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Early Season Events

By Dave Kraus

very cyclist rides for a cause. Whether it's fitness, transportation, or just working off that stress from a bad day at the office, every rider knows it's more than just about

Participating in a charity ride can expand that cause to something larger then yourself. It can be a reason to extend yourself beyond what you thought was possible for you. It might be to inspire or honor a family member who is personally affected. Or it could just be to get the satisfaction of knowing you can use your own fitness to benefit those who are not so lucky.

The Capital Region has several different charity rides every summer that can give cyclists of any ability the chance to do all these things.

On Sunday, May 19 is the ninth annual Billy Grey Ride and Walk for Research that starts at 8:30am at the Saratoga Farmer's Market on High Rock Avenue in Saratoga Springs. Three rides of 10, 25 and 50 miles wind through the scenic Saratoga County countryside, with the 50-mile ride including

a visit to the Saratoga Battlefield Park. A companion walk steps off at 9am and winds for three miles through the city's historic district. Funds raised from the annual event benefit the Billy Grey Research Chair, which awards grants for brain tumor research. Since the event was started, more than \$1.7 million has been raised and awarded in grants. After being diag-

nosed in 1999, Billy Grey was just shy of his 13th birthday

on July 13, 2001, when he lost his fight with glioblastoma

multiforme (GBM), a highly aggressive brain tumor.

IN PHOTO) SYDNEY STEINHARDT OF GUILDERLAND (IN "RED RIDER" JERSEY) HAS DIABETES; STARTING THE 2012 **ADA TOUR DE CURE** 25-MILER IN SARATOGA SPRINGS. HER FAMILY STARTED TEAM KMS (SYDNEY'S SPINNERS) LAST YEAR. AMERICAN DIABETES ASSOCIATION

(INSET) KIVORT STEEL CYCLING TEAM CO-CAPTAIN, DAVE CANFIELD (LEFT), WITH TWO OF 168 TEAM MEMBERS IN 2012. PHOTO BY KATE CANFIELD

There is no cure for brain tumors, which currently afflict more than 688,000 Americans. Almost 14,000 people die of brain tumors every year, and only one-in-three who get a brain tumor will survive for more than five years.

Today his parents, Ken and Cherie, run the annual event they started in 2005 to honor his memory. Get more information about the ride and how to register at teambilly.org.

On Sunday, June 2, the largest annual charity ride in upstate New York rolls off the starting line at Saratoga Springs High School as the Tour de Cure, sponsored by the American Diabetes Association's Albany Chapter, offers something for just about everyone.

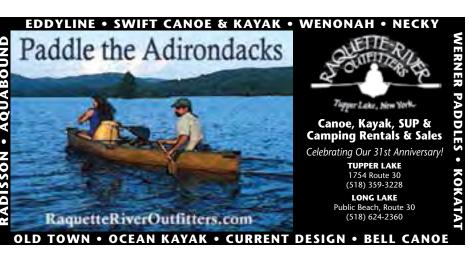
Now in its 22nd year, the Tour de Cure offers distances of 10, 25, 50, 62.5, and a 100-mile century route. There's even a one-to-three hour-long indoor spinning event. After starting in 1991 with 300 riders, the event has now grown to over 2,000 cyclists and 250 volunteers in 2012.

Denise Nicastro, associate director of the Albany office and tour coordinator, is proud of the event. "If you're a cyclist it's probably the most well organized event in the Capital District," she says.

See BICYCLING, 21











www.AdkSports.com MAY 2013



A Guide to New York Guidebooks

By Rich Macha

New York offers the paddler a mind-boggling variety and quantity of paddling destinations, from small streams to big rivers, diminutive ponds to expansive lakes, and whitewater as well as flatwater. Fortunately for us these destinations are well-documented in the plethora of guide-books available today. At the cost of a movie ticket or dinner at a restaurant, a one-time purchase of a guidebook can bring you many years of pleasure, whereas the movie or dinner offer just an hour or two of satisfaction.

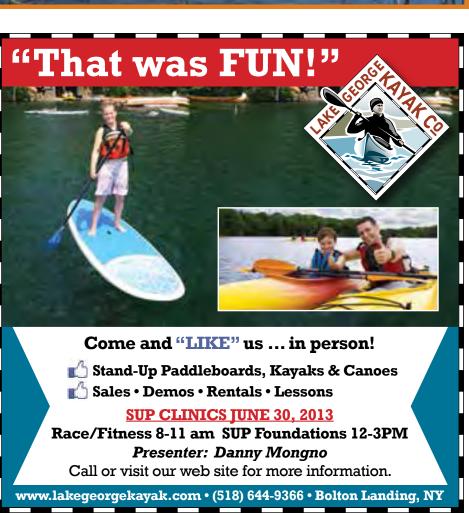
If you can't be out there paddling, you can at least spend time with some of the following guidebooks and start planning that day paddle or weeklong camping trip. In my comments I will try to give you an overview of the content as well as my thoughts on each book's strengths and weaknesses.

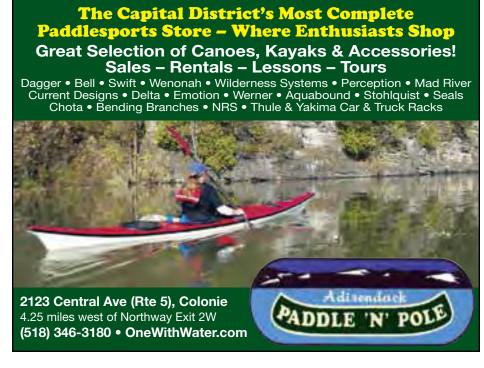
Quiet Water New York by John Hayes and Alex Wilson – This is perhaps the best flatwater guide to the whole state with 90 trips listed in an informative, yet relaxed style. The first edition covered mostly ponds and small to medium-sized lakes but this second edition has added a few streams and is a better representation of what New York has to offer. There are lots of choices here from the Adirondacks, plus western and southeastern parts of the state, but not much in the Capital District or Catskills.

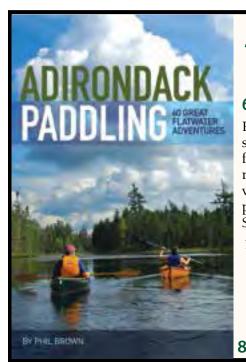
Canoeing and Kayaking New York
by Kevin Stiegelmaier – This book offers 50
trips primarily on streams and rivers, mostly
flatwater, but also some easy whitewater like
the Delaware River. Many of these paddles
require shuttles and clear directions are
given. There is a striking difference between
such choices as the semi-remote Osgood

See KAYAKING & CANOEING, 28









ADIRONDACK PADDLING

60 Great Flatwater Adventures

Phil Brown's latest book features sixty of the finest flatwater trips found in the region. Includes numerous maps, photos, and GPS waypoints to make it easy to find the put-ins and takeouts.

Softcover, 5¹/₂" x 8¹/₂", \$24.95.

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the Saratoga Palio.com

the Melanie Foundation.com







Deta Lake Triathon & Tough Kids Syracuse July 20 & 21, 2013



Check out other ATC events: Cooperstown Triathlon 5/26/13 Old Forge Triathlon 8/18/13



Register at atcendurance.com





www.AdkSports.com MAY 2013

AROUND THE REGION News Briefs

Saranac Lake 6er Hiking Challenge

SARANAC LAKE - If you want to be a 46er start with the "Saranac Lake 6." Celebrate the outdoors in the Saranac Lake region by hiking the six peaks that surround Saranac Lake: McKenzie (3861'), Ampersand (3365'), Scarface (3060'), Haystack (2878'), St. Regis (2874'), and Baker (2340'). Hike all six peaks to become a "6er" and earn a patch and recognition. Hike all six in one-day and become an "Ultra 6er." Do them all in winter for a "Winter 6er" patch. The first Saranac Lake 6er Weekend will be May 25-27. On the first day of the kickoff weekend, registrants will start at Berkeley Green, and the first finisher to return to ring the "6er Bell" in the park will be Saranac Lake 6er Number One. You may take as long as you like to climb the six peaks - even if it takes years. Enjoy the journey! For map and details, visit saranaclake6er.com.

Adirondack Marathon Distance Festival

SCHROON LAKE - Registration is open for the Adirondack Marathon Distance Festival on Sept. 21-22. The marathon, half-marathon and two-person and four-person marathon relays are held on Sunday around beautiful Schroon Lake. On Saturday morning, the 5K and 10K Helper's Fund races take place in nearby Chestertown. On Saturday afternoon, the 1K kids' fun run and expo/packet pick-up are in Schroon Lake. For info and registration, visit adirondackmarathon.org.

Kayaking with Your Dog Seminar

ALBANY - Join dog trainers and kayakers Mary Ferentino and Trish Galvin of Good Dog Training Center for the first in a series of "Kayaking with Your Dog" training seminars. Paw & Paddle: Intro to Kayaking with Your Dog is a one-day, hands-on training seminar covering the essentials. They'll discuss and demoing topics such as type of kayaks, equipment you need, safety considerations, and teaching your dog skills needed to enjoy a day on the water with you. Dog training will happen on dry land so your dog can learn skills in a distractionfree environment. Training and feedback will occur in group and individual settings using positive, reward-based techniques. No paddling experience is necessary to learn how to have a great day on the water with your best friend. Saturday, June 8, 9am-2pm at Good Dog Training Center in Albany. For info and to register, call/email or visit pawandpaddle.com.

Hudson Valley Tri/ Duathlon Series

SAUGERTIES - The new Hudson Valley Tri/ Duathlon Series is composed of four races in four counties in the scenic Hudson River Valley. The events start with the Police Tri/ Duathlon on June 23 in Putnam County, the Healthy Ulster Tri/Duathlon on July 14 in Ulster County, the Wheel and Heel Sprint Tri/ Duathlon on August 18 in Dutchess County, and the Wheel and Heel Olympic Tri/Duathlon on Sept. 8 in Columbia County. For a limited time, athletes who enter three races, get the fourth free. For details, visit nytri.org.

FROM THE PUBLISHER & EDITOR

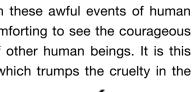
Compassion and Hope

Since our last publication, we've been following the terrible events from around the country and the world - from Boston to Texas, Bangladesh to Syria -



and at press time, the horrific news and happy reunions in Cleveland. There are so many questions of "why" in these awful events of human damage done. But in every story, it is comforting to see the courageous and kind people who came to the aid of other human beings. It is this compassion and hope that we can feel which trumps the cruelty in the world. Our thoughts are with the victims,

survivors and their families.





ISSUE #151

Join the Adirondack Rail Trail

SARANAC LAKE - A 90-mile stretch of rail, built in 1892 and owned by the state, runs from the Tri-Lakes to Old Forge. It's been underutilized since passenger service ended in 1965 and freight hauling ended in 1972. Now it's ripe to become a recreation trail for cyclists, runners, and anyone looking for a level, traffic-free path through lake, forest and mountain country. Two rail-totrail conversions are similar to what could happen here: the 63-mile Pine Creek Trail in Pennsylvania and 35-mile Virginia Creeper Trail. The first draws 150,000 overnight visitors a year and the second attracts 100,000. Visitors support local businesses and jobs have been created. The Adirondack Rail Trail can provide a year-round boost to the tourist economy. With the tracks removed, the rail bed also offers enhanced snowmobiling. A nine-mile train has been operating from Lake Placid to Saranac Lake for 12 years, with sparse ridership and little economic benefit. The state estimates that restoring the entire railroad line would cost taxpayers \$43 million. The Adirondack Rail Trail is the only major outdoor amenity lacking in the region. It will enhance quality of life for visitors and residents, and cost little thanks to the salvage value of the rails and ties. Join ARTA, it's free: thearta.org.

Avoid High Elevation Trails in Mud Season

ALBANY - According to the NYSDEC, high elevation Adirondack trails are wet and muddy during May, making them vulnerable from hikers. The best thing a hiker can do for trails and plants is to postpone treks on trails above 3,000 feet until June, when they have dried and hardened. Use trails at lower elevations, which dry sooner and are on less erosive soils. High elevation trails in the Dix, Giant, and High Peaks wilderness areas are vulnerable. Lower elevation alternatives are available: Azure; Giant's Washbowl and Roaring Brook Falls; Ampersand, Cascade, Big Slide, the Brothers, and Porter from Cascade Mountain; The Crows and Hurricane from Rte 9N; Haystack and McKenzie; Pharaoh; and Baker, Panther and Scarface. When hiking in these conditions wear waterproof footwear and gaiters, and walk THROUGH - not around - mud and water on trails. This will avoid unnecessary trampling of vegetation and widening of trails through erosion. For info, contact DEC Forest Rangers at (518) 897-1300 or visit dec.ny.gov.

"IronHands" Volunteers Needed

LAKE PLACID - The 15th annual Ironman Lake Placid will take place on Sunday, July 28, with 2,700 athletes from around the world. Massage therapists, massage students, athletic trainers and physical therapists are needed for the massage tent. This peer networking event is an incredible experience in the beautiful High Peaks. Volunteers can now earn up to six continuing education units for their time (must register), and CNWSMT students receive six community service hours. There's a volunteer appreciation party and opportunity to win raffle prizes. For info, contact Jen Hathaway of Back in Balance Therapeutic Massage at justjen06@aol.com or (518) 369-9793.

Randonnée Cycliste Adirondacks

LAKE GEORGE - Randonnée Cycliste Adirondacks is a multi-day, cycling-centric family event that will take place Sept. 27-29 in Lake George. From casual riders to world-class cyclists, everyone is invited to join Medalist Sports for this inaugural weekend. You can watch the leaves explode with color as you climb to nearly 1,600 feet on one of the four courses. Medalist Sports is a cycling event management company that produces the Amgen Tour of California, USA Pro Challenge, Tour of Utah, and mass participation events like the Dempsey Challenge, Obliteride, and Tour de Pink. Friday: packet pick-up and opening night party; Saturday: kids' ride, 25-mile ride and Prospect Mountain Hill Climb; and Sunday: 50-mile and 100-mile rides. There will be signage, support and gear vehicles, stocked and staffed rest stops, and a finish party overlooking Lake George. To learn more and register, visit: lakegeorgerando.com.

Biggest Loser RunWalk Half-Marathon/5K

PLATTSBURGH - The Biggest Loser RunWalk is hosting a "Premier Destination" race in Plattsburgh on June 9. From the first-time runner to the elite athlete, participants are encouraged to get off the couch and hit the pavement with the Half-Marathon and 5K. The city is using this event to increase health and fitness awareness. Dan and Jackie Evans. organizers of the event and season five contestants on NBC's hit show, "The Biggest Loser," offer it as a non-intimidating environment for all participants, with a longer course time limit to complete the race. Fans can meet past contestants, receive a Biggest Loser running shirt, finisher's medal and more. Start/finish is at Plattsburgh City Hall and the course winds through downtown and along Lake Champlain. There will also be a kids' one-mile race for ages 4-12. After the race, there's a concert featuring former contestant and Nashville recording artist, Dan Evans. For details, visit biggestloser.com/runwalk.

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6th Annual

Wilmington-Whiteface **Road Race**

Saturday, June 8 Town Park, Wilmington

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

Preregister on

■BikeReg.com:

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

Info: TeamPlacidPlanet.org

Questions: jameslwalker3@yahoo.com



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Mohawk-Hudson Cycling Club

SARATOGA 12/24

JULY 13TH. 2013

WILL 13 BE YOUR LUCKY NUMBER? WWW.ADKULTRACYCLING.COM **Calendar of Events** Way – Quy 2013

Events beyond this range are advertisers in this issue.

S N	MAY 2013 S M T W T F S						JUNE 2013						JULY 2013							
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26 27	27 2	28 2	29	30	31		23/3	24	25	26	27	28	29	28	29	30	31			

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.
- Anywhere We Want Ride. 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Monday Ride. 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500.
- oldesaratogabikenboards.com. Placid Planet Time Trial Series: 5/1-6/5. 8M. 6:30pm. Riverside
- Dr, Lake Placid. 523-4128. placidplanetbicycles.com. Intermediate Road Ride. 6pm. 20-35M. Route varies. Plaine
- & Son, Schenectady. 346-1433. plaineandson.com. Meander Ride. 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- In-House Workshop. 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com.
- HRRT Bike Belles, Beginner Ride & Juniors Team Rides. 6pm. Route varies. Plaine & Son, Schenectady. 346-1433.
- In-House Workshop. 10am. Fixing flats, adjusting brakes, derailleurs, truing wheels, on-road repairs. 10am. Plaine & Son, Schenectady. 346-1433. plaineandson.com
- In-House Workshop. 10:30am. Fixing flats, adjusting brakes, derailleurs, truing wheels, on-road repairs. Broadway Bicycle Co, Albany. 451-9400. broadwaybicycleco.com.

- Women's Cycling Series #4: Mechanics. 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.
- Saratoga 400K Brevet. 4am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- **Hunter Mountain Spring Classic.** 39M/78M. Hunter Mountain Ski Area, Hunter. Anthem Sports: 413-314-DIRT. greatamericancycling.com.
- 12 HRRT Mother's Day Ride & BBQ. 16M/32M/62M. 9am. Free for HRRT members. ShopRite Plaza, Niskayuna. 346.1433. plaineandson.com.
- Women's Woodstock Cycling Grand Prix. Women's only races. Woodstock Day School, Saugerties. Martin Bruhn: 845-612-1672. facebook.com/WWCGP2013.
- Dinner & Bikes. 6:30pm. Celebrate Bike Month and grow Capital District bike movement. \$20 advance/\$30 door. Tickets: Plaine &
- Son or Broadway Bicycle. 346.1433. plaineandson.com. "Green Your Commute Day." 11am-2pm. Tricentennial Park, Albany. Lunchtime ride: 12pm. Prizes, giveaways for commuters by bike, bus or carpool. 346-1433. broadwaybicycleco.com.
- NISKA Day Bike Auction. Niskayuna. Join HRRT at this fun-for-all-ages community event. HRRT will be assisting Niskayuna PD with their bike auction. niskaday.org
- Learn Bike Safety & Build to 15M. 9:30am. Clinton C.C., Plattsburgh. 562-4143. clinton.edu/ccwd.
- 9th Team Billy Ride & Walk for Research. 50M/25M/10M ride: 8:30am, 3M walk: 9am, Farmer's Market at High Ro Park, Saratoga Springs. teambilly.org.
- Ride with the Vets. 7:15am. Municipal Center, Chestertown to Crandall Park, Queensbury. Steven Dean: 812-8760. gwotmonument.org.

- Niskayuna Bikes: Open Town Hall Forum. 7pm. Niskayuna. bikinghome@gmail.com.
- Killington Stage Race. Killington, VT. 802-496-5415. killingtonstagerace.com.
- 100-Mile Beer Run Century/Half-Century & BBQ. 100M: 8am. 50M: 10am. Lake Placid Pub/Brewery, Lake Placid. 523-4128. placidplanetbicycles.com.

JUNE

- 1st Gran Fondo Catskills Cycling Weekend w/Floyd Landis. 50M/90M. Sat: Platte Clove Rd Devil's Kitchen hill climb, West Saugerties. Sun: Gran Fondo for all levels at Hunter Mountain, Hunter. 413-314-3478. greatamericancycling.com.
- 600K Brevet Ride. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- Saratoga 400K. 1am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 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.
- CBRC Coeyman's Hollow Time Trial. Joralemon Memorial Park, Ravena. cbrc.cc.
- Women's Wine Gathering. 6pm. Meet fellow athletes, discuss cycle/run/tri or find a training buddy. Plaine & Son, Schenectady. 346-1433. hrrtonline.com.
- 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.
- 6th Wilmington-Whiteface Road Race. Wilmington Town Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- 8 Sacandaga Challenge: 6-12-24 Hr Rides. 6am. Serotta, Saratoga Springs. 649-0357. sacandaga61224hrchallenge.com.
- ${\bf 12th\,White face\,Mountain\,Uphill\,Bike\,Race.\,11M.\,8am.}$ Whiteface Ski Center, Wilmington. 946-2255. whitefacerace.com.
- Eastern Mountain Sports: Outdoor Demo Tour. 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
- ADK 540 Preview Ride. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- Catskill 600K. 4am. Westfield, MA. 413-562-5237.
- newhorizonsbikes.com.
- Owasco Flyer Cycling Road Race. 36M citizens road race. 9am. Emerson Park, Auburn. 315-253-5304. owascoflyer.com.
- CBRC Pinnacle Hill Climb Time Trial. 3.9M. 6:30pm. New Salem F.H., Voorheesville. 369-9132. cbrc.cc.
- 27-30 4th HRRT Kingdom Trails Trip. Trail/road riding, activities, talent show. Burke, VT. hrrtonline.com.
- Okemo Bike Climb. 5.8M. 10:30am. Okemo, Ludlow, VT. 802-738-5557. okemobikeclimb.com.

JULY

- Women's Wine Gathering. 6pm. Meet fellow athletes, discuss cycle/run/tri or find a training buddy. Plaine & Son, Schenectady. 346-1433. hrrtonline.com.
- 13th Saratoga 12/24 Ride. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- 12th Capital Region Road Race. 43-83M. Ravena-Coeymans-Selkirk HS, Ravena. 281-3710. cbrc.cc.
- Foundation of CVPH Mayor's Cup Bike Ride. 70M: 8:30am. 22M: 9:30am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org/foundation.
- Liberty Tour Albany Criterium & Series. Washington Park, Albany. 413-314-3478. anthemsports.com.
- Liberty Tour Danbury Criterium & Series. Downtown, Danbury, CT. 413-314-3478. anthemsports.com.
- 2nd Ride for the River. 50M/25M/10M. 8:30am. Village
- Green, Jay. Corrie Miller: 637-6859. ridefortheriver.org. 10th Onion River Century Ride. 111M, 68M, 35M. 8:30am.
- Montpelier, VT. 802-229-9409. onionriver.com. Liberty Tour Worcester Criterium & Series. Downtown,
- Worcester, MA. 413-314-3478. anthemsports.com

AUGUST

Tour of The Catskills: Pro/Am Stage Race. 120-180M. Windham & Hunter. 413-314-3478. tourofthecatskills.com.

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BikeWilmingtonNY.com

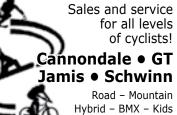
Mayor's Cup Bike Ride Sunday, July 14 CVPH Medical Center 75 Beekman St, Plattsburgh

> 70M 8:30am • 52M 9am • 22M 9:30am First 150 preregistered receive T-shirt Rest stops, SAG support & post ride BBQ Fee: \$40 by July 8 - \$45 after

Register/Info: (518) 562-7169 www.cvph.org/Foundation Funds benefit Foundation of CVPH Travel Fund



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Info, Registration, Sponsorship: GearUpForLyme.com or BikeReg.com

aholzman1@earthlink.net

Presented by Manchester Rotary Club

Saratoga Century Weekend

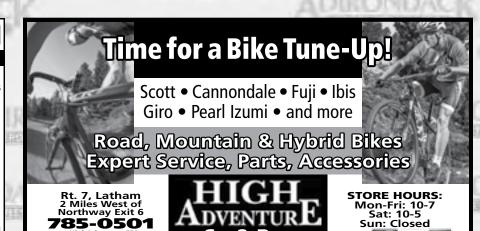
SATURDAY-SUNDAY, SEPTEMBER 7-8

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

- Fun recreational bicycle rides on quiet back roads in scenic Saratoga County Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheetsMaps for shorter rides in park & city
- Post-ride lunch available

Mohawk Hudson Cycling Club

www.webmhcc.org



SKI & BIKE

- Gear Up for Lyme Mt Equinox Uphill Bike Climb. 5.4M. 8am. Manchester, VT. bikereg.com.
- Ididaride: Adirondack Bike Tour! 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 1st Matthew Ratelle Memorial Benefit Bike Ride. 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- $\textbf{13th Pat Stratton Memorial Century Ride.}\ 100M/50M/25/$ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- Double H Ranch: Camp Challenge Ride. 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921. doublehranch.org.
- Saratoga Century Weekend. 100M: 8am. 62M: 9am. 50M: 10am. 25M:11am. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. webmhcc.org.
- 27-29 1st Randonnee Cyclist Adirondacks. Fri: Packet Pick-Up/ Party. Sat: 25M ride, Prospect Mountain hill climb, kids' ride. Sun: 50M/100 rides. Battlefield Park, Lake George. randonneecycliste.com.
- 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 RPM Indoor Cycling Classes. First class free. Core Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
- Boot Camp Challenge. Malta 6-week camp starts: 6/17. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

MAY

Dethroning Your Inner Drama Queen Workshop. 1-4pm. Led by Bona Fide Butterflies. True North Yoga Studio, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING

MAY

- Spring Fling Family Day. 10am-4pm. Hiking, archery, games, crafts. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 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.
- Leave No Trace Trainer. Heart Lake, Lake Placid.
- Adirondack Mountain Club: 523-3441. adk.org. Saranac Lake 6er Hiking Challenge: Kick-Off Celebration. Sign-in: 7am. Hiking: 8am. Celebration: 3pm. Berkeley Green, Saranac Lake. 891-4150. saranaclake6er.com.
- Herbert Clark Memorial. Stone ceremony to honor Adirondack 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.
- Macomb, South Dix, East Dix & Hough Hikes. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

- 28-30 Trailless Peak Backpacking: Sewards. 21M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Krebashia Kingdom. 11am. Hiking, medieval fair. Rec Park, Chateaugay. Gina Strachan: 353-2695. ekrubplayersinc.com.
- Tabletop Hike. 9.8M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

JULY

- Trailless Backpacking: Dix Range. 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Seward, Donaldson & Emmons Hikes. 15M. Adirondack Mountain Club: 523-3441. adk.org.
- Beginner Backpacking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 12-14 Trailless Backpacking: Skylight & Gray. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- MacNaughton Hike. 15.8M. Adirondack Mountain Club: 523-3441. adk.org.
- 19-21 Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.
- Seymour Mtn Hike. 14M. Adirondack Mountain Club:
- 523-3441. adk.org. Street & Nye Mtn Hikes. 9M. Adirondack Mountain Club:
- 523-3441. adk.org. 22-24 Johns Brook Valley Teen Adventure (Ages 14-17). Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Backpacking: Santanonis. 17.5M. Adirondack
- Mountain Club: 523-3441. adk.org.
- Tabletop Mtn Hike. 9.8M. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

- HRRT Junior Development Team MTB Training. 8am. Location varies. Info: arizzi5@yahoo.com.
- Chasm Riders Mountain Bike Race Series: 5/19-10/13. 10am. Sun Chris Rose: 643-2670. site.google.com/site/chasmriders/
- HRRT Bike Belles Women's Mountain Bike Ride. 5:30pm.
- Locations & leaders vary. 346-1433. hrrtonline.com. Group Mountain Bike Ride. 6pm. Rotating locations.
- 346-1433. plaineandson.com. SMBA Group Ride. 6-7:50pm. Pittstown S.F., Pittstown. Thu saratogamtb.org.
- SMBA Group Ride. 6-7:50pm. Skidmore Stables Trails, Thu Saratoga Springs. saratogamtb.org.

MAY

Wildcat 100 Mountain Bike Endurance Race. 100M/100K. Village Main Street, Rosendale. 845-256-8073. wildcatepicevents.com.

JUNE

- 18th Black Fly Challenge Adirondack Mountain Bike Race. 40M. 10:30am. Indian Lake to Inlet. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- Mix Up The Dirt (MUD) Festival. 8am-4pm. Rides, demos, prizes, food, music. SMBA 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.
- 3rd Wilmington-Whiteface 100K Mountain Bike Endurance Race. Leadville Trail 100 Qualifier. Whiteface, Wilmington. leadvilleraceseries.com.
- Round Top Mountain Bike Festival. 10am. Riding, demos, skills. Riedlbauer's Resort, Round Top. catskillcycles.com.
- 4th HRRT Kingdom Trails Trip. Trail/road riding, activities, talent show. Burke, VT. hrrtonline.com.
- Stewart Super Six Pack Mountain Bike Race. Stewart S.F., Newburgh, mtbnj.com.

JULY

14-15 5th Vermont Mountain Bike Festival. Rides, clinics, BBQ. Waterbury, VT. onionriver.com.



Adirondack Mountain Bike Race Saturday, June 8 **Indian Lake to Inlet**

40 miles through the Moose River Recreation Area Prizes, food & fun! Over \$8,200 in cash & prizes Categories: Expert, Sport, Beginner, Junior, Cyclocross

Visit

BlackFlyChallenge.com for registration & information Pedals & Petals: 315-357-3281

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Pat Strattor Memorial

Best Ride in the Adirondacks! Saturday, August 24, 8am Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities • Rain date: 8/25 T-shirt, picnic, music, poker ride w/prizes!

Info: Bob Scheefer (518) 891-5873

Register: Active.com adkbuild@roadrunner.com Benefits Kiwanis Club of Saranac Lake youth programs



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1 Dahinda Rd, Saranac Lake 518-891-1869 • gtgtandems.com 1 mile run, 10 mile bike, 2 mile run

Saturday, June 15 at 2:00pm Lisa G's Restaurant, Lake Placid NY

Duck Dualie Reg forms & DAM Duck Day Info:

http://www.roostadk.com/resources/dam-duck-day All entries include Pasta Dinner-All You Can Eat! 1st 125 include Duck Race Ticket

1st 125 include Duck Race Ticket \$35 Individuals/\$65 Team of 2



Proceeds to benefit Rotary Club of LP Community Projects

Fun activities all day!

CRYSTAL LAKE TRIATHLON

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



USA Triathlon sanctioned event

Crystal Cove 38 Old Rte 66, Averill Park

Saturday, August 17, 8am

Limited to 300 racers and fills fast!
Register & Info: **Cdtriclub.org**

28TH ANNUAL

Piseco Lake Triathlon Saturday, July 20 • 9am Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run Individuals or 2-3 Person Teams

Professional timing & register online! www.speculatorchamber.com Entry fee: \$50

Adirondacks Speculator Region Chamber of Commerce More info: (518) 548-4521





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SEPTEMBER

1 1st ADK 80K Mountain Bike Race. 8am. Solo or 2/4 person teams. Mtn/cross bikes. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.

