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• RIDERS HEADING NORTH ON ROUTE 9N NEAR BOLTON LANDING DURING THE LAKE GEORGE BIKE/BOAT RIDE.
PHOTO BY DAVE KRAUS

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Prime Time for Cycling Events

By Dave Kraus

Looking for something to do on a weekend in August or September? If you're a cyclist in the upstate New York, that should be easy. Whether it's an organized group ride, a challenging century, or a charity event to benefit a good cause, the cycling calendar for August and September is chock-a-block with organized, supported events.

Sunday, Aug. 11 - Ididaride Adirondack Bike Tour in North Creek. This fundraiser for the Adirondack Mountain Club starts at North Creek Ski Bowl in North Creek. It takes riders on a 75-mile scenic loop with plenty of climbing through Johnsbury, Speculator and Indian Lake, before heading back

to North Creek for a post-ride party that features live music, catered BBQ, and a beer table. For the less ambitious, there's a 20-mile option from Indian Lake to North Creek. Either way, it's a party! Visit: adk.org.

Sunday, Aug. 18 - Matthew Ratelle Memorial Benefit Bicycle Ride in Pittstown. This 28-mile supported ride with post-ride gathering at Tomhannock Bicycles, honors Matthew Ratelle, who died on Dec. 20, 2012, following a hit-and-run car accident while cycling on Sept. 3. All of the proceeds go to benefit his children, including son Matthew born in April 2013. Register: bikereg.com.

See **BICYCLING**, 26 ►

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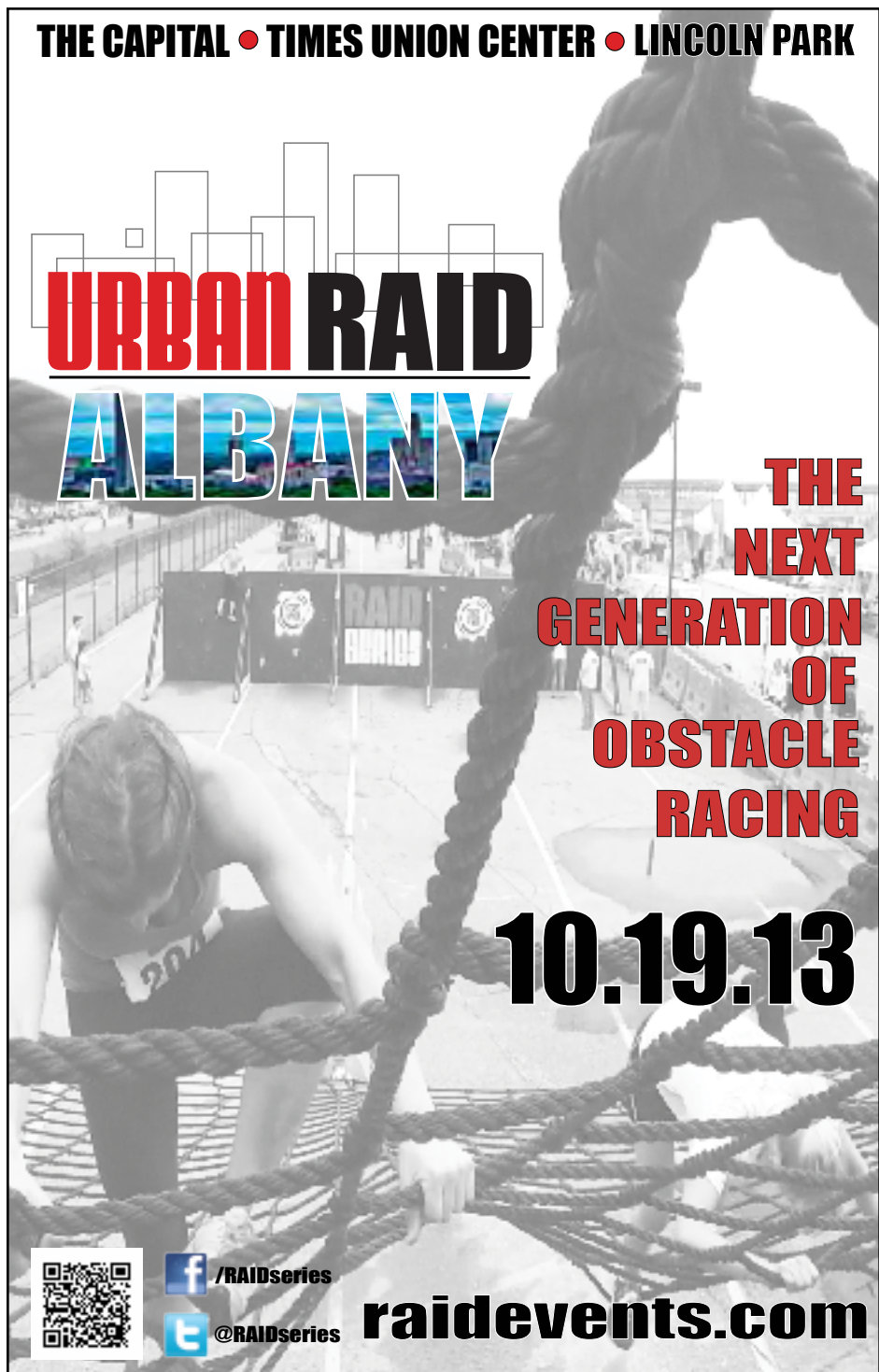
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RUNNING & WALKING



◀ START OF THE 2012 JAIL HOUSE ROCK 5K RACE IN BALLSTON SPA. COURTESY OF BROOKSIDE MUSEUM
 ▶ 2012 MALTA BPA 5K RUNNERS PASS GLOBALFOUNDRIES IN MALTA. GREG WOLCOTT/FIVE PINES PHOTOGRAPHY

It's Your Race!

Commit to a Series or Select a Potpourri

By Laura Clark

Baseball has its World Series, soccer has its World Cup, and horses have their Triple Crown, but what does running have? While there are landmark events like the Boston Marathon or Western States 100-Mile Endurance Run, there is no yearly defining moment, uniting fans and runners alike. And runners, being solitary individuals, seem to prefer it that way.

Still, with the increasing popularity of Ragnar Relays and Warrior Dashes, we are beginning to loosen up a bit. In my mind, the most telling evidence of this trend is the sudden proliferation of locally-grown series events. While PRs and age-group awards remain huge motivating factors, we are coming to realize that camaraderie and teamwork have their own rewards. For me, committing to a series ensures that I will pretty much run with the same group of folks, gauging my success by where I land in my pack of peers, rather than by minutes per mile over varying courses and conditions.

Laurel Shortell, holder of the Dion Snowshoe Series streak and the female cumulative race count in the long-established USATF New England Mountain Running Series, comments, "There are more opportunities to strive for reachable goals, no matter where I am in the pack, such as series points, series-related awards, most races completed and so on." She muses that it is easier to decline a one-shot deal in favor of a gas-free similar distance in her neighborhood, but more difficult to miss seeing series friends or throw away a possible series point leader title. "Ultimately, series races motivate me to keep competing and help me stay physically healthy and personally connected."

If this appeals to you, there are several new series to choose from in the region.

First to the starting block is the **Hilltown Triple Crown Series**, orchestrated by

Altamont 5K race director, Phil Carducci, who went to great pains to rearrange long-standing schedules to produce three consecutive Saturdays of scenic USATF-certified 5K racing opportunities. The challenge for you, the runner, is to free up successive prime-time vacation weekends. Register for the first event and receive a discounted entry fee for all. Complete all three and earn a special series T-shirt. The first leg of your journey will be the **Fox Creek 5K** on Aug. 10 in Berne, followed by the Voorheesville **Pre-Fall Classic 5K** Aug. 17, and concluding with the 16th annual **Altamont 5K** in Bozenkill Park on Aug. 24 (altamont5k.org). There's live music on the course and benefits the Altamont Food Pantry bring dry goods for donation. To register for series: active.com (search: Fox Creek 5K).

Just as baby names and book ideas cycle in and out with a seeming life or their own, another local series has latched onto the horse theme – the **Turner Triple Crown**. This time stakes are less intense, with events spaced a month apart, but in some ways more challenging as you have to stay in top shape for three consecutive months. First off is the long-anticipated revival of the Harness Track Mile, now the **Monday Night Mile**, on Aug. 12. Even though I have a definite aversion to track workouts, this is like no mile you have ever run, featuring a crushed stone dust cushion, bearing more resemblance to a cross-country surface. Heats will be run according to your projected mile time, but to prevent sandbagging, horseshoes will be awarded to the top three in each age group. Proceeds benefit the Saratoga History Museum. Announcing, cajoling and badgering once more from the Winner's Circle will be the indomitable John Orsini. Visit: saratogahistory.org.

Second in the lineup is the fourth annual **Malta Business & Professional Association 5K** on Saturday, Sept. 7. This

is an exclusive opportunity to experience Malta roundabouts as they were meant to be run, and to tour the Luther Forest Technology Campus, home to the GlobalFoundries semiconductor fabrication plant. The race starts/finishes at HVCC TEC-SMART, where you receive goodie bags filled with runner-friendly tchotchkes. All proceeds benefit the Saratoga Rural Preservation Council and Town of Malta EMS First Responders. Go to: maltabpa.com.

Completing the trifecta is the Greno Industries **Run for the ROC 5K** on Oct. 6, which circles the Saratoga Race Track and offers an exclusive tour of the backstretch area. This is a laid-back community event, so expect a large contingent of families and walkers. Checkout: zippyreg.com.

Farther afield, the newly created **Northeast Uphill Mountain Series** has creatively pulled together a mountain sampler of preexisting races. Since many events are included in the lineup, only your best four finishes count. This follows the format of larger series where you can increase your odds by completing more than the required number of events. In our neighborhood, familiar qualifiers include Stowe's **Race to the Top of Vermont, Mount Greylock Road Race**, and the 36th annual **Whiteface Mountain Uphill Foot Race** in Wilmington on Sunday, Sept. 14. This year's 8.4-mile race is presented by Santa's Workshop, so you can run to the North Pole (whitefacerace.com)! Visit: northeast-uphillmountainseries.blogspot.com.

Returning to independent events, Laurel elaborates, "I usually only run a one-shot deal if there is a compelling purpose, like knowing my race times for interval pacing, or in training for a target race – or when choosing a race that feels like a special event, like Mount Washington Road or a marathon." Other persuasive reasons may be supporting a local charity, the lure of spontaneity, or simply an

easy commute. If proximity appeals, you can choose from the following races:

Brookside Museum's 11th annual **Jail House Rock 5K Race** launches on Saturday, Aug. 17 in Ballston Spa. The course surveys the Saratoga County Fairgrounds, turns at the Saratoga County Jail, and ends with a fabulous downhill finish and raffle prizes on the museum's front lawn. The event benefits Brookside Museum education programs. Go to: brooksidemuseum.org.

You can preserve those camp memories and change the life of a child by supporting next year's campers with the **Double H Ranch Camp Challenge 5K Trail Run** on Saturday, Sept. 7 at Double H Ranch in Lake Luzerne. Challenge yourself on the hilly, rocky Adirondack terrain surrounding the camp, and unite yourself with the struggle that Double H children experience every day of their lives. For one week a year they experience an atmosphere where exceptional is the new normal – and all for free. As a bonus, family or friends who are bicyclists can participate in the same day Camp Challenge Ride, with 30-mile and 62-mile tour routes in the southern Adirondacks. Checkout: doublehbranch.org.

Jostling for position, the first annual **Youth Make a Difference 5K Run/Walk** takes place on Saturday, Sept. 7 in North Greenbush. If you need encouragement, then enjoy the support of "community cheerleaders" stationed at strategic intervals along this flat and fast route. Proceeds benefit the North Greenbush Youth Department program. To encourage youth fitness, the Mile Fun Run for age ten and under is free. Afterwards, relax at the Town Celebration with food, rides and live bands. Visit: townofng.com

On Sunday, Sept. 8, you can line-up for the 11th annual **Ty Yandon Memorial 5K Run/Walk** at the scenic High Peaks overlook in Newcomb. This race commemorates Ty Yandon, a local runner who passed away while running a Turkey Trot. Not your typical 5K, the journey has rolling hills with beautiful views of the High Peaks and the upper Hudson River. As the event is held in conjunction with the Teddy Roosevelt Celebration Weekend, you may even catch a glimpse of Teddy as he hurries through Newcomb and back to Washington, DC, after the assassination of President McKinley. Go to: newcombny.com.

If you have never committed to a series event, now would be the time to spice up your running. Utilize the singleton events as a tune-up or simply to maintain fitness between rounds. 🌱

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

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AROUND THE REGION **News Briefs**

Amtrak Bikes on Board

ALBANY – The New York Bicycle Coalition has partnered with Amtrak to test “bikes on board” with three demonstration rides on its Empire Service (including Maple Leaf and Adirondack trains) and Ethan Allen routes in New York. A cafe car retrofitted with four bicycle racks is being used to test the carriage of unboxed bicycles on these train lines. In June, US Senator Charles Schumer advocated for bicycle service on Amtrak trains in New York. These demos could start the process towards service on state regional lines, which will be a boon for upstate recreation and tourism.

On July 24, Mohawk-Hudson Cycling Club president, Skip Holmes, and members John Petiet and Frank Kelly, participated in a demo by riding their bikes from the Rensselaer train station down to Hudson and they boarded the return train to Rensselaer. The riders said it was easy to load the bikes and they rode in the cafe car with several Amtrak officials as well as with NYBC director Josh Wilson (pictured).

Currently only the train between New York and Chicago has a baggage car to carry bicycles, but they must be boxed. Roll-on bicycle service on upstate trains would provide people living in NYC, Toronto, Montreal and Boston with a way to travel to upstate New York's great cycling. Amtrak already operates this service in western states including California and between Oregon and British Columbia.



