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Mix It Up

Early Fall Running Scene

By Laura Clark

Fall ushers in two contradictory running events: fast 5Ks and longer distances. It all depends on how you dealt with summer. If humid weather typically slows you down, you may have chosen to log longer, slower miles, perhaps utilizing shady forest trails. On the other hand, if you simply wanted to get sweaty workouts over with quickly, you might have a head start on a stellar 5K time.

As we head into the fall season, the races highlighted below reflect this eclectic mix. Whatever your training journal reflects, look forward to those crisp, coolish days when it seems as if your pace perks up even with minimal baseline mileage.

Catering those who logged those summer miles is the

36th annual **Whiteface Mountain Uphill Foot Race** where you can “Run to the North Pole” on Saturday, Sept. 14. It’s a challenging eight-mile journey up the Whiteface Mountain Veterans Memorial Highway, featuring 3,500 feet in elevation gain. Earning its status as the fifth highest peak in New York, Whiteface gets right down to business with the only comparatively flat section occurring near the summit. As you journey upward, be sure and glance to the side to enjoy the view, but do not fix your gaze straight ahead towards the castle on the top. Like a desert mirage, it just never seems to get any closer. Use your finish line euphoria to carry you still onward, up the steps towards the castle, and a 360-degree panoramic view of

See **RUNNING**, 26 ▶

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Age Group Awards!
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This is a Run or Walk event. Each entrant to receive a glow stick necklace & bracelet and T-shirts with glow-in-the-dark ink guaranteed to anyone that signs up before September 20th!!! Racers are encouraged to bring a flashlight and wear costumes, lights or anything reflective or that glows. Entry Fee: Pre-race day - online @ Active .com - \$30. On race day - entry fee is \$35.

All entrants to receive a drink ticket good for a single post race Beer, Wine or Soda & entry into the "Festival for the Lake". Live music and Fireworks at 9:30pm over the Lake. For more info - go to www.adkracemgmt.com/flashlight5k.php



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HIKING & BACKPACKING

Mitchell Ponds

Fall Hiking in the Moose River Plains

By Bill Ingersoll

The Mitchell Ponds are twin bodies of water deep within the Moose River Plains. Although the drive to reach the trailhead is long, the 1.9-mile walk to the first pond is along a roadway that is among the region's easier hikes. For those who prefer a more rugged outdoor experience there are ways to extend the route into more difficult terrain, including a bushwhack to the top of the cliffs that form a backdrop to the second pond. It's rare that a single destination can be so appealing to hikers of so many skill levels.

GETTING THERE

There are two trailheads at the heart of the Moose River Plains that serve the Mitchell Ponds, and both are most easily accessed via the Limekiln Entrance near Limekiln Lake, south of Inlet. The preferred trailhead – the eastern approach – is located 8.1 miles from the Limekiln entrance along the Moose River Plains Road. There is a trailhead parking area, but it is apt to be muddy and wet. The beginning of the trail may be its most frustrating part.

The northern trail begins five miles south of the Limekiln entrance, where a dirt road heads south for 0.2-mile to a primitive parking area. If you do not have a high-clearance vehicle, do not enter this driveway.

THE EASTERN TRAIL

This is the easier trail to the ponds, suitable for the widest variety of skill levels. Yellow markers mark the trail that generally follows the valley at the base of a steep mountain to the north. The forest of yellow birch and maple with scattered black cherry



was obviously disturbed, but it is maturing. There are occasional glimpses of the marshes to the south. You cross a small stream on an old bridge and then another.

At 1.3 miles there is a steep bank to the right lushly covered with maidenhair fern, and then a marsh opens out to the south again as the roadway approaches a small clearing, the site of a guide's camp, at 1.8 miles. Within this clearing is the junction with the trail from the north and the trail to the western pond, but the main trail bears left over a small knoll and reaches a campsite with picnic table at the head of the pond, 1.9 miles from the trailhead. What a view from here! The cliffs that range behind the second pond seem suspended above the far end of this pond.

TO THE WESTERN POND

You can turn this into a more rugged hike by following the marked foot trail to the

western pond. At the clearing, turn northwest onto the northern snowmobile trail for 100 feet, where the yellow-marked path bears left.

The narrow track follows the north bank of the pond. There is a lovely rock for a picnic part way along, and then shallows with water lilies at the far end this first pond. A low-lying

peninsula separates the two ponds. The trail is just high enough to stay dry as it traverses the 200 yards that separates the ponds. The trail is even narrower as it continues beside the second pond to a small campsite 0.5-mile from the snowmobile trail. The forest is dark with balsam and spruce, and huge boulders line the lower slopes of the steep hillside to the north.

The trail climbs over a small knoll and reaches a natural rock dam in a draw at the outlet of the pond. You can hop across these rocks and climb to a pine-covered knoll to the south, where the trail ends 2.8 miles from the trailhead. There is a very nice campsite here located on top of the knoll and overlooking the narrow outlet arm of the second pond. There are no good views from the tip of the point, but the cliffs are visible from a couple spots within the campsite.

- ◀ (TOP LEFT) VIEW OF WESTERN MITCHELL POND.
- ◀ MITCHELL PONDS VIEW FROM THE CLIFFS.
- ▼ NORTHERN TRAIL RAMP TO THE BEAVER POND.

PHOTOS BY BILL INGERSOLL

THE NORTHERN TRAIL

A snowmobile trail approaches the head of the first Mitchell Pond from the north. It makes a delightful alternate to the level route described above, and with two cars it offers a loop to the ponds.

From the northern of the two trailheads on the Moose River Plains Road, the continuing driveway cuts through a corner of the Red River Plains to an interior parking area, which most cars should not try and reach. Shortly, you

cross a snowmobile bridge, and then a second at 0.6-mile that at first looks like a practical joke: there is no bridge, just a ramp leading down to the beaver pond. Snowmobiles can cross on the ice, but hikers need to detour downstream to the nearest beaver dam. You climb gently, curving east to a height-of-land at 1.3 miles, where you start downhill with glimpses of the Mitchell Ponds below. At 1.7 miles you intersect the trail that leads to the far end of the second pond.

In summer, you will undoubtedly see loons at the ponds; in autumn, the views from this trail improve as you descend toward the pond. There is a wide variety of hardwood species here, so this should be a colorful place throughout the fall foliage season.

BUSHWHACKING TO THE CLIFFS

Any approach you take to the cliffs will be steep. The best starting point is the northwest corner of the western pond, where you can find an easy climbing route toward the cliffs. Angle to the right for the closest cliff, which is but 150 feet above the pond, and climb around behind it. You really have to work to get behind the cliffs either to the east or west of this point. The views over the ponds are lovely and from the western, higher cliff top you can look west along the outlet valley toward the Red River. The mountainous ridge continues west to a last knobby cone that rises above a third pond in the chain, just upstream from the confluence of the outlet with the Red River. 🌲

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

Photo: Evan Williams

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AROUND THE REGION **News Briefs**

Adirondack Recreational Trail Advocates

SARANAC LAKE – The state has undertaken a review of its management plan for the 119-mile Remsen to Lake Placid travel corridor that traverses some of the most magnificent scenery in the Adirondack Park. The DOT and DEC are now seeking public input on which to base their decision. ARTA's plan for an Adirondack Rail Trail is shown on this map: thearta.org/Trail-Map.pdf.

Now is the time to make your voice heard to create one of the nation's premier recreation trails. ARTA's goal is to repurpose much of the travel corridor as a 90-mile, multiuse trail connecting Lake Placid, Saranac Lake, Tupper Lake, Piercefield, Beaver River, Big Moose and Old Forge. This "Adirondack Rail Trail" will be a major tourist destination – a safe, easy, year-round amenity for people of

all ages. The trail will be for biking, running, walking, birding, wheelchair use, and for improved snowmobiling in the winter. Based on the popularity of other rail-to-trail conversions, the Adirondack Rail Trail will provide significant economic, recreational and health benefits.

ARTA needs your assistance now to ensure that the state will make the right decision on the future use of the corridor. Express your support for a recreational trail by submitting a written comment in your own words by Sept. 25 to: nystravelcorridor@dot.ny.gov, faxed to (518) 457-3183, or mailed to Raymond Hessinger, Freight & Passenger Rail Bureau, NYSDOT, 50 Wolf Rd, POD 54, Albany, NY 12232. 🌲

Viking Obstacle Race on Sept. 28

GREENVILLE – Sunny Hill Resort and Golf Course in Greenville has built a five-mile course with 30 heart-pounding fixed obstacles and an adventure training facility in the northern Catskill Mountains of Greene County. Registration is open for the first Viking Obstacle Course Race on Saturday, Sept. 28. Weekend warriors and thrill seekers now have a place to put themselves through rigorous physical and mental challenges for training or racing. Sunny Hill Resort has carved the course into their 800 acres of woods and fields on the perimeter of the property. "I wanted to have our all-inclusive, family-owned resort join the adventure phenomenon," said race director and triathlete, Tinker Nichol森-Pachter. "We incorporated an array of mud, water, climbing, and crawl-

ing with fixed obstacles."

Viking race entry includes a T-shirt, finishers' medal, beer/beverage, lunch and after-party. There are prizes for top finishers and racers are encouraged to come in costume. As an introductory offer, race registration is waived for resort guests and kids 17-and-under stay for free. There are rides, a rock-climbing wall, and other activities for children. Parking and spectator entry is free and complementary childcare is available during the race for resort guests. "We are so excited to introduce this course," Tinker continued, "We're proud of the resort that our tough Norwegian ancestors began 94 years ago, and strive to embrace that Viking spirit and warm hospitality." For info and registration, visit sunnyhill.com. 🌲

Masters Running Forum Series

ALBANY – USATF Adirondack and Fleet Feet Sports Albany are presenting a three-session series focusing on the masters athlete (age 40-plus) involved in road running, cross-country and track and field. Each of these free sessions will feature a different panel of local masters athletes of various abilities and ages, along with medical professionals, to share their athletic experience and expertise. All sessions will be held at Fleet Feet Sports in Albany.

Session one is Tuesday, Sept. 17 from 7-8:30pm on Balance: Career, Home and Running, including setting realistic goals and developing training plans. Session two is

Tuesday, Oct. 15 from 7-8:30pm on Stability: Maintaining Fitness and Injury Prevention, including strength and flexibility training, nutritional needs and changes as we age, and the importance of rest. Session three is Thursday, Nov. 7 from 7-8:30pm on Community: Joining a Club or Team – top ten reasons to join a running group, accessibility of local clubs, motivation and camaraderie, and competition.

All sessions are free, but RSVP requested to: fleetfeetalbany@gmail.com. For more info, contact Pat Glover at (518) 877-0654 or pjglove@aol.com. 🌲

Tech Valley Cycles Open in Malta

MALTA – Tech Valley Cycles opened four months ago at Parade Ground Village in Malta, a half-mile east of Northway exit 12. From the start, Keith Wentworth and Jodie Archer have created an environment that can satisfy the competitive cyclist as well as the novice rider. Jodie and Keith have a passion for cycling and are excited to be sharing it

with Malta and the surrounding communities. Tech Valley offers road, mountain, hybrid and kids bikes from Niner and Fuji – from high end carbon for the serious riders to balance bikes for the beginners. They also carry a wide variety of accessories, clothing and more. Stop by, call (518) 400-1021 or go to techvalleycycles.com. 🌲

Trot Training Challenge Launches

TROY – Organizers of the region's largest turkey trot will launch a Trot Training Challenge on Monday, Sept. 16 to prepare novice and experienced runners for any of the six turkey trots being held in the Capital Region on Thanksgiving morning (Nov. 28). The ten-week program follows an enhanced version of the well-known Couch to 5K Running Plan and is designed to train participants to complete a 5K or 10K. It is comprehensive, including both injury-prevention and nutritional elements.

Participants will begin each week with a 6pm Monday exercise session involving walking, jogging or running at Prospect Park in Troy, followed by Saturday runs at 8:30 am at the same location. Runners are expected to complete a third workout on their own. Registration for the program is open through Oct. 6. In order to train for the 10K, it is rec-

ommended that participants have completed 5K training or are running a minimum of two to three miles, three days each week. Weekly emails will outline the week's workout plan, as well as nutritional, injury-prevention and running/exercise and stretching tips. The cost is \$35 and all participants will receive a free Trot Training Challenge T-shirt.

For those who want to get in shape for a 10K but are unable to commit to the training schedule, a free virtual training program is also offered. Participants opt-in with their email address through the website and will receive three workouts a week over a 12-week period. Content and tips will be provided by the event nutritionist, injury-prevention specialist and certified coaches. For info or to register, call (518) 273-5552 or visit: ttrainingchallenge.com. 🌲

FROM THE PUBLISHER & EDITOR

Giving Back to the Community

We hope you've enjoyed a wonderful summer of good health, fun recreation and great memories. As we head into fall, there are many opportunities to continue your activities. Inspiration and motivation await you in these pages! Our athlete profile Brian Hickey shows how one person can make a difference. The Non-Medicated Life article explains how Obamacare can benefit all of us if everyone does their part in staying healthy.

As a member of the outdoor sports community it gives us great pride in seeing and knowing that many of you participate in events and activities that benefit many worthy causes – from research into diseases, assisting others in need, helping our environment, improving local economies and many more. In addition to keeping yourself healthy and active, your involvement keeps our community strong and active! We look forward to seeing you out there!



Darryl and Mona

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ISSUE #155

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- Oct 27 – Wicked Creepy Cyclocross**
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Calendar of Events September - November 2013

Events beyond this range are advertisers in this issue.

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7			1	2	3	4	5							1	2
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29	30						27	28	29	30	31			24	25	26	27	28	29	30	

ALPINE SKIING & SNOWBOARDING

NOVEMBER

- 2 Warren Miller's "Ticket to Ride" Movie.** 7pm. Skidmore College, Saratoga Springs. Tickets: Alpine Sport Shop. 584-6290. alpinestopshop.com.
- 9-10 ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.
- 15-16 Warren Miller's "Ticket to Ride" Movie.** 8pm. Palace Theater, Albany. Tickets: Play It Again Sports, Latham. 785-6587. playitagainsportslatham.com.

BICYCLING

ONGOING

- Sat Bicycle Repair Clinic.** 10am. Plaine and Son, Schenectady. 346-1433. plaineandson.com.

SEPTEMBER

- 13-15 Adk 540 RAAM Qualifier.** 540/408/272/136M. Adk Country Inn, Wilmington. 583-3708. adkultracycling.com.
- 14 Operation Worthy Warrior.** 5K TT, 20M RR. 9am. TEC-SMART, Malta. 580-0173. operationworthywarrior.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.** Look Park, Northampton, MA. 413-204-0393. bikefest.nohobikeclub.org.
- 21-22 ADK Balloon Fest Bike.** Sat 5M: 10am. Sat balloon launch: 6:30am/5:30pm. Sun: 6:30am. bikewarrenco.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. bikecvc.org.
- 28 Drops to Hops Races.** 43M elite/23M citizens. 10am. Brewery Ommegang, Cooperstown. 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

- 5 Collar City (Pre)Ramble Bike Ride.** 12:30pm. Farmer's Market to Albany Bike Path, Troy. troybikerescue.org.
- 6 Oktober Breast Ride for Cancer.** 50M: 10am. 25M/10M: 11am. RPM Indoor Cycling: 11am. Core Group Fitness, Glens Falls. adkracemgmt.com.
- 6 HRRRT 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. adkultracycling.com.
- 13 Clifton Park Casual Ride.** 15M w/historian John Scherer. 1pm. Jonesville F.S., Clifton Park. 371-6667. cliftonpark.org.
- 13 Great River Ride.** 111M/85M/62M/35M. Westfield, MA. newhorizonsbikes.com.

NOVEMBER

- 2 Stationary Bike Race.** 9am. Teams of 4. Saratoga Regional YMCA, Saratoga Springs. dakefoundation.org.
- 9-10 ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.
- 16 Rivers & Lakes Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 23 HRRRT Sweat N Ice Ride.** 62M/32M. 9am. Charlton Town Hall, Charlton. Heather Rizzi: 847-2419. hrrtonline.com.

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.** 10/21-11/16. Mon/Wed 6:45am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 11/11. Other camps: Saratoga, Schenectady, Rensselaer counties. 366-1901. makeitfittraining.com.
- Tu/Th Rock Your Fitness Classes: TRX, kettlebell, weights.** Starts 10/22-11/15. Tue/Thu 5:15am & 9:30am & Sat 7:30am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING

SEPTEMBER

- 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.
- 22 St Regis Paddling/Hiking eXpedition.** 7M paddle. 5.5M hike. 8am. Wild Center: 359-7800. wildcenter.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

- 4-5 EMS Club Days.** Albany, Niskayuna, Lake Placid, Saratoga Springs. ems.com.
- 4-6 Trailless Backpacking: Skylight & Gray.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 7 Esther Mountain Hike.** 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.

NOVEMBER

- 9-10 ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.
- 16-17 Wilderness First Aid.** Heart Lake Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Sun Morning MTB Rides.** Location varies, Albany area. facebook.com/rcubedrunker.
- Sun HRRRT Junior Development Team MTB Training.** 8am. Location varies. hrrtonline.com.
- Mon HRRRT Bike Belles Women's Mountain Bike Ride.** 5:30pm. Locations/leaders vary. 346-1433. hrrtonline.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.

Proactive Chiropractic introduces

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1539 Crescent Road, Clifton Park, NY 12065
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Attention Cyclists —
Pedal for a Good Cause!

Teams of 4 compete relay style for one hour on stationary bikes. Great fun, terrific prizes and all proceeds go to an amazing cause - to raise funds to purchase adaptive equipment for local children with disabilities.

See Foundation website for registration information: www.dakefoundation.org

We ride so that others
may have the same chance!

November 2nd, 9:00 a.m. – Noon
Saratoga Regional YMCA
Saratoga Springs, NY Branch

6th Annual Lance Gregson 1-Eye Classic

Cycling Rides & Picnic

Sunday, Sept. 15
Town Park/Beach, Schroon Lake

Easy Does It (3+ miles): 11am
Scenic Route (12 miles): 10:30am
Lance's Loop (26 miles around lake): 9:45am
Cyclist's Dream (40+ miles): 8:30am
Post-ride live music, picnic, raffle

SchroonLakeCycling.com
518-532-9479 • Rain or shine

CLEARANCE SKI SALE!

30-50% OFF
Skis • Boots • Bindings • Parkas • Pants
It's Time for Junior Season Ski Rentals!
New & Used Starting at \$99.99

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ADVENTURE**
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STORE HOURS:
Mon-Fri 10-7
Sat 10-5 & Sun 12-5

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

10th Anniversary
The Crossings 5K Challenge
& KIDS RUNS

September 29th, 2013

At the **Rudy A. Ciccoiti 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 Ciccoiti Center Member Services Desk.

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



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



FIRST ANNUAL
SUNNY HILL RESORT
2013
Viking Obstacle Race
SunnyHill.com

SEPTEMBER 28TH


FIVE MILES
30 HEART POUNDING OBSTACLES
Through the Great Northern Catskill Mountains

ELITE WAVE & PRIZES FOR TOP FINISHERS RACE AS INDIVIDUALS OR TEAMS

REGISTRATION INCLUDES:
VIKING T-SHIRT, FINISHER MEDAL, BEER/BEVERAGE TICKET LUNCH & AFTER PARTY!

discount code:
asf13 for \$30 off registration

Located in beautiful Greenville, NY
518.634.7642
SunnyHill.com/VikingObstacleRace



SEPTEMBER

- 14 Downhill Mountain Biking Camp.** 10am. Gore, North Creek. Reserve: 251-2411. goremountain.com.
- 14-15 "Fun Not Fear" Two-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 14-15 Green Mountain Cyclocross Weekend.** Catamount Family Center, Williston, VT. fastalracing.com.
- 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. adkelocclub.com.
- 22 1st SUNY Oneonta MTB Festival/Race.** 8am. College Camp, SUNY Oneonta. 845-264-8479. bikereg.com.
- 28 Bike & Board Cyclocross Challenge.** Berkshire Bike/Board. Great Barrington, MA. berkshirebikeandboard.com.
- 29 Whiteface Mini Downhill MTB Series #3 Race.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.

OCTOBER

- 12 Ladies' MTB Day.** Whiteface Mtn Bike Park, Wilmington. 946-2223. whiteface.com.
- 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.
- 27 Halloween Cyclocross Race.** 10am. Pittsford. 585-381-3080. parkavebike.com.
- 29 HRRRT All Hollows MTB Race.** 6pm. Central Park, Schenectady. hrrtonline.com.

NOVEMBER

- 2 NYCROSS.COM #6: Syracuse Grand Prix Cyclocross.** Onondaga Lake, Liverpool. nycross.com.
- 9-10 ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.
- 10 NYCROSS.COM #7: Bethlehem Cup Cyclocross.** Elm Avenue Park, Bethlehem. nycross.com.
- 10 Dave Panella Memorial Cyclocross Race.** 11am. Greene. 607-648-9551. bikereg.com.
- 23 Something Wicked: 6Hrs of Cathedral Pines MTB Race.** 9am. Middle Island. somethingwickedevents.com.