MOUNTAINEERING & WILDERNESS SKILLS

MAY

9 Lost in the Woods! Wilderness Survival & Navigation Basics. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JUNE

- 3-9 Wilderness First Aid Course. 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 16 Father's Day Family Wilderness Adventure w/James Bruchac. 1pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 22 Animals & Adventures on the Appalachian Trail w/Jennifer Pharr Davis, through-hiking record holder (Ages 5+). 10:30-11:30am. Saratoga Springs Public Library, Saratoga Springs. 584-7860. sspl.org.
- 22 Called Again: Setting the Appalachian Trail Record w/ Jennifer Pharr Davis. 1:30-3:45pm. Saratoga Springs Public Library, Saratoga Springs. 584-7860. sspl.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- 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 CDTC 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.
- Thu STC Open Water Training: 5/30-9/19. 6-7pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

MAY

- 12 T3 Coaching Duathlon Series #3. 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- 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.
- **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

- 2nd Rally in the Valley Duathlon & 5K. Du & Relay: 5K run, 20M bike, 5K run. 5K. 9am. Fort Hunter. Matt Ossenfort: 694-1955. rallyinthevalley 2013.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. clark sportscenter.com.
- 9 4th Hudson Crossing Triathlon. Sprint: 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. greenleafracing.com.
- HVTC Summer Tri-Series #1. 400yd swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. 845-679-8602. hvtc.net.
- 15 Ist Lake Placid Rotary Duck Dualie. 1M run, 10M bike, 2M run duathlon. 2pm. Part of DAM Duck Day. Lisa G's Restaurant, Lake Placid. roostadk.com.
- Father's Day Super Sprint Triathlon. 0.25M swim, 7M bike, 2M run. 1pm. Crystal Cove, Averill Park. John/Kathy Slyer: 281-6480. skyhighsupertri.com.
- 23 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir Beach, Syracuse. ironman.com.

- 3 2nd Police Tri/Duathlon: Hudson Valley Series #1. Veterans Memorial Park, Carmel. Tri: 1/4M swim, 14M bike, 2.5M run. Du: 1M run, 14M bike, 2.5M run. Dan Hoenig: 845-247-0271. nytri.org.
- **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 HTTS North Country Triathlon.** Open, Sprint, Olympic, Half, Full. Town Beach, Hague. 845-246-8833. hitstriathlonseries.com.

JULY

- 13-14 Musselman Triathlon. Half-Iron & sprint. Seneca Lake SP, Geneva. Jeff Henderson: 315-585-6086. musselmantri.com.
- Pine Bush Triathlon. 325yd swim, 11.5M bike, 3.25M. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. Harrison Moss: 456-3634. cdymca.org.
 17th Healthy Ulster Tri/Duathlon. Hudson Valley Series #2.
- 14 17th Healthy Ulster Tri/Duathlon. Hudson Valley Series #2. Ulster Landing Park, Kingston. Tri: 1/3M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M run. Dan Hoenig: 845-247-0271. nytri.org.
- 28th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 20 Ist TOUGHKids Syracuse Youth Triathlon. Sun: Delta Lake 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.
- 4th Delta Lake Triathlon. Sprint: 750m swim, 12M bike, 3M run. Intermediate: 1500m swim, 24M bike, 6M run. Sat: TOUGHKids Syracuse Youth Triathlon. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. atcendurance.com.
- 28 15th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. 813-868-5940.

AUGUST

- 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. fronhofertooltriathlon.com.
- 3 3rd Peck's Lake Challenge Sprint Triathlon. 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. fultoncountyny.org.
- 17 Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 18 Ist Peasantman Steel Distance Triathlons. Full, Half, Half Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. peasantman.com.
- 2nd Old Forge Triathlon. 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance. com.
- 4th Wheel & Heel Sprint Tri/Duathlon. Hudson Valley Series #3. Wilcox Park, Milan. Tri: 1/4M swim, 12M bike, 3M run. Du: 1M run, 12M bike, 3M run. Dan Hoenig: 845-247-0271. nytri.org.
- 25 Team Luna Chix Splash & Dash Aquathon. 0.5M swim, 5K run. 11am. Tinney's Tavern on Lake Desolation, Middle Grove. active.com.
- 31-9/1 4th Lake George Triathlon Festival. Sat: Olympic: 0.9M swim, 24.8M bike, 10K run. Sun: Big George: 1.2M swim, 56M bike, 13.1M run. AquaBike: 1.2M swim, 56M bike. lgtrifestival.com.

SEPTEMBER

- 3rd Wheel & Heel Olympic Tri/Duathlon. Hudson Valley Series #4. Lake Taghkanic SP, Ancram. Tri: 1.5K swim, 40K bike, 10K run. Du: 5K run, 40K bike, 10K run. Dan Hoenig: 845-247-0271. nytri.org.
- **21-22 HITS Hunter Mountain Triathlon.** Open, Sprint, Olympic, Half, Full. Haines Falls. 845-246-8833. hitstriathlonseries.com.

SARATOGA LIONS DUATHLON



ASINO AND RACEWAY

Sbonsor:

Du-It for Sight and Hearing Sunday, May 26 at 8 a.m.

Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams Race Information and Online Registration: www.saratogalions.com

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Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.





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Saturday, August 3 • 8:30am Peck's Lake, Gloversville

1/2-mile swim • 9-mile bike • 3-mile run \$50 entry • Registration closes 7/29 Solo or 2-3 person teams • Limited to 175

Entry Form: fultoncountyny.org Info: (518) 725-0641

Fulton County Regional Chamber & PLPA



Sunday, June 9

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

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DECEMBER

HITS Triathlon Series Championship. Palm Springs, CA. 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

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, Maglianero 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.

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

- 3rd Wilton Wildlife Festival. 10am-3pm. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.
- Discover Scuba. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- Eastern Mountain Sports: Outdoor Demo Tour. 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.

JULY

Discover Scuba & BBQ. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

AUGUST

Sunmark Charity Golf Classic for Fisher House at VA Med Ctr. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- SUP Yoga. 8am. Session 1 & 2: 6/25-7/16 & 7/30-8/22 (except 8/6). Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- NNYP Weekly Time Trials: 5/1-9/18. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. Alec Davis: 399-1435. nymcra.org.

MAY

- 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.
- Yoga Paddlenic for Women. 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
- Mohawk River Evening Tour. 6:15pm. Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Yoga Paddlenic for Women. 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
- Intro to Kayaking. 6:30-8pm. Mohawk River Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Adirondack Paddlefest. Canoe, kayak & SUP sale. Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Reel Paddling Film Festival. 7pm. View Arts Center, Old
- Forge. 315-369-6672. mountainmanoutdoors.com. 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.
- Battenkill River Cleanup w/American Rivers & Battenkill Conservancy NV. 9:30am-4:30nm. Battenkill Valley Outdo Cambridge. 677-3311. battenkillvalleyoutdoors.com.
- Mohawk & Hudson Evening Tour. 6:15pm. Lansingburgh, 21 Peebles Island, Cohoes. Adk Paddle N Pole: 346-3180. onewithwater.com.

- 22 & 24 Fundamentals of Kayaking. 6:30-8pm. Mohawk River Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180, onewithwater.com.
- 24-27 General Clinton Canoe Regatta. 5-70M. Otsego Lake, Cooperstown to Bainbridge. canoeregatta.org.
- Mohawk River Evening Tour. 6:15pm. Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. onewithwater.com.

JUNE

- Paw & Paddle: Intro to Kayaking w/Your Dog Seminar. 9am-2pm. Good Dog Training Center, Albany. Trish Galvin & Mary Ferentino: 446-1420. pawandpaddle.com.
- 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.
- Yoga Paddlenic for Women. 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvallevoutdoors.com
- Boat & Barbeque. 1-7:30pm. Afternoon adventure, paddling $instruction, farm\ to\ table\ picnic/snack.\ Reserve:\ 677-3311.$ battenkillvallevoutdoors.com
- Eastern Mountain Sports: Outdoor Demo Tour. 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
- Yoga Paddlenic for Women. 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
- 21-23 2nd Adirondack SUP Festival. WPA races, SUP demos/sales, on-water clinics, SUP fitness/yoga, pooch race, guided tours. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trials Outfitters: 800-491-0414. adirondacksupfestival.com.
- Stand-Up Paddleboard Clinic w/Danny Mongno. Race skills & fitness. 8-11am. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.
- Stand-Up Paddleboard Clinic w/Danny Mongno. SUP Foundations. 12-3pm. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.

JULY

- Paddle Making Workshop. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 2nd New York SUP Fest. Races, clinics, demos/sales, food. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

AUGUST

- Paddle Making Workshop. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Intro to Canoe Camping: Lake Lila. Adirondack Mountain Club: 523-3441. adk.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- 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.
- 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.
- 44th Colonie Summer Track Meet: 6/11-8/6.6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- ARE Summer Trail Run Series: 5/23-8/29. 6:30pm. Various locations, Capital District. areep.com.

MAY

- 24th Prospect Mountain Uphill Road Race. 9am. 5.7M. Lake George Forum, Lake George. adirondackrunners.org.
- 4th Jog for Jugs Half Marathon & 5K. 13.1M: 9am. 5K: 9:10am. Town Park, Duanesburg. Jessica Mitchell: 229-5611. powerhouseathleticsny.com.
- USA Fit Albany: Train for a Marathon or Half. Season begins 5/11. Albany, Jennie Heidbreder: 698-1478, usafitalbany.com
- YMCA 5K Run/3K Walk & Fun Run. 9am. Corning Preserve, Albany. Ben Luke: 463-9622. cdymca.org.
- The Bridesmaids 5K. 10am. Six Mile Waterworks, Albany. Robyn Haberman: 785-6250. zapevent.com.



uou need - uou raise funds for lifesaving cancer research.

See Calendar "Other Events" listings for

Info Meetings. For more information: (518) 438-3583 or teamintraining.org/uny

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Chamber of Commerce/Office of Tourism, Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways speculatorchamber.com

518-548-4521

ADIRONDACKS REGION





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

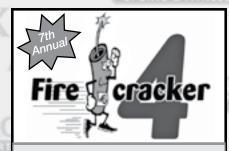




USATF Adirondack Grand Prix Event! \$18 by 5/31 (\$15 students); \$25 all after 5/31

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

Register & Info: OK5Krace.org kinderhookok5krace@gmail.com



4-Mile Road Race Thursday, July 4 • 9am

Run Historic Saratoga Springs, NY USATF Certified & Chronotrack B tag timed

START/FINISH:

Saratoga Springs City Center

Entertainment along the course Freedom Hawk Band at the start/finish

\$20 by 7/2 or \$30 7/3 and race day Dry-fit shirts to all registered runners **REGISTER AND INFO:**

www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and fire/police/EMS USATF Adirondack Team Championship and Grand Prix event

Peter Goutos: pgoutos@casmithllc.com Bob Vanderminden: bobjr@telescopecasual.com Peter: 518-316-4445 • Bob: 518-744-5646

24TH ANNUAL

RUN IF YOU D.A.R.E.

5K Road Race & 1M Fun Walk Wednesday, May 29 - 6:30pm "Drug Abuse Resistance Education"

The Connors Agency, 40 N Central Ave, Mechanicville

T-Shirt to first 300 entrants & refreshments \$20 entry – Must be received by Tue, 5/28Flat, residential TAC sanctioned course Group Challenge for biz/orgs in run/walk

> **Entry: ConnorsGroup.com** More Info: (518) 664-7307



Train for a Fall Marathon or Half Marathon

- Individualized training plans for NYC, Mohawk Hudson, Palio and others
- Weekly group runs
- Weekly seminars on running topics
- Experienced coaches
- All levels and abilities welcome

Season begins May 11!

More info or sign up: usafitalbany.com

Jennie Heidbreder: 698-1478 info@usafitalbany.com

- 11 Spartan 5K Run. 10am. Burnt Hills-Ballston Lake H.S., Burnt Hills. 399-9141. bhblta.org/5k.
- 11 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Dave Gilson: 269-2316. curemiop.org.
- 1st Taylor's Heroes Xtreme Bootcamp Challenge Obstacle Course/Run. 10:30am. Saratoga YMCA, Saratoga Springs. taylorsheroes.org.
- 9th DACC 5K Dash Walk/Run. 8:30am. Duanesburg Area CC, 11 Delanson. dacc.info.
- 11 25th Towpath Trail Run 10K & 2M. 5:30pm. St. Johnsville Marina, St. Johnsville. John Geesler: 568-7509.
- 1st Peeplechase Obstacle Course Race. 5K. Maple Ski Ridge, Schenectady. 480-249-4455. peeplechase.com. 1st 10K3 Race Series #1: Road Race. 10K: 8am. 5K: 9am. 12
- Bethlehem H.S., Delmar. (#2: Track in July & #3: Trail in Oct.) Fleet Feet Sports: 459-3338. Register: areep.com. 33rd Mother's Day 5K Run/Walk bRUNch. 9:30am. Central
- Park, Schenectady. Diane Fisher: 482-4389. hmrrc.com. 12 Mom's Day 5K. 9am. Corning Preserve, Albany. 463-3060.
- etouches.com/MomsDay5K. Run Like A Mother 5K (Kelly's Angels). Saratoga Spa S.P., Saratoga Springs. Mark Mulholland: 580-0713. kellysangelsinc.org.
- Town of Marcy Mother's Day 5K Run & Walk. 10am. Marcy. Pat Clark: 315-765-3490.
- Olana Star Loop 10K. 6:30pm. Olana Historic Site, Greenport. 15
- 845-246-7954. onteorarunners.org. CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire 16
- State Plaza, Albany. cdphpwtc.com. **1st LifeSong Daffodil Dash 5K Run/Walk.** 9am. Halfmoon Town Park, Halfmoon. 630-7047. lifesonginc.org. 18
- **2nd Tuff eNuff 5K Obstacle Course Challenge**. 9am. Youth Run: 10am. BOCES Campus, Saratoga Springs. 581-1230. 18
- preventioncouncil.org.
 4th Kerry Blue Hustle 5K. 9am. St. Mary's/St. Alphonsus 18 School, Glens Falls. 792-3178. smsaschool.org.
- 18 3rd Make it a Great Day Half Marathon. 13.1M. 8am. Brunswick School, Troy. 312-5330. the dragonfly adventure.com.
- 18 6th Joan Nicole Prince Home 5K Run/Walk. 9am. Scotia. 383-0627. joannicole prince home.org.
- 18 28th Wood Memorial Road Race 5K. 9am. Hoosick Falls. Peter Church: 944-8074.
- Hero Rush Race. 3-5M. 9am. Ellms Family Farm, Ballston Spa. 704-771-1848. herorush.com.
- Emma Foundation 5K & Fun Run. 9am. Waldorf School, Saratoga Springs. 339-3999. emmas5krun.org.
- 18 2nd Johnson Jog 5K Run/Walk. 9am. Johnson Hall, Johnstown. 762-8712. friendsofjohnsonhall.org. 18 Randy's Run. 5K & K-6 1M Sprint. 9am. Lake George ES, Lake
- George. Ikgeorge.org. Run a Muck 5K Challenge: Fundraiser for Martina Halse. 10am. 18
- Green Thumb Nursery, Fort Ann. 639-4500. green-thumbinc.com. 2nd Champlain Bridge 5K. 10am. Crown Point State Historic Site, Crown Point. Nancy Ockrin: 597-3754. lachute.us.
- Women's Run 5K & 10K. 8am. Dutchess Rail Trail, East 18
- Fishkill. mhrrc.org. 2nd Miles 4 Amyloidosis Awareness. 5K Walk/Run. 9am. 18 Marina & Canal Park, Little Falls. m4aa.blogspot.com.
- 2nd Ilion Foundation 5K. 9am. Ilion H.S., Ilion. Scott Grates: 315-868-7842. ilioncsdfoundation.org.
- ${\bf 2nd\,Mastodon\,Challenge\,15K,5K\,\&\,Kids\,Fun\,Run.\,9} am.\,Craner$ 19 Park, Cohoes. Lisa Osorio: 281-3253. foundersday15k.com. 19 $\textbf{9th Team Billy Walk \& Ride for Research.} \ 3M \ walk: 9am.$
- 50M/25M/10M ride: 8:30am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 3rd Shires of Vermont Marathon. 26.2M. 8am. Bennington 19 Center for the Arts, Bennington to Hildene Meadows, Manchester, VT. Robert Pini: 802-442-5491. shiresofvermontmarathon.com.
- SPAC Rock + Run. 5K, 10K & 1K Fun Run. 9am. Saratoga Spa SP, Saratoga Springs. 584-9330. spac.org. 33rd SRC Rotary Run. 5M/5K/1M. 8:30am. Green Meadow School,
- 19 $Schodack.\ 732\text{-}7178.\ srcrotary.wordpress.com/rotary-run.$ Spartan Sprint. 5K & 1M Fun Run. 9am. Queensbury ES,
- Queensbury, Gary Crossman: 761-8216, recreation, queensbury Stride Wounded Warriors HVRT 4 Mile Run/Walk. 9am. Hudson 19 Valley Rail Trail, Highland. Sue VanDeBogart: 845-691-2066.
- National Distance Running Hall of Fame Half Marathon & 5K. 8am. Utica. Mary MacEnroe: 315-724-4525. distancerunning.com.

- Steel Rail Half Marathon. 13.1M. Lanesboro, MA. 413-344-4472. berkshirerunningcenter.com.
- 30th Ellenville Run Like the Wind 10K/5K. 5K: 9:30am. 10K: 9:45am. Ellenville. 647-2119.
- 3rd Survive the Farm 5K Challenge. 10am. 1K Kids' Run & BBQ. Easton. Ed Johnson: 791-7856. survivethefarm.com.
- Highland Forest 1-2-3 Trail Races. 10M/20M/30M loop & kids' fun run. 8:30am. Highland Forest, Fabius. Mark Driscoll:
- 315-449-9615. syracusechargers.org. Mile-Mania. 1M. 8:30am. Voorheesville H.S., Voorheesville. 26 Phil Carducci: 861-6350. active.com.
- Vermont City Marathon Marathon & Relay. 26.2M. 8am. Burlington, VT. runvermont.org. Glens Falls Memorial Mile. Glens Falls. adirondackrunners.org.
- Woodstock Races 15K & 5K. 9am. Zena E.S., Woodstock. 731-7697. onteorarunners.org.
- 24th Run If You DARE 5K Road Race & 1M Fun Walk. 6:30pm. Connors Agency, Mechanicville. Kevin Connors: 664-7307. connorsgroup.com.

JUNE

- 35th Freihofer's Run for Women. 5K: 9:45am. Kid's Run: 11am. Junior 3K: 11:30am. Community Walk: 12-1pm. Fri/ Sat: Expo at Convention Hall. Empire State Plaza, Albany. 273-5552. freihofersrun.com.
- 16th Charlton Heritage 5K Run/Walk. 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 2nd Rally in the Valley 5K & Duathlon. 9am. Fort Hunter.
 Matt Ossenfort: 694-1955. rallyinthevalley2013.com.
 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.
- JoAnn and Nancy 5K Race for Early Detection. 10am. 1
- Pinhead Susan's, Schenectady. joannandnancy5krun.org. 2nd Lake Pleasant Komen 5K Run/Walk. 10am. Lake Pleasant
- C.S., Lake Pleasant. 585-7571. lpschool.com/5k. 4th Burgher Dash 5K Run. 9:30am. Warrensburg E.S.,
- Warrensburg. Kate Motsiff: 623-9747. wcsd.org. 4th Run 4 Garrett Loomis Memorial 5K/10K & Firefighters
- Challenge. 9am. Sackets Harbor. garrettsfund.org. 18th Delhi Covered Bridge Run 5K/10K. 9am. Courthouse
- Square, Delhi. 607-287-5461. thecardioclub.com. 11th Cooperstown Girls on the Run 5K. Clark Sport Center, Cooperstown. Sherrie Kingsley: 607-437-1985.
- otsegocountygotr.org. 6th Cantina Kids Fun Run. 1/4M/1M. 8am. Saratogian,
- Saratoga Springs. 583-8340. saratogahospitalfoundation.org. 33rd Classic 10K & Rowley Cup 5K. 5K: 7:45am. 10K: 8:30am.
 - Middletown H.S., Middletown. classic10k.com. Vale Park 5K. 6:30pm. Vale Park, Schenectady.
- Steven Strichman: 878-8012. 15th Kinderhook Bank OK-5K Road Race. 9am. OK-1 Run
- Kids' 1M: 8:15am. Village Square, Kinderhook. Dan Curtin: 758-9480. ok5krace.org. 2nd Glens Falls Urban Assault. 4.6M Obstacle Run. 5pm.
- Glens Falls Civic Center, Glens Falls. adkracemgmt.com. Rainbow Fun Run 1-Mile Race. 10am. Washington Park
- Lakehouse, Albany. 462-6138.capitalpridecenter.org. 18th Lions Ramble. 9am. Fort Plain. John Geesler: 568-7509.
- BSEF Run for the Future 5K. Ballston Spa HS, Ballston Spa.
- Jodi Brimhall: 884-7195. bscsd.org. 8th Lexington 5K & 1M Walk. 9am. Lexington Family
- Services, Johnstown. Jim Swart: 332-2977. fmrrc.org. Chateaugay 10K. 8:30am. Fire Dept, Chateaugay.
- Tammy Bell-Martin: 578-8629. Run for Help 5K Run/Walk Against Domestic Violence.
- 10am. Goff M.S., East Greenbush. unityhouseny.org.
- 8th Lake Placid Marathon & Half Marathon. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 1st Running from the Flies 5K. 10am. John Dillon Park, Long Lake. mylonglake.com. 1st Biggest Loser RunWalk Half Marathon, 5K & Kids 1M Fun
- Run. 8am. City Hall, Plattsburgh. Christina Morlock: 708-612-8516. biggestloserrunwalk.com. 42nd HMRRC Distinguished Service 8M Race. 9am. UAlbany,
- Albany. Mark Warner: 464-5698. hmrrc.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



Register online at www.stride.org



11.5 mile 3200 ft. vertical mountain run 3.2 mile Baxter Mountain fun run

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3rd annual RUN for the RHUBARB 5K race and 1 Mile Kid's Fun Run. Fundraiser for Mountain Band School Sunday, June 16, 10am Mountain Road School 4565 Country Rd. 9 New Lebanon, NY Roce day registration & 30cm - 9:30cm Register online at: www.active.com For more information cell. 518-784 8520 SCHOOL www.machfalneadairfead.c



Post race fun run & food

Main St, Horth Creek 8am: Free, scenic 8,4mi train ride 9am: Runners "race the train" back! Spectators can also ride the train (fee) All runners receive finisher medals T-shirts to first 275 preregistered

Register: Active.com Application: AdirondackRunners.org

Info: Tracy Watson (518) 251-0107 Proceeds benefit Johnsburg Dollars for Scholars

Whipple City 5K Run/Walk & 1K Fun Run for Kids

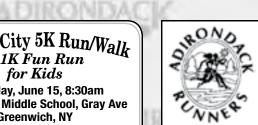
Saturday, June 15, 8:30am **Greenwich Middle School, Gray Ave** Greenwich, NY

> \$20 by 6/11 or \$25 race day T-shirts to first 150 registered

Stay for 21st annual Whipple City Festival with music, food, exhibits & crafters

Entry/Info: GreenwichChamber.org Register online by 6/13: Active.com Barbara Hamel: (518) 692-3311

Benefits Greenwich Chamber & Scholarship Fund



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

- Albany 5K Run/Walk for Kidneys. 8:30am. University at Albany, Albany. Carol LeFleur: 533-7880. healthykidneys.org.
- Moreau Mile & BETAR Byway 5K. 5K: 9:30am. 1M: 10:30am. SGF Park/Beach, South Glens Falls. 632-5128. adirondackrunners.org.
- Summer Sizzle. 8:30am. 5M. SUNY IT, Marcy.
- Dennis Johnson: 315-733-6216. uticaroadrunners.org. Sweetie Pies 5K Off Road Run/Walk. 9am. Poland C.S.,
- Poland. romanrunners.com. 37th Crowley Road Races: 5K, 10K, Half-Marathon. 8am.
- Rutland, VT. Paula Lannon: 802-558-2328. crowleyroadrace.com. 4th Equinox Trail Race 5K/10K. 9:30am. Charlotte, VT. Martha Keenan: 802-425-2384. gmaa.net.
- The Route 50 Mile. 1M. 6:30pm. Kingsley Rd & Rte 50, Burnt Hills. Pete Sheridan: 399-4624. chsny.org.
- Whipple City 5K & 1K Fun Run. 8:30am. Greenwich MS, Greenwich. 692-7979. greenwichchamber.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.
- 1st Strawberry Fest 5K Run. 9am. Upper Union St & Woodlawn Ave, Schenectady. e4poverty.org/schenectady/events.
- Whipple City 5K Run/Walk & 1K Fun Run for Kids. 8:30am. 15 Greenwich M.S., Greenwich. Barbara Hamel: 692-3311. greenwichchamber.org.
- Great Adirondack Trail Run. 11.5M mtn run: 9am. 3.2M fun run: 10am. Spring Celebration: 11am-3pm. Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- CRNA 5K Trail Run Series. Hilltop Orchard/Furnace Brook Winery, Richmond, MA. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- Tri-City Valley Cats Father's Day Home Run 5K. 9am. Hudson Valley CC, Troy. John Haley 456-3682. hmrrc.com.
- Tawasentha Mud Mania. 11:30am. Tawasentha Park, Guilderland. Dennis Moore: 456-3150. townofguilderland.org.
- 15 Greenfield Dragon 5K Run & Walk. 9am. Greenfield E.S., Greenfield. greenfielddragon5k.com.
- 1st Run For The Ages 5K. 9:30am. Tackett Chiropractic Center, Queensbury. 798-4322.
- 15 Treetops to Rooftops 5K. 8am. Hudson Walkway, Highland.
- Patriot 5K Run/Walk. 9am. Griffiss Park, Rome. romanrunners.com.
- 3rd Run for the Rhubarb 5K Race & 1M Kids' Fun Run. 10am. Mountain Road School, New Lebanon. 784-8520. mountrainroadschool.org.
- 30th Mule Haul 5M Foot Race. 9am. Fire House, Fort Hunter. Bill Platt: 843-2326. fmrrc.org.
- 4th New Paltz Challenge: Half Marathon & 5K. 6am. New Paltz. Janet Nurre: 845-255-0243. newpaltzchamber.org.
- Mount Greylock Trail Races. 13.1M & 5K. 10am. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 4th Strides 4 STRIDE 5K Run-Walk-Wheelchair Roll. 9am. Riverfront Park/Corning Preserve, Albany. 598-1279. stride.org.
- 37th Adirondack Distance Run. 10M. 7:30am. Firehouse, Lake George to Roger's Park Beach, Bolton Landing. Marcy Dreimiller: 792-7296. adirondackrunners.org.
- 3rd Michael Cerroni Memorial 5K Run/Walk. 9am. Maple St Park, Black River. michaelcerroni5k.com.

JULY

- HMRRC Summer Track Series: Colonie Mile. 6pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 7th Firecracker 4-Mile Road Race. 9am. Saratoga City Center, Saratoga Springs. Bob Vanderminden: 744-5646. firecracker4.com.
- 27nd Montcalm Mile. 1M. 1:45pm. Montcalm Street, Ticonderoga. lachute.us.
- Finger Lakes Fifties Trail Runs. 25K/50K/50M. 6:30am. Finger Lakes N.F., Hector. fl50sultraz.blogspot.com.
- HMRRC Summer Track Series: 2-Person Relay. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- CRNA 5K Trail Run Series. Harvest Spirits Distillery/Golden Harvest Orchard, Valatie. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 14 Boilermaker Road Races. 15K, 5K, & 3M Walk. 15K: 8am. 5K: 7:15am. Utica. boilermaker.com.
- HMRRC Summer Track Series: Hour Run. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.

- 17th Silks & Satins 5K Run. 8am. East & George Sts, Saratoga Springs. Michelle Mumma: 388-0790 x109. nyso.org.
- 6th Glenville & Schenectady YMCA 5K/3K. 8:30am. Freedom Park, Scotia. Allison Reinhardt: 399-8118. cdymca.org.
- 25 HMRRC Summer Track Series: Pentathlon. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 2nd Run the Ridge 5K Mud Run with Fun, Challenging Obstacles. 2K Family Fun Run: 1pm. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.
- 12th Turning Point 5K Run/Walk. 9am. Kids' Fun Run: 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
- Wakely Dam Ultra Race. 55K. 6:30am. Wakely Dam to Airport, Piseco. wakelydamultra.com.
- Warrior Dash New York. 3.2M. 9:30am. Windham Mountain, Windham. warriordash.com.

AUGUST

- 11th Race the Train. Train ride: 8am. 8.4M run: 9am. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 5th Camp Chingachgook Challenge Half-Marathon, 10K Race & Family Fun Day on Lake George. Half: 8am at Lake George. 10K: 9am at Camp. YMCA Camp Chingachgook, Kattskill Bay. areep.com.

SEPTEMBER

- **2nd 1812 Challenge & Half Marathon.** 18.12M/13.1M. 7am. Watertown to Sackets Harbor, 1812challenge.com.
- Double H Ranch: Camp Challenge Run. 5K trail run/walk.
- Double H Ranch, Lake Luzerne. 696-5921. doublehranch.org. 43rd Lake Placid/North Elba Half Marathon & 10K Road Race. 9am. Olympic Speedskating Oval to North Elba Show Grounds, Lake Placid. Rick Preston: 5897-2697. lakeplacid.com.
- Saratoga Palio Half-Marathon & 5K: Melanie Merola O'Donnell Memorial Race. Sat: Expo/Packet Pick-Up.
- Hampton Inn, Saratoga Springs. thesaratogapalio.com. **34th Dunkin' Run**. 5K, 10K, 1/2M Kids' Run. 8:30am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- Adirondack Marathon Distance Festival: Marathon, Half-Marathon, 2 & 4-Person Marathon Relay. Sat: Expo/Packet Pick-Up & Kids' Fun Run. Schroon Lake H.S., Schroon Lake. 532-7675. adirondackmarathon.org.
- CRNA 5K Trail Run Series. Goold Orchard/Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 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

 ${\bf 31st\,Mohawk\,Hudson\,River\,Marathon\,\&\,12th\,Half\,Marathon.}$ Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Packet Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.

NOVEMBER

CRNA 5K Trail Run Series: Event Finale. Notchview State Reservation, Windsor, MA. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.