Bicyclists are excited by the opportunity. “This is badly needed because we’re renting cars to take our bikes upstate. I’d much rather take the train,” said Alan Jacobs, who lives in Manhattan. Elizabeth Murphy of Rochester, told NYBC “I dream of a day when I can ride to the train station, hop on the train with my bike, and hop off at any stop to go on a bicycle adventure.” The future will be determined by the NYS DOT, who will be paying a greater portion of in-state train service beginning in October, and Amtrak who must design and approve a bike rack system that will work on the train cars used in the state. 🌲

Fleet Feet Sports Expansion

ALBANY – Since Charles and Arlene Woodruff opened Fleet Feet Sports-Albany in April 2006, the community has embraced the specialty store beyond their wildest expectations. They and the Fleet Feet team are now proud to announce the opening of their second store, Fleet Feet Sports-Adirondack. For some time, many customers have told them of the need for a store north of their current Wolf Road location. Fleet Feet Sports-

Adirondack, opening fall of 2013, will be located in the Shops of Malta, off exit 12 of the Adirondack Northway, 20 miles north of the current location. The new store will be similar in theme to the Albany location. Fleet Feet Sports is locally owned and operated. Founded in 1976, Fleet Feet is the largest franchisor of specialty run retail stores in the country. Visit: fleetfeetalbany.com. 🌲

The Jimbo Mountain Bike Race

NORTH RIVER – The inaugural Jimbo, a 24-hour mountain bike race open to individuals and teams, will take place at noon on Saturday, Sept. 14 at Garnet Hill Lodge in North River. The event is being organized by Adirondack Race Management, the same people who produce the Lake George Triathlon Festival and the Urban Assault series. They will have three different categories of racers: individuals, teams of two, and teams of three to five riders. There will be music, a bonfire, staging areas for each team or individual, a light charging station and restrooms. The price includes a post-race meal from Garnet Hill Lodge as well as libations after the race, T-shirt and a water bottle.

The goal of the race is to complete as many laps as you can in the 24-hour “noon to noon” period. Teams will pass along a baton to the next rider and each loop will be marked off as the individual or team goes through the staging area. Lights will be required from



dusk until dawn. The course consists of wide groomed trails, some dirt road and path sections, and two short sections of singletrack. It has mostly rolling hills with some climbs and descents. Details and registration: adkrace-management.com. 🌲

Lake George Open Water Swims

HAGUE – The third annual Lake George Open Water Swims, organized by Green Leaf Racing, are taking place on Saturday-Sunday, Aug. 24-25 at Hague Beach on Lake George. There will be a 2.5K, 5K and 10K options for swimmers on Saturday, along with a four-mile swim on Sunday. This is a beautiful venue for open water enthusiasts, sanctioned by US Masters Swimming and

supported by the town of Hague. All participants will receive a race shirt, finisher gift and overall and age-group awards. The organizers would be grateful for food and financial donations to the town of Hague Food Pantry, and top donors will win personalized event swim parkas. For event info and registration, go to: lakegeorgeswim.com. 🌲

New Hiking Route Spans Adirondacks

ONEONTA – With six million acres of valleys, lakes, peaks and passes, the Adirondack Park is a big place for big adventures. A new pathway, the 235-mile Trans Adirondack Route, developed by former Adirondack Park backcountry ranger Erik Schlimmer, does just that. The Trans Adirondack Route pieces together hiking trails, abandoned pathways, snowmobile trails, and dirt/paved roads to travel from Ellenburg Center to Gloversville. During its course the route crosses five wilderness areas, visits 50 bodies of water, climbs three summits, and runs through three settlements. Highlights of the route include Whiteface, the High Peaks, Cold River and Long Lake.

Erik developed the Trans Adirondack Route during the past three years, including a 2010 solo hike across the park. “I always

think big” said the 40-year-old Oneonta resident. “I had completed dozens of Adirondack backpacking trips and climbed hundreds of peaks in the range by 2010, but those adventures were disconnected. I wanted something immense.” To guide backpackers along the route, he offers a guidebook, “Blue Line to Blue Line: The Official Guide to the Trans Adirondack Route” (Beechwood Books), which breaks the route into seven sections ranging from 25 to 45 miles. The route descriptions are designed for hikers who want detail but brevity, plus sections on lightweight backpacking, weather, rules and regulations, and Adirondack history, flora and fauna. A map set is available as well. For more information on the route and its friends of group, checkout: transadk.com. 🌲

FROM THE PUBLISHER & EDITOR

Summer Smiles!

You know it's the second half of summer when the “back to school” sales are here. This issue is full of ideas for destinations, events and races that will take your breath away, plus summer (and winter) sales and quality services. While summer is still here, there's plenty of time to take advantage of it – so stay active and motivate your family and friends to live life to the fullest! Thanks for reading the magazine.

Darryl and Mona



ADIRONDACK SPORTS & FITNESS

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Mohawk Hudson Cycling Club



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Calendar of Events August-October 2013

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- 1-31 Clearance Ski & Bike Sale.** High Adventure Ski & Bike, Latham. 785-0501. highadventuresbp.com.
- 22-31 Ski & Snowboard Sale.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club Road Rides.** 300 rides per year for all ability levels in the Capital District & Saratoga Springs. Schedule: mohawkhudsoncyclingclub.org.
- Mon Anywhere We Want Ride.** 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
 - Mon Beginner Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
 - Tue Women's Night Ride.** 6pm. Multiple groups. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
 - Tue Fast Pace Training Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
 - Wed Intermediate Road Ride.** 6pm. 20-35M. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
 - Wed Meander Ride.** 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
 - Wed Women's Road Ride.** 5:30pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
 - Thu In-House Workshop.** 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com.
 - Thu Conversational Ride.** 6pm. Moderate pace, no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
 - Fri HRRT Bike Belles, Beginner Ride & Jr Team rides.** 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
 - Fri Noon Rides.** 12pm. 79 Beekman St., Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
 - Sat Shop Ride.** 8am. Keep up if you can. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
 - Sat In-House Repair Workshop.** 10am. Plaine & Son, Schenectady. 346-1433. plaineandson.com
 - Sat In-House Repairs Workshop.** 10:30am. Broadway Bicycle, Albany. 451-9400. broadwaybicycleco.com.

AUGUST

- 11 Ididaride: Adirondack Bike Tour!** 75M/20M. Ski Bowl Park, North Creek. Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 17, 31 Fix a Flat Clinic.** 9:30am. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 17 6th Daily Grind Ride.** 9am. Daily Grind Café, Albany to Troy. 427-0464. albanybicyclecoalition.com.
- 17 1st "The Eddie" Music Festival for Bicyclist Edward Lakata Memorial Scholarship Fund.** Noon-midnight. Pine Lake Park, Caroga Lake. 835-4980. facebook.com.
- 17 Berkshire Bike 'N' Fly.** 20M/50M. Great Barrington, MA. 413-446-9672. berkshirebikenfly.org.
- 18 1st Matthew Ratelle Memorial Benefit Bike Ride.** 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

- 18 Lake George Bike/Boat Ride.** Bike Lake George to Ticonderoga. 11:15am: Mohican Boat to Lake George. Reserve: 668-5777. lakegeorgesteamboat.com.
- 23-25 End of Summer Clearance Sale.** Valatie, Glenmont, Hudson. Steiner's Ski & Bike: 427-2406. steinersskibike.com.
- 24 13th Pat Stratton Memorial Century Ride.** 100M/50M/25/ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 24 9th Hoosic River Ride.** 100M/75M/50M/30M/8M. Williamstown Youth Center, Williamstown, MA. hoorwa.org.
- 24-25 30th Chris Thater Memorial Bicycle Races.** 16-50M. Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 25 3rd Cystic Fibrosis Cycle for Life.** 62/32M. 8am. Cambridge. Krd Quinn: 783-7361. cff.org.
- 30 Green Mountain Stage Race.** 150-186M. Waitsfield, VT. 802-496-5415. gmsr.info.
- 31 Ultimate Time Trial.** 12M. 11am. Castleton. Matthew Martin: 813-9655. sites.google.com/site/albanyultimatetimetrial.

SEPTEMBER

- 1 Darn Tough Ride.** 25/45/65/100M. 7am. Stowe, VT. Pascale Savard: 802-253-9216. mmwa.org.
- 1 Coon Hill Grind.** 2M Time Trial. 12pm. Skaneateles Ski Center, Marietta. skanraces.com.
- 7 4th Double H Ranch Camp Challenge Ride & BBQ.** 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921 x239. doublehbranch.org.
- 7-8 Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 13-15 Adirondack 540 RAAM Qualifier.** 540/408/272/136M options. Adirondack Country Inn, Wilmington. John Ceceri: 583-3708. adkulttracycling.com.
- 14 Operation Worthy Warrior.** 5K time trial, 20M road race, Wheelchair course. 9am. HVCC, Global Foundries Tech Park, Malta. Peter Lee: 580-0173. operationworthywarrior.com
- 14-15 3rd Tour of the Adirondacks.** Sat: Prospect Mountain Hill Climb: 5M. Lake George. Gran Fondo: 100M/40M. Lake Luzerne. Anthem Sports: 275-6185. touroftheadirondacks.com.
- 15 6th Lance Gregson 1-Eye Classic.** Town Park/Beach, Schroon Lake. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. 532-9479. schroonlakecycling.com.
- 21 3rd Columbia County Rotary Ride.** 100/60/30/10M. Post-ride BBQ. Volunteer's Park, Valatie. 784-3663. ccrotaryride.org.
- 21 BikeFest & Tour of the Valley.** 8-104M. Look Park, Northampton, MA. 413-204-0393. bikefest.nohobikeclub.org.
- 22 Gran Fondo Gunks.** 18-108M. 8am. Ulster Co Fairgrounds, New Paltz. 845-256-8073. granfondogunks.com.
- 22 Cambridge Valley Fall Benefit Ride for Van Fronhofer.** 62M: 9:30am. 25M: 10:30am. 16M: 11am. American Legion, Cambridge. bikecv.org.
- 27-29 1st Randonnée Cyclist Adirondacks.** Fri: Packet Pick-Up/ Party. Sat: 25M ride, Prospect Mountain hill climb, kids' ride. Sun: 50M/100 rides. Battlefield Park, Lake George. 770-631-1239. lakegeogerando.com.
- 28 Drops to Hops Races.** 43M Elite/23M Citizen races. 10am. Brewery Ommegang, Cooperstown. Doug McCoy: 607-547-2800. clarksportscenter.com.
- 28 Ride-Run-Walk 4 Love.** 50M/15M bike ride & 5K run/walk. 8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. RRW4L.com.
- 29-30 Bike & Brew Package.** Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.

OCTOBER

- 6 HRRT Fall Club Ride.** 100M/62M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrtonline.com.
- 12-13 Haunted Hundred.** 100M. 6pm. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkulttracycling.com.
- 13 Great River Ride Century.** 111M/85M/62M/35M. Berkshire Brevet RUSA 170K Populaire. Westfield, MA. newhorizonsbikes.com.

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**HEALTH & FITNESS****ONGOING**

- Daily RPM Indoor Cycling Classes.** First class free. Core Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
- Mo/We Rock Your Fitness Classes: TRX, kettlebell, weights.** Starts 9/9. Mon/Wed 6:45am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrock@nycap.rr.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 9/10. Tue/Thu 5:15am & 9:30am & Sat 7:30am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrock@nycap.rr.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Wed Yoga on the Mountain: 6/26-8/28.** 3pm. Scenic gondola ride. Little Whiteface, Wilmington. 946-2223. whiteface.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Hatha Yoga.** 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Hatha Yoga.** 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

AUGUST

- 11 Outdoor Yoga, Massage, Self Defense Seminar.** 9:30am. Shenantaha Creek Park, Malta. teamlunachix.com/Albany_triathlon.

HIKING & ROCK CLIMBING**ONGOING**

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

AUGUST

- 16-18 Trailless Backpacking: Dix Range.** 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 12 Mount Marshall Hike.** 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Seymour Mountain Hike.** 14M. Adirondack Mountain Club: 523-3441. adk.org.
- 21 True Wilderness: Adirondacks & Trans Adirondack Route Presentation w/Erik Schlimmer.** 6pm. Troy Library, Lansingburgh Branch, Troy. Register: 235-5310.
- 23-25 Trailless Backpacking: Skylight & Gray.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 31 Cheney Mountain Guided Hike & Lunch w/Elizabeth Lee.** 1.5M. 9am. Cheney Trailhead, Moriah. Ingrid Roemischer: 942-6513. highpeakshospice.org.
- 31-9/2 Trailless Backpacking: Allen.** 16.6M. Adirondack Mountain Club: 523-3441. adk.org.

SEPTEMBER

- 2 Trailless Backpacking: Allen.** 16.6M. Adirondack Mountain Club: 523-3441. adk.org.
- 6-8 Trailless Backpacking: Santanonis.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 7 Macomb, South Dix, East Dix & Hough Hikes.** 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 9 Esther Mountain.** 6.6M. Adirondack Mountain Club: 523-3441. adk.org.
- 13-15 Trailless Backpacking: Cliff & Redfield.** 18M. Adirondack Mountain Club: 523-3441. adk.org.
- 16 Street & Nye Mountain Hikes.** 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 20-22 Trailless Backpacking: Swards.** 21M. Adirondack Mountain Club: 523-3441. adk.org.
- 23 Mount Marshall Hike.** 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 30 Seward, Donaldson & Emmons Hikes.** 15M. Adirondack Mountain Club: 523-3441. adk.org.

OCTOBER

- 4-6 Trailless Backpacking: Skylight & Gray.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 7 Esther Mountain.** 6.6M. Adirondack Mountain Club: 523-3441. adk.org.
- 11-13 Trailless Backpacking: Santanonis.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 14 Tabletop Mountain Hike.** 9.8M. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Seward, Donaldson & Emmons Hikes.** 15M. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS**ONGOING**

- Daily Downhill Mountain Biking.** 9am-3:30pm. Whiteface Mountain, Wilmington. whiteface.com.
- Daily Cross-Country Mountain Biking.** 10am-4pm. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- Sun Morning MTB Rides.** Location varies, Albany area. Details: facebook.com/RcubedRunRideRace.
- Sun HRRT Junior Development Team MTB Training.** 8am. Location varies. hrrtonline.com.
- Sun Chasm Riders Mountain Bike Race Series:** 5/19-10/13. 10am. 643-2670. site.google.com/site/chasmriders/home.
- Mon HRRT Bike Belles Women's Mountain Bike Ride.** 5:30pm. Locations/leaders vary. 346-1433. hrrtonline.com.
- Thu NYCROSS Thursday Night Lights: 8/29, 9/5, 9/12.** Grass criterium. 7pm. Prospect Park, Troy. 441-1296. nycross.com.
- Thu Coed MTB Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Thu Group Mountain Bike Ride.** 6pm. Rotating locations. 346-1433. plaineandson.com.
- Thu SMBA Group Ride.** 6-7:50pm. Pittstown S.F., Pittstown. saratogamtb.org.
- Thu SMBA Group Ride.** 6-7:50pm. Skidmore Stables Trails, Saratoga Springs. saratogamtb.org.

