http://csm-mcs.com).  
**17** Shenendehowa Classic XC Race. 12:30pm. Saratoga Biathlon Center, Day. [nyssranordic.com](http://nyssranordic.com).  
**19-22** Kids' Learn to Ski Week. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).  
**22** Moonlight Snowshoe/XC Ski. Pineridge XC Ski Area, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).

- 23** Cascade Full Moon Party. Bonfires, food, music. Cascade XC Ski Center, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).  
**23** Dewey Cookie Clash Freestyle XC Ski Race. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).  
**23** 32nd Winona Forest Tourathon 13K/25K/38K/50K Ski Race. 8am. CCC Camp, Mannsville. 315-243-5235. [skireg.com](http://skireg.com).

### MARCH

- 2-3** 11th Adirondack Backcountry Ski Festival. Guided tours, presentations, clinics. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).  
**2-3** Mid-Atlantic Bill Koch Festival. Bristol Mountain, Canandaigua. [nyssranordic.com](http://nyssranordic.com).  
**9** 2nd Wood 'N' Ski Rendezvous. 5K XC ski race, vintage clothing, music. Cascade XC Ski Center, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).  
**9-10** NYSSRA Nordic Champions Cup Weekend. Biathlon sprint/pursuit, ski-orienteeing, club relay ski race, 21K freestyle ski race. Saratoga Biathlon Center, Day. [nyssranordic.com](http://nyssranordic.com).  
**22** Moonlight Snowshoe. 7-8:30pm. Dinner: 5pm. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

## HEALTH & FITNESS

### ONGOING

- Daily** RPM Indoor Cycling Classes. First class: free. Core Group Fitness, Glens Falls. 409-4111. [coreglensfalls.com](http://coreglensfalls.com).  
**Mo-Fr** Boot Camp Challenge. Malta 6-week camp starts: 1/7 & 3/4. 366-1901. [makeitfittraining.com](http://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](http://cdbootcamp.com).  
**Tue** Active Flow Class. 9:30am. True North Yoga, Schroon Lake. 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).  
**Fri** Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).  
**Fri** Hatha Yoga. 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).  
**Sat** Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).  
**Sat** Hatha Yoga. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

### JANUARY

- 13** Open House & Fitness Demos. 11am-3pm. Albany Jewish Community Center, Albany. 438-6651 x127. [saajcc.org](http://saajcc.org).  
**26** Girlnetic Jumpstart to Fitness: Expo. 9am-5pm. TASTE Penthouse, Albany. Reserve: 877-687-6734. [girlnetic.com](http://girlnetic.com).

### MARCH

- 9-10** 8th Adirondack Sports & Fitness Summer Expo. City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

## HIKING, SNOWSHOE HIKING & CLIMBING

### ONGOING

- Fri** Finn-Friday Snowshoe Trek: 1/11-3/22. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

### JANUARY

- 12** Snowshoe Hike to Perigo Mtn. 3hrs. 10:30am. Pineridge XC, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).  
18-20 17th Adirondack International Mountaineering Festival. Mountaineering clinics, slide shows, demos. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).  
**19** Women's Snowshoe Day. YMCA Camp Chingachgook, Katiskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).  
**20** Historic Snowshoe Hike. 2hrs. 10:30am. Pineridge XC, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).  
**20** Street & Nye Trailless Hike. 8.5M. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).  
**25** Dinner & Full Moon Snowshoe Tour. 6pm Lapland Lake, Northville. Reserve: 863-4974. [laplandlake.com](http://laplandlake.com).

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**University at Albany**

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

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

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

- 25 **Moonlight Snowshoe/Ski.** 6pm. Guided tour, bonfire. Pineridge, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 26 **Tabletop Trailless Hike.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 27 **Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 29 **Will Rogers Senior Snowshoe.** 1pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

**FEBRUARY**

- 3 **Backwoods Tracking/Winter Survival Snowshoe.** Adult/Teen. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 3 **Paintball Biathlon.** 9:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 10 **Esther Mountain Trailless Hike.** 9.5M. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 17 **Tabletop Trailless Hike.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 19-21 **Winter Wilderness Adventure/Storytelling Camp.** Age 6-8. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 19-21 **Winter Wilderness Adventure/Storytelling Camp.** Age 9-12. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 22 **Dinner & Full Moon Snowshoe Tour.** 6pm. Lapland Lake, Northville. Reserve: 863-4974. [laplandlake.com](http://laplandlake.com).
- 22 **Moonlight Snowshoe/Ski.** 6pm. Guided tour, bonfire. Pineridge, East Poestenkill. Reserve: 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 23 **Street & Nye Trailless Hike.** 8.5M. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

**MARCH**

- 2 **Phelps Mountain Hike.** 7M. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 4 **Esther Mountain Trailless Hike.** 9.5M. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 16 **Tabletop Trailless Hike.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

**APRIL**

- 2-4 **Spring Tracking, Native Legends, Awareness Skills & New Ropes Challenge.** Age 6-12. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

**ICE SKATING & SPEEDSKATING**

**FEBRUARY**

- 16-17 **Lake Placid All-Around Speedskating Races.** Olympic Oval, Lake Placid. Tom Miller: 304-3039. [lakeplacidoval.com](http://lakeplacidoval.com).

**MULTISPORT: BIATHLON & ORIENTEERING**

**ONGOING**

- Ongoing **Be a Biathlete Clinics:** 1/12, 13, 27; 2/2, 3, 16, 17, 18, 19, 20, 21; 3/2, 3, 9, 10. 1pm. Age 12+. Olympic Sports Complex, Lake Placid. 523-4436. [whiteface.com](http://whiteface.com).
- Sun **Adk Paintball Biathlon.** 1/13, 20 (MVH); 2/3, 17, 24; 3/9. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

**JANUARY**

- 13 **Paintball Biathlon.** 9:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 26 **Ski/Snowshoe Orienteering Meet.** 10am. Pineridge, East Poestenkill. 872-1993. [empo.us.orienteering.org](http://empo.us.orienteering.org).
- 26-27 **Saratoga Biathlon Races.** Sat: Individual Relay. Sun: Individual. 11am. Saratoga Biathlon Center, Day. [nybiathlon.org](http://nybiathlon.org).

**FEBRUARY**

- 3 **Paintball Biathlon.** 9:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 16-17 **Biathlon: Sprint/Individual.** Garnet Hill Lodge, North River. 861-8020. [capitalregionnordicalliance.org](http://capitalregionnordicalliance.org).

**MULTISPORT: TRIATHLON & DUATHLON**

**FEBRUARY**

- 7 **Planning for Your Season Clinic w/Dr Todd Shatynski.** 6:30pm. Ciccotti Center, Colonie. Reserve: [cdtriclub.org](http://cdtriclub.org).
- 10 **Winter Triathlon #3.** Run/bike/XC ski. 11am. Craftsbury, Craftsbury Common, VT. [craftsbury.com](http://craftsbury.com).
- 25 **Triathlon Training Program:** 10 weeks. Ciccotti Center, Colonie. Jenny Stahl: 867-8920. [ciccotticenter.org](http://ciccotticenter.org).

**MARCH**

- 7 **Alternate Forms of Training Clinic w/Adam Cernauskas.** 6:30pm. Ciccotti Center, Colonie. Reserve: [cdtriclub.org](http://cdtriclub.org).
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** City Center, Saratoga Springs. 877-8788. [adksports.com](http://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: Magliano 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](http://teamintraining.org/uny).

**JANUARY**

- 12-14 **Winter Camping 101.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 13 **Free Discover Scuba.** Rich Morin's Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 19 **Winter Festival & Ice Fishing Contest.** 10am-4pm. Grafton Lakes S.P., Grafton. 279-1155. [nysparks.com](http://nysparks.com).
- 25 **Adirondack Ice Bowl.** Pond hockey tournaments, music, fun. Inlet. 315-357-5501. [inletny.com](http://inletny.com).

**FEBRUARY**

- 1-3 **Winter Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 7-10 **33rd Empire State Winter Games.** Olympic Venues, Lake Placid. 523-2445. [empirestatewintergames.com](http://empirestatewintergames.com).
- 8-9 **Viesmann Luge World Cup.** Olympic Sports Complex, Lake Placid. 523-4436. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 8-9 **Ice Fest.** Ice art sculpting. Raquette Lake & Long Lake. 624-3077. [mylonglake.com](http://mylonglake.com).
- 16 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 16-17 **Classic Ice Fishing Derby.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 17 **Free Discover Scuba.** Rich Morin's Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 23 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 23 **Frozen Fire & Lights.** Fern Park, 10am-5pm: Bonfire, treats, sledding, skating, skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire, fun & 7pm: Fireworks. Inlet. 315-357-5501. [inletny.com](http://inletny.com).

**PADDLING: CANOE, KAYAK & SUP**

**FEBRUARY**

- Wed **Kayak Rolling/Rescues: Instruction/Practice/Rentals.** 8pm. Schenectady JCC, Niskayuna. ADK Albany & Adk Paddle N Pole. Reserve: 346-3180. [onewithwater.com](http://onewithwater.com).

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Entry: \$20 (\$15 TAR) – \$25 race day  
Long-sleeve shirt to first 175 entered  
Benefits: Upstate NY Autism Awareness & Sacred Heart Food Pantry

A. Hachem: (518) 636-6789  
polar.cap.race@gmail.com

March 30 – 9:30 am  
Central Park, Schenectady  
Schenectady Firefighters' 4th Annual



## RUN 4 YOUR LIFE

5K Run/Walk • Kids' Fun Run (free)

To benefit American Heart Association  
5K: \$20 by 3/10, \$25 after  
T-shirt for first 500 registrants

Register Online or Entry Form: **AREEP.com**  
schenectadyfirefightersrun4yourlife.com  
sfddemdem232@yahoo.com  
Brian Demarest 365-3883

## TRY SNOWSHOEING

14th annual

### 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](http://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](mailto:laura@saratogastryders.org) or 518-581-7550**

### MARCH

9-10 **8th Adirondack Sports & Fitness Summer Expo.** City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

### APRIL

13-14 **Saratoga Paddlefest.** Saratoga Lake, Saratoga Springs. Mountainman Outdoors: 584-0600. [saratogapaddlefest.com](http://saratogapaddlefest.com).

## RUNNING, WALKING & SNOWSHOE RACING ONGOING

**Open Fleet Feet Distance Project.** Train for NJ Marathon/Half. Fleet Feet Sports, Albany. 459-3338. Jonathan Catlett: [ffdistanceproject@gmail.com](mailto:ffdistanceproject@gmail.com).

**Open Fleet Feet Distance Project.** Train for 5K/10K program. Fleet Feet Sports, Albany. 459-3338. Jonathan Catlett: [ffdistanceproject@gmail.com](mailto:ffdistanceproject@gmail.com).

**Open Fleet Feet No Boundaries Spring Program.** Beginners train for first 5K. Register 1/2-2/1. Fleet Feet Sports, Albany. 459-3338. Patti Clark: [pclark56@nycap.rr.com](mailto:pclark56@nycap.rr.com).

### JANUARY

10 **Good Form Running Clinic w/Charlie Woodruff & Jonathan Catlett.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

12 **27th Winter Wimp Foot Race.** 4.4M/2.2M. 1pm. Hagaman Fire House, Hagaman. 857-9025. [fmrrc.org](http://fmrrc.org).

12 **Constitution Hill Snowshoe Race.** 5.5K. 10:30am. Dion. Constitution Hill, Lanesborough, MA. [runwmac.com](http://runwmac.com).

13 **9th Brave the Blizzard Snowshoe Race.** 5K. 9:30am. Dion. Robert Parker School, Averill Park. 320-8648. [areep.com](http://areep.com).

13 **HMRRC Winter Series Race #3: 3M, 10K, 25K.** 10am. Phys Ed Bldg, UAlbany, Albany. 273-5552. [hmrrc.com](http://hmrrc.com).

