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Early Summer Charity Rides

By Dave Kraus



(MAIN 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

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Early Season Events

Every 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 the bike.

Participating in a charity ride can expand that cause to something larger than 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 diagnosed 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.

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.

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KAYAKING & CANOEING

Planning Your Next Trip

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 guidebooks 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



▲ LAKEVIEW WILDLIFE MANAGEMENT AREA, ADJACENT TO LAKE ONTARIO, NEAR PULASKI.

◀ PADDLING PAST SHALE CLIFFS OF WALHALLA ROCKS ON THE SCHOHARIE CREEK, NEAR MIDDLEBURGH.

PHOTOS BY RICH MACHA

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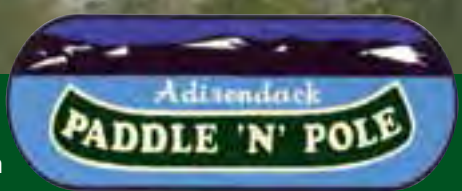
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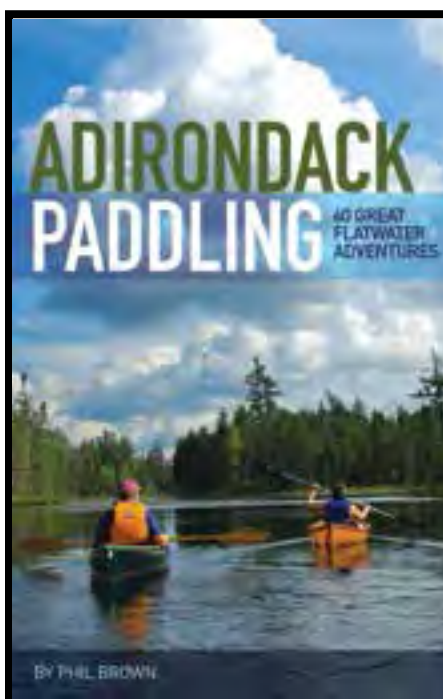
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AROUND THE REGION **News Briefs**

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 distraction-free 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.

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-to-trail 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. 🏠

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.



Darryl and Mona

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Calendar of Events May - July 2013

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26	27	28	29	30	31	23 ³⁰	24	25	26	27	28	29	28	29	30	31						

BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club Road Rides.** 300 rides per year for all ability levels in the Capital District & Saratoga Springs. Schedule: webmhcc.org.
- Mon Anywhere We Want Ride.** 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Mon Monday Ride.** 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Wed Placid Planet Time Trial Series: 5/1-6/5.** 8M. 6:30pm. Riverside Dr, Lake Placid. 523-4128. placidplanetbicycles.com.
- Wed Intermediate Road Ride.** 6pm. 20-35M. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Wed Meander Ride.** 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Thu In-House Workshop.** 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com.
- Fri HRRT Bike Belles, Beginner Ride & Juniors Team Rides.** 6pm. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Sat In-House Workshop.** 10am. Fixing flats, adjusting brakes, derailleurs, truing wheels, on-road repairs. 10am. Plaine & Son, Schenectady. 346-1433. plaineandson.com
- Sat In-House Workshop.** 10:30am. Fixing flats, adjusting brakes, derailleurs, truing wheels, on-road repairs. Broadway Bicycle Co, Albany. 451-9400. broadwaybicycleco.com.

MAY

- 11 Women's Cycling Series #4: Mechanics.** 8-10am. Clinic & 1hr group ride. Adk Tri Club & Grey Ghost Bicycles, Glens Falls: 223-0148. greyghostbicycles.com.
- 11 Saratoga 400K Brevet.** 4am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 11 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.
- 12 Women's Woodstock Cycling Grand Prix. Women's only races. Woodstock Day School, Saugerties. Martin Bruhn: 845-612-1672. facebook.com/WWC2013.
- 15 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.
- 17 "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.
- 18 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
- 18-6/29 Learn Bike Safety & Build to 15M. 9:30am. Clinton C.C., Plattsburgh. 562-4143. clinton.edu/ccwd.
- 19 9th Team Billy Ride & Walk for Research.** 50M/25M/10M ride: 8:30am. 3M walk: 9am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 19 Ride with the Vets. 7:15am. Municipal Center, Chestertown to Crandall Park, Queensbury. Steven Dean: 812-8760. gwotmonument.org.

