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● NOELA REEL FROM NEW JERSEY AND OTHER PADDLERS ON A WIDE PORTION OF FISH CREEK, NEAR THE ENTRANCE TO COPPERAS POND.
PHOTO BY ALAN MAPES

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A Well-Fitted Bike is Important

Paddling the Floodwood Area

By Alan Mapes

A *fantasy land for paddlers* – that’s how I describe the Floodwood and Fish Creek area of the Adirondacks, west of the village of Saranac Lake. For several years, my wife and I have organized a car-camping and paddling trip to that area for a group of friends. We also spend time there as a couple, staying at the nearby Sunday Pond Bed & Breakfast. Here is a little background on the area and three of our favorite paddling spots.

My history with this area goes back a number of years. My first job (other than working on my family’s dairy farm) was based at Fish Creek Pond state campground. Working for NYSDEC, I conducted nature programs at four North Country campgrounds, and they gave me a “non-prime” campsite as my base for the summer.

That not-so-good campsite was a treasure to me. Just off the main loop road at Fish Creek, it gave me waterfront right on the creek, and I knew that I just had to get on the

water somehow. My first paycheck came about a month after I started working (some of you are familiar with the state lag pay), and most of it went into buying a 12-foot pack canoe. At last I was mobile on the water and much of my spare time during those two summers was spent exploring with a paddle.

Many years later, I am still going back, exploring waters old and new. The area I’m talking about is roughly bounded by a line around the villages of Saranac Lake and Tupper Lake, and hamlet of Paul Smiths. Fish Creek Pond and Rollins Pond state campgrounds are in the middle of that area. Just to the north of those campgrounds is the St. Regis Canoe Wilderness Area. For the past five years, our group used Rollins Pond as a base, booking several campsites on the north end of the campground road.

That location puts us close to a small creek that leads to Floodwood Pond, and opens the route down Fish Creek to Fish Creek Ponds, and Upper Saranac Lake – the sixth

See **PADDLING**, 18 ▶

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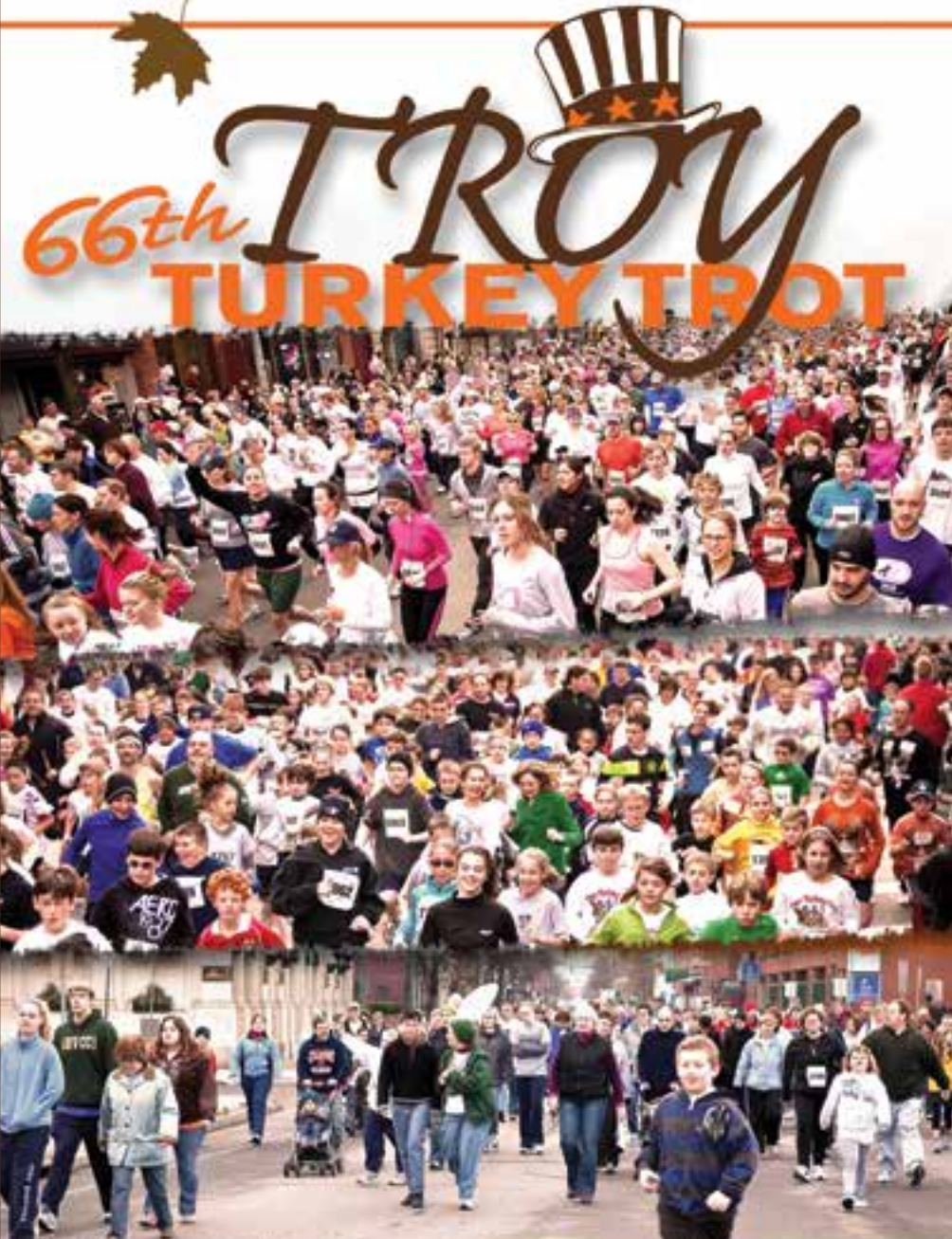