15 **Pilates Exam of Hip/Knee/Ankle Alignment for Runners Clinic w/Brian Hull.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

17 **Natural Running Form & Newton Footwear Clinic w/Michael Blanchard.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

19 **Hoot Toot & Whistle Snowshoe Race.** 3.3M. 10am. Dion. Catamount Trail, Readsboro, VT. 413-753-1174. [runwmac.com](http://runwmac.com).

20 **Cock-A-Doodle Snowshoe Race.** 10K. 10am. Dion. New Land Trust, Saranac. 376-1809. [cockadoodleshoe.com](http://cockadoodleshoe.com).

20 **HMRRC Winter Series Race #4: 3M, 15K, 30K.** 10am. Phys Ed Bldg, UAlbany, Albany. 273-5552. [hmrrc.com](http://hmrrc.com).

20 Winterfest Snowshoe Races. 10K: 11am. 5K: 10:15am. Mendon Ponds Park, Rochester. [roadsarepoison.com](http://roadsarepoison.com).

23 **Core Training for Runners Clinic w/Dan Taylor & AJ Allen.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

26 **Side-Hiller Snowshoe Race.** 4M. 11am. Dion. Fairgrounds, Center Sandwich, NH. 603-367-8676. [runwmac.com](http://runwmac.com).

27 Winona Forest Stonewall Classic Snowshoe Race. 5K. 10:30am. CCC Camp, Mannsville. 315-387-6078. [skireg.com](http://skireg.com).

27 **Full Moon Ridge Run 5K Run/Walk.** 5pm. Maple Ski Ridge, Rotterdam. 381-4700. [runreg.com](http://runreg.com). [mapleskiridge.com](http://mapleskiridge.com).

27 **10th Curly's Record Snowshoe Race.** 4M. 10am. Dion. Pittsfield S.F., Pittsfield, MA. 413-442-0560. [runwmac.com](http://runwmac.com).

### FEBRUARY

2 **Polar Cap 4M Run.** 10am. Lake George E.S., Lake George. Amy Hachem: 636-6789. [adironackrunners.org](http://adironackrunners.org).

2 Beer & Chili 10K/5K Run. 10am. Masonic Temple, Newport. John Slocum: 315-845-8169. [uticaroadrunners.org](http://uticaroadrunners.org).

3 **14th Saratoga Winterfest Snowshoe Race.** 5M. 11am. Dion. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org).

3 **HMRRC Winter Series #5: 4M, 10M, 20M.** 10am. Phys Ed Bldg, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).

3 **Craftsbury Snowshoe Races.** 5K/10K. 10am. Craftsbury, Craftsbury Common, VT. 802-586-7767. [craftsbury.com](http://craftsbury.com).

5 **Good Form Running Clinic w/Julie Nabozny & James O'Connor.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

9 **10th Camp Saratoga Snowshoe Race.** 8K. 10:30am. Dion. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org).

9 Frozen Foote #3: 4M. 10:30am. SLU, Canton. 315-229-5105. [northernrunners.org](http://northernrunners.org).

10 **Northfield Snowshoe Race.** 10K. 9am. Dion. Northfield Mountain V.C., Northfield, MA. [runwmac.com](http://runwmac.com).

12 **Strength Training & Injury Prevention for Runners Clinic w/AJ Allen.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

16 **Moore State Park Snowshoe Race.** 5K. 10am. Dion. Moore S.P., Paxton, MA. [runwmac.com](http://runwmac.com).

17 **Moody Spring Snowshoe Race.** 5.5M. 10am. Dion. Dubuque S.F., West Hawley, MA. [runwmac.com](http://runwmac.com).

17 **40th HMRRRC Winter Marathon & Marathon Relay.** 10am. Phys Ed Bldg, UAlbany, Albany. 331-5490. [hmrrc.com](http://hmrrc.com).

23 **Moby Dick Snowshoe Race.** 7.2M. 9:30am. Dion. Mt Greylock Reservation, Lanesborough, MA. [runwmac.com](http://runwmac.com).

24 **Halloctville Orchard Snowshoe Race.** 3.8M. 10am. Dion. Dubuque S.F., West Hawley, MA. [runwmac.com](http://runwmac.com).

24 Lake Effect Half-Marathon. 9:15am. Onondaga Lake Park, Liverpool. [lakeeffecthalfmarathon.com](http://lakeeffecthalfmarathon.com).

25 **Nutrition & Hydration for Endurance Athletes Clinic w/Katherine Kilrain-Hayes.** 6-7pm. Fleet Feet Sports, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com).

### MARCH

2 **Hawley Kiln & Notch Snowshoe Race.** 5M. 9am. Dion. Hawley, MA. [runwmac.com](http://runwmac.com).

3 Adirondack Indoor Track & Field Championships. SEFCU, UAlbany, Albany. 273-5552. [usatfadir.org](http://usatfadir.org).

7 Cystic Fibrosis Stair Climb. 6pm. Corning Tower, Albany. Rebecca Santoli: 783-7361. [cff.org](http://cff.org).

9-10 **8th Adirondack Sports & Fitness Summer Expo.** City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

16 **14th Runnin' of the Green (Island) 4-Miler.** 10am. American Legion, Green Island. [hmrrc.com](http://hmrrc.com).

24 **27th Shamrock Shuffle.** 5M road race. 11am. Glens Falls H.S., Glens Falls. [adironackrunners.org](http://adironackrunners.org).

24 Wurtsboro Mountain 30K Road Run/Relay. 9am. Emma Chase School, Wurtsboro. [sullivanstriders.org](http://sullivanstriders.org).

24 Syracuse Half-Marathon. Oncenter, Syracuse. Ken Hammond: 315-558-3727. [syracusehalf.com](http://syracusehalf.com).

30 **4th Run 4 Your Life 5K Run/Walk.** 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. [areep.com](http://areep.com).

### APRIL

21 **3rd Lake George Half-Marathon.** Fort William Henry Resort, Lake George. [usrahalf.com](http://usrahalf.com).

### JUNE

9 **Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).

### OCTOBER

13 **Mohawk Hudson River Marathon & Half-Marathon.** 8:30am. Albany. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

## SWIMMING

### JANUARY

19 Grafton Polar Plunge Swim for Cystic Fibrosis. 1pm. Grafton Lakes S.P., Grafton. Peggy Phillips: 479-3739. [nysparks.com](http://nysparks.com).

### FEBRUARY

24 Glens Falls Swim Meet. Glens Falls H.S., Glens Falls. Bob Eagle: 793-3878. [adms.org](http://adms.org).

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

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## SNOWSHOEING

# Trek along Groff Creek

By Bill Ingersoll

## Embracing Wildness



(CLOCKWISE) WATERFALL ON GROFF CREEK. LEXI NEAR THE TRAIL. BEAVER MEADOW NEAR GROFF. PHOTOS BY BILL INGERSOLL

Let me say right off the top that there is nothing awe-inspiring or spectacular about this walk. There are no dazzling views, and for that matter there is not really even a specific destination. This article is about a path in the woods that just dead-ends at a beaver pond. That's it. That's all there is to it, nothing more.

If you are not interested in a trek through a quiet section of wilderness for its own sake, then I am certainly not going to try and sell you on Groff Creek. Nevertheless, this little corner of the southern Adirondacks, which is so easy to get to but so little known, has managed to draw me back a number of times, particularly in the winter and spring seasons, when the woods are snowbound and the creek's various waterfalls are struggling to break free from their icy mantle.

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Groff Creek is a minor tributary of the Sacandaga River, draining the southeastern corner of the Silver Lake Wilderness Area. The path that follows its valley is an old logging road that has been abandoned for more than a century. In fact, it was once a major point of entrance into the wilderness interior. It led west from Groff Creek to a logging dam and camp at Devorse Creek, from which other roads radiated outward to Jack Green Creek and The Notch. The forest has so thoroughly made a comeback that only vestiges of these manmade features survive.

The section of road along Groff Creek survives only because it was constructed into the side of Groff Mountain, forming a "bench" clinging precariously to what is at times a rather steep slope. Once the old road leaves the mountainside, it quickly fades into obscurity. Even with knowledge of the continuing route from an old-time map, I was not able to trace any further sections of the road. The forest had simply blotted it out like it had never existed.

Groff Creek can be a springboard for more involved wilderness treks. I have used it to reach the open ledges on Southerland Mountain, the marshy expanses of Kings Vly, and the lower slopes of Wallace Mountain. The area is accessible year-round, although in winter the access road is not always plowed to its end. If like me your appreciation of wild places is not keyed only to scenic grandeur, but is open to subtler observations as well, there is a good chance you will find much to admire in this little valley.

### HOW TO GET THERE

The unmarked path along the creek begins as an extension of River Road, on the west side of the Sacandaga River in Hamilton County. As you drive north on NY Route 30 from Northville, turn left onto Benson Road just before the bridge over the river. River Road then turns right almost immediately. Follow it to its end, where it narrows into a rough track. The hike begins here.

Note that the last couple miles of River Road are subject to closure during the spring thaw. Ice jams on the river can temporarily back water up over certain low sections. If you do arrive to find the road barricaded – but not flooded – the extra walking distance does not make the hike any more difficult. In fact, some stretches are quite close to the Sacandaga, making this an even more ideal hike – regardless of whether you're using snowshoes, skis, or your summer hiking boots.

### THE TRAIL

From the end of the town-maintained road, follow its rougher continuation northwest, dropping down to pass a hunting camp beside Petes Creek. Shortly beyond you reach a major fork, with a more developed road veering left into the Petes Creek drainage. The road to Groff Creek bears right, continuing as a rough jeep trail up to the state land boundary. Beyond, it narrows into an attractive footpath.

The road arcs westward through the hardwood flats to the foot of Groff Mountain, and then ascends a corner of the hillside to peer for the first time into the deep valley. Tall hemlocks shade the trail. The first waterfall appears roughly midway up the valley, far below the level of the path. The second is a small ledge not far upstream. The steepness of the valley walls makes it difficult to appreciate these cascades from a closer perspective.

The trail itself, however, is anything but steep. Beyond the waterfalls, the valley begins to open up, allowing the stream and the trail to approach the same level. The path never does reach the streamside, though, because Groff Creek makes a major bend to the northwest here. Rather, the path pulls beside its smaller tributary, leading you to a small beaver flow from which it is possible to see Wallace Mountain. The roadbed, which had been so clear to this point, then fades into the hemlocks. (My old map shows it bending with the creek westward toward the Devorse Creek camp.)

The other two waterfalls are located just upstream from the elbow bend on Groff Creek. You will need to cross the beaver dam to get to them. A beautiful mixed stand of red spruce and hemlock shades this section of the stream, competing with the beauty of the falls themselves. The taller of the two cascades is only eight feet high, but the secluded setting is perfect. A narrow, rocky trough connects the two falls.

We all hike because we are driven by a certain restlessness. For some, that restlessness steers them up the highest peaks or to otherwise tick-off the entries of some arbitrary list. I suppose there is nothing wrong with that, although I have never understood it. For me, the objective has already been achieved the moment I find myself in a wild setting with nothing but my own snowshoe tracks to mar the view. Everything that happens beyond that point is merely a bonus.

With no preset agenda I become the master of my own day, free to do as I please. This is the attraction of the outdoors.

When I look at a map of the Adirondack backcountry, I see a landscape of opportunity – places I have been, places I have never been, places I will perhaps never see. I share my experiences when I can, but I enjoy my time alone as well. I could not bear to live in a place with no wild country to explore. May the wilderness always be a source of strength for the people who return time after time to seek its lessons! 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironacks.com](http://hiketheadironacks.com)). For more on this region, consult Discover the Southern Adirondacks.

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ATHLETE PROFILE

# Amy Bopp



■ AMY WITH FRIEND AND TEAMMATE, KATHRYN ROWE OF GLENVILLE (FAR LEFT), WHO ALSO COMPETED AT TRIALS.  
 ■ START OF OLYMPIC TRIALS RACE (LANE #4).

