



ADIRONDACK

SPORTS & FITNESS

**JUNE
2013**

FREE!
22,000 CIRCULATION

COVERING UPSTATE NEW YORK SINCE 2000



NICOLE BECKWITH OF SIDNEY FINISHES THE SPRINT RACE WITH HER TWO KIDS AT THE 2012 FRONHOFFER TOOL TRIATHLON IN CAMBRIDGE.
PHOTO BY FRANK FRONHOFFER

SWIMMERS START THE INAUGURAL OLD FORGE TRIATHLON IN 2012.
COURTESY OF ATC ENDURANCE



BIKERS AT 2012 XTERRA SKYHIGH OFF-ROAD TRIATHLON IN GRAFTON.
CHARLES & GINA SLYER/ASLYERIMAGE.COM

Visit Us on the Web!

AdkSports.com

Facebook.com/AdirondackSports

CONTENTS

- 1** Triathlon & Duathlon
Races Embrace the Family
- 3** Running & Walking
Welcome Summer!
- 5** Around the Region News Briefs
- 5** From the Publisher & Editor
- 6-11** **CALENDAR OF EVENTS**
June to August Things to Do!
- 12** **Bicycling**
Albany to NYC in a Day
- 15** **Standup Paddleboarding**
A Cool Way to Enjoy the Waterways
- 17** **Athlete Profile**
Road/Trail Running with Jan Wellford
- 19** **Kayaking, Canoeing & SUP**
Tivoli Bays along the Hudson River
- 21** **Nutrition**
"Inflammatory" Life of Endurance Athletes
- 22-29** **RACE RESULTS**
Many Finishers in 30 Events!
- 28** **Bicycling**
Long-Distance Cycling
- 31** **Hiking & Backpacking**
Black Mountain Ponds Traverse

Triathlon Embraces the Family

By Christine McKnight

Feeling guilty about leaving the family behind as you head off to your next big triathlon? No need for that these days, with the proliferation of both kids' triathlons and new multi-sport events, all designed to appeal to the athlete in every member of the family. Kids' triathlons have surged in popularity in the region recently, with boys and girls as young as four years old – some even using training wheels – enthusiastically embracing the challenge of multisport. And mom and dad, often triathletes themselves, are cheering them on.

Here are a few examples – Up to 100 young athletes are expected to compete at the 14th annual SkyHigh SHAPE Kids' Triathlon on Saturday, July 20, which highlights Multi-Sport Life Triathlon Festival at Grafton Lakes State Park. In central New York, organizers of the fourth annual Delta Lake Triathlon, have introduced TOUGHKids Syracuse, a triathlon for children from ages four to 14, also on July 20. Registrations were running briskly in early June. In Washington County, 200 youngsters are expected to compete Friday night, Aug. 2, in the Kids' Sprint Triathlon at the Fronhofer Tool Triathlon at Lake Lauderdale. Numbers in the kids' sprint tri have exploded in three years, from 19 to 133 in 2012. Chip timing will be used for the first time.

"There really is such a need for kids' triathlons. There are a lot of kids who want to do it, and a lot of parents who are

behind them," said Bridget Crossman, founder and co-race director of the Fronhofer Tool race. "The parents model the life lesson of careful preparation as they train for triathlons, and their children pick up on it." Bridget added that the addition of the kids' race has helped boost numbers for the main races for adults, both on Saturday, Aug. 3. "Triathlon has never been more family-friendly," she said.

MID-SUMMER TRIATHLONS AND KIDS' RACES

On July 20-21, the **SkyHigh Adventures Multi-Sport Life Triathlon Festival** is now in its 14th year. The SHAPE Kids' Triathlon is part of the Multi-Sport Life Triathlon Festival weekend. It includes a 100-meter swim, 5K bike ride on pavement and trails, and an out-and-back, 1K run on trails and sand. Kids finish to cheering crowds through the same finish line as the XTERRA Off-Road and Super Olympic Road triathletes. Race director, John Slyer, said the youth triathlon originated as a duathlon the first couple of years and then became a full-fledged triathlon for kids. "It was risky, but it worked," said John, a veteran of eight Ironman events, who stages the races with his wife, Kathy.

The XTERRA Off-Road Triathlon, also in its 14th year, is the first event of the weekend on Saturday morning, July 20, and is the longest running off-road triathlon in the Northeast. It features a run to the water for a 1K swim, a 20K mountain bike course with a mix of technical and fast sections, and a notorious 6K trail run with a climb up Fire Tower Road. Competitors can earn points at XTERRA and across the US in an attempt to qualify for the US and World championships in Utah and Hawaii.

SkyHigh's second annual Super Olympic Road Triathlon, held on Sunday morning, July 21, features a one-mile swim, 30-mile loop bike course with an eight-mile downhill start, and seven-mile run.

New this year to the SkyHigh line-up is a Father's Day Super Sprint on Sunday, June 16, which will be staged at Crystal Lake in Averill Park. It is designed to attract newbies and family members of every age. "Our goal has always been to create events that draw as many people as possible into triathlon," said John. "I think that getting kids and young people into the sport is really important." Info: skyhightri.com.

See **TRIATHLON**, 26



Professional Bike Fitting Services

Offering bicycles for road, mountain, recreation & family

35 Van Dam St, Saratoga Springs • (518) 587-0455
 1581 Route 9, Clifton Park • (518) 371-4641
 Check the website for specials and events!
www.ElevateCycles.com



www.LGTriFestival.com

Olympic Race
 Saturday - August 31st



Half Iron Race
 Sunday - September 1st



Half Iron AquaBike Race
 Sunday - September 1st

Registration Open!



The Lake George Area
 Multi-County



17th Annual
Silks & Satins 5K Run
 Saturday, July 20 • 8am
 East & George Sts., Saratoga Springs

- Join 1,200 runners and walkers
- Winds through beautiful neighborhoods
- Fast and flat course
- Watch thoroughbreds do their morning warm-up

Register: tinyurl.com/2013Satins5K

Day of Registration: 6-7:30am

More Info: 518-388-0790 x109 or mmumma@nyso.org



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

A great race for beginners and veterans!
 Tune-up for Ironman Lake Placid
 One of the longest running Tinmans in the US

TINMAN & RELAY:
 Swim 1.2M / Bike 56M /
 Run 13.1M

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



Register: Tupper-Lake.com/Tinman

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

New York's Largest Canoe, Kayak and Stand-Up-Paddleboard Dealer is now OPEN in Saratoga Springs!

Your Locally Owned Paddlesports Shop • Try Before You Buy!

New York's Paddleboard Leader!



\$50 OFF
 Any Canoe, Kayak or Paddleboard
 priced \$500 to \$999*
OR
\$100 OFF
 Any Canoe, Kayak or Paddleboard
 priced over \$1000!*

Mountainman Outdoor Supply Company
 251 County Rd. 67, Saratoga Springs, New York

*MUST present coupon at time of purchase. Discount is off MSRP only. Not valid with other offers. One coupon per person. Valid through June 30, 2013. Saratoga location only.

Over 1,000 Canoes, Kayaks and Paddleboards in Stock!

Mountainman Outdoor Supply Company

251 County Rd. 67, Saratoga Springs, New York

www.MountainmanOutdoors.com • (518) 584-0600

RUNNING & WALKING

Welcome Summer!

▼ THE FIRST MILE OF THE 2012 ADIRONDACK DISTANCE RUN TEN-MILER IN LAKE GEORGE. BRIAN TEAGUE/FATEAGUE FOTOS



▲ PATRICK GEOGHEGAN EDGES TITO MEDRANO, BOTH OF SYRACUSE, FOR THE 2012 WIN AT FIRECRACKER 4.



By Laura Clark

While we all anticipate our favorite summer races, it is easy to get stuck in a tried and true rut. Rather than rush through same old calendar, why not take a cue from Disney and imagineer your own Goofy medal from a series of themed races? Enhance your experience by choosing from summer classics, produce races, and track and trail.

Just like those classic shoe favorites that never retire, summer classics are a calendar mainstay as well as a means to set a personal benchmark. Run enough of them and you can track your progress or your longevity from year to year. First off the starting block is the 37th annual **Adirondack Distance Run** from Lake George village to Bolton Landing on June 23. Once a mainstay of Fourth of July celebrations, in recent years the event has wisely transferred its allegiance to the month

of June, in an attempt to avoid the holiday Lake George traffic jam. A traditional summertime opener, this scenic course on rolling hills, is one of the few local opportunities to experience the classic ten-mile distance. Like the legendary mile, the perfect ten-miler can be tackled in quarters for a superbly timed effort. For others, medal strategies are paramount; here the standard five- or ten-year age groups are abandoned in favor of awards to fastest time for every individual age. No longer are those at the tail end of an age group doomed until next year's birthday! Info: adirondackrunners.org.

With its anticipated 4,000 runners, the seventh annual **Firecracker 4**, has taken the fast road to classic status. Serving as the kick-off for Saratoga Springs' Fourth of July celebration, prize money is awarded,

and all enjoy a local live music experience with 20 bands stationed along the four-mile road race course. Particularly innovative are the team options with choices ranging from USATF, scholastic, public safety, military, and running in colors. The latter does not necessarily mean red, white and blue, but rather a community competition between businesses and organizations to see who can furnish the most runners sporting designated team colors. Space is provided in the "team village" for a canopied gathering place and an opportunity to chat with those in other regional clubs. Part of the Saratoga 150 Festival, celebrating 150 years of horse racing, two-footed Fourth of July runners are encouraged to rejoice in their own freedom of movement by raising an expected \$40,000 for the Saratoga Springs High School track/

field and cross-country, Saratoga Regional YMCA, and Saratoga Greenbelt Trail project. Go to: firecracker4.com.

At the 17th annual **Silks & Satins 5K Run** in Saratoga Springs on July 20, benefiting Special Olympics New York athletes, 1,000 runners will be inspired to put their best foot forward as they watch the thoroughbreds do their morning warm-up emerging from the mists encircling the nearby Oklahoma Training Track. After a flat, fast tour winding through beautiful neighborhoods and the traditional box of Freihofer's chocolate chip cookies, cash in your \$2 off Saratoga Race Course admission ticket and enjoy an afternoon at the track. Details: tinyurl.com/2013Satins5K.

While some measure summer weeks with races posted, others mark rhubarb, straw-

See **RUNNING & WALKING**, 28



Racing out of the Dark Ages™

PEASANTMAN™

STEEL DISTANCE TRIATHLONS

SWIM • BIKE • RUN

Full (144.6) • Half (72.3) • Half Relay

August 18, 2013 ~ Penn Yan, NY
on beautiful Keuka Lake

Princely Racing at a Pauper's Price

Visit www.peasantman.com
for more information and to register.

5TH ANNUAL



Camp Chingachgook Challenge Half-Marathon & 10K Race and Family Fun Day on Lake George

Saturday, August 10

Half: 8am start at Lake George –

Fast course along scenic east shore of Lake George to the camp

10K: 9am start at Camp Chingachgook –

Out and back course with start and finish at the camp

After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use camp facilities including showers

Register, application or more info: www.AREEP.com

Half: \$30 by 7/10 or \$40 after • 10K: \$20 by 7/10 or \$30 after • T-shirts to runners registered by 7/10
50% of race proceeds help send kids to camp!



If the shoe fits, wear it.

Our knowledgeable staff offers individual attention to everyone who walks (or runs) through our doors.

FLEET FEET
Sports

FOOTWEAR • APPAREL • ACCESSORIES

The Capital Region's only locally owned specialty run shop

155 Wolf Rd, Albany | 518.459.3338 | FleetFeetAlbany.com

SPONSORED BY

B BESTFITNESS



Saturday, June 15 • 9am

Upper Union St
(corner Woodland Ave)
Schenectady

Beautiful course through Central Park

Entry: \$25 • 18 & under: \$15

All registered by 6/1 guaranteed T-shirt

Info, Entry Form & Online Entry:
e4poverty.org/schenectady/events

HIGH PEAKS CYCLERY since 1983

JOIN US FOR YEAR-ROUND FUN!



Lake Placid's Community Bike & Gear Shop
All the Top Brands & Best Prices!

HIGH PEAKS CYCLERY
LAKE PLACID

CYCLING
RUNNING
TRIATHLON
PADDLING
HIKING
CLIMBING
CAMPING
SKIING
SNOWSHOEING



SALES

Specialized

Giant

Zoot

Salomon

Fischer

Patagonia

Arc'teryx

Saucony

Pearl Izumi

La Sportiva

Sugoi

And more...

RENTALS

Bicycles
Kayaks, Canoes
& SUPs
Telemark &
XC Skis

Snowshoes

Camping

Climbing Gear

SERVICE

Repairs on

Bikes & Skis

Bike Fit Studio

WINTER

Ski Tuning

Boot Fitting

Hot Boxing

YOGA & FITNESS STUDIO

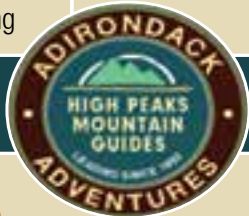
*Where Mind,
Body &
Spirit Come
Together!*

INDOOR CLIMBING GYM

Top Rope
Bouldering
Groups/Parties

SALE & CONSIGNMENT ROOM

GUIDE SERVICE



Rock Climbing • Backpacking
Hiking • Canoeing • Kayaking • SUP
Telemark • XC Skiing • Backcountry • Ice Climbing

Half, Full &
Multi-Day
Adventures

Groups, Families &
Private Guiding



Your
Adventure
Headquarters



HIGH PEAKS MT. BIKE CENTER

HIGH PEAKS MT. BIKE CENTER

Great singletrack and
XC trails for all levels
Dirt Camps & Adults/Kids Clinics

WHITEFACE MOUNTAIN BIKE PARK

Downhill, freeride &
pump track for all
levels in Wilmington

Open summer hours only



DOWNTOWN LODGING

- Individuals, Families & Groups
- Three Properties
- Walk to Downtown, Shuttle & Lake
- Full Kitchen, Bunk & Private Rooms

2733 Main St, Lake Placid, NY
(518) 523-3764
HighPeaksCyclery.com

Your commitment
can help lives blossom



THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Melanie Foundation presents

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race

Half Marathon & 5K Run/Walk
Sun., Sept. 15, 2013

Run, walk, pledge, or volunteer
www.thesaratogapalio.com

Race Expo Sat., Sept. 14 @ Registration
inside Hampton Inn

Melanie lived an inspiring life dedicated to helping others. To honor her, The Melanie Foundation invites you to participate in The Saratoga Palio: Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York.

Proceeds will go towards The Melanie Foundation's scholarship fund for graduate students in the mental health field. This year, a donation will be made to support Jake's Help From Heaven Foundation. This organization's mission is to assist children and their families affected by debilitating illnesses.

JOIN THE RAGNAR NATION!



ADIRONDACKS



SARATOGA SPRINGS TO LAKE PLACID
SEPT. 27-28, 2013

RAGNARADK.COM

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



AROUND THE REGION **News Briefs**

On the Appalachian Trail with Jennifer Pharr Davis

SARATOGA SPRINGS – Jennifer Pharr Davis, current holder of the Appalachian Trail through-hike record, will be speaking at the Saratoga Springs Public Library on Saturday, June 22. Jennifer, who lives in Ashville, N.C., completed the 2,181-mile journey in 46 days, averaging 47 miles each day. Selected as the National Geographic Adventurer of the Year 2012, she has trekked over 12,000 miles on six different continents. There will be both a family and an adult program. After each, Jennifer will be selling and signing her books, *Becoming Odyssea* and her newly released, *Called Again*.

During the 10:30am family program, **Animals and Adventures on the Appalachian Trail**, Jennifer Pharr Davis will share some of her silliest and most exciting stories from the Appalachian Trail. Jennifer will also talk about some of the fun and unexpected animal encounters that she has experienced and demonstrate some of her hiking gear.

The adult offering at 1:30pm, **Called Again: Setting the Appalachian Trail Record**, is an inspiring account of overcoming the

odds and achieving a dream. Jennifer Pharr Davis will recount stories of hardship and joy from her 46 days on the Appalachian Trail. According to Jennifer, the value of a journey is not found in how far, or how fast, one travels – but in the lessons learned, relationships formed, and memories made along the way. Visit: sspl.org.

First Annual Adirondack Challenge July 21

INDIAN LAKE – A celebration of the Adirondack region, culminating in a day of water races, food, music, the Adirondack Challenge will include a Flatwater Challenge Race with over 100 competitors from across the U.S. and Canada. Adirondack white-water rafting with the Governor's Invitational Whitewater Race, featuring state and local elected officials and other invited guests.

An Adirondack Challenge Festival that will feature live bands; a Taste New York food area featuring New York made food and beverages; displays; kids activities including storytellers, crafts and a wildlife demonstration. To find out more, go to iloveny.com.

Strides 4 STRIDE Run, Walk and Roll

ALBANY – On Saturday, June 22 is the fourth annual Strides 4 STRIDE 5K run, 2.5K walk 'N' roll, and tot run for ages five and under will be held in Albany at Riverfront Park, aka Corning Preserve. There will be post run/walk/roll festivities at the start/finish area, including clowns, face painting, balloon making and more.

STRIDE is a not-for-profit volunteer organization dedicated to enriching the lives of children and individuals with disabilities through sports and recreation programs. Their mission is to build a community with equal opportunity and access for sport and recreational activities for children with special needs. This community 5K run, walk 'N' roll is open to all, and proceeds will support the year-round sports and recreation programs offered by STRIDE to our youth with disabilities and local Wounded Warriors. To register, visit stride.org.

Annual DAM Duck Race adds the Duck Dualie

LAKE PLACID – The Rotary Club of Lake Placid announces that the DAM Duck Race Day will now include a duathlon, the DUCK Dualie, consisting of a one-mile run, ten-mile bike, and finishing with a two-mile run. The Duck Dualie will start and finish at Jewtraw Park. Start time is 2pm. This will be the tenth year for the Rotary Club of Lake Placid's largest fundraiser. It is a popular event with fun for all ages.

"With the proceeds from previous Rotary Club "Dam Duck Races" we have been able to add picnic tables and playground equipment to the Rotary Park on Dow Street and the McKinley Street Park, as well as providing funds to support other com-

munity projects including Shipman Youth Center, Ecumenical Food Pantry, Lake Placid Beautification Fund, our annual Rotary Kate Smith Scholarship, High Peaks Hospice, 4H Camp Overlook and many others, states club president, Al Dunham." For more information and race entries, visit roostack.com.

Tri-City Celtics Join the Women's Premier Soccer League

ALBANY – The WPSL will add the newly formed Tri-City Celtics to the upcoming 2013 season. Led by head coach Tom Rogan, NY Elite FC girls director of coaching and head coach of the Bethlehem High School's girls soccer program, the roster will include several former high school standouts from the Capital Region currently competing for some of the Northeast's top colleges. The WPSL provides a playing opportunity for elite woman soccer players to play, develop and promote women's soccer at the highest amateur level in North America and is often a stepping stone to professional and national teams. Some former WPSL players include US national team members Abby Wambach, Megan Rapinoe, Heather O'Reilly, Alex Morgan, Tobin Heath, Kristine Lilly, Bandi Chastain and Rachel Buelher.

As a charter member of the WPSL mid-Atlantic conference, the Tri-City Celtics will compete against the United FC Binghamton, FC Westchester, Empire Revs WNY, Syracuse Lady Knights, and Yankee Lady FC. Tri City Celtics' first home game will be on Wednesday, June 12 at the Plumeri Sports Complex of the College of St. Rose at 6pm against United FC Binghamton. For a complete home schedule visit WPSL info, team Tri-City Celtics. 🌲

FROM THE PUBLISHER & EDITOR

Happy Summer!

Summer is here and there's so much to do! We have a great Calendar of Events right up to the fall, plus a variety of articles highlighting summer races, outings, demos and clinics. No excuses to not get outside and active this summer!

In addition to competition, the triathlon article is focused on the family aspects of participating. Two bicycling articles feature long-distance riding, and there are beginner rides in the Calendar. Plus, kayaking, canoeing, hiking, SUP, trail running, walking, mountain biking, swimming and more! It's also nice to welcome back two of our contributing writers, Sabine Weber and Mim Frantz.

We have a great backyard so have fun, be safe and enjoy! Thanks for reading the magazine and we'll see you, your family and friends out there!



Darryl and Mona

ADIRONDACK SPORTS & FITNESS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC

15 Coventry Drive, Clifton Park, NY 12065

(518) 877-8788 • Fax (518) 877-0619

AdkSports.com • info@AdkSports.com

AdkSports.com

Facebook.com/AdirondackSports

Publisher/Managing Editor: Darryl Caron

Editor/Marketing Manager: Mona Caron

Contributing Writers: John Ceceri, Laura Clark, Mim Frantz, Alan Mapes, Christine McKnight, Spencer Morrissey, Jason Smith, Sabine Weber, Alan Wechsler

Contributing Photographers: Janay Camp, John Ceceri, Donna Davidson, Luke Eckert, Frank Fronhofer, Michael Kalin, Spencer Morrissey, Michelle Pollock, Charles & Gina Slyer, Brian Teague, Alan Wechsler

Web Designer: Hillary Mann

Circulation: Joan Caron, Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters

Graphic Design: Karen Chapman, Cummings Advertising Art, Clifton Park, NY
Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 22,000 copies. ©2013 Adirondack Sports & Fitness, LLC. All rights reserved.

♻️ Please recycle.

ISSUE #152

GET ADIRONDACK SPORTS & FITNESS

YES, I WANT TO SUBSCRIBE!

- One year (12 issues) for \$17.95
- Two years (24 issues) for \$32.95 – save 10%
- Three years (36 issues) for \$44.95 – save 20%

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email (optional) _____

I picked up my current issue at _____

Comments _____

Cash, check, or money order enclosed

Mail to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065

Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)

Payment covers first-class postage/handling. Canadian residents add \$5.00 per year (US funds).

*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week.

INCLUDES SUNDAY TIMES UNION Home Delivery or eEdition!*



Time for a Bike Tune-Up!

Scott • Cannondale • Fuji • Ibis
Giro • Pearl Izumi • and more

Road, Mountain & Hybrid Bikes
Expert Service, Parts, Accessories

Rt. 7, Latham
2 Miles West of
Northway Exit 6
785-0501
www.HighAdventureSBP.com

HIGH ADVENTURE

SKI & BIKE

STORE HOURS:
Mon-Fri: 10-7
Sat: 10-5
Sun: Closed

12th ANNUAL
WHITEFACE MOUNTAIN
UPHILL
BIKE RACE
Juniors, Military & Unicycles Welcome

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

WhitefaceRace.com
BikeReg.com
888-944-8332 • Whiteface, Wilmington

OLDE SARATOGA BIKE & BOARDS

Sales and service
for all levels
of cyclists!

**Cannondale • GT
Jamis • Schwinn**

Road - Mountain
Hybrid - BMX - Kids

17 Ferry St, Schuylerville
(518) 695-9500 • Open 7 days
oldesaratogabikenboards.com

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
Funds benefit Foundation of CVPH Travel Fund

Calendar of Events

June - August 2013

Events beyond this range are advertisers in this issue.

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

Rick's Bike Shop

Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
EASTERN • STOLEN**
Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
www.ricksbikeshop.com
(518) 793-8986

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
Benefits Kiwanis Club of Saranac Lake youth programs

Gear-To-Go Tandems

**NEW YORK'S LARGEST
TANDEM BICYCLE SHOP**

Expertise, free instruction,
tips & test rides

1 Dahinda Rd, Saranac Lake
518-891-1869 • gtgtandems.com

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 Elevate Beginner Ride.** 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Mon Monday Ride.** 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Tue Women's Night Ride.** 6pm. Multiple groups. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Wed Intermediate Road Ride.** 6pm. 20-35M. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Wed Elevate Intermediate Ride.** 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.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.
- Thu Elevate Advanced Ride w/Team.** 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Thu Conversational Ride.** 6pm. Moderate pace, no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Fri HRRT Bike Belles, Beginner Ride & Jr Team rides.** 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Sat Shop Ride.** 8am. Keep up if you can. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.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.

JUNE

- 15 12th Whiteface Mountain Uphill Bike Race.** 11M. 8am. Whiteface Ski Center, Wilmington. 946-2255. whitefacerace.com.
- 15 Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
- 15 Zipp Wheel Demo.** 10am-2pm. Test rides w/ reps. Placid Planet Bicycles, Lake Placid. 523-4128. placidplanetbicycles.com.
- 22 ADK 540 RAAM Qualifier: Preview Ride.** 136M. 7am. Alpine Country Inn, Wilmington. 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. cbrcc.com.

- 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. cbrcc.com.
- 13 Tour de Perry. 17-53M. 7am. Silver Lake/Letchworth SP, Perry. 585-237-2933. tourdeperry.com.
- 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.
- 20 9th Tour de Rand Hill Bike Race. 14M uphill race. 9am. Plattsburgh. Patty Warner: 561-4290. plattsburghymca.com.
- 20 Mount Ascutney Bicycle Hill Climb. 3.7M. 9am. Windsor, VT. 603-387-2289. destinationcycling.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.
- 27 Hunter Mountain Summer Classic. 39-78M. 9am. Hunter Mtn Lodge, Hunter. 413-314-3478. greatamericancycling.com.
- 28 Liberty Tour Worcester Criterium & Series.** Downtown, Worcester, MA. 413-314-3478. anthemsports.com.

AUGUST

- 2-4 Montreal Double Double.** 400M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 2-4 Tour of the Catskills: Pro/Am Stage Race.** 120-180M. Windham & Hunter. 413-314-3478. tourofthecatsskills.com.
- 3 Gear Up for Lyme Mt Equinox Uphill Bike Climb.** 5.4M. 8am. Manchester, VT. bikereg.com.
- 4 11th Christine Nicole Perry Memorial Bike Ride.** 30M. 9am. Sweet Pea Farm, Bolton Landing. 644-3020. chrissyfund.com.
- 11 Ididaride: Adirondack Bike Tour!** 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 17 Berkshire BikeNfly. 20M/50M. Great Barrington, MA. 413-446-9672. berkshirebikenfly.org.
- 18 1st Matthew Ratelle Memorial Benefit Bike Ride.** 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 18 Lake George Bike/Boat Ride.** Bike Lake George to Ticonderoga. 11:15am. Mohican Boat to Lake George. Reserve: 668-5777. lakegeorgesteamboat.com.
- 20 Hot August Night MTB Series. 6pm. Central Park, Schenectady. 847-2419. hrrtonline.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.
- 24-25 30th Chris Thater Memorial Races. 16-50M. Recreation Park, Binghamton. Christopher Marion: 607-778-2056. bcstopdwi.com.
- 25 3rd Cystic Fibrosis Cycle for Life. 62/32M. 8am. Cambridge. Kate Quinn: 783-7361. cff.org.
- 30 Green Mountain Stage Race. 150-186M. Waitsfield, VT. 802-496-5415. gmsr.info.
- 31 Ultimate Time Trial. 12M. 11am. Castleton. Matthew Martin: 813-9655. sites.google.com/site/albanyultimatetimetrial.

SEPTEMBER

- 1 Darn Tough Ride. 25/45/65/100M. 7am. Stowe, VT. Pascale Savard: 802-253-9216.mmwa.org/darntoughride.
- 1 Coon Hill Grind. 2M Time Trial. 12pm. Skaneateles Ski Center, Marietta. skanraces.com.

Saratoga Century Weekend

SATURDAY-SUNDAY, SEPTEMBER 7-8

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

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

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

Mohawk Hudson Cycling Club
www.webmhcc.org

HELMETS ARE REQUIRED

11TH ANNUAL
Christine Nicole Perry
**Memorial
Bike Ride**

Sunday, August 4 at 9am
Sweet Pea Farm, 121 Federal Hill Rd
Bolton Landing

Approximately 30 miles - New route
Rain or shine • Post-ride lunch

Preregistration Appreciated:
chrissyfund.com

More Info: 518-644-3020
Proceeds benefit Christine Nicole Perry Memorial Trust

Facebook.com/AdirondackSports

Receive our latest posts on Facebook
Share your feedback, comments,
events and pictures
Help your friends discover ASF
by recommending us

ADIRONDACK THANKS FOR
SPORTS & FITNESS YOUR SUPPORT!

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

Join MHCC Today!

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

*Pick up an application at bike shops or
visit www.webmhcc.org*

**Mohawk-Hudson
Cycling Club**

ATTENTION BICYCLISTS!



Southern Adirondack Spokes(People)
Lake George Bike/Boat Ride
 Sunday, August 18
 Early AM: Bike Lake George to Ticonderoga
 11:15AM: Ride Mohican Boat to Lake George
 Reservations: (518) 668-5777
 www.LakeGeorgeSteamboat.com

Stuff We All Get



Make Yours What Everyone WANTS

- Screen Printed & Embroidered Apparel for your Business, Event or Team
- Promotional Products & Awards

SPRING SPECIAL
 BUY 200 SHIRTS FOR YOUR EVENT AND GET 24 FREE

SYNERGY PROMOTIONS

synergy-promos.com • (518) 260-5647

Challenge Yourself
 Change the Life of a Child

30 Mile and 62 Mile Routes

All proceeds to benefit the



camp challenge Ride

SEPTEMBER 7, 2013
 at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehbranch.org

Camp Challenge Ride Sponsored by:
 Neil and Jane Golub
 Victor and Yvette Hershaft
 Dan and Jan Lewis
 Vince and Patty Riggi
 Ron and Michele Riggi
 The Yulman Family

- 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.
- 13-15 Adirondack 540 RAAM Qualifier.** 540/408/272/136M options. Adirondack Country Inn, Wilmington. John Cecer: 583-3708. adkultracycling.com.
- 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. Chris Aronhalt: 770-631-1239. lakegeorgerando.com.
- 29-30 Bike & Brew Package.** Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.

NOVEMBER

- 3-12 Israel Bike Tour.** Sightseeing through Isreal's Judean desert, Carmel Mtns, Golan Heights, Jerusalem foothills & Mediterranean Coast. Haim Ben-Eliezer: 729-3752. ibikeisrael.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, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Hatha Yoga.** 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Hatha Yoga.** 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

JUNE

- 22 Kids Yoga Workshop.** 11am. Troy Healing Arts, Troy. Lesley Kavanaugh: 506-9985. troyhealingarts.com.

JULY

- 20 Kids Yoga Workshop.** 11am. Troy Healing Arts, Troy. Lesley Kavanaugh: 506-9985. troyhealingarts.com.

HIKING & ROCK CLIMBING

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 Hike-A-Thon: LGLC 25th Anniversary.** 8am. LGLC Parks and Preserves, Lake George. Sarah Hoffman: 644-9673. lgc.org.
- 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.

AUGUST

- 2-4 Trailless Backpacking: Cliff & Redfield.** 18M. Adirondack Mountain Club: 523-3441. adk.org.
- 2-4 4th Team Adirondack Charity Hike.** 1am. Mike DelSignore: 683-1526.
- 3 MacNaughton Hike.** 15.8M. Adirondack Mountain Club: 523-3441. adk.org.
- 4 Street & Nye Mtn Hikes.** 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 5 Macomb, South Dix, East Dix & Hough Hikes.** 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 10 Family Hike.** 1M. 9am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lgc.org.
- 16-18 Trailless Backpacking: Dix Range.** 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 12 Mt Marshall Hike.** 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Seymour Mtn Hike.** 14M. Adirondack Mountain Club: 523-3441. adk.org.
- 31-9/2 Trailless Backpacking: Allen.** 16.6M. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

- Sun Sun Morning MTB Rides.** Location Varies, Albany area. Details: facebook.com/RcubedRunRideRace.
- Sun HRRT Junior Development Team MTB Training.** 8am. Location varies. hrrtonline.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.E., Pittstown. saratogamtb.org.
- Thu SMBA Group Ride.** 6-7:50pm. Skidmore Stables Trails, Saratoga Springs. saratogamtb.org.

JUNE

- 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. leadvillercaseseries.com.
- 23 Round Top Mountain Bike Festival.** 10am. Riding, demos, skills. Riedlbauer's Resort, Round Top. catskillcycles.com.
- 23 2nd West Hill Shop/Grafton Ponds Mountain Bike Race.** Root 66 Series #9. 4.5-9M. 9am. Grafton, VT. 802-843-2400. graftonponds.com.
- 26 Arrowhead MTB Race #4.** 6:30pm. Pittsford. 585-381-3080. parkavebike.com.
- 27-30 4th HRRT Kingdom Trails Trip.** Trail/road riding, activities, talent show. Burke, VT. hrrtonline.com.

gear UP 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



New Members Welcome!
Visit: CBRC.CC
 Established 1982
Join Today!