SWIMMING

JUNE

- Open Water Swim/Triathlon Clinic w/Ann Svenson. 4-5:30pm. Non-members welcome. Saratoga Regional YMCA, Saratoga Springs. 583-9622. saratogaregionalymca.org.
- Oneida Shores Open Water Swim. 800m/1500m. Oneida Lake, Brewerton. ymcaofgreatersyracuse.org.

Rold listing = Advertiser in current issue of AdxAll area codes 518 unless indicated.

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

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Boston Marathon Reflections

By Cathy Troisi

We have born witness to many stories of this incomprehensible experience and yet will never fully comprehend. Below is one such story from a seasoned marathoner, Cathy Troisi, who was not fast enough to finish unaware, mercifully not fast enough to approach the fateful four-hour window, but fast enough to be caught in the confused

I've done my fair share of marathons. I know it's not uncommon to hurt in the aftermath of finishing 26.2 miles. For the 117th Boston Marathon on Monday, April 15th, there isn't anything 'over the counter' that addresses the pain. It's so palpable, it's almost physical. I wasn't there at the site of the finish line explosions, but I was there.

I've been a registered runner in the Boston Marathon for the past 19 years. Except for 1998 when I had that perfect day when everything clicked, I 'qualify' through Boston's Dana-Farber Cancer Institute; in exchange for raising funds I'm guaranteed a number.

I am also a volunteer at the Boston Athletic Association Information Booth. All the information is in the handbook sent out to every registered runner. Because it is encyclopedic in nature, some may find it too overwhelming. Easier just to ask. Over the years I've developed a theory that some runners don't like what they read in the booklet and will ask a volunteer, hoping to hear the answer they want. I also think newbies, those who are doing their first Boston may be a bit nervous, and just need to hear from a human source.

One of the most often asked questions is, "Where do I get the bus marathon morning?" Following that is, "Where can my runner see me on the course and then at the finish?" As runners are coming around the last turn from Hereford Street on to Boylston Street, they take a tight left turn. Boylston is wide and if you are trying to see your runner, you have a better chance if you're closer to that side of the street. I tell them mile 26 is right at Walgreen's. Anywhere along there and towards the finish could likely be a relatively good place to see your runner pass by,

Afinish. Each race transforms itself into a living, breathing entity, snowballing the unique stories of each runner, each volunteer and each spectator. For runners, certain races become hallmarks: the first hesitant step over the line, a 5K shared with a child or grandchild. For volunteers, the day represents an opportunity to give back or perhaps test the waters for a future goal. For spectators, it is the chance to validate family support hours, or simply to become part of a larger-than-life experience.

All three streams cross at the Boston Marathon, the ultimate "holy grail" experience, with only ten-percent of US marathon finishers achieving qualifying status. Boston is America's answer to Philippides, home to Boston Billy, the scene of Roberta Gibbs' and KV [Katherine]

running event is so much more than start/ Switzer's stand for women's equality. I have experienced Boston twice - once as a spectator and once as a runner. For one extended weekend the marathon and Patriot's Day defines the location. It is not merely an addendum to a city going about its business: it becomes the city's business. I have never felt so welcomed, so understood, so eager to share with total strangers.

And this is what the terrorists stole from us, attacking those on holiday, coming together in the spirit of community celebration. We are personally violated, exposed from the inside out. This is where the terrorists made their mistake. They chose to attack people united by a common goal. Everyone knows a pack is so much more powerful than a lone wolf. We can only become stronger.

-By Laura Clark

and depending on the crowd, maybe even see as they cross the finish line further down

Throughout the five hours of my Sunday morning shift, every runner but one who asked the question about where can family or friends see him finish was in the range of 4:00 to 4:15. If all their family/ friends took my advice as to where to be, they could easily have been within range. It haunts me. I continuously watched the news Boston Marathon night and saw the multiple replays of the Boston Marathon finish line at 4:09:44. I knew I couldn't identify any one of the runners or, in some cases, those with the runner who asked where to watch, but I needed to look at the video continuously and, each time, hope and pray that I did not put someone in harm's way. I will probably never know.

As for myself, Boston was going relatively well and I was on target for my goal pace. As I crested the climb after the overpass at 16 miles, things were already happening downtown; the official start time of the marathon was 10am. With the wave start, I crossed the start mat at 10:51:48. The first bomb went off at 4:09:44, running clock time. As I was turning onto Commonwealth Avenue, I noticed barricades across the width of the street. We were told we could go to the top of Heartbreak Hill, another four miles away, but we had to go over to the carriage road as we couldn't be on the course. When we reached mile

21, it would then be decided what to do.

But, that never happened. When we reached the top of the hill past mile 18, police informed us we would have to wait for a bus. But. at least we would be on a bus, inside, and out of the dropping temperature which was now 46 degrees. Fortunately, an aid station volunteer discovered some Mylar blankets. I used three. Eventually an ambulance came to take a hypothermic marathoner to the hospital. The bus never came, but an hour later private vehicles materialized to take us to Newton Town Hall at mile 19. It was warm, had chairs, and a land line phone. With area cell towers down, the land line was our only way to contact loved ones to let them know

We were in the town hall about an hour when they started bringing in cots and we were told the Red Cross was bringing hot meals. Police and BAA volunteers were making every effort to move as many runners to wherever they needed to go. Drivers would come in and ask, "Anyone going to Hopkinton?" Or Brookline. Or Cambridge. Finally, someone asked, "Anyone going to Jamaica Plain?" I shot up my hand in a nanosecond.

Since my friend, with whom I stay, was planning to watch me finish, I didn't know if she was now home or stuck somewhere in Boston. I didn't bring my keys since we were planning to meet up after I finished. Fortunately, Nancy was already home. She buzzed me in to her apartment building, and before I could even open the door, she was there to greet me. The hug was a bit longer and a bit tighter than the usual post-marathon hug.

Initially, when I returned to Nancy's apartment, I said, "I love Boston and I love the marathon, but I can't wait to leave the city." But, when Tuesday morning rolled around, I had a difficult time leaving. Usually on the day after the marathon there is a sea of marathoners sporting their blue and yellow marathon jackets. This day Boylston Street was a ghost town. I decided I didn't want to go there on foot. I didn't want to see, in person, what the bombs had done to the beloved finish line of the Boston Marathon. If I couldn't see it as I crossed it to finish the marathon, I didn't want to see it until I could do so again. Next year.

Our Boston Marathon day was marred and we will carry the scars of those lost and maimed and injured for every day hereafter. April 15, 2013 will be remembered by marathoners and we will be able to identify where we were when 'it' happened, as much as those who know where they were when John F. Kennedy was shot, when 9/11 occurred, and all such tragedies that touch our heart and soul, and now soles.

CATHY TROISI

adidas

All associated with Boston, the city as well as the marathon, will forever carry this memory as we move forward to next year, not to forget but to remember. The people who did this took four lives in total, seriously maimed and injured many others, took the marathon finish from many. But, what cannot be taken is the spirit of the marathon.

Cathy Troisi (ctroisi@hotmail.com) of Cohoes, has run 315 marathons with one-third being ultramarathons. She has dedicated many to the Dana-Farber Cancer Institute, having used their expertise when her daughter, Kimi, was diagnosed and later succumbed to cancer. This December 7th, at the 20th Baton Rouge Beach Marathon, Cathy will do the marathon Kimi had planned to run for The Leukemia & Lymphoma Society. "It's the only thing on her bucket list that I can do for her."

One question still remains: Can you count Boston? While consensus at BAA leans towards the affirmative, so as not to dishonor the effort and heartbreak, the more relevant question in years to come will be: Were you at Boston 2013? And while initially many without an official time entertained thoughts of returning the following day, the true Boylston Street finish remained barricaded. While everyone has their own way to cope, for Cathy, "...it is more valuable to have Boston 2013 be incomplete, to honor the memory of those who have not been able to complete their lives, and to honor those who may never be able to complete future plans due to injury." -Laura Clark



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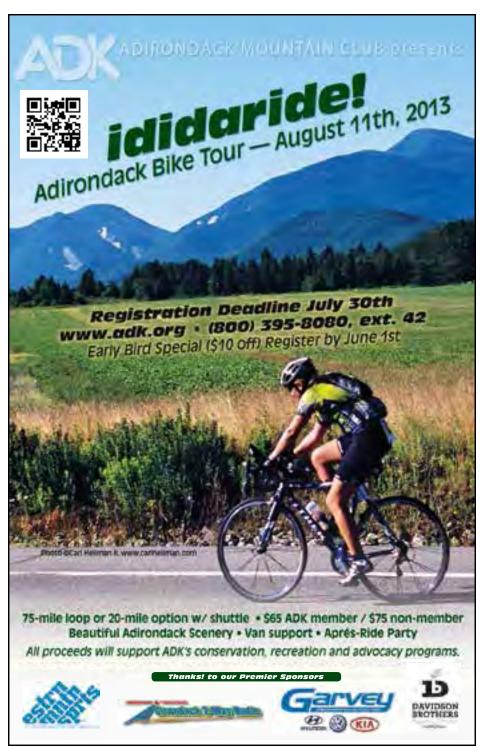












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HIKING & BACKPACKING

By Bill Ingersoll is worth noting that the trail straight ahead leads past Mud Pond to a scenic lean-to

readway Mountain is not the type of peak that you point to admiringly from many other summits. At a modest 2,240 feet, there is a long list of Adirondack ponds that sit at higher elevations. It does not bear a distinctive profile that makes it easily identifiable from miles away. But does it have a view! This has long been one of my favorite climbs of all the park's myriad peaks - and if you have not climbed it, be sure to make plans to do so soon.

There are a number of features that make Treadway distinctive: its rocky slopes, sparse pine forests, quartz summit, and spectacular view of Pharaoh Lake. The grades are moderate for the most part, and the upper slopes have always reminded me of western wilderness areas more than they do any other Adirondack mountain.

Even the approach to the mountain can be interesting, since the shortest route passes the south side of Putnam Pond. There are several other smaller ponds in the neighborhood - several with their own lean-tos providing options for converting this into a weekend trip.

HOW TO GET THERE

The road to the Putnam Pond DEC Campground begins 13.3 miles east of Northway Exit 28 on NY Route 74, or 4.9 miles west of NY Route 22 at Ticonderoga. At Chilson a sign directs you south on Putts Pond Road to the campground. The road bends east and at 3.2 miles passes the Lost Pond trailhead. The campsite entrance is 0.4-mile beyond. Follow the signs through the campground to a parking area for hikers 0.45-mile from the entrance.

Note that the Putnam Pond Campground opens on May 17 and may charge an entrance fee.

Several trails begin at this trailhead; the one you want starts at the far end of the parking area and leads southwest. The trail is generally parallel to the south shore of Putnam Pond, although there are few views of it. One good opportunity comes at 1.1 miles, where a side trail leads right for 350 feet to a scenic spot near the southernmost end of the pond. Just ahead, at 1.3 miles, you reach a junction where the trail to Grizzle Ocean and Pharaoh Lake turns left.

Bearing right, you pass a marshy area with another glimpse of Putnam Pond, skirting around the wet area on high ground. At 1.7 miles you reach another junction just before a bridge over the outlet of Clear Pond. The trail to Treadway turns left here, but it on Clear Pond, just 0.6-mile away. If you have the time, this short side trip is worth the minimal effort. Clear Pond is a peaceful place nestled between its own pine-covered mountains.

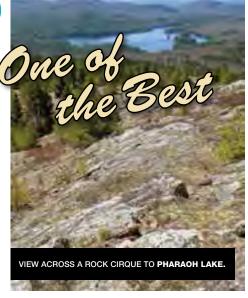
The red-marked trail to Treadway Mountain leads west from the junction. It is prone to muddiness at first, and at 1.9 miles the situation has the potential to get worse since the wetlands surrounding Mud Pond sometime come perilously close to the trail. At 2.0 miles you cross a tributary stream. and moments later you begin the climb.

The lower slopes of Treadway are ordinary enough. The ascent begins in an open hardwood forest, following a newer foot tread that winds onto a foothill due south of Big Clear Pond Mountain. The trail approaches another tributary stream on the right, and then the woods quickly become filled with shady hemlocks. As the terrain becomes muddy, the trail climbs over a knoll and switchbacks down the other side, passing through a small notch at 2.9 miles that marks part of the divide between the Champlain and Hudson watersheds.

You cross a small stream - a tributary of Devils Washdish - and at 3.0 miles emerge from the woods for the first time. There are many fire-scarred mountains in the Adirondacks, and no shortage of bare slopes, but the sparseness of the woods from here to the summit is more evocative of the montane forests of the drier climates out west. The trees that you see are nothing unusual for the Adirondacks - red spruce, balsam fir, and red and white pines - but it's the arrangement that is different.

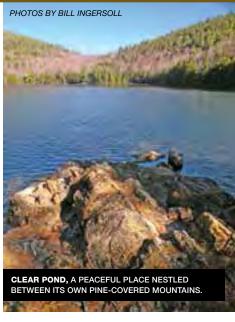
And as you pass through this area, the grade remains moderate. The one notable exception is a five-foot-tall ledge at 3.2 miles that hikers can scramble up, but which dogs may need to detour around - it is easiest for this purpose to go to the left of the trail. For all of the openness, there are no good views yet. At 3.4 miles you reenter a denser patch of forest where hemlocks reappear as you arrive at the ridgeline crest.

There may be a momentary panic when you reach the foot of a large rock wall, but instead of scaling straight up the trail turns left and finds a better way. At 3.5 miles you top out on a rock knob where you have the first view of the day. This one looks across a rocky cirque to Treadway's main summit, with Pharaoh Mountain to the left. The trail continues to climb, not quite reaching the false summits but skirting past them. There is a steep drop into the wooded notch at the head of the cirque before you climb in the open again for the final push to the summit.



The cairns on this last section are stacks of quartz, because so much of the rock here consists of that mineral

The marked trail ends at 3.8 miles at the summit, which is partially bare. You do have a good view of Pharaoh Lake from here, but this view gets better if you follow herd paths southwest past the trees to a forwardpointing patch of bare rock where the view is truly spectacular. For photographers, the earlier that you can get here, the better the odds will be that you will not be fighting with



the sun as you point your camera toward the lake. Another nearby ledge extends the view northwest toward the High Peaks.

Allow two hours to hike from the Putnam Pond trailhead to the summit. The vertical climb is only about 920 feet. 📥

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









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ATHLETE PROFILE

an Vincen

RESIDENCE: Slingerlands

AGE: 51

FAMILY: Husband, Peter;

Daughter, Catie (25); Sons, Andrew (23) and Sam (19)

CAREER: Health Education teacher, Bethlehem

Middle School, Delmar

PRIMARY **SPORT:** Triathlon

BIKE TRANSITION AND RUNNING AT MUSSELMAN TRIATHLON IN GENEVA





By Alan Via

ran Vincent is a walking inspiration to her middle school students, spin class riders, and to her fellow triathlon competitors. She says she was fortunate to have grown up in a neighborhood where the kids were outside playing during holidays, summers, and during the school year from the time they got home from school until Mom called "dinner's ready." Dodge ball, kickball, tag, football and kick the can - all started Fran on a trajectory that would influence the rest of her life.

She began playing organized sports when the local boys club began a girls' soccer league. The experience and skills followed Fran to high school, where she was on the first varsity girls' soccer team in Fairfax. Va. Rounding out her early sports activities, she was a swimmer on the school team, and she smiles when admitting that she was a cheerleader... Whodathunkit?

When looking at the three triathlon sports, swimming was the first leg of the trio. For Fran, she was a real water dog, just about living in the neighborhood pool growing up, spending three hours a day practicing competitive swimming, diving and synchronized swimming. Later, in high school, she swam during the swim season to remain competitive in breaststroke, fly and freestyle

After years in the water and tired of smelling like chlorine, Fran thought it was time to try something new and began running to get into shape in order to pass the physical test for all physical education majors at Springfield College. Thus began the second leg of the sport she would come to discover later in life. Though never considering herself as a gifted runner, the hours spent logging miles were a way to burn stress and calories, and a time to think. She still uses running to plan curriculum and address problems, and 25 years on the road have included countless road races, five half marathons, and two full marathons. Like many other runners, Fran began as a middle of the pack runner who liked collecting T-shirts, but found herself discovering the benefit of hill and speed workouts. The increased training concentration paid dividends with a Twin Cities Marathon time of 3:48:26 and a Boston Marathon qualification.

Aren't you wondering yet whether a triathlete needs a third sport? When Fran was nine years old, her first bicycle was a \$20 wonder with chrome fenders and a banana seat. The new bike got daily use, getting Fran everywhere she needed to go. When first hired at the middle school she was inspired to purchase her first 'real' bicycle by an Australian exchange teacher.

With some fellow physical education teachers and some other 'crazy' friends, Fran started riding and helped organize their own little triathlon. The registration was limited to the eight participants, and of course, needed its own T-shirt. They swam in the Bethlehem Town Park pool, biked on the roads around the park. and finished with a run around the park trails. With this first competition, a Triathlete was born. It was tough finding events in the 1980s so the team journeyed to Lancaster, Pa., where Fran said they "swam in an E. coli infested lagoon, ran around the Amish countryside, and biked up some challenging hills." Though she didn't place, or get sick, Fran was forever infected with the 'tri-bug.'

When the Bethlehem Area YMCA opened just down the road from where Fran lives, she threw herself into a more serious exercise regime. Fitness director Mark Thurman's boot camp classes, step aerobics, body sculpting and spin classes, led to the Y becoming her 'other place' after work and home.

One of those moments when things change – Fran noticed a sign at the Y advertising a newly forming tri club and she was on her way. She seized on the opportunity to get herself out of fitness studio routines and start training outside in the water, on the bike, and running on the roads. Fran is guick to admit that her swimming had become weak and that riding a bike for real fitness and competition was going to be difficult... All the more reason to go at it hard! After group training and a lot of hard work, Fran was pleased with a third place age group finish in the Pine Bush Triathlon. She discovered an enjoyment for real racing, enjoyed picking up hardware, and for the first time began learning how to really ride

Her opportunity to further immerse herself in the sport received a boost when she was asked to coach

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the Bethlehem Y Tri Club. With years of swimming, lifeguarding and giving lessons, Fran felt comfortable in the water. Her college running days and racing provided a base for running.

She saw biking as her nemesis so she took advantage of a spin instructor's certification course, with the hope that it would improve her most challenging part of triathlons. The waiting list to get into Fran's spinning classes attest to the proficiency of her training. Five years and 300 classes later, Fran feels that the transformation she's seen in her spin class students is one of the most rewarding teaching accomplishments she's achieved.

Fran coached the Y tri club for three years, and with a comprehensive training program that included core strengthening, swim instruction, indoor and outdoor group rides and triathlon specific seminars, dozens of members competed in their first events. Those classes led to long friendships and many participants who continue to compete in the sport. Fran credits triathlete George Zibell for his triathlon tips during the process.

Asking Fran about her successes and disappointments, she describes her great sense of achievement every time she crosses the finish line of any of the doz-

EARLY REGISTRATION....THRU MAR. 15, 2013 REGISTRATION.....THRU JULY 22, 2013 LATE REGISTRATION.....THRU AUG. 26, 2013

ens of triathlon events she's completed, from sprints to the Ironman distance. Her biggest disappointment is taking a wrong turn last June at the Rev3 Quassy 70.3 in Connecticut. After a solid swim she took a wrong turn 40 miles into the bike leg, riding an additional 20 miles and 2,000 feet of extra elevation. Ouch! Typical of Fran, after a week of disappointment, she turned it into a motivating experience.

MAY 2013

Fran credits Kevin Crossman of T3 Coaching for the excellent training she's received. She believes that without his guidance, that of Andy Ruiz, her cycling coach, and strength coach Ron Greenfield, she would not be the athlete she is today. Without their coaching, a fifth place age-group finish at the 2011 Ironman Lake Placid, a fourth last August at the USAT Age Group Nationals in Burlington, Vt., and twice named an All-American, would never have been possible. Currently ranked 16th in the country for her age group. Fran laughs that Ron Greenfield completely removed the word can't from her vocabulary.

So how does Fran incorporate fitness into her life? She and her husband Peter believed in active recreation with their three kids, playing with their children instead of watching them play. She didn't allow her triathlon "hobby" to really take off until her children started leaving the nest.

Fran practices what she preaches with her middle school students by providing a living example of how fitness can be a part of everyday life. She's had a wonderful opportunity to infuse her healthy lifestyle into the curriculum by teaching a skills based health education for her charges.

Fran describes herself as a "pescetarian," a vegetarian who eats fish, and believes in healthy food with lots of whole grains, fruits and veggies. She also confesses to eating dark chocolate every day!

Fran's training and racing routine is meticulous, beginning with a bike ready for racing, and tested food routines. She likes to get in a short ride before she racks her bike with it set in the proper gear and a very organized transition spot.

Her last bit of race preparation says a lot about Fran – just before the starting gun she says a short prayer for her safety and that of her competitors.

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" by ADK. It was named as one of the top ten new books in 2012 by the Daily Gazette of Schenectady.



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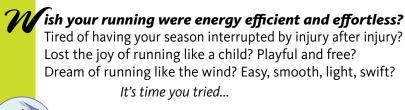
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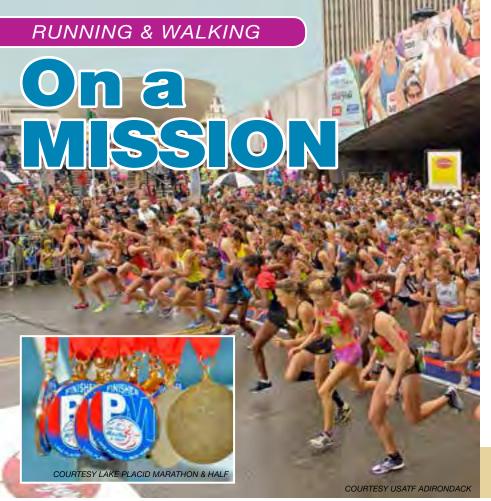


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By Jennifer Ferriss

Now that the spring racing season is in full swing, weekends are riddled with more race options than one can register for. Decisions need to be made. Do I run for location? Prizes? Time of event? Charity? With or for friends? Or to compete? The mundane might also weigh in: house and yard work as well as family and social plans. Having a personal mission can help guide your choices, set some goals and provide a path that will direct you to make those hard race decisions. Your mission statement should be simple and help you keep focused on your running goals.

Here are some new and established races with some great missions that might support your own:

...Inclusiveness and belonging while safely meeting fitness goals.

Fleet Feet sports in partnership with Saucony have created a new 10K series comprising to road, track, and trail events throughout the year. Each 10K will have a 5K race that will serve as goal races for current Fleet Feet Distance Programs 5K/10K and the No Boundaries training programs. Both of these national training programs provide a positive environment to complete the goal race. Mentors help motivate and encourage along

- START OF THE 2012 FREIHOFER'S RUN

 Control

 C
- FINISHER MEDALS FOR LAKE PLACID

the course, even if you are not a Fleet Feet trained runner. The enthusiasm and determination of the other runners will help propel you to the end. 10K3 (Ten K cubed) will kick-off with the road 10K on Sunday, May 12 in Delmar at the Bethlehem High School at 8am, followed by the 5K at 9am. Plans are well underway for a summer track meet and fall trail event at Grafton Lakes State Park. A share of the race proceeds will benefit Bethlehem Central High School Cross-Country Track & Field running programs.

...To love, enhance, equip, and inspire lives and families.

The first annual Daffodil Dash 5K Run/ Walk will take place on Saturday, May 18 at the Halfmoon Town Park. Runners and walkers will be serenaded by the LifeSong vocalists before the start of this USATF certified inaugural race around the park. The course is flat and winds you around the wetlands and over bridges. Local dignitaries and the Tri-City Valley Cats mascot will be available to show their support of LifeSong, their participants, and the runners and walkers who came out to this family-friendly event. LifeSong employees and participants are giving their time and skills to help run race day tasks. All of the race registration will go towards creating a Supported Employment (SEMP) program. The program will support developmentally disabled people in their quest for employment and assist in developing a healthy attitude and the skills needed to be successful in a work environment.

... It's not just a competition; it's a celebration of women.

Freihofer's, known to many for its baked goods, is committed to fostering the growth and recognition of women in sports and inspiring all generations of women to experience the benefits of exercise and good nutrition. Freihofer's Run for Women 5K is in its 35th year. On Saturday, June 1 at 9:45am thousands of women of all ages will challenge themselves to a 3.1-mile course through historic Albany and Washington Park. The Capital Region is fortunate to host an event where recreational joggers, grandmothers, mothers, daughters, sisters and aunts can run in the same race as professional female athletes and Olympians. Although this is a female-only race, brothers, sons, husbands, family and friends line the entire course and help make this event memorable for all.

...John Dillon and International Paper have roots here in the Adirondacks, and share a passion for reaching out to the community.

The second annual Running From The Flies 5K in Long Lake takes place on Sunday June 9 at 10am during the height of the blackfly season. Your goal is to outrun the Adirondack blackfly, who will come in like a cloud and leave you oozing with welts. The 5K race will follow a route along trails and dirt roads in John Dillon Park along Grampus Lake. The park is the first mobility accessible Adirondack wilderness trail, opening and dedicated in 2005. The trails are wide and flat throughout the park to accommodate wheelchairs so anyone can enjoy the beauty and natural environment of the Adirondacks. Long Lake is just a few hours away and well worth the trip. There are plenty of campgrounds and rentals to make a weekend in the Adirondacks. If you go, don't forget your bug dope.

...A big race feel with small town charm!

The 9th annual Lake Placid Marathon and Half-Marathon will begin en mass adjacent to the Olympic Speedskating Oval on Sunday, June 9 at 8am. Racers will run through the village, around Mirror Lake then over to the North Elba Horse Show Grounds. During this flat part of the course, runners can take a moment to catch their breath and a glimpse of the grand Olympic Ski Jumps dwarfed by the impressive Adirondack High Peaks. The race directors don't want to disappoint runners with a flat finish, since the race is in the mountains; be prepared for one final hill to challenge you. Once the athlete's mission is complete, they will be rewarded with a free athlete massage and food. Later in the evening enjoy the Olympic Village, the small shops, and locally-owned restaurants on the charming Main Street of Lake Placid.

Choosing your weekend race does not have to be mission impossible. Clear your mind, set your goals, and take the path that fits with your philosophy or your time. 📥

Jennifer Ferris (ferrissj@gmail.com) of Saratoga Springs discovered trail running in her late 30s when she met Laura Clark at the library where they both work. A sprinter and jumper in high school, who never ran farther than her event. currently relishes the hours spent hiking and running up and down mountains in the region.



Let's Celebrate Together!

Don't miss out on the chance to register for the Capital Region's premier running event, the 35th anniversary Freihofer's Run for Women on Saturday, June 1, 2013.

to Convention Hall Sign up online though Tuesday, May 28th at midnight. Or attend the CapitalCare/CDPHP Health & Fitness Expo — held at the Empire State Plaza Convention Hall at the Egg — Friday, May 31st from noon to 7 p.m. for last chance registration.

We'll see you at the start line!

For more information, visit freihofersrun.com.









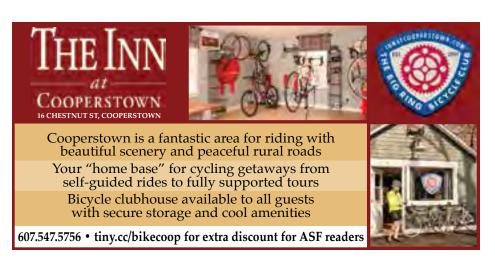




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Sunday, June 2nd • Saratoga Springs High School Routes: 10, 25, 50, 62.5, 100 miles or 3 hr. Spin event











Find your local tour and register at diabetes.org/saratoga • 1-888-DIABETES ext. 3606.

www.AdkSports.com MAY 2013



Riders have access to full-service rest stops, as well as sag and mechanical support on the road. After the finish, lunch is catered by the Glen Sanders Mansion, there's music, and even massage therapists. Riders can also earn various merchandise prizes, depending on how much they raise, and riders raising more than \$500 get a special Tour de Cure jersey.

The ADA's Red Rider program also offers specific incentives for riders with diabetes and special jerseys to recognize the unique facing riders with diabetes.

The Saratoga Springs event is one of the largest Tour de Cure events in the country. The ADA's 84 tours in 43 states included more than 62,000 cyclists in 2012, and raised \$26 million for diabetes research. The several types of diabetes all affect the body's ability to produce insulin, a hormone that's needed to convert sugar, starches, and other food into energy needed by the body. Almost 26 million children and adults in the US suffer from some form of diabetes.

The Tour de Cure has a \$25 registration fee and a \$200 pledge minimum. Get more information at diabetes.org/saratoga.

The next area charity ride offers some unique options for riders in the tenth annual **Get Your Guts in Gear: The Ride for Crohn's & Colitis.** This ride, with one- or two-day riding options available, takes place Saturday-Sunday, June 8-9, and offers participants a variety of experiences and rides of 62.5, 100, 140, 170, or even 200 miles on two consecutive daily centuries. Volunteers are also needed to work to support riders.

The New York Ride (two-day version) will start from Cold Spring, ride through the West Point campus, through Newburgh, Marlboro, on the Dutchess County Rail Trail, and finally up to Rhinebeck where the overnight stay is located. On Sunday, the one-day and two-day riders will start in Rhinebeck, ride through Salt Point, Poughkeepsie, Beacon, Fishkill, and end in Wappingers Falls. Through both days of the New York Ride, riders will spend considerable time in sight of the Hudson River.

The rides offer stocked rest stops every 12 to 17 miles, with sweep vans also cruising the course to offer assistance if needed.

One of the ride's goals of creating a close, supportive ride community means riders check-in at camp the night before their rides, and meet other riders, some of whom are affected by Crohn's disease, also known as ulcerative colitis. More than 1.4 million Americans have ulcerative colitis, but because of the silence that often surrounds these types of diseases, public awareness is lacking.

Campsites offer indoor or bunkroom cabins, though participants may bring tents. Meals

and hot showers are provided at each site, and a low cost shuttle option is available to bring participants back from the closing site.

The one-day ride option has a \$65 registration fee and a \$650 pledge minimum. Registration for the longer two day ride option is \$85, with a \$1,250 fundraising minimum. Find out more about the ride by going to the web site at ibdride.org/NY.

Jay Pacitti, one of the directors for the ride, said GYGIG, as it's called, offers a unique chance for riders to help defeat a little known disease.