- 22 Niskayuna Bikes: Open Town Hall Forum. 7pm. Niskayuna. bikinghome@gmail.com.
- 25-27 Killington Stage Race. Killington, VT. 802-496-5415. killingtonstagerace.com.
- 26 100-Mile Beer Run Century/Half-Century & BBQ.** 100M: 8am. 50M: 10am. Lake Placid Pub/Brewery, Lake Placid. 523-4128. placidplanetbicycles.com.

JUNE

- 1-2 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.
- 1-2 600K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 1 Saratoga 400K. 1am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 2 American Diabetes Association Tour de Cure.** 100M: 7am. 63M: 7:30am. 50M: 8am. 25M: 9am. 10M: 10am. 3-hour spin: 9am. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755 x3606. diabetes.org/tour.
- 5 CBRC Coeyman's Hollow Time Trial.** Joralemon Memorial Park, Ravena. cbrc.cc.
- 5 Women's Wine Gathering.** 6pm. Meet fellow athletes, discuss cycle/run/tri or find a training buddy. Plaine & Son, Schenectady. 346-1433. hrrtonline.com.
- 7-9 10th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** Signature 2-day option: 140M w/option for back-to-back century rides. New: 1-day Sunday option: 62.5M w/option for century ride. Hudson River Valley. 718-875-2123. idbride.org.
- 8 6th Wilmington-Whiteface Road Race.** Wilmington Town Park, Wilmington. Jim Walker: 637-6590. teampacidplanet.org.
- 8 Sacandaga Challenge: 6-12-24 Hr Rides. 6am. Serotta, Saratoga Springs. 649-0357. sacandaga61224hrchallenge.com.
- 15 12th Whiteface Mountain Uphill Bike Race.** 11M. 8am. Whiteface Ski Center, Wilmington. 946-2255. whitefaceace.com.
- 15 Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
- 22 ADK 540 Preview Ride.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 22-23 Catskill 600K. 4am. Westfield, MA. 413-562-5237. newhorizonsbikes.com.
- 23 Owasco Flyer Cycling Road Race. 36M citizens road race. 9am. Emerson Park, Auburn. 315-253-5304. owascoflyer.com.
- 26 CBRC Pinnacle Hill Climb Time Trial.** 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.
- 29 Okemo Bike Climb. 5.8M. 10:30am. Okemo, Ludlow, VT. 802-738-5557. okemobikeclimb.com.

JULY

- 5 Women's Wine Gathering.** 6pm. Meet fellow athletes, discuss cycle/run/tri or find a training buddy. Plaine & Son, Schenectady. 346-1433. hrrtonline.com.
- 13 13th Saratoga 12/24 Ride.** Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- 13 12th Capital Region Road Race.** 43-83M. Ravena-Coeymans-Selkirk HS, Ravena. 281-3710. cbrc.cc.
- 14 Foundation of CVPH Mayor's Cup Bike Ride.** 70M: 8:30am. 22M: 9:30am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org/foundation.
- 14 Liberty Tour Albany Criterium & Series.** Washington Park, Albany. 413-314-3478. anthemsports.com.
- 21 Liberty Tour Danbury Criterium & Series.** Downtown, Danbury, CT. 413-314-3478. anthemsports.com.
- 21 2nd Ride for the River. 50M/25M/10M. 8:30am. Village Green, Jay. Corrie Miller: 637-6859. ridefortheriver.org.
- 27 10th Onion River Century Ride. 111M, 68M, 35M. 8:30am. Montpelier, VT. 802-229-9409. onionriver.com.
- 28 Liberty Tour Worcester Criterium & Series.** Downtown, Worcester, MA. 413-314-3478. anthemsports.com.

AUGUST

- 2-4 Tour of The Catskills: Pro/Am Stage Race.** 120-180M. Windham & Hunter. 413-314-3478. tourofthecatskills.com.