Fri-Sun, June 14-16



THE Bike Event of the Year!

Challenging Road/MTB Races, Group Rides, Bike Demos, Vendors, Beach Party, Kids' Activities

More Info: (518) 946-2255 or BikeWilmingtonNY.com

Gear Up For Summer Cycling with

BROADWAY BICYCLE CO.

Father's Day Weekend Sale June 14th - 15th
 Ride with your family this Summer on one of our quality bicycles from Specialized.
 Out grow your bike? Take advantage of our loyal customer trade in policy. Visit us online at www.broadwaybicycleco.com
 Located in downtown Albany just past the capitol at 1205 Broadway.
 Checkout our spin room for those rainy days!
 Offering complete tune-ups and repairs Tuesday - Saturday
 Wide selection of new road bikes, mountain bikes, hybrids, and electric-assist bikes
We accept trade-ins!

THE 13TH

SARATOGA

12/24

JULY 13TH, 2013

SARATOGA SPRINGS, NY

WILL 13 BE YOUR LUCKY NUMBER?

WWW.ADKULTRACYCLING.COM

Gear Up For Summer Cycling with

plaine and son BIKE SKI WAREHOUSE

Father's Day Weekend Sale June 14th - 17th
 Ride with your family this Summer on one of our quality bicycles from Specialized or Trek.
 Out grow your bike? Take advantage of our loyal customer trade in policy. Visit us online at www.plaineandson.com for more details
 RENTAL BIKES and test ride Mountain Bike demos now available!
www.facebook.com/Plaineandson
 1816 State Street, Schenectady, NY
 518-346-1433 #PlaineandSon

So many things to do, you may just forget to go home.

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism,
 Routes 30 & 8, Box 184, Speculator, NY
 At the crossroads of two Scenic Byways
518-548-4521 • speculatorchamber.com

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

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

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: **fultonmontgomeryny.org**
Info: (518) 725-0641
Fulton County Tourism & PLPA

FOURTH ANNUAL team LUNA chix Splash & Dash Aquathon

0.5-mile swim & 3.1-mile run
Sunday, August 25 @ 11AM
502 Lake Desolation Rd, Middle Grove
Register now: Active.com
\$25 early registration / \$30 after 8/1
Includes a FREE training plan, lunch & great swag
FUN-focused fundraiser for Breast Cancer Fund
July 6, 9am • Open Water Swim Clinic
Lake Desolation • \$10 to BCF

Back in Balance

THERAPEUTIC MASSAGE

Better Than Ever!

Check out our new home across the street from the Tire Warehouse at **1427 Route 9**.

Enjoy \$10 OFF

your first 60 minute, 90 minute or Hot Stone Massage Session.
Valid through July 31, 2013

Proudly Serving the Capital District Since 1996

Call us Today to Schedule Your Session!
518-371-6332
Open 7 Days a Week • 1427 Route 9 • Clifton Park
BIBTherapeuticMassage.com

Run-Pedal-Tube Triathlon

Saturday, August 17 at 9am
Canoe Take-Out (11M W of Exit 21), Hadley

- 5K foot race in Hadley
 - 7.5M bicycle ride in Hadley-Luzerne
 - Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out
- Individuals \$20 & Teams \$55
Teams: M/F/Coed/Family/Company
Entry/Info: **hadleybusinessassociation.net**
(518) 696-4947 • hadleyba2003@yahoo.com
Bike, helmet, inner tube & PFD required
Benefits Hadley Business Assn Scholarship Fund

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**

- 29 Windham US National Mountain Bike Race: NYS MTB Series. 8am. Windham Mtn, Windham. 734-4300. racewindham.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.
- 28 SOS MTB Challenge: NYS MTB Series. Stewart State Forest, New Windsor. 845-344-1414. nysmtbseries.com.

AUGUST

- 3 4th Wildcat Epic MTB Race. 25-100M. 8am. Gardiner. 845-256-8073. wildcatepicevents.com.
- 4 Campmor H2H Race #6 Taconic 909 Challenge. Pleasant Valley. 845-505-1211. espraces.com.
- 11 Belleayre Mtn All Terrain Challenge: NYS MTB Series. Belleayre Mtn, Highmount. 845-679-2122. nysmtbseries.com.

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.
- 8 Riedlbauer's Round Top Rally: NYS MTB Series Finale. Riedlbauer's Resort Golf Driving Range, Round Top. 965-0487. nysmtbseries.com.

MOUNTAINEERING & WILDERNESS SKILLS ONGOING

Call **Weekend Survival Skills Events & Zombie Paintball Games**. 782-2377. wildernesssurvivaladk.com.

JUNE

- 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-Tri, 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.

JUNE

- 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

- 6 **Team LUNA Chix Open Water Swim Clinic**. 9am. Lake Desolation, Middle Grove. teamlunachix.com/albany_triathlon.
- 7 HRRT Off-Road Duathlon. 5M MTB, 3.2M run, 5M MTB. 8am. Central Park, Schenectady. 847-2419. heatherrizzismountainbikeracetteam.webs.com
- 11 **Team LUNA Chix Brick: bike drills & track run**. 5:45pm. Shenendehowa HS Track, Clifton Park. teamlunachix.com/albany_triathlon.
- 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, Guilderland. 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. fronhofertooltriathlon.com.
- 3 **3rd Peck's Lake Challenge Sprint Triathlon**. 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. fultoncountyny.org.
- 3 **CRNA Pursuit & Paintball Biathlons**. 9am. Castleton Fish & Game, East Schodack. capitalregionnordicalliance.org.
- 3 28th Y-TRI Triathlon. 0.5M swim, 18M bike, 4M run. 9am. Point Au Roche S.P., Plattsburgh. 561-4290. plattsburghymca.com.
- 17 **Crystal Lake Triathlon**. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 17 **Run-Pedal-Tube Triathlon**. 5K run, 7.5M bike, tube across Hudson River to Hadley. 9am. 696-4947. hadleybusinessassociation.net.
- 17 10th Bitter Pill 12-Hour Race. Trek, swim, canoe, MTB, navigate. Teams/individuals. 5am. Catamount Outdoor Center, Williston, VT. gmara.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.

Announcing Website Services!

If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process. You maintain control of your website during development and after. We take a limited number of projects for great customer communication and interaction. *Space is filling up fast. Call today and let us show you what we can do!*

Integrated Technology Resources

26F Congress St 209, Saratoga Springs • (518) 796-6951

10% off special for Adirondack Sports & Fitness magazine readers

Godfrey Financial Associates, Inc.



Kathleen Godfrey, President

Objective, Professional, Independent
Serving the Capital District since 1995

- ✓ Objective, independent financial advice
- ✓ Investment management
- ✓ Retirement and legacy planning



(518) 220-9381

www.godfreyfinancial.com

28TH ANNUAL
Piseco Lake Triathlon
 Saturday, July 20 • 9am
 Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
 Individuals or 2-3 Person Teams
 Professional timing & register online!
www.speculatorchamber.com
 Entry fee: \$50

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

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

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!



Proceeds to benefit
 Rotary Club of LP
 Community Projects

- 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.
- 24 5th Duaneburg Area Community Center Triathlon.** 325yd swim, 10M bike, 5K run. 7am. Mariaville Lake to Duaneburg. Jennifer Dixon: 895-9500. dacc.info.
- 24 Pittsfield Family YMCA Sprint Triathlon.** .05M swim, 14.5M bike, 5K run. 8am. Burbank Park, Pittsfield, MA. Michelle Kettler: 413-499-7650. pittsfieldfamilyymca.org.
- 25 Team Luna Chix Splash & Dash Aquathon.** 0.5M swim, 5K run. 11am. Lake Desolation, Middle Grove. active.com.
- 25 4th River Rat Triathlon.** 600m swim or 3M kayak/canoe, 17M bike, 5K run. 8:30am. Centennial Park, Clayton. riverrattri.org.
- 31 Skinnyman Triathlon.** 800yd swim, 14M bike, 3M run. 7:30am. Clift Park, Skaneateles. skanraces.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. lgrfestival.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.
- 15 37th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 21-22 HITS Hunter Mountain Triathlon.** Open, Sprint, Olympic, Half, Full. Haines Falls. 845-246-8833. hitstriathlonseries.com.

DECEMBER

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

OTHER EVENTS

JUNE

- 15 Eastern Mountain Sports: Outdoor Demo Tour.** 10am-4pm. Collins Park, Scotia. Info, EMS Niskayuna: 388-2700. demos.ems.com.
- 22 Urban Park Orienteering.** 10am. Washington Park, Albany. empo.us.orienteeing.org.

JULY

- 8 Learn to Row.** Sessions: July 8-Aug 1, Aug 5-29. 5:30pm. Aqueduct Park, Niskayuna. Julia MacDonald: 272-1430. aqueductrowingclub.com.
- 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.
- 15 Karaoke for the Cure.** 6pm. Saratoga Raceway & Casino, Saratoga Springs. Lynette Stark: 250-5379. komenneny.org.

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

JUNE

- 11 Yoga Paddlenic for Women.** 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com.
- 11 Fundamentals of Canoeing.** 6:30-8:30pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

- 12 Evening Kayak Tour.** 6:15pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 14 Intro To Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.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.
- 17 Try out Standup Paddleboards.** 6:30-8pm. Collins Park Lake, Scotia. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 18 Evening Kayak Tour.** 6:15pm. Coeymans. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 19 Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 20 Yoga Paddlenic for Women.** 8:30am-5pm. Yoga & paddling instruction, farm to table lunch/snack. Reserve: 677-3311. battenkillvalleyoutdoors.com
- 21 Canoe & Kayak Demo Day.** 4-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 21-23 2nd Adirondack SUP Festival.** WPA races, SUP demos/sales, on-water clinics, SUP fitness/yoga, pooch race, guided tours. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trials Outfitters: 800-491-0414. adirondacksupfestival.com.
- 24, 26 Fundamentals of Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 25 Evening Kayak Tour.** 6:15pm. Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 28 Fundamentals of Kayaking III.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 30 Standup Paddleboard Clinic w/Danny Mongno.** Race skills & fitness. 8-11am. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.
- 30 Standup Paddleboard Clinic w/Danny Mongno.** SUP Foundations. 12-3pm. Lake George Kayak Co., Bolton Landing. Reserve: 644-9366. lakegeorgekayak.com.

JULY

- 8-8/1 Learn to Row.** 5:30pm. Aqueduct Park, Niskayuna. Julia MacDonald: 272-1430. aqueductrowingclub.com.
- 6 Paddle Making Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 15-25 Paddling Outings.** St. Regis Canoe Area. Adirondack Mountain Club: 523-3441. Marilyn Gillespie: 891-2626. adk.org.
- 20 2nd New York SUP Fest.** Races, clinics, demos/sales, food. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 21 Adirondack Flat Water Paddle Challenge.** 15M. 10am. 4-person race. Lewey Lake, Indian Lake. Brian McDonnell: 891-2744. macscanoes.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.
- 5-29 Learn to Row.** 5:30pm. Aqueduct Park, Niskayuna. Julia MacDonald: 272-1430. aqueductrowingclub.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Mon Camp Saratoga 5K Trail Run Series:** 6/24, 7/8, 7/22, 8/5, 8/19. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. saratogastryders.org.
- Tue 44th Colonie Summer Track Meet:** 6/11-8/6. 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.

Proactive Chiropractic introduces

Doctor Christopher Bath

• Certified in
 Active Release
 Technique



• Certified by
 the Titleist
 Performance
 Institute

• Certified by the
 Kinesiotaping
 Association
 International



1539 Crescent Road, Clifton Park, NY 12065
 518.373.9999 www.ProactiveChiropracticPLLC.com



4th Annual
Strides 4 STRIDE

RUN · WALK · ROLL

Saturday, June 22, 2013
 Albany Riverfront Park/Corning Preserve
 Registration 8am, Race at 9am
 Adults \$20, Youth \$15
 Micro-mesh shirts to the first 200 registrants

To benefit STRIDE's adaptive sports and recreation programs for youth with special needs and wounded warriors
 Register online at www.stride.org

3rd annual
RUN for the RHUBARB

5K race and 1 Mile Kid's Fun Run
 Fundraiser for Mountain Road School
 Sunday, June 16, 10am
 Mountain Road School
 4565 Country Rd. 9
 New Lebanon, NY

Race day registration 8:30am - 9:30am

Register online at:
www.active.com

For more information call
 518-784-8520
www.mountainroadschool.org



35TH ANNUAL
Lane 10K Lake Run
 Sunday, August 4
 Lake Pleasant to Speculator

Registration: 9am at Speculator Ball Field
 Race Start: 10am

Scenic route follows south shore of Lake Pleasant

Entry Forms:

www.speculatorchamber.com
 or (518) 548-4521

Adirondack Speculator Region
 Chamber of Commerce
 PO Box 184, Speculator, NY 12164

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)

Late Registration: June 22, 5-7pm at Lake George Fire Station
 No race day or telephone registration

Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship



5K Run/Walk

& 1-Mile Beaver Dam Short Course
Saturday, August 10 • 8am
 203 Lake Tour Rd, Lake Luzerne

A beautiful outing for all ages with the Center's faculty, students and parents around Lake Luzerne, accompanied by LMC's music groups stationed at melodic intervals along the route

First 400 registered receive T-shirt Awards for 5K Run
Info/Register: luzernemusic.org
 (518) 696-2771

To benefit Luzerne Music Center's Scholarship Fund



LUZERNE MUSIC CENTER
 www.luzernemusic.org




First annual Saratoga Casino and Raceway

MONDAY NIGHT MILE

Monday, August 12 • Starts 5:30pm
1M Race on Saratoga Harness Track
 - 242 Jefferson St, Saratoga Springs -

Benefits Saratoga Springs History Museum
 Chip Timing • Awards • Celebrity Run
 T-shirts to all entries by 8/6
 \$20 by 8/6, \$25 8/7-11, \$30 race day
 - Free Kids' 1/4-Mile Fun Run -
Register online: SaratogaHistory.org



11th Annual
Saturday, Aug 17 • 8:30am
Brookside Museum, Ballston Spa
 USATF Certified
Fast and fabulous with downhill for your summertime PR!

Chip timing • T-shirts to first 200 registrants
 5 year age group awards
 Application: www.brooksidemuseum.org
 Joy Houle (518) 885-4000
 Register online: www.active.com
 \$22 by 8/13 or \$27 after
 Benefits: Brookside Museum education programs

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY Hudson-Mohawk Road Runners Club
 ~ 45TH SEASON ~

June 11, 18, 25
July 2, 9, 16, 23, 30 (Ribbon Night)
August 6

FREE OF CHARGE
 6pm • Colonie High School
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- One-Mile Race Walk
- Hurdles
- One-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Dynamic Duo Pursuit Race: Saturday, August 3
 Program Info: Frank Myers
 869-9333 or flyingbb45@aol.com

Thu ARE Summer Trail Run Series: 5/23-8/29. 6:30pm. Various locations, Capital District. areep.com.

JUNE

- 13 The Route 50 Mile. 1M. 6:30pm. Kingsley Rd & Rte 50, Burnt Hills. Pete Sheridan: 399-4624. chsny.org.
- 14-15 **Ragnar Relay Series: Niagara Ontario.** 200M. Regular, Ultra & H.S. teams. Cobourg to Niagara, Ontario. Katie Aston: 801-834-9531. ragnarniagara.com.
- 15 **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 Nurte: 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.
- 19 Summer Soltice Run. 14K. 6:30pm. Minnewaska S.P., New Paltz. Steve Schallenkamp: 845-339-5474. shawangunkrunners.org.
- 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.
- 29 17th Madrid Bluegrass Ramble Races. 8am: 13.1M. 8:30am: 5K/10K. Bluegrass Festival Grounds, Madrid. Dan & Renee Dominic: 315-379-9290. northernrunner.org.
- 29 Fenimore 5K & Tot Trot. Clark Sports Center, Cooperstown. active.com.
- 30 3rd Michael Cerroni Memorial 5K Run/Walk. 9am. Maple St Park, Black River. michaelcerroni5k.com.

11 Women's Distance Festival 5K Run & Walk. 6:30pm. Dryden Lake Town Park, Dryden. fingerlakesrunners.org.

- 13 **CRNA 5K Trail Run Series.** Harvest Spirits Distillery/Golden Harvest Orchard, Valatie. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 13 Turtle Trot Walk Run. 3.2M 9am. Whalen Park, Massena. Nancy Foster: 315-764-1289. wilsonhillassoc.com.
- 13 Jingle Bell Run/Walk for Arthritis. 5K. 8am. Great Escape Six Flags, Queensbury. 456-1203. arthritis.org.
- 13-14 Mass Dash & Half Dash Relay. 200M: Mt. Greylock to Boston or 85M: Mt. Greylock to UMass Amherst. massdashrelay.org.
- 14 Heroes for Health. 2M Obstacle Run. 10am. Prospect Park, Troy. wmyhealth.thankyou4caring.org.
- 14 Boilermaker Road Races. 15K, 5K, & 3M Walk. 15K: 8am. 5K: 7:15am. Utica. boilermaker.com.
- 17 **Mohawk Hudson River Marathon Training Clinic #1: Running Forever Injury Free w/ Dr. Todd Shatynski.** 7pm. Polish Comm Center, Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com
- 18 **HMRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 18-21 ARE Trail Running Camp (Adults). Clinics, yoga. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 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. cdmca.org.
- 20 Isle La Motte 5K. 8:30am. St. Anne, Isle La Motte, VT. Paul Hinman: 802-928-3131. islelamotte.us.
- 20 Race 4 Care 5K. 8am. Schroon Lake. Ingrid Roemischer: 942-6513. hphpc.org.
- 20 14th Moonlight in Vermont Midnight Road Race & Community Ramble. 4M. Pownal Center, VT. 802-442-4414. bkvr.org.
- 20-21 25th Vermont 100M/100K Endurance Run. Silver Hill Meadow, West Windsor, VT. vermont100.com.
- 21 Miller's Mills Sundae 5K Run. 9:15am. Millers Mills Grange, West Winfield. 315-858-2855. millersmillsny.webs.com.
- 21 Forest Frolic 7K/15K Trail Runs. 9am. Virgil S.F., Virgil. Steve Ryan: 607-277-7816. fingerlakesrunners.org.
- 21 Froggy Five Miler. 5M. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 25 **HMRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 27 **Inaugural Zombie Gauntlet 5K.** 5pm. Queensbury School Trails, Queensbury. jrvcfoundation.org.
- 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.
- 27 41st Honor America Days 5K. Rome. Cindy Reynolds: 315-337-0753. uticaroadrunners.org.
- 27 Save the River-Run for the River 5K/10K. 9am. Frink Park, Clayton. 315-686-2010. savetheriver.org.

JULY

- 2 **HMRRC Summer Track Series #1: 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 Vanderinden: 744-5646. firecracker4.com.
- 4 27nd Montcalm Mile. 1M. 1:45pm. Montcalm Street, Ticonderoga. lachute.us.
- 6 Inaugural Freedom 5K. 9am. Vassar College, Poughkeepsie. Vince Veltre: 845-797-7347. mhrrc.org.
- 6 Finger Lakes Fifties Trail Runs. 25K/50K/50M. 6:30am. Finger Lakes N.F., Hector. fl50ultra.blogspot.com.
- 11 **HMRRC Summer Track Series #2: 2-Person Relay.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- 11 Tour de Potsdam 5K Wellness Walk/Run. Walk: 6pm. 5K: 6:30pm. Potsdam. Carol Zimmerman: 315-261-4760. gethealthyslc.org.

AUGUST

- 3 **11th Race the Train.** Train ride: 8am. 8.4M run: 9am. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 3 2nd Tupperpalooza Warrior Run. Mud/obstacle run. 10am. Big Tupper Ski Area, Tupper Lake. tupper-lake.com.
- 3 3rd ORA Redneck Run/Walk. 10K, 5K & 1M Fun Run. 9am. American Legion, Antwerp. villageofantwerp.net.
- 4 **35th Lane 10K Lake Run.** 10am. Ball Field, Speculator. 548-4521. speculatorchamber.com.
- 4 **19th Indian Ladder Trail Run 15K & 3.5M.** 15K: 9am. 11am: 3.5M. Thacher State Park, Voorheesville. Mike Kelly: 439-5822. hmrrc.com.

Caring Together 12th Annual



Teal Ribbon 5K Run & 1-Mile Walk

For Ovarian Cancer Awareness & Research

Sunday, Sept. 15 • 9am
 Washington Park, Albany

T-shirts to first 600 registered
 Awards: overall/age groups/fundraisers/teams
 Plus, face painting, clowns, raffles
 Individuals: \$15 by 9/1, \$20 after
 Team Members: \$12 by 9/1, \$20 after
 Children: \$5 ages 10-under

To Register & Donate:
CaringTogetherNY.org or
FirstGiving.com/CaringTogether

36TH ANNUAL

Whiteface Mountain Uphill Foot Race

Run to the North Pole!

Sunday, Sept. 14, 8am



Run 8 miles, 3500 feet up Whiteface highway.
 Rewarded with 360° view during fall foliage!

Presented by



Register:
WhitefaceRace.com
 (518) 946-2255

18.12 Challenge

& HALF MARATHON

18.12 Mile and 13.1 Mile Road Races

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

More Info: 1812challenge.com • Register at active.com • Limited to 812 runners
 Sponsored by Watertown Savings Bank, Watertown Daily Times & Bottle Caps Beverage Center



THE DUNKIN' RUN 2013




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

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 Johnsburg Dollars for Scholars

12th Annual
Turning Point 5K Run/Walk
Recognizing the American victory
at the Battle of Saratoga



**Saturday,
July 27, 9am
Warming Hut,
Saratoga Spa
State Park**

**Kids' Fun Run (12-under free): 10am
\$20 preregistration / \$25 race day**
T-shirt to first 150 5k entries
Application: FINISHRIGHT.COM
Info: 583-2940 or kingamache@hotmail.com

Challenge Yourself
Change the Life of a Child


SEPT. 7, 2013
at the
Double H Ranch
in Lake Luzerne,
New York

**Camp
Challenge**
5K RUN

All proceeds to benefit the
HH
Double H Ranch
in saratoga camp

Register at
www.doublehranch.org
Presented by Adirondack Partners

1ST ANNUAL
**ZOMBIE 5K
GAUNTLET**



**Saturday,
July 27 at 5pm**

To benefit
Johnathan R. Vasiliou Foundation

Queensbury School Trails, 429 Aviation Rd
(just off Exit 19), Queensbury

Register: Active.com • Info: jrvmfoundation.org
Entry Fee: \$30 by 7/15 for T-shirt or \$35 race day

Off-road course!
**Can you survive
the zombie hoard?**
Lose the flags on
your belt and you
have been killed.
Come out with
flags and YOU
SURVIVED!
Awards to best
racer and zombie
costumes –
**Surviving is its
own reward!**

- 8 **Mohawk Hudson River Marathon Training Clinic #2: Running Doesn't Equal Weight Loss w/Judy Torel.** 7pm. Polish Comm Center, Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 9 Schenectady ARC 5K. 6pm. Central Park, Schenectady. arc5kchallenge.com.
- 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.
- 10 **Move it to the Music 5K Run/Walk & 1M Beaver Dam Short Course.** 8am. Lake Luzerne. 696-2771. luzernemusic.org.
- 10 Ken Hummel Memorial 5K. 9am. Town Hall Grounds, Stuyvesant. Melissa Naegeli: 758-6248. stuyvesantry.us.
- 10 DanRan 5K Run/Walk & Kids Fun Run. 9am. Steven's ES, Burnt Hills. areep.com.
- 10 15th Fox Creek 5K Run. 8am. Helderberg Trail, Town Park, Berne. Liz Chauvots: 872-1870. ebcpt.com.
- 10 Our Lady Queen of Peace Parish 5K & Kids' 1M Fun Run. 9:30am. Schenectady. Carmela Pasquarella: 346-4926.
- 11 2nd Base Race 5K & 10K. 8am. Clark Sports Center, Cooperstown. clarksportscenter.com.
- 12 **1st Monday Night Mile for Saratoga History Museum.** Also: 1/4M Kids' Run. Starts: 5:30pm. Racino & Harness Track, Saratoga Springs. John Pecora: 583-9622. saratogahistory.org.
- 17 **11th Jailhouse Rock 5K.** 8:30pm. Brookside Museum, Ballston Spa. John DeGuardi: 466-1783. brooksidemuseum.org.
- 17 Footrace at the Falls. 5K. 10am. Bicentennial Park, Ticonderoga. Matt Karkoski: 585-7206. lachute.us.
- 17 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. David Roy: 295-7162. landisarboretum.org.
- 17 16th Olga Memorial Footrace 5K/10K Run & Walk. 9:30am. Peggy Wiltberger: 637-4297. Berkeley Green, Saranac Lake. saranaclake.com.
- 24 **CRNA 5K Trail Run Series. Goold Orchard & Brookview Station Winery, Castleton.** Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 24 Muddy Sneaker Trail 5K Trail & 1M Fun Run. 9am. Indian Meadows Park, Glenville. Beth Gregory: 320-8648. glenvillerotary.org.
- 24 16th Altamont 5K Run/Walk. 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 24 34th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond. Kasie Enman: 802-238-0820. gmaa.net.
- 24-25 Turning Stone Races: 5K, 10K & Half-Marathon. 5K: 5pm Sat. 10K/Half: 8am Sun. Turning Stone Resort Casino, Verona. turningstoneraces.com.
- 24-25 Chris Thater Memorial 5K Run. 10am. Recreation Park, Binghamton. Christopher Marion: 607-778-2056. bcstopdwi.com.
- 25 12th Snowmaker 5K & 1M Walk. 9am. Woods Valley Ski Area, Westernville. Dick Swan: 315-337-1208. romanrunners.com.
- 25 The North Face Race to the Top of Vermont. Run, bike or hike. 4.3M. 9am. Mount Mansfield Toll Road, Stowe, VT. Greg Maino: 802-864-5794. rttovt.com.
- 31 4th Run For The Horses 5K & 1/2M Fun Run. Saratoga Springs. Lisa Craig: 226-0028. trfinc.org.

SEPTEMBER

- 1 **2nd 1812 Challenge & Half Marathon.** 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com.
- 1 **1st ADK 80K Trail Running Race.** Also: 80K MTB Race. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 1 7th Trooper Joseph Longobardo Memorial 5K Walk/Run. 10am. Orenda Pavilion, Saratoga Springs SP, Saratoga Springs. Teri Crowe: 461-5769. longobardomemorial.org.
- 7 **Double H Ranch: Camp Challenge Run.** 5K trail run/walk. Double H Ranch, Lake Luzerne. 696-5921. doublehranch.org.
- 7 **4th Malta BPA 5K.** 8:30am. HVCC TEC Smart, Malta. Paul Loomis: 288-8009. maltabpa.com.
- 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.

- 7 **Youth Make a Difference 5K Run/Walk & 1M Kids' Run.** 9:30am. North Greenbush Town Hall, Wynantskill. Michael Miner: 283-2714. townofng.com.
- 15 **The Saratoga Palio Half-Marathon & 5K: Melanie Merola O'Donnell Memorial Race.** 5K run/walk: 8am. 13.1M: 8:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 15 **12th Teal Ribbon 5K Run & 1M Walk.** 9am. Washington Park, Albany. caringtogetherny.org.
- 19 **36th Run to the North Pole: Whiteface Mtn Uphill Foot Race.** 8M. 8am. Whiteface Highway, Wilmington. 946-2255. whitefaceace.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 **YMCA Brenda Deer Memorial 5K Run/3K Walk & Kids Fun Run.** 9am. Guilderland YMCA, Guilderland. cdyymca.org.
- 21 **Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K.** 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 21 Hancock Shaker Village 50M Ultra & 26.2M Trail Marathon. 50M: 5:30am. 26.2M: 10am. Pittsfield State Forest, Pittsfield. hancockshakervillage.org.
- 22 **Adirondack Marathon Distance Festival: Marathon, Half-Marathon, 2 & 4-Person Marathon Relay.** Marathon & Relay: 9am. Half: 10am. 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.
- 28 **20th FAM 5K "Fund" Run/Walk.** 10am. Refreshments, entertainment, Brooks BBQ & Kids' Run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.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

- 30 3rd Summer Super Splash Open Water Swim. Thirteenth Lake, Garnet Hill Lodge, North Creek. Glens Falls Family YMCA: garnet-hill.com.

JULY

- 6 **Team LUNA Chix Open Water Swim Clinic.** 9am. Lake Desolation, Middle Grove. teamlunachix.com/albany_triathlon.

AUGUST

- 3 Swim a Mile for Hospice. 8am. Postwood Park, Hannawa Falls. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- 17 **12th Betsy Owens Memorial Open Water Swim.** 9:30am. Mirror Lake, Lake Placid. betsyowensswim.com.
- 24-25 **Lake George Open Water Swims.** Sat: 2.5K, 5K & 10K swims. Sun: 4M. Hague Beach, Hague. lakegeorgeswim.org.


SEPTEMBER

- 1 Escape From the Judge 1M Open Water Swim Race. 8am. Clift Park, Skaneateles. skanraces.com.

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.

7th Annual
Firecracker 4



4-Mile Road Race

Thursday, July 4 • 9am

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

START/FINISH:
Saratoga Springs City Center
Entertainment along the course
Freedom Hawk Band at the start/finish

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

REGISTER AND INFO:
www.Firecracker4.com

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

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

2013 HMRRC SUMMER TRACK SERIES

Fun & Challenging!

Colonie High School Track

1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

Race #1: COLONIE MILE

Tuesday, July 2 at 6:00pm
Free entry

Race #2: TWO-PERSON RELAY

Thursday, July 11 at 6:15pm
Free HMRRC members, \$5 non-members
Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

Race #3: HOUR RUN

Thursday, July 18 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run on track for one hour

Race #4: PENTATHLON

Thursday, July 25 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

Low-key track runs – instead of road runs in the summer heat!

For more info, Ken Skinner:
(518) 489-5311 • kennyskin@earthlink.net
Hudson-Mohawk Road Runners Club
hmrrc.com

1st Annual
YOUTH MAKE A DIFFERENCE 5K
2013

**SATURDAY
SEPT. 7**

**5K Run/Walk: 10am
Free 1M Kids' Run: 9:30am**
North Greenbush Town Hall, 2 Douglas St, Wynantskill
Register: zippyreg.com • Info: townofng.com
T-shirt to first 300 • \$25 or \$30 race day
After run/walk enjoy our Town Celebration with live bands, rides, food & crafts
Benefits North Greenbush Youth Dept Program

RUN THE RIDGE
Maple Ski Ridge

Saturday, July 27
2725 Mariaville Rd, Schenectady

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

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

12th ANNUAL
Betsy Owens Memorial LAKE SWIM
Saturday, August 17, 9:30am
Mirror Lake in Lake Placid

2013 USMS Two-Mile National Championship
Open to all swimmers 18 & older

Register online by 8/5 (no race day):
www.BetsyOwensSwim.com

LAKE GEORGE
OPEN-WATER SWIM

August 24-25

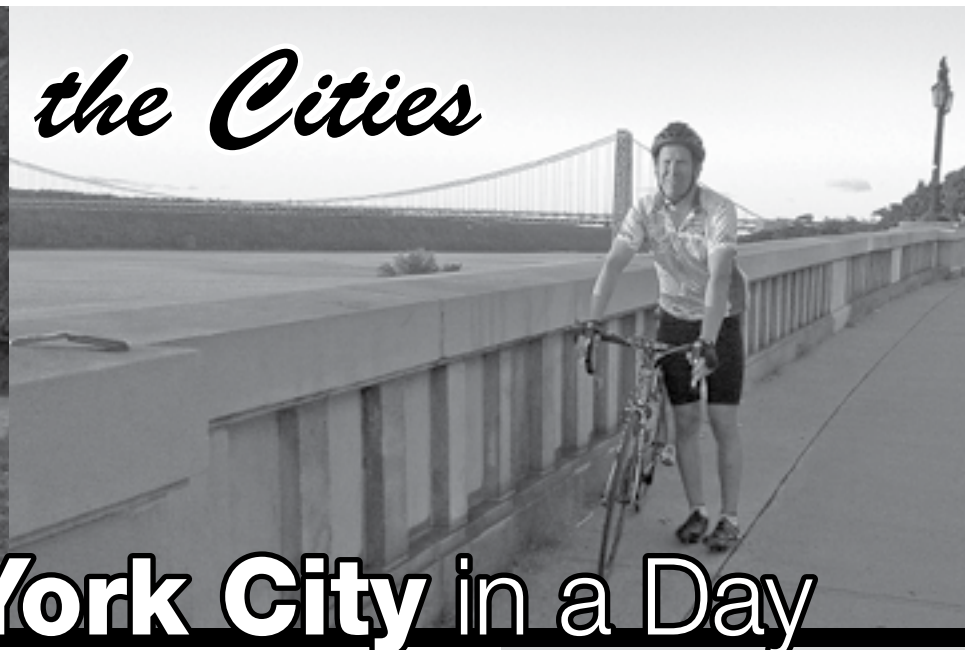
Saturday • 2.5k, 5k and 10k swims

Sunday • 4-mile point-to-point swim

Wetsuit and non-wetsuit divisions • Registration is Open!
www.lakegeorgeswim.com
Hague Beach on Lake George

BICYCLING

Bridging the Cities



Albany to New York City in a Day

By Alan Wechsler

I met my friend Steve Goldstein of Latham at 6am on a side street in Rensselaer. Five minutes later, in the predawn chill of a September day, we had assembled our road bikes and were ready to ride.