**AGE:** 18  
**RESIDENCE:** Clifton Park  
**FAMILY:** Parents, Helen and Richard Bopp; sister, Sarah, 23, of New York City  
**FAVORITE ATHLETE:** Missy Franklin  
**OCCUPATION:** Senior, Shenendehowa High School;  
 Class Rank: 11 of 735

By Kristen Hislop

Missy Franklin. You know that name, but do you know the name of one of the local swimmers who went to the 2012 Olympic Trials for swimming? You are about to meet Amy Bopp. Amy started swimming competitively for Knolls Swim Club, at age five, and last summer qualified for the Olympic Trials. To make it to the trials you must meet extremely tough qualifying standards.

In swimming, it is you against the clock and Amy's efforts got her to Omaha, Neb., for a swim meet like no other. As for the Olympic Trials they literally build a new pool for optimal conditions. The temperature of the competition pool is exactly 80 degrees. Eight of the 10 lanes are used for competition and as Amy said, "I think the most striking difference between any meet and Olympic Trials is the fans.

Every meet has the family members who are forced to sit in the boiling hot stands, and cheer for their children, but at Olympic Trials there were people who had no relation to the sport of swimming who wanted to come and watch. Having an arena filled with people was absolutely incredible. "It was like I could finally share my passion with them all and show them exactly why I love to swim," Amy said. "The spectators could feel the anxiety as they watched the swimmers compete to the wall and cheer along with everyone. They witnessed the rivalry, the friendship, and the new bonds of teammates being formed."

So how do you go from swimming in a summer league to the top national event in the sport? It takes time, dedication and passion. Right off the bat Amy took to the water. She practically lived in her aunt's pool in the summer, and trying to keep up with her older sister, jumped into competition. First, she moved quickly from lessons onto the Knolls team, and then the Barracudas Team over the winter at the Southern Saratoga Y in

Clifton Park. When Amy was 10, her family decided to switch teams and joined the USA Swimming Club, the Schenectady-Saratoga Swim Club, also known as the Sharks.

Anyone who has gotten in the pool to do some laps knows you would have to be passionate about the sport to swim year-round hitting 10,000 yards in some practices. During peak season she swims six days a week, with two-a-day workouts on Mondays and Fridays.

The triathletes in-training who swim early at the Y enjoy seeing Amy at the pool. Bob Cameron of Clifton Park says, "Initially it was quite intimidating, but as you talk with her and see how down to earth and nice she is, it's inspiring to have her around. Many of us were very excited for her when she went to the Olympic trials and were tracking her progress." Bob continues, "Amy's an awesome swimmer with a great love of the sport." Amy doesn't know how envious many of the triathletes are of talent, since the swim tends to be their limiter.

Amy's passion for swimming runs deep and now she can't imagine her life without it. She says, "The meets can certainly be stressful at times, but it is also where I go to relax. In the pool, with my teammates, is where I truly feel I can be myself. I have loved swimming from the start and I know it will continue to be a part of my life as I grow older."

Amy has signed to attend the Ohio State University in the fall – the Buckeyes are a Division I swim team that's ranked 15th in the country, looking to enter the top 10 soon. After a campus visit last fall, Amy fell in love with the school and knew right away that it was the place for her. The current plan is to study Physical Therapy with a focus in Aquatic Therapy, so she can continue to stay

in the water and share my love of swimming while helping other people.

Her family got her started in swimming and her family will be cheering her on at collegiate events. Amy's mom, Helen, has made every one of her swim meets and volunteers for the Sharks Swim Club. Amy says of her sister, "Sarah has been nothing but encouraging from the beginning, and I credit her for being the reason that I began swimming in the first place."

Outside of her family the biggest influence has to be Sharks head coach, Jerry Adams. Swim coaches start with many kids at the eight-and-under age, then the interest wanes for many. Coaches don't just look for talent, but also passion. Coach Adams says, "At 10 and 11, Amy was breaking local records at USA Swimming meets, but it's dangerous on a lot of levels to get overexcited about fast little kids." He continued, "I think it was that she really enjoyed swim practice, and that she listened and tried to do everything she was told to do, so she could be better."

Coach Jerry notes that after Amy qualified for a USA Swimming Select Camp, Amy realized that she wanted to see how far she could really go in the sport. That is probably central to why she chose not to join the Shenendehowa High School swim team. Her best events are not those swum in high school meets. Being successful at a national level requires that an exceptional athlete paired with an exceptional coach. Of her coach, Amy says, "I cannot even begin to explain how important he is to me. He has helped me not only as a swimmer, but also as a person. I am definitely looking for a college coach that I can have a good relationship, with and one with a different perspective to help me improve my strokes and

aces. But no matter where I am, Jerry will always be my coach."

When Jerry talks about Amy you know he is not just focused on her as a swimmer, but also a person. He helped guide her to her college choice and says, "She worked really hard along the way, she deserves more than anything to be happy." Amy will finish out the year with some big meets, and then Junior or Senior Nationals, before she heads off to college.

As a competitive swimmer myself, from age eight, I used my swimming experience to write my college essay – and I continued to swim all four years. I have to agree when Amy says, "It probably sounds corny, but swimming has really shaped the person I am today. I have learned the benefits of hard work and dedication, along with time management and perseverance. I have learned how to set goals, achieve them, and even how to deal with it when I don't."

While swimming is an individual sport there is a big team element. Amy shares, "I have learned the importance of friendship and I know I would be nowhere without my teammates. I think the most important thing that I have gotten from this sport is a second family. I love my teammates and my coaches, and I know I would not be the swimmer, nor person I am today without them." As a community, we should be very proud of the athlete we sent to trials, and are sending to Ohio State. Be ready to look for Amy at the 2016 Olympic Swimming Trials. 🌱

Kristen Hislop ([hislopdesigns.com](http://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."



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## RUNNING &amp; WALKING

## reading on the run

By Laura Clark

## Your Winter Library

The time-honored "Loneliness of the Long Distance Runner" has been supplanted by Twitter alerts, personal blogs and Facebook accounts. No longer is it enough to get in those miles but nowadays folks feel compelled to share every detail and track every step on Map My Run. With all this spontaneous documentation, print books, and their e-reader counterparts seem almost superfluous.

But are they? While the instant gratification and sense of accountability and ownership provided by the social media truly has its place, so too does the long view furnished by the more reflective print format, which grants the author the space to distill his experience and share hard-earned expertise. Rather like the difference between a quick bite after a noon hour run versus a leisurely dining experience. There is a time and a place for both.

Winter is the perfect time for a cup of hot cocoa, a warm fire, and the leisurely introspection a good book can provide. Below are some of my current favorites that will prime you for springtime adventures.

"Born to Run," with its zany characters and cops and robber appeal not only made the 2010 American Library Association 2010 Notable Books List, but brought, of all things, the obscure sport of ultra running to the forefront of American consciousness, and along the way restructured the sports shoe industry. Following powerfully in its wake is "Barefoot" Ken Bob Saxton's "Barefoot Running Step by Step." With his long beard and gnarled appearance, Ken Bob looks every inch the messianic prophet as he spends his summer vacation "hoboing" across the country, trading free barefootin' workshops for meals, hospitable crash pads and gas money. While he shuns the minimalist approach, those of us who prefer a buffer between our tender piggies and road debris can still gather many useful pointers. And while Barefoot Bob regards his efforts as a ministry, his place of worship is not the staid hat and glove variety, but rather the evangelical church tent. Be prepared to chuckle early and often.

"Natural Running," penned by Danny Abshire, cofounder of Newton Running, is similar to ChiRunning, with details pared down to essentials. Danny focuses on an eight-week relearning plan, which will lead you to a more natural barefoot style while keeping your feet happily safe from rough pavement and rocky trails.

And if you find yourself searching for another "Born to Run" experience, try Adharanand Finn's "Running with the Kenyans." Admittedly sucked into the barefoot running craze, Adharanand was positive, especially after interviewing Dr. Daniel Lieberman and his antelope, that unshod feet were the answer to the Kenyans' superiority. Once he arrived in Kenya, he was disillusioned to discover only the children ran unshod. Join him as he jumpstarts his stagnant running career and unravels the complex mystery as to what makes the Kenyans so amazing.

Another trend in the 2012 Olympic year was the number of books where sports and math find a common ground. In "The Perfection Point," John Brenkus, producer of ESPN's "Sports Science" show, ventures beyond today's records to explore just how far the absolute envelope can be stretched. Each chapter reads like a mini-mystery. Just when you think you have everything figured out, John tosses out another 'what if' and the quest continues.

In a similar vein, John Barow, a Cambridge University mathematics professor applies the laws of probability to 100 sporting events using slide-rule, GPS, stick figures, and every imaginable form of math, with a side dose of sports psychology thrown in for good measure. If you obsess over your baseball card collection, study the Pink Sheet religiously, or discover yourself wheeling precisely etched running routes, then "Mathletics: A Scientist Explains 100 Amazing Things about the World of Sports," is the book for you.

Fuel your cold weather runs with a steady dose of inspirational books. Topping the list is Laura Hillenbrand's "Unbroken," the incredible story of Louie Zamperini, whose Olympic career, cut short by World War II, sea-changed into ultimately more rewarding struggle. In a similar manner is Naomi Benaron's "Running the Rift," the fictional account of Jean Patrick, the Mr. Olympics of his village, whose dreams were destroyed by the Rwandan genocide. Reading this book is a lot like watching the movie "Titanic." You know the boat is going to sink and as the characters careen toward disaster, you want nothing more than to offer lifesaving advice gleaned from the perspective of time. Afterwards, personal bad weather complaints are trivialized by the realization that there are no bullets chasing you, no identity cards beyond a Road ID.

There are those of us of a certain age who are still in mourning for the loss of our monthly George Sheehan fix. In an era where running was regarded as being harmful to your health, Dr. Sheehan became our Running Doc, dispensing advice that now seems basic, but back then was revolutionary. Few have come as close to his spirit as Ed Ayres, the founding editor of Running Times, in "The Longest Race," the account of his post-9/11 quest to win the 60-year-old age group at the JFK 50 Mile, the nation's oldest and largest ultra. Like Dr. Sheehan, his goal is to finish the competition "with no regrets," and also like the master, he uses his journey to explore philosophical issues but with a modern environmental twist. It is a rare work that explores Thomas Hobbes, Virginia militia, Homo erectus, and our own runnerly motivations in relation to the future of our country and our planet.

This year there was no shortage of 'running with the stars' offerings: Kara Goucher's "Running for Women," Dean Karnazes (yet again) with "Run! 26.2 Stories of Blisters and Bliss," and Marshall Ulrich's "Running on Empty." The best of the lot is Scott Jurek's "Eat and Run: My Unlikely Journey to Ultramarathon Greatness." Featured in Caballo Blanco's first Cooper Canyon Ultra, Scott is another larger than life character depicted in "Born to Run." With much soul-searching, he credits his success to the gradual adoption of a vegetarian diet, as well as his difficult upbringing. Ultimately, Scott will inspire you to take your own path beyond the imaginary finish line, stating "A bear with determination will defeat a dreamy gazelle every time."



Even with all these recent offerings, it is instructive to turn back and survey the path we have taken. The latest is not necessarily the greatest and no book demonstrates this more ably than "Deep Survival: Who Lives, Who Dies and Why." In page-turner style, Laurence Gonzales investigates various hiking, snowmobile and boating disasters, concluding that survivors accept their situation, making that their new reality in the manner in which children insist they are not lost, but their parents are. For an in-depth examination on how these principles pertain to endurance events, visit [irunfar.com](http://irunfar.com), "Surviving your First Hundred," archived under "Stay the Course."

And while you are out there trying to make sense of your new reality, stick Tom Wessels' "Forest Forensics" in your backpack. Both this volume and his earlier text, "Reading the Forested Landscape," are New England-specific and will place your journey in an entirely new light, emphasizing not only miles covered but terrain surveyed. 🌲

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

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[OceanCityHalf.com](http://OceanCityHalf.com)

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## THE NON-MEDICATED LIFE

A New Role for  
The Physician

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 52nd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 51 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. But in the age of the Internet, when we are flush with information and there seem to be as many diets and suggestions for healthy lifestyles as the people who promote them, how is one to separate the wheat from the chaff?

