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## Be Fit for Life at the SUMMER EXPO!

If you're eager to get into shape, save money on clothing and gear, and find everything you need for summer sports, you are invited to attend our eighth annual **Adirondack Sports & Fitness Summer Expo** on March 9-10 at the Saratoga Springs City Center.

Set for Saturday and Sunday, the FREE ADMISSION show features everything you need for running, cycling, triathlon, paddling, hiking, healthy living and travel, with 125 exhibitors, great sales on gear (even ski gear!), plus clothing and footwear, paddling demos, seminars and clinics, 25-foot rock climbing wall, and fun family activities.

We have over \$5,000 in prizes and giveaways for attendees from races, events, products and services. Prizes include entries to 5Ks and marathon runs; century rides; multiple-distance triathlons; hiking, paddling and outdoor gift baskets and certificates; lodging packages; scuba diving courses; and more.

The cabin fever timing is perfect for outdoor lovers, competitive athletes, weekend warriors and newbies to pick up gear, info and motivation to plan summer adventures. Reps from Freihofer's Run for Women, Adirondack Mountain Club, Adirondack Museum, Lake George Triathlon, Wild Center, Tour de Cure and many more events and destinations will be there to share their information.

The show also includes great sales with a mix of retailers and organizations selling and marketing their products and services, including Mountainman Outdoors, Steiner's Ski &

Bike, The Mountain Goat and Lake George Kayak. Most major outdoor sports and recreation clubs in the area will be there, including Adirondack Mountain Club, Capital District Triathlon Club, Hudson Mohawk Road Runners Club, Mohawk-Hudson Cycling Club and more.

On-water paddle demos will take place in the 20x32-foot pool, featuring kayaking, canoeing and SUP. The paddling clinics, led by Adirondack Mountain Club members and local experts, include capsized recovery, rescue and rolling, and a FREE kids' try-it paddling session. New this year will be ongoing swim and triathlon clinics in the Concord Pools swim spa.

A variety of seminars will be led by *Adirondack Sports & Fitness* magazine contributing writers and regional experts. See the attendee guide for full schedule.

Attendees can support the Regional Food Bank of Northeastern New York, who will be conducting a food and money drive at the show. They provide 20 million pounds of food annually to 1,000 agencies in 23 counties from Plattsburgh to Newburgh. Attendees who make donations will receive extra tickets to increase their chance of winning prizes.

The Summer Expo takes place on Saturday, March 9 from 10am-5pm and Sunday, March 10 from 10am-4pm at the Saratoga Springs City Center on 522 Broadway in Saratoga Springs. Admission is FREE. For more info, visit [adksports.com](http://adksports.com) or call (518) 877-8788.

Thank you!

*Danyel and Mona*

See ATTENDEE GUIDE, 15 ▶

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## BICYCLING &amp; MULTISPORT

## Get Tuned-Up

## and Bike Fit

By Dave Kraus

Spring has arrived – finally! The sun is shining and the grass is greening up. You haul that bike out of the basement, pump up the tires, and head out on that first ride of the season – only to limp home when you find your rear derailleur refuses to shift. Oops.

Or your new bike shifts great, but every ride leaves your back stiff, and your knees aching – so much you can't ride again for a week. Your saddle is too high and you're stretched out like Superman in flight just to reach the handlebars. Oops.

Whether your bike needs a mechanical tune-up to be ready to ride safely, or some adjustments to make sure it fits your body, early spring before the season starts is the perfect time to take care of both according to Capital Region and Adirondack cycling pros.

Heather Rizzi of Plaine and Son Ski & Bike in Schenectady, and Broadway Bicycle in Albany, suggests the longer your bike has been unriden, the more it needs a tune-up. Plaine's has been in Schenectady for almost 60 years, 30 of those on Upper State Street, and Heather estimates the store does over 1,200 tune-ups each spring. "Because of our history and longevity we attract a lot of customers. We do A LOT of bikes between February and May."

A standard tune-up at any bike store typically includes adjusting shifting, brakes, and torquing all bolts to spec, she said. The mechanic also lubes the chain and other parts as needed, checks tire pressure, and the condition of the tires. Bikes in storage for long periods of time risk dry rot of the tires, and shifter cables can stretch, and get out of alignment over one winter. "It's important to get everything checked, so when you jump on it you can enjoy your ride instead of

ending up calling for a ride," Heather added.

Proper bike fit can also be an important ingredient in lasting enjoyment of riding, and cyclists today have more options than ever to achieve the correct fit.

"If you've never been properly fitted before, you never know the joys of being comfortable on a bicycle, and being balanced on your bike," said Brian Delaney of High Peaks Cyclery in Lake Placid, whose store has been doing pro fits for 30 years. A good bike fit can increase enjoyment for all levels of cyclists.

Brian continued, "It doesn't matter if you're going out for an hour ride or a five-hour ride. If you're comfortable on your bike you're going to be happier. Knowledge, caring, wisdom, and experience are all important."

Any number of comfort issues can be traced to improper fit, according to Chris Pitts of Elevate Cycles, with locations in Clifton Park and Saratoga Springs, who has been doing professional fits for over 17 years. "Neck pain, wrist pain, lower and upper back, foot numbness, knee pain – all can be traced to bad fit, even though the rider may not realize it," he added.

"Most cyclists adapt to the fit they currently have and don't know if it is correct or not. Many cyclists are also under the impression that once you have been fit, there is no reason to be fit again. Positions on the bike change with fitness, injuries and flexibility. Therefore, a fit really should be adjusted with these things in mind at least once a year."

"Whether you're getting fitted on your new bike or on a bike you've owned for

DAVE DEYO IS BUSY WITH TUNE-UPS AT PLAINE'S IN SCHENECTADY.  
PHOTO BY DAVE KRAUS

JOHN BOLTON OF SCHAGHTICOKE GETTING BIKE FIT AT TOMHANNOCK IN PITTSBURY.  
PHOTO BY STEVE BONNIER



years, finding the right fitter can be important," said Kenny Boettger of Placid Planet Bicycles in Lake Placid. Like High Peaks across town, Placid Planet does fits for both casual and enthusiast riders, and also serves the growing ranks of triathletes, in the village that hosts an Ironman every July. Kenny has been a professional bike fitter since the mid 80s. "You want someone that listens to what you are looking for and can implement what you are asking for," Kenny said.

Steve Fairchild at Grey Ghost Bicycles, in downtown Glens Falls, agreed and added the client needs to take an active role in the process. "They need to ask questions of the fitter and their qualifications to ensure they are comfortable and feel the shop/fitter has the ability to serve their needs, be it from a casual road cyclist to an Ironman athlete," said Steve, who has an extensive cycling, racing and fitting background. "A good fitter will also be experienced in all disciplines and have practical experience as well, from road to tri to mountain, and from competitive to casual riding."

Once you've found the right store and fitter, the next step is the actual fitting session, which may take anywhere from one to four hours. Garrick Dardani of Steiner's Ski & Bike in Valatie, with other stores in Glenmont

and Hudson, said "the first step of a typical fitting takes place before the rider even gets on the bike."

"I ask the client a bunch of questions. I need to know what their expectations are, and we also have to get comfortable with each other, and build up some trust. I need to know about any injuries or any physical limitations, and how they want to use the bike I am fitting them for," he said.

Next, Garrick does a physical assessment, measuring body segments, flexibility, range of motion, and checking for symmetry or lack of it. He then explains what he's found and what he's going to be watching for on the bike.

Then it's time for the client to actually get on the bike. It may be the client's own new or current bike, or it might be one of several types of adjustable size cycles. A custom designed size cycle has a variety of possible adjustments far beyond a normal bike, allowing the fitter to change the length of the frame tubes and other, normally fixed measurements, to determine exactly what frame size and associated parts are needed to make a perfect fit.

Once those measurements are determined, the fitter can then install parts to ensure the new bike fits perfectly, or suggest changes in equipment or adjustments, which can improve the customer's current bike.

Tim Bonnier of Tomhannock Bikes in Pittsboro, said the result of a good client and fitter collaboration can be dramatic improvement in both comfort and performance. "I've had many customers come into the shop and tell me they've never been fitted, or they have set up the bikes themselves, and in a matter of minutes we can make improvements that bring immediate smiles and confirmations claiming comfort and efficiency."

He continued, "If the cyclist is comfortable and efficient, the desire to ride and perform will be greatly enhanced. In addition a properly positioned cyclist will be able to better conserve energy and, most importantly, be able to prevent overuse injuries that can result from poor alignment on the bicycle."

In addition to those mentioned above, you can also utilize these shops for tune-ups and bike fit: High Adventure Ski & Bike in Latham, Victory Cycle Works in Clifton Park, Blue Sky Bicycles and Spa City Bicycleworks in Saratoga Springs, and Inside Edge Ski & Bike and Rick's Bike Shop in Queensbury. Have a safe, happy cycling season! 🚲

Dave Kraus is a long time area cyclist, photographer, writer and AFAA certified personal trainer. Contact him at [dbkraus@earthlink.net](mailto:dbkraus@earthlink.net).

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## RUNNING & MULTISPORT



THE COLLEGE OF SAINT ROSE RUNNERS' DYNAMIC WARM-UP INCLUDES QUAD "YOGA WALKS" AND BACK STRETCHES.

PHOTOS BY ANDREW RICKERT

RUNNERS WITH A STRONG KICK FINISHING THE ST. PETER'S KEYS RUN IN SARATOGA SPRINGS, APRIL 2012.

PHOTO BY BRIAN TEAGUE

By Andrew Rickert

With yet another Superman movie slated for release this summer, it may seem that Hollywood has run out of good ideas. While this may be the case, it does remind us that some elements of our training are worth keeping and others could use some updating. "Superman: Man of Steel" represents a "remix" of a classic movie. My recommendation for you this spring is to remix your training with the intent to build off of the classic components, while incorporating new techniques to help take your running fitness to a new level.

**Remix Your Warm-Up** – Many recreational and competitive runners in the area know the importance of a good warm-up prior to your workout and race. The classic routine usually involves ten to 15 minutes of easy running, some light static stretches, and another quick visit to the port-a-john. The remix of the warm-up should include dynamic exercises targeting the muscles you will use in running. Static stretching, while beneficial, has been shown to relax the muscles too much for vigorous exercise and therefore, has much more value post-run.

Dynamic stretches instead prime the muscles without tiring them out. Examples include various bounding drills, high knees, leg swings, butt kicks, etc. When I introduced a dynamic warm-up to my athletes at The College of Saint Rose a few years ago, they immediately reported feeling better going into races and workouts.

**Remix Your Base Phase** – The base phase of your training consists of the early weeks when you slowly introduce more mileage, while slowly increasing the intensity of

your runs. This is also the phase where a majority of injuries can occur because you might increase mileage too quickly or begin speed work prematurely. The remix of your base phase should incorporate two key types of workouts before you involve yourself in speed workouts and racing: fartlek running and hill work.

Fartlek is a Swedish term for "speed play." Fartlek workouts incorporate surges of 30 seconds to several minutes with relaxed recovery running in between each surge. The intensity of the surge can vary, although I rarely have my athletes run faster than 5K effort. Some watches come with alarms to set in order to predetermine the length of the interval; however, you can also go sans watch and instead pick a telephone poll or road sign to surge to. The benefits of fartlek is that it prepares the body for the more taxing track workouts to come later in your training, while taking the emphasis off hitting certain splits.

Another aspect to the remix during your base phase is hill work. Hill running includes repetitions as short as ten seconds to as long as three to four minutes over an incline of at least 15 to 20 percent. Start with one hill workout per week on a mild incline and work your way toward longer, more intense climbs over several weeks. This type of base training will not only build leg strength, it will also prepare your body for speed work to come later in the summer.

**Remix Your Strength Training** – Speaking of strength, what does your current strength routine consist of? If you are anything like me, you loathe the gym, and avoid weightlifting at all costs. The good news is that strength training doesn't mean you have

to rely on either a gym membership or a set of weights.

The remix of strength work incorporates bodyweight exercises like push-ups, crunches, squat-thrusts, mountain climbers, etc. I often create circuits of these strength exercises for my athletes to perform between running intervals of 100 to 800 meters. An advanced remix of strength-training could include medicine ball drills and/or plyometric box jumping. Regardless, distance runners do require some weekly element of strength training in order to build lean muscle and to help off-set any muscle imbalances, which will prevent injury.

**Remix Your Race Prep** – Finally, the way you prepare for your races may need to be remixed. Traditionally, if one hoped to run a good 5K or half-marathon time, they would stick to running races around those distances all season long. Instead, plan races on your spring and summer schedule that will take you both above and below your "target" distance in order to hone both your speed and your strength. Even half-marathoners like to have a strong kick at the end of their race and could benefit from lowering their 5K PR in order to improve their closing speed. Meanwhile, the average 5K runner could certainly benefit from having more endurance and should therefore race at 10K and beyond prior to their peak race.

Another aspect that needs to be remixed is race course-training specificity. If you are training for a race like the Freihofers Run for Women or the Race for the Cure, then you better recognize the terrain you are going to be facing; in this case, the infamous Madison Avenue hill at the start. Therefore, make sure you include training opportunities that close-

ly mimic the demands of an uphill start. You don't need to necessarily stop traffic and literally run up Madison Avenue; instead, you can easily tack on a few hill reps before your next speed workout.

The same goes for those looking to run trail races this summer. If you hope to tackle a trail race with ease you better not be relying on a treadmill for the bulk of your training! If you can remix the training to not only prepare you to handle the distance but the terrain, then you can give yourself the best chance to perform at your best on the day of your big race given those types of variables.

Spring is the season when many runners come out of their winter hibernation and begin to set goals for the summer racing season. While many know what training works for them and how they plan to prepare for the races ahead, it is worthwhile to remix those tried and true strategies and consider a new twist on an already successful training method.

As with any of the above ideas, be sure to introduce these new concepts slowly and gradually. In time you'll find that a new twist on a former training concept can sweeten the deal and help lead to positive gains in your performance. If Superman can reinvent himself at 75, so can you! 🦸

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

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12TH ANNUAL

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## Calendar of Events

March - May 2013\*

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

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

### ALPINE SKIING & SNOWBOARDING

- #### MARCH
- 2 **6th Hickory Telemark Festival.** Tour de Trees, clinics for all, gear demos, climbing skins challenge race, après party. 9am-4pm. Hickory, Warrensburg. Martha VanVleet: 798-3962. hickoryskicenter.com.
  - 2 **Mini-Shredders Jibfest.** Age 10 & under. 12pm. Gore, North Creek. 251-2411. goremountain.com.
  - 2 **Skier/Boardercross.** 11am. Wolf Run Cross Course, Whiteface, Wilmington. 946-2223. whiteface.com.
  - 9 **Big Air at Little Gore.** Big Air/Slopestyle. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
  - 9-10 **Telemark Clinic: Trees, Steeps & Bumps.** Gore, North Creek. 251-2411. goremountain.com.
  - 9-10 **Glades & Glory Adult Ski/Snowboard Camp.** Gore, North Creek. 251-2411. goremountain.com.
  - 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
  - 9-10 **Steiner's Ski & Road Bike Sale at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Steiner's Ski & Bike: 427-2406. steinersskibike.com.
  - 10 **Super Sunday: Shamrock Sunday.** Discounts, games, events. Whiteface, Wilmington. 946-2223. whiteface.com.
  - 16 **Gail's Bump Clinics.** Gore, North Creek. 251-2411. goremountain.com.
  - 17 **Walt's Bump Contest.** Gore, North Creek. 251-2411. goremountain.com.
  - 30 **Maple Festival.** Music, specials, maple fare. Gore, North Creek. 251-2411. goremountain.com.

- #### APRIL
- 6 **Pond Skimming Contest.** Bullfrog Bog, Gore, North Creek. 251-2411. goremountain.com.
  - 7 **Pond Skimming Contest.** Whiteface, Wilmington. 946-2223. whiteface.com.

### BICYCLING & MOUNTAIN BIKING

- #### ONGOING
- Daily Group Bike Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
  - Sat Indoor Group Ride: 3/2-3/30.** 8-10am. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
  - Sat Women's Cycling Series: 4/20-5/11.** 4/20: Basics; 4/27: Bike Fit; 5/4: Nutrition; 5/11: Mechanics. 1hr group ride. 8-10am. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

- #### MARCH
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
  - 9-10 **Steiner's Road Bike & Ski Sale at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Steiner's Ski & Bike: 427-2406. steinersskibike.com.
  - 16 **Battenkill Race Preparation w/Andy Ruiz & Ric MacKenzie.** Presentation & supported course ride. 8:30am-4:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

- 23 **Trooper David Brinkerhoff Memorial Race Series #1.** 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.
- 24 **Indoor Time Trial Challenge.** 13.4M Course. Wave starts: 7am-5:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- 24 **BattenSpring Classic: Preview Circuit Race.** 39-65M. 11am. Cambridge. 275-6185. tourofthebattenkill.com.
- 24 **3rd Pedaling Toward the Pink Cure.** 7am-12pm. Nolan Gym, College of St. Rose, Albany. buildingstrongsurvivors.org.
- 24 **200K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30 **Trooper David Brinkerhoff Memorial Race Series #2.** 24-60M. 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.

- #### APRIL
- 6 **Trooper David Brinkerhoff Memorial Race Series #3.** 24-60M. 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.
  - 7 **Tour of the Battenkill: Spring Preview Ride.** 10am. 3 paces: 65M. Cambridge. 275-6185. tourofthebattenkill.com.
  - 7 **HRRRT April First Ride.** 16M/32M. St. Johns Plaza, Niskayuna. 847-2419. hrrrtonline.com.
  - 13 **300K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
  - 13-14 **Tour of the Battenkill: Pro/Am Races.** 14-82M. Cambridge. Anthem Sports: 413-314-3478. tourofthebattenkill.com.
  - 14 **Tour of the Battenkill: Challenge Gran Fondo.** 65M. Cambridge. Anthem Sports: 413-314-3478. tourofthebattenkill.com.
  - 18 **Zim Smith Trail Ride.** 11-27M. 10am. Shenantaha Creek Park, Malta. Paul Breslin: tripswithpaul@gmail.com. adk-albany.org.
  - 20 **Bicycles for Humanity-Adirondack Bike Drive.** 10am-2pm: Elevate Cycles, Saratoga Springs. 9am-12pm: Inside Edge, Glens Falls. bicyclesforhumanityadironack.org.
  - 21 **Check Your Legs Road Race.** 26-38M. 11am. Garrattsville. 607-432-1633. centralnycycling.com.
  - 21-22 **Bike & Brew Package.** Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.
  - 27-28 **Sean's Run Weekend.** Sat, 10am: 20M Bike Ride. Sat, 8:30am: 50M County Tour Bike Ride. Sun, 12pm: 12th Sean's Run 5K & Community Walk. Sun, 11:30am: Meghan's Mile Youth Race & 1M Walk. Chatham HS, Chatham. seansrun.com.

- #### MAY
- 4-5 **Tour of the Dragons.** Time Trial, Circuit & Road Race. 71/116/132M. Shires of Vermont, Bennington, VT. 401-440-7760. tourofthedragons.com.
  - 11 **Hunter Mountain Spring Classic.** 78M. Hunter. 413-314-DIRT. greatamericacycling.com.
  - 25-27 **Killington Stage Race.** Killington, VT. 802-496-5415. killingtonstagerace.com.

- #### JUNE
- 2 **American Diabetes Association Tour de Cure.** 100M: 7am. 63M: 7:30am. 50M: 8am. 25M: 9am. 10M: 10am. 3hr spin: 9am. Saratoga Springs HS, Saratoga Springs. Denise Nicaastro: 218-1755 x3606. diabetes.org/tour.
  - 7-9 **10th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** 1 & 2 day ride options. Sat: Optional century loop. Hudson River Valley. 718-875-2123. idbride.org.
  - 8 **6th Wilmington-Whiteface Road Race.** Wilmington Town Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
  - 15 **12th Whiteface Uphill Bike Race.** 11M. 8am. Whiteface, Wilmington. whitefaceraces.com.

- #### AUGUST
- 24 **13th Pat Stratton Memorial Century Ride.** 100/50/25M & Kids' Ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- #### SEPTEMBER
- 7-8 **Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa S.P., Saratoga Springs. webmhcc.org.

- ### CROSS-COUNTRY & BACKCOUNTRY SKIING
- #### MARCH
- 2-3 **11th Adirondack Backcountry Ski Festival.** Guided tours, presentations, clinics. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.

6th Annual

## Wilmington-Whiteface Road Race

Saturday, June 8

Town Park, Wilmington



Challenging, hilly road race with uphill finish  
18 categories with women & junior (10-18) races

Preregister on **BikeReg.com**

Entry fee \$40; juniors \$10  
Day-of registration: \$15 surcharge except cat 5 men, cat 4 women & juniors \$2500+ in cash; merchandise; medals

Info: **TeamPlacidPlanet.org**  
Questions: jameswalker3@yahoo.com

Presented by **TEAM Placid Planet**

## OSCEOLA TUG HILL Cross-Country Ski Center

*Most Snow East of the Rockies!*

40 km trails groomed daily for skating & classic skiing

- \* 1/2K new trail & pond \*
- \* Trailside Camp for Rent \*
- \* "Rentaflexibility" ski rentals \*
- \* Ski Shop: \$180,000 inventory \*

**Camden (40 mi NW of Utica)**  
**(315) 599-7377 • uxcski.com**  
uxcski@gmail.com  
Open 7 Days - 10am to 5pm

## Swim·Bike·Run

New members welcome



**BTC**  
BethlehemTriClub.com

## T3 Coaching Duathlon Series

Sundays, Apr 28, May 5 & 12 - 8am

**SUNY Adirondack, Queensbury**

1.5M Run, 8M Bike, 1.5M Run

USAT sanctioned

Fun, safe, laid-back racing/training  
Limited to 100 entrants/event  
\$17.50/event - Must be USAT member

Register: **www.t3coaching.net**  
Kevin Crossman: 518-307-5895  
kevin@t3coaching.net

Enjoy Road or Mountain Biking in the Capital District & Saratoga?

