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Paddling Adirondack NYSDEC Campgrounds

By Rich Macha

Ithough 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













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his 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

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 postrace 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 presentday 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 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

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: thesaratogapalio.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 noholds 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, firstserved basis, and 50 Boston Marathoners who were unable to complete their April journey will be offered free registration. Go to: adirondack-

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 (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and crosscountry skier. She is a children's librarian at the Saratoga Springs Public Library.

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

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



Ann Margaret McKillop

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

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

Saturday, September 7 Start, 9am: Olympic

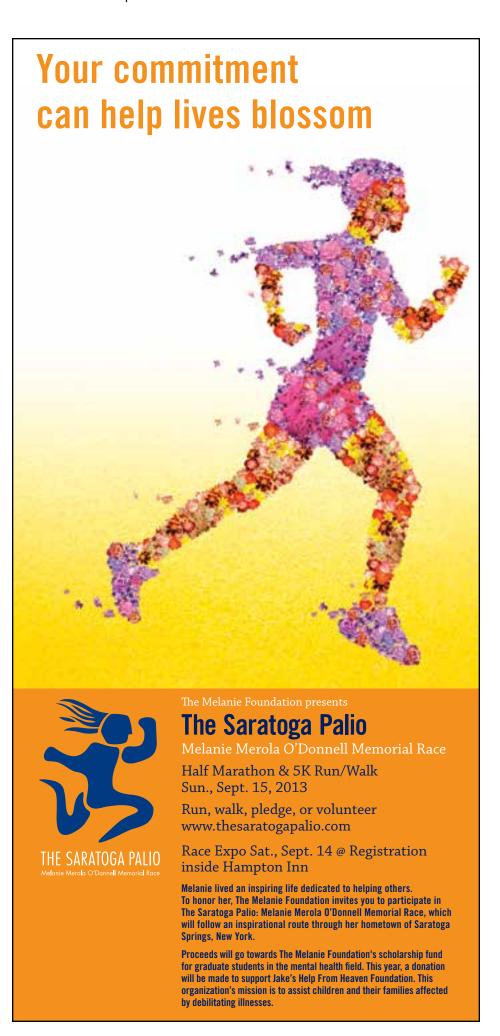
Speedskating Oval Finish: North Elba **Show Grounds**

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



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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 nonsnow 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 taxdeductible 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.

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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 fourperson 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!

opefully 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.

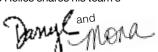


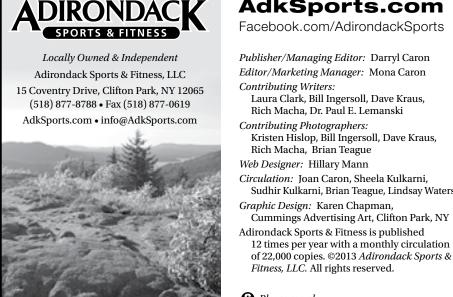
We've worked with our writers to assemble a slew of upstate sports and fitness articles on destinations, events and people as motivation to get outside or challenge yourself this summer. From the cover article on NYSDEC Adirondack camparounds with paddling opportunities for campers or day-trippers, to 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.

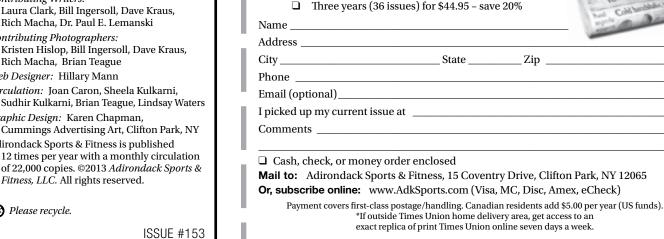
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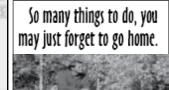
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Mohawk Hudson Cycling Club



MohawkHudsonCyclingClub.org

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Calendar of Events July-September 2013

		JUL	.Y 2	013			AUGUST 2013							SEPTEMBER 2013							
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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.
- Anywhere We Want Ride. 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Elevate Beginner Ride. 6pm. Elevate Cycles, Saratoga Mon Springs. 587-0455. elevatecycles.com.
- Women's Night Ride. 6pm. Multiple groups. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Intermediate Road Ride. 6pm. 20-35M. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Elevate Intermediate Ride. 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Meander Ride. 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- In-House Workshop. 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com. Elevate Advanced Ride w/Team. 6pm. Elevate Cycles,
- Saratoga Springs. 587-0455. elevatecycles.com. Conversational Ride. 6pm. Moderate pace, no drop. Grey
- Ghost Bicycles. Glens Falls. 223-0148. greyghostbicycles.com. $\textbf{HRRT Bike Belles, Beginner Ride \& Jr Team rides.} \ 6pm.$ Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Shop Ride. 8am. Keep up if you can. Grey Ghost Bicycles. Glens Falls. 223-0148. greyghostbicycles.com. In-House Workshop. 10am. Fixing flats, adjusting brakes,
- derailleurs, truing wheels, on-road repairs. 10am. Plaine & Son, Schenectady. 346-1433. plaineandson.com In-House Workshop. 10:30am. Fixing flats, adjusting brakes,
- derailleurs, truing wheels, on-road repairs. Broadway Bicycle Co, Albany. 451-9400. broadwaybicycleco.com.

JULY

- 13th Saratoga 12/24 Ride. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- 12th Capital Region Road Race. 43-83M. Ravena-Coeymans-Selkirk HS, Ravena. 281-3710. cbrc.cc.
- 13 Tour de Perry. 17-53M. 7am. Silver Lake/Letchworth SP, Perry. 585-237-2933. tourdeperry.com.
- **Foundation of CVPH Mayor's Cup Bike Ride.** 70M: 8:30am. 22M: 9:30am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org/foundation.
- Liberty Tour Albany Criterium & Series. Washington Park, Albany. 413-314-3478. anthemsports.com. 9th Tour de Rand Hill Bike Race. 14M uphill race. 9am.
- Plattsburgh. Patty Warner: 561-4290. plattsburghymca.com.
- Mount Ascutnev Bicycle Hill Climb. 3.7M. 9am. Windsor, VT. 603-387-2289. destinationcycling.com.
- Liberty Tour Danbury Criterium & Series. Downtown, Danbury, CT. 413-314-3478. anthemsports.com.
- $2nd\ Ride$ for the River. $50M/25M/10M.\ 8:30am.\ Village$ Green, Jay. Corrie Miller: 637-6859. ridefortheriver.org.
- JAM Fund Gran Fondo. 38-84M. 10am. Black Birch Vineyards, Southampton, MA. 631-875-0625. grandfundo.com.

- 10th Onion River Century Ride. 111M, 68M, 35M. 8:30am. Montpelier, VT. 802-229-9409. onionriver.com.
- Hunter Mountain Summer Classic. 39-78M. 9am. Hunter Mtn Lodge, Hunter. 413-314-3478. greatamericancycling.com.
- Liberty Tour Worcester Criterium & Series. Downtown, Worcester, MA. 413-314-3478. anthemsports.com.

AUGUST

- Montreal Double Double. 400M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- Tour of the Catskills: Pro/Am Stage Race. 120-180M. Windham & Hunter. 413-314-3478. tourofthecatskills.com.
- Gear Up for Lyme Mt Equinox Uphill Bike Climb. 5.4M. 8am. Manchester, VT. bikereg.com.
- 11th Christine Nicole Perry Memorial Bike Ride. 30M. 9am. Sweet Pea Farm, Bolton Landing. 644-3020.
- Ididaride: Adirondack Bike Tour! 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- Berkshire Bike 'N' Fly. 20M/50M. Great Barrington, MA. 413-446-9672. berkshirebikenfly.org.
- 1st Matthew Ratelle Memorial Benefit Bike Ride. 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Lake George Bike/Boat Ride. Bike Lake George to Ticonderoga. 11:15am: Mohican Boat to Lake George. Reserve: 668-5777. lakegeorgesteamboat.com.
- $\textbf{13th Pat Stratton Memorial Century Ride.}\ 100M/50M/25/$ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
 - 9th Hoosic River Ride. 100M/75M/50M/30M/8M.
- Williamstown Youth Center, Williamstown, MA. hoorwa.org. 30th Chris Thater Memorial Races. 16-50M. Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 3rd Cystic Fibrosis Cycle for Life. 62/32M. 8am. Cambridge.
- Kate Quinn: 783-7361. cff.org. Green Mountain Stage Race. 150-186M. Waitsfield, VT.
- 802-496-5415. gmsr.info. Ultimate Time Trial. 12M. 11am. Castleton. Matthew Martin: $813\text{-}9655.\ sites.google.com/site/albanyultimate time trial.$

SEPTEMBER

- Darn Tough Ride. 25/45/65/100M. 7am. Stowe, VT. Pascale Savard: 802-253-9216. mmwa.org.
- Coon Hill Grind. 2M Time Trial. 12pm. Skaneateles Ski Center, Marietta. skanraces.com.
- Double H Ranch: Camp Challenge Ride. 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921. doublehranch.org.
- Saratoga Century Weekend. 100M: 8am. 62M: 9am. 50M: 10am. 25M:11am. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. mohawkhudsoncyclingclub.org.
- 13-15 Adirondack 540 RAAM Qualifier. 540/408/272/136M options. Adirondack Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 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.
- 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.
- 3rd Columbia County Rotary Ride. 100/60/30/10M. Volunteer's Park, Valatie. 784-3663. ccrotaryride.org.
- BikeFest &Tour of the Valley. 8-104M. Look Park,
- Northampton, MA. 413-204-0393. bikefest.nohobikeclub.org. Gran Fondo Gunks. 18-108M. 8am. Ulster Co Fairgrounds,
- New Paltz. 845-256-8073. granfondogunks.com. 1st Randonnee Cyclist Adirondacks. Fri: Packet Pick-Up/
- Party. Sat: 25M ride, Prospect Mountain hill climb, kids' ride. Sun: 50M/100 rides. Battlefield Park, Lake George. Chris Aronhalt: 770-631-1239. lakegeorgerando.com.
- Drops to Hops Races. 43M Elite/23M Citizen races. Brewery Ommegang, Cooperstown, clarksportscenter.com
- 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.





Community Work Station July Tour de France **Road Bike Sale**

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Open Tuesday - Saturday
10:00AM- 6:00PM 518-451-9400 #BroadwayBikes

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Memorial



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

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

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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 Ceceri: 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. beckyrock@nycap.rr.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- 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.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

JULY

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.
- MacNaughton Hike. 15.8M. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.
- Seymour Mountain Hike. 14M. Adirondack Mountain Club: 523-3441. adk.org.
- Street & Nye Mountain Hikes. 9M. Adirondack Mountain Club: 523-3441. adk.org.
- Johns Brook Valley Teen Adventure (Ages 14-17). Adirondack Mountain Club: 523-3441. adk.org.

523-3441. adk.org.

- 26-28 Trailless Backpacking: Santanonis. 17.5M. Adirondack
- Mountain Club: 523-3441. adk.org. Esther Mountain. 6.6M. Adirondack Mountain Club:
- 523-3441, adk.org. Tabletop Mountain Hike. 9.8M. Adirondack Mountain Club:

AUGUST

- Trailless Backpacking: Cliff & Redfield. 18M. Adirondack Mountain Club: 523-3441. adk.org.
- 4th Team Adirondack Charity Hike. 1am. Mike DelSignore:
- MacNaughton Hike. 15.8M. Adirondack Mountain Club: 523-3441. adk.org.

- Street & Nye Mountain Hikes. 9M. Adirondack Mountain Club: 523-3441. adk.org.
- Macomb, South Dix, East Dix & Hough Hikes. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Family Hike. 1M. 9am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lglc.org.
- 16-18 Trailless Backpacking: Dix Range. 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Mount Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 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

- Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Backpacking: Santanonis. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Macomb, South Dix, East Dix & Hough Hikes. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Esther Mountain. 6.6M. Adirondack Mountain Club:
- 523-3441. adk.org.
- Trailless Backpacking: Cliff & Redfield. 18M. Adirondack Mountain Club: 523-3441. adk.org.
- Street & Nye Mountain Hikes. 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 20-22 Trailless Backpacking: Sewards. 21M. Adirondack Mountain Club: 523-3441. adk.org.
- 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.
- Cross-Country Mountain Biking. 10am-4pm. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- Sun Morning MTB Rides. Location Varies, Albany area. Sun Details: facebook.com/RcubedRunRideRace.
- HRRT Junior Development Team MTB Training.~8am.
- Location varies. hrrtonline.com. Chasm Riders Mountain Bike Race Series: 5/19-10/13. 10am.
- 643-2670. site.google.com/site/chasmriders/home. HRRT Bike Belles Women's Mountain Bike Ride. 5:30pm.
- Locations/leaders vary. 346-1433. hrrtonline.com. **Group Mountain Bike Ride.** 6pm. Rotating locations.
- $346 \hbox{-} \bar{1}433$. plaineandson.com. SMBA Group Ride. 6-7:50pm. Pittstown S.F., Pittstown. Thu
- saratogamtb.org. 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.
- **Downhill Mountain Biking Camp.** Beginner/intermediate riders. 10am. Gore Mountain, North Creek. Reserve: 251-2411. goremountain.com.
- SOS MTB Challenge: NYS MTB Series. Stewart SF, New Windsor. 845-344-1414. nysmtbseries.com.

AUGUST

- 4th Wildcat Epic MTB Race. 25-100M. 8am. Gardiner. 845-256-8073. wildcatepicevents.com.
- Campmor H2H Race #6 Taconic 909 Challenge. Pleasant
- Valley. 845-505-1211. espraces.com. Belleayre All Terrain Challenge: NYS MTB Series. Bellayre
- Mountain, Highmount. 845-679-2122. nysmtbseries.com.
- 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 Rain or shine • Post-ride lunch

Preregistration Appreciated: chrissysfund.com

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

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Lance Gregson 1-Eye Classic



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Sunday, Sept. 15 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 Post-ride live music, picnic, raffle

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SEPTEMBER

- 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.
- 28th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 20 Ist TOUGHKids Syracuse Youth Triathlon. Sun: Delta Lake Triathlon. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. atcendurance.com.
- 20-21 MultiSport Life Triathlon Festival. Sat: 9am: XTERRA
 Off Road (1K swim, 20K bike, 6K run). Sat: 2pm: SHAPE
 Kids' Tri (100m swim, 5K bike, 1K run). Sun: 7am: Super
 Olympic Road Tri: (1M swim, 30M bike, 7M run). Grafton
 Lake S.P., Grafton. John/Kathy Slyer: 281-6480.
 skyhighsupertri.com.
- 4th Delta Lake Triathlon. Sprint: 750m swim, 12M bike, 3M run. Intermediate: 1500m swim, 24M bike, 6M run. Sat: TOUGHKids Syracuse Youth Triathlon. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. atcendurance.com.
- 28 15th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run.
 7am. Olympic Speedskating Oval, Lake Placid. 813-868-5940.
 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. fultoncountyny.org.

- 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.
- **2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.
- **4th Wheel & Heel Sprint Tri/Duathlon**. Hudson Valley Series #3. Wilcox Park, Milan. Tri: 1/4M swim, 12M bike, 3M run. Du: 1M run, 12M bike, 3M run. Dan Hoenig: 845-247-0271. nytri.org.
- 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.
- 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. lgtrifestival.com.

SEPTEMBER

- 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.
- 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. glensfallslions.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

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



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AIM FOR SEVA 5K Run/Walk

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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



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

- 3rd HURT Junior Nordic Development Camp. 8:30am-5:30pm. Camp Meadowbrook, Queensbury. David Paarlberg Kvam: hurtnordic@gmail.com.
- ARTA Trail Rally. 4-7pm. Heaven Hill Farm, Lake Placid. Register: thearta.org.

AUGUST

- Sunmark Charity Golf Classic for Fisher House at VA Med Ctr. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.
- 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.
- 5th Chrissy's Chair Auction. 4:30-8pm. Auction, food, music. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.

SEPTEMBER

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

PADDLING: CANOE, KAYAK & SUP

ONGOING

SUP Yoga. 8am. Session 2: 7/30-8/22 (except 8/6). Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.

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

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.
- **Evening Kayak Tour.** 6:15pm. Hudson River, Coeymans. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Fundamentals of Kayaking III. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 2nd New York SUP Fest. Races, clinics, demos/sales, food. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Adirondack Paddling Slide Show w/Phil Brown. 8pm. High Peaks Info Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 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.
- 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.
- Evening Kayak Tour. 6:15pm. Hudson River, Corning Preserve, Albany. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

AUGUST

- Paddle Making Workshop. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Intro to Canoe Camping: Lake Lila. Adirondack Mountain Club: 523-3441. adk.org.
- 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
- Long Lake Long Boat Regatta. 15M/10M. 11am. Long Lake.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Camp Saratoga 5K Trail Run Series: 7/8, 7/22, 8/5, 8/19. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. saratogastryders.org.
- 44th Colonie Summer Track Meet: 6/11-8/6.6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. hmrrc.com.
- Thu ARE Summer Trail Run Series: 5/23-8/29. 6:30pm. Various locations, Capital District. areep.com.

JULY

- HMRRC Summer Track Series #2: 2-Person Relay. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- CRNA 5K Trail Run Series. Harvest Spirits Distillery/Golden 13 Harvest Orchard, Valatie. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- Turtle Trot Walk Run. 3.2M 9am. Whalen Park, Massena. Nancy Foster: 315-764-1289. wilsonhillassoc.com.
- Jingle Bell Run/Walk for Arthritis. 5K. 8am. Great Escape Six Flags, Queensbury. 456-1203. arthritis.org.
- Mass Dash & Half Dash Relay. 200M: Mt Greylock to Boston or 85M: Mt Greylock to UMass Amherst. massdashrelay.org.
- Heroes for Health. 2M Obstacle Run. 10am. Prospect Park, Troy. wmyhealth.thankyou4caring.org.
- Boilermaker Road Races. 15K, 5K, & 3M Walk. 15K: 8am. 5K: 7:15am. Utica Boilers to Saranac Brewery, Utica.
- We Run the Capital w/Fleet Feet Sports. 6pm. Saratoga Spa 16 SP, Saratoga Springs. 459-3338. fleetfeetalbany.com.
- 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
- HMRRC Summer Track Series #3: Hour Run. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- ARE Trail Running Camp. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- Dash to the Diamond. 9M. Fleet Feet Albany to Valley Cats Game, HVCC Stadium, Troy. 459-3338. fleetfeetalbanv.com.
- 17th Silks & Satins 5K Run. 8am. East & George Sts, Saratoga 20 Springs. Michelle Mumma: 388-0790 x109. nyso.org.
- 20 10K3 Open Track Meet. 8am. Niskayuna HS, Niskayuna. 459-3338. fleetfeetalbany.com.
- 6th Glenville & Schenectady YMCA 5K/3K. 8:30am. Freedom Park, Scotia. Allison Reinhardt: 399-8118. cdymca.org.
- Central Park Trail Run. 5K. 10:30am. Central Park,
- Schenectady. Heather Rizzi: 847-2419. runreg.com. Race 4 Care 5K. 9am. Word of Life Institute, Schroon Lake.
- Ingrid Roemischer: 942-6513. hphpc.org. 14th Moonlight in Vermont Midnight Road Race &
- Community Ramble. 4M. Pownal Center, VT. 802-442-4414. bkvr.org. Isle La Motte 5K. 8:30am. St. Anne, Isle La Motte, VT.
- Paul Hinman: 802-928-3131. islelamotte.us.
- 25th Vermont 100M/100K Endurance Run. Silver Hill Meadow, West Windsor, VT. vermont100.com.
- Froggy Five Miler. 5M. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- Miller's Mills Sundae 5K Run. 9:15am. Millers Mills Grange,
- West Winfield. 315-858-2855. millersmillsny.webs.com. Forest Frolic 7K/15K Trail Runs. 9am. Virgil S.F., Virgil.
- Steve Ryan: 607-277-7816. fingerlakesrunners.org. Champ's Challenge for Cystic Fibrosis. 40M/8M bike or 5K run/walk. 9am. Basin Harbor Club, Vergennes, VT. 802-310-5983. champschallenge.org.
- HMRRC Summer Track Series #4: Pentathlon. 6:15pm. Colonie H.S., Colonie. Ken Skinner: 429-5440. hmrrc.com.
- Inaugural Zombie Gauntlet 5K Trail Run. 5pm. Queensbury School Trails, Queensbury. jrvfoundation.org.

Back in Balance THERAPEUTIC MASSAGE **Better Than** Ever! Check out our new home across the street from the Tire Warehouse at 1427 Route 9. Enjoy \$10 OFF your first 60 minute, 90 minute or Hot Stone Massage Session. Valid through Sept 30, 2013 Proudly Serving the Capital District Since 1996 Call us Today to Schedule Your Session! 518-371-6332 Open 7 Days a Week • 1427 Route 9 • Clifton Park BIBTherapeutic Massage. COM

Turning Point 5K Run/Walk Recognizing the American victory



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

Saturday,

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 kimgamache@hotmail.com

DUATHLON

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: monawktowpatn.org

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

Benefits Mohawk Towpath Scenic Byway



Announcing Website Services! If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process.