AUGUST

- 11 Belleayre All Terrain Challenge: NYS MTB Series.** Belleayre Mountain, Highmount. 845-679-2122. nysmtbseries.com.
- 20 Hot August Night MTB Series.** 6pm. Central Park, Schenectady. 847-2419. hrrtonline.com.
- 23 "Fun Not Fear" Dirt Camp.** High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 23-25 Get Schooled in Cyclocross Camp w/Dan Timmerman.** Critz Farms, Cazenovia. Tim O'Shea: 315-655-4620. critzfarm.com.
- 25 3rd Bump Your Rump 6Hr XC MTB Race.** 9am. Grafton Ponds, Grafton, VT. bikereg.com.
- 30 "Fun Not Fear" Dirt Camp.** High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

- 1 1st ADK 80K Mountain Bike Race.** 8am. Solo or 2/4 person teams. MTB/cross bikes. Also: 80K Trail Running Race. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- 7 NYCross Cyclocross Clinic: Technique, training.** 9am-3pm. Prospect Park, Troy. nycross.com.
- 7 Ladies Day.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 7-8 "Fun Not Fear" Two-Day Dirt Camp.** High Peaks Mt Bike Center, 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.
- 13 "Fun Not Fear" Dirt Camp.** High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 14-15 "Fun Not Fear" Two-Day Dirt Camp.** High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 14 Downhill Mountain Biking Camp.** Beginner/intermediate riders. 10am. Gore Mountain, North Creek. Reserve: 251-2411. goremountain.com.
- 14-15 1st Jimbo Mountain Bike Race: 24-Hours at Garnet Hill.** 12pm-12pm. Solo/2-3 person teams. Garnet Hill, North River. adkracemgmt.com.
- 14-15 Green Mountain Cyclocross Weekend.** Catamount Family Center, Williston, VT. 631-472-2324. fastalracing.com.

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- Sept 22 – Adirondack Cross**
 Johnstown High School, Johnstown
- Oct 12-13 – Uncle Sam GP of Cyclocross**
 Prospect Park, Troy
- Oct 20 – Saratoga Spa Cyclocross**
 Saratoga Race Track, Saratoga Springs
- Oct 27 – Wicked Creepy Cyclocross**
 Willow Park, Bennington, VT
- Nov 2 – Syracuse Grand Prix**
 Onondaga Lake Park, Liverpool
- Nov 10 – Bethlehem Cup Cyclocross**
 Elm Avenue Park, Bethlehem

Info: NYCROSS.com
Register: BikeReg.com



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Saturday, September 14 • 9am
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Iron – 3.5M paddle/5.5M run/20M bike
Recreational – 1.5M paddle/2.5M run/14M bike
 Individual & Teams (2-4 members)
Register: MountainLakeServices.org
 Cookout & music following race
Info: Roxanne at (518) 546-3051 x314

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- 15 **NYCROSS.COM #1: Kirkland Cyclocross.** 9:15am. Kirkland Town Park, Clinton. nycross.com.
- 15 **Whiteface Mini Downhill MTB Series #1 Race.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 22 **Whiteface Mini Downhill MTB Series #2 Race.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 22 **NYCROSS.COM #2: Adirondack Cyclocross.** 9am. Johnstown HS, Johnstown. 725-9703. adkveloclub.com.
- 22 1st SUNY Oneonta MTB Festival & Race. 8am. College Camp, SUNY Oneonta. 845-264-8479. oneonta.edu.
- 28 Team Bike & Board Cycle Cross Challenge. Berkshire Bike & Board. Great Barrington, MA. 413-528-5555. berkshirebikeandboard.com.
- 29 **Whiteface Mini Downhill MTB Series #3 Race.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 29 20th Vermont 50 MTB Race. 50M: 6am. Plus, 50M/50K run/relay teams. Ascutney, Brownsville, VT. vermont50.com.

OCTOBER

- 12-13 **NYCROSS.COM #3: Uncle Sam GP of Cyclocross.** Prospect Park, Troy. nycross.com.
- 20 **NYCROSS.COM #4: Saratoga Spa Cyclocross.** Saratoga Race Course, Saratoga Springs. nycross.com.
- 27 **NYCROSS.COM #5: Wicked Creepy Cyclocross Race.** 9am. Bennington, VT. nycross.com.
- 29 HRRT All Hollows MTB Race. 6pm. Central Park, Schenectady. hrrtonline.com.

NOVEMBER

- 2 **NYCROSS.COM #6: Syracuse Grand Prix Cyclocross.** Onondaga Lake, Liverpool. nycross.com.
- 10 **NYCROSS.COM #7: Bethlehem Cup Cyclocross.** Elm Avenue Park, Bethlehem. nycross.com.

MULTISPORT: TRIATHLON, DUATHLON & BIATHLON

ONGOING

- M-Th Be A Biathlete.** 10am-4pm. Olympic Sports Complex, Lake Placid. 523-4436. whiteface.com.
- Tue CDT 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.

AUGUST

- 14 HVTC Summer Tri-Series #3. 5:45pm. Wilson SP, Mt. Tremper. 914-466-9214. hvtc.net.
- 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 **2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Brych: 315-404-8130. atcendurance.com.
- 18 **1st Peasantman Steel Distance Triathlons.** Full, Half, Half Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. peasantman.com.
- 18 **4th Wheel & Heel Sprint Tri/Duathlon.** Hudson Valley Series #3. Tri: 1/4M swim, 12M bike, 3M run. Du: 1M run, 12M bike, 3M run. Wilcox Park, Milan. 845-247-0271. nytri.org.
- 18 24th West Point Triathlon. 0.5M swim, 12M bike, 3.1M run. 8:30am. Camp Buckner, West Point. usma.edu.
- 21 Duathlon. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 24 5th Duaneburg Area Community Center Triathlon. 325yd swim, 10M bike, 5K run. 7am. Mariaville Lake to Duaneburg. Jennifer Dixon: 895-9500. dacc.info.
- 24 Pittsfield FamilyYMCA Sprint Tri. 0.5M swim, 14.5M bike, 5K run. 8am. Burbank Park, Pittsfield, MA. 413-499-7650. pittsfieldfamilyymca.org.
- 25 **4th Team LUNA Chix Splash & Dash Aquathon.** 0.5M swim, 3.1M run. 11am. Lake Desolation, Middle Grove. active.com.
- 25 4th River Rat Triathlon. 600m swim or 3M kayak/canoe, 17M bike, 5K run. 8:30am. Centennial Park, Clayton. 315-778-6427. riverrattri.org.

- 25 Southern VT Sprint Tri. .25M swim, 8M bike, 3.1M run. 8am. Hunter Park, Manchester Center, Vt. Bethany Trout: 802-362-0150. rileyrink.com.
- 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

- 1 Grizzly Triathlon. Off-Road Sprint: 600m swim, 13M MTB/CX, 5K trail run. 9am. Stratton Lake, Stratton, VT. stratton.com.
- 7 5th Vassar Brothers Medical Center Sprint Triathlon & Duathlon. Freedom Park, Pleasant Valley. nytri.org.
- 7 **Greene County Y Triathlon.** 350yd swim, 11.5M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdymca.org.
- 8 **3rd Wheel & Heel Olympic Tri/Duathlon.** Hudson Valley Series #4. Tri: 1.5K swim, 40K bike, 10K run. Du: 5K run, 40K bike, 10K run. Lake Taghkanic SP, Ancram. 845-247-0271. nytri.org.
- 8 **3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run.** Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 8 Toughman Half-Iron Triathlon. 1.2M swim, 56M bike, 13.1M run. Croton-on-Hudson. toughmantri.com.
- 8 Iron Girl Sandy Hook Women's Triathlon. .5M swim, 10M bike, 3M run. 7am. Gateway National Rec Area, NJ. irongirl.com.
- 11 HVTC Summer Tri-Series #4. 400yds swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. 914-466-9214. hvtc.net.
- 14 **15th Mountain Lake Services Triathlon.** Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, 14M bike. 9am. Camp Whippoorwill, Keeseville. Roxanne: 546-3051. mountainlakeservices.org.
- 15 **37th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. 9:30am. Free Kids' Fun Run: 2pm. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 21-22 **HITS Triathlon Series: Hunter Mountain.** Sat, 7am: Half & Full. Sun: Olympic (7:40am), Sprint (7am), Open (12:30pm). North-South Lake Campground, Haines Falls. 845-246-8833. hitstriathlonseries.com.

OCTOBER

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

DECEMBER

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

OTHER EVENTS

ONGOING

- Sat-Sun 14th Hudson River Valley Ramble: 9/7-8, 14-15, 21-22, 28-29. Hiking, biking, paddling, heritage site tours, more. Locations vary. hudsonrivervalleyramble.com.

AUGUST

- 11 **Discover Scuba & BBQ.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 15 **2nd Karaoke for the Cure.** 6pm. Vapor, Saratoga Casino/Raceway, Saratoga Springs. Lynette Stark: 250-5379. komenneny.org.
- 17 **5th Chrissy's Chair Auction.** 4:30-8pm. Auction, food, music. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.
- 30-8/2 **Labor Day Family Weekend.** YMCA Camp Chingachgook, Kattskill Bay. Heather Siegel: 656-9462. lakegeorgecamp.org.

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10% off special for Adirondack Sports & Fitness magazine readers

DUATHLON

11th Annual
Mohawk Towpath Byway Duathlon
 Krause's Grove, Canal & Beach Roads
 Clifton Park & Halfmoon
 2.2mi Run • 16mi Bike • 2.2mi Run
Sunday, October 20 • 9am
 Open to adults, youth & teams
Kids' Fun Duathlon • 8:30am
Register: mohawktowpath.org
 Tech T-shirt to first 100
 Registration limited to 200!
 Benefits Mohawk Towpath Scenic Byway

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

Challenge Yourself
Change the Life of a Child

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

Camp Challenge
5K RUN

All proceeds to benefit the
HH
Double H Ranch
in saratogahalfmoon.com

Register at
www.doublehranch.org
Presented by Adirondack Partners

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

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

3rd ANNUAL MOREAU LAKE RACES

Sunday, Sept. 8 – Moreau Lake State Park beach, Gansevoort
Endurance Events Mixed with '80s Music – '80s Clothing Recommended!



- **15K Trail Run (8am)** – A classic trail run: Climb up the 'staircase of death,' leading to rollers and creeks, and descent from the ridge to the beach
- **Aquathlon (9am)** – 1.5K open water swim followed by a 5K trail run
- **1.5K Open Water Swim (8am) & 3K Open Water Swim (9:30am)**



Discount for multiple events. The beach area offers full facilities including picnic tables and BBQs. Must be a USAT member or buy one-day license for aquathlon and swims. 15K trail run is sanctioned by USATF.
Register: GreenLeafRacing.com – More Info: (518) 290-0457

SEPTEMBER

- 7 Kicks for Kids: Soccer Based Toddler Activity Program.** 18mos to 5yrs. Saturday 7wk session starts 9/7. 383-0991. sportsplexhalfmoon.com.
- 8 Discover Scuba & BBQ.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 28 Wilderness First Aid Course/NYSOGA.** 8am-6pm. White Otter Fish & Game Club, Woodgate. Sonny Young: 359-8194.
- 28-29 Saratoga Native American Festival.** 9:30am-7:30pm. Traditional dancing, music, arts, crafts, food. Saratoga Performing Arts Center, Saratoga Springs. Ndakinna Center: 583-1440. saratoganativefestival.com.

OCTOBER

- 12-13 Gore Mountain Harvest Fest.** 11am-4pm. MTB, gondola rides, music, food. Gore Mountain, North Creek. goremountain.com.
- 19 Party for a Purpose 2013: Saturday Night Fever.** 7pm. Benefit for Laven Early Childhood Center at Albany JCC. Colonie Golf & Country Club, Albany. 438-6651. saajcc.org.
- 20 Wild About Blue: Habitat restoration for Karner blue butterfly.** 4-7pm. Saratoga National Golf Course, Saratoga Springs. 450-0321. wiltonpreserve.org.

NOVEMBER

- 9-10 Adk S&F Endless Summer & Winter Expo.** Sat 10-5 & Sun 10-4. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- Tue SUP Yoga.** 8am. Session 2: 7/30-8/22 (except 8/6). Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- Wed NNYP Weekly Time Trials:** 5/1-9/18. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. Alec Davis: 399-1435. nymcra.org.
- Fri Fundamentals of Canoeing.** Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

AUGUST

- 7 Kayaking for Dummies.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 7,9 Fundamentals of Kayaking I & II.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 10 Flatwater Canoe and Kayak Rescue Clinic.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 13 Evening Tour.** 6:15pm. Hudson River, Champlain Canal Lock 1, Halfmoon. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 14 Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 9,16 Fundamentals of Kayaking II & III.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 20 Evening Tour: Full Moonrise.** 6:15pm. Mohawk River, Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

SEPTEMBER

- 6-8 Adirondack Canoe Classic.** 90M. Old Forge to Saranac Lake. macscanoe.com.
- 14-15 SUPtoberfest: canoe, kayak, paddleboard sale & more.** Mountainman Outdoors on Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 21 Long Lake Long Boat Regatta.** 15M/10M. 11am. Long Lake. macscanoe.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