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Foundation of CVPH



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
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Lyme

Mt Equinox Uphill Bike Climb

Saturday, August 3 • 8AM
Skyline Dr, Manchester, VT
5.4M race, 3,248ft up, 12% grade

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
- SAC, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

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www.webmhcc.org

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Sun: Closed

- 3 Gear Up for Lyme Mt Equinox Uphill Bike Climb.** 5.4M. 8am. Manchester, VT. bikereg.com.
- 11 Ididaride: Adirondack Bike Tour!** 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 18 1st Matthew Ratelle Memorial Benefit Bike Ride.** 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 24 13th Pat Stratton Memorial Century Ride.** 100M/50M/25/ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 7 Double H Ranch: Camp Challenge Ride.** 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921. doublehbranch.org.
- 7-8 Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. webmhcc.org.
- 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.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 6/17. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Hatha Yoga.** 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Hatha Yoga.** 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

MAY

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

HIKING & ROCK CLIMBING

MAY

- 11 Spring Fling Family Day.** 10am-4pm. Hiking, archery, games, crafts. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.
- 18 ADK's Black Fly Affair: A Peace & Love 60s Style Cruise.** 6:30-10pm. Dance/dine, silent/live auctions, beer/wine tastings, live music. Tie dye optional, hiking boots mandatory. Lac du Saint Sacrement, Lake George. adk.org.
- 18-19 Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 25 Saranac Lake 6er Hiking Challenge: Kick-Off Celebration.** Sign-in: 7am. Hiking: 8am. Celebration: 3pm. Berkeley Green, Saranac Lake. 891-4150. saranaclake6er.com.
- 26 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.
- 24 Macomb, South Dix, East Dix & Hough Hikes.** 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

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

JULY

- 5-7 Trailless Backpacking: Dix Range.** 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 8 Seward, Donaldson & Emmons Hikes.** 15M. Adirondack Mountain Club: 523-3441. adk.org.
- 12-14 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.
- 15 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.
- 20 Seymour Mtn Hike.** 14M. Adirondack Mountain Club: 523-3441. adk.org.
- 22 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.
- 26-28 Trailless Backpacking: Santanonis.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 29 Tabletop Mtn Hike.** 9.8M. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

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

MAY

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

JUNE

- 8 18th Black Fly Challenge Adirondack Mountain Bike Race.** 40M. 10:30am. Indian Lake to Inlet. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- 8 Mix Up The Dirt (MUD) Festival.** 8am-4pm. Rides, demos, prizes, food, music. 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.
- 16 3rd Wilmington-Whiteface 100K Mountain Bike Endurance Race.** Leadville Trail 100 Qualifier. Whiteface, Wilmington. leadvilleraceseries.com.
- 23 Round Top Mountain Bike Festival.** 10am. Riding, demos, skills. Riedlbauer's Resort, Round Top. catskillcycles.com.
- 27-30 4th HRRT Kingdom Trails Trip.** Trail/road riding, activities, talent show. Burke, VT. hrrtonline.com.
- 30 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.

18th ANNUAL

BLACK FLY CHALLENGE

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
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for registration & information
Pedals & Petals: 315-357-3281

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12th ANNUAL

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Juniors, Military & Unicycles Welcome

Saturday, June 15 at 8am
11 miles, 3500 feet up Veterans Memorial Highway on NY's 5th highest peak!

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888-944-8332 • Whiteface, Wilmington

Join in the 13th annual

Pat Stratton Memorial Century Ride

Best Ride in the Adirondacks!
Saturday, August 24, 8am
Mt. Pisgah Lodge, Saranac Lake
100mi, 50mi, 25mi & kids' ride
Rides for all ages & abilities • Rain date: 8/25
T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
Info: Bob Scheefer (518) 891-5873
adkbuild@roadrunner.com
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Lake Placid Rotary's 10th Annual DAM Duck Day and 1st Annual Duck Dualie

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
\$35 Individuals/\$65 Team of 2

Fun activities all day!



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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
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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. highpeaksyclery.com.

MOUNTAINEERING & WILDERNESS SKILLS

MAY

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

JUNE

- 8-9 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. highpeaksyclery.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.
18 Du the Lakes Duathlon. Du: 3.1M run, 20M bike, 3.1M run. Green Lakes S.P., Fayetteville. duthelakes.com.
26 **9th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. Greg Dixon: 696-4450. saratogalions.com.
26 **3rd Cooperstown Sprint Triathlon.** Sprint: 0.5M swim, 11M bike, 3.1M run. Otesaga Resort Hotel, Cooperstown. Mike Byrch: 315-404-8130. atcendurance.com.

