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● KATIE PIEROTTI AND KEN ECKSTROM OF CHATHAM RETURN TO CAMP AFTER A DAY OF EXPLORATION BY CANOE.
PHOTO BY RICH MACHA

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Paddling Adirondack NYSDEC Campgrounds

By Rich Macha

Although my preference is for more primitive wilderness camping, sometimes it is more convenient to spend a night or two at a campground with its additional creature comforts such as rest rooms and showers. Here's a sampling of some NYSDEC campgrounds in the Adirondacks within a two and a half hour drive of Albany and what they might offer the canoeist, kayaker or standup paddleboarder.

Advance reservations (newyorkstateparks.reserveamerica.com) are a good idea especially on weekends and around holidays. Non-camping day-trippers pay a day use fee that is worth the price of admission to access some of these beautiful waterways.

Putnam Pond – Putnam Pond lies well enough south of NY Route 74 between Schroon Lake and Ticonderoga so that you won't be hearing traffic noise from your campsite. Most drive-in sites in the campground are not on the water, but there are a few on-water primitive sites (with fire-ring, picnic table and outhouse), which you must paddle a short distance to get to. Other than the campground, there is no other development on the "pond," which is about two miles long with 6.4 miles of shoreline. Loons nest here and beaver are often seen. The Pharaoh Lake Wilderness area stretches out to the west and there are great hiking opportunities to small ponds as well as to the open summit of Treadway Mountain where you'll find impressive views. Those who are interested in fishing will find tiger muskie, bass and panfish. Swimmers and picnickers enjoy the small beach near the dam. Motorboats and personal watercraft are allowed but seldom seen.

Harris Lake – With its 5.3 miles of shoreline, Harris Lake lies north of NY Route 28N in Newcomb. Motors are allowed on the lake and you might hear some road noise from the campground. The south shore has some development plus a very nice town beach. Fishermen would be interested in northern pike, smallmouth, and largemouth bass. As a paddler, what appeals to me most here is access to the nearby Hudson River. From the east end of the lake a shallow channel leads to the river where someone with a sense of humor has erected signs pointing upstream to "Mt. Marcy" and downstream to "NY City." Turning left and paddling upstream you feel that you've escaped civilization on this scenic stretch of river. After less than a mile rocky rapids under a bridge prevent further exploration in that direction. Going downstream you can paddle under the Route 28N bridge, watching out for shallow rocks in a quickening current, and continue for a mile – Vanderwhacker Mountain stands out to the southeast – before reaching the top of Long Falls Rapids. Turn back here unless you are committed to a whitewater run where upstream paddling would be impossible. Heading back upstream you have a nice view of Marcy, Algonquin, and other Adirondack High Peaks.

Nearby, Rich Lake makes for a wonderful paddling destination, with a sandy beach and mostly undeveloped shoreline. You can also paddle a couple of miles up its inlet, Fishing Brook, as long as you don't mind going over a couple of beaver dams. Goodnow Mountain and its fire tower stand out to the south.

See **PADDLING**, 26

5TH ANNUAL

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For a sneak peak: ChrissysFund.com
 Information: (518) 644-3020



37TH ANNUAL

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RUNNING & WALKING

Are You Having Fun Yet?

The Paradox of Long Distance Running

By Laura Clark

▲ THE PACE BEARS PACE 3:30 RUNNERS AT THE 2012 ADIRONDACK MARATHON IN SCHROON LAKE.

This is the time of year when a runner's fancy turns to thoughts of longer distances. Whether you are powering up for a half marathon, marathon or ultra event, chances are you have already explored various online training schedules, and have selected one that fits your experience and lifestyle. Hopefully you will not fall victim to a number-crunching mindset, but remain open to tweaking mileage or intensity should life intervene.

Moving up to longer distances, however, entails more than just sticking to a plan and putting in the miles. If it were that "easy" then everyone would do it. While racing a 5K demands just as much concentration, outside of injury or lightning storms, there is never a question of pulling to the side of the road. By the time you question what you are doing, the race is almost over. Longer distances, however, give you more time to contemplate. At a certain point, with many more miles to go, stopping seems way more appealing than soldiering onward. Mental and physical struggle combine to produce those mid-race photos that reflect a not so fun experience.

In her book, *Called Again*, Appalachian through-hike record holder, Jennifer Pharr Davis, explains her response to the query, "Was it fun?" commenting, "I may not be having fun, but I feel a sense of joy and purpose... But even though this hike isn't easy, it is fulfilling... I guess, in the end, it is better than fun."

To explore your inner strengths, select from these "better than fun" regional endurance events.

While some may think the biggest challenge of the fifth annual **Camp Chingachgook Challenge Half Marathon** on August 10 lies

in being able to spell it correctly, the free bus to start the half at Lake George Elementary is the true double-edged sword. While you get to preview the course, albeit backwards, try not to focus on the duration of that 13-mile ride. It will seem much longer and more intimidating than the actual run over the rolling hills on Lake George's scenic east shore. And know that you can tough it out with lots of gradual time-catching downhills, a special Centennial Camp finisher's medal, and an awesome post-race lakeside bash awaiting you! There's also a 10K race that starts and finishes at camp. You can rest satisfied that your efforts have funded children who deserve their own turn at camp. Visit: areep.com.

Once more, the second annual **18.12 Challenge & Half Marathon** on Sept. 1 will commemorate America's second War for Independence with 18.12-mile and 13.1-mile point-to-point races starting in Watertown and ending at the Sackets Harbor battlefield site overlooking Lake Ontario. The strategically located Sackets Harbor shipyard was the hub of naval activity in the Northeast. Had it been destroyed, we might now be speaking with British accents. Today, there is still a strong military presence in the area, with the famed 10th Mountain Division based from nearby Fort Drum. While the courses are mostly flat with a few rolling hills, it is a worthy challenge. If you discover your will faltering, unite your spirit with the American soldiers who fought for our liberty, and as well as with the many present-day military heroes who will be running alongside you. Go to: 1812challenge.com.

On Sept. 7, the 43rd annual **Lake Placid/North Elba Half Marathon** will again follow last year's community tour route beginning



▲ CARVED WOODEN BEARS ARE AWARDED TO TOP THREE OVERALL AT THE ADIRONDACK MARATHON AND HALF.



PHOTOS COURTESY ADIRONDACK MARATHON DISTANCE FESTIVAL

at the Olympic Speedskating Oval, circling downtown and Mirror Lake, and then connecting with the original course at Route 73 passing the Olympic Ski Jumping Complex. The challenge here will be to remember that the hilly second half will prove a "not fun" experience, if you go out too fast during the flat business district excursion. During your taper period, view *Miracle on Ice*, the incredible story of the 1980 US Olympic hockey team's underdog victory to remind yourself that anything is possible when you, too, toe the line at in Lake Placid. New this year is a concurrent 10K Road Race, perfect for those testing the waters into longer distances. Proceeds are directed toward Connecting Youth and Communities, which supports teens and their parents. Details: lakeplacid.com.

The following week on Sept. 15, challenge yourself at the 8th annual **Saratoga Palio Half Marathon**, the only distance run providing a tourist-eye view of Saratoga Springs. This time, the toughest section comes first as runners circle the Skidmore College hills, a familiar venue for many a 5K race. Except that this time there are "miles to go before we sleep," as runners head through the historic downtown, circuit the Saratoga Spa State Park, with views of both the Saratoga Race Course and harness track, and head past Congress and High Rock parks. The lesson here is to restrain your early-race enthusiasm with a moderate approach on the initial Skidmore hills to ensure a strong finish and a victorious smile. The morning includes a popular 5K run/walk. Proceeds go to The Melanie Foundation, supporting those with debilitating illnesses as well as graduate students in the mental health field. Visit: the-saratogapalio.com.

The **Adirondack Marathon Distance Festival** marathon, half marathon and two/four person relays circle the picture-perfect vistas of Schroon Lake and promise options for all levels of distance adventuring. While the half was voted "Best of Competitor" among half marathons in the Northeast, there are multiple ways to experience this festival. Sign up for the two-person marathon relay and chose your specialty, either challenging ups with no-holds barred downs or a scenic lake tour. If you are new to distance, or perhaps inspired by the recent popularity of Ragnar Relay events, join a four-person relay team and pick whatever is a doable stretch for you: 4.4, 8.7, 5.1 or 8.0 miles. Worried about the challenge of an entire full? Then join a "pace bear" group, where you can leave the thinking and calculating to the more experienced pacers. Military members receive free admission on a first-come, first-served basis, and 50 Boston Marathoners who were unable to complete their April journey will be offered free registration. Go to: adirondack-marathon.org.

The **Ragnar Relay Adirondacks**, on Sept. 27-28, stays fresh by providing different options for repeat customers. Saratoga Stryders members, Mary Whittredge and Jen Ferriss, both elected to repeat their previous experience by choosing a different team, running different legs, and tackling the challenge of ultra mileage. Launching from the Saratoga Spa State Park, continuing through the rolling hills of the Lake George and Lake Champlain region, and finishing on the twisty Adirondack roads to Lake Placid, locals who choose this relay also garner support of friends and neighbors who can intersect the van parade merely by stepping off their front porch.

Since legs range from three to eight miles, a team could contain a mix of beginners and distance experts. Ultra teams, however, where members rack up 20 miles or more, are best reserved for repeat offenders. Whatever your team, Jen and Mary advise that you routinely log double workouts, including nighttime efforts, in full glow-in-the-dark gear! Turn some of these excursions into team efforts to set the bonding process in motion. As Jen sums up, "The fun part is the race, the costumes, slogans, and van decorations looking like a modern day circus is coming to town... Everyone is hungry, dirty and tired, and has to run." Details: ragnarrelay.com.

While distance events will echo some of the "not fun" movements that Jen Pharr Davis experienced while hiking the Appalachian Trail, the enjoyment comes with self-knowledge, accomplishment, challenges met, and friendships forged along the way! 🌲

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

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43rd annual

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

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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
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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.

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AROUND THE REGION **News Briefs**

First Annual Zombie Gauntlet 5K

QUEENSBURY – On Saturday, July 27 at 5pm, the Zombie Gauntlet will take place to benefit the Johnathan R. Vasiliou Foundation. The race at the Queensbury School trails, just off Exit 19, will be on an 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. There will be awards to the best racer costume and best zombie costume, plus surviving is its own reward! Participants receive a T-shirt and refreshments. Proceeds go to the Queensbury High School Memorial Scholarship Fund, and YMCA Youth and Government Scholarship. For info and online registration, go to: jrvfoundation.org.

Dewey Opens New Mountain Bike Trails

SARANAC LAKE – Dewey Mountain Recreation Center inaugurated 5.5 miles of new mountain biking trails with a ribbon cutting July 7. Volunteers from Barkeater Trails Alliance built the trails for all levels of riders over the last four years, which are highlighted on a new trail map and signage from BETA and North Country Healthy Heart Network. The trails are free and open to the public. Hikers and runners are welcome to use the Dewey network of cross-country ski, snowshoe and bike trails during non-snow months. Dewey is a four-season venue founded by the town of Harrietstown in 1980 that's located one-mile west of downtown Saranac Lake on NY Route 3.

BETA develops, maintains and advocates for diverse and connected multiuse trails in the Adirondack Tri-Lakes region, and they are also building a network of trails at Mount Pisgah, Saranac Lake's alpine ski center. North Country Healthy Heart Network promotes physical activity and strategies to decrease cardiac disease and stroke in northern New York. For info on Dewey trails, call Adirondack Lakes and Trails Outfitters at (518) 891-7450 or visit deweymountain.com.

Monday Night Mile at Saratoga Raceway

SARATOGA SPRINGS – The Saratoga Casino and Raceway presents the first annual Monday Night Mile one-mile running race on the Saratoga Harness Track, benefiting the Saratoga Springs History Museum. On Monday, August 12, the first race starts at 5:30pm at the Saratoga Casino and Raceway, with chip timing by Finish Right Timing, a digital clock, and awards for top three male and female overall winners and top three in each age division. A Celebrity Run is planned so dress as your favorite character from history for all ages. For the kids, there is a 1/4-mile Kids' Fun Run. T-shirts are guaranteed to all entries received by August 6. There are heats every 10 minutes, ranging from 8:30-plus milers at 5:30pm to the sub-4:30 milers at 7pm, and the historical character fun run at 7:10pm! To register online, visit saratogahistory.org.

Adirondack Rail Trail Rally on July 26

LAKE PLACID – From 4-7pm on Friday, July 26 at Heaven Hill Farm in Lake Placid, join Adirondack Recreational Trail Advocates and our political representatives to celebrate and help plan the next step: getting the great Adirondack Rail Trail approved for construction. After two years of effort, nearly 12,000 petitions signed, resolutions by many towns/villages along the corridor, articles and editorials in favor of the Adirondack Rail Trail in our local media, New York has finally agreed to review the state management plan for the rail corridor connecting the Tri-Lakes with Old Forge. Hearings could start in a few months.