I would suggest that optimal implementation of the Non-Medicated Life requires the individual partner with a health care provider who: 1) Has formal training in human nutrition or an appropriate background in science and an established interest; 2) Bases recommendations on scientific study evidence; 3) Always discusses risk and benefit when suggesting alternatives to medications; 4) Provides metrics to track the response to treatment; and 5) Works as part of a healthcare team, recognizing that the multiple skills needed for success will rarely be found in one individual. While I believe physicians are providers best suited to lead the

implementation of the Non-Medicated Life, the promotion of the rational avoidance of medication and the discontinuation of medication not truly needed suggests if not a new role for physicians, at least a new emphasis.

While few medical schools in the country have formal coursework and training in human nutrition, all medical schools cover essential knowledge in courses on anatomy, biochemistry, and physiology in the first two years. In the second two years devoted to clinical training, physicians gain experience in nutritional and lifestyle related diseases during the study of internal medicine. Such knowledge is essential to asking the right questions so as to be able to effectively evaluate claims made regarding diets, supplements, vitamins and nutritional products, which the lay person is bombarded daily in media and advertisements.

Moreover, physicians who have an interest in human nutrition and medical nutrition therapy will be best suited to know the limits of such therapy. For example, sodium restriction, weight control, and exercise can help prevent high blood pressure in those with early signs of the disease, but generally cannot take a severely elevated blood pressure and return it to the normal range. Likewise, while a heart healthy diet may reduce the low-density lipoprotein or bad cholesterol on average 30 milligrams per deciliter, it generally cannot reduce the LDL 100 points. Physicians with an interest in

nutrition will better be able to set reasonable goals and expectation for individuals seeking the Non-Medicated Life.

More importantly, medical schools provide training in the discipline of evaluating clinical studies so that physicians base their recommendations on not "any" evidence, but scientifically meaningful evidence. The personal testimonial of an individual while interesting and potentially important does not constitute meaningful medical evidence. The clinical "trial" of a supplement with 30 participants which has no control group does not constitute meaningful medical evidence. To be meaningful and evidence-based clinical trials, they must have a control group and an experimental group, which differ only in the aspect being studied, must have participants chosen randomly to avoid selection bias, and must be statistically evaluated to ensure a low probability that the experimental result is a consequence of chance rather than causality.

Physicians are trained in such assessments. Moreover, such training allows physicians to point out the weakness and potential biases in observational studies and other less evidence based studies and show that many times the advertisement claims made of a product being "clinically proven" are at best a misrepresentation and more likely simply fraud.

Physicians prescribe medications after an assessment of risk and benefit in which in the judgment of the physician the benefit of the medication outweighs the potential risk of use. In the pursuit of the Non-Medicated Life, a similar careful weighing of the risk and benefits of the avoidance or discontinuation of medication is essential. Physicians are, therefore, very well suited to make this assessment and to discuss the assessment in detail with individuals under their care so a true informed consent during a change in treatment results.

Just as important as assessing potential risk and benefit, before deciding on avoidance of medication or discontinuation of medication, is measuring the response to the new treatment to ensure it is working as anticipated. Physicians routinely collect such metrics, whether it is measuring a weight for calculation of body mass index, measuring a blood pressure, measuring blood sugar, or measuring blood cholesterol. Such an ongoing

numerical analysis allows an objective assessment of response that is essential to assuring all concerned that the avoidance or discontinuation of medication and the use of diet and lifestyle alone is safe. Moreover, in those who cannot completely avoid or discontinue a specific medication with diet and lifestyle change, such monitoring many times allows for a reduction in dose with a concomitant reduction or elimination of untoward side effects.

Finally, physicians today look upon themselves as part of a healthcare team, acknowledging the important skill sets of nurses, nurse practitioners, physician's assistants, psychologists, dietitians, acupuncturists, and exercise physiologists to help individuals make changes in diet, lifestyle and exercise. For example, while the physician may suggest that a two-gram per day sodium diet is desirable, helping an individual to understand how to accomplish this in the real world takes the special expertise of the dietitian. While a physician may suggest an individual burn 300 calories per day in exercise to help control body weight and triglyceride levels, an exercise physiologist can help an individual find the safest, most practical, and injury free way to proceed.

In summary, the pursuit of the Non-Medicated Life requires partnering with a healthcare provider with the right training and expertise, who can discuss the risk and benefits in the rational avoidance or discontinuation of medication and then monitor the results. Physicians with an interest in nutrition are well-suited for this role. Partnering with such a physician will potentially allow an individual to thus avoid the proverbial bottle of pills commonly used to address our most pressing health problems. 🌱

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

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<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Kevin Miles	21	Clifton Park	17:54	1 Stacie Waters	36 Clifton Park	25:44
2 Kevin Lanahan	45	Clifton Park	18:06	2 Christine Beacher	36 Clifton Park	26:56
3 Nick Matson	15	Clifton Park	18:32	3 Jill Richardson	37 Saratoga Springs	27:27
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>			
1 Victoria Hathaway	17	Stillwater	19:20	1 Bill Hamel	41 Clifton Park	19:07
2 Brittany Rosmarin	25	Rexford	20:33	2 Rick Zachgo	42 Rexford	19:42
3 Sara NassrElgrgawi	16	Waterford	21:26	3 Edward Carroll	41 Clifton Park	19:59
<b>MALE AGE GROUP: 1 - 9</b>			<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Danny Weyrauch	9	Ballston Lake	24:35	1 Shanley Alber	40 Clifton Park	22:19
2 Anthony Sassone	9	Clifton Park	27:05	2 Susan Flint	42 Clifton Park	24:20
3 Aidan Ryan	8	Clifton Park	32:26	3 Ingrid Gerst	42 Clifton Park	24:44
<b>FEMALE AGE GROUP: 1 - 9</b>			<b>MALE AGE GROUP: 45 - 49</b>			
1 Isabella Tronco	9	Loudonville	25:49	1 Tomo Miyama	47 Valatie	19:11
2 Shayla Smith	9	Clifton Park	33:21	2 Joseph Cotrofeld	48 Ballston Spa	19:15
3 Madison Stopyak	9	Clifton Park	34:18	3 Leon Teeuwen	46 Clifton Park	19:27
<b>MALE AGE GROUP: 10 - 19</b>			<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Stephen Curry	17	Rexford	21:02	1 Susan Whitney	48 Glens Falls	23:29
2 Nick Cosgrove	13	Clifton Park	21:33	2 Kathy Watroboski	49 Clifton Park	24:52
3 Jack Vite	16	Clifton Park	22:09	3 Fran Matson	46 Clifton Park	25:26
<b>FEMALE AGE GROUP: 10 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>			
1 Melissa Rosenthal	14	Clifton Park	21:35	1 Thomas Rest	52 Clifton Park	20:58
2 Madison Shea	16	Clifton Park	22:20	2 Thomas Sisson	51 Clifton Park	21:59
3 Samantha Barringer	15	Waterford	22:35	3 Richard Robinson	50 Clifton Park	25:30
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Connor Dixon	20	Albany	21:08	1 Mayumi Tsutsui	53 Rensselaer	27:18
2 Jeffrey Martino	23	Glennville	22:20	2 Sue Sambets	50 Schenectady	27:57
3 Brandon Johnston	22	Charlton	23:17	3 Suzanne Travis	52 Clifton Park	28:58
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 55 - 59</b>			
1 Caitlin O'Callaghan	22	Watervliet	25:42	1 Larry Lewis	58 Scotia	24:16
2 Casey Ketcham	21	Kinnelon, NJ	27:06	2 Ed Graham	57 Clifton Park	27:56
3 Nina Fisher	23	Medford, MA	28:52	3 Brian Hassett	58 Clifton Park	28:00
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Keegan Bailey	28	Schenectady	19:44	1 Kathleen Dalton	55 Troy	34:27
2 Seth Thomas	26	Glens Falls	22:01	2 Barbara Hale	56 Kinnelon	34:56
3 Christopher Mercado	28	Albany	25:02	<b>MALE AGE GROUP: 60 - 64</b>		
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 65 - 69</b>			
1 Melissa Wern	26	Hudson Falls	21:30	1 Kirk Gleason	68 Clifton Park	47:11
2 Ilene Friedman	28	Schenectady	24:31	<b>FEMALE AGE GROUP: 65 - 69</b>		
3 Stella Albanese	29	Ballston Spa	24:55	1 Dale Gleason	66 Clifton Park	47:10
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 75 - 79</b>			
1 Michael Mercado	31	Ballston Spa	21:35	1 Richard Homenick	76 Schenectady	28:21
2 Robert Ryan	33	Clifton Park	21:48	<b>TEAMS</b>		
3 Mark Ashman	33	Clifton Park	26:17	1 Shen Girls Varsity Soccer		1:03:34
<b>FEMALE AGE GROUP: 30 - 34</b>						2 Exit 9 Wine & Liquor
1 Christine Spinner	33	Clifton Park	25:36			1:09:23
2 Maura Kristel	33	Amsterdam	28:50			1:16:08
3 Lindsay Childrose	31	Rensselaer	28:51	<i>Courtesy of Hannah's Hope Fund</i>		
<b>MALE AGE GROUP: 35 - 39</b>						
1 Trevor Wood	37	Clifton Park	22:10			
2 Ray Lipani	38	Clifton Park	23:04			
3 Matthew Cantore	37	Clifton Park	24:04			

