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OBSTACLES

on the Run

By Laura Clark

(MAIN) SURVIVE THE FARM 5K CHALLENGE 2012.
(TOP INSET) TUFF ENUFF 5K OBSTACLE COURSE CHALLENGE 2012. GREG WOLCOTT/
FIVE PINES PHOTOGRAPHY
(BOTTOM INSET) GLENS FALLS URBAN ASSAULT 2012. RHONDA BONACCI

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CONTENTS

- 1 Run/Walk – Obstacles
- 3 Bicycle – Races & Gran Fondos
- 5 News Briefs & Publisher/Editor
- 6-11 **Calendar of Events** – April-June
- 12 Mountain Bike – Endurance
- 15 Kayak/Canoe – Spring Paddles
- 17 Athlete – Hiker Ralph Ryndak
- 19 Triathlon/Duathlon – Planning
- 22-26 **Race Results** – 20 Events
- 28 Recreation – Cole’s Woods
- 31 Bicycle – Bike for Humanity

Many would view tackling a medium-distance race as an obstacle in itself. But for athletes like John and Patty Paduano of Saratoga Springs, confirmed trail runners who look to “kick it up a notch,” confronting an obstacle course provides the perfect challenge.

One thing for sure, you will not be running yet another flat and fast ho-hum 5K. These events are site-specific and work with available terrain or cityscapes to create distinctive happenings. And while some of the obstacles are predictable – the slip ‘n slide, the mud pit, the rope web – others are

unique, like Glens Falls’ Civic Center’s stair climb and Survive the Farm’s pond swim. And for those not quite comfortable in their running shoes, the obstructions level the playing field, requiring a different skill set and demanding that all competitors slow down to catch their breath before tackling each task.

On the trail side of the equation – The **Peepchase** is a fast-paced obstacle course series run on grass with dozens of unique obstacles. Measure yourself against Peepchase’s 15 male and female pacesetters, and go head to head with **See RUNNING, 21**

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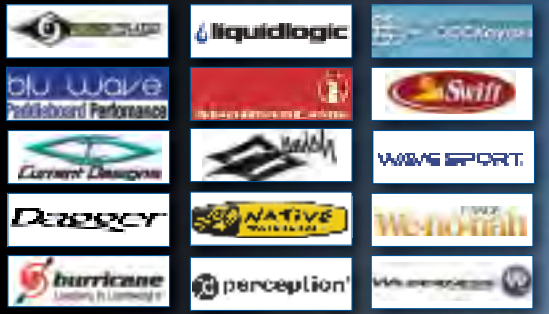


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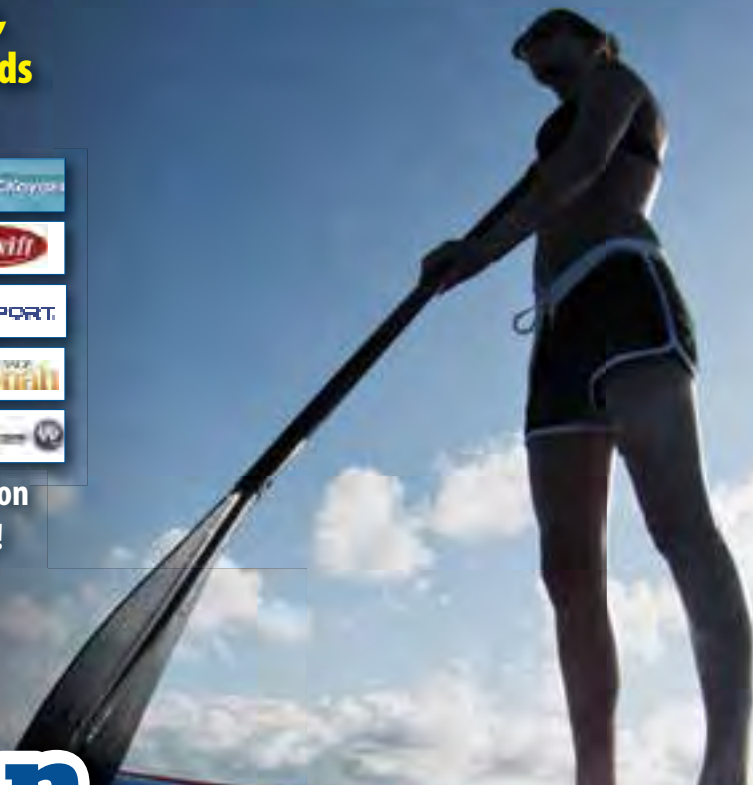


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BICYCLING



By Dave Kraus

Great Racing and Gran Fondo Action!

Spring is starting a bit later this season than last in upstate New York. But once the season gets going, cyclists will have a variety of events that offer great racing action, whether you want to participate or just ring a cowbell and cheer.

An extensive schedule of events comes from Anthem Sports and their Great American Cycling Series. This year's spring and early summer Anthem events are headlined once again by the **Tour of the Battenkill** with an entire weekend of racing based in Cambridge on April 13-14.

The Battenkill course has gained fame for its scenery and challenging climbs and made Washington County the place to go for goal-setting riders. It started in 2005 in Salem as the Battenkill-Roubaix in homage to the famous Paris-Roubaix race in Europe. The Spring Classics season in Europe features races that often go off-road onto dirt or cobblestones. Race director Dieter Drake wanted to adopt that style with the dirt roads while capturing a uniquely American flavor in the rural landscape and its covered bridges. Starting with only a few hundred riders, the races have grown every year and in 2009 moved its start/finish line from Salem to the larger town of Cambridge, and became the Tour of the Battenkill.

See BICYCLING, 21

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SATURDAY APRIL 27 CHATHAM, NY

SEAN'S RUN GROUP BIKE RIDES — ALL NEW!

A great way to kick off the 2013 riding season — come enjoy a fun and well organized early spring charity ride in beautiful Columbia County.

The Sean's Run Bike Rides are part of a full weekend of Sean's Run activities that attract over 1,500 participants from all over the region.

Hosted by: Sean's Run Bike Club, a League of American Bicyclists club. In cooperation with: Mohawk Hudson Cycling Club.

In memory of Sean Patrick French, a Chatham HS student-athlete killed as a passenger in an underage drunk driving car crash. Money raised goes to: 1) grants to schools across the region for safe driving programs, and 2) scholarships to high school seniors. Thanks to our participants and sponsors we have awarded over \$160,000.

20 MILE RIDE

A mostly flat, easy route encompassing scenic country roads and quaint villages. Enjoy fun rest stop with snacks, nice spread of refreshments at finish, t-shirts, SAG support, free bike inspection at check in. For riders 18 and over. **Start — 10 AM**

Our Presenting Sponsor: Hudson Design Engineering PLLC

50 MILE COUNTY TOUR — With 1,375 feet of climbing, this route traverses the beautiful Columbia County countryside and includes a trip down Warren Street through the historic city of Hudson. Maps and cue sheets. Enjoy two rest stops with snacks, refreshments at finish, t-shirts, SAG support, free bike inspection at check in. For riders 18 and over. **Start — 8:30 AM**

Registration Fee: \$20 (\$25 after 4/15/13)
 Maps, Rules, More Info and Register today at www.seansrun.com

TWO FOR ONE BONUS! Your registration fee includes entry in Sean's Run 5K the following day, Sunday, April 28. Now in its 12th year Sean's Run has earned the reputation as one of the largest and best organized races in the region — attracting running enthusiasts, volunteers and spectators each year from NY, MA, NJ and beyond. T-shirts to first 1,500 registrants.

Our Ride Sponsors

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AROUND THE REGION **News Briefs**

New "Not So Wild" Downriver Race

NORTH CREEK – The 56th annual Hudson River White Water Derby has created a new race designed for paddlers just starting out or those who already did it all, but maybe a few years ago. The new "Not So Wild" Downriver Race course is 2.5 miles of moving water on the Hudson River just a bit downriver of the traditional slalom races in North River. Aimed at appealing to beginner through intermediate-level canoers and kayakers, the Not So Wild race starts at the Hudson River canoe and fishing access point 2.5 miles west of North Creek on Route 28, and will finish at Riverfront Park just downstream of the railroad station. The new race is \$10 to register, and will be Saturday, May 4 following the Giant Slalom and Sprint races. The Downriver Race will be Sunday, May 5, from North Creek to Riparius. So if you've ever thought about giving downriver racing a try, it's the perfect time to get your feet wet. Visit: whitewaterderby.com.

Shires of Vermont Marathon Returns

BENNINGTON, VT – Preparations are under way for the 3rd annual Shires of Vermont Marathon on May 19. The marathon originated as a celebration of the 250th anniversary of the shire towns of Bennington and Manchester. It brings thousands of visitors to Bennington County, boosting the local economy and raising money for United Counseling Service, which provides developmental services and behavioral healthcare. The Batten Kill Valley Runners Club in Arlington provides support and planning.

Organizers have added Vermont flavor with maple syrup prizes, ceramic finisher medals crafted by Battenkill River Pottery, and the Shires buffet awaits runners at the finish. But the biggest ingredient is the picturesque course itself. Unlike many marathons that run along city streets, the Shires of Vermont Marathon runs through woods and meadows along beautiful meandering back roads lined with waterways.

The point-to-point race starts at the Bennington Center for the Arts and finishes at Hildene Meadows in Manchester. The rolling course unfolds ahead, offering the excitement of exploration, and a road back in time through Shaftsbury and Arlington – some of Vermont's oldest villages. From rock bands to belly dancers, entertainment is planned for strategic points along the way. Visit shiresofvermont-marathon.com.

Teams Forming for June 2 Tour De Cure

SARATOGA SPRINGS – Now is the time to form a corporate team for the American Diabetes Association's Saratoga Tour de Cure. Become part of the nationwide movement to Stop Diabetes and change the future of the nearly 26 million Americans living with the disease. The annual ride – which takes place this year on Sunday, June 2 at Saratoga Springs High School – is the most prestigious cycling event in the Capital Region and draws more than 2,000 participants. Designed for everyone from the novice biker to the experienced cyclist, the Tour de Cure includes routes ranging from a ten-mile Family Fun Ride to a 100-mile Century Ride.

"We are hoping to recruit even more corporate teams this year to fulfill our \$1.25 million goal and advance the mission of the organization," said Amy Young, ADA director of Albany and Central NY, noting that the Saratoga Tour de Cure is ranked first in the state and third out of 90 tours nationwide in terms of total dollars raised. Forming a corporate team is as simple as choosing a Team Captain, registering, and inviting teammates to join. A corporate team is an easy solution to a company's need for team building, healthy living and supporting the community all in one. The early bird registration fee is \$15 and there is a \$200 fundraising minimum. Visit: diabetes.org/saratogatur.

Freihofer's Run for Women Training Challenge

ALBANY – Ready to get in shape after a long winter, or recommit to an old New Year's Resolution? Then dust off your sneakers and sign up for the Freihofer's Run for Women Training Challenge. Attracting 415 women last year ranging in age from 10-72, it's a 10-week program for runners of all abilities to prepare for the 35th annual Freihofer's Run for Women 5K on Saturday, June 1. Now in its third year, the program follows an enhanced version of the well-known Couch to 5K Running Plan and includes novice, intermediate and advanced options, as well an introduction to sport walking.

Participants benefit from the training advice provided by injury prevention experts, certified coaches and nutritionists. Weekly sessions led by coaches and group team leaders will take place Mondays at the Crossings of Colonie and Saturdays at the Colonie Town Park. Runners are expected to complete a

third workout involving walking, jogging or running on their own during the week. The program costs \$25. A virtual training program is also offered. Visit: freihoferstrun.com.

Think 3 for Skiing/Riding Season Pass

LAKE PLACID – How would you like to ski three great resorts for the price of two next season? Well you can, when you purchase the 2013-'14 Ski3 pass for Whiteface, Gore and Belleayre. This is one big deal. Combined that's 7,000 vertical feet of skiing and riding on eight peaks, 882 acres, 32 glades and 227 trails. The Ski3 pass is available through April 19 for \$739 adults/seniors, \$385 for young adults/students, and \$299 for juniors. The Olympic Regional Development Authority operates the three ski areas. Pass holders will be a part of ORDA's Perks Program, where they show their pass to receive promotions and discounts at ORDA venues and some local businesses. Visit: nyski3.com. 🌲

ADIRONDACK SPORTS & FITNESS SUMMER EXPO

PRIZE WINNERS ANNOUNCED

Here are the lucky winners of more than \$5,000 in prizes at the Summer Expo on March 9-10 in Saratoga Springs. Thank you to all for coming to the expo, and to our exhibitors and advertisers for their generous donations!

TRIATHLON & DUATHLON

Cooperstown Sprint Triathlon – Bry-Ann DeLorenzo, Albany
Crystal Lake Triathlon – Matt Nafus, Glenville
HITS Hunter Mountain Triathlon – Shawn McCarthy, Saratoga Springs
HITS North Country Triathlon in Hague – Brian Demarest, Schenectady
Hudson Crossing Triathlon – John Warlaumont, Slingerlands
Moreau Lake Aquathon – Richard Loud, Ballston Spa
Mohawk Towpath Byway Duathlon – Eric Newman, Ballston Spa
Peck's Lake Sprint Triathlon – Chris Carper, Albany
Piseco Lake Triathlon – Noah Monge, Amsterdam
Saratoga Lions Club Duathlon – Bernie Weis, Schenectady
Team LUNA Chix Splash & Dash – Brian Degener, Delmar

RUNNING & WALKING

Adirondack Marathon Distance Festival – Mike Kandora, Saratoga Springs & Logan Jones, Gansevoort
Newton Natural Running Shoes/Blue Sky Bicycles – Jenny DeBellis, Albany
Mohawk Hudson River Marathon & Half Marathon – Eric Brigham, Milton & Olya Prevo, Mechanicville
Freihofer's Run for Women – Angelina Bartley, Latham & Ashley Weber, Ghent
Malta BPA 5K – Maureen Fitzgerald, Clifton Park & Michelle Dannenhoffer, Clifton Park
Mastodon Challenge 15K & 5K – Courtney Moriarta, Greenwich
Schenectady Run 4 Your Life 5K – Elaine Koeppel, Glenville & Charles Hoffman, Hudson
Survive the Farm 5K Challenge – Carol Taber, Gansevoort

BICYCLING & MOUNTAIN BIKING

Tour of the Battenkill Gran Fondo – Rachel Birchmeier, Schenectady & Glenn Berninger, Valatie
Plaine & Son Ski & Bike Ultimate Service Certificate – Luba Howe, Saratoga Springs
Tomhannock Bicycles Helmet & Tune-Up – Kevin Kretzchmar, Rensselaer
Spa City Bicycleworks Girls Bike – Karl Ventela, Wilton

HEALTHY LIVING

Arbonne Gift Certificate – Michelle Sperber, Saratoga Springs
Bodywise Fitness Studio Fitness Package – Kristen Dwyer, Ballston Spa
Brains & Brawn Obstacle House Puzzles – Umamaheshwari Balakrishnan, Clifton Park
Proactive Chiropractic Garmin Forerunner 110 GPS Watch – Jodie Kubiak, Greenwich
Saratoga Photobooth Rental – Rebecca Jenness, Watervliet

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Adirondack Mountain Club Hiking Books – Beth Sawicki, Amsterdam

KAYAKING, CANOEING, SUP & SCUBA

Patty's Watersports Stand-Up Paddle Board Rentals – Barbara Drake, Queensbury & Kelly Lozier, Ballston Lake
Rich Morin's Professional Scuba Center PADI Open Water Course – Deb Wood, South Glens Falls

TRAVEL

Adirondack Museum Admission Passes – Wally Elton, Saratoga Springs
Bolton Landing Chamber: overnight cottage rental at Candlelight, dinner at Sagamore & half-day stand-up paddle board rental at Lake George Kayak – Sandra Diaz, Albany
Bolton Landing Chamber Girlfriends Getaway Tickets – Ashleigh Cruickshank, Saratoga Springs
The Wild Center Admission Passes & Gifts – Kelly Miller, Middle Grove

FROM THE PUBLISHER & EDITOR

Spring Has Sprung!

March still had one foot stuck in winter, which was wonderfully "normal" for winter sports enthusiasts – we could ski or snowshoe one day and bike or run the next! April is an exciting time of year when we rediscover the summer sports by pulling out the bicycle, kayak/canoe, and running or hiking gear.

We've worked with our contributing writers and advertisers to provide many ideas, destinations and events to get your heart rate up. Whether you want to train for a cycling event, get started whitewater paddling, try an uphill running race, hike during mud season or do a triathlon or duathlon, we've got it.

Thanks for making our 8th annual Summer Expo in Saratoga Springs on March 9-10 a huge success! More than 8,000 of you came out and interacted with the 125 exhibitors, took advantage of sales, and enjoyed the pool/floor demos, seminars/clinics and family activities. We'll see you again this fall and next spring!

Enjoy April – our 150th issue! And please support the businesses and organizations that advertise and exhibit with us, making it all possible!



Darryl and Mona

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ISSUE #150

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Questions: jameslwalker3@yahoo.com

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Calendar of Events

April - June 2013

Events beyond this range are advertisers in this issue.

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

BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club Road Rides.** 300 rides per year for all ability levels in the Capital District & Saratoga Springs. Schedule: webmhcc.org.
- Daily Group Bike Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Mon Anywhere We Want Ride.** 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Mon Monday Ride.** 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Wed Quick Ride.** 35M. 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Wed Meander Ride.** 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Thu In-House Workshop.** 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com.
- Fri Beginner Ride.** 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.

APRIL

- 12-14 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. steinersskibike.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.
- 14 Army Spring Classic Race.** 2.9M-66.5M. West Point. 845-515-1845. bikereg.com.
- 18 Zim Smith Trail Ride.** 11-27M. 10am. Shenantaha Creek Park, Malta. Paul Breslin: tripswithpaul@gmail.com. adk-albany.org.
- 19-20 Antique & Classic Bicycle Swap Meet and Auction.** Copake Auction, Copake. 329-1142. copakeauction.com.
- 19-21 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Valatie. 784-3663. steinersskibike.com.
- 20 Tomhannock Spring Sale.** 10am-5pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 20 Women's Cycling Series #1: The Basics.** 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.
- 20 Bicycles for Humanity Adirondack Bike Drive.** 10am-1:30pm: Elevate Cycles, Clifton Park. 9am-12pm: Inside Edge, Glens Falls. Tony Mariotti: bhadirondack@gmail.com. bicyclesforhumanityadirondack.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 Women's Cycling Series #2: Bike Fit.** 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.

- 27-28 Sean's Run & Bike Rides.** 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 H.S., Chatham. seansrun.com.
- 27 Berkshire Brevet 200K.** 7am. Shelburne Falls, Westfield, MA. newhorizonsbikes.com.
- 28 2nd Albany Tweed Ride.** 9:30am. Ride, coffee/tea, socializing. All Good Bakers, Albany to Olde English Pub & Pantry, Albany. albanytweedride.com.
- 28 Ride Rail & Bicycle Event.** 37M or 17M rides & maple goodies. Saratoga & North Creek Railway. Hadley. 696-5153. hadleybusinessassociation.com.
- 28 Binghamton Circuit Race.** Kirkwood Industrial Park, Binghamton. tiogavelo.com.

MAY

- 4 Women's Cycling Series #3: Nutrition.** 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.
- 4 Learn to Ride Your Road Bike: Women's Ride & Clinic.** 3-6pm. 5pm: After ride snacks, wine, beer, raffles (men welcome). Free use of rental road bikes. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 4-5 Tour of the Dragons.** Sat: 11M time trial & 16M circuit race. Sun: 71M road race. 71M/116M/132M. Bennington area, VT. Anthem Sports: 401-440-7760. tourofthedragons.com.
- 5 3rd Albany Bike Expo.** 10am-4pm. Washington Park Lake House, Albany. albanybicyclingcoalition.com.
- 11 Women's Cycling Series #4: Mechanics.** 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.
- 11 Hunter Mountain Spring Classic.** 39M/78M. Hunter Mountain Ski Area, Hunter. Anthem Sports: 413-314-DIRT. greatamericancycling.com.
- 11 BashBish 300K.** 6am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 12 Women's Woodstock Cycling Grand Prix Races.** 34-60M. 8am. Woodstock Day School, Saugerties. Martin Bruhn: 845-612-1672. bikereg.com.
- 18-6/29 Learn Bike Safety & Build to 15M.** 9:30am. Clinton Community College, Plattsburgh. 562-4143. clinton.edu/ccwd.
- 19 9th Team Billy Ride & Walk for Research.** 50M/25M/10M ride: 8:30am. 3M walk: 9am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 19 Ride with the Vets.** 7:15am. Chestertown Municipal Center to Crandall Park, Queensbury. Steven Dean: 812-8760. gwotmonument.org.
- 25-27 Killington Stage Race.** Killington, VT. 802-496-5415. killingtonstagerace.com.

JUNE

- 1-2 1st Gran Fondo Catskills Weekend w/Floyd Landis.** 50M/90M. Sat: Platte Clove Rd "Devil's Kitchen" hill climb, West Saugerties. Sun: Gran Fondo for racers/riders. Hunter Mountain, Hunter. 413-314-3478. tourofthebattenkill.com.
- 1-2 600K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 1 Saratoga 400K.** 1am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 2 American Diabetes Association Tour de Cure.** 100M: 7am. 63M: 7:30am. 50M: 8am. 25M: 9am. 10M: 10am. 3-hour spin: 9am. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755-x3606. diabetes.org/tour.
- 5 CBRC Coeyman's Hollow Time Trial.** Joralemon Memorial Park, Ravena. cbrc.cc.
- 7-9 10th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** Signature 2-day option: 140M w/option for back-to-back century rides. New: 1-day Sunday option: 62.5M w/option for century ride. 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 Mountain Uphill Bike Race.** 11M. 8am. Whiteface Ski Center, Wilmington. 946-2255. whitefacerace.com.
- 22 ADK 540 Preview Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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- 22-23 Catskill 600K. 4am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 23 Owasco Flyer Cycling Road Race. 36M citizens road race. 9am. Emerson Park, Auburn. 315-253-5304. owascoflyer.com.
- 26 **CBRC Pinnacle Hill Climb Time Trial**. 4m. 6:30pm. New Salem Fire House, Voorheesville. cbrc.cc.
- 29 Okemo Bike Climb. 5.8M. 10:30am. Okemo, Ludlow, VT. 802-738-5557. okemobikeclimb.com.

AUGUST

- 11 **Ididaride: Adirondack Bike Tour!** 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 24 **13th Pat Stratton Memorial Century Ride**. 100M/50M/25/ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 7 **Double H Ranch: Camp Challenge Ride**. 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921. doublehbranch.org.
- 7-8 **Saratoga Century Weekend**. 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. webmhcc.org.
- 29-30 **Bike & Brew Package**. Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.

HEALTH & FITNESS

ONGOING

- Daily Real Ryde Cycling Class**. Various times. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
- Daily RPM Indoor Cycling Classes**. 1st class free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
- Mo-Fr Boot Camp Challenge**. Malta 6-week camp starts: 4/29 & 6/17. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.
- Mon Express Ryde Cycling Class**. 5:30am. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
- Tue Active Flow Class**. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Tu/Th Let's Ryde Plus Cycling Class**. 7:15pm. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
- Thu Express Ryde Cycling Class**. 5:45am. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
- Fri Gentle Yoga Class**. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Hatha Yoga**. 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Sat Beginner Hatha Class**. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Hatha Yoga**. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

APRIL

- 28 **Team LUNA Chix Yoga Clinic for Athletes**. 2-4pm. eStudio, Clifton Park. Tammy Friend: 527-9154. teamlunachix.com/albany_triathlon.

HIKING & ROCK CLIMBING

MAY

- 3-4 **EMS Club Day**. Eastern Mountain Sports: Albany, Niskayuna, Saratoga, Lake Placid & more. 888-463-6367. ems.com.
- 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.
- 18 **ADK's Black Fly Affair: A Peace & Love 60s Style Cruise**. 6:30-10pm. Dance/dine, silent/live auctions, beer/wine tastings, live music. Tie dye optional, hiking boots mandatory. Lac du Saint Sacrement, Lake George. adk.org.
- 18-19 **Leave No Trace Trainer**. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 25 6er Saranac Lake Hiking Challenge: Kick-Off Celebration. Sign-in: 7am. Hiking: 8am. Celebration: 3pm. Berkeley Green, Saranac Lake. saranaclake6er.com.

- 26 Herbert Clark Memorial. Stone ceremony to honor 46er #1. 10am. St. Bernard's Cemetery, Saranac Lake. Joe Ryan: 354-7711. adk46er.org.

JUNE

- 14-16 **ADK Spring Outing**. Hiking, paddling, road biking, MTB, more. SUNY Potsdam, Potsdam. ADK Laurentian Chapter. John Barron: 613-828-2296. adk.org.
- 21-23 **Trailless Peak Backpacking: Cliff & Redfield**. 18M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 24 **Macomb, South Dix, East Dix & Hough Hikes**. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 28-30 **Trailless Peak Backpacking: Swards**. 21M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 28-30 **Krebashia Kingdom**. 11am. Hiking, medieval fair. Chateaugay Rec Park, Chateaugay. Gina Strachan: 353-2695. ekrubplayersinc.com.
- 29 **Tabletop Hike**. 9.8M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 30 **Mt Marshall Hike**. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

- Thu **Mountain Bike Ride**. 6pm. Various locations, Capital District. Plaine & Son: 346-1433. plaineandson.com.