At the rally, snacks and refreshments will be provided and admission is free. A tax-deductible contribution of \$20 per person or \$30 per couple will be gratefully accepted at the door – or if you can't join them, you can make a donation online. A special guest, Jim Weaver, Tioga County (Pa) planning director will outline the economic benefits of their famous Pine Creek Rail Trail. Rally registration is required at thearta.org.

Mohawk Towpath Scenic Byway Audio Tour

CLIFTON PARK – For visitors to the Mohawk Towpath Scenic Byway, a new audio tour will provide convenient and accessible interpretation of the byway stories including the historic waterway west and the Erie Canal. The audio tour, powered by OnCell, will highlight and encourage the use of recreational resources within the byway corridor. Visitors will be able to access the OnCell audio tour by dialing the tour number and following the prompts to listen to tour content, or by streaming the tour content through the mobile web tour designed for smart phones.

Fourteen sites are included in this audio tour: Aqueduct Park, Niskayuna; Clute's Dry Dock, Clifton Park; Cohoes Falls, Cohoes; Crescent Park, Halfmoon; Dunsbach Ferry Site, Halfmoon; Ferry Drive, Rexford; Flight of Locks, Waterford; Freddie's Park, Colonie; Lock 7 Dam Overlook, Rexford; Old Military Crossing, Colonie; Riverview Orchards, Rexford; Vischer Ferry Nature/Historic Preserve, Clifton Park; Proctor's Theater, Schenectady; and Harbor Visitor Center, Waterford. The towns and organizations are planning activities to celebrate the new service with "Canal Splash!" on Saturday, August 10. For details, go to: mohawktowpath.org.

Gore Turns the Off-Season On

NORTH CREEK – Gore Mountain has fun attractions and activities this summer, including disc golf, indoor/outdoor mini golf, climbing wall, bungee trampoline, inflatables for all ages, downhill mountain biking, scenic gondola rides, hiking – and season passes on sale. With the presentation of your 2013-2014 season pass, complimentary scenic gondola rides and self-guided hiking is available. Gore is open from 11am-4pm daily from July 13 to Sept. 1 and Saturday-Sunday from Sept. 7 to Oct. 13. See the Calendar of Events or go to: goremountain.com.

Inaugural ADK 80K Endurance Race

LAKE PLACID – Mountain bikers and trail runners are invited to participate in the inaugural ADK 80K, an endurance racing event to be held on Labor Day weekend, August 31-September 1. The races cover 80K in distance in a figure eight design, featuring \$8,000 in prizes in eight categories with an 8am start time. The weekend consists of two separate events, both taking place on the Mount Van Hoevenberg trail system used in the 1980 Olympic Winter Games biathlon and cross-country ski races. The ADK 80K begins with a trail running race on Saturday, followed by Sunday's mountain bike race with a cyclocross division. Both races include four 20K loops with aid stations every 5K, returning to the race village twice, complete with food, refreshments and live music. The weekend also includes a mini-trail run on Saturday and mountain bike race for kids on Sunday, beginning at 4pm. Both mini-races cover a distance of 8K, with four loops of 2K each.

The ADK 80K is organized by High Peaks Cyclery and Downhill Mike of the Whiteface Mountain Bike Park. Cyclists and trail runners can race solo, two-person, or four-person teams. Cyclists can ride mountain or cyclocross bikes. The first 80 registrants receive T-shirts, and the top three winners in each category will win commemorative Adirondack-themed awards, as well as winners' jerseys or performance running T-shirts. Logo goods will be available for purchase in advance at High Peaks Cyclery in Lake Placid and at the event. Registration is open and more info is on highpeakscyclery.com or call HPC at (518) 523-3764. Onsite registration will be available at 6am both days of the event. 📍

FROM THE PUBLISHER & EDITOR

We've Got You Covered!

Hopefully we've settled into a nice warm, dry stretch of July and can finally put the wet weather behind us. Our thoughts go out to those that have been impacted by the flooding.

We've worked with our writers to assemble a slew of upstate sports and fitness articles on destinations, events and people as motivation to get outside or challenge yourself this summer. From the cover article on NYSDEC Adirondack campgrounds with paddling opportunities for campers or day-trippers, to the "fulfilling" paradox of long distance running events, to biking the Cooperstown area from the comfort of The Inn, to a short family hike at Nine Corner Lake, or to mid-season triathlon training and late season events... We've got you covered!

We've packed the Calendar with races, outings, and other fun summer events, and squeezed as many finishers as possible into those results that we know you love! Our Athlete Profile proves that the environment in which you raise your kids matters to their academic and athletic success. The Non-Medicated Life column shows us that low tech, low cost lifestyle interventions help reduce health care costs, and finally Steve Relles shares his team's experience at the Seneca7 relay race.

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Darryl and Mona

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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

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 catered lunch provided

Mohawk Hudson Cycling Club



HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

Calendar of Events
July - September 2013

Events beyond this range are advertisers in this issue.

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

BICYCLING
ONGOING

Daily Mohawk-Hudson Cycling Club Road Rides. 300 rides per year for all ability levels in the Capital District & Saratoga Springs. Schedule: mohawkhudsoncyclingclub.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.

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 HRTT 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.

JULY

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. anthersports.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. anthersports.com.

21 2nd Ride for the River. 50M/25M/10M. 8:30am. Village Green, Jay. Corrie Miller: 637-6859. ridefortheriver.org.

21 JAM Fund Gran Fondo. 38-84M. 10am. Black Birch Vineyards, Southampton, MA. 631-875-0625. grandfundo.com.

- 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. anthersports.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 Bike 'N' Fly. 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.
 - 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 9th Hoosic River Ride. 100M/75M/50M/30M/8M. Williamstown Youth Center, Williamstown, MA. hoorwa.org.
 - 24-25 30th Chris Thater Memorial Races. 16-50M. Recreation Park, Binghamton. 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.
 - 1 Coon Hill Grind. 2M Time Trial. 12pm. Skaneateles Ski Center, Marietta. skanraces.com.
 - 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. mohawkhudsoncyclingclub.org.
 - 13-15 **Adirondack 540 RAAM Qualifier.** 540/408/272/136M options. Adirondack Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
 - 14-15 3rd Tour of the Adirondacks. Sat: Prospect Mtn Hill Climb: 5M. Lake George. Gran Fondo: 100M/40M. Lake Luzerne. Anthem Sports: 275-6185. touroftheadirondacks.com.
 - 15 **6th Lance Gregson 1-Eye Classic.** Town Park/Beach, Schroon Lake. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. 532-9479. schroonlakecycling.com.
 - 21 **3rd Columbia County Rotary Ride.** 100/60/30/10M. Volunteer's Park, Valatie. 784-3663. ccrotaryride.org.
 - 21 BikeFest & Tour of the Valley. 8-104M. Look Park, Northampton, MA. 413-204-0393. bikefest.nohobikeclub.org.
 - 22 Gran Fondo Gunks. 18-108M. 8am. Ulster Co Fairgrounds, New Paltz. 845-256-8073. granfondogunks.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. lakegeorgegerando.com.
 - 28 **Drops to Hops Races.** 43M Elite/23M Citizen races. Brewery Omegang, Cooperstown. clarksportscenter.com.
 - 28 **Ride, Run, Walk 4 Love.** 50M/15M bike. 5K Run/Walk. 8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. rrw41.com.

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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

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 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
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29-30 Bike & Brew Package. Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.

OCTOBER

12-13 Haunted Hundred. 100M. 6pm. Saratoga Hilton, Saratoga Springs. John Celeri: 583-3708. adkultracycling.com.

NOVEMBER

3-12 Israel Bike Tour. Judean desert, Carmel, Golan Heights, Jerusalem & Mediterranean Coast. 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: 9/9. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.

Tu/Th Rock Your Fitness Classes: TRX, Kettlebell, Weights. Starts 8/6: 5:15am & 7am. 9/10: 5:15am & 9:30am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.

Tue Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

Wed Yoga on the Mountain: 6/26-8/28. 3-4pm. Ages: 10+. Scenic Gondola Ride. Little Whiteface Summit, Wilmington. Mim Frantz: 946-2223. whiteface.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.

JULY

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

HIKING & ROCK CLIMBING ONGOING

Daily Mount Jo Guided Hike. 2M. 9am. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

JULY

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 Mountain Hike. 14M. Adirondack Mountain Club: 523-3441. adk.org.

22 Street & Nye Mountain 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.

27 Esther Mountain. 6.6M. Adirondack Mountain Club: 523-3441. adk.org.

29 Tabletop Mountain 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 Mountain 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. lgic.org.

16-18 Trailless Backpacking: Dix Range. 21.5M. Adirondack Mountain Club: 523-3441. adk.org.

12 Mount Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

19 Seymour Mountain Hike. 14M. Adirondack Mountain Club: 523-3441. adk.org.

31-9/2 Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.

SEPTEMBER

2 Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.

6-8 Trailless Backpacking: Santanonis. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.

7 Macomb, South Dix, East Dix & Hough Hikes. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

9 Esther Mountain. 6.6M. Adirondack Mountain Club: 523-3441. adk.org.

13-15 Trailless Backpacking: Cliff & Redfield. 18M. Adirondack Mountain Club: 523-3441. adk.org.

16 Street & Nye Mountain Hikes. 9M. Adirondack Mountain Club: 523-3441. adk.org.

20-22 Trailless Backpacking: Swards. 21M. Adirondack Mountain Club: 523-3441. adk.org.

23 Mount Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS ONGOING

Daily Downhill Mountain Biking. 9am-3:30pm. Whiteface Mountain, Wilmington. whiteface.com.

Daily Cross-Country Mountain Biking. 10am-4pm. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.

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. 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.

JULY

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

27 Downhill Mountain Biking Camp. Beginner/intermediate riders. 10am. Gore Mountain, North Creek. Reserve: 251-2411. goremountain.com.

28 SOS MTB Challenge: NYS MTB Series. Stewart SF, 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 All Terrain Challenge: NYS MTB Series. Bellayre Mountain, Highmount. 845-679-2122. nysmtbseries.com.

20 Hot August Night MTB Series. 6pm. Central Park, Schenectady. 847-2419. hrrtonline.com.

23-25 Get Schooled in Cyclocross Camp w/Dan Timmerman. Critz Farms, Cazenovia. Tim O'Shea: 315-655-4620. critzfarm.com.

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
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Town Park/Beach, Schroon Lake

Easy Does It (3+ miles): 11am
 Scenic Route (12 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:45am
 Cyclist's Dream (40+ miles): 8:30am
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SEPTEMBER

- 1 **1st ADK 80K Mountain Bike Race & Trail Run.** 8am. Solo or 2/4 person teams. MTB/cross bikes. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 8 Riedlbauer's Round Top Rally: NYS MTB Series Finale. Riedlbauer's Resort, Round Top. 965-0487. nysmtbseries.com.
- 14 **Downhill Mountain Biking Camp.** Beginner/intermediate riders. 10am. Gore Mountain, North Creek. Reserve: 251-2411. goremountain.com.
- 14-15 **Inaugural Jimbo Mountain Bike Race: 24-Hours at Garnet Hill.** 12pm-12pm. Solo/2-3 person teams. Garnet Hill, North River. adkracemgmt.com.
- 22 Adirondack Cyclocross. 9am. Johnstown HS, Johnstown. 725-9703. adkveloclub.com.
- 28 Team Bike & Board Cycle Cross Challenge. Berkshire Bike & Board. Great Barrington, MA. 413-528-5555. berkshirebikeandboard.com.

MULTISPORT: TRIATHLON, DUATHLON & BIATHLON ONGOING

- Mon **High Peaks Mini-Tri Series: 6/17-8/12.** 6:30pm. Kids' Mini-Tris, 3pm: 7/29 & 8/13. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- M-Th **Be A Biathlete.** 10am-4pm. Olympic Sports Complex, Lake Placid. 523-4436. whiteface.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.

JULY

- 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

- 2-3 **7th Fronhofer Tool Triathlon.** Fri, 6:15pm: Kids' Race. Sat, 8am: Olympic 1.5K swim, 40K bike, 10K run. Sat, 2pm: Sprint 0.5M swim, 14.5M bike, 3.1M run. Double Tri: Two races/one day. Lake Lauderdale Co Park, 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. fultoncountynyny.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-Hr Race. Trek/swim/canoe/MTB/navigate. 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.
- 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 Duanesburg Area Community Center Triathlon. 325yd swim, 10M bike, 5K run. 7am. Mariaville Lake to Duanesburg. Jennifer Dixon: 895-9500. dacc.info.
- 24 Pittsfield FamilyYMCA Sprint Tri. 0.5M swim, 14.5M bike, 5K run. 8am. Burbank Park, Pittsfield, MA. 413-499-7650. pittsfieldfamilyymca.org.
- 25 **4th Team LUNA Chix Splash & Dash Aquathon.** 0.5M swim, 3.1M 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, 7am: Olympic 0.9M swim, 24.8M bike, 10K run. Sun, 7am: Big George: 1.2M swim, 56M bike, 13.1M run. AquaBike: 1.2M swim, 56M bike. lgrifestival.com.