JUNE

- 1 **2nd Rally in the Valley Duathlon & 5K.** Du & Relay: 5K run, 20M bike, 5K run. 5K. 9am. Fort Hunter. Matt Ossenfort: 694-1955. rallyinthevalley2013.com.
1 Catskill Spring Rush. Catskill H.S., Catskill. 2.25M run, 10M bike, 1.25M kayak/canoe. 943-2300. active.com.
2 Keuka Lake Triathlon: Intermediate, Short, Duathlon. Keuka Lake College, Penn Yan. 716-662-9379. keukalaketri.com.
8 34th Green Lakes Sprint Triathlon. 0.5M swim, 20K bike, 5K run. 8:30am. Green Lakes S.P., Fayetteville. ymcaofgreatersyracuse.org.
8 Just Du It Duathlon. 5K run, 19M bike, 5K run. 10:30am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
9 **4th Hudson Crossing Triathlon.** Sprint: 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. greenleafacing.com.
12 HVTC Summer Tri-Series #1. 400yd swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. 845-679-8602. hvtc.net.
15 **1st 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.
16 **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.

- 23 **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 **HITS 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.
14 **Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M. 8am. Rensselaer Lake, Albany to YMCA, Guelderland. Harrison Moss: 456-3634. cdymca.org.
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.
20 **28th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
20 **1st 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.
21 **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. ironman.com.

AUGUST

- 3 **7th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 0.5M swim, 14.5M bike, 3.1M run. Double Tri: Two races/one day. Lake Lauderdale, Cambridge. Kevin/Bridget Crossman: 761-4067. fronhoferooltriathlon.com.
3 **3rd Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. fultoncountynyny.org.
17 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
18 **1st Peasantman Steel Distance Triathlons.** Full, Half, Half Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. peasantman.com.
18 **2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.
18 **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. lgrifestival.com.

SEPTEMBER

- 8 **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.



Saturday, June 1 - 9am
Fort Hunter (5M west of Amsterdam)

Duathlon: 5K run, 20M bike, 5K run
Duathlon Relay & 5K Race
AREEP chip-timed

Register by 5/1 to save & for race shirt
www.rallyinthevalley2013.com
Matt Ossenfort: (518) 694-1955

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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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4TH ANNUAL

Peck's Lake Challenge Sprint Triathlon



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

HUDSON CROSSING TRIATHLON

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

THE CAPITAL DISTRICT'S BIGGEST TRI FEST!

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

Register Now and Save!
SkyHighSuperTri.com

DECEMBER

7-8 HITS Triathlon Series Championship. Palm Springs, CA.
845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

ONGOING

May 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.

MAY

19 Discover Scuba. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
18 ADK's Black Fly Affair: A Peace & Love 60s Style Cruise. 6:30-10pm. Dance/dine, silent/live auctions, beer/wine tastings, live music. Tie dye optional, hiking boots mandatory. Lac du Saint Sacrement, Lake George. adk.org.

JUNE

1 3rd Wilton Wildlife Festival. 10am-3pm. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.
2 **Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
15 **Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.

JULY

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

AUGUST

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

PADDLING: CANOE, KAYAK & SUP

ONGOING

Tue SUP Yoga. 8am. Session 1 & 2: 6/25-7/16 & 7/30-8/22 (except 8/6). Patty's Water Sports, Cleverdale. 656-9353. pattywatersports.com.
Wed NNYF 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.
14 **Yoga Paddlenic for Women.** 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
15 **Mohawk River Evening Tour.** 6:15pm. Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. onewithwater.com.
16 **Yoga Paddlenic for Women.** 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
17 **Intro to Kayaking.** 6:30-8pm. Mohawk River Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
17-19 **Adirondack Paddlefest.** Canoe, kayak & SUP sale. Old Forge. 315-369-6672. mountainmanoutdoors.com.
18 **Reel Paddling Film Festival.** 7pm. View Arts Center, Old Forge. 315-369-6672. mountainmanoutdoors.com.
18 Round the Mountain Canoe/Kayak Races. 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake to Flower Lake, Saranac Lake. AWA: 891-2744. macscanoe.com.
19 **Battenkill River Cleanup w/American Rivers & Battenkill Conservancy NY.** 9:30am-4:30pm. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.
21 **Mohawk & Hudson Evening Tour.** 6:15pm. Lansingburgh, 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.
29 **Mohawk River Evening Tour.** 6:15pm. Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. onewithwater.com.