APRIL

- 12-14 **Steiner's Bicycle Tent Sale**. Steiner's Ski & Bike, Glenmont. 427-2406. steinersskibike.com.
- 19-21 **Steiner's Bicycle Tent Sale**. Steiner's Ski & Bike, Valatie. 784-3663. steinersskibike.com.
- 20 **Tomhannock Spring Sale**. 10am-5pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 21 **Campmor H2H Race #1: The Chain Stretcher**. Blue Mountain Reservoir, Peekskill. 845-735-4056. wmba.org.
- 28 **Singlespeed-A-Palooza**. Stewart State Forest, Montgomery. 845-787-0412. darkhorsecycles.com.

MAY

- 5 **6th HRRT Spring Endurance Dirt Series**. 2, 4 or 6-hours. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.
- 11 **Wildcat 100 Mountain Bike Endurance Race**. 100M/100K. Village Main Street, Rosendale. 845-256-8073. wildcatpicevents.com.

JUNE

- 8 **18th Black Fly Challenge Adirondack Mountain Bike Race**. 40M. Indian Lake to Inlet. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- 8 **Mix Up The Dirt (MUD) Festival**. 8am-4pm. Rides, demos, prizes, food, music. Saratoga Mountain Bike Assn Trails, Saratoga Springs. smba.org.
- 14-16 **Wilmington-Whiteface Bike Fest**. Challenging road/mountain bike races, group mountain bike rides, bike demos, vendors, beach party, kids' activities. 946-2255. bikewilmingtonny.com.
- 16 **3rd Wilmington-Whiteface 100K Mountain Bike Endurance Race**. Leadville Trail 100 Qualifier. Whiteface, Wilmington. leadvillercycleseries.com.
- 23 **Round Top Mountain Bike Festival**. 10am. Riding, demos, skills. Riedlbauer's Resort, Round Top. catskillcycles.com.
- 30 **Stewart Super Six Pack Mountain Bike Race**. Stewart S.F., Newburgh. mtbnj.com.

MOUNTAINEERING & WILDERNESS SKILLS

MAY

- 4 **Map & Compass Fundamentals**. Heart Lake, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 19 **Lost in the Woods! Wilderness Survival & Navigation Basics**. Adult/Teen. 9am-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JUNE

- 8-9 **Wilderness First Aid Course (SOLO Certified)**. Adult/Teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

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9th Annual

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Sunday, May 19, 2013

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16 Father's Day Family Wilderness Adventure w/James Bruchac. 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JULY

- 15-17 Kid's Wilderness & Storytelling Camp (Ages 6-8).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 15-19 Wilderness Adventure Day Camp (Ages 9-11 & 11+).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 22-24 Kid's Wilderness & Storytelling Camp (Ages 6-8).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 22-26 Wilderness Adventure Day Camp (Ages 9-11 & 11+).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 29-31 Kid's Wilderness & Storytelling Camp (Ages 6-8).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 29-8/2 Wilderness Adventure Day Camp (Ages 9-11 & 11+).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- 5-7 Junior Pathfinders Overnight Wilderness Training (Ages 10-12).** 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 5-10 Pathfinders Overnight Wilderness Training & Adirondack Canoe Trip (Ages 12-16).** Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Daily Group Tri Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Mon High Peaks Mini-Tri Series: 6/17-8/12.** 6:30pm. Kids' Mini-Tris, 3pm: 7/29 & 8/13. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Tue CDT Crystal Lake Training: 6/4-8/27.** 6pm. Crystal Cove, Averill Park. cdtriclub.org.
- Thu BTC Warners Lake Training: 5/30-8/29.** 6pm. Warners Lake, East Berne. bethlehemtriclub.com.

APRIL

- 27 Spring Dual Against CF Duathlon.** 2M run, 12M bike, 2M run. 9am. New Paltz Reformed Church, New Paltz. 845-863-9595.
- 28 1st Treads & Threads Vernon Downs Duathlon & 5K Road Race.** 3.1M run, 20M bike, 3.1M run. Vernon Downs Hotel & Casino, Vernon. Mike Byrch: 315-404-8130. 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.

MAY

- 4-5 Endurance Challenge Races.** 50M, 50K, Marathon, Marathon Relay, Half, 10K, 5K & Kids' Races. Bear Mountain S. P., Bear Mountain. 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.
- 5 2nd Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Avenue Town Park, Delmar. areep.com.
- 5 T3 Coaching Duathlon Series #2.** 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- 6-10 Diamond Mills Tri-Camps.** Diamond Mills Hotel & Tavern, Saugerties. 845-247-0700. 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.
- 18 Du the Lakes Duathlon.** Du: 3.1M run, 20M bike, 3.1M run. Green Lakes S.P., Fayetteville. 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.
- 26 3rd Cooperstown Sprint Triathlon.** Sprint: 0.5M swim, 11M bike, 3.1M run. Otesaga Resort Hotel, Cooperstown. Mike Byrch: 315-404-8130. atcendurance.com.

JUNE

- 1 2nd Rally in the Valley Duathlon & 5K.** Du & Relay: 5K run, 20M bike, 5K run. 5K. 9am. Fort Hunter. Matt Ossenfort: 694-1955. rallyinthevalley2013.com.
- 1 Catskill Spring Rush.** Catskill H.S., Catskill. 2.25M run, 10M bike, 1.25M kayak/canoe. 943-2300. active.com.
- 2 Keuka Lake Triathlon: Intermediate, Short, Duathlon.** Keuka Lake College, Penn Yan. 716-662-9379. keukalaketri.com.
- 8 34th Green Lakes Sprint Triathlon.** 0.5M swim, 20K bike, 5K run. 8:30am. Green Lakes S.P., Fayetteville. ymcaofgreatersyracuse.org.
- 8 Just Du It Duathlon.** 5K run, 19M bike, 5K run. 10:30am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 9 4th Hudson Crossing Triathlon.** Sprint: 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. greenleafacing.com.
- 12 HVTC Summer Tri-Series #1.** 400yd swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. 845-679-8602. hvtc.net.
- 23 Ironman 70.3 Syracuse.** 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir Beach, Syracuse. ironman.com.
- 24-7/26 SHAPE Multi-Sport Camps.** Mon-Fri: 9am-5pm. Ages 8-15. Safe/fun, swim, bike, run instruction. Averill Park, Colonie, Grafton. John/Kathy Slyer: 281-6480. skyhightri.com.
- 29 31st Tupper Lake Tinman Triathlon.** 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M, 18.6M bike, 6.6M run. 8am. Municipal Park, Tupper Lake. Ted Merrihew: 359-7571. tupper-lake.com.
- 29-30 HITS North Country Triathlon.** Open, Sprint, Olympic, Half, Full. Town Beach, Hague. 845-246-8833. hitstriathlonseries.com.

JULY

- 14 Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. Harrison Moss: 456-3634. cdymca.org.
- 20 1st ToughKids Syracuse Youth Triathlon.** Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. 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. John/Kathy Slyer: 281-6480. 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.

AUGUST

- 3 7th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 0.5M swim, 14.5M bike, 3.1M run. Double Tri: Two races/one day. Lake Lauderdale, Cambridge. Kevin/Bridget Crossman: 761-4067. fronhoferooltriathlon.com.
- 17 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 18 1st Peasantman Steel Distance Triathlons.** Full, Half, Half Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. peasantman.com.
- 18 2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.
- 31-9/1 4th Lake George Triathlon Festival.** Sat: Olympic: .9M swim, 24.8M bike, 10K run. Sun: Big George: 1.2 swim, 56M bike, 13.1M run. AquaBike: 1.2M swim, 56M bike. lgrfestival.com.

SEPTEMBER

- 21-22 HITS Hunter Mountain Triathlon.** Open, Sprint, Olympic, Half, Full. Haines Falls. 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

APRIL

- 14 Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

SKYHIGHadventures

Multi-Sport Life Triathlon Festival

July 20-21 • Grafton Lakes State Park, Grafton

A RACE FOR EVERYONE!

XTERRA Off-Road Triathlon

Sat, 9am - 1K swim/20K bike/6K run

SHAPE Kids' Triathlon

Sat, 2pm - 100m swim/5K bike/1K run

SUPER Olympic Road Triathlon

Sun, 7am - 1M swim/30M bike/7M run

THE CAPITAL DISTRICT'S BIGGEST TRI FEST!

USAT sanctioned • Awards • Raffle
 Bike Giveaways from Tomhannock
 Race photo • Individuals & Teams

Register Now and Save!

SkyHighSuperTri.com



PRIME CARE PHYSICIANS PLLC

THE CENTER FOR PREVENTIVE MEDICINE

Paul Lemanski, MD, FACP • Laurie Burton-Gregg, MS, RD • Amy Milstein, MS, RD, CDE

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac, Dipl. Ac, North Country Acupuncture, LLC • 518-210-6081

More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

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

Swim·Bike·Run

New members welcome



Saturday, June 1 – 9am
Fort Hunter (5M west of Amsterdam)
 Duathlon: 5K run, 20M bike, 5K run
 Duathlon Relay & 5K Race
 AREEP chip-timed
 Register by 5/1 to save & for race shirt
www.rallyinthevalley2013.com
 Matt Ossenfort: (518) 694-1955

18.12

Challenge

& HALF MARATHON

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

Sunday
September 1

A one-of-a-kind event!

MAY

- Ongoing Team In Training Informational Meetings for Fall Events.** - 5/7, 12pm: LLS Office, Albany; 5/7, 6pm: Samantha's Café, Glens Falls; 5/7, 6pm: Green Mtn Running Medicine Shop, Burlington, VT; 5/8, 5:30pm: Professor Java's Coffee, Albany; 5/9, 6pm: Saratoga Public Library; 5/18, 10am, Magliano Café, Burlington, VT; 5/23, 5:30pm: Crossings, Colonie; 5/29, 5:30pm: YMCA, Burlington, VT. Leukemia & Lymphoma Society. 438-3583 or 802-233-0014. teamintraining.org/uny.
- 10-12 Orienteering Meet. 10am. Individual & trail championships. Moreau Lake S.P., Gansevoort. 456-5897. empo.us/orienteering.org.
- 19 **Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 18 **ADK's Black Fly Affair: A Peace & Love 60s Style Cruise.** 6:30-10pm. Dance/dine, silent/live auctions, beer/wine tastings, live music. Tie dye optional, hiking boots mandatory. Lac du Saint Sacrement, Lake George. adk.org.

JUNE

- 1 3rd Wilton Wildlife Festival. 10am-3pm. Wildlife program, butterfly walks, crafts. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.
- 2 **Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

AUGUST

- 9 **Sunmark Charity Golf Classic.** To benefit The Fisher House at Albany VA Medical Center. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- Wed NNYP Weekly Time Trials: 5/1-9/18. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. Alec Davis: 399-1435. nymcra.org.

APRIL

- 11 **Kayak Rolling Classes.** 8-9:30pm. JCC Pool, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 11 **Reel Paddling Film Festival w/Adirondack Lakes & Trails Outfitters.** Lake Placid Center for the Arts, Lake Placid. 800-491-0414. adirondackoutfitters.com.
- 13-14 **Saratoga Paddlefest.** Canoe, kayak & SUP sale. Mountainman Paddlesports Shop on Fish Creek, Saratoga Springs. 584-0600. saratogapaddlefest.com.
- 17 **Kayak Rolling Classes.** 8-9:30pm. Jewish Community Center Pool, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 21 Little River Ramble. 2-6M. 1pm. Little River Boat Launch, Canton. Steve Coffin: 315-854-0881. slvpaddlers.org.
- 24 **Kayak Rescue & Recovery Classes.** 7:30-9pm. Jewish Community Center Pool, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 27 Wappingers Creek Water Derby. 8M. 8am-3pm. Wappingers Creek to Poughkeepsie. aquaticexplorers.org.

MAY

- 3-4 **EMS Club Day.** Eastern Mountain Sports: Albany, Niskayuna, Saratoga, Lake Placid & more. 888-463-6367. ems.com.
- 3-5 Canton Canoe Weekend. 0.5M-14M. Canton. Chuck Bolesh: 315-379-9241. nymcra.org.
- 4-5 **56th Hudson River White Water Derby.** Sat, 10:30am: Giant Slalom & Sprint Races. Sat, after GS: Not So Wild Downriver Race (new! 2.5M moving water fun for beg/int canoers & kayakers). Sun, 11am: Downriver Race from North Creek to Riparius. North Creek. 251-2612. whitewaterderby.com.
- 5 Schodack Island Paddle. 9am-4pm. Schodack Island S.P., Schodack. Dave Pisaneschi: 459-5969. adk-albany.org.
- 11 Ed Wessels Canoe Regatta. 32M. 10am. Otego Boat Launch, Otego. Ed Curley: 607-433-0333. nymcra.org.
- 11-12 **Canoe & Kayak Demo Days.** Canoes, kayaks, SUP, more. Riverside Park on Lake Flower, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
- 17-19 **Adirondack Paddlefest.** Canoe, kayak & SUP sale. Old Forge. 315-369-6672. mountainmanoutdoors.com.

- 18 **Reel Paddling Film Festival.** 7pm. View Arts Center, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 18 Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake to Flower Lake, Saranac Lake. AWA: 891-2744. macscanoe.com.
- 24-27 General Clinton Canoe Regatta. 5-70M. Otsego Lake, Cooperstown to Bainbridge. canoeregatta.org.

JUNE

- 8-9 Madrid Canoe Regatta. Sat: 3-12M. 11am. Sun: 6-16M. 10am. Community Park, Madrid. Bernie/Amy Moulton: 315-322-4041. slvpaddlers.org.
- 10-13 **ACA Instructor Certification Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club. adk.org.
- 21-23 **2nd Adirondack SUP Festival.** Demos, clinics, races, food. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Mon Camp Saratoga 5K Trail Run Series: 6/24, 7/8, 7/22, 8/5, 8/19. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. saratogastryders.org.
- Tue 7th AdIRUNdack 5K Trail Race Series: 5/7, 5/14, 5/21, 5/28. 6pm. Cole's Woods, Glens Falls. Rebecca Smith: 338-8444. adirondackrunners.org.
- Tue **44th Tue Night Summer Track Program:** 6/11-8/6. 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- Thu ARE Summer Trail Run Series: 5/23-8/29. 6:30pm. Various locations, Capital District. areep.com.

APRIL

- 13 **1st Bacon Hill Bonanza 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Bacon Hill Reformed Church, Schuylerville. Jennifer Thomas: 695-6116. baconhillbonanza.com.
- 13 **The Run Dead North Country. 5K Trail Run. 10:30am.** Clarkson University, Potsdam. nyso.org.
- 13 6th Peppertree's Furry Fun Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 435-7425. peppertree.org.
- 13 Rotary Five 5K. 10am. SUNY Adirondack, Queensbury. Jim Goodspeed: 793-8223. glensfallsrotary.com.
- 13 Schoharie 5K Run/Walk. 10am. Schoharie Elementary School, Schoharie. David Roy: 295-7162. sta5k.org.
- 13 Glory in Our Hearts 5K Walk/Run to Remember. 9am. Robert Moses State Park: Barnhart Pavillion, Massena. Athena Curley: 315-514-1031. gloryinourhearts.weebly.com/5k.
- 14 **Kingston Classic 10K & 2.1M Fun Run.** 1pm. Kingston. Katie Carpenter: 585-749-5712. kiwaniskingstonclassic.com.
- 14 25th Delmar Dash 5M. 9am. Bethlehem Middle School, Delmar. 831-6699. hmrrc.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 5K Run For Recreation. 9am. Amsterdam. Hosner Fitness: 391-0475.
- 14 32nd Skunk Cabbage Classic Half Marathon & 10K. 13.1M. 10am. Cornell & Barton Hall, Cornell, Ithaca. fingerlakesrunners.org.
- 18 ALS Walk/Run. 5K Run/2M Walk. 9am. SUNYIT, Marcy. Dave Abdo: 315-768-8502. alsutica.com.
- 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 Bill Robinson Masters 10K Championship.** 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.
- 20 14th Muddy Sneaker 20K Trail Run. 9am. Parish Hill Rd, Bristol Springs. roadsarepoison.com.
- 21 **3rd Lake George Half Marathon. 13.1M.** Fort William Henry Resort, Lake George. usrhalf.com.
- 21 Save our Switchbacks. 7.5K. 9am. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 21 Hand in Hand Run/Walk 5M & 5K. 9am. Hudson Valley Rail Trail, Highland. Carrie Ducillo: 845-373-8557. mhrrc.org.



Saturday, May 4

After Giant Slalom
 New: Give downriver racing a try!
Not so Wild Downriver Race
 2.5M of moving water for beginner to intermediate canoers and kayakers
 Only \$10 plus \$5 ACA insurance

Saturday, May 4 • 10:30am

Giant Slalom & Sprint Races
 Awards Celebration at 4 pm at
 Basil & Wicks in North Creek

Sunday, May 5 • 11am

Downriver Race
 North Creek to Riparius
 Awards Celebration after race at
 Riverside Station Park

www.whitewaterderby.com
 Gore Mountain Region Chamber of Commerce
518-251-2612



We provide all the support and inspiration you need - you raise funds for lifesaving cancer research.

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

(518) 438-3583 or teamintraining.org/uny
 Walk or Run, Half or Full Marathons Triathlons 100-Mile Cycle Rides

To benefit
The Fisher House at VA Stratton Medical Center!

Sunmark
 2013 CHARITY GOLF CLASSIC

August 9, 2013
 Eagle Crest Golf Club, Clifton Park, NY
 To golf or to become a sponsor,
[log onto sunmarkgolf.com](http://log.onto.sunmarkgolf.com)

3rd annual
RUN for the RHUBARB
 5K race and 1 Mile Kid's Fun Run
 Fundraiser for Mountain Road School

Sunday, June 16, 10am
 Mountain Road School
 4565 Country Rd. 9
 New Lebanon, NY

Race day registration 8:30am - 9:30am
 Register online at:
www.active.com
 For more information call
 518-784-8520
www.mountainroadschool.org

Adirondack Runners

37th Annual
Adirondack Distance Run
 Lake George Village to Bolton Landing
Sunday, June 23 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech short-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: AREEP.com (closes June 20 at 10am)
 Late Registration: June 22, 5-7pm at Lake George Fire Station
 No race day or telephone registration
 Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

**10th Annual St. John's/St. Ann's
SPRING RUN-OFF**

Saturday, April 27th

FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am 10K 10 am 5K
10 am 1 Mile Family Fun Walk

Fees: 5K & 10K: \$20/person • Family Walk: \$10/adult, \$5/child

Register Online: www.Active.com • Info/Entry Form: www.springrunoff.com
Or call St. John's/St. Ann's Center (518) 472-9091 x14

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

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

Lake Placid Marathon & Half

SUNDAY • JUNE 9 • 2013
LAKE PLACID • NEW YORK

**MARATHON
HALF MARATHON**

ENTER NOW!

2013 Registration via
www.lakeplacidmarathon.com
or
www.marathonguide.com

info@lakeplacidmarathon.com

BEST FITNESS
5K

33rd Annual
**Mother's Day
5K Run/Walk
bRUNch**

Sunday, May 12 • 9:30am
Central Park, Schenectady

For women only – Men can volunteer!

Register online by 5/9: hmrrc.com
Mail-in by 5/3 – No day of race

Technical, women's shirts to first 200!
Kids' 1/2M Races (12-under) \$2 at 10:15am

Kinderhook Bank
OK 5K

15th Anniversary 2013

Saturday – June 8 – 9:00am
Village Square, Kinderhook

USATF Adirondack Grand Prix Event!
\$18 by 5/31 (\$15 students); \$25 all after 5/31

OK 1 Run (Kid's One-Miler)
Sponsored by FairPoint Communications
Ages 6-12 – \$2 – 8:15am

Register & Info: OK5Krace.org
kinderhookok5krace@gmail.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

- 21 Saints Race for Red Cross 5K. 10:30am. Crossings Park, Colonie. 229-8689. siena.edu.
- 21 2013 PHS and ABLE 5K. 9:30am. Albany. Emily Kerley: 320-8648. areep.com.
- 27 **10th St John's/St Ann's Spring Run-Off.** 10K run: 8:30am. 5K run & 1M family fun walk. 8:30am. Riverfront Park, Corning Preserve, Albany. 472-9091 x14. springrunoff.com.
- 27 Great Mom's 5K Fun Run/Walk & Kids Race. 9am. Kids' Run: 10am. Maple Ridge Park, Bethlehem. Jessica West: 439-1754. drchurch.org.
- 27 6th kLaVoy5k. 5K. 8am. Saratoga Spa S.P., Saratoga Springs. Tonya Pellegrini: 928-5808.
- 27 10th Miles of Hope 5K Run/Walk. 10:30am. Kids 1M Fun Run: 10am. Tymor Park, LaGrangeville. mhrrc.org.
- 27 4th Adamant 20-Miler & Relay: 13M 2-person. 10am. Adamant Music School, Adamant, VT. cvrunners.org.
- 27 Warrior Run 5K Mountain Run. Labrador Mountain, Syracuse. warriorrunmountainseries.com.
- 27-28 **Sean's Run & Bike Rides.** 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 H.S., Chatham. seansrun.com.
- 28 **1st Vernon Downs 5K & Duathlon.** 5K: 8am. Vernon Downs Hotel & Casino, Vernon. ATC Endurance: 315-404-8130. atcendurance.com.
- 28 5th Cherry Blossom Race for ALS 5K & 2K Wellness Walk. 10am. Congregation Gates of Heaven, Niskayuna. Tim Fecura: 320-6770. 5kraceforals.com.
- 28 5th Hudson Valley 15K. 9am. Bella Luna, Blooming Grove. John Finnigan: 845-496-1578. orangerunnersclub.org.
- 28 Shack Attack 5K. 9am. Crossings Park, Colonie. Jennifer Lawrence: 275-2989. theshackattack.webs.com.
- 28 St. Jude Giants 5K. 11am. Alumni Hall, SUNY Oneonta. Christopher Herbs: 421-1434. stjudegiants.wix.com/oneonta.

MAY

- 4 **CCRC 5K Run/Walk/BBQ.** 3pm. 1K Kids' Race: 4pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 4 **1st Greenwich Urban Assault.** 4M Obstacle Run. 10am. Greenwich YMCA, Greenwich. Adirondack Race Management. adkracegmt.com.
- 4 Cerrones 5K. 2pm. Johnstown. Karl Stewart: 339-1679. cerrones.com.
- 4 Rock The Ridge 50-Mile Challenge. 4:30am. Mohonk Preserve/Minnewaska State Park, New Paltz. rocktheridge50.org.
- 4 SBANENY Walk-N-Roll for Spina Bifida. 10am. Central Park Pavilion, Schenectady. Karen Wentworth: 399-9151. sbaneny.org.
- 4 The Mighty Run 5K Mud Run. Two-person team. Bleeker Street, Utica. 315-798-4974. themightyrun.com.
- 4-5 **1st Peepchase Obstacle Course Race.** 5K. Champlain Valley Exposition, Essex Junction, VT. 480-249-4455. peepchase.com.
- 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.
- 5 Mountain Goat. 10M/3K. 9:15am. Clinton Square, Syracuse. mountaingoatr.com.
- 5 Gene DuPell Memorial CROP Walk. 1M, 4M, 6M Walk/Run. 12-2pm. 798-0338. genedupellcropwalk.blogspot.com.
- 8 Platte Cove Mountain Run. 5K. West Saugerties. onteorarunners.org.
- 10 VBF Annual Challenge 5K. 5pm. Niskayuna Soccer Complex, 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 **24th Prospect Mountain Uphill Road Race.** 9am. 5.7M. Lake George Forum, Lake George. adirondackrunners.org.
- 11 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Dave Gilson: 269-2316. curemiop.org.
- 11 3rd Run to the Sun Race. 5K/10K. 8am. Half-Marathon: 9am. Watertown. Sandra Macy: 315-778-5482. heatherafreemanfoundation.com.
- 11 9th DACC 5K Dash Walk/Run. 8:30am. Duanesburg Area CC, Delanson. dacc.info.
- 11 1st Southern Saratoga County Run/Trash Pick-up. 10-11am. City Hall, Clifton Park. Ben Jacobson: 431-9565. trashrunsarotoga@gmail.com.
- 11 The Bridesmaids 5K. 10am. Six Mile Waterworks, Albany. Robyn Haberman: 785-6250. zapevent.com.
- 11 United Helpers Mother's Day 5K Walk/Run. 9am. Ogdensburg. Ned Hirt: 315-393-3074. unitedhelpers.org.
- 11 Spartan 5K Run. 10am. Burnt Hills-Ballston Lake H.S., Burnt Hills. 399-9141. hbblta.org/5k.
- 11 Run for the RACC 5K Run. Walk: School for the Deaf. RACC, Utica. Jason Pare: 315-351-6830. romeart.org.
- 11 YMCA 5K Run/3K Walk and Fun Run. 9am. Riverfront Park, Corning Preserve, Albany. Ben Luke: 463-9622. cdymca.org.
- 11 1st Taylor's Heroes Xtreme Bootcamp Challenge Obstacle Course/Run. 10:30am. Saratoga YMCA, Saratoga Springs. taylorsheroes.org.
- 11-12 **1st Peepchase Obstacle Course Race.** 5K. Maple Ski Ridge, Schenectady. 480-249-4455. peepchase.com.
- 12 **33rd Mother's Day 5K Run/Walk bRUNch.** 9:30am. Central Park, Schenectady. Diane Fisher: 482-4389. hmrrc.com.
- 12 **1st 10K3 Race Series #1: Road Race.** 10K: 8am. 5K: 9am. Bethlehem H.S., Delmar. (#2: Track in July & #3: Trail in Oct.) Fleet Feet Sports: 459-3338. Register: areep.com.
- 12 Mom's Day 5K. 9am. Corning Preserve, Albany. Lauren Quirk: 463-3060. etouches.com/MomsDay5K.
- 12 Run Like A Mother 5K (Kelly's Angels). Saratoga Spa S.P., Saratoga Springs. Mark Mulholland: 580-0713. kellysangelsinc.org.
- 12 4th Wa Wa Wally Waddle 5K, 1M & Kids Dash. 5K: 10am. Vassar Farms, Poughkeepsie. mhrrc.org.
- 15 Olana Star Loop 10K. 6:30pm. Olana Historic Site, Greenport. 845-246-7954. onteorarunners.org.
- 16 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwpc.com.
- 18 **1st LifeSong Daffodil Dash 5K Run/Walk.** 9am. Halfmoon Town Park, Halfmoon. Michelle Kissinger: 533-0011 or 630-7047. lifesonginc.org.
- 18 **2nd Tuff eNuff 5K Obstacle Course Challenge.** 9am. Youth Run: 10am. BOCES Campus, Saratoga Springs. Prevention Council of Saratoga County: 581-1230. preventioncouncil.org.
- 18 **4th Kerry Blue Hustle 5K.** 9am. St. Mary's/St. Alphonsus School, Glens Falls. 792-3178. smsaschool.org.
- 18 28th Wood Memorial Road Race 5K. 9am. Hoosick Falls. Peter Church: 944-8074.
- 18 3rd Make it a Great Day Half Marathon. 13.1M. 8am. Brunswick School, Troy. 312-5330. thedragonflyadventure.com.
- 18 2nd Johnson Jog 5K Run/Walk. 9am. Johnson Hall, Johnstown. 762-8712. friendsofjohnsonhall.org.
- 18 2nd Champlain Bridge 5K. 10am. Crown Point State Historic Site, Crown Point. Nancy Ockrin: 597-3754. lachute.us.
- 18 6th Joan Nicole Prince Home 5K Run/Walk. 9am. Scotia. 383-0627. joannicoleprincehome.org.
- 18 Hero Rush. 9am. Ellms Family Farm, Ballston Spa. herorush.com.
- 18 Emma Foundation 5K & Fun Run. 9am. Waldorf School, Saratoga Springs. 339-3999. emmas5krun.org.
- 18 Randy's Run. 5K & K-6 1M Sprint. 9am. Lake George ES, Lake George. lkgeorge.org.
- 18 Women's Run 5K & 10K. 8am. Dutchess Rail Trail, East Fishkill. mhrrc.org.
- 18 2nd Ilion Foundation 5K. 9am. Ilion H.S., Ilion. Scott Grates: 315-868-7842. ilioncsdfoundation.org.
- 19 **2nd Mastodon Challenge 15K, 5K & Kids Fun Run.** 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. foundersday15k.com.
- 19 **9th Team Billy Walk & Ride for Research.** 3M walk: 9am. 50M/25M/10M ride: 8:30am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 19 **3rd Shires of Vermont Marathon.** 26.2M. 8am. Bennington Center for the Arts, Bennington to Hildene Meadows, Manchester, VT. Robert Pini: 802-442-5491. shiresofvermontmarathon.com.
- 19 **Cape Cod Half Marathon.** 13.1M. Cape Cod, MA. usrahalf.com.
- 19 SPAC Rock + Run 5K. 10:30am. Saratoga Spa S.P., Saratoga Springs. 583-4051. spac.org.
- 19 33rd SRC Rotary Run. 5M, 5K, 1M, Specials Needs Race. 8:30am. Green Meadow School, Schodack. Peter Brown: 732-7178. srcrotary.wordpress.com/rotary-run
- 19 National Distance Running Hall of Fame Half Marathon & 5K. 8am. Utica. Mary MacEnroe: 315-724-4525. distancerunning.com.