SEPTEMBER

- 1 Grizzly Triathlon. Off-Road Sprint: 600m swim, 13M MTB/CX, 5K trail run. 9am. Stratton Lake, Stratton, VT. stratton.com.
- 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. 9:30am. Free Kids' Fun Run: 2pm. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 21-22 **HITS Triathlon Series: Hunter Mountain.** Sat, 7am: Half & Full. Sun: Olympic (7:40am), Sprint (7am), Open (12:30pm). North-South Lake Campground, Haines Falls. 845-246-8833. hitstriathlonseries.com.

OCTOBER

- 13 **Glens Falls Duathlon.** 5K run, 30K bike, 5K run. 8:30am. SUNY Adirondack, Queensbury. glensfallsions.org.
- 20 **11th Mohawk Towpath Byway Duathlon & Kids' Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Krause's Grove, Halfmoon. Eric Hamilton: 371-7548. mohawktowpath.org.

DECEMBER

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

OTHER EVENTS

JULY

- 7 Women's Hockey Seeking Players: 8 weeks. 5:30pm. Knickerbocker Ice Arena, Troy. Cathleen Crowley: 966-2896. frozenassetshockey.com.
- 9-18 NY Sportimes World Team Tennis. 7:30pm. SEFCU Arena, UAlbany. 356-4861. nysportimes.com.

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

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

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MARATHON
AND
HALF MARATHON**



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

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

INAUGURAL

AIM FOR SEVA 5K Run/Walk

Saturday, August 31 • 9am at The Crossings, Colonie
A fun event with post-race energy & Indian food, henna tattoos, more

MISSION: Make education accessible to every child in rural and tribal India

IMPACT: Proceeds will sponsor children for housing close to public schools to increase literacy and decrease dropout rate

Info & Register: aimsalbany.wix.com/aimforsevaalbany

More Info: Mona Kulkarni Caron (518) 877-8788
or mona@adksports.com



- 14 **Discover Scuba & BBQ.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 19-21 3rd HURT Junior Nordic Development Camp. 8:30am-5:30pm. Camp Meadowbrook, Queensbury. David Paarlberg Kvam: hurt nordic@gmail.com.
- 26 ARTA Trail Rally. 4-7pm. Heaven Hill Farm, Lake Placid. Register: thearta.org.

AUGUST

- 9 Sunmark Charity Golf Classic for Fisher House at VA Med Ctr. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.
- 11 **Discover Scuba & BBQ.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 15 2nd Karaoke for the Cure. 6pm. Vapor, Saratoga Casino/Raceway, Saratoga Springs. Lynette Stark: 250-5379. komenneny.org.
- 17 **5th Chrissy's Chair Auction.** 4:30-8pm. Auction, food, music. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.

SEPTEMBER

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

PADDLING: CANOE, KAYAK & SUP ONGOING

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

JULY

- 12, 26 **Fundamentals of Kayaking II.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 15-25 **Paddling Outings.** St. Regis Canoe Area. Adirondack Mountain Club: 523-3441. Marilyn Gillespie: 891-2626. adk.org.
- 15, 31 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 16 **Evening Kayak Tour.** 6:15pm. Hudson River, Coeymans. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 17 **Fundamentals of Kayaking III.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 20 **2nd New York SUP Fest.** Races, clinics, demos/sales, food. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 20 **Adirondack Paddling Slide Show w/Phil Brown.** 8pm. High Peaks Info Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 21 Adirondack Flat Water Paddle Challenge. 15M. 10am. 4-person race. Lewey Lake, Indian Lake. Brian McDonnell: 891-2744. macscanoe.com.
- 19, 24 **Kayaking Basics.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 23 **Evening Kayak Tour.** 6:15pm. Mohawk River, Lock 6, Waterford. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 24, 26 **Fundamentals of Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 30 **Evening Kayak Tour.** 6:15pm. Hudson River, Corning Preserve, Albany. Adirondack Paddle N Pole: 346-3180. onewithwater.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.

SEPTEMBER

- 6-8 Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. macscanoe.com.
- 21 Long Lake Long Boat Regatta. 15M/10M. 11am. Long Lake. macscanoe.com.

RUNNING, TRAIL RUNNING & WALKING ONGOING

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

JULY

- 11 **HMRRRC Summer Track Series #2: 2-Person Relay.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrc.com.
- 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 Boilers to Saranac Brewery, Utica. boilermaker.com.
- 16 **We Run the Capital w/Fleet Feet Sports.** 6pm. Saratoga Spa SP, Saratoga Springs. 459-3338. fleetfeetalbany.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 **HMRRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrc.com.
- 18-21 ARE Trail Running Camp. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 19 **Dash to the Diamond.** 9M. Fleet Feet Albany to Valley Cats Game, HVCC Stadium, Troy. 459-3338. fleetfeetalbany.com.
- 20 **17th Silks & Satins 5K Run.** 8am. East & George Sts, Saratoga Springs. Michelle Mumma: 388-0790 x109. nyso.org.
- 20 **10K3 Open Track Meet.** 8am. Niskayuna HS, Niskayuna. 459-3338. fleetfeetalbany.com.
- 20 **6th Glenville & Schenectady YMCA 5K/3K.** 8:30am. Freedom Park, Scotia. Allison Reinhardt: 399-8118. cdymca.org.
- 20 Central Park Trail Run. 5K. 10:30am. Central Park, Schenectady. Heather Rizzi: 847-2419. runreg.com.
- 20 Race 4 Care 5K. 9am. Word of Life Institute, 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 Isle La Motte 5K. 8:30am. St. Anne, Isle La Motte, VT. Paul Hinman: 802-928-3131. islelamotte.us.
- 20-21 25th Vermont 100M/100K Endurance Run. Silver Hill Meadow, West Windsor, VT. vermont100.com.
- 21 Froggy Five Miler. 5M. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 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 Champ's Challenge for Cystic Fibrosis. 40M/8M bike or 5K run/walk. 9am. Basin Harbor Club, Vergennes, VT. 802-310-5983. champschallenge.org.
- 25 **HMRRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrc.com.
- 27 **Inaugural Zombie Gauntlet 5K Trail Run.** 5pm. Queensbury School Trails, Queensbury. jrvfoundation.org.

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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 kingmache@hotmail.com

DUATHLON

11th Annual

Mohawk Towpath Byway Duathlon

Krause's Grove, Canal & Beach Roads
Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run
Sunday, October 20 • 9am

Open to adults, youth & teams

Kids' Fun Duathlon • 8:30am
Register: mohawktowpath.org

Tech T-shirt to first 100
Registration limited to 200!

Benefits Mohawk Towpath Scenic Byway

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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

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RUN THE 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

Maple Ski Ridge
Partial proceeds: Vet Center

Info: RunTheRidge.net
Register: RunReg.com

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

4th Annual
5K Run for the Horses
To benefit Thoroughbred Retirement Foundation

Saturday, August 31 • 8:30am
Orenda Pavilion
Saratoga Spa State Park

USATF certified course • AREEP timed
T-shirt to first 150 registered
Virtual runners welcomed
Pre-Reg \$25 – Day of \$30
Kids' 1/2 Mile Fun Run (8am): \$5 suggested

Register: TRFinc.org
Lisa Craig: 226-0028

NICK'S FIGHT TO BE HEALED FOUNDATION

5K

NICK'S RUN
SUNDAY, SEPTEMBER 29
CLIFTON COMMONS
CLIFTON PARK

Registration begins at 10:30am
12pm Nick's Dash
12:30pm Zumba Warm-up
12:45pm 2 Mile Walk
1pm 5K Run

Honoring 3-year-old Parker Ragone
T-shirts to first 250 walk/run registrants!

Raffles - Prizes - DJ - Kids' Carnival
Bouncy Bounce - Photobooth

Form a team & have more fun!

For info & to register go to
WWW.FIGHTTOBEHEALED.ORG

NFTBHF is a 501 c 3 organization supporting local pediatric cancer patients

- 27 **2nd Run the Ridge 5K Mud Run w/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.
- 28 **Hudson Headwaters 5K Run & Fitness Walk.** 9am. Chestertown to Brant Lake. Howard Nelson: 761-0300. hhhn.org.
- 30 **We Run the Capital Runs w/Fleet Feet Sports.** 6pm. Lion's Park, Niskayuna. Fleet Feet: 459-3338. fleetfeetalbany.com.

- 17 **Pre-Fall Classic.** 5K, 2M Walk & Kids' Run. 9am. Voorheesville HS, Voorheesville. vcsfoundation.com.
- 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. Berkeley Green, Saranac Lake. 637-4297. saranaclake.com.
- 17 Rock & Snow Bridge 2 Bridge 5M Race. 9am. Mohonk Spring Farm trailhead, High Falls. mohonkpreserve.org.
- 17 Sweltering Summer 6-Hour Ultra Marathon. 7am-1pm. Clapp Park, Pittsfield, MA. Benn Griffin: 413-443-5819. burcrunners.org.
- 18 **SS YMCA 5K Run/3K Walk.** 9am. Southern Saratoga YMCA, Clifton Park. Sarah Heslin: 371-2139. cdymca.org.
- 22 MHRRC Sports Museum Hall of Fame 5K & Kids' Race. 10am. Carnwarth Farms, Wappingers. mhrcc.org.
- 24 **CRNA 5K Trail Run Series.** Goold Orchard & Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 24 **16th Altamont 5K Run/Walk.** 9am. Bozenkill Park, Altamont. Phil Carucci: 861-6350. altamont5k.org.
- 24 Muddy Sneaker Trail 5K Trail & 1M Fun Run. 9am. Indian Meadows Park, Glenville. 320-8648. glenvillerotary.org.
- 24 Cousins That Care 5K Run/Walk. 8am. The Ole Barn, Inlet. cousinsthatcare.com
- 24 Green Lakes Endurance Runs. 100K: 6am. 50K: 6:45am. Green Lakes SP, Fayetteville. gleruns.org.
- 24 Ultimate Towner Obstacle Course Race. Whiteface Mountain, Wilmington. 307-733-1989. ultimatetowner.com.
- 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. trttvt.com.
- 29 32nd Roosa Gap Roller Coaster 11.50M & 5K Run/Walk. 10am. D&H Canal Towpath, Wurtsboro. Tom Ganz: 845-791-4864. sullivanstriders.org.
- 31 **1st AIM for SEVA 5K Run/Walk.** 9am. Indian food, henna. The Crossings, Colonie. Mona Caron: 877-6634. aimsalbany.wix.com/aimforsevaalbany.
- 31 **4th Run For The Horses 5K & 1/2M Fun Run.** Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Lisa Craig: 226-0028. trfinc.org.

AUGUST

- 3 **11th Race the Train.** Train ride: 8am. 8.4M run: 9am. North Creek Depot, North Creek. Tracy Watson: 251-0107. adironackrunners.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.
- 3 NF RACERS Race The Lake 10K Run/Walk/Wheelchair. 8am. 2K: 9:30am. Pillar Point. Diantha Velasquez: 315-639-4755. nfracers.org.
- 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.
- 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.
- 8 Tromptown 5K & Half Marathon. 5:45pm. DeRuyter. tromptownrun.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 **15th Fox Creek 5K Run.** 8am. Helderberg Trail, Town Park, Berne. Liz Chauvots: 872-1870. ebcpt.com.
- 10 Ken Hummel Memorial 5K. 9am. Town Hall Grounds, Stuyvesant. Melissa Naegeli: 758-6248. stuyvesantny.us.
- 10 DanRan 5K Run/Walk & Kids Fun Run. 9am. Steven's ES, Burnt Hills. areep.com.
- 10 Our Lady Queen of Peace Parish 5K & Kids' 1M Fun Run. 9:30am. Schenectady. Carmela Pasquarella: 346-4926.
- 10 CancerBgone 5K & 1M Race the Base. 8:30am. Recreation Center, Plattsburgh. Patricia Diman: 578-4538. cancerbgone.net.
- 10 10th Beaver Falls Library End of Summer Ram 5K/10K. 9:30am. Library, Beaver Falls. Bobbie Barrett: 315-346-1333.
- 11 2nd Base Race 5K & 10K. 8am. Clark Sports Center, Cooperstown. clarksportscenter.com.
- 11 22nd 100K Catskill Mountain Road Team Relay. 6-8am. West Shokan. sullivanstriders.org.
- 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.
- 16 C.Y.C Boiling Pot 5K Run/Walk. 6pm. Community Youth Center, Canajoharie. 673-5117. canajoharietcyc.org.
- 17 **11th Jailhouse Rock 5K.** 8:30pm. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- 17 **Footrace at the Falls.** 5K. 10am. Bicentennial Park, Ticonderoga. Matt Karkoski: 585-7206. lachute.us.