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Half Marathon & 5K Run/Walk



Race Expo, Registration & Packet Pick-Up

Saturday, September 14: 10am-3pm Hampton Inn, 25 Lake Ave, Saratoga Springs

Take Advantage of this Exhibitor Opportunity!

1,500 Half Marathon runners & 5K runners/walkers Promote and sell your products and services

Limited to 20 booth spaces

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

27

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

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 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



11th Annual Saturday, Aug 17 • 8:30am **Brookside Museum,**

Ballston Spa USATF Certified

Fast and fabulous ACE with downhill for RROOKSINE WUSEUM 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

EST HUDSON HEADWATERS

CARE FOR KIPS 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 7/2

Quality T-shirt to first 400 entrants Entry form at www.hhhn.org

Info: Howard Nelson: 761-0300 x31112

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: 27 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
 - Wakely Dam Ultra Race. 55K. 6:30am. Wakely Dam to Airport, Piseco. wakelydamultra.com.
- 27 Warrior Dash New York. 3.2M. 9:30am. Windham Mountain, Windham. warriordash.com.
- 41st Honor America Days 5K. Rome. Cindy Reynolds: 315-337-0753. uticaroadrunners.org.
- Save the River-Run for the River 5K/10K. 9am. Frink Park, Clayton. 315-686-2010. savethriver.org. Hudson Headwaters 5K Run & Fitness Walk. 9am. 28
- 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.

AUGUST

- 11th Race the Train. Train ride: 8am. 8.4M run: 9am. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 2nd Tupperpalooza Warrior Run. Mud/obstacle run. 10am. Big Tupper Ski Area, Tupper Lake. tupper-lake.com.
- 3rd ORA Redneck Run/Walk. 10K, 5K & 1M Fun Run. 9am. American Legion, Antwerp. villageofantwerp.net.
- NF RACERS Race The Lake 10K Run/Walk/Wheelchair. 8am. 2K: 9:30am. Pillar Point. Diantha Velasquez: 315-639-4755. nfracers.org.
- 35th Lane 10K Lake Run. 10am. Ball Field, Speculator. 548-4521. speculatorchamber.com.
- **19th Indian Ladder Trail Run 15K & 3.5M.** 15K: 9am. 11am: 3.5M. Thacher State Park, Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- 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.
- Schenectady ARC 5K. 6pm. Central Park, Schenectady. 9 arc5kchallenge.com.
- 5th Camp Chingachgook Challenge Half-Marathon, 10K 10 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.
- 15th Fox Creek 5K Run. 8am. Helderberg Trail, Town Park, Berne. Liz Chauvots: 872-1870. ebcpt.com.
- Ken Hummel Memorial 5K. 9am. Town Hall Grounds, 10 Stuyvesant. Melissa Naegeli: 758-6248. stuyvesantny.us.
- DanRan 5K Run/Walk & Kids Fun Run . 9am. Steven's ES, 10 Burnt Hills. areep.com.
- 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.
- 10th Beaver Falls Library End of Summer Ram 5K/10K. 9:30am. Library, Beaver Falls. Bobbie Barrett: 315-346-1333.
- 2nd Base Race 5K & 10K. 8am. Clark Sports Center, 11 Cooperstown. clarksportscenter.com.
- 11 22nd 100K Catskill Mountain Road Team Relay. 6-8am. West Shokan. sullivanstriders.org.
- 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.
- C.Y.C Boiling Pot 5K Run/Walk. 6pm. Community Youth Center, Canajoharie. 673-5117. canajohariecyc.org.
- 17 11th Jailhouse Rock 5K. 8:30pm. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- Footrace at the Falls. 5K. 10am. Bicentennial Park, 17 Ticonderoga. Matt Karkoski: 585-7206. lachute.us.

- Pre-Fall Classic. 5K, 2M Walk & Kids' Run. 9am. Voorheesville HS, Voorheesville. vcsfoundation.com.
- Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. David Roy: 295-7162. landisarboretum.org.
- 16th Olga Memorial Footrace 5K/10K Run & Walk. 9:30am. Berkeley Green, Saranac Lake. 637-4297. saranaclake.com.
- Rock & Snow Bridge 2 Bridge 5M Race. 9am. Mohonk Spring Farm trailhead, High Falls. mohonkpreserve.org.
- Sweltering Summer 6-Hour Ultra Marathon. 7am-1pm. Clapp Park, Pittsfield, MA. Benn Griffin: 413-443-5819.
- SS YMCA 5K Run/3K Walk. 9am. Southern Saratoga YMCA, Clifton Park. Sarah Heslin: 371-2139. cdymca.org.
- MHRRC Sports Museum Hall of Fame 5K & Kids' Race. 10am. Carnwarth Farms, Wappingers. mhrrc.org.
- CRNA 5K Trail Run Series. Goold Orchard & Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 16th Altamont 5K Run/Walk. 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- Muddy Sneaker Trail 5K Trail & 1M Fun Run. 9am. Indian 24
- Meadows Park, Glenville. 320- 8648. glenvillerotary.org. Cousins That Care 5K Run/Walk. 8am. The Ole Barn, Inlet.
- cousinsthatcare.com Green Lakes Endurance Runs. 100K: 6am. 50K: 6:45am.
- Green Lakes SP, Fayetteville. gleruns.org. Ultimate Towner Obstacle Course Race. Whiteface Mountain,
- Wilmington. 307-733-1989. ultimatetowner.com. 34th Round Church Women's Run. 5K/10K. 8:30am. Round
- Church, Richmond. Kasie Enman: 802-238-0820. gmaa.net. Turning Stone Races: 5K, 10K & Half-Marathon. 5K: 5pm Sat.
- 10K/Half: 8am Sun. Turning Stone Resort Casino, Verona.
- Chris Thater Memorial 5K Run. 10am. Recreation Park, Binghamton. Christopher Marion: 607-778-2056.
- 12th Snowmaker 5K & 1M Walk. 9am. Woods Valley Ski Area, Westernville. Dick Swan: 315-337-1208. romanrunners.com.
- 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. rtttovt.com.
- 32nd Roosa Gap Roller Coaster 11.50M & 5K Run/Walk. 10am. D&H Canal Towpath, Wurtsboro. Tom Ganz: 845-791-4864. sullivanstriders.org.
- 1st AIM for SEVA 5K Run/Walk. 9am. Indian food, henna. The Crossings, Colonie. Mona Caron: 877-6634. aimsalbany. wix.com/aimforsevaalbany.
- 4th Run For The Horses 5K & 1/2M Fun Run. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Lisa Craig: 226-0028. trfinc.org.

SEPTEMBER

- **2nd 1812 Challenge & Half Marathon.** 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com.
- **1st ADK 80K Trail Running Race.** Also: 80K MTB Race. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 7th Trooper Joseph Longobardo Memorial 5K Walk/Run. 10am. Orenda Pavilion, Saratoga Springs SP, Saratoga Springs. Teri Crowe: 461-5769. longobardomemorial.org.
- Scottish Games 5K. 10:30am. Altamont Fair, Altamont. scotgames.com.
- $23rd\ \overline{Monster\ Marathon\ \&\ Half\ Marathon\ .}\ 26.2M/13.1M.$ 6:30am. Virgil S.F., Virgil. Karen Ingall: 607-351-8455. fingerlakesrunners.org.
- 1st Labor Day 15K. 9am. Dorest Park, South Burlington, VT.
- **24th SEFCU Labor Day 5K Race/Walk.** 9am. Kids' 1M: 10am. SEFCU Headquarters, Albany. hmrrc.com.
- Greylock Uphill Road Race. 8M. North Adams, MA. Bob Dion: 802-423-7537. runwmac.com.
- Glow Back To School 5K. 7pm. Stillwater Area Comm Center, Stillwater.
- 4th Malta BPA 5K. 8:30am. HVCC TEC Smart, Malta.
- Paul Loomis: 288-8009. maltabpa.com.
- **Double H Ranch: Camp Challenge Run.** 5K trail run/walk. Double H Ranch, Lake Luzerne, 696-5921. doublehranch.org.



5K Run/Walk

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

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

First 400 registered receive T-shirt Awards for 5K Run

Info/Register: luzernemusic.org (518) 696-2771

To benefit Luzerne Music Center's Scholarship Fund





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



5K RUN

Register at www.doublehranch.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





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!

- Youth Make a Difference 5K Run/Walk & 1M Kids' Run. 9:30am. North Greenbush Town Hall, Wynantskill. Michael Miner: 283-2714. townofng.com.
- 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.
- Running for Recovery. 9am. Jefferson County Fairgrounds, Watertown. Sal Ciulo: 315-782-8440. watertownurbanmission.org.
- 11th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 3rd Moreau Lake 15K Trail Run. 8am. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.
- 3rd Run to Remember. 9am. Fire Station, Massena. Jeremy Lefeve: 315-842-2263. northernrunner.org.
- Run for Pride 5K & Rainbow Fun Run. 9am. Lakehouse, Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 9/11 Heroes Run 5K/Family Fun Run/Walk. 8am. High Rock Park, Saratoga Springs. Allie Clower: 925-4864.
- 36th Run to the North Pole: Whiteface Mountain Uphill Foot Race. 8M. 8am. Whiteface Memorial Highway, Wilmington. 946-2255. whitefacerace.com.
- 18th Run to Remember 5K. 9am. Rensselaer Polytechnic Institute, Troy. Zachary Belton: 540-419-3342.
- 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.
- 12th Teal Ribbon 5K Run & 1M Walk. 9am. Washington Park, Albany. caringtogetherny.org.
- 7th Delta Lake Half-Marathon. 13.1M. 9am. Delta Lake SP, Rome. Ann Meisenhelder: 315-337-3658.
- 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. highpeakshospice.org.
- Arsenal City 5K Run. 6pm. Watervliet. Chris Chartrand: 270-3875. watervliet.com.
- 11th YMCA Brenda Deer Memorial 5K Run/3K Walk & Kids Fun Run. 9am. Guilderland YMCA, Guilderland. 456-3634.
- Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 36th Great Cow Harbor 10K Run. 8:30am. RRCA 10K Champs. Northport. cowharborrace.com.
- Hancock Shaker Village 50M Ultra & 26.2M Trail Marathon. 50M: 5:30am. 26.2M: 10am. Pittsfield State Forest, Pittsfield. hancockshakervillage.org.
- Rivertown 5K Run. 10am. Ossining. Gunter Spilhaus: 845-256-8073. wildcatepicevents.com.
- Arc in the Park 5K. 10am. Rensselaer Tech Park, North Greenbush. Chuck Tarbay: 274-3100. renarc.org.
- 34th Dunkin' Run. 5K, 10K, 1/2M Kids' Run. 8:30am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- Adirondack Marathon Distance Festival: Marathon, Half-Marathon, 2 & 4-Person Marathon Relay. Marathon & Relay: 9am. Half: 10am. Sat: Expo/Packet Pick-Up & Kids' Fun Run. Schroon Lake H.S., Schroon Lake. 532-7675. adirondackmarathon.org.
- Falling Leaves Road Race 5K & 14K. 8:50am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. atcendurance.com.
- The Bread Run for Schools 5K & Half Marathon. 9:30am. Fabius-Pompey HS, Fabius. Larry Carr: 315-243-9144. breadrunatfabiusny.org.
- Batten Kill River Duck Run 12K/5K/1K Kids' Run. 9am. Jon French: 802-375-8084. bkvr.org.
- CRNA 5K Trail Run Series. Goold Orchard/Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.

anta's Workshop

- 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.
- 20th FAM 5K "Fund" Run/Walk. 10am. Refreshments, entertainment, Brooks BBQ & Kids' Run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 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.
- Gore Leaf Cruncher 5K Trail Run. 1pm. Gore Mountain, North Creek. Gail: 251-2411. goremountain.com.
- CRSS Race for Hope 5K. 10am. Slingerlands. Sarah Nicole Mahoney: 441-8570. capitalregionspecialsurgery.com.
- 5K for JDRF. 10am. The Crossings, Colonie. 477-2873. Susanne Keller: jdrf.org.
- 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.
- 33rd Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. Jim Thomas: jth430@verizon.net.
- Gevser Road 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. Kelly Montague: 584-7699. saratogaschools.org.
- Pumpkin Run 5K XC & 1K. 9am. Queensbury HS, Queensbury. gfmmf.org.

OCTOBER

- ${\bf 19th\ Komen\ Northeastern\ New\ York\ Race\ for\ the\ Cure.\ 5K:}$ 9am. 2M Family Walk: 10am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- CRNA 5K Trail Run Series. Chatham Brewery, Chatham. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 31st Mohawk Hudson River Marathon & 12th Half Marathon. Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Packet Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- Dirty Dog Mud Run. 7K obstacle race. Titus Mountain Ski Center, Malone. dirtydogrun.com.

NOVEMBER

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

JULY

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

AUGUST

- Swim a Mile for Hospice. 8am. Postwood Park, Hannawa Falls. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- 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

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

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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

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Gun Club Rd (10mi w of Albany)

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

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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.con

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

To benefit Altamont Food Pantry Bring unexpired dry goods

Race the Train Saturday, August 3 North Creek Depot, Main St, Horth Creek



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

Register: Active.com Application: AdirondackRunners.org

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



12TH ANNUAL



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



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

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Register online: SaratogaHistory.org



To register go to: www.saajcc.org/run.cfm



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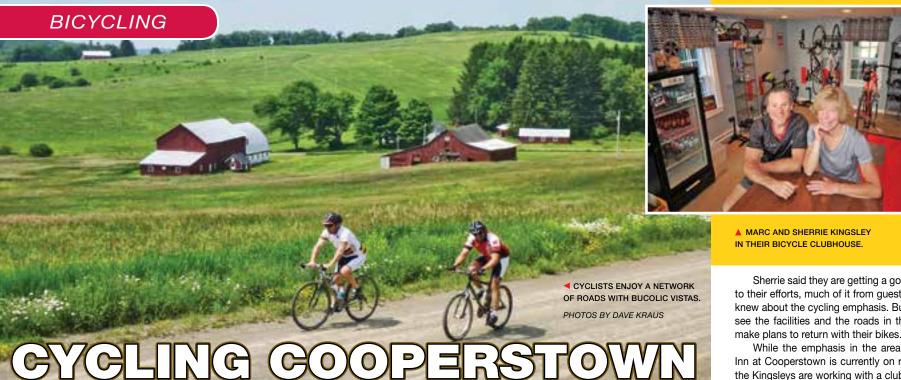
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www.AdkSports.com JULY 2013



Inn at Cooperstown Shares Love of Cycling

By Dave Kraus

or 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 quests who share their love of cycling. With their knowledge of area roads and services at the inn, they

register akline 🥸

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?"

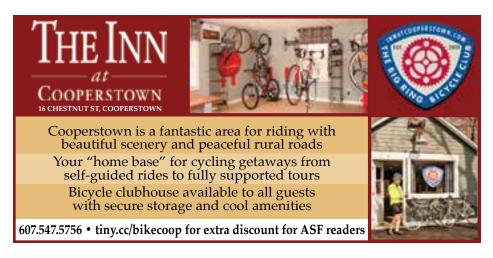
Sherrie said they are getting a good response to their efforts, much of it from guests who never knew about the cycling emphasis. But when they see the facilities and the roads in the area they

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

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.





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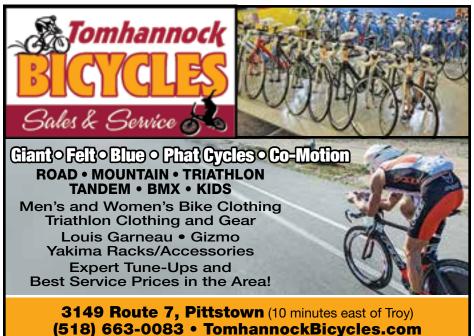
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Sunday, August 18 at 9am

Start/Finish: Tomhannock Bicycles 3149 Route 7, Pittstown (10 min. east of Troy)

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

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



Matthew Ratelle, 40, of Petersburgh, 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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JULY 2013



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 pushups, 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 stated, 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 Niskavuna. 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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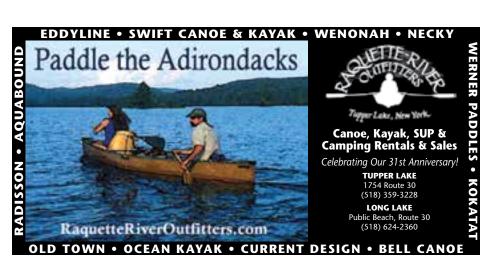
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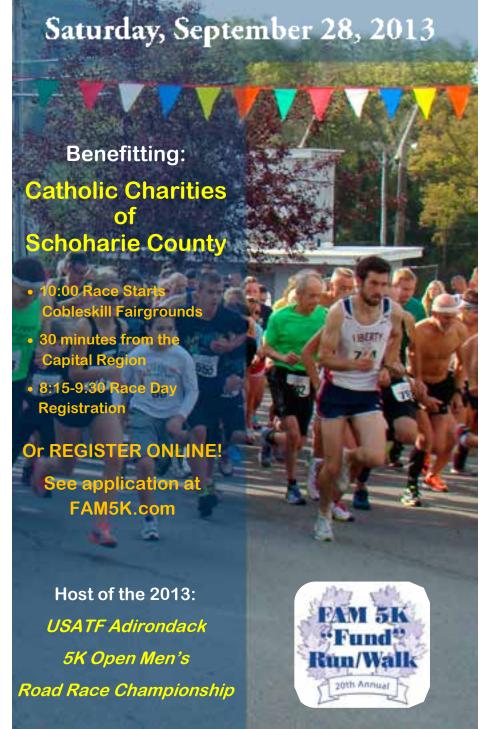


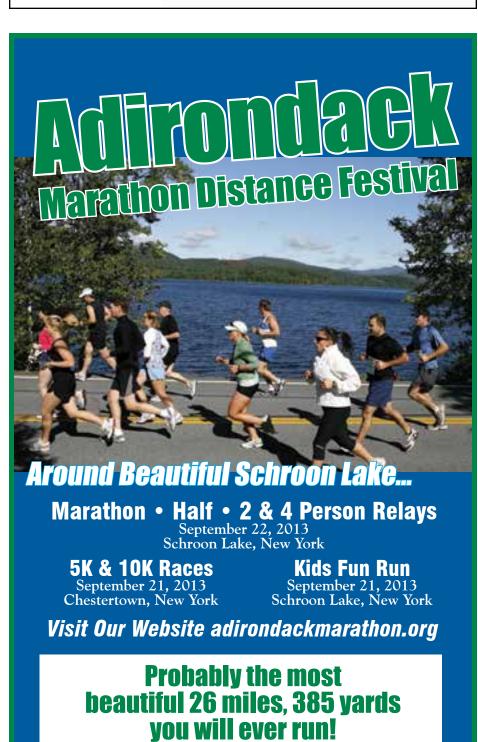












www.AdkSports.com JULY 2013



By Bill Ingersoll

n 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, collegeaged 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

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.

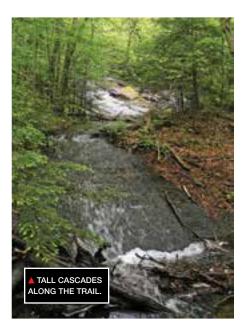
You continue to follow the outlet for a few more minutes until at 0.6-mile you reach a ible from any one spot.

The trail continues ascending and crosses

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



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 (hiketheadirondacks.com). For more on this region, consult Discover the Southern Adirondacks







18 Adirondack Sports & Fitness

TRIATHLON & DUATHLON

Mid-Season Motivation Season Late-Season Events

By Julia Slyer

he 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 multisport 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.



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 vourself 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 midseason. 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, kayaks 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 noncompetitive 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-yearolds complete a 100-meter swim and a onemile 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: Igtrifestival.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.