*Join MHCC Today!*

- All levels of ability welcome
- More than 300 rides per year

*Pick up an application at bike shops or visit [www.webmhcc.org](http://www.webmhcc.org)*



**MHCC**  
Mohawk-Hudson Cycling Club



## HUDSON CROSSING TRIATHLON



**Sunday, June 9**  
500yd Swim, 12M Bike, 5K Run  
Limited to 300 - Register Early!  
www.hudsoncrossingtri.com

Join in the 13th annual  
**Pat Stratton Memorial Century Ride** 

*Best Ride in the Adirondacks!*  
Saturday, August 24, 8am  
Mt. Pisgah Lodge, Saranac Lake  
100mi, 50mi, 25mi & kids' ride  
Rides for all ages & abilities • Rain date: 8/25  
T-shirt, picnic, music, poker ride w/prizes!  
Register: [Active.com](http://Active.com)  
Info: Bob Scheefer (518) 891-5873  
adkbuild@roadrunner.com  
Benefits Kiwanis Club of Saranac Lake youth programs

## MID-WINTER SKI SALE!

### Great Prices & Expert Service

**20 TO 50% OFF ALL PARKAS AND PANTS**  
**All Skis, Boots & Bindings on Sale NOW!**

- \* Specializing in All Boot Fitting & Custom Footbeds \*
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SKI & BIKE

**STORE HOURS:**  
Mon.-Fri. 10-7  
Sat. 10-5  
Sun. 12-5

- 9 2nd Wood 'N' Ski Rendezvous.** 5K XC ski race, vintage clothing, music. Cascade, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).
- 9-10 NYSSRA Nordic Champions Cup Weekend.** Biathlon sprint/pursuit, ski-orienting, club relay ski race, 21K freestyle ski race. Saratoga Biathlon Center, Day. [nyssranordic.com](http://nyssranordic.com).
- 9-10 8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 10 Trapps to Bolton Backcountry Race/Tour.** Trapp Lodge, Stowe to Nordic Center, Bolton Valley, VT. [catamounttrail.org](http://catamounttrail.org).
- 16-17 NYSEF Nordic Kids Festival.** Sun: Paintball biathlon. Lake Placid. [nysef.org](http://nysef.org).
- 22 Moonlight Snowshoe.** 7-8:30pm. Dinner: 5pm. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

### HEALTH & FITNESS

#### ONGOING

- Daily Real Ryde Cycling Class.** Various times. Total Ryder in Motion, Colonie. 937-3902. [totalryderinmotion.com](http://totalryderinmotion.com).
- Daily RPM Indoor Cycling Classes.** 1st class free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. [coreglensfalls.com](http://coreglensfalls.com).
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 3/4 & 4/29. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. [makeitfittraining.com](http://makeitfittraining.com).
- Mo-Fr Capital District Adventure Boot Camp for Women.** Starts: 3/25 (4wk). Colonie, Guelderland, East Greenbush. 444-8060. [cdbootcamp.com](http://cdbootcamp.com).
- Mon Express Ryde Cycling Class.** 5:30am. Total Ryder in Motion, Colonie. 937-3902. [totalryderinmotion.com](http://totalryderinmotion.com).
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).
- Tu/Th Let's Ryde Plus Cycling Class.** 7:15pm. Total Ryder in Motion, Colonie. 937-3902. [totalryderinmotion.com](http://totalryderinmotion.com).
- Thu Express Ryde Cycling Class.** 5:45am. Total Ryder in Motion, Colonie. 937-3902. [totalryderinmotion.com](http://totalryderinmotion.com).
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 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. Debbie Philp: 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).

#### MARCH

- 9 Yoga Professional Development Workshop.** 9am. YMCA, Guelderland. [yoga4classrooms.com](http://yoga4classrooms.com).
- 9-10 8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 23 Girlnetic Jump-Start to Fitness Expo.** 9am-5pm. Taste Restaurant, Albany. 877-687-6734. [girlnetic.com](http://girlnetic.com).

### HIKING, SNOWSHOE HIKING & CLIMBING

#### MARCH

- 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.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga 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).
- 16 Mt. Marcy Snowshoe Hike.** 15M. 5am. Northway Exit 9 Park & Ride, Clifton Park. Bob Scaife: 439-7322. [adk-albany.org](http://adk-albany.org).
- 17 Map and Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 23-24 Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

#### APRIL

- 2-4 Spring Tracking, Native Legends, Awareness Skills & New Ropes Challenge w/James Bruchac.** Ages 6-8 & 9-12. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 6-13 Wilderness First Responder.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

- MAY**
- 3-5 12th Waterfall Hiking Weekend w/Barbara Delaney & Russell Dunn.** Coon, Roaring Brook Falls, more. Trail's End Inn, Keene Valley. 576-9860. [trailsendinn.com](http://trailsendinn.com).
- 4 Map and Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 26 Herbert Clark Memorial.** Stone ceremony to honor 46er #1. 10am. St. Bernard's Cemetery, Saranac Lake. Joe Ryan: 354-7711. [adk46er.org](http://adk46er.org).
- 19 Lost in the Woods! Wilderness Survival & Navigation Basics.** Adult/Teen. 9am-4:30pm. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

#### JUNE

- 8-9 Wilderness First Aid Course (SOLO Certified).** Adult/Teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 16 Father's Day Family Wilderness Adventure w/James Bruchac.** 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

### MULTISPORT: TRIATHLON & DUATHLON

#### ONGOING

- Daily Group Tri Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. [velowatts.com](http://velowatts.com).

#### MARCH

- 8 Clark Sports Center Indoor Triathlon #3.** 6:30pm. CSC, Cooperstown. 607-547-2800. [clarksportscenter.com](http://clarksportscenter.com).
- 9-10 8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 16 Spring Duathlon.** 5K run, 14M bike, 5K run or 10K run, 27M bike, 5K run. Prospect Park, Brooklyn. [citytri.com](http://citytri.com).
- 24 27th March Madness Duathlon.** 2.2M run, 12M bike, 2.2M run. Central Park Boathouse, New York. [nytri.org](http://nytri.org).

#### APRIL

- 27 Spring Dual Against CF Duathlon.** 2M run, 12M bike, 2M run. 9am. Reformed Church, New Paltz. 845-863-9595.
- 28 1st Vernon Downs Treads & Threads Duathlon & 5K.** 3.1M run, 20M bike, 3.1M run. Casino, Vernon. 315-404-8130. [atcendurance.com](http://atcendurance.com).
- 28 T3 Coaching Duathlon Series #1.** 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. [t3coaching.net](http://t3coaching.net).

#### MAY

- 4-5 Endurance Challenge Races.** 50M/50K, Marathon, Marathon Relay, Half/10K/5K. Bear Mountain S.P., Bear Mountain. [thenorthface.com](http://thenorthface.com).
- 5 20th Anyone Can 'Tri' Triathlon.** 350yd swim, 11M bike, 5K run. 7:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 5 2nd Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Avenue Town Park, Delmar. [cdymca.org](http://cdymca.org).
- 5 T3 Coaching Duathlon Series #2.** 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. [t3coaching.net](http://t3coaching.net).
- 6-10 Diamond Mills Tri-Camps.** Diamond Mills Hotel & Tavern, Saugerties. 845-247-0700. [hitstriathlonseries.com](http://hitstriathlonseries.com).
- 12 T3 Coaching Duathlon Series #3.** 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. [t3coaching.net](http://t3coaching.net).
- 18 Du the Lakes Duathlon.** Du: 3.1M run, 20M bike, 3.1M run. Green Lakes S.P., Fayetteville. [duthelakes.com](http://duthelakes.com).
- 26 9th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. Greg Dixon: 696-4450. [saratogalions.com](http://saratogalions.com).
- 26 Cooperstown Sprint Triathlon.** Sprint: 0.5M swim, 11M bike, 3.1M run. Lakefront Park, Cooperstown. 315-404-8130. [atcendurance.com](http://atcendurance.com).

#### JUNE

- 1 2nd Rally in the Valley Duathlon & 5K.** Du/Relay: 5K run, 20M bike, 5K run. Fort Hunter. [rallyinthevalley2013.com](http://rallyinthevalley2013.com).
- 9 Hudson Crossing Triathlon.** Sprint: 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. [greenleafacing.com](http://greenleafacing.com).

## Back in Balance

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your first 60 minute, 90 minute or Hot Stone Massage Session.

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**BIBTherapeuticMassage.com**



### Saturday, May 4

After Giant Slalom

**Chuck Severance Memorial Downriver Race & River Guide Race from North River to North Creek**

Free Entry! • Canoes, jackets and paddles will be supplied (limited to 25 teams)

### Saturday, May 4 • 11am

Novice & Giant Slalom & Sprint Races

Awards Celebration at 4 pm at Copperfield Inn in North Creek

### Sunday, May 5 • 11am

Downriver Race

North Creek to Riparius

Awards Celebration after race at

Riverside Station Park

[www.whitewaterderby.com](http://www.whitewaterderby.com)

Gore Mountain Region Chamber of Commerce

**518-251-2612**

## Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX

**TREK • SPECIALIZED**  
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Expert Repair Work on All Brands

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## Saratoga Century Weekend

**SATURDAY-SUNDAY, SEPTEMBER 7-8**

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

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

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

**Mohawk Hudson Cycling Club**

[www.webmhcc.org](http://www.webmhcc.org)



HELMETS ARE REQUIRED

TotalRyder  
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FITNESS STUDIO  
We put the Motion in your Rydel!

The "UN" stationary indoor bike  
Our bikes can lean and turn side to side

### Indoor Cycling Studio

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[www.TotalRyderInMotion.com](http://www.TotalRyderInMotion.com)

[rtrimfitness@gmail.com](mailto:rtrimfitness@gmail.com)

Open 7 days a week

Register online to reserve a bike

No Waiting!

## CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water  
Bike 18mi out & back  
Run 3mi lake loop



USA Triathlon sanctioned event

Crystal Cove

38 Old Rte 66, Averill Park

**Saturday, August 17, 8am**

Limited to 300 racers and fills fast!

Register & Info: [cdtriclub.org](http://cdtriclub.org)



27TH ANNUAL  
**Shamrock Shuffle**  
Sunday, March 24 – 11am • 5 Miles  
Glens Falls High School, Glens Falls

**Entry Fees/Donations**  
\$20 Pre-register (by 3/19)  
\$16 TAR member pre-register (by 3/19)  
\$25 race day

**The Leprechaun Leap – 10:00am**  
Children's Fun Run (12 & under) • 7/8-mile  
Donation: \$3 • Medallions for all finishers

*T-shirts to first 400 entrants • New this year! Chip timing by AREEP*  
Application: [www.adirondackrunners.org](http://www.adirondackrunners.org) • Online: [www.active.com](http://www.active.com)  
Information: Kevin Sullivan (518)798-9593 or [ksullivan@queensburyschool.org](mailto:ksullivan@queensburyschool.org)  
An Adirondack Runners event to benefit Warren-Washington Counties Special Olympics

7TH ANNUAL  
**CCRC 5K Run/Walk/BBQ**

**Saturday, May 4th – 3pm**  
Christ Community Reformed Church  
1010 Route 146, Clifton Park

USATF Sanctioned 5K Race  
Family Team Competition  
Kids' 1K Race – 4pm  
BBQ chicken dinner included  
T-shirt to first 100 entrants  
Sneaker Recycling Program  
Form: [www.ccrcc-pny.org](http://www.ccrcc-pny.org)  
Pat Glover: 877-0654 • [pjglove@aol.com](mailto:pjglove@aol.com)

An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle  
Proceeds to Deanna Rivers and Chris Stewart Scholarship Fund

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BUY 200 SHIRTS FOR YOUR EVENT AND GET 24 FREE

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7th Annual  
**Firecracker 4**

**4-Mile Road Race**  
Thursday, July 4 • 9am  
Run Historic Saratoga Springs, NY  
*USATF Certified & Chronotrack B tag timed*

START/FINISH:  
**Saratoga Springs City Center**  
*Entertainment along the course*  
*Freedom Hawk Band at the start/finish*  
\$20 by 7/2 or \$30 7/3 and race day  
Dry-fit shirts to all registered runners  
REGISTER AND INFO:  
[www.Firecracker4.com](http://www.Firecracker4.com)  
Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and fire/police/EMS  
*USATF Adirondack Team Championship and Grand Prix event*

Peter Goutos: [pgoutos@casmithllc.com](mailto:pgoutos@casmithllc.com)  
Bob Vanderminde: [bobjr@telescopescasual.com](mailto:bobjr@telescopescasual.com)  
Peter: 518-316-4445 • Bob: 518-744-5646

**Literacy**  
**5K Run/Walk 2013**  
Sunday, May 5 • 10am  
Rensselaer Tech Park, Troy

Register: [Active.com](http://Active.com)  
\$20 registration; \$25 race day  
Children's Fun Run – 9am (\$6)  
Youth Mile – 9:30am (\$10)

Complete info: [Ivorc.org](http://Ivorc.org)  
Literacy Volunteers of Rensselaer County  
**(518) 274-8526**

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

**5-Person Team Entries!**

**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](http://AREEP.com)  
[schenectadyfirefightersrun4yourlife.com](mailto:schenectadyfirefightersrun4yourlife.com)  
[sfddemdem232@yahoo.com](mailto:sfddemdem232@yahoo.com)  
Brian Demarest 365-3883

- 24-7/26 SHAPE Camps Multi-Sport Camps.** Mon-Fri: 9am-5pm. Ages 8-15. Swim/bike/run instruction. Averill Park, Colonie, Grafton. John Slyer: 281-6480. [skyhighsupertri.com](http://skyhighsupertri.com).
- 29 31st Tupper Lake Tinman Triathlon.** 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M swim, 18.6M bike, 6.6M run. 8am. Municipal Park, Tupper Lake. Ted Merrihew: 359-7571. [tupper-lake.com](http://tupper-lake.com).
- 29-30 HITS North Country Triathlon.** Sat: Half/Full. Sun: Open/Sprint/Olympic. Town Beach, Hague. 845-246-8833. [hitstriathlonseries.com](http://hitstriathlonseries.com).

**JULY**

- 20 ToughKids Syracuse Youth Triathlon.** Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. [atcendurance.com](http://atcendurance.com).
- 20-21 MultiSport Life Triathlon Festival.** Sat, 9am: XTERRA Off-Road (1K swim, 20K bike, 6K run). Sat, 2pm: SHAPE Kids' Tri (100m swim, 5K bike, 1K run). Sun, 7am: Super Olympic Road Tri: (1M swim, 30M bike, 7M run). Grafton Lake S.P., Grafton. 281-6480. [skyhighsupertri.com](http://skyhighsupertri.com).
- 21 4th Delta Lake Triathlons.** Sprint: 750m swim, 12M bike, 3M run. Intermediate: 1500m swim, 24M bike, 6M run. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. [atcendurance.com](http://atcendurance.com).

**AUGUST**

- 3 7th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 0.5M swim, 14.5M bike, 3.1M run. Lake Lauderdale, Cambridge. 761-4067. [fronhoferooltriathlon.com](http://fronhoferooltriathlon.com).
- 17 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).
- 18 1st Peasantman Steel Distance Triathlons.** Full/Half/Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. [peasantman.com](http://peasantman.com).
- 18 2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. [atcendurance.com](http://atcendurance.com).
- 25 Team Luna Chix Splash & Dash Aquathon.** 0.5M swim, 5K run. 11am. Lake Desolation, Middle Grove. [active.com](http://active.com).
- 31-9/1 4th Lake George Triathlon Festival.** Sat: Olympic: 0.9M swim, 24.8M bike, 10K run. Sun: Big George: 1.2M swim, 56M bike, 13.1M run. AquaBike: 1.2M swim, 56M bike. Battlefield Park, Lake George. [lgrfestival.com](http://lgrfestival.com).

**SEPTEMBER**

- 21-22 HITS Hunter Triathlon.** Sat: Half/Full. Sun: Open/Sprint/Olympic. Haines Falls. 845-246-8833. [hitstriathlonseries.com](http://hitstriathlonseries.com).

**OTHER EVENTS**

**MARCH**

- 3 Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 9 Winter Family Weekend.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 9-10 8th Adirondack Sports & Fitness Summer Expo.** Sat, 10am-5pm. Sun, 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 22-24 Great Upstate Boat Show.** The Dome, Queensbury. 791-0071. [greatupstateboatshow.com](http://greatupstateboatshow.com).
- APRIL**
- 14 Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).

**PADDLING: CANOE, KAYAK & SUP**

**ONGOING**

- Wed Kayak Rolling Classes:** 3/13, 3/20, 4/10 & 4/17. 8-9:30pm. JCC Pool, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- Wed Kayak Rescue & Recovery Classes:** 4/3 & 4/24. JCC Pool, Niskayuna. Adirondack Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**MARCH**

- 9-10 8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 9-10 Saratoga Paddlefest Preview Show at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Mountainman Outdoors: 584-0600. [saratogapaddlefest.com](http://saratogapaddlefest.com).

- APRIL**
- 4-6 Club Days.** Club members discounts. Adirondack Paddle N Pole, Colonie. Rich Macha: 346-3180. [onewithwater.com](http://onewithwater.com).
- 7 40th Tenandeho Whitewater Derby.** 4.5M. 12pm. Coons Crossing Rd, Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579. [canoerj@msn.com](mailto:canoerj@msn.com).
- 13-14 Saratoga Paddlefest.** Canoe, kayak & SUP sale. Mountainman Outdoors on Fish Creek, Saratoga Springs. 584-0600. [saratogapaddlefest.com](http://saratogapaddlefest.com).

**MAY**

- 4-5 56th Hudson River Whitewater Derby.** North River-North Creek-Riparius. Sat: 11am: Slalom. North River. Sun: 11am. Downriver Race: Hudson River Pavilion North, North Creek. 251-2612. [whitewaterderby.com](http://whitewaterderby.com).

**RUNNING, WALKING & SNOWSHOE RACING**

**MARCH**

- 2 Hawley Kiln & Notch Snowshoe Race.** 5M. 9am. WMAC Dion Series. Hawley, MA. [runwmac.com](http://runwmac.com).
- 3 Adirondack Indoor Track & Field Championships.** SEFCU Arena, UAlbany, Albany. 273-5552. [usatfadir.org](http://usatfadir.org).
- 3 Battle Against the Bounce.** 7-9pm. A fun evening w/ reps for expert sports bra fitting. Donate used sports bra & save off new one. Fleet Feet Sports, Albany. 459-3338. RSVP by 2/15 w/name, sports bra style/size: [ffalbanyevents@yahoo.com](mailto:ffalbanyevents@yahoo.com).
- 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.** Sat: 10am-5pm. Sun: 10am-4pm. Exhibitors, seminars, clinics. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 10 Celebrate Life Half-Marathon.** 13.1M. 10am. Rock Hill. [celebratelifehalfmarathon.com](http://celebratelifehalfmarathon.com).
- 15-17 Nike Track & Field Spike Weekend.** Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 16 14th Runnin' of the Green (Island).** 4M: 10am. Kids' runs: 11:30am. American Legion, Green Island. [hmrrc.com](http://hmrrc.com).
- 17 Shamrock Scramble 5K Run/Walk.** 9:30am. Firehouse, Wallkill. Al Favata: 845-565-1483. [home.roadrunner.com/~scramble](http://home.roadrunner.com/~scramble).
- 17 Horseshoe 5K.** 11am. Ghent Firehouse, Ghent. 392-0076. [emilyeckstrom.org](http://emilyeckstrom.org).
- 18 3rd Freihofers Run for Women 5K Training Challenge.** 10wk program for runners & sport walkers. Albany. [freihofersrun.com](http://freihofersrun.com).
- 23 Robert Parker 5K.** 10am. Parker School, Wynantskill. [parkerschool.org](http://parkerschool.org).
- 24 Wurtsboro Mountain 30K Road Run & Relay.** 9am. Emma Chase School, Wurtsboro. [sullivanstriders.org](http://sullivanstriders.org).
- 24 Shamrock Shuffle 5M.** 11am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. [adirondackrunners.org](http://adirondackrunners.org).
- 24 Syracuse Half-Marathon.** 13.1M. Oncenter, Syracuse. Ken Hammond: 315-558-3727. [syracusehalf.com](http://syracusehalf.com).
- 24 34th Kaynor's Sap Run 10K.** 12pm. Westford School, Westford. Steve Eustis: 802-324-0919. [gmaa.net](http://gmaa.net).
- 30 4th Run 4 Your Life 5K Run/Walk.** 9:30am. Kid's Fun Run. Central Park, Schenectady. Brian Demarest: 365-3883. [schenectadyfirefightersrun4yourlife.com](http://schenectadyfirefightersrun4yourlife.com).
- 30 3rd Ice Breaker Challenge.** 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. [albanyrowingcenter.org](http://albanyrowingcenter.org).
- 30 19th Rabbit Ramble 4 Mile Run/2 Mile Walk.** 10am. Guilderland H.S., Guilderland Center. Phil Carducci: 861-6350. [active.com](http://active.com).

**APRIL**

- 6 34th Salem April Fool's Races.** 10K: 10:05am. 5K: 11am. 1M Kids Race: 10am. Salem HS, Salem. Dan Sheldon: 854-9262. [aprilfoolrace.com](http://aprilfoolrace.com).
- 6 11th Dodge the Deer 5K.** 10am. Schodack Island S.P., Schodack. Josh Merlis: 320-8648. [areep.com](http://areep.com).
- 13 1st Bacon Hill Bonanza 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Bacon Hill Reformed Church, Schuylerville. [baconhillbonanza.com](http://baconhillbonanza.com).
- 13 The Run Dead North Country.** 5K Trail Run. 10:30am. Clarkson University, Potsdam. [nyso.org](http://nyso.org).
- 13 6th Peppertree's Furry Fun Run 5K.** 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 435-7425. [peppertree.org](http://peppertree.org).
- 13 Rotary Five 5K.** 10am. SUNY Adirondack, Queensbury. Jim Goodspeed: 793-8223.
- 13 Schoharie 5K Run/Walk.** 10am. Schoharie E.S., Schoharie. David Roy: 295-7162.

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THIRD ANNUAL  
**KERRY BLUE HUSTLE**  
**5K**  
RUN WITH THE DOGS  
RACE | FUN RUN

**Saturday, May 18 @ 9am**  
SMSA School, Church St, Glens Falls  
T-shirts to first 150 registered by 5/2  
Friends/Family Challenge: Teams of 3!  
Kids' Half-Mile Dash @ 10am – Free!