Steve looked at me, "Where do we go?" I said, "Downhill and make a left, then ride south for the next 150 miles."

We were about to embark on what must be one of New York's grandest and most epic one-day road tours – biking from Albany to New York City. This all-day tour of the Hudson Valley is not for the casual rider. But those with fast bikes and sturdy quads will find it one of the most rewarding trips around.

It can be done in either direction, and both routes have merit. Leaving from the city has the advantage of getting the only significant hills out of the way within the first 30 miles, as well as avoiding downstate traffic with an early start.

Heading south lets you leave from home. But the worst part is the hills south of the Bear Mountain Bridge – several climbs up to 500 feet of vertical ascent. The pitch is never brutal,

but after 120 miles it won't take much to get your legs burning.

Still, the best part about biking south is the ending. Sorry, Rensselaer, nothing beats riding over the George Washington Bridge into Manhattan, the Big Apple skyline glowing in the setting sun.

And what better place to celebrate your victory than in The City That Never Sleeps! Although it's pretty much guaranteed that you will sleep just fine after completing this ride.

In either direction you'll be following NYS Bike Route 9, a route created by DOT. There's even a Gov. Pataki-era map of the route, which the state will mail to you for free (Google "New York Bike Route 9" and follow directions). On the ride itself, small bicycle road signs with arrows make route-finding a breeze – most of the time.

For upstate residents, the biggest issue is logistics. If you have a relative or friend in the city, that makes things easy. If not, you may want a hotel room. You can also head down or back via Amtrak, which allows bikes. But unless you plan on carrying a change of clothes, it might be best to have someone meet you down there with a car. In our case, Steve's wife and son drove down and met us with everything we

needed, including fresh bananas. Steve also has a cousin on 109th Street but, sorry, you can't stay there.

Whatever you do, once in the city, keep a sharp eye on your prized possession – and I mean your bike, not your spouse. Bicycle theft is rife in New York, and local cyclists carry locks that weigh about as much as your whole ride.

I had dreamed of this trip for years before I finally did it myself in the summer of 2010. When my mom drove up from Long Island for a visit, I hitched a ride back with my bike. Then at 5am I took the LIRR train into Penn Station and started riding north.

That trip, made on a steel Schwinn touring bike in July, took 17 hours and ended at 11pm. There had been a stiff headwind the entire way. Temperatures were in the high 80s. And halfway through the tour, I discovered that my rear tire was completely worn through, and I had to detour to the nearest bike shop for a replacement.

I loved the ride, but thought my clunky speed inelegant. Two years later, I would have another chance – when I told Steve about the ride, he wanted to do it too.

This time we would leave from Albany. I would be on my new carbon-fiber Trek, reducing my bike weight by ten pounds, and instead of headwinds and July humidity we'd have perfect fall cycling weather.

When Steve and I departed from Rensselaer, we had 13 hours to get to New York before darkness. We had another deadline too – 8pm reservations at the Knickerbocker Bar and Grill in Greenwich Village to celebrate our success.

From Rensselaer, we headed south on Route 9J. My jersey pockets were stuffed with protein bars and a PB&J, plus the Bike Route 9 map. In no time we were cruising between 18 and 20 miles per hour, feeling fit and enjoying the cool, early-morning air.

We made Hudson in two hours, passed through the city and kept going south. We rode by scenic glimpses of the river, and the beautiful gatehouse of Bard College.

After four hours on back roads, we rolled into Rhinebeck. There, a friend met us with egg salad sandwiches, Gatorade and melon slices, which kept us fueled for the next few hours.

South of Rhinebeck, with its welcoming benches and quaint downtown, the riding gets less pleasant. Route 9 is full of history – Vanderbilt Mansion, the Culinary Institute of America, FDR's Hyde Park estate – but also busy with traffic. And then there's Poughkeepsie.

The state did a reasonable job of posting its twisting route through the city's neighborhood streets, but we still managed to get lost. Luckily it's fairly easy to keep heading south until you find your way again.

■ (LEFT) THE AUTHOR ON HOOK MOUNTAIN BIKEWAY CONNECTING NYACK AND HAVERSTRAW ALONG THE HUDSON.

■ (RIGHT) STEVE GOLDSTEIN ARRIVES IN MANHATTAN AT THE END OF THE RIDE.

PHOTOS BY ALAN WECHSLER

From here, the bike map recommends staying on Route 9, but I chose Route 9D instead. This takes you through the city of Beacon, where there's a great general store at the base of Beacon Mountain. And from there, the road is quieter as it parallels the Hudson River. There's also a cool tunnel, where the road goes under Breakneck Ridge, a steep ridge of exposed rock that is popular with hikers.

The scenery gets better from here – mansions and golf courses and, at one point, a castle-like monastery atop a hill. We soon reached the Bear Mountain Bridge, where we crossed to the west side to avoid the traffic of Westchester County.

The bridge offers marvelous views of the Hudson Highlands, but by this point you may be too tired to care. Unfortunately, if you're heading south, this is where the big hills start.

Incidentally, be sure to ignore the map's advice to follow an unpaved "Greenway Trail" just south of the bridge. This is a rugged, rutted path that would be difficult on a mountain bike, much less on racing tires, and has no business being on a bike route.

As we headed further south, the route took us through the riverside parks of Haverstraw, up over the biggest hill on the tour, and then through the tony suburbs of Nyack. We were in the home stretch now, as Route 9W flattens and rolls through northern New Jersey.

At one point, we joined a few New York City-based cyclists who were out for an afternoon ride. "How far did you go?" I asked. "About 20 miles. You?" he said. I was embarrassed to tell him we were approaching our 145th mile of the day.

Finally, we reached the pedestrian entrance to the George Washington Bridge. It was here that Steve suffered our only accident of the ride – his front tire slipped on the metal curb, and he went down in a heap. Uninjured, he was soon up, and we were riding over the river into the city. It was just after 7pm, closing in on our 13th hour on the bikes. We both felt great.

At the other end of the bridge, as we hit the Manhattan streets, we saw a guy on a mountain bike clip a pedestrian. "Hey, watch where you're going, idiot!" the pedestrian yelled. "You're the idiot!" the cyclist shot back. Yup, we'd made it to New York City, all right. 🏆

Alan Wechsler (alwechs@juno.com) is an outdoor writer and avid cyclist living in the Capital Region.

EASTERN MOUNTAIN SPORTS®
CLIMBING • CAMPING • PADDLING • CYCLING • HIKING

BRING IN THIS
COUPON TO SAVE

20%
OFF

One Full-Price Item*



Valid 6/1/13 thru 6/23/13.

*Valid in-store only. Restrictions may apply on some brands. Cannot be combined with other offers. See store guide for details.

15 New York Locations

online ems.com | phone 888-463-6367 | stores 68 locations

St. Regis
Canoe Outfitters



Guided Trips – Day and Overnight
Outfitting – By the Piece or Package
Camping & Backpacking Rentals
Retail Paddlesports Shop
New & Used Canoes, Kayaks & Gear
New Adk Paddler's Map – South

73 Dorsey St, Saranac Lake
(518) 891-1838 • (888) 775-2925
www.canoeoutfitters.com

CK Cycles

Full Service Since 1902
Road • Mountain • Hybrid • BMX • CX
Raleigh • Fuji • Felt Racing • Masi
Kink • Cannondale • Haro • Surly

Proud Sponsor of R-Cubed: Group Rides

1370 Central Ave, Albany
518-459-3272
CkCycles.com
1/4 mile east of Colson Center
facebook.com/CkCycles
facebook.com/robesonfundance

2013 Israel Bike Tour! November 3-12

A unique guided, supported and safe cycling experience with on/off-road riding and sightseeing in the diverse countryside

Judean Desert • Carmel Mountains • Golan Heights
Jerusalem Foothills • Mediterranean Coast

Lodging in bed & breakfasts and one-night in Bedouin tent and Druze family house

Info: www.iBikelIsrael.com

More Info: Haim Ben-Eliezer of Delmar, NY
(518) 859-0065 or 729-3752 or idfbest@gmail.com




Tomhannock BICYCLES
Sales & Service



Giant • Felt • Blue • Phat Cycles • Co-Motion

ROAD • MOUNTAIN • TRIATHLON
TANDEM • BMX • KIDS

Men's and Women's Bike Clothing
Triathlon Clothing and Gear

Louis Garneau • Gizmo
Yakima Racks/Accessories

Expert Tune-Ups and
Best Service Prices in the Area!



3149 Route 7, Pittstown (10 minutes east of Troy)
(518) 663-0083 • TomhannockBicycles.com

Mon/Tue/Wed/Fri 10-6, Thu 10-7, Sat 10-5, Sun 11-4

STEINER'S

SteinersSkiBike.com

Bike - Ski - Kayak Specialists

WE CARRY EVERYTHING A CYCLIST,
TRIATHLETE OR PADDLER NEEDS!

BIKES - Raleigh • Specialized • Trek

Road, Mountain, Triathlon, Comfort, Hybrid, Kids

We demo what we sell • All road bikes personally fit to the rider

KAYAKS* - Perception • Dagger • Wilderness Systems
Now Stocking Stand-Up Paddleboards!

* Paddle sports only in Valatie location

Full line of accessories & clothing
Thule racks & rack accessories

VALATIE STORE
3455 Route 9
(2 miles south of I-90 Exit 12)
(518) 784-3663

GLENMONT STORE
329 Glenmont Rd (Rte 9W)
(3 miles south of Thruway Exit 23)
(518) 427-2406

HUDSON STORE
301 Warren St
(corner of 3rd St)
(518) 828-5063

SteinersSkiBike.com

GET POLARIZED

Polarized lenses block out virtually 100% of glare.



Greater visual definition through enhanced contrast.



Accurate color perception.



Reduced eye fatigue.



POLARIZED SUNGLASSES FOR THE ENTIRE FAMILY

unique eyewear - complete eyecare service - contact lenses



eye peek 518.523.1530

2237 Saranac Avenue, Lake Placid NY
www.eyeppeekoptical.com

HITS TRIATHLON SERIES

A distance for everyone!™



©JASport Photography

RACE NEW YORK STATE

A distance for everyone!™

> OPEN > SPRINT > OLYMPIC > HALF > FULL

HITS North Country Triathlon | June 29-30, 2013
in Hague, NY

Registration open until June 25

Hunter Mountain, NY | September 21-22, 2013

Registration open until September 17

Register today at HITSTriathlonSeries.com!



PlacidPlanet BICYCLES



VOTED NORTHERN NEW YORK'S #1 BIKE SHOP


incredible selection - fabulous service - honest repairs
helpful and knowledgeable staff - great rental bikes

2242 SARANAC AVENUE
LAKE PLACID NY • 518.523.4128

WWW.PLACIDPLANET.COM

EDDYLINE • SWIFT CANOE & KAYAK • WENONAH • NECKY

Paddle the Adirondacks



Upper Lake, New York

Canoe, Kayak, SUP & Camping Rentals & Sales
Celebrating Our 31st Anniversary!

TUPPER LAKE
1754 Route 30
(518) 359-3228

LONG LAKE
Public Beach, Route 30
(518) 624-2360

RADISSON • AQUABOUND

WERNER PADDLES • KOKATAT

RaquetteRiverOutfitters.com

OLD TOWN • OCEAN KAYAK • CURRENT DESIGN • BELL CANOE



YOUR SUMMER CAMP ADVENTURE AWAITS!

Camp Chingachgook on Lake George

- Adventure Trips • Sleep-Away Camp
- Day Camp

VOTED BEST KID'S CAMP 2012

Call Today for a Tour!
518.656.9462
LakeGeorgeCamp.org




ROCK SOLID FUN

Mobile Rock Climbing Wall Rental
Bring exciting, safe climbing experiences to your events

(518) 428-6020 • RockSolidFun.com
Damien Cetnar • Scotia, NY

"That was FUN!"





Come and "LIKE" us ... in person!

- Stand-Up Paddleboards, Kayaks & Canoes
- Sales • Demos • Rentals • Lessons

SUP CLINICS JUNE 30, 2013
Race/Fitness 8-11 am SUP Foundations 12-3PM
Presenter: Danny Mongno
Call or visit our web site for more information.

www.lakegeorgekayak.com • (518) 644-9366 • Bolton Landing, NY

Monomoy Island Excursions

Seal, Seabird and Harbor Cruises Cape Cod, MA



Monomoy Island tours with an onboard guide

702 Route 28 • Harwichport (opposite Brax Landing) • Reservations Recommended!
508-430-7772 • www.monomoysealcruise.com

SPECIALIZING IN ON-WATER ADVENTURE

CANOES - KAYAKS - SUP - PADDLES - PFDs - AND MORE!!



The finest in canoes, kayaks, sup, outdoor goods and services



541 Lake Flower Ave Saranac Lake NY
1-800-491-0414
www.adirondackoutfitters.com
find us on facebook

Matthew Ratelle Memorial Benefit Bicycle Ride



Sunday, August 18 at 9am
Start/Finish: Tomhannock Bicycles
3149 Route 7, Pittstown
(10 min. east of Troy)

28-mile covered bridge supported loop ride for all levels and post-ride gathering with food and refreshments.

Fee: \$25 – ALL proceeds will be contributed to the Ratelle Family Trust, to benefit his children. Additional donations welcome.

Matthew Ratelle, 40, of Petersburg, NY, died Dec. 20, 2012 after an incredibly courageous fight following a hit-and-run accident on Sept. 3, 2012. Matt was bicycling when he was struck by a car and left in critical condition. Matt was employed at Southwestern Vermont Medical Center in radiology since 1995. He leaves behind his wife and soulmate, Jennifer Ratelle, and children, Kylie, Connor and Matthew Jr. (born April 2013).







Adirondack SUP Festival

June 21, 22, & 23 ~ Saranac Lake, New York

WPA RACES - SUP DEMOS & SALES - ON-WATER CLINICS - INDUSTRY REPS - SUP FITNESS & YOGA
POOCH RACE - GUIDED TOURS - AND MORE!!!



LOCALadk magazine

Sackets Harbor SUP

eye peek optical
fashion forward eyewear
www.eyepeekoptical.com

ADIRONDACK SUP FESTIVAL

ROCK 105

WWW.ADIRONDACKSUPFESTIVAL.COM

WPA



All Cyclists and Athletes are Invited and Encouraged to Donate and Attend this Community Event!
Show Your Support for Safe Cycling and Sharing the Road!

Register at BikeReg.com
Info: Tim Bonnier at (518) 663-0083 or tomhannockbicycles@nycap.rr.com

Presented by Tomhannock Bicycles
Sponsored by Adirondack Sports & Fitness and Mohawk-Hudson Cycling Club

PADDLING

STANDUP PADDLE BOARDING

By Jason Smith

A New, Cool Way to Enjoy the Waterways

“SUP” is not just a hip way to greet a friend. SUP is a new, cool way to enjoy your local waterways – and it is here to stay. Over the last 1,000 years or so, SUP has evolved from standing on utilitarian rafts made from reeds in the Polynesian and Hawaiian Islands, to locals standing on their boards to photograph vacationing wannabe surfers during the surf popularity explosion of the early 60s. It hit the mainstream when big wave surfers started to stand and paddle long boards in order to get a workout on days without waves. Now SUP has made its way from coastal waterways to inland lakes, ponds and rivers. Along with the popularity of SUP has come many different ways to enjoy your board. There are boards made for SUP yoga and fitness, racing and whitewater, as well as those made specifically for the angler. There is no doubt that paddlers and outdoor enthusiasts have caught the SUP bug, and I'm no different.

I started SUPing about five years ago in the waterways around my home in Saranac Lake. I'm a longtime traditional paddler, and I must admit I was a skeptic at first. However, it didn't take long until I was hooked. In fact, last paddling season I logged more days standing and paddling than I did sitting; and so far this season seems to be on par with last. Why is it so great? I'll share a few reasons why it's become so popular with my family and me.

A new perspective – Standup paddling gives me a new perspective of the waterways that I may have paddled many times before. Life under the surface of the water becomes much more of an integrated part of my SUP outing than when sitting on my bottom. My first magical moment enjoying this new perspective came while a distant loon disappeared under the surface of the water on one of my favorite small ponds in the Adirondacks. It quickly revealed itself as it swam towards me, then beneath my board. It eventually surfaced with a small perch in its beak on my opposite side. Being able to watch the entire encounter was a great experience. While it's common for me to see a loon while on the water, it is not as common to see it beneath the surface with such clarity.

Fitness to the core – Standup paddling has been acknowledged by both paddlers and fitness buffs as a great workout. Both yoga and fitness workouts have made their way to SUP boards. For me the quick after-work paddle on Lower Saranac Lake becomes much more of a workout for my entire body while on my SUP. After a long day of standup paddleboarding, I feel it in my core, and in other areas of my body I must admit. This seems more pronounced after a day on my SUP than after

a long day sitting in a canoe or kayak. Most of all it is fun and SUP has become one of my top picks for a workout.

All in the family – There is no doubt that everyone in your family will love SUP, even young children. My 11-year-old son suggested years ago that we take our old windsurfer boards to the lake to try out standup paddling. We quickly realized how much fun it is. A family board is more than another paddle craft, it's your own personal floating dock on which the family can swim, jump, and simply hang out. My small-framed nine-year-old daughter can handle her own board on a calm day. A familiar phrase heard at our home while getting ready to hit the water is, “We're bringing paddleboards, right?”

Learning new board handling and paddle strokes – All of my favorite boat handling techniques and paddle strokes are as much, if not more, fun on a standup board. The full body rotation of a forward stroke feels very natural on my SUP, yet feels different than while canoeing or kayaking. I can't explain how exactly, you'll need to try it for yourself. I also like to test my balance by stepping to the back of the board to bring the nose out of the water for a quick pivot turn. If you try this, you have to be prepared to get wet! However, SUPing allows you to hop back on the board, if and when, you jump off for a swim.

For those of you who love to be on the water, you will certainly find something to enjoy about SUP. Whether it's the new perspective of a familiar paddling spot, the feeling of tired muscles after a good day on the board, or a tired kid who spent the day at the beach with a couple boards and a couple friends, SUP will bring you a new experience that you'll love. SUP has brought a new spark back into the paddling community, and has introduced a new generation to the wonderful world of paddling.

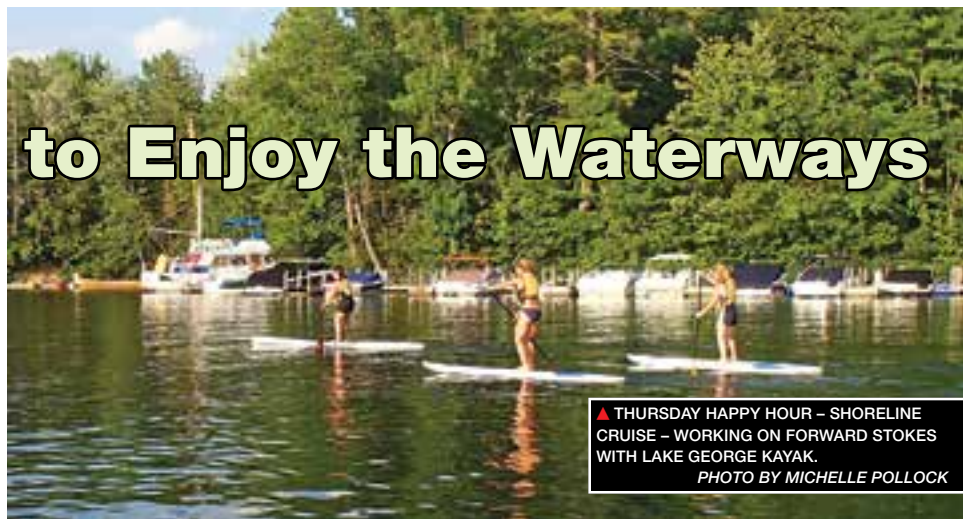
SUP will not take the place of your trusty canoe or your sleek kayak, but it will add a little spice to your favorite on-water destination. There is no limit to the fun that can be had on a standup board. So make sure this summer is the summer you find a new paddling perspective with SUP!



▲ SHAWNE CAMP OF MOUNTAINMAN OUTDOORS IN SARATOGA PIVOT TURNING AT MOREAU LAKE STATE PARK. PHOTO BY JANAY CAMP



▲ MARY SCHERER OF SAG HARBOR, AND KAITLYN FOWLE OF BOOTHBAY, MAINE, RACE AT 2012 ADIRONDACK SUP FESTIVAL IN SARANAC LAKE. PHOTO BY LUKE ECKERT



▲ THURSDAY HAPPY HOUR – SHORELINE CRUISE – WORKING ON FORWARD STOKES WITH LAKE GEORGE KAYAK. PHOTO BY MICHELLE POLLOCK

SOME OF MY FAVORITE PLACES

Lower Saranac Lake – This popular paddlers' destination offers great views, numerous islands to circumnavigate, and endless swimming opportunities. Visited by vacationers from near and far, it's easy to understand what makes this lake so popular. Perfect for the quick, after-work sunset paddle or a full-day of on-water fun. Lower Saranac Lake is hard to beat.

Raquette River – The Raquette's wandering flow leaves a paddler guessing what might be seen around the next corner. This intimate river offers calm waters on days when the wind is gusting on larger bodies of water. Wildlife viewing opportunities are numerous.

Follensby Clear Pond – This large pond is located just south of the famed St. Regis Canoe Area. With easy access and just a short carry away to nearby ponds, Follensby Clear is a great place to test your SUP portage skills.

SUP Events

June 17 Try Out Standup Paddleboards – Demos 6:30-8pm. Collins Park Lake (near beach), Scotia. Adirondack Paddle 'N' Pole: (518) 346-3180. onewithwater.com.

June 21-23 Adirondack SUP Festival – WPA races, demos with reps, on-water clinics, SUP fitness/yoga, pooch race, guided tours. Lake Colby Beach, Saranac Lake. Adirondack Lakes and Trails Outfitters: (800) 491-0414. adirondacksupfestival.com.

June 23 SUP Demo Day – Test paddles on Fish Creek. Mountainman Paddle Shop, Saratoga Springs. (518) 584-0600. mountainmanoutdoors.com.

June 29 SUP Demo Day – Demos with industry reps on Lake George. SUP Yoga Classes starting June 25. Patty's Water Sports, Cleverdale. Reserve: (518) 656-9353. pattyswatersports.com.

June 30 SUP Clinics with Danny Mongno – Racing/Fitness: 8-11am and SUP Foundations: 12-3pm. Demo boards/paddles available. Lake George Kayak Company, Bolton Landing. Reserve: (518) 644-9366. lakegeorgekayak.com.

July 20 New York SUPfest – Demos, clinics, races on the Moose River, instruction, live music and food. Mountainman Outdoors, Old Forge. (315) 369-6672. mountainmanoutdoors.com.

Jason Smith (jwsmithdesign@gmail.com) lives in Saranac Lake with his wife and kids. He is a manager and paddling instructor at Adirondack Lakes and Trails Outfitters, manager at Dewey Mountain Recreation Center during winter, and runs a graphic design business. Jason is an ACA Level 4 whitewater kayak and ACA Level 2 SUP instructor.

Upcoming Events:

SUP Yoga Classes

Starting the week of June 25th

FREE Demo Day

June 29th
Naish & Bote
Reps on Hand!

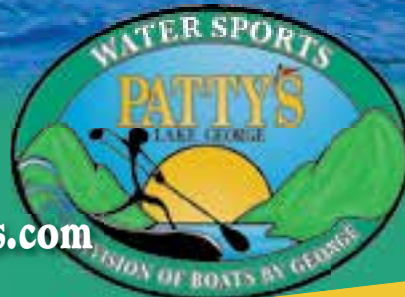
Call for more event details.

SUP/SKI/TUBE/WAKE&MORE



ON THE LAKE! IN SANDY BAY
291 Cleverdale Rd., Cleverdale

f t p pattyswatersports.com



To Reserve Your Rental or Lesson Call 518-656-9353

Berkshire
OUTFITTERS
OUTDOOR SPECIALISTS

Celebrating 40 Years!

ON WATER

- Kayak
- Canoe
- Paddleboard

Great Brands
Best Service
Rentals Available

ON LAND

- Bike
- Hike
- Camp
- Inline Skate

ON SNOW

- Cross Country Ski
- Snowshoe
- Snowboard

ON YOU

- Gear
- Clothing
- Footwear

(413) 743-5900 • BerkshireOutfitters.com
Route 8, Grove St • Adams, MA
Only One Hour from Albany/Troy

43rd annual



Half Marathon & 10K Road Race – New!

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

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

Saturday, September 7
Start, 9am: Olympic Speedskating Oval
Finish: North Elba Show Grounds

Register online by 9/4: Active.com • Fee: \$45 by 9/4 or \$60 race day
 Info/Form: LakePlacid.com/lake-placid-half-marathon
 Rick Preston: (518) 897-2697
 Sponsored by Adirondack Health

Wish your running were energy efficient and effortless?
 Tired of having your season interrupted by injury after injury?
 Lost the joy of running like a child? Playful and free?
 Dream of running like the wind? Easy, smooth, light, swift?
 It's time you tried...



ChiRunning®
 Certified Instructor
Ann Margaret McKillop

AnnMargaret@MyFitnessRecovery.com • 802.259.3617 • MyFitnessRecovery.com



PACK YOUR ADVENTURE



the Mountain Goat
 Outdoor Clothing & Gear
 Manchester, Vermont

4886 Main Street
 Open Daily @ 10am

802.362.5159
mountaingoat.com

THE 4th ANNUAL
 Malta Business & Professional Association **5K**




Malta Business & Professional Association
Malta 5K

Proceeds to Saratoga Rural Preservation Council & Town of Malta EMS First Responders

SATURDAY SEPTEMBER 7, 2013
 Pre-Registration - \$25
 Day of event registration - \$30
 Registration opens 7:30AM: Race starts at 8:30AM

register online: www.maltabpa.com/malta5k
 HVCC- TEC SMART • 345 Hermes Road Malta, NY

THE AREA'S OLDEST BIKE SHOP
 OFFERING **EXPERT SERVICE** ON ALL BRANDS
FRIENDLY & PROFESSIONAL SALES STAFF



ROAD • MOUNTAIN • HYBRID • BMX

HARO MASI FELT PREMIUM RALEIGH

COMPLETE SELECTION OF **CLOTHING & ACCESSORIES**

PERALIZMI SUGOI BELL GIRO

THE INSIDE EDGE
 SKI • BOARD • BIKE

518.793.5676 • www.insideedge.biz • 643 Upper Glen Street • Queensbury NY




Adirondack Marathon Distance Festival

Around Beautiful Schroon Lake...

Marathon • Half • 2 & 4 Person Relays
 September 22, 2013
 Schroon Lake, New York

5K & 10K Races
 September 21, 2013
 Chestertown, New York

Kids Fun Run
 September 21, 2013
 Schroon Lake, New York

Visit Our Website adirondackmarathon.org

Probably the most beautiful 26 miles, 385 yards you will ever run!



Randonnée Cycliste
 ADIRONDACKS

“Why Fondo when you can Randonnée”

Register now for this premiere cycling event coming to Lake George September 27th-29th

www.RandonneeCycliste.com

LAKE GEORGE AREA IN NEW YORK'S ADIRONDACKS VisitLakeGeorge.com

medalistsSPORTS

ATHLETE PROFILE

Jan Wellford

RESIDENCE: Keene
AGE: 31
FAMILY: Megan, wife;
 Finn, son
CAREER: Professional Father
PRIMARY SPORT: Road and Trail Running

◀ JAN DURING FKT OF 46 HIGH PEAKS RECORD.

By Mim Frantz

“I don't like to do things just to do them, I like to do them fast – going as hard as I can is always the main thing,” Jan (pronounced “yahn”) Wellford describes. From this, you might deduce he is an adrenaline-junkie, maybe racing motorcycles or base-jumping off mountains, but his high is fully self-propelled by his own two legs, one foot in front of the other, very quickly.

To sit with Jan you don't get the sense that he is revved up and ready to go. He is calm, slightly shy, understated and polite. At 31, he still has a young, fresh-out-of-college face, a long, lean, high school-like frame, a tidy, close-cropped haircut, and a gentle, calm demeanor. He stands six feet tall, a mere 150 pounds. In his long arms you can usually find Finn, his 11-month-old son, with whom he spends most of his days as a self-described, “professional father.” He is married to his high-school sweetheart, Megan, who is an elementary school teacher just up the road from their Keene home. In 2003 they moved from Massachusetts to live, work and play in the beautiful Adirondack Mountains.

Although these days, Jan can often be found at home with his son, not long after Megan returns from work, he heads out on the road and trails to train his typical 55-mile week. His interest in running is a new found interest, born out of circumstances and choice. “Before we had Finn, I played all day whenever I wasn't working,” he describes. By “played” Jan means taking on personal challenges like trail running the entire Great Range in a day, five or more times in the course a summer. The Great Range, part of the 46 High Peaks over 4,000 feet elevation, includes eight High Peaks, 24 miles of trails, and 10,000 feet of vertical gain. His personal record is six hours and 40 minutes. It would take typical fit humans – who would even attempt this in a day – between 12 and 13 hours; most sane

and active people might attempt this challenge as a multi day backpacking trip.

Other typical play days included rock climbs, ice climbs, backcountry ski adventures, or steep “scrambles” up rock faces like the northface of Gothics Mountain, or the rock slides on Giant Mountain with “moving quickly” always his main objective. A fellow climber and friend says, “Jan is always smiling, always happy to break trail in thigh-deep snow, and always up for more. You will also never hear Jan bragging about anything he has done, he is instead content to listen to tales of other's adventures.”

His notorious passion for distance and speed has never been motivated by anything more than his interest in challenging his personal limits. “I am driven by my love for exercise and pushing my own boundary. It makes me feel alive and clears my head. It lets me focus on one thing, very intently, almost like a form of meditation,” he remarked.

You may argue that some sort of altered state would have been required to accomplish some of the feats, earning Jan many lesser-known, but remarkable laurels known in the mountaineering world as FKT (Fastest Known Time).

In 2006, he entered in the first of his longer races, the Vermont 50, a 50K trail run and placed fourth overall, and the next year he upgraded to the 50-mile option and finished 14th overall. In 2008 he set a FKT record of the 46 High Peaks, supported with aid, in three days, 17 hours and 14 minutes. To accomplish this he was on the move, and moving fast, at least 17 hours a day for three consecutive days to cover over 155 miles, and 60,000 feet of vertical. If that context is hard to wrap your mind around, many people have “46er” stickers on their car windows, proud to have accomplished this great feat of the 46 highest Adirondack summits in a lifetime, let alone a long weekend.

During this time, Jan worked at the well-known specialty, outdoor goods store, The

Mountaineer, in Keene

Valley. Here he became familiar with gear and tools to support his passion for the outdoors, and he helped to educate and inspire many others to explore and enjoy the Adirondack terrain. In that time he met fellow adventurer, Cory DeLavallo of Albany. Together, the duo set yet another FKT of the 46 High Peaks, but this time unsupported, which meant they traveled from peak to peak on foot (not car to trailheads), carried all of their own food, water, etc. to cover 196 miles, and climb and descend 65,000 feet in seven days and 15 hours.