"Crohn's and colitis affect more than one-million people in this country, yet one hears very little about them. They are serious, debilitating diseases, and it's important to raise awareness and support people living with these diseases. Our ride is also designed to create community and to be an empowering experience, while enjoying excellent scenery and great onevent support."

Dave Kraus is a longtime Schenectady cyclist, photographer and writer. Contact him at dbkraus@earthlink.net.



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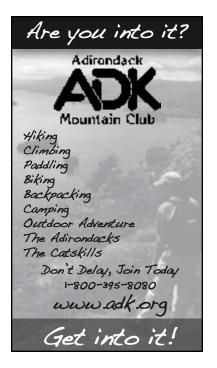
RACE RESULTS

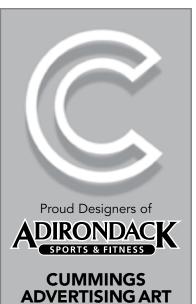
		1	16TH ANNU	AL ALE	BANY LAST RUN	I 5K		
		De	cember 15, 20)12 • Em	pire State Plaza, A	lbany		
M	IALE OVERALL				MALE AGE GROUP: 40	- 44		
1	Anthony Giuliano	33	Albany	16:06	1 Bill Paczkowski	41	Loudonville	19:30
2	Tucker Chrapowitzky	34	Delmar	16:33	2 Mike Bowman	40	Niskayuna	20:47
3	Brandon Holcomb	33	Guilderland	17:00	3 Bernie Hvatt	43	Latham	20:50
	EMALE OVERALL				FEMALE AGE GROUP:		Latriairi	20.50
1	Emily Finnegan	21	Niskavuna	18:46	1 Brandi Falcone	40	Albany	22:42
2	Mary Veltre	20	Poughkeepsie	20:10	2 Erin Russo	40	Claverack	24:40
3		39	Pawling	20:16				
	IALE AGE GROUP: 1 -		Tavviing	20.10	3 Mindy Mannix	40	Clifton Park	24:54
1	Braden Howe	13	East Greenbush	21:30	MALE AGE GROUP: 45			
2		11	Voorheesville	24:45	1 Timothy Hoff	46	Albany	18:12
3		7	Wynantskill	27:46	Samuel Mercado Jr	49	Albany	18:47
	EMALE AGE GROUP: 1		vvyriaritskiii	27.40	3 Karl Sindel	48	Niskayuna	18:56
		13	Watervliet	20.41	FEMALE AGE GROUP:	45 - 49		
1	Payton Czupil			20:41	1 Lisa Nieradka	47	Clifton Park	20:42
2	Olivia Baumann	13	Greenville	22:00	2 Brenda Lennon	46	Trov	22:25
3		10	Greenville	22:11	3 Michelle Lagonia	46	Chatham	22:34
	IALE AGE GROUP: 15		1471	4	MALE AGE GROUP: 50			
1	Alex Howk	17	Wilton	17:44	1 Carl Urrey	52	Cobleskill	19:48
2	,	15	Glenville	18:19	2 Robert Wither	52	Niskayuna	20:02
3		16	Tyringham, MA	18:44	3 Tom Locascio	52 54		20:02
FI	EMALE AGE GROUP: 1					٠.	Albany	20:18
1	Alaina Krueger	18	Selkirk	20:27	FEMALE AGE GROUP:			
2	Lexy Payne	17	Schaghticoke	22:02	1 Janice Phoenix	51	Schenectady	22:29
3	Erin Czupil	19	Watervliet	22:34	2 Kathy Jones	53	Averill Park	24:23
M	IALE AGE GROUP: 20	- 24			3 Joanne Nolette	52	Rensselaer	25:02
1	Benjamin Rea	22	Watervliet	19:32	MALE AGE GROUP: 55	- 59		
2	Michael McCarthy	24	Trumbull, CT	21:33	1 Steve Jones	58	Averill Park	19:52
3	Ryan Sweet	22	Albany	21:40	2 James Forbes	58	Valley Falls	20:31
	EMALE AGE GROUP: 2		,		3 George Baranauskas	59	Scotia	21:28
1	Kiersten Anderson	20	Glenville	21:45	FEMALE AGE GROUP:	55 - 59		
2	Michelle Davis	24	Schenectady	22:15	1 Karen Gerstenberger	55	Albany	24:49
3		24	Clifton Park	22:40	Carolyn George	59	Albany	26:13
_	IALE AGE GROUP: 25		CIIITOTTTUIK	22.40	3 Margaret Gaudet	59 57	Albany	27:01
1	Greg Stevens	28	Ballston Spa	18:31			Albany	27:01
2	Brendan Marsh	25	Clifton Park	19:31	MALE AGE GROUP: 60			
3	Brandon Tibbitts	26	Albany	20:22	1 Seamus Hodgkinson	63	Delmar	23:11
-	EMALE AGE GROUP: 2		Albany	20.22	2 Ronald Rodriguez	63	Delmar	25:26
1		25 25	Clinanalanda	24:18	3 Ronald Boutin	62	Albany	26:44
	Ashley Degnan	25 29	Slingerlands		FEMALE AGE GROUP:	60 - 64		
2	Gina Sacco		Albany	24:31	1 Jill Pederson	62	Lake George	27:34
3		25	Burnt Hills	24:42	2 Cheryl Smith	60	Latham	28:37
	IALE AGE GROUP: 30		Piv. C. 11 144	40.00	3 Cathy Stone	64	Loudonville	29:52
1	Mike Giulian	34	Pittsfield, MA	19:23	MALE AGE GROUP: 65	- 69		
2		34	Delmar	20:14	1 Frank Klose	69	Castleton	27:22
3	Todd Schafer	34	Albany	20:18	2 David Booth	68	Chatham	29:18
F	EMALE AGE GROUP: 3				3 Ken Hagelmann	66		31:48
1	Danielle Maslowsky	33	Ballston Lake	20:34			Newburgh	31.40
2	Amy Tretter	30	Clifton Park	22:20	FEMALE AGE GROUP:		5.1	20.27
3	Jennifer Currey	34	Cohoes	23:26	1 Ginny Mosher	66	Delanson	30:37
M	IALE AGE GROUP: 35 -	- 39			2 Cathy Biss	65	Queensbury	35:06
1	David Tromp	37	Glenmont	17:48	3 Nancy Johnston	66	Ballston Lake	35:28
2	Jim Eaton	37	Castleton	18:02	MALE AGE GROUP: 70	- 74		
3		39	Cohoes	18:59	 Alfred Patrick 	70	Lake George	30:12
FE	EMALE AGE GROUP: 3	5 - 39			2 Everett White	70	Kingston	30:23
1	Nikki O'Meara	35	Delmar	20:35	MALE AGE GROUP: 75	- 79	•	
2	Shannon Pinkowski	37	Albany	21:53	1 Charles Bishop	77	Schenectady	36:45
3	Erika Beardsley	35	Castleton	23:02			of Albany	
3	Lind Dealusiey	رر	Castleton	23.02	Court	esy or city	or Albany	

	7TH A					RACE – 5-MI Dippikill, Warre			
M	ALE OVERALL				М	ALE AGE GROUP: 15	- 19		
1	Shaun Donegan	27	Saratoga Springs	56:18	1	Rodney Tilkins	17	Pulaksi	57:22
2		32	Niskayuna	57:13	2	Paul Cox	19	Troy	1:12:30
3	Josh Merlis	30	Albany	57:14	FE	MALE AGE GROUP:	15 - 19		
-	MALE OVERALL	50	7 liburiy	37.14	1	Sloane Zardezed	15	Ballston Lake	1:50:04
П	IVIALE OVERALL				М	ALE AGE GROUP: 20	- 24		
1	Anna Sheridan	22	Albany	1:12:17	1	Elliott Megguier	24	Fort Drum	57:16
2	Kim Morrison	33	Wynantskill	1:14:04	2	Joshua Quinones	24	Albany	1:12:17
3	Vanessa Holzmann	28	Albany	1:15:49	3	Travis Bevington	22	Albany	1:21:14 continued

FEMALE AGE GROUP: 2	0 - 24			FF	MALE AGE GROUP: 4	10 - 44		
1 Erin Rina	24	Clifton Park	1:37:05	1	Jennifer Ferriss	41	Saratoga Springs	1:41:0
2 Rachel Guillot	24	Rensselaer	1:37:09	2	Shannon Zardezed	41	Ballston Lake	1:50:0
3 Amanda Johansen	22	Trov	1:37:12	3	Tracy Racicot	44	Johnsonville	2:07:1
MALE AGE GROUP: 25	- 29	,			ALE AGE GROUP: 45		JOHNSONVIIIC	2.07.1
1 Paul Mueller	28	Delmar	1:05:02	1	Marc Paul Payzant	48	Schenectady	1:30:2
2 Tom Scudder	25	Albany	1:07:32	2	John Butler	46	Latham	1:37:2
3 Andrew McCarthy	29	Albany	1:10:23	_				
FEMALE AGE GROUP: 2	25 - 29	,		3	Tom Mack	48	Wynantskill	1:37:3
1 Hilary Mislan	26	Albany	1:21:23	FE	MALE AGE GROUP: 4			
2 Leah Schaffer	28	Canajoharie	1:33:39	1	Lauralyn Sakala	46	Galway	1:55:4
3 Christin Dibelius	27	Altamont	1:55:27	2	Lynn Fredericks	46	Amsterdam	1:56:0
MALE AGE GROUP: 30	- 34			3	Ellen Bradley	48	Saratoga Springs	2:02:4
1 Eamon Dempsey	32	Delmar	57:21	M	ALE AGE GROUP: 50	- 54		
2 Jim Sweeney	31	Albany	58:40	1	John Kinnicutt	50	Menands	1:09:4
3 Tom Portuese	31	Queensbury	1:07:45	2	Jim Devine	52	East Berne	1:13:5
FEMALE AGE GROUP: 3	0 - 34	, , , ,		3	Jeff Clark	54	Glenmont	1:17:0
1 Diana Tobon Knobloch	31	Guilderland	1:16:24	FF	MALE AGE GROUP:	50 - 54		
2 Kim Zimbal	32	Saratoga Springs	1:35:19	1	Cathy Percy	52	Stony Creek	2:07:3
3 Holly Rousseau	30	Albany	1:37:09	2	Sandi Payne	53	Stony Creek	2:07:3
MALE AGE GROUP: 35	- 39	,		3	Colleen Miclette	50	Castleton	2:55:5
1 Ray Webster	37	Hinesburg, VT	1:01:48	_	ALE AGE GROUP: 55	50	Castleton	2.33
2 Brian Northan	37	Guilderland	1:06:01	IVI				4.24
3 Chris Mulford	35	Schenectady	1:07:36	1	Rick Babson	58	Saratoga Springs	1:21:0
FEMALE AGE GROUP: 3	5 - 39	,		FE	MALE AGE GROUP:			
1 Joan Anderson	38	Schenectady	2:04:12	1	Elaine Morris	59	East Greenbush	1:59:1
2 Brandy Donbeck	35	Gansevoort	2:06:41	M	ALE AGE GROUP: 65	- 69		
MALE AGE GROUP: 40	- 44			1	Douglas Fox	68	Loudonville	Swe
1 Kenneth Burd	41	Lacona	1:00:45	FE	MALE AGE GROUP: 6	55 - 69		
2 Brian Dillenbeck	42	Alplaus	1:17:07	1	Laura Clark	65	Saratoga Springs	2:02:4
3 Drew Anderson	44	Delmar	1:25:53		Courtesy of	Albany Ri	unning Exchange	

_					T SARATOGA College, Saratoga			
MALE OVERALL	eceiiii	ber 31, 2012 •	Skiuiiio		ALE AGE GROUP: 30 - :	•	iiigs	
1 Jay Navin	17	Saratoga Springs	15:47	1	Brandon Holcomb	33	Guilderland	17:5
2 Greg Kiley	25	Saratoga Springs	15:52	2	Jeff Nastke	31	Saratoga Springs	19:0
Gavin Gaynor	14	Saratoga Springs	15:54	3	Ryan Heritage	32	Glenville	20:1
EMALE OVERALL					MALE AGE GROUP: 30	- 34		
Keelin Hollowood	17	Saratoga Springs	18:22	1	Danielle Maslowsky	34	Ballston Lake	20:
Maggi Szpak	18	Greenfield Center	18:26	2	Diana Tobon Knobloch	31	Guilderland	21:0
Sarah Morin	16	Greenfield	18:29	3	Danielle West-Chuhta	34	Portland, ME	21:
ALE AGE GROUP: 1 - 1		diccinicia	10.23	_	ALE AGE GROUP: 35 - 1	٠.	TOTALITA, IVIL	21.
Aidan Tooker	14	Greenfield Center	15:56	1	Gabe Anderson	35	Saratoga Springs	19:
Ethan North	14	Greenfield Center	17:24	2	Grea Ethier	39	Cohoes	19:
Michael Bashant	13	Ballston Lake	19:19	3	Joshua Katzman	36	Clifton Park	20:
EMALE AGE GROUP: 1		Dulistori Eure	15.15	_	MALE AGE GROUP: 35		Cirtorrark	20.
	14	Saratoga Springs	19:33	1	Melissa Weiner	35	New York City	20:
Olivia Morrow Gabrielle Robens	14	Saratoga Springs	19:35	2	Tina Greene	39	Scotia	20:
Carley Vetter	12	Greenfield Center	20:42	3	Mary Price	36	Saratoga Springs	21:
ALE AGE GROUP: 15 -	. –	diceilled cellel	20.42		ALE AGE GROUP: 40 - 4		Saratoga Springs	21.
Evan Ouinones	17	Saratoga Springs	16:10	1	Randall Cannell	40	Broadalbin	19:
Travis Briggs	17	Saratoga Springs	16:20	2	Todd Ficher	40	Queensbury	19:
Brent Freestone	17	Ballston Spa	17:06	3	Douglas Meyer	43	Saratoga Springs	20:
EMALE AGE GROUP: 1		ballstorr spa	17.00	_	MALE AGE GROUP: 40		saratoga springs	20.
Tara Peck	18	Saratoga Springs	20:59	1	Jill Borgos	42	Queensbury	24:
Kathleen Bashant	19	Ballston Lake	21:25	2	Faye Reynolds	40	Porter Corners	25:
Alexis Groce	17	Harrington, DE	22:10	3	Cindy Wian	40	Schuylerville	25:
MALE AGE GROUP: 20 -		namington, DE	22.10		ALE AGE GROUP: 45 - 4		Scriuyierville	25
	23	Porter Corners	17:12	1	John Stadtlander	49 47	Clifton Park	18:
John Farley Mitchell Todorov	23	Clifton Park	17:12	2	Bob Radliff	48	Stillwater	19:
Paul Crowe	20	Boalsburg, PA	17:19	3	Samuel Mercado	49	Saratoga Springs	19.
EMALE AGE GROUP: 2		boalsburg, FA	17.40	_	MALE AGE GROUP: 45		saratoya springs	19
Ashley Campbell	0 - 24 24	Aulinaton 1/A	20:29	1		46	Countries Continue	21:
	24	Arlington, VA Glens Falls	20:29	2	Stacy Gaynor	49	Saratoga Springs Ship Bottom, NJ	21:
Kathryn Mulcahy Chloe Williams	20		20:52	3	Lauren Rhatigan Lisa Nieradka	49 47	Clifton Park	21:
ALE AGE GROUP: 25 -		Saratoga Springs	22:30	_	ALE AGE GROUP: 50 - !		CIII LOTI PAIK	21.
	29	Caratana Cariana	10.55				Committee	10.
Shaun Donegan Kevin Emblidge		Saratoga Springs	16:55 17:33	1	William Venner	53 50	Granville	18:2
	29 29	Lake George		2	Todd Jones	50 53	Gettysburg, PA	19:0
Chris Repka		Ballston Spa	18:00	3	Patrick Guilfoyle		New York City	19:5
EMALE AGE GROUP: 2		Laka Caasaa	20.27		MALE AGE GROUP: 50	- 54 51	Dalaiah NC	24:
Elizabeth Emblidge Kimiko Warlaumont	27	Lake George	20:37	1	Anne Donnelly		Raleigh, NC	24:2
	26	Slingerlands	24:19	2	Lorraine Skibo	54	Saratoga Springs	24:
B Erica Goodman	28	Washington, DC	24:25	3	Lauren Herbs	50	Rexford	25:0 contir





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MALE AGE GROUP: 55	- 59			FE	MALE AGE GROUP: 6	5 - 69		
Paul Salerni	56	Little Neck	20:35	1	Cathy Biss	65	Queensbury	35:05
Peter Carpenter	55	Queensbury	21:03	2	Margaret Mangano	66	Saratoga Springs	35:18
3 Jonathan Stillman	55	Ballston Spa	21:29	3	Nancy Johnston	66	Ballston Lake	37:26
EMALE AGE GROUP:				м	ALE AGE GROUP: 70	. 74		
Joyce Goodrich	55	Glenville	24:43	1	Robert Cheney	71	Cambridge	30:24
 Maryanne McNamara Pia Sanda 	59 58	Saratoga Springs Slingerlands	25:43 27:22	2	Edward Lamby	70	Scotia	33:16
MALE AGE GROUP: 60		Silligenalius	21.22	3	Lawrence Dana	70	Saratoga Springs	36:51
Dennis Fillmore	60	Ballston Spa	21:18	FE	MALE AGE GROUP: 7	0 - 74		
Mark Sager	62	Kattskill Bay	23:00	1	Ginny Parsons	70	Clifton Park	39:04
Rich Tanchyk	61	Saratoga Springs	23:44	М	ALE AGE GROUP: 75	79		
EMALE AGÉ GROUP:	60 - 64			1	Christopher Rush	76	Schenectady	28:34
Judy Harrigan	63	Saratoga Springs	24:21	FE	MALE AGE GROUP: 7	5 - 79		
Cynthia Lafave	61	Manchester, CT	25:24	1	Priscilla Mueller	76	Stillwater	43:04
3 Jill Pederson	62	Lake George	27:52	2	Joan Corrigan	77	Clifton Park	46:45
MALE AGE GROUP: 65		CITC D. I	22.02	_	ALE AGE GROUP: 80		Cinton runk	10.15
Patrick Glover	66	Clifton Park	22:02	141			Cliffe and Develo	46.45
2 James Larkin 3 Robert Crowe	65 65	Clifton Park Boalsburg, PA	24:11 25:05	- 1	Joe Corrigan	81	Clifton Park Tatoga Arts	46:45

				ANGOVER HAL			าง
W 2122 110	13.1 MI		741144	MALE AGE GROUP: 40	-		.,
MALE OVERALL	13.1 10.			1 Volker Burkowski	41	Schuylerville	1:25:
1 Chuck Terry	30	Albany	1:13:41	2 Andy Reed	41	Niskayuna	1:29:
2 Thomas O'Grady	27	Latham	1:16:08	3 Edward Hampston	44	Voorheesville	1:32:
3 Chris Judd	32	Glenville	1:18:50	FEMALE AGE GROUP: 4	0 - 44		
EMALE OVERALL				1 Karen Dolge	42	Valatie	1:41:
Kristina Gracey	30	Guilderland	1:26:16	 Christina Friedman 	43	Niskayuna	1:50:
Meghan Mortensen	27	Rotterdam	1:32:18	3 Marcy Beard	43	Albany	1:50:
Christine Ardito	33	Niskayuna	1:33:00	MALE AGE GROUP: 45	49		
ALE AGE GROUP: 1 -		rasayana	1.55.00	1 Jon Rocco	46	Colonie	1:24:
Austin Shave	8	Clifton Park	1:54:01	2 Tim Hoff	47	Albany	1:26:
ALE AGE GROUP: 15	-	Cirtorrank	1.54.01	3 Kevin Creagan	47	Albany	1:27:
Paul Cox	19	Troy	1:29:31	FEMALE AGE GROUP: 4			
Ethan Hausamarr	18	Cohoes	1:30:32	1 Anne Benson	47	Clifton Park	1:36:
Brian Hickey	18	Loudonville	1:30:32	2 Chris Varley	48	Albany	1:40:
EMALE AGE GROUP: 1		Loudonvine	1.50.52	3 Judy Guzzo	45	Niskayuna	1:43:
Irene Somerville	19	Wynantskill	1:35:33	MALE AGE GROUP: 50			
Anna Curtin	17	Castleton	1:41:30	1 Johan Bosman	53	Niskayuna	1:28:
Amy Becker	18	Albany	1:43:32	2 Ken Evans	51	Delmar	1:34:
MALE AGE GROUP: 20		Albany	1.43.32	3 Patrick Culligan	53	Round Lake	1:35:
	- 24 24	Fort Drum	1:21:37	FEMALE AGE GROUP: 5			
Elliott Meggnier	24	FOIL DIUIII		1 Denise lannizzotho	50	Lake Katherine	1:50:
Aaron Lousel Kevin Treadwav	24 24	Allegan	1:22:00	2 Colette Vankbrckvoord	52	Lee, MA	1:53:
,		Albany	1:22:40	3 Patty Ells	50	Slingerlands	1:55:
EMALE AGE GROUP: 2		0	1:26:24	MALE AGE GROUP: 55		5	4.22
Keri McEntee	23	Queensbury	1:36:34	1 Rick Munson	55	Prattsville	1:33:
Keri McEntee	23	Queensbury	1:36:41	2 Richard Clark	58 56	Feeding Hills, MA	1:35:
Catlin Martin	24	Wappingers Falls	1:54:17	3 Christopher Kunkel		Oradell, NJ	1:40:
MALE AGE GROUP: 25		5 11	4 26 26	FEMALE AGE GROUP: 5 1 Nancy Briskie	55 - c	Calcana ataul.	1:35:
Darroch Putnam	25	Brooklyn	1:26:36	,	55	Schenectady East Greenbush	
Bob Baniak	29	Troy	1:33:25	2 Kim Law 3 Cathy Sliwinski	57	Albany	1:48:
Andrew Gravelle	28	Clifton Park	1:37:48	MALE AGE GROUP: 60		Albany	1.57.
EMALE AGE GROUP: 2				1 Ken Klapp	62	Guilderland	1:38:
Kristen Quaresimo	28	Rensselaer	1:33:56	2 Kevin Donohue	61	Troy	1:47
Liz Chauhan	28	Albany	1:39:00	3 Paul Forbes	62	Colonie	1:51:
Jennifer Bates	28	Albany	1:48:02	FEMALE AGE GROUP: 6		Colorlie	1.51.
MALE AGE GROUP: 30 Joe Havter				1 Karen Spinozzi	64	Kingston	2:00:
Joe Hayter	32	Niskayuna	1:22:40	2 Mary Collins Finn	63	Albany	2:00:
Jim Sweeney	30	Albany	1:22:40	3 Judy Lynch	63	Castleton	2:06:
Angelo Baca	32	Providence, RI	1:23:05	MALE AGE GROUP: 65		Castictori	2.00
EMALE AGE GROUP: 3				1 John Stockwell	65	Watervliet	1:54:
Crystal Perno	31	Clifton Park	1:35:00	2 Thomas Kollar	66	Schenectady	2:08:
Shelly Binsfeld	32	Clifton Park	1:36:05	3 Marshall Stanton	65	Glenmont	2:16:
Kari Deer	33	Slingerlands	1:43:02	FEMALE AGE GROUP: 6			
MALE AGE GROUP: 35				1 Susan Wong	65	Glenmont	2:06:
Jake Stookey	36	Clifton Park	1:20:15	MALE AGE GROUP: 70	74		
Ron Lipka	35	Northboro, MA	1:20:29	1 Ed Bown	71	Broadalbin	1:52:
Jim Eaton	37	Castleton	1:24:19	2 Ray Lee	70	Halfmoon	3:05:
EMALE AGE GROUP: 3	85 - 39			MALE AGE GROUP: 75	79		
Tina Greene	39	Scotia	1:40:13	1 Wade Stockman	77	Rensselaer	2:07:
Nikki O'Meara	35	Delmar	1:42:39	FEMALE AGE GROUP: 8	0 - 84		

1 Anny Stockman

1:46:22

			AN 3.	M RACE continu			
	3.5 MIL	.ES		FEMALE AGE GROUP: 4			
MALE OVERALL	25		24.40	1 Felice Devine	42	Wynantskill	27:27
1 Logan Franks	25	Syracuse	21:10	2 Pamela DelSignore	43	Wilton	31:52
2 Ryan Murphy 3 Paul Muller	16 28	Schenectady Delmar	21:36 22:28	3 Jen Ferriss	41	Saratoga Springs	31:52
FEMALE OVERALL	28	Delmar	22.28	MALE AGE GROUP: 45			
1 Megan Holden	24	Saratoga Springs	22:43	 Mark Stephenson 	48	Esperance	23:33
2 Jordan Casey	15	Ballston Lake	25:33	2 Chris Hogan	47	Delmar	24:50
3 Stephanie Shull	30	Philadelphia, PA	25:40	3 George Burke	47	Troy	25:18
MALE AGE GROUP: 1 - 1		r illiaucipilia, r A	23.40	FEMALE AGE GROUP: 4	15 - 49		
1 Lakshman Reddy	10	Stuyvesant Falls	32:08	1 Mary Buck	49	Mechanicville	27:01
Bhaktivinode Suhheste	11	Stuyvesant Falls	32:08	2 Hilary Goodman	49	Cohoes	30:37
3 Ramo Culver	11	Stuyvesant Falls	41:30	3 Lori Stevens	46	Hudson	31:33
FEMALE AGE GROUP: 1		Stay resurrer ans	11.50	MALE AGE GROUP: 50	- 54		
1 Allyn Madden	12	Ballston Lake	30:32	1 Steve Conant	54	Glenmont	25:01
2 Jillian Casey	12	Ballston Lake	30:35	2 Todd Thomas	51	Delmar	26:10
3 Renee Smith	12	East Greenbush	35:08	3 Carl Urrev	52	Cobleskill	26:13
MALE AGE GROUP: 15 -	19			FEMALE AGE GROUP: 5		Cobicsian	20.15
1 Chris Murphy	17	Scotia	24:36	1 Janice Phoenix	51	Schenectady	28:18
2 Chris Homenick	17	Schenectady	26:09	2 Joanne Nole	52	Rensselaer	31:15
3 Jesse Law	19	E. Greenbush	29:04	3 Susan Motler	50	Rensselaer	31:30
FEMALE AGE GROUP: 1	5 - 19					Kensseider	31:30
1 Courtney Breiner	15	Troy	26:19	MALE AGE GROUP: 55			22.50
2 Colleen Maloney	17	Rensselaer	27:22	1 Kevin Dollard	57	Hopewell Junction	22:59
3 Julia Maloney	16	Loudonville	30:36	2 Steven Sweeney	57	Guilderland	24:56
FEMALE AGE GROUP: 20	0 - 24			3 Mark Warner	57	Guilderland	24:58
1 Kelcey Heenan	24	Selkirk	29:42	FEMALE AGE GROUP: 5			
2 Grace Giampogia	21	Voorheesville	37:44	 Karen Gerstenberger 	55	Colonie	30:42
3 Alison Canavan	22	Queensbury	41:45	2 Carolyn George	59	Albany	33:26
MALE AGE GROUP: 25 -				3 Karen Dott	56	Colonie	33:39
1 Jeff Long	29	Clifton Park	23:29	MALE AGE GROUP: 60	- 64		
2 Mike Goodwin	25	Saratoga Springs	23:54	1 Paul Bennett	61	Latham	25:35
3 Brian Gyory	27	Malta	30:36	2 David Rowell	60	Albany	28:48
FEMALE AGE GROUP: 2				3 Paul Rosenberg	60	Albany	29:34
1 Erin Rightmyer	28	Delmar	30:36	FEMALE AGE GROUP: 6	0 - 64	,	
2 Jennifer Newman	28	Albany	30:48	1 Judy Phelps	61	Malta	27:55
3 Lisa Clifford	27	Saratoga Springs	34:32	2 Sue Nealon	62	Troy	36:38
MALE AGE GROUP: 30 -				3 Gail Hein	60	Altamont	40:30
1 Rick Ikasalo	34	Delmar	25:15	MALE AGE GROUP: 65		Altamont	40.50
2 Eswaldo Rodriquez	34	Albany	25:32	1 Jim Fiore	- 65	Latham	30:08
3 Bryan Shulls	34	Schenectady	26:24				
FEMALE AGE GROUP: 30	3 1	Delmar	20.40		67 69	Troy	31:50
1 Kara Gokey			30:40			Castleton	33:48
2 Leah Rice 3 Regina Hunter	31 33	East Greenbush Trov	31:56 32:04	FEMALE AGE GROUP: 6			
3 Regina Hunter MALE AGE GROUP: 35 -		iroy	32:04	1 Ginny Mosher	66	Delanson	37:20
1 Todd Smith	38	Voorheesville	23:45	2 Cathy Troisi	66	Cohoes	49:56
2 Bill Davis	38	Delmar	23:50	MALE AGE GROUP: 70			
3 Jonathan Golden	39	Slingerlands	26:53	1 Ken Skinner	72	Albany	38:05
FEMALE AGE GROUP: 3!		Jiirigeriarius	20.33	2 Bob Knouse	73	Voorheesville	38:15
1 Deb Springer	39	Durham, NC	28:35	3 Don Wilken	74	Slingerlands	42:11
2 Stef Pitts	38	Schenectady	28:53	MALE AGE GROUP: 75	- 79		
3 Jen Hebner	38	Delmar	30:48	1 John Maroney	75	Latham	35:37
MALE AGE GROUP: 40 -		Sciiiui	50.40	2 Robert Thien	79	Glenmont	37:40
1 John Furgele	44	Delmar	22:55	MALE AGE GROUP: 80	- 84		
2 Jeff Loukmas	42	Clifton Park	24:49	1 Ed Doucette	82	Bennington, VT	43:07
3 Martin Gardinier	42	Delmar	25:21			Road Runners Club	
- maran caranner		Dennia.	-5.41	Courtery or ridds			

FEMALE AGE GROUP: 15 - 19
1 Opal Bogden 18
2 Nicole Vainauskas 18
3 Guilyan Okosky 17