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2 Dr. Al & the Pacemakers	2:52:49		Philip Porter/Carolyn Sawyer/Charles Sawyer/Lizbie Porter	
AI Bravo/Wes Denering/Lawrence Bravo/John Primmer	3:00:18		<b>CORPORATE/ORGANIZATION CANOE</b>	
3 Turkish Delight			1 APS Featuring the Curmen	2:47:17
Steve Maxwell/Joe Lukascieitz/Paul Sullivan/Larry Gentile			Robert Rubino/Sean Curtin/Michael Curtin/Alecia Faustini	3:00:14
<b>GRANDMASTERS 60 &amp; OVER CANOE</b>			3 PFD Ordinary Average Guys	3:01:13
1 Aglie & Ageless	2:49:32		Ray/Kurt Johnson/Mike Polidoro/Nate Backer	
Fred Thompson/Al Ross/Bob Allen/Alan Bates			<b>ALL BERKSHIRE KAYAK</b>	
2 Fugawe Indians	3:01:39		1 Berkshire Running Center	2:39:28
Gordy Soule/Phil Tierney/Rick D'Elia/Bill Borla			Dave Boyce/Elmar Schmidinger/Matt Kinnaman	
3 Just Joshin	3:36:38		2 Berkshire Outfitters Trio	2:45:32
Dennis Pollock/Toddy Munson/Doug Munson/Bernie Mack			Josh Chittenden/Thomas Corrigan/Josh Lipinski	
<b>MIXED 39 &amp; UNDER CANOE</b>			3 OneEighty Media	2:53:29
1 Miss Fits	2:32:56		Michael Ward/Denis Guyer/John Krol	
Luke Barbour/Dennis Carey/Kristen Warner/James McMahon			<b>MALE 39 &amp; UNDER KAYAK</b>	
2 3 PLUS 1	2:35:21		1 VT Sports Connection	2:24:16
Todd Roberts/Jeff Defeo/Emma Ross/Chris Sorenseh			Kevin Bessett/Clyde Yarnell/Mike Malley/Binney Mitchell	
3 Functional Fitness	2:40:51		2 Team to Be Named Later	3:08:41
Skip Kyrle/Pam Fitzgerald/Keith Mildren/Mike Cooley			Paul Epstein/ Matthew Cooney	
<b>MIXED 40 &amp; OVER CANOE</b>			3 Chardogs	3:15:00
1 Josh Itch	2:31:15		Howard Charney/Dennis Charney/Zachary Charney	
Brian Rabuse/Sue Purdy/Kurt Kuehnle/Tim Van Orden			<b>MALE 40 &amp; OVER KAYAK</b>	
2 Hillcrest Education Centers	2:42:23		1 The Brothers in Laws	2:43:03
Lew Fisher/Charlie Zuber/Nick Lyesiuik/Sheila Mason			David Devine/Brad Williams/William Kittler	
3 Team Jamie	3:12:49		2 Lakecrest	2:48:04
Kevin Mitts/Joyce Amuso/Sue Vollrath/Theresa Apple			Bruce Townend/Jim Barrese/Bob Napor	
<b>TWO-PERSON MALE CANOE</b>			3 Fitness Coach Plus	3:05:46
1 Maine-ly Mass-ive Men	2:42:21		Al Blond/ Greg Barton/Chris Boyle	
AJ Piper/Shawn Rumery			<b>ALL FEMALE KAYAK</b>	
2 Dynamic Duo	2:54:08		1 It's All About the T-Shirt	3:02:11
Jonathan Sussman/Jonathan Sussman/Pat Bachant/Pat Bachant			Kathy Timpane/Heidi Henkel/Lindsey Dimaro	
3 He's 83 & Me, Rod Camp/Al Camp	3:08:25		2 The Set That Never Met	3:16:25
<b>TWO-PERSON FEMALE CANOE</b>			Marcia Parnell/Leslie Bissaillon/Megan Anello	
1 Weisenstein-Krull, Debra Weisenstein/Ivy Krull	4:05:47		3 Wheels Water Waddle	3:26:01
<b>TWO-PERSON MIXED CANOE</b>			Christine Goretti/Leigh Magadin/Susan Shafer/Dawn Posey	
1 Just Dooley It, Mike Dooley/Tara Dooley	2:41:34		<b>MIXED 39 &amp; UNDER KAYAK</b>	
2 Wellness Bound Coaching	3:24:01		1 Tim Hogan's Heroes	2:46:05
Craig Westcott/Kenly Brozman			Mike Wiley/Andrea Vogl/Nick Currelop	
3 Perfect Honeymoon, Heather Boyko/Philip Boyko	3:32:17		2 Berkshire Bike & Board 2	2:51:04
<b>RECREATIONAL CANOE</b>			Tim Durrin/Jason Cross/Lauren Disessa	
1 No Coors Light.com	2:59:43		3 W.R.F.D., Daniel Celentano/Scott Lauth/Tina Martin	3:03:01
Chris Calvert/Jeff Minkler/Brett Larmon/Ben Winther			<b>MIXED 40 &amp; OVER KAYAK</b>	
2 Camp Russell	2:59:53		1 Spin Splash Sprint	2:39:19
Justin Olewnik/Jon Tobin/Mark Anderson/Jacques Goupil			Mary Georgetti/Ian Frenkel/Phil Warner/Spyros Barres	
3 Ridge Runners	3:01:22		2 Soraghan Construction	2:58:23
Mark Wallace/John Donovan/Ed Nauss/Albert Najimy			Paul Soraghan/Richard Johnston/Margaret Alexson	
<b>IRONMAN CANOE</b>			3 Two Chicks + a Rooster	3:01:00
1 Mark! Mark! Mark!, Mark Rumbutis	3:15:21		Thomas Connor/Ann Jon/Patricia Clark	
2 Bossuas, Nathaniel Bossi	3:22:44		<b>MASTERS 50 &amp; OVER KAYAK</b>	
3 Tri4Subs, Kyle Breier	3:33:41		1 7-Day Recreationalists, Mark Burke/Bruce Weik/Jim Rollins	2:41:27
<b>IRONMAN 40 &amp; OVER CANOE</b>			2 Trader Moes, John Baczek/Paul Monachina/Kim Baker	2:54:49
1 Team Sanders, Art Sanders	2:49:28		3 CMB, Robert Buffis/William Meuller/A. Curtin	2:58:15
2 Team Zoltan, Thomas Lewis	3:19:58		<b>GRANDMASTERS 60 &amp; OVER KAYAK</b>	
3 The Berkshire, Joseph Burke	3:32:50		1 Just Postal	2:42:34
<b>IRONPERSON 50 &amp; OVER CANOE</b>			George Pawle/Ed Dvorchak/Frank Rucki	
1 Advil Express, Joe Sumner	3:06:14		2 Two Love Birds and a Paddler	3:04:23
2 It's All About Me, John Hankins	3:09:41		Bob Berube/Richard Kneely/Dawn Farley	
3 Rustyman, Dan Michaud	3:10:48		3 The 3 Statesmen	3:11:52
<b>IRONWOMAN CANOE</b>			Bill Hart/Skip Greb/Seth Roberts	
1 Supermom Tries Again, Laurie Brenner	3:49:39		<b>RECREATIONAL KAYAK</b>	
2 Last Chance B4 I'm Old!, Ginny Akabane	4:10:48		1 The Loose Pickles 29	3:05:52
3 Jimmy Who?, Donna Virgilio	4:40:20		Dan Moon/Rick Penna/Bill Chapman	
<b>VETERAN 70 &amp; OVER CANOE</b>			2 Without a Clue!	3:13:54
1 Very Old Folks Rule	3:32:41		Scott Green/Jason Duquette/Bill Russell	
Peter Perstoff/Dick Ulbrich/Roger Henry/Michael Rosenbaum			3 Just Joshin	3:14:25
2 Occam's Racers	3:43:36		Alan Riverson/Larry Johnson/Nathan Johnson	
John Littlechild/Jock Burbank/Steve Moore/Tom Stanley			<b>TWO-PERSON MALE KAYAK</b>	
<b>20 &amp; UNDER CANOE</b>			1 Ben & Steve, Ben Pigott/Steve Dowsett	2:30:17
1 Flirting with Disaster	3:12:05		2 Strummer Jones, Clayton Dennis/Chris Pyne	3:11:38
Breadan Weller/Dimitri Koufis/Valentino Major/Nathaniel Lacombe			3 Keep Hammering!, Harold Armstrong/Walt Alward Jr.	3:15:03
2 Merica	3:14:23		<b>TWO-PERSON FEMALE KAYAK</b>	
Jake Kobrin/Sam Kobrin/Carter Stripp/Will Nolan			1 The Pink Ladies, Bonnie Fachini/Laura Baran	3:13:47
3 Ham Squad	3:19:47		2 Michelle Squared, Michelle Dupont/Michelle Costa	3:14:35
Sam Jones/Trevor McFarland/Trent Pfeifer/Jordan Begley			3 CFGB Buttercupps	4:32:54
<b>FAMILY CANOE</b>			Hilary Drucker/Carmen Provenzano	
1 Here Comes the Jassens	2:47:48			<i>continued</i>
Alex Combes/Kerry Jassen/Matthew Jassen/Erik Jassen				

### 36TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

September 16, 2012 • Tanglewood, Lenox, MA

<b>27M BIKE, 5M CANOE/KAYAK/PADDLEBOARD, 10K RUN</b>			
<b>ALL BERKSHIRE CANOE</b>			
1 4-2-Go	2:26:47		
Jonathan Malk/Tom Ostrowski/Ken Ostrowski/Scott Carpenter			
2 Nichols Package Store	2:54:31		
Greg Babich/Bob Wheeler/Mark Huber/Blaine Freadman			
3 Moynihan & Crew	3:02:16		
Gary Moynihan/Butch Barbour/Jake Barbour/Steve Roberts			
<b>MALE 39 &amp; UNDER CANOE</b>			
1 Allen Heights Veterinary	2:20:18		
Josh Lipka/Tom Keefe/Bob Rapant/Steve Monsulick			
2 All the Kings Men	2:23:44		
Robbie King/John Kazimierzcyk/Mark Peters/Robert Gomez			
3 Minkler Insurance	2:32:25		
Chuck Leuch/Tim Minkler/Gary Quadrozzi/Matthew Clark			
<b>MALE 40 &amp; OVER CANOE</b>			
1 Clark's Gamble	2:39:46		
Todd Holland/Chris Gamble/Clark Gamble/Jim Preite			
2 Balanced	2:43:20		
Zane Wenzel/Dennis Girard/Robert Smith/Donald Tyszkiewicz			
3 Boss & Company	2:47:39		
Tim Fulco/Kevin Boss/Bill Brown/Jamie Clasby			
<b>ALL FEMALE CANOE</b>			
1 GirlZillas	2:33:46		
Jenny Ives/Laura Walton/Gloria Wesley/Jenny Stevens			
2 Maxine	2:41:48		
Stephanie Wetzel/Susan Korte/Kathy Korte/Caitlyn Clark			
3 One Non-Blond	3:03:57		
Tammy Prayer/Karen Febey/Patti Jette/Katie Boudreau			

*continued*

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**36TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON continued**

**TWO-PERSON MIXED KAYAK**

1 Two Fast!, William Bodine/Laurie Cole	3:21:34
2 The Laws, Jamie Law/Erica Law	3:24:22
3 Team Kreisler	3:24:56

Ken Kreisler/Greg Kreisler/Elle Kreisler/Nathan Spangler

**IRONMAN KAYAK**

1 Flanagan, Josh Flanagan	2:42:11
2 Fast Slug, John McCarthy	2:44:45
3 Chris Peabody, Chris Peabody	2:52:23

**IRONPERSON 40 & OVER KAYAK**

1 Everything Money Can't Buy I Got, Kent Lemme	2:47:04
2 DAS/Quinebaug Valley, Andre Bessette	2:52:12
3 Jeff Nolan, Jeff Nolan	2:54:18

**IRONPERSON 50 & OVER KAYAK**

1 Logan's at College, David Wilson	2:59:10
2 53 is Prime, Robert Benner	2:59:40
3 Dave Potter, Dave Potter	3:09:09

**IRONWOMAN KAYAK**

1 Charjabar, Charlotte DeLeo	3:27:00
2 No Swim? I'm In!, Teresa Maiuri	3:29:15
3 Questionable Decision, Laurie Gallagher	3:31:11

**PADDLEBOARD 1**

1 Ride, SUP & Run	2:53:14
Mark Wilson/Alex Sabo/Kimberly Gero	
2 Dire Wolves	2:57:19
Sam Thompson/James Jurney Jr/Jeremy Bergstein	