MULTISPORT: TRIATHLON, DUATHLON & BIATHLON

SEPTEMBER

- 14 15th Mountain Lake Services Triathlon.** 9am. Keeseville. 546-3051. mountainlakeservices.org.
- 15 37th Josh Billings Run/Around 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 Pedal-Paddle-Run Team Triathlon.** 8:30am. Collins Park, Scotia. schenectadycountyevents.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.
- 20 Sprint Biathlon.** 4K. 9am. Kids' paint gun biathlon race/picnic. Hadley. 643-8477. saratogabiathlon.com.

NOVEMBER

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

- 10 1st Brooklyn Triathlon.** Coney Island, Brooklyn. 714-978-1528. brooklyn-triathlon.com.

DECEMBER

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

PADDLING: CANOE, KAYAK & SUP

SEPTEMBER

- 14-15 SUPtoberfest: canoes, kayaks, paddleboards, 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.
- 22 St Regis Paddling/Hiking eXpedition.** 7M paddle. 5.5M hike. 8am. Wild Center: 359-7800. wildcenter.org.
- 27-10/20 Build a Wee Lassie Canoe.** Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.
- 28 5th Paddle for the Cure.** 2M canoe/kayak on Moose River. 10am. Benefits Carol Baldwin Breast Cancer Fund. Mountainman Outdoors, Old Forge. Janice Sell: 315-415-3157. upstate.edu/specialevents.

OCTOBER

- 1 Flatwater Paddle: Mohawk River.** 5:30pm. Lock 8, Glenville. Rich Macha: 346-3180. adk-albany.org.
- 4-5 EMS Club Days.** Albany, Niskayuna, Lake Placid, Saratoga Springs. ems.com.
- 9 Flatwater Paddle: Mohawk River.** 5:30pm. Lions Park, Niskayuna. Sally Dewes: 346-1761. adk-albany.org.
- 18-20 Moosefest Whitewater Festival.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

NOVEMBER

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

RUNNING, TRAIL RUNNING & WALKING

SEPTEMBER

- 14 Good Form Running Clinic.** 9am. Fleet Feet Sports, Albany. fleetfeetalbany.com.
- 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. 540-419-3342. run2remember.com.
- 14 Get Your Rear in Gear 5K.** 8:15am. Saratoga Spa SP, Saratoga Springs. 320-8648. getyourrearingear.com.
- 14 Malta Presbyterian 5K Run.** 10am. Malta. maltapresbyterian-church.org.
- 14 5th Cocksackie PAL 5K Run/Walk.** 9am. Village Building, Cocksackie. 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. Lakehouse, Washington Park, Albany. caringtogetherny.org.
- 15 42nd HMRRC Anniversary Races.** 2.95M & 5.9M. 9am. Gymnasium, UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 15 9th Capital Region Out of the Darkness Suicide Prevention 3M Walk for RITA.** 11am. Saratoga Race Track, Saratoga Springs. 221-3901. afsp.org.
- 15 7th Delta Lake Half Marathon.** 9am. Delta Lake SP, Rome. 315-337-3658. romanrunners.com.
- 15 35th Dutchess Co Classic Half Marathon & 5K.** 8:30am. 8am. Arlington HS, Lagrangeville. mhrrc.org.
- 16 Trot Training Challenge.** 5K/10K 10-week program. Mon: 6pm & Sat: 8:30am. Prospect Park, Troy. 273-5552. ttrainingchallenge.com.
- 17 Masters Running Forum #1: Balance: Career, Home & Running.** 7pm. Fleet Feet Sports, Albany. Pat Glover: 877-0654. RSVP: fleetfeetalbany@gmail.com.
- 17 We Run the Capital.** 6pm. Pine Bush Preserve, Albany. Fleet Feet Sports: fleetfeetalbany.com.
- 20 1st Race 4 Care 5K Fun Run/Walk.** 9am. Word of Life, Pottersville. 942-6513. highpeakshospice.org.

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

39TH ANNUAL
Utica Roadrunners
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

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

Are 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.arenarc.org



DIRTY DOG MUD RUN

October 19, 2013

at Titus Mountain Family Ski Center in Malone, NY

19 Obstacles
7 Kilometers
1 Finish

Registration Includes:
Free T-Shirt, 1 Free Beer (21+), Live Music, Entertainment & Muddy Fun

Register Today!

www.DirtyDogRun.com

DUATHLON

11th Annual

Mohawk Towpath Byway Duathlon

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

2.2mi Run • 16mi Bike • 2.2mi Run

Sunday, October 20 • 9am

Open to adults, youth & teams

Kids' Fun Duathlon • 8:30am

Register: mohawktowpath.org

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

Benefits Mohawk Towpath Scenic Byway

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 HMRRC, \$20 non-members

T-shirt, awards, raffles

Larry Ellis 629-7175, l.ellis@hvcc.edu

Register online: hvcc.edu/cct

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

- 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 Run.** 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. Guilderland YMCA, Guilderland. 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 **10th 5K Run/Walk for Autism.** Run: 9am. Walk: 11am. Central Park, Schenectady. 355-2191. albanyautism.org.
- 21 **Oktoberfest in the Woods 5K.** 10am. Concordia Singing Society, Gloversville. 725-4813. oktoberfestinthewoods.com.
- 21 **Hancock Shaker Ultra & Trail Marathon.** 50M: 5:30am. 26.2M: 10am. Pittsfield, MA. 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 **34th 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 **6th Tour "LaFrance" 5K Family Run/Walk & 1M Kids' Run.** 11am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. connorlafrance.org.
- 22 **Adirondack Marathon Distance Festival: Marathon, Half Marathon, 2 & 4-Person Marathon Relay.** Marathon & Relay: 9am. Half: 10am. Sat: Expo/Package Pick-Up & Kids' Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 22 **Falling Leaves Road Race 5K & 14K.** 8:50am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. atcendurance.com.
- 22 **Bread Run Half Marathon & 5K.** 9:30am. Fabius-Pompey HS, Fabius. breadrunatfabiusny.org.
- 22 **Batten Kill River 12K/5K Duck Run.** 9am. West Arlington, VT. 802-375-8084. bkvr.org.
- 22 **5th Downtown 10K Run.** 8:30am. Church Street, Burlington, VT. greenmtrehab.com.
- 25 **Mohawk Hudson River Marathon Night.** 7:30pm. Fun, info evening with adidas, Fleet Feet, HMRRC & 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.
- 27-28 **2nd Ragnar Relay Adirondacks.** 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. 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 **2nd Mario Zeolla '97 5K Walk/Run.** 9am. Plus: Health Expo. Albany College of Pharmacy, Albany. acphs.edu.
- 28 **1st Sunny Hill Viking Obstacle Race.** 5M & 30 Obstacles. 8:30am. Sunny Hill Resort & Golf Course, Greenville. 634-7642. sunnyhill.com.
- 28 **Gore Leaf Cruncher 5K Trail Run.** 1pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28 **1st Flashlight 5K Night Run.** 7:30pm. Part of Festival for the Lake to help protect water quality. Beach Rd, Lake George. Randy Rath: 321-3088. adkracemgmt.com.
- 28 **CRSS Race for Hope 5K.** 10am. Slingerlands. 441-8570. capitalregionsspecialsurgery.com.
- 28 **5K for JDRF.** 10am. The Crossings, Colonie. 477-2873. jdrf.org.
- 28 **Ryan's Knockout Neuroblastoma 5K Run/Walk.** 8am. Cooper's Cave Ale, Glens Falls. bandofparents.org.
- 28 **4th OkTupperFest 3.5M Mud Run.** Big Tupper, Tupper Lake. tupper-lake.com.
- 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 **Falcon 5K & Fun Run.** 9:30am. Lake House, Washington Park, Albany. Carol Hill: 221-4381.
- 29 **33rd Voorheesville 7.1 Mile.** 10am. Town Park, Voorheesville. hmrrc.com.
- 29 **Geyser Road 5K Run/Walk.** 9am. Saratoga Spa SP, Saratoga Springs. Kelly Montague: 584-7699. saratogaschools.org.
- 29 **Literary Trivia Walk.** 9:30am. Shatekon ES to Library, Clifton Park. 371-8622. twotownsonebook.org.
- 29 **Pumpkin Run 5K Cross-Country Run.** 9am. 1K fun run. Queensbury HS, Queensbury. gfmfmf.org.
- 29 **1st Vet Help 5K Run/Walk for Homeless Veterans.** 10am. Orenda, Saratoga Spa SP, Saratoga Springs. vethelpny.org.
- 29 **Vermont Sun Run 5K, 10K & Half Marathon.** 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.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. bhblrotary.org.
- 5 **2nd Run for Readers 5K FUN Run/Walk.** 9am. Kids' 1M Spartan Sprint: 8am. Scott Ellis E.S., Greenville. Peter Mahan: 966-5070. greenville.k12.ny.us.
- 5 **CRNA 5K Trail Run Series.** Chatham Brewery, Chatham. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 5 **1st Run for the Red 5K Run/Walk.** 9am. Plus, 400m kids' fun run: 9:05am. Olympic Speedskating Oval, Lake Placid. American Red Cross North Country chapter: 561-7280. redcross.org.
- 5 **ET Grout Cross Country Alumni Race.** 1:30pm. Central Park, Schenectady. Ed Menis: 372-4295.
- 5 **Community for a Cure 5K for JDRF.** 1pm. Boulevard ES, Gloversville. 775-5747. gloversvilleschools.org.
- 5 **Ellen Richards Memorial 4M Run/Walk.** 10am. Norwood. 315-268-0566. 4milewalkrunbreastcancer.webs.com.
- 5 **40th Art Tudhope 10K.** 9am. Shelburne Beach, Shelburne, VT. 802-658-1753. gmaa.net.
- 5 **Stampy Stomp 15K.** 10am. Catamount Family Center, Williston, VT. catamountoutdoor.com.
- 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. 583-8348. saratogacare.org.
- 6 **What Would Trevor Do Run for Hope 5K.** 10am. Saratoga Spa SP, Saratoga Springs. wwtdrunforhope5k.weebly.com.
- 6 **Harvest Half Marathon/5K.** 10:30am. Rec Park, Red Hook. 845-625-3473. onteorunners.org.
- 6 **32nd Wineglass Marathon, Half Marathon & 5K.** Bath to Corning. wineglassmarathon.com.
- 6 **15th Nicole Fleury Memorial 5K Walk/Run.** 9:30am. SUNY Canton, Canton. 315-386-7015. canton.edu.
- 6 **12th Remington Arts Festival 5K.** 8:45am. Evergreen Cemetery, Canton. 315-229-5105. stlawu.edu.
- 6 **Grete's Great Gallop Half Marathon.** 9am. Central Park, Manhattan. nyrr.org.
- 12 **7th Falling Leaves 5K Run & Walk & Kids' Fun Run.** 10am. William Kelley Park, Ballston Spa. Lynn Blake: 885-9821. ballstonspaumcchurch.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. sunyacc.edu.
- 12 **Community 5K Run & 1M Walk.** 9am. FMCC Campus, Johnstown. Jean Karutis: 736-8904. fmcc.suny.edu.
- 12 **3rd Oktoberfest Half Marathon & 10K.** 9am. Fire Department, Peru. runoktoberfest.com.
- 12 **1st Best Dam 5K Run & Walk.** 9am. Corbett Community Hall, Corbett. bestdam5k.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.

USATRACK & FIELD ADIRONDACK FLEET FEET Sports

Masters Running Forum

A series for Masters athletes (age 40+) in road running, cross-country and track/field

Panels of local Masters with varying abilities/ages, and medical pros, to share experience and expertise

#1) Tuesday, Sept. 17, 7-8:30pm – Balance: Career, Home and Running
Setting realistic goals • Developing training plans

#2) Tuesday, Oct. 15, 7-8:30pm – Stability: Maintaining Fitness and Injury Prevention
Strength/flexibility training • Nutritional needs/changes as we age • Importance of rest

#3) Thursday, Nov. 7, 7-8:30pm – Community: Joining a Club or Team
Reasons to join a running group • Accessibility of local clubs • Motivation/camaraderie • Competition

Fleet Feet Sports, 155 Wolf Rd, Albany

Sessions are Free • RSVP to: fleetfeetalbany@gmail.com
Pat Glover: pjglove@aol.com / 877-0654

SMVP HEALTH CARE

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

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
saratoga bridges
The premier community resource for persons with disabilities and their families

2nd Annual

St. George's Turkey Trot 5K Family Run/Walk

Thursday, Nov. 28 • 8am

St. George's School & Episcopal Church
912 Rte 146, Clifton Park

Register: Active.com

Entry Form: stgeorgeschoolcp.org

● Kids' Fun Run (\$1 race day) • 9:05am

Benefits St. George's School

Run for Readers 5K FUN Run/Walk

Saturday, Oct 5 – 9am

Scott Ellis Elementary School
11219 Route 32, Greenville

\$15 by 9/16 – \$20 after
T-shirt to first 500 registered
Free Kids' 1M Spartan Sprint: 8am

Entry: Greenville.k12.ny.us

Peter Mahan: (518) 966-5070 x301
All proceeds to elementary student after-school clubs and elementary classroom libraries
-Runners are encouraged to donate a book-

Capital Region Nordic Alliance, Inc.

Trail 5K Run Series

Saturday, October 5, 10am
CRNA Winery 5K Trail Fun Run at Chatham Brewery, Chatham

Saturday, November 9, 10am
CRNA Hudson Berkshire Beverage Trail 5K Trail Fun Run Finale at Notchview S.R., 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

6th Annual
Anne's Quest
5K Run / 3K Walk
 Saturday, October 26 – 9:30 AM
 Shaker High School, Latham

- Raffles, music, food and more!
- First 350 entrants receive long-sleeve T-shirt!
- Preregister by 10/23 - \$25
- Register day of race: 8-9am - \$30

Register online
 & more info:
AnnesQuest.org

In memory of
 Anne S. Rosenthal

All proceeds to Anne's Quest Foundation

2nd Annual Saratoga County
VETERANS SERVICE AGENCY
Trust Fund 5K Race
 & Kids' 1/2-Mile Nature Run
Saturday, Nov. 9 – 10am
Hudson Crossing Park,
101 Route 32, Schuylerville
Register: Active.com
\$20 by 11/7 or \$25 race day
 ★ ★ ★ ★ ★
 ALL proceeds benefit local veterans
 via Saratoga Co. Veterans Trust Fund

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

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

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

- 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 Sprint for Soldiers 5K. 9am. Schuyler House Trail, Saratoga Historical Park, Schuylerville. 463-3060.
- 13 Shine On 5K Memorial Run. 1pm. Spencertown Firehouse, Spencertown. 392-6298. shineonrun.wix.com/5k.
- 13 Run 4 A Reason 5K Run/Walk. 10am. Columbia, Saratoga Spa SP, Saratoga Springs. srirun4areason.com.
- 13 3rd Trek for Hope. 10K: 9am. 5K: 10:30am. Village Park, Granville. 796-1550. thehayneshouseofhope.com.
- 13 Jailbreak Trail Marathon. Half, full & ultra marathons. 8am. Dannemora. 562-2297. jailbreaktrailmarathon.org.
- 13 Shawangunk Valley 5M. 10am. Firehouse, Wallkill. 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. Pat Glover: 877-0654. RSVP: fleetfeetalbany@gmail.com.
- 16 Fall Flurry 10K. Little Falls. Tony DeLuca: 315-823-1740. lymca.org.
- 19 **13th Great Pumpkin Challenge 10K, 5K & Kids' Run.** 9:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 587-0723. saratogabridges.org.
- 19 **1st Urban Raid Albany: 5K Obstacle Race.** Lincoln Park, Albany. Lauren St. Clair: 207-699-2360. raidevents.com.
- 19 **6th Hometown Heroes 5K Run/Walk.** 9:15am. The Crossings, Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org.
- 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 Run/Walk. 9am. Central Park, Schenectady. Kathleen Snyder: 763-1119. maddiesmark.org.
- 19 Monster Scramble 5K & 1M Family Run. Lake George. msupstateny.org.
- 19 Run Through History 5K. 10am. Oakwood Cemetery, Troy. Mark Wojcik: 256-2528.
- 19 Dyslexia Dash 5K. 9am. Pashley Elementary School, Glenville. Laurie McEvoy: 523-2853.
- 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 **Fleet Feet 10K Trail Run.** 8am. Grafton Lakes SP, Grafton. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 20 Beat Beethoven 5K. 9:30am. Central Park, Schenectady. 372-2500. schenectadysymphony.org.
- 20 Wandering Witch 5K/10K Trail Run. 9:30am. CTK Spiritual Life Center, Greenwich. bkvr.org.
- 20 2nd Chopping Down Cancer 5K for Skip Veeder. 10am. Veeder's Tree Farm, Earlton. eventbrite.com.
- 20 Monster Dash 5K Run/Walk. 12pm. Medicine Horse Farm, Morrisonville. medicinehorsefarm.com.
- 26 **6th Anne's Quest 5K Run & 3K Walk.** 9:30am. In memory of Anne Rosenthal. Shaker HS, Latham. Kelli Rosenthal: 446-9638. annesquest.org.
- 26 **Monster Madness Dash 5K Run.** 9am. Plus, 3K walk & kid's fun run. YMCA, Troy. 272-5900. cdyca.org.
- 26 **20th Goblin Gallop 5K.** 9am. Plus, 0.75M kids' fun run. Abraham Wing School, Glens Falls. adirondackrunners.org.
- 26 Pumpkin Brigade 5K. 10am. Johnsonville. Michelle Daus: 275-2508. bkvr.org.
- 27 **Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Race.** 9:30am. Thacher SP, Voorheesville. AREEP: 320-8648. hairygorillahalf.com.
- 27 **2nd rUNDEAD 5K Trail Run.** 9:30am. Runners & Zombies. Saratoga Spa SP, Saratoga Springs. Special Olympics NY: 388-0790. therundead.org.
- 28 Starlight Spooky Sprint. 12:30pm. Crossings Park, Colonie. 925-2533. starlight-newyork.org.

28 Step Up for Kids 5K. 10am. Harriet West Child Advocacy Center, Saratoga Springs. saratogacff.org.

NOVEMBER

- 3 After the Leaves Have Fallen 20K Carriage Trail Run. 11am. Minnewaska SP, New Paltz. onteorarunners.org.
- 7 **Masters Running Forum #3: Community: Joining Club or Team.** 7-8:30pm. Fleet Feet Sports, Albany. Pat Glover: 877-0654. RSVP: fleetfeetalbany@gmail.com.
- 9 **CRNA 5K Trail Run: Notchview State Reservation, Windsor, MA.** Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 9 **2nd Saratoga Co Veteran's Service Agency Trust Fund 5K.** 10am. Kids' 1/2M Nature Run: 10:45am. Hudson Crossings Park, Schuylerville. 884-4116. saratogacountyny.gov.
- 9-10 **ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.
- 10 **38th Gazette Stockade-athon 15K Road Race.** 9am. Plus, 1M Duck Run for Kids: 11:30am. Central Park, Schenectady. stockadeathon.com.
- 11 **6th Shenendehowa 5K Veterans Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 11am. Shenendehowa HS, Clifton Park. Beth Haig: 573-4595. shenrunners.com.
- 11 8th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. 728-1451. kinderhookrunnersclub.com.
- 24 HMRRC Turkey Raffal 1-Hour Run. 10am. Tawasentha Park, Guilderland. Al Maikels: 435-4500. hmrrc.com.
- 28 **2nd St. George's Turkey Trot 5K Run/Walk.** 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.
- 28 **66th Troy Turkey Trot.** Open 5K: 9:45am. Open 10K: 8am. Grade School Mile: 9:20am. 1M Turkey Walk: 9:20am. Troy Atrium, Troy. 273-5552. troyturkeytrot.com.
- 28 **4th OurTowne Turkey Trot 5K Fun Run/Walk.** 9am. Bethlehem MS, Bethlehem. ourtownebethlehem.com.
- 28 **12th Christopher Dailey Turkey Trot.** 5K. City Hall, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 28 **32nd Cardiac Classic 5K Race.** 9am. 2M Wellness Walk: 8am. 1M Duck Pond Run: 10am. Central Park, Schenectady. ellishospitalfoundation.org.
- 28 Thanksgiving 5K Run/Walk to End Hunger. Memorial Parkway, Utica. 315-793-0955. uticaroadrunners.org.
- 28 Thanksgiving Day Run for the Hall 5K. Sports Hall of Fame, Rome. uticaroadrunners.org.
- 30 **6th Run Off That Turkey Trot 5K Run/Walk.** 10am. Altamont ES, Altamont. Phil Carducci: 861-6350. active.com.