3 Guilyan Okosky 17

MALE AGE GROUP: 20 - 24

1 Michael O'Rourke 22

2 Rob Sobkowich 22

3 Daniel Blanchard 24

FEMALE AGE GROUP: 20 - 24

1 Jahna Church
MALE AGE GROUP: 25 - 29

FEMALE AGE GROUP: 25 - 29

1 Jen Hazzard 27

2 Melissa Wern 27

3 Leah Schaffer 28

Greg Ernst Joel Patrie

BUSINESS DIRECTORY

80





MALE OVERALL

Austin Becker Thomas McClellan

FEMALE OVERALL

1 Meghan Mortensen
2 Emily Bertier

Mathew Raponi Joseph Fox

MALE AGE GROUP: 1 - 14

FEMALE AGE GROUP: 1 - 14

1 Emma Coyner MALE AGE GROUP: 15 - 19

Broadalbin

Gloversville

Broadalbin

Gloversville

Amsterdam

Glens Falls

Amsterdam

25:53

30:53 31:19

30:35

41:31

27:25

16

16



3 Sally Drake

39

Albany

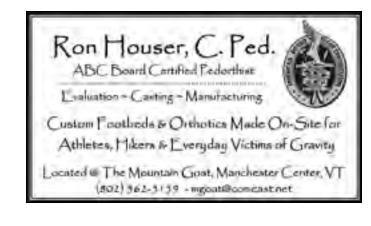
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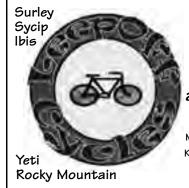
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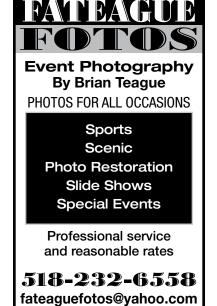






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Broadalhin

Fort Edward Amsterdam Sharon Springs

Broadalbin

Gloversville

Saratoga Springs

46:41

26:02 27:17

30:48

31:46

MAY 2013



RACE RESULTS

MALE AGE GROUP: 30	24			p.4	ALE AGE GROUP: 60 -	64		
Nathan Donaleski	- 34 31	Rome	27:42	1			Dallatan Can	20.1
2 Brian Williams	34	Cheshire, CT	27:42		Dennis Fillmore	60	Ballston Spa	30:1
3 loe Mello	34	Gloversville	30:00	2	Rich Tanchyk	61	Saratoga Springs	33:4
FEMALE AGE GROUP: 3		Gioveisville	30.00	3	Joe Yavonditte	63	Schenectady	38:3
Andrea Scribner	30	Amsterdam	35:32		MALE AGE GROUP: 6			
	34	Cobleskill	36:09	1	Mary Collins Finn	63	Albany	38:3
Courtney LaBarge Amber Trendell	33	West Charlton	38:02	2	Linda Kolnick	61	Fort Plain	43:5
MALE AGE GROUP: 35		west Chanton	38:02	3	Sue Nealon	62	Albany	45:0
1 Greg Ethier	- 39	Cohoes	28:51	M	ALE AGE GROUP: 65 -	69		
2 Joe Genter	38	Saratoga Springs	28:58	1	Douglas Fox	68	Loudonville	37:0
	36 35	Saratoga Springs Broadalbin	30:33	2	Richard Wohlgemuth	65	Canaioharie	37:4
3 Carl Aery FEMALE AGE GROUP: 3		BIOGOGIDIII	30.33	3	Terry Smith	65	Galway	43:2
		Northville	22.50		MALE AGE GROUP: 6		Guiway	73.2
1 Rebecca Conley	38 36	lohnstown	33:59 37:16	1		65	Queensbury	47:5
2 Christine Eaton					ALE AGE GROUP: 70 -		Queensbury	47.5
3 Lynn Hughes	38	Amsterdam	47:54				Uelferre	40.
MALE AGE GROUP: 40		Daniel de Hein	27.24	1	Ray Lee	70	Halfmoon	48:4
1 Randall Cannell	40	Broadalbin	27:24		ALE AGE GROUP: 75 -			
2 Terry Scribner	42	Amsterdam	28:59	1	Charles Bishop	77	Schenectady	51:2
3 Joe Nicoll	44	Wilton	30:49			2.2 MIL	.ES	
FEMALE AGE GROUP: 4		A	24.40	М	ALE OVERALL			
1 Sarah Dzikowicz	42	Amsterdam	34:49	1	Jaime Julia	28	Amsterdam	12:
2 Jennifer Des Jardins	43	Gloversville	35:11	2	Jordan Ahrens	17	Fort Plain	12:4
3 Diana Rosito	40	Amsterdam	38:07	3	Kevin Stearns	16	Schenectady	14:
MALE AGE GROUP: 45		1471	20.24	-	MALE OVERALL	10	Schencelady	1-1
1 Samuel Mercado Jr	49	Wilton	28:34	1	Kellie Lawton	18	Gloversville	16:
2 Stu Palczak	48	Amsterdam	31:55			22	Gansevoort	17:
3 Charles Stearns	49	Schenectady	34:18	2	Erin McCullough			
FEMALE AGE GROUP: 4				3	Emily Hastings	18	Amsterdam	17:
1 Lisa Swedick	47	Johnstown	37:24		GE GROUPS			
2 Kirsten LeBlanc	49	Broadalbin	37:47	1	Jacob Palczak/M1-14		Amsterdam	17:
3 Cathy DeWitt	46	Cobleskill	39:07	1	Rachael Vecchio/F1-14		Fonda	19:0
MALE AGE GROUP: 50				1	Josh Turo/M15-19		Hagaman	18:
1 Willam Venner	53	Granville	26:58	1	Megan Ottati/F15-19		Amsterdam	18:
2 Charles Guere	52	Amsterdam	32:35	1	Craig Hernigle/M20-29		Fultonville	15:0
3 John Orsini	51	Saratoga Springs	32:40	1	Cait Bartman/F20-29		Amsterdam	20:4
FEMALE AGE GROUP: 5				1	Hector Julia/M30-39		Amsterdam	15:2
1 Deb Sanger	52	Burnt Hills	41:17	1	Rebecca Fisher/F30-39		Ballston Spa	20:
2 Crystal Beekman	54	Johnstown	43:41	1	Sean Dolton/M40-49		Amsterdam	17:
3 Maureen Florio	50	Rotterdam Junction	44:39					19:4
MALE AGE GROUP: 55				1	Denise Smith/F40-49		Richmondville	
1 Steven Sweeney	57	Albany	32:17	1	Chris DouglassM50-59		Gloversville	17:
2 Harry Matrese	58	Rensselaer	33:34	1	Patricia Valiante/F50-59		Amsterdam	25:05:
3 David Leith	57	West Charlton	37:55	1	Edward KercadoM60-69	9	Eatonton, GA	20:
FEMALE AGE GROUP: 5	5 - 59			1	Marey Bailey/F60-69		Schenectady	39:36:
1 Barbara Matrese	58	Rensselaer	49:35		Courtesy of F	ulmont F	Roadrunners Club	

						#3: 25K, 10K		1	
		Jan	uary 13, 2013	3 • Univ	ersi	ty at Albany, A	Ibany		
		25K RUI	N		1	Matthew Lindemann/N	Л40-49	East Greenbush	42:49
M	ALE OVERALL				1	Martha Gohlke/F40-49)	Voorheesville	48:52
1	Kieran O'Connor	25	Scotia	1:28:30	1	Mark Nunez/M50-59		Ballston Lake	42:51
2	Volker Burkowski	41	Schuylerville	1:38:27	1	Karen Gerstenberger/F	50-59	Colonie	53:50
3	Joe Sullivan	33	Schenectady	1:43:54	1	James Larkin/M60-69		Clifton Park	48:28
	MALE OVERALL				1	Judy Phelps/F60-69		Malta	46:58
1	Kristina Gracey	30	Albany	1:53:25	1	Wade Stockman/M70-	79	Rensselaer	54:00
2	Irene Somerville	19	Wynantskill	1:59:22	1	Anny Stockman/F80-8	9	Rensselaer	1:10:10
3	Danielle Maslowsky	34	Ballston Lake	2:04:47			3-MILE F	RUN	
	GE GROUPS			4 45 22	M	ALE OVERALL			
1	Andrew Reifman-Packet	t/M15-19	Harpswell, ME	1:45:23	1	Ethan Myers	21	Greenfield Center	18:20
1	Eric Young/M20-29		Latham	1:45:24	2	Greg Ethier	39	Cohoes	18:42
1	Kelly Virkler/F20-29		Albany	2:06:31	3	Mark Stephenson	48	Esperance	18:53
1	Nolan Graham/M30-39		Troy	1:48:07	FE	MALE OVERALL			
1	Sarah Reed/F30-39 Rich Homenick/M40-49		Saratoga Springs	2:08:53	1	Shylah Weber	24	Rensselaer	20:24
1	Stacia Smith/F40-49		Schenectady Niskayuna	1:51:23 2:06:52	2	Danielle Brugg	34	Williston, VT	20:51
1	Bart Trudeau/M50-59		Guilderland	1:59:14	3	Renee Lane	41	Watervliet	22:11
1	Kim Law/F50-59		Fast Greenbush	2:09:28	Α	GE GROUPS			
1	Juergen Reher/M60-69		Wynantskill	2:02:24	1	Brien Maney/M1-14		Slingerlands	23:01
1	Ed Bown/M70-79		Broadalbin	2:11:51	1	Kelly Maney/F1-14		Slingerlands	28:16
_	EU BOWINNI/O-73	10K RUM		2.11.31	1	Robert Paley/M15-19		Schenectady	21:41
M	ALE OVERALL	IUK KUI	7		1	Elaine Montes/F15-19		Troy	28:50
1	Richard Messino	24	Nassau	35:10	1	Jeff Long/M20-29		Clifton Park	18:59
2	Shaun Donegan	27	Saratoga Springs	35:54	1	Erin Lane/F20-29		Colonie	22:45
3	Mark Warner	54	Guilderland	41:54	1	Dan Messier/M30-39		New Scotland	23:14
_	MALE OVERALL	5-1	Guilderland	71.57	1	Judith Vines/F30-39		Albany	23:55
1	Megan Holden	24	Saratoga Springs	35:57	1	Scott Moro/M40-49		Clifton Park	20:20
2	Brina Seguine	23	Rensselaer	42:49	1	Susan Cleary/F40-49		Albany	26:43
3	Sally Drake	39	Albany	44:10	1	Martin Patrick/M50-59		East Greenbush	21:30
	GE GROUPS	33	,,	. 7.10	1	Sue Motler/F50-59		Rensselaer	24:43
1	Tim O'Connell/M20-29		North Greenbush	42:01	1	Jim Fiore/M60-69		Latham	23:23
1	Valerie Belding/F20-29		Albany	44:10	1	Kathryn Brennan/F60-6	59	Greenville	29:12
1	Michael McClure/M30-3	9	Albany	42:20	1	Jim Hotaling/M70-79		Niverville	26:10
1	Shannon Bichteman/F30	-39	Slingerlands	45:53		Courtesy of Huds	on-Mohav	wk Road Runners Clu	b

2 Ben Taber 22 Albany 24:10 2 Carson Fiske 42 Slingerlands 29 3 Rich Teal 34 Troy 24:28 3 Tom Mack 48 Wynantskill 34 FEMALE OVERALL 1 Kim Morrison 33 Wynantskill 29:04 1 Carol Dunsdon 42 Glenville 37 2 Andrea Briggs 32 Valatie 32:16 3 Tracy Racicot 44 Johnsonville 45 3 Jennifer Ferriss 41 Saratoga Springs 34:13 MALE AGE GROUP: 50 - 59 MALE AGE GROUP: 20 - 29 1 Zach Russo 29 Albany 27:37 2 Tom Tift 55 West Sand Lake 29 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 61 Adams MA 36 1 Albany 24:10 2 Carson Fiske 42 Slingerlands 29 2 Carson Fiske 42 Slingerlands 48 Wynantskill 34 FEMALE AGE GROUP: 40 - 49 1 Carol Dunsdon 42 Glenville 37 1 Tacy Racicot 44 Johnsonville 45 MALE AGE GROUP: 50 - 59 1 Jim Devine 52 East Berne 28 1 Jim Devine 52 East Berne 28 2 Rehecta GROUP: 50 - 59 3 Glen Tryson 59 Malden Bridge 30 4 Male AGE GROUP: 50 - 59 4 Male AGE GROUP: 50 - 59 5 Garatoga Springs 36 3 Paula Boughtwood 51 Rensselaer 38 4 MALE AGE GROUP: 60 - 69 1 Male AGE GROUP: 60 - 69	
MALE OVERALL MALE AGE GROUP: 40 - 49 1 Connor Devine 19 East Berne 22:48 1 Jonathan Bright 42 Guilderland 27 2 Ben Taber 22 Albany 24:10 2 Carson Fiske 42 Slingerlands 29 3 Rich Teal 34 Troy 24:28 3 Tom Mack 48 Wynantskill 34 FEMALE OVERALL 1 Kim Morrison 33 Wynantskill 29:04 1 Carol Dunsdon 42 Glenville 37 2 Andrea Briggs 32 Valatie 32:16 2 Laurel Shortell 46 Northampton, MA 42 3 Jennifer Ferriss 41 Saratoga Springs 34:13 MALE AGE GROUP: 50 - 59 44 Johnsonville 45 MALE AGE GROUP: 20 - 29 1 Jim Devine 52 East Berne 28 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 Malden Bridge 30 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54	
1 Connor Devine 19	
2 Ben Taber 22 Albany 24:10 2 Carson Fiske 42 Slingerlands 29 3 Rich Teal 34 Troy 24:28 7 Took 48 Wynantskill 34 FEMALE OVERALL 1 Kim Morrison 33 Wynantskill 29:04 1 Carol Dunsdon 42 Glenville 37 2 Andrea Briggs 32 Valatie 32:16 3 Tracy Racicot 44 Johnsonville 45 3 Jennifer Ferriss 41 Saratoga Springs 34:13 MALE AGE GROUP: 50 - 59 MALE AGE GROUP: 20 - 29 1 Zach Russo 29 Albany 27:37 2 Tom Time Devine 52 East Berne 28 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleany 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 MALE AGE GROUP: 31 Albany 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 61 Adams MA 36 MALE AGE GROUP: 30 - 39	
3 Rich Teal 34 Troy 24:28 3 Tom Mack 48 Wynantskill 34	:42
FEMALE OVERALL 1 Kim Morrison 33 Wynantskill 29:04 1 Carol Dunsdon 42 Glenville 37 32:16 2 Laurel Shortell 46 Northampton, MA 42 2 Andrea Briggs 32 Valatie 32:16 3 Tracy Racicot 44 Johnsonville 45 MALE AGE GROUP: 20 - 29 1 Jim Devine 52 East Berne 28 FEMALE AGE GROUP: 20 - 29 1 Jim Devine 52 East Berne 28 FEMALE AGE GROUP: 20 - 29 1 Jim Devine 52 Malden Bridge 30 Male AGE GROUP: 50 - 59 Malden Bridge 30 3 Melissa Steciula 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Male Mide Ridge 30 MALE AGE GROUP: 60 - 69 1 Male Mide Ridge 30 30 30 30 30 30 30 3	0:05
FEMALE AGE GROUP: 40 - 49 Glenville 37 String Genville 37 String Genville 37 String Genville 37 Genv	1:10
Northampton, MA 42	
2 Andrea Briggs 32 Valatie 32:16 3 Tracy Racicot 44 Johnsonville 45 3 Jennifer Ferriss 41 Saratoga Springs 34:13 MALE AGE GROUP: 50 - 59 1 Zach Russo 29 Albany 27:37 2 Tom Tift 55 West Sand Lake 29 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 61 Adams MA 36	:18
3 Jennifer Ferriss 41 Saratoga Springs 34:13 MALE AGE GROUP: 50 - 59 MALE AGE GROUP: 20 - 29 1 Jim Devine 52 East Berne 28 Tach Russo 29 Albany 27:37 2 Tom Tift 55 West Sand Lake 29 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Adams MA 36 36 36 36 36 36 36 3	
MALE AGE GROUP: 20 - 29 1 Zach Russo 29 Albany 27:37 2 Tom Tift 55 West Sand Lake 29 FEMALE AGE GROUP: 20 - 29 3 Glen Tryson 59 Malden Bridge 30 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 3 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Adams MA 36	:35
1 Zach Russo 29 Albany 27:37 2 Tom Tift 55 West Sand Lake 29 FEMALE AGE GROUP: 20 - 29 3 Glen Tryson 59 Malden Bridge 30 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 Rensselaer 38 1 Mike Siudy 38 New Paltz 24:40 Pate Like 61 Adams MA 36 1 Data Like 61 Adams MA 36 2 Data Charles 25 East Cell	· 40
FEMALE AGE GROUP: 20 - 29 3 Glen Tryson 59 Malden Bridge 30 1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 54 Schenectady 36 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69 1 Adams MA 36	
1 Jennifer Kehn 25 Burnt Hills 36:01 FEMALE AGE GROUP: 50 - 59 2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 1 Male AGE GROUP: 60 - 69 1 Pate Links 61 Adams MA 36	1:02
2 Rebecca Cleary 23 Yorktown 36:12 1 Kathleen Goldberg 54 Schenectady 36 3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 3 Paula Boughtwood 51 Rensselaer 38 1 Mike Siudy 38 New Paltz 24:40 1 Pate Linka 61 Adams MA 36	.02
3 Melissa Steciuk 23 Troy 36:12 2 Maureen Roberts 55 Saratoga Springs 36 MALE AGE GROUP: 30 - 39 1 Mike Siudy 38 New Paltz 24:40 1 Pate Links 11 Adams MA 36	:41
MALE AGE GROUP: 30 - 39 3 Paula Boughtwood 51 Rensselaer 38 1 Mike Siudy 38 New Paltz 24:40 1 Pate Links 61 Adams MA 36	:44
1 Mike Siudy 38 New Paltz 24:40 MALE AGE GROUP: 60 - 69	3:11
1 Pata Links 61 Adams MA 36	
	:55
36 Clifton Park 26:59 Z MICHAEL DELIA KOCCO 61 Altamont 38	3:12
3 Joe Yavonditte 63 Schenectady 38	3:30
FEMALE AGE GROUP: 60 - 65	
	:58
= ::/, = : = =====:::::	:26
3 Abra Bentley 30 Wynantskill 40:13 Courtesy of ARE Event Productions	

	HMRRC WINTER SERIES #4: 3M, 15K, 30K January 20, 2013 • University at Albany, Albany											
		3-MILE F	RUN		FE	EMALE OVERALL						
M	IALE OVERALL				1	Meghan Mortensen	27	Rotterdam	1:05:52			
1	Jon Rocco	46	Colonie	17:42	2	Valerie Belding	22	Albany	1:08:32			
2	Andrew Pris	36	Clifton Park	18:19	3	Sally Drake	39	Albany	1:10:19			
3	Ryan Buff	38	Latham	18:35	-	GE GROUP	33	,burry	1.10.15			
FE	MALE OVERALL				1	Frik Carman/M20-29		Albany	59:59			
1	Ada Lauterbach	23	Scotia	19:27	1	Jenn Bates/F20-29		Albany	1:18:59			
2	Beth Stacker	53	Burnt Hills	19:34	1	Andrew Rickert/M30-39		Delmar	1:04:24			
3	Shylah Weber	24	Rensselaer	20:12	1			D Cirriai				
A	GE GROUPS				1	Kim Didrich/F30-39		Rensselaer	1:17:58			
1	Chloe Stevens	14	Albany	27:53	1	Tom KrackerM40-49		Delmar	58:52			
1	Fiona Hayden/F15-19		Schenectady	29:38	1	Chris Varley/F40-49		Albany	1:11:00			
1	Jeff Long/M20-29		Clifton Park	19:05	1	Larry Woods/M50-59		Glens Falls	1:08:17			
1	Lisa D'Aniello/F20-29		Saratoga Springs	20:26	1	Alison Muse/M50-59		Saratoga Springs	1:25:31			
1	Greg Ethier/M30-39		Cohoes	18:51	1	Bob Ellison/M60-69		Slingerlands	1:18:53			
1	Rebecca Wojtecki/F30-	-39	Albany	22:48	1	Karen Spinozzi/F60-69		Kingston	1:22:28			
1	Mark Stephenson/M40	0-49	Esperance	18:41	1	Wade Stockman/M70-79	9	Rensselaer	1:24:13			
1	Colleen Breiner/F40-49	9	Troy	25:36	1	Anny Stockman/F80-89		Rensselaer	1:52:15			
1	Rick Munson/M50-59		Prattsville	19:29	_	7 tilly Stockman 7 00 05	30K RU		1.52.15			
1	Elizabeth Maldonado/F	F50-59	Hagaman	24:35		IALE OVERALL	JUK KU	JN				
1	Frank Bender/M60-69		Troy	26:04	IV	IALE OVERALL						
1	Christine Bishop/F60-6	59	Schenectady	34:13	1	Joe Hayter	32	Niskayuna	1:58:59			
1	Bob Knouse/M70-79		Voorheesville	31:04	2	Jim Sweeney	31	Albany	2:06:12			
		15K RL	JN		3	Ben Collins	18	Glens Falls	2:06:59			
M	IALE OVERALL				FE	EMALE OVERALL						
1	Richard Messineo	24	Nassau	55:40	1	Kelly Virkler	29	Albany	2:32:08			
2	Ken Little	26	Ballston Lake	57:47	2	Danielle Maslowsky	34	Ballston Lake	2:36:30			
3	Shaun Donegan	27	Saratoga	57:50	3	Stacia Smith	42	Niskayuna	2:44:25 continued			

	HMRRC WINTER SERIES #4: 3M, 15K, 30K continued											
A	GE GROUPS			1	Bart Trudeau/M50-59	Guilderland	2:21:10					
1	Andrew Refman-Packett/M15-19	Harpswell, ME	2:14:07	1	Jenny Lee/F50-59	Selkirk	2:52:52					
1	Katie Bahran/F20-29	Troy	2:56:20	1	Susan Wong/F60-69	Glenmont	3:04:38					
1	Joe Sullivan/M30-39	Schenectady	2:17:20	1	Ed Bown/M70-79	Broadalbin	2:46:48					
1	Rich Homenick/M40-49	Schenectady	2:15:15		Courtesy of Hudson-Mo	hawk Road Runners	Club					

1 Rich Homenick/M40-49		Schenectady	2:15:15	Courtesy of Hudso	on-Mohav	vk Road Runners Clu	b
31ST ANN	UAL	LAKE PLAC	ID LO	PPET CROSS-CO	UNTR	Y SKI RACE	
	-		lympic	Sports Complex, La		cid	
MALE OVERALL	5K CLAS	SIC		FEMALE AGE GROUP: 4 1 Christina Hayden	44 43	Saranac Lake	2:25:30
1 James Coulton	25	Westmount, QC	1:20:31	2 Jepper Devlin	41	Saranac Lake	2:35:49
FEMALE OVERALL 1 Anna Crawford	25	Ottawa, ON	1:30:15	FEMALE AGE GROUP: 4 1 Charlotte Knight	48	Ottawa, ON	1:50:27
MALE AGE GROUP: 1 - 17 1 Seth Mares	7 17	Saratoga Springs	1:35:24	2 Joanne Breau3 Connie Prickett	47 47	Dorval, QC Wilmington	1:57:31 2:03:08
2 Evan Greenberg	17 14	Saranac Lake Saranac Lake	1:35:33	MALE AGE GROUP: 45	- 49		
FEMALE AGE GROUP: 1 -	17			1 Paul de Swart 2 Karl Goetze	45 46	Chelsea, QC Richmond, VT	1:25:34 1:32:24
1 Elena Beideck 2 Sarah Duclos	17 15	Saranac Lake Clifton Park	1:53:25 1:58:02	3 Steve French FEMALE AGE GROUP: 5	48 0 - 54	Conesus	1:35:34
3 Lucy Hochschartner MALE AGE GROUP: 18 - 2	15 24	Lake Placid	2:00:36	1 Louise Martineau	52	Rimorski, QC	1:42:35
1 Nicholas Clifford	24	Ottawa, ON	1:26:51	2 Nadine Atalla3 Jennifer Harvey	50 52	Lee, MA Niskayuna	1:57:46 2:25:05
2 Kyle Dash FEMALE AGE GROUP: 18		Paul Smiths	1:44:21	MALE AGE GROUP: 50 - 1 Richard Costanza	• 54 53	Fairfax, VT	1:22:35
Adele Lay Marguerite Birrell	23 24	Ottawa, ON Cummington, MA	1:30:24 2:10:33	2 Rene Dufour	51	St Hippolyte, QC	1:36:05
FEMALE AGE GROUP: 25 1 Jennifer Anderson	- 29 26	Ottawa, ON	2:18:01	3 Fred Kniffin MALE AGE GROUP: 55 ·	51 • 59	Middlebury, VT	1:43:24
MALE AGE GROUP: 25 - 2	29			Matt Tilden Joseph Korzenecki	55 56	Ottawa, ON Lake Placid	1:23:55 1:33:42
Marc Antoine Guay Keith Kogut	25 28	Montreal, QC Tupper Lake	1:27:50 1:31:17	3 Robert Faltus MALE AGE GROUP: 60	55 64	Watertown, MA	1:34:16
3 Matthew Mitchell FEMALE AGE GROUP: 30	26 - 34	Lake Placid	2:13:15	1 Claude Breau	63	Dorval, QC	1:35:40
Amanda Zullo Marie-Amelie Boucher	32 33	Saranac Lake Jonquiere, QC	1:56:46 1:57:13	2 Vinny Vienneau 3 Jack Burke	60 64	Pittsfield, MA Paul Smiths	1:45:17 1:45:19
3 Ann Pauze	32	Gatineau, QC	2:05:12	FEMALE AGE GROUP: 6 1 Missy Foote	0 - 64 60	Bridport, VT	2:00:26
MALE AGE GROUP: 30 - 3 1 Erik Sointio	34 30	Queensbury	1:49:53	2 Marijke Ormel	61	Saranac Lake	2:40:44
2 Hugo Breton3 Andrew Meister	31 33	Montreal, QC Minneapolis, MN	2:08:07 2:45:12	MALE AGE GROUP: 65 · 1 Steve Short	- 69 66	Lake Placid	2:02:15
FEMALE AGE GROUP: 35	- 39			2 Colin Archer	68 50K CLA S	Nepetn, ON	2:02:56
1 Erika Kahkonen MALE AGE GROUP: 35 - 3		Lake Placid	1:53:29	MALE OVERALL			
Marc Galvin Philippe Jacques	36 35	Lake Placid Montreal, QC	1:52:02 1:58:27	1 Bruce MacNeil MALE AGE GROUP: 18	41 - 24	Rosemere, QC	2:58:55
3 Scott Van Laer MALE AGE GROUP: 40 - 4	39	Ray Brook	2:35:33	1 Jack Mulvihill MALE AGE GROUP: 25	19	Paul Smiths	4:20:21
1 Christopher Rose	42	Peru	1:33:16	1 Eric Seyse	28	Scotia	3:24:11
2 Mark White 3 Kevin Prickett	43 40	Burlington, VT Wilmington	1:38:28 2:14:21	2 William Goodfellow MALE AGE GROUP: 30 -	25 • 34	Dorval, QC	3:25:51
FEMALE AGE GROUP: 45 1 Chrishane Clavel	- 49 48	Teriebonne, QC	1:48:35	1 Erik Sirnes 2 Chris Yarsevich	33 34	Avon, CT Saratoga Springs	3:09:35 3:26:51
2 Elizabeth Trachte	48	Lake Placid	2:28:02	MALE AGE GROUP: 35	- 39		
3 Karen Alence MALE AGE GROUP: 45 - 4	46 19	South Burlington, V	12:30:40	1 Matthew Cook 2 Wes Lampman	35 38	Saranac Lake Saranac Lake	3:16:00 4:02:04
1 Craig Pepin 2 Niels Lyng-Olsen	47 47	Burlington, VT Westport, CT	1:37:59 1:40:01	MALE AGE GROUP: 40 - 1 Andrew Swayze	- 44 40	Charlotte, VT	5:13:04
3 Patrick Ferri FEMALE AGE GROUP: 50	47	Schenectady	1:50:20	MALE AGE GROUP: 45	- 49		
1 Jennie Sausville	54	Saranac Lake	2:03:43	1 Louis Helbig 2 Mike Sheridan	48 48	Ottawa, ON Lake Placid	3:30:24 3:59:03
2 Dorine Peregrim MALE AGE GROUP: 50 - !	52 54	Lake Placid	2:24:10	3 Jeffrey Lintz	45	Middletown	4:54:05
 Bob Underwood Yves Girard 	52 50	Kattskill Bay Gatineau, QC	1:26:01 1:34:16	MALE AGE GROUP: 50 - 1 Stanley Hatch	- 34 51	Cadyville	3:16:46
3 Chris Frielinghaus	51	Queensbury	1:44:08	2 Andrzej Wojton 3 Mark Guilmette	54 54	Port Chester Barton, VT	4:10:09 4:28:35
MALE AGE GROUP: 55 - ! 1 James Underwood	5 9 59	Queensbury	1:45:58	MALE AGE GROUP: 55		Lake Placid	3:37:26
2 Samuel Osborne 3 Randy Young	59 57	Burlington, VT Saranac Lake	1:58:10 1:59:08	2 Peter Minde	55	Dover, NJ	3:59:30
FEMALE AGE GROUP: 55 1 Janet Findlay		Lake Placid	1:52:37	MALE AGE GROUP: 60 - 1 George Briggs	• 64 61	Leicester	3:10:31
2 Karen Delaney	57	Lake Placid	2:09:26	Michael Fairchild Olof Franzon	61 60	Brattleboro, VT Plattsburgh	3:42:44 4:08:31
3 Diana Billingsley MALE AGE GROUP: 60 - 0	55 54	Lake Clear	2:19:25	MALE AGE GROUP: 65	- 69	3	
1 David Hunter 2 David Burt	63 60	Lake Placid Queensbury	1:49:56 1:53:07	Anatoliy Merzenin Richard Erenstone	68 65	Brooklyn Lake Placid	4:10:44 4:19:43
3 Woods McCahill	62	Lake Placid	1:54:43	3 Daniel Kiell MALE AGE GROUP: 70	66 70	Plattsburgh	4:22:09
FEMALE AGE GROUP: 60 1 Carol Fisher	60	Queensbury	2:04:15	1 Vic LaPort	72	Clarksburg, MA	4:27:05
2 Maggie Mitchell MALE AGE GROUP: 65 - 6	60 59	Edmonton, AB	2:51:34	2 Matti Torniainen	70 OK FREES	Gloversville	4:52:06
1 Chris Beattie	66	Lake Placid	1:55:42	MALE OVERALL			2,20,20
2 Roger Thivierge3 Skip Holmes	67 65	St-Bruno, QC Delmar	2:13:32 2:33:56	1 Robert Douglas FEMALE OVERALL	47	Honoye Falls	2:29:38
MALE AGE GROUP: 70 - 7 1 Stephen Turbek	79 70	Jay	2:40:07	1 Peggy Wiltberger MALE AGE GROUP: 18 ·	61 • 24	Saranac Lake	4:00:54
MALE AGE GROUP: 80 - 8 1 Phil Erard		New York City	4:05:50	1 Ryan Short	24	Lake Placid	2:59:51
251	K FREES	,	05.50	2 Brett Schlesier 3 Bill Prescott	19 20	Johnstown Lenox, MA	3:06:36 3:20:08
MALE OVERALL 1 Matthew Piper	23	Morrisville, VT	1:15:38	MALE AGE GROUP: 25 - 1 Chad Day	- 29 28	Pittsford	2:57:20
FEMALE OVERALL 1 Veronique Fortin	33	Gatineau, QC	1:25:12	2 Greg Harkay	29 27	State College, PA	3:14:45 3:38:57
MALE AGE GROUP: 1 - 17	7			FEMALE AGE GROUP: 3	0 - 34	St Placide, QC	
1 Scott Schulz 2 Henry McGrew	13 14	Lake Placid Lake Placid	1:36:00 1:47:35	Janet Saint Germain Jenny Trew	32 31	Norwich, VT Gatineau, QC	4:29:34 4:40:31
3 Alex Howk MALE AGE GROUP: 18 - 2	17 24	Wilton	1:53:21	MALE AGE GROUP: 30 - 1 Jason Hettenbaugh		Honeoye Falls	2:29:54
1 Michael Tuthill	18 18	Paul Smiths	1:39:15	2 Jake Hollenbach	32	Shelburne, VT	2:34:12
2 Jaden Tout 3 Joseph Ritz	20	Carleton Place, ON Paul Smiths	1:50:24	3 David Cahill FEMALE AGE GROUP: 3	33 5 - 39	Norwich, VT	2:44:51
FEMALE AGE GROUP: 18 1 Kirsten Domas	- 24 22	Rainbow Lake	2:10:12	1 Karen Febey MALE AGE GROUP: 35	38	Silver Spring, MD	4:05:34
2 Annie Jardin 3 Cari Brazie	21 19	Mexico Paul Smiths	2:23:42 2:46:58	1 Matthew Torniainen	37	Fultonville	3:14:20
FAMALE AGE GROUP: 25	- 29			MALE AGE GROUP: 40 - 1 Luc Tremblay	- 44 42	Laterriere, QC	2:45:54
1 Dana Cooreman MALE AGE GROUP: 25 - 2		New Hartford	1:59:42	2 Nicolas Bouveret 3 Patrice Blackburn	40 43	Mirabel, QC Chicoutini, QC	2:56:36 3:04:32
1 Jon Santor 2 Jesse Coenen	26 29	Rainbow Lake Burlington, VT	1:23:42 1:23:48	MALE AGE GROUP: 45	- 49		
3 Matt Delaney FEMALE AGE GROUP: 30	26	Lake Placid	1:33:02	1 David Herr 2 Bryan Atwood	47 45	Canaan, VT Litchfield, CT	2:46:23 3:02:41
1 Victoria Tuttle	30	Carleton Place, ON	1:35:40	3 Todd Brown MALE AGE GROUP: 50	48	Groton Long Point	
MALE AGE GROUP: 30 - 3 1 Dan Quinn	34 31	Gatineau, QC	1:23:03	1 Mark Berger	52	Stouffville, ON	2:56:38
2 Bill Frazer 3 Joel Tremblay	33 32	Lake Placid Gatineau, QC	1:26:11	2 Andy Tout 3 Cameron Mahon	51 51	Carleton Place, ON Georgetown, ON	3:13:55 3:15:14
FEMALE AGE GROUP: 35	- 39			MALE AGE GROUP: 55		Windsor, MA	3:21:49
1 Katie Mason 2 Jennifer Kulicki	39 36	Brooklyn Manheim, PA	2:16:11 2:23:11	2 Mark Chmielewicz	56	Clinton	3:50:10
MALE AGE GROUP: 35 - 3 1 Matthew McInnes	39 38	Ottawa, ON	1:21:45	3 Peter Parken FEMALE AGE GROUP: 5	58 5 - 59	Painted Post	4:28:41
2 Jonne Kahkonen	39	Lake Placid	1:23:01	1 Lisa Meissner MALE AGE GROUP: 60	58	Tupper Lake	4:41:35
3 Steve Halasz MALE AGE GROUP: 40 - 4		Saranac Lake	1:38:21	1 Robert Quiqley	62	Cummington, MA	3:15:17
1 Jim Kobak 2 Guy Lacroix	43 44	Peru Chelsea, QC	1:26:13 1:26:13	2 David Armstrong 3 Peter Rayton	63 62	Silver Spring, MD Northampton, MA	3:18:24 3:20:25
3 Gregory Marshall	42	Orleans, ON	1:32:30	Courtesy of Olympic			