Donations appreciated for St. Mary's Food Pantry  
**[smsaschool.org](http://smsaschool.org) or [active.com](http://active.com)**  
Amy Campopiano: [kerrybluehustle@gmail.com](mailto:kerrybluehustle@gmail.com)

33rd Annual  
**HMRRRC**

**Bill Robinson Masters**  
**10K Championship**  
*For runners 40 years or older*

Saturday, April 20 • 9am  
Guilderland High School  
Guilderland Center

Application: [hmrrc.com](http://hmrrc.com)  
Jim Tierney  
869-5597 • [runnerjmt@aol.com](mailto:runnerjmt@aol.com)



4TH ANNUAL **Jog for Jugs** CASH PRIZES FOR OVERALL WINNERS

**Half-Marathon & 5K Run**  
 Saturday, May 11 • 9am  
 Duanesburg Town Park, Duanesburg  
 Register by 4/15 for guaranteed race shirt  
**Register: areep.com**  
**Info: powerhouseathleticsny.com**  
 Jessica Mitchell: (518) 229-5611

24th Annual **PROSPECT MOUNTAIN ROAD RACE**  
**New! Lake George Forum, Lake George**  
**Saturday, May 11 • 9am**  
 Course: 5.67 miles  
 Prospect Mtn gate, up 1,601 feet to summit  
**Register Online: active.com**  
**Application: adirondackrunners.org**  
**Info: cifonedesigns@aol.com**  
 Short-sleeve shirts to first 150 runners  
 Sponsored by The Adirondack Runners

**SARATOGA LIONS DUATHLON**  
**Du-It for Sight and Hearing**  
**Sunday, May 26 at 8 a.m.**  
 Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams  
 Race Information and Online Registration:  
**www.saratogalions.com**  
 Micro-mesh T-Shirts To First 300 Registrants

Premier Sponsor: SARATOGA CASINO AND RACEWAY  
 Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.

- 13 Glory in Our Hearts 5K Walk/Run to Remember. 9am. Robert Moses S.P., Massena. gloryinourhearts.weebly.com/5k.
- 14 25th HMRRRC Delmar Dash 5M. 9am. Bethlehem M.S., Delmar. 831-6699. hmrrc.com.
- 14 Kingston Classic 10K & 2.1M Fun Run. 1pm. Kingston. Katie Carpenter: 585-749-5712. kiwaniskingstonclassic.com.
- 14 More Magazine/Fitness Magazine Women's Half-Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 14 Save Our Switchbacks 7.5K Road Race. 9am. Roscoe Conkling Park, Utica. Kathy Fuller: 292-4457. uticaroadrunners.org.
- 14 32nd Skunk Cabbage Classic Half Marathon & 10K. 10am. Cornell, Ithaca. fingerlakesrunners.org.
- 18 ALS Walk/Run. 5K Run/2M Walk. 9am. SUNYIT, Marcy. Dave Abdo: 315-768-8502. alsutica.org.
- 20 **34th St Peter's Keys Run. 10K: 9am. 5K: 11am. Kids' 1M: 10:30am. Saratoga Spa S.P., Saratoga Springs. Beth Favro: 335-6792. saratogastryders.org.**
- 20 **33rd HMRRRC Bill Robinson Masters 10K. 9am. Guilderland H.S., Guilderland. Jim Tierney: 869-5597. hmrrc.com.**
- 20 5K Run 4 Vocations. 11am. Crossings Park, Colonie. Sr. Rosemary Ann Cuneo: 674-3818. albanyvocations.org.
- 20 35th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center. gmaa.net.
- 21 Hand in Hand Run/Walk 5M & 5K. 9am. Hudson Valley Rail Trail, Highland. 845-373-8557. mhrrc.org.
- 21 Red Cross 5K. 10:30am. Crossings Park, Colonie. 229-8689. siena.edu.
- 21 2013 PHS and ABL 5K. 9:30am. Albany. Emily Kerley: 320-8648. areep.com.
- 21 **3rd Lake George Half Marathon & 5K. Fort William Henry Resort, Lake George. usrahalf.com.**
- 27 **10th St. John's/St. Ann's Spring Run-Off 5K & 10K. 8:30am. Riverfront Park, Corning Preserve, Albany. springrunoff.com.**
- 27 Great Mom's 5K Fun Run/Walk. 9am. Kids' Run: 10am. Maple Ridge Park, Bethlehem. 439-1754. drchurch.org.
- 27 4th Adamant 20-Miler & Relay: 13M 2-person. 10am. Adamant Music School, Adamant, VT. cvrunners.org.
- 27-28 **Sean's Run Weekend. Sat, 10am: 20M Bike Ride. Sat, 8:30am: 50M County Tour Bike Ride. Sun, 12pm: 12th Sean's Run 5K & Community Walk. Sun, 11:30am: Meghan's Mile Youth Race & 1M Walk. Chatham HS, Chatham. seansrun.com.**
- 28 Shack Attack 5K. 9am. Crossings Park, Colonie. Jennifer Lawrence: 275-2989. theshackattack.webs.com.
- 28 5th Cherry Blossom Race for ALS 5K & 2K Wellness Walk. 10am. Niskayuna. 320-6770. 5kaceforals.com.

**MAY**

- 4 **1st Greenwich Urban Assault. 4M Obstacle Run. 10am. Greenwich. adkracemgmt.com.**
- 4 **CCRC 5K Run/Walk/BBQ & 1K Kids' Run. 3pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.**
- 4 Cerrones 5K. 2pm. Johnstown. Karl Stewart: 339-1679. cerrones.com.
- 4 Rock The Ridge 50-Mile Challenge. 4:30am. Mohonk Preserve/Minnewaska S.P., New Paltz. rocktheridge50.org.
- 5 **Literacy 5K Run/Walk. 5K: 10am. Fun Run: 9am. Youth Mile: 9:30am. Rensselaer Tech Park, Troy. 274-8526. lvorc.org.**
- 5 4th Walk 4 Friendship/5K Run. 10am-2pm. Tawasentha Park, Altamont. 438-4220. capitalfriends.org.
- 8 Platte Cove Mountain Run. 5K. West Saugerties. onteorunners.org.
- 10 VBF Annual Challenge 5K. 5pm. Niskayuna. 495-3938. birthmark.ejoinme.org.
- 11 **4th Jog for Jugs Half Marathon & 5K. 13.1M: 9am. 5K: 9:10am. Town Park, Duanesburg. Jessica Mitchell: 229-5611. powerhouseathleticsny.com.**
- 11 1st Southern Saratoga County Run/Trash Pick-up. 10-11am. Town Hall, Clifton Park. Ben Jacobson: 431-9565.
- 11 The Bridesmaids 5K. 10am. Six Mile Waterworks, Albany. Robyn Haberman: 785-6250.
- 11 **24th Prospect Mountain Uphill Road Race. 5.67M. 9am. Lake George Forum, Lake George. adirondackrunners.org.**
- 11 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 269-2316. curemiop.org.
- 11 9th DACC 5K Dash Walk/Run. 8:30am. Duanesburg Area CC, Delanson. dacc.info.
- 11 Run for the RACC 5K Run. RACC, Utica. Jason Pare: 315-351-6830. romeart.org.
- 12 33rd Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. 482-4389. hmrrc.com.
- 12 Run Like A Mother 5K (Kelly's Angels). Saratoga Spa S.P., Saratoga Springs. 580-0713. kellysangelsinc.org.

- 15 Olana Star Loop 10K. 6:30pm. Olana H.S., Greenport. 845-246-7954. onteorunners.org.
- 16 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 18 28th Wood Memorial Road Race 5K. 9am. Hoosick Falls. Peter Church: 944-8074.
- 18 3rd Make it a Great Day Half Marathon. 8am. Brunswick School, Troy. 312-5330. thedragonflyadventure.com.
- 18 2nd Johnson Jog 5K Run. 9am. Johnson Hall, Johnstown. 762-8712. friendsofjohnsonhall.org.
- 18 2nd Champlain Bridge 5K. 10am. Crown Point Historic Site, Crown Point. Nancy Ockrin: 597-3754. lachute.us.
- 18 LifeSong's Daffodil Dash 5K Run/Walk. 9am. Town Park, Halfmoon. Michelle Kissinger: 533-0011. lifesonginc.org.
- 18 Hero Rush. 9am. Ellms Family Farm, Ballston Spa. herorush.com.
- 18 **3rd Kerry Blue Hustle 5K. 9am. St. Mary's/St. Alphonsus School, Glens Falls. 792-3178. smsaschool.org.**
- 18 Truff eNuff 5K Obstacle Challenge. 9am. BOCES Campus/NYRA Lowlands, Saratoga Springs. preventioncouncil.org.
- 19 **Mastodon Challenge 15K, 5K & Kids Fun Run. 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. foundersday15k.com.**
- 19 **Shires of Vermont Marathon. 26.2M. 8am. Bennington to Manchester, VT. Robert Pini: 802-442-5491. shiresofvermontmarathon.com.**
- 19 **Cape Cod Half Marathon. 13.1M. Cape Cod, MA. usrahalf.com.**
- 19 National Distance Running Hall of Fame Half Marathon & 5K. 8am. Utica. 315-724-4525. distancerunning.com.
- 19 SPAC Rock + Run 5K. 10:30am. Saratoga Spa S.P., Saratoga Springs. 583-4051. spac.org.
- 19 Steel Rail Half Marathon. 13.1M. Lanesboro, MA. 413-344-4472. berkshirerunningcenter.com.
- 25 **Survive the Farm 5K Obstacle Challenge. 1K Kids' Course & BBQ. 10am. Easton. Ed Johnson: 791-7856. survivethefarm.com.**
- 26 Mile-Mania. 1M. 8:30am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350.
- 26 Vermont City Marathon Marathon Relay. 26.2M. 8am. Burlington, VT. runvermont.org.
- 27 Woodstock Races 15K & 5K. 9am. Zena E.S., Woodstock. 731-7697. onteorunners.org.

**JUNE**

- 1 **35th Freihofer's Run for Women. Empire State Plaza, Albany. USATF Adirondack: 273-5552. freihoferstrun.com.**
- 2 **Worcester Half Marathon. 13.1M. Worcester, MA. usrahalf.com.**
- 8 **Glens Falls Urban Assault. 4.6M Obstacle Run. 5pm. Glen Street, Glens Falls. adkracemgmt.com.**
- 9 **Lake Placid Marathon & Half Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.**

**JULY**

- 4 **7th Firecracker 4-Mile Road Race. 9am. Saratoga City Center, Saratoga Springs. Bob Vanderminde: 744-5646. firecracker4.com.**

**SEPTEMBER**

- 1 **2nd 18.12 Challenge & Half Marathon. 7am. Watertown to Sackets Harbor. 1812challenge.com.**

**OCTOBER**

- 13 **31st Mohawk Hudson River Marathon & 12th Half Marathon. Albany. mohawkudsonmarathon.com.**

**SWIMMING**

- Sun Open Water Swim/Triathlon Clinics: 3/3, 4/7, 5/5, 6/2 w/ Ann Svenson. 4-5:30pm. Saratoga Regional YMCA, Saratoga Springs. 583-9622. saratogaregionalymca.org.

**MARCH**

- 9 Cabin Fever Swim Meet. Ballston Spa HS, Ballston Spa. Heidi Larkin: 366-5247. adms.org.

**APRIL**

- 13 3rd Duanesburg Masters Swim Meet. Duanesburg Area Community Center, Delanson. adms.org.

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

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

Lake Placid Marathon & Half

**SUNDAY • JUNE 9 • 2013**  
 LAKE PLACID • NEW YORK

**MARATHON HALF MARATHON**

**ENTER NOW!**

2013 Registration via  
[www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com)  
 or  
[www.marathonguide.com](http://www.marathonguide.com)

[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

Inaugural **Bacon Hill Bonanza 5k Run/Walk**

Saturday, April 13, 10am  
 Bacon Hill Reformed Church  
 560 Rte 32, Schuylerville

Homemade Pies to Age Group Winners!  
 Fast, flat course in beautiful farm country  
 USATF sanctioned • First 200 receive T-shirt  
 11am: Kids' 1M Fun Run

**Register & More Info:**  
**baconhillbonanza.com**  
 Proceeds benefit steeple repair for Bacon Hill Church

34th Annual Salem **APRIL FOOL'S RACE**  
 Saturday, April 6

Run in scenic and historic Salem, NY  
 Start/finish: Salem High School  
 10:00am 1-mile children's race (14 & under)  
 10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

Registration: Dan Sheldon  
 4361 State Route 22  
 Salem, NY 12865  
 (518) 854-9262  
 drswhf@yahoo.com

The Mind's Eye

All entrants receive April Fool's T-shirt!

**18.12 Challenge & HALF MARATHON**

**Sunday September 1**  
 A one-of-a-kind event!

**18.12 Mile and 13.1 Mile Road Races**  
 Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario  
 Race T-shirts and medals for finishers and \$1812 in cash awards

**More Info: 1812challenge.com • Register at active.com • Limited to 812 runners**  
 Sponsored by Watertown Savings Bank

**34TH ANNUAL ST. PETER'S KEYS RUN**  
 A Grand Prix Event of the Adirondack Runners

**Saturday, April 20** 5K & 10K USATF Certified

10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM  
 SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS

**ENTRY FEE** 5K & 10K \$20 / \$25 day of race (1 fee covers both races)  
 1-Mile \$10  
 Family Discounts (5K & 10K): \$60 preregistered / \$70 day of race

**Online Registration & Application: www.saratogastryders.org**

**INFORMATION** Beth Favro (518) 335-6792 or beth@tpcwellness.com  
 Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!



**THE NON-MEDICATED LIFE**



# The Limits of Modern Medicine

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 53rd 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 52 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. For those wishing to limit their use of medication or avoid unnecessary medication this is reassuring. What has not been adequately emphasized, however, are the limitations of modern medications and procedures, especially in the prevention of disease and how diet and lifestyle may be the more appropriate first choice.

Modern medicine utilizes a model of care which is based in fixing a problem rather than preventing a problem. For more acute medical problems this approach is very successful and dramatic. For example, in traumatic accidents Western medical science offers the means to stabilize the patient, prevent exsanguination (blood loss), replace blood volume, maintain blood pressure, and stabilize damaged blood vessels and organs, so that recovery may take place. In infections with noxious microorganisms, Western medical science offers the means to identify the organism and its growth

requirements, and the pharmacological means to either stop the growth or kill the organism. Many lives have been saved as a result.

In the prevention of disease, Western medicine has had its greatest successes with immunizations, sanitation, and the correction of vitamin deficiencies. Diseases such as smallpox, polio, hepatitis B, measles, human papilloma virus (HPV), and pneumococcus have either been eradicated or controlled with immunizations resulting in tremendous reductions in both morbidity and mortality. The science of sanitation and clean, potable water, likewise, has prevented the spread of disease and dramatically improved human life. The identification of vitamin requirements and their treatment with appropriate diet has made diseases such as scurvy, beriberi, and pellagra a thing of the past.

Additionally, Western medical science has attempted to address the prevention of cardiovascular disease by identifying predisposing factors and modifying such factors to reduce or halt disease progression. Thus we have medications to reduce blood pressure and cholesterol, which reduce the formation of cholesterol plaque in the walls of arteries (atherosclerosis). Such medications have significantly reduced the rate of stroke and heart attack.

Nevertheless, there are limits to the Western medical science approach to prevention. Even with the use of potent pharmaceuticals and good control of blood pressure

and cholesterol atherosclerosis progresses. For example, statins, the strongest cholesterol lowering drugs only reduce relative risk by 30 to 50 percent. In part this is because global risk is dependent on multiple factors, not just cholesterol. In part, this is because the disease is usually already fairly well advanced by the time it is recognized. In part, it is because cholesterol is many times not optimally controlled because diet and exercise are not included in the treatment armamentarium (resources available).

Likewise, Western medical science "preventive" procedures have limits as well. Coronary artery bypass graft (CABG) surgery "prevents" heart attacks and deaths as compared to medical therapy, only in a small number of individuals at highest risk with disease in the left main coronary artery, or severe disease in all three coronary arteries and only for a limited time. The procedure that helps reestablish adequate blood flow, and can thus reduce symptoms, does not address continuing atherosclerosis in both bypass vessels and native arteries. Thus, if blood has high cholesterol the bypass vessels themselves over time may become diseased and new disease appear in previously uninvolved portions of native arteries.

Indeed, within one-month to one-year after CABG with leg vein bypass vessels five to ten percent of those grafts have closed, and by the end of the fifth post-op year fully 35 percent of leg vein bypass grafts become diseased and stop working. Moreover, despite widespread acceptance and use, coronary artery stents in the majority of patients with symptomatically stable disease have not been definitively shown to prevent heart attacks and deaths compared to medical therapy. In large measure these procedures fail to prevent disease progression because they do not address the atherosclerotic process itself.

Additionally, CABG and stents are generally used only for those portions of the artery narrowed 85 to 99 percent. Yet plaque which narrows the artery a mere ten to 50 percent, and produces no warning symptoms or abnormalities on stress tests, accounts for the majority of heart attacks. The reason is felt to involve the different compositional makeup of smaller plaques, which makes them more vulnerable to disruption and subsequent heart attack.

Diet and healthy lifestyle changes are the original, natural approach to prevent cardiovascular disease and other diseases. Moreover, they are both very powerful when used consistently over time and very low risk. In parts of the world such as Okinawa and Crete, where an optimal cardiovascular diet is consumed, epidemiological data show heart disease to be a rare phenomenon.

In a randomized controlled clinical trial, the Lyon Diet Heart Study, a high omega-3 Mediterranean diet compared to a prudent Western diet reduced the risk of cardiovascular death by 70 percent in five years. Moreover, a healthy diet and lifestyle has no side effects – no muscle aches, no liver inflammation, no fatigue, and no sexual dysfunction. And the financial cost of a healthy diet and lifestyle is tiny compared to the cost of multiple medications and procedures.

Finally there is no scientific evidence that alternative approaches involving supplements, herbs, mega-vitamin therapy, or chelation therapy can prevent cardiovascular disease and take the place of a healthy diet and lifestyle. An assessment of risk and benefit suggests that a healthy diet and lifestyle should form the foundation for any approach to prevention of disease, and while it may be supplemented by the medications and procedures of Western medical science, it cannot be replaced by them.

In summary, there are definite limits to the ability of the medicines and procedures of Western medical science to prevent disease, especially cardiovascular disease. A healthy diet and lifestyle should serve as the basic strategy for disease prevention because the risk and cost is low and the benefit is proven and significant. This basic strategy is complementary to and helps address the limits of Western medical science. 🌱

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## KAYAKING &amp; CANOEING

Spring  
Tips

## for Paddlers

*Dreaming about  
the coming paddle season?  
We have some tips to help  
you get ready.*



PHOTO BY ALAN MAPES

By Alan Mapes

**S**pring is nearly upon us, and the paddler's thoughts turn to water – liquid water! Here are a few ideas for getting ready to paddle this spring.

Some folks will put on a wetsuit or dry-suit and will venture into the cold waters very soon now. I hope they are up to speed with their knowledge about cold water shock and hypothermia, and how to avoid them. Most of us will wait a while, until the water warms to safer temperatures. In any case, here are some preparations that paddlers can make now for the coming season. I'm thinking about kayaking with most of these, but they most will apply to canoeing as well.

**Tune up your body.** The most important part of the kayak or canoe is the engine – that's you! Keeping yourself in good general condition is important for paddling. Over the winter, I exercise walk, snowshoe, do some yoga, and work with the weight machines at my local YMCA. As March comes in, I redouble my efforts on stretching, giving special attention on two areas. Loosening the hamstrings will help you be comfortable sitting in a boat with your legs out in front of you. The other area is twisting the torso, getting my shoulders close to 90 degrees from the plane of my hips. This action helps provide power for paddle strokes. Many kayak maneuvers are best done with the torso rotated so your shoulders are in line with the edge of the boat. That way, you can face your work and can get more power on the paddle. For stretching exercises that relate to paddling,

check the article section of Paddling.net, "Skills for Paddling: Exercises."

**Fix up the boat.** Modern kayaks and canoes are low-maintenance items, but a few items should be checked. Rubber hatch covers on kayaks are often quite hard to take off and on. Get out the spray bottle of 303 Aerospace Protectant and give the covers a good coating, both top and bottom. I spray some on, then working it around with a small rag. I make sure to get the 303 into the groove underneath the hatch covers and I also coat the rim where the cover goes on the boat. This treatment makes the covers last longer and is magic if your covers are hard to seal – they should slide right on. Use 303 on the whole boat if it's plastic – it should help keep the plastic from getting brittle over time. You can find 303 at your local paddling dealer.

Kayak footpegs can become sticky and hard to adjust. Check their action to make sure they are not jammed by sand and dirt. Most of my boats have metal footpeg rails that can develop a little corrosion, also making them stick. A good washing out with a hose may solve the sand problem. With metal rails, spray on a small amount of WD-40 and work the pegs back and forth to take care of the corrosion.

Skegs and rudders often have mechanical problems. Check their action and the condition of the cables that make them work. It is hard to lubricate cables where they run through tubing inside the boat. Though it's

a hassle, sometimes the only way to make a skeg work well is to remove the cable and lube it with some silicone spray. A kinked cable should be replaced.

The bungee cords and safety lines on the deck of your kayak will wear over time. Your local dealer will probably have new material if you need to replace frayed lines. Take a close look at the end toggles that are used to pick up the kayak. Replace any frayed line so it will not break and let the boat fall.

**Check over your other paddle gear.** Paddles may need a little cleaning at the ferrule, the connection where the two halves go together. Put each paddle together and pull it apart a few times. If it sticks or fails to click together, you may need to flush out some sand or other crud. I would not lube it with WD-40 since it may attract more sand. Cleaning will usually fix the problem, but some graphite lock lube might do the trick if needed. Many paddles have a metal spring clip/button that clicks the paddle halves together – that can get rusty or weak. Replace bad ones by pushing the button in as far as you can and pulling the clip out with pliers.

Some of my paddles are all-black carbon fiber, beautiful and light weight. The downside is they don't help make you visible to other boats on the water like a bright-colored paddle does. I add a stripe of reflective tape to both sides of each blade, making me more visible both during the day and at night.

Check your dry bags for leaks. I find that they do not last forever. The best way to

check is to run some water inside a bag, and see if there are any holes to let it out. In similar fashion, your paddle float will not last forever. Blow it up and dunk it in a pail of water – see if any air escapes. I've seen more than one rotten old paddle float fall apart when a paddler tried to inflate it. While you are at it, stick your bilge pump in that bucket of water and see if it still works. Best to find the flaws in your safety gear before it's needed.