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- Colored start sections for the 5K to ensure a safe start and flow of runners
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Themed" and "Best Non-Thanksgiving Themed."

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AROUND THE REGION **News Briefs**

Urban Raid Obstacle Race Touches Down in Albany

ALBANY – Urban RAID, the city based leg of the RAID Series, will take over downtown Albany on Saturday, Oct. 19 for a unique 5K obstacle race. The spectacular course will take runners past some of Albany's most iconic landmarks including Empire State Plaza, the Capitol building, the Governor's Mansion and more. By the time they reach the finish line, racers will have completed more than ten custom built obstacles constructed along the course, including one inside the Times Union Center. Event organizers, Aura360 Ventures, have been working closely with Albany city officials to create a course route that showcases the Capital city while having minimal impact on traffic and pedestri-

ans. Post race, the Urban RAID after party will kick into gear with music, refreshments and more. Registration: raidevents.com.

Play It Again Sports Partner for Warren Miller's "Ticket To Ride"

ALBANY – Warren Miller Entertainment's 64th film, "Ticket to Ride," will take ski and snowboard fans on an action packed journey through some of the most exotic and sought after destinations in the world. This cinematic excursion through Greenland, Iceland's Troll Peninsula, the Alaskan Tordrillo, and Montana's Big Sky Country will come to Albany's Palace Theatre on Nov. 15 and 16 for Friday and Saturday evening showings. Tickets will be available locally only at Play

It Again Sports, 952 Troy-Schenectady Rd in Latham beginning in mid-late October. All attendees will receive a \$20 coupon to Play It Again Sports, just for attending. There will also be three new ski or snowboard packages given away, and lots of great freebies. Come see world class ski and snowboard athletes and Olympians on the big screen, enjoy some great music, and maybe even win some new gear. Call (518) 785-6587 or visit: playitagainsportslatham.com.

Capital District Bicycle Gala

NISKAYUNA – Select local bike shops, clubs, and industry partners are coming together to host the first annual Capital District Bicycle Gala on Saturday, Nov. 16 at the Edison Country Club in Niskayuna. The gala concept is simple: community; more people on bikes; support your local bike shop; and

growing the recreational culture. The evening will have craft beer from Chatham Brewery and select wines. Guests can mingle and bid in the silent auction featuring over 40 items, and race and event entries donated by local shops and clubs. A pasta station and dessert with fall inspired cuisine will have something for everyone. Guests will be treated to night full of fun dance tunes. The Capital District Bicycle Gala, chaired by Heather Rizzi, is a community effort to unite local shops and organizations. The funds raised will benefit the New York State High School Mountain Biking League, part of the nationally based NICA organization, which has helped to make mountain biking more accessible to NY youth. The league will be increasing the number of events available in 2014. For more info, call Heather at (518) 847-2419 and purchase your ticket at: hrrtonline.com. 🌲



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FROM THE PUBLISHER & EDITOR

Harvest the Rewards

October is autumn harvest month! The rewards of our summer sweat make this a month to shine and enjoy the fruits of our labor. In this issue, you'll see a mix of fun events from Halloween to turkey-themed races, to mud and obstacles in many sports – and beautiful road, trail and water destinations! Have fun, dress up and enjoy the camaraderie of family, friends and fellow athletes.