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.
- 1 Scottish Games 5K. 10:30am. Altamont Fair, Altamont. scotgames.com.
- 1 23rd Monster Marathon & Half Marathon. 26.2M/13.1M. 6:30am. Virgil S.F., Virgil. Karen Ingall: 607-351-8455. fingerlakesrunners.org.
- 1 1st Labor Day 15K. 9am. Dorest Park, South Burlington, VT. gmaa.net.
- 2 **24th SEFCU Labor Day 5K Race/Walk.** 9am. Kids' 1M: 10am. SEFCU Headquarters, Albany. hmrrc.com.
- 2 Greylock Uphill Road Race. 8M. North Adams, MA. Bob Dion: 802-423-7537. runwmac.com.
- 5 Glow Back To School 5K. 7pm. Stillwater Area Comm Center, Stillwater.
- 7 **4th Malta BPA 5K.** 8:30am. HVCC TEC Smart, Malta. Paul Loomis: 288-8009. maltabpa.com.
- 7 **Double H Ranch: Camp Challenge Run.** 5K trail run/walk. Double H Ranch, Lake Luzerne. 696-5921. doublehbranch.org.

11th Annual
Saturday, Aug 17 • 8:30am

JAIL HOUSE ROCK
5K RACE
BROOKSIDE MUSEUM

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

HUDSON HEADWATERS

CARE FOR KIDS

5K Run & Fitness Walk

Sunday, July 28 - 9am
2431 Schroon River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake

- Free shuttle from finish line to start - \$25 or \$30 after 7/25
Quality T-shirt to first 400 entrants

Entry form at www.hhhn.org
Info: Howard Nelson: 761-0300 x31112
Proceeds benefit pediatric health care at HHHN

Move it for the Music
& 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

3rd 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

Challenge Yourself
Change the Life of a Child

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

RANCH-TERRA Camp Challenge
5K RUN

All proceeds benefit the
Double H Ranch
5K Run

Register at
www.doublehbranch.org
Presented by Adirondack Partners

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

July 13 – Harvest Spirits Distillery & Golden Harvest Apple Orchard, Valatie

August 24 – Goold Orchard & Brookview Station Winery, Castleton

October 5 – Chatham Brewery, Chatham

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

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



1ST ANNUAL
Saturday,
July 27 at 5pm

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

Register: Active.com • Info: jrvfoundation.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!

- 7 Youth Make a Difference 5K Run/Walk & 1M Kids' Run. 9:30am. North Greenbush Town Hall, Wynantskill. Michael Miner: 283-2714. townofng.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 Running for Recovery. 9am. Jefferson County Fairgrounds, Watertown. Sal Ciulo: 315-782-8440. watertownurbanmission.org.
- 8 11th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 8 3rd Moreau Lake 15K Trail Run. 8am. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 8 3rd Run to Remember. 9am. Fire Station, Massena. Jeremy Lefevre: 315-842-2263. northernrunner.org.
- 8 Run for Pride 5K & Rainbow Fun Run. 9am. Lakehouse, Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 8 9/11 Heroes Run 5K/Family Fun Run/Walk. 8am. High Rock Park, Saratoga Springs. Allie Clower: 925-4864. 911herosrun.org.
- 14 36th Run to the North Pole: Whiteface Mountain Uphill Foot Race. 8M. 8am. Whiteface Memorial Highway, Wilmington. 946-2255. whitefacerace.com.
- 14 18th Run to Remember 5K. 9am. Rensselaer Polytechnic Institute, Troy. Zachary Belton: 540-419-3342.
- 15 The Saratoga Palio Half-Marathon & 5K: Melanie Merola O'Donnell Memorial Race. 5K run/walk: 8am. 13.1M: 8:15am. Race Expo: 9/14. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 15 12th Teal Ribbon 5K Run & 1M Walk. 9am. Washington Park, Albany. caringtogether.org.
- 15 7th Delta Lake Half-Marathon. 13.1M. 9am. Delta Lake SP, Rome. Ann Meisenhelder: 315-337-3658. romanrunners.com.
- 19 36th Run to the North Pole: Whiteface Mtn Uphill Foot Race. 8M. 8am. Whiteface Highway, Wilmington. 946-2255. whitefacerace.com.
- 20 Race4Care. 9am. Schroon Manor, Pottersville. highpeakshospcie.org.
- 20 Arsenal City 5K Run. 6pm. Watervliet. Chris Chartrand: 270-3875. watervliet.com.
- 21 11th YMCA Brenda Deer Memorial 5K Run/3K Walk & Kids Fun Run. 9am. Guelderland YMCA, Guelderland. 456-3634. cdyymca.org.
- 21 Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 21 36th Great Cow Harbor 10K Run. 8:30am. RRCA 10K Champs. Northport. cowharborrace.com.
- 21 Hancock Shaker Village 50M Ultra & 26.2M Trail Marathon. 50M: 5:30am. 26.2M: 10am. Pittsfield State Forest, Pittsfield. hancockshakervillage.org.
- 21 Rivertown 5K Run. 10am. Ossining. Gunter Spilhaus: 845-256-8073. wildcatepicevents.com.
- 21 Arc in the Park 5K. 10am. Rensselaer Tech Park, North Greenbush. Chuck Tarbay: 274-3100. renarc.org.
- 22 34th Dunkin' Run. 5K, 10K, 1/2M Kids' Run. 8:30am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.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.
- 22 Falling Leaves Road Race 5K & 14K. 8:50am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. atcendurance.com.
- 22 The Bread Run for Schools 5K & Half Marathon. 9:30am. Fabius-Pompey HS, Fabius. Larry Carr: 315-243-9144. breadrunatfabiusny.org.
- 22 Batten Kill River Duck Run 12K/5K/1K Kids' Run. 9am. Jon French: 802-375-8084. bkvr.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.
- 28 Ride, Run, Walk 4 Love. 5K Run/Walk. 50M/15M bike. 8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. rrw41.com.
- 28 Gore Leaf Cruncher 5K Trail Run. 1pm. Gore Mountain, North Creek. Gail: 251-2411. goremountain.com.
- 28 CRSS Race for Hope 5K. 10am. Slingerlands. Sarah Nicole Mahoney: 441-8570. capitalregionsspecialsurgery.com.
- 28 5K for JDRF. 10am. The Crossings, Colonie. 477-2873. Susanne Keller: jdrrf.org.
- 29 Nick's Run to be Healed 5K, 2M Walk & Nick's Dash Fun Run, plus Zumba warm-up. 5K: 1pm. Zumba: 12:30pm. Nick's Dash: 12pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 29 33rd Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. Jim Thomas: jth430@verizon.net.
- 29 Geyser Road 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. Kelly Montague: 584-7699. saratogaschools.org.
- 29 Pumpkin Run 5K XC & 1K. 9am. Queensbury HS, Queensbury. gfmfmf.org.

OCTOBER

- 5 19th Komen Northeastern New York Race for the Cure. 5K: 9am. 2M Family Walk: 10am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- 5 CRNA 5K Trail Run Series. Chatham Brewery, Chatham. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 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.
- 19 Dirty Dog Mud Run. 7K obstacle race. Titus Mountain Ski Center, Malone. dirtydogrun.com.

NOVEMBER

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

SWIMMING

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. USMS 2M National Championship. 9:30am. Mirror Lake, Lake Placid.com.
- 24-25 Lake George Open Water Swims. Sat: 2.5K (7:45am), 5K (9:30am), 10K (7:45am). Sun, 8am: 4M point-to-point. 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.

16th Annual Altamont 5K Run & Walk

Saturday, August 24 9am
Bozenkill Park, Altamont
Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile & Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Live Music on the Race Course
- 100 Raffle Prizes

Hilltown Triple Crown Series!

- #1 Fox Creek 5K in Berne, 8/10
- #2 Pre Fall Classic 5K in Voorheesville, 8/17
- #3 Altamont 5K, 8/24
- Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry
Bring unexpired dry goods

11th Anniversary Race the Train

Saturday, August 3
North Creek Depot,
Main St, North Creek



8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back!
Spectators can also ride the train (fee)
All runners receive finisher medals
T-shirts to first 275 preregistered
Post race fun run & food

Register: Active.com
Application: AdirondackRunners.org
Info: Tracy Watson (518) 251-0107
Proceeds benefit Johnsbury Dollars for Scholars



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

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



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



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



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

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

Monomoy Island Excursions
Seal, Seabird and Harbor Cruises Cape Cod, MA

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702 Route 28 • Harwichport (opposite Brax Landing) • Reservations Recommended!
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Third Annual
COLUMBIA COUNTY ROTARY RIDE

Bikers – Come and Join Us!
September 21

Volunteer's Park, Independence Dr, Valatie
Featuring 10, 30, 60 or 100 mile bike routes through scenic Columbia County

Fun, challenging rides with rest stops, SAG vehicles & marked routes
Post-ride celebration & BBQ: 1:30pm
\$35 by 9/20 or \$45 ride day • T-shirt to first 250 riders

Register: BikeReg.com
For more info:
CCRotaryRide.org • Facebook.com/KinderhookRotary
Steiner's Ski & Bike: (518) 784-3663
Presented by Kinderhook Tri-Village Rotary Club
Benefits: Friends of Kinderhook Trails & Valatie Community Theater

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BICYCLING



◀ CYCLISTS ENJOY A NETWORK OF ROADS WITH BUCOLIC VISTAS.

PHOTOS BY DAVE KRAUS

CYCLING COOPERSTOWN

Inn at Cooperstown Shares Love of Cycling

By Dave Kraus



▲ MARC AND SHERRIE KINGSLEY IN THEIR BICYCLE CLUBHOUSE.

Sherrie said they are getting a good response to their efforts, much of it from guests who never knew about the cycling emphasis. But when they see the facilities and the roads in the area they make plans to return with their bikes.

While the emphasis in the area and at The Inn at Cooperstown is currently on road cycling, the Kingsleys are working with a club in Oneonta to put together more events for mountain bikers. The hills surrounding town also offer a variety of dirt roads that furnish opportunities for mountain, cyclocross, and other fat tire bikes. For pavement riders they can offer detailed advice for getting off the area's highways and into some beautiful scenery.

Sherrie and Marc are also taking an active role in organizing events, including their Bike and Brew Package on Sept. 29-30. It's an exclusive package with Brewery Ommegang that combines supported bike rides, VIP brewery tour with tasting/dinner, and lodging at the inn. They're also supporting the Drops to Hops races on Sept. 28, sponsored by Clark Sports Center in Cooperstown. The event is based at Brewery Ommegang and will offer a 23-mile citizen's race and a 43-mile elite race for experienced riders/racers. Race details are at clarksportscenter.com.

For more information about The Inn at Cooperstown, go to innatcooperstown.com.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. He has been known to enjoy an Ommegang Rare Vos on occasion.

For upstate cyclists looking to find someplace out of the way yet cultured, the Cooperstown area offers a little bit of everything.

This small, bucolic town nestled at the south end of historic Lake Otsego serves as the hub for a region rich in history and landmarks. It's also laced with a network of good quality roads, both paved and unpaved, that beckon with promises of wooded hollows, lakeside rambles, and private vistas from the tops of the ridges that bisect the area.

Say the name Cooperstown to most people and they immediately think of the National Baseball Hall of Fame that brings fans from all over the world to town on their own private pilgrimages. But for Sherrie and Marc Kingsley, their own pilgrimage to Cooperstown was in search of a new future, and a place to share their love of cycling with each other and their friends.

They've succeeded at both over the past ten years after purchasing The Inn at Cooperstown, a stately 1874 Victorian hotel on Chestnut Street that was originally the annex to the luxurious Hotel Fenimore. It's barely a block from Main Street, which is lined with restaurants, boutiques, and baseball-themed souvenir shops.

In addition to the Hall of Fame and lightly trafficked local roads, the area hosts the Glimmerglass Opera, Fenimore Art Museum, Farmers' Museum and Leatherstocking Golf Course. Otsego Lake is also a short walk down the street. Just south of town, Brewery Ommegang – brewer of Belgian-style ales – has a visitor center, café and brewery tours.

The Kingsley's cater to tourists of all kinds with their 18-room historic hotel. But they have a special place in their hearts and their inn for guests who share their love of cycling. With their knowledge of area roads and services at the inn, they

can offer anything from basic route guidance – based on their own ten years of area riding experience – to a fully supported bike tour with catering, mechanical, and sag support for groups.