JUNE

8 **Paw & Paddle: Intro to Kayaking w/Your Dog Seminar.** 9am-2pm. Good Dog Training Center, Albany. Trish Galvin & Mary Ferentino: 446-1420. pawandpaddle.com.
8-9 Madrid Canoe Regatta. Sat: 3-12M. 11am. Sun: 6-16M. 10am. Community Park, Madrid. Bernie/Amy Moulton: 315-322-4041. slvpaddlers.org.
10-13 **ACA Instructor Certification Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club. adk.org.
11 **Yoga Paddlenic for Women.** 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
14 **Boat & Barbeque.** 1-7:30pm. Afternoon adventure, paddling instruction, farm to table picnic/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
15 **Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
20 **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 & Trails Outfitters: 800-491-0414. adirondackupfestival.com.
30 **Stand-Up Paddleboard Clinic w/Danny Mongno.** Race skills & fitness. 8-11am. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.
30 **Stand-Up Paddleboard Clinic w/Danny Mongno.** SUP Foundations. 12-3pm. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.

JULY

6 **Paddle Making Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
20 **2nd New York SUP Fest.** Races, clinics, demos/sales, food. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

AUGUST

2 **Paddle Making Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
2-4 **Intro to Canoe Camping: Lake Lila.** Adirondack Mountain Club: 523-3441. adk.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

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

MAY

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

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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/uny

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Routes 30 & 8, Box 184, Speculator, NY
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speculatorchamber.com

ADIRONDACKS
SPECULATOR REGION
Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

518-548-4521

11th Anniversary

Race the Train**Saturday, August 3**
North Creek Depot,
Main St., North 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
Post race fun run & food

Register: **Active.com**
Application: **AdirondackRunners.org**

Info: Tracy Watson (518) 251-0107
Proceeds benefit Johnsbury 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



37th Annual

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

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

Info & Application: **AdirondackRunners.org**
Registration: **AREEP.com** (closes June 20 at 10am)

Later 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

- 9 Albany 5K Run/Walk for Kidneys. 8:30am. University at Albany, Albany. Carol LeFleur: 533-7880. healthykidneys.org.
- 9 Moreau Mile & BETAR Byway 5K. 5K: 9:30am. 1M: 10:30am. SGF Park/Beach, South Glens Falls. 632-5128. adirondackrunners.org.
- 9 Summer Sizzle. 8:30am. 5M. SUNY IT, Marcy. Dennis Johnson: 315-733-6216. uticaroadrunners.org.
- 9 Sweetie Pies 5K Off Road Run/Walk. 9am. Poland C.S., Poland. romanrunners.com.
- 9 37th Crowley Road Races: 5K, 10K, Half-Marathon. 8am. Rutland, VT. Paula Lannon: 802-558-2328. crowleyroadrace.com.
- 9 4th Equinox Trail Race 5K/10K. 9:30am. Charlotte, VT. Martha Keenan: 802-425-2384. gmaa.net.
- 13 The Route 50 Mile. 1M. 6:30pm. Kingsley Rd & Rte 50, Burnt Hills. Pete Sheridan: 399-4624. chsny.org.
- 14 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.
- 15 1st Strawberry Fest 5K Run. 9am. Upper Union St & Woodlawn Ave, Schenectady. e4poverty.org/schenectady/events.
- 15 Whipple City 5K Run/Walk & 1K Fun Run for Kids. 8:30am. Greenwich M.S., Greenwich. Barbara Hamel: 692-3311. greenwichchamber.org.
- 15 Great Adirondack Trail Run. 11.5M mtn run: 9am. 3.2M fun run: 10am. Spring Celebration: 11am-3pm. Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 15 CRNA 5K Trail Run Series. Hilltop Orchard/Furnace Brook Winery, Richmond, MA. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 15 Tri-City Valley Cats Father's Day Home Run 5K. 9am. Hudson Valley CC, Troy. John Haley 456-3682. hmrrc.com.
- 15 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.
- 15 1st Run For The Ages 5K. 9:30am. Tackett Chiropractic Center, Queensbury. 798-4322.
- 15 Treetops to Rooftops 5K. 8am. Hudson Walkway, Highland. mhrrc.org.
- 15 Patriot 5K Run/Walk. 9am. Griffiss Park, Rome. romanrunners.com.
- 16 3rd Run for the Rhubarb 5K Race & 1M Kids' Fun Run. 10am. Mountain Road School, New Lebanon. 784-8520. mountainroadschool.org.
- 16 30th Mule Haul 5M Foot Race. 9am. Fire House, Fort Hunter. Bill Platt: 843-2326. fmrrc.org.
- 16 4th New Paltz Challenge: Half Marathon & 5K. 6am. New Paltz. Janet Nurre: 845-255-0243. newpaltzchamber.org.
- 16 Mount Greylock Trail Races. 13.1M & 5K. 10am. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 22 4th Strides 4 STRIDE 5K Run-Walk-Wheelchair Roll. 9am. Riverfront Park/Corning Preserve, Albany. 598-1279. stride.org.
- 23 37th Adirondack Distance Run. 10M. 7:30am. Firehouse, Lake George to Roger's Park Beach, Bolton Landing. Marcy Dreimiller: 792-7296. adirondackrunners.org.
- 30 3rd Michael Cerroni Memorial 5K Run/Walk. 9am. Maple St Park, Black River. michaelcerroni5k.com.