OTHER EVENTS

SEPTEMBER

- 21 Orienteering Meet. 10am. Newbies welcome! Hop Field, Thacher SP, Voorheesville. 456-5897. empo.us.orienteeing.org.
- 27-29 **Festival of the Lake.** Music, rides, Flashlight 5K (Sat, 7:30pm), fireworks. Lake George. 668-5771. lakegeorgevillage.com.
- 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

- 5-6 Beck's Oktoberfest. Sat 10-6, Sun 10-5. Whiteface, Wilmington. 946-2223. whiteface.com.
- 12-13 **Harvest Fest.** 11am-4pm. MTB, gondola rides, music, food. Gore Mountain, North Creek. goremountain.com.
- 13 **Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 20 **Fall Fest.** 11am. Games, face painting, chairlift rides. Willard, Greenwich. 692-7337. willardmountain.com.
- 27 41st Leatherstocking Swim Meet. Hartwick College, Oneonta. Paul Windrath: 607-267-4467. adms.org.

NOVEMBER

- 3 **Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.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.

Sunday, October 20th

USATF Adirondack presents STAN HUDDY

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

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8th Annual Saratoga Spa State Park
Fall Back 5 5-Mile Trail Race
 Hills, ridges, streams & singletrack...
Sunday, Nov 3 • 10am
 Administration Bldg Lobby, Saratoga Spa S.P.
 Tech T-shirt to first 125 • Prizes/Raffles
 Free kids' activities (during race)
 \$20 by 11/2 or \$25 race day
active.com • saratogastryders.org
 (518) 584-2000

SIXTH ANNUAL
Shenendehowa Veterans Day Dash 5K Run/Walk
 Monday, Nov 11 • 10am
 Shen H.S. Track
 Clifton Park

Flat/fast course • T-shirts to first 350 runners
 Open to all runners & walkers • USATF sanctioned
 Kids' Fun Run • 11am

Register online: **FinishRight.com**
ShenRunners.com • Beth Haig: 573-4595
 Partial proceeds to Patriot Hill Foundation of Saratoga Co,
 Shen Track Booster Club & Clifton Park Track Club

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

NON-MEDICATED LIFE



Obamacare

How Broad Implementation May Be Achieved

By Paul E. Lemanski,
MD, MS, FACP



Editor's Note: This is the 56th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

In previous articles in this column I have argued for the benefits of the Non-Medicated Life to include equivalent outcomes with fewer side effects and lower costs than the use of drugs. I have gone so far as to suggest that without an approach that emphasizes proven means of improving the health of our population emphasizing a healthier diet and changes in lifestyle, the proposed healthcare system called Obamacare risks becoming financially insolvent or will have to ration care.

Nevertheless, however intellectually satisfying my proposed approach may be, it lacks an effective strategy for implementation. Simply showing the evidence for a healthy diet and lifestyle does not change behavior except in those already predisposed to the approach. To encourage the bulk of the population to change behavior, I believe will require financial incentives and disincentives, and may get support from provisions within the Affordable Care Act.

Currently, community rating prevents insurance companies from charging higher premiums to individuals at higher risk. For conditions that are not the "fault" of the individual this seems fair and appropriate. It would not be fair to penalize an individual for a genetic predisposition to disease any more than it is fair to penalize an individual for the color of their skin. It is appropriate because in any insurance model the many at lower risk help to subsidize the few at higher risk.

However, what of conditions which result from the volitional actions of the individual? Insurance premiums are higher for those with bad driving records. Likewise, life insurance premiums are higher for those who smoke. I would therefore suggest that there are well-established precedents for charging more for those who chose by their own actions and behaviors to place themselves at higher risk. Why not for health care?

Indeed, the Affordable Care Act does contain provisions to make 30- to 50-percent of the premium paid at risk, for not complying with certain wellness recommendations. If this is a given, I would suggest that a process measure, such as whether you had your cholesterol tested is not as important as the outcome measure of how much you have reduced that cholesterol towards a target metric known to optimally prevent heart attacks and strokes. Cholesterol level, blood pressure, and fasting blood sugar all can be used as so called surrogate markers of risk for disease as a graded reduction of each can be shown to reduce risk in a graded

fashion. Each of these surrogate markers can be improved by diet and lifestyle without the use of medication or additional medication with a reduction in side effects and cost.

However, specifically rewarding healthier behaviors is difficult when medications and diet/ lifestyle alter the surrogate marker. I suggest choosing surrogate markers that are generally only altered by the conscious choice of the individual. Two such measures are smoking status and body mass index.

Smoking is probably the single greatest contributor to preventable disease. Smoking contributes to high blood pressure, low good cholesterol, heart attacks, strokes, lung cancer, head and neck cancers, bladder cancer and cervical cancer. Moreover, it has been shown that the high tax on cigarettes has reduced usage and helped smokers to quit. Placing a part of their health insurance premium at risk will provide an additional financial disincentive to smoke and help those not currently contemplating smoking cessation to do so.

If needed, blood or salivary cotinine levels can be used to document compliance with non-smoking status. Asking those whose health care costs more because of smoking to pay more because of a continued choice to smoke seems fair and equitable for both the smokers and non-smokers.

Body mass index is a metric combining body weight and height – defined as the weight in pounds multiplied by 703, divided by the height in inches squared – and allows you to compare individuals of different heights with respect to weight. Individuals having a body mass index of 30 or greater are defined as medically obese regardless of differing heights and weights. Individuals between a body mass index of 25 and 30 are defined as overweight.

Body mass index may also be shown to be a surrogate marker of disease including contributing to high blood pressure, high cholesterol levels, high blood sugar, as well as heart attacks, strokes, diabetes, sleep apnea and breast cancer. By using body mass index as a surrogate marker,

any reduction in body weight can be shown to have a graded reduction in risk for other surrogate markers, such as blood pressure, high cholesterol and high blood sugar. Body mass index may be viewed as the single most important surrogate marker in that a number of diseases occur as a direct result of excess body weight.

Moreover – while not easy – individuals who are overweight or obese can improve their health by losing weight. For example, even five pounds of weight loss can be shown to lower blood pressure; losing 20 pounds in an obese pre-diabetic person can prevent diabetes. Making body mass index the surrogate marker to monitor is cheap, easy, and does not require anyone to tell you exactly what to eat or place taxes on sugar or specific food items. I believe each individual can decide what combination of diet and exercise, and ultimately what body weight, they wish to be when taking into account what they would like and what they can afford.

In summary, healthy diet and lifestyle have been shown to achieve for most individuals essentially all the health benefits of medications, at lower cost, and with fewer side effects. The Affordable Care Act has provisions for financial incentives for healthy behaviors and lifestyle – and disincentives for unhealthy behaviors. By focusing only to reward improvements in the surrogate markers of smoking status and body weight index, the great bulk of diseases that can be prevented by individual choice, will be addressed in a simple and straightforward fashion everyone can understand. 🌱

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



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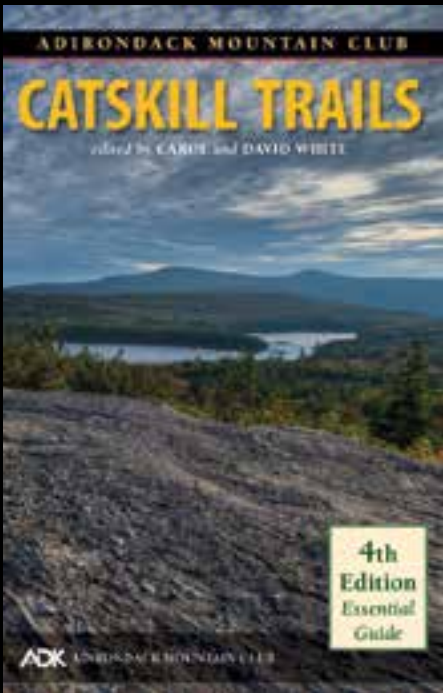
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KAYAKING, CANOEING & SUP

Fall Paddling

KAYAKING THE HUDSON NEAR LANSINGBURGH.

By Rich Macha

A Welcome Relief

In my opinion, and I don't think I'm alone on this, September is the best time of year for canoeing, kayaking and standup paddleboarding, and being in the out-of-doors. October isn't too bad either, and I will not be missing the heat and humidity. Summer crowds have disappeared, biting bugs are less of an issue, and may be totally absent after the first hard frost, daytime temperatures are comfortable, and the nighttime temperatures good for sleeping. Fall colors add visual appeal, and at least in September, the water is still warm and inviting.

At higher elevations and areas in the northern Adirondacks fall foliage season starts in mid-September peaking in late-September and early-October. For those of us who like our red colors, it is best to get out a bit earlier since maples are the first to turn color.

Stunning vistas with swaths of color covering mountainsides, which rise over 2,000 feet above lakes, ponds and streams, can be experienced in the greater High Peaks area of the Adirondack Park. **Moose Pond** near Bloomingdale is a deep mile-long pond, with McKenzie and Moose mountains rising steeply to the southeast, and Whiteface Mountain lurking somewhat further to the east.

The upper **Chubb River** near Lake Placid offers typically twisty Adirondack stream paddling, with perhaps a couple of beaver dams to hop over, and a rough underfoot but fairly flat carry of 0.2 miles. As you paddle upstream there are views of Street and Nye mountains to the southeast and the Sawtooth Mountains stand out to the southwest. After going over four miles

from the start on Averyville Road, the stream is just too small to paddle. On the return there is a good view of Whiteface in the distance.

Henderson Lake is accessible from the Upper Works trailhead near Newcomb, after a 0.3-mile carry via an old dirt road, on which most folks opt to use a cart. The rewards are plentiful in any season as the two-mile long lake is surrounded by mountains. Santononi Peak can be seen to the west over the south shoulder of Henderson Mountain, McNaughton Mountain and the distinctive shape of Wallface Mountain rise up to the north. You get a good look at Mount Colden as you paddle back to the put-in next to the dam at the outlet.

In late September or early October, I could be tempted to paddle something in the central or southern Adirondacks. **Lewey Lake** and its inlet, the **Miami River**, have awesome views of Lewey and Snowy mountains. Across NY Route 30 from Lewey Lake, a slightly different perspective of these two mountains can be gained from **Indian Lake**, which offers many more miles of interesting paddling on a bigger body of water, albeit with some light motorboat traffic. Nearby, three-mile long **Cedar River Flow** has views of the other side of Lewey Mountain, and is flanked to the northwest by Wakeley Mountain with its fire tower.

When I think of paddling the southern Adirondacks, three streams come immediately to mind. The mountains are smaller but the fall colors can be equally enticing. The **Kunjamuk River** near Speculator is the most popular of these streams, and a trip up to **Elm Lake** and back can be ten to 13 miles, depending on

where you start. The appropriately named **Fall Stream** near Piseco passes thru **Fall Lake** well before reaching **Vly Lake** after five miles of upstream paddling. The **West Branch of the Sacandaga River** is best done as a one-way float downstream from either of two bridges on NY Route 10 in Arietta, and side-trips can be made into **Good Luck Lake**, **Chub Lake**, and **Trout Lake** along the way.

By mid-October most of the leaves have dropped in most of the Adirondacks but I'm nowhere near ready to put the paddles away. **Lake George** and **Lake Champlain**, due to their low elevations, exhibit fall colors somewhat later and thus make for possible paddling destinations.

At that time of year the **Hudson River** from the Capital Region on south can be quite appealing with views to the Catskills from many locations along its route. The lower Hudson's bays, marshes and tributaries offer much to explore by canoe or kayak. Some of my favorite areas include the **Stockport Flats** and **Tivoli Bays** (see June 2013 issue). Note that duck hunting season on the lower Hudson is October 12-20 this year so you don't want to walk, talk or look like a duck!

As the water and air cool through the season we should pay close attention to how we dress for paddling. Cotton clothing is an absolute no-no, since wet cotton has no insulating value, and can suck the heat right out of you resulting in hypothermia. Contrary to years of advertising, jeans are not outdoor-wear especially when it comes to being around water. In September most knowledgeable paddlers will



▲ [TOP] LEWEY LAKE WITH VIEW OF SNOWY MOUNTAIN.
▲ [BOTTOM] MOOSE POND AND MOOSE MOUNTAIN IN THE DISTANCE.

PHOTOS BY RICH MACHA

wear some combination of nylon, polyester, polypropylene or wool. When the water temperature drops below 60 degrees, you should consider wearing a wetsuit or drysuit, especially when paddling away from shore or in potentially rougher conditions.

Wearing a lifejacket not only keeps you safer but also adds some warmth. I've seen quite a number of folks start out on a fall paddling trip overdressed and soon stopping to strip layers off. Boating law in New York states that paddlers must have a lifejacket "readily accessible" from May 2 through October 31, and must actually be wearing one from November 1 through May 1. These rules apply not only to canoeists and kayakers but to standup paddleboarders too.

With a little bit of extra preparation and caution the fall is a great time to experience our waterways, and enjoy some colorful scenery, while getting some needed exercise. 🌲

Rich Macha is owner of Adirondack Paddle 'n' Pole (onewithwater.com), a paddlesport and cross-country ski shop in Colonie. Rich keeps on paddling until the skiing is better than the paddling.

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EVENT GUIDE

Albany and the Rest of the World Marathon Facts to Jog Your Mind

By Christine Bishop

As the HMRRC Mohawk Hudson River Marathon draws near, it is a good time to celebrate our marathon and its runners, as well as those around the world.

It is amazing how popular marathons have become in the United States since their start in Boston in 1897. Since then, they have spread to every state and major city in America, including Albany (1983), and are actually run on all seven continents of the world, including Antarctica. **Jim Thomas**, an HMRRC member in good standing (and running), could truly be called the Marathon Man since he has run marathons in all 50 states, and is now working on running one in every province of Canada. This year our marathon sold out in 48 days and will see 1,500 compete in a race that spans 26 miles and 385 yards. New York City has repeatedly set world records for the largest marathons with 46,759 people finishing the grueling run in 2011. In 2012 the NYC Marathon would have undoubtedly set another world record but the damage from Hurricane Sandy caused its cancellation.

National and state border crossings in marathons can be impressive. In our marathon, participants go through Albany and Schenectady counties. In the Detroit Free Press Marathon, participants cross the US-Canadian border twice without having to go through customs. The Niagara Falls International Marathon includes one international border crossing via the Peace Bridge from Buffalo to Fort Erie, Ontario. The

Intercontinental Marathon is the only one to cross through two continents. The race begins on the Asian side of Turkey and ends next the Blue Mosque in the European section of Istanbul.

Women were not allowed to run in marathons until 1972, but have since made great strides. In 1966, Roberta Gibb tried to enter the Boston Marathon but was rejected because the officials thought women were physiologically incapable of running the distance. This did not deter Roberta who hid in the bushes by the starting line and finished the marathon in 3:21:25 with a handshake from the then Governor of Massachusetts, John Volpe. Ironically, Roberta had to run in leather nurses' shoes because running shoes for women had not been developed – that was to come in 1968.

The following year, Katherine Switzer entered the marathon but did not identify herself as a female. When the race officials realized what she had done, they tried to physically remove her as Roberta Gibb zipped by unobserved only to be later removed a few feet from the finish line. It took until 1972 for Boston to admit women, and since then the numbers of females running marathons has increased steadily. For instance, in the 2000 Mohawk Hudson River Marathon, 32-percent of the finishers were women, and by 2012 the number had risen to 45-percent, exceeding the US average of 42-percent. One wonders what the future holds.

Impressive records have been set in many marathons. In our annual Mohawk Hudson River Marathon, **Dale Keenan** set the course record for speed on October 14, 1984, in 2:20:59 or 5:22 per mile, which is really fly-

ing. set the woman's record of 2:47:22 on October 13, 2002, which is a sizzling 6:23 per mile. The fastest marathon man in the world is Patrick Makau Musyoki of Kenya, who in 2011 at the Berlin Marathon ran the course in a blazing 2:03:38, 4:32 per mile. The world's fastest marathon woman is Paula Radcliffe, who astonished the London Marathon in 2003 with a record of 2:15:25, 5:10 per mile.

Dale Keenan's six victories in the Mohawk Hudson Marathon are the most for male winners. The female record for wins is shared by three stellar runners who still light up the field today: Emily Bryans (2006, 2010), Danielle Cherniak (1983, 2001), and Gayle Porcelli (1996-1997). It's believed that the slowest marathon occurred in London in 2002 when Lloyd Scott took five days to complete the race dressed in a deep-sea diving suit that weighed 180 pounds. At other times he dressed as Indiana Jones, St. George, and even crawled as a snail. These antics spurred the London Marathon committee to set a time limit of 24 hours for a marathon.

As for the most times the Mohawk Hudson Marathon was run, Jim Moore from Niskayuna holds the record for males and Linda Keeley from Waterford for females. Belgian Stefaan Engels, who previously had finished 20 Ironman triathlons in a year, at age 49 completed 365 marathons in 2009. Denmark's Annette Fredskov outdid this recently by completing 366 marathons or 9,589 miles in one-year. The Mohawk Hudson Marathon records for the oldest and youngest to finish are not completely documented, nor are those for the world, but our oldest known male is Ralph Riddick, who at age 80 in 2012 ran a 6:21:31 race. Regina Tumidajewicz at age 73 in 2000 completed the course in 5:55:26. Sixteen-year-old Matthew Chrislip, our youngest male

runner, finished in 3:45:43. Three 17-year-old females are the youngest to finish: Alexandra Whisenhunt (6:08:32), Skye Gruen (4:14:49), and Andrea Wiegand (4:14:49). We hope to hear more about them in the future.

The price to enter the Mohawk Hudson Marathon is a bargain at \$85. For the New York City Marathon it is \$255, but that is a steal when compared to the North Pole Marathon, which including expenses costs \$15,000. Although the marathon in Antarctica is a few hundred dollars cheaper, it is so frigid where it is held, that not even a penguin is there to witness the runners' incredible (cold) feat.

Are winners of the marathon on the road to riches for their spectacular super-human achievements? It depends. The prize money in Albany is \$1,750. In Boston winners receive \$150,000, with an additional \$25,000 if they set a course record. In New York City they receive \$130,000 and a bonus of \$70,000 if it is a repeat victory or an additional \$50,000 for a finish of 2:06:00 or under. These sums do not include brand endorsements or money from guest appearances.

While it is fun to muse on these super human achievements, we still have October 13, to look forward to when new records may be broken at the 31st annual Mohawk Hudson River Marathon. To see the results, visit MohawkHudsonMarathon.com, or see the special December edition of The Pace Setter, with great articles and photos. The Pace Setter can also be accessed online at hmrrc.com. In the meantime, happy running!

Christine Bishop and her husband Charles ("the editor") of Schenectady are retired academics who are in training for the Stockade-athon 15K.

SCHEDULE OF EVENTS

WEEK OF OCTOBER 5

Community Clean Up - Join fellow runners, walkers and environmentally-conscious community members to help us clean up the course! Meet at Passonno Paints and we'll have refreshments after. For dates and details: racedirector@mohawkhudsonmarathon.com.

SATURDAY, OCTOBER 12

10am-6pm Expo and Packet Pick-Up - Hilton Albany at State and Lodge Streets, Albany. Pick-up your race packet and visit over 30 businesses and organizations offering goods and services for athletes and their families. Free parking in hotel garage with validation at the expo. Note: No day of race packet pick-up!

10am-6pm View a Video of the Course! - The race and course directors will be on hand to answer any questions about race logistics.

TBD Chi Running Demonstration - Led by Ann Margaret McKillop.

TBD Yoga with Aaron Styles - Presented by the Steuben Athletic Club.

TBD "Lessons Learned, Wisdom Shared" - Presented by the Hannaford Supermarkets Pace Team.

Ongoing HMRRC's Running Shoe Recycling - Bring gently worn T-shirts and running shoes (shoelaces tied together please) to HMRRC's recycling booth. Donations will be given to local charities.

4:30-8:30pm Pasta Buffet - Charter Restaurant, Hilton Albany at State and Lodge Streets, Albany. No reservation necessary.

SUNDAY, OCTOBER 13

6:45am Buses to the Start Lines Depart - Maiden Lane and Broadway in Albany. Directions and parking information: mohawkhudsonmarathon.com.

8:30am Races Begin.

10am Musical Entertainment by DJ Brian DeBraccio - Albany Riverfront Park at Corning Preserve.

10am Half Marathon Awards Ceremony - Amphitheater at Albany Riverfront Park.

Ongoing Age-Group Awards - Available at HMRRC Information tent.

11am Massages - Compliments of Center for Natural Wellness School of Massage Therapy.

12pm Marathon Awards Ceremony - Amphitheater at Albany Riverfront Park.

12pm Bus Departs for Colonie Town Park - Note: This is the only bus back to the start line in Colonie.

2pm Race course closes.

2:30pm Bus Departs for Central Park - Note: This is the only bus back to the start line in Schenectady.

Optimal Hydration

Staying properly hydrated is important during marathon racing for both safety and performance. Hydration status depends on the balance between sweat losses and fluid replacement. Dehydration occurs when fluid losses are not adequately replaced. Sweat rates are increased by: warm, humid weather conditions; male gender (men sweat 30-percent more than women of the same weight); fitness level (more fit = more sweat); acclimatization (more training in the heat = more sweat); and running pace (faster pace = more sweat).