But the true center of their cycling world – and the gathering place for cycling guests – is the former cobbler's shop behind the inn that has been converted into a unique bicycle clubhouse. Since 2010 it has also been the home base for their sponsored Big Ring Bicycle Club. The small, renovated building is outfitted with storage space for bikes, equipment, and a work area with tools for the Kingsleys and inn guests.

There's also a stereo, big screen TV, and plenty of entertainment with cycling magazines, and race DVDs to watch. A refrigerator holds energy drinks to take out on the road and local Ommegang brews to wet your whistle when the ride is finished.

Cycling was not the center of the Kingsley's world when they bought the inn in 2003. When they met, Sherrie was living in Albany and Marc was in Atlanta. He job hunted in Albany, but didn't find anything that offered a suitable opportunity, so finally the couple decided to buy a business of their own.

They attended an innkeeping seminar and then took a wish list to a broker and told him to give them a call if he found anything that looked like a good fit. Then they waited.

Meanwhile, Sherrie was already a recreational rider and Marc was looking for something they could do together. He was also looking for fitness. "I needed to do something," he said. "I weighed 210 pounds and that just wasn't going to work. It seemed cycling would be a good option."

They started riding mountain bikes together, then got into road cycling, bought the hotel, and the rest is history. Today it's hard to believe Marc



was ever anything but fit. He's a trim 150 and often competes in area races.

Having special services for cyclists was part of the plan early on. When they got up to nine bikes between them Marc realized they needed a place to work on them and just generally hang out. They also wanted to deal with the practical realities of security and housekeeping in a pristine Victorian inn.

"We're cyclists and we've had that same frustration with lack of cycling facilities," Marc explained. "We didn't want to be 'that place' or 'those people,' so we wanted to make sure our cycling guests were taken care of."

Marc waited until Sherrie was out of town on a cross-country bike tour, then cleaned out the building, set-up a workstand and some tools. When she got home he asked her to help him pick out curtains for the "bicycle clubhouse." Her answer was "WHAT clubhouse?"

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INDIVIDUALS - \$100
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3-5 PERSON TEAMS - \$350

We'll have Music, a Bonfire,
 a Staging Area for each Team or Individual,
 a Light Charging Station & Restrooms.
 Price includes a meal from the Lodge, a T-shirt and Water Bottle!



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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).



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ATHLETE PROFILE

RESIDENCE: Clifton Park

FAMILY: *Parents:* Jim, 54; Eileen, 52; *Children:* Colleen, 23; Brian, 22; Katie, 19; Jenn, 17

OCCUPATION: *Jim:* Attorney; *Eileen:* Teaching Assistant for special needs students at Rosendale Elementary School in Niskayuna

SPORTS: *Jim:* Cycling and Triathlon; *Eileen:* Running and Triathlon

Jim and Eileen Trainor

By Kristen Hislop

Train is In the Name – The Trainor family certainly lives up to their name! This active family has been involved in the local sports scene for over 20 years now. Jim and Eileen raised four kids in the community, while always giving back along the way. The Trainors believe that 'being on a team sport teaches teamwork, dedication, how to win and lose with respect, and responsibility to others.' Jim and Eileen both learned that early on themselves.

Jim grew up in New Jersey playing all the typical sports, including football, basketball, neighborhood games and track. But his real passion was baseball, which he was able to play for two years in college. As the college search started, Jim's father suggested he take a look at the United States Military Academy at West Point. Intrigued by the aura and history, as well as a strong family legacy of service, Jim was nominated, he applied and was accepted. West Point requires that cadets stay in top shape, so if they do not play a sport they must participate in intramurals in addition to school and service work.

After playing varsity baseball as a starting left fielder, Jim decided to leave the team to live 'the true cadet experience.' This meant being a squad leader, participating in parades, and playing very competitive intramural sports (football, handball, lacrosse, track and triathlon). The intramural triathlon consisted of an indoor swim, a cross-country 5K and pistol shooting. If you have never been to the West Point campus it is worth a trip; the campus sits up on a hill overlooking the Hudson River on expansive grounds with plenty of rolling hills for training.

When I asked Jim about cadet training he said, 'I lost 20 pounds in the first eight weeks of Beast Barracks Summer Training.' All cadets have to complete regular mandatory fitness tests throughout the year. The basic test is two minutes of push-ups, two minutes of sit-ups, and a two-mile run. Jim regularly maxed out with 75-85 push-ups, 80-90 sit-ups, and 12 to 13 minutes for the two-mile run. He took up running as a way to keep in shape for the tests, along with weight lifting for baseball. After the Army, Jim played basketball until his knees said no, then he picked up cycling – racing and century rides. When their son started in the triathlon world, Jim and Eileen jumped right in, right back to where they met, but first a little about Eileen.

Eileen preceded Title IX and the proliferation of girls' sports. Luckily, the Mahopac Sports Association was ahead of the times and Eileen participated in softball, basketball and soccer.

Starting at the recreation level, she was recruited for travel teams. Eileen played almost every sport. Passionate about basketball, Eileen would ride her bike 12 miles to and from school to ensure making it to practices. She says, "I played for hours and was always working on my shooting and dribbling even at night."

Eileen also played softball and was good enough to be recruited by West Point. She was immediately drawn to the school saying, "I never knew a place existed that had so many people that were goal-oriented and into physical fitness." She played softball all four years and basketball for three. Eileen dropped basketball senior year since being captain of two sports and Regimental Executive Officer made it challenging to keep high grades and fulfill her duties as a cadet. She did manage to continue with her running all four years. After doing 10Ks in high school, she moved on to marathons while at West Point. Upon graduation she was officially recognized at the top female athlete in her class of about 1,000!

Of cadet life, Eileen says, "It made me understand the importance of being fit. The saying is – there is a cadet in every athlete." Fitness continued to be a focus after graduation, as Eileen always looked for teams to participate in while in the Army. While stationed in Germany, she ran on the V Corps team, and played softball and basketball. It was while in Germany that she met Jim, also stationed in Germany.

Jim was signed up for the Geissen Sprint Triathlon in Germany, and convinced Eileen to sign up and train with him. The top female athlete in the area was on the news talking about the race and how she was going to win. That got Eileen's competitive juices flowing and as Jim says, "Eileen wound up beating the blond bombshell in her first triathlon ever!" Training together led to dating and marriage.

After moving to Clifton Park, Eileen focused more on running. She could participate and be there for the kids. In the early 90s, she ran on the GE Corporate Challenge team that qualified for the games in Colorado. Also on the team were other well-known local runners: Jeryl Simpson, Beth Stalker, Judy Guzzo and Dan Predmore. The Clifton Park Pacers running group at the Southern Saratoga YMCA can thank Eileen. She, Ellen Predmore and Erin Pezzulo got the program started, so that they could leave their kids in Children's Corner and run. Eileen became an instructor at the Y and had her kids in many of the kid's fitness programs.

You might imagine that with two athletically talented parents the kids would also shine and they did and still do. As I look at the list of the sports

I can't find any missing! Talk about well-rounded. Colleen, the eldest, was not interested in contact sports. She gravitated to dance, skating and horse-back riding. She did play Clifton Park soccer at the recreation level until age 17, but dance was and is her passion. For her 16th birthday, her Dad made her a dance floor in the basement. These days she loves to do spinning and lift weights. Finishing up her master's degree in speech pathology at The College of Saint Rose, she hopes to work with young children in the Capital District.

Brian started off with baseball, golf and basketball. The only sport his Dad said no to was football, since that caused the knee problems that plague Jim today. Brian played baseball and soccer into high school, and then ran cross-country for Shenendehowa High School. It was about this time he tried a triathlon, probably encouraged by experienced triathlete, Joe Skufca, of Niskayuna. At West Point, for two years he ran cross-country, and then joined the triathlon team for the last two. A few of his accomplishments are 2010 USA Triathlon All-American; fifth in age group, 2010 USAT Nationals (Team USA qualifier); Age-Group National Champion, 2010 USAT Duathlon Nationals; second in age group, Wildflower Long Course (half-ironman) Triathlon.

Brian graduated from West Point this year and is headed to Fort Leonard Wood in Missouri for six months of Engineer Corps Basic Office leadership training. There is no doubt he will continue his running and triathlon training and competition.

Katie started in soccer, softball and basketball, and picked up swim team at the Y. Katie was recruited to play soccer at Nazareth College in Rochester, where she is in the six-year physical therapy doctorate program. This athletic trend


continues even into career choices! She also plays on the Tri City Celtics, a competitive soccer team made up of area college players. She has been known to attend my spinning classes when home from school and runs and lifts to stay in shape.

Jenn played soccer through high school, and did softball, swim team and more. She is headed to Rochester this fall to study nursing at St. John Fisher College, just about a mile away from her sister. Jenn is not playing soccer in college, but will be staying active to start the Reserve Officers' Training Corps (ROTC) program at neighboring Rochester Institute of Technology. Her career goal is to be an Army nurse.

These days Jim and Eileen's date nights are triathlon training with the Capital District Triathlon Club or Saratoga Tri Club – going back to their roots! The LUNA Chix welcomed Eileen to the team in 2013. Her passion for getting others fit – and as a breast cancer survivor, the opportunity to raise funds for the Breast Cancer Fund – is a perfect fit.

Pages upon pages could be written on the Trainor family and their athletic and academic achievements. It is not easy pulling it out of such humble people. What's the takeaway? The environment in which you raise your kids matters. Jim and Eileen exposed their kids to all the sports they knew and loved, and let each pick their passion. They exposed them to service to your country and community, and each has chosen a path that gives back. "Duty, Honor, Country" – West Point motto. 🌱

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



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▲ VIEW OF NINE CORNER LAKE.

By Bill Ingersoll

On a recent hike to Nine Corner Lake in the Ferris Lake Wild Forest, near Caroga Lake in the southern Adirondacks, I was surprised by just how popular a destination this is. I had long been aware that Nine Corner was no secret; I pass its busy trailhead often, and I have heard of issues with litter. But this was my first chance to witness its popularity in action.

In the short time that I was there, I observed a wide range of people making the trek to the lake: a mother with a young son, families with teen-aged children, college-aged kids camping by the outlet, a jogger, middle-aged couples and retirees. My dog Lexie enjoyed encountering the other trail dogs that we met along the way. None of this is unusual for, say, a short climb up to a scenic fire tower, but I can't think of many other ponds that attract this much traffic.

And what is that attraction? Nine Corner Lake is a relatively short hike – only 0.9-mile long with a 290-foot elevation gain – with the promise of good swimming at the end. The trailhead is easy to find, the trail is very well worn, and not much time is required to get there and back. A good word-of-mouth reputation is likely also a contributing factor.

It's good to see a lot of people enjoying the wild setting of the forest preserve, but with such high levels of use come discouraging levels of litter, both along the trail and at several campsites.

For my visit, I chose to carry my 16-pound

canoe to the lake so that I could explore its more secluded corners. Once away from the outlet area, the lake does take on a more pristine character. There are lots of little nooks and crannies to explore.

HOW TO GET THERE

The trailhead is very easy to find. Follow NY Route 29A to Caroga Lake – northwest of Gloversville – and continue to the northern split with NY Route 10, near Pine Lake. Immediately past the split are twin parking areas on Route 29A, one on each side of the road. The trail to Nine Corner Lake begins on the north side.

THE TRAIL

The trail, which doubles as a snowmobile trail in winter, follows an old roadbed into the woods. You will find that there are few markers – but that hardly matters, since the way is so well-defined. This is anything but a faint footpath.

Much of the climbing occurs in the first quarter-mile. There are just enough rocky areas on these ascents to lend the appearance of ruggedness, and no shortage of muddy patches to remind you that you are in the Adirondacks. At 0.3-mile there is a fork, where the modern trail and the old roadway briefly part company. The old road segment on the right is a rocky shortcut that shaves about 100 feet off the hike. The trail on the left leads to a pleasing spot on Nine Corner's outlet brook, where the water flows over an angled patch of exposed bedrock.

You continue to follow the outlet for a few more minutes until at 0.6-mile you reach a

one more stream, a small one that might be a split from the main outlet brook. At 0.8-mile you reach a junction where the main hiking route bears right from the snowmobile trail. The trail to the left does pass near the south side of Nine Corner Lake, but most people take the right turn. This leads in about 400 feet to a camping area near the lake's outlet.

Rock ledges at the trail's end offer places to swim, if you find the clear water tempting. To the left is a shallower area with a gravelly bottom. The remains of an old rock dam lie nearby, and people often use this as a place to cross the channel to campsites on the north side of the bay. A collection of boulders in that area are also reportedly a popular destination for rock climbers. On the south side of the bay, a herd path leads to additional camping opportunities.

What you see from the outlet, however, is

bridge across it. To your right is a set of rather tall cascades that would be photogenic, except for the fact that it is not easy to get a clear view of them. There are enough trees growing beside the stream and from ledges within it that the entire drop is probably not visible from any one spot.