JULY

- 2 HMRRC Summer Track Series: Colonie Mile. 6pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 4 7th Firecracker 4-Mile Road Race. 9am. Saratoga City Center, Saratoga Springs. Bob Vanderminden: 744-5646. firecracker4.com.
- 4 27nd Montcalm Mile. 1M. 1:45pm. Montcalm Street, Ticonderoga. lachute.us.
- 6 Finger Lakes Fifties Trail Runs. 25K/50K/50M. 6:30am. Finger Lakes N.E., Hector. fl50sultraz.blogspot.com.
- 11 HMRRC Summer Track Series: 2-Person Relay. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 13 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.
- 18 HMRRC Summer Track Series: Hour Run. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.

- 20 17th Silks & Satins 5K Run. 8am. East & George Sts, Saratoga Springs. Michelle Mumma: 388-0790 x109. nyso.org.
- 20 6th Glenville & Schenectady YMCA 5K/3K. 8:30am. Freedom Park, Scotia. Allison Reinhardt: 399-8118. cdyymca.org.
- 25 HMRRC Summer Track Series: Pentathlon. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 27 2nd Run the Ridge 5K Mud Run with Fun, Challenging Obstacles. 2K Family Fun Run: 1pm. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.
- 27 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.
- 27 Wakely Dam Ultra Race. 55K. 6:30am. Wakely Dam to Airport, Piseco. wakelydamultra.com.
- 27 Warrior Dash New York. 3.2M. 9:30am. Windham Mountain, Windham. warriordash.com.

AUGUST

- 3 11th Race the Train. Train ride: 8am. 8.4M run: 9am. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 10 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

- 1 2nd 1812 Challenge & Half Marathon. 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com.
- 7 Double H Ranch: Camp Challenge Run. 5K trail run/walk. Double H Ranch, Lake Luzerne. 696-5921. doublehbranch.org.
- 7 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.
- 15 Saratoga Palio Half-Marathon & 5K: Melanie Merola O'Donnell Memorial Race. Sat: Expo/Package Pick-Up. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 22 34th Dunkin' Run. 5K, 10K, 1/2M Kids' Run. 8:30am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- 21 Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 22 Adirondack Marathon Distance Festival: Marathon, Half-Marathon, 2 & 4-Person Marathon Relay. Sat: Expo/Package Pick-Up & Kids' Fun Run. Schroon Lake H.S., Schroon Lake. 532-7675. adirondackmarathon.org.
- 24 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

- 13 31st Mohawk Hudson River Marathon & 12th Half Marathon. Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Package Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.

NOVEMBER

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

SWIMMING**JUNE**

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

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

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

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MARATHON
HALF MARATHON

ENTER NOW!

2013 Registration via
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www.marathonguide.com

info@lakeplacidmarathon.com

THIRD ANNUAL **KERRY BLUE HUSTLE**

5.6K
RUN WITH THE DOGS
RACE | FUN RUN

Saturday, May 18 @ 9am
SMSA School, Church St, Glens Falls

T-shirts to first 150 registered by 5/2
Friends/Family Challenge: Teams of 3!
Kids' Half-Mile Dash @ 10am - Free!