3 Queen of the Flat Boat	3:06:51
Tim Geller/Patty Spector/Anthony Muniz	

**PADDLEBOARD IRON**

1 LCR, Luke Breslin	3:00:13
2 Old Yeller, Chris Perkins	3:21:22
3 SUPposedly I'm Pure & Innocent, Allison Karen	3:28:38

Courtesy of Josh Billings RunAground

**31ST ANNUAL ARSENAL CITY RUN 5K ROAD RACE**  
September 21, 2012 • City Hall, Watervliet

**MALE OVERALL**

1 Macky Lloyd	22	Voorheesville	14:50
2 Shaun Donegan	26	Saratoga Springs	16:26
3 Derrick Staley	53	Ballston Lake	16:36

**FEMALE OVERALL**

1 Emily Bryans	45	Delanson	18:03
2 Karen Bertasso	28	Scotia	18:29
3 Anne Benson	47	Clifton Park	18:51

**MALE AGE GROUP: 1 - 14**

1 James Faraci	12	Troy	21:00
2 Joseph Piccolo	14	Watervliet	21:07
3 Evan Tambolleo	13	Watervliet	22:05

**FEMALE AGE GROUP: 1 - 14**

1 Lauren Zakrzewski	14	Watervliet	24:33
2 Keira Dinuzzo	14	Troy	25:03
3 Priscilla Capuano	12	Castleton	32:33

**MALE AGE GROUP: 15 - 19**

1 Anthony Bonacci	17	Loudonville	23:11
2 Nicholas Spenard	15	Watervliet	24:33
3 Avery Wilkinson	18	Cohoes	29:28

**FEMALE AGE GROUP: 15 - 19**

1 Sarah Luce	15	Watervliet	24:52
2 Lauren Duffey	16	Watervliet	26:16
3 Anna Lease	18	Watervliet	28:09

**MALE AGE GROUP: 20 - 24**

1 Erik Carman	23	Albany	17:46
2 Nicholas Durocher	20	Watervliet	20:10
3 Ben Heller	23	Albany	20:30

**FEMALE AGE GROUP: 20 - 24**

1 Brittany Eveleth	22	Watervliet	21:26
2 Meghan Abbott	22	Rensselaer	22:48
3 Carissa Paff	22	Watervliet	27:03

**MALE AGE GROUP: 25 - 29**

1 Jeff Hayes	29	Troy	19:11
2 Brett Baker	25	Albany	20:53
3 Ryan Boisvert	27	Watervliet	20:58

**FEMALE AGE GROUP: 25 - 29**

1 Melissa Echt	28	Cohoes	23:11
2 Melanie Hartgraves	26	Troy	27:01
3 Sara Holland	28	Watervliet	27:08

**MALE AGE GROUP: 30 - 34**

1 Thomas Wilder	34	Altamont	20:33
2 DJ Leibach	31	Watervliet	20:46
3 William Salvi	34	Watervliet	22:15

**FEMALE AGE GROUP: 30 - 34**

1 Cynthia Zinzow	31	Watervliet	25:11
2 Kristina Lee	34	Latham	25:30
3 Jennifer Salvi	33	Watervliet	26:11

**MALE AGE GROUP: 35 - 39**

1 David Tromp	37	Glenmont	17:41
2 Brian Northan	37	Guilderland	17:54
3 Greg Ethier	39	Cohoes	19:29

**FEMALE AGE GROUP: 35 - 39**

1 Jessica Northan	36	Guilderland	21:20
2 Erin Gregory	36	Clifton Park	21:54
3 Laura Smith	36	Voorheesville	24:27

**MALE AGE GROUP: 40 - 44**

1 Volker Burkowski	41	Gansevoort	16:57
2 Frank Horn	42	Albany	17:45
3 Patrick Lynskey	40	Troy	19:03

**FEMALE AGE GROUP: 40 - 44**

1 Dana Peterson	41	Voorheesville	21:04
2 Penny Tisko	43	Voorheesville	21:05
3 Connie Smith	44	Ballston Lake	23:15

**MALE AGE GROUP: 45 - 49**

1 Jon Rocco	45	Colonie	17:49
2 Tom Kracker	48	Delmar	17:52
3 Kevin Creagan	47	Albany	17:53

**FEMALE AGE GROUP: 45 - 49**

1 Brenda Lennon	46	Troy	23:44
2 Erin Manning	48	Watervliet	27:03
3 Darlene Kusaywa	48	Clifton Park	27:28

**MALE AGE GROUP: 50 - 54**

1 Vladimir Ilin	54	Albany	18:04
2 Chris Buckley	51	Burnt Hills	19:09
3 Jon Weillbaker	54	Saratoga Springs	19:17

**FEMALE AGE GROUP: 50 - 54**

1 Joanne Nolette	51	Rensselaer	25:07
2 Barbara Scheurer	52	Saratoga Springs	27:51
3 Sharon Foglia	50	Watervliet	28:26

**MALE AGE GROUP: 55 - 59**

1 Frank Lombardo	56	Saratoga Springs	22:03
2 Ray Scaringe	58	Rexford	22:07
3 George Baranauskas	58	Scotia	22:15

**FEMALE AGE GROUP: 55 - 59**

1 Carolyn George	58	Albany	24:39
2 Tanah Corelli	56	Latham	27:45
3 Marge Scully	55	Watervliet	28:01

**MALE AGE GROUP: 60 - 64**

1 Paul Bennett	61	Latham	19:56
2 Juergen Reher	62	Wynantskill	20:36
3 John Stockwell	64	Watervliet	21:48

**FEMALE AGE GROUP: 60 - 64**

1 Judy Phelps	61	Malta	21:11
2 Susan Wong	64	Glenmont	23:06
3 Martha DeGrazia	61	Slingerlands	24:29

**MALE AGE GROUP: 65 - 69**

1 Patrick Glover	66	Clifton Park	21:16
2 Norman Dovberg	66	Albany	21:26
3 Robert Stockton	65	Clifton Park	22:45

**FEMALE AGE GROUP: 65 - 69**

1 Nancy Johnston	66	Ballston Lake	34:18
2 Sandra Dovberg	65	Albany	36:12

**MALE AGE GROUP: 70 - 74**

1 James Moore	72	Niskayuna	24:09
2 Carlos Cuprill	71	Rensselaer	24:15
3 Bob Knouse	72	Voorheesville	28:33

**MALE AGE GROUP: 75 - 79**

1 Christopher Rush	76	Schenectady	25:32
2 Wade Stockman	77	Rensselaer	25:49
3 Donald McBain	79	Troy	45:17

**FEMALE AGE GROUP: 80 - 84**

1 Anny Stockman	80	Rensselaer	34:21
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Courtesy of City of Watervliet

**41ST ANNUAL HMRRCA ANNIVERSARY DAY RACES**  
September 16, 2012 • University at Albany, Albany

**5.9 MILES**

<b>MALE OVERALL</b>				
1 Chuck Terry	30	Albany	33:16	
2 Richard Messino	23	Nassau	34:06	
3 Derrick Staley	53	Ballston Lake	36:05	

<b>FEMALE OVERALL</b>				
1 Kristina Gracey	29	Guilderland	36:58	
2 Gretchen Oliver	38	Guilderland	38:57	
3 Emily Bryans	45	Delanson	38:57	

<b>MALE AGE GROUP: 20 - 29</b>				
1 Jonathan Lazzara	22	Rensselaer	40:37	
2 Blair Williams	23	Albany	40:42	
3 Zach Russo	28	Albany	43:04	

<b>FEMALE AGE GROUP: 20 - 29</b>				
1 Shylah Weber	24	Rensselaer	41:22	
2 Cortney Von Hahmann	20	Geneva	54:20	
3 Melissa Fleshman	28	Albany	56:20	

<b>MALE AGE GROUP: 30 - 39</b>				
1 Bill Davis	38	Delmar	36:09	
2 Matthew Nark	39	Clifton Park	36:26	
3 David Tromp	37	Glenmont	36:30	

<b>FEMALE AGE GROUP: 30 - 39</b>				
1 Crystal Perno	31	Clifton Park	39:49	
2 Nikki O'Meara	34	Delmar	43:02	
3 Jessica Northan	36	Guilderland	46:51	

<b>MALE AGE GROUP: 40 - 49</b>				
1 Kevin Creagan	47	Albany	37:03	
2 Brian Debraccio	46	Scotia	37:30	
3 Ed Menis	47	Schenectady	38:25	

<b>FEMALE AGE GROUP: 40 - 49</b>				
1 Kimberly Miseno-Bowles	42	Amsterdam	39:10	
2 Laurie Hoyt	46	Schenectady	44:39	
3 Dana Peterson	41	Altamont	47:12	

<b>MALE AGE GROUP: 50 - 59</b>				
1 Ken Evans	51	Delmar	38:33	
2 Rick Munson	55	Prattsville	40:10	
3 Carl Urey	52	Cobleskill	40:15	

<b>FEMALE AGE GROUP: 50 - 59</b>				
1 Nancy Taormina	53	Albany	46:22	
2 Jenny Lee	52	Selkirk	49:10	
3 Susan Burns	57	Rensselaer	50:20	

<b>MALE AGE GROUP: 60 - 69</b>				
1 Paul Forbes	62	Colonie	39:46	
2 Juergen Reher	62	Wynantskill	41:30	
3 Norman Dovberg	66	Albany	44:18	

<b>FEMALE AGE GROUP: 60 - 69</b>				
1 Judy Phelps	61	Malta	43:03	
2 Susan Wong	64	Glenmont	45:58	
3 Martha DeGrazia	61	Slingerlands	49:03	

<b>MALE AGE GROUP: 70 - 79</b>				
1 Wade Stockman	77	Rensselaer	50:18	
2 Armand Langevin	75	Cohoes	1:04:53	
3 Don Wilken	74	Slingerlands	1:07:32	

<b>MALE AGE GROUP: 80 - 89</b>				
1 Ken Orner	82	Albany	1:25:28	

<b>FEMALE AGE GROUP: 80 - 89</b>				
1 Anny Stockman	80	Rensselaer	1:05:36	

**2.95 MILES**

<b>MALE OVERALL</b>				
1 Kyle McCormack	18	Albany	17:42	
2 Howard Warkow	21	Bethpage	18:57	
3 Jacob Behm	18	Brooksville, FL	22:02	

<b>FEMALE OVERALL</b>				
1 Amber Summers	20	Elmira Heights	22:23	
2 Heather Machabee	43	Delmar	22:23	
3 Susan Motler	50	Rensselaer	24:23	

<b>MALE AGE GROUP: 18 &amp; UNDER</b>				
1 Tommy Lewis	18	Albany	22:54	
2 Samson Burke	10	Troy	23:46	

<b>MALE AGE GROUP: 20 - 29</b>				
1 Tyler Mutarell	21	Merrick	22:31	
2 Austin McVrocker	22	Liberty	22:40	
3 Andrew Falkenstein	25	Slingerlands	30:52	

<b>FEMALE AGE GROUP: 20 - 29</b>				
1 Liz Boyer	20	Saratoga Springs	24:50	
2 Rebecca Paskiet	21	Albany	24:52	
3 Kara Keiang	25	Slingerlands	26:20	

<b>MALE AGE GROUP: 40 - 49</b>				
1 George Burke	47	Troy	23:48	

<b>FEMALE AGE GROUP: 40 - 49</b>				
1 Cheryl Bartlett	40	Rensselaer	28:28	

<b>MALE AGE GROUP: 50 - 59</b>				
1 Paul Rosenberg	59	Albany	22:42	
2 Frank Paone	55	Brunswick	22:50	
3 Larry Phillips	51	Red Hook	26:31	

# RACE RESULTS

## 19TH ANNUAL FAM 5K "FUND" RUN *continued*

MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 20 - 24			
1 Jonathan Lazzara	22	Rensselaer	19:32	1 Fran Pilato	53 Rensselaer 27:23	
2 Brendan Murphy	23	Westwood, NJ	23:24	2 Sharon Cacciola	52 Cobleskill 27:26	
3 Matthew Mahoney	22	Cobleskill	23:47	3 Teresa Drerup	52 Cooperstown 28:24	
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 25 - 29			
1 Shylah Weber	24	Rensselaer	20:26	1 David Roy	57 Schoharie 19:31	
2 Rebekka Graziano	20	Greenwich	23:33	2 Rick Munson	55 Prattsville 20:33	
3 Jillian Smith	23	Cobleskill	26:44	3 Steve Palmer	55 Bainbridge 22:14	
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 30 - 34			
1 Eric Barnes	28	Canajoharie	17:47	1 Ellen Posson	55 Schoharie 28:14	
2 RJ Proctor	29	East Worcester	26:50	2 Ellen Langenbahn	58 Schoharie 29:25	
3 Matthew Rickard	29	Loudonville	28:57	3 Mary Griffith	56 Sloansville 30:40	
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 35 - 39			
1 Scott Handy	35	Richmondville	20:09	1 Paul Bennett	61 Latham 20:53	
2 Jeff LeBlanc	37	Natick, MA	21:14	2 John Silk	62 Stamford 22:17	
3 Chris Palmer	38	Middleburgh	21:40	3 Ted Langenbahn	63 Schoharie 22:56	
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 40 - 44			
1 Tom Benoit	41	Oneonta	22:45	1 Erika Oesterle	61 Stamford 24:49	
2 Christopher Zaba	42	Warnerville	22:49	2 Beverly Putnam	61 Warnerville 30:36	
3 Richard Miller	42	Cobleskill	23:26	3 Linda Kolnick	61 Fort Plain 31:11	
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 45 - 49			
1 Denise VanDerwerken	40	Cobleskill	23:42	1 Leo McAllister	69 Cobleskill 27:58	
2 Stacey Frazier	42	Unadilla	25:56	2 Richard Bartholomew	67 Richmondville 39:01	
3 Pamela Newell	41	Sloansville	26:08	3 Charlie Matlock	67 Averill Park 41:46	
MALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 50 - 54			
1 Mark Stephenson	48	Esperance	19:35	1 Laura Clark	65 Saratoga Springs 28:44	
2 Steve Cummings	47	Ballston Spa	19:52	2 Charlotte Eaton	65 Scotia 45:39	
3 Gary Longhi	48	Voorheesville	21:10	3 Susan Hess	65 Schoharie 49:05	
MALE AGE GROUP: 55 - 59			FEMALE AGE GROUP: 55 - 59			
1 Ann Hay	47	Cobleskill	25:54	1 Frank Masterson Jr	74 Sharon Springs 37:08	
2 Lorraine Stevens	45	Howes Cave	27:20	2 Michael Montario	70 Howes Cave 47:12	
3 Colleen Sheehan	47	Cobleskill	27:28	1 Marge Rajczewski	72 Ballston Spa 28:22	
MALE AGE GROUP: 60 - 64			FEMALE AGE GROUP: 60 - 64			
1 Steven Philbrick	52	Cobleskill	19:29	2 Sally Endress	71 Laurens 35:18	
2 Carl Urey	52	Cobleskill	20:28	3 Anne Donnelly	70 Cobleskill 47:12	
3 Jeffrey Lent	53	Unadilla	22:17	MALE AGE GROUP: 65 - 69		
				1 Armand Langevin	75 Cohoes 29:59	
				2 Don Griffith	78 Cobleskill 31:59	
				FEMALE AGE GROUP: 65 - 69		
				1 Eileen Gundlach	75 Howes Cave 39:53	
				2 Cornelia Daubioul	75 Gilboa 51:14	
				MALE AGE GROUP: 70 - 74		
				1 George Freeman	81 Cobleskill 32:38	
				2 Richard Gundlach	80 Howes Cave 39:08	
				3 Ken Orner	82 Albany 42:15	