The trail continues ascending and crosses

just a small portion of the lake. To really see and enjoy the rest, I highly recommend bringing a canoe. I have a 16-pound boat that I can easily pack in, but it would not be that difficult to wheel a larger canoe in either. All you need is the means and the wherewithal to do it.

It's hard to say which are the eponymous nine corners, but by most counts the lake seems to exceed that number quite easily. Although the dam was breached, it was not completely destroyed. As a result, there are stumps and snags at intervals throughout the northern bay to indicate that the water is still higher than its historical levels. There are a few small islands, as well as bog mats densely packed with pitcher plants. There is a large western bay to explore as well.

Most of the campsites are located along the southern and central sections of the lake. The further from the trails you paddle, the cleaner these sites tend to be. 🌲

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

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TRIATHLON & DUATHLON

Mid-Season Motivation AND Late-Season Events

By Julia Slyer

The triathlon season is well underway, and by this time you may have a few races under your belt. You've probably been training for months and were excited for some spring races. Now that you've reached mid-season, your enthusiasm for training may be waning. If you're feeling your triathlon training is taking a hit mid-season, you're not alone. You may be experiencing a mid-season slump. By analyzing your workouts and consciously finding motivators, you can be back on track in no time. You will not only enjoy your training more, but also come back faster after races and long workouts. Getting refocused, thoughtfully identifying your motivators, time commitment, obstacles, and creating variety in your routine will help you avoid overtraining, build relationships with your family and friends, and ultimately help your athletic performance and health.

The first issue you need to address in order to improve both your experience and your performance is motivation. When feeling unmotivated, it is important to remember the reasons why you love triathlon and the multi-sport lifestyle. It may be the competition, the satisfaction of completing a hard workout or race, socializing, or seeing improvement in yourself. Whatever the reason you participate in triathlon, keeping it in mind when convincing yourself to get out and train will motivate you even on the most uninspired days. Putting an event on your calendar or a post-it note on your door can be a great daily reminder to commit to your training.



ALISON EDWARDS OF CLIFTON PARK APPROACHES THE FINISH LINE AT THE 2012 SPLASH & DASH AQUATHON. PHOTO BY KRISTEN HISLOP

Finding someone to push you to train is also very motivating. Whether it's your significant other, child, coach or co-worker, having someone hold you responsible for keeping up with your training will vastly improve your motivation to workout. It is always easy to skip a day of training when you have a few weeks between races, but refocusing on your upcoming races and goals can inspire you to keep training with a purpose. You've probably already invested a large amount of time through the winter and spring preparing for these races. Now it's time to bite the bullet, do the hard work, and set yourself up for the most successful season you can possibly have. Go for it.

Having a regular routine can make it easier to stay motivated and on track. Schedule your time and stick to it, but make sure you vary your workouts. This may mean you need to get up early or give up a few late night

engagements, but your training is important, and scheduling time for yourself should be a priority. Keep in mind that training plans are a guide, and it is important to listen to your body and adjust your workouts accordingly. Including alternate training while tapering and recovering for races in your training plan is very important. Adding cross-training to your schedule will help you workout without straining the muscles you typically use for triathlon. Try kayaking, standup paddleboarding or hiking to maintain your aerobic fitness while giving your triathlon muscles a rest.

Staying active while tapering and recovering will improve your results and help you avoid fatigue and overtraining. Varying your location and training partners can also break up the monotony of a training schedule, and save you from mental fatigue and boredom. You can also attend a triathlon festival such as a HITS Series event and trying a distance outside of your normal racing schedule. As race director Mark Wilson said, "HITS has a distance for everyone." To keep it fun, take a run on the course of your next race, or schedule your next recovery ride with your kids. The energy you get from connecting with others will give you inspiration and energy!

On the flip side of the motivation coin, be careful. Training too much will actually slow you down. Some triathletes become too motivated, and even obsessed during the mid-season. This can lead to overtraining, which will have a negative impact on your performance and overall health. Increased daylight hours in the summer months lead some athletes to believe that they are obligated to take advantage of the longer days, and ramp up their training schedules. While overuse injuries may be the obvious culprit, overtraining can also cause physical and mental fatigue and a suppressed immune system. Be sure to spend time with significant others; they're the ones who will be cheering for you at the finish line.

LATE SUMMER MULTISPORT RACES

The **Team LUNA Chix Splash & Dash Aquathon**, held on Aug. 25 at Lake Desolation in Middle Grove, is in its fourth year. Proceeds from the race go directly to the Breast Cancer Fund. While Team LUNA Chix concentrates on women, the Aquathon is open to men as well. The Splash & Dash offers a non-competitive atmosphere designed for beginners and experienced triathletes looking for a fun "race." The 0.5-mile swim has an in-water start, and is monitored by lifeguards, kayakers and "swim angels" with noodles. Coaching and guidance is offered throughout the swim to those participants who want it. The run consists of a 3.1-mile out and back on paved and dirt roads. Awards go to the top five in each category, and are accompanied by lunch and giveaways. Details: teamlunachix.com/albany_triathlon.

The **Lake George Triathlon Festival** will take place on Aug. 31-Sept. 1. The weekend kicks off with the headlining Lake George Triathlon on Saturday, an Olympic distance event consisting of a 0.9-mile swim, 24.8-

mile bike, and a 6.2-mile run. Registration tops out at 500 individuals and 50 teams, and has sold out quickly for the past five years. The third annual Kids Splash-n-Dash is a non-competitive event organized for children ages 6-14. Kids that are age 6-10 swim 50 meters, followed by a 0.5-mile run, while 11-14-year-olds complete a 100-meter swim and a one-mile run. Every finisher receives a medal. The BIG George Triathlon takes place on Sunday. The half-Iron distance race consists of a 1.2-mile swim, 56-mile bike, and 13.1-mile run. Although the area is known for its hills, the bike has only one major uphill, one mile from transition. The two-loop run course has some hills, and is very spectator friendly. The final event of the festival is the BIG George Aquabike, which follows the same swim and bike course as the BIG George Triathlon. Go to: lgtrifestival.com.

On Sept. 15, the 37th annual **Josh Billings RunAground Triathlon** takes place in the Berkshires, and is one of the oldest and largest bike-paddle-run triathlons in the country. The race's motto is, "To finish is to win," reflecting the relaxed atmosphere. The race starts with a hilly, draft-legal 27-mile bike, starting in Great Barrington and weaving through five scenic Berkshire towns. The bike ends at Stockbridge Bowl, where teams of two, three, or four hand off a timing chip to their paddlers. Tin teams and Ironpeople tackle all three sections of the race without a handoff. A five-mile paddle around Stockbridge Bowl using any type of boat - including canoes, kayaks and SUP - is followed by a 6.2-mile run around Stockbridge Bowl. The RunAground finishes at the gates of Tanglewood, where a party ensues. Awards are given to the top participants in 43 categories. Leading up to the race, free clinics are offered at Stockbridge Bowl in all three disciplines to aid athletes in training. More info: joshbillings.com.

HITS Triathlon Series: Hunter Mountain

occurs Sept. 21-22 in the Catskills. Race director Mark Wilson says the goal of the HITS Series is to, "provide a distance for every athlete." Races include open (100-meter swim, three-mile bike, one-mile run), sprint (750-meter swim, 12.4-mile bike, 3.1-mile run), Olympic, half-Iron and full-Iron distances. All swims occur in South Lake. The scenic new bike course is "athlete-friendly," and is fast and hilly as it winds through the beautiful Catskill Mountains. All races finish with a run along the perimeter of South and North lakes. Although the course has been flattened out from years past, hill training is still a must. All athletes are eligible to win points towards qualifying for the 2013 HITS Championship in Palm Springs, Calif. in December. Details: hitstriathlonseries.com.

Julia Slyer (skyhighadventures@verizon.net) of Averill Park is an experienced triathlete and a coach at SHAPE Youth Multi-Sport Camp and Multi-Sport Life Triathlon Club. She recently completed her first half-Ironman, and has been a regional XTERRA age-group champion and national qualifier for three years.

DUATHLON

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35TH ANNUAL FREIHOFFER'S RUN FOR WOMEN continued

USATF CLUB TEAM VETERANS 60+ 1 Team Utopia 60 1:28:56 Judy Phelps/Mary Roden-Tice/Anny Stockman
USATF CLUB TEAM 70+ 1 Liberty AC 70 1:38:38 Carrie Parsi/Charlene Francis/Regina Wright
MALE OVERALL 1 6:51 Timothy Fisher 13 St. Pius X School
FEMALE OVERALL 1 7:00 Emily Bini 11 Lynnwood ES
USA 5K RACE WALK CHAMPIONSHIPS
MALE OVERALL 1 Richard Luettchaw 28 22:28 Somerset, NJ
FEMALE OVERALL 1 Maria Mitcha 28 23:18 Nesconset

16TH ANNUAL CHARLTON HERITAGE 5K RUN continued

MALE AGE GROUP: 65 - 69 1 David Glass 66 Glenville 21:47
MALE AGE GROUP: 70 - 74 1 Jim Moore 73 Niskayuna 26:48
FEMALE AGE GROUP: 75 - 79 1 Paul Koelbel 79 Greenfield Center 41:10
FEMALE AGE GROUP: 75 - 79 1 Phyllis Sleeper 75 Galway 51:40
Courtesy of Charlton Historical Society

2ND ANNUAL RALLY IN THE VALLEY DUATHLON & 5K RUN June 1, 2013 • Fort Hunter Fire Department, Fort Hunter

DUATHLON - 5K RUN, 20M BIKE, 5K RUN
MALE OVERALL 1 Kent Lemme 46 Pittsfield, MA 1:33:30
FEMALE OVERALL 1 Pamela Gordon 43 Queensbury 2:02:47
MALE AGE GROUP: 30 - 39 1 Daniel Cusack 39 Fultonville 1:54:06
FEMALE AGE GROUP: 30 - 39 1 Holly Gatto 39 Amsterdam 2:22:13
MALE AGE GROUP: 40 - 49 1 Tim Shepard 44 Canajoharie 2:06:00
FEMALE AGE GROUP: 40 - 49 1 Raquel Parisi 48 Amsterdam 2:28:17
MALE RELAY TEAM 1 A Rocker and a Road 1:42:21
COED RELAY TEAM 1 BLB 1:51:40
FEMALE RELAY TEAM 1 Bursese/Swedick 1:58:21
5K RUN
MALE OVERALL 1 Joel Gordon 41 Queensbury 18:12
FEMALE OVERALL 1 Danielle Cherniek 51 Cohoes 21:51

16TH ANNUAL CHARLTON HERITAGE 5K RUN June 1, 2013 • Old School House, Charlton

MALE OVERALL 1 Ethan Clary 24 Charlton 16:01
FEMALE OVERALL 1 Samantha Roecker 21 Charlton 18:21
MALE AGE GROUP: 1 - 14 1 Michael Bashant 14 Ballston Lake 20:30
FEMALE AGE GROUP: 1 - 14 1 Kristin MacAlonen 13 Ballston Lake 24:34
MALE AGE GROUP: 15 - 19 1 Joe Chapman 18 Ballston Lake 17:18
FEMALE AGE GROUP: 15 - 19 1 Kira Wolf 19 Ballston Spa 21:53
MALE AGE GROUP: 20 - 24 1 Josh Myers 22 Ballston Spa 18:08
FEMALE AGE GROUP: 20 - 24 1 Megan James 24 Charlton 20:28
MALE AGE GROUP: 25 - 29 1 Joel Patrie 29 Scotia 18:47
FEMALE AGE GROUP: 25 - 29 1 Rachel Waller 27 Burnt Hills 21:45
MALE AGE GROUP: 30 - 34 1 Jonathan Peck 34 Glenville 19:02
FEMALE AGE GROUP: 30 - 34 1 Laura Zima 33 Schenectady 20:57

4TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE June 1, 2013 • Slate Valley Museum, Granville

MALE OVERALL 1 Tim VanOrden 45 Bennington, VT 16:56
FEMALE OVERALL 1 Nicole Loscizo 39 Wells, VT 22:11
MALE AGE GROUP: 1 - 8 1 David Rutkowski 8 Kingston 28:00
FEMALE AGE GROUP: 1 - 8 1 Faith Ingber 8 Greenwich 44:54

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RACE RESULTS

4TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE continued

Table with race results for Female Age Group 13-19, Male Age Group 20-29, Female Age Group 20-29, Male Age Group 30-39, Female Age Group 30-39, Male Age Group 40-49, Female Age Group 40-49, Male Age Group 50-59, Female Age Group 50-59, Male Age Group 60-69, Female Age Group 60-69, Male Age Group 70-79, and Female Age Group 70-79.