Be sure to take advantage of summer clearance and early winter sports sales and sign-ups at many local businesses, organizations and events. Winter sports open houses are also coming up, so attend to learn about new opportunities for fun and fitness.

We appreciate you supporting our advertisers who help bring this magazine to you, and let them know where you saw their ad. Please save the dates for our Adirondack Sports & Fitness Endless Summer & Winter Expo on Saturday-Sunday, Nov. 9-10 at the Saratoga Springs City Center – with 125 exhibitors, great sales, and valuable prizes! See you out there and thanks for reading us.



Darryl and Mona

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PHOTO BY
DARRYL CARON

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Calendar of Events
October-December 2013

Events beyond this range are advertisers in this issue.

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

ALPINE SKIING & SNOWBOARDING
ONGOING

Sat-Sun Used Equipment Sale. 10/26-11/24: 10am-4pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

OCTOBER

- 11-14 Annual Ski & Snowboard Tent Sale.** Steiner's Sports, Valatie. 784-3663. steinersskibike.com.
- 18-20 Annual Ski & Snowboard Tent Sale.** Steiner's Sports, Glenmont. 427-2406. steinersskibike.com.

NOVEMBER

- 2 Warren Miller's "Ticket to Ride" Movie.** 7pm. Skidmore College, Saratoga Springs. Tickets: Alpine Sport Shop. 584-6290. alpinesportshop.com.
- 1-3 52nd Albany Ski & Snowboard Expo.** Empire State Plaza, Albany. albanyskiandsnowboardexpo.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.

DECEMBER

- 18 Inside Edge Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 Rail Jam: Freestyle.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 27-29 Christmas Holiday Camp.** 9:30am-3:30pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 29 Goldstock's Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING
ONGOING

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

OCTOBER

- 12 "Rising From Ashes" Bicycle Film.** 7:30pm. Saratoga Film Forum, Saratoga Springs. Beth DellaRocco: 584-3456. saratogafilmforum.org.
- 12-13 Haunted Hundred.** 100M. 6pm. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- 13 Clifton Park Casual Bike Ride.** 15M w/historian John Scherer. 1pm. Jonesville F.S., Clifton Park. 371-6667. cliftonpark.org.
- 13 Great River RIDE.** 111M/85M/62M/35M. Berkshire Brevet RUSA 170K Populaire. Westfield, MA. newhorizonsbikes.com.
- 18-19 Copake Auction: Bicycle Pedaling History Museum Collection.** Sat: Auction: 10am. Fri: Swap Meet: 7am-6pm. Copake Auction, Copake. 329-1142. copakeauction.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.
- 16 Capital District Bicycle Gala.** 7pm. Silent auction, dancing. Edison Club, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.
- 24 HRRT Sweat N Ice Ride.** 62M/32M. 9am. Charlton Town Hall, Charlton. Heather Rizzi: 847-2419. hrrtonline.com.

DECEMBER

- 13 Last Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

CROSS-COUNTRY SKIING
NOVEMBER

- 23-24 Lapland Lake Open House.** 9am-4:30pm. Ski, snowshoe, sales, prizes. Sat, 11am-3pm: book signing by Spencer Morrissey, author of Adirondack Skier. Lapland Lake Nordic Ski Center, Northville. 863-4974. laplandlake.com.
- 24 10th Kingston Roller Ski Race.** 5K/10K/2K. 12pm. Kingston. Greg Malia: 845-518-8598. kingstonnordic.blogspot.com.

DECEMBER

- 8 Cross-Country Ski.** Leader's Choice. 7-10M. Rich Macha: 346-3180. adk-albany.org.
- 15 NYSEF Season Opener.** Freestyle. 10K: Open, master & U18. 5K: U16. 4K: Bill Koch League. Mt. Van Hoevenberg, Olympic Sports Complex, Lake Placid. nyssranordic.com.
- 29 Huyck Preserve Cross-Country Ski.** 8M. Rensselaerville. Rich Macha: 346-3180. adk-albany.org.