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

AUGUST

- 10 5th Camp Chingachgook Challenge Half Marathon & 10K.** YMCA Camp Chingachgook, Kattskill Bay. areep.com.
- 10 Move it to the Music 5K Run/Walk & 1M Beaver Dam Short Course.** Lake Luzerne. 696-2771. luzernemusic.org.
- 10 15th Fox Creek 5K Run.** 8am. Helderberg Trail, Town Park, Berne. Liz Chauvots: 872-1870. ebcpt.com.
- 11 Dash to the Diamond 9M run & Valley Cats game.** 9M. 4:30pm. Fleet Feet to HVCC, Troy. fleetfeetalbany.com.
- 12 1st Monday Night Mile for Saratoga History Museum.** Also: 1/4M Kids' Run. Starts: 5:30pm. Racino & Harness Track, Saratoga Springs. John Pecora: 583-9622. saratogahistory.org.
- 13 We Run the Capital at Tawasentha Park.** 6pm. Guilderland. Fleet Feet: 459-3338. fleetfeetalbany.com.
- 16 C.Y.C Boiling Pot 5K Run/Walk.** 6pm. Community Youth Center, Canajoharie. 673-5117. canajohariecyc.org.
- 16 23rd Woodmen's Foot Race 10K & 5K Walk.** 6pm. Adirondack HS, Boonville. 315-942-4593. starinfo.com/woodsmen.
- 17 11th Jailhouse Rock 5K.** 8:30pm. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.
- 17 Pre-Fall Classic.** 5K, 2M Walk & Kids' Run. 9am. Voorheesville HS, Voorheesville. vcsfoundation.com.
- 17 Footrace at the Falls.** 5K. 10am. Bicentennial Park, Ticonderoga. Matt Karkoski: 585-7206. lachute.us.
- 17 Landis Arboretum 5K Forest Run.** 9am. Landis Arboretum, Esperance. David Roy: 295-7162. landisarboretum.org.
- 17 16th Olga Memorial Footrace 5K/10K Run/Walk.** 9:30am. Berkeley Green, Saranac Lake. 637-4297. saranaclake.com.
- 17 Delaware County Fair 5K.** 8:30am. Delaware Co Fairgrounds, Walton. delawarecountyfair.org.
- 17 Kiwanis Clove Run.** 1M: 8:30am. 10M: 9am. 5K: 9:30am. Castleton ES, Castleton. 732-2940. vanrensselaerdivision.org.
- 17 Rock & Snow Bridge 2 Bridge 5M Race.** 9am. Mohonk Spring Farm trailhead, High Falls. mohonkpreserve.org.
- 17 Sweltering Summer 6-Hour Ultra Marathon.** 7am-1pm. Clapp Park, Pittsfield, MA. Benn Griffin: 413-443-5819. burcsrunners.org.
- 18 Southern Saratoga YMCA 5K Run & 3K Walk.** 9am. Southern Saratoga YMCA, Clifton Park. Sarah Heslin: 371-2139. cdymca.org.
- 19 Camp Saratoga 5K Trail Run.** 6:15pm. Wilton Wildlife Preserve/Park, Wilton. saratogastryders.org.
- 20 We Run the Capital at Peebles Island.** 6pm. Cohoes. Fleet Feet: 459-4338. fleetfeetalbany.com.
- 22 MHRRRC Sports Museum Hall of Fame 5K & Kids' Race.** 10am. Carnwarth Farms, Wappingers. mhrrc.org.
- 23-25 Cross Country Spike Weekend.** Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 24 16th Altamont 5K Run/Walk.** 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 24 CRNA 5K Trail Run Series.** Goold Orchard & Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 24 Muddy Sneaker Trail 5K Trail & 1M Fun Run.** 9am. Indian Meadows Park, Glenville. 320-8648. glenvillerotary.org.
- 24 Ultimate Townner Obstacle Course Race.** 4M. Whiteface Mountain, Wilmington. 307-733-1989. ultimaterownner.com.
- 24 Cousins That Care 5K Run/Walk.** 8am. The Ole Barn, Inlet. cousinsthatcare.com
- 24 Green Lakes Endurance Runs.** 100K: 6am. 50K: 6:45am. Green Lakes SP, Fayetteville. gleruns.org.
- 24 34th Round Church Women's Run.** 5K/10K. 8:30am. Round Church, Richmond. 802-238-0820. gmaa.net.
- 24-25 Turning Stone Races:** 5K, 10K & Half. 5K: Sat, 5pm. 10K/Half: Sun, 8am. Turning Stone, Verona. turningstoneraces.com.
- 24-25 Chris Thater Memorial 5K Run.** 10am. Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 25 12th Snowmaker 5K & 1M Walk.** 9am. Woods Valley Ski Area, Westernville. 315-337-1208. romanrunners.com.
- 25 North Face Race to the Top of VT.** Run/bike/hike. 4.3M. 9am. Toll Road, Stowe, VT. 802-864-5794. rtttovt.com.
- 27 We Run the Capital at Corning Preserve.** 6pm. Albany. Fleet Feet: 459-3338. fleetfeetalbany.com.
- 29 32nd Roosa Gap Roller Coaster.** 11.5M & 5K run/walk. 10am. D&H Canal Towpath, Wurtsboro. sullivanstriders.org.
- 31 1st Oak Runner Trail Run 10K, 5K & Kids' 1M Fun Run.** 9am. Oak Mountain Ski Resort, Speculator. 548-3606. oakmountainski.com.

16th Annual

Altamont 5K Run & Walk

Saturday, August 24 9am
Bozenkill Park, Altamont

Gun Club Rd (10mi w of Albany)

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

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

Hilltown Triple Crown Series!

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

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

To benefit Altamont Food Pantry
Bring unexpired dry goods

SMVP HEALTH CARE
Saratoga Spa State Park Columbia Pavilion
Saturday, October 19th, 2013

5K & 10K Walk/Run 9:30 AM
Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by October 1, 2013!

****IMPORTANT****
NEW & Improved Course
Race Limited to 2,000 Registrants
NO DAY OF Registration

5K & 10K Fees
\$22 (prior to 10/1); \$25 (prior to 10/19)
NO DAY OF REGISTRATION
Kids Fun Run Fees (12 & under)
\$5

Become a Fund Raiser for Saratoga Bridges and YOU could win a \$250 Price Chopper G.C.
Create your own fundraising page at active.com/donate/SaratogaBridges2013

Register Online:
www.saratogabridges.org
More information: 518.587.0723

Race is Net Chip Timed w/ Disposable Bibs
Walkers Welcome in 5K
Costumes Welcome

To Benefit
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7th Annual **Falling Leaves 5K Run & Walk**
 Saturday, October 12 at 10am
 William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win 1 of 2 gift certificates for footwear from FLEET FEET Sports

Scenic course within historic village of Ballston Spa!
 Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, bead shops, pizzerias, oil changes, etc.

Register Online: www.ballstonspaumcchurch.org
 \$20 by 10/9 – family rate (mail-in): \$65 – \$25 race day – T-shirt to first 100 entries
Kids' 0.5M Fun Run (10 & under): 10:45am – Free
 Lynne Blake: lblake@nycap.rr.com or (518) 885-9821
 Benefits community outreach programs of Ballston Spa UMC

6th annual
Tour "LaFrance" 5K Family Fun Run/Walk
 & 1-Mile Kids' Run
 In memory of Connor LaFrance

Sunday, Sept. 22 • 11am
 Register: 8-10:30am

Orenda Pavilion, Saratoga Spa State Park
www.ConnorLaFrance.org
 Live music & BBQ lunch
 Benefits Connor LaFrance Memorial Foundation for local athletes & S.H.S. college scholarships

10th Annual **YOUth MAKE A DIFFERENCE 5K** 2013
SATURDAY SEPT. 7

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

Sunday, October 20th

USATF Adirondack presents STAN HUDY

Saratoga Cross Country Classic

Saratoga Spa State Park
 Saratoga Springs, NY

5k Cross Country Race – 10am
 Individual and team competition
 USATF Adirondack 5k XC Championship

2k and 3k Youth Developmental Cross Country Runs – 11am

5k USATF Adirondack Race Walk Championship – 8am

Walk info: (518) 577-1333 or walk2agoal@gmail.com
 Moisture wicking T-shirt to all registered in 5k by 10/1
 Info: (518) 877-0654 or pjglove@aol.com

Register at usatfadir.org

- 31 4th Run For The Horses 5K.** Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. 226-0028. trfinc.org.
- SEPTEMBER**
- 1 1st ADK 80K Trail Running Race.** Also: 80K Mountain Bike Race. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- 1 2nd 1812 Challenge & Half Marathon.** 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com.
- 1 7th Trooper Longobardo Memorial 5K Walk/Run.** 10am. Saratoga Spa SP, Saratoga Springs. longobardomemorial.org.
- 1 Scottish Games 5K Run.** 10:30am. Altamont Fairgrounds, Altamont. scotgames.com.
- 1 23rd Monster Marathon & Half Marathon.** 6:30am. Virgil S.E., Virgil. 607-351-8455. fingerlakesrunners.org.
- 1 1st Labor Day 15K Road Race.** 9am. Dorest Park, South Burlington, VT. gmaa.net.
- 2 24th SEFCU Labor Day 5K Race/Walk.** 9am. Kids' 1M: 10am. SEFCU Headquarters, Albany. hmrrc.com.
- 2 Greylock Uphill Road Race.** 8M. North Adams, MA. Bob Dion: 802-423-7537. runwmac.com.
- 5 Glow Back To School 5K Race.** 7pm: glow in the dark. Donate school supply item – glow bracelet or necklace. Stillwater Comm Center, Stillwater. 664-2515. stillwaterareacommunitycenter.org.
- 7 4th Malta 5K Run & Walk.** 8:30am. Malta Business & Professional Assn. HVCC TEC-SMART, Malta. Paul Loomis: 288-8009. maltabpa.com/malta5k.
- 7 2nd Double H Ranch Camp Challenge 5K Trail Run/Walk & BBQ.** Double H Ranch, Lake Luzerne. 696-5921 x239. doublehbranch.org.
- 7 Youth Make a Difference 5K Run/Walk & 1M Kids' Run.** 9:30am. North Greenbush Town Hall, Wynantskill. Michael Miner: 283-2714. townofng.com.
- 7 43rd Lake Placid/North Elba Half Marathon & 10K Road Race.** 9am. Olympic Speedskating Oval to North Elba Show Grounds, Lake Placid. Rick Preston: 5897-2697. lakeplacid.com.
- 7 Rotary eRACer 5K Run/3K Walk.** 10am. Brewery Ommegang, Cooperstown. 607-547-6083. rotaryracer5k@gmail.com.
- 7 Running for Recovery.** 9am. Jefferson Co Fairgrounds, Watertown. 315-782-8440. watertownurbanmission.org.
- 8 11th Ty Yandon Memorial 5K Run/Walk.** 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 8 3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run.** Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 8 Run for Pride 5K & Rainbow Fun Run.** 9am. Lakehouse, Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 8 9/11 Heroes Run 5K & Family Fun Run/Walk.** 8am. High Rock Park, Saratoga Springs. 925-4864. 911herosrun.org.
- 8 3rd Run to Remember.** 9am. Fire Station, Massena. Jeremy Lefeve: 315-842-2263. northernrunner.org.
- 14 36th Whiteface Mountain Uphill Foot Race.** 8M run to the North Pole. 8am. Whiteface Memorial Highway, Wilmington. 946-2255. whiteface.com.
- 14 18th Run to Remember 5K.** 9am. Rensselaer Polytechnic Institute, Troy. Zachary: 540-419-3342. run2remember.com.
- 14 Get Your Rear in Gear 5K.** 8:15am. Saratoga Spa SP, Saratoga Springs. 320-8648. getyourrearingear.com.
- 14 5th Coxsackie PAL 5K Run/Walk & Fun Run.** 9am. Village Building, Coxsackie. 731-8122. active.com.
- 15 The Saratoga Palio Half Marathon & 5K Run/Walk: Melanie Merola O'Donnell Memorial Race.** Half: 7:30am. 5K: 7:35am. Race Expo: 9/14, 10am-3pm. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 15 12th Teal Ribbon 5K Run & 1M Walk.** 9am. Washington Park, Albany. caringtogetherny.org.
- 15 42nd HMRRRC Anniversary Races.** 2.95M & 5.9M. 9am. Gymnasium, UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 15 9th Capital Region Out of the Darkness 3M Walk for R.I.T.A.** 11am. American Foundation for Suicide Prevention. Saratoga Race Track, Saratoga Springs. Lisa Riley: 221-3901. afsp.org.
- 15 7th Delta Lake Half Marathon.** 9am. Delta Lake SP, Rome. Ann Meisenhelder: 315-337-3658. romanrunners.com.
- 15 35th Dutchess Co Classic Half Marathon & 5K.** 8:30am. 8am. Arlington HS, Lagrangeville. mhrrc.org.
- 17 Masters Running Forum #1: Balance: Career, Home & Running.** 7pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com.
- 20 1st Race 4 Care 5K Fun Run & Walk.** 9am. Word of Life Institute, Pottersville. Ingrid: 942-6513. highpeakshospice.org.
- 20 32nd Arsenal City 5K Road Race.** 6pm. Free 1M Fun Run/Walk: 5:30pm. Watervliet. Chris Chartrand: 270-3875. watervliet.com.
- 21 Arc in the Park 5K.** 10am. Rensselaer Tech Park, North Greenbush. Chuck Tarbay: 274-3110. renarc.org.
- 21 11th YMCA Brenda Deer Memorial 5K Run, 3K Walk & Kids' Fun Run.** 9am. Guelderland YMCA, Guelderland. 456-3634. cdymca.org.
- 21 Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K.** 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 21 36th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championships. Northport. cowharborrace.com.
- 21 5th Red Apple Run 5K/10K Trail Run.** 9am. Samascott Orchards, Kinderhook. kinderhookrunnersclub.com.
- 21 Rivertown 5K Run.** 10am. Ossining. Gunter Spilhaus: 845-256-8073. wildcaterpevents.com.
- 21 5K Run/Walk Mission to Africa.** 10am. Parks & Recreation Center, Ogdensburg. 315-771-3145. northernrunner.org.
- 21 Hancock Shaker Ultra & Trail Marathon.** 50M: 5:30am. 26.2M: 10am. Pittsfield S.E., Pittsfield. hancockshakervillage.org.
- 21 10th Common to Common 30K.** 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. gmaa.net.
- 21-22 World Championship Spartan Race 11M Obstacle Race.** Killington Resort, Killington, VT. spartanrace.com.
- 22 4th Dunkin' Run.** 5K & 10K Road Races. 8:30am. Kids' 0.5M Fun Run: 10am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- 22 Adirondack Marathon Distance Festival: Marathon, Half Marathon, 2 & 4-Person Marathon Relay.** Marathon & Relay: 9am. Half: 10am. Sat: Expo/Packet Pick-Up & Kids' Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 22 6th Tour "LaFrance" 5K Family Run/Walk & 1M Kids' Run.** 11am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. connorlafrance.org.
- 22 Falling Leaves Road Race 5K & 14K.** 8:50am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. atcendurance.com.
- 22 Bread Run for Schools Half Marathon & 5K.** 9:30am. Fabius-Pompey HS, Fabius. 315-243-9144. breadrunatfabiusny.org.
- 22 Batten Kill River Duck Run: 12K, 5K & 1K Kids' Run.** 9am. Jon French: 802-375-8084. bkvr.org.
- 22 5th Downtown 10K Run.** 8:30am. Church Street, Burlington, VT. greennmtrehab.com.
- 24 CRNA 5K Trail Run Series.** Goold Orchard/Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 25 Mohawk Hudson River Marathon Night.** 7:30pm. Fun, info evening with adidas, Fleet Feet, HMRRRC & get primed for MHRM. See winners of Fleet Feet's "top model" contest. Demos, massages, drinks. Fleet Feet Sports, Albany. Cathy Sliwinski: 810-8427. Limited to 100. RSVP: ffalbanyevents@yahoo.com. mohawkhudsonmarathon.com.
- 27-28 2nd Ragnar Relay Series: Adirondacks.** 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Aston: 801-834-9531. ragnaradk.com.
- 28 20th FAM 5K "Fund" Run/Walk.** 10am. Refreshments, entertainment, Brooks BBQ & Kids' Run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 28 Ride-Run-Walk 4 Love.** 5K Run/Walk & 15M/50M bike ride. 8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. rrw41.com.
- 28 Gore Leaf Cruncher 5K Trail Run.** 1pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28 2nd Mario Zeolla '97 5K Walk/Run.** 9am. Plus: Health Expo. Albany College of Pharmacy, Albany. acphs.edu.
 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.