RUN THE RIDGE
Maple & Ski Ridge

Saturday, July 27
2725 Mariaville Rd, Schenectady

5K Mud Run with Fun, Challenging Obstacles!
Starts: 8:45 fast/furious, 9:30, 10:15, 11:00
2K Family Mud Run – 1:00

Partial proceeds:
Info: RunTheRidge.net
Register: RunReg.com

16th Annual
Charlton Heritage 5K Run/Walk
Saturday, June 1
10 am

Historic Village of Charlton, Saratoga Co.
Old School House, Maple Ave/Charlton Rd
Rolling hills with 3/4-mile downhill finish
USATF certified – Chip timing by ARE
\$20 by 5/19 or \$25 after – Shirts to first 400

Kids' 1-Mile Fun Run (\$10), 11am
Fun runners receive T-shirt & medal

Register: active.com
Entry Form/Info: charlton5k.org
Bill Herkenham: (518) 384-0065

Join the family & friends of Liza & Nikki
The Run for Help
5K Run/Walk Against Domestic Violence

To benefit Unity House
Sunday, June 9 • 10am
Goff Middle School, East Greenbush
T-shirts to first 250 entries
\$17 by 6/4 or \$20 race day

Register: active.com
More Info: unityhousesny.org
In memory of Liza Ellen Warner & Nikki L. Hart
Not affiliated with Liza's Legacy Foundation

33rd Annual

HMRRC**Bill Robinson Masters
10K Championship**

For runners 40 years or older

Saturday, April 20 • 9am
Guiderland High School
Guiderland CenterApplication: hmrrc.com
Jim Tierney
869-5597 • runnerjmt@aol.com

7TH ANNUAL

CCRC 5K Run/Walk/BBQSaturday, May 4th – 3pm
Christ Community Reformed Church
1010 Route 146, Clifton ParkUSATF Sanctioned 5K Race
Family Team Competition
Kids' 1K Race – 4pm
BBQ chicken dinner included
T-shirt to first 100 entrants
Sneaker Recycling ProgramForm: www.ccrc-cpny.org
Pat Glover: 877-0654 • pjglove@aol.comAn afternoon of fitness, family fun and food
to promote well-being and a healthy lifestyle
Proceeds to Deanna Rivers and Chris Stewart Scholarship Fund**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 SPRINGSENTRY 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 raceOnline Registration & Application: www.saratogastryders.orgINFORMATION Beth Favro (518) 335-6792 or beth@tpcwellness.com

Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!

- 19 Steel Rail Half Marathon. 13.1M. Lanesboro, MA. 413-344-4472. berkshirerunningcenter.com.
- 25 3rd Survive the Farm 5K Challenge. 10am. 1K Kids' Run & BBQ. Easton. Ed Johnson: 791-7856. surviveinthefarm.com.
- 25 Highland Forest 1-2-3 Trail Races. 10M, 20M, 30M Loop & Kids Fun Run. 8:30am. Highland Forest County Park, Fabius. Mark Driscoll: 315-449-9615. syracusechangers.org.
- 26 Mile-Mania. 1M. 8:30am. Voorheesville H.S., Voorheesville. Phil Carducci: 861-6350. active.com.
- 26 Vermont City Marathon Marathon Relay. 26.2M. 8am. Burlington, VT. runvermont.org.
- 27 Glens Falls Memorial Mile. Glens Falls. adironackrunners.org.
- 27 Woodstock Races 15K & 5K. 9am. Zena Elementary School, Woodstock. 731-7697. onteorarunners.org.
- 29 24th Run If You DARE 5K Road Race & 1M Fun Walk. 6:30pm. Connors Agency, Mechanicville. Kevin Connors: 664-7307. connorsgroup.com.

JUNE

- 1 16th Charlton Heritage 5K Run/Walk. 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 1 2nd Rally in the Valley 5K & Duathlon. 9am. Fort Hunter. Matt Ossenfort: 694-1955. rallyinthevalley2013.com.
- 1 4th Rail Trail to the Footbridge 5K Trail Race/Fun Walk & 1K Kids' Fun Run. 9am. Slate Valley Museum, Granville. Kerri Thomas: 424-7683. railtrailtothefootbridge5k.com.
- 1 35th Freihofer's Run for Women. 5K: 9:45am. Kid's Run: 11am. Junior 3K: 11:30am. Community Walk: 12-1pm. Empire State Plaza, Albany. USATF Adirondack: 273-5552. freihoferstrun.com.
- 1 4th Burgher Dash 5K Run. 9:30am. Warrensburg E.S., Warrensburg. Kate Motsiff: 623-9747. wcsd.org.
- 1 4th Run 4 Garrett Loomis Memorial 5K/10K & Firefighters Challenge. 9am. Sackets Harbor. garrettsfund.org.
- 2 11th Cooperstown Girls on the Run 5K. Clark Sport Center, Cooperstown. Sherrie Kingsley: 607-437-1985. otsegocountygotr.org.
- 2 Worcester Half Marathon. 13.1M. Worcester, MA. usrahalf.com.
- 6 Vale Park 5K. 6:30pm. Vale Park, Schenectady. Steven Strichman: 878-8012.
- 8 15th Kinderhook Bank OK-5K Road Race. 9am. OK-1 Run Kids' 1M: 8:15am. Village Square, Kinderhook. Dan Curtin: 758-9480. ok5krace.org.
- 8 2nd Glens Falls Urban Assault. 4.6M Obstacle Run. 5pm. Glens Falls Civic Center, Glens Falls. Adirondack Race Management. adkracemgmt.com.
- 8 Rainbow Fun Run 1-Mile Race. 10am. Washington Park Lakehouse, Albany. 462-6138. capitalpridecenter.org.
- 8 18th Lions Ramble. 9am. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 8 Chateaugay 10K. 8:30am. Fire Dept. Chateaugay. Tammy Bell-Martin: 578-8629.
- 8 8th Lexington 5K & 1M Walk. 9am. Lexington Family Services, Johnstown. Jim Swart: 332-2977. fmrrc.org.
- 9 Run for Help 5K Run/Walk Against Domestic Violence. 10am. Goff M.S., East Greenbush. unityhousesny.org.
- 9 Lake Placid Marathon & Half Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 9 1st Running from the Flies 5K. 10am. John Dillon Park, Long Lake. mylonglake.com.
- 9 42nd Distinguished Service Race 8-Mile. 9am. UAlbany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 9 Albany 5K Run/Walk for Kidneys. 8:30am. University at Albany, Albany. Carol LeFleur: 533-7880. healthykidneys.org.
- 9 Moreau Mile & BETAR Byway 5K. 5K: 9:30am. 1M: 10:30am. South Glens Falls Park/Beach, South Glens Falls. 632-5128. adironackrunners.org.
- 9 Summer Sizzle. 8:30am. 5M. SUNY IT, Marcy. Dennis Johnson: 315-733-6216. uticaroarunners.org.
- 9 Biggest Loser Run/Walk Half Marathon, 5K & Kids 1M Fun Run. 8am. City Hall, Plattsburgh. Christina Morlock: 464-1264. biggestloserrunwalk.com.
- 9 8th REACH Foundation Fun Run, 5K & 1 Mile Walk. 8am. Torne Valley Sports Complex, Hillburn. reachfoundation.org.
- 9 4th Equinox Trail Race. 5K/10K. 9:30am. Charlotte, Vt. Martha Keenan: 802-425-2384. gmaa.net.
- 9 37th Crowley Road Races- 5K, 10K, Half-Marathon. 8am. Rutland, VT. Paula Lannon: 802-558-2328.

- 13 The Route 50 Mile. 1M. 6:30pm. Burnt Hills. Pete Sheridan: 399-4624. chsny.org.
- 14-15 Ragnar Relay Series: Niagara Ontario. 200M. Regular, Ultra & H.S. teams. Cobourg to Niagara, Ontario. Katie Aston: 801-834-9531. ragnarniagara.com
- 15 Whipple City 5K Run/Walk & 1K Fun Run for Kids. 8:30am. Greenwich M.S., Greenwich. Barbara Hamel: 692-3311. greenwichchamber.org.
- 15 Great Adirondack Trail Run. 11.5M mtn run & 3.2M fun run. Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 15 Tri-City Valley Cats Home Run 5K. 9am. Hudson Valley CC, Troy. John Haley 456-3682. hmrrc.com.
- 15 Tawasentha Mud Mania. 11:30am. Tawasentha Park, Guiderland. Dennis Moore: 456-3150. townofguiderland.org.
- 15 Greenfield Dragon 5K Run & Walk. 9am. Greenfield E.S., Greenfield. greenfelddragon5k.com.
- 15 1st Run For The Ages 5K. 9:30am. Tackett Chiropractic Center, Queensbury. 798-4322.
- 15 Treetops to Rooftops 5K. 8am. Hudson Walkway, Highland. mhrrc.org.
- 16 3rd Run for the Rhubarb 5K Race & 1M Kids' Fun Run. 10am. Mountain Road School, New Lebanon. 784-8520. mountrainroadschool.org.
- 16 HMRRC Father's Day 5K. 9:30am. Father/Son & Father/Daughter teams. Crossings, Colonie. hmrrc.com.
- 16 30th Mule Haul 5M Foot Race. 9am. Fire House, Fort Hunter. Bill Platt: 843-2326. fmrrc.org.
- 16 4th New Paltz Challenge: Half Marathon & 5K. 6am. New Paltz. Janet Nurre: 845-255-0243. newpaltzchamber.org.
- 22 Stride 4 STRIDE Run. 9am. Corning Preserve, Albany. stride.org.
- 23 37th Adirondack Distance Run. 10M. 7:30am. Firehouse, Lake George to Roger's Park Beach, Bolton Landing, Marcy Dreimiller: 792-7296. adironackrunners.org.

JULY

- 4 7th Firecracker 4 4M Road Race. 9am. Saratoga Springs City Center, Saratoga Springs. Bob Vanderminden: 744-5646. firecracker4.com.
- 27 2nd Run the Ridge 5K Mud Run with Fun, Challenging Obstacles. 2K Family Fun Run: 1pm. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.

SEPTEMBER

- 1 2nd 1812 Challenge & Half Marathon. 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com.
- 7 Double H Ranch: Camp Challenge Run. 5K trail run/walk. Double H Ranch, Lake Luzerne. 696-5921. doublehbranch.org.
- 15 Saratoga Palio 5K & Half Marathon: Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
- 27-28 2nd Ragnar Relay Series: Adirondacks. 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Aston: 801-834-9531. ragnaradk.com.

OCTOBER

- 13 31st Mohawk Hudson River Marathon & 12th Half Marathon. Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo: 10/12, Hotel Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.

SWIMMING

ONGOING

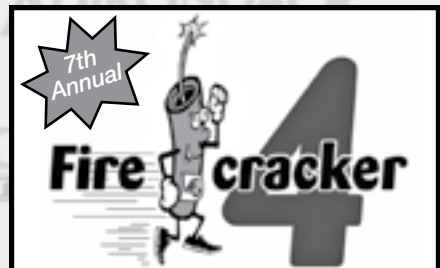
- Sun Open Water Swim/Triathlon Clinics w/Ann Svenson: 5/5, 6/2. 4-5:30pm. Saratoga Regional YMCA, Saratoga Springs. 583-9622. saratogaregionalymca.org.

APRIL

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

JUNE

- 2 Oneida Shores Open Water Swim. 800m/1500m. Oneida Lake, Brewerton. ymcaofgreatersyracuse.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.**4-Mile Road Race**
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RUN IF YOU D.A.R.E.5K Road Race & 1M Fun Walk
Wednesday, May 29 – 6:30pm

"Drug Abuse Resistance Education"

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40 N Central Ave, Mechanicville**T-Shirt to first 300 entrants & refreshments
\$20 entry - Must be received by Tue, 5/28
Flat, residential TAC sanctioned course
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More Info: (518) 664-7307

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 or active.comAmy Campopiano: kerrybluehustle@gmail.com**Literacy
5K Run/Walk 2013**Sunday, May 5 • 10am
Rensselaer Tech Park,
TroyRegister: Active.com

\$20 registration; \$25 race day

Children's Fun Run – 9am (\$6)

Youth Mile – 9:30am (\$10)

Complete info: Ivorc.org

Literacy Volunteers of Rensselaer County

(518) 274-8526

4th Annual

**5K Trail Race/Fun Walk
& 1K Kids' Fun Run**

Saturday, June 1st 9am

Slate Valley Museum, Granville

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Road Race
Series**3/16 Runnin' Green 4M • 4/14 Delmar Dash 5M
4/20 Bill Robinson 10K • 5/27 GF Memorial Mile
6/1 Freihofer's Run 5K • 6/8 Kinderhook OK-5K
6/23 Adk Distance Run 10M • 7/4 Firecracker 4
9/20 Arsenal City 5K • 9/22 Falling Leaves 14K
9/28 FAM 5K "Fund" • 10/13 Mohawk Hudson
Marathon or Half • 11/10 Stockade-athon 15K
11/28 Troy Turkey Trot 10K

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Endurance Racing has Emerged

By Terry Blanchet

Last September in Canmore, Alberta a 24-hour mountain bike race was canceled due to lack of participant interest. It's not news in itself since naturally bike races come and bike races go – except that this race was the World 24-Hour Mountain Bike Championships.

During the previous decade, such 24-hour races were the face of “endurance” mountain biking with opportunities abounding even locally. However as racers' interests have evolved, most of these races have closed up shop (Allamuchy, Lake Placid, Holiday Farm, Williston, Jiminy Peak, Brialee, Killington, etc.) with only four left standing in the Northeast: Hardcore24, PEAK, Great Glen and Pat's Peak. And while six-hour races have better resisted decline during this period, the NYS Endurance Racing Series based upon them was nonetheless dissolved at the close of the 2009 season, and one of that series' triumvirate races, Highland Hex, held its final running soon thereafter in 2011.

Growing out of this void, this decade's new kid on the endurance mountain biking block has clearly emerged – the 100-mile mountain bike race. As opposed to six- or 24-hour races run on courses of about ten-mile length, with results determined by number of repetitive laps tallied within the allotted time, 100-mile races are traditionally run on huge single-loop courses continuously offering the racer new scenery and riding terrain. In the six-hour fixed-time format, still sufficiently short to be typically competed by individuals, the countdown of remaining time towards race's end continues even if taking occasional breaks between laps, with the less-than-earth-shattering consequence simply being fewer laps tallied and thus a result just lower down in the posted list.

Whereas in 100-mile races such breaks not only compromise one's result but also do not bring any closer the loop's finish line – a challenging goal uniformly set for and shared by all fellow competitors. And in contrast to the 24-hour fixed-time format, where most participants compete within multi-person relay categories trading off laps with only a single teammate actually pedaling on course at any given time, the single-loop 100-mile course precludes any such team approach, with the challenge of such significant off-road distance and the sense of accomplishment upon meeting it, more simply focused on the individual.

Most of the country's 100-mile MTB races have organized into the **National Ultra Endurance** series (nuemt.com), now totaling 14 races where individuals can compete in Men's Open, Women's Open, Masters (age 50+) or Single-Speed categories. And in addition to individual races, riders may also compete for the overall series in each of these series, where rankings are based upon just the best four results each rider accumulates.

However, until recently, making it to even four such races presented hardship for rac-

ers in the Northeast as the nearest NUE race was the Wilderness 101 held late-July near State College, Pa., with the two next closest being the Mohican 100 in Ohio early-June, and the Shenandoah Mountain 100 in Virginia on Labor Day Weekend. But in 2012, the well-established Hampshire 100K held mid-August in Greenfield, N.H. proposed a new 100-mile option by following up its standard 100-kilometer loop with racers doing another lap short-cutting half of it, which NUE added immediately as an official series race.

Also in 2012, the Wildcat Epic event in the mid Hudson Valley, which has been traditionally based on a back-to-back Saturday and Sunday of 50-mile courses as a MTB stage race, also offered a new 100-mile version doing both courses in a single day of that same weekend. This race was granted “candidate” status by NUE as a potential future series race. That 2012 inaugural version of the Wildcat 100 was based out of New Paltz, and consisted of an initial 50-mile old carriage path loop on the grades of the scenic Shawangunk Mountains in Minnewaska State Park, followed by two more 25-mile loops accessed out of New Paltz via rail trail, one to the north hitting the techy single-track of Williams Lake, and another to the south wandering the rows of apple orchards throughout the town of Gardiner.

This candidate succeeded in officially bringing the NUE to New York for 2013, with the **Wildcat 100** as a series race with its own May 11 date, separate from its two-day stage race weekend. This 2013 version of the Wildcat 100 will move its base north to Rosendale, with many similarities in approach to that of the Hampshire 100. While still hitting all three major riding areas of Williams Lake, Minnewaska, and the Apple Farms, the lap will apparently be abbreviated to 100K to also offer non-series versions at this shorter lap distance, while racers of the NUE version will reach the 100-mile mark by repeating course sections within the Apple Farms and Williams Lake (wildcatepicevents.com).

Many experienced veterans of the region's existing six-hour, 50-mile, and 100K endurance MTB races will leap to take a crack at such a longer 100-mile distance, given the local convenience of Wildcat 100 and the expectations of flawless course marshaling and frequent well-stocked, staffed feed stations commensurate with a high-profile NUE series race. But what about those whose MTB racing has so far reached only to the more conventional cross-country events of about 20-mile length, or others who just enjoy a good hard two-hour recreational MTB ride, yet find this opportunity intriguing as a personal challenge even if never having raced before?

Maintain that interest level – but of course shore it up with an appropriately modified training program. This year's

Wildcat 100-miler will likely have about 7,000 feet of vertical elevation gain along its length, with top pro-level racers finishing in less than seven hours, while the distribution of finishing times for amateur racers will spread from there to upwards of 12 hours, so make sure within that training to fit in plenty of climbing and a few days of long sustained saddle time stretching to within a couple hours of the targeted finish time goal. And while legs clearly can succumb to cramping during such long races, other less obvious physical afflictions just as frequently come between the new competitor and the finish line – painful feet from uncomfortable shoes, a stiff neck from holding the head up, and numb fingers from supporting the upper body's weight on the hands' palms upon the handlebars for such a long time.

So even if pedaling a lot of paved roads to get in those preparatory six-plus hour training rides, make sure to do some of these extended rides on the MTB intended to be raced, in order to dial in its set-up and make sure it is comfortable for the long haul. And during the race, commit to drinking down those water bottles frequently and eating an energy gel and other food treats every hour, stopping at the feed stations regularly – spaced about

every ten miles – to refill, and maintain an adequate supply that never risks reaching zero, hopefully avoiding dehydration, cramps, and the dreaded disorientation of the energy bonk!

The Wildcat 100 is likely on the NUE schedule for the foreseeable future, so if the training program isn't quite where it needs to be yet, then save the 100-miler as a goal for 2014, and opt for the Wildcat 100K as this year's stepping stone towards it.

There are many other comparable endurance races available throughout the region that could serve this year as similarly intermediate step towards a 100-miler goal for 2014. The **Wilmington Whiteface 100K** runs on the dirt roads and trails of Essex County on June 16, and also serves as a qualifier for the Leadville Trail 100 in Colorado later in August (leadvillerraceseries.com).

The **Vermont 50-Miler** will test racers with 9,000 feet elevation gain throughout the Ascutey Mountain basin on Sept. 29, though the biggest challenge for racers may simply be gaining entrance, since fields will fill within less than an hour after registration's opening May 25 at 7pm – so perch yourself at their website accordingly (vermont50.com). And the **Wildcat Epic** weekend on August 3

and 4 will offer both single-day and two-day back-to-back 50-mile races, as well as the opportunity to preview the same terrain as the Wildcat 100 (wildcatepicevents.com).

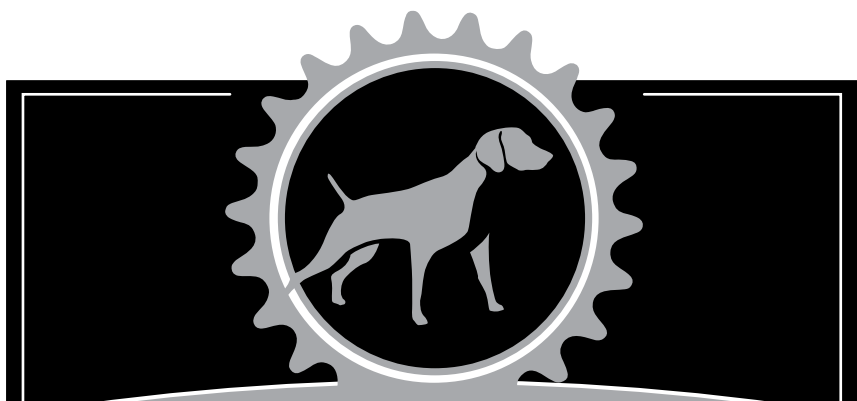
On the six-hour race circuit, the **Stewart Super Six Pack** held near Newburgh newly appeared on the scene in 2011, and as is the case with any race set on the popular Stewart State Forest trails it sold out in both that year and in 2012, so if interested then grab one of this year's few remaining spots ASAP for its race date June 30 (mtbnj.com). Other nearby six-hour opportunities include the **PEAK 6/12/24-Hour MTB Races** on Sept. 14, just to the north of Killington, Vt. (peakraces.peak.com). And finally, right in our backyard is the **HRRT 6-Hour Race** on the trails of Schenectady's Central Park on May 5 (hrrtonline.com).

All the best with the preseason training, see you at the line! 🏆

Terry Blanchet (blanct@rpi.edu) lives in Schodack and teaches mechanical engineering at Rensselaer Polytechnic Institute. He's a weekend warrior on the North American Velo team, racing mountain, road and cyclocross events. For 2013 he'll be focusing on masters category standing within the NUE series.

AUTHOR TERRY BLANCHET AND WAYNE TICE OF NEW WINDSOR, SECOND- AND FIRST-PLACE FINISHERS AT THE 2012 WILDCAT 100-MILE RACE, BLAST THROUGH THE OLD MOHONK GATEHOUSE IN NEW PALTZ.