*Courtesy of Fenimore Asset Management/FAM Funds*

## 2ND ANNUAL SCHENECTADY COUNTY PEDAL-PADDLE-RUN TRIATHLON September 22, 2012 • Collins Park, Scotia

7.5M BIKE, 1.8M PADDLE, 5K RUN			
MALE OVERALL			
1 Philip Borgese	52	Niskayuna	1:01:44
2 John McManus	40	Valatie	1:06:43
3 Rod Crosby	56	Schenectady	1:08:39
FEMALE OVERALL			
1 Pam Fitzgerald	51	Scotia	1:09:13
2 Sarah Pulcher	33	Selkirk	1:15:17
3 Lori Stevens	45	Hudson	1:17:28
MALE AGE GROUP: 15 - 19			
1 Maura McCann	16	Niskayuna	1:27:24
FEMALE AGE GROUP: 20 - 24			
1 Kelsey Allen	23	Clifton Park	1:23:08
MALE AGE GROUP: 25 - 29			
1 Christopher Adamek	27	Schenectady	1:22:53
2 Robert Mulye	27	Fairport	1:23:51
FEMALE AGE GROUP: 25 - 29			
1 Katie Moskal	29	Albany	1:31:11
MALE AGE GROUP: 30 - 34			
1 Eric Poulin	34	Ballston Spa	1:09:15
2 Nathan Glass	34	Niskayuna	1:12:27
3 Bryan Clower	33	Ballston Lake	1:13:33
FEMALE AGE GROUP: 30 - 34			
1 Stefanie Glass	31	Niskayuna	1:30:33
MALE AGE GROUP: 35 - 39			
1 Jared Heiner	35	Burnt Hills	1:12:39
2 Jason Turnbull	37	Scotia	1:19:26
3 Chad Putman	37	Schenectady	1:20:51
FEMALE AGE GROUP: 40 - 44			
1 Julianne Baumann	44	Greenville	1:23:01
MALE AGE GROUP: 45 - 49			
1 Brian St. James	48	Delmar	1:13:26
2 Mike Boisclair	49	Glenville	1:16:17
FEMALE AGE GROUP: 45 - 49			
1 Susan Bowman	47	South Westerlo	1:22:11
2 Laurie Kalle	46	Clifton Park	1:40:17
MALE AGE GROUP: 50 - 54			
1 Douglas Hadjin	50	Delmar	1:10:13
2 Jim Giglio	50	Albany	1:14:37
FEMALE AGE GROUP: 50 - 54			
1 Kathy McCann	54	Niskayuna	1:27:24
2 Diane Costello	50	Scotia	1:30:53
3 Sharon Bianco	52	Schenectady	1:40:23
FEMALE AGE GROUP: 55 - 59			
1 Ronnie Senez	59	Clifton Park	1:35:51

*Courtesy of Schenectady County Events*

## 35TH ANNUAL WHITEFACE MOUNTAIN UPHILL FOOT RACE September 22, 2012 • Whiteface Veteran's Memorial Highway, Wilmington

8 MILES & 3,500 FEET UP			
MALE OVERALL			
1 Robert Douglas	47	Honeoye Falls	1:07:23
FEMALE OVERALL			
1 M Mad	24	Old Field	1:16:19
MALE AGE GROUP: 1 - 19			
1 Bridgette Deeney	14	Watertown	1:51:26
2 Beth White	13	Plattsburgh	2:07:46
FEMALE AGE GROUP: 20 - 29			
1 Heather Martin	27	Cadyville	1:50:00
2 Samantha Rotter	24	Saratoga Springs	2:09:30
3 Miranda Conners	23	Akwesasne	2:18:37
MALE AGE GROUP: 30 - 39			
1 Chris Frewin	20	Scotia	1:19:26
2 Patrick Murphy	23	Lake Placid	1:22:17
3 Andrew Pickreign	25	Saranac Lake	1:31:41
MALE AGE GROUP: 40 - 49			
1 Jason Friedman	37	New Paltz	1:09:32
2 Jeff Dengate	35	Jersey City, NJ	1:11:13
3 Marc Galvin	36	Lake Placid	1:11:53
FEMALE AGE GROUP: 50 - 59			
1 Cassie Sellars	35	Plattsburgh	1:19:49
2 Cheryl Sarjeant	33	Averill Park	1:49:18
3 Amy Kretser	34	Plattsburgh	2:02:28
MALE AGE GROUP: 60 - 69			
1 Claudia Wagner	43	Saint-Lazare, QC	1:22:23
2 Maureen Shaheen	48	Tupper Lake	1:37:40
3 Tammy Apthorp	49	Signal Mountain, TN	1:40:30
FEMALE AGE GROUP: 70 - 79			
1 Patrick Viljanen	45	Jeffersonville	1:15:33
2 Markus Mohrs	46	Saranac Lake	1:20:59
3 Tom Plimpton	47	Peru	1:22:19
MALE AGE GROUP: 80 - 89			
1 Inge Aiken	51	East Greenbush	1:28:51
2 Colette Van Kerckvoorde	52	Lee, MA	1:41:03
3 Nancie Battaglia	58	Lake Placid	1:47:45
MALE AGE GROUP: 90 - 99			
1 Brian Dixon	50	Corcoran, MN	1:16:23
2 Doug Hazelden	53	Bloomington	1:16:58
3 Lee Kauffman	55	Wilmington, DE	1:20:14
FEMALE AGE GROUP: 100 - 109			
1 Danny Greig	62	St-Lazare, QC	1:38:31
2 Richard Gilyard	61	Endicott	1:42:11
3 Walter Standhart	68	Rochester	1:56:38

*Courtesy of Whiteface Business & Tourism Center*

## TICONDEROGA FOOTRACE AT THE FALLS 5K CROSS-COUNTRY RACE September 22, 2012 • Bicentennial Park, Ticonderoga

MALE OVERALL			
1 Jesse Berube	24	Putnam Station	17:01
FEMALE OVERALL			
1 Connie Belkevich	23	Windham	25:24
MALE AGE GROUP: 20 - 29			
1 Bob Baniak	28	Troy	20:07
2 Josh Shuster	29	New Lebanon	22:05
3 Doug Dukes	29	Troy	24:46
FEMALE AGE GROUP: 30 - 39			
1 Laura Gedney	25	Clifton Park	27:35
2 Irene Serrano	24	Stamford, CT	46:44

*continued*

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*Publisher/Managing Editor:* Darryl Caron  
*Editor/Marketing Manager:* Mona Caron  
*Contributing Writers:* Laura Clark, Jeff Farbaniec, Kristen Hislop, Skip Holmes, Bill Ingersoll, Dr. Paul E. Lemanski  
*Contributing Photographers:* Bill Ingersoll, Dave Schmidt  
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ISSUE #146



TICONDEROGA FOOTRACE AT THE FALLS 5K CROSS-COUNTRY RACE continued

Table with 3 columns: Rank, Name, Age Group, Time. Includes Male Age Group 30-39, Female Age Group 30-39, Male Age Group 40-49, Female Age Group 40-49, Male Age Group 50-59, Female Age Group 50-59, Male Age Group 60-69, Female Age Group 60-69, Male Age Group 80-89.

Courtesy of Duane Crammond Memorial Fund

ADIRONDACK MARATHON & HALF-MARATHON continued

Table with 3 columns: Rank, Name, Age Group, Time. Includes Male Age Group 30-39, Female Age Group 30-39, Male Age Group 40-49, Female Age Group 40-49, Male Age Group 50-59, Female Age Group 50-59, Male Age Group 60-69, Female Age Group 60-69, Male Age Group 70-74, Female Age Group 70-74, Male Age Group 75-79, Female Age Group 75-79, Two-Person Male Relay, Two-Person Female Relay, Two-Person Mixed Relay, Four-Person Male Relay, Four-Person Female Relay, Four-Person Mixed Relay, Marathon - Male Hand Cycle, Half Marathon - 13.1 Miles.

ADIRONDACK MARATHON & HALF-MARATHON September 23, 2012 • Main Street, Schroon Lake

Table with 3 columns: Rank, Name, Age Group, Time. Includes Marathon - 26.2 Miles, Top 3 Overall, Age Group Winners & Regional Finishers, Male Overall, Female Overall, Male Age Group 15-19, Female Age Group 15-19, Male Age Group 20-24, Female Age Group 20-24, Male Age Group 25-29, Female Age Group 25-29.