Warm, humid weather usually increases sweat rates and accelerates the onset of dehydration, increasing the risk of early fatigue and heat-related illnesses. Keeping the body properly hydrated maintains blood volume and cardiovascular function. Dehydration decreases blood volume, increases heart rate, and impedes heat loss, all of which cause runners to slow their pace or drop out.

It is also possible for runners to drink too much fluid, which can result in a potentially fatal condition called exercise-associated hyponatremia. This often occurs in slower marathon runners who have the greatest opportunity to drink more fluid than they lose in sweat.

Balancing fluid intake with sweat losses to avoid both dehydration and hyponatremia is the fluid replacement goal for a safe a marathon. Faster runners (under four hours) should be more concerned with avoiding dehydration than developing hyponatremia.

Avoiding dehydration and hyponatremia - Develop your own hydration program using these tips. You're unique, so don't copy other runners. Some runners need less fluid than you, while others will need more. Learn your individual hydration needs. Fluid needs vary widely and slower runners need to be very cautious with their fluid intake while faster runners may need to drink more to replace higher volume sweat losses.

Try to match fluid intake to just below weight loss. For example, if you lost two pounds (32 ounces) during a run, you should try to drink close to 32 ounces but not more during that long run. During a marathon, you should lose two or three pounds. If you do not lose weight, you are seven times more likely to get hyponatremia. Do not overdrink. Weight gain during a run is a sure sign of overdrinking. If you are feeling the effects of hot weather, slow your pace. Drinking more fluid will not directly make you less hot or cool you down.

If you are a slow runner, determine the fluid intake that keeps your weight balanced with a slight one-percent loss during a long run or drink when you are thirsty. The rate of sweat and weight loss for the same distance varies according to weather conditions and running speed. Keep your urine a pale yellow color like lemonade; neither dark like apple juice (dehydration) nor clear like water (overhydration). Recognize the warning signs of dehydration like feeling faint or light headed with standing, rapid heart rate, sunken eyes, dry mouth, feeling very thirsty, or dull headache. Try some fluids to see if you improve.

Recognize the warning signs of hyponatremia like water sloshing in your stomach, severe and worsening headache, or feeling puffy or bloated in the hands and feet, nausea, upset stomach, or wheezy breathing. Stop drinking until you begin to urinate and the symptoms resolve. If you are not feeling well during or after the race and simple changes do not make you feel better, seek immediate medical attention.

-International Institute for Race Medicine (amaasportsmed.org)

Behind the Scenes

By Christine Bishop

Marathon day last year was sunlit and beautiful. The event went so smoothly that it almost seemed natural rather than the result of months of hard work by many who go unnoticed and work for free.

Hydration is key element and many people deal with it. **Ed Neiles** is the elite coordinator along with **Emily Bryans**. Ed does more than ensure that noted runners get into the race. He is in charge of storing, allocating and distributing over 1,250 gallons of fluids and numerous supplies such as GU used at the water stops. **Hannaford** graciously furnishes the water and the Gatorade. **Mike Lee, Tim McGuire** and **Joe Premo** are in charge of the water trucks. Early in the morning on race day, they drive trucks to each water stop supplying gallons of water, 48,000 paper cups, tables, rubber gloves and other goodies necessary for hydration. After the race, they pick up "all the junk," compost it, and bring back whatever is left that can be used in other races. **Nancy Briskie** is in charge of the water stops and her biggest challenge is in recruiting enough volunteers. They work hard, non-stop giving life-saving cups of water to the runners as they pass. To make it more fun, Nancy introduced a costume contest with prizes for the water stop that gets the most votes from the runners. If you runners see zombies giving water, you can vote for them.

The medical team is particularly strong since it is comprised of three doctors who come at it from different perspectives. **Todd Shatynski** is a specialist in sports medicine; **Michael Dailey** in emergency medicine and surgery; and **Kimberly Kilby** in family medicine, public health and logistics. Their goal is to have no surprises the day of the race, be the weather extremely cold or hot, and that goal takes extensive planning. On the day of the race, doctors and EMS teams from throughout the region will assist them.

Communications are invaluable for the medical team as it is for all groups. **Cameron McClean** as the communications coordinator is responsible for troubleshooting. She works next to **Karen Smith**, a veteran ham radio enthusiast who has volunteers posted at water stops, on bicycles along the route, and within the medical

and administrative areas. All can hear and talk to one another in real time handling problems immediately. In addition, there are sag wagon drivers, **Chris Chartrand, Tom Hensel** and **Mike Sheehan**, who pick-up wounded warriors radioed to them or that they spot on the course. Volunteers are the lifeblood of the event, so the role of volunteer coordinator filled by **Bryan Cherry** is vital. Bryan brings technological skills and has created a volunteer database.

Pat Peniazek supplies refreshments with gusto and attempts to make them nutritionally sound. She added chocolate milk and this year there will be soup. She cajoled **Panera Bread** into serving more special bagel twists that last year ran out early. Pat is working closely with **Greg Rickes** who is in charge of the finish line. In this role he provides the logistics network for the entire event from tents to porta potties to wires needed for the myriad of electronic devices used.

The course is divided into six sections that are coordinated by **Ken Skinner, Mike Kelly, Dayna Mannicia, Mike McClean, Rob Moore**, and **Charles Bishop**, whose responsibilities are to help recruit and manage volunteers to ensure runners make no wrong turns and no traffic problems occur. Months before the race, they monitor their sections for changes that could impact the route, and then decide how many volunteers, cones, signage or police are needed.

Al Maikels and **Ginny Pezzula** share the administrative functions of treasurer and secretary, and you will see Ginny at the expo supervising the packet pick-up. On race day three important roles come into play: the marathon starting line is under **Vince Juliano**, the half-marathon starting line supervisor is **Ray Newkirk**, and **George Regan** handles the finish line.

There are other important duties that may go unnoticed. **Marcia** and **Tom Adams** are in charge of cleanup of the course area, where volunteers remove trash from the course. After the crew is done, the race area looks sharp and the community appreciates their efforts. **Debbie Beach** is in charge of awards and T-shirt and hat delivery. She orders the medals presented to the winners and makes sure there are shirts and hats for the volunteers. **Rika Murray** is in charge of the marathon baggage and **Diane Deacon** for the half baggage. This year all bags

must be of clear material to reflect heightened security. **Rika** and **Diane** have created a system that tags and sorts baggage so that weary but exhilarated runners can get their bags soon after finishing.

Jim Thomas shares his talents annually to train a group of runners, beginning in May and until race day. **Don Lawrence** volunteers every year to supervise the half marathon walker division – you'll be amazed to see some walkers pass runners. Don also manages the assembly of goodie bags. **Rob Briskie** recruits bagpipers to begin and end the marathon with their stirring music.

Saving the best for last, race directors **Cathy Sliwinski** and **Maureen Cox** deserve to wear laurel crowns for the amount of time they spend, their organizational skill, and professionalism they bring to their roles. They literally started their duties the day of the last marathon, and have worked steadily since then with everyone mentioned here and many more. They have talked with town officials, police and fire officials, and the USA Track & Field committee. Their interpersonal skills are so great that rather than having resentful husbands, **Rob Sliwinski** and **Kevin Cox**, have happily joined in and made significant contributions too!



HMRRC PRESIDENT JON ROCCO AND AL MAIKELS AT THE AWARDS CEREMONY.

It is the amazing volunteers who make a marathon possible. Their commitment and efforts come truly from their love of the sport and kindness. If you feel inspired by these people and would like to volunteer, go to: mohawkhudsonmarathon.com. ■

ABOUT Hudson Mohawk Road Runners Club



HMRRC, race organizer and director of the Mohawk Hudson River Marathon and Half Marathon, is a 2,500-member volunteer organization focused on promoting the sport of running. It accomplishes that task, in part, by putting on over 30 running events each year in the Capital District. The CDPHP Workforce Team Challenge, Stockade-athon 15K, Hudson Mohawk Winter Marathon and Relay, Delmar Dash, Runnin' of the Green (Island), Valley Cats 5K, SEFCU Labor Day 5K, Indian Ladder Trail Run, Tawasentha XC races, and the Colonie Summer Track Series are a few of the many events the club organizes.

HMRRC promotes running by offering scholarships to college-bound seniors from local high schools who will continue running in college, offers general grants of up to \$1,000 to qualifying organizations who advance running in the Capital District, and offers special grants of up to \$10,000 annually to municipalities and organizations who work to improve running-related resources in our community. The club also sponsors and provides financial support to local elementary and middle schools and youth organizations who add *Just Run Albany* to their after-school activities. See: justrun.org.


Club membership is only \$12 annually for individuals or \$15 for families. Membership includes a number of free club races, discounts at other club races, subscription to *The Pace Setter* magazine, and many social and volunteer opportunities. For more info or to join, visit hmrc.com. ■




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 USATF Adirondack
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ATHLETE PROFILE



Brian Hickey

A Student of Change

By Jenna Caputo

If Brian Hickey had to be boiled down to one phrase, that might be the one. A dedicated, smart, entrepreneurial young man who has excelled in everything he has touched. Brian is not just a runner, not just a student, but a portal for real change both in his local community and internationally as he pursues his passion for making a difference where it counts most.

Starting off as a soccer player in elementary school, Brian fell into running after the annual interschool one-mile cross country race in sixth grade, when he received an invitation letter to join the Shaker High School cross country team. Brian decided to join the freshman team in seventh grade and ended up competing in cross country, indoor, and outdoor track all through junior high and high school. While on the team, Brian saw that Shaker running had a lot of potential and talent. Knowing that running in general doesn't get a lot of coverage, and that he enjoyed technology and website development, Brian decided to start shakerrunning.com – a site that for five years was devoted to coverage of the team and included articles, interviews, photos, recruiting info, and content related to the team and the sport of running. The site received both local and national attention as Brian became a liaison to both state and national sites as well.

During this time, Brian also held a part time job at local running store, Fleet Feet Sports, but his interests were not limited to just running, he wanted to make a difference too. This past summer, he continued to work toward this mission as an intern in Boston, working for Janji – a company that designs socially conscious running apparel. Each piece is designed around the culture of the country it sponsors, and a portion of the proceeds goes to help those communities receive clean water and proper nutrition. The mission behind it is not only about awareness for one day during a big race, but to show support for others through everyday training.

In fact, this socially conscious component is something that has been a part of Brian's life since he was very young. He grew up with his parents emphasizing the importance of finding ways to give back in both the local community and the world. He became involved in several volunteer projects throughout elementary and junior high, and then served as president of the Students Organized for Service group in high school.

His passion for improving Uganda's education opportunities began in high school. After meeting Susan, a young girl from Uganda who had traveled to the US with her guardian for burn treatments, he realized that she may return home physically healthier, but would still have a limited future without the proper educational opportunities. Several families in the area donated some money, and together, they were able to raise enough to fund her schooling. However, there are so many other children like her in Uganda.

The experience was enough to spark Brian's mission and he has now been involved in the education cause in Uganda for the past five years. Working through the Engeye Scholars program, Brian has worked – both through his own monetary contributions and his service – to help provide educational opportunities to children in Ugandan villages. He created the initial website for the program, and then he and another teen started the Engeye Teen Connection while in high school to get more teenagers involved in the cause. The group worked initially to raise \$10,000 for textbooks and other school supplies.

Brian was then fortunate enough to travel to Uganda in July 2011 to personally deliver the supplies himself and teach classes at a local school. Subsequent fundraisers helped provide solar panels for one of the schools, clean water initiatives, and funds are currently being collected to build an Education, Business and Training Center for the village to assist in developing self-sustaining business opportunities for the community (see: engeye.org/education/scholars-projects).

AGE: 19

FAMILY: Mom, Elaine; Dad, Michael; Brother, Greg (first-year Brown University student)

RESIDENCE: Loudonville

EDUCATION: Second-year at Babson College; Business major with concentration in Entrepreneurship and Marketing; 2012 Shaker High School graduate

PRIMARY SPORTS: Running cross country and track at Babson

Hearing about the Microsoft Youthspark Challenge for Change contest, Brian decided to enter his program and ultimately became one of the prestigious five national 2013 winners. Microsoft Youthspark is an initiative that partners with non-profits, government, and businesses to create opportunity for youth around the world. The goal is to empower today's youth to realize their full potential by providing them with the tools they need to make change happen. The contest was looking for entries from students that would use Microsoft products as part of their service proposal to help people and communities. The winners each received \$2,500 to contribute to their volunteer projects, a Microsoft technology product bundle, and a three-week trip to Kenya for volunteer and service to assist in building the schools, teaching, and interacting with the Kenyan people through the program.

At the end of August 2013, Brian returned from Kenya with a greater understanding of not only another culture, but an awareness of the mutually beneficial relationships and opportunities that occur when youth are provided with opportunities to travel and work side-by-side for causes greater than their own self interest. This latest experience provided Brian with an expanded commitment to global service.

If you spoke to Brian, you would never realize all the amazing accomplishments he has had in his short 19 years. He has made

much more of a mark on the world than many of us will get to do in a lifetime. He is a modest young man, so you would never know about his awards and scholarships. He likely won't tell you about his contributions to his running team, or as his previous coach, David Stadlander says, the fact that his website and his strength as an athlete became more and more impressive as the years went by. "His dedication and commitment to the team was unprecedented in my 15 years here. He gave everything. He was my go-to guy for a lot of years. He's the complete package, a coach's dream, and a great all-around kid."

The student of change is not done. His dedication and hard work that started with Shaker running and continued with the ETC is now being realized in Uganda, and making a difference for the kids and community there. All of this while still only in his second year of college. The possibilities are endless....

To see Brian's Microsoft Challenge for Change video, click on the Education & Economic Opportunities entry: microsoft.promo.eprize.com/studentcontest/gallery?entry_id=728. For information on the project in Uganda, visit: engeye.org/education/scholars-projects.

Jenna Caputo (silverpenproductions.com) is a freelance writer and ballroom dance instructor based in Saratoga Springs. She also enjoys yoga, Zumba, and other fun outside adventures in her spare time.

▶ RUNNING IN KENYA WITH HIS JANJI APPAREL.



▶ HELPING BUILD A SCHOOL IN RURAL KENYA.

(TOP LEFT) TEACHING UGANDAN STUDENTS IN 2011.

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COMMUNITY

Running for a Cause

By Janine De Tilio Cammarata

My son, Nick, was a competitive swimmer, an accomplished martial artist who loved cycling and playing soccer. He was laid back and although he challenged himself, he didn't let anything get him down. Nick was giving and would be the first person to step up and help someone he didn't know. His compassion and generosity went beyond his 13 years. On July 4, 2008, Nick was diagnosed with acute lymphoblastic leukemia (ALL). He went from what we thought was perfectly healthy to extremely ill as his body rebelled against the chemotherapy that made him sick as it attempted to destroy his cancer cells.

ALL in a teenager is much harsher and harder to cure. So while his doctors thought that he'd be able to continue swimming, Nick swam one more time that summer and never entered the water he loved so much again. Ironically, the night before he was diagnosed, he swam his best time in his swim career. During this illness, he went from 156 pounds to 120 in less than four months. His physical strength wasted away, so that he had to be lifted out of his bed. For an athlete, that is devastating, but Nick never showed his despair and he made it a point to make others comfortable around him.

Nick struggled through four months of intense chemotherapy that kept him in Albany Medical Center for two months of his four-month fight. In September a donor was found for Nick - a donated umbilical cord. Now he just had to get in remission. As a result of his chemotherapy, Nick developed appendicitis and severe infections. Because of the infections, he had to wait to have surgery for his appendicitis, and because his immune system was so compromised, he couldn't have visitors, and was basically shut off from his world.

PARKER RAGONE. ▶

He celebrated his 13th birthday on Oct. 7 in the hospital. On Oct. 18 he was officially in remission. The next day I celebrated my birthday and his remission was the best gift possible. Two days later his little brother, Stephen, celebrated his 11th birthday, and Nick was finally home to celebrate with him.

But our happiness and hope was shattered on Oct. 26, when Nick died suddenly from complications of chemo and cancer. It was nearly impossible to make sense of what happened to Nick. We had been prepared to be in this treatment for the duration, and took each milestone as another step toward the finish line, and the ultimate goal of being cancer free. This was the toughest challenge Nick ever faced and we all lost.

It's hard to get back up when you have been knocked out, but we did in two ways. Our whole family slowly got back into our own forms of exercise. Mine was biking and eventually running. When I struggled to run, I thought of all the pain my child had been in, I thought of the operations, needles, toxic medicine he was forced



▲ NICK CAMMARATA.

to deal with, and I knew I could run another mile. I thought about all the other children struggling with this life threatening disease and I knew we had to do something to help them - 70 new children are diagnosed every year just at the Melodies Center for Childhood Cancer and Blood Disorders at Albany Medical Center.

Nick's slogan was 'Fight to be Healed,' and instead of folding in on ourselves when our grief was at its strongest, we formed Nick's Fight to be Healed Foundation in 2009. Our mission is to emotionally and financially support all local children from 25 counties who have been diagnosed with cancer. This non-profit is run by volunteers - our friends and family - who needed to make a difference, but it's expanded to others who believe in our cause. Our teen advisory group, called Nick's Round Table, consists of 100 young adults who have either been personally affected by cancer, have had siblings with cancer, or have seen the devastating effects of cancer. They are determined to make a difference and everyone is encouraged to get involved.

Volunteers work hard all year to make sure money is raised so families don't lose their homes and can pay for their medical bills. Our largest fundraiser, the fourth annual **Nick's Run to be Healed 5K** is on Sunday, Sept. 29 at Clifton Commons in Clifton Park. Running and walking is a family event. Like Nick we keep everything fun so you'll see a kids' carnival with games and bouncy bounce; Nick's Dash where young kids can run across a soccer field; or older kids can run a mile or the 5K for a challenge! There's a two-mile family walk that allows dogs, strollers or bikes, plus a Zumba warm-up with music. There are red hair extensions and a photobooth where you can wear a crazy hat. We honor those children battling cancer and remember those we have lost.

Every year the run is dedicated to one of Nick's Warriors. This year it's four-year-old Parker Ragone, who was diagnosed two months after he turned two. He and his parents spent the first 12 days in the hospital. Parker has the same leukemia that Nick had, but it's a 'good' cancer as it's reacting well to treatment, and he'll hopefully live a full and healthy life. But that life comes with side effects, lost childhood memories, and the constant fear that his cancer will return. His parents balance taking care of him, working, and trying not to worry about their child's future.

There are hundreds of local children with a story similar to Parker's. September is Childhood Cancer Awareness Month so when you participate in a run, I hope it will include ours as every donation makes a huge difference to a child who has lost their childhood to cancer. To register, go to fighttobehealed.org. To find information about events that help children with cancer, go to crccc.co. 📌

Janine De Tilio Cammarata (janinecammarata@fighttobehealed.org) of Clifton Park is president and cofounder of Nick's Fight to be Healed Foundation. She likes to run, bike, and walk her dogs.