Later he expanded his FKT records “beyond his backyard,” with a 4:59:37 time of the Presidential Traverse in the White Mountains of New Hampshire. Then also a FKT of the Pemi (Pemigewasset) Loop in 6:47:04, another arduous traverse in the White Mountains, named in *Backpacker* magazine as top ten of America's Hardest Day Hikes. Neither of the New Hampshire FKTs have been broken to date.

Soon after these accomplishments, he became a father and he no longer wanted to make the time to spend full days or multiple days away from home. He switched

gears to focus on running for the first time in his life. Jan said, “Running is simple and the best use of my time because I can just leave the house and go. “Without any formal coaching, he is doing his own research, and finding his way through theories and training programs as he embarks as a self-proclaimed novice in the road racing scene. He has had to increase road mileage gradually to keep any knee pain at bay and credits his joint health to training his longer distances in a minimum drop, maximum cushion running shoe. You can follow his training and even see route tracking maps at his adkrunner.com blog.

This past October, his research, training and genetic gifts all combined to help him through his first-ever marathon, the Green Mountain Marathon in South Hero, Vt., with a second place overall finish and a time of 2:54:39.

Next he set his sights on the Patch Sprint Race in Willsboro, a four-mountain and 12.5-mile Adirondack trail run in May. He won the race with a record setting time 2:01:43, five minutes ahead of the next racer, and says he is proud of this because he trained really hard.

Jan's upcoming goals include the Wakely Dam Ultra 32-mile Northville-Placid Trail race on July 27, the Mohawk Hudson River Marathon on October 13, and the 2014 Boston Marathon.

Despite his long list of athletic accomplishments and future aspirations, Jan is clear that parenthood is his crowning achievement, “I love being a father and it is by far the best thing I have ever done. As an added bonus, I feel really lucky to be able to keep exercising because it keeps me who I am.” 🌱

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three young sons.



New & Used Summer Gear is Here!

Bikes • Watersports • Lax
 Baseball/Softball • Soccer
 Golf • Disc Golf • Inlines
 Skateboards • Longboards
 Yard Games

952 Troy-Schenectady Rd, Latham
 Peter Harris Plaza, 1.6M west of I-87
 (518) 785-6587 • PlayItAgainSportsLatham.com
 Monday-Saturday: 10am-9pm & Sunday: 11am-5pm

Slip Into Something Comfortable

Ultra Light Weight
 Price Point Advantage
 30 Seating Options

Slipstream Watercraft 518.423.8827
www.slipstreamwatercraft.com



Take Your...
 6 Different Poses in

518.584.6473 | www.SaratogaPhotobooth.com
 51 Caroline Street, Saratoga Springs, New York

The Original Provider of Photobooth Rentals for the Capital Region & Adirondacks

GET OUT WHAT YOU PUT-IN.

Experience a comprehensive adventure-based academic program that strategically navigates students toward a four-year institution or into the outdoor adventure industry.

CONCENTRATION CREDIT:
 Course NO: PED 149 Whitewater II

SUNYADIRONDACK
Adventure Sports
adventuresports.sunyacc.edu | 888-SUNY-ADK

EXPO & PACKET PICK-UP
 Saturday, October 12 • 10am-6pm • Hilton Albany, Albany

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 2,500 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials – no race day packet pick-up available
- Promote and sell your products and services to 4,000 people
- Exhibitors included in MHR Marathon and Half Marathon race guide in September issue of *Adirondack Sports & Fitness* magazine (22,000 circulation) – and on adksports.com

EXHIBITOR CATEGORIES
 Running • Health • Fitness • Nutrition • Outdoor Clubs • Events
 Travel • Apparel • Accessories • Samples • Prizes • Giveaways

Race Directed by Hudson Mohawk Road Runners Club • Expo Produced by Adirondack Sports & Fitness Magazine
To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com

The Capital District's Most Complete Paddlesports Store – Where Enthusiasts Shop
 Great Selection of Canoes, Kayaks & Accessories!
 Sales – Rentals – Lessons – Tours

Dagger • Bell • Swift • Wenonah • Wilderness Systems • Perception • Mad River
 Current Designs • Delta • Emotion • Werner • Aquabound • Stohlquist • Seals
 Chota • Bending Branches • NRS • Thule & Yakima Car & Truck Racks

2123 Central Ave (Rte 5), Colonie
 4.25 miles west of Northway Exit 2W
 (518) 346-3180 • OneWithWater.com

Adirondack PADDLE 'N' POLE

Saturday, September 28, 2013

Benefitting:
Catholic Charities of Schoharie County

- 10:00 Race Starts
 Cobleskill Fairgrounds
- 30 minutes from the Capital Region
- 8:15-9:30 Race Day Registration

Or REGISTER ONLINE!
 See application at FAM5K.com

Host of the 2013:
USATF Adirondack 5K Open Men's Road Race Championship

FAM 5K "Fund" Run/Walk
 20th Annual

ADIRONDACK PADDLING
 60 Great Flatwater Adventures

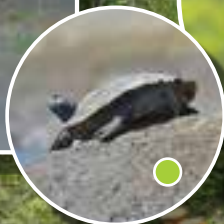
Phil Brown's latest book features sixty of the finest flatwater trips found in the region. Includes numerous maps, photos, and GPS waypoints to make it easy to find the put-ins and takeouts.
 Softcover, 5 1/2" x 8 1/2", \$24.95.

Published by ADK and Lost Pond Press.
 Join ADK and receive a 20% discount on ADK Publications.

ADK
 ADIRONDACK MOUNTAIN CLUB
 800-395-8080 • www.adk.org

KAYAKING, CANOEING & SUP

Tivoli Bays



■ JULIE ELSON OF ALBANY AND THE AUTHOR INVESTIGATE THE GROUNDED BARGE AT MAGDALEN ISLAND.
 ■ AN IMMATURE BALD EAGLE LANDED BY THE PADDLERS NEAR TURKEY POINT.
 ● A MAP TURTLE SUNS ON THE ROCKS OF AN ISLAND NEAR THE TIVOLI BAYS.
 ● A RARE CASPIAN TERN FLIES HUNTS FOR SMALL FISH OVER TIVOLI SOUTH BAY.
 PHOTOS BY MICHAEL KALIN



By Alan Mapes

Tivoli Bays is an unusual and wonderful area to explore along the Hudson River. In mid-May, Julie Elson and Michael Kalin, both of Albany, invited me to join them for a kayak trip to the bays. The day was memorable, punctuated with wind, waves, wildlife and a shipwreck. Our kayaking skills were certainly put to the test by a wind of ten to 12 knots out of the northwest, gusting to 15 knots or more.

Tivoli North and South bays are said to form the largest freshwater wetland complex on the Hudson Estuary at over 1,700 acres. The bays cover a two-mile stretch of shoreline on the east side of the Hudson at about river mile 100. River miles start at "0" at the Battery on the southern tip of Manhattan. Albany's Corning Preserve boat launch is at mile 146. The bays are part of the Hudson River National Estuarine Research Reserve.

The two large coves at Tivoli were cut off from the river by construction of the railroad many years ago. Water still flows between the bays and the river under several bridges. Mysteriously, the North Bay is a luxurious cattail marsh and South Bay is open water, with very little cattail along the edges. After mid-June, South Bay becomes choked with a thick floating mat of the invasive water chestnut.

Our launch was at the Sojourner Truth/Ulster Landing Park, a county park a little south of Saugerties on the west shore of the river. The park provides a nice kayak launch – a sandy beach with a few bricks as reminders of a past major industry on the Hudson. Parking and bathrooms are right nearby. Launching on the west shore meant crossing the river to reach Tivoli Bays. Less experienced paddlers would do better to launch right into Tivoli North Bay, though I understand the approach to the water is a little steep.

Once on the water, we headed directly across to South Bay, watching carefully for river traffic since we were crossing two boat channels. There is a rare split channel in that area, with the main shipping channel close to the west shore where we launched. Luckily the only traffic was a boat slowly trolling for striped bass. We warmed up quickly with good strong forward strokes, working to keep the kayaks straight with the beam wind hitting the left side of our boats.

Most kayaks are happiest running straight into the wind – the stern of the boat swings downwind like a weather vane, keeping the boat going straight ahead. The paddler may not be the happiest, of course, since it takes more work to move the kayak into the wind. Things change when the wind is hitting the side of the boat. The bow wants to turn into the wind – in our case to the left.

There are several ways to keep a kayak straight in a beam wind – sweep strokes on one side, edging the boat down on the windward side, adding a little stern draw at the end of the stroke, deploying a skeg or rudder. The "trim" or weight loading of the boat can make a difference. I found that I'd loaded too much weight in the back hatch on the new Pygmy Murrelet I built over the winter. The bow rode up too high, reversing the weather vane effect, and turning me downwind. I corrected that by moving a bag of spare clothes to the front hatch when we stopped for lunch. Then the boat was quite neutral in the beam wind, running straight with little correction. Each boat is different, and it takes some trial and error to fine tune things.

It was a relief to reach the railroad grade on the eastern shore, giving us some shelter from the wind. The tide was falling (ebbing), and water was pouring out under the south bridge. With some strong paddle strokes we shot through under the bridge, past nesting barn swallows

that had their mud nests under the bridge. Once on the bay side, all was pretty calm and we immediately started seeing birds in the shallows – great blue herons and ring-billed gulls. Looking north up the open water of the bay, we spotted a large white wading bird – a great egret.

As we pushed into the bay, we discovered that our timing was off. The water got very shallow and we started sliding over the mud flats. A little more drop in the tide and we'd be stranded for a few hours until the water returned on the flood tide. We managed to work our way north to the second railroad bridge and exit there. Water was rushing out under that bridge even faster and created a nice set of small standing waves.

Wanting to see more of South Bay, we entered again under the third, most northerly bridge. The water was deeper and we spent some time enjoying the birds and found our best bird of the trip. With the immature ring-billed gulls was a larger bird that was mostly bright white. The blood-red beak and black cap on the head showed it to be a Caspian tern – the largest tern in North America. Some of these birds nest on the Great Lakes, but the Hudson Valley is not their usual migration route.

Exiting South Bay, we stopped on a small island for a bite of lunch and to watch the map turtles. These rather large turtles are common along the Hudson and are named for the pattern of lines on their shells, looking much like the topographic lines on a map. The turtles were sunning on the rocks and dove into the water as we approached. They did not go far, watched us closely from the water.

After the stop, we fought our way further north along the shore of Cruger Island, and up to Magdalen Island. These islands are state-owned, but landing is not allowed, probably because of nesting use by eagles and other birds.

This leg of the paddle was the toughest,

right into the strong wind. The GPS on my deck showed about 2.0 mph, dropping to 1.4 with the wind gusts. Half way to Magdalen, I put away my Werner carbon paddle, and pulled out the homemade wooden Greenland paddle on my front deck. Immediately, I gained 0.5 mph, with less effort. This ancient paddle design really does work, especially into a strong headwind.

At Magdalen Island, we investigated the barge that ran aground earlier this spring. Not many details have been reported, but Michael understood that a tugboat had been pushing two barges at night and got off-course somehow, hitting rocks by the island with one of the barges. The barge was carrying some kind of fill material. The grounded barge is still there, empty and listing at quite an angle. It will be interesting to see what is done with the barge in the future.

Near Magdalen is a bridge access into Tivoli North Bay. We poked into the opening, but the tide was so low and we did not go far. Sadly, our launch time had been too late for good exploration of the bays. I'd suggest you plan for launching one to two hours before high tide.

It was time to return to the launch, a run that would be almost straight downwind. This is generally the hardest direction to keep a kayak running straight. The wind wants to blow the stern around so the bow is toward the wind. On top of that, the large wind waves that build up during a windy day will act to broach a boat sideways.

While still in the lee of the island, we reviewed the techniques for surfing downwind in waves. Strong sweep strokes will work much of the time, and they are more effective when you are on the top of a wave. When the bow and stern are above water and the boat will turn easily. When a sweep does not do the job, you may need a stern rudder, holding the paddle parallel with the boat and pushing away to turn the bow toward the paddle. Change sides of the boat with the stern rudder as needed. Julie and Michael's Impex boats were equipped with skegs, so they could put the skeg all the way down to help keep straight downwind. The wind and waves gave us quite a ride. The GPS showed speeds up to 7.0 mph when I caught a wave just right.

Almost back to the launch, we stopped in the shelter of Turkey Point and added a nice climax to the trip. A young bald eagle flew up river and landed briefly in a tree not far from us. He then swooped down and landed in the shallow water along the shore and not 30 yards away. Michael pulled his camera and long lens out of the dry bag and captured some great photos.

For information on Ulster Landing Park and other launch sites along the Hudson River, go to the Hudson River Valley Greenway at hudsongreenway.ny.gov and look for the Water Trail Map. 🌿

Alan Mapes of Delmar is the owner of North River Kayaks, offering kayak instruction, canoe and kayak repairs and Greenland paddles. He has instructor ratings from the BCU and the American Canoe Association, and can be contacted through northriverkayaks.com.

Goldstock's
SPORTING GOODS

It's Kayak Fly Fishing Lacrosse & Baseball Season!

KAYAKS
Wilderness Systems
Dagger • Perception

Expert Factory Trained Staff

382-2037

98 Freeman's Bridge Rd, Scotia
GoldstocksSportingGoods.com
Mon-Fri 9am-8pm, Sat 9am-5pm, Sun 12-4pm

ACCURATE CHIROPRACTIC
your health, back in focus

Treating sports injuries, muscle sprains/strains, traumatic injuries, headaches, neck pain, back pain, sciatica and disc herniations

Using a Variety of Therapies:
Manipulation • Graston Technique
Low-Force Instrument-Assisted Adjusting
Spinal Decompression
Kinesio Taping

Patrick T. Miles, DC @ The Garden
434 Church St, Saratoga Springs
Accurate-Chiropractic.com
(518) 290-6728

GRASTON
PROVIDER

@AccurateChiro – Like us on Facebook!

PLACID BOATWORKS

The Finest Paddling Boats on the Water
www.placidboats.com • 518-524-2949

On the Water – Fun in the Sun

Kayak Shack

Rentals, Lessons, Team Building

Kayaks • Canoes • Paddleboards
Outdoor Adventures & Parties

Outlet of Saratoga Lake on Fish Creek
251 County Route 67, Saratoga Springs
(Stafford's Bridge – 3M east of Exit 14)

SaratogaKayak.com • 587-9788

MOONLIGHT MARINE, INC
Custom Built Wood Kayaks
danielthaler@gmail.com • 914.715.7245 • moonlightmarine.net

FEATURING
LES MILLS PROGRAMS
THE WORLD'S BEST FITNESS CLASSES FOR RESULTS AND FUN

core

"Revolutionary Group Fitness"

15 E. Washington St., Glens Falls 518.409.4111 www.coreglensfalls.com

Adirondack Nutrition Consulting

Sabine Weber, MS, RDN, CDN
Integrative Nutrition Consultant

Specializing in:

- Sports Performance
- Functional Nutrition
- Disordered Eating
- Professional Quality Supplements

For Appointments **518-523-0157**
adknutrition@frontier.com

adirondacknutritionconsulting.com • 183 Newman Road, Lake Placid

BOOT CAMP CHALLENGE

Invest in Yourself

Malta Camp: June 17

Early and Mid-Morning Camps

Other camps in Saratoga, Schenectady Rensselaer & Albany counties

Most Blue Shield NE NY insured eligible for free camp

MakeltFitTraining.com
 Melissa (518) 366-1901

HMRRC Hudson Mohawk Road Runners Club

Free Training Clinics!

Wednesday, July 17 at 7pm **CLINIC #1**
 "Running Forever, Injury Free" with Todd Shatynski, MD
 • Polish Community Center, 225 Washington Ave Ext, Albany

Dr. Todd Shatynski is a sports medicine specialist at Capital Regional Orthopedics with an emphasis in non-surgical treatment of injuries. He has extensive experience in endurance sports. Dr. Shatynski has completed multiple marathons and Ironman triathlons, including Ironman Hawaii. He is one of three medical directors of the MHR Marathon and Half-Marathon.

Thursday, August 8 at 7pm **CLINIC #2**
 "Running Doesn't Equal Weight Loss! Nutritional Strategies for Achieving Ideal Weight and Performance for Runners" with Judy Torel, MS
 • Polish Community Center, 225 Washington Ave Ext, Albany

Judy Torel is the owner of Judy Torel's Coaching and Triathlon Studio in Albany. She is a six-time Ironman triathlete, master's woman winner of a 24-hour Ultra Run, and has completed 12 marathons. She is a USATF certified coach, ACSM certified health fitness specialist, a Healthexcel certified metabolic typing consultant and yoga instructor.

Register: mohawkhudsonmarathon.com – space is limited!
Questions: racedirector@mohawkhudsonmarathon.com

Runners – please bring a non-perishable food item for the Regional Food Bank of Northeastern New York.

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

THE SARATOGA PALIO
 Melanie Merola O'Donnell Memorial Race
 Half Marathon & 5K Run/Walk

Race Expo, Registration & Packet Pick-Up
Saturday, September 14: 10am-3pm
 Hampton Inn, 25 Lake Ave, Saratoga Springs

Take Advantage of this Exhibitor Opportunity!

- 1,500 Half Marathon runners & 5K runners/walkers
- Promote and sell your products and services
- Limited to 20 booth spaces

Produced by **ADIRONDACK SPORTS & FITNESS**

Contact Darryl Caron:
 (518) 877-8788 or Darryl@AdkSports.com

Rich Morin's Professional SCUBA CENTERS

20 Warren St. Glens Falls, NY 12801

www.richmorinsproscubacenters.com
 or richmorin@yahoo.com

Discover SCUBA July 14, Aug 11 & Sept 8
 CALL TO REGISTER

761-0533
THE "SCUBA" SPECIALISTS

Try Scuba - Certification Courses - Local & Exotic Travel - Pool Repair - Metal Detection - Underwater Vehicle & Boat Recovery - Mooring Pad Installation - Underwater Inspections - Water Lines & Pumps Installations & More! Over 6000 Certified Divers! Come on & Join Us!

Hudson-Mohawk Road Runners Club

Indian Ladder Trail Runs

15K and 3.5 Mile Trail Races & 1 Mile Kids' Run

Sunday, August 4

9am: 15K – 11am: 3.5 mile – 11:30am: 1 mile kids' run

Thacher State Park, 15 miles SW of Albany, near Voorheesville
 Haile's Cave Picnic Area – Enter at Park Office, park in Pool lot

No Fee Online Registration & Entry Form: www.HMRRC.com

First 250 registrants receive ILTR running hat by Headsweats!
 Pre-Registration (by July 21): \$17 HMRRC or \$20 non-member
 July 22 to Day of Race: \$20 all
 Fee includes state park entry and post-race refreshments
 Note: HMRRC is not holding picnic after race this year

Course:

Marked course with water/aid stations
 15K – Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
 3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

Awards for 15K & 3.5M Races:

Overall male/female winners and five-year age-group winners (two deep)
 Scholastic Division (3.5M race) for 11-19 years: NYS Parks Commissioner's Challenge Cup
 Male/female winners and two-year age-group winners (two deep)
 No awards mailed and no duplication

Sponsors:

Questions: mjkhome@verizon.net

Wilderness Survival

Weekend Survival Skills Events

WildernessSurvivalAdk.com
 Call to schedule: (518) 782-2377

ZOMBIE WILDERNESS Survival Games & Zombie Paintball Games

ZombieWildernessSurvival.com
 Call to schedule: (518) 782-2377

NUTRITION

The “Inflammatory” Life of the Endurance Athlete

By Sabine Weber

The endurance athlete will ultimately have to deal with inflammation! Not only is the lifestyle of the endurance athlete prone to inflammation, but until recently endurance athletes often had a diet that actually may promote inflammation. These two ingredients together make a recipe for disaster! But there are now new ingredients to improve those recipes and make life a little less inflamed.

The endurance athlete lives a life trying to avoid pain, strain and injury, but it often goes hand and hand with this type of training. Endurance athletes push their bodies to the limits, and often push themselves past the point when it tells them stop. Inflammation is an ugly word that can lead to increased risk of injury, chronic fatigue and poor performance, but it can be used as a tool to learn how to treat your body, train smarter, and use nutrition to ultimately be the foundation to keep inflammation down. It takes smart training and eating right.

Inflammation in the body is a normal reaction to injury or infection and is characterized by increased blood supply and activation of defense mechanisms producing pain, redness, swelling, heat, and sometimes loss of function. But inflammation isn't always helpful! Long term or chronic inflammation can prevent the body's natural healing processes from doing their job, and can be the downfall of the endurance athlete.

How does diet help promote inflammation? Some of the biggest dietary factors that are related to an increase in inflammation are diets high in refined flours and sugars, lacking fiber, too high in omega-6 fats and too low in omega-3s. An anti-inflammatory diet gives you a healthy balance of omega-3 and omega-6 fatty acids. Most people consume an excess of omega-6 fatty acids from which the body synthesizes hormones that promote inflammation. These fats are found in oil-rich seeds and the oils extracted from them, which are used in almost all snack foods and fast foods. The processed food supply uses corn and soybean oils that are high in omega-6s. Research also indicates that nutritional deficiencies such as Vitamin D, Vitamin C, Omega-3 fats, and antioxidants promote inflammation. The following are dietary changes that the endurance athlete should

embrace to decrease chronic inflammation.

Omega-3 Fatty Acids – Omega-3 fatty acids have an anti-inflammatory effect and are found in foods such as oily fish (salmon, sardines, herring, mackerel, tuna and black cod), walnuts, pine nuts, flax, hemp and chia seeds. In addition, there are small amounts in soybean and canola oils and sea vegetables. Increasing Omega-3s and eliminating margarine, vegetable shortening, and partially hydrogenated vegetable oils – all of which promote inflammation – is important to an anti-inflammatory diet.

Whole Food Carbohydrates – Carbohydrate foods also influence the inflammatory process. In the body, chemical reactions between the sugars and protein are inflammatory producing. To help reduce this reaction eat less flour and refined breads, crackers, chips and other snack foods, pastries, sweetened drinks, and less refined and processed foods. Look at labels to avoid added sugars including sugars such as high-fructose corn syrup. Try to increase whole grains and sprouted grains, beans, sweet potatoes, winter squashes, and other vegetables and fruits such as berries, cherries, apples, and pears for whole food carbohydrate energy.

Choose Your Protein Right – Meat and poultry both contain inflammatory producing fats. You may try to choose locally-raised, grass-fed meat because it has a variety of health benefits. It is often lower in fat, cholesterol and calories, versus traditional meat. Animals that are strictly grass-fed also have meat with higher levels of Vitamin A and Omega-3 fatty acids, and are often high in conjugated linoleic acid, another beneficial fat. Other protein sources that help reduce inflammation are vegetable proteins such as soy foods, beans and legumes, seeds and nuts, all of which are loaded with anti-inflammatory phytochemicals and essential fatty acids. If you eat fish, choose the oily varieties.

Taking Care of Digestion – I like to say “health begins in the gut.” Endurance athletes often load up on processed foods and sugars to get enough calories, some of which come from sports drinks, sports gels and bars. More often than not these foods, as well as others mentioned above, can contribute to digestive concerns leading to inflammation in the gut. A whole food approach with less simple sugar and processed foods

is good first step. Food intolerances can lead to more gut inflammation and digestive issues. An athlete that ends up with gas, bloating, cramps, abdominal pain, or diarrhea should explore dietary changes for improvement.

Phytonutrients – When we think of reducing inflammation, think of color! There are wonderful foods that in

their natural state help keep inflammation down. Foods with deep rich pigments contain phytonutrients that help keep inflammation down. These include blues, purples, reds, dark greens and yellows. Tart cherries have both antioxidant and anti-inflammatory properties. Other foods that have high antioxidant and anti-inflammatory activity include raspberries, blackberries and strawberries. Recently there have been numerous studies on tart cherries and athletes. In one study, trained athletes consumed two 10.5-ounce bottles per day of tart cherry juice the week before an intense exercise test. They recovered faster and lost only four-percent of their pre-test strength, compared with 22-percent loss in the group without cherry juice. Another study suggested that tart cherries can help individuals who suffer from the pain and inflammation associated with fibromyalgia and osteoarthritis. Consuming tart cherry juice (two 10.5-ounce bottles per day for ten days), reduced the muscle soreness and enhanced recovery rate.

Herbs and Spices to Tame Inflammation

– Some anti-inflammatory herbs and spices that can help with inflammation and can be used in food preparation, teas and topical creams include: *Capsicum* (cayenne) – This works as a topical anti-inflammatory for pain and arthritis. It is in many creams and patches. Put more cayenne pepper and hot red pepper in your food! *Ginger* – Has been shown to significantly reduce pain from osteoarthritis when used as a supplement. This can be added to foods daily or made into a delicious tea. *Turmeric* (active component or yellow pigment is curcumin) – Used to provide relief of pain and inflammation. Turmeric is another great spice to add to foods in the cooking process. *Bromelain* – This can be found as a topical in many sports and arthritis creams and it is also used as a digestive aide as a plant based digestive enzyme. It is naturally in pineapple.

Many of these anti-inflammatory agents are now found in supplement form, which may be beneficial during times of significant inflammation, but learning to use these foods daily looking at a food first approach is the way to go.

Recovery to Reduce Inflammation

– Recovery from endurance training takes well calculated planning to be effective. Research shows that immediate replenishment of car-

bohydrates and protein can decrease muscle soreness and inflammation, plus enhance muscle repair. Anti-inflammatory nutrients can help in the healing of sports injuries and also help with post-workout muscle tissue, muscle glycogen and joint recovery. While exact needs vary according to weight, length, intensity, and duration of workout. As an example, a 150-pound male may need as much as 100 grams of carbohydrate and 25 grams of protein for adequate recovery within 30 minutes after training and then again within two hours after training. Incorporating a dairy or whey protein powder for recovery supplies a source of the amino acids methionine, glutamine and cysteine, which are needed for muscle repair and to help reduce inflammation. Rest is also an important part of recovery and decreasing inflammation.

Sum It Up – What Should You Do?

Think about these simple steps to live an Anti-Inflammatory Life:

- Change your fats! Add beneficial fats like nuts, seeds, olive oil, avocado and coconut oil.
- Clean up your diet and remove processed, fast foods, hydrogenated fats, and refined sugar including high-fructose corn syrup.
- Change your carbohydrates and try a “spouted” grain. Steer away from flour and use the grain in its natural form like steel cut oats, brown rice and quinoa.
- Look at the color of your diet. Aim for five colors a day.
- Practice recovery nutrition after workouts.
- Embrace days of rest and try yoga and meditation. 🌱

Bean's Ultimate Recovery Shake



Every endurance athlete should have a blender!

3/4 cup blueberries; 1 banana; 1/4 cup walnuts; 3/4 cup tart cherry juice; 1 cup coconut water; 4 ounce plain Greek yogurt. One serving: 568cal, 84g carbohydrate, 21g protein, 1542 mg potassium, and a source of methionine, glutamine, cysteine and omega 3s.

Sabine Weber, MS, RD, CDN is the owner of Adirondack Nutrition Consulting in Lake Placid, and loves to help people live and eat well! Sabine loves living in the Adirondacks because she has a playground right outside her door.

Schenectady Regional Orthopedic Associates, P.C.

Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region

Eric R. Aronowitz, M.D.
James M. Boler, M.D.
Daniel J. Bowman, M.D.
G. Robert Cooley, M.D.
Richard J. D'Ascoli, M.D.
Robert G. Leupold, M.D.
Tina Maxian, M.D., Ph.D.
Gary A. Williams, M.D.
Rory D. Wood, M.D.



530 Liberty St., Schenectady
382-7200

1201 Nott St., Ste. 302, Schenectady
243-4684

3757 Carman Rd., Ste. 104, Schenectady
355-3980

103 Sitterly Rd., Ste. 2400, Clifton Park
373-1436

www.schenectadyregionalorthopedics.com



More than just a bike shop.
The start of a true cycling community.