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RACE RESULTS

	3R	D AI	NNUAL SURVI			FARM 5K CH		NGE	
			•	114.		•			
		RUN WI	TH 12 OBSTACLES		1VI	ALE AGE GROUP: 35 - Randall Decker	- 39 37	Cananiant	30:18
	ALE OVERALL	25	D. II	25.05	2		37 37	Gansevoort Greenwich	33:07
1	Patrick Grevelding	35	Ballston Spa	25:05	3	Benjamin Yurschak Ted Bearor	38		33:38
2	Ethan Allen	27	Schagticoke	25:43	_			Lake George	33.38
3	Lance Jordan	27	Greenwich	27:55		MALE AGE GROUP: 3	36 - 39	0	20.40
FE	MALE OVERALL				1	Becky Sheldon	36 37	Queensbury	38:49
1	Denise Campbell	40	North Bennington, VT		2	Mary Price	37 37	Saratoga Springs Greenwich	39:53 43:06
2	Anne Marie Hathaway	27	Schuylerville	35:01	3	Sarah Denaker		Greenwich	43:06
3	Kelly Styczynski	18	South Glens Falls	35:53		ALE AGE GROUP: 40		Under Fills	22.27
М	ALE AGE GROUP: 1 - 1	4			1	Joe Forbes	44	Hudson Falls	33:37
1	TJ Bearor	10	Lake George	34:54	2	James Ingber	40	Greenwich	35:35
2	Ellis Pemrick	13	Greenwich	35:10	3	John Keller	44	Castleton	36:28
3	Henry Gartner	12	Cossayuna	36:30		MALE AGE GROUP: 4			
	MALE AGE GROUP: 1		,		1	Heather Sweet	41	Cambridge	38:33
1	Mollie Stalter	11	Greenwich	43:24	2	Kris Eastman	44	Salem	40:53
2	Emma Cronin	11	Greenwich	43:24	3	Kyle Schmidt	40	Schaghticoke	47:17
3	Karlie Ashcroft	14	Highland Mills	54:46		ALE AGE GROUP: 45			
	ALE AGE GROUP: 15 -		riigilialiu iviilis	34.40	1	Ty ChenncenIt	49	Hurley	31:51
			From Edward	20.24	2	Stephen Palmer	45	Granville	34:30
1	Kyle Fosmire	18	Fort Edward	29:34	3	Peter Farone	47	Saratoga Springs	39:00
2	Shiloh Murray	16	Schuylerville	35:32		MALE AGE GROUP: 4			
3	Patrick Hilt	15	Colonie	35:55	1	Barbara Hamel	45	Greenwich	46:42
	MALE AGE GROUP: 15				2	Sandra Banas	46	Delmar	52:02
1	Liz Miele	16	Queensbury	46:16	3	Maria Young	45	Cohoes	56:03
2	Ellen Cassidy	19	Shushan	46:40	M	ALE AGE GROUP: 50	- 54		
3	Elizabeth Bell	18	Cambridge	49:30	1	Dan Pemrick	51	Greenwich	34:22
M	ALE AGE GROUP: 20 -	24			2	Daniel Patane	53	Greenwich	37:20
1	Matthew Williams	21	Cambridge	29:34	3	Ace Bllic	54	Saratoga Springs	40:02
2	Karl Palmer	20	Granville	31:34	FE	MALE AGE GROUP: 5	0 - 54		
3	Joe Williams	23	Glenville	31:53	1	Jen Kuzmich	54	Greenwich	46:31
FF	MALE AGE GROUP: 20	1 - 24			2	Lillian Hamel	50	Mechanicville	46:35
1	Jen Skengeton	24	Saratoga Springs	36:02	3	Deborah Curtis	53	Greenfield	50:01
2	Lauren Williams	23	Trov	36:46	M	ALE AGE GROUP: 55	- 59		
3	Nichole Griffin	24	Latham	36:53	1	Lee Hilt	56	Colonie	46:10
	ALE AGE GROUP: 25 -		Latilalli	30.33	2	Philip Bell	57	Cambridge	48:44
			Calcardiation	20.10	3	Tim Newbury	59	Johnsonville	50:12
1	Devin Bulger	26	Schaghticoke	30:10		MALE AGE GROUP: 5	5 - 59		
2	Tim Herrick	25	Greenwich	30:20	1	Sandy Hyde	57	Hoosick Falls	54:19
3	Kevin Miner	25	Saratoga Springs	33:54	2	Patricia Tschannen	56	Saratoga Springs	1:03:59
FE	MALE AGE GROUP: 25				3	Terry Walker	55	Stillwater	1:04:30
1	Rachel Skellie	27	Cambridge	37:36		ALE AGE GROUP: 60		Stillwater	1.04.50
2	Bridget Kane	25	Ballston Lake	38:01	1	Dennis Fillmore	61	Ballston Spa	37:30
3	Danielle Ryan	25	Hoosick Falls	43:28	2		64	Cambridge	42:43
М	ALE AGE GROUP: 30 -	34			3	Tony Alotto	62	College Station, TX	
1	Gregory Prime	30	Greenwich	28:25		MALE AGE GROUP: 6		College Station, 1A	1.13.73
2	William Stemp	32	Hudson Falls	30:22	1	Colleen Halse	60	Lake George	1:09:37
3	Michael Hawrylchak	34	Guilderland	32:27	2	Sandra Montgomery	61	Greenwich	1:10:52
	MALE AGE GROUP: 30				3	Marie Riska	64	Baldwinsville	1:39:40
				20.00	د	IVIGITE IVIDA	04	Palawiiisviiie	1.33.40

	Ma					LIONS DUA Raceway, Sara			
	5K RUI	N, 30K BII	(E, 5K RUN		FI	MALE AGE GROUP:	1 - 19		
M	ALE OVERALL				1	Kayla Dzikowicz	13	Amsterdam	2:24:33
1	Tim Russell	23	Saratoga Springs	1:25:21	M	ALE AGE GROUP: 2	0 - 24		
2	Kevin Miles	17	Clifton Park	1:25:45	1	Jonathan Lazzara	23	Rensselaer	1:35:26
3	John Noonan	53	Ballston Spa	1:29:54	2	Sean Miles	22	Clifton Park	1:37:02
_	MALE OVERALL	33	ballstoll Spa	1.25.54	M	ALE AGE GROUP: 2	5 - 29		
1	Sereena Coombes	37	Queensbury	1:36:46	1	James Keyzer	28	Greenfield	1:30:41
1					2	Pat Cade	29	Albany	1:31:21
2	Shylah Weber	24	Rensselaer	1:37:12	3	Brian Woods	28	Saratoga Springs	1:31:36
3	Heidi Glovack	33	East Syracuse	1:37:17	FI	MALE AGE GROUP:	25 - 29		
M	ALE AGE GROUP: 1 -	19			1	Rachel Waller	27	Burnt Hills	1:50:18
1	Patrick Broderick	15	Wilton	1:43:04	2	Caroline Balkonis	29	Saratoga Springs	1:52:41
2	Frank Hughes	17	Loudonville	1:57:31	3	Laura Giannini	28	Saratoga Springs	2:01:21

MALE AGE GROUP: 70 - 74

James Patterson 71 Schaghticoke

Courtesy of Survive the Farm

1:02:56

Sponsors:



Traile 3 cave Fierric Area Errich act ark office, park in 1 oor loc

No Fee Online Registration & Entry Form: www.HMRRC.com First 250 registrants receive ILTR running hat by Headsweats! Pre-Registration (by July 21): \$17 HMRRC or \$20 non-member

July 22 to Day of Race: \$20 all

Fee includes state park entry and post-race refreshments Note: HMRRC is not holding picnic after race this year

Course:

Heidi Derven

Kyle Henzler Kristen Hafler Accord

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

Awards for 15K & 3.5M Races:

Overall male/female winners and five-year age-group winners (two deep) Scholastic Division (3.5M race) for 11-19 years: NYS Parks Commissioner's Challenge Cup

Male/female winners and two-year age-group winners (two deep) No awards mailed and no duplication

Questions: mjkhome@verizon.net

OTI		LIAL CARAT		IONS DUATIN ON THE STATE	
		UAL SAKAI	OGA L	IONS DUATHLON continued	
MALE AGE GROUP: 30				FEMALE AGE GROUP: 65 - 69	
1 Kevin Ballou	34	Saratoga Springs	1:32:54	1 Christine McKnight 65 Gansevoort	2:05:02
2 Colin Klepetar	34	Saratoga Springs	1:33:24	MALE AGE GROUP: 70 - 74	
3 Chris Evans	33	Wilton	1:36:54	1 Raymond Lee Jr 71 Halfmoon	2:36:19
FEMALE AGE GROUP: 3				2-PERSON MALE TEAM	
1 Renee Salerno	32	Galway	1:47:40	1 Turbo & Booster	1:23:23
2 Ann Marie Moskal	33	Ballston Spa	1:48:58	Jamie Clechenko/Shaun Donegan	
3 Cristal Chan	31	Coventry, CT	1:57:54	2 Toms Team	1:29:08
MALE AGE GROUP: 35				Brian Suozzo/Thomas Suozzo	
1 Laurent Painchard	37	Saratoga Springs	1:39:31	3 GIEMSAR	1:42:57
2 Patrick Hendrix	37	Ticonderoga	1:42:31	Gary Cunningham/Kevin Hamill	
3 Patrick Cooley	38	Rutland, VT	1:43:32	2-PERSON FEMALE TEAM	
FEMALE AGE GROUP: 3				1 Aurora's Match	1:40:53
1 Cathy Oldrich	38	Valatie	1:47:51	Julie McKenzie/Kim Zimbal	
2 Pamela Cooper	36	Greenfield Center	1:49:53	2 Wise/Basso	2:04:44
3 Kimberly Kilby	35	Schenectady	1:52:19	Erica Basso/Heather Wise	
MALE AGE GROUP: 40				3 Krash	2:06:21
1 George Stopyak	42	Clifton Park	1:31:16	Kristin Bergin/Ashley Dunn	
2 Brenden Rillahan	40	South Glens Falls	1:33:16	2-PERSON COED TEAM	
3 Jason Gardner	43	Glens Falls	1:34:07	1 Team Bishop	1:36:59
FEMALE AGE GROUP: 4	10 - 44			Julia Bishop/Brian Bishop	
1 Kara Viger	43	Saratoga Springs	2:01:58	2 Team Adams	1:40:25
2 Janice Decker	44	Gansevoort	2:02:12	Jennifer Adams/Doug Adams	
3 Kim Scott	44	Malta	2:04:16	3 Speedchixdix	1:40:42
MALE AGE GROUP: 45	- 49			Judy Chen/Andrew Usas	
1 Starbuck MacDougall	47	Branford, CT	1:30:59	3-PERŚON MALE TEAM	
2 Carl Regenauer	47	Saratoga Springs	1:31:43	1 Bonnier-Cosgrove-Sherman	1:30:20
3 Christopher Hogan	48	Delmar	1:37:04	Timothy Bonnier/Kevin Cosgrove/Alex Sherman	
FEMALE AGE GROUP: 4	15 - 49			2 No Time To Train	1:36:17
1 Mara Fronhofer	46	Argyle	1:44:35	Chad Quirion/Tony Kenney/Anthony Moccia	
2 Melissa Rowe	46	Bennington, VT	1:47:06	3 Team Gabby Gabs 2	1:56:42
3 Teresa Warner-Maiuri	47	Ghent	1:54:08	Dave Decelle/Louis Rocco/Peter Rocco	
MALE AGE GROUP: 50				3-PERSON FEMALE TEAM	
1 Brian O'Neil	54	Schenectady	1:33:02	1 Team Robinson	2:04:07
2 Michael Stalker	50	Burnt Hills	1:38:19	Maria Geizer/Margaret Martin/Karley Robinson	
3 Mark Weidner	51	Queensbury	1:46:34	2 3Connwomen	2:15:04
FEMALE AGE GROUP: 5	50 - 54	()		Josephine Cannella/Ellen Card/Cynthia Lafave	2.15.01
1 Beth Stalker	53	Burnt Hills	1:37:28	3 Amazing Athletes	2:25:05
2 Molly Grygiel	53	Niskayuna	1:39:59	Christine Basile/Maria Hutsick/Monica Kelly	2.23.03
3 Frances Vincent	51	Slingerlands	1:41:06	3-PERSON COED TEAM	
MALE AGE GROUP: 55		Sirrigeriarias		1 Peru Blue	1:28:18
1 Keith Meyer	55	Saratoga Springs	1:44:26	Sara Dunham/Travis Dunham/Scott Woodward	1.20.10
2 Jeff Clark	55	Glenmont	1:48:23	2 Mod Squad	1:42:30
3 Seth Greenky	56	Fayetteville	1:53:26	Dave Matthews/Lisa Capasso/Matthew O'Neil	1.42.50
FEMALE AGE GROUP: 5		rayetteville	1.55.20	3 Hasty Decision	1:50:19
1 Maureen Roberts	55	Saratoga Springs	2:01:31	Gary Barrow/Maureen Mierzwa/Laura Sakala	1.50.15
MALE AGE GROUP: 60		saratoya springs	2.01.51	CORPORATE TEAM	
1 Richard Morse	- 6 4	Malta	1:54:25	1 Team Elevate Cycles	1:45:07
2 Glenn Schaef	63	Glens Falls	2:11:49		1.45.07
		CIELIS LAIIS	2.11.49	Chris Pitts/Braelin Zarzycki/Craig Zarzycki Adirondack Trust	1.40.E1
FEMALE AGE GROUP: 6	61	Albany	2-14-10		1:48:51
1 Judy Lecomb		Albany	2:14:18	Matthew Igler/Norman Smith	1.50.10
MALE AGE GROUP: 65		Tiesedones	1.50.10	3 Elevate Cycles 2	1:56:16
1 Jim Cunningham	68	Ticonderoga	1:56:18	Terry Briscoe/Chrissy Goodness/Heidi West	
2 Charles Brockett	67	Dolgeville	2:03:03	Courtesy of Saratoga Springs Lions Club	
	201			DCTOMAL TRIATILI ON	

3RD ANNUAL COOPERSTOWN TRIATHLON May 26, 2013 • Otesaga Resort Hotel, Cooperstown

SPRINT: 800M SWIM, 12.2M BIKE, 3M RUN

Nick Pasco/25-29

Josh Edmonds/25-29

Murphee Hayes/35-39

Dana Cooreman/25-29

Brenda Ko/40-44

Matthew McGarry

Brighton, MA

Marathon

Fabius

West Monroe

MALE OVERALL

FEMALE OVERALL1 1:09:59 Murp

MALE AGE GROUP: 15 - 19

1:01:16

1:11:45

1:10:53

3 1:12:01

3 1:02:36

FEMALE AGE GROUP: 15 - 19

3 1:30:46 Grace Potash **MALE AGE GROUP: 20 - 24**

FEMALE AGE GROUP: 20 - 24

MALE AGE GROUP: 25 - 29

1:26:15

1:04:53 1:07:04

1:22:04 1:23:30 Amanda Keplinger

Margaret Knight Grace Potash

Peter Edmonds Tyler Evans Stefano Fontan

Cassie Dobbins

Katherine Ahrens

Jamesville

Cooperstown Rome Clifton Park

Favetteville

Philadelphia, PA New York City



RACE RESULTS

EMALE A	GE GROUP: 25 - 29		FE	MALE AG	E GROUP: 45 - 49	
1:13:00	Erin Collier		1	1:17:00	Glynis Gozigian	Boston, MA
1:22:05	Erin Ring	Clifton Park	2	1:21:32	Roberta Vogt	Rexford
3 1:23:42	Colleen Krug	Baldwinsville	3	1:25:51	Eileen Potash	Philadelphia, PA
	GROUP: 30 - 34		М	ALE AGE	GROUP: 50 - 54	
1:04:19	Jeff Cornick	Ballston Spa	1	1:13:04	Thomas Antonoff	Dolgeville
1:08:45	Ben Larsen	Cazenovia	2	1:14:21	Marc Kingsley	Cooperstown
3 1:10:31	Andrew Totman	New Hartford	3	1:16:24	Mark Celeki	Barneveld
	GE GROUP: 30 - 34		-		E GROUP: 50 - 54	barrievelu
1 1:20:52	Laura Hotchkiss	Saratoga Springs	1	1:23:50	Paula Huntsman	Cooperstown
2 1:21:45	Jessica Daily	Cortland	2	1:23:58	Donna Boots	Baldwinsville
3 1:22:24	Katie Stapleton	Brooklyn	_		Fileen Clinton	
	GROUP: 35 - 39			1:24:34		Syracuse
1:04:56	George Marr	North Kingston, RI			GROUP: 55 - 59	
2 1:05:20	Brian Cestaro	Niskayuna	1	1:11:26	Mark Harmon	Milford
3 1:11:06	Patrick Murray	Fairfield, CT	2	1:14:41	Kirkham Wood	Boston, MA
	GE GROUP: 35 - 39		3	1:18:38	Peter Bettis	Skaneateles
1 1:14:00	Eri Spaulding		M	ALE AGE	GROUP: 60 - 64	
2 1:16:45	Kirsten Cestaro	Niskayuna	1	1:10:47	Timothy Leonard	
3 1:19:10	Marla Bureau	Saratoga Springs	2	1:16:49	Dominic Coppolo	Cherry Valley
	GROUP: 40 - 44		3	1:19:55	Thomas Onisk	New Hartford
1:04:10	Jason Schreer	Potsdam	М	ALE AGE	GROUP: 65 - 69	
1:05:32	Joe Wheeler	Marathon	1	1:22:26	Chris Baker	Weedsport
3 1:06:30	Doug Domagala	Lowville	2	1:28:35	David Dibelius	Lake George
	GE GROUP: 40 - 44		M		GROUP: 70 - 74	Lake George
1:17:03	Laura Creagan	York, ME	1	1:47:09	Samuel Clemence	Syracuse
2 1:17:21	Kathleen Rainbow			AM RELA		Syracuse
3 1:18:22	Peggy Dorval	Boylston, MA	1	1:15:15	Team Shepard	
	GROUP: 45 - 49					
1:12:05	Joe McKown	Needham, MA	2	1:24:34	Team Knight	
2 1:12:26	Edward Keplinger	Jamesville	3	1:28:49	Team Dakota	
3 1:12:28	Mike Fitzgerald	Oneida			Courtesy of ATC E	ndurance

24			RUN IF YOU D				
MALE OVERALL	Way 23, 2		EMALE AGE GROUP: 1			EMALE AGE GROUP: 4	10 - 49
1 Jason Perkins	17:49	1	Jacqueline Boyce	23:50	1	Gail Rubinstein	21:34
FEMALE OVERALL		2		25:44	2	Faye Reynolds	21:37
1 Lisa Nieradka	20:03	3	Briainia Berner	32:06	3	Shaley Alber	22:01
MALE AGE GROUP: 1 -			MALE AGE GROUP: 20 -			IALE AGE GROUP: 50	
1 Josh Germain	22:45	1	Scott Matricson	19:40	1		19:33
2 Dylan Olivia	24:02	2	,	19:43	- 1	Patrick Culligan	
3 Harry Rubinstein	24:06	3		21:18	2	Ray Scaringe	21:29
FEMALE AGE GROUP: 1	l - 11	F	EMALE AGE GROUP: 2	0 - 29	3	Paul Caradori	23:11
1 Savannah Bowie	29:17	1	Kristen Connors	21:33	F	EMALE AGE GROUP: 5	60 - 59
2 Kasondra Kelly	29:24	2	Deanna Clements	21:52	1	Linda Kimmey	22:12
3 Brynn Murphy	29:47	3	Michelle Storm	22:24	2	Susan LeSar	28:10
MALE AGE GROUP: 12	- 15	N	IALE AGE GROUP: 30 -	39	_		
1 Joe Stewart	18:08	1	Matthew Buneo	20:26	3	Donna Perkins	28:10
2 Colby DeMarco	20:40	2	Matt Zappen	21:11	N	IALE AGE GROUP: 60	- 69
3 Alex Ciulla	23:12	3	Adam Roscino	22:56	1	Paul Bennett	20:42
FEMALE AGE GROUP: 1	12 - 15	F	EMALE AGE GROUP: 3	0 - 39	2	James Larkin	21:56
1 Aubrey Murphy	24:24	1	Melissa Smolen	22:51	3	Ron Peacock	28:42
2 Maya DeMarco	24:27	2	Tara Rinaldi	24:51		IALE AGE GROUP: 70	
3 Emily Henes	24:43	3	Tricia Pendergast	25:19	IV.		
MALE AGE GROUP: 16	- 19	N	ALE AGE GROUP: 40 -	49	1	Jim Moore	25:04
1 Paul Vermilyea Jr	19:35	1	Mark Stephenson	18:03	N	IALE AGE GROUP: 75	- 79
2 Eric Krasuski	21:41	2		18:15	1	Joe Kelly	35:09
3 Jake Mastrocola	21:48	3	Rick Zachgo	18:16		Courtesy of The Coni	nors Agency

		35TH					N FOR WOME	EN	
		WOMEN'S	5K RUN		5	16:01	Merima Mohammed	ETH	21
FE	MALE O	VERALL			6	16:05	Amane Gobena	ETH	31
1	15:25	Emily Chebet	KENYA	27	7	16:07	Karolina Jarzynska	POL	31
2	15:31	Esther Chemtai	KEN	24	8	16:19	ZemZem Ahmed	ETH	28
3	15:34	Isabella Ochichi	KEN	33	9	16:29	Alice Kimutai	KEN	21
4	16:00	Amy Van Alstine	USA	25	10	16:29	Megan Hogan	Saratoga Springs	25 continued

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35TH ANNUAL FREIHOFER'S RUN FOR WOMEN continued

42 46 AGE GROUP: 70 - 74

AGE GROUP: 75 - 79

AGE GROUP: 80 - 84

MOTHER/DAUGHTER TEAMS

Spencer Hayes/Jody Hayes Adams St Runners

Patricia Horan/Colleen Spring

Tara Josberger/Katrina Josberge

GRANDMOTHER/MOTHER/DAUGHTER TEAMS

Hollis Hite/Claudia Consiglio/Katrina Consiglio

Alicia Bousa, Valerie Bousa, Alice Mrzyglod

Jordan Casey/Emily Digman/Josette Messere

Freihofers Fab 5 B
Jali Taccone/Meredith Austin/Christine Miller

Colonie HS A Bellame Bower/Amanda Chambers/Shannen Kerin

Caroline Starace/Keellyn Cummings/Samantha Vette

Mariellen Penzer/Gabrielle Robens/Erin Carev

Terra Snow/Jean Carucci/Christine Ripple

Alyssa Risko/Melissa Patrick/Wendy Reshetar

Kelcey Heenan/Rebecca Johnson/Sarah Kill

Catherine Croce/Jackie Craft/Megan Craft

Erica Jesseman/Sheri Piers/Mary Pardi Fleet Feet Albany Racing A Megan Hogan/Sara Dunham/Morgan Roche