Caring Together 12th Annual **GET YOUR TEAL ON**

Teal Ribbon 5K Run & 1-Mile Walk
 For Ovarian Cancer Awareness & Research

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

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

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

6th Annual **Hometown Heroes 5K Run & Walk**

Saturday, Oct. 19 • 9:15am
 The Crossings of Colonie

USATF Certified • Solo/Teams
 T-shirt to first 250 • Chip Timing
 \$20 by 10/15 • \$25 after

Register: NYFRC-INC.ORG
 Kathy Andonie: (518) 368-5513
 Fundraiser to benefit NY National Guard Family Readiness Council

5th Annual **Race Away Stigma 5K Race & Fun Walk**

Help "race away" stigma surrounding mental illness

Saturday, Oct. 19 • 10am
 Bruno Stadium, HVCC, Troy

\$17 HMRRRC, \$20 non-members
 T-shirt, awards, raffles

Larry Ellis 629-7175. Lellis@hvcc.edu
Register online: hvcc.edu/cct

AUGUST 31ST • 9AM

10K KIDS 1 MILE FUN RUN

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OAK MOUNTAIN

Second Annual **Mario Zeolla '97 5K Walk/Run**

September 28 / 9am

Albany College of Pharmacy & Health Sciences
 106 New Scotland Ave, Albany

\$20 by 9/27 • \$25 event day
 All 5K participants receive T-shirt

Register: acphs.edu/healthexpo
 Sponsored by ACPHS & MVP Health Care
 Benefits Mario Zeolla '97 Memorial Scholarship

10th Anniversary **The Crossings 5K Challenge & KIDS RUNS**

September 29th, 2013

At the Rudy A. Ciccotti Family Recreation Center - 30 Aviation Rd in Colonie - Flat and fast track through the Crossings of Colonie Park. Proceeds to benefit CYC's community programs for youth and families.

Register online at ZippyReg.com or Download a form and get more info at www.coloniyouthcenter.org or pick up your registration form at the Ciccotti Center Member Services Desk.

Music • Food • Fun • Prizes • Awards
 Kids' 1/4M Fun Run (FREE)
 NEW Competitive 1M Kids' Run (\$10)
 Walkers Welcome

36TH ANNUAL
Whiteface Mountain Uphill Foot Race
Run to the North Pole!
Sunday, Sept. 14, 8am



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

Presented by


Register:
WhitefaceRace.com
(518) 946-2255

39TH ANNUAL

Falling Leaves ROAD RACE
Sunday September 22
Radisson Hotel, Utica
USATF Certified 5k: 9am
Scenic 14k: 8:50am
Brooks long-sleeve tech shirts to first 1500 registered
Info/Register: **UticaRoadrunners.org** or **GetEntered.com**
14k is USATF-Adirondack Grand Prix event

19th Annual Burnt Hills-Ballston Lake Rotary
5K RUN AND WALK
BURNT HILLS, NY
Saturday, Oct. 5 • 9AM

KIDS MILE FUN RUN: 9:45AM
O'ROURKE MIDDLE SCHOOL, BURNT HILLS
USATF CERTIFIED COURSE • CHIP TIMING
SHIRTS FOR THE FIRST 250 PARTICIPANTS
\$20 BEFORE 10/1 (\$25 AFTER)
KIDS MILE FUN RUN: \$10

REGISTER: ACTIVE.COM
ENTRY FORM: BHBLROTARY.ORG
PAUL LEWANDOWSKI (518) 399-2225

- 29 **Nick's Run to be Healed 5K Run, 2M Walk & Nick's Dash Fun Run.** 5K: 1pm. Zumba: 12:30pm. Nick's Dash: 12pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 29 **10th Crossings 5K Challenge Run/Walk.** 10am. NEW Kids' 1M Competitive Run & Free Kids' 1/4M Fun Run: 10:45am. Rudy Ciccotti Family Recreation Center, Colonie. 867-8920. colonieyouthcenter.org.
- 29 **33rd Voorheesville 7.1 Mile.** 10am. Town Park, Voorheesville. hmrrc.com.
- 29 **Geysers Road 5K Run/Walk.** 9am. Saratoga Spa SP, Saratoga Springs. Kelly Montague: 584-7699. saratogaschools.org.
- 29 **Pumpkin Run 5K Cross-Country Run.** 9am. 1K fun run. Queensbury HS, Queensbury. gmmf.org.
- 29 **VetHelp 5K Run.** 10am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. vethelpny.org.
- 29 **32nd Roosa Gap Roller Coaster 11.50M & 5K Run/Walk.** 10am. Wurtsboro. Tom Ganz: 845-791-4864. sullivanstriders.org.
- 29 **20th Vermont 50 Race.** 50M: 6:35am. 50K: 8am. Plus, 50M MTB Race. Ascutney, Brownsville, VT. vermont50.com.

OCTOBER

- 5 **19th Komen Northeastern NY Race for the Cure.** 5K: 9am. 2M Family Walk: 10am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- 5 **19th Burnt Hills-Ballston Lake Rotary Apple Run 5K.** 9am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. hbblrotary.org.
- 5 **CRNA 5K Trail Run Series.** Chatham Brewery, Chatham. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 5 **2nd Run for Readers 5K FUN Run/Walk.** 9am. Kids' 1M Spartan Sprint: 8:15am. Scott Ellis E.S., Greenville. Peter Mahan: 966-5070 x301. greenville.k12.ny.us.
- 5 **Ellen Richards Memorial 4M Breast Cancer Run/Walk.** 10am. Norwood Beach, Norwood. 315-268-0566.
- 5 **Run for the Red 5K Run/Walk.** 9am. Olympic Speedskating Oval, Lake Placid. 792-6545. redcross.org/runfortheredlakeplacid.
- 5 **3rd Hammond Presbyterian Church Community 5K.** 9am. Presbyterian Church, Hammond. Lisa Gallagher: 315-244-4416.
- 5 **40th Art Tudhope 10K.** 9am. Shelburne Beach, Shelburne. Jessica Bolduc: 802-658-1753. gmaa.net.
- 6 **A New Leash on Life 5K.** 9am. The Crossings, Colonie. Schenectady SPCA: 312-860-7232.
- 6 **Run for the ROC 5K.** 11am. Saratoga Race Course, Saratoga Springs. Mike Wallner: 583-8348. saratogacare.org.
- 6 **What Would Trevor Do Run for Hope 5K.** 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. wwtdrunforhope5k.weebly.com.
- 6 **Harvest Half Marathon & 5K.** 10:30am. Red Hook Rec Park, Red Hook. Lisa Glick: 845- 625-3473. onteorarunners.org.
- 6 **32nd Wineglass Marathon & 3rd Half Marathon & 5K.** Bath to Corning. wineglassmarathon.com.
- 6 **Grete's Great Gallop Half Marathon.** 9am. Central Park, Manhattan. nytr.org.
- 12 **7th Falling Leaves 5K Run & Walk.** 10am. William Kelley Park, Ballston Spa. Lynn Blake: 885-9821. ballstonspaumchurch.org.
- 12 **3rd Rhino Run 5K.** 9:30am. Loudonville. Lori Murray: 783- 7486. rhinorun5k.com.
- 12 **SUNY Adirondack CARES 5K Run/Walk.** 8:30am. SUNY Adirondack, Queensbury. 743-2278. sunyaacc.edu.
- 12 **3rd Octoberfest Half Marathon & 10K.** 9am. Fire Department, Peru. runoctoberfest.com.
- 12 **Canandaigua Lake Ultras.** 50M & 50K. 7am. Canandaigua. canlake50.org.
- 12 **Danby Down & Dirty Trail Runs.** 10K & 20K. 9am. Abbott Loop, Danby. fingerlakesrunners.org.
- 13 **31st Mohawk Hudson River Marathon & 12th Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Package Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 13 **Breathe Deep LUNgevity 3K Walk.** 10am. Crossings Park, Colonie. events.lungevity.org.
- 13 **Shine On 5K Memorial Run.** 1pm. Spencertown Firehouse, Spencertown. Tammy Page: 392-6298. shineonrun.wix.com/5k.
- 13 **Shawangunk Valley 5M.** 10am. Shawangunk Valley F.H., Wallkill. Rebecca Withers: 845-895-3402. mhrrc.org.
- 13 **3rd Fall Foliage Half Marathon & 5K.** 10am. Starr Library, Rhinebeck. fallfoliagehalf.com.

- 13 **43rd Green Mountain Marathon & Half Marathon.** 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 15 **Masters Running Forum #2: Stability: Maintaining Fitness & Injury Prevention.** 7pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com.
- 19 **13th Great Pumpkin Challenge 10K, 5K & Kids' Run.** 9:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 587-0723. saratogabridges.org.
- 19 **6th Hometown Heroes 5K Run/Walk.** 9:15am. The Crossings, Colonie. Kathy Andonie: 368-5513. nyfr-inc.org.
- 19 **1st Urban Raid Albany: 5K Obstacle Race.** Lincoln Park, Albany. Lauren St. Clair: 207-699-2360. raidevents.com.
- 19 **5th Race Away Stigma 5K Race & Fun Walk.** 10am. HVCC Stadium, Troy. Larry Ellis: 629-7175. hvcc.edu.
- 19 **Dirty Dog Mud Run: 7K Obstacle Race.** Titus Mountain Ski Center, Malone. dirtydogrun.com.
- 19 **Maddie's Mark 5K.** 9am. Central Park, Schenectady. Kathleen Snyder: 763-1119. maddiesmark.org.
- 19 **Monster Scramble 5K & 1M Family Run.** Lake George. msupstateny.org.
- 19 **Running Colors 5K.** 11am. Lakefront, Old Forge. 315-369-6411. viewarts.org.
- 20 **Saratoga Cross Country Classic 5K.** 10am. 2K & 3K Youth Development: 11am. 5K USATF Race Walk Champs: 8am. Saratoga Spa SP, Saratoga Springs. Pat Glover: 877-0654. usatfadir.org.
- 20 **Beat Beethoven 5K.** 9:30am. Central Park, Schenectady. Christine Mason: 372-2500.
- 20 **2nd Chopping Down Cancer 5K in memory of Skip Veeder.** 10am. Veeder's Tree Farm, Earlton. eventbrite.com.
- 20 **Hambletonian Marathon & Good Time Trotters Relay.** 8am. Goshen. 845-527-3825. hambletonianmarathon.com.
- 26 **20th Goblin Gallop 5K.** 9am. Abraham Wing School, Glens Falls. adirondackrunners.org.
- 26 **Monster Madness Dash YMCA 5K Run, 3K Walk & Kid's Fun Run.** 9am. YMCA, Troy. Tammy Roberts: 272-5900. cdymca.org.
- 26 **Anne's Quest 5K.** 9:30am. Shaker HS, Latham. Kelli Rosenthal: 446-9638. annesquest.org.
- 26 **Rylie J's Boo & Brew 5K & Kids' Fun Run.** 3pm. Rylie J's, Geneva. Jen Stanton: 315-651-0205.
- 27 **Hairy Gorilla Half Marathon & Squirrely Six Mile Trail Race.** 9:30am. Thacher SP, Voorheesville. hairygorillahalf.com.
- 27 **2nd RunDEAD 5K Trail Run.** 9:30am. Runners & Zombies. Saratoga Spa SP, Saratoga Springs. NYSO: 388-0790. therundeath.org.
- 28 **Starlight Spooky Sprint.** 12:30pm. Crossings Park, Colonie. Rainbow Doemel: 925-2533. starlight-newyork.org.

NOVEMBER

- 7 **Masters Running Forum #3: Community: Joining Club or Team.** 7-8:30pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com.
- 9 **CRNA 5K Trail Run Series: Notchview State Reservation, Windsor, MA.** Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 10 **38th Gazette Stockade-athon 15K.** 9am. Plus, 1M Duck Run for Kids. Central Park, Schenectady. stockadeathon.com.

SWIMMING
AUGUST

- 17 **12th Betsy Owens Memorial Open Water Swim.** 9:30am. USMS 2M national championships. Mirror Lake, Lake Placid. adms.org.
- 24-25 **Lake George Open Water Swims.** Sat: 2.5K (7:45am), 5K (9:30am), 10K (7:45am). Sun, 8am: 4M point-to-point. Hague Beach, Hague. lakegeorgeswim.org.

SEPTEMBER

- 1 **Escape From the Judge 1M Open Water Swim Race.** 8am. Clift Park, Skaneateles. skanaraces.com.
- 8 **3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run.** Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.

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

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

Arc in the Park 5K Race

Saturday, Sept. 21 • 10am
Rensselaer Tech Park
100 Defreest Dr, North Greenbush

Walkers & rollers welcome
T-shirt to first 150 5K preregistered
Timing by Green Leaf Racing
0.5M Fun Run • 9:30am

Entry Form: www.renarc.org
Info: 518-274-3110 x3003

To support programs and services for people with intellectual disabilities in our community



The ARC of Rensselaer County
www.arcny.org

NICK'S FIGHT TO BE HEALED FOUNDATION

5K

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

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

Honoring 3-year-old Parker Ragone

T-shirts to first 250 walk/run registrants!

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

Form a team & have more fun!

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

NFTSHF is a 501 c 3 organization supporting local pediatric cancer patients.

Hudson-Mohawk Road Runners Club
Anniversary Races
2.95 & 5.9 Miles
Sunday, Sept. 15 - 9am
Gymnasium, UAlbany

HMRRC
42nd Annual Celebration!



Commemorative glass mug to first 125

Free HMRRC, \$6 non-members
Register day of race only
Pat Glover: 877-0654 or pjglove@aol.com

32nd Annual Watervliet
Arsenal City Run & Community Night
Friday, September 20



5K Road Race: 6pm
USATF-Adk Masters 5K Championship
Register: **ZippyReg.com**
\$20 until 9/19 or \$25 race day
Male/female dri-fit shirts to all preregistered
Free 1-Mile Fun Run/Walk (all ages): 5:30pm
Family Festivities: 6-9pm
Food, drinks, live music, activities for all
Benefits: Watervliet Adopt-a-Family program

38th Annual Gazette
Stockade-athon 15K
Sunday, November 10 • 9am
Central Park, Schenectady

SAVE THE DATE!

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USATF certified course

Register: stockadeathon.com
hamletbryans@nycap.rr.com

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August 24-25

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Sunday • 4-mile point-to-point swim

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- ◀ APPROACHING THE GLEN ISLAND NYSDEC HEADQUARTERS IN THE NARROW ISLAND GROUP.
- ▼ BILL SMOLLIN PASSES THE SLIDES OF ROGERS ROCK.