GREY GHOST
BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ facebook.com/greyghostbicycles

RACE RESULTS

TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #3 April 6, 2013 • Coxsackie-Athens High School, Coxsackie

MIXED CATEGORY A (PRO/1/2/3) - 60 MILES

1	Michael Margarita	Stan's NoTubes	2:24:02
2	Andrew McCullough	Kallisto/Wheels of Bloor	2:24:02
3	Jesse Walker	Setanta	2:24:02
4	Benjamin Wolfe	UCICT/Jelly Belly Cycling	2:24:02
5	Anthony Clark	JAM Fund/NCC	2:24:13
6	Bryan Dobes	Blue Ribbon/Translations.com	2:24:13
7	Christian Favata	Favata's TRT Bicycles	2:24:13
8	Evan Huff	Embrocation/Gaulzetti Cidi	2:24:13
9	Carl Reglar	Verge Sport	2:26:08
10	Wayne Bray	Embrocation/Gaulzetti Cidi	2:26:33
11	Chase Goldstein	Stan's NoTubes	2:26:39
12	Robert Marcinko		2:26:39
13	Mark Miller	Favata's TRT Bicycles	2:26:39
14	Rod Millott	Foundation	2:26:39
15	Stephen Hyde	Northampton Cycling Club	2:26:39
16	Ryan Serbel	Aetna Cycling Team	2:28:36
17	Karl Rahn	Stan's NoTubes	2:28:36
18	Monte Frank	Verge Sport	2:28:36
19	Christopher King	Black Tie Sports/Spine	2:28:36
20	Thomas Butler	Clinton Cycling Club	2:28:36

MIXED CATEGORY C (4/5) - 36 MILES

1	Alec Hoover	Favata's TRT Bicycles	
2	Andy Officer	Cycle Fitness Club	
3	Lawrence Heller	Central NY Cyclist	
4	Armand Wilhelm	Siggi's/NYVelocity	
5	John Schwartz	Favata's TRT Bicycles	
6	Bryan Grygus	Unattached	
7	Regis Dupont	Siggi's/NYVelocity	
8	Adam Duarte	Black Tie Sports/Spine	
9	Sean Gilooly	Unattached	
10	Anthony Mazzella	RBNY Racing	
11	Ryan Hurley	Siggi's/NYVelocity	
12	Manuel Mainardi	Arc Racing	
13	David Torres	RBNY Racing	
14	Arel English	Siggi's/NYVelocity	
15	Wyatt Drake	Farm Team Cycling	
16	James Dao	Breakaway Courier/CBOE	
17	Brad Helmsie	RUUD Racing Team	
18	Jordan Roth	Breakaway Courier/CBOE	
19	Jon Kosich	Unattached	
20	Ryan Conley	Capital Bicycle Racing Club	

MIXED CATEGORY B (3/4) - 48 MILES

1	Nathan Coste	Laurel Bicycle Club	2:06:32
2	Bruce Beauharnois	Team Wear on Earth	2:06:32
3	William Bosch	Bethel Cycle Sport Club	2:06:32
4	Sammy Moseley	Junior Development	2:06:32
5	Daniel Cleiman	Sixcycle/RK&O	2:06:32
6	Andrew Mitstifer	Century Road Club Assn	2:06:32
7	Brian Milligan	FGX Racing	2:06:32
8	Samuel Morkal Williams	Junior Development	2:06:32
9	Steven Smith	Unattached	2:06:32
10	Christopher Deluco	Black Tie Sports/Spine	2:06:32
11	Nolan Montiel	Setanta	2:06:32
12	Andrew Meunier	Pawling Cycle & Sport	2:06:32
13	Scott Hock	Adirondack Velo Club	2:06:32
14	Steve Seabury	Unattached	2:06:32
15	Daniel Lammon	Siggi's/NYVelocity	2:06:32
16	Matt Moore	Clinton Cycling Club	2:06:32
17	Nicholas Sousa	Cycle Lodge	2:06:32
18	Patrick Dunn	Unattached	2:06:32
19	Paul Yeates	Rockstar Games/Signature Cycles	2:06:32
20	Gene Primomo	Capital Bicycle Racing Club	2:06:32

MIXED CATEGORY D (5) - 24 MILES

1	Eames Bennett	Unattached	1:08:54
2	Andrew Cappabianca	Blue Sky Bicycles	1:08:54
3	Larry Chapman	Unattached	1:08:54
4	Andrew Rizzi	Unattached	1:08:54
5	Donald Hard	Summit Cycling Club	1:08:54
6	Rick Ikasalo	Unattached	1:08:54
7	Anthony Pharo	Unattached	1:08:54
8	Andrej Vogel	Century Road Club Assn	1:08:54
9	Jonathan Lazzara	Unattached	1:08:54
10	Jason Candee	Berkshire Bike & Board	1:08:54
11	Ryan Seher	Empire Tri Club	1:08:54
12	Keith Mullaly	Capital Velo Club	1:08:54
13	Gerard Wise	Unattached	1:08:54
14	Juanxto Royo	Unattached	1:08:54
15	Sam Slater	Benidorm Bikes/Eastern Bloc	1:08:54
16	Chris Schroeder	Century Road Club Assn	1:08:54
17	Daniel Dudzik	Benidorm Bikes/Eastern Bloc	1:13:40
18	Richard Shade	Les Amis	1:15:30
19	Dennis Rutherford	Unattached	1:15:30
20	Brian Hupe	Capital Bicycle Racing Club	1:15:30

Courtesy of Capital Bicycle Racing Club

40TH ANNUAL TENANDEHO WHITWATER DERBY April 7, 2013 • Tenandeho Creek, Stillwater to Mechanicville

4.5 MILES

KAYAK MEN SHORT	
1	Jeff Kelly 47:49
2	Jim Underwood 49:07
3	Bill Paley 50:32
KAYAK WOMAN	
1	Lily Depaulo 56:36
2	Krystal Ranjeet 1:07:41
3	Emily Mooney 1:27:32

KAYAK MEN LONG

1	Jason Baniak 49:16
2	Howard Layer 51:53
OVER/UNDER	
1	Gutch/Gutch 57:53
2	Weekes/Weekes 1:01:11
3	Retell/Retell 1:09:54
MIXED	
1	Busse/Deives 1:04:28
2	Petronis/Pecor 1:05:39

CANOE/SHORT

1	Kromenacker/Kromenacker	53:28
2	Gutch/Gutch	56:23
3	Whiting/Whiting	59:28
CANOE/LONG		
1	Patenaude/Kurowski	55:17
2	Fusco/Fletcher	1:01:35
3	McKown/Luczewicz	1:06:01

Courtesy of Tenandeho Canoe Association

INAUGURAL BACON HILL BONANZA 5K RUN April 13, 2013 • Bacon Hill Reformed Church, Schuylerville

MALE OVERALL

1	Daryn Hutchings	16	Argyle	18:08
2	Colin Klepetar	33	Saratoga Springs	18:22
3	Michael O'Rourke	22	Fort Edward	18:48
FEMALE OVERALL				
1	Sarah Rosenberger	13	Saratoga Springs	21:36
2	Kim Zimbal	32	Saratoga Springs	22:08
3	Jessica Horan	30	Gansevoort	22:11

FEMALE AGE GROUP: 1 - 14

1	Stephanie Hand	14	Queensbury	23:57
2	Laura Kenyon	13	Queensbury	24:49
3	Whitney Wright	12		27:54
MALE AGE GROUP: 1 - 14				
1	Jonathan King	12		21:30
2	Seth Mattice	12	Stillwater	22:11
3	Dalton Lago	14	Stillwater	23:25

continued

INAUGURAL BACON HILL BONANZA 5K RUN continued

FEMALE AGE GROUP: 15 - 19

1	Danielle Sylvester	19	Amesbury, MA	22:53
2	Martha Pratt	19	Granby, CO	28:04
3	Abaigeal O'Brien	18	Fall River, MA	32:10

MALE AGE GROUP: 15 - 19

1	Joseph Barber	15	Stillwater	19:41
2	Sean Stone	17	Glens Falls	34:44

FEMALE AGE GROUP: 20 - 24

1	Cassandra Conety	24	Shushan	22:14
2	Erin McCullough	22	Gansevoort	22:44
3	Claire Simmons	20	Glen Head	22:55

FEMALE AGE GROUP: 25 - 29

1	Deanna Clements	28	Mechanicville	22:18
2	Amie Thomas	28	Syracuse	22:47
3	Lauren Dornfeld	27	Burnt Hills	27:25

MALE AGE GROUP: 25 - 29

1	Mike Goodwin	26	Saratoga Springs	20:29
2	Andy Orr	29	Syracuse	21:25
3	Matt Francisco	27	Burnt Hills	28:54

FEMALE AGE GROUP: 30 - 34

1	Erinn Derby	33	Schuylerville	26:02
2	Laura Dooley	31	Stillwater	26:06
3	Kate Barber	33	South Glens Falls	28:09

MALE AGE GROUP: 30 - 34

1	Kevin Ballou	34	Saratoga Springs	19:28
2	Manuel Yuret	30	Broadalbin	23:03

FEMALE AGE GROUP: 35 - 39

1	Sarah Yurschak	38	Greenwich	22:41
2	Melissa Murphy	37	Saratoga Springs	22:45
3	Carolyn Sniezyk	35	Broadalbin	23:11

MALE AGE GROUP: 35 - 39

1	Michael Rapp	38	Cohoes	20:14
2	Randal Decker	37	Gansevoort	20:44
3	Jeremy Pettis	36	Schuylerville	22:12

FEMALE AGE GROUP: 40 - 44

1	Nancy Koval	42	Stillwater	23:54
2	Cindy Wian	42	Schuylerville	24:33
3	Karen Thomas	42	Schuylerville	25:13

MALE AGE GROUP: 40 - 44

1	Davis Wornall	44	Fort Edward	21:55
2	David Yandow	44	Gansevoort	23:24
3	John DeLisle	40	Schuylerville	28:32

FEMALE AGE GROUP: 45 - 49

1	Sally King	48	Saratoga Springs	26:02
2	Diane Talbot	46	South Glens Falls	27:12
3	Mary Dalaba	47	Fort Edward	27:22

MALE AGE GROUP: 45 - 49

1	Michael Hayes	45	Argyle	19:04
2	Carl Regenauer	47	Saratoga Springs	19:33
3	Todd Bisailon	45	Mechanicville	20:28

FEMALE AGE GROUP: 50 - 54

1	Daniele Cherniak	51	Cohoes	22:13
2	Sandy Adams	53	Shushan	24:08
3	Beth Gelber	50	Saratoga Springs	29:17

MALE AGE GROUP: 50 - 54

1	Samuel Mercado Jr	50	Albany	19:10
2	Richard Zwirn	53	Gansevoort	19:57
3	Chris Thomas	52	Schuylerville	21:23

FEMALE AGE GROUP: 55 - 59

1	Maureen Fitzgerald	55	Clifton Park	24:12
2	Mary Beth Lindsay	57	Schuylerville	31:55
3	Rose Naylor	56	Fort Edward	34:34

MALE AGE GROUP: 55 - 59

1	Martin Patrick	59	East Greenbush	21:31
2	Chester Tumidajewicz	58	Amsterdam	22:51
3	Zachary Gerhardt	55		24:25

FEMALE AGE GROUP: 60 - 64

1	Susan Mitchell	60	Malta	35:37
2	Elaine Winney	64	Schuylerville	38:50

MALE AGE GROUP: 60 - 64

1	Dennis Fillmore	61	Ballston Spa	21:13
2	Donald Yeaton	61	Epsom, NH	24:24
3	Brian Crawford	60	Gansevoort	26:11

FEMALE AGE GROUP: 65 - 69

1	Margaret Mangano	66	Saratoga Springs	32:44
2	Susan Fasset	68	Ballston Spa	37:30
3	Susan Harrington	65	Fort Edward	59:32

MALE AGE GROUP: 65 - 69

1	Richard Theissen	69	Round Lake	28:53
---	------------------	----	------------	-------

MALE AGE GROUP: 70 & OVER

1	Steve Mitchell	71	Ballston Spa	25:51
1	Lewis Thornton	70	Medford	26:06

Courtesy of Bacon Hill Reformed Church

9TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE April 13, 2013 • Varak Park, Cambridge

JUNIOR BOYS 10-12 - 14 MILES

1	Gerard Jouslevicz	Team Vortex	47:08
2	Ian Vernooij		48:11
3	Sean Goguen	CF Racing	48:19
4	Kieran Haug	Mighty Mosskids	49:17
5	Maxwell Mclenithan	Farm Team Juniors	49:48
6	Aidan Raynor	Newmarket Eagles	51:17
7	Benjamin Halperin	Hastings Velo	51:18
8	Lukas Szidik	Farm Team Juniors	53:07
9	Joel Plamondon	Espoirs Laval	53:07
10	Tommy Servetas	Capital Bicycle Racing Club	59:00

JUNIOR BOYS 13-14 - 22 MILES

1	Kevin Goguen	CF Racing	1:04:33
2	Simon Jones	Nova Iscorp	1:04:34
3	Sam Margolis	Team Vortex	1:04:34
4	Griffin Schwartz	Independent	1:06:05
5	Andrew Schmidt	Nova Iscorp	1:06:06
6	Philip Hempstead	Northampton Cycling Club	1:06:08
7	Thomas Evelein	Hartford Cycling Club	1:08:51
8	Robin Plamondon	Espoirs Laval	1:08:51
9	Chris Derby	Miller School of Albemarle	1:11:24
10	Daniel John Vaughn	Corning/Stan's NoTubes	1:11:42

JUNIOR GIRLS 10-12 - 14 MILES

1	Danae Waterbury	Unattached	52:53
2	Carlyle Grundon	KMS Development Team	1:06:27
3	Brooke Wright	Unattached	1:06:37
4	Tiffany Latorre	Unattached	1:16:53
5	Jaclyn Olsen	Star Track NYC	1:36:09

JUNIOR GIRLS 13-14 - 14 MILES

1	Anna Caron	Momentum Barracuda Cycling	46:32
2	Turner Ramsay	Killington School Dev Team	46:48

JUNIOR GIRLS 15-18

1	Ashlyn Woods	Miller School of Albemarle	1:06:38
2	Hazel Brewster	Proctor Academy	1:11:43
3	Meghan Owens	1K2GO Racing	1:13:28

MEN CAT 1 - 83 MILES

1	Adam Farabaugh	Garneau Quebecor	3:30:12
2	Simon Lambert-Lemay	Garneau Quebecor	3:30:13
3	Cameron Cogburn	CCB Racing	3:31:47
4	Bruno Langlois	Garneau Quebecor	3:32:08
5	Adam Myerson	Team Smartstop/Mtn	

9TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE continued

Table with 3 columns: Rank, Name/Team, Time. Includes categories like MEN CAT 3-A - 65 MILES, MEN CAT 3-B - 65 MILES, etc.

9TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE continued

Table with 3 columns: Rank, Name/Team, Time. Includes categories like MEN CAT 5-L - 65 MILES, MEN CAT 5-M - 65 MILES, etc.

BUSINESS DIRECTORY

BATTENKILL

www.battenkillvalleyoutdoors.com

Kayak, Canoe, Raft, Tube, River Shuttle, Events, Bike Rentals, Hike, Shop, and Pet friendly Vacation Getaway



Rentals, reservations, retail, gear, trip options... Be a Face book friend, join us for Yoga Paddlenic 866 677-3311 • 518 677-3311 1414 Route 313 • Cambridge, NY



YOUR ORGANIC GROCERY STORE

Specializing in Organic...

Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

1505 Route 9, Clifton Park, NY Hours: Mon-Fri 9-7, Sat 9-6, Sun 11-5 (518) 383-1613 • TheGreenGrocer.com

SHULMAN HOWARD & MCPHERSON LLP ATTORNEYS AT LAW

17 OLD ROUTE 66 AVERILL PARK NEW YORK 12018

518-674-3766 518-674-3805 FAX: 518-674-3964

REAL ESTATE • WILLS & TRUSTS • ESTATES • BANKRUPTCY LAND USE & ZONING • CORPORATIONS • TRAFFIC COURT & DWI

MORE THAN 75 YEARS OF EXPERIENCE



Road Race, Triathlon, XC, Cycling, XC Skiing, Snowshoe



(315)342-5987

www.AuyerTiming.com Oswego N.Y.

Full Service Timing and Scoring including Online Registration hornet@twcny.rr.com

Are you into it?



- Hiking Climbing Paddling Biking Backpacking Camping Outdoor Adventure The Adirondacks The Catskills

Don't Delay, Join Today 1-800-395-8080 www.adk.org

Get into it!

FATEAGUE FOTOS

Event Photography By Brian Teague

PHOTOS FOR ALL OCCASIONS

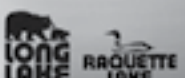
- Sports Scenic Photo Restoration Slide Shows Special Events

Professional service and reasonable rates

518-232-6558 fateaguefotos@yahoo.com



Visit Long Lake A Real Adirondack Experience



Call Today (518) 624-3077

Or Visit Us Online www.mylonglake.com

RACE RESULTS

9TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE *continued*

JUNIOR BOYS 17-18 - 65 MILES			
1	Brendan Rhim	KMS/Start House Cycling	3:07:55
2	Ansel Dickey	KMS/Start House Cycling	3:09:10
3	Greg Ratzell	Young Medalists	3:09:10
4	Austin Vincent	CF Racing	3:09:10
5	David Duquette	Carolina Break	3:09:11
6	David Lombardo	Unattached	3:09:11
7	Dakota Schaeffer	Young Medalists	3:09:11
8	Derek Cote	Farm Team Cycling	3:09:12
9	Sammy Moseley	CRCA/Junior Development	3:09:12
10	Martin Rupes	Team CHCH	3:09:12
MEN CAT 3 CHAMPS FINAL - 22 MILES			
1	David Warner	Green Line Velo/Zipcar	55:07
2	Nicholas Applegate	GS Panache	55:07
3	Andrew Goodale	CF Racing	55:07
4	Cole Archambault	Green Line Velo/Zipcar	55:07
5	Tommy Goguen	CF Racing	55:07
6	Graham Macbeth	CRCA/Setanta	55:07
7	Ben Smith	Team Marty's	55:07
8	Bryan McGill	CLRacing.com	55:07
9	Bill Ash	Bells Bike Shop Team	55:07
10	Matt Neugebauer	Equipe Vitesse	55:07
MEN 30-PLUS - 65 MILES			
1	Sean Barrie	Battley Ducati/Specialized	3:01:19
2	Adam Carr	Dealer.com/Everbank	3:01:29
3	Frederick Dreier	CRCA/Finkraft	3:01:29
4	Bobby Bailey	1K2GO/Onion River Sports	3:01:52
5	Colin Sandberg	Team GPOA	3:02:10
6	Jean-Francois Blais	Trek/Bontrager	3:02:13
7	James Jung	CRCA/BH Comedy Central	3:02:13
8	Charlie Gorman	Nine2FivePro.com Cycling	3:03:35
9	Dominic Chalifoux	Trek/Bontrager	3:03:36
10	Brian Campbell	545 Velo	3:03:37
MEN CAT 4 CHAMPS FINAL - 22 MILES			
1	Mark Branle	Team Somerset	1:00:55
2	Paul Fronhofer	Grey Ghost Bicycles	1:00:55
3	Dustin Whitlow	NCVC/UnitedHealthCare	1:00:55
4	Jake Goodman	CRCA/CycleLifeUSA/GFCapital	1:00:55
5	Brian Norling	Cycles54/Autism Awareness	1:00:55
6	Dan Fronhofer	Grey Ghost Bicycles	1:00:55
7	Eric Carlson	Team Edge	1:00:55
8	Brian Fuller	Competitive Edge Cycling	1:00:55
9	Clinton Angwin	Mason Racing	1:00:55
10	Mark Shea	Expo Wheelmen	1:00:55
MEN 40-PLUS - 65 MILES			
1	Bruce Bird	Unattached	2:51:11
2	Scott Giles	Bike Doctor	2:53:31
3	Carl Reglar	Verge Sport/Test Pilot	2:56:45
4	Todd Bowden	Expo Wheelmen	2:57:56
5	Jacob Hacker	Unattached	2:57:57
6	Joseph Wentzell	QCW Cycling	2:57:57
7	Mark Miller	Favata's TRT Bicycles	2:57:57
8	Zane Wenzel	Horst Engineering Cycling	2:57:57
9	Cliff Summers	CCC/Kellic/Zane's Cycles	2:57:57
10	Gregg Galletta	CRCA/BH Comedy Central	2:57:57
MEN CAT 5 CHAMPS FINAL - 22 MILES			
1	Scott Medeiros	TenSpeedSpokes	1:03:31
2	Alec Hoover	Favata's TRT Bicycles	1:03:31
3	David Fitzgerald	Ten Speed Spokes	1:03:31
4	Jesse Stauffer	Lewisburg Cycling	1:03:31
5	Jake Allegrini	Nantucket Velo	1:04:17
6	Scott Somers	Team 2 Cycling	1:04:17
7	Jacek Boral	HBC Racing	1:05:33
8	William Hanson	Unattached	1:06:44
9	Rob Glick	MTBNJ.com/Halters Cycle	1:06:47
10	Michel Jerome	Team:Roll	1:07:48
MEN 50-PLUS - 65 MILES			
1	Tony Abramovius	Wheels of Bloor	3:00:54
2	Eric Pearce	Arc-En-Ciel Racing Team	3:00:55
3	James Nash	CCB Racing	3:00:58
4	Joseph Piscitello	PA Masters RC	3:00:58
5	Jeffrey Fisher	OA/Cyclemania	3:00:59
6	Chet Geschickter	545 Velo	3:00:59
7	Todd Buckley	Arc-En-Ciel Racing Team	3:00:59
8	David Kellogg	Arc-En-Ciel Racing Team	3:00:59
9	Andrew Melnychenko	Corning/Stan's NoTubes	3:01:00
10	Kevin Woodhouse	OA/Cyclemania	3:01:00
MEN 60-PLUS - 65 MILES			
1	Tom Officer	CCNS	3:17:21
2	Tom Keery	545 Velo	3:31:28
3	Jim Laird	First Capital Cycling	3:31:29
4	Mark McCarthy	Pittsford Painting Cycling	3:31:29
5	Denis Finnin	James Vincent Bicycles/JV Racing	3:31:29
6	Bernie Sanders	29000 Men	3:31:29
7	Joe Giovenco	Buffalo Cycling/Bufalo Bicycling Club	3:31:29
8	David Burnett	Zane's Cycling/NEMCA	3:31:29
9	Robert Dillon	1K2GO/Onion River Sports	3:31:30
10	Terry Cowman	Cyclocross World/Pinnacle Bike	3:36:29
WOMEN PRO/1/2 - 65 MILES			
1	Fortin Veronique	Pasta Zara	3:08:13
2	Ally Stacher	Specialized/Lululemon	3:08:13
3	Anne Donley	Unattached	3:13:45
4	Ainhwa Perez-Diez	Annapolis Bicycle Racing Team	3:13:46
5	Jenny Ives	Farm Team Elite Women	3:13:46
6	Alize Brien	Team GSD Gestion Kallisto	3:13:47
7	Beth Ruiz	Farm Team Elite Women	3:13:47
8	Stephanie Skoreyko	Infinitt Canada/CyclePower	3:13:47
9	Irena Ossola	Team Kenda/RACC	3:13:47
10	Kerrin Strevell	Farm Team Elite Women	3:13:48

Courtesy of Anthem Sports

33RD HMRRRC BILL ROBINSON MASTERS 10K CHAMPIONSHIP *continued*

MALE AGE GROUP: 40 - 44			
1	Robert Irwin	Guilderland	39:40
2	Loffi Soyahi	Voorheesville	43:49
3	Hector Roig	Clifton Park	46:01
4	Matt Chiesa	Schenectady	46:50
5	Robert McOmber	Waterford	48:23
FEMALE AGE GROUP: 40 - 44			
1	Penny Tisko	Altamont	44:27
2	Dana Peterson	Altamont	47:09
3	Regina McGarvey	Castleton	52:43
4	Diane Fisher	Slingerlands	1:01:44
MALE AGE GROUP: 45 - 49			
1	Jon Rocco	Colonie	37:29
2	Mark Stephenson	Esperance	38:23
3	Tim Hoff	Albany	38:36
4	Edward Hampston	Voorheesville	42:50
5	John Sestito	Johnsonville	44:45
FEMALE AGE GROUP: 45 - 49			
1	Judy Guzzo	Niskayuna	43:18
2	Mary Buck	Mechanicville	44:07
3	Chris Varley	Albany	44:55
4	Connie Smith	Ballston Lake	46:56
5	Brenda Lennon	Troy	47:51
MALE AGE GROUP: 50 - 54			
1	John Noonan	Ballston Spa	37:42
2	Joseph Thorn	Valatie	39:25
3	Russ Hoyer	Voorheesville	41:30
4	Frank Mueller	Glenville	43:10
5	Steve Conant	Glenmont	43:50
FEMALE AGE GROUP: 50 - 54			
1	Nancy Taorminia	Albany	47:09
2	Sharon Fellner	Schenectady	57:35
3	Tina Hayden	Schenectady	59:46
4	Katesel Strimbeck	Glenmont	1:00:20
5	Dot Grimaldi	Selkirk	1:02:21
MALE AGE GROUP: 55 - 59			
1	Rick Munson	Prattsville	42:14
2	Richard Clark	Feeding Hills, MA	43:24
3	Mark Nunez	Ballston Lake	43:35
4	Chester Tumidajewicz	Amsterdam	46:43
5	Joe Benoit	Glenmont	46:54
FEMALE AGE GROUP: 55 - 59			
1	Karen Provencher	Glens Falls	46:17
2	Susan Burns	Rensselaer	51:15
3	Karen Gerstenberger	Albany	52:06
4	Joan Celentano	Schenectady	55:22
5	Joy Saris	Clifton Park	1:03:10
MALE AGE GROUP: 60 - 64			
1	Lee Pollock	Queensbury	41:10
2	Dennis Fillmore	Ballston Spa	43:52
3	Juergen Reher	Wynantskill	44:40
4	Tom McGuire	Slingerlands	45:41
5	Paul Forbes	Colonie	45:54
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	Malta	46:08
2	Martha DeGrazia	Slingerlands	53:24
3	Katerine Ambrosio	Delmar	56:49
MALE AGE GROUP: 65 - 69			
1	Norman Dovberg	Albany	48:10
2	James Larkin	Clifton Park	48:27
3	John Stockwell	Watervliet	49:05
4	Thomas Kollar	Schenectady	54:33
5	David M. Hayes	Niskayuna	55:14
FEMALE AGE GROUP: 65 - 69			
1	Susan Wong	Glenmont	58:36
2	Sandy Dovberg	Albany	1:14:02
MALE AGE GROUP: 70 - 74			
1	Ed Bown	Broadalbin	49:11
2	Frank Klose	Castleton	55:06
3	Ray Lee	Halfmoon	1:08:57
4	Denny Burns	Schenectady	1:22:23
MALE AGE GROUP: 75 - 79			
1	Wade Stockman	Rensselaer	54:37
FEMALE AGE GROUP: 75 - 79			
1	Eiko Bogue	Schaghticoke	1:19:43
MALE AGE GROUP: 80 - 84			
1	Ed Doucette	Bennington, VT	1:11:01
FEMALE AGE GROUP: 80 - 84			
1	Anny Stockman	Rensselaer	1:10:53

Courtesy of Hudson-Mohawk Road Runners Club

3RD ANNUAL LAKE GEORGE HALF MARATHON & 5K April 21, 2013 • Fort William Henry Resort, Lake George

13.1-MILE RUN			
FEMALE OVERALL			
1	Danielle Maslowski	35	Ballston Lake 1:30:37
2	Jessica Bashaw	31	Cambridge 1:30:44
3	Bethany Hawke	28	Albany 1:36:04
MALE OVERALL			
1	Steve Kaiser	27	Albany 1:24:27
2	Matthew Kresge	44	Rexford 1:29:41
3	Anthony Erno	16	Glenville 1:29:47
FEMALE AGE GROUP: 1 - 19			
1	Sienna Wuorinen	16	Northfield, VT 1:52:31
MALE AGE GROUP: 1 - 19			
1	Simon Hoffman	15	Northfield, VT 1:44:05
2	Tim Piette	19	Glendale, RI 1:46:11
3	Tim Ward	19	Queensbury 1:56:12
FEMALE AGE GROUP: 20 - 24			
1	Tamara Likas	23	Castleton 1:37:19
2	Katie Fargnoli	22	West Islip 1:42:59
3	Elizabeth Moran	23	Niskayuna 1:44:49
MALE AGE GROUP: 20 - 24			
1	Mark Pelersi	22	Voorheesville 1:38:28
2	Colin Gerner	22	Albany 1:42:59
3	Jeffrey Bettinger	21	Delmar 1:45:59
FEMALE AGE GROUP: 25 - 29			
1	Bethany Hawke	28	Albany 1:36:04
2	Ashley Wojcicki	27	Ballston Lake 1:38:29
3	Sarah Meyer	28	Pleasant Valley 1:40:50
MALE AGE GROUP: 25 - 29			
1	Richard Levo	26	South Glens Falls 1:30:11
2	Ben Baker	28	Green Island 1:34:04
3	Timothy Bornt	27	North Adams, MA 1:34:54
FEMALE AGE GROUP: 30 - 34			
1	Jacquie Jones	30	Gansevoort 1:42:37
2	Ann Marie Moskal	33	Ballston Spa 1:44:30
3	Danielle Ashworth	30	New York 1:47:50
MALE AGE GROUP: 30 - 34			
1	Matthew Iglar	31	Saratoga Springs 1:30:23
2	Logan Jones	31	Gansevoort 1:33:42
3	Jason York	34	Hadley 1:38:14
FEMALE AGE GROUP: 35 - 39			
1	Nicole Loscalzo	39	Wells, VT 1:38:26
2	Megan McCall	39	Clinton, MA 1:43:39
3	Kelly Morris	35	Castleton 1:44:21
MALE AGE GROUP: 35 - 39			
1	Michael Bracken	39	Saratoga Springs 1:30:59
2	John Evansky	35	Hudson Falls 1:34:04
3	Matthew Lindow	37	West Sand Lake 1:35:41
FEMALE AGE GROUP: 40 - 44			
1	Stefanie Buttermore	41	Clifton Park 1:46:27
2	Bonny Wilson	42	Ballston Spa 1:49:52
3	Stacia Smith	43	Niskayuna 1:50:49
MALE AGE GROUP: 40 - 44			
1	Craig Maslowski	40	Ballston Lake 1:30:36
2	Dean Turcotte	40	Ballston Lake 1:39:35
3	Patrick Ryan	41	West Sand Lake 1:41:23
FEMALE AGE GROUP: 45 - 49			
1	Kristen Hislop	49	Clifton Park 1:44:14
2	Maryanne Mackenzie	46	Queensbury 1:48:35
3	Gail Doering	48	Loudonville 1:50:47
MALE AGE GROUP: 45 - 49			
1	Todd Bisailion	46	Mechanicville 1:34:03
2	Victor Sheehan	49	Albany 1:38:31
3	Douglas Gerhardt	42	Saratoga Springs 1:41:11
FEMALE AGE GROUP: 50 - 54			
1	Pamela Hart	51	East Greenbush 1:56:17
2	Judith Torel	50	Albany 2:04:08
3	Susan Brandow	54	Loudonville 2:08:10
MALE AGE GROUP: 50 - 54			
1	Mark Weidner	52	Queensbury 1:35:48
2	Chris Busch	52	Troy 1:44:48
3	Mark Howe	52	East Greenbush 1:46:49

Courtesy of USRA Half Marathon Series

10TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF April 27, 2013 • Corning Preserve, Albany

5K RUN			
FEMALE OVERALL			
1	Richard Messineo	24	Nassau 17:47
2	John Clements	29	Slingerlands 17:55
3	Jack Arnold	50	Latham 18:42
FEMALE OVERALL			
1	Shylah Weber	24	Rensselaer 20:38
2	Kimberly Miseno-Bowl	42	Amsterdam 20:52
3	Penny Tisko	44	Voorheesville 20:55
MALE AGE GROUP: 1 - 14			
1	Maxwell Hoffman	12	Clifton Park 23:36
2	Jamison Burke	11	Troy 24:02
3	Alex Desmonie	14	Old Chatham 26:48
FEMALE AGE GROUP: 1 - 14			
1	Rachel Dentinger	11	Latham 32:15
2	Danielle Roemer	10	Latham 32:15
MALE AGE GROUP: 15 - 19			
1	Calin Arnold	15	Latham 22:45
FEMALE AGE GROUP: 15 - 19			
1	Nicolette Dimura	17	East Greenbush 24:34
MALE AGE GROUP: 20 - 29			
1	Jon Lazzara	23	Rensselaer 19:01
2	Kevin Higdon	24	Albany 28:02
3	Matt Mason	26	Loudonville 30:27
FEMALE AGE GROUP: 20 - 29			
1	Jennifer Bates	28	Albany 21:30
2	Lisa Daniello	27	Saratoga Springs 21:40
3	Janne Rand	28	Albany 21:48
MALE AGE GROUP: 30 - 39			
1	Bryan Shults	34	Schenectady 19:15
2	Andrew Lavin	34	Albany 19:29
3	Greg Ethier	39	Cohoes 19:36
FEMALE AGE GROUP: 30 - 39			
1	Deanne Webster	37	Albany 21:22
2	Lynn Hansen	39	Wynantskill 26:56
3	Jennifer Knoph	37	Rensselaer 30:49
MALE AGE GROUP: 40 - 49			
1	Todd Bisailion	45	Mechanicville 20:29
2	Mark Hamel	44	East Greenbush 23:36
3	George Burke	47	Troy 24:02
FEMALE AGE GROUP: 40 - 49			
1	Lisa Scaringe	44	Rexford 22:41
2	Mindi Roemer	43	Latham 25:21
3	Jeanne Teale	48	Loudonville 26:44
MALE AGE GROUP: 50 - 59			
1	Rick Munson	56	Prattsville 19:42
2	Dave Pentak	53	Glenmont 20:47
3	Ray Scaringe	58	Rexford 21:25
FEMALE AGE GROUP: 50 - 59			
1	Donna Charlebois	54	East Berne 27:56
2	Sue Ciarniello	56	Schenectady 28:02
3	Melanie Greenspan	51	Albany 28:15
MALE AGE GROUP: 60 - 69			
1	William Hasselbach	65	Glenmont 26:53
2	Chuck Hayley	66	Troy 30:07
3	Daley Rue	65	Albany 37:25
FEMALE AGE GROUP: 60 - 69			
1	Jo-Ann Garrison	60	Albany 30:11
2	Anne Tyrell	62	Albany 31:04
3	Alice Carpenter	62	Delmar 32:56
MALE AGE GROUP: 70 - 79			
1	Richard Eckhardt	79	Albany 39:50

10TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF *continued*

10K RUN			
MALE OVERALL			
1	Richard Messineo	24	Nassau 34:47
2	Edward Drebitko	50	Schenectady 38:36
3	Hayden Williams	19	Rpi 39:48
FEMALE OVERALL			
1	Kim Morrison	33	Wynantskill 41:34
2	Janne Rand	28	Albany 41:50
3	Lisa Daniello	27	Saratoga Springs 42:30
MALE AGE GROUP: 20 - 29			
1	Justin Nadeau	24	Albany 46:22
2	Richard Moorfoot	27	Clifton Park 46:23
3	Barry Kinlan	25	Slingerlands 48:22
FEMALE AGE GROUP: 20 - 29			
1	Valerie Belding	23	Albany 44:28
2	Sarah Buckley	21	Albany 44:46
3	Sarah Evans	22	Dover, PA 45:05
MALE AGE GROUP: 30 - 39			
1	Troy Bielert	31	Albany 41:14
2	Patrick Sorsby	37	Albany 43:18
3	James Christian	30	Albany 46:53
FEMALE AGE GROUP: 30 - 39			
1	Stephanie Wille	37	Guilderland 43:05
2	Joy McManaman	34	Schenectady 47:02
3	Michelle Pendergast	39	Troy 50:07