Team Utopia 40 Kim Miseno-Bowles/Brenda Lennon/Christine Varley

Karen Dolge/Teresa Warner Maiuri/Denise Lebrecht-Kuhner Saratoga Stryders Blue 1: Pamela DelSignore/Mary Fenton/Lauren Herbs

Julie Suarez/Emilia Suarez/Laura Clark

FRIENDS & FAMILY TEAMS

Mary Devries/Joy Devries

Jayne Zinke

Carrie Parsi

Regina Wright Laddie Toney

Libby James

Eiko Boque

Mary Nagle

Anny Stockma Gisela Choi

28:32

28:33

35:50

23:55

41:22

37:38 47:16

Team Hayes

Sweet Crossing Alison Heaphy/

Hollowood

Springstien

Josberger

Team Bousa

3 Clark/Suarez

Team BH

3 Inner Fast Girls A

Rebecca Boswell/Colle

Saratoga Springs HS C

Saratoga Springs HS Á

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Emily Bryans/Kristina Gracey/Shelly USATF CLUB TEAM MASTERS 40+

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1 Liberty AC 50
Joan Miller/Pamela Linov/Drusilla Pratt-Otto

Team Utopia 50 Cathy Sliwinski/Joan Celentano/Sharon Fellner

3 FBC 2

SISTER/SISTER TEAMS

Valatie

USA

Nassau

71

76

76 78 78

81

82

Gloucester, MA Hyde Park, MA

Marshfield, MA

Warrensburg

Schaghticoke Albany

Schenectady Hammondsport

41:40

44:30

44:38

40:12

42:10

1:44:51

1:45:11

1:47:01

1:03:57

1:18:29

1:21:21

59:55

1:00:02

1:28:36

1:16:56

1:25:22

1:25:33

53:11

53:24

55:40

1:06:56

1:09:21

1:10:01

1:08:55

1:18:14

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FAX: 518-674-3964

MASTERS: AGE 40 & OVER

AGE GROUP: 14 & UNDER

Dorota Gruca

Trina Painter

Emily Bryans

Mariellen Penzer

Bellame Bower

Caroline Starace

Amanda Chambers

Keelin Hollowood Spencer Hayes

Gabrielle Robens

Emily Burns

Erica Jesseman

Morgan Roche

Millicent Kuria

Diane Johnson

Sarah Loerch

Svlvie Llovd

Michelle Frey

Tera Moody Mesha Brewe

Kristina Gracey

Chelsea Bensor

Sara Dunham

Gretchen Oliver

Erin Corcoran

Karen Dolge

Penny Tisko

Sally Drake

Una Broderick

Anne Benson

Grace McFlrov

Nancy Nicholson Pamela Linov Nancy Taormina

Wendy Rescott

Joan Samuelsor

Maureen Fitzgerald

Joan Miller

Joy Devries

Judy Phelps

Judy Harrigan

Claire Houle

Martha DeGrazia

Roberta Solomor

Susan Gustafson

Lenore Webber E Silva

Rosemary Hillengas

Terri Artese

Jill Buff

Kimberly Mise

Renee Tolan

Jodie Robertson

Julia Mark

Christina Macfarlane

Sarah Crouch McKenzie Melander

Mary Pardi

Sheri Piers

16:59

17:24

18:16

18:43

19:31

19:58

19:18

19:33 19:35

16:56 16:58

17:02

19:10

16:58

17:36 18:02

18:39

16:35

18:33

18:44

18:50

19:35

20:16

21:08

21:08

21:15

19:35 19:39

19:43

18:57 21:50

22:12

23:02

18:59

21:11

24:04

21:52

23:40

26:05

26:11

28:11

28:32

AGE GROUP: 65 - 69

AGE GROUP: 15 - 19

AGE GROUP: 20 - 24

AGE GROUP: 25 - 29

AGE GROUP: 30 - 34

AGE GROUP: 35 - 39

AGE GROUP: 40 - 44

AGE GROUP: 45 - 49

AGE GROUP: 50 - 54

AGE GROUP: 55 - 59

Poland

Delanson

18 15

18 Delmar

16

23 USA 23 USA 24 Scarb

23 21

28 BUR

28 Melville

26

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Falmouth, ME

Saratoga Springs

Colonie Greenfield Center

Greenfield Center

Saratoga Springs

Saratoga Springs

Scarborough, ME

Gansevoort

Slingerlands

Clifton Park

Rocheste

USA

Clifton Park

Guilderland

Plattsburgh

Clifton Park

Guilderland Schenectady

Amsterdam

Altamont

New York

Wantagh

Clifton Park

Sleepy Hollow Schenectady

Oueensbury

Arlington, MA

West Sand Lake

Chestnut Hill, MA

Saratoga Springs Stamford

Clifton Park

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JULY 2013

		35TH AN	NU	AL FREIHO	FER'S	RU	JN F	OR WOMEN	coi	ntinue	ed
U	SATF CI	UB TEAM VETERANS	604			М	ALE A	GE GROUP: 10 - 11			
1		Jtopia 60			1:28:56	1	7:06	Christopher Garrets	on 11		
		helps/Mary Roden-Tice/	∖nny	Stockman		2	7:30	Liam Fuller	10	St Pius	X School
U:		LUB TEAM 70+			1:38:38	3	7:34	Jaxon Armstrong	10	Bell Top	FS
1		· AC 70 Parsi/Charlene Francis/R	anina	\M/right	1.38.38	FF		AGE GROUP: 12 - 1		Den Top	- 23
	Carrie	JUNIOR				1	8:05	Lavla Yousef	12	Farnswo	orth MS
М	ALE O	/ERALL				2	8:27	Kayla Dzikowicz	13		iteracy Academy
1	6:51	Timothy Fisher	13	St. Pius X School		3	8:57	Karlie Foster	13		lle Central School
2	6:52	Brian Taylor	10	Frank Long ES					13	INOLLLINI	lie Central School
3	6:54	Wilson Fresh	10	Caroline Street ES		M		GE GROUP: 12 - 13			
FE		OVERALL		1.50		1	7:14	Brandon Baccaro	13		
7	7:00 7:33	Emily Bini Flli Sol Strich	11 12	Lynnwood ES Averill Park MS		2	7:36	Colin Leonard	12		
3	7:35	Emily Drake	11	St Mary's School		3	7:48	Ethan Burch	12	Schuyle	rville
		AGE GROUP: 1 - 9		of ividity a oction				USA 5K RACE WA	LK CH	AMPION	ISHIPS
1	7:59	Aidan Yonally	8	Green Meadow ES		М	ALE O	/ERALL			
2	8:46	Rachel Bortnick	9	Berlin ES		1	Richar	d Luettchau	28	22:28	Somerset, NJ
3	9:18	Kara Cooney	9			2	David	Swarts	48	23:38	Jackson, MI
M	7:36	GE GROUP: 1 - 9	0	Dall Tan FC		3	David Dave 1		53	24:57	Owego
7	7:36 8:15	Austin Coyne Cameron Jansen	9	Bell Top ES		-		OVERALL	,,,	24.37	Owego
3	8:29	Matthew Perrecone	9	Tesago ES		1		Mitcha	28	23:18	Nesconset
		AGE GROUP: 10 - 11	_	icago Es		1					
1	7:50	Makayla Stoutenburg	11	Bell Top ES		2	Teresa		50	23:36	Gainesville, FL
2	8:31	Trisha Gagne	10	Cairo Durham ES		3	Katie I	Burnett	24	24:09	Rochester
3	8:38	Stefanie Simkins	11	Bell Top ES				Courtesy of USATF	Adiron	dack Ass	ociation

		16TH				I HERITAGE 5		IN	
			June 1, 2013 •	Old Sc	hoc	ol House, Charlto	on		
MAL	E OVERALL				M	ALE AGE GROUP: 35 -	39		
	han Clary	24	Charlton	16:01	1	Chris Mulford	36	Schenectady	17:50
2 Er	ic Young	21	Latham	16:40	2	Gabe McGarry	36	Slingerlands	19:13
	nthony Giuliano	34	Albany	16:55	3	Jason Peters	39	Schenectady	20:50
FEM/	ALE OVERALL				FE	MALE AGE GROUP: 3	5 - 39		
	mantha Roecker	21	Charlton	18:21	1	Sarah Reed-Hauenste	36	Saratoga Springs	22:45
2 M	eagan Roecker	18	Charlton	20:09	2	Rebecca Bednarek	36	Amsterdam	23:23
3 Al	yssa Drapeau	19	Glenville	20:25	3	Marta Hallgren	35	Galway	23:19
MAL	E AGE GROUP: 1 - 1	14			M	ALE AGE GROUP: 40 -	44		
1 M	ichael Bashant	14	Ballston Lake	20:30	1	Zach Gobel	44	Ballston Spa	20:27
2 Sh	awn Rousseau	14	Clifton Park	21:28	2	Michael Lundt	43	Norristown, PA	21:48
3 Ni	ckolas Kokkinides	13	Ballston Lake	21:38	3	Daniel Battaglia	43	Scotia	21:55
FEM/	ALE AGE GROUP: 1	- 14			FE	MALE AGE GROUP: 4	0 - 44		
1 Kı	istin MacAlonen	13	Ballston Lake	24:34	1	Faye Reynolds	41	Porters Corners	22:35
2 Ro	ory Graham	12	Burnt Hills	24:59	2	Shelley Allison	40	Burnt Hills	25:02
3 Re	nee Manosh	13	Ballston Lake	26:34	3	Jill Gobel	43	Ballston Spa	25:53
MAL	E AGE GROUP: 15 -	19			М	ALE AGE GROUP: 45 -	49		
1 Jo	e Chapman	18	Ballston Lake	17:18	1	Richard Cummings	45	Schenectady	19:56
2 Bu	ıddy Herkenham	18	Charlton	17:28	2	Wayne Richardson	49	Altamont	21:11
3 Tr	evor Drapeau	17	Glenville	18:34	3	David Karandy	46	Saratoga Springs	23:13
FEM/	ALE AGE GROUP: 1	5 - 19			FE	MALE AGE GROUP: 4	5 - 49	3 , 3	
1 Ki	ra Wolf	19	Ballston Spa	21:53	1	Michelle Schrader	46	Burnt Hills	25:23
2 Ra	ichael Brush	19	Charlton	23:31	2	Kristen Short	45	Ballston Spa	25:30
3 G	abriella Rao	16	Burnt Hills	23:51	3	Theresa Rousseau	46	Clifton Park	26:37
MAL	E AGE GROUP: 20 -	24			М	ALE AGE GROUP: 50 -	54		
1 Jo	sh Myers	22	Ballston Spa	18:08	1	Michael Stalker	50	Burnt Hills	19:41
	n Cusick	24	Slingerlands	18:28	2	Thomas Rest	53	Clifton Park	22:41
3 Br	ent Drapeau	22	Glenville	19:04	3	Steve Janack	50	Scotia	22:47
	ALE AGE GROUP: 20	0 - 24			FE	MALE AGE GROUP: 5	0 - 54		
	egan James	24		20:28	1	Beth Stalker	53	Burnt Hills	20:50
	nanda Brush	22	Charlton	23:32	2	Diane Mahar	52	Ballston Spa	27:02
3 Ke	endra Adams	21	Charlton	25:46	3	Julie Seiz	51	Ballston Lake	28:32
	E AGE GROUP: 25 -		Charton	25.10		ALE AGE GROUP: 55 -		Danistori Lanc	20.52
	el Patrie	29	Scotia	18:47	1	George Baranauskas	59	Scotia	20:59
	reg Stevens	28	Charlton	20:17	2	Chester Tumidajewicz	58	Amsterdam	23:29
	athan Hunt	25	Schenectady	21:13	3	Dan Owens	57	Ballston Spa	23:40
	LE AGE GROUP: 2!		Scheneelady	21.15		MALE AGE GROUP: 5		ballstoll spa	25.10
	ichel Waller	27	Burnt Hills	21:45	1	Gina Schneider	57	Burnt Hills	28:32
	nanda Barone	29	Ballston Spa	24:14	2	Marie Arrao	57	Clifton Park	30:56
	aitlin O'Keefe	29	Schenectady	24:58	3		55	Glenville	33:13
	E AGE GROUP: 30 -		Schencelady	24.50	-	ALE AGE GROUP: 60 -		Gierryllic	55.15
	nathan Peck	34	Glenville	19:02	1	Paul Bennett	61	Latham	21:35
	ck Bloomer	34	Charlton	22:06	2	Dominick Delorio	63	Round Lake	23:37
	atthew Johnson	33	Glenville	22:20	3	Tim Fisher	60	Ballston Spa	26:35
	ALE AGE GROUP: 30		Gierranie	22.20		MALE AGE GROUP: 6		ballstoll spa	20.55
	ura Zima	33	Schenectady	20:57	1	Katherine Ambrosio	62	Delmar	28:35
	enay Dippert	32	Saratoga Springs	23:27	2	Rhonda Smith	61	Latham	33:47
	mantha Bodenstab	31	Charlton	23:47	3	Alice Carpenter	62	Delmar	34:54
ى د	manara bodenstab	۱ د	CHARLOTT	23.47	ر	/ ince carpenter	UZ	Delitidi	continued

	16T	H ANI	NUAL CHA	RLTON I	HERITAGE 5K	RUN co	ntinued	
М	ALE AGE GROUP: 65	- 69			MALE AGE GROUP:	70 - 74		
1	David Glass	66	Glenville	21:47	1 Jim Moore 2 Frank Klose	73 70	Niskayuna Castleton	26:48 27:31
2	Douglas Fox	68	Loudonville	25:50	3 Rick Poplaski	70 70	Ballston Lake	29:11
3	Terence Smith	65	Galway	28:11	MALE AGE GROUP:	75 - 79		
FE	MALE AGE GROUP:	55 - 69			1 Paul Koelbel	79	Greenfield Center	41:10
1	Nancy Johnston	67	Latham	37:37	FEMALE AGE GROU 1 Phyllis Sleeper	J P: 75 - 79 75	Galwav	51:40
2	Bernadette Wilson	67	Charlton	56:00			Historical Society	51.40

		AL RALLY II , 2013 • Fort F						
	K RUN, 2	20M BIKE, 5K RUN		MALE A	GE GROUP: 1 - 1	19		
MALE OVERALL					el Wheeler	9	Amsterdam	43
Kent Lemme	46	Pittsfield, MA	1:33:30	FEMALE	AGE GROUP: 1	- 19		
Nathan Piche	21	Hoosick Falls	1:41:55		Brooks	13	Amsterdam	31
Kevin Ballou	34	Saratoga Springs	1:43:08		Cusack	10	Fultonville	32
EMALE OVERALL	42	0	2.02.47	3 Emily	Zawisa	15	Amsterdam	36
Pamela Gordon Tracy Perry	43 49	Queensbury Clifton Park	2:02:47 2:07:20	MALE A	GE GROUP: 20 -			
Tracy Perry Caralyn Casey	49 37	Saratoga Springs	2:20:09	1 Kyle I	Mahar	25	Ballston Lake	23
MALE AGE GROUP: 30 -		saratoga springs	2.20.09	2 Micha	ael Marzullo	27	Amsterdam	23
Daniel Cusack	39	Fultonville	1:54:06	3 Thom	nas Mancini	26	Fonda	24
Dan Casey	34	Gloversville	2:02:42	FEMALE	AGE GROUP: 2	0 - 29		
Scott Pearson	32	Mohegan Lake	2:23:33	1 Brittn	ey Hayes	22	Johnstown	24
EMALE AGE GROUP: 3		Worlegan Lake	2.23.33	2 Miche	ele Marzullo	24	Amsterdam	27
Holly Gatto	39	Amsterdam	2:22:13	3 Brean	na Wojdyla	26	Amsterdam	29
Kristin Bonomo	31	Niskayuna	2:32:08	MALE A	GE GROUP: 30 -	39		
Ruth Perry	35	Glenville	2:32:16	1 Charl	es Beekman Jr	32	Amsterdam	26
MALE AGE GROUP: 40 -	49			2 Adam	n Fish	30	Fultonville	28
Tim Shepard	44	Canajoharie	2:06:00	3 Luis T	irado	33	Amsterdam	28
Steve Rare	44	Amsterdam	2:15:09	FEMALE	AGE GROUP: 3	0 - 39		
Eric Kimmelman	48	Amsterdam	2:15:34		sa Sacco	30	Tribes Hill	27
EMALE AGE GROUP: 4					sa Congdon	39	Canajoharie	28
Raquel Parisi	48	Amsterdam	2:28:17		n Kowalczyk	39	Hagaman	28
Tina Massa	46	Wynantskill	2:45:17		GE GROUP: 40 -		riagarriari	_,
MALE AGE GROUP: 50 -					goesta	43	Amsterdam	25
Glenn Herbert	55	Kinderhook	1:51:02		rick Congdon	41	Fort Plain	28
Myron Ferguson	55	Middle Grove	1:58:48		s Schlesier	49	Johnstown	30
David Patterson	53	Fonda	2:00:03		AGE GROUP: 4		JOHNSTOWN)(
EMALE AGE GROUP: 5	50 - 59	Glenmont	2:25:03		McGillan	44	Amsterdam	25
Katesel Strimbeck	50 50	Clifton Park	2:25:03		lia Lais	47	Tribes Hill	3
Pamela Yunginger IALE RELAY TEAM	50	CIIIION Park	2:39:00		Flliott	45	Fort Hunter	34
A Rocker and a Road			1:42:21		GE GROUP: 50 -		ron numer	34
Charles Brooks/Jef Hetri	ck		1.42.21			50	Clifton Park	2!
OED RELAY TEAM	CK				topher Campbell	50 53		
BIB			1:51:40		s Marco	53	Niskayuna	33
Liz Argotsinger/Brent Po	llak		1.51.40		thy Cramer		Mayfield	40
EMALE RELAY TEAM	····				AGE GROUP: 5			2.0
Bursese/Swedick			1:58:21		anella	51	Amsterdam	28
Lisa Swedick/Jeri Burses	e				th Brooks	50	Amsterdam	28
	5K RU	N			rah Valo	51	Gloversville	30
MALE OVERALL					GE GROUP: 60 -		Calmana	
Joel Gordon	41	Queensbury	18:12		Cramer	61	Schenectady	48
Arron Coutiure	42	Schenectady	22:05		Duesler	65	St Johnsville	52
Patrick Whelly	60	Tribes Hill	23:05		Constantine	62	Amsterdam	1:12
EMALE OVERALL					AGE GROUP: 6			
Danielle Cherniek	51	Cohoes	21:51		Cusack	62	Fultonville	48
Stacy Damphier Justine Tesiero	26	Amsterdam	23:35	2 Donn	a Cramer	63	Mayfield	51

4TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE June 1, 2013 • Slate Valley Museum, Granville FEMALE AGE GROUP: 1 - 8 MALE OVERALL Tim VanOrden Volker Burkowski Bennington, VT 16:56 1 Faith Ingber 44:54 Greenwich FEMALE AGE GROUP: 9 - 12 Daryn Hutchings 16 Argyle 17:57 Katelynn Mello **FEMALE OVERALL** 2 Janna Rutkowski 11 Kingston 35:59 Kelly Ahlfeld 47 Pawlet, VT 22:39 3 Kayla Sage 10 Hartford 41:01 16 Queensbury 22:46 MALE AGE GROUP: 13 - 19 MALE AGE GROUP: 1 - 8 1 Brandon Thomas Granville 20:16 16 28:00 Kingston David Rutkowski Ben Beckler 16 Middle Granville Quinn Johnson Owen Crossman 20:36 Samuel Kilpatrick Middle Granville

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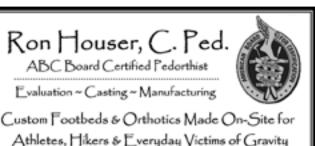