PHOTO BY JONATHAN GRALD



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KAYAKING & CANOEING



◀ A KAYAKER SLIPS OVER A BEAVER DAM ON THE KUNJAMUK RIVER.
▲ HORSESHOE POND NEAR FISH CREEK.
PHOTOS BY RICH MACHA

Spring Paddling

Tips on Safety and Where to Go

By Rich Macha

It's the end of March and the Hudson and Mohawk rivers are free of ice. I'm not quite ready to put the skis away yet but thoughts about the first day of paddling are entering my mind. A March 19 snowstorm

helps temper any desire to get on the water in one of my canoes or kayaks and I've got time to locate necessary gear. I've already had the maps and guidebooks out and planned some April and May paddling trips. I will mention some of these choice destinations later in this article.

However, knowledge and experience tell me that any open water is still only just above freezing and can be dangerous in the event of a swim. Moving water becomes ice-free sooner than flatwater and hardy white-water paddlers are tempted to get out in their boats. Drysuits are needed or at least

a wetsuit combined with a drytop, as well as the ability to roll a kayak and/or self-rescue. When the water temperature is below 60 degrees is not the time for beginners to learn to canoe or kayak. If your head goes below the surface of the water you can experience anything from an ice-cream headache

See **KAYAKING & CANOEING**, 27 ▶

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ATHLETE PROFILE

RESIDENCE: West Shokan
AGE: 57
FAMILY: Partner, Maddy Hand
CAREER: Production Coordinator at Ametek Rotron in Woodstock
PRIMARY SPORT: Hiking
SECONDARY SPORTS: Mountain Biking, Cross-Country Skiing

Ralph Ryndak

◀ RALPH AND HIS PARTNER MADDY ON A BUSHWHACK HIKE OF THE EAST JEWETT RANGE IN APRIL 2011. PHOTO BY ALAN VIA

By Alan Via

If you bumped into Ralph Ryndak on the street you'd likely not take a second glance at the average looking, middle aged guy with a big moustache and friendly smile. Running into him on a trail or on your mountain bike, your view of him would be quite different. You'd have a quick glance back over your shoulder at his rapidly approaching figure, and then an equally rapidly diminishing view after he'd bid you "nice day" or "how ya' doing" as he accelerated past and disappeared far up the road or trail ahead. He's not a trail runner, racer or someone out to impress. Ralph is just a nice guy who happens to be blessed with strong lungs, tireless legs and superhuman drive. And when he's not out with friends, an uphill pace that gobbles up miles and elevation with the effort the rest of us expend walking around a track, talking with a friend.

Ralph was born in Kingston, but spent summers growing up in the heart of the See **ATHLETE PROFILE, 27** ▶



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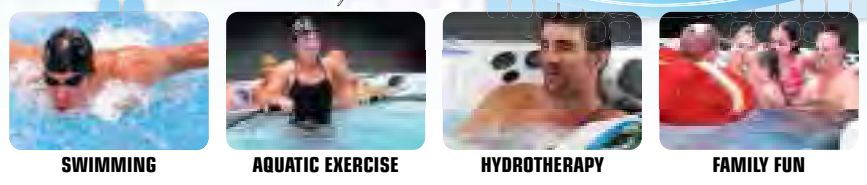
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TRIATHLON & DUATHLON



Planning Your Race Schedule

Dream, Evaluate, Plan and Go!

By John Slyer

IT'S 'GO' TIME AT DELTA LAKE TRIATHLON.
PHOTO BY RYAN ORILIO

Dream – What is your Race Goal? The first thing you need to determine is what distance event you would like to do. Are you racing for fitness, recreation, adventure or social bonding? Your plan may have one big “A” priority

race that you have been dreaming of doing for years and you may have a slew of “B” or “C” priority races that you are interested in doing along the way. No matter what your dream, being prepared on race day makes the experience much more enjoyable. It also increases the chances that you will enjoy the race and stay in the sport because you met your goal.

Evaluate #1 – What are your fitness and training habits? You may be ready for a sprint race in a month, while it may take you considerable time to prepare for your dream race. If you have been inactive you will need to look for races several months out. If you are already fit you may simply need to shift your focus during training. After you determine your race distance goals you will need to evaluate how much time you currently

Triathlon, duathlon and most endurance events can be accomplished successfully by almost anyone who is willing to put in effort, time and energy to learn, plan and prepare. I have seen athletes and couch potatoes alike get motivated and complete their first event with a few months of intelligent planning and training. Triathlon is truly for everyone who is willing to go for it!

If you have not started to plan your race season, it's not too late, but it is time to get planning and training. Triathlon and road races from short to ultra-long are very popular and close out quickly. Before you get online and sign up, take a few moments to dream about your goals, evaluate your fitness, your time available to train, and determine what you will have to do to finish your dream race.

See **TRIATHLON & DUATHLON, 28**



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RUNNING *continued from 1*

your newest friends – and you can run an optional third heat for charity. The course allows joggers to have a blast, while challenging the fastest runners. Peepchase will be Maple Ski Ridge near Schenectady on May 11-12, and in Essex Junction, Vt. on May 4-5. Go to: peepchase.com.

The second annual **Tuff eNuff 5K Challenge** in Saratoga Springs on May 18 is an excellent low-key introduction to parcourse adventure, concocted by the Prevention Council and executed by BOCES education center students in their rough riding tractors. The obstacles are homemade, the participants and volunteers are local, and the price is right. In keeping with Prevention Council's mission of fostering healthy homes, family participation is encouraged, and all come away feeling that if they can conquer the mud pit they can do anything.

In fact, it is often the kids who encourage their parents. Last year Emma and Skylar Shea, and their mom Danielle, ran side by side as a family; this year, they are hoping to persuade their dad to take part. And with the transition from ankle chips to disposable bib devices, there will be no danger of literally losing your finish time in the mud. Still, as one of Emma's friends discovered, it might pay to duct tape your sneakers to your ankles. Or perhaps embrace barefoot running. For those kids not yet ready to tackle the 5K there is a shorter option including – by popular demand – lots more mud. Visit: preventioncouncil.org.

Adults who are not as limber as the younger set might do well to heed training advice from Patty Paduano, "Upper body strength helps when you have to climb over ten-foot walls holding to a rope." Still, there is no need to let a difficult obstacle deter you. At the third annual **Survive the Farm 5K Challenge** in Easton on May 25, chief farmer Ed Johnson has abandoned last year's time penalties in favor of "chicken out" bands. Participants may purchase up to five \$5 rubber wrist bands as a get out of jail free card to bypass difficult obstacles. As Ed gloats, "Part of the fun is guessing if you want one or more!"

Utilizing the Washington County farm's open fields and wooden terrain, Ed's sons are eager to share the fun of growing up in a 300-acre backyard. Expect an introduction to boot camp as well, since they both come from US Marine Corps backgrounds,

and drew on these experiences in designing the fun course with rolling, natural terrain and 12 obstacles to navigate. In keeping with the military mindset and in tribute to the Memorial Day weekend, donations will be made to Saratoga WarHorse and Operation Adopt A Soldier. Go to: survivefarm.com.

But why should country dwellers have all the fun? Enter the first annual **Greenwich Urban Assault** on May 4 and the second annual **Glens Falls Urban Assault** on June 8. Both are designed and logistically supervised by the Adirondack Race Management (Lake George Triathlon) team, and look to be somewhat over four miles in length. Inspired by Atlanta's mountain bike urban assaults, both events fashion all types of fun obstacles to jump, crawl, slide, climb or hop over from existing town and city structures.

Randy Rath of ARM stresses that unlike road races, both runs are on open courses, and you will be sharing sidewalks with pedestrians and roadways with cars. As with all such experiences, participants start in waves to eliminate a waiting line approaching each main attraction. Those on either side of the current time wave insure a ready supply of enthusiastic onlookers. Team entries are also encouraged.

The town of Greenwich is joining local businesses to sponsor an obstacle, and coordinators Amanda Willetts and Paul Fronhofer, enjoin you to look forward to the slide at McDonald's, a donut hole at Dunkin' Donuts, and auto-related obstructions at all four car dealerships. The non-competitive, no pressure challenge, underlined by the absence of timing devices, is truly meant for all to enjoy and to showcase community spirit.

In Glens Falls, to avoid the daytime traffic the assault will launch its first wave at 5pm, so anxious participants must somehow corral their pent-up energy until the evening. This year's event will benefit the Crandall Park Beautification Committee and the park will be included in the route. Another unique feature of both races will be the basketball three-point shot for extra cash, make sure the throwaway clothes you wear have a secure money pocket! Also new this year will be monkey bars, so it's good cross-training. Visit: adkracemgmt.com.

The second annual **Run the Ridge** at Maple Ski Ridge near Schenectady on July 27 is a 5K mud run with fun, challenging obstacles. The locally-produced event has an

8:45am start for fast, furious runners, and later starts for all levels. There is also a 2K Family Mud Run. Partial proceed benefit the Albany VA Medical Center. See: runtheridge.net.

Or choose from a few tamer races – These nevertheless demand more than simply placing one foot ahead of the other. We have the inaugural **Bacon Hill Bonanza 5K** near Schuylerville on April 13, which encourages neighbors to raise funds to repair the steeple of the historic Bacon Hill Reformed Church. The flat course is in beautiful Saratoga County farm country. Those who don't run will be baking their famous homemade pie for age-group winners and other delicious finish line goodies, reminiscent of country barn raisings of old. Go to: baconhillbonanza.com.

The traditional 34th annual **St. Peter's Keys Run** in Saratoga Spa State Park on April 20 is now under the direction of Beth and Adam Favro. This year's edition will feature chip timing and wicking T-shirts, and it will honor the life of friend and runner Andy Keefe, who recently passed away after an on-again, off-again battle with cancer. Andy was a local fixture on the park roads and trails, and he is the reason the race kept extending the age group awards from 70-plus to 75-plus, and most recently to the 80-plus division. He will be running with us in spirit! Visit: saratogastryders.org.

We all know how challenging it is to go for a run and still get supper on the table in a timely fashion. On May 4, the seventh annual **CCRC 5K Run/Walk/BBQ**, held at Christ Community Reformed Church in Clifton Park, surmounts that obstacle with a 3pm start, and a meal ticket afterwards. Notice how BBQ is in the very title of the race? They have their priorities straight! Moreover, the nontraditional start time defeats the typical Saturday hurdles of morning baseball games and soccer practice. The 5K race is directed by veteran racer Pat Glover and includes a family team competition. Once more, emphasis is on community participation with limited awards for top runners. Money normally spent on trinkets is funneled into terrific raffle prizes, and last year every participant was a lucky winner! Proceeds will go to the Deanna Rivers and Chris Stewart Scholarship Fund. See: ccrc-cpny.org.

The challenge presented by the 24th annual **Prospect Mountain Uphill Road Race** in Lake George on May 11 is obviously

the 5.67-mile climb to the summit. While this may seem daunting, it is very doable and an excellent test of early season fitness! The varying pitch makes it impossible to compare your miles per minute time with normal efforts so all that is left is to relax, take small steps and lean into the hill. While Prospect features a 1,601-foot elevation change, there are some nice breaks in the pitch. The first-mile is relatively benign, while the second and final miles are the toughest. There are even a few slight downward drifts. This year's race will launch from the Lake George Forum on Route 9, near the race start. Go to: adironackrunners.org.

Next, visit the fourth annual **Jog for Jugs Half Marathon and 5K** in Duaneburg on May 19. While this area's rolling hills are a challenge in their own right, placed directly after Prospect Mountain, you could earn your own imaginary "Goofy" two-day challenge medal. The half is a scenic tour around Duane Lake, with enough vistas to provide welcome distraction from the task at hand. Additionally, the half's terrain will serve as a confidence booster for the similarly rolling Adirondack Distance Run ten-miler from Lake George to Bolton Landing on June 23. Visit: powerhouseathleticsny.com.

Commemorating the 1866 discovery of mastodon bones in the city of Cohoes, the second annual **Mastodon Challenge 15K, 5K and Kids' Fun Run** will take place on May 19. While the scenic tour of Cohoes – downtown, neighborhoods and parks – route is the same as last year, the title has added the word challenge at the suggestion of runners who believe in truth in advertising. Hills, terraced or not, are apparently still hills, although the pain will be eased by entertainment venues along the route. Not everyone has a wicking Mastodon Challenge tee, a guaranteed conversation starter. Go to: mastodonchallenge.com.

We are all capable of much more than we give ourselves credit. Sample a few of these adventures, test your abilities, and finish all the stronger for your experience. What you learn about yourself and your community will make life's other challenges so much more doable. 🌱

Laura Clark (snowshoega33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.

BICYCLING *continued from 3*

The course includes over 15 miles of dirt roads and some tough hills on Juniper Swamp (dirt) and Joe Bean (paved) roads, both near Salem. These spots also provide great, up close viewing for spectators, as do the lengthy dirt segment on Meeting House Road west of Cambridge, and the Eagleville covered bridge east of town off Route 313 – as multiple race groups thunder over the wooden planks. With 30 different races groups heading out all day Saturday, spectators will see constant action through the day.

On the road, the steep climb on Joe Bean Hill is back this year for amateurs, and expo events are moved to Cambridge's Varak Park, near the start/finish line on Main Street. The race expo will feature local food, crafts and cycling vendors, and a beverage tent featuring Brown's Brewing, and live entertainment on Sunday.

Other changes on Sunday include a new "Gran Fondo" style 65-mile supported ride on the same Battenkill race course, which will replace last year's men's pro race. All fondo riders are timed and prizes are awarded to those who race the course, but the majority of Gran Fondo participants are riders out to have a good time. Dieter said he expects almost 4,000 racers at this year's event with the addition of the Sunday Gran Fondo. Get more information on the entire weekend at tourofthebattenkill.com.

The next Anthem event is the **Tour of the Dragons** stage race in Bennington, Vt., on May 4-5, which offers a full weekend of events based in and around the scenic Green Mountain town. Saturday brings the 10.7-mile individual time trial, followed by a circuit race on a 15.9-mile course laid out through

Bennington and Shaftsbury, and on Sunday the race concludes with a 71.3 mile point-to-point road race. Visit tourofthedragons.com.

On May 11 is the **Hunter Mountain Spring Classic**, a one-day, 39-mile fast paced road race with start/finish at the Hunter Mountain Ski Area. The event is part of the Great American Cycling Series, with info available at greatamericacycling.com.

Then on the weekend of June 1-2, Hunter Mountain will play host to the inaugural **Gran Fondo Catskills** with former professional cyclist Floyd Landis. Saturday features a hill climb event on Platte Clove Road out of West Saugerties, also known as Devil's Kitchen – a climb that strikes fear in the heart of any serious area cyclist. Sunday will see a traditional Gran Fondo event open to everyone, with a mix of competitive and relaxed riding and trophies awarded post-race at the Hunter Mountain Resort. For info, go to greatamericacycling.com.

For a different scene and variety of events, the Adirondacks High Peaks region will offer several challenging road events during June.

On June 8, the 6th annual **Wilmington-Whiteface Road Race** is based in the Wilmington Town Park, and presented by Team Placid Planet. The race heads out of town on a lollipop-shaped course for several challenging laps before heading back into town and a final finishing climb to Santa's Workshop. For info, visit teamplacidplanet.org.

On June 15, the 12th annual **Whiteface Mountain Uphill Bike Race** up the Veteran's Memorial Highway will climb an 11-mile, 8-percent grade course that starts at the

Whiteface Mountain Ski Center and climbs 3,585 feet to the summit that offers spectacular views of the High Peaks region. Saturday also includes the Whiteface Mountain Bike Center's opening weekend **BikeFest** event, with group rides, bike demos, MTB films, BBQ and music. For details on both events, go to whitefacerace.com.

In the Capital Region, the area's racing team, Capital Bicycle Racing Club, will sponsor a lineup of spring events on local roads. The **Trooper David Brinkerhoff Memorial Race Series** kicks things off with three weekends of racing out of Coxsackie High School on March 23, March 30 and April 6. This race series is held in memory of Trooper Brinkerhoff, who was killed by gunshot in the line of duty in April 2007, and a portion of registration fees are donated in his memory. The course offers excellent spring racing on a fast, flat 12-mile loop through the countryside south of Albany. There's also a beginner's field for first-timers.


CBRC will also offer up their annual **Coeyman's Hollow Time Trial** on June 5 and 12, following a rolling, out-and-back course, starting in Joralemon Memorial Park near Ravena. This course is not for the faint of heart, with a 0.7-mile climb on the outward leg, with an average grade of 6-percent. The annual **Pinnacle Hill Climb** will be on June 26, with competitors giving it their all on this 1,200 foot climb to the top of the ridge overlooking Thatcher Park, the longest sustained road climb in Albany County.

The club also presents the classic **NY Capital Region Road Race** on July 13 in Ravena, ten miles south of Albany. The course is a 20-mile loop with several short and steep climbs. For more info on CBRC membership and events, visit cbrc.cc. 🌱

Dave Kraus of Schenectady is a long time area cyclist, photographer and writer. Contact him at dbkraus@earthlink.net.

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you just may forget
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RACE RESULTS

SARATOGA SPA CYCLOCROSS & NYS CX CHAMPIONSHIPS October 21, 2012 • Saratoga Race Course Lowlands, Saratoga Springs

SINGLE SPEED TOP 3 & NYS FINISHERS

1	Austin Pferd	Unattached, Brooklyn
2	Christopher Delisle	NYCROSS.com, Loudonville
3	Brad Young	Team Tinney's Tavern, Porter Corners
4	Cody Madigan	Team Tinney's Tavern, Ballston Spa
5	Bret Young	Team Tinney's Tavern, Corinth
7	Scott Hock	NYCROSS.com/VOMax, Johnstown
8	Kevin Ballou	Bikeman.com, Saratoga Springs
9	Terry Blanchet	North American Velo, Castleton
11	Christian Sandel	Adirondack Velo, Gloversville
12	Jason Selwitz	Unattached, Rensselaer
13	Don Rice	CCB Racing/Battenkill-United, Rensselaer
14	Karl Faruzel	Ommegang/Syracuse Bicycle, Binghamton
15	Nathan Morgan	Team Elevate Cycles, Saratoga Springs
16	James Brinck	Unattached, Brooklyn
17	Davis Wornall	Cyclocrossracing.com, Fort Edward
18	Wesley Hadzor	Mello Velo/BTB, Lafayette
19	David Spore	Capital Bicycle Racing Club, Delmar
20	Loren Swears	Capital Bicycle Racing Club, Gansevoort
21	Chuck Quackenbush	NYCROSS.com/VOMax, Slingerlands
22	Heather Muller	King Kog, Brooklyn

ELITE MEN - Pro, Cat 1/2/3, Under-23, Collegiate A

1	Bobby Bailey	1K2GO/Onion River Sports, Essex, VT
2	Wayne Bray	Embrocation Cycling Journal, Clinton (NYS Gold)
3	Seamus Powell	Team Overlook, Round Top (NYS Silver)
7	Brad Stratton	NYCROSS.com/VOMax, Brooklyn (NYS Bronze)
9	Austin Pferd	King Kog
10	Julian Georg	Syracuse University, Syracuse
11	Grygus Michael	Corning/NoTubes Team, Endwell
13	Michael Gil	King Kog, New York
18	Matthew Warbrick	Unattached, Tuxedo

ELITE WOMEN - Pro, Cat 1/2/3/4, Masters, Under-23, Collegiate A

1	Jenny Ives	Favata TR/UnoVelo Cross, Saratoga Springs
2	Emma White	Cyclocrossworld.com, Delanson (U23 1st)
3	Michelle Bishop	North Point Women's Racing, Bala Cynwyd, PA
5	Rosanne Van Dorn	Team Placid Planet, Lake Placid (Masters 1st)
6	Bryna Blanchard	North American Velo, Troy (Masters 2nd)
7	Abigail Isolda	NYCROSS.com/VOMax, Brooklyn (Masters 3rd)
8	Anna Millenson	Team Overlook, Mount Tremper
9	Jennifer Magur	Favata TR/UnoVelo Cross, Newburgh
11	Julia Sante	Farm Team Elite, Queensbury (U23 2nd)

MEN - Cat 3/4 & Collegiate B

1	Dan Harper	Team Overlook, Saugerties
2	Dave Warner	Green Line Velo/Zipcar, Jamaica Plain, MA
3	John Hughson	NYCROSS.com/VOMax, Schenectady
4	Bret Young	Team Tinney's Tavern, Corinth
5	Cody Madigan	Team Tinney's Tavern, Ballston Spa
7	Fred Harle	Chobani/Syracuse Bicycle, Jamesville
8	John Kniesly	Cicli Devotion, Astoria
9	Christopher Jones	RUUD Racing/TVC, Johnson City
10	Mark Romanovsky	Yorktown Cycles, Lagrangeville
11	Kevin Horan	Finkraft, New York
12	Blake Bedoya	Rockstar Games/Signature Cycles, New York
14	Billy Denter	Team Overlook, Woodstock
15	Cooper Ray	Unattached, Brooklyn
16	Joshua Arvidson	Favata's Tours and Bikes, Fayetteville
18	Scott Hock	NYCROSS.com/VOMax, Johnstown
19	Aaron Anderson	Unattached, Saratoga Springs
20	Sean Gramling	Kingston Cyclery, Kingston
21	Aaron Stearns	Continuum Cycles, Bronx
22	Mark Wilens	Team Overlook, Mount Tremper
23	Kevin Ballou	Bikeman.com, Saratoga Springs
24	David Parrillo Jr	Cycle-Smart, Scarsdale
25	Patrick Dunn	Unattached, Ticonderoga
26	Jared Stritsman	Tomhannock Bicycles, Petersburg
27	Joe Johnston	Black Bear Cycling, Middletown
28	Jonathan Favata	Favata's Table Rock Tours, Kerhonkson
29	Jeremy Clark	CRCA/Sid's Bikes NYC, New York
33	Seth Gallagher	Team Overlook, New Paltz
36	Peter Julien-Sehl	Unattached, Schodack Landing

37	Jason White	Unattached, Esopus
39	Shawn Yackie	King Kog, Brooklyn
40	Jason Haight	Chobani/Syracuse Bicycle, Manlius
41	Ian Forsyth	Yale Cycling, Lewiston
42	Geri Lacaj	King Kog, Oakland Gardens
43	Ryan Conley	Capital Bicycle Racing Club, Delmar
44	Marc Bertuccio	Kissena Cycling Club, New York
47	Christian Baks	Pawling Cycle & Sport, Poughkeepsie
48	Gavin Klami	NYCROSS.com/VOMax, Albany
49	Brian Brodine	RIT Cycling, Rochester
50	Bob Swart	Dark Horse Cycles, Middletown
52	Andrew Cappabianca	Blue Sky Cycles, Glens Falls
53	Rod Millott	CRCA/Foundation, New York
54	Tom MacClarence	Capital Bicycle Racing Club, Loudonville
55	Douglas Meyer	North Atlantic Velo, Saratoga Springs
56	Gregory Clemezi	Team Tuesday, Troy
59	Mike Romanovsky	Yorktown Cycles, Poughquag
61	Skye Van der Laan	Team Tuesday, Albany
62	Todd Shapiro	North Atlantic Velo, Ballston Spa
63	Wesley Hadzor	Mello Velo/BTB, Lafayette
64	Anthony Littlejohn	Team Tuesday, Albany
65	Peter Nicolardi	CRCA/Rockstar Games, New York
66	Scott Burlingame	Unattached, Ballston Spa
67	Bill Orr	Team Team Overlook, Clifton Park
68	Stephen Werthner	Capital Bicycle Racing Club, Albany
69	Jason VanStaveren	Chris's Cookies/Swan Cycles, Albany
71	Jeff Miller	Unattached, Walden

MEN - Cat 4

1	William Johnson	King Kog, Brooklyn
2	Eugene Beretzsky	Rutgers U/Raleigh, New Brunswick, NJ
3	Andrew Cappabianca	Blue Sky Cycles, Glens Falls
4	William Sprengnether	Cardinal Direction, Saratoga Springs
5	Roger Young	St Lawrence Cycling, Canton
8	Alfonso DiMeo	WMO/CBS, Troy
9	Rod Millott	CRCA/Foundation, New York
10	Ron Ferraz	CRCA/Foundation, New York
11	Tim Eck	Team Elevate Cycles, Ballston Spa
12	Shawn Wolf	King Kog, Brooklyn
13	Brian Hupe	Capital Bicycle Racing Club, Albany
14	David Vernoooy	Unattached, Niskayuna
15	Todd Shapiro	North American Velo, Ballston Spa
16	Yonta Namba	King Kog/Rosko, Brooklyn
17	Christopher Yates	Team Elevate Cycles, Saratoga Springs
18	JP Bevins	King Kog/Rosko Cycles, Brooklyn
19	Lacaj Geri	King Kog/Rosko Cycles, Brooklyn
23	Douglas Meyer	North Atlantic Velo, Saratoga Springs
24	Sean Gilooly	Team Elevate Cycles, Saratoga Springs
27	Justin Lefco	Unattached, Malta
28	David Spore	Capital Bicycle Racing Club, Delmar
30	Bill Orr	Team Overlook, Clifton Park
31	Shaun Donegen	Unattached, Saratoga Springs
33	Bradley Baker	Unattached, Albany
34	Reid Hutchins	Unattached, Queensbury
35	James Curtis	RIT Cycling, Rochester
36	Chris Lee	King Kog, Brooklyn
39	David Mendonca	Unattached, Albany
41	Peter Nicolardi	CRCA/Rockstar Games, New York
42	Kirby Haizlip	Capital Bicycle Racing Club, Albany
43	Stephen Werthner	Capital Bicycle Racing Club, Albany
44	Nikola Savic	Unattached, Brooklyn
45	John Waldron	Unattached, Saranac Lake
46	Scott Burlingame	Unattached, Ballston Spa
47	Brad Elliot	Elliott Chiropractic, Clifton Park
48	Glyn Chilton	Team Tinney's Tavern, Saratoga Springs
50	Jeffrey Rivet	Unattached, Saratoga Springs
51	Jim Annunziato	Unattached, Carmel
52	Charlie Armstrong	Unattached, Salem
54	Dan Simonds	Adirondack Velo Club, Amsterdam
55	Armand Arekian	Hammer Nutrition/Rudy Project, Averill Park
56	Stephen McAlpine	Capital Bicycle Racing Club, Saratoga Springs
57	Gary Cunningham	Unattached, Schuylerville

continued

SARATOGA SPA CYCLOCROSS & NYS CX CHAMPIONSHIPS continued

58	Matthew Lennon	Unattached, Malta
59	Gregory DiGuido	Unattached, Troy
60	Jay Tarrant	Sid's Bikes NYC, Cold Spring
61	Philip Borgese	Unattached, Niskayuna
62	Gregory Wild	Unattached, Ballston Spa
63	Daniel Servetas	Capital Bicycle Racing Club, Loudonville
65	Daniel Tubbs	Unattached, Syracuse
66	John Perry	Unattached, Johnsonville
67	Sam Bowen	Skidmore College, Rochester
70	Mike Davis	Unattached, Middle Grove
71	Jonathan Benn	Emblem Health, Albany
72	Greg Healey	Unattached, Wynantskill
73	Rick Morse	Unattached, Malta
74	Brendan Engelman	Unattached, Waterford
75	Ben Matusow	Unattached, Saratoga Springs
76	Terry Briscoe	Team Elevate Cycles, Saratoga Springs
77	Daniel Schiffrin	Skidmore College, Briarcliff Manor