MALE AGE GROUP: 40 - 49			
1	Ed Menis	48	Schenectady 40:10
2	George Burke	47	Troy 41:18
3	Daniel Roberts	41	Guilderland Center 42:34
FEMALE AGE GROUP: 40 - 49			
1	Regina McGarvey	43	Castleton 44:21
2	Laurie Hoyt	47	Schenectady 45:55
3	Diane Tenenbaum	47	Selkirk 47:51
MALE AGE GROUP: 50 - 59			
1	Geoff Moore	55	Loudonville 44:12
2	Chester Tumidajewicz	58	Amsterdam 44:37
3	Jonathan Masters	50	Albany 46:56
FEMALE AGE GROUP: 50 - 59			
1	Janice Phoenix	51	Schenectady 46:39
2	Candace Searina	53	Skan 48:12
3	Jenny Lee	53	Selkirk 51:07
MALE AGE GROUP: 60 - 69			
1	Frank Broderick	61	Ballston Lake 45:36
2	Paul Turner	63	Delmar 47:32
3	Greg Rickes	63	Latham 56:15
FEMALE AGE GROUP: 60 - 69			
1	Anne Tyrell	62	Albany 59:43
2	Linda Meier	64	Schenectady 1:04:53

Courtesy of St. John's/St. Ann's Center

12TH ANNUAL SEAN'S RUN 5K & MEGHAN'S MILE

April 28, 2013 • Chatham High School, Chatham

5K RUN			
MALE OVERALL			
1	Matthew Forys	27	Howell, NJ 15:18
2	Adam Schwenzfeier	17	Watervliet 16:55
3	Dave Vona	30	Valatie 17:00
FEMALE OVERALL			
1	Chelsea Benson	30	Hudson 19:22
2	Brina Segunio	23	Rensselaer 20:21
3	Shyla Weber	24	Rensselaer 20:38
MALE AGE GROUP: 1 - 14			
1	Trey Hotaling	14	Ghent 19:07
2	Noah Summers	13	Chatham 21:07
3	Nicholas Styer	13	Stephentown 21:15
FEMALE AGE GROUP: 1 - 14			
1	Erin Clark	14	Old Chatham 21:24
2	Abigail Werwaiss	13	Nassau 22:37
3	Hallie Allen	13	Spencertown 23:55
MALE AGE GROUP: 15 - 19			
1	Ross Wightman	17	Chatham 17:10
2	Kaushik Pilar	15	Latham 17:16
3	Jordan Healy	16	Castleton 17:26
FEMALE AGE GROUP: 15 - 19			
1	Louisa Dodds	16	Hillsdale 22:07
2	Shannon Lachance	16	Hudson 24:05
3	Lauren Palmateer	16	Coxsackie 25:11
MALE AGE GROUP: 20 - 24			
1	Erik Carman	24	Albany 17:33
2	Richard Messineo	24	Nassau 17:49
3	Brendan Connor	21	Hudson 18:50
FEMALE AGE GROUP: 20 - 24			
1	Julie Nabozny	23	Valatie 23:42
2	Taylor Wills	23	Kinderhook 24:07
3	Lauren McDonald	23	Ghent 25:23
MALE AGE GROUP: 25 - 29			
1	David Raucii	26	Germantown 18:34
2	Andrew Loucks	28	Spencertown 19:59
3	Voni Cohen	29	Chatham 22:00
FEMALE AGE GROUP: 25 - 29			
1	Katelyn Primomo-Mill	28	Albany 25:37
2	Erica Sapkiewicz	25	Hudson 27:09
3	Shauna Puckett	29	Hudson 27:17
MALE AGE GROUP: 30 - 34			
1	John Pinder	34	Catskill 19:29
2	Andrew Groff	33	Rensselaer 20:07
3	Eric French	30	Albany 20:14
FEMALE AGE GROUP: 30 - 34			
1	Kim Morrison	33	Wynantskill 21:03
2	Jennifer Koch	33	Hudson 21:25
3	Andrea Briggs	33	Valatie 22:04
MALE AGE GROUP: 35 - 39			
1	David Tromp	37	Glenmont 18:17
2	Gaven Richard	39	Albany 19:47
3	Samuel Tassinari	38	Spencertown 20:34
FEMALE AGE GROUP: 35 - 39			
1	Erika Beardsley	35	Castleton 23:23
2	Cristina Stanton	35	Guilderland 23:41
3	Gisela Kearns	37	Pittsfield, MA 26:56
MALE AGE GROUP: 40 - 44			
1	Roland Platt	44	Barrytown 19:49
2	Dennis Beardsley	41	Castleton 23:23
3	Dean Rowe	40	Ghent 23:45
FEMALE AGE GROUP: 40 - 44			
1	Julie Keating	43	Kinderhook 23:37
2	Shebna Olsen	42	New York 23:46
3	Michelle Warner	42	Kinderhook 25:31
MALE AGE GROUP: 45 - 49			
1	Kenneth Pierce	45	Hudson 20:53
2	Manuel Tresus	46	Newburgh 20:58
3	Rowland Butler	46	Philmont 20:59
FEMALE AGE GROUP: 45 - 49			
1	Christine Varley	49	Albany 22:26
2	Teresa Warner	47	Ghent 24:41
3	Lori Stevens	46	Hudson 25:09
MALE AGE GROUP: 50 - 54			
1	Jay Thorn	50	Chatham Center 19:03
2	Michael McHugh	53	Cambridge, MA 19:22
3	Laudric Maxwell	53	Hudson 19:45
FEMALE AGE GROUP: 50 - 54			
1	Linnea Vantassel	52	Chatham 20:50
2	Suzanne Wightman	53	Chatham 25:46
3	Karen Brand	51	Simsbury, CT 27:52
MALE AGE GROUP: 55 - 59			
1	Vladimir Ilin	55	Albany 18:55
2	Gene Primomo	56	Delmar 21:19
3	Glenn Rugen	56	Chatham 22:03

Courtesy of Sean's Run Organizing Committee

1ST ANNUAL VERNON DOWNS TREADS & THREADS DUATHLON & 5K *continued*

MALE AGE GROUP: 60 - 64			
1	Tim Leonard	New Hartford	1:53:31
2	Thomas Onisk	New Hartford	2:12:47
3	Harold Gardner	Norwich	2:30:20
RELAY TEAMS			
1	Mossoud/Tastor		1:56:35
2	Rainbow/Rainbow		2:03:58
3	Kosina/Gonzalez		2:05:20
3-MILE RUN			
MALE OVERALL			
1	John Hillenbrand/15-19	Afton	17:00
2	Liam Fayle/20-24	Elmira	19:16
3	Joe Woodworth/35-39	Kirkville	19:24
FEMALE OVERALL			
1	Ryan Kelly/20-24	Verona	20:00
2	Pamela Donnelly/35-39	Vernon	21:03
3	Tantra O'Neill/30-34	Dolgeville	22:05
MALE AGE GROUP: 14 & UNDER			
1	Noah Cohen	Utica	26:22
FEMALE AGE GROUP: 14 & UNDER			
1	Melanie Rose	Oneida	26:12
2	Rachel Cohen	Utica	34:02
3	Hayleigh Heintz	Clinton	35:17
MALE AGE GROUP: 15 - 19			
1	Nicholas Cohen	Utica	30:03
FEMALE AGE GROUP: 15 - 19			
1	Sam DeCaviofolo	Oneida	26:19
2	Cassidy McSury	Oneida	26:40
3	Riley Arsenault	Clinton	28:22
MALE AGE GROUP: 20 - 24			
1	Peter Riggs	North Syracuse	25:28
FEMALE AGE GROUP: 20 - 24			
1	Amanda Schrimp-Jacobs	Lee Center	26:10
2	Jennifer Kegebein	Rome	27:39
3	Stacey Foley	Rome	28:05
FEMALE AGE GROUP: 25 - 29			
1	Nicole Andre	Boonville	22:21
2	Rachael Eggan	Rome	25:34
3	Sarah Clayton	Waterville	25:43
MALE AGE GROUP: 30 - 34			
1	Josh Kueiling	Oriskany	26:22
FEMALE AGE GROUP: 30 - 34			
1	Carrie French	New Hartford	24:09
2	Krystle Usyk	Deerfield	26:32
3	Jennifer Medwid	Liverpool	27:51

Courtesy of ATC Endurance

4TH ANNUAL T3 COACHING DUATHLON SERIES

April 28-May 12, 2013 • SUNY Adirondack, Queensbury

1.5M RUN, 8M BIKE, 1.5M RUN			
RACE #1 - MALE OVERALL			
1	Carl Regenauer	Saratoga Springs	41:27
2	Michael Jordan	Ballston Spa	44:32
3	Craig Weldman	Selkirk	45:28
4	Norman VanDiest	Glens Falls	48:19
5	Daniel Maloney	Gansevoort	50:22
6	Vincent Kirby	Mechanicville	50:47
7	Christopher Bowcutt	Ballston Spa	52:10
8	Matt McMorris	Saratoga Springs	52:30
9	Christopher Eaton	Johnstown	53:37
10	James Jordan	Saratoga Springs	53:48
11	Joseph Arney	Glens Falls	53:49
12	Justin White	Champlain	53:57
13	James Bogue	Buskirk	55:23
14	Dave Fish	Hudson Falls	1:00:43
RACE #1 - FEMALE OVERALL			
1	Frances Vincent	Slingerlands	45:23
2	Mara Fronhofer	Argyle	47:42
3	Carla Burhoe	Diamond Point	49:24
4	Carrie Mauro	Glens Falls	50:38
5	Jodi Plante	Saratoga Springs	51:41
6	Barbara Jordan	Ballston Spa	55:58
7	Christine McKnight	Gansevoort	56:58
8	Laurie Fish	Hudson Falls	1:00:45
RACE #2 - MALE OVERALL			
1	Carl Regenauer	Saratoga Springs	40:24
2	Brian Cestaro	Niskayuna	41:11
3	Michael Jordan	Ballston Spa	42:52
4	Vincent Cooper	Moreau	43:49
5	Norman VanDiest	Glens Falls	47:11
6	Mark Mauro	Glens Falls	48:41
7	Vincent Kirby	Mechanicville	49:54
8	Matt McMorris	Saratoga Springs	51:30
9	Joseph Arney	Glens Falls	51:31
RACE #2 - FEMALE OVERALL			
1	Frances Vincent	Slingerlands	45:38
2	Kristen Cestaro	Niskayuna	48:26
3	Rebecca Evansky	Hudson Falls	49:07
4	Jodi Plante	Saratoga Springs	49:21
5	Krissy LeClair	Wilton	52:02
6	Emily Parent	Glens Falls	52:30
7	Christine McKnight	Gansevoort	54:51
RACE #3 - MALE OVERALL			
1	Carl Regenauer	Saratoga Springs	40:03
2	Brian Cestaro	Niskayuna	40:29
3	John Evansky	Hudson Falls	43:15
4	Norman VanDiest	Glens Falls	47:00
5	Christopher Eaton	Johnstown	49:01
6	Matt McMorris	Saratoga Springs	49:28
7	Andrew Murphy	Glens Falls	49:55
8	Joseph Arney	Glens Falls	50:10
9	Matt & Will	Glens Falls	50:27
10	Vincent Kirby	Granville	51:06
11	Brian Donahue	Queensbury	51:10
12	Justin Fizzuolo	Glens Falls	51:58
13	James Bogue	Buskirk	52:25
14	James Jordan	Saratoga Springs	52:55
RACE #3 - FEMALE OVERALL			
1	Frances Vincent	Slingerlands	45:38
2	Kristen Cestaro	Niskayuna	48:26
3	Rebecca Evansky	Hudson Falls	49:07
4	Jodi Plante	Saratoga Springs	49:21
5	Krissy LeClair	Wilton	52:02
6	Emily Parent	Glens Falls	52:30
7	Christine McKnight	Gansevoort	54:51

Courtesy of T3 Coaching

PLACID PLANET BICYCLES TIME TRIAL SERIES

May 1-June 5, 2013 • Riverside Drive, Lake Placid

8 MILES			
SERIES POINTS - MALE			
1	Ryan Short		21:21
2	Debbie Erenstone		24:27
3	Colleen Porter		24:35
SERIES POINTS - FEMALE			
1	Colleen Porter		16:54
2	Ryan Short		18:28
3	Schuyler Deeney		19:42
4	Jeff Erenstone		19:47
5	Loring Porter		21:31
MAY 15 - MALE			
1	Jim Walker		17:12
2	Ryan Short		17:22
3	Jack Piller		17:55
4	Schuyler Deeney		19:17
5	Jason Amoreil		19:20
MAY 15 - FEMALE			
1	Lynn Murray		21:20
2	Rosann VanDorn		21:24
3	Darci LaFave		23:05
MAY 8 - MALE			
1	Ryan Short		17:08
2	Jim Walker		17:35
3	Schuyler Deeney		19:17
4	Jay Ruff		19:24
5	Ian Zdziebloski		19:26
MAY 29 - MALE			
1	Ryan Short		16:28
2	Jim Walker		16:50
3	Jeff Erenstone		18:29
4	Schuyler Deeney		19:10
5	Bill Skufca		19:13
MAY 29 - FEMALE			
1	Lynn Murray		20:27
2	Colleen Porter		21:12



TRIATHLON *continued from 1*

ATC Endurance will host the fourth annual **Delta Lake Triathlon and TOUGHKids Syracuse** on July 20-21, and second annual **Old Forge Triathlon** on Aug. 18. Encouraged by the success of sprint and intermediate triathlons at Delta Lake State Park, about three miles north of Rome, race director Mike Brych is introducing a TOUGHKids tri for youngsters ages four through 14 on Saturday, July 20. In the four-to-six-year-old division, triathletes will swim 20 yards in waist-deep water, bike 200 yards, and run 100 yards. The children are allowed adult helpers and even training wheels. Seven and eight year-olds, as well as nine and ten year-olds, will swim 100 yards, bike two miles, and run a half-mile. Those distances are doubled for the two oldest age groups, 11 to 12 years and 13 to 14 years. Mike said he and his assistant race director, Jeremy Roberts, both have five-year-olds, so adding a kids' triathlon seemed like a good fit.

Their big event, the Delta Lake Olympic Triathlon, attracted 450 competitors last year, and they are on pace to cap the race at 500 this season. The Old Forge race, added last year, is an "in between" distance that features a 1,000-meter swim, 22-mile bike around the Fulton Chain of Lakes, and a four-mile run. Old Forge drew 190 athletes last year, and registrations are well ahead of that for 2013. "All of these courses are nice venues, and offer attractions such as Enchanted Forest Water Safari, designed to keep families in the area for the entire weekend," Mike said. Go to: atcendurance.com.

On Aug. 2-3 in Cambridge, the seventh annual **Fronhofer Tool Triathlon** is on Saturday and **Kids' Race** on Friday evening.

From its inception, the Fronhofer Tool Triathlon has built its identity as a family-friendly event. The Kids' Race, for ages six to 18, will feature chip timing for the first time, and organizers expect it to be a highlight of the weekend. The courses are all within Lake Lauderdale County Park, except for the bike portion of the race for 11 to 18 year-olds, which will take athletes out onto the adjacent roads. "This is a competitive race and the kids are serious, which is really great," said co-race director Bridget Crossman, who oversees the race with her husband Kevin. They are both triathletes and parents of three young triathletes as well.

The Fronhofer Olympic race is once again a qualifier for the prestigious "Best of the US" triathlon, held later in the year. For those who consider themselves truly hardcore, the race offers the "Double Tri Challenge," requiring triathletes to complete the Olympic race in the morning and sprint in the afternoon. Details: fronhofer-tooltriathlon.com.

Four of the New York Triathlon events make up the **Hudson Valley Triathlon Series** taking place from June to September in Putnam, Ulster, Dutchess and Columbia counties. They are the **Police Triathlon/Duathlon** in Carmel on June 23; **Healthy Ulster Triathlon/Duathlon** in Kingston on July 14; **Wheel and Heel Sprint Triathlon/Duathlon** in Milan on Aug. 18; and **Wheel and Heel Olympic Triathlon** in Ancram on Sept. 8. This series of triathlons and duathlons in four Hudson Valley counties is designed to give multisport athletes a wide choice of venues, while also showcasing the beauty of the region.

Athletes who enter three races get the fourth entry free, and everyone earn points toward series awards. "We hope that our athletes will come, do the race, see the beauty of the Hudson

Valley, then return on another weekend and bring their families to do things like hiking, shopping and antiques," said Daniel Honig, who directs the races for New York Triathlon. Info: nytri.org.

On Sunday, Aug. 18, the inaugural **Peasantman Steel Distance Triathlons** will be "racing out of the dark ages" in Penn Yan in the Finger Lakes. Everyone knows that steel is stronger than iron, right? That's the tongue-in-cheek premise behind this series of slightly-longer-than-iron-distance races - Full (144.6 miles), Half (72.3 miles), Half Relay and Aquabike - at Indian Pines Park on beautiful Keuka Lake.

Race director Joe McMahon and his partners, Chris Greklek and Steve Anderson, came up with the idea for this independent race after watching fees for official Ironman races climb up and up over the last decade. "We were looking for inexpensive alternatives for the common man - 'princely racing at a pauper's price,'" said Joe, a 44-year-old entrepreneur from Rochester who is a veteran of 25 Ironman races, including 11 Lake Placid finishes.

The extra distance comes on the bike: 116 miles (vs. 112) for the Full and 58 miles (vs. 56) for the Half. The swim and run distances are the same. Joe expects 200 triathletes this year and as many as 1,200 in the next two to three years. "We hope to grow it and raise a substantial amount of money for charity," McMahon said. To register, athletes are asked to choose from a list of charities to donate a portion of their race fee. Go to: peasantman.com.

OTHER MID-SUMMER RACES

On July 20, the 28th annual **Piseco Lake Triathlon** is in the Adirondack Speculator region. One of the oldest triathlons in the state, it recently added electronic timing, but still retains a homey, small-town race atmosphere. It features two transition locations, along with a half-mile swim, 11.5-mile bike around Piseco Lake, and a three-mile run ending at Piseco Airport. Details: speculatorchamber.com.

On Aug. 3, the fourth annual **Peck's Lake Challenge Sprint Triathlon** is near Gloversville. This beautiful, low-priced Fulton County event usually sells out. The race, a half-mile swim, nine-mile "tough" bike, and three-mile run, is a nice sprint through the southern Adirondacks. Info: fultonmontgomeryny.org.

On Aug. 17, the **Crystal Lake Triathlon** at Crystal Cove in Averill Park, organized by the Capital District Triathlon Club, is limited to 300 competitors and fills up fast. The spectator-friendly race features a half-mile swim in calm Crystal Lake, a challenging 18-mile out-and-back bike, and a three-mile lake loop run. Go to: cdtriclub.org.

Christine McKnight (trichris@nycap.rr.com) is a veteran triathlete who lives in Wilton. She finished her first Ironman last year in lake Placid at age 64.

RACE RESULTS

56TH ANNUAL HUDSON RIVER WHITE WATER DERBY May 4-5, 2013 • North Creek, North River & Riparius		
DOWNRIVER RACE: NORTH CREEK TO RIPARIUS		
OPEN CANOE 2-PERSON (REC) MIXED		
1 Rich Wilke/Jessie Wilke	1:12:02	
2 Robert Scott/Amanda Raymond	1:13:57	
OPEN CANOE 2-PERSON (REC) MALE		
1 Will Whiting/Bryan Whiting	1:07:05	
2 Tim Gutch/Matt Gutch	1:11:40	
3 Bob Nettle/Simon Gardner	1:12:02	
4 Bob Roland/Pete Roland	1:13:08	
5 Bryan Lussier/Chris Morris	1:14:24	
OPEN CANONE 2-PERSON (REC) MASTERS		
1 Stephen Pittman/Todd Kempainen	1:15:23	
2 Ken Meyers/Cash Jones	1:18:03	
OPEN CANOE 2-PERSON (REC) FAMILY		
1 Stephen Weeks/Sebastian Weeks	1:15:08	
OPEN CANOE 2-PERSON (RACE) MIXED		
1 Peggy Braman/Bruce Braman	1:05:19	
OPEN CANOE 2-PERSON (RACE) MALE		
1 Leif Ahrens/Robin Ahrens	1:14:27	
OPEN CANOE 1-PERSON (RACE) MALE		
1 Will Seigfreid	1:03:28	
2 Jim Ernst	1:08:56	
KAYAK 1-PERSON (SHORT) MALE		
1 Chris Burnham	1:03:45	
2 Jim Sausville	1:04:44	
3 Jeff Kelly	1:05:25	
4 Rob Hensing	1:18:31	
5 Emil Klymkow	1:19:18	
6 John Tomkins	1:19:48	
7 Brian Landenberger	1:24:27	
KAYAK 1-PERSON (LONG) MALE		
1 Tarrance Lasher	1:05:00	
2 Paul Menalidino	1:10:05	
3 Jim Nester	1:10:17	
INFLATABLE KAYAK		
1 Kylie Potter	1:57:10	
STANDUP PADDLEBOARD		
1 Jeddiah Murphy	1:57:10	
1 Jamie Murphy	1:57:10	
GIANT SLALOM RACE		
KAYAK 1-PERSON MALE		
1 Marko Schmale	10:00	
2 Jim Sausville	10:26	
3 Cris Burnham	10:43	
4 Greg Lombard	10:49	
5 Polar Humenn	11:39	
6 Peter Lo	11:52	
7 John Gilrein	12:43	
8 Joe Sullivan	13:04	
9 Eric Klumkow	14:05	
KAYAK 1-PERSON FEMALE		
1 Deb Laun	12:42	
2 Carol Hatch	12:44	
3 Angela Baldo	14:13	
4 Julie Lombard	17:12	
CLOSED CANOE 1-PERSON MALE		
1 Jim Underwood	10:06	
OPEN CANOE 1-PERSON MALE		
1 Adam Pearsall	12:07	
2 Jim Ernst	12:42	
3 Tom Addicks	13:02	
4 Ken Perrault	14:03	
5 Simeon Hughson	14:04	
OPEN CANOE 2-PERSON MALE		
1 Cris Burnham/Jim Sausville	11:20	
2 Matt Perrault/Ken Perrault	12:05	
3 John Ruge/Caleb Munson	12:41	
4 Tim Gutch/Matt Gutch	13:50	
OPEN CANOE 2-PERSON MIXED		
1 Pricilla Kaufman/Scott Edwards	12:18	
2 Leif Ahrens/Susan Ahrens	13:05	
3 Jenny Crisman/Polar Humenn	14:24	
OPEN CANOE 2-PERSON FAMILY		
1 Marko Schmale/Clayton Schmale	13:13	
2 Rich Wilke/Andrea Wilke	14:08	
NOVICE SLALOM RACE		
KAYAK 1-PERSON MALE		
1 Joe Sullivan	8:23	
2 Tarrance Lasher	8:53	
3 Dan Handerman	11:10	
KAYAK 1-PERSON FEMALE		
1 Angela Baldo	9:18	
2 Pam Sterba	9:36	
OPEN CANOE 2-PERSON MALE		
1 Issac Blasenstein/Peter Benedict	20:25	
2 Joe Shapiro/Peter Erwin	24:15	
OPEN CANOE 2-PERSON MIXED		
1 Jeff Raymond/Mary Lea Raymond	12:04	
2 Caleb Munson/Lydia Munson	13:10	
OPEN CANOE 2-PERSON FAMILY		
1 John Ruge/Myshkim Munson	11:37	
2 Stephen Weekes/Sebastian Weekes	11:40	
NOT SO WILD DOWNRIVER RACE		
KAYAK 1-PERSON MALE		
1 Eric Husselbeck	21:09	
2 Robert Benoit	21:52	
3 Dan Handerman	22:07	
4 Joe Callahan	22:42	
5 George Larabee	23:53	
KAYAK 1-PERSON FEMALE		
1 Jennie Sausville	19:37	
2 Celest Benoit	22:02	
3 Eva Rodriguez	23:10	
KAYAK YOUTH		
1 Andrea Wilke	23:31	
OPEN CANOE 2-PERSON YOUTH		
1 Hannah Lasher/Alaina Thaxter	25:16	
OPEN CANOE 2-PERSON FAMILY		
1 Barb Noyes/Trisha Wilke	25:27	
OPEN CANOE 2-PERSON MIXED		
1 Sean Villanueva/Jessica Wilke	23:54	
OPEN CANOE 2-PERSON FAMILY		
1 Andrew Richard/Andrew Richard Jr	22:01	
2 Adam Pearsall/McKenna Pearsall	22:21	

Courtesy of Gore Mountain Region Chamber of Commerce

LITERACY 5K RUN <i>continued</i>			
FEMALE AGE GROUP: 50 - 54			
1 Wendy Rescott	52	West Sand Lake	23:34
2 Bonnie Illenberg	50	Castleton	27:05
3 Patricia Hodgkinson	53	Delmar	29:59
MALE AGE GROUP: 55 - 59			
1 Marten Patrick	59	East Greenbush	22:44
2 Richard Kelly	56	Schenectady	24:58
3 Tom Smith	56	Albany	28:05
FEMALE AGE GROUP: 55 - 59			
1 Joan Celentano	59	Schenectady	27:06
2 Nancy Kolakowski	56	Niskayuna	28:46
3 Maryse Folmsbee	55	Chatham	30:33
MALE AGE GROUP: 60 - 64			
1 Paul Bennett	61	Latham	21:07
2 Seamus Hodgkinson	64	Delmar	23:59
3 Leo Dipierro	62	Cherry Plain	29:03
FEMALE AGE GROUP: 60 - 64			
1 Cheryl Smith	61	Latham	30:00
2 Darlene Cardillo	60	Delmar	30:01
3 Judy Lynch	63	Castleton	31:00
MALE AGE GROUP: 65 - 69			
1 John Johnas	65	Troy	50:25
2 Rob Williams	68	East Greenbush	1:02:00
FEMALE AGE GROUP: 65 - 69			
1 Pat Rothaupt	69	Niskayuna	35:28
2 Kathy Kavanaugh	68	Albany	55:30
3 Kathy Boylen	65	Troy	1:00:35
MALE AGE GROUP: 70 - 74			
1 Greg Benson	70	East Nassau	31:42
2 Richard Van Wic	72	Stuyvesant	35:29
FEMALE AGE GROUP: 70 - 74			
1 Susan Martula	72	Troy	38:32
2 Sandra Chisholm	73	Rensselaer	47:05
MALE AGE GROUP: 75 - 79			
1 Minoru Tomokawa	75	Troy	31:13
2 Richard Schumacher	79	Hoosick Falls	44:44
3 James Woo	76	Troy	47:38

Courtesy of Literacy Volunteers of Rensselaer County

20TH ANNUAL ANYONE CAN "TRI" TRIATHLON May 5, 2013 • Southern Saratoga YMCA, Clifton Park			
350YD SWIM, 11M BIKE, 5K RUN			
MALE OVERALL			
1 Kevin Lanahan	45	Clifton Park	53:10
2 George Stopyak	42	Clifton Park	56:44
3 Kevin Miles	17	Clifton Park	56:55
FEMALE OVERALL			
1 Amy Farrell	35	Tupper Lake	56:12
2 Cara Gleason Krebs	38	Burlington, VT	1:05:41
3 Jennifer Kresge	42	Rexford	1:06:44
MALE AGE GROUP: 1 - 14			
1 Jackson Morrell	13	Ballston Lake	1:28:08
FEMALE AGE GROUP: 15 - 19			
1 Madison Leggett	15	Mechanicville	1:17:34
MALE AGE GROUP: 25 - 29			
1 Joseph Pericone	25	Scotia	1:02:16
2 Robert Magee	28	Albany	1:09:56
FEMALE AGE GROUP: 25 - 29			
1 Mary O'Hearn	27	Gansevoort	1:15:01
2 Ashley Degnan	25	Slingerlands	1:15:43
3 Sarah Bowman	27	Schenectady	1:16:42
MALE AGE GROUP: 30 - 34			
1 David Newman	33	Albany	1:03:23
2 Lucas Ruglis	31	Albany	1:10:07
3 Eric Schillinger	32	Albany	1:18:45
FEMALE AGE GROUP: 30 - 34			
1 Danielle Maslowsky	34	Ballston Lake	1:07:15
2 Colleen Donnelly	30	Mechanicville	1:36:37
MALE AGE GROUP: 35 - 39			
1 George Lamarche III	38	Clifton Park	1:03:08
2 Greg Antolick	36	Wynantskill	1:03:32
3 Robert Norman	37	Guilderland	1:11:10
FEMALE AGE GROUP: 35 - 39			
1 Jessica Mitchell	35	Albany	1:07:45
2 Erin Gregory	36	Clifton Park	1:10:38
3 Mikiko Masterson	36	Clifton Park	1:13:26
MALE AGE GROUP: 40 - 44			
1 Corey Metler	40	Mechanicville	1:03:43
2 Gary Ethier	44	Cohoes	1:06:01
3 Jonathan Schneider	41	Latham	1:08:18
FEMALE AGE GROUP: 40 - 44			
1 Pamela Delsignore	43	Wilton	1:16:38
2 Laura Iannelli	40	Albany	1:20:51
3 Claudia Greco	40	Clifton Park	1:21:31
MALE AGE GROUP: 45 - 49			
1 David Smith	48	Ballston Spa	1:05:45
2 Scott Goodwill	49	Ballston Lake	1:06:10
3 Scott Larosa	47	Clifton Park	1:06:10
FEMALE AGE GROUP: 45 - 49			
1 Ann Correa	48	Westford, MA	1:16:08
2 Michelle Mickalonis	47	Mechanicville	1:19:26
3 Donna Cregin	47	Clifton Park	1:23:52
MALE AGE GROUP: 50 - 54			
1 Lari Greenleaf	51	Glenville	1:19:32
2 Richard Edwards	53	Clifton Park	1:21:20
FEMALE AGE GROUP: 50 - 54			
1 Bridgett Frary	52	Niskayuna	1:10:48
2 Patricia Robison	50	Clifton Park	1:16:30
3 Paula Devantier	51	Scotia	1:19:09
MALE AGE GROUP: 55 - 59			
1 Edward Marsh	56	Albany	1:19:29
2 Joseph Buono	55	Clifton Park	1:21:19
3 John Harvey	55	Chestertown	1:28:04

continued

LITERACY 5K RUN • May 5, 2013 • Rensselaer Tech Park, Troy			
MALE OVERALL			
1 Nick Lanzillo	26	Troy	20:16
2 Liam Lynch	15	Albany	20:38
3 George Burke	47	Troy	20:42
FEMALE OVERALL			
1 Kimberly Miseno-Bowles	42	Amsterdam	21:28
2 Penny Tisko	44	Voorheesville	21:59
3 Jennifer Kristel	39	Ballston Lake	22:26
MALE AGE GROUP: 1 - 14			
1 Bryan Flores	11	Watervliet	23:57
2 Jamison Burke	11	Troy	24:58
3 Jack Staszak	9	Malta	25:05
FEMALE AGE GROUP: 1 - 14			
1 Sierra Miner	12	Troy	28:28
2 Lauren Kirschenbaum	14	Albany	28:31
3 Ariana Yeager	10	Glens Falls	30:48
MALE AGE GROUP: 15 - 19			
1 Ryan Dougherty	16	Rensselaer	24:46
2 Luke Faranda	15	Glenville	25:26
FEMALE AGE GROUP: 15 - 19			
1 Hayley Faranda	18	Glenville	31:10
2 McKenzie Rathjens	16	Delmar	46:45
3 Genevieve Paeglow	17	Castleton	55:51
MALE AGE GROUP: 20 - 24			
1 Benjamin Hecht	22	Cape Neddick, ME	26:27
FEMALE AGE GROUP: 20 - 24			
1 Sarah Killeen	22	Wynantskill	27:20
2 Kelly Ryan	23	Albany	29:18
3 Rachel Rigney	23	Ballston Spa	29:54
MALE AGE GROUP: 25 - 29			
1 Frank Martin	26	Troy	21:54
2 Steve Walsh	25	Wynantskill	26:33