RACE RESULTS

INSIDE EDGE TUESDAY BICYCLE TIME TRIAL SERIES
June 4-August 13, 2013 • West River Road, Fort Edward

JUNE 4 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	22:20
1 Ives Jenny/F18-40	Saratoga Springs	25:23
1 Dansin Brian & Theresa/Tandem	Cambridge	25:00
1 Williams Evan/M10-14	N Bennington, VT	35:03
1 Williams Paige/F15-18	N Bennington, VT	27:46
1 Gorton Rick/M18-40	Saratoga Springs	24:25
1 Vogel Zack/M41-60	Saratoga Springs	23:15
1 MacKenzie Pat/F41-60	Clifton Park	30:21
1 Cunningham Jim/M60-69	Ticonderoga	27:37
1 Miller Larry/M70-79	Latham	28:45

JUNE 18 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	22:02
1 Williams Paige/F15-18	N Bennington, VT	27:14
1 McLenathen Max/M10-14	Cambridge	30:43
1 Sante Julia/F10-14	Queensbury	29:44
1 Jacobs Jake/M15-18	Glens Falls	27:52
1 Kvam David/M18-40	Queensbury	25:06
1 Lopez Fulton/M41-60	Clifton Park	22:56
1 Morris Cheryl/F41-60	South Glens Falls	29:48
1 Cunningham Jim/M60-69	Ticonderoga	27:24
1 Krantz Eric/M70-79	Lake George	32:24

JULY 9 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	21:44
1 Dickens Isabelle/F18-40	South Glens Falls	27:09
1 Deierlein Andrew/M10-14	Lake Luzerne	34:00
1 Fronhofer Paul/M18-40	Argyle	22:49
1 Gordon Renee/F18-40	Glens Falls	30:59
1 Lopez Fulton/M41-60	Clifton Park	22:17
1 MacKenzie Pat/F41-60	Clifton Park	30:07
1 Cunningham Jim/M60-69	Ticonderoga	27:12
1 Jenkin Tom/M70-79	Queensbury	27:36

JULY 16 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	21:36
1 Ives Jenny/F18-40	Saratoga Springs	23:54
1 Deierlein Andrew/M10-14	Lake Luzerne	33:36
1 Williams Paige/F15-18	N Bennington, VT	27:26
1 Gorton Rick/M18-40	Saratoga Springs	24:07
1 Dickens Isabelle/F18-40	South Glens Falls	26:57
1 Lopez Fulton/M41-60	Clifton Park	22:10
1 MacKenzie Julie/F41-60	Shaftsbury, VT	25:26
1 Bogue Jim/M60-69	Cambridge	27:10
1 Jenkin Tom/M70-79	Queensbury	27:55

JULY 23 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	21:51
1 Rock Erin/F18-40	Lexington, KY	26:08

1 Drake Dieter & Wyatt/Tandem	Cambridge	22:13
1 Williams Evan/M10-14	N Bennington, VT	34:06
1 Drake Dagny/F10-14	Cambridge	33:25
1 Gorton Rick/M18-40	Saratoga Springs	24:21
1 Vogel Zack/M41-60	Saratoga Springs	23:01
1 MacKenzie Pat/F41-60	Clifton Park	29:20
1 Bogue Jim/M60-69	Cambridge	27:37
1 Krantz Eric/M70-79	Lake George	31:43

JULY 30 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	21:36
1 MacKenzie Julie/F41-60	Shaftsbury, VT	25:41
1 Drake Liam/M1-9	Cambridge	38:18
1 Deierlein Andrew/M10-14	Lake Luzerne	31:22
1 Williams Paige/F15-18	N Bennington, VT	26:42
1 Burr Brian/M18-40	Glens Falls	25:39
1 Rock Erin/F18-40	Lexington, KY	26:20
1 Pharo Anthony/M41-60	Albany	23:04
1 MacKenzie Pat/F41-60	Clifton Park	29:31
1 Bogue Jim/M60-69	Cambridge	27:18
1 Miller Larry/M70-79	Latham	28:39

AUGUST 6 - M/F OVERALL & AGE GROUPS

1 Wynn Mike/M41-60	Queensbury	21:33
1 MacKenzie Julie/F41-60	Shaftsbury, VT	25:26
1 Crossman Ella/F1-9	South Glens Falls	43:14
1 Deierlein Andrew/M10-14	Lake Luzerne	30:26
1 Becker Thomas/M15-18	Argyle	32:00
1 Williams Paige/F15-18	N Bennington, VT	25:54
1 Burr Brian/M18-40	Glens Falls	25:01
1 Rock Erin/F18-40	Lexington, KY	25:42
1 Suozzo Tom/M41-60	Hartford	23:54
1 MacKenzie Pat/F41-60	Clifton Park	29:04
1 Cunningham Jim/M60-69	Ticonderoga	28:23

AUGUST 13 - M/F OVERALL & AGE GROUPS

1 Pharo Anthony/M41-60	Albany	23:01
1 MacKenzie Pat/F41-60	Clifton Park	28:39
1 Deierlein Andrew/M10-14	Lake Luzerne	31:10
1 Becker Thomas/M15-18	Argyle	30:22
1 Whaley Dalton/M18-40	Queensbury	28:33
1 Suozzo Tom/M41-60	Hartford	23:45
1 Rider Brenda Jean/F41-60	Hague	40:23
1 Cunningham Jim/M60-69	Ticonderoga	26:51
1 Krantz Eric/M70-79	Lake George	31:01

Courtesy of Inside Edge Ski/Bike & Southern Adirondack Spokes/People

CAMP SARATOGA 5K TRAIL RUN SERIES

June 24-August 19, 2013 • Wilton Wildlife Preserve & Park, Gansevoort

JUNE 24 - M/F OVERALL & AGE GROUPS

1 Shaun Donegan/M27	18:15	1 Todd Jones/M50-59	19:52	1 Joshua Myers/M20-29	18:17
1 Lisa D'Aniello/F27	21:20	1 Andrea Peterson/F50-59	27:56	1 Lisa D'Aniello/F20-29	20:58
1 Jon Schreiner/M1-14	23:13	1 Stan Westhoff/M60-69	26:34	1 Rick Bush/M30-39	18:22
1 Katrin Schreiner/F1-14	29:51	1 Claire Henderson/F60-69	29:43	1 Sandy Tasse/F30-39	25:25
1 Matt MacWatters/M15-19	20:25	1 Ray Lee/M70-79	32:39	1 Bill Sprengnether/M40-49	19:43
1 Ashley Maresca/F15-19	24:50	1 Nick Lemon/M21	18:12	1 Maryanne MacKenzie/F40-49	25:10
1 Erin Marzilli/F20-29	33:09	1 Tara Peck/F19	21:12	1 Mark Nunez/M50-59	21:14
1 Kevin Ballou/M30-39	20:44	1 Ryan Bush/M1-14	22:24	1 Deb Schreiner/F50-59	26:14
1 Kelly Holzworth/F30-39	23:55	1 Gabriella Weidner/F1-14	30:56	1 Claire Henderson/F60-69	28:14
1 Lance Decker/M40-49	24:32	1 Juan Reyes/M15-19	19:16	1 Joe Landis/M70-79	31:07
1 Mary Fenton/F40-49	24:34	1 Amanda Millington/F15-19	22:41	1 Dana Bush/F34	19:06
1 Dave Peterson/M50-59	22:23	1 Todd Abrams/M20-29	20:22	1 Alexander Sachs/M20-29	22:04
1 Peggy McKeown/F50-59	28:22	1 Brianna Freestone/F20-29	21:56	1 Lisa D'Aniello/F20-29	20:52
1 Rich Tanchyk/M60-69	30:00	1 Jake Stookey/M30-39	19:03	1 Russ Lidberg/M30-39	20:11
1 Claire Henderson/F60-69	30:02	1 Erin Rock/F30-39	23:33	1 Sandy Tasse/F30-39	25:35
1 Ray Lee/M70-79	36:26	1 Andrew Snell/M40-49	21:38	1 Bill Sprengnether/M40-49	20:08

JULY 8 - M/F OVERALL & AGE GROUPS

1 Ian Dorset/M20	18:51	1 Tracey Delaney/F40-49	24:39	1 Andrea Hulseapple/F15-19	42:47
1 Dana Bush/F34	19:39	1 Mark Nunez/M50-59	21:37	1 Alexander Sachs/M20-29	22:04
1 Michael Poirier/M1-14	25:17	1 Deb Norkdyk/F50-59	25:34	1 Lisa D'Aniello/F20-29	20:52
1 Katrin Schreiner/F1-14	32:18	1 Jan Roth/M60-69	33:25	1 Russ Lidberg/M30-39	20:11
1 Jonah Williams/M15-19	18:51	1 Claire Henderson/F60-69	29:06	1 Sandy Tasse/F30-39	25:35
1 Ashley Maresca/F15-19	24:31	1 Joel Landis/M70-79	32:24	1 Bill Sprengnether/M40-49	20:08
1 Will Schanz/M20-29	19:26	1 Shaun Donegan/M27	17:43	1 Maryanne MacKenzie/F40-49	24:04
1 Cholee Williams/F20-29	23:55	1 Dana Bush/F34	19:27	1 Mark Nunez/M50-59	21:25
1 Russell Lidberg/M30-39	19:57	1 Jonah Allard/M1-14	19:13	1 Deb Schreiner/F50-59	26:10
1 Kim Zimbal/F30-39	25:17	1 Ella Decker/F1-14	33:12	1 Jan Roth/M60-69	31:32
1 Bill Sprengnether/M40-49	20:46	1 Matt MacWatters/M15-19	19:54	1 Claire Henderson/F60-69	27:51
1 Mary Fenton/F40-49	24:26	1 Lauren Astor/F15-19	28:19	1 Peter Hettrich/M70-79	41:44

Courtesy of Saratoga Stryders

HITS NORTH COUNTRY TRIATHLON • June 29-30, 2013 • Hague Beach, Hague

FULL - 2.4M SWIM, 112M BIKE, 26.2M RUN

MALE OVERALL

1 Adam Folts	27	10:01:49
2 Brian Folts	27	10:18:16
3 Stephen Trull	37	10:49:49

FEMALE OVERALL

1 Francine Amoyt	49	13:15:03
2 Kellie Smirnov	42	13:31:50
3 Lori Keough	42	14:11:26

MALE 20-29

1 Matthew Bennett	29	12:06:46
2 Guillaume Begin	29	13:20:16

MALE 30-39

1 Brandon Busch	35	12:01:06
2 Nathan Reed	31	13:03:58
3 Glenn Atherton	31	13:57:59
4 Timothy Arnold	39	14:10:36
5 Thomas Schumeyer	38	14:21:25

FEMALE 30-39

1 Jessica Atherton	30	14:48:05
2 Erika Wells	35	14:54:20
3 Jennifer Lipscomb	31	15:29:03

MALE 40-49

1 Alain Delisle	45	11:13:16
2 Matthew Haubrich	41	11:40:00
3 Arun Mathur	41	11:54:29
4 Olivier Botz	46	12:42:53
5 Chris Clapp	44	13:03:58
6 John Denmark	44	13:03:59
7 Edward McCue	49	13:15:14
8 Jim Henry	40	13:39:07
9 Paul Legasse	42	14:10:26
10 Fredrick Baber	46	15:17:46
11 Christopher Murillo	47	15:27:58

FEMALE 40-49

1 Kristin O'Mara	44	15:17:36
2 Karen Libby	49	16:11:53

MALE 50-59

1 Dave Kavanaugh	52	12:53:04
2 Michel Gagne	57	13:15:04
3 BJ Wilson	51	13:18:03
4 William Payne	56	13:57:41
5 Marcolo Arruda	50	14:52:14
6 David Leslie	53	15:34:49

FEMALE 50-59

1 Lisa Frazer	50	15:17:51
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RELAY: ALL

1 Kyle White/Alan Parvis/James Bragdon	12:29:47
2 David Head/Stacey Head/Kelly Sweeney	14:09:04

AQUATHON: MALE

1 Tim Russell	24	6:37:41
2 Marc Silberman	42	6:48:07
3 Dave Gagne	41	7:35:40
4 Glen Lee	44	9:20:44

MALE 1-2M SWIM, 56M BIKE, 13.1M RUN

MALE OVERALL

1 Robert Soth	36	4:42:32
2 Robert Scheungrab	37	4:48:04
3 John Hirsch	38	4:57:24

FEMALE OVERALL

1 Rebecca Bader	36	5:21:30
2 Elena Massa-Musiak	31	5:28:41
3 Christine Lynch	33	5:37:49

FEMALE 16-19

1 Julia Slyer	17	7:01:54
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MALE 20-24

1 Timothy Flott	24	5:14:07
2 Thomas Espionnette	24	5:14:07
3 Brandon King	21	5:53:26
4 Matthew Smith	23	7:30:41
5 Kyle Hilborn	22	8:12:31

FEMALE 20-24

1 Tess Timmes	21	6:12:43
2 Neha Shetty	20	7:01:21
3 Kurt Lindboom-Broberg	20	8:10:53
4 Cassidy Bush	22	9:25:28

MALE 25-29

1 Brian Woods	28	5:05:03
2 Jacob Steria	29	5:14:46
3 Kurt Lindboom-Broberg	27	5:27:43
4 Nathan Zerrahn	28	5:33:29
5 Henry Wang	28	5:51:23

FEMALE 25-29

1 Marlo Jones	28	6:46:35
2 Ashley Degnan	26	6:47:08
3 Brett Harris	29	

RACE RESULTS

HITS NORTH COUNTRY TRIATHLON *continued*

FEMALE 55-59	1 Pamela Neimeth 55 3:26:56	FEMALE 25-29	1 Sarah Meyer 28 1:37:31	FEMALE 65-69	1 Ileana Olzagasti 65 2:39:26
MALE 60-69	1 Gary Mineconzo 64 3:20:11	2 Megan Kenwin 28 1:38:55	MALE 70-74	1 Robert Cheney 72 1:44:28	
2 Peter Holmberg 60 3:35:40	3 Kari McKinley 27 1:40:34	RELAY			
3 Michael McNally 64 3:36:09	MALE 30-34	1 Matt Nafus/Paul Loomis/ Raymond Liuzzo 1:24:53			
FEMALE 60-69	1 Daniel Bachovchin 30 1:18:15	2 Frank Zarzedez/Shannon Zarzedez/ Sloane Zarzedez 1:43:08			
1 Marcy DeNitto 65 3:12:43	2 Andrew Wilkins 32 1:21:52	3 Edward Fisher/Justin Court/ Meg Court 1:50:53			
2 Alana Forcier 62 4:12:40	3 Matthew Martin 31 1:33:04	AQUATHON: ALL			
MALE 70-79	1 Mary Jane MacPherson 33 1:39:04	1 Stephen Brady 48 1:40:38			
1 Mark-Richard Butt 71 4:16:58	2 Cassandra Metzler 31 1:41:01	2 Aileen Nicoll 40 2:26:53			
FEMALE 70-79	3 Kimberly Alessai 32 1:42:59	OPEN - 0.1M SWIM, 3M BIKE, 1M RUN			
1 Sibyl Jacobson 71 3:47:22	MALE 35-39	MALE OVERALL			
RELAY	1 Paul Brock 37 1:21:06	1 Greyton Kegler 13 10:49			
1 Robert Wither/Kimberly Murray/ Thomas Suozzo 2:26:59	2 Dan Gaidasz 38 1:24:14	2 Kyle Hansen 13 11:13			
2 Brian Suozzo/Bruce Mussett/ Jon Brodie 2:28:12	3 Charles Lobosco 35 1:27:29	3 Graham Terry 14 11:29			
3 Joel Wright/Trent Johnson/ Stephen Wong 2:38:01	FEMALE 35-39	FEMALE OVERALL			
AQUATHON: FEMALE	1 Christina Nash 38 1:41:42	1 Elizabeth Northrop 34 12:29			
1 Colleen D'Amico 49 2:50:14	2 Michael Gaulin 37 1:45:40	2 Cindy Savage 56 12:53			
2 Jane Hurst 54 3:38:08	3 Jill Guillet 38 1:50:51	3 Jasmin McPherson 10 13:01			
SPRINT - 0.5M SWIM, 12.4M BIKE, 3.1M RUN	MALE 40-44	FEMALE 9-10			
MALE OVERALL	1 Tom Fusari 44 1:37:28	1 Drew Kralovanec 10 12:15			
1 Bruce Cadenhead 49 1:14:20	2 Michael Gaulin 42 1:42:42	2 Jackson Moran 10 12:24			
2 David Giampietro 49 1:16:10	44 1:43:41	3 Drew Engard 9 14:00			
3 James Cunningham 31 1:16:18	FEMALE 40-44	FEMALE 9-10			
FEMALE OVERALL	1 Shannon Dahl 42 1:42:01	1 Anastasia Haubrich 9 15:37			
1 Mary-Claude Ayotte 34 1:30:26	2 Christine Walley 42 1:46:20	2 Leila Paltrowitz 9 16:28			
2 Linda Hastey 52 1:32:52	3 Patricia Springer 41 1:49:55	3 Samantha Haubrich 9 17:17			
3 Irene Somerville 20 1:33:08	MALE 45-49	MALE 11-15			
MALE 13-15	1 Manuel Franco 45 1:24:43	1 Rhonan Kegler 11 11:35			
1 Patrick Broderick 15 1:30:22	2 Kevin Whitehead 47 1:27:12	2 Ryan Keegan 15 14:24			
FEMALE 13-15	3 Troy Weaver 47 1:30:37	FEMALE 11-15			
1 Erica Dean 15 1:37:30	FEMALE 45-49	1 Sydney Kralovanec 14 13:43			
1 Paige Mager 14 1:52:01	1 Yon Han 49 1:39:37	2 Olivia Moran 12 14:18			
MALE 16-17	2 Mary Dalaba 48 1:56:43	3 Emma Savage 12 17:18			
1 Thomas Galo 17 1:56:45	3 Megan Corjulo 48 1:49:05	FEMALE 20-29			
FEMALE 16-17	MALE 50-54	1 Jonna Reamer 24 17:19			
1 Kaitlyn Hansen 17 1:55:50	1 Bobby Hanson 51 1:34:23	2 Jaimie Norton 26 18:12			
2 Kyrtston Johnston 16 2:01:06	2 Leroy Brace 51 1:35:59	FEMALE 30-39			
3 Arlson Spann 16 2:04:04	3 Tom Lilly 53 1:36:54	1 Angelica Ocasio 39 16:59			
MALE 18-19	FEMALE 50-54	MALE 40-49			
1 Kevin Saksa 18 1:23:38	1 Karen Rae 52 1:38:43	1 Ryan McPherson 40 14:48			
2 Jonathan Zeosky 19 1:36:55	2 Kim Zeosky 51 1:42:48	FEMALE 40-49			
3 John Keegan 18 1:49:41	3 Linda Demers 53 1:55:24	1 Kris Cieplicki 48 13:07			
FEMALE 18-19	MALE 55-59	2 Alexandra McPherson 40 13:48			
1 Lauren Rabideau 19 1:38:47	1 Michael McCombs 57 1:19:18	3 Marna Posluszny 48 15:30			
2 Erin Landy 18 2:14:22	2 John Mounteer 59 1:46:16	FEMALE 50-59			
MALE 20-24	3 Tom Tauscher 57 1:59:50	1 Mary Keegan 51 14:23			
1 Tom Saksa 20 1:19:15	FEMALE 55-59	2 Diane Ferrara 54 14:52			
2 Michael Rottier 20 1:32:42	1 Karen Costello 59 1:52:32	3 Patricia Johnston 52 15:13			
3 Mike Orella 21 1:54:37	2 Jo Bernhardt 59 2:05:50	MALE 60-69			
FEMALE 20-24	3 Janice Cragolin 58 2:09:38	1 William Swan 69 15:34			
1 Sarah Stokes 24 1:44:32	MALE 60-64	<i>Courtesy of HITS Triathlon Series</i>			
2 Rebekah Meyer 22 1:50:08	1 Peter Canzone 60 1:42:14				
3 Abby Okoniewski 23 1:53:49	FEMALE 60-64				
MALE 25-29	1 Cynthia Gardner 62 1:54:50				
1 Ross Shuket 27 1:36:54	2 Margaret Wallace 64 1:56:02				
2 Sergio Baez 27 1:42:23	3 Hollis Hite 61 2:05:28				
3 Mark Suozzo 27 1:44:56	MALE 65-69				
	1 David Dibelius 67 1:46:38				
	2 David Rutkowski 68 1:48:24				
	3 Douglas Kabat 67 1:50:10				