Check your paddle clothes and wash up any that did not get it last fall. Zippers can be a problem with paddling garments, especially if you've had them in salt water. I use Max Wax zipper lube from Aquaseal on them. It's a wax-like material that comes in a small stick. It can do wonders when you rub it on those sticky zippers. At my house, it also gets used to fix balky zippers on all sorts of non-paddling gear. Zipper lube can be found at paddle supply stores and even on Amazon.

**Pool sessions, guide books and paddling groups.** Here are a few more thoughts on the theme of preparing body and mind for the upcoming paddling season. Pool practice sessions are offered in several places this spring. They offer a chance to shake out the rust and learn some new strokes or rescue techniques. One organization offering pool sessions is the Albany Chapter of the Adirondack Mountain Club, [adk-albany.org](http://adk-albany.org).

As I daydream about the new paddling season, I like to research some new launching spots. On my book stand are two new paddling guide books for our region – "Adirondack Paddling: 60 Great Flatwater Adventures" (ADK) by Phil Brown and "A Kayaker's Guide to Lake George, The Saratoga Region & Great Sacandaga Lake" (Black Dome Press) by Russell Dunn.

Finally, I suggest joining a paddling group like the Adirondack Mountain Club paddlers, the Albany Area Kayaking Meetup Group, or the Capital District Kayakers (also a Meetup Group found online). I always learn something new when I spend time with other paddlers. 🌱

*Alan Mapes (alan@northriverkayaks.com) of Delmar is the owner of North River Kayaks, offering kayak instruction, canoe and kayak repairs and Greenland paddles. He has instructor ratings from the BCU and the American Canoe Association.*

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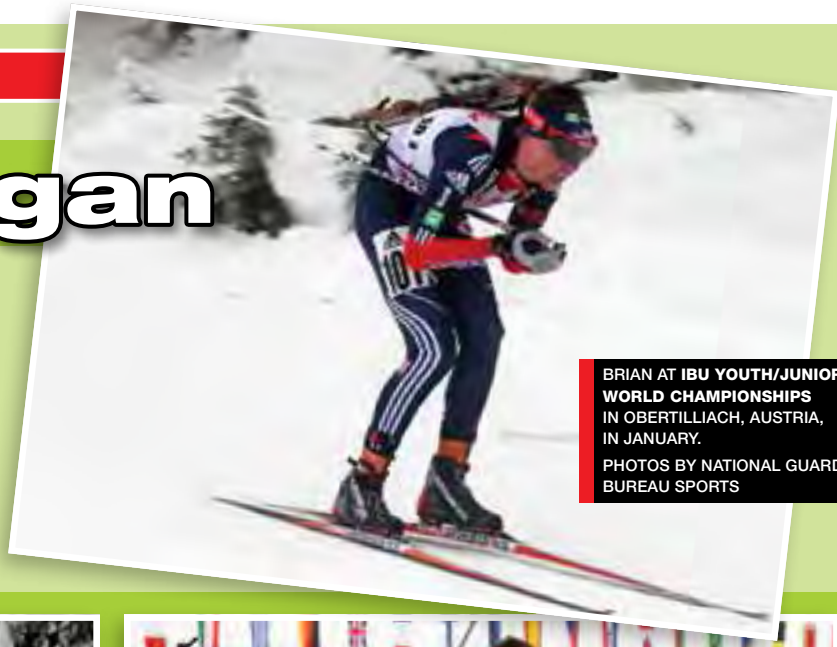


## ATHLETE PROFILE



# Brian Halligan

**PRIMARY SPORTS:** Nordic Skiing and Biathlon  
**AGE:** 18  
**RESIDENCE:** Gansevoort  
**SCHOOL:** Senior at Saratoga Springs High School  
**FAMILY:** Brother, Mikey, 13; Parents, Kristen and Sean  
**SECONDARY SPORTS:** Cross-Training with Distance Running and Cycling



BRIAN AT IBU YOUTH/JUNIOR WORLD CHAMPIONSHIPS IN OBERTILLIACH, AUSTRIA, IN JANUARY.  
PHOTOS BY NATIONAL GUARD BUREAU SPORTS

By Janit Gorka

**B**rian Halligan is a young man who has carved his own niche, or perhaps two niches, in the winter sports world here in the Northeast. His commitment to two very challenging outdoor winter sports has taken him to Alaska, Minnesota, Vermont and Austria, and he has no intention of choosing just one sport in the near future.

"What I am depends on who I am talking to..." Brian says, and he didn't pick that up from Philosophy class. What he is referring to is how he is defined: the biathlete or the Nordic skier?

Brian has pursued both athletic interests since he was 13, but started Nordic skiing "as soon as I could walk," he shares. "They are two different worlds," Brian says of the biathlon and Nordic skiing community.

He learned to Nordic ski and entered his first races in the Bill Koch Nordic Youth Ski Program, which is a nationwide club designed for seven to 13 year-olds. Some of the largest leagues are here in the Northeast, and Brian had exposure to Nordic ski techniques and competitions while still in elementary school.

When asked about his strengths in skiing, he cites that early exposure is a key to his success. "Most of the kids I competed against had just put skis on, so I could go faster than them. As I got older, it became my drive and pushed me to go further," Brian states.

He had initial success in Nordic skiing, but first endeavors in the art of shooting for biathlon didn't go quite as smoothly. "Just like anyone else, you don't just come off being great... My first biathlon race didn't go so well but it was so much fun," he shares. "I had been going to races with my Dad, who's a successful masters competitor in the same sports, and I couldn't wait to do it myself," he says.

Biathletes shoot on a specially designed 50-meter range. There is a 150-meter penalty



loop if athletes miss shots with their .22-caliber rifle. The closest range to Brian is at the Saratoga Biathlon Club in Day, that's run by the Schreiner family, where one of the race organizers is three-time Olympian Curt Schreiner.

Lately his strength in biathlon has been his skiing. Brian recently returned from Austria, where he competed in the World Junior Biathlon Championships. He had qualified by getting fourth-place overall at the US Junior World Trials in Minnesota in December. "In my first race there I dug a hole, missed a lot of shots, but in the next race I was prepared," he offers.

"I'm a good shooter, but sometimes I forget what I know." Brian has to have focus and training to calm his body, quiet the stock of his rifle, shoot accurately – in the prone and standing positions alternately – and move the harnessed rifle to his back, and then ski the 2.5-meter course.

Biathletes can feel their heartbeat on the stock of the gun (more so for lefty shooters), and even have to mitigate the movement associated with taking a breath – a unique control exclusive to this endurance sport. "The biathlete rifle has a specific stock and is adjustable and custom fit to the owner. It has to be comfortable," he describes. "This year, I will be working on becoming a better shooter."

Both of Brian's sports require a lot of dis-

cipline and year-round training. This sacrifice doesn't seem to occur to Brian. "I love the sport so much that I am not thinking about what I'm missing," he explains. He gets to as many school events as he can, and spends free time with friends. "Now that I am older and I can drive, I have a bit more freedom."

He hopes to attend college near a biathlon range, and two of his possible schools are in Burlington, Vt. The Ethan Allen Biathlon Club is nearby, and that's where his biathlon coach, Algis Shalna, resides.

For now, Brian's focus is on the conclusion of his high school Nordic ski season. He is just coming off a victory at the NY Section 2 Championships where the athletes race a 10K. For the past three years, Brian has had top-ten finishes at the State Championships – seventh as a sophomore, fifth as a junior, and he just earned a fifth place again on Feb. 25. This year, his relay team earned a fourth place, and last year his relay team was second.

Brian has qualified for Junior Nationals the last three years, but carefully chooses his races to attend. He also travels to Nordic or biathlon competitions and camps, including the Regional Elite Group Camp in Lake Placid, and Junior Development Camps in Vermont.

As he matures, Brian has increased his cross-training, such as roller-skiing, and

does additional training outside his high school season. He is also learning to race better strategically. "You have to gain seconds where you can... All the time looking for places to take a few seconds off, being smart, taking turns short, and going one step further to glide out down a hill... You always have to be thinking on the course," he says.

Brian states that having his father's support has helped him succeed. His father started doing biathlon in a college ROTC program. "My dad won't even let me touch my skis on a race day... I am spoiled to have him. He is always looking for better wax to help me perform well," he says. Brian's younger brother, Mikey, also has natural talent at Nordic skiing, and this winter he makes up a Nordic Ski team of "one" at Spa Catholic School.

For many high school seniors, their winter sports scholastic participation has come to a close. Sean is just getting started in a sport that has older skiers in its elite ranks. He has college teams to consider, and coach Shalna will have him training for the next challenge, whether scholastic or individual. 🌲

Janit Gorka is a Wilton-based freelance writer and photographer with three amazing, athletic children. She can be reached at saratogaoutdoorjg@gmail.com.

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# ADIRONDACK SPORTS & FITNESS SUMMER EXPO

**\$5,000  
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**March 9 & 10 • Saturday 10-5 & Sunday 10-4  
Saratoga Springs City Center • 522 Broadway**

**Everything You Need For Summer Sports!**

**Running • Cycling • Triathlon • Hiking • Paddling • Healthy Living • Travel**  
125 Exhibitors • Sales on Gear, Clothing, Footwear  
Pool & Floor Demos • Seminars & Clinics • Family Activities



## EXHIBITORS BY CATEGORY

As of February 28, 2013

### ■ RUNNING & WALKING

Adirondack Marathon Distance Festival  
Adirondack Recreation Trail Advocates  
Double H Ranch/Camp Challenge Run  
Firecracker 4 4M Road Race  
Freihofer's Run for Women 5K  
Greenwich & Glens Falls Urban Assaults  
Hudson-Mohawk Road Runners Club  
Susan G Komen NE NY Race for the Cure  
Lake George Half Marathon  
Leukemia & Lymphoma Society/  
Team in Training  
Malta Business & Professional  
Association 5K  
Mastodon Challenge 15K, 5K & Fun Run  
Mohawk Hudson River Marathon & Half  
Marathon  
Mohawk Towpath Scenic Byway  
Mountain Goat/Ron Houser, Certified  
Pedorthist (4)  
Newton Natural Running (Blue Sky  
Bicycles)  
Run 4 Your Life 5K Run/Walk  
RUseeN Reflective Apparel (2)  
Saratoga Stryders Running Club  
Special Olympics NY-Silks & Satins/  
rUNDEAD  
Survive the Farm 5K Challenge  
USA Track & Field-Adirondack

American Diabetes Association/  
Tour de Cure  
Blue Sky Bicycles  
Broadway Bicycle Co  
Building Strong Survivors/Pink Cure Ride  
Capital Bicycle Racing Club  
Double H Ranch/Camp Challenge Bike  
Grey Ghost Bicycles  
Leukemia & Lymphoma Society-Team  
in Training  
Leadville Race Series/Whiteface  
100-LifeTime Fitness  
Mohawk Towpath Scenic Byway  
Mohawk-Hudson Cycling Club  
Placid Planet Bicycles  
Plaine & Son Bike-Ski Warehouse (2)  
Revolutionary Velo-Watts Indoor  
Riding Center  
Saratoga Century Weekend/MHCC  
Saratoga Mountain Bike Association  
Spa City Bicycleworks  
Stan's NoTubes Great American  
Cycling Series/Anthem  
Steiner's Ski & Bike (10)  
Tomhannock Bicycles (2)  
Tour of the Battenkill, Dragons  
& Catskills/Anthem  
Victory Cycle Works

### ■ TRIATHLON & DUATHLON

Bethlehem Tri Club  
Blue Sky Bicycles  
Broadway Bicycle Co  
Capital District Triathlon Club

### ■ BICYCLING & MOUNTAIN BIKING

Adirondack Recreation Trail Advocates  
Adirondack Ultra Cycling  
Ididaride! Adirondack Bike Tour/ADK

Cooperstown-Delta Lake-Old Forge  
Triathlons/ATC  
Crystal Lake Triathlon/CDTC  
Glens Falls Lions Duathlon  
Grey Ghost Bicycles  
Fronhofer Tool Triathlon  
Lake George Triathlon Festival  
Leukemia & Lymphoma Society/Team  
in Training  
Mohawk Towpath Byway Duathlon  
Peasantman Triathlon  
Placid Planet Bicycles  
Plaine and Son Bike-Ski Warehouse  
Revolutionary Velo-Watts Indoor  
Riding Center  
Saratoga Lions Duathlon  
Saratoga Triathlon Club  
Steiner's Ski & Bike (10)  
Team LUNA Chix Albany Triathlon  
Tomhannock Bicycles (2)  
Tupper Lake Tinman Triathlon  
Victory Cycle Works

### ■ KAYAKING, CANOEING, SUP & ROWING

Adirondack Mountain Club (2)  
Boats By George/Patty's Watersports (2)  
David Fisher Upper Hudson Heroes/  
Watervliet  
Hudson River Whitewater Derby/Gore  
Region  
Lake George Kayak Co (4)  
Mountainman Outdoor Supply Co (12)  
Moonlight Marine Custom Wood Kayaks (2)  
North River Kayaks  
Placid Boatworks (2)  
Saratoga & Adirondack PaddleFests/  
MOSC

Saratoga Rowing Association  
Slipstream Watercraft/Canoes  
Steiner's Ski & Bike (10)  
Watervliet Hudson Shores Park

### ■ HIKING, CLIMBING & SKILLS

46ers Documentary  
Adirondack Mountain Club (2)  
Adirondack Recreation Trail Advocates  
Adirondack Rock and River Guide  
Service/Lodging  
Leukemia & Lymphoma Society/Team  
in Training  
Mountain Goat/Ron Houser, Certified  
Pedorthist (4)  
Mountainman Outdoor Supply Co (12)  
New York State Outdoor Guides  
Association  
Rock Solid Fun Climbing Wall  
SUNY Adirondack-Adventure Sports  
YMCA Camp Chingachgook on  
Lake George

### ■ ALPINE SKIING & SNOWBOARDING

Steiner's Ski & Bike (10)

### ■ HEALTHY LIVING

Accurate Chiropractic  
Adirondack Sports & Fitness Magazine  
Arbonne  
Asea Dietary Supplement  
Back in Balance Therapeutic Massage  
Bodywise Fitness Studio  
Brains & Brawn Exercise Puzzle Game  
Building Strong Survivors/Zumba for  
the Cure  
Capital District YMCA  
Concord Pools & Spas (4)

Girlfriends Getaway Wellness  
Weekend-Bolton  
Girlnetic  
H2O Solutions  
HealthPlex  
Heavenly Hollow/Herbal Packs-  
Magnetic Jewelry  
Huff N Puff Home Improvement  
Logo WearHaus  
Northeast Foot Care/Dr. David Lamarski  
Proactive Chiropractic/Active Release  
Technique  
Real Goods Solar  
Regional Food Bank of Northeastern NY  
Centers (2)  
Rich Morin's Professional Scuba  
Centers (2)  
Saratoga Hospital/Regional Therapy Center  
Saratoga Photobooth Co  
Saratoga Regional YMCA  
Sportique Brands Natural Skin Care

### ■ TRAVEL DESTINATIONS

Adirondack Museum  
Adirondack Scenic Railroad  
Bolton Landing Chamber of Commerce  
Central Adirondack Association  
Enchanted Forest Water Safari  
Gore Mountain  
Gore Region Chamber of Commerce  
New York State DEC Campgrounds  
Old Forge Camping Resort  
Silverleaf Resorts  
Town of Inlet-Information  
Tupper Lake Chamber of Commerce  
Washington County Tourism (2)  
Water's Edge Inn & Conference Center  
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Olympic Race  
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Half Iron Race  
Sunday - September 1st

Half Iron AquaBike Race  
Sunday - September 1st

Local events in the  
Lake George Area

**Will You Survive?**  
**Saturday, April 13th**  
**Clarkson University**  
Registration starts 8:00am  
Race at 10:30am

**Escape the Virus!**  
There are two runner divisions, "All You Can Eat," a non-competitive flight and "Fast Food," a competitive flight. You'll get three flags on a belt, keep at least one and you've survived, lose them and the zombies have won!

**Join the Mob!**  
We're recruiting two types of zombies to go after their meals. "Hunters" will be allowed to chase runners for a short distance. "Crawlers" can walk, stumble, shuffle or band together to strategically remove flags. Zombies are not allowed to physically touch runners.

**5k Trail run...where the obstacles are zombies!**

Runners & Zombies = \$25 pre registered \$30 day of

All registrants get a race day shirt and access to the festivities!

**Volunteers Needed!**  
We will be accepting walk-up volunteers the day of the run! For more information contact [miorizzo@nyso.org](mailto:miorizzo@nyso.org).

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[facebook.com/TheRUNDEADNorthCountry](https://facebook.com/TheRUNDEADNorthCountry)





**31st Annual  
Tupper Lake  
Tinman Triathlon**  
Saturday, June 29, 2013  
*Tupper Lake – Crossroads of the Adirondacks*

**A great race for beginners and veterans!**  
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Swim 1.2M / Bike 56M / Run 13.1M

**SPRINT:** Swim .6M / Bike 18.6M / Run 6.6M



Register: **Tupper-Lake.com/Tinman**

Info, Ted Merrihew, race director: Tinman@Tupper-Lake.com or (518) 359-7571

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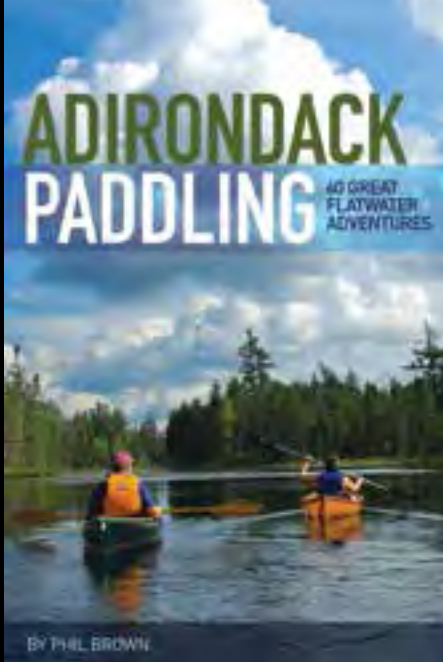
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# ADIRONDACK

## SPORTS & FITNESS

# SUMMER EXPO

### EXPO SEMINARS & CLINICS

#### SATURDAY, MARCH 9

- 12-12:45 Running, Walking & Hiking: Stop Living with Foot Pain: Prevention & Treatment.** If you have any heel pain, plantar fasciitis or Achilles tendonitis, Dr. David Lambariski will give you information and answers to your questions related to sports injuries of the foot. Dr. David Lambariski, Podiatrist, Northeast Foot Care.
- 1-1:45 Running: Remix Your Run.** This seminar will discuss training techniques for novice and recreational runners who are looking to become more competitive. Topics will include dynamic warm-up routines, workouts to develop speed, strength training (without weights), and race planning. Some demonstration and Q&A will follow. Andrew Rickert is a USATF Level II certified cross-country and track & field coach at The College of Saint Rose. He runs competitively over road, trail and snow and he's also a teacher at Lansingburgh High School.
- 2-2:45 Adirondack Paddling: 60 Great Flatwater Adventures.** Phil Brown of Saranac Lake will present a slideshow on his kayaking and canoeing experiences throughout the Adirondack Park. Phil Brown is the editor of Adirondack Explorer and author of the new guidebook Adirondack Paddling: 60 Great Flatwater Adventures.
- 4-4:45 Freestyle Swimming for Triathletes.** Kevin Crossman will discuss development of the freestyle technique and demonstrate it using the VASA trainer. Kevin Crossman of South Glens Falls is a triathlon coach and has ten USAT-sanctioned podium finishes and is a two-time USAT All-American.

#### SUNDAY, MARCH 10

- 12-12:45 Triathlon: Tips & Tricks for a Great Multisport Season.** Learn tips and tricks for making training and racing easier. We'll bust some myths. It's a great opportunity to figure out how to pick races and plan your season. Coach Kristen Hislop will be joined by LUNA team members. Kristen Hislop 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."
- 1-1:45 Bicycling & Triathlon: Bike Fit & Proper Positioning.** Kenny Boettger will provide an overview of all aspects of bike fitting for improved performance and comfort. Kenny Boettger, co-owner of Placid Planet Bicycles, has been a professional bike fitter since the mid-80s.
- 2-2:45 Hiking Seminar.** An Adirondack Mountain Club speaker will discuss and share local hiking opportunities in the near Adirondacks – Saratoga and Lake George



LEARN SOMETHING NEW AT OUR **PADDLING DEMOS** THROUGHOUT THE WEEKEND. PHOTO BY GREG WOLCOTT

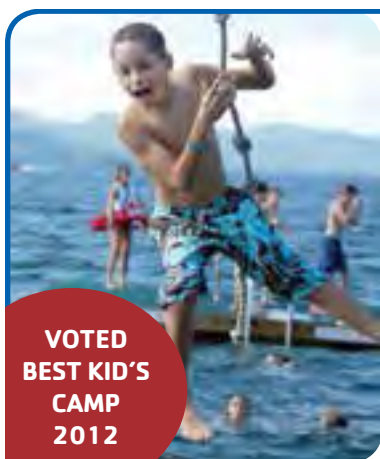
### EXPO PADDLING POOL DEMOS & CLINICS

#### SATURDAY, MARCH 9

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Robin Read, John Ozard & Steve Burke, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 Kayak Paddling Strokes & Boat Handling Techniques.** Robin Read, John Ozard & Steve Burke, Adirondack Mountain Club – Albany Chapter.
- 12:00-12:30 Stand-Up Paddleboarding 101 & SUP Yoga.** Tina Fetten & Ike Wolgin, Lake George Kayak Co.
- 12:30-1:00 Whitewater Kayaking 101 & Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.
- 1:00-2:30 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers.
- 2:30-3:00 Touring Kayak Capsize Recovery, Rescue & Rolling.** Robin Read, John Ozard & Steve Burke, Adirondack Mountain Club – Albany Chapter.

#### SUNDAY, MARCH 10

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Pete Devitt, Alan Mapes & Mike Cavanaugh, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 Kayak Paddling Strokes & Boat Handling Techniques.** Pete Devitt, Alan Mapes & Mike Cavanaugh, Adirondack Mountain Club – Albany Chapter.
- 12:00-12:30 Stand-Up Paddleboarding 101 & SUP Yoga.** Tina Fetten & Ike Wolgin, Lake George Kayak Co.
- 12:30-1:00 Whitewater Kayaking 101 & Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.
- 1:00-2:30 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers.
- 2:30-3:00 SUP Yoga.** Tobey Gifford, Lemon Tree Yoga Studio & Patty's Watersports.
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** Pete Devitt, Alan Mapes & Mike Cavanaugh, Adirondack Mountain Club – Albany Chapter.
- 3:30-4:00 Intro to Solo Canoeing.** Lisa Backman, Adirondack Mountain Club – Albany Chapter.