PHOTOS BY ALAN MAPES



Lake George End to End

Three Days, 37 Miles on the Big Lake

By Alan Mapes

Bill and I talked about it for three years – an end to end paddle trip on Lake George. It was one of those ideas that you talk about again and again, but secretly wonder if it will ever happen. The “Queen of American Lakes” is 32 miles long and can present some challenging conditions with wind, waves and powerboat traffic. We figured the trip would take three days at a comfortable pace, with two nights camping on the islands.

In late September last year, the stars finally aligned. We had a three day window of decent weather and both of us had time available. At that time of year, powerboat traffic is much reduced from the frantic pace of summer. On weekdays, it would be quieter yet. Winds were forecast to be with us if we paddled the lake south to north. Counting on favorable weather forecasts is always chancy, of course.

Our starting point was Million Dollar Beach in the village of Lake George – only a bit over an hour from home for me. Getting started was a long process, though. We had to drop a car at the Mossy Point state boat launch on the north end of the lake. That entailed driving another hour to Ticonderoga, putting both boats and all the gear on one car, and leaving the other one for the end of the trip.

About four hours after leaving home, we were back at the beach, packing the kayaks to get on the water. Packing all the gear for camping into the kayak hatches is always a bit of a puzzle. Will it all fit? Will I find things I need during the day without pulling everything apart?

Bill's Swift Bering Sea kayak has nice large hatch openings and his packing was more organized than mine. My NDK Explorer is the craft that's been used by many legendary kayak expeditions, but it is not the easiest to pack. The two main hatches have small 10-inch round openings, good for staying sealed in rough ocean waves, but it's tough to fit a fat sleeping bag through those holes.

Packing in small waterproof bags is the

key. Both of our boats had rear skeg fins, helpful when strong winds make it hard to control the kayak. The skeg box and its control line present a challenge when packing the stern of the kayak – more on that later. Heavy items are placed closer to the cockpit, making the laden craft behave better in waves.

The gear and food all fit into the boats eventually, and we shoved off from the beach. It was a nice relief to actually get going, and we watched the village quickly slip behind us. One of the big tour boats came by, headed back from a lunch cruise up the lake.

Our general plan was to camp the first night somewhere in the Narrow Island Group, a couple of miles from Bolton Landing. The second night would be in the Waltonian Islands near Hague. Our plans were flexible, since weather and other factors could require changes.

Some changes came quickly as a storm blew in from our west. Winds and waves kicked up, hitting us on the port beam (left side of the kayak). We found some shelter along the protected side of Long Island, but the wind and rain really hit when we left the north end of that island. The weight of camping gear actually made our boats more stable and kept them deeper in the water, reducing the turning effects of the wind.

As the wind and rain lashed us harder, we decided to take shelter behind a boathouse in a nearby cove. After 15 minutes of sitting out the storm, conditions were better and we set out again, up the eastern shore and past YMCA Camp Chingachgook and Pilot Knob Mountain. We made a stop on Phelps Island for a rest and some boat repairs. We had paddled only nine miles, but the wind convinced us to stay and camp for the night.

The campsites on Phelps were closed for the season, with docks disassembled and piled on shore. Our tents went up on a camping platform, and dinner was prepared with a beautiful view of Bolton and the Tongue Mountain Range. Weather cleared and we had a crisp, chilly night. Bill likes to camp with me, since I like to cook. No freeze-dried

stuff for me, but real

food from scratch.

My home-grown tomatoes, onion, garlic were added to some kielbasa and pasta, and served with some fresh crusty bread.

Fall is my favorite season for camping and day two dawned clear and cool. The bugs were gone and the leaves were coloring. Our trip through the Narrow Island Group was spectacular. A few motorboats were active and some of the state campsites were still in operation.

Our lunch stop was at Paradise Bay on the east shore and we went on to tour through the Mother Bunch Islands, stopping at Picnic Island for a rest. The Tongue Mountain Range framed the western side of our trip and the sun lit up the cliffs of Deer Leap Mountain. An Air National Guard LC-130 cargo plane flew down the lake at low level, also taking a tour of the islands. The hamlet of Huletts Landing slipped by on the right and we headed for Sabbath Day Point.

Shortly before the point, we spotted another kayaker making his way along the western shore. The kayak was a nice new model and the paddler held a skinny wooden Greenland paddle like I was using. Our paths crossed near the point, and we met Rick from Yonkers. He was paddling north from Bolton for a few days of solo camping. Rick invited us to share a campsite he had booked at Rogers Rock state campground, and we readily agreed.

Rogers Rock is a few miles past our intended stop for the night, and we finished day two with 23 miles on the GPS, the greatest distance either of us had paddled in a day. The only pain I suffered for the long day was the burning skin on my upper thigh – a burning that would not quit during the day, despite the cream I applied. At the end of the day, I discovered the remains of a fuzzy caterpillar on my kayak seat. Lesson learned: check your swim trunks for caterpillars! It took two days for the irritation from the critter's hairs to go away.

After a nice night camping with Rick, we packed the boats for day three and pushed off for the north end of the lake. The wind was quite strong out of the south, pushing us along. Rick headed back south into the strong wind, and we thought about him as we easily surfed the waves past the imposing rock slope of Rogers Rock. Mossy Point came up on our right by late morning. We passed it by and headed for the very north of the lake, one-mile beyond.

As we approached the end, Bill realized that something was amiss with his kayak. The bow was sitting up high and the stern had nearly gone under water. We suspected that water was somehow getting into the rear compartment, but the boat was still paddling alright, and Bill decided to continue back to Mossy Point.

Opening the rear hatch after landing, Bill found it nearly full of water. The dry bags of gear packed into that space helped maintain some flotation and had kept the stern from sinking. The skeg is always suspect number one for a leak into the rear compartment of a kayak, and sure enough, the tube for the control cable had been dislodged when Bill shoved dry bags back there in the morning. Lesson number two is pack carefully around the skeg box.

The final figures on our trip: 37-plus miles paddled over three days and two nights. We enjoyed a lot of clear water and plenty of spectacular scenery. Bill drove home thinking about logo designs for the “End to End on Lake George Club.” 🌲

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

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

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

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Henry Wilkie



ATHLETE PROFILE - By Dave Kraus

LIVES IN: Colonie

OCCUPATION: Environmental Engineer for New York State Department of Environmental Conservation, Albany

FAMILY: "Just the bicycles"

SPORTS: Cycling

SECONDARY SPORTS: Snowshoeing, Volleyball, Soccer

If you're a cyclist in the Capital Region, chances are you're also a member of the Mohawk-Hudson Cycling Club. But you're not *really* a member until you've been on a ride led by Henry Wilkie.

Fortunately that's pretty easy, because during the summer months it seems as if every other ride on the club's calendar is led by Henry. He is by far the club's most prolific ride leader, with 54 rides and a total attendance of 875 riders in 2012 according to MHCC records.

Henry only admits to leading "at least" 400 rides for the club over the years, with over 40 per year for the past five years. But that number is bound to be conservative, since he remembers only one year when he led "only" 36 rides because of bad weather.

Henry's love of cycling began when he came with his family from Venezuela in the 1980s at age 19. Shortly after, he got an old Bianchi to commute to college at the Polytechnic Institute of New York's Farmington campus on Long Island. He would ride to the campus in the summers, about 12 miles one-way.

But those commutes – and the Bianchi – came to an abrupt end in 1985 when he was hit by a car in a classic "right hook" collision. "I was going to college riding my bicycle like I usually do and this truck passed me at the traffic light and there was no signal so I thought he was going straight, but he went to the right. I was lucky – I just broke a collarbone and dislocated my shoulder." The

truck also ran over his arms. "You could see the tracks on my arms for six months but no broken bones."

After that he didn't ride again until 1993. He stayed in shape by continuing to play soccer as he had done in college. Then he got a job at the NYS DEC and met John Petiet, a fellow MHCC ride leader, and one of about 25 club members who worked for DEC at the time.

He bought a new bike and began some limited riding, but only on bike trails. "Once you get those accidents in your mind, going on the regular roads is kind of scary."

Henry began going on club rides, and was soon leading his own. "I went with a couple of people leading rides, and I didn't like the way they were leading and so I did it. Every time I lead a ride everything is a smooth surface. You go downhill you don't get those bumpy rides. At least when you ride with me the surface is safe."

In 1996 he got a collection of 200 different cue sheets from fellow ride leader John Berninger and still has them, consulting them occasionally to see if there's one the club hasn't done lately and to see if he can do a variation on it.

The knowledge of local roads he's built up stands him in good stead when he leads his two regular weekly rides, "Wacky Wednesday" in Clifton Park and "Saturday in the Park" that starts in Saratoga Spa State Park. For the past 15 years he's also been doing his annual ride around Sacandaga Reservoir, where he posted his all time high attendance of 62 riders.

Why are Wednesdays wacky? "Usually something wacky will happen – people will come to the ride without their front wheel, their helmet. One time I forgot my shoes. I led the ride for 30 miles just wearing my sneakers."

But it's not only Wacky Wednesday that interesting things happen. He remembers the only time he ever had to fill out an accident report on a ride when a number of riders went down. "It was three quick left turns going downhill and a bump in sun-dappled shade. Since everybody was together I saw people going down left and right. Seeing people lying down on the road gave me flashbacks to my own accident."

Another time he himself went down, when he was hit by a deer! During a Lake George ride his group took the Mohican boat ride to the north end of the lake and rode back south. He heard a noise coming from his rear wheel and as a friend rode behind him to check it out, the friend started yelling "Deer!" But by then it was too late and the animal ran straight into Henry. "If I wouldn't have had the helmet..." his voice trails off. "I hit the helmet and it shattered in two."

Henry is a firm believer in helmet use – very firm. "Whenever I see a father or mother without a helmet I'll stop and actually lecture them. I tell them it's good that your kids are wearing a helmet, but you need to be wearing one too. If you fell down here and hit your head, what's going to happen to your kids?"

But there's a softer side to him, too. MHCC president Skip Holmes remembers one incident out of many that told him a lot about his most prolific ride leader. "On the

Saratoga Century Weekend several years ago, I had been helping out with registration and was rushing to get to the start of the 100-mile ride. As we rolled out of town I was riding next to Henry, then reached down to get a drink, and discovered that I'd left my water bottles on the registration table. I looked over at Henry and commented on his two new water bottles, and he proceeded to hand one over to me for the ride. That's the kind of guy he is."

When not leading rides he goes on his own, racking up 3,000 to 4,000 mile a year, with about 2,500 of those on club rides. He also bike commutes to work at least one day a week and rides mountain bikes but keeps it tame, insisting, "I'm not as serious as others who go off-road."

With a stable of six bikes, he keeps several at family member's homes in other cities so he can always ride while visiting. "My Mom called them my 'wives.' Every time I spoke to her on the phone she would always ask me 'Did you take your wife out today?'"

Henry is always willing to share his secret for never getting tired of cycling – take a break. "When the temperature goes below 40 that's when I stop. I take two months off and play volleyball and for the last five years I've done snowshoeing." 🌱

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer and writer. He has been on many Wacky Wednesday rides, but luckily nothing wacky happened.

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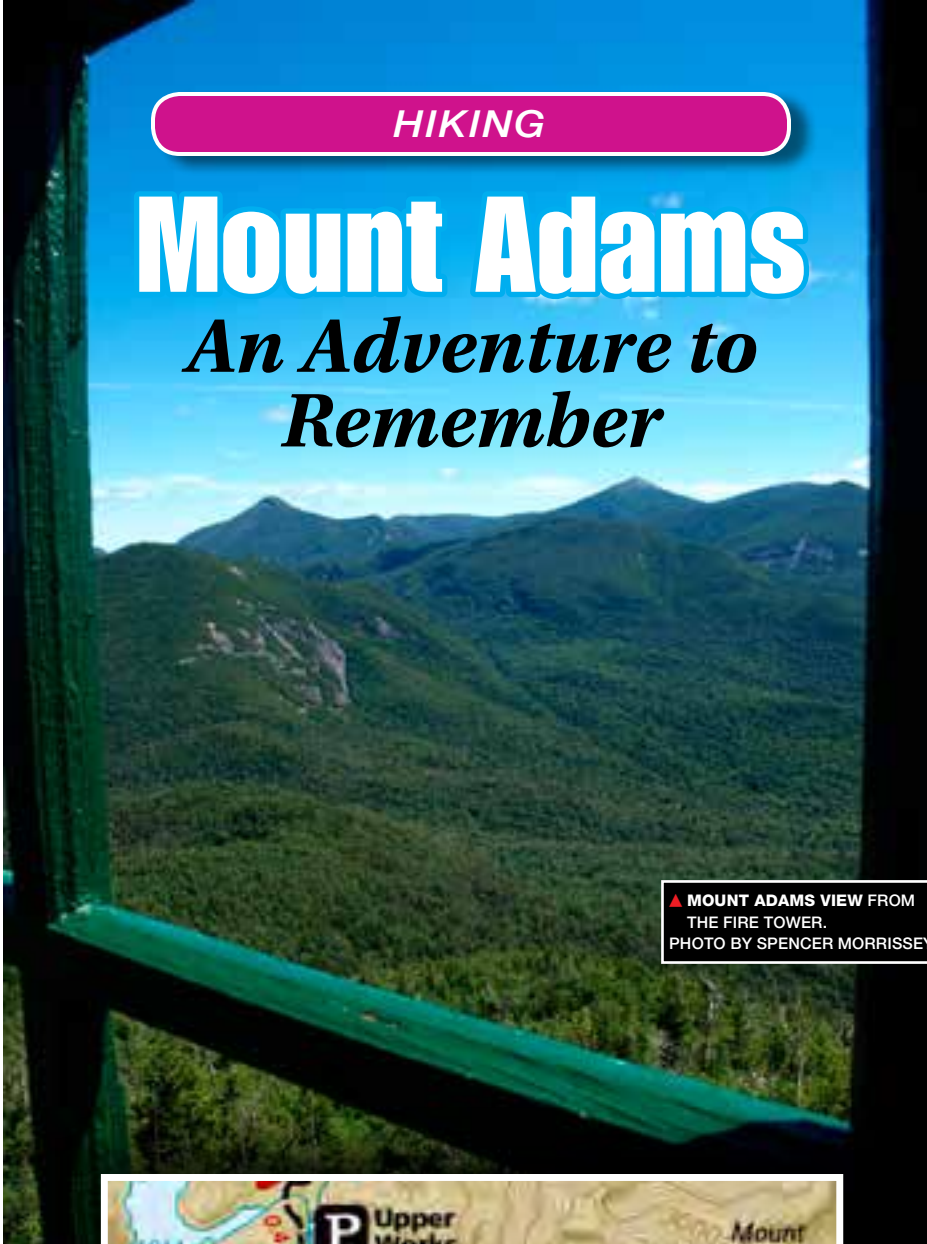
Missing bridges, wading through water and a newly restored fire tower make this adventure one not to be forgotten. Mount Adams (elevation 3,520 feet) is one of the utmost rewarding peaks in the High Peaks region and for the relatively short hike 4.6-mile round-trip that it is, the views are mind-blowing. However, while short, this 1,753-foot climb can be very demanding for those unversed with steep terrain and at times slippery conditions. The fire tower, once under deteriorating conditions and unsafe to climb, has been restored and is now safe to enjoy, so you should.