CAPITAL BICYCLE RACING CLUB COEYMANS HOLLOW TIME TRIAL June 5 & 12, 2013 • Joralemon Memorial Park, Ravena

Table with race results for Male Overall and Female Overall for Race #1 - 12 Miles and Race #2 - 12 Miles.

15TH ANNUAL KINDERHOOK BANK OK-5K ROAD RACE continued

Table with race results for Male Age Group 30-34, Female Age Group 60-64, Male Age Group 30-34, Female Age Group 65-69, Male Age Group 35-39, Female Age Group 70-74, Male Age Group 40-44, Female Age Group 75-79, Male Age Group 45-49, Female Age Group 80-84, Male Age Group 50-54, Female Age Group 85-89, Male Age Group 55-59, Female Age Group 90-94, Male Age Group 60-64, Female Age Group 95-99, Male Age Group 65-69, and Female Age Group 100-104.

18TH BLACK FLY CHALLENGE ADIRONDACK MOUNTAIN BIKE RACE June 8, 2013 • 40M in Moose River Recreation Area, Indian Lake to Inlet

Table with race results for Top 20 by Age Group, Male Overall, Female Overall, Male 29 & Under, Female 40 & Over, Male 30 to 39, Female 39 & Under, Male 40 to 49, Female 40 & Over, Male 50 to 59, Female 50 to 59, Male 60 to 69, Female 60 to 69, Male 70 to 79, Female 70 to 79, Male 80 to 89, Female 80 to 89, Male 90 to 99, Female 90 to 99, Male 100 to 109, Female 100 to 109, Male 110 to 119, Female 110 to 119, Male 120 to 129, Female 120 to 129, Male 130 to 139, Female 130 to 139, Male 140 to 149, Female 140 to 149, Male 150 to 159, Female 150 to 159, Male 160 to 169, Female 160 to 169, Male 170 to 179, Female 170 to 179, Male 180 to 189, Female 180 to 189, Male 190 to 199, Female 190 to 199, Male 200 to 209, Female 200 to 209.

15TH ANNUAL KINDERHOOK BANK OK-5K ROAD RACE June 8, 2013 • Village Square, Kinderhook

Table with race results for Male Overall, Female Overall, Male Age Group 1-14, Female Age Group 1-14, Male Age Group 15-19, Female Age Group 15-19, Male Age Group 20-24, Female Age Group 20-24, Male Age Group 25-29, Female Age Group 25-29, Male Age Group 30-34, Female Age Group 30-34, Male Age Group 35-39, Female Age Group 35-39, Male Age Group 40-44, Female Age Group 40-44, Male Age Group 45-49, Female Age Group 45-49, Male Age Group 50-54, Female Age Group 50-54, Male Age Group 55-59, Female Age Group 55-59, Male Age Group 60-64, Female Age Group 60-64, Male Age Group 65-69, Female Age Group 65-69, Male Age Group 70-74, Female Age Group 70-74, Male Age Group 75-79, Female Age Group 75-79, Male Age Group 80-84, Female Age Group 80-84, Male Age Group 85-89, Female Age Group 85-89, Male Age Group 90-94, Female Age Group 90-94, Male Age Group 95-99, Female Age Group 95-99, Male Age Group 100-104, Female Age Group 100-104.

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18TH BLACK FLY CHALLENGE ADIRONDACK MOUNTAIN BIKE RACE cont.

Table with 4 columns: Rank, Name, Location, Time. Includes entries for Robert Hanlon, Jud Speer, Steven Gates, etc.

MOUNTAIN BIKE: SPORT

FEMALE 39 & UNDER

Table with 4 columns: Rank, Name, Location, Time. Includes Amanda Zullo, Kelsey Leach.

FEMALE 40 & OVER

Table with 4 columns: Rank, Name, Location, Time. Includes Michelle Leary, Colleen Halse.

MALE 29 & UNDER

Table with 4 columns: Rank, Name, Location, Time. Includes Joe Beyler, Dave Toth Jr.

MALE 30 TO 39

Table with 4 columns: Rank, Name, Location, Time. Includes David Warburton, Brandon Waller.

MALE 40 TO 49

Table with 4 columns: Rank, Name, Location, Time. Includes David Lambert, Matthew Jones.

MALE 50 TO 59

Table with 4 columns: Rank, Name, Location, Time. Includes Scott Parks, Michael Hodgman.

MALE 60 & OVER

Table with 4 columns: Rank, Name, Location, Time. Includes John Siliciano, Richard Carlson.

MOUNTAIN BIKE: BEGINNER

FEMALE 29 & UNDER

Table with 4 columns: Rank, Name, Location, Time. Includes Julia Tole, Jamie Hart.

FEMALE 30 TO 39

Table with 4 columns: Rank, Name, Location, Time. Includes Janay Camp, Teal Reeves.

FEMALE 40 TO 49

Table with 4 columns: Rank, Name, Location, Time. Includes Sandy Tetreault, Ingrid Hyllezma.

FEMALE 50 & OVER

Table with 4 columns: Rank, Name, Location, Time. Includes Janis Hansen, Mary Houck.

MALE 29 & UNDER

Table with 4 columns: Rank, Name, Location, Time. Includes Owen Littlefield, Zachary Fanion.

MALE 30 TO 39

Table with 4 columns: Rank, Name, Location, Time. Includes Riley Enders, Joshua Katzman.

MALE 40 TO 49

Table with 4 columns: Rank, Name, Location, Time. Includes Michael Winston, Jim McLaughlin.

MALE 50 TO 59

Table with 4 columns: Rank, Name, Location, Time. Includes Tim Liscum, James Roche.

MALE 60 & OVER

Table with 4 columns: Rank, Name, Location, Time. Includes Carl Anderson, Bob Roche.

MOUNTAIN BIKE: JUNIOR

FEMALE 9 TO 18

Table with 4 columns: Rank, Name, Location, Time. Includes Beatrix Wessel, Karst Kingsley.

MALE 9 TO 18

Table with 4 columns: Rank, Name, Location, Time. Includes Griff Alexander, Camron Decocker.

TANDEM

Table with 4 columns: Rank, Name, Location, Time. Includes Eliakim Littell, Wendy/Brian Sanders.

MALE 29 & UNDER

Table with 4 columns: Rank, Name, Location, Time. Includes Owen Littlefield, Zachary Fanion.

MALE 30 TO 39

Table with 4 columns: Rank, Name, Location, Time. Includes Riley Enders, Joshua Katzman.

MALE 40 TO 49

Table with 4 columns: Rank, Name, Location, Time. Includes Michael Winston, Jim McLaughlin.

MALE 50 & OVER

Table with 4 columns: Rank, Name, Location, Time. Includes Tim Liscum, James Roche.

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FEMALE 9 TO 18

Table with 4 columns: Rank, Name, Location, Time. Includes Beatrix Wessel, Karst Kingsley.

MALE 9 TO 18

Table with 4 columns: Rank, Name, Location, Time. Includes Griff Alexander, Camron Decocker.

Courtesy of Black Fly Challenge

2ND ANNUAL GLENS FALLS URBAN ASSAULT continued

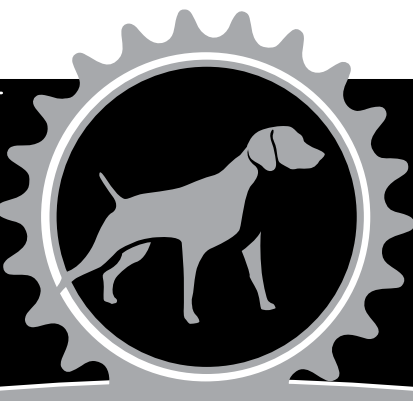
Table with 4 columns: Rank, Name, Location, Time. Includes Jennifer Bean, Kim Alessi, Bridget Crossman, etc.

6TH ANNUAL WILMINGTON-WHITEFACE ROAD RACE June 8, 2013 • Wilmington Town Park, Wilmington

Table with 4 columns: Rank, Name, Location, Time. Includes William Cooper, Graham Macbeth, Nicholas Waller, etc.

4TH ANNUAL HUDSON CROSSING TRIATHLON June 9, 2013 • Hudson Crossing Park, Schuylerville

Table with 4 columns: Rank, Name, Location, Time. Includes Kevin Crossman, Carl Regenauer, Craig Tynan, etc.



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2ND ANNUAL GLENS FALLS URBAN ASSAULT June 8, 2013 • Glens Falls Civic Center, Glens Falls

Table with 4 columns: Rank, Name, Location, Time. Includes Ryan Ash, Michael O'Rourke, Zachary Morris, etc.

NON-MEDICATED LIFE



Reducing Health Care Costs

By Paul E. Lemanski, MD, MS, FACP



**PART
2**

Editor's Note: This is the 55th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



In Part One, I suggested that increased health care costs are due to the population

getting sicker and older and thus requiring more resources. Further, I suggested that any strategies that fail to address this are temporary and stopgap and ultimately will lead to financial insolvency. What is needed is a strategy to get the population more healthy in ways that do not require an increase in use of healthcare resources. The question is 'do such strategies exist?' Are there disease states which can be treated or prevented without expending healthcare dollars?

The answer – which should come as no surprise to readers of this column – is such disease states exist as do low cost strategies to address them. But implementation will take effort and will require a shift in focus. Let's look at disease states such as coronary artery disease, diabetes and metabolic syndrome. The management of these diseases consumes a large and increasing portion of available health care dollars.

Coronary Artery Disease – Coronary artery disease or atherosclerosis of the arteries of the heart is the end of a long process of the deposition of excess cholesterol into artery walls. This deposition narrows those arteries resulting in a reduction of blood flow and debilitating condition called angina. For an individual with angina, physical exertion and the demand it creates for increased blood flow

causes chest pain and shortness of breath. Other consequences of coronary artery disease are heart attack and sudden death.

Current approaches to the treatment of coronary artery disease include coronary artery bypass grafts, in which other arteries or veins are used to bypass the narrowed segment. Newer approaches include angioplasty and stenting, in which the narrowed segment is forced open with an inflatable balloon threaded into the artery, and then held open by a small perforated metal tube left in the artery.

While both approaches can reestablish blood flow and relieve chest pain and shortness of breath with exertion, they do not – *contrary to common belief* – prevent heart attacks or heart attack deaths in the great majority of patients. This was the surprising conclusion of the Courage Trial and it suggests that the great majority of patients do not obtain mortality benefit from the high tech, high cost procedures currently in use. Indeed, evidence suggests that low tech, low cost strategies such as reducing the cholesterol with diet and generic medications as well as exercise, and weight loss can slow and stop the deposition of cholesterol into artery walls and accomplish what the high tech, high cost approach cannot.

If those with established coronary artery disease represent those at highest risk, does a low tech, low cost approach work as well in those at risk but without evidence of heart disease?

Diabetes – Individuals with diabetes may have no evidence of coronary artery disease but have been shown to represent a coronary disease risk equivalent. In such individuals, heart attacks may occur with a similar frequency to those who have been established to have heart disease. For those with diabetes, reasonable control of diabetes and the abnormal cholesterol levels that result can reduce the risk of a heart attack. This can be accomplished again with a low tech, low cost approach emphasizing a reasonable diet, generic medications, and a healthy lifestyle including appropriate weight control. Weight loss and carbohydrate restriction can powerfully reduce blood sugar, but somehow have been given less emphasis than drugs including insulin.

When I place patients with diabetes on a low carbohydrate, low calorie diet it never ceases to amaze me how many will need to cut their insulin by half – or even completely stop insulin. Many times the patients themselves are amazed. Their surprise is a failure on our part as clinicians to show patients the viable, effective role diet and lifestyle play in avoiding more expensive and more side-effect laden treatments.

Metabolic Syndrome – This approach also will work in those with pre-diabetes or metabolic syndrome. Moreover, as shown in the Diabetes Prevention Program a proper diet resulting in a weight loss of 20 pounds can decrease conversion of pre-diabetes to diabetes by 57 percent. Preventing new cases of diabetes with diet and lifestyle is clearly the least expensive way to address this looming problem. While there are currently 20 million individuals in the United States with diabetes, there are 40 million more with pre-diabetes, and they are converting to diabetes at a rate of 11 percent per year. In ten years there will be 60 million individuals with diabetes less the ones who die. Preventing such cases alone will decrease health care costs dramatically going forward.

In summary, health care costs are rising for us all and are fueled by an increase in the number of individuals who are less healthy. It is possible to use low tech, low cost lifestyle interventions to decrease the number who are less healthy and also to actually prevent new cases of diabetes. As such informed diet and lifestyle can be seen as a powerful way to decrease both the financial cost of healthcare and the human cost of unnecessary disease. 🌱

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



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PADDLING *continued from 1*

Lewey Lake – Being right next to NY Route 30 there is a bit of road noise here, but campers do get a good sandy swimming beach, and grand views of a range of mountains that rise over 2,000 feet above the lake – some of the highest mountains in the state outside of the High Peaks. Lewey Lake has only 3.5 miles of shoreline but there is much more paddling to be done on the Miami River, the lake’s inlet. Depending on water levels and your desire to hop over several beaver dams, the Miami can be paddled for three or more miles. You might scare up some wood ducks and, if you are lucky, spot some otters along the way. Back on the lake look and listen for loons or fish for lake trout, northern pike, smallmouth bass or panfish.