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### SATURDAY MAY 4TH - 10AM

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SUNDAY, APRIL 28, 2013

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AT THE OTESAGA RESORT HOTEL  
SPRINT DISTANCE  
SUNDAY, MAY 26, 2013

**DELTA LAKE TRIATHLON**  
INTERMEDIATE & SPRINT DISTANCES  
SUNDAY, JULY 21, 2013

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3/4 MILE SWIM, 22 MILE BIKE, 4 MILE RUN  
SUNDAY, AUGUST 18, 2013

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SATURDAY, JULY 20, 2013



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# ADIRONDACK

## SPORTS & FITNESS

# SUMMER EXPO

## Exhibitor Overview

### RUNNING & WALKING

**Adirondack Marathon Distance Festival** – We will be presenting information, brochures, maps and registration for the Adirondack Marathon and Half-Marathon, 5K and 10K, which takes place on September 21-22. Schroon Lake  
• 518-524-7464 • adirondackmarathon.org

**Double H Ranch** – Visit our booth for information on our Double H Ranch Camp Challenge Bicycle Ride and Camp Challenge Run on September 28. Lake Luzerne • 518-696-5921  
• doublehbranch.org

**Firecracker 4 Road Race** – Our perennial four-mile race has become a 4th of July Saratoga tradition. It's a spirited race through historic Saratoga Springs with entertainment along the course. Join the fun, bring a friend and run! Saratoga Springs • 518-316-4445  
• firecracker4.com

**Freihofer's Run for Women/USA Track & Field Adirondack** – The Freihofer's Run for Women 5K, the premier running event in the Capital Region is in its 35th year. Come celebrate with us at this world-renowned event on June 1st in Albany. Troy • 518-273-5552 • freihoferstrun.com

**Hudson-Mohawk Road Runners Club** – We are a not-for-profit running club with over 2,000 members in the Capital District that holds over 30 events throughout the year, including the Gazette Stockade-athon 15K, Mohawk Hudson River Marathon and Half Marathon, the HMRRRC Winter Marathon, and HMRRRC Summer Track Series. Come run with us!  
Albany • 518-377-1836 • hmrrc.com

**Komen NENY Race for the Cure** – Find out about breast health and breast cancer, purchase pink ribbon merchandise, and learn more about the Komen Race for the Cure 5K on October 5 at the Empire State Plaza in Albany. Albany  
• 518-250-5379 • komenneny.org

**Malta Business & Professional Association 5K** – The fourth annual Malta BPA 5K presented by Global Foundries is on September 7. Come see the two tech parks, HVCC TECSMART, and run through the Global Foundries campus. Malta • 518-472-4807 • maltabpa.com/malta5k

**Mastodon Challenge 15K, 5K & Kids Fun Run** – For the 144th anniversary of its founding, the City of Cohoes has established two footraces as part of the Cohoes Heritage Festival. The second annual Mastodon Challenge 15K and 5K races will be held on May 19. Visit our booth for discounts on race registrations and giveaways and samples. Cohoes • 518-233-2116  
• foundersday15k.com

**RUseeN Reflective Apparel** – We will be selling and promoting reflective shirts, vests, jackets, and other reflective accessories. Shillington, PA  
• 610-777-1288 • ruseen.com

**Saratoga Stryders** – Come run with us! The Saratoga Stryders have workouts and recreational runs and walks for all abilities. Join us Wednesdays or Saturdays throughout the year or participate in our Summer Trail Run Series. Saratoga Springs • 518-584-5229  
• saratogastryders.org

**Schenectady Firefighters "Run 4 Your Life" 5K** – We're promoting our fourth annual 5K run/walk on March 30 and raising awareness about the leading cause of death to firefighters: cardiovascular disease. Schenectady • 518-365-3883  
• schenectadyfirefightersrun4yourlife.com

**Special Olympics New York** – Learn more about the Special Olympics NY, including volunteer opportunities as well as the Silks & Satins 5K Run, the rUNDEAD 5K, and the Lake George Polar Plunge. Schenectady • 518-388-0790  
• specialolympicsny.org

**Survive the Farm 5K** – We'll be promoting our 5K obstacle challenge mud run that's on May 25 at our Washington County farm in Easton. We also have a 1K kids' obstacle course and post-run barbeque. Easton • 518-791-7856  
• survivethefarm.com

### Team In Training/Leukemia & Lymphoma Society

– Train with Team In Training to run or walk a full or half marathon, cycle a century ride, or complete a triathlon or endurance hike – and help save lives with every mile! Albany  
• 518-438-3583 • teamintraining.org/uny

### BICYCLING

**Adirondack Recreational Trail Advocates** – ARTA advocates converting 90 miles of obsolete rail line into a world-class recreation trail, through the heart of the Adirondacks – for bikers, runners, hikers, and people of all ages and physical abilities. Saranac Lake • 518-891-2527  
• thearta.org.

**Adirondack Ultra Cycling** – We organize long distance bicycle rides and races in the Adirondack and Saratoga regions of upstate New York. Our events include the Adirondack Ultra Challenge century series, the Saratoga Brevet series, the Saratoga 12/24, the Montreal Double-Double, and the Adirondack 540 RAAM qualifier. Schuylerville • 518-583-3708  
• adkultracycling.com

**American Diabetes Association** – Get ready to take the ride of your life with Saratoga Springs' Tour de Cure on June 2 and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5 or 100 miles, or an indoor three-hour Spinathon!  
Albany • 518-218-1755 • diabetes.org

**Anthem Sports/Tour of the Battenkill** – The 2013 Stan's NoTubes Great American Cycling Series, includes the Tour of the Battenkill, Tour of the Dragons, Tour of the Catskills and other series events. Visit our booth for tour jerseys, tees and other items. Cambridge • 518-275-6185  
• greatamericacycling.com

**Building Strong Survivors** – We will be accepting on-site registrations for our upcoming events: Pedaling Toward the Pink Cure, and Zumba for the Cure. We will also be selling sweatshirts and window clings. Schenectady • 518-577-2499  
• buildingstrongsurvivors.org

**Capital Bicycle Racing Club** – We are the premier bicycle racing club in the Capital Region and we co-promote four road races, three time trials, and one cyclocross event each season.  
518-966-4198 • cbrc.cc

**Grey Ghost Bicycles** – More than a bike shop – we're the start of a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional fit. Glens Falls • 518-223-0148 • greyghostbicycles.com

**Lifetime Fitness** – Leadville Race Series – The Adirondack region in eastern New York is a recreational paradise of high rocky summits and breathtaking vistas – both of which factor into this sadistic bike race known as the Wilmington Whiteface 100. Chashassan, MN • 901-270-0121  
• leadvillerraceseries.com

**Mohawk-Hudson Cycling Club** – We are upstate New York's largest recreational bicycling organization. MHCC currently has 700 members in the club – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. Albany • 518-466-1182  
• webmhcc.org

**Mohawk Towpath Scenic Byway** – The Mohawk Towpath Scenic Byway is a series of roads that follow the historic route of the Erie Canal between Schenectady and Waterford/Cohoes. Ask us about recreational opportunities and upcoming events. Clifton Park • 518-371-7548  
• mohawktowpath.org

**Placid Planet Bicycles** – Placid Planet will be displaying a few of the hundreds of road, mountain and triathlon bikes that we have ready to ride at our store in Lake Placid. Lake Placid  
• 518-523-4128 • placidplanet.com



### Plaine & Son Ski & Bike/Broadway Bicycle Co.

– Plaine's and Broadway will be promoting our bicycles, fit services, Specialized and Trek brands, bicycling clothing, accessories and the HRRT Bicycle Club. Schenectady • Albany  
• 518-346-1522 • plaineandson.com and  
broadwaybicycleco.com

**Revolutionary Velo-Watts** – RVW is a performance cycling center and coaching business utilizing CompuTrainers, power meters, and an Endless Pool in its training and coaching business. Clifton Park • 518-256-9818  
• velowatts.com

**Saratoga Mountain Bike Association** – SMBA will have individual and family memberships for sale, SMBA gear for sale, general information about the club, our activities within the community, and a schedule of club events for 2013. Saratoga Springs • 518-369-6319 • saratogamt.org

**Spa City Bicycleworks** – Our mission is to combine the old world traditions of service and hospitality with the conveniences of the modern world. We work with riders from all levels and listen to what they need and desire from cycling. We make the experience of coming to our shop second to none. Saratoga Springs • 518-587-0071  
• spacycitybicycleworks.com

**Steiner's Ski & Bike** – Visit our sales "store" at the Summer Expo where we'll have big discounts on products from all three of our store locations... All 2012-2013 skiwear, skis, boots, bindings, accessories will be 50% off! Brands include Tecnica, Nordica, Fischer, Volkl, Line, Blizzard, Scott, Smith, North Face and Karbon. All 2012 road bikes will also be 20 to 40% off! Brands include Specialized, Trek and Raleigh. Glenmont, Hudson, Valatie • 518-427-2406 • steinersskibike.com

**Tomhannock Bicycles** – Tomhannock will be promoting our tri, road and mountain bikes, plus fitting, accessories and apparel. Pittstown • 518-663-0083 • tomhannockbicycles.com

**Victory Cycle Works** – We will be introducing Guru Bicycles to the Capital Region cycling community. Victory Cycle Works specializes in bike fitting from the ground up and believes, like Guru, in the importance of a proper fit to achieve the perfect balance of comfort, efficiency, and power on your bike. Clifton Park • 518-982-7315 • victorycycleworks.com

### HEALTHY LIVING

**Accurate Chiropractic** – Dr. Miles includes traditional manual manipulation as well as low force instrument assisted adjustments, passive stretching, body work, Graston Technique, home rehabilitative stretches, stabilization exercises, and Kinesio tape to help the patient recover quickly. Saratoga Springs • 518-290-6728  
• accurate-chiropractic.com

**Adirondack Sports & Fitness** – Stop by our booth to introduce yourself, talking with Darryl and Mona, the publisher and editor of the magazine, and please share your feedback on the magazine and expo. Also enter to win great expo prizes to races, events, products, services and subscriptions – valued at over \$5,000, generously donated by our advertisers and exhibitors. Clifton Park • 518-877-8788 • adksports.com

**Arbonne International** – Arbonne offers the only line of products that are completely botanically based. Our products meet dietary needs at every stage of life. Clifton Park • 518-321-4591 • sheila@myarbonne.com

**ASEA** – ASEA is the most significant health science discovery of our lifetime. Scientifically supported; 16-plus years of research, 100% safe and non-toxic. Boost Energy; enhances metabolic processes, work-out harder, longer, more often and recover quicker. Superior Antioxidant Protection; activates antioxidant effectiveness by 500%-plus. Athletes Approve; shortened recovery, more energy, less soreness, improved endurance with an average 12% increase in ventilatory threshold! Comprehensive Support; Minimizes cellular damage, enhances cell communication and speeds healing process – critical functions of athletic performance, endurance and recovery. An athlete's dream! Greenfield Center • 518-944-1556 • marycae.teamasea.com

**Back in Balance Therapeutic Massage** – We can help you with recovery from strenuous exercise or competition and prevent injury with massage therapy. Learn how we custom design sessions to meet your specific needs. Back in Balance's staff is made up of licensed, experienced professionals. Clifton Park • 518-371-6332 • bibtherapeuticmassage.com.

**BodyWise Fitness Studio** – We're a private studio with an energetic, upbeat ambiance located in Malta offering engaging classes (Spin, Les Mills) led by expert instructors who will get you excited about wellness! Stop by our booth to purchase classes, enter our raffle or pick up a giveaway! Malta • 518-289-5508 • bodywisefitnessstudio.com

**Brains and Brawn** – We manufacture and exercise puzzle game for children ages 3-6. Children put a large puzzle mat together according to a pattern, which leads them through an exercise. Vestal • 518-956-3643 • obstaclehouse.com

**Concord Pools & Spas** – Introducing the Michael Phelps Signature Swim Spas by MasterSpas for swimming, triathlon, and aquatic exercise and therapy. Latham • 518-783-8976 • concordpools.com

**Girlfriends Getaway Wellness Weekend** – Bolton Landing – We'll be promoting our Girls Wellness Weekend on May 10-13 in Bolton Landing. Stop by our booth to learn more. Bolton Landing • 518-644-3880 • girlfriendsgetawaybolton.com

**Girlnetic** – We're an online fitness social club for women that promotes fitness and healthy living to be done with girlfriends in a social setting. Stop by our booth and learn more about us. Albany • 877-687-6734 • girlnetic.com

**H2O Solutions** – We'll have stainless steel canteens, solar chargers, water bottles, air filters and water purification at our booth. Mechanicville • 518-899-6519 • h2osolutionsny.com

**Healthplex** – We'll do complimentary functional movement screens and chair massages, plus offer gym memberships and training packages. Clifton Park • 518-383-0225  
• healthplexfitness.com



## EXHIBITOR OVERVIEW continued

**Heavenly Hollow Distribution** – We provide therapeutic USA hand-made herbal packs (our own 13 Chamber Shoulder plus lavender/eucalyptus sinus), magnetic jewelry, and uniquely ours, the multi-purpose eucalyptus-emu oil blend plus omega 3-6-9 relief for sore joints and muscles. Averill Park • 518-281-4561 • heavenlyhollowdist.com

**Huff 'N Puff** – We're the only Renewal by Andersen replacement window dealer in New York. We sell and install gutters and Gutter Helmet so you "never clean your gutters again." We've been in business for more than 40 years and have serviced more than 35,000 customers throughout the region. Make your window and gutter project smooth and easy with the most trusted names in the business: Andersen windows and Huff 'N Puff. Schenectady • 518-356-3026 • huffnpuffinc.com

**Logo Wearhaus** – We are a full in-house screen-printing and embroidery shop. We have an in-house graphic artist to help you with design and logo creation. We also do promotional material. We'll have samples for races and businesses. Ballston Spa • 518-884-4575 • logowearhaus.com

**Northeast Foot Care** – We specialize in foot and ankle problems. We offer the latest technologies for your particular condition including soundwave therapy, platelet injections, cryotherapy, custom orthotics, and laser toenail treatments. Amsterdam • 518-842-2200 • northeastfootcare.com

**Proactive Chiropractic** – Dr. Bath is a chiropractor who is certified in Active Release Technique (ART) and kinesiotaping. He works extensively with an athletic population. Clifton Park • 518-373-9999 • proactivechiropracticpllc.com

**Real Goods Solar** – Stop by our booth to learn more about the design and installation of solar electric systems for residential and commercial projects. Albany • 951-200-4707 • realgoodssolar.com

**Regional Food Bank of NENY** – We'll have literature telling the Regional Food Bank story. At the expo, we will solicit non-perishable food and monetary donations upon entrance to the expo. Latham • 518-786-3691 • regionalfoodbank.net

**Rich Morin's Professional Scuba Centers** – Stop by to learn more about our snorkel and scuba diving courses and equipment and Achilles inflatable boats. Glens Falls • 518-761-0533 • richmorinsproscubacenters.com

**Saratoga Hospital** – The Regional Therapy Center offers outpatient physical, occupational and speech therapy, as well as aquatic therapy. Meet with our therapists to learn how we can help you! Saratoga Springs • 518-583-8459 • saratogahospital.org

**Saratoga Photobooth Company** – Looking for something different for your next event? We provide classic-style digital photobooth rentals for upstate New York and western New England. Weddings, parties, promotions, corporate events, school events, sporting events – any event! Saratoga Springs • 518-584-6473 • saratogaphotobooth.com

**Saratoga Regional YMCA** – We will have information on our memberships and the programming that comes with it – fitness classes, aquatics, tennis, youth and family programming, plus preschool, summer camp, tennis, gymnastics, senior programming, Livestrong and more! Saratoga Springs • 518-583-9622 • saratogaregionalymca.org

**Sportique Brands** – Sportique Brands is launching our European sensation "Sportique – Skin Care for Active Bodies." It's the first brand of all natural skin care specifically catering to cyclists, skiers, paddlers, runners and their families. You'll love our vegetable-based chamois cream, elements protective cream, shea butter moisturizers – all purely botanical, no parabens, not animal tested, no colors, harsh chemicals or synthetic preservatives. Come try it and buy it. Kinderhook • 518-758-6678 • sportiquebrands.com

**SUNY Adirondack** – Adventures Sports – We offer one and two year programs in adventure sports leadership and management. Opportunities include backcountry living, canoeing, white-water paddlesports, rock climbing, challenge course facilitation and management, snow-sports, wilderness first responder and more. Queensbury • 518-743-2200 • sunyacc.edu

## HIKING & CLIMBING

**46ers Documentary/Arche Productions** – Arche Productions is making a new documentary titled, "The 46ers: Conquering the Adirondacks." This film will tell the stories of extraordinary men and women who have climbed all 46 High Peaks. Drop by to learn more about this exciting project. Latham • 518-785-1683 • 46ersdoc.com

**Adirondack Mountain Club** – The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. Lake George • 518-668-4447 • adk.org

**Adirondack Rock & River Guide Service and Lodging** – We are a full-service lodging and guiding facility that is open to outdoor lovers, year-round in the High Peaks. Our lodging consists of two Adirondack-style lodges with individual, family and group rooms. Our guide service is the largest and most renowned in the region with the best area licensed guides. Keene • 518-576-2041 • rockandriver.com

**The Mountain Goat** – At the expo, we'll focus on selling footwear for hiking, trail running, paddling, and casual use. Ron Houser, a certified Pedorthist and owner of The Mountain Goat, will be on hand to educate attendees about custom orthotics. Manchester Center, VT • 802-362-5159 • mountaingoat.com

**NYS Outdoor Guides Association** – The NYSOGA booth will present you with informative visual displays, staffed demonstrations, and answers to your questions, to represent our member guides in all areas of professionally guided activities throughout the state. Lake Placid • 631-255-2672 • nysoga.org

**Rock Solid Fun** – We'll have our 25-foot rock climbing wall setup for kids and adults to climb at the expo. We rent our mobile wall for parties and events. Scotia • 518-428-6020 • rocksolidfun.com

**YMCA Camp Chingachgook** – A premier summer camp on the east shore of Lake George, we offer a variety of year-round programs including overnight camp, day camp, teen adventure trips, and women's and family programs. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

## KAYAKING, CANOEING & SUP

**Boats by George/Patty's Watersports** – Patty's Watersports will be offering a wide range of stand-up paddleboards from Naish, Doyle and Bote. We have water sports equipment from O'Brien including tubes, wakeboards and kneeboards for summer fun. Lake George • 518-793-5452 • pattyswatersports.com

**Lake George Kayak Company** – We are a full-service kayak, canoe, stand-up paddleboard, and small boat center located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where "Everyday Day is Demo Day." Coming this summer – SUP/Yoga, SUP/Pilates and PaddleFit. Take your practice to the water! We have clothing, footwear and gear for every adventure – Patagonia, Horny Toad, Isis, Outdoor Research, Lole, Marmot, Vibram Fivefingers, Chaco, Vere and much more. Not just kayaks. Great clothing. Bolton Landing • 518-644-9366 • lakegeorgekayak.com

**Moonlight Marine** – I build and sell handcrafted wooden kayaks. The boats can range from all plywood recreational boats to all cedar sea kayaks. These boats are durable, lightweight and with minimal care, can last a lifetime. Shrub Oak • 914-715-7245 • moonlightmarine.net

**Mountainman Outdoor Supply Company** – New York's largest canoe, kayak and SUP dealer is now in Saratoga Springs. Visit our booth and look for great deals on all your paddling and outdoor needs and get a preview of our upcoming Saratoga Paddlefest. We'll have great deals on boats and also up to 50% off footwear and outerwear. Visit our stores at 490 Broadway and 251 Stafford Bridge Rd on Fish Creek. Saratoga Springs • Broadway: 518-584-3500 • Fish Creek: 518-584-0600 • mountainmanoutdoors.com

**North River Kayaks** – The art of carving a Greenland kayak paddle from cedar wood will be demonstrated. Get information on our kayaking classes, and on the new Capital District Kayakers Meetup Group. Delmar • 518-817-1512 • northriverkayaks.com



**Placid Boatworks** – Placid Boatworks manufactures and sells the highest quality carbon/Kevlar canoes available. Trimmed with cherry, dywood and lightweight, maintenance free composites, they are unlike any other. Lake Placid • 518-524-2949 • placidboats.com

**Saratoga Rowing Association** – We'll have information on our three types of programs: masters, juniors and beginners. There are many opportunities for experienced and beginner rowers. We will also have an erg challenge in our booth – if you row 500 meters, you'll receive a free T-shirt. Saratoga Springs • 518-587-6697 • saratogarowing.com

**Slipstream Watercraft** – Combining high tech materials with the perfection and elegance of classic designed canoes. We will be introducing the Wee Lassie, a craft that you'll love on and off the water! The Wee Lassie is a boat for all reasons (except big whitewater) and at 11-23 pounds, carrying it, isn't difficult. Fort Johnson • 518-423-8827 • slipstreamwatercraft.com

## TRIATHLON & DUATHLON

**Adirondack Race Management** – As organizers of the prestigious Lake George Triathlon Festival, we are excited to bring you the Urban Assault Obstacle Race Series now in Glens Falls and Greenwich. As racers, we pride ourselves in making the athlete's overall experience our number one priority. Glens Falls • 518-321-3088 • adkracemgmt.com

**ATC Endurance** – We produce five multi-sport events in Central New York – Vernon Downs Duathlon, ToughKids Syracuse, Delta Lake Triathlon, Old Forge Triathlon and Cooperstown Triathlon. New York Mills • 315-404-8130 • atcendurance.com

**Bethlehem Tri Club** – We're a group of all level multisport athletes who socialize, train and race together in a motivating and professional environment. Weekend warriors to Ironman competitors, we educate, empower and inspire athletes to live and train at their best! Delmar • 518-598-3434 • bethlehemtriclub.com

**Blue Sky Bicycles** – We are the ultimate resource for cyclists and triathletes in the greater Capital Region, featuring wetsuits, Newton Natural Running shoes and CEP compression. Check out our cycling and tri-specific attire, gear and accessories, and enter to win a pair of Newtons with patented "Action Reaction Technology." Saratoga Springs • 518-583-0600 • blueskybicycles.com