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RACE RESULTS

	4TH ANNUAL	RAII	L TRAIL TO 1	THE FO	ОТ	BRIDGE 5K T	RAIL	RACE contin	nued
FE	MALE AGE GROUP: 1	3 - 19			FE	MALE AGE GROUP: 4	10 - 49		
1	Danielle Milanese	19	Granville	25:12	1	Erika Eckrote	42	Poultney, VT	24:35
2	Avery Robertys	14	Granville	33:48	2	Lisa Dennison	48	Queensbury	25:55
М	ALE AGE GROUP: 20 -	29			3	Kristin Olmstead	41	Hudson Falls	27:38
1	Jedidiah Mead	23	Granville	18:58	M	ALE AGE GROUP: 50	- 59		
2	Isaac Beckler	20	Middle Granville	20:02	1	William Venner	54	Granville	19:40
3	Josh Beckler	22	Middle Granville	21:49	2	Samual Mercado Jr	50	Wilton	20:04
FE	MALE AGE GROUP: 2	0 - 29			3	Jamie Casline	53	Ballston Lake	21:24
1	Sonya Daniels	21	Greenwich	24:57	FE	MALE AGE GROUP: 5	0 - 59		
2	Danielle Marino	21	Glens Falls	25:21	1	Stephany White	58	Grovetown, GA	25:23
3	Michelle Parbus	24	Granville	28:29	2	MaryAnn Macura	53	Granville	26:45
М	ALE AGE GROUP: 30 -	39			3	Karen Costello	58	Hague	26:48
1	Sean Smith	30	Scotia	20:31	M	ALE AGE GROUP: 60	- 69	•	
2	Dale Christie	38	Proctor, VT	22:07	1	Mark Sager	62	Katskill Bay	22:38
3	Scott Keglorijts	36	Glens Falls	27:08	2	Dave Rutkowski	67	Ticonderoga	29:07
FE	MALE AGE GROUP: 3	0 - 39			3	Robert Johnson	65	Saint James	30:18
1	Melissa Kwasniewski	36	Fort Edward	30:00	FE	MALE AGE GROUP: 6	60 - 69		
2	Brooke Morgan	36	Granville	30:50	1	Linda Ellingsworth	60	Granville	32:34
3	Heather Doran	31	Granville	31:02	2	Sharon Chapman	64	Escondido, CA	41:00
М	ALE AGE GROUP: 40 -	49			3	Judy Zinn	61	Pawlet, VT	45:44
1	John Ehntholt	46	Granville	19:31	M	ALE AGE GROUP: 70	- 79		
2	William Colvin	49	Bennington, VT	20:37	1	Michael Rosenthal	70	Arlington, VT	26:05
3	Michael Smith	49	Argyle	21:34		Courtesy of I	Rail Trail t	to the Footbridge	

CAPITA	June 5 & 12, 201				E TRIAL
	RACE #1 - 12 MILES			RACE #2 - 12 MILES	
LE OVERALL			MALE OVERALL		
Puga lauca	Pust Polt Pasing	27.55			

		ACE #1 - 12 MILES		RACE #2 - 12 MILES	
M	ALE OVERALL			MALE OVERALL	
1	Ryan Joyce	Rust Belt Racing	27:55	1 Curtis White Hot Tubes	26:35
2	Marcus Debergh	Unattached	28:23	2 Andrew Ruiz CCC/Keltic/Zane's	27:37
3	Mark Sumner	CCC/Keltic/Zane's	28:24	3 Christopher Welch Motion Elite Cycling	28:16
4	Thomas Butler	CCC/Keltic/Zane's	28:54	4 Thomas Butler CCC/Keltic/Zane's	28:54
5	Alan Finder	Unattached	29:03	5 Chris Carper Capital Bicycle Racing Club	30:13
6	Jeff Krywanczyk	Team Wear On Earth	29:05		30:20
7	Anthony Pharo	Team Genesis Cycling	29:13	6 Bryan Grygus Specialized/HRRT	
8	Thierry Blanchet	North American Velo	30:08	7 Paul Hebert Capital Bicycle Racing Club	30:27
9	Paul Hebert	Capital Bicycle Racing Club	30:17	8 Charles Casey Unattached	30:33
	John Libutti Jr	Unattached	30:24	9 Paul Byron Capital Bicycle Racing Club	30:50
	Christophe Wilkes	CRCA/Eumaeus	30:28	11 Christophe Wilkes CRCA/Eumaeus	30:57
	Bryan Grygus Liam Mccarthy	Specialized/HRRT Team Loco	30:33 30:33	12 Chance Wilk Unattached	31:09
	Don Rice	CCB/Battenkill United	30:33	13 Ron Cooke ZiaVelo	31:24
	Chris Carper	Capital Bicycle Racing Club	30:43	14 Lyle Schultz Capital Bicycle Racing Club	31:44
	Ron Cooke	Zia Velo	31:17	15 J Wozniak Unattached	32:24
	Ryan Conley	Capital Bicycle Racing Club	31:21	16 Danny Goodwin NYcross.com	32:30
	Paul McDonnell	Capital Bicycle Racing Club	31:30	17 Brian Hupe Houlton Farms Dairy	33:16
	Danny Goodwin	NYcross.com	32:25	19 Dan Shyne Bethlehem Tri Club	33:28
20	Benoit Tonneau	Specialized/HRRT	32:52	20 John Libutti Jr Unattached	33:31
21	Bob Hooper	Capital Bicycle Racing Club	33:06	21 John Guastella Bethlehem Tri Club	33:36
22	! Dan Shyne	Unattached	33:11		
23	Dave Beals	NYcross.com	33:41	22 Rick Ikasalo Bethlehem Tri Club	33:36
24	Ed Decker	Capital Bicycle Racing Club	33:41	23 Dave Beals NYcross.com	33:58
25	Rick Ikasalo	Bethlehem Triathlon Club	33:47	24 Ed Decker Capital Bicycle Racing Club	34:01
	Jason Vanstaveven	Capital Bicycle Racing Club	33:55	25 Steve Vnuk Unattached	34:20
	' Matthew Landy	Capital Bicycle Racing Club	34:04	26 Stephen Werthner Capital Bicycle Racing Club	34:30
	Phillip Hershberger	Capital Bicycle Racing Club	34:39	27 Wayne Clermont Unattached	36:49
	Alan Sanfilippo	Capital Bicycle Racing Club	36:11	28 Jeff Clark Unattached	36:55
	Ken McGuinness	Capital Bicycle Racing Club	36:25	29 Edward Rosenberg Unattached	39:53
31		Unattached	37:07	30 Charles Tarbay Specialized/HRRT	42:51
	Christian Torres	Team Bikeway.com	43:49	FEMALE OVERALL	72.51
	MALE OVERALL	C 'I' INIDAT	24.46	1 Allison Yoho Unattached	30:55
1	Allison Yoho	Specialized/HRRT	31:10		33:23
2	Keane Brennan	GS CycleLife	32:40	2 Keane Brennan GS CycleLife	35.23
3	Kathryn Toth	Capital Bicycle Racing Club	41:12	Courtesy of Capital Bicycle Racing Club	

	15TI	1 ANN	NUAL KINDER	HOO	КВ	ANK OK-5K	ROAI	RACE	
			June 8, 2013 •						
N	IALE OVERALL			_	FE	MALE AGE GROUP: 1	5 - 19		
1	Kevin Treadway	24	Albany	15:15	1	Mary Devries	17	Delmar	21:05
2	Aaron Lozier	24	Guilderland	15:29	2	Kosia Geiger	18	Valatie	21:23
3	Tim Caramore	31	Missoula, MT	15:29	3	Kaitlyn McGarvey	17	Nassau	22:18
F	EMALE OVERALL				M	ALE AGE GROUP: 20	- 24		
1	Emily Bryans	45	Schenectady	17:45	1	Eric Young	21	Latham	15:58
2	Kristina Gracey	30	Albany	17:52	2	Nick Webster	24	Latham	16:13
3	Karen Bertasso	29	Mayfair	18:15	3	Owen Strong	20	Fayetteville	16:26
N	IALE AGE GROUP: 1 -	14			FE	MALE AGE GROUP: 2	0 - 24		
1	Austen Valliere	13	Stuyvesant	18:10	1	Ada Lauterbach	23	Mayfair	20:01
2	Bryan Kern	13	Castleton-on-Hudson	21:00	2	Julie Nabozny	23	Valatie	22:19
3	Jacob Gellert	14	Hillsdale	22:15	3	Kelcey Heenan	24	Selkirk	22:48
F	EMALE AGE GROUP:	1 - 14			M	ALE AGE GROUP: 25	- 29		
1	Abby Werwaiss	13	Nassau	22:24	1	Tom O'Grady	28	Latham	15:40
2	Savanna Charow	12	Ludlow, MA	24:23	2	Brad Lewis	26	Troy	15:56
3	Grace Howard	12	Hudson	26:25	3	Ryan Walter	28	Voorheesville	17:16
N	IALE AGE GROUP: 15	- 19			FE	MALE AGE GROUP: 2	5 - 29		
1	Jordan Healy	17	Castleton	16:37	1	Meghan Mortensen	27	Rotterdam	18:34
2	Jake Van Dine	16	Hingham, MA	18:20	2	Jessica Chichester	27	Guilderland	18:41
3	Simon Powhida	16	Delmar	18:34	3	Elizabeth Chauhan	28	Albany	19:40

The 36th Annual Great Cow Harbor 10K Run

SATURDAY, SEPT. 21

Where Top U.S. **Athletes Gather**



THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE

Chosen by AUNINER'S WORLD as one of the nation's elite races. Northport's "GREAT COW HARBOR 10-KILOMETER RUN" is more than a foot-race for the world class athlete. Experience the hometown friendliness that makes this an unforgettable event for every one of the 5,000 runners who participate.

For a detailed entry blank, send S.A.S.E. to GREAT COW HARBOR 10-KILOMETER RUN, INC. P.O. BOX 41, NORTHPORT, NY 11768

Capital One





ONLINE REGISTRATION:





Canoe Outfitters

Guided Trips - Day and Overnight

St. Regis

K	BAN	K	OK-5K ROA	D RAC	E cont	inued	
		FE	MALE AGE GROUP:	60 - 64			
15	5:37	1	Judy Phelps	62	Ballston Sp	oa	21:13
	5:04	2	Martha DeGrazia	62	Slingerland	ds	24:48
16	5:53	3	Margaret Phillips	60	East Schoo	lack	29:41
10	3:20		ALE AGE GROUP: 65				
	3:30	1	Jim Fiore	65	Latham		23:48
	9:05	2	Gerald Sun	69	Brooklyn		28:19
		3	Michael Colwell	66	Claverack		28:22
16	5:00		MALE AGE GROUP:		.		24.25
	5:34	1	Susan Wong	65	Glenmont		24:35
17	7:49	1	ALE AGE GROUP: 70 Frank Klose	70 70	Castleton-	on Hudeo	n 26:0E
ո 21	1.25	2	Jim Hotaling	70	Niverville	uii-nuusu	27:23
	1:52		MALE AGE GROUP:		INIVELVIIIC		21.23
	1:57	1	Javne Zinke	70	Valatie		27:28
		2	Diane Christie	70	Merrick		46:45
	5:32	M	ALE AGE GROUP: 75	- 79			
	7:03	1	Dick Green	78	East Chath	ıam	28:08
18	3:25	2	Ed Simonsen	76	Valatie		33:40
10	9:53	3	Daniel Wellner	78	Hillsdale		34:30
1 21		M	ALE AGE GROUP: 80	- 84			
23	3:19	1	Walt McConnell	81	Bolton Lan	ding	36:48
			MALE AGE GROUP:				
	7:24	1	Jennifer Birckmeyer	81	Kinderhoo		1:06:12
	7:56 8:56			VOLNEY 1-	MILE RUN		
10	5.30		ALE OVERALL	4.4	C 41 - 4	an Oralan	
20):16	1	Robbie Wiltsie MALE OVERALL	11	Castleton-	on-Huaso	n 6:53
22	2:03	1	Savanna Charrow	12	Ludlow, M	٨	6:32
22	2:09	•	IE-YEAR AGE GROU		Ludiow, ivi	A	0.32
		1	Lila Meissner	F4	East Nassa	11	11:36
	7:13	1	Tidus Bashioum	M5	Niverville	u	9:44
	3:23 9:12	1	Emma Londono	F5	Valatie		11:55
15	7.12	1	Wyatt Dolge	M6	Valatie		8:21
20	0:04	1	Aedan Buno	F6	Valatie		7:22
):57	1	Neil Howard III	M7	Hudson		7:06
25	5:04	1	Isabella Scott	F7	Valatie		10:29
		1	Brett Richards	M8	Kinderhoo	k	7:21
	7:21	1	Abigail Dolge	F8	Valatie		7:28
	3:30):57	1	Joseph Desmonie	M9	Valatie		7:48
20	1.37	1	Sydney Cook	F9	Stuyvesant	Falls	9:20
20):48	1	Sidon Bashioum	M10	Niverville		7:52
21	:29	1	Brianna Charrow	F10	Ludlow, M	A	7:05
22	2:54	1	Triston Schermerhor	M11	Ghent	ı.	7:00
	4	1	Olivia Oligny-Legge Donovan Brown	F11 M12	Kinderhoo Valatie	K	11:23 6:56
	9:51 1:07	1	Riley Werner	F12	Valatie		6:39
	:14	'	,	f Kinderhool		lub	0.55
۷.			courtesy o	Kindernooi	K Numers C	iub	
_		_	ND 4 61/ 140				_
		_	NDACK MO				E
Rί	ver Re	cr	eation Area, Ir	ndian La	ke to In	let	
		18	Jeff Rivet	Saratoga Sp	orings	46	2:23:02
			Richard Williams	Gloversville		48	2:24:56
			Chris Pitts	Ballston Spa	a	43	2:26:22
	7:10	M .	ALE 50 TO 59	Dolmar		E 2	2.05.14
	7:23	2	Thomas Butler Bruce Hayward	Delmar Victor		53 50	2:05:14 2:06:54
1.5	7:24	3	Ernie Bayles	Ithaca		58	2:08:31
2:0	7:37	4	Brad Young	Porter Corn	iers	54	2:08:34
	3:04	5	Richard Karaz	Remsen		52	2:09:38
	4:30	6	Chris Welch	Noblesville,		58	2:11:55
		7	Tom MacClarence	Loudonville		52	2:13:21
3:2	1:47	8	Ray Falso	Fayetteville		52	2:16:11
2.2.	1.17	9 10	Ken Mann Robert Dadekian	Jamesville Schonoctad	hv	52 52	2:19:31 2:19:33
	1:13 2:40	11		Schenectad Hamilton	у	52 58	2:19:33
ع.ک	∠.4∪		Andrew Roginski	Saratoga Sp	orings	50	2:21:58
2.03	2.47		Jeffrev Rosch	Wynantskill		55	2:32:42

61 61

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2:39:01 2:42:36 2:43:13 2:48:53 3:04:13 3:10:16

2:37:00

3:05:53 3:08:34

2:06:55

2:30:34

2:35:33

3:21:44

2:47:27 2:47:54 2:51:58

3:07:13

3:27:54

3:45:22

2:16:37

2:23:37 3:01:29 3:10:17

2:13:04

2:23:19

2:43:55

2:09:04

2:10:30 2:11:39

2:12:38

18TH BLACK FLY CHALLENGE A June 8, 2013 • 40M in Moose Rive

15TH ANNUAL KINDERHOOK

32

42 43

47

46

55

58

64

Delma

Brooklyn

Clifton Park

East Chatham

Albany

Albany

Valatie

Clifton Park Colonie Altamont

Austerlitz

Valatie

Ballston Lake

Burnt Hills

Amsterdam

Roessleville

Chatham

Rotterdam

Queensbury Delmar

Chatham

Valatie

Castleton-on-Hudson 21:

Castleton-on-Hudson 21:

MALE AGE GROUP: 30 - 34 Eamon Dempsey

FEMALE AGE GROUP: 30 - 34

MALÉ AGE GROUP: 35 - 39 Aaron Knobloch

Erika Beardsley

Richard Hamlin

Karen Dolge

Jon Rocco

2 Jay Thorn 3 Martin McElhiney

Linnea Vantassel

Vladimir Ilin

Nancy Briskie

3 Lenny Collins

Karen Provencher

Regina McGarvey

Christine Baccaro Valerie Venezia

MALE AGE GROUP: 40 - 44

FEMALE AGE GROUP: 40 - 44

MALE AGE GROUP: 45 - 49

FEMALE AGE GROUP: 45 - 49 Alison Heaphy Brenda Lennon Michelle Lagonia

MALE AGE GROUP: 50 - 54

1 Derrick Staley 54

FEMALE AGE GROUP: 50 - 54

MALE AGE GROUP: 55 - 59

FEMALE AGE GROUP: 55 - 59

MALE AGE GROUP: 60 - 64 Carl Matuszek Juergen Reher

Top 20 by Age Group

		CYCLOCROSS				Richard Williams Chris Pitts	Gloversville
	ALE OVERALL	Frathamatan AAA	26	1.57.10		ALE 50 TO 59	Ballston Spa
1	Alec Donahue	Easthampton, MA	36 36	1:57:10	1	Thomas Butler	Delmar
2	Wayne Bray Jack MacClarence	Clinton Loudonville	36 18	1:57:23 1:57:24	2	Bruce Hayward	Victor
-	MALE OVERALL	Loudonville	10	1.37.24	3	Ernie Bayles	Ithaca
1	Ruth Sherman	Spencer	54	2:07:37	4	Brad Young	Porter Corners
2	Vanessa McCaffery	Newfield	31	2:08:04	5	Richard Karaz	Remsen
3	Victoria Harris	Unadilla	42	2:44:30	6	Chris Welch	Noblesville, IN
	MALE 39 & UNDER				7	Tom MacClarence	Loudonville
1	Lisa Clifford	Saratoga Springs	27	3:21:47	8	Ray Falso	Fayetteville
FEI	MALE 40 & OVER				9	Ken Mann	Jamesville
1	Anne Brewer	Lake Clear	42	3:31:13	10	Robert Dadekian	Schenectady
2	Sherry Kyne	Prospect, PA	50	3:32:40	11	Raymond Carlson	Hamilton
	ALE 29 & UNDER				12	Andrew Roginski	Saratoga Springs
1	Chris Welch	Noblesville	14	2:02:47	13 14	Jeffrey Rosch	Wynantskill Freeville
2	Speight Drummond	Enfield, NH	17	2:02:53		Jack Rueckheim Joe Magliocca	Oneida
3 4	Randy Hadzor Neil Hueben	Syracuse	26 27	2:04:51 2:05:16	16	Shawn Corrigan	Remsen
5	Kwok Him Wong	Syracuse Saratoga Springs	28	2:18:14	17	Christopher Hare	Farmington
6	David Gardner	Chittenango	23	2:20:14	18	Michael Feldman	Northville
7	Sean Daly	Bryn Mawr, PA	24	2:22:23	19	Dan Palermo	Butler, PA
8	Doug Mayer	Manlius	27	2:30:58	20	Eric Dilella	Holley
9	Hunter Dansin	Cambridge	19	2:31:56	MA	ALE 60 & OVER	
10	Uri Haleri	Easthampton, MA	26	2:33:47	1	Dave Beals	Niskayuna
11	Joshua Benson	Whitesboro	29	2:35:26	2	Arthur Goedeke	Delmar
12	James McDonough	Lansing	22	3:20:54	3	Bruce Gugliotta	Bath
13	Timothy Cassese	Jeffersonville	25	3:20:55	4	Wayne Clermont	Rexford
14		Plattsburgh	29	4:03:38	5	Tony Mangano	Saratoga Springs
	Adam Tasker	Johnson, VT	27	4:14:26		MOUN	NTAIN BIKE: EXPERT
1	ALE 30 TO 39 Cory Burns	Watertown	30	1:57:28	1	Dereck Treadwell	Topsham, MA
2	Jason Dellilo	Baldwinsville	39	2:03:14	2	David Silloway	Rochester
3	Josh Misevcis	Catskill	31	2:08:44	3	Cameron Lewis	Queensbury
4	Geoffrey Bergmark	Old Town, ME	33	2:09:03	-	MALE OVERALL	queensoury
5	Robert Hannan	Trumansburg	39	2:09:44	1	Doyle Pruitt	Stanley
6	Christopher Yates	Saratoga Springs	36	2:09:51	2	Nicole Laplante	Peru
7	Kevin Ballou	Saratoga Springs	34	2:10:04	3	Kristen Mucitelli-Heath	Brewerton
8	Chad Hiatt	Old Forge	32	2:10:34		MALE 39 & UNDER	
9	Bruce Gugliotta	Lyon Mountain	32	2:11:32	1	Marissa Laney	Oakfield
	David Tate	Clyde	30	2:13:17	2	Krista Harwick	Mohawk
11	Scott Burlingame Wesley Hadzor	Ballston Spa	32 32	2:19:07 2:20:24	1	MALE 40 & OVER Tamara Tarbell	Afton
	Alfonso Dimeo	Lafayette Troy	30	2:20:24	2	Helene Schmid	Fayetteville
	Eric Knierim	North Creek	38	2:25:53	3	Kim Kilmartin	Williston, VT
	Ben Yandeau	Potsdam	32	2:27:38	4	Margaret Thompson	Clinton
	Skye Van Der Laan	Albany	38	2:29:36	5	Donna Ruppel	Argyle
17	Matt Rosenberg	Philadelphia, PA	39	2:33:12	6	Heather Stewart	Burnt Hills
18	Mark Scanio	Lake Placid	38	2:57:47	7	Peg Nelson	Gansevoort
	Jeff Brown	Queensbury	30	3:03:11	8	Kathleen Oot Quinn	Syracuse
	Matt Howey	Exton, PA	39	3:19:52		ALE 29 & UNDER	
	ALE 40 TO 49			4 57 40	1	Aaron Sirtoli	Rutland, VT
1	Dan Staffo Erik Grimm	Farmington Pittsford	41 47	1:57:48 1:58:01	2	Jason Fitzgerald	New Hartford New Hartford
3	Zack Vogel	Saratoga Springs	47	1:58:01	4	Jason Remington Leigh VanVolkenburg	Herkimer
4	Andrew Donaldson	Andover, NH	40	2:02:12	5	Christopher Menges	Groton, CT
5	Justin DeAmicis	New Hartford	41	2:03:18		ALE 30 TO 39	diotoli, Ci
6	Gregory Drumm	Chittenango	48	2:04:19	1	Matt Hanggi	Stanley
7	Gordon Jones	Canandaigua	49	2:07:05	2	Dylan Thomarie	Northville
8	Eric Gregoire	Phoenix	43	2:07:48	3	Jeff Hoover	Liverpool
9	Richard Drummon	Enfield, IN	47	2:10:22	4	Richard Gloo	Mohawk
	Bryan Blake	Brewerton	44	2:11:49	5	Travis Kuhl	Lowville
11		Whitesboro	46	2:12:40	6	Willaim Henke	Gansevoort
	Phillip McCarthy	Cazenovia	41	2:13:48		ALE 40 & OVER	Danasalaan /III -
	Bret Young	Corinth Burdett	43 41	2:14:04 2:15:21	1	Jon Kosich	Rensselaerville Rensselaer
	John Compton Tim Eck	Ballston Spa	41	2:15:21	3	Douglas Southwick Terry Blanchet	Castleton-on-Hudson
	Robert Love	Greenfield Center	49	2:17:00	4	Steven Williams	Northville
	Todd Shapiro	Ballston Spa	40	2:18:07	5	Seth Demarrais	Worcester
	- · · · ·						