Donations appreciated for St. Mary's Food Pantry
smsaschool.org or active.com
Amy Campopiano: kerrybluehustle@gmail.com

Join the family & friends of Liza & Nikkei

The Run for Help
5K Run/Walk Against Domestic Violence

To benefit Unity House
Sunday, June 9 • 10am
Goff Middle School, East Greenbush

T-shirts to first 250 entries
\$17 by 6/4 or \$20 race day

Register: **active.com**
More Info: unityhousesny.org

In memory of Liza Ellen Warner & Nikki L. Hart
Not affiliated with Liza's Legacy Foundation

THE DUNKIN' RUN 2013

JCC | **DUNKIN' DONUTS**
ALBANY JEWISH COMMUNITY CENTER | AMERICA RUNS ON DUNKIN'

Race Date - September 22, 2013
Be a part of SAAJCC's 34 Year Tradition
To register go to: **www.sajcc.org/run.cfm**

Capital Region Nordic Alliance, Inc.
Trail 5K Run Series

June 15 - Hilltop Orchard
Furnace Brook Winery, Richmond, MA
July 13 - Harvest Spirits Distillery & Golden Harvest Apple Orchard, Valatie
August 24 - Goold Orchard & Brookview Station Winery, Castleton
November 9 - Series Finale at Notchview State Reservation, Windsor, MA

Register: **CapitalRegionNordicAlliance.org**

Fee: \$15 each - Register for all, save \$10
Proceeds benefit wineries & CRNA's work with disabled, special needs, wounded warriors

Challenge Yourself
Change the Life of a Child

SEPT. 7, 2013

at the **Double H Ranch** in Lake Luzerne, New York

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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 aftermath...

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,

A running event is so much more than start/finish. 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 Philippiades, home to Boston Billy, the scene of Roberta Gibbs' and KV [Katherine]

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

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

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

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 OK.

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.

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

CATHY TROISI



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HIKING & BACKPACKING

TREADWAY MOUNTAIN

By Bill Ingersoll

Treadway 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.

THE TRAIL

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

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

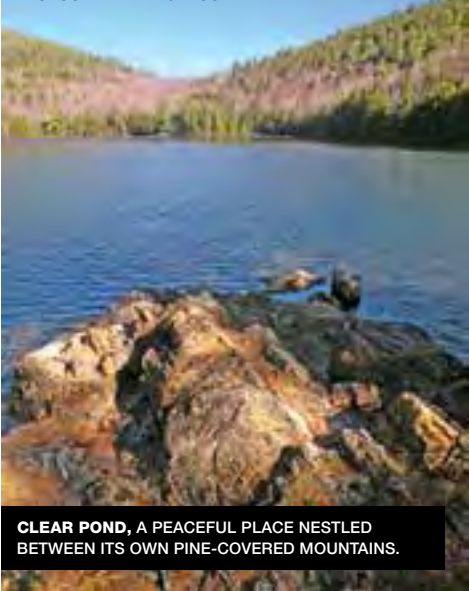
One of the Best

VIEW ACROSS A ROCK CIRQUE TO PHARAOH LAKE.

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 forward-pointing 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

PHOTOS BY BILL INGERSOLL



CLEAR POND, A PEACEFUL PLACE NESTLED BETWEEN ITS OWN PINE-COVERED MOUNTAINS.

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 (hiketheadironacks.com). For more on this region, consult Discover the Eastern Adirondacks.

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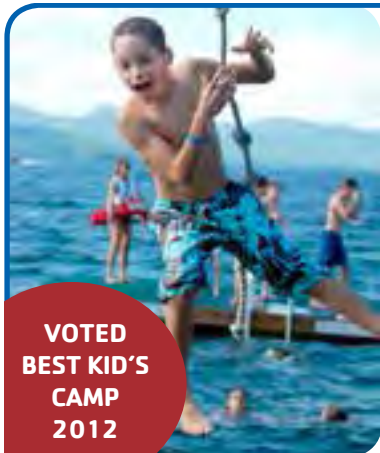


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ATHLETE PROFILE

Fran Vincent

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

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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.

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.

By Alan Via

Fran 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 quick 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

the Bethlehem Y Tri Club. With years of swimming, life-guarding 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-

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5TH ANNUAL

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Saturday, August 10

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RUNNING & WALKING

On a MISSION

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

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.