**Capital District Triathlon Club** – Visit our booth and talk with our members to learn more about membership and training opportunities with the Capital District Triathlon Club. Albany • 518-428-1516 • cdtriclub.org

**Peasantman Steel Distance Triathlon** – Learn more about the inaugural Peasantman Steel Distance Triathlon on August 18 on beautiful Keuka Lake. Located in the Finger Lakes, the course provides beautiful scenery to enhance the racing experience. Choose from the full distance of 144.6 miles, the half of 72.3 miles, or the half relay. This is a great low cost alternative to other more expensive corporate races. Penn Yan • 315-670-7191 • peasantman.com

**Saratoga Springs Lions Club/Glens Falls Lions Club** – We'll be promoting the Saratoga Lions Duathlon on May 26 at the Saratoga Casino & Raceway, and the Glens Falls Lions Duathlon in October at East Field. Saratoga Springs • 518-584-3488 • saratogalions.com





**Saratoga Triathlon Club** – We'll have information about the Saratoga Triathlon Club, training opportunities, and the sport of triathlon. We offer swims, clinics, workouts and camaraderie. Saratoga Springs • 518-860-5698 • saratogatriclub.com

**Team LUNA Chix Triathlon** – Team LUNA Chix Albany Triathlon runs workouts and clinics designed to get women in the Capital District running, swimming and cycling. Part of our charter is to raise money for the Breast Cancer Fund. Visit the booth to learn more, get involved, and get a LUNA bar! Clifton Park • 518-280-9679 • teamlunachix.com/albany\_triathlon

**Tupper Lake Tinman Triathlon** – Stop by to learn more about the 2013 Tinman on June 29 – we'll have registration forms and information on the Tinman, sprint and relay races. Tupper Lake • 518-359-3328 • tupper-lake.com

## TRAVEL DESTINATIONS

**Adirondack Museum** – The Adirondack Museum offers 65,000 square feet of exciting exhibitions housed in 22 modern and historic buildings. The museum has interactive, hands-on activities abound, making the stories of the Adirondacks, and its people highly engaging for children and adults. Blue Mountain Lake • 518-352-7311 • adirondackmuseum.org

**Adirondack Scenic Railroad** – More than just a "train ride!" The Adirondack Scenic Railroad offers a variety of scenic excursions, bike-n-rail, river-n-rail, and special occasion trips over the historic former Adirondack division of the New York Central railroad. Thendara • 315-724-0700 • adirondackrr.com

**Bolton Landing Chamber of Commerce** – We'll be promoting Bolton Landing, our members businesses and destinations, and upcoming events. Bolton Landing • 518-644-3831 • boltonchamber.com

**Central Adirondack Association** – We'll have the 2013 Vacation Planner Guides of the Central Adirondack Region and flyers and brochures from area businesses, activities and more. Old Forge • 315-369-6983 • visitmyadirondacks.com

**Enchanted Forest Water Safari** – We are New York's largest water theme park with over 50 rides and attractions including 32 of the wettest

wildest water rides featuring heated water. You can buy and print your tickets online and save! Old Forge • 315-369-6145 • watersafari.com

**Gore Region Chamber of Commerce** – We'll be promoting the Gore Mountain Region, upcoming events, and our member businesses and attractions. North Creek • 518-251-2612 • gorechamber.com

**Gore Mountain** – Gore is Saratoga Springs' home mountain offering 2,537' vertical that spans nine sides of four peaks. 2013/2014 season passes are on sale now, start using yours on March 10! Ask us about our new activities available this spring, summer and fall. North Creek • 518-251-2411 • goremountain.com

**Town of Inlet** – We will be promoting Inlet and our trails, lakes, ponds, rivers, forests, and mountains for hiking, biking, fishing, birding, camping, kayaking, canoeing, and outdoor activities. Inlet • 315-357-5501 • inletny.com

**NYS Department of Environmental Conservation** – Pick up your NYS camping guides representing all state campgrounds in New York. A NYS Forest Ranger will also be at the expo to discuss and answer questions about state land use and more. Albany • 518-402-9059 • dec-campgrounds.com

**Silverleaf Resorts** – We will be promoting our resort in the Berkshires. Latham • 518-785-4083 • silverleafresorts.com

**Washington County Tourism** – Located where the Hudson River Valley meets the mighty Adirondacks, scenic Washington County offers visitors charming country roads, covered bridges, agri-tourism and farm experiences, local artisans and cultural activities, charming boutiques and so much more. 518-222-7450 • washingtonnycounty.com

**City of Watervliet/David Fisher Upper Hudson Heroes** – We're promoting Watervliet's Hudson Shores Park, historical sites, summer programs, and kayaking program for disabled vets. Watervliet • 518-337-9115 • watervliet.com

**The Wild Center** – You'll see the true nature of the Adirondacks at The Wild Center in Tupper Lake, a new kind of museum where the wild world opens before your eyes. Tupper Lake • 518-359-7800 • wildcenter.org



## EXPO PRIZES AND GIVEAWAYS

### TRIATHLON & DUATHLON

**Cooperstown Sprint Triathlon** – Entry for May 26, 2013. \$75 value.

**HITS Sprint at Hague** – Entry for June 30, 2013. \$60 value.

**HITS Sprint at Hunter** – Entry for September 22, 2013. \$60 value.

**Saratoga Springs Lions Club Duathlon** – Individual or three-person team entry for May 26, 2013. \$65 individual or \$150 team value.

**Peck's Lake Triathlon** – Entry to August 3, 2013. \$50 value.

**Team LUNA Chix Splash and Dash** – Entry to August 25, 2013. \$30 value.

**Piseco Lake Triathlon** – Entry to July 20, 2013. \$30 value.

**Hudson Crossing Triathlon** – Entry to June 9, 2013. \$65 value.

**Crystal Lake Triathlon** – Entry to August 17, 2013. \$60 value.

**Moreau Aquathon** – Two entries for September 8, 2013. \$50 value.

### RUNNING

**Adirondack Marathon Distance Festival** – Two entries for September 21-22, 2013. \$150 value.

**Blue Sky Bicycles** – One winner of Newton Natural Running Shoes. \$150 value.

**Hudson-Mohawk Road Runners Club** – Two entries into Mohawk Hudson River Marathon or Half Marathon for October 13, 2013. \$145 value.

**Freihofer's Run for Women** – Two entries for June 1, 2013. \$80 value.

**Malta BPA 5K** – Two entries for September 7, 2013. \$50 value.

**The Mastodon Challenge 15K, 5K & Fun Run** – Two entries and shirts for May 19, 2013. \$60 value.

**Survive the Farm 5K Challenge** – Two entries for May 25, 2013. \$150 value.

### BICYCLING

**Anthem Sports/Tour of the Battenkill Gran Fondo** – Four entries (two winners) for April 13-14, 2013. \$500 value.

**Plaine & Son Ski & Bike/Broadway Bicycle Co** – Ultimate Service Coupon. \$165 value.

**Tomhannock Bicycles** – Helmet and tune-up. \$100 value.

### HEALTHY LIVING

**Bodywise Fitness Studio, Malta** – Fitness Class Package. \$100 value.

**Brains & Brawn** – Obstacle House Puzzle Mat Set of three. \$50 value.

**Proactive Chiropractic** – Garmin Forerunner 110 GPS Enabled Unisex Sport Watch. \$200 value.

### HIKING & CLIMBING

**Adirondack Mountain Club** – Hiking books package. \$25 value.

### KAYAKING, CANOEING, SUP & SCUBA

**Boats by George/Patty's Watersports** – Stand-Up Paddling Rentals (two winners). \$50 value.

**Rich Morin's Professional Scuba Center** – PADI Open Water Diver Course. \$480 value.

### TRAVEL

**Adirondack Museum** – Two adult admissions. \$36 value.

**Bolton Landing Chamber of Commerce** – Overnight cottage rental at Candlelight, dinner for two at Sagamore, and half-day stand-up paddleboard rental with Lake George Kayak Co. \$400 value.

**Girlfriends Getaway** – Bolton Landing Chamber of Commerce – Two tickets to Girlfriends Getaway Weekend for May 10-13, 2013. \$250 value.

**The Wild Center** – Admission Passes. \$100 value.

**And more** – many exhibitors will have additional prizes and giveaways at their booth so be sure to visit!

**How to Enter for Prizes** – Come to the expo, receive an entry ticket (admission is free), write your name, email address and phone number, place your ticket into the prize bag of interest. For every food item or \$5 donation to the Regional Food Bank of Northeastern NY at their booth, you will receive an extra prize ticket – supporting a good cause and increasing your chance of winning. Winners will be drawn on Sunday, March 10 at the close of show. All winners will be notified within ten days. You do not need to be present to win. You must be at least 18 years old to enter. Winners will have seven days to claim their prize.



# RACE RESULTS

## 1ST ANNUAL GLENS FALLS LIONS DUATHLON October 7, 2012 • East Field, Glens Falls

5K RUN, 30K BIKE, 5K RUN			
<b>MALE OVERALL</b>			
1	John Noonan	Ballston Spa	1:27:17
2	Keith Compton	Queensbury	1:27:44
3	Brenden Rillahan	South Glens Falls	1:28:25
<b>FEMALE OVERALL</b>			
1	Amy Farrell	Tupper Lake	1:31:08
2	Joanne Burns	Queensbury	1:46:46
3	Renee Salerno	Galway	1:47:48
<b>MALE AGE GROUP: 20 &amp; UNDER</b>			
1	Beren Evans	Voluntown, CT	1:44:57
<b>MALE AGE GROUP: 21 - 25</b>			
1	Brett Zimmerman	Bismarck, ND	1:35:35
2	Sean Miles	Clifton Park	1:48:47
3	Tyler Laramie	Queensbury	1:53:31
<b>MALE AGE GROUP: 26 - 30</b>			
1	Aaron Sirtoli	Rutland, VT	1:31:03
<b>MALE AGE GROUP: 31 - 35</b>			
1	Jeff Cornick	Ballston Spa	1:39:50
2	Kenneth Fawcett	Pittsfield, MA	1:50:49
3	John Polakovsky	Saratoga Springs	1:53:46
<b>MALE AGE GROUP: 36 - 40</b>			
1	Todd Eicher	Queensbury	1:33:45
2	Randy Swift	Saratoga Springs	1:36:11
3	Andrew Snell	Glens Falls	1:41:05
<b>MALE AGE GROUP: 41 - 45</b>			
1	Randy Rath	Glens Falls	1:38:08
2	Dan Shyne	Selkirk	1:42:43
3	Stephen Layden	Lake George	1:47:01
<b>MALE AGE GROUP: 46 - 50</b>			
1	Christopher Hogan	Delmar	1:38:43
2	Dan Korff	Clifton Park	1:40:44
3	Todd Dykstra	Voorheesville	1:48:08
<b>MALE AGE GROUP: 51 - 55</b>			
1	Mark Weidner	Queensbury	1:41:04
2	David Peterson	Saratoga Springs	1:42:01
3	Thomas Penders	Queensbury	2:02:36
<b>MALE AGE GROUP: 56 - 60</b>			
1	Robert Steffer	Emporium, PA	1:54:53
2	Bela Musits	Queensbury	1:56:35
3	Vosedu Spurko	Saratoga Springs	1:57:02
<b>MALE AGE GROUP: 61 - 65</b>			
1	Rick Morse	Malta	1:56:12
<b>MALE AGE GROUP: 66 &amp; OVER</b>			
1	Charles Brockett	Dolgeville	1:57:04
<b>FEMALE AGE GROUP: 21 - 25</b>			
1	Jill Gola	Slingerlands	1:58:40
<b>FEMALE AGE GROUP: 26 - 30</b>			
1	Laura Laramie	Queensbury	1:58:36
2	Diana Marin	New Paltz	2:11:48
<b>FEMALE AGE GROUP: 31 - 35</b>			
1	Ana Marin	New York	2:05:46
2	Crystal Davis	Schenectady	2:06:17
<b>FEMALE AGE GROUP: 36 - 40</b>			
1	Kerri Thomas	Middle Granville	1:53:45
2	Karen Swift	Saratoga Springs	1:57:05
<b>FEMALE AGE GROUP: 41 - 45</b>			
1	Pamela Delsignore	Wilton	2:09:37
<b>FEMALE AGE GROUP: 46 - 50</b>			
1	Tracy Perry	Clifton Park	1:54:18
2	Lisa Pleban	Gansevoort	2:00:26
3	Mary DeSantis	Glens Falls	2:23:24
<b>FEMALE AGE GROUP: 51 - 55</b>			
1	Patricia Monahan	Warrensburg	2:04:58
2	Andrea Peterson	Saratoga Springs	2:06:41
3	Hope Plavin	Malta	2:07:11
<b>FEMALE AGE GROUP: 56 - 60</b>			
1	Lisa Ippolito	Saratoga Springs	2:09:24
<b>FEMALE AGE GROUP: 61 - 65</b>			
1	Judy LeComb	Albany	2:07:07
<b>TWO-PERSON MALE RELAY</b>			
1	Tom's Team: Brian Suozzo/Tom Suozzo		1:31:06
<b>TWO-PERSON FEMALE RELAY</b>			
1	Double Trouble: Allison Murray/Kelly Garafolo		2:26:15
<b>TWO-PERSON COED RELAY</b>			
1	Team Jason Musits/Kate Moretti		1:40:43
<b>THREE-PERSON MALE RELAY</b>			
1	RunBike DMC David Shabat/Matt Brown/Chris Johnson		1:42:04
<b>CORP OVERALL RELAY</b>			
1	Davidson Brothers Drafter John Davidson/Joe Hall/Jason Gardner		1:32:58

Courtesy of Glens Falls Lions Club

## 4TH ANNUAL RACE AWAY STIGMA 5K October 13, 2012 • Hudson Valley Community College, Troy

<b>MALE OVERALL</b>			
1	Chris Repka	Porter Corners	16:41
2	Dave Thoman	Albany	16:42
3	Richard Messino	Nassau	17:19
<b>FEMALE OVERALL</b>			
1	Colleen Maloney	Rensselaer	21:38
2	Brenda Lennon	Troy	22:51
3	Tamica Kenyon	Averill Park	23:50
<b>MALE AGE GROUP: 1 - 14</b>			
1	Jamison Burke	Troy	23:42
2	Ryan Clarke	Schodack	33:23
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Bridget Maloney	Rensselaer	26:23
2	Suzanne Clarke		31:37
<b>MALE AGE GROUP: 15 - 19</b>			
1	Stephen Huneau	Latham	22:19
2	Joseph Miller	Albany	27:04
3	Aaron Cass	Schenectady	33:05
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Molly Livingston	Delmar	36:39
2	Brittany Chapple	Averill Park	37:13
3	Sierra Bailey	Troy	40:24
<b>MALE AGE GROUP: 20 - 29</b>			
1	Vincent Otto	Queensbury	19:24
2	Ryan Grennan	West Sand Lake	21:46
3	Robert Sansaricq	Ghent	22:05
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Christine Miller	Watervliet	25:00
2	Michele Passonno	Green Island	25:35
3	Jessica Kaszeta	Mechanicville	26:30
<b>MALE AGE GROUP: 30 - 39</b>			
1	Daniel Brady	Cohoes	22:09
2	Joseph Altobello	Green Island	22:30
3	Mike Washco	Albany	22:59
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Laura George	Albany	27:56
2	Amy Gee	Albany	28:57
3	Alicia Flint	Averill Park	29:20
<b>MALE AGE GROUP: 40 - 49</b>			
1	Chris McDonald	Troy	19:25
2	Pete Birdsinger	Troy	19:52
3	John Sestito	Johnsonville	21:12
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Cheryl Bartlett	Rensselaer	28:46
2	Danielle Birdsinger	Troy	29:16
3	Brenda Ross	Schenectady	29:20

continued

## 4TH ANNUAL RACE AWAY STIGMA 5K continued

<b>MALE AGE GROUP: 50 - 59</b>			
1	Ralph Sansaricq	Ghent	20:56
2	Tom Tift	Stephentown	21:56
3	John Paduano	Stillwater	22:57
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Joanne Nolette	Rensselaer	24:54
2	Jill Mehan	Troy	25:48
3	Mary Signorelli	Castleton	26:37
<b>MALE AGE GROUP: 60 - 69</b>			
1	Charles Matlock	Averill Park	40:44
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Jan Buck	Wynantskill	32:08
2	Jacqueline Tremont	Averill Park	33:07
<b>MALE AGE GROUP: 70 - 79</b>			
1	Jim Hotaling	Niverville	26:49
2	Greg Benson	East Nassau	29:24
3	Richard Schumacher	Hoosick Falls	34:14
<b>MALE AGE GROUP: 80 - 99</b>			
1	Donald McBain	Troy	43:39

Courtesy of Hudson Valley Community College

## 6TH ANNUAL FALLING LEAVES 5K RUN October 13, 2012 • William Kelley Park, Ballston Spa

<b>MALE OVERALL</b>			
1	Tim Russell	Greenfield Center	18:43
2	Thomas Marcellus	Ballston Spa	19:17
3	Dennis Fillmore	Ballston Spa	20:32
<b>FEMALE OVERALL</b>			
1	Kate Imboden	Topsfield, MA	21:58
2	Renee Damico	Ballston Spa	22:23
3	Christina Ktilinski	San Francisco, CA	23:10
<b>MALE AGE GROUP: 1 - 14</b>			
1	Michael Poirier	Ballston Spa	21:27
2	Joseph Luger	Ballston Spa	21:27
3	Keenan Leggieri	Ballston Spa	22:31
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Danielle Wolsey	Ballston Spa	24:31
2	Julia Blake	Ballston Spa	24:31
3	Megan Slater	Warnerville	29:12
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Maribeth Hunt	Albany	28:15
<b>MALE AGE GROUP: 20 - 29</b>			
1	Brian Perfetti	Latham	47:30
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Sarah Hotaling	Warminster, PA	24:06
2	Carin Cappadocia	Troy	26:46
3	Amber Plante	Saint Albans, VT	26:50
<b>MALE AGE GROUP: 30 - 39</b>			
1	Rob Szmaz	Ballston Spa	23:03
2	William Yund	Ballston Lake	23:10
3	Gary Dale	Ballston Spa	23:40
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Joanne Hammond	Burnt Hills	26:39
2	Marcy Wilson	Ballston Spa	34:17
3	Melissa Morrison	Burnt Hills	39:56
<b>MALE AGE GROUP: 40 - 49</b>			
1	Jon Skelly	Burnt Hills	21:34
2	Albert Thiem	Ballston Spa	21:44
3	Ray Liuzzo	Malta	22:09
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Kim Eisler	Ballston Spa	23:14
2	Keirsa Johnson-Chappel	Saratoga Springs	24:50
3	Christine Wilcenski	Ballston Lake	29:23
<b>MALE AGE GROUP: 50 - 59</b>			
1	Martin Patrick	East Greenbush	21:22
2	Michael Maguire	Ballston Lake	25:31
3	Steve Obermayer	Ballston Spa	29:31
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Joanne Reynolds	Mohawk	26:30
2	Meg Woolbright	Ballston Spa	32:12
3	Ruth Lake	Ballston Spa	46:16
<b>MALE AGE GROUP: 60 - 69</b>			
1	Gove Effinger	Saratoga Springs	26:21
2	Joseph Miranda Jr	Ballston Spa	26:58
3	Richard Theissen	Round Lake	27:00
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Linda Plante	Middle Grove	33:43
2	Judith Moliero	Clifton Park	39:03

Courtesy of Ballston Spa United Methodist Church

## NYCROSS.COM UNCLE SAM CYCLOCROSS GRAND PRIX October 13-14, 2012 • Prospect Park, Troy

<b>ELITE MEN - Pro &amp; Category 1/2/3 (Sat)</b>			
1	Christian Favata	Richard Sachs	58:00
2	Curtis White	Hot Tubes Development Team	58:00
3	Al Donahue	JAM Fund	1:00:40
4	Evan Huff	BikeReg.com/Joe's Garage	1:01:02
5	Wayne Bray	Embrocation Cycling Journal	1:01:21
6	Roger Aspholm	Finkraft Cycling Team	1:01:28
7	Gavi Epstein	Champion System/Stans NoTubes	1:02:56
8	Brad Stratton	NYCROSS.com/VOMax	1:03:03
9	Michael Grygus	Corning/NoTubes	1:03:26
10	Julian Georg	Unattached	1:03:52
<b>ELITE WOMEN - Pro, Category 1/2/3/4 &amp; Masters (Sat)</b>			
1	Maghalie Rochette	Powerwatts/FTTime	44:26
2	Jenny Ives	Favata TRT-Unovelo Cross	44:44
3	Emma White	Cyclocrossworld.com	44:44
4	Francis Morrison	JAM Fund	47:45
5	Rosanne Van Dorn	Team Placid Planet	48:06
6	Sarah Krzyziak	NYCROSS.com/VOMax	48:27
7	Natalie Koch	NYCROSS.com/VOMax	48:47
8	Elizabeth Lukowski	NYCROSS.com/VOMax	48:55
9	Abigail Isolda	NYCROSS.com/VOMax	49:44
10	Patricia Dowd	Cyclocrossworld.com	50:04
<b>MEN - Category 3/4 (Sat)</b>			
1	Devin Wagner	NYCROSS.com	43:22
2	Timothy Durrin	NYCROSS.com	43:25
3	Dave Harper	Team Overlook	43:56
4	Cooper Ray	King Kog/Rosko	44:00
5	John Hughson	NYCROSS.com/VOMax	44:00
6	Christopher Jones	RUUD Racing/TVC	44:00
7	Fred Harle	Chobani/Syracuse Bicycle	44:00
8	Cory Small	Bayhill Capital/Corner Cycle	44:33
9	Patrick Shank	Cycles d'Autremont	44:57
10	Aaron Anderson	Unattached	45:04
<b>MASTERS 35-PLUS - CX Category 1-3 (Sat)</b>			
1	Erich Gutbier	CCC/Keltic Const/Zane's Cycles	44:06
2	Jamie	First Stop/Vermont Castings	44:37
3	Andrew Thomas	Unattached	44:59
4	Mike Montalbano	Bicycle Tech/11 Madison Park	45:31
5	Chris Delisle	NYCROSS.com/VOMax	45:31
6	Christopher Mooney	Twin Line Velo/GVCC	46:04
7	Matthew Purdy	NYCROSS.com	46:31
8	Christian Sandel	Adirondack Velo Club	50:02
<b>MASTERS 45-PLUS - CX Category 1-3 (Sat)</b>			
1	Al Blanchard	Blue Ribbon/Translations.com	44:18
2	Cliff Summers	CCC/Keltic Const/Zane's Cycles	44:37
3	Geoffrey House	NCC	44:37
4	Thomas Butler	CCC/Keltic Constr/Zane's Cycles	45:20
5	Brad Young	Team Tinney's Cycling	45:28
6	Matt Spence	Burris Logistics/Fit Werx	45:58
7	Tom Horrocks	X-Men	46:27
8	Terry Blanchet	North American Velo	46:34
9	David Faso	Bike Loft East/MaxPower	47:30
10	Paul Wojciak	Pawling Cycle & Sport	47:34
<b>MASTERS 55-PLUS - CX Category 1-3 (Sat)</b>			
1	Matt Moore	CCC/Keltic Const/Zane's Cycles	48:10
2	Dave Beals	NYCROSS.com/VOMax	48:30
3	Brian Sanders	MVBC/Sonne's Racing	49:03
4	Tim Leonard	NYCROSS.com	49:19
5	Ken Coleman	BCA/Tosk Chiropractic	49:36
6	Don Rice	CCB Racing/Battenkill-United	49:44

continued

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**NYCROSS.COM UNCLE SAM CYCLOCROSS GRAND PRIX *continued***