20TH ANNUAL ANYONE CAN "TRI" TRIATHLON *continued*

AGE 8 & UNDER				
MALE OVERALL				
1	Spencer Steinhardt	8	Schenectady	5:39
2	Matthew Binsfeld	8	Clifton Park	6:15
3	Sam Tanner	7	Schenectady	6:19
4	Dillon Goodwill	7	Ballston Lake	7:07
5	Reid Binsfeld	6	Clifton Park	7:08
6	Archie Fowler	8	Ballston Lake	7:15
7	Lochlain Clarke	8	Rexford	7:15
8	Riley Fowler	8	Ballston Lake	7:16
9	Matthew Gleason	8	Clifton Park	7:20
10	Zachary Stoup	8	Clifton Park	7:26
11	Chris Larosa	8	Clifton Park	7:29
12	Luke Mahoney	8		7:30
13	Jake Mahoney	8		7:59
14	Nicolas Jos	8	Clifton Park	8:15
15	Reid Metler	6	Mechanicville	8:20
16	Ben Larosa	6	Clifton Park	8:26
17	Tyler Greene	8		8:38
18	Cormac Clarke	5	Rexford	8:42
19	Colin Cukrovany	8	Rensselaer	8:46
20	Cole Evans	7	Malta	8:50
21	Trevor Goodwill	6	Ballston Lake	8:54
22	Quinn Nelson	6	Scotia	9:04
23	Evan Friend	5	Mechanicville	9:29
24	Ian Kirkpatrick	8	Rexford	9:32
25	Noah Driscoll	8	Clifton Park	9:32
26	Brayson Cornick	6	Ballston Spa	9:42
27	Matthew Balboni	7	Clifton Park	9:54
28	Ryan Gersey	6	Clifton Park	10:49
29	Patrick Driscoll	6	Clifton Park	11:08
30	Gabe McIntyre	4	Clifton Park	12:06
31	Matthew Selfridge	6	Rexford	12:20
32	Jack Cahill	5	Troy	12:53
33	Cooper Simmons	6	Mechanicville	15:14
34	Max Schermerhorn	5	Clifton Park	23:07
FEMALE OVERALL				
1	Isabel Nelson	8	Scotia	6:17
2	Jillian Richards	8	Corinth	6:41
3	Madelyn Connelie	8	Johnstown	6:59
4	Grace Mortensen	7	Clifton Park	7:09
5	Abigail Schneider	8	Latham	7:35
6	Makenna Metler	8	Mechanicville	7:38
7	Annika Schermerhorn	6	Clifton Park	8:12
8	Mary Sinnott	7	Ballston Lake	8:13
9	Grace McIntyre	7	Clifton Park	8:16
10	Claire Lanahan	7		8:19
11	Carlye Ana Boenau	6	Latham	8:26
12	Riley Simmons	7	Mechanicville	8:26
13	Maya Hernandez	6	Ballston Lake	8:48
14	Kate Chorabjian	7	Schenectady	8:52
15	Rhona Masterson	7	Clifton Park	8:56
16	Sarah Syden	6	Watervliet	9:00
17	Anna Stoup	6	Clifton Park	9:06
18	Sydney Byrns	6	Clifton Park	9:25
19	Ashley Greene	6		9:36
20	Alyssa Gagner	6	Clifton Park	9:51
21	Ashley Mortensen	5	Clifton Park	10:00
22	Isabel Mortensen	5	Clifton Park	10:04
23	Amanda Curtis	8		10:29
24	Natalie Carvey	6	Clifton Park	10:54
25	Gabrielle Jos	6	Clifton Park	11:01
26	Abigail Stopyak	5	Clifton Park	11:22
27	Selah Binsfeld	4	Clifton Park	11:38
28	Kylie Cukrovany	6	Rensselaer	11:58
29	Carley Antolick	6		12:22
30	Madigan Simmons	4	Mechanicville	12:50
31	Hailey Selfridge	5	Rexford	13:37
32	Ellen Antolick	4		13:56
33	Kaitlyn Moore	5	Ballston Lake	14:02
34	Victoria Greco	5	Clifton Park	15:18
35	Madelyn Stoup	3	Clifton Park	21:14

Courtesy of Southern Saratoga YMCA

2ND ANNUAL DELMAR DUATHLON
May 5, 2013 • Elm Avenue Town Park, Delmar

2M RUN, 10M BIKE, 2M RUN				
MALE OVERALL				
1	Alan Finder	24	Albany	49:28
2	Craig Tynan	44	Schenectady	50:55
3	Thomas Butler	53	Delmar	53:57
FEMALE OVERALL				
1	Shylah Weber	24	Rensselaer	58:21
2	Cathy Oldrich	38	Valatie	1:03:10
3	Evan Kujawski	34	Albany	1:06:29
MALE AGE GROUP: 20 - 24				
1	Jonathan Lazzara	23	Rensselaer	54:58
FEMALE AGE GROUP: 20 - 24				
1	Claire DellaRocco	24	Berne	1:12:37
MALE AGE GROUP: 25 - 29				
1	Sean Rumney	29	Saratoga Springs	58:12
2	Garrett Lee	27	Hopewell Junction	58:46
3	John Grizzaffi	28	Delmar	1:14:04
FEMALE AGE GROUP: 25 - 29				
1	Sara Evers	26	Albany	1:20:39
MALE AGE GROUP: 30 - 34				
1	Matthew Ossenfort	32	Amsterdam	1:07:00
2	Nick Masterson	30	Troy	1:07:46
3	Joseph Farrell	30	Delmar	1:08:50
FEMALE AGE GROUP: 30 - 34				
1	Karly Decker	33	Slingerlands	1:08:40
2	Nadia Louhichi	32	Delmar	1:14:04
3	Heather Gregg	31	Niskayuna	1:15:14
MALE AGE GROUP: 35 - 39				
1	Daniel Murphy	38	Delmar	59:13
2	Javier Londono	37	Kinderhook	59:38
3	Dave Gilson	38	Niskayuna	59:58
FEMALE AGE GROUP: 35 - 39				
1	Ann Hinrichsen	39	Coxsackie	1:07:13
2	Jenn Marlow	37	Albany	1:18:33
3	Marie Abraham	36	Albany	1:19:18
MALE AGE GROUP: 40 - 44				
1	Martin Gordinier	42	Delmar	56:06
2	Craig Weidman	42	Selkirk	57:05
3	Rich Reno	43	Burnt Hills	1:00:39
FEMALE AGE GROUP: 40 - 44				
1	Mary Tanner-Richter	41	Delmar	1:13:44
2	Sarah Vogel	43	Slingerlands	1:14:44
3	Judith Stento	44	Selkirk	1:14:59
MALE AGE GROUP: 45 - 49				
1	Tomo Miyama	48	Valatie	54:59
2	Christopher Hogan	47	Delmar	55:21
3	Peter Gillies	46	Slingerlands	57:08
FEMALE AGE GROUP: 45 - 49				
1	Licia Royka	48		1:09:36
2	Gretchen Lena	47	Slingerlands	1:13:58
3	Karen Brady	48	Castleton	1:14:50
MALE AGE GROUP: 50 - 54				
1	David Patterson	52	Fonda	1:01:50
2	Timothy Bonnier	50	Melrose	1:02:06
3	Jeffrey Rings	52	Delmar	1:05:06
FEMALE AGE GROUP: 50 - 54				
1	Carollyn Wilk	54	Burnt Hills	1:06:40
2	Katesel Strimbeck	50	Glenmont	1:14:31
3	Aileen Muller	51	Castleton	1:17:23
MALE AGE GROUP: 55 - 59				
1	Glenn Herbert	55	Kinderhook	58:31
2	Jeff Clark	55	Glenmont	1:02:12
3	David Drexler	55	Ravena	1:08:10
FEMALE AGE GROUP: 55 - 59				
1	Chris Schultz	63	Rotterdam	1:09:22
2	Stephen Kerwin	62	Slingerlands	1:15:36
3	Ronald Rodriguez	63	Delmar	1:17:22
MALE AGE GROUP: 60 - 64				
1	Natalie Drahtal	62	East Berne	1:34:40
2	Kathy Decker	63	Delmar	2:02:50
FEMALE AGE GROUP: 65 - 69				
1	Gerry Decker	66	Delmar	2:02:50
MALE AGE GROUP: 65 - 69				
1	Emily Gallagher	66	Delmar	1:47:56
MALE AGE GROUP: 70 - 74				
1	Mark-Richard Butt	70	Delmar	1:21:24
2	John Drahtal	71	East Berne	2:00:01

Courtesy of Bethlehem Area YMCA & Bethlehem Parks & Recreation

24TH ANNUAL PROSPECT MOUNTAIN ROAD RACE

May 11, 2013 • Lake George Forum, Lake George

5.7 MILES, 1600 FEET UP TO SUMMIT				
MALE OVERALL				
1	Volker Burkowski	41	Gansevoort	41:26
2	Aaron Lozier	24	Guiderland	42:45
3	Brian Northam	38	Guiderland	44:35
FEMALE OVERALL				
1	Justine Mosher	28	Queensbury	46:35
2	Nicole Loscalzo	39	Wells, VT	53:08
3	Karen Provencher	58	Glens Falls	53:56
MALE AGE GROUP: 1 - 19				
1	Luc Belikis	17	Queensbury	53:47
FEMALE AGE GROUP: 1 - 19				
1	Dana Sheridan	14	Limoges, ON	1:23:52
MALE AGE GROUP: 20 - 24				
1	Kevin Mulcahy	24	Queensbury	45:31
2	Kellen Henderson	23	Schenectady	51:16
FEMALE AGE GROUP: 25 - 29				
1	Carrie Slack	28	Warrensburg	1:12:39
MALE AGE GROUP: 25 - 29				
1	Andrey Kiyantsa	26	Ballston Spa	49:39
2	Charles Baker	26	Saratoga Springs	49:43
3	Paul Von Schenk	27	Saratoga Springs	49:43
FEMALE AGE GROUP: 30 - 34				
1	Renee Salerno	32	Galway	54:43
2	Casey Dwyer	33	Glens Falls	59:26
3	Erin Carpenter	30	Greenfield	1:04:11
MALE AGE GROUP: 30 - 34				
1	Russell Lindberg	30	Saratoga Springs	45:35
2	James Kavanagh	33	Troy	50:05
3	Tom Portuese	31	Queensbury	50:53
FEMALE AGE GROUP: 35 - 39				
1	Jessica Northam	37	Guiderland	55:30
2	Erika Anderson	39	Malta	1:00:21
3	Amy Taylor	36	Lake Placid	1:04:04
MALE AGE GROUP: 35 - 39				
1	Clay Lodovice	37	Delmar	45:45
2	Andrew Snell	39		51:03
3	Patrick Hendrix	37	Ticonderoga	51:11
FEMALE AGE GROUP: 40 - 44				
1	Amy Gould	41	Hudson Falls	55:38
2	Kim Scott	44	Malta	58:06
3	Laura Kules	42	Lake Luzerne	59:45
MALE AGE GROUP: 40 - 44				
1	Scott Deslongchamps	43	Putnam, CT	45:22
2	Seth Dunn	42	Saratoga Springs	48:59
3	Andrew Eyer	41	Gansevoort	50:16
FEMALE AGE GROUP: 45 - 49				
1	Patty Moore	47	Queensbury	54:24
2	Darci Lafave	45	Lake Placid	58:35
3	Heidi Karkoski	46	Ticonderoga	1:00:41
MALE AGE GROUP: 45 - 49				
1	Michael McHale	46	Alplaus	47:13
2	Gordon Lank	47	Waterbury, VT	49:25
3	Phil Schultes	49	Queensbury	49:46
FEMALE AGE GROUP: 50 - 54				
1	Donna Horton	52	Greenwich	59:19
2	Sonya Kelsey	50	Greenwich	1:05:56
3	Susan Bradow	54	Loudonville	1:06:42
MALE AGE GROUP: 50 - 54				
1	Doug Hazelden	53	Bloomingtondale	45:15
2	Matthew Karkoski	51	Ticonderoga	46:05
3	Tim Bardin	51	Queensbury	47:57
FEMALE AGE GROUP: 55 - 59				
1	Susan Weissner	55	Ballston Spa	1:02:21
2	Nancie Battaglia	59	Lake Placid	1:03:38
3	Melody Hoffmann	56	Coeymans Hollow	1:06:08
MALE AGE GROUP: 55 - 59				
1	Douglas Burns	56	Niskayuna	49:16
2	Dan Owens	57	Ballston Spa	55:59
3	Rick Barson	58	Saratoga Springs	57:14
FEMALE AGE GROUP: 60 - 64				
1	Jill Pederson	62	Lake George	1:08:12
MALE AGE GROUP: 60 - 64				
1	Lee Pollock	60	Queensbury	46:08
2	Mark Sager	62	Kattskill Bay	54:41
3	Claude Marchand	60	Chelsea, QC	57:28
FEMALE AGE GROUP: 65 - 69				
1	Laura Clark	66	Saratoga Springs	1:12:02
2	Candi Schermerhorn	66	Diamond Point	1:13:19
3	Cathy Biss	65	Queensbury	1:16:29
MALE AGE GROUP: 65 - 69				
1	David Forbes	66	Argyle	1:04:57
MALE AGE GROUP: 70 & OVER				
1	Jim Moore	73	Niskayuna	1:06:26
2	Billy Long	72	Clifton Park	1:10:19
3	Stephen Mitchell	71	Malta	1:12:31

Courtesy of The Adirondack Runners

4TH ANNUAL JOG FOR JUGS HALF MARATHON & 5K RUN *continued*

FEMALE AGE GROUP: 35 - 39				
1	Cristina Stanton	35	Guiderland	1:51:16
2	Jane Lobosco	35	Clifton Park	2:01:54
3	Jaime Luciana	35	Gloversville	2:02:35
MALE AGE GROUP: 40 - 44				
1	Bill Patch Paczkowski	41	Loudonville	1:29:45
2	Aaron Ambrosio	42	Clifton Park	1:47:39
3	Morris Auster	42	Niskayuna	2:05:15
FEMALE AGE GROUP: 40 - 44				
1	Mary Whittredge	43	Ballston Spa	2:08:08
2	Kathy Vanvalen	44	Delanson	2:22:41
3	Tammy Colman	43	Albany	2:30:11
MALE AGE GROUP: 45 - 49				
1	Patrick Dicerbo	46	Latham	1:53:08
2	Alan Bishop	49	Clifton Park	2:00:07
3	Dan Morgan	47		

RUNNING & WALKING *continued from 3*

berry, grape and apple season. With the current emphasis on sustainable farming, it is now easy to combine these two passions. Schenectady's first annual **Strawberry Festival 5K Run** on June 15, winding through the beautiful shaded, stately streets of Old Niskayuna, fittingly benefits the Weekend Blessings Project, providing impoverished elementary school children with a weekend backpack of nutritious food to tide them over to their next full school meal on Monday morning. Runners' own goodie bags, stuffed with day-only discount coupons, encourage lingering at the Upper Union Street festival and sampling the luscious strawberry treats. Info: e4poverty.org/schenectady/events.

The following day on June 16, the third annual **Run for the Rhubarb 5K Race**, relocated to New Lebanon's outdoors-based Mountain Road School campus, now combines paved and dirt roads, hills and flats, and ends by serving homemade strawberry rhubarb pies to overall and age group winners. Notably, the age groups extend all the way to 90-99! Perfect for families, jogging strollers are encouraged, and childcare is provided for parents who long for a "just me" experience. There's also a one-mile kids' fun run. Proceeds are earmarked for the school's financial aid fund. Go to: mountainroadschool.org.

Finally, join the **Hudson-Berkshire Beverage Trail & Capital Region Nordic Alliance 5K Trail Run Series** through orchards and wineries to fund the Nordic ski experience for disabled military and youth. Venues include Hilltop Orchard Furnace Brook Winery in Richmond, Mass. on June 15, featuring mash cider, wines and cider donuts. Visit Harvest Spirits Distillery and Golden Harvest Apple Orchard in Valatie on July 13, and sample apple, black raspberry and peach vodkas. Goold Orchard and Brookview Station Winery on August 24, gives you the opportunity to try their delicious cider donuts, pies and wine. The series finale is at Notchview State Reservation in Windsor, Mass. on November 9. I bet you will have no



▲ MANY CHARACTERS RUN THE 2012 FIRECRACKER 4 IN SARATOGA SPRINGS.

▼ PENTATHLON RUNNERS IN 2011 HMRC SUMMER TRACK SERIES AT COLONIE HIGH SCHOOL.



PHOTO BY DONNA DAVIDSON

trouble convincing your non-running buddies to come cheer you on! Details: capitalregion-nordicalliance.org.

If you prefer to free your weekends for longer marathon training or for family activities, consider the following low-cost week-day events, all with an emphasis on family participation. The **Camp Saratoga 5K Trail Race Series** kicks off on June 24 and continues every other Monday through August 19 at Wilton Wildlife Preserve and Park. Your \$5 pay-at-the-door fee earns you watermelon, a shot at dollar store raffle prizes, and a contribution to the preserve. Since the route is the

same each week, many challenge themselves to log a progressively faster time. Those who participate in all five events compete for overall, continuous improvement, and most family member awards. While the route is flagged for each race date, it is also permanently marked with white and red 5K discs if you wish to gain some home course advantage. Info: saratogastryders.org.

The goal of Albany Running Exchange's 15-week Thursday night tenth annual **Summer Trail Run Series**, besides having "fun" is to introduce runners to Capital Region parks and trails. Courses are gener-

ally two to four miles in length with a run/walk all or part attitude, no official timing, and no entry fee. Normally around 100 to 200 runners of all ages and abilities attend each event. Check their website for weekly locations and barbecue possibilities as well as a list of needed volunteer tasks and food donations. Show up, run and socialize – it's that simple! Go to: albanyrunningexchange.org.

The Hudson-Mohawk Road Runners Club sponsors two track programs. The free of charge, 45th season of the **Tuesday Night Summer Track Program**, held at the Colonie High School Track, from June 11 through August 6, includes miles, dashes, relays, hurdles, kids' competitions, and other field events. Bring the entire family and keep an eye on the kids as you circle the track! Those of you who spent your high school careers totally intimidated by track workouts will be pleasantly surprised that, while competitive, the atmosphere is totally encouraging. With multiple heats based on predicted time, now is your opportunity to attempt those events you were too self-conscious to consider during your teenage years. Also at the Colonie High School Track, the **2013 HMRC Summer Track Series** consists of fun and challenging, low-key track runs. The series kicks off with at the Tuesday track's Colonie Mile on July 2, and then moves to the final three Thursdays in July with the Two-Person Relay on July 11, the Hour Run on July 18, and the Pentathlon on July 25. In the pentathlon, participants run five distances: 5000 meters, 800 meters, 3200 meters, 400 meters and 1600 meters. Details: hmrc.com.

Many of us can remember when we competed in the same events summer after summer because that's all there was. Now there are so many options that we are faced with tantalizing choices: the best of the old guard and the excitement of new possibilities.

Laura Clark (snowshoega133@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.

RACE RESULTS

INAUGURAL LIFESONG DAFFODIL DASH 2.5-MILE RUN
May 18, 2013 • Halfmoon Town Park, Halfmoon

MALE OVERALL			
1 Frank Horn	43	Albany	14:00
2 Jonathan Lazzara	23	Rensselaer	15:19
3 Derek Schuster	15	Clifton Park	15:30
FEMALE OVERALL			
1 Kim Milton	31	Clifton Park	15:22
2 Shylah Weber	24	Rensselaer	15:51
3 Jenn Reilly	28	Saratoga Springs	16:59
MALE AGE GROUP: 1 - 14			
1 Tyler Hvizdak	13	Troy	16:30
2 Logan Drake	9	Latham	17:52
3 Garrett Drake	11	Latham	20:38
FEMALE AGE GROUP: 1 - 14			
1 Noelle Olszewski	12	Rock City Falls	21:17
2 Kirsten Litchfield	10	Clifton Park	22:56
3 Kennedy Litchfield	13	Clifton Park	22:59
MALE AGE GROUP: 15 - 19			
1 Chris Petralia	15	Alplaus	15:42
2 Jordan McCurley	17	Halfmoon	16:48
3 Cody Greenwald	19	South Glens Falls	18:13
FEMALE AGE GROUP: 15 - 19			
1 Victoria Twombly	15	Mechanicville	41:58
MALE AGE GROUP: 20 - 24			
1 Joshua Lupo	23	Albany	15:41
2 Curtis Columbare	24	Latham	24:17
3 James Snipe	21	Latham	25:52
FEMALE AGE GROUP: 20 - 24			
1 Julia Urban	24	Saratoga Springs	18:04
2 Brittney Holcomb	23	Slingerlands	19:49
3 Amy Wdzieczny	24	Clifton Park	19:55
MALE AGE GROUP: 25 - 29			
1 Andrey Taran	25	Clifton Park	17:49
2 Chris Dupree	27	Clifton Park	18:05
3 Adam Gagson	27	Clifton Park	18:27
FEMALE AGE GROUP: 25 - 29			
1 Kristen Mellan	26	Troy	17:55
2 Lindsay Gilbert	26	Clifton Park	18:05
3 Amanda Trosen	29	Altamont	19:39
MALE AGE GROUP: 30 - 34			
1 Edward Davidson	30	Troy	19:40
2 John Rink	32	Clifton Park	19:52
3 Jonathan Ngin	32	Clifton Park	22:46
FEMALE AGE GROUP: 30 - 34			
1 Jacquelyn Valente	31	Troy	20:18
2 Vicki Urban	34	Salem	27:31
3 Jennifer McDade	30	Clifton Park	27:55
MALE AGE GROUP: 35 - 39			
1 Jody Mostoller	39	Ballston Spa	16:22
2 Joseph Altobello	35	Green Island	17:31
3 Steve Garzone	36	Troy	17:55
FEMALE AGE GROUP: 35 - 39			
1 Amy Santoro	35	Latham	17:48
2 Teri Mostoller	38	Ballston Spa	18:21
3 Lisa Plue	36	Saratoga Springs	18:22
MALE AGE GROUP: 40 - 44			
1 Christian Gee	41	Mechanicville	16:13
2 Chip Smith	44	Ballston Lake	17:58
3 Joseph Petralia	44	Rexford	36:18
FEMALE AGE GROUP: 40 - 44			
1 Kerri Wania	42	Ballston Spa	17:37
2 Alexandra Esposito	40	Malta	29:04
3 Jill Schuster	42	Clifton Park	29:42
MALE AGE GROUP: 45 - 49			
1 Brian Borden	49	Altamont	15:38
2 Michael Cebula	45	Mechanicville	17:54
3 Brian Santoro	46	Latham	22:57
FEMALE AGE GROUP: 45 - 49			
1 Laurie Walsh	47	Albany	28:25
2 Carol Johnson	48	Porter Corners	30:27
3 Valerie Raucci	48	Cohoes	32:08
MALE AGE GROUP: 50 - 54			
1 Gerard Mangione	54	Troy	26:56
2 Mike Corbett	52	Clifton Park	27:30
3 Milice Cavci	52	Schenectady	29:18
FEMALE AGE GROUP: 50 - 54			
1 Maureen Florio	50	Rotterdam Junction	18:04
2 Susan Roseberger	53	Cohoes	35:22
3 Joyce McLeod	50	Clifton Park	35:51
MALE AGE GROUP: 55 - 59			
1 Martin Patrick	59	East Greenbush	17:36
2 Budd Bailey	57	Buffalo	30:36
FEMALE AGE GROUP: 55 - 59			
1 Vicki Williams	55	Halfmoon	35:21
2 Maryjane Tetrault	55	Schenectady	47:36
MALE AGE GROUP: 60 - 64			
1 Philip Catchpole	64	Ballston Lake	22:46
2 David Barkie	60	Clifton Park	29:42
3 Benjamin Graham	64	Clifton Park	30:38
FEMALE AGE GROUP: 60 - 64			
1 Charlene Barkie	60	Clifton Park	25:58
2 Shannon Tompkins	64	Kansas City, MO	36:25

Courtesy of LifeSong

3RD ANNUAL KERRY BLUE HUSTLE 5K RACE *continued*

MALE AGE GROUP: 40 - 49			
1 Davis Wornall	45	Fort Edward	20:48
2 Jesse Waldmann	41	New York	21:31
3 Michael Lieberth	44	Glens Falls	22:52
FEMALE AGE GROUP: 40 - 49			
1 Susan Coyner	49	Glens Falls	23:49
2 Robin DellaBella	41	Queensbury	24:28
3 Cammie Simmes	40	Queensbury	28:07
MALE AGE GROUP: 50 - 59			
1 Andy Esperti	50	Round Lake	22:05
2 Kenneth Prater	54	Fort Edward	28:01
3 Greg Scalia	51	Saratoga Springs	30:00
FEMALE AGE GROUP: 50 - 59			
1 Beth Ward	59	Hartford	25:10
2 Colleen Durkee	57	South Glens Falls	25:56
3 Nancy Vanvoast	51	Queensbury	31:55
MALE AGE GROUP: 60 - 69			
1 Dan Larson	61	Queensbury	22:35
FEMALE AGE GROUP: 60 - 69			
1 Kathryn Brennan	60	Greenville	29:03
2 Ellen McPhillips	60	Lake George	40:46
3 Linda Gush	65	Lake George	52:46
MALE AGE GROUP: 70 - 79			
1 Bob Brodie	74	Lake George	27:40
2 Joe Kelly	79	Menands	34:13
3 Jerry Wilson	76	Queensbury	49:40
FEMALE AGE GROUP: 70 - 79			
1 Pam Valastro	90		40:09
2 Peggy Wilson	74	Queensbury	49:39
3 Joyce Bede	71	Queensbury	1:01:53

Courtesy of SMSA School

2ND TUFF ENUFF 5K OBSTACLE COURSE CHALLENGE
May 18, 2013 • WSWHE BOCES Campus, Saratoga Springs

MALE OVERALL			
1 Shaun Donegan	28	Saratoga Springs	18:55
2 Alex Howk	17	Wilton	21:12
3 Justin Klotz	14	Ballston Spa	22:12
FEMALE OVERALL			
1 Emily Turner	12	Saratoga Springs	26:35
2 Kennedy Salerno	16	Ballston Spa	26:42
3 Catherine Pazderski	14	Saratoga Springs	26:47
MALE AGE GROUP: 1 - 14			
1 Aidan O'Malley	13		24:47
2 Liam Millens	14	Saratoga Springs	25:51
3 Alec Olsen	13		26:07
FEMALE AGE GROUP: 1 - 14			
1 Sophia Nicastro	12	Saratoga Springs	27:43
2 Paris Fenoff	12	Ballston Spa	28:21
3 Katelyn Nolan	12	Ballston Spa	30:26
MALE AGE GROUP: 15 - 19			
1 Patrick Broderick	15	Gansevoort	23:10
2 Devin Coffey	17		24:49
3 Nick Anderson	19		24:56
FEMALE AGE GROUP: 15 - 19			
1 Lauren St. Peter	16	Gansevoort	29:12
2 Sadie Ray	16	Saratoga Springs	29:28
3 Maddy Carroll	16	Scotia	30:25
MALE AGE GROUP: 20 - 24			
1 Neil Curwen	21	Galway	34:38
2 Eric Bailie	24	Albany	38:08
3 Matt Burton	23	Clifton Park	39:30
FEMALE AGE GROUP: 20 - 24			
1 Kellie Koswick	23		30:21
2 Nicole Meerwarth	20	Galway	31:21
3 Emily Durstewitz	23	Saratoga Springs	38:27
MALE AGE GROUP: 25 - 29			
1 Aldan Mowley	29		30:00
2 Jan Germin	26		30:22
3 Jake Eglintine	25		31:35
FEMALE AGE GROUP: 25 - 29			
1 Maclaine Malties	28		31:35
2 Maria Eggelston	26	Clifton Park	31:37
3 Eileen Schaffer	29	Clifton Park	33:52
MALE AGE GROUP: 30 - 34			
1 Rob Immel	31	Ballston Spa	32:51
2 Michael Kogut	32	Albany	32:56
3 Dan Delong	34	Hudson Falls	39:29
FEMALE AGE GROUP: 30 - 34			
1 Kevin Mulcahy	24	Queensbury	17:51
2 Andrew Bachman	26	Queensbury	22:24
3 Daniel Tucker	28	Glens Falls	23:04
FEMALE AGE GROUP: 30 - 34			
1 Jenna Pellino	23	Queensbury	22:47
2 Cecilia Poulin	24	Newcomb	23:04
3 Rebecca Bachman	28	Hudson Falls	25:52
MALE AGE GROUP: 35 - 39			
1 William Henke	38	Gansevoort	19:23
2 John Lauten	38	Houston, TX	21:44
3 Travis Cayea	34	Cadyville	24:14
FEMALE AGE GROUP: 35 - 39			
1 Natalie Houde	38	Queensbury	22:14
2 Megan Worde Mann	32		24:35
3 Heather Prindle	35	Hudson Falls	25:06

continued

3RD ANNUAL KERRY BLUE HUSTLE 5K RACE
May 18, 2013 • SMSA School, Glens Falls

MALE OVERALL			
1 Matthew Jenks	15	South Glens Falls	17:16
2 Patrick Smith	46	Queensbury	17:36
3 Daryn Hutchins	16	Argyle	17:45
FEMALE OVERALL			
1 Melissa Wern	27	Hudson Falls	21:02
2 Emily Smith	24	Queensbury	21:06
3 Angie Gargan	48	Queensbury	21:38
MALE AGE GROUP: 1 - 19			
1 Andrew Kaiser	18	Queensbury	18:53
2 Tim Daley	14	Queensbury	21:07
3 Trevor Lauten	19	Houston, TX	22:39
FEMALE AGE GROUP: 1 - 19			
1 Laura Kenny	14	Glens Falls	23:41
2 Emma Coyner	14	Glens Falls	24:20
3 Sophia Keshmiri	10	Queensbury	24:45

Courtesy of The Prevention Council of Saratoga County

RACE RESULTS

2ND MASTODON CHALLENGE 15K & 5K RACES

May 19, 2013 • Craner Park, Cohoes

15K RUN			
MALE OVERALL			
1	John Stadlander	47	Clifton Park 54:31
2	Andy Reed	41	Niskayuna 57:32
3	Tony Merola	42	Waterford 57:52
FEMALE OVERALL			
1	Lisa D'Aniello	27	Saratoga Springs 1:03:37
2	Jessica Berschwinger	24	Voorheesville 1:03:56
3	Sally Drake	40	Albany 1:07:27
MALE AGE GROUP: 1 - 14			
1	James Faraci	13	Troy 1:07:04
MALE AGE GROUP: 15 - 19			
1	Waleed Ijaz	18	Clifton Park 1:23:29
FEMALE AGE GROUP: 15 - 19			
1	Kiley Sullivan	19	Glens Falls 1:09:51
2	Jessica Edmonds	19	Albany 1:29:44
FEMALE AGE GROUP: 20 - 24			
1	Molly Wellman	24	Cohoes 1:13:05
2	Danielle Marino	21	Glens Falls 1:15:20
3	Mackenzie Mylod	20	Clifton Park 1:20:20
MALE AGE GROUP: 25 - 29			
1	Brian Lusignan	29	Cohoes 1:04:23
2	Thomas Legacy	25	Melrose 1:09:04
3	Joshua McLane	29	Troy 1:09:18
FEMALE AGE GROUP: 25 - 29			
1	Sara Pennings	26	Watervliet 1:14:30
2	Allison Gregory	27	Waterford 1:14:38
3	Leah Serbalik	29	Saratoga Springs 1:15:07
MALE AGE GROUP: 30 - 34			
1	Saturnino Fernandez	33	Rensselaer 59:54
2	Karl Schmidt	31	Cohoes 1:06:50
3	Matthew Fryer	33	Clifton Park 1:09:30
FEMALE AGE GROUP: 30 - 34			
1	Meleah Wright	31	Watervliet 1:13:02
2	Joelle Ernst	32	Averill Park 1:14:35
3	Amy Feigenbaum	30	Albany 1:17:18
MALE AGE GROUP: 35 - 39			
1	Joshua Katzman	37	Clifton Park 1:06:10
2	Jeff White Owl	35	Ballston Spa 1:06:32
3	Daniel Brady	36	Cohoes 1:12:04
FEMALE AGE GROUP: 35 - 39			
1	Carolyn Sniezyk	35	Broadalbin 1:08:55
2	Erika Beardsley	35	Castleton 1:09:57
3	Jill Kozoil	39	Buskirk 1:10:01
MALE AGE GROUP: 40 - 44			
1	Robert Irwin	40	Altamont 58:51
2	Neil Sergott	41	Clifton Park 1:03:48
3	Doug McMahan	40	Clifton Park 1:04:12
FEMALE AGE GROUP: 40 - 44			
1	Courtney Moriarta	44	Greenwich 1:16:32
2	Cheri Van Ness	41	Clifton Park 1:29:36
3	Mona Caron	43	Clifton Park 1:30:58
3	Kim Scott	44	Malta 1:30:58
MALE AGE GROUP: 45 - 49			
1	Brian Debraccio	47	Scotia 58:35
2	Paul Guilmette	49	Niskayuna 1:02:19
3	William Colvin	49	Bennington, VT 1:04:02
FEMALE AGE GROUP: 45 - 49			
1	Bridget Cotugno	46	Malta 1:15:18
2	Brenda Lennon	47	Troy 1:16:27
3	Anne Strock	49	Petersburgh 1:17:21
MALE AGE GROUP: 50 - 54			
1	Steve Janack	50	Glenville 1:14:01
2	Timothy O'Connor	54	Loudonville 1:16:58
3	Brian Teague	54	Glens Falls 1:19:33
FEMALE AGE GROUP: 50 - 54			
1	Lauren Herbs	50	Rexford 1:16:56
2	Ingrid Wilke	50	Cohoes 1:20:33
3	Patricia Connolly	50	Watervliet 1:28:56