WOMEN - Cat 4

1	Delana Spaulding	Mission in Motion Cycling, Johnson City
2	Rachel Rubino	King Kog, Brooklyn
3	Heather Muller	Unattached, Brooklyn
4	Carrie Beck	Unattached, Waterbury
5	Stephanie Landy	Team Luna Chix, Ballston Spa
6	Renee Salerno	Blue Sky Bicycles, Galway
7	Samantha Langton	Elevate Cycles, Troy
8	Shannon Smith	Unattached, Waterford

WOMEN - Under-19

1	Julie Sante	Unattached, Queensbury
2	Trixie Wessel	Unattached, Boonville

MEN - Under-19

1	Wil Etherington	UnoVelo Bicycles, Kingston, ON
2	Riley Joinnides	East End/Kreb Cycle, Brookhaven

GIRLS - Cub Junior 10-12

1	Maria Vaughn	Corning/NoTubes Team, Horseheads
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BOYS - Cub Junior 10-12

1	Harrison White	NYCROSS.com, Delanson
2	Ian Vernoooy	Unattached, Niskayuna
3	Tommy Servetas	Capital Bicycle Racing Club, Loudonville
4	Braeden Arthur	Unattached, Saratoga Springs
5	Swears Almon	Unattached, Gansevoort

BOYS - Cub Juniors 13-14

1	Sam Noel	Burr's Logistics/Fit Werx, Shelburne, VT
2	Daniel John Vaughn	Corning/NoTubes, Horseheads
3	Quin Taylor	Farm Team Cycling, Chestertown
4	Linus Sante	Farm Team Cycling, Queensbury

MEN - Masters 35-Plus (Cat 1-3)

1	Bobby Bailey	1K2GO/Onion River Sports, Essex, VT
2	Andrew Thomas	Unattached, Lake Hill
3	Erich Gutbier	CCC/Keltic Const/Zane's Cycles, Arlington, VT
4	Christopher Delisle	NYCROSS.com, Loudonville
6	David Yacobelli	Corning/NoTubes, Endicott
7	Timothy O'Shea	Chobani, Cazenovia
8	Aaron Johnson	OFCU Cycling Project, Oswego
10	Matthew Purdy	NYCROSS.com, Albany
11	Mark Miller	Favata's TRT/UnoVelo, Hurley
12	Zack Vogel	North American Velo, Saratoga Springs
13	Christian Sandel	Adirondack Velo Club, Gloversville
14	Christopher Chaput	CRCA, New York
15	Christopher Yates	Team Elevate Cycles, Saratoga Springs
16	Nate Simms	North Atlantic Velo/Classbook, Albany
17	Chris Pitts	Team Elevate Cycles, Ballston Spa
18	Kevin Horan	Finkraft, New York

MEN - Masters 45-Plus (Cat 1-3)

1	David Connery	1K2GO/Onion River Sports, Shelburne, VT
2	Tom Horrocks	X-Men, Rutland Town, VT
3	Cliff Summers	CCC/Keltic Const/Zane's Cycles, Queensbury
7	Andrew Ruiz	CCC/Keltic Const/Zane's Cycles, Delmar
8	Terry Blanchet	North American Velo, Castleton
9	Paul Wojciak	Pawling Cycle & Sport, Poughkeepsie
10	Ad Stabel	Central NY Cyclist, East Meredith
13	Danny Goodwin	NYCROSS.com/VOMax, Delmar
14	Andrew Roginski	Team Elevate Cycles, Saratoga Springs
15	Chris Joinnides	East End/Kreb Cycle, Brookhaven

MEN - Masters 55-Plus (Cat 1-3)

1	Brad Young	Team Tinney's Tavern, Porter Corners
2	Matt Moore	CCC/Keltic Const/Zane's Cycles, Manchester, VT
3	Dave Beals	NYCROSS.com/VOMax, Niskayuna
4	Brian Sanders	Sonne's Racing/MVBC, New Hartford
5	Karl Faruzel	Ommegang/Syracuse Bicycle, Binghamton
7	Don Rice	CCB Racing/Battenkill-United, Rensselaer
10	Jeffrey Rosch	Capital Bicycle Racing Club, Wynantskill
11	Art Goedeke	Capital Bicycle Racing Club, Delmar
12	Howard Johannessen	Capital Bicycle Racing Club, W Sand Lake

Courtesy of NYCROSS.com & Elevate Cycles

19TH ANNUAL GOBLIN GALLOP 5K October 27, 2012 • Abraham Wing School, Glens Falls

MALE OVERALL

1	Joel Gordon	41	Queensbury	17:29
2	Mike Wynn	45	Queensbury	17:30
3	William Venner	52	Granville	17:49

FEMALE OVERALL

1	Starlett Cook	48	Queensbury	20:24
2	Justine Trybendis	30	Glens Falls	21:42
3	Pamela Gordon	42	Queensbury	22:01

MALE AGE GROUP: 1 - 11

1	Devin Powell	9	Glens Falls	22:42
2	Ethan Stark	11	Queensbury	23:10
3	Danny Kelly	11	Lake George	23:20

FEMALE AGE GROUP: 1 - 11

1	Alice Fox	9	Lake George	28:02
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MALE AGE GROUP: 12 - 15

1	Brandon Thomas	15	Granville	18:07
2	Lane Oehler	15	Warrensburg	19:14
3	Andrew Lafasciano	13	Queensbury	20:07

FEMALE AGE GROUP: 12 - 15

1	Laura Kenyon	13	Queensbury	22:28
2	Tawnie Butkowski	14	Lake George	24:29
3	Madeline Godfrey	13	Fort Edward	26:19

MALE AGE GROUP: 16 - 19

1	Glenn Warner	16	Warrensburg	18:24
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MALE AGE GROUP: 20 - 24

1	Vinny Otto	22	Queensbury	21:24
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FEMALE AGE GROUP: 20 - 24

1	Molly Congdon	21	South Glens Falls	28:39
2	Amanda Palazzolo	23	Ballston Spa	29:51
3	Catrina Lankenau	24	Cohoes	33:27

MALE AGE GROUP: 25 - 29

1	Ryan Connor	27	Queensbury	19:41
2	Ryan Carruthers	27	Glens Falls	21:00
3	Andrew Pollock	26	Queensbury	21:30

FEMALE AGE GROUP: 25 - 29

1	Debi Halliday	29	Corinth	24:16
2	Gwynne Cosh	29	Whitehall	25:42
3	Rebecca Bachman	27	Hudson Falls	26:13

MALE AGE GROUP: 30 - 34

1	Joshua French	34	Gansevoort	18:21
2	Rosario Gallo	30	Ticonderoga	18:30
3	Daniel Buehner	34	Queensbury	18:40

FEMALE AGE GROUP: 30 - 34

1	Angelia Abbott	31	Granville	24:44
2	Jennifer Whitney	33	Middle Granville	25:13
3	Ruth Whitney	31	Fort Ann	28:06

MALE AGE GROUP: 35 - 39

1	Michael West	36	Warrensburg	19:11
2	Greg Ethier	39	Cohoes	19:13
3	Douglas West	39	Warrensburg	21:25

FEMALE AGE GROUP: 35 - 39

1	Deirdre Donohue	38	Ticonderoga	24:41
2	Melissa Kwasniewski	35	Fort Edward	24:55
3	Julie Pirozzold	38	Glens Falls	25:17

MALE AGE GROUP: 40 - 44

1	Todd Eicher	40	Queensbury	18:51
2	Lance Decker	42	South Glens Falls	22:23
3	William Pogonowski	43	Queensbury	24:47

continued

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19TH ANNUAL GOBLIN GALLOP 5K *continued*

FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 55 - 59					
1	Heather Benson	40	Glens Falls	23:20	1	Coleen Durkee	56	South Glens Falls	25:33
2	Kim Bailey	43	Queensbury	24:53	2	Linda Ellingsworth	59	Granville	31:59
3	Terri Johnston	42	South Glens Falls	25:04	3	Catherine Dzierba	55	Warrensburg	33:33
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 60 - 64					
1	Joseph Cotrofeld	48	Ballston Spa	19:21	1	Lee Pollock	60	Queensbury	19:12
2	Karl Lankenau	46	Gansevoort	23:15	2	Jim Goodspeed	61	Queensbury	22:44
3	David Norton	47	Fort Edward	23:50	3	Rich Elton	60	Queensbury	23:16
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 60 - 64					
1	Susan Keely	47	Glens Falls	22:43	1	Jill Pederson	61	Lake George	25:55
2	Angie Gargan	47	Glens Falls	22:43	2	Melissa Goodspeed	60	Queensbury	36:38
3	Susan Whitney	49	Glens Falls	23:01	MALE AGE GROUP: 65 - 69				
MALE AGE GROUP: 50 - 54				1	Jim Cunningham	68	Ticonderoga	24:05	
1	Frank Klippel	50	Queensbury	20:55	2	Dave Rutkowski	66	Ticonderoga	27:46
2	Will McGivney	50	Diamond Point	22:08	FEMALE AGE GROUP: 65 - 69				
3	Alan Dunham	51	South Glens Falls	25:03	1	Cathy Biss	65	Queensbury	31:58
FEMALE AGE GROUP: 50 - 54				MALE AGE GROUP: 70 & OVER					
1	Janice Phoenix	51	Schenectady	22:16	1	Eduardo Munoz	70	Olmsteadville	26:45
2	Patricia Monahan	51	Warrensburg	24:17	2	Norm Marincic	77	Saratoga Springs	30:33
3	Kathleen Herold	53	Queensbury	28:19	3	Ray Lee	70	Halfmoon	31:44
MALE AGE GROUP: 55 - 59				<i>Courtesy of The Adirondack Runners</i>					
1	Tim Russell	56	Glens Falls	21:55					
2	Mark Schachner	57	Lake George	22:24					
3	Michael Maguira	57	Ballston Lake	24:33					

HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACE
October 28, 2012 • Thacher State Park, Voorheesville

13.1 MILES														
MALE OVERALL														
1	Ross Krause	32	Easthampton, MA	1:26:04	1	Andy Warfel	41	Elizabethtown, PA	1:38:22					
2	Ray Webster	37	Hinesburg, VT	1:26:14	2	Andy Reed	41	Niskayuna	1:40:10					
3	Craig Tynan	42	Schenectady	1:29:07	3	Randy Swift	40	Saratoga Springs	1:44:33					
FEMALE OVERALL														
1	Amy Farrell	35	Tupper Lake	1:35:45	1	Marcy Beard	43	Albany	2:01:33					
2	Melanie Staley	32	Saratoga Springs	1:37:35	2	Sarah Dzikowicz	41	Amsterdam	2:03:35					
3	Annie Ericson	31	Westhampton, MA	1:44:41	3	Heather Machabee	43	Delmar	2:03:54					
MALE AGE GROUP: 1 - 14														
1	James Finley	14	West Point	2:25:02	FEMALE AGE GROUP: 40 - 44									
MALE AGE GROUP: 15 - 19										1	John Stadlander	47	Clifton Park	1:32:03
1	Kyle McCormack	18	Albany	1:37:15	2	Paul Young	47	North Andover, MA	1:32:11					
2	Collin Crane	19	West Point	1:57:47	3	John Graf	47	Ballston Lake	1:36:54					
3	Dominick Foti	18	Albany	2:16:14	FEMALE AGE GROUP: 45 - 49									
FEMALE AGE GROUP: 15 - 19										1	Eileen Leavitt	47	Delmar	1:49:52
1	Kara McKnight	18	Albany	2:16:14	2	Christine Varley	48	Albany	1:58:00					
MALE AGE GROUP: 20 - 24										3	Martha Gohke	45	Voorheesville	2:10:30
1	Owen Strong	20	Albany	1:33:21	MALE AGE GROUP: 50 - 54									
2	Richard Messineo	24	Nassau	1:35:42	1	Don Clarke	53	East Kingston, NH	1:40:18					
3	Dan Young	22	Binghamton	1:41:21	2	Bill Kosina	52	Richfield Springs	1:45:09					
FEMALE AGE GROUP: 20 - 24										3	Jim Devine	52	East Berne	1:48:23
1	Kelsey Rowe	24	Albany	1:56:01	FEMALE AGE GROUP: 50 - 54									
2	Michelle Davis	24	Schenectady	1:56:58	1	April Barnes	50	Potsdam	1:53:39					
3	Mallory Anderson	24	Sterling, NJ	1:58:03	2	Mary Duprey	53	Rouses Point	1:56:18					
MALE AGE GROUP: 25 - 29										3	Colette Van Kerckvo	52	Lee, MA	2:04:15
1	Zachary Seibold	27	Long Island City	1:31:24	FEMALE AGE GROUP: 55 - 59									
2	Tom Scudder	25	Albany	1:38:35	1	John Sovocool	56	Richfield Springs	1:44:37					
3	Jesse Egan Poirier	28	Clarksburg, MA	1:48:02	2	Myron Ferguson	55	Middle Grove	1:49:00					
FEMALE AGE GROUP: 25 - 29										3	Gary Gundlach	59	Davenport	1:56:53
1	Samantha Palladino	25	Guiderland	1:49:12	MALE AGE GROUP: 55 - 59									
2	Erin Rightmyer	28	Delmar	1:56:13	1	Barbara Sorrell	55	Delmar	2:34:05					
3	Nicole Bullock	29	Johnstown	1:57:04	FEMALE AGE GROUP: 60 - 64									
MALE AGE GROUP: 30 - 34										1	Carl Matuszek	60	Chatham	1:41:54
1	Joseph Sullivan	33	Schenectady	1:30:53	2	Tim Fisher	60	Ballston Spa	2:04:27					
2	Stanislav Trufanov	33	Somerville, MA	1:30:58	3	Duane Knutson	60	Westerlo	2:15:49					
3	Todd Euston	34	Philadelphia, PA	1:32:04	FEMALE AGE GROUP: 60 - 64									
FEMALE AGE GROUP: 30 - 34										1	Susan Wong	64	Glenmont	2:15:37
1	Kim Morrison	33	Wynantskill	1:54:53	MALE AGE GROUP: 65 - 69									
2	Tyna Senecal	30	Stamford, VT	2:13:19	1	Fred Pilon	66	Lee, MA	2:04:52					
3	Liz Colloton	31	Albany	2:14:49	2	Douglas Fox	68	Loudonville	2:18:38					
MALE AGE GROUP: 35 - 39										3	James McMahon	66	Lynbrook	2:36:01
1	Jake Stookey	36	Clifton Park	1:29:54	FEMALE AGE GROUP: 65 - 69									
2	Brian Northan	37	Guiderland	1:31:47	1	Laura Clark	65	Saratoga Springs	2:34:33					
3	Mike Study	38	New Paltz	1:36:16	6 MILES									
FEMALE AGE GROUP: 35 - 39										1	Brandon Holcomb	33	Guiderland	38:26
1	Colleen Porter	35	Lake Placid	1:56:40	2	Ed Menis	47	Schenectady	41:12					
2	Karen Murray	35	Philadelphia, PA	1:58:19	3	Jonathan Bright	42	Guiderland	42:22					
3	Deb Lamare	38	Williamstown, MA	2:17:52	<i>continued</i>									

HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACE *continued*

FEMALE OVERALL				FEMALE AGE GROUP: 35 - 39					
1	Cait Bradley	26	Easthampton, MA	42:27	1	Sara Madden	35	Albany	49:25
2	Tina Greene	39	Scotia	45:48	2	Tinker Nicholsten-Pacht	39	Glenmont	54:15
3	Veronica Armbruster	46	Selkirk	48:40	3	Courtney Jackson	38	Menands	56:19
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 40 - 44					
1	Joseph Quinn	13	Niskayuna	52:13	1	Martin Gordinier	42	Delmar	46:51
2	Connor Landy	14	Glenmont	55:46	2	Carson Fiske	41	Slingerlands	50:15
3	Ian Avery	10	Guiderland	58:31	3	Aaron Couture	42	Schenectady	51:10
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 44					
1	Tara Josberger	13	Coxsackie	52:15	1	Raina Josberger	44	Coxsackie	57:46
2	Olivia Baumann	13	Greenville	57:40	2	Andrea Robinson	44	Glenmont	1:01:45
3	Amelia Kokernak	13	Niskauna	57:48	3	Lisa Snyder	44	Greenfield Center	1:01:49
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 45 - 49					
1	Alexander Easton	15	Kinderhook	44:33	1	Chris Hogan	47	Delmar	44:27
2	Gadi Langsam	18	Albany	59:23	2	Michael Crown	46	Athens	46:54
3	Tygha McCoy	15	Albany	1:05:20	3	Kevin Buyck	47	Schenectady	47:59
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 45 - 49					
1	Katrina Josberger	15	Coxsackie	51:55	1	Laurie Hoyt	46	Schenectady	51:33
2	Jilliam Love	15	Albany	59:42	2	Janet Guilfoyle	47	Round Lake	55:38
3	Jenna Buyck	15	Schenectady	59:42	3	Jeannie McDonnell	46	Altamont	58:36
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 50 - 54					
1	Howard Warkow	21	Glen Head	46:00	1	Steven Conant	54	Glenmont	45:05
2	Kevin Messineo	24	Nassau	54:20	2	Michael Bromm	52	Valley Falls	47:19
3	Matt Krush	20	Albany	56:43	3	Jeff Clark	54	Glenmont	49:24
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 50 - 54					
1	Kaitlyn Williams	23	Elizabethtown	57:41	1	Jen Kuzmich	54	Greenwich	1:01:19
2	Brittney Holcomb	23	Slingerlands	57:50	2	Pamela Jones	51	Latham	1:04:00
3	Julianne Landon	20	Albany	1:10:28	3	Paula Boughtwood	51	Rensselaer	1:04:41
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 55 - 59					
1	Brian Gyory	26	Malta	52:17	1	Robert Preville	59	Schenectady	51:43
2	Drew Fraser	27	Clifton Park	52:57	2	Scott Bradley	57	Pittsfield, MA	55:14
3	Jon Bunnell	27	Ravena	54:11	3	Bob Morganson	55	Lake Placid	55:22
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59					
1	Holly Rousseau	29	Albany	52:02	1	Karin Bradley	55	Pittsfield, MA	1:15:43
2	Melissa Echt	28	Cohoes	53:18	MALE AGE GROUP: 60 - 64				
3	Cadie Ahlgren	28	Rensselaer	53:56	1	Bob Ellison	64	Slingerlands	53:17
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 60 - 64					
1	Jeremiah Madden	33	Albany	44:03	1	Phyllis Fox	60	Loudonville	1:09:44
2	Gerard Colling	31	Wynantskill	44:56	MALE AGE GROUP: 65 - 69				
3	Casey Holzworth	33	Saratoga Springs	45:59	1	Gerry Duprey	66	Rouses Point	56:47
FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 65 - 69					
1	Kelly Holzworth	33	Saratoga Springs	49:12	2	Martin Glendon	66	Windsor, MA	1:05:21
2	Diana Tobon Knobloch	31	Guiderland	52:56	3	Bill Glendon	66	Dalton, MA	1:13:39
3	Colleen Zeliph	31	Voorheesville	54:16	FEMALE AGE GROUP: 65 - 69				
MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 70 - 74					
1	Bob Miller	38	Scotia	47:49	1	Penny Cushman	68	Albany	1:18:57
2	Matt Zappen	36	Clifton Park	48:04	1	Ray Lee	70	Halfmoon	1:20:25
3	Mark Shoemaker	39	Slingerlands	51:17	<i>Courtesy of ARE Event Productions</i>				

NYCROSS.COM CLEAN BOTTLE WICKED CREEPY CYCLOCROSS RACE
October 28, 2012 • Willow Park, Bennington, VT

WOMEN - Cat 1/2/3/4			BOYS - Cub Junior 10-14			
1	Jenny Ives - Favata TRT/UnoVelo Cross	1	Harrison White - NYCross.com	3	Brad Young - Team Tinney's Tavern	
2	Emma White - Cyclocrossworld.com	2	Ian Vernooij - Unattached	4	Andrew Ruiz - CCC/Keltic Const/Zane's Cycles	
3	Kate Northcott - Beam Team Racing	3	Noah Payne - Bennington Cycle Club	5	Cliff Summers - CCC/Keltic Const/Zane's Cycles	
4	Frances Morrison - JAM Fund/NCC/Victoria	4	Tommy Servetas - Capital Bicycle Racing Club	MEN - Masters 55-Plus (Cat 1/2/3)		
5	Elizabeth Lukowski - NYCross.com/Vomax	5	Carl Gebhardt - Killington Mountain School	1	David Goodwin - Northampton Cycling Club	
MEN - Cat 3/4			GIRLS - Cub Junior 10-14			
1	Dan Harper - Team Overlook	1	Turner Ramsay - Killington Mountain School	2	Phil Bannister - Putney/West Hill Shop	
2	Cody Madigan - Blue Sky Bicycles	BOYS - Junior Under-19			3	Craig Schneider - GMB/C/Synergy Fitness
3	Bret Bedard - Unattached	1	Philip Hempstead - Northampton Cycling Club	4	Matt Moore - CCC/Keltic Const/Zane's Cycles	
4	Patrick Rondeau - Northampton Cycling Club	GIRLS - Junior Under-19			5	Dave Beals - NYCross.com/Vomax
5	Scott Hock - NYCross.com/Vomax	1	Turner Ramsay - Killington Mountain School	MEN - Pro, Cat 1/2/3		
MEN - Cat 4 Citizen			2	Trixie Wessel - Unattached	1	Cooper Willsey - Cyclocrossworld.com
1	John Ramsay - Killington Mountain School	GIRLS - Master 35-Plus (Cat 1/2/3)			2	Tyler Wren - Jamis Bicycles
2	Andrew Cappabianca - Blue Sky Bicycles	1	Erich Gutbier - CCC/Keltic Const/Zane's Cycles	3	Evan Huff - BikeReg.com/Joe's Garage	
3	Cameron Russell - Competitive Edge Cycling	2	Christopher Delisle - NYCross.com	4	Ansel Dickey - KMS/Start House Cycling	
4	Maxwell Rusch - Rensselaer	3	Christofer Curven - First Stop/MT Casting	5	John Herrick - UVM Cycling	
5	John Hawthorne - Williams College	4	Patrick Sullivan - Joe's Garage	SINGLE SPEED		
WOMEN - Cat 4/Citizen			5	Matthew Purdy - NYCross.com/Vomax	1	Christopher Delisle - NYCross.com
1	Carrie Beck - Unattached	3	Christofer Curven - First Stop/MT Casting	2	Brad Young - Team Tinney's Tavern	
2	Renee Salerno - Blue Sky Bicycles	4	Patrick Sullivan - Joe's Garage	3	Bret Young - Team Tinney's Tavern	
3	Pat Rosier - Unattached	5	Matthew Purdy - NYCross.com/Vomax	4	Cody Madigan - Blue Sky Bicycles	
			MEN - Masters 45-Plus (Cat 1/2/3)		5	Tom Horrocks - X-Men
			1	Geoffrey House - Northampton Cycling Club	<i>Courtesy of NYCROSS.COM & Bennington Cycle Club</i>	
			2	Tom Horrocks - X-Men		