At the parking lot you will find the trail and trail register at the back. Please be sure to sign in to help the DEC monitor the use of the area and for emergency purposes as well. As you start down the trail there is a privy trail to your right, for those needing last minute relief, the hiking trail continues on a slight downhill for 0.1-mile to the Hudson River. A sign here notifies visitors that the bridge ahead is out.

This suspension bridge was involuntarily relocated downstream by Hurricane Irene a couple years back and has yet to be rebuilt. At the sign, a short path marked with flagging brings you to the shore of the Hudson River, and a low area in the water course. This area looks to have been built up a little to ease passage. It is highly recommended that you bring water shoes and a towel for this crossing. The rocks on the bottom are sharp and a bit painful to most of us tenderfoots. Under normal conditions you can expect the water to be under knee deep, during spring and rainy conditions the water level rises and makes the crossing much more entertaining. The rumor mill says that the DEC is planning to rebuild the bridge. No dates have been announced or the type of bridge to be constructed, let's just hope that we're still young enough to use it.

Once you have dried off your feet and put your socks and shoes back on you can continue along a temporary path back to the main trail. The woods here are mostly evergreens and the trail moves quickly through them with only a couple muddy areas. After this short section you will be at Lake Jimmy where this bridge is also missing in parts. The bridge has always been a balancing act and frequent prayers of not falling in, so its absence is not unexpected. Actually only the first couple small sections are missing, but enough that it wasn't worth fording in the muck. A detour trail has been marked with the white side of the red disks showing, indicating this might be a temporary trail until this bridge is rebuilt. Does this bridge having a foreseeable future? We will see.

The path is located a bit back from the bridge and a pile of branches blocks the old trail to the bridge. The path leads around



▲ MOUNT ADAMS VIEW FROM THE FIRE TOWER. PHOTO BY SPENCER MORRISSEY



the north end of Lake Jimmy through more boreal forest. Over a soft trail you will come to a brook crossing that can easily be rock-hopped. Once on the opposite side of the brook, unique views of the lake come out and so does the wet, muddy conditions. There is an obvious spring in the area making for very wet footing and one where it is near impossible to not get wet or at least a bit filthy.

This path leads back to the opposite side of the Lake Jimmy Bridge, where its condition is not that bad.

You are now back on the original trail and passing along an old woods road. The berry picking through here can be quite good in season. After a short uphill you will come to the abandoned fire observer's cabin on the left of the trail. It has also been restored a bit and can

be entered through a door on the backside. Old pictures are on the wall and many of the original fixtures are still present. The privy and storage shed are still in disrepair and surely occupied by creatures with eight legs.

Passing by the observer's cabin you climb a small hill to find the Mount Adams Trail on the left. The trail at this point looks like nothing more than path into the forest, but it soon opens up to much more than that. Starting out you will be hiking over small rolling hills with not much gain or loss in elevation. The trail steadily starts to climb with some moderate pitches mixed in just to keep you on your game. Eventually the trail begins to climb even more with rocky footing and tall strides. Then you will be looking up at a section of slab rock with a large tree trunk splitting the middle of the slab. While it is tempting to use the log as a saddle to climb the pitch there is a slightly easier route up on the side. While the tree roots are very slippery, the use of a few select roots might be advisable.

But wait, the fun's not over. Once you clear this section, a second rock slab welcomes you with a small, sheer cliff on the left. You can hug the cliff and inch your way up on hands and knees, or take to the edge on the right again and make a slippery climb to the top. Once over this section the really hard stuff is over. While the trail still has a few very steep sections, there are no hair-raising adventures to be had. Eventually you will crest the final hill and the fire tower will be right in front of you, soaring through the trees, up to the sky.

The fire tower on the summit has been remodeled by the High Peaks Foundation and is in stellar condition. A new staircase, railings, paintjob, cab opening, roof, cement footers, and so much more were all installed, thanks to some backbreaking labor by some very hard working volunteers – we all thank them for their efforts and success in saving a monument of Adirondack history. Without this tower over the trees, we would have no views of the surrounding beauty that is found in the High Peaks Wilderness, Seward Range, Santanoni Range, Tahawus Mine and miles beyond.

To the trailhead: From I-87, get off Exit 29 and head west along Blue Ridge Road for 18 miles to Tahawus Road on the right (County Route 25). Follow for seven miles to Upper Works Road on the left. Follow this rough secondary road for just over three miles to the trailhead on the right. 🌲

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

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NUTRITION

Supplement Safety for Young Athletes

What Students, Teachers and Parents Need to Know

By Sabine Weber



ket. To determine if a supplement is safe and effective, well-planned, and controlled research is required.

Consider the following claims when considering a supplement. These can be red flags:

Claims that it's quick and easy; uses testimonials from "real users" to promote the advantages; claims it is fine for everyone; states it has been used for centuries or millions of years; belittles the medical or scientific community; and has a secret or special formulation that no other company has.

The question that arises is "what role should parents, teachers and coaches play in this process?" It is important to know what the athlete is taking and help them make a sound decision regarding continuation of the supplement. Many supplements are marketed with health claims that draw in this population.

The following should always be evaluated before a supplement is started: Understand the safety and appropriate dosing. More is not always better. This population often makes the wrong decision when it comes to this.

Here are some supplement safety questions to ask: *Is the supplement safe?* Check Consumer Lab and FDA websites for recalls, withdrawals and safety alerts. *Is the supplement effective?* Check reputable databases such as PubMed and Natural Medicine Comprehensive Database. Review literature to determine if claims made are credible. *Is the supplement likely to be free of contamination?* Check reputable sites to see if the supplement is free of contamination, which includes Consumer Lab, NSF, United States pharmacopeia, and informed Choice.

The purity is critical. Some supplements may contain substances or ingredients that cause an athlete to test positive for banned substances. Many supplements have been identified as "tainted." These products may have been tainted due to poor manufacturing, but also some ingredients are added intention-

ally because they are precursors to anabolic steroids. Weight loss and bodybuilding supplements are categories to monitor. In 2009, more than 70 weight loss supplements were found to be contaminated with prescription drugs and body building supplements contained anabolic steroids or their precursors.

Know what supplements are banned. There are banned supplements in most professional and non-professional events including Olympic athlete, high school and college sports. Groups such as NCAA and the US Anti-Doping Agency have put out prohibited lists. The following classes are banned: Stimulants (even caffeine is banned when greater than 15 micrograms per milliliter in urine); Anabolic Agents; Alcohol and Beta Blockers; Diuretics and Other Masking Agents; Street Drugs; Peptide Hormones and Analogues; Anti-Estrogens; Beta-2 Agonists.

The following are common supplements added to Sports Performance Formulations. This has been adapted from *Sports Nutrition: A Practice Manual for Professionals, Fifth Edition 2012* and *Ergogenic Aids for Athletes*, published by Academy of Dietetics in January 2013, PubMed and The Natural Medicine Database.

SUPPLEMENTS AND SAFETY AND EFFECTIVENESS AT RECOMMENDED DOSES

These supplements seem to be safe at recommended doses unless noted.

Androstenedione – A banned substance that's not safe and not effective.

Beta-Alanine – Shows promise as an effective buffer of muscle pH.

Beta-Hydroxy Beta-Methylbutyrate (HMB) – An anticatabolic compound that is a metabolite of the branched chain amino acid leucine; produces very small increases in strength for the untrained individual.

Branched-Chain Amino Acids (leucine, isoleucine, valine) – Promising studies related to immune system support and reduction of post exercise fatigue.

Caffeine – A mild central nervous system stimulant; banned at a certain threshold; effective for improving endurance performance and high-intensity activities lasting up to 20 minutes.

Chromium – A mineral found in foods that play a role in glucose utilization; safe at low doses under 200 micrograms; insufficient data to support weight loss and body composition changes; may cause oxidative damage, therefore not recommended.

Creatine – Found in muscles and used for energy production; this molecule can help provide energy during high power or speed events; effective for athletes performing repeated high intensity, short duration exercise bouts.

Dehydroepiandrosterone (DHEA) – Not safe and not effective.

Ephedrine – Banned substance in many sports, including the international Olympic Committee at a certain threshold that can be reached with multiple

doses; safety concerns debated; doses greater than ten milligrams banned by the FDA due to significant safety risks; not effective in improving muscle strength or anaerobic performance.

Glucosamine – Effective for joint pain and for those with osteoarthritis.

Glutamine – An amino acid that is known as a "conditionally" essential amino acid for athletes and people under stress; not effective in research; so far glutamine has not been shown to enhance performance.

L-Carnitine (Carnitine) – A co-factor for several enzymes in the muscle cells; needed for energy production; has been shown to positively impact the recovery process after exercise.

Medium-Chain Triglycerides (MCT) – Fatty acids; has not been proven yet to enhance athletic performance.

Pyruvate – End product of carbohydrate metabolism; has not been shown to increase endurance or decrease body fat.

Quercetin – Has shown to be effective in improving endurance and reducing oxidative damage; has some anti-inflammatory properties.

Ribose – A simple sugar that is used in the production of nucleotides; nucleotides are compounds such as ATP, DNA and RNA; has not been proven yet to enhance athletic performance.

SUPPLEMENT TIPS TO HELP AND COUNSEL THE YOUNG ATHLETE

Make sure they understand they're responsible for everything they ingest. Help them understand that supplements have no assurance of purity, safety or effectiveness prior to hitting the market. Make sure all supplements are reviewed with their physician because these substances can have drug interactions. Take ten minutes at the beginning or end of practice to review healthy tips on eating and supplements. Good nutrition means you should educate the athlete on a "food first" approach. Plan lectures with a sports nutritionist to help young athletes understand that proper nutrition is more important than supplements when improving performance. Most substances are derived from food and are safe from food, but may not be safe in supplemental form.

The following are references to research and review supplement safety and effectiveness: Consumer Lab (consumerlab.com); NSF International (NSF.org); Informed Choice (informed-choice.org); US Pharmacopei (USP.org); PubMed (ncbi.nlm.nih.gov/pubmed); Natural Medicine Database (naturaldatabase.therapeuticresearch.com); Athlete Guide to the WADA 2013 Prohibited List (USADA.org); Find a Sports Nutritionist (scandpg.org). 🌱

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

As the school year begins, young athletes are getting ready for training to begin. The serious athletes are thinking about how to be stronger? How to be faster? How to be noticed? One thing that this population may do is explore the nutritional supplement world. All sorts of dietary supplements claim to make you faster, stronger, give you more energy and build muscle. Athletes train hard to reach their personal best, so products that offer an edge can be alluring. The big problem with supplements is that effectiveness and safety do not have to be verified before supplements hit store shelves.

HOW ARE SUPPLEMENTS REGULATED?

The United States began regulating Dietary Supplements under the 1994 Dietary Supplement Health and Education Act, which establishes legal definitions and label guidelines. Dietary supplements are under the review of the US Food and Drug Administration, but are regulated differently than conventional foods and drugs. Manufacturers are not required to prove a supplement's safety or effectiveness before it is sold. The FDA can take action to remove or restrict the sale of a supplement only after it has been on the market and been shown to be unsafe.

You may have recently seen on the news that dietary supplement DMAA has been banned because the FDA determined that ingestion of DMAA can elevate blood pressure and lead to cardiovascular problems. In cases such as this, safety was not determined until this supplement was on the mar-

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BICYCLING

Gear Up for Cyclocross Season

By Dave Beals

Traditionally, the sport of cyclocross takes place in the fall and early winter, when the temperatures are cool, leaves are falling, and competitors are wearing multiple layers, long fingered gloves, and are racing in the rain, cold, mud or even snow. As you read this, it is still summer and the temperatures may even reach into the 90s, but the cyclocross season will be in full swing before you know it.

Now is the time to get out on that cyclocross bike and practice those skills. If you have a cyclocross bike, and are not already riding it on the backroads and trails, get out and do it now. Get that CX bike tuned up at your local bike shop. If you don't have a cyclocross-specific bike and are thinking about getting into the sport, talk to your friends at your local bike shop to see what's available. CX bikes are quite reasonably priced, very versatile bikes that can be used all year round. If you are interested in learning about the sport of cyclocross or just want to freshen up your CX skills, seek out a clinic. It's a good idea to start out on the right foot and learn the proper 'cross techniques and the best way to do it is by attending a clinic. It's a great way to get into the exciting sport and it's never too early to think cyclocross.

In the Capital Region, the **NYCROSS.com Cyclocross Clinic** is scheduled for Saturday, Sept. 7 at Prospect Park in Troy. This clinic is for beginners in the sport or for those with some cyclocross experience. The clinic teaches the rules of the sport, proper technique for mounting/dismounting the bike during a race, shouldering a bike, and running over or up a course obstacle, training, bike setup, and other CX skills that are critical to master. The clinic is limited to 30 participants so that small group and individual instruction can be provided. For more info, go to NYCROSS.com.

If, just riding that cyclocross bike isn't fun enough, there are scores of CX races scheduled for this season. The folks are back with the NYCROSS.com Cyclocross Race Series for 2013. This popular series, consisting of eight races this year, are all within a short drive of eastern upstate New York and provide a great opportunity to race against others of similar age or expertise. Each race follows a standard schedule of races and a standard set of race categories. There are races for

several age groups as well as men, women and junior categories. Series points are tallied from all the races within the series and can be tracked online on crossresults.com for all that enter. Details on all NYCROSS.com races can be found on www.nycross.com and you can register for all the races on bikereg.com. Simply search for NYCROSS.com.

The first in the race series is the **Kirkland Cyclocross** race in Clinton (near Utica) on Sunday, Sept. 15. The local Mohawk Valley Bicycle Club puts on a race that is always fun, yet challenging. The race venue is the Kirkland Town Park, which provides some interesting and varied terrain for a CX race. The course includes rolling grassy areas, some tricky off-camber turns, a trip into the woods with a tough little climb, and a slog across a deep sand volleyball court every lap, just to remind you how much you love the sport. If the weather is dry, the race is fast and the lap times are in the seven- to eight-minute range. If the conditions are wet, then be prepared for lots of mud. Neutral bike support is available and there's a bike wash station too.