HMRRC SUMMER TRACK SERIES *continued*

MALE AGE GROUP: 1 - 14	1 James Faraci Troy 13 5:37	FEMALE AGE GROUP: 60 - 64	1 Martha DeGrazia Slingerlands 61 7:28
2 Thomas Constantine Niskayuna 12 6:00	FEMALE AGE GROUP: 65 - 69	2 Joan Celentano Schenectady 60 8:02	
3 Sean Kohler Clifton Park 12 6:13	1 Sandra Dovberg Albany 66 9:42		
FEMALE AGE GROUP: 1 - 14	1 Sadie Valente Colonie 11 7:20	MALE AGE GROUP: 65 - 69	1 Norman Dovberg Albany 67 6:51
2 Cheyenne Munson Fort Plain 14 7:23	2 Jim Fiore Latham 65 6:58	2 Wade Stockman Rensselaer 78 7:37	
3 Johanna Zanada Clifton Park 9 8:09	3 John Stockwell Watervliet 65 7:01		
MALE AGE GROUP: 15 - 19	1 Jon Ricciardi Pattersonville 17 5:01	MALE AGE GROUP: 70 - 74	1 Jim Moore Niskayuna 73 7:35
2 Kevin Stearns Schenectady 16 5:51	2 Ken Skinner Albany 73 7:52	2 Wade Stockman Rensselaer 78 7:37	
3 Wade Lacey Albany 15 6:03	FEMALE AGE GROUP: 75 - 79	1 Chris Rush Schenectady 77 7:24	
MALE AGE GROUP: 20 - 24	1 Ben Taber Colorado Springs, CO 23 4:59	2 Wade Stockman Rensselaer 78 7:37	
2 Erik Carman Albany 24 5:03	FEMALE AGE GROUP: 80 & OVER	1 Anny Stockman Rensselaer 81 10:20	
3 Bob Nathan Voorheesville 22 5:18	2 BJ Sotile Niskayuna 80 17:30		
FEMALE AGE GROUP: 20 - 24	1 Kelly Patterson Colonie 23 7:43	SUMMER CLASSIC 2-PERSON RELAY - JULY 11	
MALE AGE GROUP: 25 - 29	1 Ben Nirtro Philadelphia, PA 25 4:46	<i>6M - Fastest/Slowest Runners Paired</i>	
1 Ben Nirtro Philadelphia, PA 25 4:46	2 Pat Cade Albany 29 4:54	1 Mike Roda/Scott Henricks 39:52	
3 Daniel Kelly Schenectady 25 4:57	3 Daniel Kelly Schenectady 25 4:57	2 Bob Somerville/Paul Forbes 40:09	
FEMALE AGE GROUP: 25 - 29	MALE AGE GROUP: 30 - 34	3 Connie Smith/Maia Klippert 43:37	
1 Shylah Weber Rensselaer 25 5:46	1 Michael Libertucci Schenectady 33 6:54	4 Paul Muzio/Brittney Mack 44:32	
2 Elizabeth Chauhan Albany 28 5:54	FEMALE AGE GROUP: 30 - 34	5 Joey Somerville/Kathee O'Shaughnessy 46:259	
MALE AGE GROUP: 35 - 39	1 Crystal Perno Clifton Park 32 5:45		
1 Deanne Webster Albany 37 6:29.3	2 Sara O'Grady Latham 32 6:48		
FEMALE AGE GROUP: 35 - 39	3 Melissa Hasan Latham 34 7:45		
1 Mike Roda Albany 37 4:37	MALE AGE GROUP: 35 - 39		
2 Jake Stookey Clifton Park 37 4:52	1 Deanne Webster Albany 37 6:29.3		
3 Brian Northan Guiderland 35 5:08	MALE AGE GROUP: 40 - 44		
MALE AGE GROUP: 40 - 44	1 Jonathan Bright Guiderland 43 5:29		
1 Jonathan Bright Guiderland 43 5:29	2 Frank Boscoe Albany 44 5:35		
2 Frank Boscoe Albany 44 5:35	3 Hector Roig Clifton Park 41 6:17		
3 Hector Roig Clifton Park 41 6:17	FEMALE AGE GROUP: 40 - 44		
FEMALE AGE GROUP: 40 - 44	1 Penny Tisko Altamont 44 6:09		
1 Penny Tisko Altamont 44 6:09	2 Demantra Constantine Schenectady 42 6:42		
2 Demantra Constantine Schenectady 42 6:42	MALE AGE GROUP: 45 - 49		
MALE AGE GROUP: 45 - 49	1 John Stadlander Halfmoon 47 5:04		
1 John Stadlander Halfmoon 47 5:04	2 Mark Stephenson Esperance 49 5:07		
2 Mark Stephenson Esperance 49 5:07	3 Jon Rocco Colonie 46 5:18		
3 Jon Rocco Colonie 46 5:18	FEMALE AGE GROUP: 45 - 49		
FEMALE AGE GROUP: 45 - 49	1 Brenda Lennon Troy 47 6:27		
1 Brenda Lennon Troy 47 6:27	2 Connie Smith Ballston Lake 45 6:38		
2 Connie Smith Ballston Lake 45 6:38	3 Chris Varley Albany 49 6:55		
3 Chris Varley Albany 49 6:55	MALE AGE GROUP: 50 - 54		
MALE AGE GROUP: 50 - 54	1 Derrick Staley Ballston Lake 54 4:50		
1 Derrick Staley Ballston Lake 54 4:50	2 Jon Werlbaker Saratoga Springs 54 5:25		
2 Jon Werlbaker Saratoga Springs 54 5:25	3 Frank Muller Glenville 54 6:09		
3 Frank Muller Glenville 54 6:09	FEMALE AGE GROUP: 50 - 54		
FEMALE AGE GROUP: 50 - 54	1 Nancy Taormina Albany 54 6:28		
1 Nancy Taormina Albany 54 6:28	2 Sharon Fellner Guiderland 52 7:43		
2 Sharon Fellner Guiderland 52 7:43	3 Jenny Lee Selkirk 53 7:58		
3 Jenny Lee Selkirk 53 7:58	MALE AGE GROUP: 55 - 59		
MALE AGE GROUP: 55 - 59	1 Rick Munson Prattsville 56 5:33		
1 Rick Munson Prattsville 56 5:33	2 Richard Clark Feeding Hills, MA 5:49		
2 Richard Clark Feeding Hills, MA 5:49	3 Mark Nunez Ballston Lake 56 5:58		
3 Mark Nunez Ballston Lake 56 5:58	FEMALE AGE GROUP: 55 - 59		
FEMALE AGE GROUP: 55 - 59	1 Karen Gerstenberger Albany 55 7:18		
1 Karen Gerstenberger Albany 55 7:18	2 Susan Burns Rensselaer 58 7:18		
2 Susan Burns Rensselaer 58 7:18	3 Pia Sanda Slingerlands 58 7:44		
3 Pia Sanda Slingerlands 58 7:44	MALE AGE GROUP: 60 - 64		
MALE AGE GROUP: 60 - 64	1 Paul Bennett Latham 62 6:16		
1 Paul Bennett Latham 62 6:16	2 Juergen Reher Wynantskill 63 6:28		
2 Juergen Reher Wynantskill 63 6:28	3 Bob Sommerville Wynantskill 60 6:35		
3 Bob Sommerville Wynantskill 60 6:35			

HMRRC SUMMER TRACK SERIES

July 2-25, 2013 • Colonie High School, Colonie

COLONIE MILE - JULY 2	FEMALE OVERALL
MALE OVERALL	1 Emily Bryans Delanson 45 5:13.9
1 Sam Dikeman Albany 24 4:32	2 Shelly Binsfield Clifton Park 33 5:22
2 Chuck Terry Albany 31 4:33	3 Meghan Mortensen Rotterdam 27 5:32
3 Eric Young Latham 21 4:35	

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7TH "FIRECRACKER 4" 4-MILE ROAD RACE
July 4, 2013 • Saratoga Springs City Center, Saratoga Springs

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-99, FEMALE AGE GROUP: 80-99

12TH CBRC CAPITAL REGION BICYCLE ROAD RACE continued

CATEGORY: 4 WOMEN - 43 MILES, CATEGORY: MASTERS 55-PLUS - 43 MILES, CATEGORY: 5 JUNIOR 15-18 - 43 MILES, CATEGORY: MASTERS 60-PLUS - 43 MILES, MASTERS 40-PLUS (CAT 1-4) - 63 MILES, MASTERS 50-PLUS (CAT 1-4) - 63 MILES

13TH SARATOGA 12/24 ULTRA MARATHON BICYCLE RACE
July 13, 2013 • Schuylerville

SARATOGA 24-HOUR CHALLENGE, TRIPLE LAP CHALLENGE 96-MILE RACE, ONE-LAP FUN RIDE - 32 MILES, MALE OVERALL, FEMALE OVERALL, HUDSON RIVER RAMBLE 12-HOUR RACE, NIGHTHAWK 12-HOUR RACE

13TH PINE BUSH TRIATHLON

July 14, 2013 • Rensselaer Lake, Albany to YMCA, Guilderland
325YD SWIM, 11.5M BIKE, 3.2M RUN
MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 10-14, MALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, MALE AGE GROUP: 80-99

12TH CBRC CAPITAL REGION BICYCLE ROAD RACE
July 13, 2013 • Ravena-Coeymans-Selkirk High School, Ravena

CATEGORY: 3/4 MEN - 63 MILES, CATEGORY: 4 MEN - 43 MILES, CATEGORY: 4 WOMEN - 43 MILES, CATEGORY: 5 JUNIOR 15-18 - 43 MILES, CATEGORY: MASTERS 55-PLUS - 43 MILES, CATEGORY: 5 JUNIOR 15-18 - 43 MILES, CATEGORY: MASTERS 60-PLUS - 43 MILES, MASTERS 40-PLUS (CAT 1-4) - 63 MILES, MASTERS 50-PLUS (CAT 1-4) - 63 MILES

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RACE RESULTS

13TH PINE BUSH TRIATHLON *continued*

MALE AGE GROUP: 50 - 54			
1	Carl Urry	53	Cobleskill 1:07:08
2	Bob Connelly	53	Stamford 1:07:45
3	Jeffrey Rings	52	Delmar 1:10:47
FEMALE AGE GROUP: 50 - 54			
1	Patricia Robison	50	Clifton Park 1:15:31
2	Mary Chew	51	Schenectady 1:16:20
3	Amy Perillo	53	Guilfordland 1:16:56
MALE AGE GROUP: 55 - 59			
1	John Munteer	59	Altamont 1:12:10
2	Michael Boskin	55	Albany 1:15:12
3	Robert Perry	56	Niskayuna 1:17:50
FEMALE AGE GROUP: 55 - 59			
1	Lorraine Huether	57	Massapequa 1:10:51
2	Kathy Meany	57	Altamont 1:20:05
3	Pia Sanda	58	Slingerlands 1:22:22
MALE AGE GROUP: 60 - 64			
1	William Haggett	61	Rensselaer 1:22:11
2	Victor Greco	60	Schenectady 1:22:42
3	Ronald Rodriguez	63	Delmar 1:28:22
FEMALE AGE GROUP: 60 - 64			
1	Margaret Phillips	60	East Schodack 1:20:01
2	Carol Smith-Barrell	61	Albany 1:35:20
3	Gail Martin	60	Catonsville, MD 1:40:36
MALE AGE GROUP: 65 - 69			
1	David Schneidman	65	Melville 1:34:25
MALE AGE GROUP: 70 - 74			
1	Mark-Richard Butt	71	Delmar 1:31:42
MALE AGE GROUP: 75 - 79			
1	Armand Langevin	76	Cohoes 1:27:38
2	John Lane	75	Clifton Park 1:36:44
3	Richard Golden	78	Athens 1:52:08
RELAY TEAMS			
1	Willow Street AC		54:19
2	Ballsagna		57:12
3	Tomhannock Warriors		1:00:22

Courtesy of Capital District YMCA

17TH HEALTHY ULSTER TRIATHLON & DUATHLON July 14, 2013 • Ulster Landing Park, Kingston

TRIATHLON 0.33M Swim, 18M Bike, 3.5M Run			
MALE OVERALL			
1	Christopher Berkley/18-24	New Paltz	1:29:36
2	Arthur Boyko/45-49	Poughkeepsie	1:30:53
3	Zachary Krom/30-34	East Haven, CT	1:32:26
FEMALE OVERALL			
1	Kierann Toth/25-29	Rhinebeck	1:33:16
2	Christene Spiezio/40-44	Bloomington	1:42:59
3	Margaret Green/50-54	Stamford, CT	1:48:39
AGE GROUPS			
1	Brigitte Thieme-Burdette/F18-24	Astoria	2:03:19
1	Maggie Farrell/F25-29	Hillsdale	2:09:25
1	Jack Ryan/M30-34	Kingston	1:37:53
1	Marcy Duffy/F30-34	Saugerties	1:58:04
1	Chad Duffy/M35-39	Saugerties	1:32:51
1	Elizabeth Bierling-Powers/F35-39	Pine Bush	2:15:16
1	Nils Engel/M40-44	Highland	1:36:57
1	Jennifer Hess/F40-44	Brewster	2:21:22
1	James Standefer/M45-49	Tivoli	2:12:11
1	Lisa Shay/F45-49	Clinton Corners	2:28:46
1	David McGinnis/M50-54	Haines Falls	1:37:18
1	Suzanne Frank/50-54	Larchmont	2:29:00
DUATHLON 1M Run, 18M Bike, 3.5M Run			
OVERALL MALE			
1	Eric Waldron/30-39	Kerhonkson	1:22:01
2	Brett Albright/50-59	Brooklyn	1:28:21
3	Dennis Foster/50-59	Pleasant Valley	1:29:28
OVERALL FEMALE			
1	Tracy Perry/40-49	Clifton Park	1:43:15
2	Molly Geuss/18-29	Rhinebeck	1:44:39
3	Tammy Reyna/30-39	Saratoga Springs	1:49:00
AGE GROUPS			
1	David Kell/M18-29	Lewiston, ME	1:30:07
1	Matthew Haun/M30-39	Hopewell Junction	1:35:06
1	Patrick Sheeley/M40-49	High Falls	1:32:18
1	Seth Greenky/M50-59	Fayetteville	1:43:50
1	Beth Pinerio/F50-59	Marlton, NJ	2:06:33
1	Don Gavin/M60-69	Kings Park	1:41:50
1	Ellie Gavin/F60-69	Kings Park	2:09:39

Courtesy of New York Triathlon

17TH SILKS & SATINS 5K RUN July 20, 2013 • East & George Streets, Saratoga Springs

MALE OVERALL			
1	Nick Marcantonio	20	Glens Falls 15:22
2	Jay Navin	17	Saratoga Springs 15:34
3	Jeremy Spiezio	16	Greenwich 15:35
FEMALE OVERALL			
1	Spencer Hayes	15	Wilton 18:01
2	Brianne Bellon	21	Greenfield 18:10
3	Sarah Morin	16	Greenfield Center 18:41
MALE AGE GROUP: 1 - 14			
1	Geoff Howles Jr	11	Saratoga Springs 19:40
2	William Howe	14	Ballston Spa 20:31
3	Ellis Pemrick	13	Greenwich 21:23
FEMALE AGE GROUP: 1 - 14			
1	Peyton Engborg	12	Greenfield 19:05
2	Samantha Vetter	13	Greenfield Center 19:10
3	Keelyn Cummings	13	Wilton 19:23
MALE AGE GROUP: 15 - 19			
1	Aidan Tooker	15	Greenfield Center 15:56
2	Jordan Healy	17	Castelton 16:00
3	Brent Freestone	17	Ballston Spa 16:07
FEMALE AGE GROUP: 15 - 19			
1	Gabrielle Robens	15	Saratoga Springs 19:55
2	Estela Smith	15	Ballston Spa 20:18
3	Victoria Spiezio	15	Greenwich 20:46
MALE AGE GROUP: 20 - 24			
1	Aaron Lozier	24	Clifton Park 15:40
2	Greg Kiley	24	Saratoga Springs 16:18
3	John Farley	24	Saratoga Springs 17:06
FEMALE AGE GROUP: 20 - 24			
1	Erin Macbeth	20	Schenectady 20:21
2	Abbie Macbeth	22	Schenectady 20:53
3	Emma Putman	20	Syracuse 22:31
MALE AGE GROUP: 25 - 29			
1	Kevin Treadway	25	Albany 15:36
2	David Raucchi	27	Germantown 15:43
3	Thomas O'Grady	28	Latham 15:55
FEMALE AGE GROUP: 25 - 29			
1	Leann Young	29	Liverpool 19:52
2	Jane Rand	28	Lake Placid 20:28
3	Annmari Hathaway	27	Schuylerville 21:29
MALE AGE GROUP: 30 - 34			
1	Anthony Giuliano	34	Albany 15:43
2	Chuck Terry	31	Albany 15:46
3	George Young	32	Liverpool 17:00
FEMALE AGE GROUP: 30 - 34			
1	Danielle Maslowsky	34	Ballston Lake 19:00
2	Shelly Binsfeld	33	Clifton Park 19:01
3	Kristin Green	30	Fayetteville 19:56
MALE AGE GROUP: 35 - 39			
1	Mike Roda	37	Albany 16:28
2	Aaron Knobloch	37	Guilfordland 16:37
3	Aaron Robertson	35	Melville 17:09
FEMALE AGE GROUP: 35 - 39			
1	Estelle Burns	37	Troy 19:44
2	Michelle Lavigne	38	Albany 20:45
3	Mollie Kennedy	35	Ballston Lake 21:11
MALE AGE GROUP: 40 - 44			
1	Joel Gordon	41	Queensbury 17:54
2	Randall Cannell	40	Broadalbin 17:56
3	Korey McCoy	42	Latham 18:45
FEMALE AGE GROUP: 40 - 44			
1	Penny Tisko	44	Altamont 20:58
2	Melissa Maguire	40	Loudonville 22:31
3	Heather Hieronymi	40	Gansevoort 23:48
MALE AGE GROUP: 45 - 49			
1	Kevin Curley	47	Cohoes 18:48
2	Paul Allen	46	Latham 18:51
3	Richard Cummings	45	Schenectady 19:11
FEMALE AGE GROUP: 45 - 49			
1	Amy Knoeller	49	Greenfield Center 20:59
2	Kelly Ahlfeld	47	Pawlet, VT 21:49
3	Mary Fenton	47	Ballston Spa 21:50
MALE AGE GROUP: 50 - 54			
1	Matthew Karkoski	51	Ticonderoga 18:36
2	Jack Arnold	50	Latham 18:39
3	Jon Weibaker	54	Saratoga Springs 19:00
FEMALE AGE GROUP: 50 - 54			
1	Nancy Nicholson	51	Queensbury 21:57
2	Janice Phoenix	52	Schenectady 22:18
3	Patricia Butcher	52	Hawthorne, NJ 23:06

continued

17TH SILKS & SATINS 5K RUN *continued*

MALE AGE GROUP: 55 - 59			
1	Vladimir Ilin	55	Albany 18:32
2	George Baranauskas	59	Scotia 21:03
3	Dan Owens	57	Ballston Lake 22:50
FEMALE AGE GROUP: 55 - 59			
1	Diane Rothman	55	Lincroft, NJ 22:44
2	Maureen Fitzgerald	55	Clifton Park 23:45
3	Deborah Mehm	55	Albany 27:48
MALE AGE GROUP: 60 - 64			
1	Paul Bennett	62	Latham 20:46
2	Paul Forbes	62	Colonie 21:46
3	Mike Chovonec	63	Baltimore, MD 23:25
FEMALE AGE GROUP: 60 - 64			
1	Judy Harrigan	64	Saratoga Springs 22:29
2	Erika Oesterle	61	Stamford 23:39
3	Myriam Santos	60	Clifton Park 25:39
MALE AGE GROUP: 65 - 69			
1	James Larkin	65	Clifton Park 22:58
2	Norman Dovberg	67	Albany 24:20
3	Jim Fiore	65	Latham 24:28
FEMALE AGE GROUP: 65 - 69			
1	Sandy Dovberg	66	Albany 35:31
2	Alice Mensching	69	Voorheesville 46:27
MALE AGE GROUP: 70 - 74			
1	Jim Moore	73	Niskayuna 25:46
2	Jim Hotaling	73	Nienville 28:13
3	Ralph Santos	72	Clifton Park 29:09
FEMALE AGE GROUP: 70 - 74			
1	Marge Rajczewski	72	Ballston Lake 28:18
2	Sakiko Claus	71	Schroon Lake 33:47
3	Judy Savitt	73	Bridgeport 36:45
MALE AGE GROUP: 75 - 79			
1	Norm Marincic	78	Saratoga Springs 35:59
2	Richard Eckhardt	79	Albany 43:14
3	Richard Egan	75	Albany 56:02
MALE AGE GROUP: 80 - 99			
1	Richard Schumacher	80	Hoosick Falls 37:39
2	Walt McConnell	81	Bolton Landing 38:33

Courtesy of Special Olympics New York

28TH PISECO LAKE TRIATHLON July 20, 2013 • Piseco Airport, Piseco

0.5M SWIM, 11.5M BIKE, 3M RUN			
MALE OVERALL			
1	Schlesier, Brett	19	Johnstown 1:04:43
2	Deeley, Shawn	35	Johnsburg 1:05:50
3	Nesbitt, Drew	28	Lancaster, PA 1:06:24
FEMALE OVERALL			
1	Guzzo, Judy	46	Niskayuna 1:15:41
2	Chamberlain, Lauren	28	Northville 1:18:12
3	Rabideau, Lauren	18	New York 1:19:50
MALE AGE GROUP: 1 - 19			
1	Brower, Eric	18	Gloversville 1:12:28
2	Coffin, Richard	18	Pleasant Valley 1:12:43
3	Day, William	18	Ilion 1:23:42
FEMALE AGE GROUP: 1 - 19			
1	Coffin, Katherine	19	Pleasant Valley 1:25:42
2	Carlson, Lisa	19	Summit, NJ 1:27:40
3	Toffey, Brittany	19	Summit NJ 1:30:34
MALE AGE GROUP: 20 - 29			
1	Gibbs, Ryan	24	Old Forge 1:16:21
2	Campbell, Liam	28	Speculator 1:17:58
FEMALE AGE GROUP: 20 - 29			
1	Campbell, Rebekah	24	Speculator 1:21:16
2	Leuthauser, Kathryn	24	Bickleton, WA 1:21:55
3	Warlaumont, Kimiko	26	Slingerlands 1:23:18
MALE AGE GROUP: 30 - 39			
1	Yerina, Frank	33	Ilion 1:07:47
2	Hotaling, Dean	31	North Andover, MA 1:09:37
3	Mitchell, Travis	39	Broadalbin 1:10:43
FEMALE AGE GROUP: 30 - 39			
1	Roy, Beth	34	Clinton 1:31:51
2	Stewart, Caitlin	30	Lake Pleasant 1:35:20
3	Lynch, Shelley	34	Quincy, MA 1:40:15
MALE AGE GROUP: 40 - 49			
1	Engel, Nils	42	Highland 1:11:50
2	Whittaker, Rob	41	Northville 1:13:34
3	McIntyre, Brian	43	New York 1:16:07
FEMALE AGE GROUP: 40 - 49			
1	Nolan, Valerie	44	Rochester 1:24:13
2	Miner, Kristi	41	Cobleskill 1:26:20
3	Kiggins, Liz	43	Fayetteville 1:26:22
MALE AGE GROUP: 50 - 59			
1	Platz, Kevin	53	Hopewell Junction 1:11:24
2	Douglass, Chris	54	Gloversville 1:13:59
3	Galea, Jon	51	Las Vegas, NV 1:18:27
FEMALE AGE GROUP: 50 - 59			
1	Simpson, Jeryl	55	Mechanicville 1:20:00
2	McKeown, Sharon	57	Boulder, CO 1:21:28
3	Roberts, Maureen	55	Saratoga Springs 1:31:40
MALE AGE GROUP: 60 - 69			
1	Mason, Mike	64	Northfield, VT 1:19:43
2	Murray, Paul	69	Albany 1:35:45
3	Malone, Robert	62	Little Falls 1:38:44
FEMALE AGE GROUP: 60 - 69			
1	Auer, Patricia	63	Saratoga Springs 1:51:54
MALE AGE GROUP: 70 & OVER			
1	Schrader, Lee	70	Clinton 1:42:25
2-PERSON TEAMS			
1	Team Sigg		Watervliet 1:19:12
2	Nelson & Rory		Oneida 1:28:36
3	TriStrong!		Broadalbin 1:28:45
3-PERSON TEAMS			
1	Believe		Fort Plain 57:45
2	Murphys Law		Liverpool 1:10:33
3	Energizer		New York 1:14:20