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RACE RESULTS

2ND ANNUAL AREEP FALL FRUN 10K

November 4, 2012 • Shenendehowa High School, Clifton Park

MALE OVERALL			
1	Eric Macknight	23	Clifton Park 32:56
2	Michael Roda	36	Albany 33:01
3	Chuck Terry	30	Albany 33:38
FEMALE OVERALL			
1	Dana Bush	34	Saratoga Springs 36:57
2	Nancy Briskie	55	Schenectady 41:47
3	Shylah Weber	24	Rensselaer 41:59
MALE AGE GROUP: 1 - 14			
1	Jamison Burke	10	Troy 55:29
2	Danny Callahan	14	Guiderland 1:00:04
3	Chris Adikes	13	Albany 1:14:29
MALE AGE GROUP: 15 - 19			
1	John Geis	18	Guiderland 57:52
FEMALE AGE GROUP: 15 - 19			
1	Julia Maloney	15	Albany 47:26
2	Rachel Andonie	18	Clifton Park 54:09
MALE AGE GROUP: 20 - 24			
1	Nick Webster	23	Latham 35:21
2	Michael Rogers	22	Troy 40:16
3	Jared Young	24	Albany 51:21
FEMALE AGE GROUP: 20 - 24			
1	Dana Gillenwalters	24	Latham 50:42
2	Kaitlyn Kusaywa	24	Cohoes 53:15
3	Claire DellaRocco	23	Berne 54:55
MALE AGE GROUP: 25 - 29			
1	Ryan Walter	28	Voorheesville 36:13
2	Jeff Goupil	25	Clifton Park 38:46
3	Greg Stevens	28	Charlton 40:56
FEMALE AGE GROUP: 25 - 29			
1	Jacque Jones	29	Gansevoort 48:23
2	Stephanie Marotta	27	Saratoga Springs 50:32
3	Erin Ring	25	Clifton Park 52:26
MALE AGE GROUP: 30 - 34			
1	Brandon Holcomb	33	Guiderland 36:47
2	Todd Schafer	34	Albany 45:43
3	Andrew Bordwell	30	Altamont 46:11
FEMALE AGE GROUP: 30 - 34			
1	Jennifer Bennice	33	Ballston Lake 44:39
2	Amy Tretter	30	Clifton Park 47:57
3	Kim Morrison	33	Wynantskill 48:35
MALE AGE GROUP: 35 - 39			
1	Rich Hamlin	39	Albany 39:31
2	Rob Gregory	36	Clifton Park 42:04
3	Ian Morrison	36	Wynantskill 43:47
FEMALE AGE GROUP: 35 - 39			
1	Colleen Ottalagano	35	Slingerlands 43:57
2	Deanne Webster	36	Albany 46:34
3	Jennifer Jackson	38	Gansevoort 51:38
MALE AGE GROUP: 40 - 44			
1	Dave Travis	40	East Greenbush 40:43
2	Joel Gordon	41	Queensbury 40:46
3	William Hiemcke	42	Poughkeepsie 41:55
FEMALE AGE GROUP: 40 - 44			
1	Pamela Gordon	42	Queensbury 45:57
2	Stacia Smith	42	Niskayuna 47:11
3	Margarita Lemmerman	40	Albany 49:05
MALE AGE GROUP: 45 - 49			
1	Mark Stephenson	48	Esperance 39:41
2	Rowland Butler	46	Philmont 40:53
3	Bill Hoffman	45	Clifton Park 41:49
FEMALE AGE GROUP: 45 - 49			
1	Kristen Hislop	48	Clifton Park 44:41
2	Brenda Lannon	46	Troy 47:45
3	Diane Montes Harris	45	Troy 49:02
MALE AGE GROUP: 50 - 54			
1	Derrick Staley	54	Ballston Lake 35:38
2	Edward Drebitko	50	Schenectady 40:56
3	Robert Withier	51	Niskayuna 42:35
FEMALE AGE GROUP: 50 - 54			
1	Linda Kimmy	53	Clifton Park 46:47
2	Marcy Dreimiller	53	South Glens Falls 49:04
3	Kathy Case	50	Albany 53:10
MALE AGE GROUP: 55 - 59			
1	Rick Munson	55	Prattsville 40:56
2	Mark Nunez	56	Ballston Lake 42:27
3	George Baranuskas	59	Scotia 45:17
FEMALE AGE GROUP: 55 - 59			
1	Pia Sanda	58	Slingerlands 52:30
2	Jill Mehan	57	Troy 52:45
3	Karen Gerstenberger	55	Albany 52:58
MALE AGE GROUP: 60 - 64			
1	Frank Brodenick	60	Ballston Lake 48:47
2	Frank Bender	61	Troy 48:49
3	Joe Yavonidite	63	Schenectady 52:57
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	61	Malta 45:06
2	Gail Hein	60	Altamont 59:39
3	Phyllis Fox	60	Loudonville 1:00:05
MALE AGE GROUP: 65 - 69			
1	Douglas Fox	68	Loudonville 51:53
2	Howard Jones	69	Clifton Park 54:59
3	Frank Greco	65	Albany 1:03:35
FEMALE AGE GROUP: 65 - 69			
1	Nancy Johnston	66	Ballston Lake 1:13:40
MALE AGE GROUP: 70 - 74			
1	Richard Laliberte	70	Watervliet 1:13:03
MALE AGE GROUP: 75 - 79			
1	Richard Eckhardt	78	Albany 1:13:47

Courtesy of ARE Event Productions

7TH ANNUAL "FALL BACK 5" 5-MILE TRAIL RACE

November 4, 2012 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			
1	Shawn Donegan/20-29	30:01	
2	Bill Davis/30-39	30:06	
3	Michael Blanchard/20-29	32:21	
FEMALE OVERALL			
1	Melanie Staley/30-39	34:53	
2	Lauren Bosche/20-29	38:35	
3	Abby Stoller/30-39	38:42	
MALE AGE GROUP: 1 - 19			
1	Caleb Batchelder	34:23	
FEMALE AGE GROUP: 1 - 19			
1	Tegan O'Neill	52:05	
MALE AGE GROUP: 20 - 29			
1	Tim Russell	33:20	
2	Andy Gilchrist	35:40	
3	Brett Zimmerman	36:32	
FEMALE AGE GROUP: 20 - 29			
1	Kate Imboden	38:45	
2	Lauren Surber	46:41	
3	Cheng Ng	48:57	
MALE AGE GROUP: 30 - 39			
1	Colin Klepetar	32:22	
2	Jonathan Auyer	34:56	
3	Eliot Abel	41:09	
FEMALE AGE GROUP: 30 - 39			
1	Kelly Holzworth	38:36	
2	Renee Salerno	40:34	
3	Kim Zimball	43:56	
MALE AGE GROUP: 40 - 49			
1	Bob Radliff	33:25	
2	John Gurney	34:59	
3	Jason Pelton	35:35	
FEMALE AGE GROUP: 40 - 49			
1	Sue Thompson	39:18	
2	Tracey Delaney	42:53	
3	Keirsa Chappell	44:09	
MALE AGE GROUP: 50 - 59			
1	David Peterson	36:51	
2	Thomas Rest	37:51	
3	Will McGivney	38:38	
FEMALE AGE GROUP: 50 - 59			
1	Hope Plavin	45:43	
2	Elizabeth Gormley	48:25	
3	Michelle Pearsall	50:48	
MALE AGE GROUP: 60 - 69			
1	Mark Sager	40:32	
2	Rick Morse	41:49	
3	Paul Lundgren	43:20	
FEMALE AGE GROUP: 60 - 69			
1	Nancy Mitchell	52:25	
2	Laura Clark	53:37	
3	Kathy Johnston	1:01:04	
MALE AGE GROUP: 70 - 79			
1	Ray Lee	56:04	
2	Peter Hettrich	1:02:20	

Courtesy of Saratoga Spa State Park

INAUGURAL REVOLUTIONARY RUN FOR VETERANS 5K

November 10, 2012 • Fort Hardy Park, Schuylerville

FEMALE OVERALL			
1	Sarah Reed	35	Saratoga Springs 21:50
MALE OVERALL			
1	Jedidiah Mead	23	Granville 21:39
MALE AGE GROUP: 10 - 14			
1	Devante Jones	14	Saratoga Springs 23:51
2	Nicholas McDonough	14	Gansevoort 24:20
3	Aton Reulet	11	Saratoga Springs 25:38
MALE AGE GROUP: 15 - 19			
1	Jeremy DeVries	17	Gansevoort 22:08
2	Frank Hughes	16	Loudonville 22:16
3	Nicholas Gifford	16	Gansevoort 43:12
FEMALE AGE GROUP: 20 - 29			
1	Stacy Rice	26	Ballston Spa 24:03
2	Madeline Patterson	26	Schuylerville 29:51
MALE AGE GROUP: 20 - 29			
1	Bryan Scheren	20	Schuylerville 27:08
FEMALE AGE GROUP: 30 - 39			
1	Kate Koslow	33	Waterford 29:30
2	Melissa Hasan	33	Latham 30:51
3	Kate Giunta	39	Saratoga Springs 31:17
MALE AGE GROUP: 30 - 39			
1	Frank Gwinn	39	Troy 23:59
2	Joshua Hills	37	East Greenbush 29:34
3	Ryan Moore	31	Saratoga Springs 30:51

continued

INAUGURAL REVOLUTIONARY RUN FOR VETERANS 5K continued

FEMALE AGE GROUP: 40 - 50			
1	Sandra Reulet	48	Saratoga Springs 24:28
2	Pamela Brayton	48	Argyle 35:23
3	Michelle LaRock	44	East Greenbush 36:05
MALE AGE GROUP: 40 - 50			
1	Peter Sturn	47	Schenectady 25:57
2	Keith Murray	49	Stillwater 27:13
3	Matthew Veitch	40	Saratoga Springs 29:53
FEMALE AGE GROUP: 51 - 99			
1	Valerie Hughes	52	Loudonville 30:33
2	Anne Moore	58	Saratoga Springs 37:35
3	Patty Humphrey	59	Lake Luzerne 49:57
MALE AGE GROUP: 51 - 99			
1	Ron Seyb	52	Ballston Spa 21:56
2	George Baranuskas	59	Scotia 22:57
3	Terry Shields	58	Niskayuna 23:49

Courtesy of Saratoga County Veterans Trust Fund

37TH ANNUAL GAZETTE STOCKADE-ATHON 15K ROAD RACE

November 11, 2012 • Central Park, Schenectady

MALE OVERALL			
1	Christian Thompson	24	Elkins Park, NJ 47:01
2	Fred Joslyn	28	Syracuse 47:45
3	Sam Morse	29	Camden 47:54
4	Tim Chichester	24	Mount Morris 48:13
5	Mark Mendrek-Laske	23	Syracuse 48:39
FEMALE OVERALL			
1	Maegan Kriechin	24	Dewitt 51:59
2	Jodi Robertson	28	Melville 55:03
3	Sara Dunham	36	Peru 55:57
4	Dana Bush	34	Saratoga Springs 56:31
5	Stefanie Braun	22	Dix Hills 56:52
MALE AGE GROUP: 1 - 14			
1	Dennis Pollicino	14	Glenville 58:15
2	Grant Norton	14	Scotia 1:01:55
3	Brendon Vanvlack	12	Duanesburg 1:02:40
4	James Faraci	13	Troy 1:06:20
5	Shawn Rousseau	14	Clifton Park 1:16:40
FEMALE AGE GROUP: 1 - 14			
1	Payton Czupil	13	Watervliet 1:13:56
2	Sandra Zappala	13	Liverpool 1:25:28
3	Cara Laporta	13	Niskayuna 1:27:40
4	Irene Thomas	13	Niskayuna 1:27:40
5	Isabel Kim	13	Niskayuna 1:27:40
MALE AGE GROUP: 15 - 19			
1	Alex Gilgore	19	Scotia 54:00
2	Paul Cox	19	Troy 55:11
3	Kevin Dixon	18	Rotterdam 55:23
4	Anthony Erno	15	Glenville 56:04
5	Stephen Paddock	18	Ilion 56:24
FEMALE AGE GROUP: 15 - 19			
1	Kaitlyn McGarvey	17	Nassau 1:12:11
2	Courtney Breiner	15	Troy 1:16:13
3	Christina Kitlinski-Hong	19	San Francisco, CA 1:17:28
4	Jillian Salmon	18	Mechanicville 1:17:46
5	Sasha Weibaker	15	Saratoga Springs 1:18:09
MALE AGE GROUP: 20 - 24			
1	Kevin Treadway	24	Albany 48:51
2	Chris Rauli	24	Syracuse 50:20
3	Chris Mason	23	Auburn 50:32
4	Eric MacKnight	23	Clifton Park 51:21
5	Matthew Johnson	24	Albany 51:53
FEMALE AGE GROUP: 20 - 24			
1	Emily Finnegan	21	Albany 1:01:44
2	Katlin Mock	22	Albany 1:02:08
3	Megan James	23	East Syracuse 1:04:20
4	Shylah Weber	24	Rensselaer 1:04:23
5	Meghan Lapointe	23	Schenectady 1:04:52
MALE AGE GROUP: 25 - 29			
1	Alexander Paley	26	Albany 48:56
2	Jaime Julia	28	Amsterdam 51:36
3	Scott Mindel	26	Ballston Lake 51:43
4	Ken Little	26	Ballston Lake 53:56
5	Michael Hamilton Jr	25	Oneonta 54:58
FEMALE AGE GROUP: 25 - 29			
1	Kristina Gracey	29	Albany 57:26
2	Karen Bertasso	28	Scotia 1:03:01
3	Meghan Mortensen	27	Rotterdam 1:04:04
4	Kristen Quaresimo	28	Rensselaer 1:04:06
5	Leann Young	29	Liverpool 1:04:32
MALE AGE GROUP: 30 - 34			
1	Josh Merlis	30	Albany 51:24
2	Chris Judd	32	Glenville 51:49
3	Anthony Giuliano	33	Albany 52:30
4	Chuck Terry	30	Albany 53:00
5	Tucker Chrapowitzky	34	Delmar 54:59
FEMALE AGE GROUP: 30 - 34			
1	Melanie Staley	31	Saratoga Springs 1:00:36
2	Kimberly Milton	30	Clifton Park 1:00:53
3	Shelly Binsfeld	33	Clifton Park 1:00:56
4	Mackenzi Hillard	30	Rochester 1:01:42
5	Teal Reeves	31	Glenville 1:03:31
MALE AGE GROUP: 35 - 39			
1	Michael Roda	36	Albany 50:44
2	James O'Connor	38	Troy 52:16
3	Matthew Gokey	38	Delmar 54:32
4	Todd Shatynski	36	Altamont 54:58
5	Jake Stookey	36	Clifton Park 55:17
FEMALE AGE GROUP: 35 - 39			
1	Renee Tolan	38	Clifton Park 58:54
2	Gretchen Oliver	38	Guiderland 1:00:46
3	Murphee Hayes	39	Marathon 1:01:26
4	Tina Greene	39	Scotia 1:05:13
5	Allie Burdick	37	Ellington, CT 1:06:24
MALE AGE GROUP: 40 - 44			
1	Russ Stein	40	Denver, CO 52:39
2	Frank Horn	43	Albany 57:43
3	Randall Cannell	40	Broadalbin 59:03
4	Andrew Reed	41	Niskayuna 59:51
5	Jason Schreer	43	Potsdam 1:00:03
FEMALE AGE GROUP: 40 - 44			
1	Kristin White	41	Manlius 59:49
2	Karen Dolge	42	Valatie 1:05:39
3	Catherine Gilbert	40	Niskayuna 1:11:28
4	Shanley Alber	40	Clifton Park 1:11:52
5	Regina McGarvey	42	Castleton 1:12:32
MALE AGE GROUP: 45 - 49			
1	Kent Lemme	46	Pittsfield, MA 51:12
2	Michael Wynn	45	Queensbury 55:12
3	Jeffrey Brison	48	Schenectady 55:32
4	Kevin Creagan	47	Albany 57:37
5	Timothy Hoff	46	Albany 58:05
FEMALE AGE GROUP: 45 - 49			
1	Emily Bryans	45	Delanson 57:57
2	Lori Kingsley	46	Wyoax, PA 58:44
3	Anne Benson	47	Clifton Park 1:02:04
4	Terri Artese	46	Scotia 1:02:46
5	Starlett Cook	48	Queensbury 1:04:58
MALE AGE GROUP: 50 - 54			
1	Jim Zoldy	50	Watertown, CT 55:44
2	Thomas Dalton	54	Schenectady 56:07
3	John Noonan	53	Ballston Spa 56:15
4	Ward Kane	51	Bondville, VT 56:45
5	Dan Predmore	54	Ballston Lake 57:15
FEMALE AGE GROUP: 50 - 54			
1	Beth Stalker	53	Burnt Hills 1:04:22
2	Janice Phoenix		

5TH ANNUAL SHENENEDHOWA VETERAN'S DAY DASH 5K RUN

November 12, 2012 • Shenenedhowa High School, Clifton Park

FEMALE OVERALL			
1	Melanie Staley	31	Saratoga Springs 18:58
2	Ellen Predmore	54	Ballston Lake 21:21
3	Dominica Bleichert	16	Clifton Park 21:59
MALE OVERALL			
1	Shaun Donegan	27	Saratoga Springs 16:50
2	Jacob Evans	17	Ballston Lake 17:34
3	Rob Cloutier	32	Burnt Hills 17:50
MALE AGE GROUP: 10 & UNDER			
1	Liam Hoffman	8	Clifton Park 25:47
2	Ryan Beck	7	Clifton Park 27:37
3	Owen Bogue	10	Ballston Lake 29:12
FEMALE AGE GROUP: 11 - 12			
1	Gabriella Broga	12	Nassau 22:41
2	Taylor Leggett	12	Mechanicville 23:13
3	Madison McGill	12	Ballston Lake 23:16
MALE AGE GROUP: 11 - 12			
1	Patrick Nagy	12	Ballston Lake 21:33
2	Liam Hickey	12	Waterford 22:03
3	Nick Lydon	12	Clifton Park 22:12
FEMALE AGE GROUP: 13 - 14			
1	Audrey Meany	14	Ballston Lake 23:10
2	Danielle Jordan	14	Clifton Park 23:11
3	Emma Smith	14	Clifton Park 24:07
MALE AGE GROUP: 13 - 14			
1	Tyler Schmidt	14	Rexford 19:19
2	Jeremy Pacious	13	Clifton Park 20:00
3	Kevin Guardino	14	Rexford 20:10
FEMALE AGE GROUP: 15 - 16			
1	Brynn Cairns	16	Rutland, VT 22:32
2	Molly Hagen	16	Ballston Lake 22:53
3	Emily Haig	16	Rexford 23:12
MALE AGE GROUP: 15 - 16			
1	Jon Feil	15	Schenectady 18:28
2	Ritesh Lahiri	15	Rexford 19:23
3	Robbie Benson	16	Clifton Park 19:29
FEMALE AGE GROUP: 17 - 18			
1	Kaitlin Rizzo	17	Clifton Park 26:04
2	Anna Suriano	17	Clifton Park 26:04
3	Kellie Graf	17	Ballston Lake 28:14
MALE AGE GROUP: 17 - 18			
1	Anthony Statler	17	Waterford 18:44
2	Nick Kelley	17	Ballston Lake 19:19
3	Nathan Laing	17	Ballston Lake 19:22
FEMALE AGE GROUP: 19 - 29			
1	Michelle Burdge	24	Clifton Park 26:02
2	Amy Thomas	23	Albany 26:34
3	Lauren Mikula	24	Clifton Park 26:39
MALE AGE GROUP: 19 - 29			
1	Mike Goebel	25	Albany 22:28
2	PJ Uppal	26	Loudonville 27:56
3	Paul Weber	21	Clifton Park 35:03
FEMALE AGE GROUP: 30 - 39			
1	Amy Tretter	30	Clifton Park 22:54
2	Melinda Teter	39	Rexford 26:33
3	Cathie Smith	39	Rexford 26:40
MALE AGE GROUP: 30 - 39			
1	Jeff Nastke	30	Saratoga Springs 18:34
2	Greg Ethier	39	Cohoes 19:26
3	Timothy Mack	37	Burnt Hills 21:44
FEMALE AGE GROUP: 40 - 49			
1	Karen Hickey	46	Waterford 24:00
2	Lisa Scaringel	44	Rexford 24:09
3	Theresa Hance	49	Ballston Lake 24:34
MALE AGE GROUP: 40 - 49			
1	Neil Sergott	41	Clifton Park 19:18
2	Joseph Bleichert Jr	42	Clifton Park 19:31
3	Bill Hoffman	45	Clifton Park 20:00
FEMALE AGE GROUP: 50 - 59			
1	Patricia Gibson	51	Mechanicville 27:17
2	Adele Pace	59	Clifton Park 27:38
3	Donna Thompson	53	Clifton Park 28:46
MALE AGE GROUP: 50 - 59			
1	William Danaher	53	Clifton Park 22:36
2	Jim Blaubaer	55	Clifton Park 24:34
3	David Gustafson	51	Clifton Park 25:01
FEMALE AGE GROUP: 60 - 69			
1	Alice Carpenter	62	Delmar 31:48
2	Nancy Johnston	66	Ballston Lake 34:21
3	Kathleen Zegarelli	64	Ballston Lake 44:10
MALE AGE GROUP: 60 - 69			
1	Jeffrey LaBarge	60	Clifton Park 23:50
2	Howard Jones	69	Clifton Park 25:36
3	Richard Theissen	68	Round Lake 27:54
FEMALE AGE GROUP: 70 - 79			
1	Joan Corrigan	77	Clifton Park 43:21
MALE AGE GROUP: 70 - 79			
1	Richard Schumacher	78	Hoosick Falls 32:47
2	Joe Kelly	79	Menands 35:31
MALE AGE GROUP: 80 - 89			
1	Joe Corrigan	81	Clifton Park 43:21

Courtesy of Shen Track Booster Club & Clifton Park Track Club

65TH ANNUAL TROY TURKEY TROT 5K & 10K ROAD RACES

continued

MALE AGE GROUP: 55 - 59			
1	Jonathan Stillman	55	Ballston Spa 40:19
2	Bill Martin	58	Watervliet 41:20
3	James Forbes	56	Valley Falls 42:26
FEMALE AGE GROUP: 55 - 59			
1	Kathy Sullivan	55	Troy 49:24
2	Cathy Sliwinski	57	Albany 49:53
3	Susan Burns	57	Rensselaer 51:38
MALE AGE GROUP: 60 - 64			
1	Lee Pollock	60	Queensbury 39:42
2	Daniel Larson	61	Queensbury 46:33
3	Paul Forbes	62	Colonie 46:49
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	61	Malta 44:36
2	Shelley Zansky	60	Albany 53:35
3	Martha DeGrazia	61	Slingerlands 56:18
MALE AGE GROUP: 65 - 69			
1	Patrick Glover	66	Clifton Park 43:58
2	Vincent Aloyo	65	Blue Bell, PA 45:17
3	John Stockwell	65	Watervliet 46:07
FEMALE AGE GROUP: 65 - 69			
1	Lynn Radlick	67	Albany 1:02:44
2	Linda Keeley	67	Waterford 1:15:06
MALE AGE GROUP: 70 - 74			
1	Michael Roche Jr	70	Rensselaer 56:18
2	Ray Lee	70	Halfmoon 1:03:59
FEMALE AGE GROUP: 70 - 74			
1	Martha Brown	70	Castleton-on-Hudson 1:12:03
MALE AGE GROUP: 75 - 79			
1	Bob Husted	75	Rexford 56:30
FEMALE AGE GROUP: 75 - 79			
1	Eiko Bogue	75	Schaghticoke 1:20:35