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				NDACK MOUN	TAIN BIKE I	RACE	cont.
Robert Hanlon Jud Speer	Dryden Cobleskill	44 51	2:15:38 2:18:35	FEMALE 50 & OVER 1 Janis Hansen	Liverpool	58	3:16:5
3 Steven Gates	West Winfield	40	2:19:04	2 Mary Houck	Verona Beach	51	3:19:1
9 Brian Campbell 10 Andrew Buchika	Rome Skaneateles	47 44	2:23:09 2:34:20	Jill Standinger Stacy Maziejka	Hadley Voorheesville	54 50	3:20:2 3:24:1
11 Rich Furstoss	Mendon	52	2:37:09	5 Carol Henry	Malta	53	3:43:4
12 Charles Esposito 13 Edward Esposito	Cazenovia Gansevoort	60 61	3:55:21 4:51:09	6 Susan Webster 7 Susan Deis	Old Forge New Hartford	63 53	3:45:3 4:02:0
,	NTAIN BIKE: SPORT	01	4.51.05	8 Jody Dixon	Northville	57	4:08:1
FEMALE 39 & UNDER I Amanda Zullo	Caranae Lako	33	3:31:42	9 Jane Martin 10 Tish McNally	Rome Syracuse	53 61	4:31:0 5:02:2
Amanda Zullo Kelsey Leach	Saranac Lake Buffalo	21	4:18:43	MALE 29 & UNDER	,		
FEMALE 40 & OVER I Michelle Leary	Hadloy	47	2:46:21	1 Owen Littlefield 2 Zachary Fanion	Tupper Lake Cooperstown	25 19	2:54:1 3:00:3
Colleen Halse	Hadley Lake George	60	4:45:11	3 Mark Leskovec	Fort Edward	23	3:03:5
MALE 29 & UNDER	Rochester	23	2:22:38	4 Drew Donovan 5 Kaleb Schweitzer	Syracuse Croghan	25 21	3:14:5 3:16:1
Joe Beyler 2 Dave Toth Jr	Penfield	25	2:25:40	6 Alexander Freund	Little Falls	21	3:18:1
Zachary Meyer	West Coxsackie	21	2:30:34	7 Adam Wehrlin 8 Conor McCarthy	Canandaigua Oneida	27 20	3:24:3 3:26:1
Scott Stewart Doug Trojan	Cicero Manlius	29 29	2:32:09 2:37:56	9 Matthew Tole	Churchville	28	3:33:
Tim Marley	Liverpool	27	2:41:53	10 Philip Olin 11 Paul Coir	Waterville Dewitt	26 27	3:36:0 3:36:2
7 Matthew Saramak B Conor Tarbell	Buffalo Afton	25 23	2:47:41 2:50:04	12 William Benoit	Deerfield	24	3:41:
Kurt Ruppel	Argyle		2:58:33	13 M Mairs 14 Andrew Kowalczk	Round Lake Syracuse	20 29	3:44:5 3:45:4
0 Dustin Wood 1 Reeve Chilton	Treadwell Oswego	28 23	2:59:39 3:14:08	15 Corey Lasalle	Utica	25	3:46:2
2 Connor Lomonaco	Oneida	20	3:26:14	16 Eric Seamans 17 Shane Christman	Locke Memphis	22 22	3:58:3 3:59:0
3 Anthony Dimezza MALE 30 TO 39	Stony Creek	29	4:13:58	18 Kyle Esposito	Lake George	27	4:16:2
David Warburton	Medusa	30	2:14:42	19 Evan Mills	Essex Junction, VT	28	4:49:
Brandon Waller Neil Auty	Baldwinsville Johnstown	37 30	2:21:01 2:24:09	MALE 30 TO 39 1 Riley Enders	Chittenango	30	2:41:2
Dan Soto	Hemet, CA	36	2:33:45	2 Joshua Katzman 3 Steve Stearns	Clifton Park	37 35	2:47:2
Thomas Taggart Dale Beckwith	Syracuse Sidney	30 37	2:34:21 2:34:27	3 Steve Stearns 4 Christopher Brantley	Hoosick Falls Earlville	33	2:58:3 3:00:0
Ken Juster	Brookline, MA	37	2:37:46	5 Ross Battaglia	Ballston Lake	39	3:00:
Joe Trimarchi Matthew Spring	Middle Grove Indian Lake	38 39	2:38:05 2:38:46	6 Stephen Colenzo 7 Scott Stoddard	New Hartford Saranac Lake	31 37	3:01:5 3:03:2
0 Dan Drake	Penfield	35	2:42:26	8 Grant Jackson	Fayetteville	36	3:05:
1 Dylan Reeves	Glenville	32 37	2:43:47 2:47:15	9 James Neu 10 Mark Padoleski	Brooklyn Beacon	30 39	3:05: 3:05:
2 Seth Capello 3 Richard Tortorici III	Gansevoort Schenectady	36	2:48:00	11 Patrick McCoy	Syracuse	35	3:09:
4 Matthew Buonanno	Malta	30 33	2:50:29	12 Daniel Curley 13 Scott Rosecrans	Toronto, ON Altamont	38 36	3:11:0 3:13:
5 Chris Ogden6 Christopher Chapron	Middletown Watertown, MA	33 37	2:51:48 2:52:21	14 Phillip Keida	Whitesboro	39	3:16:
7 Brian Calvasina	Rochester	34	2:54:57	15 Christian Waddington 16 William Wengert	Fairport Whitesboro	38 38	3:19: 3:26:
8 Kevin Litchfield 9 Scott Banister	Saranac Lake Penfield	36 37	2:55:38 2:58:59	17 Jay Horth	Sauquoit	30	3:27:
0 Todd Gloo	Manlius	35	3:03:51	18 Nicholas Heintz 19 John Benson	Clinton Clinton	30 37	3:29: 3:40:
MALE 40 TO 49 David Lambert	Walworth	43	2:14:38	20 Peter Muerech	Farmington	38	3:44:
Matthew Jones	Cooperstown	44	2:17:39	MALE 40 TO 49 1 Michael Winston	Queensbury	47	2:37:
S Scott Swingle Michael Curley	Earlville Winchester, MA	44 40	2:23:12 2:29:02	2 Jim McLaughlin	Fairport	44	2:39:
George Braddon	Victor	46	2:29:39	3 Tim Bantham 4 Jon Palmer	Ballston Spa Gloversville	47 41	2:44: 2:44:
Scott Wager Todd Owens	Webster Pittsburgh, PA	43 42	2:30:43 2:31:22	5 David Hoffman	Schuylerville	48	2:47:
Chris Conklin	Fulton	45	2:32:52	6 John Doty 7 Bernie Hyatt	Westford, VT Latham	48 44	2:47: 2:48:
Michael Collins O Shannon Brown	Clark Mills Memphis	49 41	2:33:07 2:33:36	8 Jonathan Smith	Cobleskill	42	2:50:
1 Alex Chlopecki II	Glenville	41	2:33:45	9 Jeremy Derstine 10 Patrick Cox	Northville Marcellus	42 42	2:53: 2:57:
2 Craig Riegler Alec Brecher	Taberg Waterbury, VT	47 46	2:34:28 2:42:48	11 Eric Hallstead	Onalaska, WI	48	2:58:
4 Stephen Werthner	Albany	44	2:43:30	12 William Strohmeyer 13 Tim Peterson	Waterville Skaneateles	48 45	3:01: 3:03:
5 James Forbes 6 Paul Bialobok	Oneonta Webster	42 47	2:43:37 2:44:12	14 Bryan Neubert	Unadilla	40	3:03:
7 Paul Toran	Lake Luzerne	47	2:44:48	15 Steven Goldstein 16 Jason Pare	Watervliet Rome	49 40	3:03: 3:05:
8 Tracy Tarbell 9 Tim Webb II	Afton Oneida	47 43	2:48:55 2:48:56	17 Patrick Martin	Rome	49	3:14:
0 Steven Murphy	Clayville	47	2:49:33	18 John Kwasnik 19 Pat Williamson	Sherburne Walworth	44 47	3:15:0 3:17:0
VALE 50 TO 59 Scott Parks	Victor	53	2:18:56	20 Karl Schweitzer	Croghan	49	3:19:
Michael Hodgman	Fly Creek	56	2:23:37	MALE 50 TO 59 1 Tim Liscum	Scottsdale, AZ	50	2:23:
Joe Paterson Ed Ledda	Lake George West Winfield	52 50	2:24:07 2:24:07	2 James Roche	Fairport	52	2:37:
Daniel Defrees	Chittenango	58	2:25:44	3 Jim Lewis 4 David Fanion	Worcester Cooperstown	57 51	2:43: 2:44:
Don Fella Glenn Allen	Webster Gloversville	54 52	2:28:21 2:32:21	5 John Rebisz	Broadalbin	52	2:44:
David Karl	Cooperstown	57	2:39:00	6 Timothy Decker 7 Myron Ferguson	Deerfield Middle Grove	53 55	2:46: 2:55:
Donald Harrington Tim Littlefield	Richmond, VT Tupper Lake	51 54	2:40:31 2:40:58	8 Michael O'Donnell	Oriskany	51	2:56:
1 Michael Fenlon	Baldwinsville	54	2:41:11	9 Peter Bauer 10 Dennis Stearns	Lake George Rochester	50 59	2:57:
2 Richard Hovey 3 Michael Ioele	Baldwinsville Gloversville	55 50	2:42:29 2:43:16	11 Michael Tucker	Cato	56	2:59:
4 Gary Schiavi	Chestertown	55	2:43:25	12 Jeff Brown 13 Jim Belknap	Gloversville Cincinnatus	54 56	2:59: 3:00:
5 Dean Widay 6 Tom Daly	Charlton Weedsport	53 58	2:43:27 2:44:37	14 Eric Leskovec	Fort Edward	56	3:04:
7 Patrick Fitzgerald	New Hartford	54	2:44:39	15 Michael Smrtic 16 Benson Hans	Johnstown Massena	52 54	3:05: 3:05:
8 Bryce Button 9 Peter Gilbertson	Canastota North Creek	58 55	2:46:15 2:46:50	17 William Jerome	Syracuse	55	3:06:
0 David Meemken	Averill Park	52	2:48:05	18 Robert Eaton 19 Wesley Stearns	Cato Sherrills Ford, NC	57 53	3:10: 3:14:
MALE 60 & OVER John Siliciano	Ithaca	60	2:35:57	20 Josef Hansen	Liverpool	59	3:16:
Richard Carlson	North River	61	3:05:46	MALE 60 & OVER 1 Carl Anderson	Barneveld	66	3:08:
Dennis Rokos Ed Orr	Delanson Brant Lake	61 62	3:13:10 3:24:19	2 Bob Roche	Long Lake	65	3:13:
David Warfield	Glencoe, MD	60	3:29:19	3 Colin Capon 4 John Cheney	Mayfield Redfield	60 61	3:25: 3:34:
John Ders Francis Weal	South Otselic Adams	63 65	3:38:52 3:41:08	5 John Mulcahy	Long Lake	65	3:40:
James Sweitzer	White River Jct, VT	65	3:45:59	6 Paul Thomas Jr 7 George Miller	Wampsville Middle Grove	61 60	3:46: 3:49:
Fuat Latif 0 Tom Fiore	Bloomingdale Alder Creek	65 60	3:48:32 4:16:54	8 David Legg	Lake George	75	3:55:
	Alder Creek FAIN BIKE: BEGINNER		7.10.34	9 George Peck 10 Terrence Laughlin	Worcester New Paltz	70 62	3:55: 3:58:
EMALE 29 & UNDER			2:22:12	11 David Femia	New Hartford	64	4:01:
Julia Tole ! Jamie Hart	Churchville Syracuse	28 26	3:33:13 3:45:41	12 Paul Quinn 13 Buck Hasko	Old Forge Glenville	61 66	4:03: 4:06:
Emily Duke	Rochester	24 21	4:00:45	14 Lawrence Keefe	Syracuse	67	4:49:
Jeannie Sauter	Ballston Lake Canandaigua	21	4:26:17 4:29:14	15 John Meehan	Fort Edward NTAIN BIKE: JUNIO	62 R	4:51:
Heather Hall	Verona	26	5:11:16	FEMALE 9 TO 18			7.44
Janay Camp	Ballston Spa	33	3:00:07	1 Beatrix Wessel MALE 9 TO 18	Boonville	17	3:44:
! Teal Reeves ! Kimberly Milton	Glenville Clifton Park	31 31	3:02:09 3:17:57	1 Karst Kingsley	Athens Pittsford	18 15	2:40:
Kimberly Milton Michelle Milton	Beverly, MA	31 31	3:17:57 3:18:48	2 Griff Alexander 3 Camron Decocker	Pittsford Sidney	15 16	2:41:4 2:46:
Kristen Scario	Lake Placid	35	3:28:53	4 Tor Ruud	Mandal, NOR	17	2:48:
Lynee Sauer Amy Sauer	Oswego Eagle Bay	36 38	3:31:22 3:31:25	5 Stephen Paddock 6 Zack Wheeler	Ilion Sidney	18 15	2:52: 3:05:
Stacy Maier	Rochester	30	3:37:21	7 Victor Pedraza	Baldwinsville	16	3:25:
Chrissie Cromheecke	Victor Canton	35 33	3:44:50 3:51:35	8 John Donohue 9 Lucas Claus	East Syracuse Rochester	16 15	3:27: 3:29:
0 Kristen Colarvsso				10 Cameron Mairs	Round Lake	16	3:38:
EMALE 40 TO 49		47	2:48:36	11 Jake Waddington	Syracuse	16	3:47: 4:02:
Sandy Tetreault	Old Forge Athens	49	2:58:32	12 Emmaniiei iviateo	SVLGCLIZE	15	
Sandy Tetreault Ingrid Hyllezma Jennifer Peterson	Athens Skaneateles	49 45	2:58:32 3:03:37	12 Emmanuel Mateo TANDEM	Syracuse	15	
2 Ingrid Hyllezma	Athens				Greenwich New Hartford	15	2:26:4
Sandy Tetreault Ingrid Hyllezma Jennifer Peterson Bambi Jasmin	Athens Skaneateles Webster	45 41	3:03:37 3:53:27	TANDEM 1 Eliakim Littell	Greenwich	15	2:26:

June 8, 2013 • Glens Falls Civic Center, Glens Falls

RSE THRU CITY LANDMARKS

MALE AGE GROUP: 20 - 24

1. Cody Philling

	4.6M OBSTACLE CO	OURSE TH	IRU CITY LANDM	ARKS	М	ALE AGE GROUP: 20	- 24		
м	ALE OVERALL				1	Cody Phillips	20	Chestertown	35:29
1	Ryan Ash	21	Glens Falls	30:02	2	Kory Darfler	23	Greenwich	37:00
2	Michael O'Rourke	22	Fort Edward	34:17	3 EE	Scott Brean MALE AGE GROUP: 2	22	Queensbury	40:21
3	Zachary Morris	17	Glens Falls	34:17	1	Melanie Fronhofer	23	Fort Edward	45:34
FE	MALE OVERALL				2	Emily Dickinson	20	Potsdam	48:33
1	Kate Mulcahy	20	Gansevoort	38:00	3	Megan Berwald	20	Harrisville	49:11
2	Rachel Guinther	15	Queensbury	38:26	М	ALE AGE GROUP: 25			
3	Emily Guinther	15	Queensbury	38:43	1	Aaron Delezenski William Stimeling	26 29	Saratoga Springs Fulton	43:14 43:23
М	3 Emily Guinther 15 Queensbury 38: MALE AGE GROUP: 19 & UNDER				3	OC West	27	Fort Ann	43:32
1	Sean Ash	15	Glens Falls	36:23	FE	MALE AGE GROUP: 2	25 - 29		
2	Liam Millens	14	Queensbury	36:53	1	Shannon Dorvee	28	Queensbury	43:11
3	Kyle Fosmire	18	Fort Edward	37:06	2	Elyse Smith	27	Glens Falls	46:32
FE	MALE AGE GROUP: 1	9 & UND	ER		3	Kohri White	27	Queensbury	50:55
1	Sydney Dennison	16	Queensbury	39:10	M	ALE AGE GROUP: 30 Fric Bott	- 34 31	10/0440000000	35:50
2	Isabella Dennison	10	Queensbury	40:13	1	Daniel Buckley	37	Warrensburg Gansevoort	36:02
3	Katie Ackner	16	Oueensbury	42:12	3	Jackie Buckley	31	Gansevoort	39:00
	Natio / textiel	.0	Queensbury	72.12	ر	Jackie Duckley	31	Garisevoort	continued

FEN	MALE AGE GROUP: 3	0 - 34			FE	MALE AGE GROUP:	45 - 49		
1	Jennifer Bean	33	South Glens Falls	41:30	1	Lisa Dennison	48	Queensbury	42:
2	Kim Alessi	31	Glens Falls	44:10	2	Amy McGarry	46	Lake George	42:
3	Bridget Crossman	33	Fort Edward	45:34	3	Patty Millens	45	Saratoga Springs	50:
MA	LE AGE GROUP: 35 -	39			м	ALE AGE GROUP: 50	- 54		
1	Michael Nelson	36	Queensbury	37:17	1	Tom Seguljic	53	Kattskill Bay	51:
2	Eric Cirelli	38	South Glens Falls	39:34	FF	MALE AGE GROUP:		raconii bay	5
3	Mark Fisher	38	Glens Falls	41:12	1	Amy Hart	51	Saratoga Springs	47:
FEN	MALE AGE GROUP: 3	5 - 39			2	Sue Blood	52	Queensbury	49:
1	Emily Slingerland	36	Glens Falls	40:26	3	Leslie Grasso	52	Lake George	1:02
2	Trish DiNova	37	Troy	41:43		ALE AGE GROUP: 55		Lake deorge	1.02
3	Laura Carusone	39	Queensbury	42:49	1	Jeffrey Hines	- 33 58	Saratoga Springs	39
	LE AGE GROUP: 40 -	44			י	Tim Russell	58	Glens Falls	41:
-	Jeff Purner	44	Glens Falls	36:51	3	William Powers	59	Diamond Point	58:
2	Patrick Murphy	43	Glens Falls	37:39	_	MALE AGE GROUP:		Diamond Point	28.
3	Kryn Miner	43	Saratoga Springs	38:45	FE			CI 5 II	4.40
FEN	MALE AGE GROUP: 4	0 - 44			1	Brenda Griffin	55	Glens Falls	1:10:
1	Cheryl Morris	42	South Glens Falls	39:23	2	Patricia Bunce	57	Schenectady	1:17:
2	Anne Marie Conboy	41	Queensbury	40:47	3	Denise Joseph	55	Glens Falls	1:29:
3	Susan McNulty	40	South Glens Falls	40:49	M	ALE AGE GROUP: 60			
MA	LE AGE GROUP: 45 -	49			1	Chester Tillotsom	83	Fort Edward	1:34:
1	Philip Sholtes3	49	Queensbury	36:24	FE	MALE AGE GROUP:	60 & OVE	R	
2	Stephen Layden	46	Lake George	38:51	1	Monica McCann	60	South Glens Falls	1:02:
3	Patrick Rowley	47	Queensbury	41:37		Courtesy of A	dirondack	Race Management	