POLAR CAP 4-MILE RUN February 2, 2013 • Lake George Elementary School, Lake George												
М	MALE OVERALL MALE AGE GROUP: 20 - 24											
1	James Cunningham	30	Ithaca	23:40	1	Michael O'Rourke	22	Fort Edward	25:22			
2	Lou Pauquette	32	Granville	24:03	2	Bradley Forcier	24	Queensbury	35:15			
3	Jordan Ahrens	17	Fort Plain	24:19	FE	MALE AGE GROUP: 2	0 - 24	,				
FE	MALE OVERALL				1	Erin McCullough	22	Gansevoort	31:03			
1	Kathleen Mack	28	Brandon, VT	27:24	2	Cassandra Conety	24	Shushan	33:15			
2	Melissa Wern	27	Hudson Falls	28:08	3	Melissa Steciuk	23	Troy	34:30			
3	THICOIC EDUCATED	39	Wells, VT	28:45	м	ALE AGE GROUP: 25 -			51.50			
М	ALE AGE GROUP: 1 - 1				1	Michael Goodwin	26	Saratoga Springs	26:09			
1	Alex Howk	17	Wilton	24:40	2	Mark Holcomb	29	5 , 5	26:48			
2	John Ferrone	15	Lake George	25:14	2			Saratoga Springs				
3	Nate Plocharczyk	17	Glens Falls	28:48	3	Chris Mack	28	Brandon, VT	30:22			
FE	MALE AGE GROUP: 1	- 19			FE	MALE AGE GROUP: 2	5 - 29					
1	Emma Coyner	13	Glens Falls	36:43	1	Brianna Knowltob	25	Corinth	35:15			
2	Samantha Wendell	13	Fort Edward	42:59	2	Alicia Wood	28	Elizaville	43:54			
3	Miranda Nagell	19	West Charlton	48:35	3	Rachael Rodenmayer	29	Glens Falls	44:43 continued			

www.AdkSports.com MAY 2013 **25**

			POLAR CA	P 4-MI	LE RUN continu	ıed		
M	ALE AGE GROUP: 30	- 34			MALE AGE GROUP:	5 - 59		
1	Tim Best	31	Hampton	24:47	1 Peter Carpenter	55	Queensbury	27:21
2	Randy Holmes	31	Salem	30:10	2 Christopher Kunkel	56	Pottersville	28:02
3	Jason York	34	Hadley	31:54	3 Kirk Fasking	55	Lake Placid	29:22
FE	MALE AGE GROUP:				FEMALE AGE GROUP		Lake Flaciu	23.22
1	Bridget Daoust	33	Schenectady	35:16				
2	Tricia Pendergast	33	Troy	35:46	1 Coleen Durkee	57	South Glens Falls	36:20
3	Alison Camarota	30	Latham	35:59	2 Andrea Halnon	59	Lincoln, VT	37:12
	ALE AGE GROUP: 35				3 Darlene Cardillo	59	Delmar	41:40
1	Greg Etheir	39	Cohoes	25:25	MALE AGE GROUP: (0 - 64		
2	Joseph Genter	38	Wilton	26:14	1 Dennis Fillmore	60	Ballston Spa	27:34
3	Larry Strobel MALE AGE GROUP: 3	37	Lake George	30:05	2 Mark Sager	62	Kattskill Bay	29:35
			0	20.00	-		,	
1	Joanne Burns	39 38	Queensbury Northville	29:08	3 Rich Tanchyk	61	Saratoga Springs	30:07
2	Rebecca Conley	38 39	Granville	29:54 31:59	FEMALE AGE GROUP			
	Heidi Whitney ALE AGE GROUP: 40		Granville	31:59	 Jill Pederson 	62	Lake George	35:37
1	Brenden Rillahan	40	South Glens Falls	25:59	2 Sue Nealon	62	Troy	39:39
2	Jami Whitney	40	Granville	27:19	MALE AGE GROUP: (5 - 69		
3	Joe Nicoll	40	Wilton	27:13	1 Jim Cunningham	68	Ticonderoga	34:0
-	MALE AGE GROUP: 4		VVIILOIT	27.44	Chuck Trimarchi	66	Albany	34:5
1	Jennifer Metivier	42	Lake George	32:00		67	Queensbury	35:5
2	Kelly Collins	40	Queensbury	32:28	3 Ed Murphy		Queensbury	30:0:
3	Amy Gould	41	Hudson Falls	32:47	FEMALE AGE GROUP			
	ALE AGE GROUP: 45	- 49			 Candi Schermerhori 	n 66	Diamond Point	38:5
1	Lawrence Poitras	47	Johnstown	25:19	2 Gail Johnson	66	Shaftsbury, VT	39:12
2	Joe Place	49	Saratoga Springs	26:35	3 Christine McKnight	65	Gansevoort	39:54
3	Ian Hutchinson	48	Scotia	30:15	MALE AGE GROUP: 7	0 - 74		
FE	MALE AGE GROUP: 4	45 - 49			1 Frank Woodward	70	Plattsburgh	34:33
1	Patty Moore	46	Queensbury	29:51		70	Halfmoon	44:5
2	Darci Lafave	45	Lake Placid	30:47	,		Hallilloon	44.5
3	Angie Gargan	47	Queensbury	31:29	FEMALE AGE GROUP			
	ALE AGE GROUP: 50				1 Dottie Langworthy	72	Warrensburg	43:36
1	William Venner	53	Granville	24:30	2 Sakiko Claus	70	Schroon Lake	44:38
2	Samuel Mercado	50	Wilton	25:39	MALE AGE GROUP: 7	75 - 79		
3_	Jon Gurney	50	Saratoga Springs	25:57	1 Norm Marincic	77	Saratoga Springs	45:09
	MALE AGE GROUP:				FEMALE AGE GROUP	. 75 - 79		
1	Janice Phoenix	51	Schenectady	31:20		75	Schaghticoke	51:15
2	Joanne Nolette	52	Rensselaer	33:52	1 Eiko Bogue		-	51:15
3	Jen Kuzmich	54	Greenwich	35:35	Courtesy	of The Adii	rondack Runners	

32ND ANNUAL TD BANK CRAFTSBURY SKI MARATHON February 2, 2013 • Craftsbury Outdoor Center, Craftsbury Common, VT

	25K C	LASSIC RACE		50K CLASSIC RACE	
1 2	IALE OVERALL Eric Darling/MM1-2 Reid Greenberg/MM1-2	NWVE Mad River	1:19:33 1:19:53	MALE OVERALL 1 Kris Freeman/MM1-2 US Ski Team 2 Nils Koons/MSR Craftsbury Green Racing	2:13:56 2:20:31
3 F I	Joe Bettendorf/MM1-2 EMALE OVERALL	Sports Rack	1:22:42	3 Bryan Cook/MSR Craftsbury Green Racing FEMALE OVERALL 1 Caitliin Curran/FSR VTXC Ski Team	2:20:31
1 2 3	Eileen Carey/FM1-2 Joann Hanowski/FM5-6 Sarah Pribram/FM3-4	Unattached Mansfield Nordic NWVE	1:30:17 1:31:27 1:34:53	2 Kirsten Beaudny/FSR Dartmouth Outing Club 3 Paige Elliott/FSR Unattached Courtesy of Craftsbury Outdoor Center	3:04:35 3:06:07

14TH ANNUAL SARATOGA WINTERFEST 5-MILE SNOWSHOE RACE

	Feb	ruary	3, 2013 • Sara	atoga Sp	oa State Park, Sara	toga S	prings	
M	ALE OVERALL				FEMALE AGE GROUP:			
1	Eric Sambolec	35	Ithaca	31:38	1 Ashley Peacock	36	Loudonville	51:41
2	Shaun Donegan	27	Saratoga Springs	31:51	MALE AGE GROUP: 40	- 44		
3	Chris Repka	29	Ballston Spa	32:42	1 Dean Harper	41	Oswego	39:32
	MALE OVERALL				FEMALE AGE GROUP:	40 - 44	-	
1	Rachael Jones	14	Fairport	40:16	1 Gail Todd	42	Greenwich	51:00
2	Kim Morrison	33	Wynantskill	40:41	2 Carrie Cabrera	41	Saratoga Springs	55:32
3	Kim Scott	44	Malta	47:58	3 Julie Gardner	41	Lanesboro, MA	1:01:49
_	ALE AGE GROUP: 1 - 1		IVIGITO	47.50	MALE AGE GROUP: 45			
1	Ezra Hulbert	14	Mexico	39:30	 Robert McCarthy 	45	Old Lyme, CT	38:19
	ALE AGE GROUP: 15 -		IVIEXICO	39.30	2 Tom Mack	48	Wynantskill	48:36
1 VI Z 1	Fric Hulbert	17	Mexico	33:37	3 Tyronne Culpepper	49	Saratoga Springs	48:51
		16			FEMALE AGE GROUP:			
2_	Benjamin Harper		Oswego	34:29	1 Laurel Shortell	46	Northampton, MA	1:00:54
۲E	MALE AGE GROUP: 1		- 1- 11		MALE AGE GROUP: 50	- 54		
1	Corrie Desilets	18	Paul Smiths	51:12	1 Jim Devine	52	East Berne	40:56
M	ALE AGE GROUP: 20 -	24			2 Larry McAndrew	54	Westfield, MA	55:16
1	Eric Kowalik	21	Paul Smiths	37:07	3 Stephen Obermayer	51	Ballston Spa	1:07:39
2	Michael Obermayer	20	Ballston Spa	53:36	FEMALE AGE GROUP:			
FE	MALE AGE GROUP: 2	0 - 24			 Jennifer Kuzmich 	54	Greenwich	52:01
1	Lea Anthony	20	Paul Smiths	51:16	2 Denise Dion	54	Readsboro, VT	54:42
FE	MALE AGE GROUP: 2	5 - 29			3 Susan Johnson	52	Saratoga Springs	55:21
1	Megan Boyak	28	Clifton Park	50:50	MALE AGE GROUP: 55			
2	Amanda Repka	29	Ballston Spa	58:57	1 Jeff Clark	55	Glenmont	42:51
3	Ashleigh Brown	29	Greenwich	1:14:23	2 Bob Dion	57	Readsboro, VT	45:39
M	ALE AGE GROUP: 30 -	34			3 Peter Canzone	59	Saratoga Springs	51:25
1	Richard Teal	34	Troy	35:06	FEMALE AGE GROUP:			
2	Michael Greco	34	Albany	42:18	 Maureen Roberts 	55	Saratoga Springs	51:00
3	Chris Imperial	32	Ballston Lake	54:08	MALE AGE GROUP: 60	- 64		
	MALE AGE GROUP: 3		Dalistori Lake	34.06	 Michael DellaRocco 	61	Altamont	51:43
			Albani	F1.24	2 Jim Sheehan	60	Cohoes	56:26
1	Kristi Miller	31	Albany	51:34	MALE AGE GROUP: 65	- 69		
2	Ann Marie Hess	33	Albany	53:55	1 Bob Massaro	69	Chicopee, MA	54:01
	ALE AGE GROUP: 35 -				2 Charles Brockett	67	Dolgeville	54:22
1	Mike Sindy	38	New Paltz	35:56	FEMALE AGE GROUP:			
2	Joshua Katzman	37	Clifton Park	38:44	1 Laura Clark	65	Saratoga Springs	55:15
3	Matthew Darcangelo	37	Saratoga Springs	40:36	Courtes	y of Sarat	oga Stryders	

HMRRC WINTER SERIES #5: 4M, 10M, 20M

		Fel	bruary 3, 201	3 • Univ	ersi	ty at Albany, Al	bany		
		4-MILE R	UN		Α	GE GROUPS			
м	ALE OVERALL				1	Nick WebsterM20-29		Latham	59:33
1	Paul Mueller	28	Delmar	26:22	1	Liz Chauhan/F20-29		Albany	1:12:38
2	Blaine Freadman	49	Pittsfield, MA	26:50	1	Eamon Dempsey/M30-3	39	Delmar	1:04:12
3	Greg Ethier	39	Cohoes	27:18	1	Crystal Perno/F30-39		Clifton Park	1:10:12
FE	MALE OVERALL				1	Tim Hoff/M40-49		Albany	1:03:18
1	Shylah Weber	24	Rensselaer	29:24	1	Chris Varley/F40-49		Albany	1:14:47
2	Penny Tisko	44	Altamont	30:12	1	John Noonan/M50-59		Malta	1:04:33
3	Dana Peterson	42	Altamont	30:14	1	Jenny Lee/F50-59		Selkirk	1:28:33
A	GE GROUPS				1	Lee Pollock/M60-69		Queensbury	1:10:17
1	Victor Warner/M1-14		Guilderland	29:53	1	Karen Spinozzi/F60-69		Kingtson	1:28:52
1	Chloe Stevens/F1-14		Guilderland	40:06	1	Daniel Heenan/M70-79		Albany	1:18:48
1	Elaine Montes/F15-19		Troy	42:45	1	Anny Stockman/F80-89		Rensselaer	1:54:49
1	Jeff Long/M20-29		Clifton Park	28:07		,			1.54.45
1	Kate Thomas/F20-29		Delmar	32:20		ALE OVERALL	20-MILE	RUN	
1	Michael DiNicola/M30-	39	Albany	27:40	IV		24	Allenan	2.00.22
1	Judith Wines/F30-39		Albany	34:45	1	Jim Sweeney	31	Albany	2:09:22
1	Lotfi Sayahi/M40-49		Voorheesville	28:54	2	Joe Hayter	32	Niskayuna	2:09:23
1	Kimberly Miseno-Bowle	es/F40-49	Amsterdam	30:43	3	Jeff Goupil	25	Clifton Park	2:11:30
1	Mark Warner/M50-59		Guilderland	29:57		MALE OVERALL			
1	Nancy Taormina/F50-59	9	Albany	32:45	1	Anne Gullickson	49	Kingston	2:40:36
1	Tom HunterM60-69		Troy	35:33	2	Danielle Maslowsky	34	Ballston Lake	2:44:00
1	Gail Hein/F60-69		Altamont	44:36	3	Denise lannizzotto	50	Lake Katrine	2:46:23
1	Don Wilken/M70-79		Slingerlands	43:43	Α	GE GROUPS			
1	Ed Doucette/M80-89		Bennington, VT	50:47	1	Jessica Kostek/F20-29		Schenectady	3:04:35
		10-MILE F	RUN		1	Joe McDonald/M30-39		Niskayuna	2:29:10
м	ALE OVERALL				1	Sarah Reed/F30-39		Saratoga Springs	2:59:54
1	Kevin Treadway	24	Albany	54:12	1	Craig DuBoisM40-49		Sprakers	2:22:32
2	Thomas O'Grady	27	Latham	55:10	1	Stacia Smith/F40-49		Niskayuna	2:54:39
3	Chuck Terry	30	Albany	57:10	1	Mark Mulpeter/M50-59)	Red Hook	2:39:13
	MALE OVERALL	50	,burry	370	1	Kim Law/F50-59		East Greenbush	3:00:39
1	Kristina Gracey	30	Albany	1:05:31	1	Patrick Lopiano/M60-69	9	Kingston	2:41:13
2	Emily Bryans	45	Delanson	1:07:33	1	Susan Wong/F60-69		Glenmont	3:13:46
3	Erin Corcoran	38	Schenectady	1:08:57			n-Mohav	vk Road Runners Clu	

					TOGA 8K SNOV Idlife Preserve & F			
М	ALE OVERALL				MALE AGE GROUP: 15	i - 19		
1	Shaun Donegan	27	Saratoga Springs	40:19	1 Benjamin Harper	16	Oswego	42:03
2	Richard Teal	35	Trov	40:39	2 Eric Hulbert	17	Mexico	47:23
3	Andrew Rickert	33	Delmar	41:43	MALE AGE GROUP: 25	- 29		
FF	MALE OVERALL		Denna	5	1 Chris Repka	29	Potter Corners	42:26
1	Jessica Northan	37	Guilderland	52:38	FEMALE AGE GROUP:	25 - 29		
1					 Jennifer Kehn 	25	Burnt Hills	1:09:33
2	Mary O'Hearn	26	Gansevoort	54:29	MALE AGE GROUP: 30) - 34		
3	Kim Scott	44	Malta	55:44	1 Jeffrey Andritz	31	Altamont	44:00
M	ALE AGE GROUP: 1	- 14			 Joseph Murphy 	33	Troy	59:29
1	Ezra Hulbert	14	Mexico	51:36	3 Chris Imperial	32	Ballston Lake	1:03:54 continued

M	ALE AGE GROUP: 35	- 39			FI	EMALE AGE GROUP: 50	- 54		
1	Brian Northan	37	Guilderland	42:46	1	Jen Kuzmich	54	Greenwich	1:02:46
2	Joshua Katzman	37	Clifton Park	45:28	2	Denise Dion	54	Readsboro, VT	1:05:23
3	William Malone	35	Saratoga Springs	55:36	3	Susan Johnson	52	Saratoga Springs	1:12:27
FE	MALE AGE GROUP: 3	35 - 39			M	IALE AGE GROUP: 55 -			
1	Ashley Peacock	36	Loudonville	1:07:56	1	Tom Tift	55	Averill Park	52:28
2	Rike Rothenstein	35	Niskayuna	1:10:19	2	Chester Tumidajewicz	58	Amsterdam	52:35
-	ALE AGE GROUP: 40		iviskayuna	1.10.15	3	Peter Canzone	59	Saratoga Springs	57:02
1		- 44 41	0	50:08	FI	EMALE AGE GROUP: 55			
1	Dean Harper		Oswego		1	Maureen Roberts	55	Saratoga Springs	1:02:01
۷_	Matthew Miczek	41	Saratoga Springs	1:05:04	M	IALE AGE GROUP: 60 -			
FE	MALE AGE GROUP: 4				1	James Miner	64	Dryden	50:25
1	Pamela DelSignore	43	Gansevoort	1:00:53	2	Rick Morse	62	Malta	58:58
2	Jennifer Ferriss	41	Saratoga Springs	1:02:47	3	Michael DellaRocco	61	Altamont	1:01:02
M	ALE AGE GROUP: 45	- 49			M	ALE AGE GROUP: 65 -			
1	John Onderdonk	45	Saratoga Springs	47:34	1	Jim Carlson	65	Gansevoort	1:04:16
2	Jamie Howard	47	Albany	1:24:42	2	Charles Brockett	67	Dolgeville	1:04:33
FF	MALE AGE GROUP: 4	15 - 49	,		3	Douglas Fox	68	Loudonville	1:06:22
1	Laurel Shortell	46	Northampton, MA	1:07:21	FI	MALE AGE GROUP: 65			
М	ALE AGE GROUP: 50		rvortnampton, rvir t	1.07.21	1	Laura Clark	65	Saratoga Springs	1:06:19
1	lim Devine	- 54 52	Fast Berne	47:38	M	IALE AGE GROUP: 70 -			
1				17.50	1	Steve Mitchell	71	Malta	1:05:03
2	Jan Rancatti	52	Readsboro, VT	54:09	2	Ray Lee	70	Halfmoon	1:19:00
3	Jim Buffoni 52 South Glens Falls			1:02:00		Courtesy	ot Sarat	oga Stryders	

	. LE AGE GROUP: 50 - 5 4 Jim Devine	. 52	East Berne	47:38		LE AGE GR Steve Mitche		74 71 Malta	1:0
	Jan Rancatti Jim Buffoni	52 52	Readsboro, VT South Glens Falls	54:09 1:02:00		Ray Lee		70 Halfmoon of Saratoga Stryders	1:1
	NYSSRA		AMPIONS C					AMPIONSHIPS	
	CROSS-COUNTRY		20KM FREESTYLE		_	RXCSF 1	Center	, Day	54
	NALE: 20KM SKATE				•	Kevin Walter	; Stina Bridg	eman, Kevin Walter	
	Janet Findlay/M6 Karen Febey/M2	PNMS Unatta		1:16:39 1:17:05		HURT 3 Eric Hamiltor	n Δndv Wei	lill Koziol	1:00
	Jill Wolski/M2	HURT	icheu	1:22:09		LIIC Hallilloi		ORIENTEERING	
	Kirsten Domas/U23	PNMS		1:23:01		ALE AGE	GROUP: 19		
	Jill Koziol/M2 Stina Bridgeman/M2	HURT RXCSF		1:26:58 1:27:56		Stina Bridger 1ALE AGE (LDITIS	
	Audrey Balander/M6	Cayug	ja Nordic	1:31:43		Cindy Gretzi			
	Cindy Gretzinger/M5 LE: 20KM SKATE	Syracı	ise	1:36:07		ALE AGE		i-PLUS	
	Tim Donahue/M3	Manh	attan Nordic	56:31		Sue Hawkes- Ellie George	·leeter		
	Mike Wynn/M4	PNMS	P	57:48	3	Candice Rair			
	Austin Huneck/J1 David Paarlberg-Kvam/M1	HURT HURT		59:48 59:49		Nadezhda Po		N DI LIC	
	Chris Rose/M3	PNMS		1:02:55		IALE AGE (Judy Dickinso		-PLU3	
	Jon Santor/SR Jim Kobak/M3	PNMS PNMS		1:03:35 1:03:47	MA	LE AGE GR	ROUP: UND	ER-16	
	Stanley Hatch/M5	PNMS		1:04:12		Ben Francisco Tvler Koziol	٥		
	Keith Kogut/SR	PNMS		1:04:41		Travis Koziol			
	Matthew Torniainen/M2 Joe Korzenecki/M6	HURT PNMS		1:05:56 1:06:09		LE AGE GR	OUP: UND	ER-18	
	Bryce Hartman/J1	PNMS		1:06:21		Terry Allard LE AGE GR	OUP: 19-P	LUS	
	Eric Seyse/SR Brett Schlesier/OJ		ille Hills ndack Vauhti	1:07:44 1:08:07	1	Pavel Kornilie	ev	203	
	Tim Huneck/M5	HURT	idack vauliti	1:09:34		David Hunte			
	Joe Ritz/U23		mith's College	1:10:29		LE AGE GR Nick Gretzine		LUS	
	Steven French/M4 Kurt Gustafsson/M4	RNR AXIS/I	MNSC	1:10:39 1:10:58		Jim Pamper	90.		
9	Stephen Rose/M4	Manh	attan Nordic	1:11:41		Doug Swank		ı ile	
	Mike Tuthill/OJ	PNMS	P	1:11:50 1:11:51		LE AGE GR Phil Hawkes-		LUS	
	Larry Costantino/M6 Alexander Howk/J1	Sarato	oga Springs	1:12:00	2	Thayer Raine	25		
3	Chris Yarsevich/M1	HURT	3. 1. 3.	1:12:09	3	Eric Hamiltor			
	Derrick Day/SR Tim Grossman/U23	RNR Paul S	mith's College	1:12:41 1:13:46	FEN	ALE: M	BIAT	HLON – SPRINT	
	Ed Luban/M7	HURT	mars conege	1:13:50		Ingegerd Bru	unsvoid	Unattached	39
	Mark Chmielewicz/M6	Unatta	ached	1:14:16		Magali Haas		Saratoga Biathlon	42
	Brian Chrzan/J1 Chris Peterson/U23	HURT Paul S	mith's College	1:15:32 1:17:11		AALE: NOV Lorraine Skib		Unattached	36
0	David Armstrong/M7	Unatta	ached	1:17:29	2	Morgana Fal		Unattached	36
	Peter Parken/M6 Kevin Walter/M3	Unatta		1:19:58 1:21:13		MALE: SR Jill Koziol		HURT	36
	David Burt/M7	HURT		1:22:43		ALE: YT		HOIN	30
	Sean Scanlan/M3		attan Nordic	1:23:29		Olivia Mater		Biathlon Ontario	35
	John Rueckheim/M6 Matti Torniainen/M9	HURT	ga Nordic	1:24:09 1:26:06		.LE: GM Gary Bracket	++	Saratoga Biathlon	26
7	Jack Mulvihill/OJ		mith's College	1:29:17		Thomas Hay		Saratoga Biathlon	28
	David Kucia/OJ Nick Gretzinger/M5		mith's College use Biathlon	1:29:28 1:29:45		Nick Gretzing		Syracuse Biathlon	30
	Jerry Curcio/M6	PNMS		1:33:47		Thomas Biell Darwin Roos		Saratoga Biathlon Saratoga Biathlon	32 33
1	Jeffrey Lintz/M4	Unatt		1:35:16		Kurt Donath		Syracuse Biathlon	37
	James Gould/M7 Eric Hamilton/M8	Unatta	ached	1:37:32 1:43:05		LE: M		e i Billi	20
	MALE: 5KM SKATE	HORT		1.43.03		Sean Halliga: Joseph Iwan		Saratoga Biathlon Saratoga Biathlon	29 29
	Natalie Howk/J2	Unatt	ached	27:50		Steven Frenc		RNR	32
	VI SKATE Adam Chrzan/J2	HURT		18:07		Patrick Cland		Saratoga Biathlon	32
	David Burrmaster/J2	GHN		22:52		Darrell Rikert Rene Harde	i	Saratoga Biathlon Saratoga Biathlon	33 33
	CROSS-COUNTR	Y SKI -	- 3X5 KM RELAY			LE: NOV		•	
	ILE TEAMS PNMSP 1			37:44		Kevin Walter		RXCSF Saratoga Biathlon	31 37
	Mike Wynn, Jon Santor, M	ike Wyr	n			Oliver Rodev . LE: SR	valu	Saratoga Biatrilori	37
	HURT 1 Brian Halligan, Seth Mares	Auctin	Hunack	38:40		Eric Seyse		Glenville Hills	30
	HURT 2	, Austin	Hulleck	41:43		Douglas Diel Thomas Mof		Saratoga Biathlon Saratoga Biathlon	30 31
	Eric Brower, Matthew Torn	iainen,	Brett Schlesier	44.22		LE: YT	iett Ji	Saratoga biatrilori	١١
	RNR Derrick Day, Steven French	Derric	k Dav	44:33		Brian Halliga	n	Saratoga Biathlon	24
	HURT 4		•	44:56	2	Mark Vicik	DIATIU C	Unattached	33
	David Paarlberg-Kvam, Eth HURT 5	an Katz	., Brian Chrzan	45:24	MA	LE TEAMS		N – 3X6KM RELAY	
	Tim Huneck, Ed Luban, Tir	n Hune	ck	43.24	1	Saratoga 1			1:02
	Saratoga 1			45:54			fett Jr/Rene	Harde/Sean Halligan	1.04
	Sean Halligan, Joseph Iwar Paul Smith's College 1	ı, Mikey	/ Halligan	47:22		Saratoga 2 Gary Bracket	t, Joseph Iw	an, Darrell Rikert	1:04
	Tim Grossman, Joe Ritz, M	ike Tuth	nill	71.66	3	Combo 1			1:09
	Combo 1			52:05		Patrick Cland Saratoga 3	y, Darwin R	oosa, Eric Seyse	1.77
	Eric Seyse, James Gould, D Paul Smith's College 2	avid Go	Jula	53:45			i, Oliver Rod	ewald, Thomas Hay	1:22
	David Kucia, Zach Davidso	n, Chris	Peterson	55.75	MIX	CED TEAMS			
	COMPO 2			47·0E		Combo 2 Terence Allar	rd Moraena	Fall, Steven French	1:15
	COMBO 2 David Armstrong, Karen Fe	bev. Da	avid Armstrona	47:05		Combo 3	u, iviolyalla	ran, steven ræntn	1:26
	PNMSP 2		-	48:03		Ingegerd Bru	ınsvoid, Nick	Gretzinger, Kevin Walter	
	Jim Kobak, Kirsten Domas, Saratoga 2	Jim Ko	bak	48:39		HURT Brian Halliga	n Fric Hami	Iton, Jill Koziol	1:27
	Rene Harde, Thomas Moff			40.33				ki Racing Association Nor	