Courtesy of USATF Adirondack & City of Troy

11TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN

November 22, 2012 • City Hall, Saratoga Springs

MALE OVERALL			
1	Ethan Clary	23	Schuylerville 15:21
2	Demetri Goutos	21	Saratoga Springs 16:02
3	Greg Kiley	24	Saratoga Springs 16:04
FEMALE OVERALL			
1	Hannah Davidson	22	Saratoga Springs 19:24
2	Emily Layden	23	Saratoga Springs 19:30
3	Bjork Olsen	21	Clifton Park 19:46
MALE AGE GROUP: 1 - 14			
1	Ethan North	14	Greenfield Center 17:46
2	Trevor Peck	14	Saratoga Springs 18:32
3	Ellis Pemrick	13	Greenwich 19:48
FEMALE AGE GROUP: 1 - 14			
1	Ashley Watson	13	Gansevoort 20:36
2	Breanna Hummel	13	Saratoga Springs 21:31
3	Olivia Morrow	14	Saratoga Springs 22:07
MALE AGE GROUP: 15 - 19			
1	Spencer Patterson	18	Saratoga Springs 16:11
2	Sam Place	19	Saratoga Springs 16:12
3	Jon Moore	19	Saratoga Springs 16:45
FEMALE AGE GROUP: 15 - 19			
1	Tara Peck	18	Saratoga Springs 19:46
2	Amanda Borroughs	19	Wilton 20:39
3	Rachel Labella	17	Bristow, VA 20:55
MALE AGE GROUP: 20 - 24			
1	Brendan Courneene	20	Plattsburgh 16:40
2	Max Groves	20	Ballston Spa 17:06
3	Josh Myers	21	Ballston Spa 17:32
FEMALE AGE GROUP: 20 - 24			
1	Stefanie Fresenius	20	Clifton Park 19:46
2	Cassandra Goutos	20	Saratoga Springs 20:18
3	Johannah Ludington	24	Portland, OR 22:02
MALE AGE GROUP: 25 - 29			
1	Tyler Ludington	26	Morrisville, VT 17:38
2	Chris Wemple	27	Rock City Falls 19:37
3	Nick Kleinhenz	28	Brooklyn 19:38
FEMALE AGE GROUP: 25 - 29			
1	Kathleen Walsh	26	Brooklyn 20:43
2	Jamie Sweeney	28	Medford, MA 21:10
3	Keira Moore	28	Westborough, MA 23:20
MALE AGE GROUP: 30 - 34			
1	Lou Pauquette	32	Granville 18:07
2	Jeff Nastke	31	Saratoga Springs 18:17
3	Chris Yarsevich	34	Saratoga Springs 18:28
FEMALE AGE GROUP: 30 - 34			
1	Kristin Kmack	30	Fayetteville 21:43
2	Maggie Maphia	34	Ballston Spa 21:56
3	Stephanie Cherry	33	Saratoga Springs 22:51
MALE AGE GROUP: 35 - 39			
1	Gabe Anderson	35	Saratoga Springs 19:13
2	Michael Dinicola	37	Albany 19:21
3	Thomas Lewis	36	Washington, DC 19:41
FEMALE AGE GROUP: 35 - 39			
1	LD Davidson	56	Amsterdam 21:40
2	John Webber	57	Ballston Spa 23:19
3	Mike Carbino	55	Malta 23:45
MALE AGE GROUP: 40 - 44			
1	John Genevich	43	Saratoga Springs 19:44
2	Mark Cotugno	44	Cohoes 19:58
3	John Pecora	42	Gansevoort 20:57
FEMALE AGE GROUP: 40 - 44			
1	Kate Dewey	44	Chesterfield 21:26
2	Jill Borgos	42	Queensbury 22:14
3	Marie Rockwell	41	Ballston Lake 22:38
MALE AGE GROUP: 45 - 49			
1	Jon Schoenberg	49	Harvard, MA 18:44
2	Jim McCarty	45	McMurray, PA 19:14
3	Joe Powers	45	Gansevoort 19:19
FEMALE AGE GROUP: 45 - 49			
1	Stacy Gaynor	46	Saratoga Springs 20:55
2	Karen Mackin	47	Acton, MA 21:44
3	Mary Fenton	47	Ballston Spa 22:30
MALE AGE GROUP: 50 - 54			
1	Patrick Guilfoyle	53	New York 19:19
2	Jon Weilbacher	54	Saratoga Springs 20:19
3	Jeff Farbanick	50	Saratoga Springs 20:49
FEMALE AGE GROUP: 50 - 54			
1	Laura Knapp	50	Wyoming, MI 20:25
2	Lisa Ray	50	Fairport 24:14
3	Martha Moran	51	Niskayuna 24:56
MALE AGE GROUP: 55 - 59			
1	LD Davidson	56	Amsterdam 21:40
2	John Webber	57	Ballston Spa 23:19
3	Mike Carbino	55	Malta 23:45
FEMALE AGE GROUP: 55 - 59			
1	Margaret-Ann Bolton	56	Stow, MA 24:55
2	Mickey Piscitelli	56	Baldwinsville 26:21
3	Joan Bleikamp	59	Saratoga Springs 27:08
MALE AGE GROUP: 60 - 64			
1	Dennis Fillmore	60	Ballston Spa 20:31
2	Rich Tanchyk	60	Saratoga Springs 23:12
3	John Bledsoe	61	Clarkston, MI 23:47
FEMALE AGE GROUP: 60 - 64			
1	Jody Harrigan	63	Saratoga Springs 22:24
2	Kathy Frederick	62	Clifton Park 28:49
3	Michelle Hunt	63	Saratoga Springs 29:43
MALE AGE GROUP: 65 - 69			
1	Richard Morse	67	Cambridge, MD 25:02
2	Ford Von Reyn	67	Fairlee, VT 26:39
3	Jim Callahan	67	Saratoga Springs 31:53
FEMALE AGE GROUP: 65 - 69			
1	Ginny Pezula	67	Colonie 28:14
2	Donna Martin	65	Saratoga Springs 30:03
3	Anita Gonzales	68	Albany 30:21

continued

65TH ANNUAL TROY TURKEY TROT 5K & 10K ROAD RACES

November 22, 2012 • Troy Atrium, Troy

5K ROAD RACE			
MALE OVERALL			
1	Macky Lloyd	22	Voorheesville 15:05
2	Aliaksandr Leuchanka	21	Albany 15:26
3	Justin Wager	24	State College, PA 15:34
FEMALE OVERALL			
1	Erin Gillingham	21	New York City 18:00
2	Danika Simonson	20	Clifton Park 18:19
3	Mollie Turner	32	Chesapeake, VA 18:22
MALE AGE GROUP: 1 - 14			
1	Grant Norton	14	Schenectady 18:40
2	Jared Capuano	14	Altamont 18:47
3	Jeremy Carter	14	Troy 19:09
FEMALE AGE GROUP: 1 - 14			
1	Audrey Martino	14	Watervliet 19:13
2	Michelle Dang	12	Albany 20:29
3	Renee Smith	12	Rensselaer 20:49
MALE AGE GROUP: 15 - 19			
1	Jacob Johnson	15	Albany 15:54
2	Eamonn Coughlin	19	Castleton-on-Hudson 16:16
3	Jordan Johnson	16	Albany 16:18
FEMALE AGE GROUP: 15 - 19			
1	Kelly Pasko	17	Castleton 18:34
2	Jacob Caruso	16	Latham 19:13
3	Julia Champagne	16	Glenmont 19:46
MALE AGE GROUP: 20 - 24			
1	Anthony Marois	21	Waterford 15:42
2	Sam Dikeman	23	Altamont 15:54
3	Birant Akbay	24	Niskayuna 16:02
FEMALE AGE GROUP: 20 - 24			
1	Grace Giampaglia	21	Voorheesville 19:36
2	Emma D'Ambro	21	Schaghticoke 19:51
3	Shylah Weber	24	Rensselaer 19:54
MALE AGE GROUP: 25 - 29			
1	Bryan Murphy	25	Schenectady 17:10
2	Jeff Ares	28	New York City 17:48
3	Robert Baniak	29	Troy 18:16
FEMALE AGE GROUP: 25 - 29			
1	Trish Horan	28	Norwich 18:55
2	Laura McCoy	26	Troy 21:04
3	Anne Redcross	27	New York City 22:16
MALE AGE GROUP: 30 - 34			
1	Brandon Holcomb	33	Guiderland 16:48
2	Shaun Horan	31	Norwich 16:58
3	Louis Dinuzzo	30	Albany 16:59
FEMALE AGE GROUP: 30 - 34			
1	Lauren Cummings	33	New York City 18:51
2	Stephanie Vioria	30	East Greenbush 20:44
3	Leah Penniman	32	Petersburg 21:54
MALE AGE GROUP: 35 - 39			
1	Jeff Dengate	35	Jersey City, NJ 19:04
2	Paul Guzek	38	Nassau 19:33
3	Robert Auermuller	36	Little Egg Harbor, NJ 19:45
FEMALE AGE GROUP: 35 - 39			
1	Michelle Lavigne	37	Albany 21:06
2	Miriam Beyer	36	Brooklyn 23:08
3	Vanessa Cramer	35	Ballston Spa 23:26
MALE AGE GROUP: 40 - 44			
1	Randall Cannell	40	Broadalbin 17:51
2	John Furgele	44	Delmar 18:06
3	Chris McDonald	44	Troy 18:50
FEMALE AGE GROUP: 40 - 44			
1	Lori Lundberg	44	Albany 23:24
2	Michaelene Kelly	44	East Greenbush 23:29
3	Maryann Reilly-Johnson	44	Albany 23:36
MALE AGE GROUP: 45 - 49			
1	Jack Arnold	49	Latham 18:45
2	Norris Pearson	46	Troy 19:07
3	Douglas Hough	45	Latham 19:21
FEMALE AGE GROUP: 45 - 49			
1	Christine Capuano	45	Altamont 20:42
2	Kristen Hislop	48	Clifton Park 21:00
3	Julia Hotmer Murphy	46	Albany 22:25
MALE AGE GROUP: 50 - 54			
1	Daniel Predmore	54	Ballston Lake 17:53
2	Michael Veeder	51	Earlton 20:12
3	Peter Maloy	52	Albany 20:50
FEMALE AGE GROUP: 50 - 54			
1	Ellen Predmore	54	Ballston Lake 21:15
2	Diane Oberhausen	51	Avon, CT 23:43
3	Joanne Nolette	52	Rensselaer 24:52
MALE AGE GROUP: 55 - 59			
1	Kevin Dollard	57	Hopewell Junction 19:02
2	Rick Munson	55	Prattsville 19:16
3	Rob Picotte	59	Malta 19:50

RACE RESULTS

11TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN *continued*

MALE AGE GROUP: 70 - 74			MALE AGE GROUP: 75 - 79				
1 Stephen Mitchell	71	Malta	26:59	1 Paul Koelbel	79	Essex Junction, VT	38:16
2 Chris Lamb	72	Worcester, MA	33:14	2 Dave Riddle	76	Danbury, CT	53:33
3 Brien McNulty	73	Clifton Park	41:11	3 Dan Cooper	78	Saratoga Springs	57:07
FEMALE AGE GROUP: 70 - 74			FEMALE AGE GROUP: 75 - 79				
1 Ginny Parsons	70	Clifton Park	34:47	1 Priscilla Mueller	76	Stillwater	42:53
2 Martha Precheur	70	Saratoga Springs	46:27				
3 Marge Leabourne	70	Saratoga Springs	48:59				

Courtesy of Christopher Dailey Foundation

31ST ANNUAL CARDIAC CLASSIC 5K ROAD RACE

November 22, 2012 • Central Park, Schenectady

MALE OVERALL			MALE AGE GROUP: 40 - 44				
1 Louis Serafini	21	Niskayuna	15:46	1 Jason Schreer	43	Potsdam	18:33
2 Pete Rowell	23	Albany	16:27	2 Kevin Valois	43	Schenectady	19:00
3 Daniel Linkinhoker	16	Oakdale, CT	16:41	3 Neil Sergott	41	Clifton Park	19:02
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 44				
1 Samantha Roecker	21	Charlton	17:14	1 Denise Vanderwerken	40	Cobleskill	22:21
2 Diane Heiser	28	Baltimore, MD	18:08	2 Shanley Alber	40	Clifton Park	22:33
3 Susan Yagielski	38	Cohoes	19:45	3 Stacia Smith	42	Niskayuna	22:37
MALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49				
1 Daken Broadhead	14	Glenville	18:21	1 Ed Menis	48	Schenectady	18:37
2 Jacob Greski	13	Scotia	20:03	2 Richard Cummings	45	Schenectady	18:52
3 Luke Tanner	12	Schenectady	20:20	3 Karl Sindel	48	Niskayuna	18:53
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 50 - 54				
1 Lexi Sciortino	13	Niskayuna	22:02	1 Terri Artese	46	Scotia	20:11
2 Marisa Divietro	14	Schenectady	22:30	2 Lisa Nieradka	47	Clifton Park	21:06
3 Laura Labate	14	Rexford	23:11	3 Peggy Egan	47	Albany	21:08
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49				
1 Jesse Joseph	17	Oakdale, CT	16:55	1 Janice Phoenix	51	Schenectady	22:29
2 Jon Ricciardi	16	Pattersonville	16:59	2 Gwen Williams	54	Scotia	23:04
3 Alex Gilgore	19	Scotia	17:13	3 Joyce Goodrich	54	Glenville	23:14
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 55 - 59				
1 Leigh Ann Labate	18	Rexford	20:01	1 Myron Ferguson	55	Middle Grove	20:34
2 Cassie Kranick	16	Schenectady	20:45	2 George Baranuskas	59	Scotia	20:57
3 Felicia Sciortino	17	Niskayuna	21:39	3 Mark Vermilyea	55	Schenectady	20:58
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54				
1 James Pagano	22	Niskayuna	17:08	1 Rosemary Paradis	59	Vestal	21:41
2 Michael Ryan	24	Niskayuna	18:02	2 Lorraine Huether	56	Altamont	24:22
3 Marshall Pagano	20	Niskayuna	18:25	3 Eve Bankert	55	Schenectady	24:23
FEMALE AGE GROUP: 20 - 24			MALE AGE GROUP: 60 - 64				
1 Kelsey Leder	20	Niskayuna	20:03	1 John Foley	62	Schenectady	22:52
2 Kelsy Peterson	22	Schenectady	20:30	2 David Rowell	60	Albany	22:54
3 Samantha Cocca	22	Ballston Lake	22:26	3 Thomas Lansing	60	Scotia	23:35
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64				
1 Todd Raymond	28	New York City	16:54	1 Joan Fucillo	60	Scotia	24:43
2 Tyler Raymond	28	New York City	17:18	2 Marti Townley	62	Schenectady	28:10
3 Andrew McCarthy	29	Albany	17:34	3 Susan Feyrer	61	Schenectady	29:15
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 65 - 69				
1 Jen Hazzard	27	Johnstown	20:32	1 Jim Nicholas	68	Rotterdam	26:14
2 Erin Rightmyer	28	Delmar	20:47	2 Tom Boltzer	65	Greenfield Center	26:25
3 Kelly Virkler	28	Albany	20:58	3 Chuck Trimarchi	66	Albany	26:40
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69				
1 Mike Cooley	33	Charlestown, MA	18:00	1 Karen Yagielski	68	Mechanicville	26:46
2 Joe Benny	34	Albany	19:38	2 Irene Robinson	66	West Islip	27:09
3 Todd Schafer	34	Albany	20:21	3 Christine Bishop	68	Schenectady	37:32
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 70 - 74				
1 Jennifer Bennice	33	Ballston Lake	20:32	1 Jim Moore	73	Niskayuna	24:28
2 Laura Zima	32	Schenectady	20:51	2 Henry Sarnowski	72	Scotia	30:26
3 Laura Dunn	30	New York City	23:22	3 Steven Schreer	70	Shelburne, VT	33:00
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 70 - 74				
1 Patrick Bazinet	37	Cambridge, MA	17:15	1 Christopher Rush	76	Schenectady	27:20
2 Gabriel McGarry	36	Slingerlands	18:07	2 Richard Homenick	76	Schenectady	29:26
3 Jeffrey Eades	38	Boonton, NJ	18:39	3 John Moroney	75	Latham	29:55
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 75 - 79				
1 Tina Greene	39	Scotia	20:17	1 Christopher Rush	76	Schenectady	27:20
2 Erin Corcoran	38	Schenectady	20:24	2 Richard Homenick	76	Schenectady	29:26
3 Colleen Ottalagano-McGarry	35	Slingerlands	20:34	3 John Moroney	75	Latham	29:55

Courtesy of Ellis Medicine

1ST ANNUAL ST. GEORGE'S SCHOOL TURKEY TROT 5K

November 22, 2012 • St. George School, Clifton Park

MALE OVERALL			MALE AGE GROUP: 25 - 29				
1 Nick Matson	15	Clifton Park	17:23	1 Jeff Juron	27	Burnt Hills	23:28
2 Matthew Nark	39	Clifton Park	18:25	2 Bryan Sweet	28	Rochester	24:35
3 Christopher Parrish	32	Syracuse	18:53	3 Scott Seligman	28	Fairfax, VA	26:36
FEMALE OVERALL			FEMALE AGE GROUP: 25 - 29				
1 Morgan Roche	22	Clifton Park	18:57	1 Mohini Gurme	29	Niskayuna	30:02
2 Mary Schanz	43	Ridgefield, CT	20:50	2 Kerri Clark	25	Long Beach	31:14
3 Rebecca Pedersen	42	Saratoga Springs	20:54	3 Maya Gurme	27	Niskayuna	31:25
MALE AGE GROUP: 1 - 14			MALE AGE GROUP: 30 - 34				
1 Nathan Kumm	12	Clifton Park	20:54	1 Ben Nagy	34	Old Chatham	22:18
2 Conor Newton	14	Clifton Park	21:30	2 Nathan Stengrevics	31	Waterford	24:32
3 Patrick Nagy	12	Ballston Lake	22:18	FEMALE AGE GROUP: 30 - 34			
FEMALE AGE GROUP: 1 - 14			1 Catherine Guthrie	31	Glenville	23:19	
1 Callista Wlaschin	14	Rexford	22:19	2 Heidi Nark	32	Clifton Park	23:56
2 Madison McGill	12	Ballston Lake	23:23	3 Amanda Daluke	30	Clifton Park	23:58
3 Jillian Casey	12	Ballston Lake	24:11	MALE AGE GROUP: 35 - 39			
MALE AGE GROUP: 15 - 19			1 Charles Petraske	35	Halfmoon	20:28	
1 Jacob Evans	17	Ballston Lake	21:13	2 Christopher Haskins	38	Hope, RI	21:47
2 Trevor Parry	15	Clifton Park	21:41	3 James Seidel	37	Pearl River	21:49
3 Mason Munger	15	Clifton Park	23:03	FEMALE AGE GROUP: 35 - 39			
FEMALE AGE GROUP: 15 - 19			1 Danielle Emerle	39	Clifton Park	24:33	
1 Sarah Duclos	15	Clifton Park	21:51	2 Susan Cushman	36	Honeoye Falls	25:09
2 Amy Duclos	15	Clifton Park	23:22	3 Angie Silipigno	37	Rexford	25:51
3 Jordan Casey	15	Ballston Lake	24:11	MALE AGE GROUP: 40 - 44			
MALE AGE GROUP: 20 - 24			1 George Stopyak	41	Clifton Park	19:15	
1 Eduardo Marin	20	Clifton Park	19:51	2 Edward Carroll	41	Clifton Park	20:38
2 Nick Tubolino	21	Ballston Spa	22:15	3 Eric Haskins	42	Rexford	21:47
3 Carter Roche	20	Clifton Park	23:09	FEMALE AGE GROUP: 40 - 44			
FEMALE AGE GROUP: 20 - 24			1 Connie Smith	44	Ballston Lake	23:02	
1 Katherine Miller	24	West Hartford, CT	23:37	2 Susan Flint	42	Clifton Park	23:23
2 Jenna Juron	20	Clifton Park	24:03	3 Sandra Graves	40	Clifton Park	25:21
3 Laura Duclos	20	Clifton Park	30:14				

continued

1ST ANNUAL ST. GEORGE'S SCHOOL TURKEY TROT 5K *continued*

MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 55 - 59				
1 Bill Hoffman	45	Clifton Park	19:48	1 Joyce Porter	56	Ballston Spa	28:39
2 Joseph Cotrofeld	48	Ballston Spa	19:50	2 Judy Rinella	58	Clifton Park	30:27
3 Kevin Whitehead	46	Clifton Park	20:40	3 Toni Arnold	56	Clifton Park	30:29
FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 60 - 64				
1 Tracy Perry	48	Clifton Park	24:22	1 TJ Leonard	64	Clifton Park	26:04
2 Barbara Byrns	46	Clifton Park	25:09	2 Bruce Murphy	63	Westbury	27:11
3 Fran Matson	46	Clifton Park	25:11	3 Jerrold Atwell	63	Wormising, PA	30:44
MALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 60 - 64				
1 Paul Stevens	52	Saratoga Springs	21:59	1 Diana Graziano	60	Clifton Park	31:33
2 Clark Spickerman	54	Malta	24:16	2 Patricia Seligman	62	West Harrison	34:56
3 Kevin Luibrand	54	Clifton Park	24:52	3 Sheila Haskins	64	North Adams, MA	48:41
FEMALE AGE GROUP: 50 - 54			MALE AGE GROUP: 65 - 69				
1 Lynn Roche	51	Clifton Park	26:24	1 David Blanchet	66	Clifton Park	43:31
2 Lillian Harmel	50	Mechanicville	27:07	FEMALE AGE GROUP: 65 - 69			
3 Alison Edwards	50	Clifton Park	28:22	1 Karen Matteo	67	Ballston Lake	49:39
MALE AGE GROUP: 55 - 59			2 Carol Aiello	68	Clifton Park	54:49	
1 Danny Arnold	55	Clifton Park	24:34	FEMALE AGE GROUP: 70 - 74			
2 Steven Sweet	56	Clifton Park	31:41	1 Winnie Martin	73	Clifton Park	54:50
3 David Stitt	59	Ballston Lake	32:58	2 June Haverly	74	Clifton Park	47:56

Courtesy of St. George's School & Episcopal Church

5TH ANNUAL RUN OFF THAT TURKEY TROT 5K

November 24, 2012 • Altamont Elementary School, Altamont

MALE OVERALL			MALE AGE GROUP: 40 - 44				
1 Nathan Bub	21	Voorheesville	17:04	1 John Furgele	44	Delmar	18:44
2 Paul Cox	19	Troy	17:10	2 Joe McCullen	42	Altamont	19:04
3 Adam Forti	17	Altamont	18:17	3 Bill Tindale	40	Altamont	19:21
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 44				
1 Christine Pagano	30	Staten Island	20:24	1 Christina Reeves	41	Slingerlands	22:50
2 Dana Peterson	42	Altamont	20:47	2 Elin Mattfeld	41	Voorheesville	24:57
3 Penny Tisko	44	Altamont	21:03	3 Kim Donohue	44	Schenectady	25:46
MALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49				
1 Cameron Davis	12	Delmar	20:31	1 Samuel Mercado Jr	49	Wilton	18:55
2 Noah Tindale	11	Altamont	20:47	2 Gary Longhi	48	Voorheesville	19:31
3 Chris Scheidel	13	Altamont	21:56	3 Bill Krisher	47	Scotia	19:39
FEMALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 45 - 49				
1 Emma Hampston	12	Voorheesville	24:53	1 Michelle Dannenhoffer	45	Clifton Park	25:17
2 Christine Myers	14	Altamont	25:08	2 Anne Sager	45	Bethlehem	27:27
3 Denise Calzadilla	13	Schenectady	25:56	3 Wendy Gibson	47	Albany	27:32
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54				
1 David Vandervort	18	Voorheesville	18:54	1 Julius Pasquariello	52	Schenectady	20:49
2 Ian Alejandro	17	Amsterdam	20:14	2 Glenn Herbert	54	Kinderhook	21:33
3 Brian Nolan	15	Albany	26:14	3 Jeff Clark	54	Glenmont	21:40
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54				
1 Caroline Weiss	17	Altamont	24:07	1 Colleen Brackett	51	Voorheesville	21:38
2 Hannah Wistort	17	Niskayuna	26:30	2 Katesel Strimbeck	50	Glenmont	25:01
3 Emily Stevens	15	Altamont	26:35	3 Wendy Relyea	50	Voorheesville	25:41
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 55 - 59				
1 Christopher Leavitt	24	Albany	20:22	1 Mark Nunez	56	Ballston Lake	20:09
2 Samuel Fisher	22	Niskayuna	20:58	2 Steve Vnuk	56	Delmar	20:18
3 Alex Sotola	23	Altamont	26:08	3 Martin Patrick	58	East Greenbush	21:17
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59				
1 Lauren Fisher	24	Watertown, MA	25:00	1 Carolyn George	58	Albany	24:37
2 Alexandria Vattimo	21	Altamont	27:19	2 Ellen Posson	55	Schoharie	27:12
3 Sarah Friedman	22	Schenectady	29:54	3 Helene Meckler	55	Delmar	28:18
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64				
1 Chris Weaver	27	Syracuse	19:10	1 Richard Reynolds	61	Voorheesville	26:02
2 Jonathan Bunnell	27	Ravena	23:17	2 Leo DiPiero	62	Cherry Plain	26:08
3 Matthew Collingwood	27	Slingerlands	25:02	FEMALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 25 - 29			1 Katherine Ambrosio	62	Delmar	26:32	
1 Rachel Zell	28	New York City	23:17	2 Alice Carpenter	62	Delmar	31:50
2 Kate Penn	28	York, PA					

KAYAKING & CANOEING *continued from 15*

to a gasp reflex, which results in swallowing water and drowning.

It goes without saying that paddlers should be wearing a life vest. In fact it is the law in New York that you must wear a Coast Guard approved life vest when on the water from November 1st through May 1st – at other times of year it must be easily accessible. Remember though that Adirondack lakes and ponds generally do not become ice-free until mid- to late-April so are still very cold even in May. Inevitably, in May I will spot someone not wearing a life vest and fishing while standing up in a canoe. Worse yet, that person will be dressed in jeans (it is outdoor wear after all isn't it?) and other cotton clothing. When cotton clothing gets wet it has no insulating value and can suck the heat right out of you. Also, in 40-degree water you are likely to lose the ability to do anything with your hands within a minute of immersion.

Be familiar with your equipment. A few years ago a fellow bought a new canoe and took it out onto a Catskill pond in late April within two weeks of ice-out. He decided to test its stability by standing up and capsized the canoe. His wife was able to get to shore but he drowned. The life vests were back in the car.

Besides wearing our life vests and avoiding cotton clothing there are other things that we can do to make for a safer paddling trip. Paddling with companions who have practiced rescues is always much safer than paddling alone – look for rescue classes being offered in a pool in winter/spring or outdoors in the summer. Paddling close to shore is better than being far from shore. Get a weather forecast before venturing out and especially pay attention to wind speed and direction.

The temperature of the water is more important than the air temperature. A few years ago three people decided to try out their new kayaks on Round Lake in Saratoga County tempted by a January thaw and air

temperature in the 70s. One capsized and another tipped over while trying to help. Other paddlers on the lake that day were able to call for help but none of them had the ability or know-how to perform a rescue and recovery. The swimmers luckily got out of the hospital after treatment for hypothermia.

So enough with the scary stuff... Spring canoeing and kayaking can be extremely rewarding and pleasant. On the **Mohawk River** below Lock 7 in Niskayuna, I can observe nesting Canada geese, noisy red-winged blackbirds along shorelines, and muskrats swimming about. A variety of migrating birds and ducks may be seen in spring that you will not see here in summer. I do remember one beautiful evening with a double rainbow after a brief shower. By the end of June, motor traffic increases and invasive water chestnut impedes access to some shallower parts of the river.

Streams in the southern Adirondacks such as the **Kunjamuk River** and **West Branch of the Sacandaga River** can make for interesting day trips. In spring I have paddled the Kunjamuk upstream and reached Elm Lake without having to get out for any beaver dams – most summer visitors usually have to pullover up to a dozen dams. A bonus was observing three otters at the junction of the Kunjamuk and Sacandaga rivers.

Further north, the **Raquette River** between Raquette Falls and Tupper Lake can be ice-free by late March; you can find several lean-tos and campsites along the way for picnicking or spending the night.