There are many and varied paddling destinations within a short drive of the campground. Across the road from the campground is Indian Lake, one of the Adirondacks’ larger lakes. The adventurous paddler might tackle the Jessup River upstream of Route 30.

Forked Lake – Forked Lake offers a slightly more primitive experience than most DEC campgrounds. You will find a few drive-in campsites but most are accessed by a short hike or paddle. Also unique here are the presence of metal bear boxes to stash your food overnight or when you are away from camp. Years ago this campground was notorious for roaming bears who found delectable morsels easy to find thanks to unsuspecting campers. The lake has over 22 miles of shoreline, is four miles long, plus a two-mile arm branches to the north. I have seen sev-



● CAMPSITE ON FORKED LAKE.



● LIFTING OVER A TYPICAL ADIRONDACK BEAVER DAM. PHOTOS BY RICH MACHA

eral pairs of loons here, and deer and beaver, as well as a snapping turtle sunning itself on a rock. Fishermen will be interested in brook trout, smallmouth and largemouth bass, panfish and landlocked salmon. The lake does see some light motorboat use. Shores are mostly undeveloped but there are some fancy camps on the north shore – beware of the dragon guarding the property.

The Raquette River comes in from the south and you can paddle almost a mile up it to the foot of a long stretch of rapids. Brandreth Lake Outlet enters the lake at its west end and can be paddled two miles from the lake as the crow flies, three to four miles by water. If you get that far you will have gone over some beaver dams and portaged 50 feet around a small rapid. Along the way, look for 150-foot tall old-growth white pines. Not far from the campground, North Bay Stream can be paddled a short distance with a view of Owls Head. Make sure you stop and take the short walk to scenic Buttermilk Falls on the Raquette River on the drive out.

Brown Tract Pond – Another off-the-beaten-path campground is Brown Tract Pond located on a back road not far from the

Raquette Lake hamlet. The campground is on Lower Brown Tract Pond. A shallow twisty stream connects Lower Pond to Upper Brown Tract Pond, a short carry or drag is necessary to get around a trail bridge. The Lower Pond has 1.9 miles of shoreline, and Upper Pond is a bit smaller and has a few cottages on it. A brief paddle across Lower gets you to Turtle Island where you might find a makeshift ladder allowing you to climb to the top of some large rocks. The fishing here includes brown trout.

For a longer outing, you can paddle down the outlet of Lower Pond and do a short carry across the road into Browns Tract Inlet, which snakes its way to the hamlet of Raquette Lake. The stream is very narrow at first but things open up as you travel downstream. One might have to get past a downed tree, and duck under an old railroad bridge, then hop over or push past some beaver dams the rest of the way. There are some interesting cliffs on Fox Mountain to the north. Stop for lunch at the village beach and ice cream from the general store before heading back the way you came.

If you don’t mind a one-way carry of 1.5 miles from Lower Pond, then Shallow Lake makes for a wonderful wilderness paddling destination. Raquette Lake is a nearby large lake offering many miles of paddling but pick a day with light winds to avoid big waves.

Moffit Beach – Moffit Beach State Campground is located on Sacandaga Lake (not to be confused with the Great Sacandaga Lake to the south), west of Speculator. With

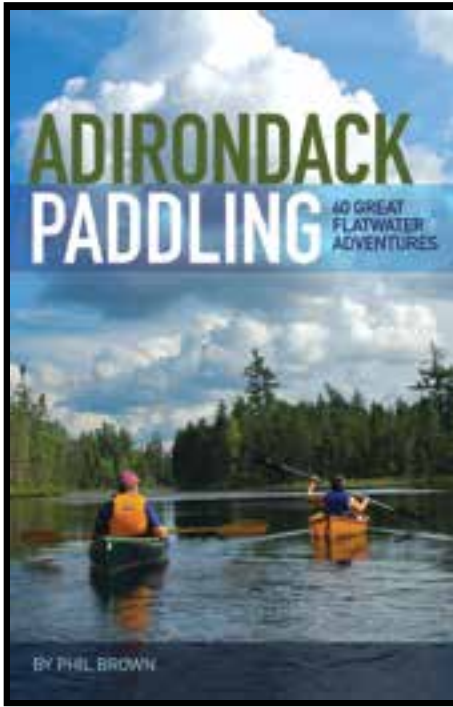
13.2 miles of shoreline it is regularly stocked with brown trout. The campground has a nice sandy beach for swimming and many campsites are right on the lake. There are cottages on much of the southern half of the lake and there is moderate motorized boat traffic. Undeveloped state land can be found at the piney northern part of the lake.

From the north end of the lake, you can paddle up Burnt Place Brook with a view of Pillsbury Mountain (look for its fire tower) to pond-like Mud Lake, and leave any signs of civilization quickly behind. Depending on your willingness to lift over beaver dams the narrow brook is navigable further upstream.

A short drive from the campground, there are three of the southern Adirondacks’ best stream paddling destinations: the Kunjamuk, Fall Stream, and the West Branch of the Sacandaga River.

There are many other state campgrounds scattered throughout the Adirondacks, most of which offer some great paddling opportunities. So whether you have just one free day, or want to spend several days under the stars, there is much to explore and experience in the Adirondack Park. 🌲

Rich Macha is owner of Adirondack Paddle’n’Pole, a canoe, kayak and SUP specialty shop in Colonie. To see where he has been paddling lately go to onewithwater.com. Rich is also very active with the Albany Chapter of the Adirondack Mountain Club (adk.org).



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Seneca7

77.7 Miles, 7 Runners – and “Eco” Biking

By Steve Relles

Spring was not in the air on April 21st in Geneva and dawn dusted us with snow as we convened for the Seneca7 relay race. Circumnavigating Lake Seneca, the 77.7 mile course is split into 21 roughly equal sections, and seven teammates take turns running, using a plastic slap-bracelet as relay baton. Most teams ride in vans between exchange points, but our team, “Fingerlakes Rollercoaster,” had registered in the Seneca7’s unique “Eco” division. As an Eco-team, we’d be using only bicycles to cover the 65 miles in between our running segments.

To carry food and warm clothes for a hard 12-hour day, we shared one bike trailer with team gear, nicknamed “the mule.” That morning, however, as my teammates began loading in enough supplies for a K2 expedition, I reminded them we had to tow this thing all day. Eliot replied that he’d pull the trailer, and tossed in ten pounds of almonds, and then Matt added a barrel of drink-mix sufficient to crop-dust Nebraska with electrolytes. I couldn’t stay to argue. Being first in our relay order, I added my own gear to the payload and walked to the starting line, passing scores of decorated team vans and runners in outrageous colors, tutus, capes and wigs. It was like a costume party with a runner demographic.

The starting area, however, was a pressure-cooker of runners tensed to go. Bouncing in the cold, we received some last-minute instructions, then, at 7:30am sharp,

the starter bullhorned “THREE-TWO-ONE-GO!” and we burst up Linden Street. The course took a surprising right turn, climbing a steep hill of frozen grass up to Main Street, which we followed out of town and into a real-life picture postcard. Rolling hills of spring vineyards sewed a vivid green quilt into the distance, and Lake Seneca stretched out on our left, blasting us with a reflection of the morning sun.

Pacing along and chatting, a fellow runner was describing, to my astonishment, an “electric shock” portion in his recent Warrior Dash race. I heard shouts of “GO STEVE” and glanced across the road to see my fellow Rollercoasters had caught up on their bikes, heading south to await their turns in the rotation. When they pedaled past, Warrior Dash asked me, sounding impressed, “Whoa! Are you on a bike team?” I proudly said I was indeed, but I was silently thankful for the lack of electric shocks in this race. After 3.8 miles of rolling hills I approached the first checkpoint, bustling with brightly-vested volunteers directing traffic, and I looked up to see my beloved brother-in-law, Eliot, just brimming with stoke, poised to take over. When I passed him the bracelet his feet cartoonishly outran his body, leaving his coke-bottle specs, and a face-wide smile hovering in the air for an extra moment.

I bundled up and took over “mule” duty, but, load notwithstanding, the biking felt great. Riding pace was casual, just needing to exceed that of our runners, and the day was exquisite. We cheered past Eliot, and pedaled to the next transition. He arrived

after a few minutes, and runner three, my wife, Rose, sprinted away with the bracelet. Eliot reclaimed the mule, I raised the saddle on Rose’s bike, and we all remounted and continued.

Our fourth runner, Jason, was 15 minutes back in the long porta-potty line as Rose finished. Heroically, he simply left the queue and took the baton, not answering the call of nature until after he’d handed off to runner five, Diana. When runner six, Matt, also waiting for a porta-loo, saw Diana approaching, he discreetly used nearby woods. Stripping to his running layers and spraying clothes randomly, he returned in time to take the bracelet from Diana, leaving the team to clean up after him. Matt would repeat this clothing-explosion throughout the day.

Coming to the next exchange, we couldn’t find our seventh runner, John. I called his cell.

“Hi Steve!” John answered cheerfully.

“Where are you, buddy?”

“I’m riding toward checkpoint six!” said his perpetually happy voice.

“No, John, because we’re all here, and you were ahead of us, right?”

“...Oh...wait...let me ask someone...”

Sure enough, he’d mistaken the checkpoint number and was returning forthwith. Rose copped a slightly ticked-off “Are-you-bleeping*-KIDDING-me?!” attitude, but, fortunately Jason’s “Does it really matter?” vibe had a calming effect. Even better, John returned in time to receive the bracelet from Matt without interruption.

Being mid-sized, I got to try everyone’s bikes. Matt’s aero-barred triathlon bike made

our other bikes seem slow, but John’s bike is a Barcalounger. With a giant seat, upright handlebars, and fat knobby tires, I slowly muscled it up to snail’s pace, and, with significant exertion, reached checkpoint seven. I handed it back to John, in awe of his riding that thing, and ran off, starting our second rotation. With a run under everyone’s belt, we were in a groove, and soon downhill into Watkins Glen at the southern tip of the lake.

Now at the halfway point, we chatted with another Albany bike-team, “Blazing Saddles,” and then headed for the infamous Route 414 hill. The mile-long ascent slapped us in the face with enormity of our endeavor. Jason reported running it was a major effort, but cycling was no easier, and I can attest that pulling the mule was just silly.

There were more hills, but that was the hardest. Passing the bracelet, we traveled through the beautiful wine country, and pretty soon I was running again, starting off our third time through the order. This run seemed eternal. Now nursing a calf-pull, I kept expecting the exchange over each rise, around each curve, but every time, there was just another long stretch of runner-dotted roadway. The checkpoint came into view at last and I was done running for the day, but still had many miles to cycle. By now, the mere effort of lifting our legs over our bike seats had all of us groaning.

Toward the end, we got big morale boosts as family members started popping up along the route to cheer us on. These last several legs were blessedly flat, for which everyone was grateful, and we eventually found our way to the final transition. John, our last runner, had uttered nary a complaint, but his knees were obviously killing him. As Matt delivered the bracelet, John began the anchor leg at a determined mosey.

Our team rode in, and we and our families reunited as John finally shuffled toward the line. We fell in behind him as the announcer declared “Fingerlakes Rollercoaster” was now finishing. Eliot’s wife Tyra handed each of us a cold beer, we snapped team photos, and got in line for the dinner. The hot chili was delicious, warm comfort at the end of this cold day, and the local juice was pure nectar. The volunteers at this race were wonderful, keeping us safe, well-fed, and well-directed at every turn. So here’s a huge thank you from our team!

The race organizers, Jeff and Jackie, make the Seneca7 exceptional, with locally-made finisher medals, and locally-sourced race booty and meals, and, most importantly, the Eco-team challenge. In the end we placed 126th out of 208 finishing teams, and we’re thrilled with that, as one of the few bike teams. We really earned our 77.7 sticker, and the Seneca7 is our new favorite event. 🍌

Steve Relles (steveyo@nycap.rr.com) of Delmar is a stay-at-home dad and runs a small business called Delmar Dog Butler.

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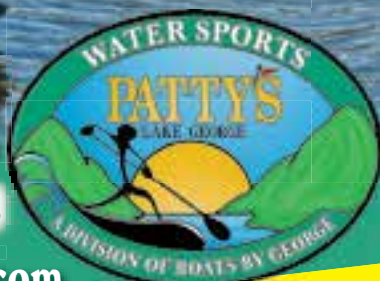
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