5K RUN			
MALE OVERALL			
1	Sam Morrett	18	Cohoes 18:12
2	Greg Ethier	39	Cohoes 19:28
3	Chris O'Brien	17	Delmar 19:36
FEMALE OVERALL			
1	Amy Becker	18	Albany 22:07
2	Stephanie Schmid	38	Troy 23:56
3	Larissa Fremont	30	Latham 24:43
MALE AGE GROUP: 1 - 14			
1	Tate Gillie	13	Mountain Lakes, NJ 20:58
2	Zachary Ogden	14	Niskayuna 23:39
3	Nathan Laughlin	14	Cohoes 25:25
FEMALE AGE GROUP: 1 - 14			
1	Caylin Nugent	14	Schenectady 34:05
2	Brianna Nugent	11	Schenectady 44:45
MALE AGE GROUP: 15 - 19			
1	Bruin Smith	16	Cohoes 22:21
2	Greg Rizzo	19	Cohoes 51:16
FEMALE AGE GROUP: 15 - 19			
1	Ellen Harvey	15	Cohoes 28:41
2	Cheyenne Bridger	19	Cohoes 49:40
3	Kimberlyn Kenney	19	Delmar 51:16
MALE AGE GROUP: 20 - 24			
1	Matt Nolin	24	Cohoes 23:53
2	John Shea Daley	23	Waterford 26:52
3	David Genevich	24	Schenectady 28:06
FEMALE AGE GROUP: 20 - 24			
1	Julia Franklin	22	Loudonville 26:42
2	Rayne Rappazzo	20	Cohoes 28:58
3	Kara Parnett	24	Cohoes 33:16
MALE AGE GROUP: 25 - 29			
1	Mark Jensen	28	Troy 24:08
2	Anthony Lepage	29	Cohoes 25:25
3	Thomas Madden	25	Cohoes 26:57
FEMALE AGE GROUP: 25 - 29			
1	Kate Canabush	25	Cohoes 25:25
2	Susan Ventre	29	Troy 26:06
3	Danielle Viola	25	Watervliet 29:33
MALE AGE GROUP: 30 - 34			
1	Ryan Hergert	30	Menands 25:22
2	Cary Luken	31	Cohoes 25:27
3	Adam Hotaling	31	Cohoes 28:08

2ND MASTODON CHALLENGE 15K & 5K RACES *continued*

FEMALE AGE GROUP: 30 - 34			
1	Suzanne Bolling	33	Cohoes 26:54
2	Nicole Holehan	31	Ballston Lake 27:32
3	April Russell	32	Ballston Spa 28:39
MALE AGE GROUP: 35 - 39			
1	Matt Zappen	37	Albany 21:40
2	Adam Todd	38	Ballston Lake 24:18
3	Michael Gregg	35	Cohoes 25:16
FEMALE AGE GROUP: 35 - 39			
1	Heather Whalen	36	Lee, MA 26:29
2	Heather Prindle	35	Queensbury 26:51
3	Rana Meehan	39	Cohoes 28:07
MALE AGE GROUP: 40 - 44			
1	David Shumpert	42	Clifton Park 22:41
2	Gary Ethier	44	Cohoes 23:51
3	David Decelle	41	Mechanicville 26:08
FEMALE AGE GROUP: 40 - 44			
1	Racquel Murray	43	Cohoes 25:20
2	Terry May	44	Clifton Park 28:57
3	Lisa Majer	40	Cohoes 36:44
MALE AGE GROUP: 45 - 49			
1	William Sorel	46	Cohoes 26:02
2	Robert Huber	46	Cohoes 29:11
3	Todd Peterson	48	Johnsonville 30:28
FEMALE AGE GROUP: 45 - 49			
1	Lisa Ethier	47	Cohoes 28:20
2	Stacie Sorel	46	Cohoes 28:32
3	Lori Munger	45	Clifton Park 28:58
MALE AGE GROUP: 50 - 54			
1	John Gillie	51	Mountain Lakes, NJ 24:50
2	Steve Green	51	Clifton Park 26:08
3	Paul Franklin	50	Loudonville 33:10

FEMALE AGE GROUP: 50 - 54			
1	Judith Barrett	50	Cohoes 28:15
2	Lori Francesconi	52	Waterford 29:17
3	Patricia Campoli	54	Clifton Park 29:48
MALE AGE GROUP: 55 - 59			
1	James Summa	58	Waterford 28:26
2	Tom Patregnani	57	Rexford 28:52
3	Peter Bukowski	59	Glenmont 29:50
FEMALE AGE GROUP: 55 - 59			
1	Jill Mehan	58	Troy 27:04
2	Nancy Kolakowski	56	Niskayuna 28:06
3	Hollys Kozlowski	58	Valley Falls 28:35
MALE AGE GROUP: 60 - 64			
1	George Regan	60	Troy 30:39
2	Benjamin Graham	64	Clifton Park 30:53
3	John Razzano	61	Latham 31:41
FEMALE AGE GROUP: 60 - 64			
1	Gail Hein	61	Altamont 29:43
2	Alice Carpenter	62	Delmar 34:02
3	Sandra Martin	63	Corinth 49:14
MALE AGE GROUP: 65 - 69			
1	Milt Schmidt	66	Colonie 21:07
2	Richard Theissen	69	Round Lake 28:18
3	Brian Tarlo	65	Cohoes 31:50
MALE AGE GROUP: 70 - 74			
1	George Dutcher	71	Castleton 34:15
MALE AGE GROUP: 75 - 79			
1	Armand Langevin	76	Cohoes 30:13
2	Richard Schurmacher	79	Hoosick Falls 35:29

Courtesy of Mastodon Challenge Race Committee

3RD ANNUAL SHIRES OF VERMONT MARATHON

May 19, 2013 • Center for the Arts, Bennington to Hildene Meadows, Manchester, VT

26.2-MILE RUN			
MALE OVERALL			
1	David Herr	48	Canaan, VT 2:47:30
2	Stanley Hsing	33	New York 2:51:42
3	Benjamin Pangie	29	Windsor, VT 2:51:57
FEMALE OVERALL			
1	Heather Horth	30	Painted Post 3:18:34
2	Molly Gerster	35	Norwalk, CT 3:21:36
3	Barbara McManus	45	Worcester, MA 3:25:21
FEMALE AGE GROUP: 16 - 19			
1	Sawyer Cresap	18	Delmar 3:55:04
2	Rae Tobey	19	Cazenovia 4:11:57
3	Amy Graham	18	Ashfield, MA 4:43:55
FEMALE AGE GROUP: 20 - 29			
1	Gillian Lui	22	Middlebury, VT 3:26:13
2	Diane Wetzel	26	Providence, RI 3:31:17
3	Jennifer Moltz	24	Rochester, VT 3:40:21
MALE AGE GROUP: 20 - 29			
1	Corey Watts	25	Cambridge, MA 2:55:58
2	Lyndon Desalvo	24	Washington, DC 3:07:38
3	Marc Mayes	26	Providence, RI 3:26:15
FEMALE AGE GROUP: 30 - 39			
1	Charity Smith	34	Avon, CT 3:27:06
2	Talva Parker	38	Lee's Summit, MO 3:34:01
3	Pejavk Soltany	36	Brookline, MA 3:34:06
MALE AGE GROUP: 30 - 39			
1	Johnny Clueless	38	Williamstown, MA 3:09:51
2	Patrick Hopewell	34	King of Prussia, PA 3:10:52
3	Dave Feinstein	39	Scarsdale 3:12:00

FEMALE AGE GROUP: 40 - 49			
1	Andrea McGehee	44	Lee's Summit, MO 3:41:52
2	Michelle Borkhuis	40	Amherst, MA 3:45:35
3	Kristin Lundy	43	Colchester, VT 3:51:52
MALE AGE GROUP: 40 - 49			
1	Joe Gorberg	49	Princeton Junction, NJ 3:12:40
2	Gregory Sieczkiewicz	42	Hopkinton, MA 3:14:51
3	Kevin Pigeon	46	Windsor, CT 3:15:46
FEMALE AGE GROUP: 50 to 59			
1	Pamela Wauters	54	Spring, TX 3:52:57
2	Jackie Scoville	51	Torrington, CT 3:53:21
3	Allison Lasso	50	Sheffield, MA 3:54:49
MALE AGE GROUP: 50 - 59			
1	Mark Daley	52	West Winfield 3:17:48
2	William Moody	50	Newport 3:21:27
3	Richard Clark	59	Feeding Hills, MA 3:28:27
FEMALE AGE GROUP: 60 - 69			
1	Teresa Bolick	60	Westford, MA 4:13:10
2	Kathleen Gorman	64	Phoenix, AZ 6:06:46
3	Carol Young	66	Houston, TX 6:40:33
MALE AGE GROUP: 60 - 69			
1	Richard Park	60	Colorado Springs, CO 3:46:50
2	Zeke Zucker	69	Jeffersonville, VT 3:46:55
3	Peter Stoddart	60	Highbridge, UK 3:57:41
MALE AGE GROUP: 70 - 79			
1	Ted Ridout	70	Wayland, MA 4:56:10
2	John Stirling	71	Watertown 5:06:35
3	Newton Baker	71	Montpelier, VT 5:24:04

Courtesy of Shires of Vermont Marathon

Adirondack Marathon Distance Festival

EXPO & PACKET PICK-UP

For Runners and Sports/Fitness Enthusiasts

Saturday, September 21 • 10am-5pm
Schroon Lake High School, Schroon Lake



DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 1,200 Adirondack Marathon and Half-Marathon runners come to the Expo to pick-up registration packets
- Promote and sell your products and services
- Interact with 1,500 expected attendees

Limited to
30 Exhibit Spaces -
Purchase Your Booth
Today!

Produced by **ADIRONDACK**
SPORTS & FITNESS

To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com
Media Kit & Contract: AdkSports.com



Exercise Comfortably

Come in and let our expert staff provide a personal fit and recommendation.

TAKE 15% OFF
ANY REGULARLY PRICED ITEM

Come Here
Have Happy Feet!

SIEVERT'S SPORTS

4804 State Highway 30, Amsterdam
518.843.5050 | Sievertssports.com



Four of NEW YORK TRIATHLON premier events make up the HUDSON VALLEY TRIATHLON SERIES taking place from June to September in Putnam, Ulster, Dutchess and Columbia Counties:

June 23: Police Triathlon
Putnam County

July 14: Healthy Ulster Triathlon
Ulster County

Aug 18: Wheel and Heel Sprint Triathlon
Dutchess County

Sept 8: Wheel and Heel Olympic Triathlon
Columbia County

2013 HUDSON VALLEY TRIATHLON SERIES



Enter 3 races and get the 4th race for free.
Points in 5 year age groups awarded at each race. Best 3 races count towards Series Points Awards. For additional info or to register go to www.NYTRI.org or call 845-247-0271.



37TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

BICYCLING

Long-Distance Cycling

By John Ceceri

On any given weekend during the warmer months in this area, you're bound to see a multitude of cyclists on our upstate New York scenic roads. Have you ever wondered where they might be going? Or where they came from? If they happen to be a long-distance cyclist, they will most likely be traveling distances that are unfathomable to most people, and are sometimes not believed when they share their itinerary.

I am the event director of Adirondack Ultra Cycling (adkultultracycling.com), and to illustrate this point, our rides start at 100 miles. We recently held a 400K ride that started in Schuylerville and traveled to Plattsburgh and back, allowing riders 27 hours for the journey. And as I'm writing this article, we're preparing for our next ride, a 600K trip to Chambly, Que., and back, which has a slightly more "leisurely" time limit of 40 hours that accounts for a slower average speed, which in turn allows riders to take a short sleep break, if they wish to take one. However, sleeping on these types of rides is generally not mandatory, and if someone wants to ride straight through, which is not unusual, they can have at it.

The above rides are part of our "Brevet" Series, and they travel set distances of 200K, 300K, 400K and 600K. These rides are sanctioned by the French club Audax Club Parisien (audax-club-parisien.com), who also sanctions rides up to 1,200K. This style of long-distance cycling is called randonneuring, and each participating nation has its own affiliate club to oversee the sport, which in the United States is Randonneurs USA (rusa.org).

Randonneuring is popular all over the world, promotes self-sufficiency and is strictly noncompetitive. It got its start in the late 1800s, and the premier randonneuring event is **Paris-Brest-Paris** (paris-brest-paris.org). PBP, as it's more commonly known, is 1,200K long and is only held once every four years. It was first organized in 1891 to promote the better reliability of diamond frames and pneumatic tires over the bone crunching high wheelers with their solid rubber tires, and was ironically offered as a race, with a professional division.

The first race was only open to Frenchmen (no women allowed) and drew 207 riders. The top riders were sponsored by tire companies Michelin and Dunlop, with Charles Terront of Michelin prevailing over Dunlop's Jiel-Laval, with a time of 70 hours and 22 minutes. Ultimately, 99 riders finished, with most abandoning at the midpoint in Brest, choosing to spend some time on the coast, and taking the train back to Paris, rather than trying to return by bicycle.

▶ JOHN NOBILE OF GUILFORD, CONN., SETTING THE ADIRONDACK 540 RECORD IN 2012.

▶ JESSICA ECKHARDT OF CAMBRIDGE, MASS., CRESTING AN ADIRONDACK HILL DURING THE 2012 MONTREAL DOUBLE DOUBLE.

PHOTOS BY JOHN CECERI

The next edition is slated for 2015, and will draw more than 5,000 riders from dozens of countries, including 400 women, and 900 riders from the United States. To qualify, riders must complete a "super randonneur" series consisting of a 200K, 300K, 400K, and 600K brevet in the same calendar year as PBP.

Ultracycling is a different form of long-distance cycling and differs from randonneuring mostly by placing more emphasis on performance. Whereas it's not uncommon for a randonneur to stop for a full sit-down meal during an event with his or her riding partners, and finishing off their break with a glass of wine, a smoke and/or a nap, ultracyclists are usually more interested in setting a personal best or breaking a record or just finishing an event as quickly as possible, and only stop when necessary. It's also typical for an ultracyclist to have a full support crew, which will carry everything they need and help with navigation, repairs and nutrition, and use a diet consisting of high caloric energy drinks, gels, and bars during an event.

Ultracycling does not currently have a recognizable governing body like randonneuring does, but there are a few small clubs and regional race series, which offer opportunities to cyclists. I have been working with a group of other event directors to coordinate our efforts, and form an international organization (ultracycling.org) to oversee ultracycling, and we hope to be operational by next year.

The ultimate ultracycling event is **Race Across America** or RAAM (raceacrossamerica.org), which has been held annually since 1982. Like PBP, it has also evolved considerably over the years. It started out as an invitation-only event with four riders, to its current incarnation, which attracts more than 300 riders, including 50 solos and several dozen two-, four-, and eight-person teams.

To be eligible to race in RAAM as a solo rider, you have to successfully complete a qualifying event, or race on a team that officially finishes RAAM. Adirondack Ultra Cycling been hosting the **Adirondack 540** every September, since 1999, and it's the Northeast's

RAAM qualifier. It starts in Wilmington, and is considered to be the toughest qualifier, challenging, and surprising many riders. It shares some of the same roads that the Ironman Lake Placid uses, but our loop is two-and-a-half times longer, and riders have to go around it four times to qualify for RAAM. The time limit is 51 hours and 49 minutes, and usually about half the field doesn't finish.

The 540, as it's affectionately known, draws an international field, and the record was set last year by John Nobile of Guilford, Conn., who finished in a time of 32 hours flat. The woman's record was set in 2010 by Caroline van den Bulk of Huntsville, Ont., with a time of 44 hours and 50 minutes.

Another popular event on Adirondack Ultra Cycling calendar is the **Saratoga 12/24** on July 13. We started this event in 1994, took a few years off, and then brought it back for good in 2004. This year marks the 13th edition and it will be held on a 40-mile loop, beginning and ending at the Van Raalte Mill in Saratoga Springs, next to High Rock Park.

This event attracts about 75 ultracyclists from all over the country and Canada, and the 24-hour record is held by John Schlitter of St. Petersburg, Fla., who rode his recumbent 460 miles in 2007, and the 12-hour record was set by Matt Roy of Arlington, Mass., who put in a 259-mile effort. The woman's 24-hour record was set by Melinda Lyon of Boxford, Mass., in 2007 with 415 miles, and the 12-hour record was set by Maria Parker of Lumberton, NC with 211 in 2009. Melinda also finished first in Paris-Brest-Paris in 1999 and 2003.

Despite the differences in style between randonneuring and ultracycling, there is a lot of common ground, and a lot of riders participate in both disciplines of the sport. Most long-distance cyclists ride year-round, and while most other cyclists are training indoors, or partaking in other sports like skiing and snowshoeing, we'll be outside braving the elements, trying to get in our monthly century, or maintain our endurance and cycling fitness. The last two winters have been milder and

drier than usual and somewhat accommodating, but I have to admit to being rescued on more than one occasion when a storm came through, and made riding conditions a bit more challenging than I'd like.

It's also common for long-distance cyclists to commute to work, and while strategies differ amongst riders, my ideal commuting distance is 25 to 30 miles each way. That gives me a great weekly base of miles, which I then use as a springboard to longer weekend rides.

Adirondack Ultra Cycling's most unique event is the **Montreal Double Double**, held the first weekend of August, which perfectly demonstrates the overlap in long-distance cycling. It's comprised of a double century from Schuylerville to Montreal, a rest day in Montreal, and another double century back to Schuylerville on the third day. It combines the best qualities of both randonneuring and ultracycling, as riders can push as hard (or easy) as they like on the road, but with the rest day in Montreal, they can also relax and enjoy everything the city has to offer. Our roster for this year's ride already includes a former Adirondack 540 champion and RAAM finisher, several riders that have done team RAAM, and a few riders that will undoubtedly ride at a more leisurely pace, which proves the appeal a ride like this presents.

Other organizations also offer long-distance events in the area, including the Mohawk-Hudson Cycling Club (webmhcc.org), whose popular **Saratoga Century Weekend**, held in the Saratoga Spa State Park on Sept. 7-8, has been a staple of the Capital Region cycling community for decades. The **Heather Rizzi Race Team** aka HRRT (hrtonline.com), based in Schenectady, offers several endurance events, both on and off the road. 🌲

John Ceceri (john@adkultultracycling.com) has been a long-distance cyclist since doing his first century in 1982 and is currently the event director of Adirondack Ultra Cycling. He still rides and last year did more than 30 centuries.



Serving Cycling Daily

Located in the
Beekman St. Arts District
We service all makes
and models of bikes.

Scott, Look, Turner
Garneau, Sram
Mavic, Reynolds, Zipp
Selle Italia, Craft, Primal

Sales Service Rentals

79 Beekman St.
Saratoga Springs, NY
518.587.0071
spacitybicycleworks.com

Service and a smile. No stinky attitude

CAPITAL DISTRICT YMCA

Pine Bush Triathlon

Sunday, July 14 • 8AM
Guilderland YMCA



Register Today!

www.active.com



THE INN
at
COOPERSTOWN
16 CHESTNUT ST, COOPERSTOWN



Cooperstown is a fantastic area for riding with beautiful scenery and peaceful rural roads

Your "home base" for cycling getaways from self-guided rides to fully supported tours

Bicycle clubhouse available to all guests with secure storage and cool amenities

607.547.5756 • tiny.cc/bikecoop for extra discount for ASF readers



DISCOVER
INLET
AND ALL THE
BEAUTY THAT
SURROUNDS US

For maps & more:
Inlet Area
Information Office
1-866-GO INLET
www.inletny.com



HIKING & BACKPACKING

Black Mountain Ponds Traverse

By Spencer Morrissey

The Lake George Wild Forest, where this 6.6-mile loop is developed, is 71,133 acres in size and opens up opportunities for hiking, backpacking, snowshoeing, cross-country skiing, mountain biking, horseback riding and more. Black Mountain is the highest point in the Lake George Wild Forest and it sits over the eastern shore of Lake George at 2,646 feet with its historic fire tower resting on its bald dome.

The Black Mountain ponds traverse places you in a classic backcountry setting with outstanding views, wildlife, wildflowers, and a deafening quiet. This traverse with a 1,490-foot elevation change makes for a long and somewhat epic daytrip as well. It can also be experienced in the opposite direction if one were so inclined.

For backpacking you have camping options in the area, including Lapland Pond and Black Pond, where lean-tos have been erected in good locations. And don't forget the fishing pole because the ponds you will be visiting have excellent trout fishing prospects.

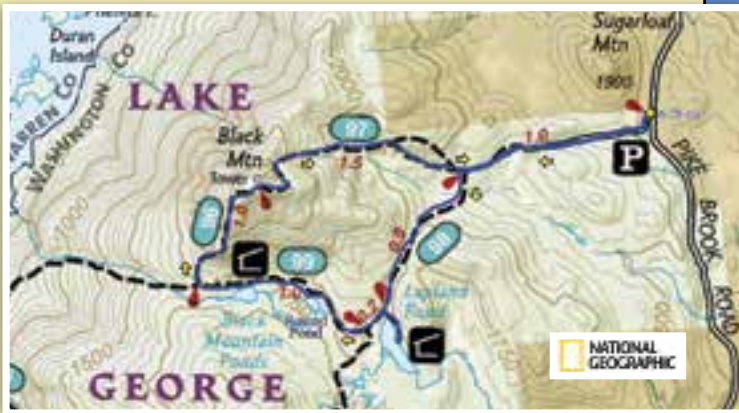
A couple of reminders – Even though lean-tos exist and are meant to be available to all, during busy weekends they can be filled, so bringing a tent is good practice. Also, bears exist in the backcountry so take necessary precautions not to attract them, such as cook and store your food at least 150 to 200 feet away from camp. Bears can climb trees so if you are using a bear bag use proper technique in hanging your food. If using a bear canister, don't hang it, place it in a divot in the ground behind a tree, away from water. For Leave No Trace ethics and principles, check out Int.org.

Getting to the trailhead – From the intersection of NY Routes 22 and 4 in Whitehall, follow Route 22 toward Ticonderoga, and continue for 3.2 miles to a left turn on Pike Brook Road (County Route 7). Follow for 7.6 miles to the Black Mountain trailhead on the left.

Begin your hike along an old woods road and follow red DEC trail markers. This follows through an open hardwood forest to a farmhouse and barn. At this point you've been hiking for about 0.75 miles and the route enters the woods and moves away from the old farm. After 1.0 miles you come to a major intersection. The right leads to the summit of Black Mountain and will be your descent route on this traverse. Follow the left Lapland Pond Trail. In due course this trail leads to Hogtown, over eight miles away, but you won't be traveling quite that far.

Now follow blue DEC markers, working your way through an ever approaching boreal forest where pileated woodpeckers can often be heard but rarely seen. Soon you approach a small beaver pond to the right, where fresh beaver activity can be appreciated. This area has a tendency to be wet during the spring. Another reminder, don't forget bug repellent. During the summer months, black flies and mosquitoes aren't too bad, but around camp the no-see-ums can be like the dickens.

As you move through "Beaverville" descend a bit and enter a second intersection. Lapland Pond lean-to is to the left on the north shore of Lapland Pond. The hike to the lean-to is short and worth every step to visit, even if you don't plan to



▶ VIEW OF LAKE GEORGE FROM BLACK MOUNTAIN UPPER TRAIL.
PHOTO BY SPENCER MORRISSEY

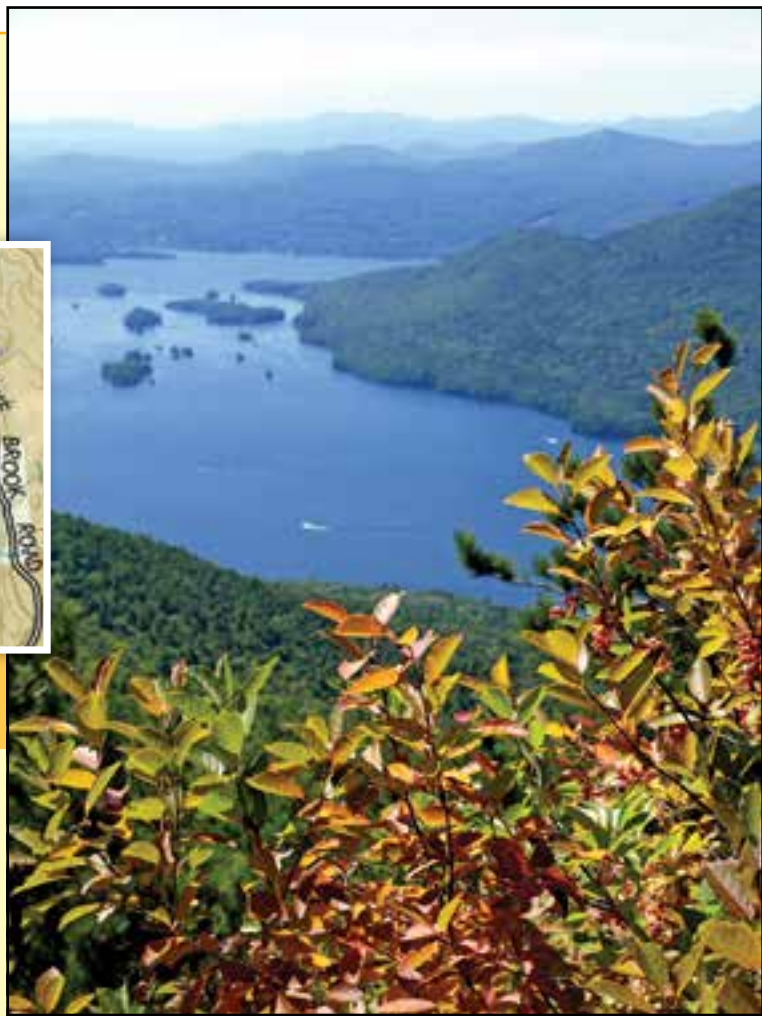
stay there. It sits high above the pond giving amazing vistas out over the water. Casting a fishing line or two in the sheltered waters could catch you brook trout for dinner later.

Back at the intersection, continue to head south for another 0.2 miles. At this point you come to a third intersection, where straight leads to Millman Pond, 1.0 miles away. Take a right turn for the traverse to Black Mountain Ponds. This trail is simply a connector trail between the Black Mountain and Lapland Pond trails. This section has huge wildlife viewing potential, which includes great blue heron, bald eagles, red wing blackbirds, beaver, whitetail deer, and maybe an occasional moose.

The trail slowly climbs through an attractive forest and passes Round Pond on your left where beaver activity is obvious. Much of Round Pond is difficult to see because reed grass grows densely along the shore. You will climb up a little higher where Round Pond can be seen through the trees. A short descent brings you to the shore of Black Mountain Pond. The trail will bring you along the edge of the pond, where the glistening beauty is hard to overlook. Soon you will come to a bald rock peninsula, with the lean-to high above overlooking the pond, as if guarding it. I highly recommend this excellent camping spot. Cast a line in the pond for a good chance of catching dinner. Some backup Spam and beans might be a good idea.

If you are camping, you now have some imposing options: a) Rise in the morning, climb Black Mountain, and return to camp for another night; b) Stay a full day here, hike around the plethora of trails that surround you, and hike more the third day – maybe over Black Mountain; or c) Start the next day with gusto and full pack, and hike over Black Mountain to complete the loop. The options are yours and that is what makes this traverse so amazing – there is not just one answer to the day's dilemma.

When you start hiking to Black Mountain, full pack or not, you will have a full climb ahead of you. Not a ton of mileage but a steep trail that eventually leads to some of the best views in the southern Adirondacks. From the lean-to, continue west for 0.2 miles to an intersection. Straight leads to Black Mountain Point on Lake George, and right leads up Black Mountain.



Follow the red markers and you start to climb immediately. The first overlook is only 0.2 miles away, and many more views keep popping up as you climb.

Eventually you will be looking down on Black Mountain Pond, Round Pond and Lapland Pond, lined up in perfect order below you. Then as you ascend further over "Switchback Park" you will begin to see Lake George to the west. As the trail finishes off, it heads over open rock and reaches the gated fire tower on the summit of Black Mountain. To date, the fire tower still resides there, but its function has changed from a fire observer's station to a radio tower. The open rock summit near the fire tower offers outstanding views.

The trail continues over the summit, still marked with red DEC trail disks, to the trailhead off Pike Brook Road. The trail passes by a couple of sheds and the ranger cabin before you enter the forest on a very steep descent with wet footing. Take your time and make smart footing choices, especially if you have a full pack. The trail is now rutted and heavily eroded in places, with loose rocks that act like marbles under your feet. At 1.0-mile from the summit you will come to an obvious split in the trail, which comes back together in 0.3 miles. I've found the right option to be steeper and slipperier; the left hooks around steep contours to avoid the fall line but is still muddy and wet. After the trails connect again, you will be just above the Lapland Pond Trail intersection, where you take a left to go back to the trailhead. 🌲

Spencer Morrissey (spencermorrissey21@gmail.com) resides in Lake Placid and owns Inca-Pah-Cho Wilderness Guides. He is an outdoor enthusiast, four-season 46er, finisher of the Adirondack 100 Highest, and author of two guidebooks, *The Other 54* and *Adirondack Trail Runner*. He is a guide for *High Peaks Mountain Guides* and *Adirondack Rock and River*.

OLD FORGE Central Adirondacks

Start Point:

90-Miler Adk Canoe Classic Route
Northern Forest Canoe Trail

Spring: Whitewater
Summer:
Canoe & Kayak
(return by train)

Moose River



Family Friendly Waters

McCauley Mountain Summer Scenic Chairlift

Views to the High Peaks

Hiking Trails

Mt. Biking
Picnic Areas

Go To: OldForgeNY.com
Free Guide/Trip Planner

Guinness Cycling Jersey

Celtic Treasures
Stop in or order online:
456 Broadway, Saratoga Springs
CelticTreasures.com • 518.583.9452

Reach 55,000

sports, fitness & healthy living enthusiasts
each month...

Advertise
effectively
with US!

JULY AD
DEADLINE
6/26



Contact Darryl:
(518) 877-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com



Delta Lake Triathlon & TOUGH Kids Syracuse July 20 & 21, 2013



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

Register at
atcendurance.com



GORE TURNS THE OFF-SEASON ON!

Fun Attractions & Activities

- Disc Golf & Indoor/Outdoor Mini Golf
- Climbing Wall & Bungee Trampoline
- Fun Inflatables For All Ages
- Downhill Mountain Biking
- Scenic Gondola Rides
- Hiking

Complimentary scenic gondola rides and self-guided hiking with the presentation of your 2013-2014 season pass!

Check out improvements in progress:

- ★ Mile-Plus Boreas Glade on Burnt Ridge Mountain
- ★ 108-Seat Deck off the Tannery Pub
- ★ Exciting Kids Klub Improvements Including New Conveyor Lift
- ★ Coffee/Après-Ski Service Bar

Open 11 AM - 4 PM

May 25 - July 7: Saturday & Sunday

July 13 - Sept. 1: Daily*

Sept. 7 - Oct. 13: Saturday & Sunday

*Some attractions are only available Friday-Sunday.



Nine Sides of 4 Unique Peaks
North Creek, NY

TRAILS	LIFTS	VERTICAL
98	14	2537'

GoreMountain.com



WHITEFACE

The Olympic Mountain
Wilmington, NY

TRAILS	LIFTS	VERTICAL
86	11	3430'

WhitefaceLakePlacid.com



NY's Winter Snow Park
Highmount, NY

TRAILS	LIFTS	VERTICAL
55	8	1404'

Belleayre.com

Purchase your season pass on or before June 21ST for the best prices!

Enjoy several passholder-only discounts at all three mountains!



NYSki3.com