I prefer paddling on bodies of water that are non-motorized and have minimal signs of civilization. For me the last week of April and the first two weeks of May are prime-time for canoe camping trips in the Adirondacks – the black flies and crowds are yet to arrive and it's easy to find a prime backcountry campsite. The peacefulness and tranquility at this time of year is only broken by loon calls, the song of the white-throated sparrow, and the

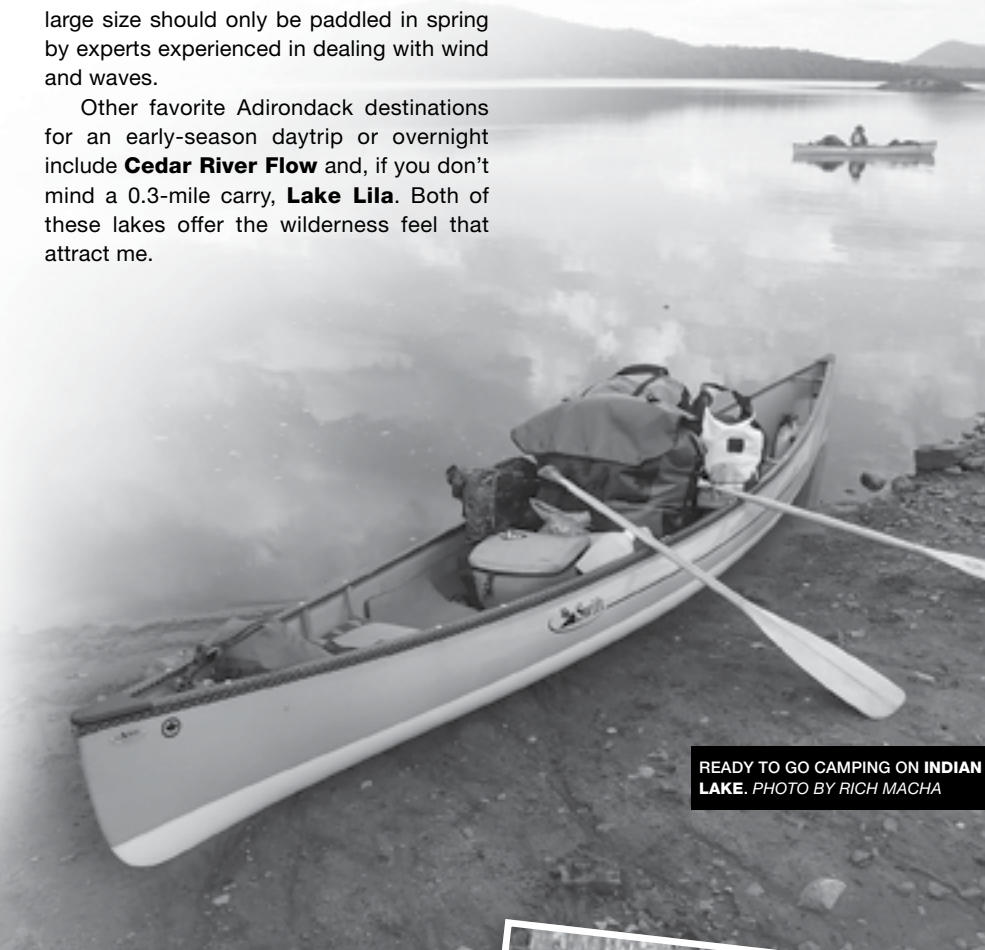
minimalistic chorus of spring peepers.

Starting at **Floodwood Pond** in the northwestern Adirondacks you can paddle into Rollins Pond or follow Fish Creek down to Fish Creek Ponds with options of side-trips into Little Square and Copperas Ponds. Due to the proximity of the state campgrounds at Rollins Pond and Fish Creek the area is somewhat crowded in summer, so a spring trip here is inviting. Other ponds are a short carry from this route. The **St. Regis Canoe Area** is also nearby as long as you don't mind some portages. **Upper Saranac Lake** is also accessible but because of its large size should only be paddled in spring by experts experienced in dealing with wind and waves.

Other favorite Adirondack destinations for an early-season daytrip or overnight include **Cedar River Flow** and, if you don't mind a 0.3-mile carry, **Lake Lila**. Both of these lakes offer the wilderness feel that attract me.

With a little bit of caution and common sense spring paddling can be a fun and rewarding experience for the prepared canoeist or kayaker. 🌲

Rich Macha is owner of Adirondack Paddle 'n' Pole, a specialty canoe and kayak shop in Colonie (onewithwater.com). Rich practically lives on the water in the warmer months while instructing, leading trips for Adirondack Mountain Club's Albany Chapter (adk-albany.org), and escaping to the Adirondacks.



READY TO GO CAMPING ON INDIAN LAKE. PHOTO BY RICH MACHA

ATHLETE PROFILE *continued from 17*

Catskill Mountains, near where he still lives today. His backyard was an area called 'the Moonhaw' after the road and valley surrounding it. This area is home to some of the steepest and most remote mountains of the Catskills. Without a lot of nearby distraction, Ralph started hiking with his brother, Joe, at age nine. He was always out exploring the mountains surrounding his home and climbed alone in the steep, trailless peaks at the tender age of ten. That love of the mountains led to a lifelong passion for exploring, a fire that still drives him. Staying in great shape, either on his bike, cross-country skis, or with hiking boots is a year-round passion.

Ralph is "Gridder #6," part of a small group of elite hikers who have climbed the Catskill Grid. The grid consists of a list of the 35 Catskill High Peaks – a list that Ralph has hiked in each of the 12 months of the year. To do those 420 summits, by necessity, you're like the postal service, out in heat, humidity, wind, cold, ice, rain and snow. While working his way through the grid, Ralph would often stop off at a trailhead on his way home from work, toss on his pack and hiking boots, and then hike or bushwhack a pair or trio of peaks, getting home in time for dinner. There are hikers who spend years or decades hiking all 35 of these mountains. Accomplishing the grid takes strength, conditioning and fitness, and a level of athletic determination not many possess. He is also one of a select group of hikers who have completed the Catskill 100 Highest list of summits. Lest you think Ralph's activities are limited to the Catskills, his impressive resume includes being an Adirondack 46er, and hikes in Oregon, Colorado, Vermont, and Mt Katahdin in Maine.

Reading all of this, you would think that Ralph only gets out hiking on his own. While his online nickname is 'Hermit,' it is miles away from the in-person legend he's become. Ralph is always one of the first to help a hiker or group who may not know their way around some of the untrailed peaks on

their 'need' list. When a hiker asks around for information on how to summit one of the more challenging peaks, Ralph is the first one volunteering to show the way in his Catskill 'backyard.'

Besides his welcoming personality and cheerful demeanor, his many hiking friends enjoy the chance to hike with Ralph. In winter, no matter how deep the snow, how much ice is on the trail, or how challenging the day's conditions, you look around and somehow Ralph is out front, breaking trail and gabbing with the people in his group.

Having grown up in the mountains, he's an encyclopedia of natural history, stories and lore. As you climb the conversation can cover a broad range of topics. I'm never surprised when the talk moves from geology, glacial activity, whether the deer had a good diet of oak and beech nuts, the best way to avoid a steep rock cliff or patch of stinging nettles, and "By the way, did you notice the bear claw marks on that beech tree?"

One of the more interesting chapters in Ralph's background is when he first met Ted "Cave Dog" Keizer. Ted is an endurance hiker and has set eight climbing records in mountain ranges all over the country.

When Ted came to the Northeast to try his hand at the Green Mountain and Catskill speed records, he asked Ralph to join his support group, known as the "Dog Team." Ralph's team handle was "Night Dog" for his strong, overnight hikes with Ted.

For the Catskill speed record, Ralph helped Ted plan his route. During the record hike, Night Dog hiked with Cave Dog through two long nights, providing food, water, pacing and encouragement. They were grueling, even for Ralph, and Ted's record of two-and-a-half days shattered the previous record by almost two full days during the 133-mile, 37,000-foot of ascent it took to set it.

On Vermont's 272-mile Long Trail across the spine of the Green Mountains, Ralph was again setting and pushing the pace during long, exhausting night hikes. With the assis-

tance of Ralph and the rest of the Dog Team, Ted set the record at four days and 13 hours.

When Ralph is not out hiking or cross-country skiing with his partner, Maddy Hand, warmer weather often finds them out on their mountain bikes. They will often complete a hilly, 40-mile ride on the back roads of the Catskills, or riding on one of the many bike paths. I have to smile when Ralph describes one of his rest days; pedaling his heavy mountain bike when it's too hot to do something else. Ralph once mountain biked 100 miles around the circumference of the Catskills.

I'll let this quote from Ralph sum up why he loves to hike and train in the mountains: "The mountains are a museum where the exhibits change every month." This quote reflects not only the reason why he loves spending time hiking with family or friends, but one of his philosophies of life. 🌲



● RALPH COMPLETING THE CATSKILL 100 HIGHEST ON HODGE POND MOUNTAIN BUSHWHACK, MAY 2009.

PHOTO BY ALAN VIA

Alan Via (be46@nycap.rr.com) of Slingerlands is the author of "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500" (ADK). It was named as one of the top ten new books in 2012 by the Daily (Schenectady) Gazette.

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RECREATION

COLE'S WOODS Revitalization Project

By David Paarlberg-Kvam

Since 1971, the Cole's Woods Trail System in Glens Falls has served as a winter playland for cross-country skiers and snowshoers. In summertime, it is a place where families from around the region come to hike, run, mountain bike, dog-walk and enjoy nature.

When first built, the Cole's Woods cross-country trail system was the first lighted 5K in North America and hosted international ski racing events leading up to the 1980 Winter Olympics in Lake Placid. It is a park loved by Glens Falls citizens and visitors, and thanks to the Friends of Cole's Woods volunteers and the support from the City of Glens Falls, it remains one of the only lit and groomed ski trail systems in New York.

Erosion, weather events, and aging infrastructure have caused the quality of trail system to decline over the years. Despite initial urging from a Finch Pruyn representative to have regular maintenance in the park every five years, the city has been unable to sustain the vibrancy of the recreation area over the last few decades.

However, things appear to be changing. A public/private partnership is working to restore the city-owned trail system to its former glory. The City of Glens Falls has forged partnerships with private groups and local volunteers to spearhead a project that would enhance year-round use of the park, revitalize the cross-country ski trails, attract people to local businesses, and invest in the active, healthy future of the Glens Falls community.

Work Completed – Already in the past year, the Office of Tourism has partnered with volunteers from the Glens Falls Rotary to rebuild some of the aging bridges in the



▲ BRIDGE WITH NEW DECK BY GLENS FALLS ROTARY. COURTESY OF GLENS FALLS ROTARY
◀ COLE'S WOODS TRAIL RUN IN AUGUST 2009.
PHOTO BY BRIAN TEAGUE



■ One-mile of the current trail system will have installed electrical and water infrastructure that will allow for snowmaking to occur in the park when snow conditions are poor. In recent years, snow in the area has been inconsistent and this part of the proposal will attract early-season snow hunters to the park and the Glens Falls downtown area, and ensure that the winter use of the park has a long and healthy season.

■ The current Little League baseball field that sits at the entrance to the park will be revamped and revitalized. It will become an attractive gateway to the trail system, a community picnic area, and a new outdoor skating rink in the cold months.

These improvements have already had a great impact for park lovers.

The Proposal – Recently, the Office of Tourism has partnered with the New York State Ski Racing Association (NYSSRA) to develop a comprehensive plan to invest in the park, creating an attraction in Glens Falls that will improve the cross-country ski opportunities, and make improvements that will excite all users. The

park and improve washed out portions of the trail. Additional work was completed by the Southern Adirondack Educational Center (BOCES) and the New York State Correctional Facilities Forestry Work Group as they took on the difficult task of removing the dead wood that posed safety concerns in the recreation area.

Just before this past snow season, National Honor Society members, local Nordic ski clubs and Scouts all volunteered time to repair portions of the trail, lay down wood chips, and grade and smooth hills. Many damaged lights have been repaired or replaced, which has improved the night use of the park and made it much safer.

project has many different facets: thanks to the enthusiasm of many community leaders, West Mountain Ski Center, Glens Falls Family YMCA, and the Glens Falls Recreation Center, the following projects are being developed:

- The trails will continue to be updated, graded and wood chipped. The current lighting system will be repaired and partially replaced with more energy efficient and eco-friendly lighting.
- The cross-country trails will have improved signage. A system of single-track snowshoe trails will also be mapped and identified, so that snowshoe enthusiasts can have a more intimate experience with the winter landscape.

The proposed projects will require substantial capital investment. The City of Glens Falls and leaders of NYSSRA Nordic hope to attract community support for the projects. Such an investment will both bring community energy back to the park, and create a substantial boost to the local business economy.

To read the project proposal in detail, you can visit nyssranordic.com/fundraising.html. There you will be able to donate directly to the project through a secure online platform. You may also make a donation to this project by writing a check to The Friends of Cole's Woods, PO Box 294, Glens Falls, NY, 12801. And thanks! 🌲

David Paarlberg-Kvam (dakvam06@gmail.com) of Ballston Spa is the president of NYSSRA Nordic and actively involved in growing Nordic racing in Saratoga County. He coaches the Shenendehowa High School Nordic Team and is an organizer for the Hudson United Racing Team.

TRIATHLON & DUATHLON *continued from 19*

train, how much time you will need to train, and most importantly, how much time you actually have available.

Evaluate #2 – How much time do you need to get to your dream race finish line? Evaluate your fitness and training habits, and determine the training requirements for your dream race. If you already put in six hours a week you may not need to increase your training to prepare for a sprint event. If you want to prepare for an ultra distance, however, you will need to more than double your training volume. Adding training volume by ten-percent weekly is a safe way to increase your volume. Increasing your training volume and intensity systematically is critical to success. Going too long, too hard, too early will burn you out and lead to injury. I highly recommend using a heart rate monitor to avoid training at an intensity that is too high. I also believe that focusing on building endurance and proper technique is a critical priority, even for recreational athletes.

Here are approximate event distances and estimated weekly training time for those events: Sprint (0.5M swim, 12.4M bike, 3.1M run) 4-6 hours per week; International/Olympic (0.9M swim, 24.8M bike, 6.2M run) 7-10 hours; Long/Half-Ironman (1.2M swim,

56M bike, 13.1M run) 10-14 hours; and Ultra/Ironman (2.4M swim, 112M bike, 26.2M run) 14-plus hours.

Evaluate #3 – Find the right race and get registered NOW! Look for races that give you enough time to prepare. If you are signing up for your first long to ultra triathlon or marathon event, even fit athletes should plan on training for five to six months minimum. Don't put off registering for your dream event, popular events close out quickly. If you put it off, you will probably delay planning, and the likelihood of getting to the starting line decreases with each passing day. You can't get to the finish line if you don't get registered.

Plan #1 – Plan the periods... Set a periodized training schedule based on a three or four week cycles that includes a low volume recovery week and two or three weeks of increasing volume each period. Below is an example of a six-month plan with four-week periodized cycles. Within each period the volume increases for three weeks with the fourth week being a recovery week.

Here's an example of a six-month periodized training volume based on weekly hours of training. Base 1 (Weeks 1-4): 7, 8, 9 and 6 weekly hours of training; Base 2

(Weeks 5-8): 8, 9, 10 and 7 hours; Base 3 (Weeks 9-12): 9, 10, 11 and 8 hours; Build 1 (Weeks 13-16): 10, 12, 13 and 8 hours; Build 2 (Weeks 17-20): 12, 13, 14 and 8 hours; and Taper/Race (Weeks 21-24): 11, 10, 9 and 5 plus race.

The objective of the first three base periods is to develop endurance and proper skills. The objective of the build periods is to push the athlete and build strength, power, and continue to develop endurance with proper skills. The last period of training prior to the A priority race should include a taper week or two so that you are well-rested on race day. During taper weeks, volume is decreased, while intensity is maintained. During the race week, athletes need to train with intensity, carbo-load once or twice, double-check all gear, plan travel and get lots of rest – especially the day prior to the race. Planning and training systematically will allow you to be more relaxed and enjoy your dream race.

Plan #2 – Plan your weekly workouts. I plan on training six days a week with one rest day for recovery and planning time. Depending on my other commitments and obligations, I plan my longer workouts on weekends, with my longest workout on Sunday followed by a Monday recovery day. As you plan your week, be sure to balance your training and strengthen your weakest ability. If you are equally strong in swimming, cycling and running, try to balance them. I set my weekly schedule up so that I swim two to three times, run four to five times, and cycle three to four times. It really depends on your individual opportunities and schedule.

Here's an example of a tri training week: Monday is rest/planning day; Tuesday is medium swim/medium bike; Wednesday is short bike/medium run; Thursday is medium bike/short run; Friday is long swim/medium run; Saturday is short swim/long run; and Sunday is a "brick" with long bike/medium run.

Let's be real, not everything goes as planned. In reality, I usually end up missing one of my planned training days due to unexpected family and work obligations. I

usually don't bother to make-up the missed day and I move on with the next training day as planned.

Plan #3 – Plan your daily workouts. In addition to your weekly plan, always be sure to create a routine that includes warming up, skill/form development drills, and cool down. Making the time to do these things will make you a better athlete and help prevent injuries. If you are not sure what skill drills you need, research them and get some coaching. Feedback from an experienced coach or athlete can be instrumental in developing skills, injury prevention, and helping you progress toward your race goals. Training with the wrong form for hours at a time can be counterproductive; it's best to get some expert advice on your technique. Online coaching does not allow for evaluation about your specific technique challenges. Getting someone to video you can be helpful, and I recommend that all athletes look at their form as they begin their training, and again every few weeks as they progress.

It's Time to Go – Get your plan written down NOW and you will be ready to GO on race day! Make your race a priority and commit to your plan by writing it down and keeping it in front of you. Once you determine what you need to do, put it on your daily, weekly and monthly calendars. Make your training and race a priority. It helps to post your training "appointments" in a place where you and your family can see them daily. Posting them helps you hold yourself accountable and allows others to support you as you train. There will be times when you need the support and understanding of family and friends. 🌲

John Slyer (skyhightri.com) of Averill Park is an eight-time Ironman finisher and USAT certified youth/adult coach with 25 years experience. He operates SKYHIGH Adventure SHAPE Camp, Multi-Sport Triathlon Club, and directs the Crystal Lake Father's Day Super Sprint Triathlon, MSL Triathlon Festival and XTERRA.

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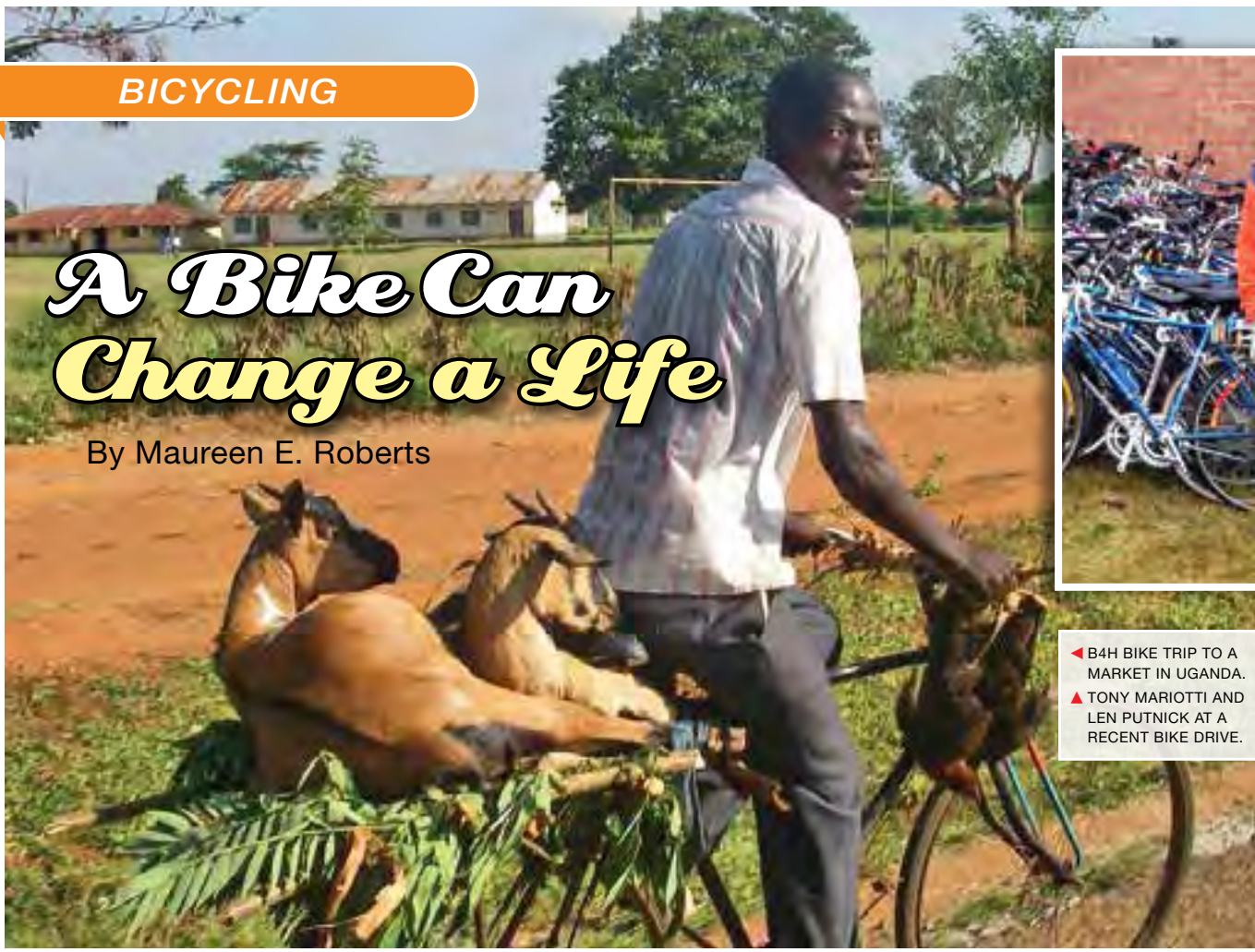
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BICYCLING

A Bike Can Change a Life

By Maureen E. Roberts



◀ B4H BIKE TRIP TO A MARKET IN UGANDA.
▲ TONY MARIOTTI AND LEN PUTNICK AT A RECENT BIKE DRIVE.

"One man's junk is another man's treasure." Nothing is more true than describing the benefits provided by donated bikes sent to Africa by **Bicycles for Humanity**, a grassroots organization started in 2005 by Pat Montani in Canada. There are now 35 chapters in five countries, and over 45,000 bikes have been shipped to impoverished nations.

The solid organization and tremendous vision of B4H caught the eye of a local Saratogian, Tony Mariotti, who was looking for a way to give back and

had "five or six old bikes in the barn that I wanted to recycle." He contacted the founder in July 2012 and was pleased to receive a quick response, full of advice about getting a new chapter started. After convincing a few friends to help him and receiving assistance from Bikeatoga, a local bicycle advocacy organization, he led his first bike collection a mere three months later at the Eastern Mountain Sports in Wilton.

This was followed a month later by a second successful drive at Elevate Cycles in Clifton Park and Inside Edge in Glens Falls, with 300 donated bikes so far! It helps to have a good friend with a spare barn, and this donated space now keeps the bikes clean and dry. Tony is getting ready for a spring collection on April 20 at 10am-1:30pm at Elevate Cycles in Clifton Park and 9am-12pm at Inside Edge in Glens Falls. He hopes to reach the magic number of 500, which will fill a shipping container.

The container arrives in an African port and is then taken overland via truck to Uganda, where it will be emptied and then modified so it can function as a bike shop, called a Bicycle Empowerment Center. So far, 50 BECs have been created in five countries. The Ben Stiller Foundation has graciously offered to cover the costs of moving the containers to their rural locations once they're in port. The average cost to ship from Saratoga Springs to Africa is about \$5,000.

Once a BEC is set up, four or five local people are trained as bicycle mechanics and then they staff, support, and maintain the local bike shop. Some of the bikes are given away to health care workers and orphans who need transportation to school, but most are sold for about \$10 each – the proceeds going directly back into the project, making it fully sustainable. The increased mobility bikes provide allows healthcare workers to see three to four times as many rural patients, students get to school faster and have more time for their work, mothers carry water containers to their village, and workers carry produce and other items to market – all of which increases efficiency and transforms lives.

Tony, a married father of two, is a partner in Empire Appraisal Network and High Rock Realty. He is an avid cyclist and is excited about the upcoming spring bike drive in April. Interested people can also drop off bikes anytime at his office, located at 193 Lake Ave in Saratoga Springs. He hopes to help with the creation of "sub-chapters" in areas surrounding the Capital District, where bikes could be collected and then transported to a central storage site in Saratoga.

Tony is also looking for volunteers to assist the day the container is loaded in May or June, a laborious undertaking involving the partial dismantling and careful arranging of bikes. Donated monies are always a necessity, and a fundraiser is planned in the near future. The Skidmore College Rowing Team is also working on a fall raffle fundraiser to help out. To donate a bike or get involved, Tony can be contacted at b4hadirondack@gmail.com, and can be found on Facebook at "BicyclesFor Humanity." He's truly making the world a better place, one bike at a time. 🌱

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Olympic Biathlete Tim Burke

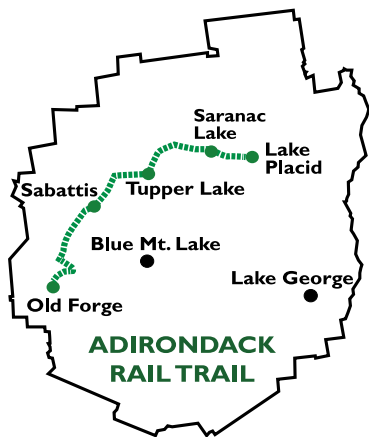
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Maureen Roberts (maureenroberts@hotmail.com) is a local physician, and a married mother of three, who enjoys running, cycling, hiking, skiing and tennis. She has served on two different humanitarian missions to both Rwanda and Uganda and hopes to return there in the future.

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