New to the Series this year is the second running of the **Adirondack Cross** race in Johnstown on Sunday, Sept. 22. The race was extremely popular with those who raced there last year. The Adirondack Velo Club had a boatload of prizes and promises another fun event this year. The race venue is the Johnstown High School grounds with lots of terrain to lay out a challenging course.

The NYCROSS.com series continues with the **Uncle Sam GP of Cyclocross** in Prospect Park, Troy on Saturday Oct. 12 and Sunday Oct. 13. Back-to-back race days bring large numbers of racers to this event. This is another spectator-friendly race where most of the course can be viewed from one or two different vantage points. This race has attracted some serious CX talent from all over the Northeast. Last year spectators were thrilled with an epic battle in the pro race between local junior speedster Curtis White from Delanson and pro racer Christian Favata from Rosendale.

The following week the series moves to Saratoga Springs for the **Saratoga Spa Cyclocross** race on Sunday, Oct. 20. This popular race is held near the famous Saratoga Race Track off Henning Road. The site includes a vast hilly section that offers



DANNY GOODWIN (NYCROSS) OF ALBANY RACING AT THE 2012 SARATOGA SPA: CX.
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spectators a panoramic view of the racers suffering with the elevation changes, carrying bikes up the wooden steps, and negotiating the infamous sand pit. A fun race is scheduled for children under ten years of age and a dedicated course will be available throughout the day for the younger kids.

On Sunday, Oct. 27, the series moves across the border to nearby Bennington, Vt. for the **Wicked Creepy Cyclocross** race. The venue is beautiful Willow Park, nestled amongst the bucolic hills of Bennington. The park is family-friendly with walking trails, a BMX park and two playgrounds. The racing, presented by the Bennington Cycling Club, is wicked – and you can expect some costumes.

Another addition to the series is the **Syracuse Grand Prix of Cyclocross** in Liverpool, just outside of Syracuse. The race, presented by the Onondaga Cycling Club, will be held in Onondaga State Park on Saturday, Nov. 2.

The final race of the Series is the **Bethlehem Cup Cyclocross**, held Sunday, Nov. 10 at the Elm Avenue Park in Bethlehem. The race features a challenging course with a Euro style hill climb that will sap your energy every lap. The top of the hill is a favorite spot for spectators and their cowbells, horns, and some good natured heckling. As big a draw as the racing is the free food. Local fans and racers themselves bring their favorite chili. Rows of pots of chili are lined up on the picnic tables under the pavilion right on the course. It's a great spot to enjoy some hot food and watch some hot racing. This is the last race of the series, which means that many series titles are up for grabs. Watch for some exciting racing as riders vie for every last Series point.

In addition to the NYCROSS.com series, scores of cyclocross races can be found every weekend all over the Northeast region by searching on bikereg.com. Some early season races that are nearby are Monson Cross in Monson, Mass., on Aug 25; Blunt

Park CX in Springfield, Mass., on Aug. 26; and the BCA Pittsfield Cyclocross Race in Pittsfield, Mass., on Aug. 31. Another popular cyclocross race series is the *Verge New England Cyclocross Championships*. This well known series is sponsored by Verge Sports, a New York based sports clothing company. Its first race weekend will be in Williston, Vt. on Sept. 14-15.

Now in its third year, the Shimano New England Pro Cyclocross Series (nepcx.com) will run eight races over four weekends. The series begins Sept. 28-29 at Stage Fort Park in the fishing harbor of Gloucester, Mass. It's the Mecca for all things cross in the Northeast and the start of the Northeast "Holy Week" of cross. The following weekend it's the Providence Cyclocross Festival on Oct. 5-6 at Roger Williams Park in Providence, R.I. The series continues with the Cycle-Smart International on Nov. 2-3 in Northampton, Mass., and finishes in Warwick, R.I., with the NBX Grand Prix of Cyclocross on Dec. 7-8.

But the season is not over yet. Several races in the New England area are in the works for later in December. Details will be posted on bikereg.com as plans are firmed up. Folks that want to keep that racer's competitive edge will be looking for those late season races to help with their preparation for the USA National Cyclocross Championships, which will be held in Boulder, Colo., on Jan. 8-12.

Our area offers lots of opportunities to race cyclocross with lots of races to choose from. The competition level in the Northeast is on par with any other region in the country. Take advantage of the opportunity to race some cyclocross and have some fun doing it too. It's a blast! 🌲

Dave Beals (davebeals@aol.com) is an avid cyclist residing in Niskayuna, a member of the NYCROSS.com Cyclocross Team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club.

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BICYCLING *continued from 1*

Sunday, Aug. 18 – Lake George Bike/ Boat Ride in Lake George. For many years the “Ti Ride” from Lake George to Ticonderoga was a well-kept secret with a simple premise. Meet at the Lake George Steamboat pier at 7am and put a bag of clothes on board the steamboat Mohican. Then ride the 41 miles up Route 9N to the Ticonderoga town dock, and at 11:15am ride the boat back down the lake while enjoying clean clothes, lunch, and the beverage of your choice. The fare home is \$34.50 for you and your bike, but the trip north must be paid for with sweat and a stiff climb over Tongue Mountain. Call Lake George Steamboat for reservations at (518) 668-5777. Go to: lakegeorgesteamboat.com.

Saturday, Aug. 24 – Pat Stratton Memorial Century Ride in Saranac Lake. This ride out of Mount Pisgah manages to use quiet country roads and wide-shouldered highways in the High Peaks to put together 100-, 50- and 25-mile routes that feature tons of scenery but no significant climbs. Proceeds benefit youth programs of the Saranac Lake Kiwanis Club and the ride bennies include a T-shirt, post-ride picnic, music, a free kids ride at 1pm – and don’t forget the homemade pie! Checkout: bikereg.com or active.com.

Saturday, Sept. 7 – Double H Ranch Camp Challenge Ride in Lake Luzerne. The Double H Ranch provides recreational and therapeutic experiences for children with serious illnesses, and this combination ride (and run/walk) events wind through the countryside near Lake Luzerne with 30-mile and 62-mile supported routes for cyclists – and Camp Challenge 5K Trail Run. Visit: doubleh-ranch.org.

Saturday-Sunday, Sept. 7-8 – Saratoga Century Weekend in Saratoga Springs. The Mohawk-Hudson Cycling Club is the largest club in the region and Century Weekend is their premier annual event. Each day there are supported 100-, 62-, 50- and 25-mile rides out of Saratoga Spa State Park with an extensive lunch afterward at the pavilion. So you COULD challenge yourself to do two

centuries in a row in just one weekend – just what you had in mind for a post Labor Day leg stretch, right?! Register: mohawkhudson-cyclingclub.org.

Saturday-Sunday, Sept. 14-15 – Tour of the Adirondacks, Lake George and Lake Luzerne. Brought to you by the same folks who run the Tour of the Battenkill, the Adirondack event changes this year to a grand fondo format with 40-mile and 100-mile events on Sunday out of Lake Luzerne, after a Saturday hill climb up Lake George’s Prospect Mountain scenic highway. Register quickly for a T-shirt and pint glass. Go to: tourtheadirondacks.com.

Sunday, Sept. 15 – Lance Gregson 1-Eye Classic in Schroon Lake. Schroon Laker Lance Gregson, a local stonemason, loved riding in the area and this ride is a celebration to his memory. Choose your own distance from three, 12, 26 or 40-plus miles near Schroon and Brant lakes and head out with a group guide. Then come back to the post-ride potluck picnic at the with your own contribution, listen to live music and raffles, while enjoying the spectacular views of the lake from the Town Park/Beach. “1-Eye” Lance loved cycling Schroon Lake and he would want you to love it, too. Checkout: schroonlakecycling.com – for more info on this informal event or just show up!

Saturday, Sept. 21 – Columbia Rotary Ride in Valatie. This is the third year for this Columbia County ride that winds through rolling hills, scenic orchards, and farmlands on lightly traveled roads. Routes include 10-, 30-, 60- and 100-mile options and registration raises funds for the local Friends of Kinderhook Trails rail trail project and international Rotary Club aid initiatives. After the ride, satisfy your hunger at the cookout and your thirst at the planned craft beer tent. Details: ccratoryride.org.

Friday-Sunday, Sept. 27-29 – Randonnée Cyclist Adirondacks in Lake George. With organizer Medalists Sports, this multiday event takes over where last year’s Centurion left off. It’s a family-oriented weekend of events including 25-, 50- and 100-



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mile supported rides, a Champion System Prospect Mountain Hill Climb Challenge, parties, fireworks, live music, and plenty of activities to keep the family busy while you ride. Fall foliage will add to the fun and chip timing for the 50- and 100-mile rides lets you compete for bragging rights. Get information and register: randonneecycliste.com.

Saturday, Sept. 28 – Ride Run Walk 4 Love in Saratoga Springs. Take your pick of a 15-mile or 50-mile ride or a 5K run/walk at this event at Saratoga Spa State Park. This

fun event makes a difference by benefiting Love146, an international human rights group working to end trafficking and exploitation of children, and SAFE of Schenectady. After the ride enjoy a picnic lunch catered by Dinosaur Bar-B-Que. Visit: rrw4l.com. 🍷

Dave Kraus (dbkraus@earthlink.net) is a long time area cyclist, photographer, and writer. He is wondering how to be in two places at once so he can do all these rides.



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TRX INSIDE

KAYAKING, CANOEING & SUP

A Dam Good Hudson Paddle In Fact, Look for Two Dams

By Russell Dunn

● APPROACHING
SPIER FALLS DAM.
PHOTO BY DANIEL WAY

For much of its 315 miles length, the Hudson River is quite paddle-friendly. This is particularly so for the Saratoga region, where the tidal influences of the downriver Hudson are gone, and where vast sections of the Hudson have been turned into mini-lakes by the intercession of large dams and waterfalls.

One of the prettiest paddles on the upper Hudson River starts from the Spier Falls Boat Launch, located next to a tiny inlet formed by Beaver Creek, directly opposite where the Hudson River U-turns and changes direction from southeast to northeast. The parking area is not large, nor is it used by just paddlers. Powerboaters also make use of the launch site, so plan to arrive early.

From the boat launch, you have the option of either going upriver or downriver, both offering exciting possibilities. In fact, you may wish to do both. The downriver paddle takes you northeast along colorful banks of the river for one-mile to near the top of the 90-foot-high Spier Falls Dam, named after William Spiers, a major financial backer and former president of the Glens Falls Paper Company. At one time this was the fourth-largest dam in the world. Although Spier Falls Road parallels the river and remains nearby along this section, you will find it to be unobtrusive and barely noticeable. Do not approach the top of the dam any closer than the line of buoys.

The upriver paddle leads in a northwest

direction and entails a much longer trek. Here, Spier Falls Road pulls away, and never obtrudes again. While occasional areas of development can be seen along the south bank, the north bank remains essentially unblemished. By and large the shoreline is mostly forested and has moderately steep banks. Deer, otter, beaver, and waterfowl are commonly seen, as are cardinal flowers and wild yellow irises along the banks when in season. Although powerboats occasionally ply these waters, they tend to be small fishing boats with considerate captains.

A number of inlet streams are passed along the way, including Heath Brook, Bennie Brook and Beaverdam Brook, but none are

navigable for any distance with the exception of Heath Brook, which is encountered on your left at 2.4 miles from the launch. Heath Brook can be followed south for roughly 0.2-mile, where a large smokestack in the distance seemingly draws you in, as though to a beacon.

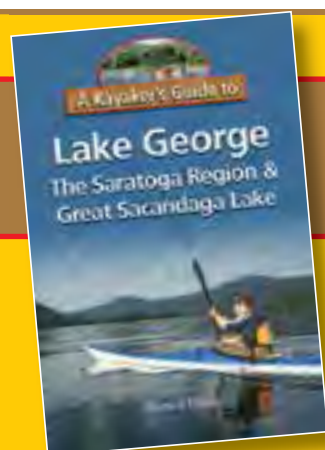
At 2.8 miles the trek takes you under lofty high-tension wires, and then past a tiny inlet on your right produced by Beaverdam Brook. Continuing west on the Hudson River, it is impossible not to notice that the south shoreline has become increasingly industrialized. Soon the humming and clanking sound of factories can be heard. A NYS Permitted Discharge Site is even passed.

At 3.5 miles you will round a bend in the river, suddenly emerging to come face to face with the International Paper Company dam, approximately 0.05-mile distant. The paper mill dam was erected on top of a large waterfall that has been historically known as both Palmer's Falls and Jessup's Great Falls. The current is appreciably swift-flowing here, so extra care needs to be taken. Don't approach the waterfall any closer than the line of buoys.

The paper mill dam is your turnaround point. Heading back downstream, vary your trip by paddling along the opposite bank of the river.

To get there: From the Adirondack Northway, get off at Exit 17, and go northeast on Route 9 for 0.7-mile. Turn left onto Spier Falls Road (County Route 24) and drive west for 6.0 miles. Look for the launch site on your right – it can be easily missed. If you find yourself heading uphill, pulling away from the river, then you have gone too far. 🌲

Russell Dunn (bdelaney@nycap.rr.com) is author of two regional kayaking guidebooks, *A Kayaker's Guide to New York's Capital Region*, and *A Kayaker's Guide to Lake George, the Saratoga Region & Great Sacandaga Lake*, both published by Black Dome Press.



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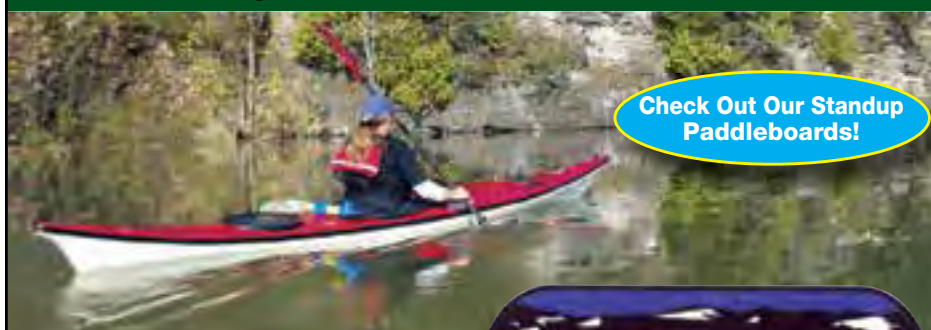
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Matthew Ratelle, 40, of Petersburg, NY, died Dec. 20, 2012 after an incredibly courageous fight following a hit-and-run accident on Sept. 3, 2012. Matt was bicycling when he was struck by a car and left in critical condition. Matt was employed at Southwestern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

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