	WALT'S BUM	P CON	ITES	T • March 17, 200	03 • Gor	e Mount	ain, North Cre	ek
SK	(IER – FEMALE 10-12		3	Matthew Rvan	31	4 Noa	h Braunstien	30
1	Flavie Dovon	37	4	Dave Onzo	31	5 Asto	on Ferrillo	30
2	Zoe Cook	34	5	Calvin O'Connell	30	6 Cha	rles Lobosco	20
3	Milana Pomarico	32	6	Paolo Pomarico	30		- FEMALE 50 & OVE	R
4	Claire Felton	31	7	Cooper Perkett	29		en Pomarico	33
5	Abby Saks	30	8	Noah Prime	29		- MALE 50 & OVER	33
6	Cate Glacken	30	9	Wyatt Metivier	28		Dunn	30
7	Caroline Keavev	29	10	PJ Fraterrigo	25		n Goodhart	30
8	Catherine LaCoppola	28		DER – MALE 18-29			erv McNamara	25
9	Cecile Keavev	28	1	Andrew Nevins	32		e Pomarico	24
10	Ellis Strutton	26	SK	IER - MALE 18-29			iel Sullivan	23
RI	DER – MALE 10-12		1	Dylan Irish	34	5 Dui:	- FEMALE 6-9	23
1	Nolan Aerv	29	2	Greg Hartunian	32		dison Salisbury	30
SK	(IER – MAĹE 10-12		Sk	IER - MALE 30-39			el Pecora	28
1	Atticus Connell	33	1	Paul Connelie	28		ei recora ah Hunter	20 28
2	Matt Sisca	31	2	Matt Darcangelo	17	5 50.0		28 27
3	Hugh Dempsey	30	3	Brendan Schaefer	15		ry Waters	26
4	Brighton McCarthy Daniger	29	SK	IER - MALE 40-49			lrey Higgins-Lopez	
5	Jack Deweese	29	1	Stephan Doyon	37		delyn Connelie	26
6	Nick Fraterrigo	27	2	Ted Prime	33		ary Larsen	25
7	Andrew Benincasa	27	3	Mitch Huff	33		ry Bayes	24
8	Conor Chivers	27	4	Ben Franco	33		ah Dempsey	24
9	Anthony Sorice	27	5	Steve Dempsey	29		son Eicher	24
10	Artem Novoslov	26	6	Roger Saks	27		- MALE 6-9	
SK	(IER – FEMALE 13-17		7	Mark Kaleston	27		neron Aery	26
1	Agathe Doyon	34	8	Jeff Buvdos	24		nan Aery	21
2	Lane Goodhart	32	9	Stevan Paton	21		– MALE 6-9	
3	Madison Pomarico	31	Sk	IER – FEMALE 5 & UNDE	R		son Cook	31
4	Sarah Richter	27	1	Sophie Gillman	40		in Meyer	29
5	Corey Pabst	25	1	Lola Ferrillo	40		b Kagan	28
6	Isabella Franco	25	2	Casev Felton	35		thew Moeckel	28
7	Leah Smisloff	24	3	Ashley Sell	31		n Wacks	27
8	Jordan Pabst	22	4	Cara Dempsey	28		Strutton	26
9	Christiane Poulin	22	5	Sasha Ivanova	22	7 Mat	t Gleason	26
10	Kat Emlock	21	SK	IER - MALE 5 & UNDER		8 Ben	jamin Braunstein	26
SK	(IER - MALE 13-17		1	Malcolm Hunter	34	9 Brer	ndan Young	25
1	Sean Meyer	34	2	Chase Salisbury	34	10 Mas	on Dils	23
2	Derek Wacks	32	3	Noah Gillman	31	(Courtesy of Gore Mou	ıntain

BICYCLING

Not unlike many readers of Adirondack Sports & Fitness, our family values playing outside. Our area has many hidden gems that have helped us connect to the outdoors while staying fit. When looking for a familyoriented sport to help teach my five-year old son about sportsmanship and respect for others, I discovered another hidden gem: BMX (bicycle motocross) racing. We are lucky to be surrounded by many BMX tracks: Grippen Park in Endicott; Kingston Point in Kingston, New Paltz BMX in New Paltz; Catamount BMX track in Bennington, Vt., and Tri-City BMX Track in Rotterdam.

All BMX tracks are volunteer run organizations and are highly supportive places where families can go to build healthy friendships and create great memories. The mission statement of Tri-City BMX says it all: The Mission of Tri-City BMX is to promote the sport of bicycle motocross (BMX). This includes modeling and thereby teaching good sportsmanship, respect of self, family and fellow competitor, and proper bicycle safety. New riders and families to the sport tend to be guided by volunteer staff and other family members. This helps to create that warm and welcoming environment.

So, what do you need to get started? You need a BMX bike. Some tracks offer loaner bikes for new riders. Track operators can also check your current bike to make sure that it's safe to ride. Some tracks also offer or allow Strider and other balance bikes for the youngest of riders. Protective gear is

required. It comes in all shapes, sizes and technologies, but entry-level protective gear is basic. It includes wearing an approved helmet, long pants, long sleeves and sneakers.

By the way, BMX racing isn't any more dangerous than other youth sports. Statistics have shown that kids in the traditional (less "extreme") sports such as basketball, football, baseball and soccer suffer more injuries than in BMX racing. The reason why, perhaps, is that USA BMX (the sanctioning body) requires protective gear.

A great way to experience BMX for the first time is to visit a track on Olympic Day, a free day of riding at many tracks to celebrate the Olympics and the inclusion of BMX racing. In the Capital Region, Tri-City BMX's Olympic Day is held on Saturday, June 22 at 9am. Most tracks also offer separate practice and clinic nights outside of their scheduled races. These are also great

CRCA/Siggi's NY Velocity

1:43:55

points of entry into the sport.

At my son's fist race this spring. I was amazed at not only his growth in bike handling skills and in his praise for his fellow racers, but also for the track and organization as a whole. Every child was cheered on, no matter what order they crossed in the finish line.

BMX track websites - Tri-City BMX: usabmx.com/tracks/1889; Kingston Point BMX: kingstonpointbmx.com; Catamount BMX: catamountbmx.org; New Paltz BMX: newpaltzbmx.org; Grippen Park BMX: grippenparkbmx.com; and USA BMX: usabmx.com. 📥

◀▲ TRI-CITY BMX TRACK IN ROTTERDAM.

JENNIFER LYMAN/TRI CITY DRAGON DESIGNS

Jim MacNaughton (jmacnaughton@renarc.org) of Albany is a senior coordinator for career and employment supports at the Arc of Rensselaer County. He has ridden and raced bicycles in the dirt since 1980.



TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #1 e-Athens High School, Coxsackie

Regis Dupont

		arch 23, 2013 • Coxs	
CA	TEGORY A (1/2/3) RA	CE - 60 MILES	
1	Ryan Serbel	Aetna Cycling Team	2:33:4
2	Evan Murphy	CRCA/Foundation	
3	David Warner	Green Line Velo/Zipcar	
4	Austin Vincent	CF Racing/SDS	
5	Robert Marcinko	C3 Racing	
6	Cliff Summers	CCC/Keltic Const/Zanes Cycles	
7	Mark Miller	Favata's TRT Bicycles	
8	Paul Richard	CCB Racing	
9	Francisco Liuzzi	CRCA/Rapha Racing	
10	Ciaran Mangan	CCB/Racing	
11	Marc-Wayne Addison	OPUS/OGC	
12	Benjamin Wolfe	Jelly Belly	
13	Andreas Runggatscher	Finkraft Cycling Team	
14	Christian Favata	Favata's TRT Bicycles	
15	Steven Taggart	Team Bicycle Doctor	
16	Michael Magur	Verge Sport	
17	Robert Lyons	Finkraft Cycling Team	
18	Keith Hala	Finkraft Cycling Team	
19	Timothy Durrin	JAM Fund	
20	Erik Post	CRCA/BH/Comedy Central	
CA	TEGORY B (3/4) RACE	- 48 MILES	
1	Nicholas Geiser	Yale Bulldog Cycling	2:09:5
	Benjamin Fackler	CRCA/SixCycle/RK&O	2:10:0
3	Benjamin Grass	Dartmouth College	
	Ethan Pond	CRCA/CyclelifeUSA/GF Capital	2:10:0
-	Ron Ferraz	CRCA/Foundation	2:10:5
	Spencer Gilbert	Yale University	
7	Andrew Mitstifer	CRCA/ARC Racing	
	Zachary Parker	Dartmouth College	
9		Team Wear On Earth	
10	Steven Smith	Paceline Sports	
11	Thomas Butler	CCC/Keltic Const/Zane's Cycles	

Expo Wheelmen Cycling Central Wheel/GHCC 13 James Ebert 14 Doug Campbell 15 Nolan Montiel CCC/Clinton Cycling Club CRCA/Setanta 16 Rod Millott CRCA/Foundation Hayloft Healthy Vending CRCA/Foundation 17 Steve Seabury 19 Gene Primomo Capital Bicycle Racing Club lames Walker CATEGORY C (4/5) RACE

David Richardson

3	John Schwartz	Favata's TRT Bicycles	
4	Steve Kang	CRCA/Breakaway Courier	
5	Tom Stevens	Bicycle Depot	
6	Tanner Devoe	Princeton Cycling	
7	Thomas Hill	The Bicycle Depot	
8	Mark Wilens	Team Overlook	
9	Forest Trimble	Unattached	
10	Larry Chapman	Unattached	
11	James Dao	CRCA/Breakaway Courier	
12	Alec Rudd	Rensselaer Polytechnic Institute	
13	Matthew Rossi	CRCA/ARC Racing	
14	Dylan Thomarie	Adirondack Velo Club	
	Marc Kingsley	Inn at Cooperstown/Paceline Sp	oorts
16	Nicolas Carnevale	CRCA/ARC Racing	
17	Ben Wahlstrand	CRCA/Eumaeus Asset Mgmt	
	Bryan Grygus	HRRT/Specialized	
19	Benoit Tonneau	HRRT/Specialized	
	Arel English	New York Cycling	
CA	TEGORY D (5) RACE -	· 24 MILES	
1	Dominic Stobart	Unattached	1:12:18
	Ryan Conley	Unattached	
	Christopher Russo	Tenafly Road Dawgz	
	Simon Pedrotty	Unattached	
-	Robert Constantino	CRCA	
-	Gavin Klami	NYCROSS.com	
	Ed Liebowitz	Asphalt Green Dev Team	
	Juantxo Royo	Unattached	
9	James Litynski	HRRT/Specialized	1:12:34
	Andrew Cappabianca	Blue Sky Bicycles	1:14:19
	Gerard Wise	Unattached	1:14:29
	Stuart Levy	Tenafly Road Dawgz	
	Jonathan Lazzara		1:17:41
	David Mendonca		1:18:18
15	Donald Hard	Summit Cycling Club	1:18:18
15 16	Donald Hard Robert Frank	HRRT/Specialized	1:18:38
15 16 17	Donald Hard		

Team Overlook

Courtesy of Capital Bicycle Racing Club

Rockstar Games/Signature Cycles

27TH ANNUAL SHAMROCK SHUFFLE 5-MILE RU
March 24, 2013 • Glens Falls High School, Glens Falls

1:39:48

19 Anna Millenson

	2					igh School, G			
M	IALE OVERALL				М	IALE AGE GROUP: 2!	5 - 29		
1	Shaun Donegan	27	Saratoga Springs	27:11	1	Kevin Emblidge	29	Lake George	28:18
2	Anthony Giuliano	33	Albany	27:28	2	Liam McCarthy	26	Glens Falls	34:00
3	Ben Collins	18	Glens Falls	27:38	3	Andrew Pollock	27	Glens Falls	35:12
FE	MALE OVERALL				FE	MALE AGE GROUP:	25 - 29		
1	Dana Bush	34	Saratoga Springs	29:30	1	Justine Mosher	28	Queensbury	35:25
2	Serena Coombes	37	Queensbury	32:16	2	Melissa Wern	27	Hudson Falls	35:39
3	Elizabeth Emblidge	27	Lake George	33:13	3	Amanda Barone	29	Ballston Spa	39:00
M	IALE AGE GROUP: 1 -	14			M	IALE AGE GROUP: 30	0 - 34		
1	Grant Norton	14	Scotia	29:30	1	Lou Pauquette	32	Granville	29:18
2	Sean Ash	14	Glens Falls	34:16	2	Mark Holcomb	30	Saratoga Springs	31:30
3	Freddy Weidmer	10	Queensbury	39:45	3	Matthew Igler	30	Saratoga Springs	31:53
FE	MALE AGE GROUP:	1 - 14			FE	MALE AGE GROUP:	30 - 34		
1	Hannah Fogarty	13	Ballston Spa	37:14	1	Kristina Hubert	34	Red Hook	33:42
2	Maggie Borgos	13	Queensbury	39:07	2	Kim Zimbal	32	Saratoga Springs	38:19
3	Emma Coyner	14	Glens Falls	46:59	3	Holley Bedell	33	Chestertown	40:37
M	IALE AGE GROUP: 15	- 19			M	IALE AGE GROUP: 3!	5 - 39		
1	Kevin Dixon	18	Rotterdam	28:07	1	Keith Compson	36	Queensbury	31:45
2	Zane Belden	16	Queensbury	29:01	2	Michael West	37	Warrensburg	32:31
3	Jordan Ahrens	17	Fort Plain	29:33	3	Peter Prindle	39	Hudson Falls	36:25
FE	EMALE AGE GROUP: 1	15 - 19			FE	EMALE AGE GROUP:	35 - 39		
1	Megan Kellogg	17	Queensbury	34:02	1	Nicole Loscalzo	39	Wells	35:02
2	Taylor Mueller	18	Queensbury	34:19	2	Sarah Reed	35	Saratoga Springs	35:05
3	Sydney Dennison	15	Queensbury	38:09	3	Joanne Burns	39	Queensbury	35:52
M	IALE AGE GROUP: 20	- 24			M	IALE AGE GROUP: 40) - 44		
1	Mitchell Todorov	21	Clifton Park	28:29	1	Paul Cwiakala	40	Johnstown	33:55
2	Ryan Allison	23	Voorheesville	28:30	2	Paul Bricoccoli	43	Queensbury	34:54
3	Ryan McTague	20	Niskayuna	28:52	3	Jason Gardner	43	Glens Falls	35:16
FE	EMALE AGE GROUP: 2	20 - 24			FE	EMALE AGE GROUP:	40 - 44		
1	Jessi Longacre	23	Corinth	34:33	1	Janice Decker	44	Gansevoort	37:09
2	Colleen Meehl	21	Queensbury	36:42	2	Amy Gould	41	Hudson Falls	38:19
3	Erin McCullough	22	Gansevoort	37:08	3	Jill Borgos	42	Queensbury	39:09 continued

27TH ANNUAL SHAMROCK SHUFFLE 5-MILE RUN continued MALE AGE GROUP: 45 - 49 FEMALE AGE GROUP: 60 - 64 Clifton Park 29:12 Judy Phelps 36:16 Patrick Smith Slingerlands Martha DeGrazia 42:33 Lake George Jill Pederson 62 44:02 **FEMALE AGE GROUP: 45** Queensbury 36:45 MALE AGE GROUP: 65 - 69 Connie Smith Manchester Center, VT39:09 Tom Craigs 65 37:14 MALE AGE GROUP: 50 - 54 James Fiore 65 Latham 40:56 Kattskill Bay 29:13 Terry Smith 65 Galway 45:04 Timothy Bardin **FEMALE AGE GROUP: 65 - 69** Queensbury 3 Mark Weidner FEMALE AGE GROUP: 50 34:06 Diamond Point 45:53 Candi Schermerhorn 66 Patricia Phillips 69 Glens Falls 47:26 Nancy Nicholson Deborah Glagov Queensbury 35:05 aratoga Springs Christine McKnight 48:16 65 Gansevoort 53 42:06 MALE AGE GROUP: 70 - 74 MALE AGE GROUP: 55 - 59 1 Ray Lee Halfmoon 58:56 Queensbury Oradell, NJ FEMALE AGE GROUP: 70 - 74 Kirk Fasking Lake Placid 36:11 52:33 1 Dottie Langworthy **FEMALE AGE GROUP: 55** Sakiko Claus 58 58 59 40:23 Susan Burns Jill Mehan MALE AGE GROUP: 75 - 79 Joan Bleikamp 45:01 1:00:27 Joe Kelly

э М	ALE AGE GROUP: 60 -	64	Greenwich	45.01	- 1	Joe Kelly	/9	ivienands	1:00:27
1	Dennis Fillmore	61	Ballston Spa	33:50	М	ALE AGE GROUP: 80 -	99		
2	Daniel Larson	61	Queensbury	36:29	1	Ed Doucette	83	Bennington, VT	57:53
3		62	Colonie	36:56		Courtesy of	The Adir	ondack Runners	
	1 441 1 51505		COTOTILE	50.50			,,,e , ta,,	ondack namers	
						OUR LIFE 5K			
			March 30, 201.	3 • Cent	tral	Park, Schenecta	idv		
	ALE OVERALL		•			ALE AGE GROUP: 40 -	-		
1	Patrick Carroll	21	Albany	15:48	1	Randall Cannell	40	Dan a dallain	17:39
2	Brad Lewis	26	Troy	15:59	2		43	Broadalbin	
	Chuck Terry	30	Albany	16:23	_	Dale Miller		Schenectady	19:54
	MALE OVERALL	30	Albaily	10.23	3	300 101003	43	Hudson Falls	21:21
1	Anka Parzych	18	Niskayuna	19:48		MALE AGE GROUP: 4			
2	Michelle Rosowsky	45	Niskayuna	20:11	1	Penny Tisko	44	Voorheesville	21:27
3	Diana Tobon-Knobloch	31	Guilderland	20:13	2	Faye Reynolds	40	Porter Corners	22:18
	ALE AGE GROUP: 1 - 1		Guilderland	20.13	3	Marcie Alexander	42	Ballston Lake	24:42
1	Felix Plourde	13	Quebec City, QC	19:23	M	ALE AGE GROUP: 45 -	49		
2		14	Ballston Lake	21:26	1	John Stadtlander	47	Clifton Park	17:23
3	Miskas Kirstein	12	Schenectady	23:24	2	Kevin Creagan	47	Albany	17:41
	MALE AGE GROUP: 1		Seriericelady	25.2	3	Mark Stephenson	49	Esperance	18:33
1	Hannah Fogarty	13	Ballston Spa	21:29	FE	MALE AGE GROUP: 4	5 - 49	.,	
2	Haley Bonitatibus	12	Schenectady	26:05	1	Ruth Sadinsky	46	Albany	23:26
3	Laura Meade	12	Scotia	26:42	2	Laurie Scheuing	46	Saratoga Springs	24:18
М	ALE AGE GROUP: 15 -	19			3	Kimberly Goodwin	49	Clifton Park	24:33
1	Jack McGill	16	Niskayuna	18:02		ALE AGE GROUP: 50 -		Ciirtoirraik	24.55
2	Joseph Nugui	18	Niskayuna	18:46	1	Samuel Mercado	50	Wilton	19:22
3	Joseph Topa Jr	16	Utica	19:16	2		54		21:07
FE	MALE AGE GROUP: 15	- 19				William Mulligan		Duanesburg	
1		17	Stillwater	20:15	3	Julius Pasquariello	52	Rotterdam	21:16
2	Marika Plourde	15	Quebec City, QC	21:37		MALE AGE GROUP: 5			
3	Iuliana Parzych	18	Niskayuna	22:31	1	Janice Phoenix	51	Schenectady	23:48
M	ALE AGE GROUP: 20 -	24			2	Sharon Daley	51	Niskayuna	24:43
1	Eric Burlee	23	Niskayuna	21:20	3		52	Rensselaer	25:29
2	Nicholas Klemczak	20	Fort Johnson	22:18	M	ALE AGE GROUP: 55 -	59		
3	Christopher McCrum	24	Schenectady	22:47	1	John Parisella	55	Schenectady	19:41
FE	MALE AGE GROUP: 20	- 24			2	Ronald Philipp	59	Gloversville	20:53
1	Jessica Koonz	24	Albany	20:40	3	George Baranauskas	59	Scotia	21:44
2	Vi Pham	24	Saratoga Springs	22:09	FE	MALE AGE GROUP: 5	5 - 59		
3	Kelcey Heenan	24	Selkirk	23:21	1	Joan Celentano	59	Schenectady	27:00
M	ALE AGE GROUP: 25 - 1	29			2	Marlene Bradley	59	Schenectady	28:45
1	Daniel Jordy	29	Glenville	16:51	3	,	59	Albany	29:33
2	Dan Kelly	25	Schenectady	17:18		ALE AGE GROUP: 60 -		7 liburiy	25.55
3	Chip Cahill	27	Albany	20:38	1	Peter Gerardi	61	Scotia	20:28
	MALE AGE GROUP: 25				2	Michael Della Rocco	61	Altamont	26:30
1	Jen Hazzard	27	Johnstown	20:53			64	Latham	27:28
2	Stacy Rice	26	Ballston Spa	22:04	3	Paul Daigneault		Ldlfldffi	27.28
3		28	Albany	22:06		MALE AGE GROUP: 6			
	ALE AGE GROUP: 30 -				1	Linda Kolnick	61	Fort Plain	29:17
1	Allen Lerner	32	Niskayuna	18:30	2	Ellen Mueller	60	Schenectady	29:30
2	Oswaldo Rodriguez	34	Albany	19:47	3	Suzanne Nealon	62	Troy	29:54
3	Nicholas Whaley	33	Clifton Park	20:07	M	ALE AGE GROUP: 65 -	69		
	MALE AGE GROUP: 30		CI '''	24.45	1	David Glass	66	Glenville	22:12
1	Christina Jordy	31	Glenville	21:15	2	Joseph Scaringe	66	Latham	26:20
2	Jennifer Schwabrow	31	Johnstown	25:14	3	Terry Tamer	65	Albany	29:39
3	Katelyne McBee	30	Saratoga Springs	25:37	FE	MALE AGE GROUP: 6	5 - 69	•	
	ALE AGE GROUP: 35 - 1		Calcanatad.	10.51	1	Roberta Solomon	68	Clifton Park	27:18
1	Joseph Genter	38	Schenectady	18:51	2	Nancy Johnston	67	Ballston Lake	37:22
2	Ty Remington	37	Glenville	19:27	3	Bonnie Belfance	68	Scotia	56:54
3	Dennis King	36	Schenectady	19:34	-	ALE AGE GROUP: 75 -		50000	55.54
	MALE AGE GROUP: 35		Calcanatad.	22.50	1	Armand Langevin	75	Cohoes	33:31
1	Stefanie Pitts	38	Schenectady	23:56	2	Jim Owens	75 77	Latham	42:31
2	Melanie Vedder	35	Middleburgh	24:34	2				42.31
3	Rebecca Gleason	39	Rexford	25:30		Courtesy of	scheneci	tady Firefighters	

www.AdkSports.com MAY 2013

THE NON-MEDICATED LIFE

Reducing Health Care Costs By Paul E. Lemanski, MD, MS, FACP PART

Editor's Note: This is the 54th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 53 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. At a time when health care costs are becoming prohibitive for most Americans, an approach emphasizing diet and lifestyle that has the potential to dramatically lower costs through the actual prevention of disease, deserves fair hearing and consideration. Part One will focus on why such an alternative strategy is needed.



Part Two will address the specific disease states which best lend themselves to this approach.

No one will argue that

healthcare costs have not become prohibitive. The reasons for the high costs are twofold: first, our population is slowly becoming less healthy, and second, our population is getting older. Quite simply the increasing number of individuals who are less healthy and those who are older require more health care resources and more dollars.

Up until recent times the financial model for ensuring there is enough money to pay for health care resources has been the insurance model. In this model, the cost of caring for the relatively few sick is covered in theory by a modest premium paid by all. When those who are well vastly outnumber those who are sick there is money for all appropriate interventions to save lives and hopefully also improve the quality of life and longevity. However, as the number who are sick increases and the number who are well decreases, at some point there is not enough money to care for all who require it. The only apparent options are to increase the cost in dollars we all pay, to decrease the services offered, or decrease the cost we pay for the services offered either through increased efficiency or decreased reimbursement.

Currently, all three options are employed. All of us note that we are paying much more for healthcare than even a few years ago, and this has given rise to the advent of new insurance products, such as high deductible plans that serve to keep costs more reasonable - as long as we remain healthy. We also note that the services offered including medications, imaging procedures, and surgical procedures are increasing requiring health plan authorization, pre-authorization or approval. And finally, we all may note that doctors and hospitals and ancillary staff have seen reimbursements and salaries drop, with the result that physicians are retiring early and hospitals are closing - and access to care has been compromised.

We have seen strategies to hold down cost by a switch to generic drugs; we have seen the advent of an electronic medical record with the hope that an increase in efficiency will hold down costs, and we have seen the reorganization of medical care to emphasize accountable care organizations, which promise to hold down the cost of care by restructuring incentives to providers of care to support reimbursement for the outcome of care, rather than for processes and

The problem with the currently promulgated options is simple. All three options completely ignore the fundamental problem that the population is getting progressively less healthy. Instead of focusing on how to get the population more healthy in ways that do not require an increase use of healthcare resources, the current approaches look to strategies that even if fully and successfully implemented would do nothing to stem the tide of progressive need, progressive dependency, and the uncontrolled cost implied. Such strategies ultimately will ensure a nation of the unfit, the unwell, and the unable burdened with financial insolvency.

The alternative is to focus on how to get the population more healthy and thus decrease the number of sick individual and increase the number of healthy individuals. This may be accomplished by the paradigm shift of first establishing in the public consciousness that preventing disease is the primary goal of healthcare and that there are medically acceptable strategies for most individuals to avoid medication, to decrease medication, and to avoid medical procedures. It is important to establish in the public mind that these strategies require the effort of the individual as well as the group and that it is possible to pay with focused and informed effort and behavior change rather than dollars to achieve true robust health.