		-		
		INCTO	NAME OF BOAR BASE	
611			N-WHITEFACE ROAD RACE n Town Park, Wilmington	
CATEGORY 3/4 MEN: TO		mingto	JUNIOR GIRLS 15-18	
1 William Cooper	Breakawaybikes.com	2:25:29	1 Paige Williams Farm Team Elite Women	1:30:0
2 Graham Macbeth	CRCA/Setanta	2:25:49	2 Julia Sante Farm Team Elite Women	1:36:3
3 Nicholas Waller	BTS/Spine	2:26:16	3 Bridgette Deeney Team Placid Planet	1:44:3
4 Bruce Beauharnois	Team Wear On Earth	2:26:20	MASTER WOMEN 35-PLUS	1.44.5
5 Dominic Marcil	AC VeloGare	2:26:21	1 Alexandra Danforth	2:54:2
6 David Brown	1K2GO/Onion River Sports	2:26:24	Christiane Gagne Les Cycloptards	3:11:2
7 Andrew McWhirter	Jamisbikes.com	2:26:25	MASTER WOMEN 45-PLUS	3
8 Chris Carper	Capital Bicycle Racing Club	2:26:32	1 Nancy Bailey Unattached	1:29:4
9 Randall Martin	Paceline Sports	2:26:37	2 Donna Moody Unattached	1:35:0
10 Ian Clarke	Killington Mountain School	2:26:50	3 Suzanne Guiod Once Again Nut Butter	1:39:2
11 Sean Gilooly	Blue Sky Bicycles	2:27:09	4 Jennifer Corby Mission in Motion Cycling	1:42:2
12 Theodor Schnaufer	Once Again Nut Butter	2:27:20	MASTERS MEN 35-PLUS (1-4)	
13 Ryan Conley	Capital Bicycle Racing Club	2:27:21	1 Monte Frank Verge Sport/Test Pilot	2:20:4
14 Erik Markewich	Farm Team Elite	2:27:27	Yann Lavallee Paquette Villemure	2:22:2
15 Steve Maurice	ACVG	2:27:59	3 Mark Miller Favata's TRT/UnoVelo	2:23:3
CAT 4 WOMEN			4 John Malois Suarez/ACQ	2:29:2
1 Caitlin Skufca	Team Placid Planet	1:35:00	5 Craig Hawkes The Cyclery	2:29:4
2 Andrea Butchko	Unattached	1:37:51	6 Damian Bolduc Onion River Racing	2:32:5
CAT 5: TOP 15	63/Ft-30 G	1.40.20	7 Christian Marcoux Paquette Villemure CC	2:34:
1 Sam Okeefe	C3/Twenty20 Cycling	1:48:28	8 Nicola Giancola Suarez/ACQ	2:39:3
2 Leif Nordgren	Carmichael Training Systems	1:48:40	MASTERS MEN 45-PLUS (1-4)	
3 Kai Wiggins 4 Patrick Murphy	Middlebury College	1:50:08	1 Carl Reglar Verge Sport	2:20:
4 Patrick Murphy 5 Chance Wilk	Unattached Unattached	1:57:11 1:57:44	2 Pierre Bitz Matin Swiss	2:29:
6 Schuyler Deeney	Team Placid Planet	1:57:44	3 Paul McDonnell Capital Bicycle Racing Club	2:29:
7 Alain Lambert	Unattached	1:58:34	4 James Willsey Burris Logistics	2:29:
8 Bill Frazer	Unattached	1:59:08	5 Chris Mooney Liberty Cycle	2:29:
9 Jeff Erenstone	Unattached	1:59:28	6 Christophe Wilkes CRCA/Eumaeus	2:30:
10 Tyler Dufault	Unattached	1:59:30	7 Roch Mathieu Suarez/ACQ	2:39:
11 Guillaume Perreault	Suarez/ACQ	2:00:33	8 Virgil Popescu VCOM	2:40:
12 Matt Young	Unattached	2:04:22	9 Dennis Humphrey Capital Bicycle Racing Club	2:44:
13 Bill Skufca	Team Placid Planet	2:05:46	10 Michel Gauvin Suarez/ACQ	2:46:
14 Ken Birchenough	Unattached	2:10:19	11 Michael Zak Unattached	2:59:
15 Matthew Cook	Team I Love Loycano	2:14:03	MASTERS MEN 55-PLUS	
JUNIOR BOYS 10-12			1 Dennis Williams Unattached	1:57:
1 Maxwell McLenithan	Farm Team Cycling	39:46	2 Dan Reilly Team Placid Planet	2:08:
2 Liam Drake	Farm Team Cycling	53:07	3 Don Rice CCB/Battenkill United	2:09:
JUNIOR BOYS 13-14			MASTERS MEN 60-PLUS	2.02
1 Austin Roussel	KMS	35:46	1 Mark McCarthy Pittsford Painting Cycling	2:03:
2 Thomas Evelein	Hartford Cycling Club	35:46	2 Robert Dillon 1K2GO/Onion River Sports	2:04:
3 Andrew Deierlein	Farm Team Cycling	39:59	3 Kenneth McGuinness Capital Bicycle Racing Club	2:31:4
4 Blake Piper	Unattached	41:27	4 Jean-Claude Leclerc Suarez/ACQ	2:39:
5 Evan Williams	Farm Team Cycling	45:00	PRO & CAT 1/2/3 MEN	4.07
6 Andrew Piper	Unattached	45:14	1 Eric Tremble Dealer.com/EverBank	4:07:
JUNIOR BOYS 15-16			2 Alberto Citarella Dealer.com/Everbank	4:08:
1 Wyatt Drake	Farm Team Cycling	1:53:33	3 Cooper Willsey Dealer.com/Everbank	4:10:
2 Noah Barrow	KMS Development Team	2:13:30	4 Jake Hollenbach Dealer.com/Everbank	4:10:
JUNIOR BOYS 17-18	10.16.5	4	5 Yann Deville Suarez/ACQ	4:10:
1 Jonah Meadvancort	KMS Development Team	1:53:17	6 John McGill Onion River Racing	4:10:
2 Fabien Parent	Velo Select	1:58:34	7 Guillaume Pinglot Suarez/ACQ	4:11:
3 Alden Suokko	KMS Development Team	2:13:30	8 James Jung CRCA/Comedy Central 9 Derek Harnden LIVM Cycling	4:11:
4 Hunter Miller	Team Placid Planet	2:15:25	5 Berek Harriden 5 Till Cycling	4:12:
JUNIOR GIRLS 10-12	Tages Mass On Forth	42.42	PRO & CAT 1/2/3 WOMEN	2.40.
1 Madeline Smith	Team Wear On Earth	42:43	1 Jenny Ives Farm Team Elite Women	2:40:
2 Carlyle Grundon JUNIOR GIRLS 13-14	Unattached	45:18	2 Susan Jones Medique 3 Isabelle Mayrand Medique	2:53: 2:55:
1 Turner Ramsay	Killington Mountain School	35:50	Courtesy of Team Placid Planet	2.55.4
i iuiiici i\dilibdy	Killington Mountain School	JJ.30	Courtesy of Tealif Flacia Flatiel	

						OSSING TRI ing Park, Schuy			
M	ALE OVERALL				M	ALE AGE GROUP: 1	0 - 14		
1	Kevin Crossman	37	Fort Edward	1:01:46	1	John Stack	14	Ballston Spa	1:20:39
2	Carl Regenauer	48	Saratoga Springs	1:01:58	2	Clayton Bennice	14	Ballston Spa	1:21:56
3	Craig Tynan	44	Schenectady	1:02:17	3	Trevor Dzikowicz	10	Amsterdam	1:36:40
FE	MALE OVERALL				FE	MALE AGE GROUP:	10 - 14		
1	Allison Yoho	29	Clifton Park	1:04:59	1	Kayla Dzikowicz	14	Amsterdam	1:30:08
2	Kristin Kandiel	33	Watervliet	1:08:28	2	Autumn Boxley	14	Saratoga Springs	1:44:10
3	Shylah Weber	25	Rensselaer	1:10:31	3	Victoria Breslin	14	Wilton	2:00:57 continued



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RACE RESULTS

MALE ACE CROUP: 4	- 40			2 Cindu Minn	42	مالت سمان سام	1.10.53
MALE AGE GROUP: 15		Ballston Spa	1.10.04	2 Cindy Wian	43	Schuylerville	1:19:53
1 George Stack 2 Patrick Broderick	16 15		1:16:04	3 Pandora Davis	44	Schuylerville	1:20:59
		Wilton	1:16:22	MALE AGE GROUP: 4			
	16	Clifton Park	1:19:06	1 Keith Vogel	47	Queensbury	1:09:21
FEMALE AGE GROUP:		Malta	1:19:39	2 Tim Nicholson	46	Saratoga Springs	1:10:54
1 Alyssa Gardiner 2 Julia Slver	16 17	Averill Park	1:19:39	3 Daniel Maloney	47	Gansevoort	1:13:55
	16	Malta	1:20:08	FEMALE AGE GROUP:	45 - 49		
3 Caitlyn Gardiner MALE AGE GROUP: 20		IVIdILd	1:21:39	1 Kristen Hislop	49	Clifton Park	1:10:56
MALE AGE GROUP: 20 1 Brett Schlesier	7 - 24 20	Johnstown	1:02:55	2 Terri Artese	47	Scotia	1:15:44
Nathan Eberly	20	Williamstown	1:02:55	3 Lonnie Halusic	45	Niskavuna	1:19:28
Z Natriari Eberiy 3 Jonathan Lazzara	24	Rensselaer	1:10:22	MALE AGE GROUP: 5	0 - 54		
FEMALE AGE GROUP:		VELIZZEIGEI	1.10.22	1 John Iacoponi	51	Saratoga Springs	1:08:30
	20 - 24	Cazenovia	1:19:09	2 Scott Goodwill	50	Ballston Lake	1:15:26
	20 24		1:19:09	3 Dean Wescott	52	Trov	1:17:09
	24 24	Saratoga Springs Greenwich	1:20:46	FEMALE AGE GROUP:		поу	1.17.05
3 Ashley Kubiak MALE AGE GROUP: 25		Greenwich	1:31:14			Tear	1.12.55
	25 25	Clifton Park	1:08:26	1 Susan Matthews	54	Troy	1:13:55
1 Stefano Fontana 2 Andrew Coleman	25 28		1:08:26	2 Kirsten Elling	51	Schenectady	1:27:17
	28 28	Albany	1:15:07	3 Maritza Ostlund	51	Oak Ridge	1:29:22
Philip Guerrant		Schenectady	1:15:47	MALE AGE GROUP: 5			
EMALE AGE GROUP:		Calara III.	1.12.12	 Jeff Reed 	59	Norwich	1:05:26
I Alyssa Seligman	29	Gainesville	1:13:13	2 John Kenny	55	Greenwich	1:10:40
2 Emily Ferrell	28 29	Williamstown	1:14:50	3 Tom Waldron	56	Howell	1:15:34
3 Vanessa Holzmann WALE AGE GROUP: 30		Albany	1:17:37	FEMALE AGE GROUP:	55 - 59		
		Dellater Con-	1.02.20	1 Maureen Roberts	55	Saratoga Springs	1:27:23
1 Jeff Cornick	34	Ballston Spa	1:03:28	2 Helle Thorning	56	New York	1:32:55
2 David Turpin 3 Jared Ficher	34	Edmonds	1:09:54	3 Amy Reed	56	Cazenovia	1:33:38
	34	Scotia	1:13:24	MALE AGE GROUP: 6		Cazeriovia	1.55.50
FEMALE AGE GROUP:		144 4 -1 -211	1.20.22	1 Peter Canzone	60	Caratana Cariana	1:21:09
1 Kim Morrison	34	Wynantskill	1:20:32		63	Saratoga Springs	
2 Amanda Barone	30	Ballston Spa	1:22:10	2 Michael McNally		Queensbury	1:23:00
B Ekin Senlet	32	Waterford	1:26:23	3 Jim Sheehan	61	New York	1:35:27
MALE AGE GROUP: 35		Marco Marila	1.04.30	FEMALE AGE GROUP:			
Antoine Brechu	36	New York	1:04:30 1:04:38	 Margaret Phillips 	60	East Schodack	1:29:46
Jason Kenny	39	Fort Edward		2 Suzanne Nealon	63	Troy	1:44:40
Matthew Tebo	35	Clifton Park	1:15:46	MALE AGE GROUP: 69	5 - 69		
FEMALE AGE GROUP:		A.C. 1	4 42 44	 Douglas Kabat 	67	Niskayuna	1:32:19
1 Kirsten Cestaro	38	Niskayuna	1:12:11	MALE AGE GROUP: 70	0 - 74	,	
2 Jodi Plante	39	Saratoga Springs	1:16:15	1 Hugh Dunseath	70	Clifton Park	1:14:20
B Rebekah Tolley	37	Troy	1:18:20	2 Ralph Santos	72	Clifton Park	2:01:12
MALE AGE GROUP: 40			4.05.46	FEMALE AGE GROUP:		Cirtorrank	2.01.12
1 Christian Gee	41	Mechanicville	1:05:16	1 Sibyl Jacobson	70 - 74	Canaan	1:32:21
2 Brian Cestaro	40	Niskayuna	1:06:02	MALE AGE GROUP: 7		Canaan	1.32.21
B Dave Travis	41	East Greenbush	1:09:19			6.1	4.20.40
FEMALE AGE GROUP:				1 Armand Langevin	72	Cohoes	1:36:16
1 Colleen Geczy	43	Queensbury	1:19:01	Courtes	v ot Greer	n Leaf Racing	

8TH ANNUAL LAKE PLACID MARATHON & HALF June 9, 2013 • Olympic Speedskating Oval, Lake Placid													
		-	. 	•			4.00.54						
	ATHON - 20		.,	7 Kayce Lawrence 8 Julia Lowd	27 27	Larchmont New York	4:08:54						
Top 5 Overall, Age 0	aroup Winn	ers & Iop 10 NY Fin	ishers				4:09:11						
MALE OVERALL	26	D II . 10T	2 44 20	9 Jessica Bizzarro	28	Gansevoort	4:10:16						
1 Stephen Trull	36	Burlington, VT	2:44:28	10 Zoe Correa	27	Goshen	4:13:09						
2 Charlie Bennett	28	Goshen	2:51:04	11 Jenna Davis	29	Montgomery	4:13:33						
3 Chao Zhou	37	New York	2:58:52	16 Lauren Cullen	27	Ballston Lake	4:34:02						
4 Brian Woods	28	Saratoga Springs	3:00:03	19 Jennifer Cummings	25	Patchogue	4:36:09						
5 Brian Coughlin	37	Riverside, CT	3:02:47	20 Julie Hoppmann	25	Oneonta	4:36:56						
FEMALE OVERALL			MALE AGE GROUP: 30 -										
 Heather Wolfe 	27	Anchorage, AK	3:27:59	1 Clovis Schaff	31	Waltham, MA	3:13:12						
2 Alison Thurber	33	Hamden, CT	3:30:29	 Nathaniel Donahue 	31	New York	3:22:50						
3 Sarah Miller	31	Washington, DC	3:32:57	3 Shawn Martin	34	Lake Luzerne	3:32:02						
4 Nicole Boucher	41	Meriden, CT	3:34:58	4 James Kavanagh	33	Troy	3:35:13						
5 Mariana Bartonicek	26	Milton, VT	3:35:58	5 Timothy Rowland	32	Fayetteville	3:35:50						
MALE AGE GROUP: 15	5 - 19			7 Jon Petersen	32	Clifton Park	3:46:02						
 David Vandervort 	19	Voorheesville	3:49:44	8 John Paige III	33	Troy	3:46:26						
2 Joe Becker	18	Voorheesville	3:49:44	9 Nathan Bard	30	New York	3:46:49						
3 Anthony Demme	18	Pittsford	3:56:29	10 John Inglese	30	Farmingville	3:49:50						
4 Jake Abbuhl	19	Slingerlands	4:06:52	12 John Mackenzie	32	Tappan	3:56:25						
5 Quinn Treadgold	19	Altamont	4:58:07	16 Dan Wilcox	31	Corning	4:00:48						
FEMALE AGE GROUP:	15 - 19			FEMALE AGE GROUP: 3	0 - 34	J							
1 Courtney Duckworth	19	Manassas, VA	3:39:22	1 Laura Oberlander	34	Liverpool	3:39:46						
2 Deanna Nappi	19	Clinton	3:45:52	4 Konstantina Sarandiva	33	Erie	3:51:26						
4 Jenna Derario	18	Wappingers Falls	3:52:58	5 Miriam Fein	31	Plainview	3:57:32						
5 Belle Hettie	18	Delmar	3:57:19	6 Maria Curry	31	Lake Placid	3:59:15						
6 Sophie Povirk	18	Charlton	3:57:33	8 Samantha Granish	30	Albany	4:06:43						
MALE AGE GROUP: 20		Chanton	3.37.33	9 Catherine Thompson	30	Old Forge	4:10:24						
1 Pierre-Olivier Jacques	74	Grand-Mare, QC	3:05:04	10 Casey Dwyer	33	Glens Falls	4:13:17						
2 David Szymkowiak	23	Amherst	3:06:53	11 Margaret Pichura	33	Ossining	4:18:36						
3 Todd Henderson	24	Ithaca	3:13:10	14 Nicole Michaelis	33	Brooklyn	4:39:05						
4 Nathan Piche	21	Hoosick Falls	3:27:49	15 Melissa Hasan	34	Latham	4:43:05						
5 William Lamotte	21	Canandaigua	3:44:25	17 Nicole Cambridge	32	Binghamton	4:47:14						
7 Emilio Mammolito	21	Phoenix	4:00:29	MALE AGE GROUP: 35 -		birighamiton	4.47.14						
10 Bryant Abbuhl	23	Slingerlands	4:29:29	1 Eric Duplain	39	Montreal, QC	3:05:21						
FEMALE AGE GROUP:		Silligeriarius	4.29.29	2 Daniel Williams	39	Deansboro	3:13:17						
1 Diane Herzog	20 - 24	Amherst	3:46:16	5 Daniel Mavchack	39	Albany	3:26:48						
	24	Woodmere			36								
2 Carly Rothman 5 Emily Riley	24		3:47:05 3:55:33	6 Kevin Douglass 9 Michael Bracken	39	Cortland	3:27:09 3:32:22						
	24	Troy		14 Paul Connelie	39 37	Saratoga Springs							
		Watertown	4:04:07		37	Johnstown	3:49:58						
	20	Binghamton	4:04:27	15 Phil Bordwell	39 35	Malta	3:50:09						
9 Alexandra Burtnick		Clifton Park	4:10:34	17 John Kinman		Saratoga Springs	3:54:51						
10 Kate Brett	24	Webster	4:19:32	20 James Morey	35	Clifton Park	4:18:34						
13 Aja Roddy	24	Bloomingdale	4:42:31	21 Tim Johnson	35	Carmel	4:19:10						
14 Jennifer Manning	23	Lake Placid	5:28:47	22 Shawn Dove	39	Wallkill	4:22:49						
MALE AGE GROUP: 25				FEMALE AGE GROUP: 3		_							
1 Jeremy Stack	28	Morristown, NJ	3:13:10	1 Cristy Carey	36	Rome	3:36:57						
3 Joseph Polcsa	25	Fort Drum	3:26:09	2 Elizabeth Wilcox	36	Corning	3:51:34						
4 Kyle Weaver	26	Canton	3:35:51	3 Jaime McRae	36	Liverpool	3:51:47						
8 Shane Zimmerman	27	Kingston	3:39:40	4 Deborah Pratt	36	Sauquoit	3:57:56						
10 Joseph Mancini	28	Binghamton	3:53:59	7 Colleen Murray	39	Slingerlands	4:07:58						
16 Kyle Millington	27	Slingerlands	4:38:23	8 Kimberly Cass	37	Baldwinsville	4:11:33						
18 Henry Habgood	26	New York	4:44:31	9 Sarah Stephens	35	Clinton	4:24:50						
FEMALÉ AGÉ GROUP:	25 - 29			10 Kirsten Pope	38	Peru	4:27:43						
1 Julie Monfreda	29	Leicester, MA	3:44:09	11 Marybeth Spaulding	39	Cicero	4:27:43						
5 Amanda Lowe	27	Caroga Lake	3:51:02	14 Shelly-Ann Stewart	38	Riverdale	4:43:59						
6 Lillian Barker	27	Petersburg	3:56:30	15 Dawn Wheeler	36	Utica	4:47:59						