7 Karl Faruzel	Ommegang/Syracuse Bicycle	50:17	4 Aaron Johnson	OCFCU Cycling Project	44:59
8 Alan Lesage	GMBC/Synergy Fitness	50:48	5 Phillip McCarthy	Team SCARR	45:46
9 Arthur Goedeke	Capital Bicycle Racing Club	1 lap	6 Matthew Purdy	NYCross.com	47:10
10 Howard Johannessen	Capital Bicycle Racing Club	1 lap	<b>MASTERS 45-PLUS - CX Category 1-3 (Sun)</b>		
<b>MEN - Category 4/Citizen (Sat)</b>					
1 Ryan Conley	CBRC	24:06	1 Al Blanchard	Blue Ribbon/Translations.com	43:29
2 Willis Johnson	King Kog	24:06	2 Geoffrey House	NCC	43:29
3 Shawn Wolf	King Kog/Rosko Cycles	25:19	3 Carl Reglar	Mad Alchemy/Verge Coop	44:23
4 Cameron Russell	Competitive Edge	25:37	4 Brad Young	Team Tinney's Tavern	44:39
5 Christopher Yates	Team Elevate Cycles	25:47	5 Tom Horrocks	X-Men	45:16
6 Brian Hupe	Capital Bicycle Racing Club	25:56	6 Jim Dowd	Bike Works/Hallamore	45:45
7 Rod Millott	CRCA/Foundation	25:26	7 Paul Wojciak	Pawling Cycle & Sport	45:47
8 Robert Hildebrandt	C4 Racing	25:26	8 Adam Stable	Central NY Cyclist	46:19
9 Aaron Berrios	Unattached	25:26	9 Matt Spence	Burris Logistics/Fit Werx	46:23
10 Lucas Van Druenen	CRCA/Siggi's	26:09	10 Thomas Butler	CCC/Keltic Constr/Zane's Cycles	46:44
<b>SINGLE SPEED (Sat)</b>					
1 Austin Pifer	King Kog/Roscoe	44:16	1 Dave Beals	NYCross.com/VOmax	47:17
2 Bret Young	Team Tinney's Tavern	45:17	2 Matt Moore	CCC/Keltic Const/Zane's Cycles	48:45
3 Brad Young	Team Tinney's Tavern	45:17	3 Karl Faruzel	Team Ommegang/Syracuse Bicycle	49:27
4 Chris Delisle	NYCROSS.com/VOmax	46:41	4 Tim Leonard	NYCross.com	51:52
5 Cody Madigan	Team Tinney's Tavern	47:12	5 Craig Walton	Berkshire Cycling Assn	52:17
6 Scott Hock	NYCROSS.com/VOmax	47:30	6 Don Rice	CCB Racing/Battenkill-United	52:47
7 Tom Horrocks	X-Men	48:15	7 Alan Lesage	GMBC/Synergy Fitness	53:28
8 Terry Blanchet	North American Velo	48:27	8 Arthur Goedeke	Capital Bicycle Racing Club	1 lap
9 Ronald Locke	Team Awesome	49:34	9 Michael Spak	Schwab Cycles	1 lap
10 Lucas Van Druenen	CRCA/Siggi's	49:44	<b>MASTERS 55-PLUS - CX Category 1-3 (Sunday)</b>		
<b>ELITE MEN - Pro &amp; Category 1/2/3 (Sun)</b>					
1 Christian Favata	Richard Sachs/RGM Racing	58:30	1 Dave Beals	NYCross.com/VOmax	47:17
2 Curtis White	Hot Tubes Development Team	58:40	2 Matt Moore	CCC/Keltic Const/Zane's Cycles	48:45
3 Cooper Willsey	Cyclocrossworld.com	1:00:56	3 Karl Faruzel	Team Ommegang/Syracuse Bicycle	49:27
4 Wayne Bray	Embocation Cycling Journal	1:01:31	4 Tim Leonard	NYCross.com	51:52
5 Adam Farabaugh	Ekoi.com/Gaspiesen Cycling	1:01:37	5 Craig Walton	Berkshire Cycling Assn	52:17
6 Cory Burns	Full Moon Vista	1:03:36	6 Don Rice	CCB Racing/Battenkill-United	52:47
7 Devin Wagner	NYCROSS.com	1:03:47	7 Alan Lesage	GMBC/Synergy Fitness	53:28
8 Michael Grygus	Corning/NoTubes	1:03:49	8 Arthur Goedeke	Capital Bicycle Racing Club	1 lap
9 Austin Pifer	King Kog/Rosko	1:03:52	9 Michael Spak	Schwab Cycles	1 lap
10 Brad Stratton	NYCROSS.com/VOmax	1:03:56	<b>CATEGORY 4 - Citizen Men (Sun)</b>		
<b>ELITE WOMEN - Pro &amp; Category 1/2/3/4 &amp; Masters (Sun)</b>					
1 Jenny Ives	Favata TRT-UnoVelo Cross	39:41	1 Ryan Conley	CBRC	26:10
2 Emma White	Cyclocrossworld.com	40:32	2 Willis Johnson	King Kog	26:25
3 Rosanne Van Dorn	Team Placid Planet	42:00	3 David Parrillo Jr	Cycle-Smart	26:41
4 Bryna Blanchard	North American Velo	44:49	4 John Schwarz	Unattached	26:45
5 Natalie Koch	NYCROSS.com/VOmax	46:59	5 Eric Henson	Cyclocrossracing.com	26:56
6 Julia Sante	Farm Team Cycling	49:08	6 Robert Hildebrandt	C4 Racing	26:57
7 Julian Oberle	Bikes Not Bombs/Circle A Cycles	50:37	7 Shawn Wolf	King Kog/Rosko Cycles	27:37
8 Maria Murphy	CRCA/Finkraft Cycling	52:17	8 Rod Millott	CRCA/Foundation	28:04
<b>MEN - Category 3/4 (Sun)</b>					
1 Bret Young	Team Tinney's Tavern	36:00	9 David Vernooij	Unattached	28:20
2 John Hughson	NYCross.com/VOmax	36:23	10 Thomas Hill	Harrison PT/Bicycle Depot	28:34
3 Cody Madigan	Team Tinney's Tavern	36:55	<b>WOMEN - Cat 4, Citizen (Sun)</b>		
4 Dan Harper	Team Overlook	37:16	1 Meg Horrocks	Unattached	
5 Brian Crosby	NYCross.com/VOmax	37:31	2 Renee Salerno	Unattached	
6 Bret Bedard	Unattached	37:40	3 Jennifer Tichich	Blue Sky Bicycles	
7 Steven Bedard	Unattached	37:41	4 Carrie Beck	Unattached	
8 Blake Bedoya	Rockstar/Signature Cycles	37:48	<b>BOYS &amp; GIRLS - Cub Juniors 10-14 (Sun)</b>		
9 Jonathan Favata	Favata's Tours/Unovelo	37:49	1 Daniel John Vaughn	Corning/NoTubes	
10 Elias Bennett	Berkshire Cycling Assn	37:50	2 Harrison White	NYCross.com	
<b>MASTERS 35-PLUS - CX Category 1-3 (Sun)</b>					
1 Michael Magur	Verge Sport	42:44	3 Ian Vernooij	Unattached	
2 Chris Delisle	NYCross.com/VOmax	43:12	4 Tommy Servetas	Capital Bicycle Racing Club	
3 Tim O'Shea	Chobani/Syracuse Bicycle	43:55	<b>GIRLS - Junior Under-19 (Sun)</b>		
<i>Courtesy of NYCROSS.COM</i>					

**10TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON *continued***

<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Brian Cestaro	39	Niskayuna	1:16:56	1 Judy Lecombe	61 Albany 1:46:01
2 Brian Watts	38	Clifton Park	1:17:28	<b>MALE AGE GROUP: 60 - 69</b>	
3 Frank Yerina	33	Ilion	1:18:59	1 Peter Lee	64 Saratoga Springs 1:34:51
<b>FEMALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 70 - 99</b>		
1 Dawn Borysewicz	48	Ballston Lake	1:41:49	1 Marge Rajczewski	72 Ballston Lake 1:55:17
2 Sandra Graves	40	Clifton Park	1:44:16	<b>MALE TEAMS</b>	
3 Leah Gaetano	44	Delmar	1:47:33	1 Tom Suozzo	57 Granville 1:10:44
<b>MALE AGE GROUP: 40 - 49</b>			<b>FEMALE AGE GROUP: 50 - 59</b>		
1 David Banas	47	Delmar	1:16:41	1 Brian Suozzo	31 Troy 1:33:45
2 Andrew Reed	41	Niskayuna	1:17:43	2 Martin Rowley	64 Latham 1:33:45
3 Timothy Kirch	47	Niskayuna	1:22:27	Nathan Menton	29 New York City
<b>FEMALE AGE GROUP: 50 - 59</b>			<b>MIXED TEAMS</b>		
1 Jeryl Simpson	55	Mechanicville	1:36:13	1 Jim Suozzo	61 Franklin 1:36:38
2 Patricia Monahan	51	Warrensburg	1:44:35	Khar Lau	26 Burlington, VT
3 Gina Huneck	51	Rexford	1:45:46	Jill Koziol	39 Buskirk 2:17:43
<b>MALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 50 - 59</b>		
1 Dominic Tocco	51	Waterford	1:16:03	2 Travis Koziol	8 Buskirk
2 Alan Blond	50	East Greenbush	1:25:16	<i>Courtesy of Mohawk Towpath Scenic Byway</i>	
3 Tim Huneck	54	Rexford	1:25:29		

**SARATOGA CROSS COUNTRY CLASSIC 5K RACE**

October 14, 2012 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Alexander Paley	26	Albany	15:16	1 Jennifer Ferriss	41 Saratoga Springs 24:59	
2 Jacob Gurzler	26	Manchester, VT	15:17	2 Pamela Delsignore	43 Wilton 25:26	
3 Scott Mindel	26	Albany	15:33	3 Teresa Sheldon	44 Nassau 28:42	
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>			
1 Caitlin Lane	22	Greenwich	16:56	1 Kevin Creagan	47 Albany 18:26	
2 Sara Dunham	36	Plattsburgh	17:31	2 Bob Radliff	48 Stillwater 18:41	
3 Hannah Davidson	22	Saratoga Springs	17:48	3 Joseph Skufca	46 Niskayuna 19:18	
<b>MALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Maxwell Hoffman	11	Clifton Park	24:29	1 Terri Artese	46 Scotia 19:59	
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>MALE AGE GROUP: 50 - 54</b>			
1 Justyna Wilkinson	13	Deerfield	21:10	1 Thomas Dalton	54 Schenectady 17:20	
<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Dan Rogers	17	Ballston Spa	19:24	2 Christopher Buckley	51 Burnt Hills 18:53	
2 Ryan Orsini	15	Niskayuna	28:39	3 Rick Lesiak	53 Galway 19:40	
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 55 - 59</b>			
1 Quinn Katherine	16	Niskayuna	24:00	1 Beth Stalker	53 Burnt Hills 20:07	
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Aaron Lozier	24	Albany	16:49	2 Andrea Peterson	53 Saratoga Springs 24:37	
2 Benjamin Rea	22	Watervliet	20:25	3 Lynn Rogers	54 Ballston Spa 28:55	
3 Bryan Scheren	20	Schuylerville	22:46	<b>MALE AGE GROUP: 60 - 64</b>		
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Mary Veltre	20	Poughkeepsie	21:58	1 Rick Morse	62 Malta 23:21	
2 Allissa Laport	23	Amsterdam	27:54	2 Tony Cuomo	60 Glenville 27:55	
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Ken Little	26	Ballston Lake	16:13	1 Laura Clark	65 Saratoga Springs 28:37	
2 Brad Lewis	26	Albany	17:11	<b>MALE AGE GROUP: 70 - 74</b>		
3 Daniel Jordy	29	Albany	17:18	1 Ed Bown	71 Broadalbin 24:15	
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 75 - 79</b>			
1 Melissa Fleshman	28	Albany	27:40	1 Christopher Rush	76 Schenectady 26:40	
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 80 - 99</b>			
1 Brian McNamara	30	Cambridge, MA	15:41	1 Walt McConnell	81 Bolton Landing 36:33	
2 Robert Cloutier	32	Burnt Hills	17:13	<i>Courtesy of USA Track &amp; Field Adirondack</i>		
3 Travis Dunham	32	Plattsburgh	18:21			
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>			
1 Dana Bush	34	Saratoga Springs	17:54	1 James Larkin	65 Clifton Park 24:07	
2 Shelly Binsfeld	33	Clifton Park	18:55	<b>FEMALE AGE GROUP: 65 - 69</b>		
3 Karl Deer	33	Slingerlands	19:46	1 Carlos Cuprill	71 Rensselaer 25:04	
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 75 - 79</b>			
1 James O'Connor	39	Troy	16:23	2 Norm Marincic	77 Saratoga Springs 30:36	
2 Brian Northan	37	Guilderland	18:36	3 Peter Hettrich	77 Emmett Street 31:55	
3 Gabe Anderson	35	Saratoga Springs	19:16	<b>MALE AGE GROUP: 80 - 99</b>		
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 80 - 99</b>			
1 Jessica Northan	36	Guilderland	22:41	1 James Larkin	65 Clifton Park 24:07	
2 Shannon Kete	38	Saratoga Springs	25:11	<b>FEMALE AGE GROUP: 65 - 69</b>		
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 70 - 74</b>			
1 Allan Serrano	44	High Falls	17:59	1 Ed Bown	71 Broadalbin 24:15	
2 Frank Horn	43	Albany	18:07	2 Carlos Cuprill	71 Rensselaer 25:04	
3 Seth Dunn	41	Saratoga Springs	19:30	3 Raymond Lee	70 Halfmoon 31:31	

**10TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON**

October 14, 2012 • Krause's Grove, Clifton Park & Halfmoon

<b>2.2-MILE RUN, 16-MILE BIKE, 2.2-MILE RUN</b>					
<b>MALE OVERALL</b>					
1 Robert Hollinger	20	Averill Park	1:10:29	<b>FEMALE AGE GROUP: 20 - 29</b>	
2 Christophe Tilger	25	Troy	1:11:45	1 Michelle Eri	23 Burlington, VT 1:33:53
3 George Stopyak	41	Clifton Park	1:14:20	2 Ashley Degnan	24 Slingerlands 1:41:58
<b>FEMALE OVERALL</b>					
1 Hilary Greene	42	Williamstown, MA	1:27:14	<b>MALE AGE GROUP: 20 - 29</b>	
2 Shylah Weber	24	Rensselaer	1:27:43	1 Brian Debronsky	23 Troy 1:18:54
3 Kirsten Cestaro	37	Niskayuna	1:28:03	2 Bryan Grygus	28 Clifton Park 1:19:27
<b>MALE AGE GROUP: 1 - 19</b>					
1 Kevin Gideon	14	Ballston Spa	1:28:59	3 Nathan Belz	28 Burlington, VT 1:23:25
2 Aaron Huneck	14	Rexford	1:33:41	<b>FEMALE AGE GROUP: 30 - 39</b>	
				1 Lisa Yerina	38 Ilion 1:40:00
				2 Erika Ries	36 Menands 1:40:00
				3 Crystal Davis	32 Schenectady 1:45:19

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# RACE RESULTS

## ARC IN THE PARK 5K RACE

October 14, 2012 • Rensselaer Tech Park, North Greenbush

MALE OVERALL			
1	Adam Kinner	Troy	20:22
2	Liam Fitzgerald	Troy	21:09
3	Sean Kimmins	Floral Park	22:11
FEMALE OVERALL			
1	Alyssa D'Aloin	Troy	22:17
2	Brenda Lennon	Troy	23:10
3	Linda Sheeely	Troy	25:35
MALE AGE GROUP: 1 - 14			
1	Marwell Schnicler	Troy	23:45
2	Jack Carson	Clifton Park	24:54
FEMALE AGE GROUP: 1 - 14			
1	Elise Felton	South Glens Falls	26:24
MALE AGE GROUP: 15 - 19			
1	Evan Winters	Troy	22:54
2	Ben D'Aloin	Troy	22:55
3	Anthony Grab	Troy	23:05
FEMALE AGE GROUP: 15 - 19			
1	Rosemary Makala	Melrose	25:37
2	Sarah Harris	Troy	27:22
3	Abby Kronau	Poestenkill	33:16
MALE AGE GROUP: 20 - 29			
1	Tom Favitta	Niskayuna	25:00
2	Jason Foote	Albany	1:01:12
FEMALE AGE GROUP: 20 - 29			
1	Bertie Lake	Albany	26:39
2	Rebecca Tennyson	Troy	28:25
3	Rachel Ambuhl	Ballston Lake	40:58
MALE AGE GROUP: 30 - 39			
1	Carlos Barboza	Amsterdam	25:00
2	Stephen Colon	East Greenbush	25:05
3	Jason Felton	South Glens Falls	26:25
FEMALE AGE GROUP: 30 - 39			
1	Theresa Felton	South Glens Falls	31:55
2	Elizabeth Genco	Chicago, IL	38:21
3	Melinda Colangione	Plattsburgh	40:58
MALE AGE GROUP: 40 - 49			
1	Daniel Walczyk	Brunswick	24:47
2	Darren Elledge	Chicago, IL	26:30
3	Steve Connolly	Colonie	26:38
FEMALE AGE GROUP: 40 - 49			
1	Eileen Carson	Clifton Park	26:48
2	Cheryl Robarge	South Glens Falls	31:10
3	Kathy Zieziulewicz	Rensselaer	37:42
MALE AGE GROUP: 50 - 59			
1	Martin Patrick	East Greenbush	23:00
2	Kim Burns	Loudonville	27:41
3	Scott Kimmins	Floral Park	29:31
FEMALE AGE GROUP: 50 - 59			
1	Barbara Bender	Troy	29:48
2	Helene Meckler	Delmar	30:09
3	Jennifer Lawrence	West Sand Lake	30:09
MALE AGE GROUP: 60 - 69			
1	Frank Bender	Troy	23:50
2	Gary Hall	Averill Park	32:28
3	James Peters	Troy	43:48
FEMALE AGE GROUP: 60 - 69			
1	Linda Keeley	Waterford	39:01
2	Eileen Trinkala	Troy	43:54
3	Chris Rinaldi	Troy	50:55

Courtesy of The ARC of Rensselaer County

## 12TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K continued

MALE AGE GROUP: 20 - 24			
1	Tim Russell	Greenfield Center	39:57
2	Todd Abrams	Round Lake	40:07
3	Matthew Kugler	Brooklyn	42:12
FEMALE AGE GROUP: 20 - 24			
1	Ashley Tate	Troy	46:33
2	Kate Imboden	Topsfield, MA	46:38
3	Valerie Belding	Albany	48:52
MALE AGE GROUP: 25 - 29			
1	Daniel Ayala	Clifton Park	41:12
2	Jason Perkins	Cohoes	41:58
3	Chris Wemple	Rock City Falls	42:22
FEMALE AGE GROUP: 25 - 29			
1	Mary O'Hearn	Gansevoort	46:48
2	Nicolette Pohl	Rensselaer	48:11
3	Meghan Schongar	Troy	48:33
MALE AGE GROUP: 30 - 34			
1	Russell Lidberg	Saratoga Springs	40:05
2	Jeffrey Andritz	Altamont	41:09
3	Ryan Heritage	Glenville	42:01
FEMALE AGE GROUP: 30 - 34			
1	Sara Bush	Saratoga Springs	46:47
2	Maggie Maphia	Ballston Spa	47:00
3	Jessica Mitchell	Albany	48:19
MALE AGE GROUP: 35 - 39			
1	Richard Hamlin	Albany	40:25
2	Steven Imbriaco	Rensselaer	41:45
3	Jeremy Poirier	Saratoga Springs	43:11
FEMALE AGE GROUP: 35 - 39			
1	Sarah Reed	Saratoga Springs	47:19
2	Stephanie Poirier	Saratoga Springs	47:34
3	Amanda Misner	Delanson	49:19
MALE AGE GROUP: 40 - 44			
1	Rik Jordan	Glens Falls	38:04
2	Mark Cotugno	Cohoes	40:06
3	William Kowal	Niskayuna	40:23
FEMALE AGE GROUP: 40 - 44			
1	Pam Gordon	Queensbury	47:44
2	Lisa Willard	Clifton Park	48:16
3	Stacia Smith	Niskayuna	49:35
MALE AGE GROUP: 45 - 49			
1	Brian Debraccio	Scotia	38:51
2	Bob Radloff	Stillwater	39:12
3	Jon Gurney	Saratoga Springs	40:40
FEMALE AGE GROUP: 45 - 49			
1	Mary Fenton	Ballston Spa	45:54
2	Bonnie Galvin	Ballston Spa	46:47
3	Susan Thompson	Queensbury	47:10
MALE AGE GROUP: 50 - 54			
1	James McElroy	Saratoga Springs	43:21
2	Mike Soeller	Clifton Park	43:23
3	David Peterson	Saratoga Springs	43:36
FEMALE AGE GROUP: 50 - 54			
1	Andrea Peterson	Saratoga Springs	51:30
2	Nicolette Pohl	Saratoga Springs	51:45
3	Hope Plavin	Malta	52:16
MALE AGE GROUP: 55 - 59			
1	Mark Regan	Queensbury	45:40
2	Charles Phillips	Ballston Spa	45:43
3	Thomas Bober	Albany	49:13
FEMALE AGE GROUP: 55 - 59			
1	Maryanne McNamara	Saratoga Springs	51:39
2	Carolyn George	Albany	53:58
3	Adele Pace	Clifton Park	56:26
MALE AGE GROUP: 60 - 64			
1	Dennis Fillmore	Ballston Spa	43:05
2	Patrick Whelley	Tribes Hill	47:38
3	Rick Morse	Malta	48:00
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	Malta	46:37
2	Bridget Polidore	Johnstown	55:52
3	Susan Feyrer	Schenectady	1:04:51
MALE AGE GROUP: 65 - 69			
1	Douglas Fox	Loudonville	53:56
2	Howard Jones	Clifton Park	53:56
3	Gove Effinger	Saratoga Springs	57:30
FEMALE AGE GROUP: 65 - 69			
1	Nancy Johnston	Ballston Lake	1:22:51
MALE AGE GROUP: 75 - 79			
1	Bob Husted	Rexford	58:41