Courtesy of Adirondacks Speculator Region Chamber

SKYHIGH TRIATHLON FESTIVAL: XTERRA, KIDS' TRI & SUPER OLYMPIC July 20-21, 2013 • Grafton Lakes State Park, Grafton

XTERRA OFF-ROAD 1K Swim, 20K Mountain Bike, 6K Trail Run			
MALE OVERALL			
1	Ricard, Rob/35-39	1:31:23	
2	Snoble, Anthony/35-39	1:35:50	
3	Jackson, Shawn/30-34	1:38:24	
FEMALE OVERALL			
1	Sterling, Catherine/35-39	1:43:05	
2	Skufca, Caitlin/20-24	1:57:02	
3	Wanat, Kathleen/35-39	1:58:30	
MALE AGE GROUP: 13 - 16			
1	Harrington, Sean	2:09:59	
2	Besch, Thomas	2:29:51	
FEMALE AGE GROUP: 13 - 16			
1	Slyer, Caroline	2:21:44	
2	Haworth, Emily	3:14:22	
MALE AGE GROUP: 17 - 19			
1	Brown, Roman	1:40:54	
2	Harrington, Ryan	2:22:42	
MALE AGE GROUP: 20 - 24			
1	Hollinger, Robert	1:42:51	
2	Delaney, Colin	1:42:52	
3	Pajak, Stanley	2:39:49	
FEMALE AGE GROUP: 20 - 24			
1	Sheridan, Anna	2:10:49	
2	Beers, Lori	2:33:47	
MALE AGE GROUP: 25 - 29			
1	Hazekamp, Corey	1:39:29	
2	Grygus, Bryan	1:44:59	
3	Sheridan, Kevin	1:51:53	<i>continued</i>

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SKYHIGH TRIATHLON FESTIVAL: XTERRA, KIDS' TRI & SUPER OLYMPIC *continued*

FEMALE AGE GROUP: 25 - 29			SHAPE KIDS' TRIATHLON			MALE AGE GROUP: 9 - 10		
1 Sivano, Andrea	3:08:09		3 Sophia Holmgren	7	20:34	1 Jeffrey Koefel	10	15:30
2 Barker, Lillian	3:12:28		4 Alexa Peterson	7	20:49	2 Hunter Poslusznny	10	15:46
3 Hammer, Lindsey	3:29:54		MALE OVERALL			3 Evan Ianuzzi	10	15:49
MALE AGE GROUP: 30 - 34			1 Rowan Wilson	11	18:48	4 Max Schaffer	10	16:14
1 DeBergh, Marcus	1:38:30		2 Node Sutherland	11	21:03	5 Lucas Dempsey	10	16:23
2 Page, Christophe	1:44:39		3 Oz McClamrock	13	22:33	6 William Gall	9	16:31
3 Denoncour, Matthew	1:51:43		FEMALE OVERALL			7 Kenny Gregory	9	16:55
FEMALE AGE GROUP: 30 - 34			1 Amanda Koefel	12	21:12	FEMALE AGE GROUP: 9 - 10		
1 Milton, Kim	2:06:30		2 Kayla Dzikowicz	13	22:14	1 Gabriela Zasada	9	17:03
2 Milton, Michelle	2:08:59		3 Meghana Caron	12	22:51	2 Samantha Stevenson	9	17:35
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 10 - 11			FEMALE AGE GROUP: 25 - 29		
1 Horn, Bob	1:42:27		1 Sam Besch	11	22:50	1 Stefanie Sirkins	11	27:26
2 Booth, David	1:43:45		2 Aidan Dempsey	11	24:47	2 Danielle Turner	11	31:38
3 Borgatti, Christopher	1:51:21		3 Keston Holohan	11	25:13	3 Julia Neal	11	32:00
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 10 - 11			MALE AGE GROUP: 40 - 44		
1 Smit, Maria	2:19:26		1 Stefanie Sirkins	11	27:26	1 Fisher, Jim	1:44:13	
2 Yuca, Candice	2:28:42		2 Danielle Turner	11	31:38	2 Ramirez, Jorge	1:53:39	
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 12 - 14			MALE AGE GROUP: 45 - 49		
1 Fisher, Jim	1:44:13		1 Ryan Sheldrick	14	24:21	1 Norton, Tad	1:49:59	
2 Ramirez, Jorge	1:53:39		2 Nicholas Serafin	12	25:36	2 Carrasquillo, Angelo	2:20:22	
3 Lord, Douglas	1:54:04		3 Cooper Stewart	13	27:02	3 Martin, Scott	2:23:22	
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 12 - 14			FEMALE AGE GROUP: 45 - 49		
1 Ward, KP	2:23:31		1 Julia Haworth	12	23:52	1 Fronhofer, Mara	2:02:32	
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 12 - 14			MALE AGE GROUP: 50 - 54		
1 Norton, Tad	1:49:59		2 Emma Alteri	13	23:58	1 Robins, Ken	1:48:08	
2 Carrasquillo, Angelo	2:20:22		3 Madison Krochina	12	26:16	2 King, John	1:53:15	
3 Martin, Scott	2:23:22		Ages 5-10: 100m Swim, 3.5K Bike, 1K Run			3 Nicholas, Will	2:19:44	
FEMALE AGE GROUP: 45 - 49			MALE OVERALL			FEMALE AGE GROUP: 50 - 54		
1 Fronhofer, Mara	2:02:32		1 Trevor Dzikowicz	10	14:09	1 Landy, Stephanie	2:00:53	
MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 12 - 14			MALE AGE GROUP: 55 - 59		
1 Robins, Ken	1:48:08		2 Lakshman Reddy	10	14:39	1 Lindros, John	2:00:19	
2 King, John	1:53:15		3 Jackson Moran	10	14:55	2 Usher, Doug	2:11:10	
3 Nicholas, Will	2:19:44		FEMALE OVERALL			3 Marsac, Paul	2:26:01	
FEMALE AGE GROUP: 50 - 54			MALE AGE GROUP: 12 - 14			MALE AGE GROUP: 60 - 64		
1 Landy, Stephanie	2:00:53		1 Julia Haworth	12	23:52	1 Clark, Russell	2:14:01	
MALE AGE GROUP: 55 - 59			MALE AGE GROUP: 12 - 14			FEMALE AGE GROUP: 60 - 64		
1 Lindros, John	2:00:19		2 Emma Alteri	13	23:58	1 Usher, Linda	2:48:54	
2 Usher, Doug	2:11:10		3 Madison Krochina	12	26:16	MALE AGE GROUP: 65 & OVER		
3 Marsac, Paul	2:26:01		Ages 5-10: 100m Swim, 3.5K Bike, 1K Run			1 Rose, Daniel	2:32:13	
MALE AGE GROUP: 60 - 64			MALE OVERALL			TEAMS		
1 Clark, Russell	2:14:01		1 Dillon Goodwill	7	18:35	1 HRRT Ladies	1:45:10	
2 Redmond, Charlie	2:16:03		2 Malo Grenovillet	7	18:46	2 Team DZ	2:00:40	
FEMALE AGE GROUP: 60 - 64			MALE AGE GROUP: 7 - 8			3 Team Tiburon	2:08:21	
1 Usher, Linda	2:48:54		1 Jacob Gilson	7	20:11	SHAPER OLYMPIC		
MALE AGE GROUP: 65 & OVER			MALE AGE GROUP: 7 - 8			1M Swim, 30M Road Bike, 7M Run		
1 Rose, Daniel	2:32:13		2 Benjamin Reinhard	8	20:13	MALE OVERALL		
TEAMS			MALE AGE GROUP: 5 - 6			1 Pangie, Justin		
1 HRRT Ladies	1:45:10		1 Madeline Fisher	6	19:46	2 Hills, Craig		
2 Team DZ	2:00:40		MALE AGE GROUP: 7 - 8			3 Lord, Douglas		
3 Team Tiburon	2:08:21		1 Dillon Goodwill	7	18:35	4 Kuhner, Edward		
SHAPER OLYMPIC			MALE AGE GROUP: 7 - 8			5 Kerr, Hamish		
1M Swim, 30M Road Bike, 7M Run			MALE AGE GROUP: 7 - 8			6 Whitehead, Dan		
MALE OVERALL			MALE AGE GROUP: 7 - 8			7 Goodwill, Scott		
1 Pangie, Justin			MALE AGE GROUP: 7 - 8			8 Groff, Andrew		
2 Hills, Craig			MALE AGE GROUP: 7 - 8			9 Callahan, Joshua		
3 Lord, Douglas			MALE AGE GROUP: 7 - 8			10 Nicholas, Will		
4 Kuhner, Edward			MALE AGE GROUP: 7 - 8			11 Applegate, Mark		
5 Kerr, Hamish			MALE AGE GROUP: 7 - 8			12 Rivelo, Juan		
6 Whitehead, Dan			MALE AGE GROUP: 7 - 8			13 Schaefer, Glenn		
7 Goodwill, Scott			MALE AGE GROUP: 7 - 8			14 Brunke, Matt		
8 Groff, Andrew			MALE AGE GROUP: 7 - 8			FEMALE OVERALL		
9 Callahan, Joshua			MALE AGE GROUP: 7 - 8			1 Holzmann, Vanessa		
10 Nicholas, Will			MALE AGE GROUP: 7 - 8			2 Bernhardt, Jenna		
11 Applegate, Mark			MALE AGE GROUP: 7 - 8			3 Fair, Kitty		
12 Rivelo, Juan			MALE AGE GROUP: 7 - 8			4 Slyer, Julia		
13 Schaefer, Glenn			MALE AGE GROUP: 7 - 8			5 Long, Kristen		
14 Brunke, Matt			MALE AGE GROUP: 7 - 8			6 VanValen, Kathleen		
FEMALE OVERALL			MALE AGE GROUP: 7 - 8			7 Strock, Sarah		
1 Holzmann, Vanessa			MALE AGE GROUP: 7 - 8			8 Lustenhouwer, Donna		
2 Bernhardt, Jenna			MALE AGE GROUP: 7 - 8			9 Hollinger, Andrea		
3 Fair, Kitty			MALE AGE GROUP: 7 - 8			10 Knaggs, Rachel		
4 Slyer, Julia			MALE AGE GROUP: 7 - 8			TEAMS		
5 Long, Kristen			MALE AGE GROUP: 7 - 8			1 RamRod		
6 VanValen, Kathleen			MALE AGE GROUP: 7 - 8			2 Slyer Soldiers		
7 Strock, Sarah			MALE AGE GROUP: 7 - 8			Courtesy of SkyHigh Adventures		
8 Lustenhouwer, Donna			MALE AGE GROUP: 7 - 8					
9 Hollinger, Andrea			MALE AGE GROUP: 7 - 8					
10 Knaggs, Rachel			MALE AGE GROUP: 7 - 8					
TEAMS			MALE AGE GROUP: 7 - 8					
1 RamRod			MALE AGE GROUP: 7 - 8					
2 Slyer Soldiers			MALE AGE GROUP: 7 - 8					
Courtesy of SkyHigh Adventures			MALE AGE GROUP: 7 - 8					

4TH ANNUAL DELTA LAKE TRIATHLON *continued*

MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 20 - 24		
1 2:27:20 Bugajski, John	Rochester		1 1:09:24 Fitzgerald, Tim	Utica	
2 2:33:47 Graves, Corey	Sherrill		2 1:11:48 Byers, Kenny	Liverpool	
3 3:25:15 Flannery, Jerrod	Calcium		3 1:17:27 Laubenstein, Sean	Mohawk	
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 20 - 24		
1 2:24:29 Kandiel, Kristin	Watervliet		1 1:22:11 Freund, Erica	Holland Patent	
2 2:26:35 Ragudos, Caroline	Lancaster		2 1:27:21 Shepard, Chandler	Delhi	
3 2:44:20 Fleming, Sarah	Jordan		3 1:36:20 Fadness, Danielle	New Hartford	
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 25 - 29		
1 2:11:16 Hatfield, Joe	Oneida		1 1:14:30 Chufor, Keelan	Snyder	
2 2:19:16 Osika, Andy	Lititz, PA		2 1:14:38 Parker, Lawson	Syracuse	
3 2:27:45 Walker, James	North Syracuse		3 1:15:21 Gilbert, Tim	Manlius	
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 25 - 29		
1 2:30:41 Neff, Leslie	Parkeburg		1 1:24:17 Earl, Allison	Weedsport	
2 2:47:32 Carney, Jennifer	Syracuse		2 1:24:29 Krug, Colleen	Baldwinsville	
3 2:50:01 Demaria, Jennifer	Brewerton		3 1:29:57 Bertram, Alisandra	North Syracuse	
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 30 - 34		
1 2:31:49 Soper, Paul	Spencer		1 1:18:36 Thomas, Timothy	North Syracuse	
2 2:20:18 Smith, David	Coatesville		2 1:23:24 English, Bryan	Syracuse	
3 2:25:52 Rushton, Mark	Rome		3 1:23:43 Colenzo, Stephen	New Hartford	
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 30 - 34		
1 2:35:45 Ketcham, Heather	Cazenovia		1 1:17:40 Lyon, Kelly	Amherst	
2 2:38:41 Nowicki, Debra	Syracuse		2 1:22:05 McNair, Jessica	New Hartford	
3 2:43:02 Burns, Amy	Fayetteville		3 1:30:33 Brown, Kirstan	Cicero	
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 35 - 39		
1 2:03:55 Burger, Dave	Dennillwell		1 1:08:43 Campbell, Jamie	Oneida	
2 2:18:43 Brady, James	Carthage		2 1:10:11 Burghdurf, Brian	Utica	
3 2:20:33 Centore, Michael	Syracuse		3 1:13:03 Widrick, Thomas	Lowville	
FEMALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 35 - 39		
1 2:31:49 Reinhart, Maryjo	Jamesville		1 1:15:25 Reis, Jennifer	Endicott	
2 2:45:30 Rusch, Kara	Hamilton		2 1:15:46 Mucitelli-Heath, Kristen	Clay	
3 2:53:02 Furness, Julie	Auburn		3 1:25:12 Knapp, Cristina	Cazenovia	
MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 40 - 44		
1 2:23:12 Johnson, Dennis	Utica		1 1:14:23 Deamicis, Justin	New Hartford	
2 2:23:39 Iseri, Howard	Wellsboro		2 1:24:35 Mastroleo, Michael	Liverpool	
3 2:32:16 Savage, Richard	Skaneateles		3 1:26:33 Jacobson, Erik	Clinton	
FEMALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 40 - 44		
1 2:47:42 Bablok, Judy	Cleveland		1 1:14:02 Jishi, Reem	Skaneateles	
2 2:50:55 Houck, Mary	Verona Beach		2 1:14:41 Gardner, Stephanie	Dryden	
3 2:54:22 Huntsman, Paula	Cooperstown		3 1:17:04 Rainbow, Kathy		
MALE AGE GROUP: 55 - 59			MALE AGE GROUP: 45 - 49		
1 2:17:46 Bright, James	Marathon		1 1:07:22 Longtin, John	Skaneateles	
2 2:26:19 Elliott, Dirk	Burke, Jude		2 1:12:48 Burke, Jude	Baldwinsville	
3 2:44:08 Bettis, Peter	Skaneateles		3 1:16:06 Keplinger, Edward	Jamesville	
FEMALE AGE GROUP: 55 - 59			FEMALE AGE GROUP: 45 - 49		
1 2:20:50 Kreplin-Michaels, Susan	Skaneateles		1 1:19:13 McGuire, Tanya	Jamesville	
2 2:33:46 O'Connor, Lauren	Auburn		2 1:23:09 Pearce, Aimee	Holland Patent	
3 2:55:34 Perkins, Margaret	Tully		3 1:23:45 Galletta, Maryjo	Manlius	
MALE AGE GROUP: 60 - 64			MALE AGE GROUP: 50 - 54		
1 2:24:12 Sullivan, John	Sherrill		1 1:09:29 McQueen, Patrick	New Hartford	
2 2:30:46 Leonard, Tim	New Hartford		2 1:12:40 Celecki, Mark	Barneveld	
3 2:37:02 Skopek, John	Dewitt		3 1:19:18 Tonzi, Sean	Skaneateles	
FEMALE AGE GROUP: 60 - 64			FEMALE AGE GROUP: 50 - 54		
1 4:10:53 Chock, Dawn	Rochester		1 1:19:28 Searing, Candace	Skaneateles	
MALE AGE GROUP: 65 - 69			FEMALE AGE GROUP: 50 - 54		
1 2:46:23 Baker, Christopher	Weedsport		2 1:23:14 Weigl, Keone	Manlius	
2 3:29:42 Demarco, Dominick	Lee Center		3 1:36:02 Scalzo-Zambek, Lynn	Oriskany Falls	
FEMALE AGE GROUP: 65 - 69			MALE AGE GROUP: 55 - 59		
1 3:08:14 Griffin, Chary	Cazenovia		1 1:12:53 Learn, Roger	Troy	
RELAY TEAMS			FEMALE AGE GROUP: 65 - 69		
1 2:11:58 Team Roe			2 1:13:02 Harmon, Mark	Milford	
2 2:35:08 Team Burke/Yakymiv/Boyle			3 1:23:47 Frost, Doug	Elma	
3 2:35:44 Team Earl/Meitz			FEMALE AGE GROUP: 65 - 69		
SPRINT - 750M SWIM, 12M BIKE, 3M RUN			FEMALE AGE GROUP: 65 - 69		
MALE OVERALL			FEMALE AGE GROUP: 65 - 69		
1 1:04:51 McMaster, Barry/40-44	Darien, CT		1 1:39:38 Ripley, Ruth	Pennellville	
2 1:06:57 Celecki, Barrett/15-19	Barneveld		2 1:41:16 Ryder, Kim	Barnard's Bay	
3 1:07:04 Parker, Michael/55-59	Skaneateles		MALE AGE GROUP: 70 - 74		
FEMALE OVERALL			FEMALE AGE GROUP: 65 - 69		
1 1:07:30 Lankes, Mae/25-29	Skaneateles		1 1:38:47 Clemence, Samuel	Syracuse	
2 1:10:56 Ko, Brenda/40-44	West Monroe		2 1:40:24 Michaels, Lee	Skaneateles	
3 1:13:49 Burrows, Gina/45-49	Liverpool		MALE AGE GROUP: 75 - 79		
MALE AGE GROUP: 14 & UNDER			MALE AGE GROUP: 75 - 79		
1 1:23:24 Kolonko, Macauley	Warners		1 1:47:30 Armand Langevin	Cohoes	
2 1:32:14 Rosenthal, Kyle	Rochester		<i>Courtesy of ATC Endurance</i>		
MALE AGE GROUP: 15 - 19					
1 1:08:57 Winberg, Erik	Rome				
2 1:13:14 Desai, Ankur	Rome				
3 1:20:43 Gardner, Trevor	Dryden				
FEMALE AGE GROUP: 15 - 19					
1 1:18:34 Learn, Violet	Troy				
2 1:22:54 Keplinger, Amanda	Jamesville				
3 1:32:46 Wistort, Hannah	Niskayuna				

4TH ANNUAL DELTA LAKE TRIATHLON
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INTERMEDIATE - 1500M SWIM, 24M BIKE, 6M RUN			MALE AGE GROUP: 20 - 24</		
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BICYCLING & MOUNTAIN BIKING

Favorite Fall Rides from 5 Experts

By Dave Kraus

I will never forget my first fall ride in the Adirondacks. It was around Schroon Lake with a friend, maybe 12 years ago. The wet fall chill gave a hint of the colder winter weather on the way as we turned the pedals to both propel ourselves forward and stay warm. A light rain was falling, and shifting banks of fog and mist alternately hid and revealed the peak colors – their hues intensified by the wetness. It was one of the best rides I've ever done.