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# RACE RESULTS

## ADIRONDACK MARATHON & HALF-MARATHON *continued*

12	Matthew Jabaut	48	Plattsburgh	2:00:57	14	Paul Manning	59	Schroon Lake	2:03:45
13	Steve Subcleff	45	Melrose	2:05:10	15	David Judkins	55	Queensbury	2:10:12
14	Richard Tucksmith	49	Chatham	2:05:57	16	Joe Branigan	57	Albany	2:13:28
15	John Hersey	49	Queensbury	2:09:55	19	John Mathews	56	Latham	2:47:05
<b>FEMALE AGE GROUP: 45 - 49</b>					<b>FEMALE AGE GROUP: 55 - 59</b>				
1	Kathryn Lang	45	Glenmont	1:46:02	1	Jennifer Brennan	57	Orchard Park	1:57:19
2	Patty Moore	46	Queensbury	1:46:34	4	Maureen McLeod	59	Delmar	2:15:49
3	Linda Osolin	48	Hillsdale	1:52:57	10	Marie O'Brien	55	Altamont	2:52:49
4	Lisa Dennison	47	Queensbury	1:53:57	<b>MALE AGE GROUP: 60 - 64</b>				
5	Tammy Dumont	48	Chateaugay	1:57:10	1	Wayne Bombard	63	St. Albans, VT	1:39:52
6	Lauren Beach	47	Highland	1:57:30	4	Michael Murphy	63	Millbrook	1:49:47
7	Eileen Fitzpatrick	48	Glenmont	2:01:34	6	Charles Mcquire	62	Keene	2:01:28
8	Pamela Burns	49	Glenville	2:07:49	7	Joseph Staubach	62	Hoosick Falls	2:03:05
9	Donna Deluca	48	Clifton Park	2:07:59	8	Dennis Easley	62	Chazy	2:07:44
10	Michele Snyder	46	Morrisville	2:08:56	13	John Feyrer	62	Schenectady	2:13:42
11	Mary Nevins	49	Queensbury	2:09:55	<b>FEMALE AGE GROUP: 60 - 64</b>				
<b>MALE AGE GROUP: 50 - 54</b>					1	Joan Fucillo	60	Scotia	1:59:44
1	Randy Macneill	51	Epping, NH	1:21:20	2	Phyllis Fox	60	Loudonville	2:12:14
2	William Venner	53	Granville	1:25:02	3	Suzanne Nealon	62	Troy	2:26:05
3	Richard Kicinski	51	Vermontville	1:46:31	5	Maggie Peterson	63	Remsen	2:36:42
4	Stuart Mesinger	53	South Glens Falls	1:46:52	6	Jill Tyksinski	60	Clinton	2:39:48
5	Mark Howe	51	East Greenbush	1:49:37	7	Pat Hamilton	61	Pottersville	2:44:43
6	Chris Prieto	52	Slingerlands	2:08:26	8	Georgia Bell-Codington	62	Unadilla	2:49:32
7	Kevin Bolan	51	Newcomb	2:11:16	<b>MALE AGE GROUP: 65 - 69</b>				
8	Tom Reddy	53	Clifton Park	2:20:55	1	Douglas Fox	67	Loudonville	1:55:34
9	Kenneth Hoose	52	Niskayuna	2:24:38	2	Ed Murphy	66	Queensbury	1:58:55
10	Charles Smith	50	Ballston Lake	2:39:46	4	Paul Murray	68	Albany	2:16:12
11	Stephen Obermayer	51	Ballston Spa	3:06:23	<b>FEMALE AGE GROUP: 65 - 69</b>				
<b>FEMALE AGE GROUP: 50 - 54</b>					1	Ginny Pezzula	66	Colonie	1:59:49
1	Alison Muse	51	Saratoga Springs	1:44:51	2	Candi Schermerhorn	66	Diamond Point	2:10:56
2	Wendy Gavert	50	Saratoga Springs	1:55:57	3	Theresa Rodrigues	65	Delmar	2:12:37
3	Monique Jacobs	52	Latham	2:04:51	4	Thomas Smith	65	Keene Valley	2:21:32
4	Susan Loucks	54	South Glens Falls	2:07:27	5	Margaret Mangano	65	Saratoga Springs	2:26:15
5	Lynne Glenn	54	Plattsburgh	2:08:37	6	Bobbi Storey Reeves	65	Peru	2:53:15
6	Jill Faraci	54	Troy	2:17:27	9	Susan Black	65	Fort Covington	3:43:52
7	Elaine Hersey	50	Queensbury	2:17:58	<b>MALE AGE GROUP: 70 - 74</b>				
8	Andrea Rowe	52	Glenville	2:18:03	1	Larry Minish	72	Spartanburg, SC	3:00:41
9	Barb Scheurer	52	Saratoga Springs	2:18:52	<b>FEMALE AGE GROUP: 70 - 74</b>				
10	Noreen Hoose	51	Niskayuna	2:24:37	1	Sakiko Claus	70	Schroon Lake	2:40:35
11	Leslie Carey	51	Voorheesville	2:28:44	<b>FEMALE AGE GROUP: 75 - 79</b>				
<b>MALE AGE GROUP: 55 - 59</b>					1	Ann Mancigli	76	Williamsburg, VA	2:53:38
1	Christopher Kunkel	55	Oradell, NJ	1:34:18	<i>Courtesy of Adirondack Marathon Distance Festival</i>				
2	Mike Brinkman	58	Troy	1:43:20					
3	Bruce Stevens	56	Latham	1:48:40					

## 38TH ANNUAL FALLING LEAVES ROAD RACE September 23, 2012 • Radisson Hotel, Utica

14K RACE				5K RACE			
<b>MALE OVERALL</b>				<b>MALE OVERALL</b>			
1	Sam Morse/28	Camden	44:38	1	Rob Baird/20	Holland Patent	16:10
2	Eric MacKnight/23	Clifton Park	45:55	2	Greg Carroll/51	Cazenovia	18:50
3	Chuck Terry/30	Albany	48:33	3	Kyle Pollicove/15	New Hartford	18:58
<b>FEMALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1	Kristina Gracey/29	Albany	54:31	1	Marissa Welsh/14	Taberg	21:02
2	Karen Bertasso/28	Scotia	56:04	2	Pamela Donnelly/38	Vernon	21:27
3	Meghan Davey Mortensen/27	Rotterdam	56:22	3	Linda Kimmy/53	Clifton Park	21:34
<b>AGE GROUPS</b>				<b>AGE GROUPS</b>			
1	Evan Gantley/M1-14	Syracuse	1:07:18	1	Brian Wojnas/M1-14	Utica	18:58
1	Michael Bennett/M15-19	New York Mills	50:36	1	Alyssa Suits/F1-14	New Hartford	23:29
1	Samantha Bennett/F15-19	New York Mills	1:03:31	1	Nicholas Contento/15-19	Utica	19:24
1	Ren Stern/M20-24	New York	54:27	1	Shay Callahan/M15-19	Holland Patent	23:08
1	Heather Vroman/F20-24	Utica	1:03:00	1	Steven Foster/M20-24	Herkimer	21:18
1	Marcus Debergh/M25-29	Delmar	51:55	1	Ashley Dennis/F20-24	Hartwick	24:55
1	Kristen Quaresimo/F25-29	Rensselaer	1:02:28	1	Michael Bovee/M25-29	Clayville	20:18
1	Jeremiah Tykutki/M30-34	Utica	53:00	1	Amy McNeil/F25-29	Rome	22:19
1	Rebecca Metzler/F30-34	Hamilton	57:32	1	Stephen Colenzo/M30-34	New Hartford	19:50
1	Robert Hinsdill/M35-39	Boonville	55:43	1	Carrie French/F30-34	New Hartford	22:24
1	Christine McGlynn/F35-39	Whitesboro	1:01:01	1	James Davis/M35-39	New Hartford	22:10
1	Richard Cohen/M40-44	Utica	49:12	1	Heather Devitt/F35-39	Herkimer	21:39
1	Dollie Kaido/F40-44	Oneida	1:04:47	1	Michael Flack/M40-44	Sauquoit	20:24
1	Jon Rocco/M45-49	Colonie	53:59	1	Peggy Igoe/F40-44	Sylvan Beach	23:50
1	Ingrid Otto-Jones/F45-49	Utica	1:05:27	1	Patrick McQueen/M45-49	New Hartford	19:18
1	Jim Fiore/M50-54	Utica	54:07	1	Trish Gantley/F45-49	Syracuse	24:25
1	Audrey Marcoux/F50-54	New Hartford	1:08:24	1	Leroy Hodge/M50-54	Morrisville	22:14
1	John Delaney/M55-59	Rome	1:03:38	1	Susan Gustafson/F50-54	Whitesboro	23:03
1	Virginia Truax/F55-59	Clayville	1:13:36	1	James Siepola/M55-59	Clinton	22:33
1	Richard Stankovitz/M60-64	Canastota	58:59	1	Paula Iannello/F55-59	Verona	23:44
1	Marta DeGrazia/F60-64	Slingerlands	1:16:01	1	Larry Reyes/M60-64	Rome	19:58
1	Bob Vandenbergh/M65-69	Deansboro	1:07:54	1	Patricia Femia/F60-64	New Hartford	26:15
1	Gloria Colton/F65-69	Fayetteville	1:33:23	1	Jim Roach/M65-59	Ilion	23:52
1	Kermit Cadrette/M70-74	Rome	1:16:25	1	Joe Madeira/M70-74	Utica	28:27
				1	Sue Gardinier/F70-74	Verona	24:51
				1	Sam Graceffo/M75-79	Fayetteville	28:53
				1	David Rider/M80-84	Brantingham	32:18

*Courtesy of Utica Roadrunners*

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## ALPINE SKIING *cont. from page 1*

The world's best freestyle skiers will return to Lake Placid and Wilmington to compete in the **FIS Freestyle World Cup** on Jan. 17-19. Whiteface Mountain will be the site of the moguls' competitions on Thursday, while the Olympic Jumping Complex will host the men's and women's aerials competitions on Friday and Saturday. The aerial competitions take place in the evening, so you can ski all day at Whiteface and then head over to the jumping complex to watch athletes twist and soar as high as 60 feet in the air before landing! Fireworks will follow the awards ceremony Saturday night at approximately 9pm. For details, go to [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

Lake Placid will also host the 33rd annual **Empire State Winter Games** on Feb. 7-10. The winter games bring together nearly 1,000 athletes from across New York to compete in 20 different winter sports. For more information on the sports, schedule and registration, visit: [empirestatewintergames.com](http://empirestatewintergames.com).

In Wilmington, if you haven't been up to **Whiteface** before, or even if you have, you'll want to know about their Super Sundays. Lift tickets are only \$40 on Jan. 6, Feb. 3, March 10 and April 7. And if you can ski midweek, every non-holiday Wednesday is a Coca Cola "Why Not Wednesday." Bring any Coca Cola product to the ticket window for a \$42 lift ticket. Gore Mountain also offers the same Coca Cola Why Not Wednesday promotion. Go to [whiteface.com](http://whiteface.com).

Closer to the Capital Region, the **Special Olympics Regional Winter Games** is at West Mountain in Glens Falls on Feb. 2, with downhill, cross-country and snowshoeing events. Volunteers and participants can register with the Special Olympic New York at 388-0790 or [nyso.org](http://nyso.org).

As a telemark skier, **Hickory Ski Center** in Warrensburg is hosting its fifth annual Telemark Festival on March 2, which is a must-do for me! The \$50 event fee includes lift ticket and all TeleFest activities: Tour de Trees, clinics, demos, races and après TeleFest party. If you are an advanced skier seeking some of the best lift-served expert terrain in the East, or if you're a family sim-

ply looking to enjoy an afternoon of relaxed skiing without the multi-hundred dollar commitment of the big resorts, you should make a point of checking out Hickory this winter. Visit [hickoryskicenter.com](http://hickoryskicenter.com).

In Easton, **Willard Mountain** has scheduled its annual Rock the Mountain event for Jan. 26. There are fun competitions, prizes and live music. If you haven't skied at Willard, it is only 20 miles east of Saratoga Springs in Washington County, and a good time to visit is any non-holiday Thursday all-winter, when you can ski from 4-9:30pm for just \$20. Go to [willardmountain.com](http://willardmountain.com).

Just minutes from anywhere in the Capital District, **Maple Ski Ridge** in Rotterdam has terrain for beginners and intermediates. There's a full moon on Jan. 27, so join their Full Moon 5K Run/Walk ([runreg.com](http://runreg.com)), with lighting and darkness on the marked course that travels up, around and down the ski trails – so wear proper footwear. The finish greets you with fires, hot cocoa and water. The Ridge Goes Green on Feb. 2 with the 24-hour ski/board marathon to fight childhood cancer, and the Founder's Day Celebration is on Feb. 9. Visit [mapleskiridge.com](http://mapleskiridge.com).

In Speculator, **Oak Mountain** offers family-friendly skiing on classic Adirondack trails. Oak's Sacandaga Challenge, described as a giant slalom race with a twist or two, will be held on Feb. 2. A Winter Carnival is scheduled for Feb. 16-17 featuring snow castle contests, fireworks, and a torchlight parade. There's also a Cardboard Race on March 2 and Rail Jam on March 9. Go to [oakmountainski.com](http://oakmountainski.com).

At **McCauley Mountain** in Old Forge, every non-holiday Friday all winter is a Crazy Friday with \$12 lift tickets. Visit [mccauleyny.com](http://mccauleyny.com).

This winter's ski season is off to a great start. Use some the suggestions above to make your ski season fun and memorable! 🌲

*Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker ([saratogaskier.blogspot.com](http://saratogaskier.blogspot.com)), a blog of his primarily Adirondack outdoor adventures.*



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