To this end, an emphasis must not simply be on restructuring incentives for the providers of care but also on restructuring incentives for the consumers of care. Healthcare insurers speak of "pay for performance" regarding providers of care when they also should be speaking of "pay for performance" for the consumers of care. If we continue to treat adults like children where they have no responsibility for their healthcare outcomes we will foster a system of unnecessary need and unnecessary dependence that will not be sustainable going forward. Our health in the final analysis is not primarily dependent on the actions of others as much as it is dependent on the choices and actions we make each day. For the specifics of how we can use diet and lifestyle individually and collectively to prevent disease, make out population healthier, and reduce health care costs stay tuned for Part Two. 📥

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

TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #2 March 30, 2013 • Coxsackie-Athens High School, Coxsackie

CA	TEGORY A (1/2/3) R.	ACE - 60 MILES	CATEGORY C (4/5) RACE – 36 MILES					
1	Michael Margarite	Stan's NoTubes	2:22:29	1	Regis Dupont	CRCA/Siggi's NY Velocity	1:37:03	
2	Ryan Serbel	Aetna Cycling Team	2:23:08	2	Alec Hoover	Favata's TRT Bicycles	1:37:52	
3	Michael Busa	JAM Fund/NCC		3	Peter Fobare	HRRT/Specialized		
4	Evan Huff	Embrocation/Gaulzetti Cicli		4	lan Lieberman	CRCA/ARC Racing		
5	Bobby Bailey	Dealer.com/Everbank		5	Chris Carper	Unattached		
6	Aaron Hubbell	MetLife/Noreast Cycling		6	Nicolas Carnevale	CRCA/ARC Racing		
7	Ross Baldwin	High Gear Cyclery/Watchung		7	Douglas Meyer	North American Velo		
8	Austin Vincent	CF Racing		8	Christopher Yates	Elevate Cycles		
9	Mitchell Jacaruso	Champion System		9	Andy Officer	Unattached		
	Mark Miller	Favata's TRT Bicycles		10	David Boyce	Housatonic Wheel Club		
	Timothy Durrin	JAM Fund		11	Andrew Rizzi	HRRT/Specialized		
	Francisco Liuzzi	CRCA/Rapha Racing		12	Wesley Hadzor	Mello Velo/BTB		
	Cliff Summers	CCC/Keltic Const/Zane's Cycles		13	Jon Kosich	Unattached		
	David Freifelder	Westwood Velo		14	Marc Kingsley	Inn at Cooperstown/Paceline Sp	orts	
	Troy Kimball	Westwood Velo		15	Jim Strouse Jr	1K2G0		
	Erik Post	CRCA/BH/Comedy Central		16	James Schibuk	CRCA/Asphalt Green Cycling		
	David Dulude	Opus/OGC		17	Bill Rowe	HRRT/Specialized		
	Michael Magur	Verge Sport		18	Bob Hooper	Unattached		
	Christian Favata	Favata's TRT Bicycles		19	Bryan Grygus	HRRT/Specialized		
	Andrew McCullough	Mt Borah/Minerva Design			Regis Dupont	CRCA/Siggi's NY Velocity		
	TEGORY B (3/4) RAC			CATEGORY D (5) RACE – 24 MILES				
1	Zack Vogel	North American Velo	2:03:42	1	Donald Hard	Summit Cycling Club	1:07:34	
2	Ethan Pond	CRCA/CycleLifeUSA/GF Capital	2.05.42	2	Christopher Russo	Tenafly Road Dawgz		
3	Scott Hock	NYCROSS.com		3	Eames Bennett	Bard College		
4	James Jennings	Paceline Sports		4	Cristofer Schroeder	CRCA/Houlihan Lokey		
5	Josh Sakofsky	CRCA/BH/Comedy Central	2:04:19	5	Michael Hangac	Bike Brothers		
6	Sammy Moseley	CRCA/Junior Development	2.04.13	6	Stephen Werthner	Capital Bicycle Racing Club		
7	Bruce Beauharnois	Team Wear On Earth		7	Jonathan Lazzara	Unattached		
8	Ron Ferraz	CRCA/Foundation		8	Gavin Klami	NYCROSS.com		
9	John Malcolmson	Kissena Cycling Club		9	Rick Ikasalo	Bethlehem Triathlon Club		
	Nolan Montiel	CRCA/Setanta			Dennis Rutherford	Unattached		
		Black Tie Sports/Spine			Jason Candee	Berkshire Bike & Board		
11					Juantxo Royo	Unattached		
	Justin Inglis Todd Crisafulli	CRCA/Gotham-Toga! Classbook.com/North American	\/a a		Richard Shade	Les Amis		
			veio		Mitchell Perlmutter	Tenafly Road Dawgz	1:09:40	
	Benjamin Pigott	CLR/CLracing.com			Peter Guarino	Unattached		
	Henry Chan	Pawling Cycle & Sport			Gabriel Herrera	Skidmore College	1:10:32	
	Steven Smith	Paceline Sports		17	, ,	Northampton CC	1:15:35	
	Andrew Meunier	Pawling Cycle & Sport			Lisa Mirabella	CRCA/Houlihan Lokey	1:16:32	
	James Walker	Team Placid Planet			Madeleine Marecki	Rockstar/Signature Cycles		
	Jonathan Favata	Favata's TRT Bicycles		20	Alan Sanfilippo	Capital Bicycle Racing Club	1:18:39	
20	Jake Goodman	CRCA/CycleLife/GF Capital			Courtesy of	Capital Bicycle Racing Club		

34TH ANNUAL SALEM APRIL FOOL'S RACE

			April 6, 2013	• Salen	High Sc	hool, Sale	em	_	
		5K RU	IN .				10K RL	JN	
M	ALE OVERALL				MALE OV	ERALL			
1	Lou Pauquette	32	Granville	18:53	1 Lou Pau	lanette	32	Glenville	39:00
2	Brandon Thomas	16	Granville	20:20		s Campbell	51	Salem	40:23
3	Bryan Crosier	48	Argyle	20:57	3 Bob Ra		48	Stillwater	40:25
	MALE OVERALL						40	Juliwatei	40.23
1	Jessica Bashaw	30	Cambridge	20:53	FEMALE (20	6 1 1 1	44.07
2	Theresa Rushinski	43	Shushan	23:29		Bashaw	30	Cambridge	41:37
3	Nichole Campbell	18	Salem	25:28		Chapman	35	Bennington, VT	43:56
	ALE AGE GROUP: 1 - 1		D. salsials	21.20	3 Nicole I	_oscalzo	39	Wells, VT	45:17
1	David Senecal-Moseley Brian Horner	15 16	Buskirk West Pawlet, VT	21:29	MALE AG	E GROUP: 20	- 29		
3	Jack Thrasher	11	Rupert, VT		1 Chase I	_eBarron	22	Eagle Bridge	46:07
	MALE AGE GROUP: 1		rupert, vi		FEMALE A	AGE GROUP:	20 - 29	3 3	
1	Sophie Phillips	9	Greenwich	34:16		dra Conety	24	Shushan	47:57
2	Lilly Phillips	9	Greenwich	34:24		E GROUP: 30		Silasilari	47.57
	ALE AGE GROUP: 20 -		Greenwich	34.24		Decker	37	C	45:02
1	Greg Randles	26	Argyle	24:47				Gansevoort	
2	Dan Snyder	29	Salem	24:57	2 Ben Yu		37	Greenwich	46:51
3	Robert Lambert	23	Greenwich	27:36		AGE GROUP:			
	MALE AGE GROUP: 2				1 Megan	Adams	35	Salem	57:47
1	Terra Bolster	27	Gansevoort	29:55	MALE AG	E GROUP: 40	- 49		
2	Rebecca Jordan	27	Greenwich	29:56	1 Jim Fos	ter	42	West Charlton	55:01
3	Susan Smith	26	Saratoga Springs	33:21	2 Tim Livi	inaston	45	South Glens Falls	59:20
M	ALE AGE GROUP: 30 -	39				AGE GROUP:			
1	Jason York	34	Hadley	21:38	1 Kelly Al		47	Pawlet, VT	48:13
2	David Bentley	39	Troy	22:33					
3	Daryl Winslow	33	Salem	24:34		ronhofer	46	Argyle	49:38
	MALE AGE GROUP: 3				3 Gail Too		42	Greenwich	54:09
1	Elizabeth Donaldson	34	Shushan	26:54	MALE AG	E GROUP: 50	- 59		
2	Tracy Cross	39	Eagle Bridge	27:50	1 James E	Buffino	52	South Glens Falls	53:26
3	Erin McCauliffe	34	Cossayuna	28:50	FEMALE A	AGE GROUP:	50 - 59		
	ALE AGE GROUP: 40 -		T16 1 D4	2425	1 Sandy F	Provencher	58		46:29
1	Matt Graham	42	Telford, PA	24:25	2 Sandy A		53	Shushan	54:06
2	John Thrasher	46	Rupert, VT	25:49	3 Joan Bi		59	Greenwich	58:34
3	Mike Thompson MALE AGE GROUP: 4	47	Queensbury	33:53		E GROUP: 60		Greenwich	30.54
1	Theresa Rushinski	43	Shushan	23:29		Yeaton	61	France MIII	52:41
2	Mara Fronhofer	46	Argyle	26:10				Epsom, NH	
3	Tori Wilk	45	Eagleville, PA	27:50	2 Rick Mo	9	60	Stillwater	63:02
	ALE AGE GROUP: 50 -		Lagieville, 1A	27.50			E CHILDR	EN'S RACE	
1	Chester Tumidajewicz	58	Amsterdam	23:18	MALE OV	ERALL			
2	Dan Pemrick	51	Greenwich	24:02	1 Zac Cui	mmings	12	Salem	6:39
3	Douglas Campbell	51	Salem	25:29	2 Jack Th	rasher	11	Rupert, VT	6:42
	MALE AGE GROUP: 5	0 - 59			3 Chris B		11	Salem	6:53
1	Patricia Lea	51	Pawlet, VT	31:16	FEMALE (Juicin	0.55
M	ALE AGE GROUP: 60 -	69	•				12	Middle Cressills	7,24
1	Jay Bellanca	61	Salem	27:05		chmore	12	Middle Granville	7:31
2	Alan Leake	60	Bennington, VT	30:43	2 Emily V		11	Salem	7:44
M	ALE AGE GROUP: 70 -		•			Rushinski	13	Salem	7:53
1	Michael Rosenthal	70	Arlington, VT	27:44	Cour	tesy of Salem	Rotary Cl	ub & Racing Committ	ee

POND SKIMMING CONTEST

	April 6, 2013 • Gore Mountain, North Creek								
FE	MALE: 12 & UNDER		M	ALE: 13-19		M	ALE: 20-PLUS		
1	Milana Pomarico	34	1	Samuel Radley	37	1	Mike Pomarico	37	
2	Lauren Heller	31	2	David Onzo	33	2	Jacob Sauer Jones	36	
3	Allyson Eicher	29	3	Sean Meyer	30	2		35	
4	Ashley Gleason	19	4	Josiah Esper	29	3	Brian Ducey		
M	ALE: 12 & UNDER		5	Paolo Pomarico	29	4	Lucas Sauer Jones	31	
1	Mason Dils	32	6	Jesse Englemann	28	5	Jason Eipp	31	
2	Kevin Meyer	31	7	Andrew Sponable	28	6	Cameron Jones	31	
3	Frank Tunney	30	8	Chase Maletesta	26	7	Joshua Wells	30	
4	Jake Eipp	29	9	Liam Meyer	25	8	Douglas Haugen	29	
5	Shea Hogan	26	10	Nick Sorice	24				
6	Nolan Dils	25	11	Ethan Cooper	23	9	Chris Moeller	28	
7	Jared Eipp	25	12	Galen Esper	21	10	Brian Laudeuberger	27	
8	Matthew Gleason	21	13	Chris Dunn	20	11	Paul Renaud	26	
FE	MALE: 13-19		14	Trever Hallaran	18	12	Zachary Walsh	26	
1	Madison Pomarico	33	15	Christian Arndt	16		Rich Hermann	24	
2	Celina Onzo	32	FE	MALE: 20-PLUS					
3	Agathe Doyon	31	1	Erin Baxter	31		Logan Jones	20	
4	Lexi Eipp	28	2	Catlin Renaud	30	15	Ross Pusatere	18	
5	Sarah Granev	26	3	Medhan Dolan	26		Courtesy of Gore N	lountain	



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River in the Adirondacks and the metropolitan lower Hudson River in the New York City area – the East and Bronx rivers are also covered. A bit of a curious collection but you might find several trips of interest here.

Adirondack Paddling: 60 Great Flatwater Adventures by Phil Brown – Published in 2012, this is a great up-to-date collection of mostly day paddling destinations – not that you couldn't overnight it on many of these trips – into the wilder areas of the Adirondacks. Color photographs add to this book's appeal and to the appeal of the waterways included here. The book has a nice blend of stream and lake paddling, featuring old favorites like Lake Lila, as well as newly-accessible areas like Cedarlands.

Adirondack Paddler's Guide by Dave Cilley - This attractive book appeals mostly to the tripper, someone looking to spend a few days or weeks on the water, and covers in good detail the northwestern half of the Adirondacks. The introduction gives us plenty of information relating to rules and regulations specific to the Adirondack Park. I may wish for a better description of a portage, and wonder why an interesting side-trip has been left out, but these are minor guibbles as there is so much great information here. The author owns St. Regis Canoe Outfitters in Saranac Lake. While there are good maps in the book, the companion Adirondack Paddler's Map, is also worth purchasing for its detailed locations of portages and campsites.

Adirondack Canoe Waters North Flow by Paul Jamieson and Donald Morris – Now approaching classic status, this was the tripper's guide until the Dave Cilley book arrived on the scene in 2008. The authors provide more background and history in a manner that exhibits their immense passion for paddling and the Adirondacks. The maps in this book are simple, and the photographs are black and white, but augment the book with the Adirondack Paddler's Map and you have many weeks of exploration to anticipate.

Fun On Flatwater: An Introduction to Adirondack Canoeing by Barbara McMartin - This basic gem from the original author of the Discover the Adirondacks series of guidebooks exposes the day tripper to a great variety of stream, pond and lake trips. The descriptions are unusually brief if you are familiar with the rest of Barbara McMartin's work, but her destination selections for this book are choice. Old standards like Lake Lila and the Kunjamuk River are here, and for the soft campers out there, waters adjacent to NYSDEC campgrounds are covered too. As a bonus, the introduction includes a section of canoeing instruction in such simple terms that no one should be seen "goon-stroking" a canoe after this read. Add to this a price of \$12.50 and you have one the best bargains available.

Discover the Northwestern Adirondacks by Barbara McMartin and Bill Ingersoll - The Discover series of books might be of most interest to the hiker and winter wanderer than the paddler, but many of the books in this series also include paddling destinations. I'm singling out the Northwestern book for its excellent coverage of some most desirable paddling areas like the Oswegatchie River, Stillwater Reservoir, Lows Lake, Lake Lila and Little Tupper Lake, plus more lesser-known waterways like the Little River. Many of us paddlers enjoy stretching out our legs and hiking for a change of pace - making this volume indispensable in my mind.

A Kayaker's Guide to Lake George, the Saratoga Region and Great Sacandaga Lake by Russell Dunn – The author's love for scenic beauty and history comes through loud and clear in his detailed books. With this guide, Russell Dunn has filled a gaping hole in the paddling literature for New York State – Lake George and Great Sacandaga Lake are well-known, but less so from a paddling perspective. Also included is the Hudson River from Thurman Station to Fort Edward, as well as some smaller, more intimate water bodies like the Kayaderosseras Creek and Round Lake.

Adirondack Mountain Club Canoe and Kayak Guide East-Central New York State edited by Kathie Armstrong and Chet Harvey - While this guidebook includes flatwater trips on streams and rivers, it also has a fair amount of whitewater in it making it a must-have for the river-running paddler. Much of the Hudson River from Newcomb to Troy is described here, as well as the easy whitewater of popular streams like the Batten Kill. Other notable streams in this well-organized guide are Schoharie Creek, Kayaderosseras Creek, Sacandaga River and Hoosic River - I do wish the Massachusetts to Pownal, Vermont section of the Hoosic was included though. Most of the trips are within 100 miles of the Capital Region and some are in neighboring states.

A Kayaker's Guide to New York's Capital Region by Russell Dunn – This book covers in detail, the Mohawk River from Amsterdam to Waterford, and the Hudson River from Mechanicville to Catskill. You can be sure that Russell Dunn will offer historical background and interesting tidbits in his books and this one is no different. A new guidebook to the Capital Region's ponds and lakes is in the works.

Hudson River Watertrail Guide by

lan Giddy – Currently being revised by the Hudson River Watertrail Association, you might be lucky to find a copy of the sixth edition, published in 2003, lying around some dusty bookstore's shelf. Hopefully the seventh edition will be available soon, as this book is by far the best guide to the tidal Hudson River from Troy to New York City. Boat launching areas, campsites, historical sites, and natural areas of interest are covered. Black and white charts for every section help in navigating New York's most famous river.

A Kayaker's Guide to the Hudson River Valley by Sheri Aber – This guide covers the smaller and quieter waters of the valley on either side of the Hudson River from Kinderhook south to Beacon.

A Kayaker's Guide to Lake Champlain by Catherine Frank and Margaret Holden – The definitive paddling guide to our "Great Lake," covering the Vermont side as well the New York side.

Kayak and Canoe Paddles in the New York Champlain Valley by Jack Downs – This guide contains 15 mostly easier to moderate paddling trips in the northeastern part of the state including the west shore of Lake Champlain.

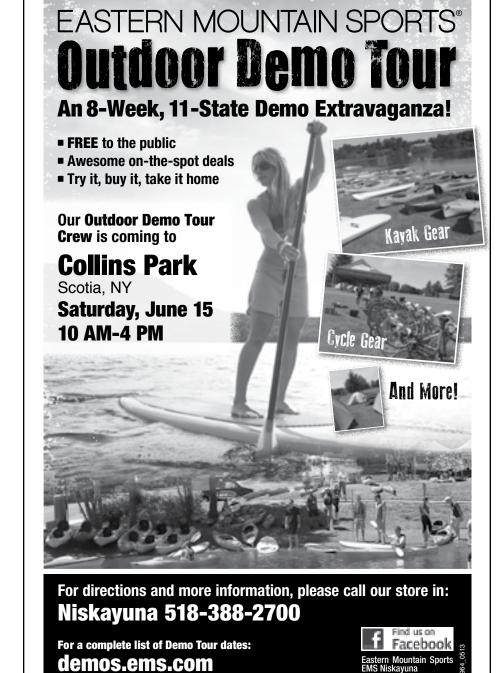
Take a Paddle Finger Lakes by Rich and Sue Freeman – This book contains a wide assortment of 64 paddles in the west-central part of the state – just don't expect much on the bigger Finger Lakes though.

Take a Paddle Western New York by Rich & Sue Freeman – The guide has 45 trips in western New York with good maps and directions

Day Paddling Long Island Sound by Eben Oldmixon – This book contains eight trips on Long Island's north shore – the rest of the trips in here are mostly in Connecticut.

So grab your paddle and life vest, throw your canoe or kayak up on the car and get paddling – there is no shortage of places to paddle in New York!

Rich Macha is the owner of Adirondack Paddle'n'Pole, a canoe and kayak shop in Colonie. To see where Rich has been paddling lately go to onewithwater.com.







www.AdkSports.com MAY 2013







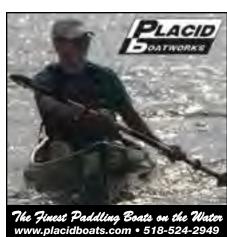


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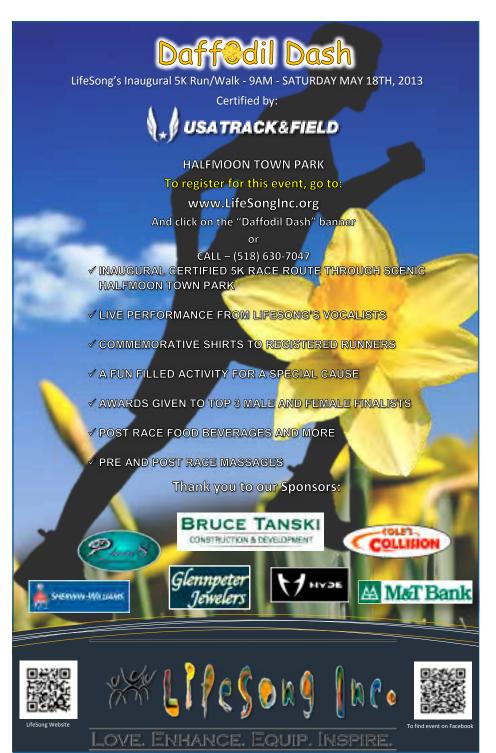
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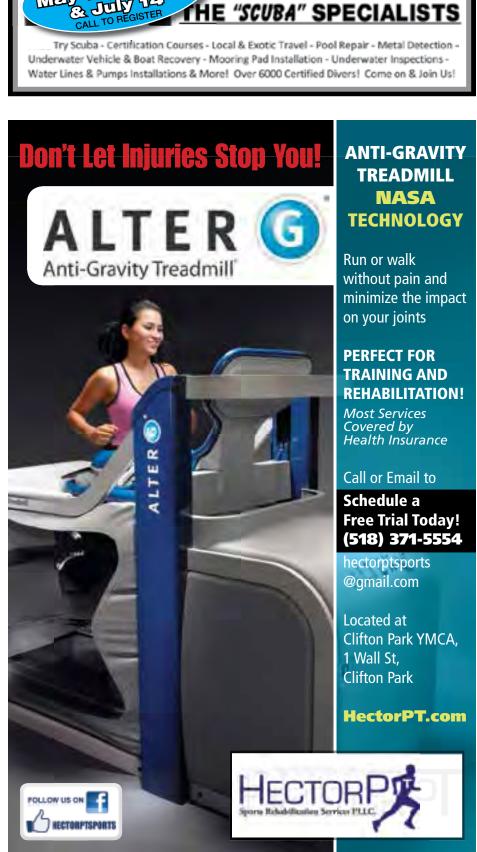
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April was cold and cloudy, but as May approaches the temperatures and sun are finally trending the right way. This is a good thing considering the multisport season is upon us. There are so many great events in upstate New York this season. You really do need to call them events as there is so much more to each than just a race.

Celebrate Memorial Day by entering the third annual Cooperstown Triathlon at the Otesaga Resort Hotel on May 26. For procrastinators you have until May 24 at 3:54pm to register. This year, race director Mike Brych has capped the race at 300 participants, so sign-up today. What's the draw? How about the Baseball Hall of Fame, a beautiful sprint distance course, Nike Dri-Fit shirts, and Brewery Ommegang as a beverage sponsor! The post-race party will be at the Yum Yum Shack in Cooperstown. Chris Moore from Malta raced in 2012 and said, "The race was well-organized, the volunteers and staff were great - all in all a great race." Capital District Triathlon Club president, Kenny Hart, has raced both years and notes, "Mike and his entire team put on a great event... This was my first-ever tri two years ago and I'll keep going back."

The ninth annual **Saratoga Lions Duathlon** will also be held on May 26. Registration is

open through May 23 online and you can register day of race. All participants will be entered into a drawing for prizes from Blue Sky Bicycles. You can purchase raffle tickets to win box seats at Saratoga Race Course for a day or a \$4,000 Serotta bicycle. Distances are 5K run. 30K bike and 5K run. The race and raffles raise money for the Saratoga Springs Lions Club Foundation's work in sight and hearing conservation, diabetes, community and youth programs. New to the event is a half-mile kids' fun run. A bounce-house and face painting will also keep the kids entertained. This year participants can fundraise for the foundation, in return they will receive special prizes based on their fundraising level.

On June 1, the second annual **Rally in the Valley Duathlon & 5K** is in Fort Hunter, near Amsterdam. This year's race, created by local runners and cyclists, offers an early season challenge for individual participants, and the Duathlon Relay is an opportunity for runners and cyclists to team up. The 5K offers runners the opportunity to compete, while experiencing the excitement of a duathlon as competitors head in and out of the transition area. The duathlon distances are a 5K run, 20-mile bike and 5K run. This race is a fundraiser for Habitat for Humanity of Montgomery County.

Some exciting news comes from the

Hudson Crossing Triathlon to be held in Schuylerville on June 9. The Saratoga Triathlon Club will be handing out Specialized water bottles to finishers and will present six lucky first-timers with a free entry - what a great incentive to try a triathlon! Olde Saratoga Bike & Boards and RoadFox have donated raffle prizes. Age-group winners will receive chocolate milk from King Brothers Dairy. Expect to see more than 30 kids on the sprint course from the Clifton Park-Halfmoon Piranhas Swim Team alongside other local teen triathletes. If you participate in Athena or Clydesdale divisions this is also a race for you. Get your free LUNA bars from Team LUNA Chix at the race and on Thursday, May 30, join the team for a course preview ride with bars. Registration for the race closes on June 1.

Catherine Bologna of Rexford says, "I really like Hudson Crossing because it is well run, great for beginners, and there are slides for the kiddies to play on while we race." For those worried about swimming in the Champlain Canal, Erica Welch of Glenville says, "The canal took away the overwhelming feeling of swimming in open water, and the wave swim start is so much more manageable than a mass start."

The **HITS North Country Triathlon** is in Hague on June 29-30. The HITS Triathlon

Series purchased the North Country Triathlon, established in 2006, so a great tradition lives on. In addition to the sprint and Olympic distances, athletes can now choose half or full Ironman distances – bringing over 1,200 athletes to the Lake George area. A popular event at the HITS series is the open race, a free 100-meter swim, three-mile bike and one-mile run. Registration closes on June 25. A couple of reasons to consider HITS: cost, if you registered early you're doing the full Ironman for only \$150; stool in the transition area – love it; and they encourage you to share your passion for triathlon with friends and family.

The 31st annual Tupper Lake Tinman on June 29 will again draw many competitors, including some getting tuned-up for Ironman Lake Placid. Did you know that the Tinman is one of the longest running half Ironman distance triathlons in the US? In addition to the individual race, there's also a popular Tinman Relay. Online registration closes at midnight on June 22. If the half distance isn't for you, then get in on the sprint, a 0.6-mile swim, 18.6-mile bike and 6.6-mile run, Entry for both races includes a night-before pasta dinner. Longtime race director, Ted Merrihew says, "The volunteers are the one's keeping the race going, and we continue to run the best race we can every year."

An Albany area race that's great for beginners is the 13th annual **Pine Bush Triathlon** on July 14. The race starts at Rensselaer Lake in Albany and continues to the YMCA in Guilderland, with a 325-yard swim, 11.5-mile bike and 3.2-mile run. While it does take some planning to manage the two transition areas, the short swim is a draw. Eleonora Morrell of Clifton Park says, "Racers should be prepared for the hill at the end of the run, but once you get to the top you are done." The Guilderland and Bethlehem YMCA branches are offering training programs for the event.

With so many great regional events, there is no reason not putting one or more of these races on your calendar!

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





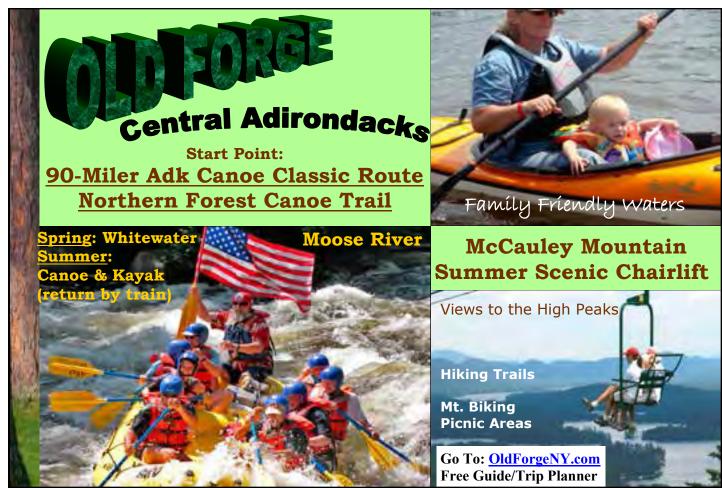
Half Marathon: Main Street through downtown, around Mirror Lake, down Route 73 past ski jumps, left on River Road, out and back to finish

Shuttle is available from finish to start
 Awards to top 3 M/F overall and age groups
 All registered by 9/1 get T-shirt
 Post race: finisher medal, live music, food, drinks and award ceremony

Start, 9am: Olympic Speedskating Oval Finish: North Elba Show Grounds Register online by 9/4: Active.com • Fee: \$45 by 9/4

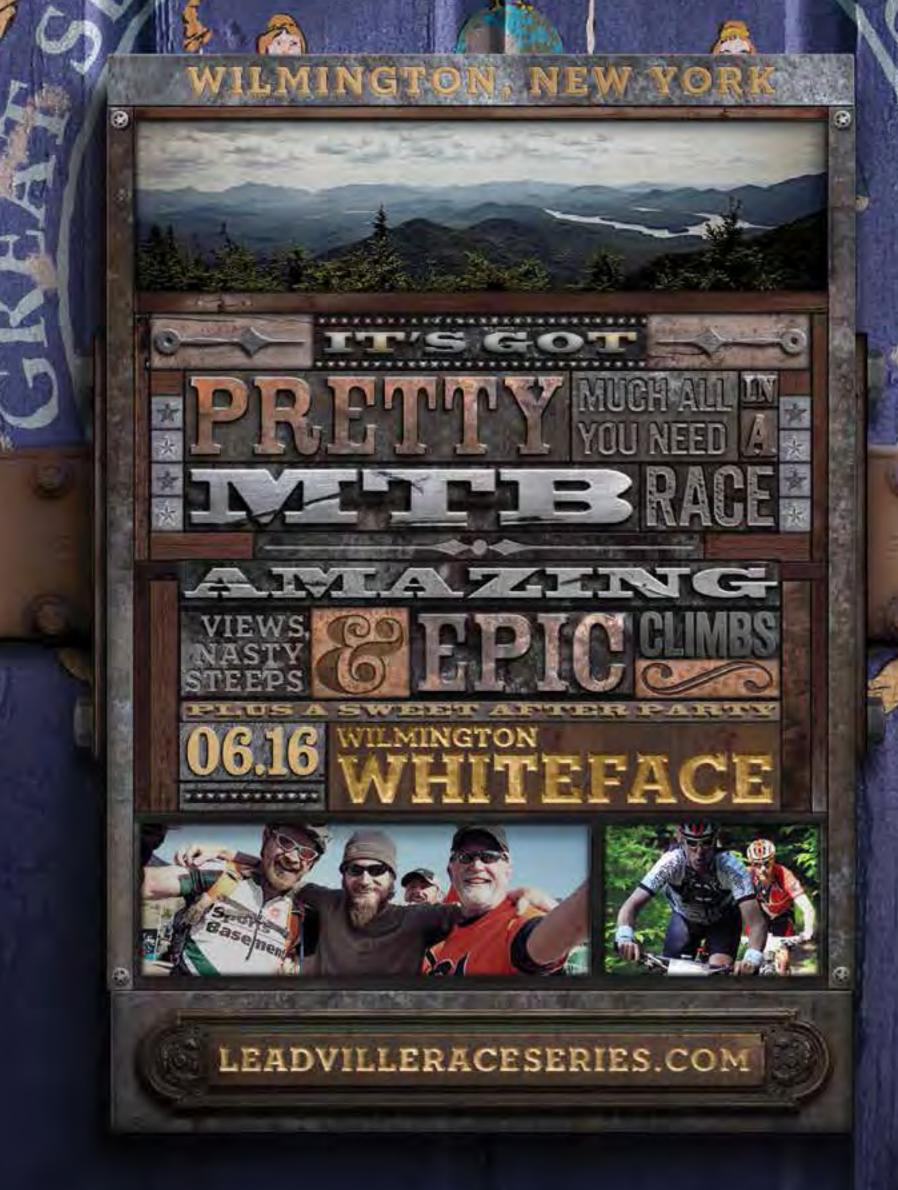
Saturday, September 7

or \$60 race day
Info/Form: LakePlacid.com/
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Grab your MTB riding buddies and head to the Wilmington Whiteface Bike Fest June 16th, where you can "Race the Face." This year we're offering two course distances, so you can race 50K or 100K solo, or build a 2- or 4-person relay team for the 100K. Register today and spend the day climbing steeps, crushing downhills and generally having the time of your life in beautiful Wilmington, NY.