The 'Dacks are beautiful in the fall, but in upstate New York it's hard to go wrong no matter which way you point your bike for fall riding. You can duplicate my experience on that day with this 28-mile ride around **Brant and Schroon lakes** that captures the beauty without any major climbs.

Start in downtown Chestertown, conveniently near the Northway. East on NY Route 8 takes you around scenic Brant Lake, where a left onto Palisades Road, and then a right on Beaver Dam Road, takes you north toward Schroon Lake over a gradual climb. A right on Johnson Road then winds down to the hamlet of Adirondack, where the Adirondack General Store offers country atmosphere, hot drinks, and seemingly every kind of snack food in the known universe.

Head downhill to the lake and south along East Shore Road to a left on East Schroon River Road, to follow the river back down to Route 8 and back into Chestertown, where the Main Street Ice Cream Parlor in the old schoolhouse offers post-ride meals or treats. View a map at: ridewithgps.com/routes/3221269.

The Catskills to the south also offers some spectacular rides, with peak color coming a bit later. Longtime area cyclist and nature photographer Steve Aaron (steveaaronphoto.com) particularly likes the **Shawangunks area**, riding out of Ellenville to areas nearby that offer "Zen-like tranquility."

"This ride has it all," he says, "Shawangunks, Catskills, streams, waterfalls, farms and the reservoir." The 45-mile route starts and ends at Ellenville Village Hall, heading south on the wide-shoulder of NY Route 209, before looping west into the hills on Mountindale Road, making a steady climb along Sandburg Creek. At Mountindale, turn north on Post Hill Road

and enjoy the quiet roads, rolling hills, and thick forest as you traverse the rolling top of the Catskill plateau.

Eventually the views to the north reveal the Catskill High Peaks and as you head north on NY Route 42, you're soon rewarded with sweeping vistas of the higher Catskills near Grahamsville. Then turn back east on NY Route 55, and then join NY Route 55A as it follows the north shore of Rondout Reservoir, and heads back downhill into Napanoch, where you turn south on NY Route 209 to head back to Ellenville. View a map and cue sheet at ridewithgps.com/routes/1256644. A longer option including Peekamoose Road and Ashokan Reservoir totals 68 miles and is at: ridewithgps.com/routes/1209931.

Mohawk-Hudson Cycling Club president Skip Holmes has been riding in the Capital Region for 30 years and leading rides in southern Albany County for many years (mohawkhudsoncyclingclub.org). One of his favorite fall adventures is one he calls "Around the Alcove," which starts and ends at the Bethlehem Park and Ride at the junction of NY Route 32 and Cherry Avenue in Delmar.

The ride follows a large loop counterclockwise from Delmar, heading southwest on NY Routes 32, County Route (CR) 301, then south on CR 109 and CR 411 to circle around the south end of Alcove Reservoir, which supplies water to the City of Albany. Turning back north on county routes 111, 143, 106 and 102, you follow the rolling hills and valleys, trending downhill to eventually arrive back at the park and ride.

Skip says it's one of his favorites because it offers some climbing over rolling hills, beautiful views of the reservoir, the Catskills to the south, and the Adirondacks to the north – and long downhill sections on the return for those tired legs! Skip suggests watching the weather and the local foliage to jump on the best opportunity to go. View a map and cue sheet at: ridewithgps.com/routes/3226032.

When it comes to mountain biking in the area, Heather Rizzi of Schenectady knows her stuff. She is general manager of Plaine and Son in Schenectady and Broadway Bicycle in Albany, and leader of the Heather Rizzi Race Team, with their distinctive lime-green and white argyle kit. She has been riding upstate New York trails all her life and feels there's no need to drive all day when there are so many



[TOP] IN THE ADIRONDACKS NEAR MINERVA

[LEFT] QUIET ROAD ON BRANT-SCHROON RIDE.

PHOTOS BY DAVE KRAUS

[RIGHT] CATSKILLS FROM SHAWANGUNK RIDGE NEAR ELLENVILLE. PHOTO BY STEVE AARON

places in the Capital-Saratoga Region to go off road and enjoy the seasonal colors.

One of her favorite spots is the **Saratoga Mountain Biking Association** trails at the corner of Clinton and Daniels roads, north of the Skidmore College campus. Accessible only through a club membership or as a guest of a club member, the area's miles of trails are built and maintained by club members, offering various challenges for all levels of riders. The wooded trails also guarantee a colorful ride during peak foliage weeks. For more information about the trails and SMBA membership visit: saratogamtb.org.

Two other spots recommended by Heather include **Thacher State Park** near Voorheesville, and the Schenectady's **Central Park**, where a network of trails in one of the park's forested areas provide a variety of riding opportunities in the middle of the city – on Fehr Avenue just north of Golf Road.

In Thacher State Park, the Long Path traverses the park from south to north. A northern route from a parking area on Beaver Dam Road takes you a mile into the main park facility, where the path can be used to access the **Paint Mine-Hop Field Trail System**, where ten miles of color-coded trails provide scenery and challenges. When you're done, ride across the street to the main Helderberg Escarpment overlook, where the vistas include the entire Mohawk Valley and north to the Adirondacks. Download a trail map at: nynjtc.org/map/john-boyd-thacher-trail-map.

For Kenny Boettger, co-owner of Placid Planet Bicycles in Lake Placid, fall foliage also means riding locally. But "local" for Kenny is the heart of the Adirondacks High Peaks, where it's difficult not to find scenic beauty in any season.

Kenny recommends a short **Lake Placid loop** close to town that combines local scenery with colorful foliage and accessibility. Start at the North Elba Show Grounds, near the ski jumps, on the east side of town, and then turn right on NY Route 73 into the village. Then right on Route 86 toward Wilmington, and right again on quiet Riverside Drive along the Ausable River, and right on Route 73 back to the show grounds. The route is only ten miles and includes minimal climbing, but lots of scenery. For a distance-doubling bonus from the show grounds, instead go left on Route 73, and then right on Adirondack Loj Road, and do the out and back to Adirondack Mountain Club's Adirondack Loj, adjacent to Heart Lake. For a map and cue sheet of the route including the Heart Lake segment, go to: ridewithgps.com/routes/3232839. 📍

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer and writer. He is already planning some new fall rides.

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RUNNING *continued from 1*

the Adirondacks, New England and Canada – in their fall splendor! After you have looked around, a shuttle bus will chauffeur you to the parking lot, or to downtown Wilmington for the awards ceremony and the town's Festival of Colors. Visit: whitefacrace.com.

On Sunday, Sept. 15, support ovarian cancer research at the 12th annual **Teal Ribbon 5K and One-Mile Walk** at Albany's Washington Park Lakehouse. The route travels mainly around the perimeter of the park and includes some challenging inclines, including the familiar trek up Madison Avenue. In addition to customary age-group awards, there is an interesting twist to the team categories. Recognition is given to walkers and teams with the top five pledges, teams with the most walkers, and teams with the most runners. Children under ten get to run or walk for only five dollars, a tremendous family cost savings. Go to: caringtogetherny.org.

Want an excuse to leave work early on a Friday afternoon? Then try the 32nd annual **Watervliet Arsenal City Run 5K** road race at 6pm on Sept. 20. Race director, Christine Chartrand, feels the move a few years ago from a crowded fall weekend schedule to Friday evening works, "It's something different and it's a nice relaxing night after the workweek." Expect a flat and fast course as befitting the USATF Adirondack Masters 5K Championship. Afterwards, kickback at the DOME recreation center and enjoy food, beer, music and kids' entertainment. Check out: watervliet.com or zippyreg.com.

Tackle some gentle hills at the third annual **Arc in the Park 5K** Race on Saturday, Sept. 21. Held entirely within the confines of Rensselaer Tech Park in North Greenbush, you get to focus entirely on your race and not on incoming traffic. Designed as a community event, the race supports Arc of Rensselaer County programs and services for folks with intellectual disabilities. Teams of 20 individuals enjoy a \$250 group rate and can email arcinthpark@renarc.org for instructions. Visit: renarc.org.

The 34th annual **Dunkin' Run 5K & 10K** on Sunday, Sept. 22 attracts a fast crowd with generous monetary prizes provided by

its beneficiary, the Albany Jewish Community Center. Additionally, the race serves as the venue for the USAF Adirondack Masters 10K Championship. According to race director Tom Wachunas, many of the same runners return year after year, including many out-of-towners in quest of a donut shirt. The 10K and 5K begin at the same time, with the 10K consisting of two loops of the 5K route, allowing spectators an exciting double-take opportunity. Procrastinators beware as there is day of race registration only for the kids' half-mile fun run. In family-friendly style, both parents can run at the same time by registering their two to ten-year-olds for onsite babysitting. Just call (518) 438-6651 to make reservations. Afterwards, enjoy dunkin' your bagels and donuts in some coffee! Go to: saaajcc.org.

Expect another fast crowd on Saturday, Sept. 28 at the 20th anniversary of the **FAM 5K "Fund" Run/Walk** at the Cobleskill Fairgrounds, only 30 minutes from the Capital Region. The event is benefitting Catholic Charities of Schoharie County. Shares of FAM Value stock are awarded to overall and age-group winners. Noteworthy is the fact that the ubiquitous 70-plus category has been thoughtfully divided into 70-74, 75-79 and 80-plus, giving our role models their fair chance! Additionally, FAM will host the USATF Adirondack 5K Open Men's Road Race Championship, a USATF Grand Prix event. Be warned, however, that this is not your typical flat and fast 5K as the course winds around the hilly Cobleskill campus. As originally conceived, this event remains a community showcase, attracting a huge contingent of walkers. I always look forward to their friendly encouragement as I circle back on the return trip. Check out: fam5k.com.

If you have spent the summer on the trails, consider Gore Mountain's **Leaf Cruncher 5K Trail Run**, also on Sept. 28. According to race director Emily Stanton, you should expect a moderately to very hilly race. I have run the snowshoe version of the course and can testify that if you are not going up, you are going down, either on narrow singletrack or wider ski slopes. Winners will be amply rewarded with 2013-14 lift tickets. If you envision a somewhat slower pace for yourself, keep your eye out for Halloween trinkets hidden along the route which can be redeemed for other



● START OF THE 2012 FAM 5K "FUND" RUN/WALK AT COBLESKILL FAIRGROUNDS IN COBLESKILL. FENNIMORE ASSET MANAGEMENT

treasures. Gore races are noted for their wonderful prizes, so this may be a worthy goal as well as a lot of fun. Visit: goremountain.com.

A late addition, Adirondack Race Management created a fun 5K run/walk event – the **Flashlight 5K** on Saturday, Sept. 28 with fireworks! The Flashlight 5K will take place in the village of Lake George and it is part of their first annual Festival for the Lake fundraising event. The race will start at 7:30pm and take place in the dark! Racers are encouraged to bring a flashlight or headlamp, and wear glow-in-the-dark clothing, lights or anything reflective. Age-group awards will be given out as well as prizes for best male and female costumes. Each entrant will receive a glow stick necklace and bracelet, and T-shirts with glow-in-the-dark ink are guaranteed to all registered online by Sept. 20. All participants receive a post-race beer, wine or soda, and entry into the Festival for the Lake. The weekend festival will have food vendors, live music, and fireworks at 9:30pm. Go to: adkracemgmt.com.

Bookending spring and fall, the 19th annual **Susan G. Komen Race for the Cure 5K** run, held on Saturday, Oct. 5, partnered with another great event – the Freihofer's Run for Women. Freihofer's participants who registered for Komen before July 31 received

a five-dollar discount – so keep that in mind for next year! And since they follow the same route through Washington Park and its environs, the three Race for the Cure runners who improve their time the most between the spring and fall races are also eligible for prizes. This spring/fall report card gives all runners a fun incentive to see how much they can improve in a season. And the scales are weighted in your favor, because with a field half the size of Freihofer's, it is easier to avoid a run-in-place traffic jam. In fact, that is one of the reasons my two grandchildren, Elena and Emilia Suarez, first started running Komen with their school club – it is simply easier for groups and families to stick together. Finally, know that your contribution goes toward national breast cancer research and community health programs in northeastern New York. Check out: komeneny.org.

This fall there is something for everybody, so get out there, support some great causes and have a blast! 🌲

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

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5K Run/Walk & 400m Kids' Fun Run

to benefit the North Country Chapter of the American Red Cross!

When: Saturday, October 5th
 Where: Lake Placid Speed Skating Oval
 What: 9:00AM 5K (\$25 includes event t-shirt)
 Kids' 400m: 9:05AM (\$5 includes string bag)

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RedCross.org/RunForTheRedLakePlacid

Don't miss the Emergency Services Family Fun Expo in the oval from 8-11am in honor of October's Fire Prevention Month!

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TRIATHLON & DUATHLON

Fall Fun

Recovery + New Challenges = Faster 2014

By Kristen Hislop

You are coming off, or near the end, of a great season. Your fitness level is super high, now how do you take a break from your beloved sport without losing your fitness? The truth is your body needs rest. If you have planned out your season with "A" races, those you wanted to do well in, then you will need to back it down. Think of it as competition fitness during the season and general fitness over the winter. No one can maintain a high level of competition fitness all the time.

Use October, November and December to recover. Take a couple of weeks off. It is OK to do nothing! Detaining occurs after two weeks of inactivity. Based on your events, a two-week hiatus might be what your body needs to repair. Half-ironman and ironman distance events take a toll on your muscles and organs. A season of sprint events might need only a week off to rejuvenate your system. After you have completed your season, tack on an easy week of training and then take up to two weeks off. During that time do something different and fun as suggested below, but pay attention to your diet!

A challenge with doing less or different activities in November and December is that your nutrition plan generally does not match your caloric expenditures. A couple of pounds in the off-season are fine, but packing on 20-plus pounds with holiday eating can provide a challenge come 2014. Enjoy the holiday celebrations in moderation.

What does a good off-season look like? It should challenge muscles not used in-season, it should provide a chance to connect with family and friends, it should have a focus on building strength and endurance, and it should challenge your brain.

If you are a multisport athlete your focus is always going forward. Think about challenging your muscles with lateral moves. Head back to the aerobics room for some fun classes. Jump in on pick-up basketball and soccer games. Play tennis with the family. So many of the winter sports are great at building endurance! Cross-country skiing, snowshoeing, downhill skiing, and ice or speed skating can be done with a group while benefiting your cardio system. Add in those sports you love, but don't have time for during the training and racing season.

Most of us slack off the strength training over the season. Now is the chance to build strength and power. Join a boot camp session or get back into the gym to build strength and power. Make It Fit's Boot Camp Challenge has classes in Saratoga, Schenectady and Rensselaer counties, and Rock Your Fitness has classes in Malta. Start with lifting one-set of 12 to 15 reps. The correct weight choice is an amount where you can do one to three additional reps with good form. After a month, add another set to each exercise. For strength, here's a three-day starter plan (for exercise descriptions, see hislopdesigns.com):

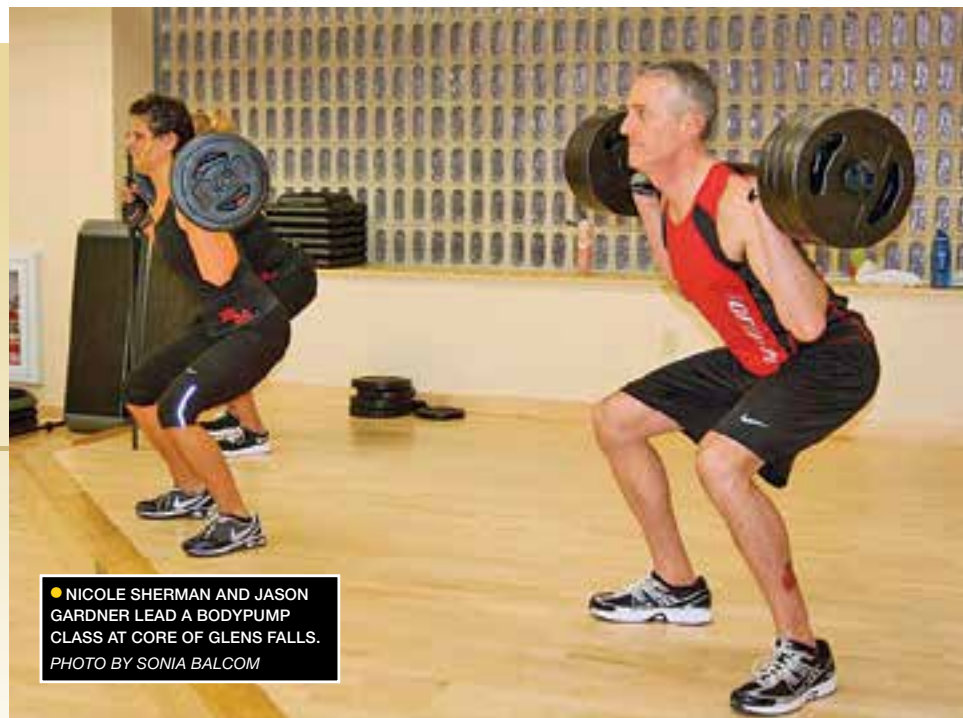
Day One – Plank for 30 seconds and build by ten seconds each week. Push-Ups: do ten perfect to start, on knees if needed, and add two per week. Superman for 30 seconds and build by ten seconds each week. Also, do Clockwork Lunges, Single Leg Bridges, and Calf Raises.

Day Two – Side Plank for 30 seconds per side and build by ten seconds each week. Pull-Ups, assisted if needed. Also, do Lying Hip Abductions, Donkey Kicks, Burpees, Lat Pull-Downs with Bands, and Squats.

Day Three – Low Plank to High Plank for 30 seconds and build by ten seconds each week. Also, Hip Drops, Lateral/Side Raises, Bicep Curls, Triceps Dips, and Walking Lunge.

Challenge your brain by trying something new. Melissa Gordon of Troy recently rallied a group to try a summer biathlon. The Saratoga Biathlon Club hosted a 4K run with two shooting stations. They provided training, gear and lunch. "The key is to HIT the target!! If you miss, you have to run a 100-yard penalty loop," noted Melissa. Another pre-snow event is planned for October and then the club switches to cross-country skis.

Another way to challenge both the body and the brain is yoga. Flexibility work sometimes goes by the wayside during the season. Melissa Leach, local yogi, says, "Yoga is not just physical, but it's a mental practice as well. In a really difficult situation, can you stay present or does your mind take you out? Typically our mind quits before our body does." Yoga is hard, "It will push your limits and there is no end goal in yoga. Once you



● NICOLE SHERMAN AND JASON GARDNER LEAD A BODYPUMP CLASS AT CORE OF GLENS FALLS. PHOTO BY SONIA BALCOM



● ANN MARGARET MCKILLOP OF MY FITNESS RECOVERY LEADS A CHIRONNING TUNE-UP FOR DENISE SCHWIND OF ALBURTIS, PENN. PHOTO BY BRIAN SCHWIND

get used to doing something in your practice, another door opens so there is constant growth."

As you return to your beloved swim, bike and run, focus your work on improving technique! For swimming, attend swim classes where you can get stroke critiques. The LUNA Chix Albany Triathlon Team, Saratoga Regional YMCA, and T3 Coaching will host swim clinics where you can learn specific drills to become more efficient.

For biking, join group spin or power classes where someone will instruct and watch your form, or master the rollers on your own. Bethlehem Tri Club founders, John and Shannon Guastella, have opened 365 Fit a new studio in Delmar for training. Core Fitness Studio in Glens Falls produces results in a fun atmosphere. The YMCAs, health clubs, spin facilities, and many bike

shops have indoor training programs.

For running, most people could gain speed and efficiency. It pays to work with a coach to analyze your form and focus on technique drills. ChiRunning certified instructor Ann Margaret McKillop, and the Fleet Feet Sports clinics and training programs, are good resources.

Focus on building your general fitness, and then as you move back into your season, you'll be ready to put in solid workouts to meet your goals! 🍌

Kristen Hislop (hislopdesigns@hotmail.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose passion, next to family, is the sport of triathlon.

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As the owner and operator of 75 hydropower facilities and 50 riverfront recreation areas in New York, Brookfield encourages you to be safe by wearing a U.S. Coast Guard-approved personal flotation device.

Whether you are fishing, boating or cross country skiing, Brookfield reminds you that dangers exist on water any time of the year, and that conditions can change quickly and without notice. Avoid areas such as dams, intake and water conveyance structures, gates, powerhouses and electrical substations. Use only designated recreation areas, and respect all warning signs, buoys, sirens, booms, barriers and fences.

Always check water conditions before you recreate. One source is Waterline: www.h2online.com.

Brookfield www.brookfieldrenewable.com