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		IAL LAKE PL	ACID	MARATHON & HA			
MALE AGE GROUP: 40 - 4 1 Michael Bragdell 4 Randy Wilcox	40 40	Colora, MD Corning	3:05:15 3:41:07	4 Melissa Ennis 5 Jessica Krokowski	30 32	Syracuse Niskayuna	1:44:40
5 Matthew Abatto 10 David Smith	40 40 43	Clifton Park Lake Placid	3:47:22 4:03:53	6 Rcheal Dames 7 Katy Wanserski Lee 8 Lisa Macander	34 32 31	Albany Brooklyn Voorheesville	1:48:17 1:49:58 1:50:01
15 Brian Murray 21 Ren Terry	44 41	Slingerlands Douglaston	4:19:31 4:31:45	10 Melissa Dames 11 Allison Villiere	34 31	Albany Lowville	1:50:47 1:52:01
25 Dereck Steffe 26 Vincent Smith Ii	41 40	Mount Kisco Scotia	4:44:02 4:54:27	13 Elisabeth Blair MALE AGE GROUP: 35 -	34	Kinderhook	1:52:08
FEMALE AGE GROUP: 40 1 Mary Klee 2 Jennifer Metivier	- 44 44 42	Syracuse Lake George	3:40:42 3:46:13	1 Clint Earnheart 3 Gilberto Barrera	35 35	New York Great Neck	1:28:00 1:31:10
3 Kelle Santa 5 Claudia Cummings	42 42 44	North Syracuse New Paltz	3:49:25 4:17:02	4 Mark Arquiett 5 Brian Harkins	35 39	Hamilton New York	1:35:23 1:36:29
6 Bridgett Hitchman 7 Nicole Cunningham	42 42	Star Lake Delmar	4:18:00 4:39:18	6 Sandeep Beotra 7 Owen Kelso	39 39	New York New Windsor	1:37:33
11 Marcia Ziegler MALE AGE GROUP: 45 - 4		Ontario	5:20:04	8 George Lamarche 10 Sean Nolan 12 Anthony Congel	38 36 37	Clifton Park New York Syracuse	1:38:57 1:42:13 1:44:19
Christopher McGovern Jason Petit Scott Field	45 49 46	Nelsonville Liverpool Accord	3:17:29 3:27:55 3:36:23	13 Phil Chirkis 14 Carey Trappenburg	38 35	Glenmont Delmar	1:44:19 1:44:55
8 Steve Nicolaus 12 Roderick Hills	45 48	Ballston Spa Brooklyn	3:43:00 3:45:59	FEMALE AGE GROUP: 35 1 Gretchen Connelie		Laguna Niguel, CA	
15 Fred Abbuhl 18 Kevin Maloney	48 45	Delmar Williston Park	3:52:17 3:58:56	3 Kristin Hjeltnes 5 Angela Salerno	35 37	New Paltz Kattskill Bay	1:42:53 1:44:30
20 Stephen Montanaro 21 Pete Colaizzo	47 48	Hagaman Hyde Park	4:07:54 4:11:45	7 Joanne Orce8 Colleen Porter	39 36	Briarcliff Manor Lake Placid	1:45:11 1:45:13
23 Andrew Ratcliff 24 Robert Bibler FEMALE AGE GROUP: 45	49 46	Brooklyn Bolton Landing	4:27:25 4:34:12	9 Stephanie Wille 10 Rebecca Corso	38 39	Guilderland Albany	1:47:39 1:47:52
1 Sheila Lawless-Burke 2 Catherine Cappelletti	45 47	Warren, RI Chatham	3:58:46 4:04:03	11 Katie Willsey 12 Sarah Devoe	36 36 37	Fayetteville Albany Castleton	1:48:03 1:49:09 1:50:03
4 Martha Gold 5 Dawn Borysewicz	49 48	Penn Yan Ballston Spa	4:45:56 5:23:29	13 Rachel Toolan 15 Jennifer Sweeney MALE AGE GROUP: 40 -	39	Gloversville	1:52:38
7 Suzanne Čuddy MALE AGE GROUP: 50 - 5		Cicero	5:38:15	1 Andy Reed 4 Scott McNany	41 40	Niskayuna Fayetteville	1:25:40 1:33:13
1 Russell Aubrey 6 Timothy Burtnick 7 Charles Rosenstein	50 50 50	Cranford, NJ Clifton Park Voorheesville	3:19:37 4:10:34 4:17:55	7 William Hiemcke 8 Doug McMahan	43 40	Poughkeepsie Clifton Park	1:36:49 1:36:57
9 Douglas Dziedzic 10 John Schwarz	51 51	Binghamton Albany	4:21:43 4:24:49	10 Chad Butts 11 Douglas Lape	40 44	Homer Baldwinsville	1:38:05 1:42:32
11 Tom Kligerman 12 Phil Giltner	54 50	Albany Kinderhook	4:25:10 4:27:01	13 Thomas Rycroft 15 Francois Cazalot	41 40	Gainesville New York	1:42:38 1:44:17
13 Fred Dunaway FEMALE AGE GROUP: 50		Constable	4:32:33	16 Jeff Gadsden17 Michael Higgins	41 43	New York Manlius	1:46:14 1:46:30
1 Allison Lassoe 2 Joann Klos	50 52	Sheffield, MA Fairport	3:54:13 4:06:55	18 Lalit Bhatia FEMALE AGE GROUP: 40		Forest Hills	1:47:25
8 Sheri Dozier Owens 9 Mary Signroelli	54 51	Syracuse East Greenbush	4:47:46 4:55:54	1 Rachel Stenton 2 Kimberly Butts	44 40	Lake Placid Homer	1:36:57
10 Nancy Dukett 11 Cheryl Paine-O'Connor 12 Jodie Whitney	53 50 51	Lee Center Webster Cicero	5:28:55 5:51:54 6:07:33	4 Catherine Gilbert 5 Mickie Sanders-Jauquet 7 Mary Ibbetson	41 43	Niskayuna Ithaca	1:44:55 1:49:01
13 Tammy Chambers MALE AGE GROUP: 55 - 5	51	Potsdam	6:38:37	7 Mary Ibbetson 8 Jennifer James 9 Kristi Miner	44 41 41	Selkirk Syracuse Cobleskill	1:55:39 1:55:54 1:56:13
Ockle Johnson James Langmead	59 55	Keene, NH Canandaigua	3:18:19 3:37:52	10 Dawn Townsend 11 Kelly Collins	43 41	Oneonta Queensbury	1:56:31 1:56:40
6 Robert Ketchell 8 Patrick Cummings	57 58	Wilmington Farmingville	4:29:53 4:36:08	14 Brooke O'Reilly 15 Laurie Kokkinides	41	Ballston Spa Ballston Lake	1:57:33 1:57:54
10 Chris Jacob 11 Salvatore Ciulo	57 55	Lake Placid Watertown	4:46:29 4:55:18	MALE AGE GROUP: 45 -		Troy	1:29:49
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2 Lisa Meissner MALE AGE GROUP: 60 - 6 1 Kevin Moriarty	58 64 60	Tupper Lake Webster	4:40:21 4:23:49	7 Douglas Carbino 9 David Balestrini	45 48	Elbridge Lake Placid	1:39:28 1:40:09
2 Dave McAdoo MALE AGE GROUP: 65 - 6	62	Ogdensburg	4:27:49	11 Matthew Paul 12 Andrew Sponable	47 49	Saranac Lake Latham	1:41:28 1:41:40
1 John Kaeding 2 Dominick Demarco	65 65	Worcester, VT Lee Center	4:22:40 5:28:57	13 William Drapeau 15 Paul Rivet	45 45	Niskayuna Old Forge	1:42:26 1:43:20
FEMALE AGE GROUP: 65 1 Jean Smith	- 69 65	Vineland, NJ	4:13:12	18 Loring Porter 20 RJ Donohue	47 46	Lake Placid Niskayuna	1:45:17 1:48:04
MALE AGE GROUP: 70 - 7 1 Michael La Fontaine	71	Champlain	4:31:19	FEMALE AGE GROUP: 45 1 Michelle Rosowsky	45	Niskayuna	1:34:56
Top 5 Overall, Age Grou		N – 13.1 MILES nners & Top 10 NY Fir	nishers	2 Christine Varley 5 Darci Lafave	49 45	Albany Lake Placid	1:40:21
MALÉ OVERALL 1 Nick Marcantonio	19	Glens Falls	1:09:39	8 Evelyn Czyz 9 Sheryl Reed	46 48	Cato Ballston Spa	1:55:59 1:56:56
2 Michael Schram 3 Matt Gokey 4 Benjamin Nilsestuen	22 39 30	Tupper Lake Delmar Brooklyn	1:15:00 1:18:19 1:18:25	10 Rachael Angelini 11 Elizabeth Canevari	48 49 48	Rensselaer Pawling	1:57:11 1:57:19
5 Tucker Chrapowitzky FEMALE OVERALL	35	Delmar	1:18:29	12 Jennifer Casey 13 Louise Bataillon 15 Mary Kimbrell	48 49 49	Ballston Lake Clifton Park Croghan	1:57:54 1:59:15 1:59:31
Miriam Beyer Sonya Pasquini	36 34	Brooklyn Selkirk	1:26:40 1:28:51	16 Nancy O'Connor MALE AGE GROUP: 50 -	49	Loudonville	2:00:28
McKayla Nuffer Janne Rand	23 28	Croghan Albany	1:30:00 1:33:08	1 Ed McGovern 2 Jay Thorn Jr	50 51	Norwell, MA Chatham Center	1:26:08 1:27:03
5 Jocelyn Stark MALE AGE GROUP: 15 - 1		Groton	1:33:30	3 Jim Allott 4 John Kinnicutt	53 50	Potsdam Menands	1:29:20 1:35:54
1 Jacob Champlin 2 Ryan Clemente 3 Forest Ledger	16 16 15	Rushville Clifton Park Lake Placid	1:19:15 1:31:46 1:33:23	6 Shawn Emery 7 Paul Ryan	51 54	Saratoga Springs Niskayuna	1:39:02 1:42:29
5 Max Paul 6 Girolamo Mammolito	17 17	Saranac Lake Phoenix	1:41:46 1:51:15	10 Sunil Kumta 13 Steve Janack	50 50	Schenectady Scotia	1:43:44 1:47:36
7 Daniel Thompson 9 Joseph Brown	19 16	Delmar Memphis	2:02:27 2:05:42	14 Louis Recchia 16 Dennis Szymkowiak	53 53	Latham Amherst	1:48:18 1:48:55
10 Haakon Pedersen FEMALE AGE GROUP: 15		Saranac Lake	2:12:51	20 David Murad FEMALE AGE GROUP: 50		Utica	1:53:47
1 Michelyn Little 2 Megan Erickson	18 18	Voorheesville Brant Lake	1:40:21 1:44:27	1 Dorothy Martin 2 Laurie Schulz	52 52	Montpelier, VT Lake Placid	1:35:59 1:38:03
3 Jeanne Magnetti 4 Rebekah Champlin 5 Lindsey McCormick	19 18 19	Stormville Rushville Gouverneur	1:45:40 1:49:03 1:49:46	3 Heidi Holderied 5 Diane Fish	51 53	Saranac Lake Lake Placid	1:44:13
5 Lindsey McCormick 7 Emma Klak 9 Marina Skrabalak	19 19 17	Kenmore Delmar	2:10:07 2:19:34	6 Kirsten Leblanc 7 April Critelli 8 Lee Nilsestuen	50 50 50	Broadalbin Glenville	1:58:55
10 Erin Big Red Landy 11 Bianca Fournier	18 19	Glenmont Plattsburgh	2:19:36 2:45:11	8 Lee Nilsestuen 10 Diane Elliott 11 Betsy Ryan	54 52	Lake George Fairport Albany	2:02:20 2:04:58 2:07:57
MALE AGE GROUP: 20 - 2 1 Alessio Asaro		Forest Hills	1:19:29	13 Karen Roach 14 Lynne Glenn	50 54	Albany Plattsburgh	2:11:00 2:11:37
2 Andrew Evans 4 Mark Connor	22 24	Rhinebeck Queensbury	1:38:41 1:42:08	MALE AGE GROUP: 55 - 1 1 Bob Tysen		Lake Placid	1:34:21
5 Joseph Leuci 6 William Madden 7 Daniel Dekalb	24 23 23	Queensbury Saranac Lake	1:42:08	2 Peter Jones 5 Jeff Rose	58 58	Rainbow Lake Honeoye Falls	1:38:18 1:46:16
7 Daniel Dekalb 8 Thomas Smith 9 Kevin Kelly	20 22	Little Falls Rochester Garden City	1:47:21 1:48:26 1:52:38	6 Steven Lester 7 David Daniels	58 55	Lake Pĺacid Pawling	1:48:12 1:48:15
10 Pavel Sidorenko 12 Robert Desarbo	23 24	Clifton Park Schenectady	1:58:40 2:01:35	8 Danny Arnold 9 Mac Rand	55 59	Clifton Park Lake Placid	1:49:09 1:49:44
15 Michael Stevens FEMALE AGE GROUP: 20	24 - 24	Albany	2:05:38	10 Vinny Sparacino 11 Robert Morganson	57 56	Lake Placid Lake Placid	1:51:16 1:54:52
 Stephanie Vairy Julie Bowler 	24 20	Montreal, QC Saranac Lake	1:39:18 1:39:46	12 Scott Stevens 14 John Abbuhl	56 55	Scotia Slingerlands	1:58:52 2:00:58
3 Grace Giampaglia 4 Lauren Lorow	21 24	Voorheesville New York	1:40:45	FEMALE AGE GROUP: 55 1 Katherine Allott 2 Many Karen Neppan	58	Potsdam	2:01:10
6 Nanditha Badami 7 Marisa Poleto 8 Michelle Davis	24 24 24	New York Schenectady Schenectady	1:44:04 1:44:04 1:45:28	2 Mary Karen Noonan 3 Deena Rocco 4 Debbie Ketchell	56 55 57	Albany Rochester Wilmington	2:04:02 2:05:30 2:05:45
10 Fiona Recchia 11 Leah Lamos	20 24	Latham Long Lake	1:48:02 1:49:23	5 Deborah Goedeke 7 Joan Bleikamp	57 59 59	Delmar Greenwich	2:05:45 2:09:30 2:11:41
12 Sara Sweeney 13 Danielle Marino	22 21	Averill Park Glens Falls	1:49:42 1:53:03	9 Diana Billingsley 12 Kathleen Carbino	55 57	Lake Clear Elbridge	2:15:09 2:16:48
MALE AGE GROUP: 25 - 2 1 Ryan Moore	29 27	Kingston, ON	1:22:10	13 Priscilla Wiant-Maskin 14 Becky Thayer	56 56	Delmar Watervliet	2:17:52 2:18:18
2 Richard Levo 3 Michael Leaver	26 27	South Glens Falls Albany	1:23:39 1:26:00	15 Chris Frost MALE AGE GROUP: 60 -	58	Herkimer	2:19:37
4 Blaine Carpenter 7 Michael Costello 8 Brandon Tibbitts	27 25 27	Fort Edward Loudonville New Hartford	1:28:18 1:34:18 1:35:49	Bruce Glasspoole Bob Ellison	61 64	Pointe Claire, QC Slingerlands	1:39:13 1:47:22
9 Andrew Cloherty 10 Egor Veselov	27 26	Hartsdale Albany	1:37:30 1:39:02	4 David Ross 5 David Brongo	61 61	Rochester Geneseo	2:00:18 2:01:08
11 William Monchik 12 Matthew Yudin	27 28	Bellmore Binghamton	1:40:06 1:40:21	6 Daniel Berry 7 Eric Nilsestuen	63 64	Delmar Lake George	2:02:55 2:04:48
14 Taylor McKenna FEMALE AGE GROUP: 25	29 - 29	Lake Placid	1:41:11	8 Bruce Naughton 12 Bruce McLellan	60 60	Buffalo Rochester	2:06:08 3:02:42
1 Jennifer Bates 2 Bethany Hawke	28 27	Albany Albany	1:36:50 1:41:32	13 Jack Braaten FEMALE AGE GROUP: 60		Delmar	3:04:00
3 Lauren Ellard 4 Nicole Conger 6 Prott Harris	27 28	Brooklyn Lake Placid	1:42:23 1:42:30	1 Cathryn Olsen 3 Nancy Mitchell 6 Jane D'Agestine	61 63	Wilton Milford	2:02:15 2:12:39
6 Brett Harris 8 Melissa Echt 9 Eileen Coyle	28 29 25	Albany Clifton Park Canton	1:44:05 1:46:06 1:46:13	6 Jane D'Agostino 9 Sylvia Hodel	64 60	Manorville Owego Glans Falls	2:28:15 3:09:01 3:35:27
9 Eileen Coyle 10 Sara Underwood 11 Kelly Virkler	25 27 29	Canton Niskayuna Albany	1:46:13 1:46:29 1:47:30	11 Kathy Lion 12 Diane Brundage 13 Carol Reynolds	64 61	Glens Falls Manlius Tarrytown	3:35:27 4:00:54 4:01:14
13 Kimberly Howard 15 Stephanie Cafano	28 26	Syracuse Ithaca	1:48:36 1:51:25	13 Carol Reynolds 14 Joanne Kelly MALE AGE GROUP: 65 - 9	62 60 69	Tarrytown Schenectady	4:01:14 4:08:40
MALE AGE GROUP: 30 - 3 1 Joseph Sullivan	34 34	Schenectady	1:22:24	1 Steve Martin 2 Vincent Spagnoletti	66 69	Waterloo, ON Hammondsport	2:12:36 2:22:48
3 Jeffrey Welch 4 Paul Erickson	30 30	Farmington Ithaca	1:35:19 1:38:15	3 Anthony Mazza 6 Robert Ciecierega	67 66	Binghamton Geneseo	2:23:34 2:42:16
5 Stephen Harrington 6 David Thomas 7 Gareth Hughes	32 32 34	Conesus Brooklyn New York	1:41:21 1:41:25	FEMALE AGE GROUP: 65 1 Jacqueline Long		Carleton Place, ON	
7 Gareth Hughes 8 James Neu 9 Michael Daly	34 30 33	New York Brooklyn Schenectady	1:44:31 1:44:48 1:44:53	3 Susan Harris 4 Margaret Nells	65 68	Albany Albany	2:24:44 2:28:22
10 Adrian Bijanada 12 Dwayne McNicholas	33 33 32	New York New York	1:44:53 1:45:39 1:45:51	5 Cathy Biss MALE AGE GROUP: 70 -	66	Queensbury	2:43:24
15 Christopher Lee FEMALE AGE GROUP: 30	33 - 34	Brooklyn	1:47:08	1 Pierre Dagenais 3 Anthony Lotempio	72 71	Prevost, QC Binghamton	2:14:16 3:04:00
Amanda Ghezzi Courtney Stein	31 32	Albany Brooklyn	1:38:34 1:42:55	FEMALE AGE GROUP: 70 1 Frances Coleman	71	Thornwood	3:55:53
3 Karen Summers	31	Syracuse	1:44:10	Courtesy	ot Insp	iration Sports	

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NON-MEDICATED LIFE

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

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.

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

In the first 54 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. At a time when health care costs are becoming prohibitive for most Americans, an approach emphasizing diet and lifestyle that has the potential to dramatically lower costs through the actual prevention of disease, deserves fair hearing and consideration. Part One focused on why such an alternative strategy is needed. Part Two addresses the specific disease states which best lend themselves to this approach.



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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Adirondack Sports & Fitness

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-





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-thebeaten-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

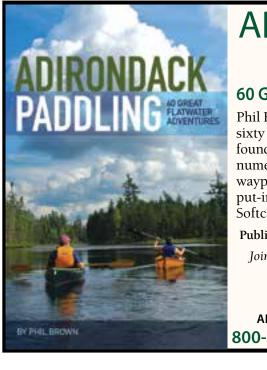
13.2 miles of shoreline it is regularly stocked with brown trout. The campground has a nice sandy beach for swimming and many campsites are right on the lake. There are cottages on much of the southern half of the lake and there is moderate motorized boat traffic. Undeveloped state land can be found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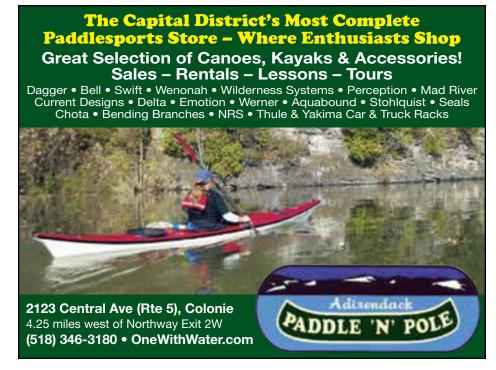
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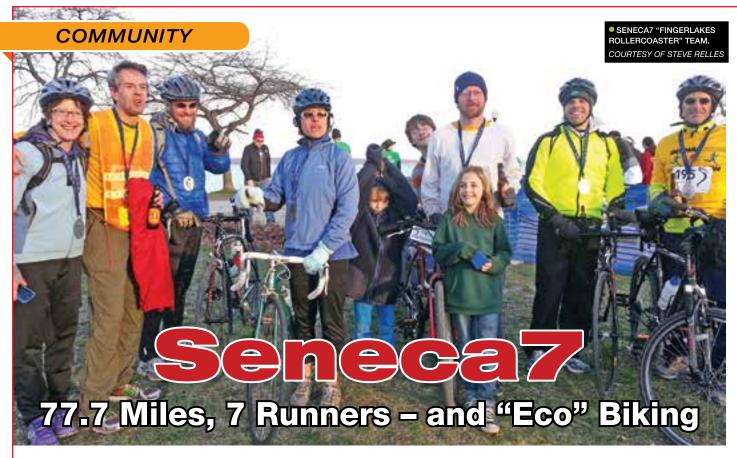
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By Steve Relles

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 lastminute 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 reallife 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?"

Matt without interruption.

"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

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 downhilled 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 welldirected at every turn. So here's a huge thank you from our team!

The race organizers, Jeff and Jackie, make the Seneca7 exceptional, with locallymade 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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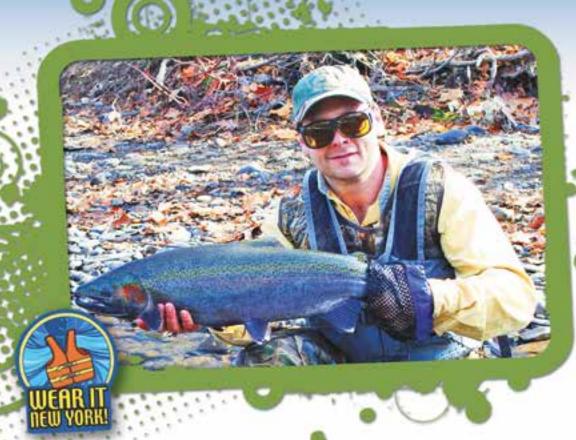
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