COURTESY LAKE PLACID MARATHON & HALF

COURTESY USATF ADIRONDACK

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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.

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.

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BICYCLING *continued from 1*



◀ **GET YOUR GUTS IN GEAR** RIDERS ENJOYING THE BEAUTIFUL 2012 HUDSON RIVER VALLEY RIDE. PHOTO BY KELLY KILGALLON

▲ **FATHER AND DAUGHTER**, CHUCK AND JESSIE BROOKS OF AMSTERDAM; IN 2011 JESSIE RODE FOR HER GRANDMOTHER WHO HAD DIABETES. AMERICAN DIABETES ASSOCIATION

▼ **RIDERS GATHER FOR THE 2012 TEAM BILLY RIDE** FOR BRAIN TUMOR RESEARCH IN SARATOGA SPRINGS. TEAM BILLY

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 ibdrive.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 on-event support." 🌱

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



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15TH ANNUAL FIRST NIGHT SARATOGA 5K RUN *continued*

MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5M RACE *continued*

3.5 MILES, MALE OVERALL, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5M RACE • January 1, 2013 • University at Albany, Albany

13.1 MILES, MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69

27TH ANNUAL WINTER WIMP FOOT RACE January 12, 2013 • Hagaman Fire House, Hagaman

4.4 MILES, MALE OVERALL, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44

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BICYCLING

By Jim MacNaughton



More Than Just Kids on Bikes

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 family-oriented sport to help teach my five-year old son about sportsmanship and respect for others, I discovered another hidden gem: BMX (bicycle motocross) racing.

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



TRI-CITY BMX TRACK IN ROTTERDAM. JENNIFER LYMAN/TRI CITY DRAGON DESIGNS



BMX track websites - Tri-City BMX: usabmx.com/tracks/1889; Kingston Point BMX: kingstonpoint-bmx.com; Catamount BMX: catamountbmx.org; New Paltz BMX: new-paltzbxm.org; Grippen Park BMX: grippenparkbmx.com; and USA BMX: usabmx.com.

points of entry into the sport.

At my son's first 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.

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.

RACE RESULTS

TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #1

March 23, 2013 • Coxsackie-Athens High School, Coxsackie

Table listing race results for the Trooper David Brinkerhoff Memorial Race Series #1. It includes categories for Male Age Group, Female Age Group, and Overall, with names, times, and positions.

27TH ANNUAL SHAMROCK SHUFFLE 5-MILE RUN continued

Table listing race results for the 27th Annual Shamrock Shuffle 5-Mile Run. It includes categories for Male Age Group, Female Age Group, and Overall, with names, times, and positions.

4TH ANNUAL RUN 4 YOUR LIFE 5K RUN

March 30, 2013 • Central Park, Schenectady

Table listing race results for the 4th Annual Run 4 Your Life 5K Run. It includes categories for Male Overall, Female Overall, Male Age Group, and Female Age Group, with names, times, and positions.

27TH ANNUAL SHAMROCK SHUFFLE 5-MILE RUN

March 24, 2013 • Glens Falls High School, Glens Falls

Table listing race results for the 27th Annual Shamrock Shuffle 5-Mile Run. It includes categories for Male Overall, Female Overall, Male Age Group, and Female Age Group, with names, times, and positions.

KAYAKING & CANOEING *continued from 3*



- ◀◀ ENJOYING A FALL PADDLING DAY ON LAKE GEORGE.
- ◀ CANOES BEACHED ON LAKE LILA IN THE CENTRAL ADIRONDACKS.
- ▲ PLAYING IN THE "HOOSIC WAVE" ON THE HOOSIC RIVER, NEAR NORTH PETERSBURG.

PHOTOS BY RICH MACHA

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 quibbles 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

Ian 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 mod-

erate 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.

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TRIATHLON & DUATHLON

Early Season Events

By Kristen Hislop



◀ 2012 HITS NORTH COUNTRY TRIATHLON IN LAKE GEORGE. PAT HENDRICK PHOTOGRAPHY

▲ 2012 RALLY IN THE VALLEY DUATHLON IN FORT HUNTER. MATT OSSENFORT

◀ 2012 SARATOGA LIONS DUATHLON IN SARATOGA SPRINGS. STAN HUDY

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 **Tipper 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."

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

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