Courtesy of Saratoga Bridges

## 12TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K

October 20, 2012 • Saratoga Spa State Park, Saratoga Springs

5K RUN			
MALE OVERALL			
1	Michael Roda	Albany	16:03
2	Shaun Donegan	Saratoga Springs	16:36
3	John Cunningham	Bedford Hills	17:00
FEMALE OVERALL			
1	Mesha Brewer	Saratoga Springs	17:35
2	Kristina Gracey	Albany	17:44
3	Meghan Mortensen	Rotterdam	19:05
MALE AGE GROUP: 1 - 14			
1	Dennis Pollicino	Glenville	17:40
2	Kevin Cronin	Greenfield Center	20:16
3	William Capuano	Ballston Spa	20:39
FEMALE AGE GROUP: 1 - 14			
1	Hannah Fogarty	Ballston Spa	21:03
2	Heidi Edmonds	Cooperstown	22:06
3	Mimi Liebers	Saratoga Springs	24:37
MALE AGE GROUP: 15 - 19			
1	Matthew MacWatters	Ballston Spa	18:55
2	Dylan Juda	Ballston Spa	23:01
3	Patrick Mann	Corinth	34:02
FEMALE AGE GROUP: 15 - 19			
1	Libby Mostoller	Ballston Spa	21:56
2	Alyssa D'Aloia	Troy	23:16
3	Megan Peyron	Rexford	28:21
MALE AGE GROUP: 20 - 24			
1	Michael Rogers	Troy	19:48
2	Adam Taylor	Schenectady	20:16
3	Ross McNeil	Saratoga Springs	23:28
FEMALE AGE GROUP: 20 - 24			
1	Rachel Karam	Clifton Park	23:14
2	Ashley McCaskill	Mechanicville	24:51
3	Amber Plante	St Albans, VT	27:24
MALE AGE GROUP: 25 - 29			
1	Ryan Walter	Voorheesville	17:59
2	Michael Goodwin	Saratoga Springs	19:23
3	Jacob Dutcher	Schenectady	20:16
FEMALE AGE GROUP: 25 - 29			
1	Anne Marie Hathaway	Schuylerville	22:09
2	Emily Vachula	Delmar	25:13
3	Julia Schmit	Troy	25:29
MALE AGE GROUP: 30 - 34			
1	Brandon Holcomb	Guilderland	17:22
2	Matthew Iglar	Saratoga Springs	17:57
3	Colin Klepetar	Saratoga Springs	18:10
FEMALE AGE GROUP: 30 - 34			
1	Shelly Binsfeld	Clifton Park	19:22
2	Jennifer Bennice	Ballston Lake	21:04
3	Meg Keller	Manchester Center, VT	23:29
MALE AGE GROUP: 35 - 39			
1	Gabe Anderson	Saratoga Springs	19:03
2	Brian Watts	Clifton Park	19:27
3	Greg Ethier	Cohoes	19:37
FEMALE AGE GROUP: 35 - 39			
1	Sally Drake	Albany	20:52
2	Amy Rodak	Ballston Spa	23:00
3	Stephanie Friedman	Malta	23:49
MALE AGE GROUP: 40 - 44			
1	Frank Horn	Albany	17:45
2	Brian Dillenbeck	Alplaus	20:21
3	John Coffey	Saratoga Springs	22:40
FEMALE AGE GROUP: 40 - 44			
1	Dorothy Hill	Saratoga Springs	21:18
2	Shanley Alber	Clifton Park	21:58
3	Christine Decker	Saratoga Springs	23:27
MALE AGE GROUP: 45 - 49			
1	Jon Rocco	Colonie	17:44
2	Joseph Cotrofeld	Ballston Spa	19:21
3	Thomas Marcellus	Ballston Spa	19:32
FEMALE AGE GROUP: 45 - 49			
1	Lisa Nieradka	Clifton Park	20:47
2	Kristen Hislop	Clifton Park	21:39
3	Shannon Hungerford	Saratoga Springs	24:53
MALE AGE GROUP: 50 - 54			
1	Chris Terzian	Albany	21:34
2	Chester Tumidajewicz	Amsterdam	22:15
3	John Stevens	Saratoga Springs	22:51
FEMALE AGE GROUP: 50 - 54			
1	Ellen Predmore	Ballston Lake	21:00
2	Eileen Trainor	Clifton Park	24:32
3	Mary Esposito	Albany	25:48
MALE AGE GROUP: 55 - 59			
1	Peter Carpenter	Queensbury	19:50
2	Rob Picotte	Malta	19:59
3	Frank Lombardo	Saratoga Springs	20:41
FEMALE AGE GROUP: 55 - 59			
1	Nancy Briskie	Schenectady	19:52
2	Jeryl Simpson	Mechanicville	25:20
3	Ilene Leverage	Saratoga Springs	27:08
MALE AGE GROUP: 60 - 64			
1	Christopher Trow	Glenville	24:14
2	Richard Bazar	Waterford	26:44
3	David Spina	Glenville	28:42
FEMALE AGE GROUP: 60 - 64			
1	Judy Lynch	Castleton	25:54
2	Linda Kolnick	Fort Plain	28:57
3	Elaine Graceffo	Auburn	30:09
MALE AGE GROUP: 65 - 69			
1	Jim Cunningham	Ticonderoga	23:59
2	Jim Fiore	Latham	24:03
3	Joseph Scaringe	Latham	26:07
FEMALE AGE GROUP: 65 - 69			
1	Immaculata Lieber	Fort Plain	55:56
MALE AGE GROUP: 70 - 74			
1	Ted Greve	Gansevoort	37:13
2	Richard Hegney	Dormansville	46:17
FEMALE AGE GROUP: 70 - 74			
1	Marge Rajczewski	Ballston Lake	27:31
2	Susan Allen	Clifton Park	55:19
MALE AGE GROUP: 75 - 79			
1	Norm Marincic	Saratoga Springs	29:36
2	Richard Schumacher	Hoosick Falls	33:07
3	Richard Eckhardt	Albany	37:49
FEMALE AGE GROUP: 75 - 79			
1	Eileen Gundlach	Howes Cave	39:03
2	Joan Corrigan	Clifton Park	47:29
MALE AGE GROUP: 80 - 99			
1	Richard Gundlach	Howes Cave	39:05
2	Donald McBain	Troy	43:35
3	Joe Corrigan	Clifton Park	47:30
10K RUN			
MALE OVERALL			
1	Chris Repka	Porter Corners	36:00
2	Erik Carman	Albany	37:36
3	Daniel Predmore	Ballston Lake	37:43
FEMALE OVERALL			
1	Dana Bush	Saratoga Springs	37:20
2	Terri Artese	Scotia	41:48
3	Eileen Love	Ballston Spa	44:08
MALE AGE GROUP: 1 - 14			
1	Derek Baldwin	Schuylerville	41:03
2	Michael Poirier	Ballston Spa	48:17
MALE AGE GROUP: 15 - 19			
1	Ben Long	Amsterdam	58:45
FEMALE AGE GROUP: 15 - 19			
1	Christina Kitlinski	San Francisco, CA	48:37
2	Alyson Demskie	Rock City Falls	1:07:01

continued

## 5TH HOMETOWN HEROES 5K RUN

October 21, 2012 • Crossings of Colonie, Colonie

MALE OVERALL			
1	Dave Thoman	Albany	16:57
2	Jaren Stookey	Clifton Park	17:30
3	Jack McGill	Albany	17:59
FEMALE OVERALL			
1	Allison Bradley	Albany	22:06
2	Danielle Chorniat	Cohoes	22:16
3	Janice Phoenix	Schenectady	22:31
MALE AGE GROUP: 1 - 14			
1	Nickolas Van Vranke	Defreestville	27:04
2	Amy Giaquinto	Ballston Spa	32:45
3	Nathan Braender	Albany	37:09
FEMALE AGE GROUP: 1 - 14			
1	McKenzie Quinn	Albany	26:49
2	Maddie Sausville	Ballston Spa	30:01
3	Kilah Grieser	Nassau	35:07
MALE AGE GROUP: 15 - 19			
1	Chris Bouchard	Watervliet	18:01
2	Anthony Miller	Troy	29:32
3	Aaron Ablove	Troy	1:12:17
FEMALE AGE GROUP: 15 - 19			
1	Erin Sausville	Ballston Spa	26:11
2	Rayne Rappazze	Cohoes	29:23
3	Elaine Montes	Troy	29:53
MALE AGE GROUP: 20 - 24			
1	David Eisenhardt	Athens	23:55
2	Nathan Morency	Hudson Falls	25:28
3	Genevieve Zurowski	East Greenbush	34:27
FEMALE AGE GROUP: 20 - 24			
1	Eleni Kustas	Poughkeepsie	26:12
2	Stacey Antonelli	Poughkeepsie	26:33
3	Amanda Herman	Albany	27:51
MALE AGE GROUP: 25 - 29			
1	Scott Matheson	Cohoes	18:51
2	Nathaniel Redden	Albany	20:47
3	Carl Brewer	Albany	24:29
FEMALE AGE GROUP: 25 - 29			
1	Beth Neild	Wynantskill	24:17
2	Kristen Staelens	Albany	26:28
3	Danielle Weber	Williamstown, MA	27:20
MALE AGE GROUP: 30 - 34			
1	Scott Kulakowski	Albany	18:06
2	Scott Walker	Fultonville	23:55
3	Matt Malette	Albany	25:20
FEMALE AGE GROUP: 30 - 34			
1	Valerie Rhodes	Albany	23:26
2	Colette Martin	Saratoga Springs	25:57
3	Annamarie Hess	Albany	26:23
MALE AGE GROUP: 35 - 39			
1	Mike Merriman	Clifton Park	21:01
2	Carl Chapman	Nassau	21:53
3	Lawrence Corbett	Albany	23:50
FEMALE AGE GROUP: 35 - 39			
1	Melissa Maguire	Loudonville	27:04
2	Rachel Kudrie	Niskayuna	27:31
3	Tammy Turner	Albany	28:15
MALE AGE GROUP: 40 - 44			
1	Andy Reed	Niskayuna	18:52
2	John Williams-Searle	Albany	20:05
3			



## TRIATHLON & DUATHLON

Spring is coming and you maybe you've filled your calendar with events. Here are some things to think about now to get set for a great 2013 multisport season.

**Train to eat** – Too many athletes start to train for the season automatically upping their calorie intake over their caloric burn. Longer workouts become an excuse to eat whatever they want. A calorie is not just a calorie. Think about fueling for your workouts. There are many diets out there that have you cleansing, eating one food, taking full food groups out of your diet or adding unnecessary or unproven supplements. While I'm not a nutritionist I can tell you to ditch the diets and fuel your body and your workouts. Think whole foods, lean proteins, good fats, and plenty of fruits and vegetables.

**No pain, no gain** – Why is it that too many of us push through pain only to end up with a real injury? Pay attention to how you feel in workouts. It is far better to take a day off and let your body repair itself. Four-time Ironman World Champion Chrissie Wellington said in an interview, "I think that's also where I have an edge. I love to hurt, I love to push myself, and I love to push my limits. I have a supreme amount of confidence in my mind and in my body to carry me through." In her book she talks about her pain threshold, which is much higher than the average human, but also talks about rest, recovery, and truly paying attention to her body.

**Passing on a rest day** – If only I had a dollar for every time someone said, 'I feel guilty taking a day off.' Yoga, an easy spin, a recovery run is working out. Adaptation happens during recovery. Why does two-time Ironman World Champion Chris McCormack stay relatively injury free? He knows how to recover and take off a day or even two a week. That means you don't work out. Sleep allows your body to recover and rebuild. Chris rests when he feels fatigue and never skimps on recovery days. It is during recovery that your body actually gets stronger.

**I have to swim in open water every chance I get** – How much you swim in open water greatly depends on how comfortable you are in the water and how much speed you want to retain over the course of the season. If you are new to triathlons and open water swims then you need practice. Your goal should be to get into as many open water situations as possible. That does not mean jumping in a lake everyday. You want to swim with the sun in your eyes, in a big group, in an aggressive group, in waves, in fog, in rain, and most importantly when you doubt yourself. Always have a lifeguard or rescue personnel with you as conditions can change quickly. If you are a more seasoned swimmer and have open water experience, make sure you don't spend too much time for the sake of open water swimming. As a coach, I give athletes specific open water speed workouts to help maintain speed if

# Ten Mistakes to Avoid

By Kristen Hislop



SUCCESSFUL FINISHER AT LAKE GEORGE TRIATHLON.  
PHOTO BY MIKE SYLVIA

they insist on more than one open water swim per week. If your focus over the season is open water swims you might notice your swim times get slower as the summer progresses. To keep your speed make sure you have at least one pool workout with speed sets every week.

**I need the newest gear and technology** – While the marketing teams at Garmin, TYR, Cervelo, and others want you to think you can't live without their newest products, you can and should. When triathlon started racers wore Speedos for the entire race, age groupers wore their running shoes for the bike and run, and heart rate monitors or GPS watches didn't exist! You raced according to how you felt. You knew what it felt like to push and at what effort level you could race most effectively. While some of the new fangled tools are fun and helpful you should be able to race without the gadgets. Don't let the tools control you. Regularly add a run in where you go for feel – no pace and no heart rate. Swim without a wetsuit in various water conditions. Swim without goggles in case yours get knocked off. Leave the bike computer at home and see if you know how fast you are going by

feel. Fins, paddles, and pull buoys can help improve your swimming, but don't become dependent on them. The great thing about triathlon it's all about you and your strength; both mental and physical.

**Social media competition** – Kim is doing a 30K and Laurie is doing a 50K, so therefore I must do a 50-mile running race. Tammy signed up for the Wineglass Marathon and I was thinking of just the half! I want a race every weekend because other people are doing more or better. Who is the strava.com "Queen of the Mountain" for the Pinnacle Climb in Voorheesville? Molly Grygiel. "King of the Mountain" is Cameron Cogburn. There are endless ways to see what or how other people are doing. Run your own race – sign up for what is right for you and if your friends are there as well then enjoy the camaraderie. This season don't get pressured into more that what you can do injury free, afford to do, or stay motivated for.

**I pass** – Have you heard that? I pass; pass on alcohol, dessert, non-athletic workouts, on socializing with friends. Across the board the 90/10 rule wins. Personally I'd be lucky with 80/20. Do the right thing, eat well and focus on workouts, 90-percent of the

time. Ten-percent of the time cut some slack. Have dessert, pass on a workout, have fun with friends. Why? Because it will make you a well-rounded person and athlete, and you and those around you will be happier.

**I love to climb so I am hitting the hills** – What should you do? Work on your weaknesses. Why get to your nemesis this season and find it is still hard. Work now on what you like the least, what you find hardest, and you will reap great benefits this summer. Since we have three sports in triathlon you always have some place to improve!

**Lofty goals** – People want to qualify for a race or event that maybe really is just out of reach. Be honest and set goals that are a stretch, but attainable based on your aptitude and training. If you aren't sure how to go about setting goals then think about meeting with a coach to plan a realistic season. Maybe you are close and just need some extra punches in your training. There are great resources in the area. Plaine and Son in Schenectady offers free classes on Tuesdays and Saturdays taught by cyclists. Revolutionary Velo-Watts and Elevate Cycles, both in Clifton Park, offer power riding classes. Other spin studios cater to those training for triathlon and century rides. Run groups like Team Utopia, Albany Running Exchange, and Hudson-Mohawk Road Runners Club offer sessions that will help improve speed. Masters swim sessions can help with speed (check the December 2012 issue for swimming ideas).

**Long distance goals, especially early on** – Overheard at a Capital District Triathlon Club meeting; 'I did my first sprint last year, this year is a half Ironman, and next year I am doing Ironman Lake Placid.' There are people who do an Ironman as their first triathlon or a marathon as their first road race. What and when you do something should be based on your goals, your athletic ability and background, your focus and determination, the time you have to train, your injury history, financial situation, family situation and mental preparation. Meeting your goals in the sport can take time and practice. Those at the top of the sport have had many years even decades into it before their first wins. Too often people want to sign up for the pinnacle before putting in the practice. American marathon runner Joan Benoit Samuelson will tell runners that there is nothing wrong with running 5Ks. This is coming from the first women's Olympic Marathon winner. Ability to be successful (meeting your goals) is easier at the shorter distances. Pick the distance/races that work for you.

Make 2013 a great season! 🌟

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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## HIKING &amp; BACKPACKING

# Get Ready for Spring Hiking

By Alan Via

ADK HIKERS TAKE A LUNCH BREAK ON BURNT KNOB, NEAR WINDHAM IN THE CATSKILLS, MAY 2012. PHOTO BY ALAN VIA

**A**erobic exercise through the winter will have prepared you to begin hiking this spring, allowing you to enjoy a fitness sport that encourages all day, injury free cross training. Early spring is an excellent time to get back outdoors and start building your base for the upcoming season of recreational or competitive sports. I can't think of a better way to welcome spring than putting some miles and elevation gain under your hiking boots or trail running shoes. If you're thinking about trying hiking for the first time you won't need a lot of gear as the days get longer and warmer, but remember that there will still be snow and ice up in the mountains requiring appropriate gear, clothing, and careful selection of hiking location.

For early springtime, there are a couple of options. Experienced hikers already have the equipment, experience, clothing, and gear for the snowy or icy trails waiting for them up in the higher mountains. They

have winter boots, snowshoes, microspikes or crampons, and can jump back into the woods whenever they want to broaden their exercise regime.

For everyone else, let's talk about getting ready and discuss some key items for spring hiking in places where the extra gear and winter attire aren't necessary.

For readers who are new to hiking and interested in taking up this great aerobic activity, this spring should be an excellent introduction. We haven't had a heavy snowfall this winter so the trails should be easy to hike a few weeks earlier than normal.

A first step in beginning any sport or athletic activity is paying your winter dues in the pool, indoor track or treadmill, stationary bike or spinning class, rowing machine, step climber, elliptical trainer or fitness class. Your aerobic preparation should include both aerobic and endurance activities. When using the training machines in the gym, start out

slowly, and as your session progresses, gradually increase speed and incline. You'll ideally want to work your way up in time, speed, and degree of incline.

I like to warm up on or off the machines at an easy pace, and then add speed and extra elevation, with the goal of lengthening the time of my workout. While it might earn you some strange looks in the gym, one of the best ways to build endurance for hiking is to get on the stepper or treadmill wearing a pack. On our home treadmill I often wear a pack. I load it with filled water bottles to increase my effort, build endurance, and lower body strength.

I've included a few tips on gear to get you out in the woods with a minimum of expense. Begin with an inexpensive pair of lightweight hiking boots; the fabric and faux leather types that you can find for as little as \$50. Be sure they have good, grippy soles, and the uppers cover your ankle bones. This keeps you from sprains and your ankle bones from bruising on the edge of sharp rocks. A quality pair of trail running shoes can also work for less technical treks. Pick up a couple of pairs of hiking socks. High performance merino wool socks, like SmartWool or Darn Tough Vermont, wear like iron, are cushy, and keep your feet warm when wet – no small thing when you “dunk” a boot miles from the car.

Get yourself a comfortable day pack. There are many good brands available, but you won't go wrong with one of the Osprey packs, about 1,300 to 1,500 cubic-inch capacity. That will leave room for a windbreaker or shell jacket, watch cap or tuque, and a pair of warm gloves. You should

carry a warm hat and gloves even on a nice spring day. The weather can change quickly in the mountains and you generally lose five degrees of temperature for every 1,000 feet of elevation beyond where you began. Sunglasses, baseball cap, sunscreen, bug repellent, and a camera to round things out.

Not everyone will agree, but I believe a set of adjustable length hiking poles is indispensable. With a quick adjustment, you can easily lengthen or shorten them. Instead of being “bipedal,” the poles turn you into a “quadruped,” and that's effective on trails that are wet, muddy or rocky. Poles also have a side benefit. Your arms get a good workout on the uphills, and by lengthening the poles, you take a lot of strain off of your knees on the downhill miles. Twenty years ago poles were seen as ‘old hiker's crutches’ by some, but now hikers of all ages have learned how much they help increase your efficiency and eliminate bodily wear and tear.

I don't have the space to describe all the great places you can hike in the Adirondacks or Catskills, but I suggest this good site: localhikesbeta.com. Type in your zip code and the desired number of miles from your home see dozens of places to hike, with descriptions of mileage, elevation, and a rating of each hike.

Also recommend is Bill Ingersoll's “Discover the Adirondacks” guidebook series (hiketheadironacks.com), and the Adirondack Mountain Club's “Adirondack Trails” and “Catskill Trails” guidebook series (adk.org). You can find them online, at your local bookstore, outdoor retailer or library.

I hope to meet you on the trail, maybe on Berlin Mountain near the Rensselaer County and Massachusetts state line, which is a great hike just outside of the Capital District. 🌲

*Alan Via (be46@nycap.rr.com) enjoys hiking, photography and fly fishing. He is the author of many hiking oriented articles and his hiking guidebook, “The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500” was published by the Adirondack Mountain Club in April 2012.*

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