JANUARY

- 11 Winter Trails Day.** 2-4:30pm. Lapland Lake Nordic Ski Center, Northville. 863-4974. laplandlake.com.

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- Daily RPM Indoor Cycling Classes.** First class free. Core Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
- Daily 365 Fit Training.** Yoga, bootcamp, kickboxing. 365 Fit, Delmar. 727-7815. 365fit.info.
- 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 & CLIMBING
OCTOBER

- 11-13 Trailless Backpacking: Santanonis.** 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 12 Reel Rock 8 Film Tour.** 7:30pm. Films, raffles. Keene Arts Playhouse, Keene. The Mountaineer: 576-2281. mountaineer.com.
- 12 Guided Walk.** 10am-1pm. Hennig Preserve, Providence. 587-5554. saratogaplan.org.

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Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

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.**19-20 Map and Compass Bushwhack.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.**26 Family Fall Festival.** Hiking, archery, games, campfire. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.com.**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.**23 Slide Mtn Wilderness Area.** 7M. Phil Seward: 527-1851. adk-albany.org.**29 Yokun Ridge South Hike.** 6M. 8am. Park & Ride, Defreestville. John Sheehan: 674-8121. adk-albany.org.**DECEMBER****14 Beginner's Snowshoe Hike.** 5-8M. Moreau SP, Gansevoort. Carl Klinowski: 274-8410. adk-albany.org.**MOUNTAIN BIKING & CYCLOCROSS****ONGOING****Sun Morning MTB Rides.** Location varies, Albany area. facebook.com/rcubedrunriderace.**Sun HRRT Junior Development Team MTB Training.** 8am. Location varies. hrrtonline.com.**Mon HRRT 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. Locations vary. 346-1433. plaineandson.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: 5th Saratoga Spa Cyclocross Race.** 9am-2:30pm starts. Saratoga Race Course (Henning Rd), Saratoga Springs. Andrew Bernstein: 610-618-6272. nycross.com.**27 NYCROSS.COM #5: Wicked Creepy Cyclocross Race.** 9am. Bennington, VT. nycross.com.

Halloween Cyclocross Race. 10am. Pittsford. 585-381-3080. parkavebike.com.

29 HRRT All Hollows MTB Race. 6pm. Central Park, Schenectady. hrrtonline.com.**NOVEMBER****2 NYCROSS.COM #6: Syracuse Grand Prix Cyclocross.** Onondaga Lake, Liverpool. nycross.com.**2-3 23rd Cycle-Smart International/Shimano New England Professional Cyclocross Series.** Look Park, Northampton, MA. cycle-smart.com.**3 Power Cross Race.** 10am. Long Branch Park, Liverpool. 315-420-5463. maxpowercycling.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.**16 Capital District Bicycle Gala.** 7pm. Silent auction, dancing. Edison Club, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.**23 Something Wicked: 6Hrs of Cathedral Pines MTB Race.** 9am. Middle Island. 631-566-5045. somethingwickedevents.com.**28 HRRT Giving Thanks MTB Race.** 8am. Central Park, Schenectady. hrrtonline.com.**DECEMBER****22 HRRT X-MAS Madness MTB Race.** 9am. Central Park, Schenectady. hrrtonline.com.**MULTISPORT: TRIATHLON, DUATHLON & BIATHLON****OCTOBER****13 Glens Falls Duathlon.** 5K run, 30K bike, 5K run. 8:30am. SUNY Adirondack, Queensbury. glensfallslions.org.**20 11th Mohawk Towpath Byway Duathlon & Kids' Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Krause's Grove, Halfmoon. Eric Hamilton: 371-7548. mohawktowpath.org.**20 Summer 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.** Olympic & Sprint. 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.**NORDIC: BIATHLON & ORIENTEERING****OCTOBER****20 Saratoga Summer Biathlon Race.** 4K. 10am. Paint Gun Biathlon: 12 & under. Saratoga Biathlon Club, Hadley. nybiathlon.org.**NOVEMBER****2 Orienteering Meet.** 10am. Five Rivers Environmental Center, Delmar. empo.us.orienteering.org.**3 Scout Orienteering.** Tawasentha Park, Guilderland. empo.us.orienteering.org.**23 Orienteering Meet.** 10am. Peebles Island SP, Waterford. empo.us.orienteering.org.**DECEMBER****21 Ski-O.** Lapland Lake Nordic Center, Northville. nyssranordic.com.**31 Ski-O.** Garnet Hill XC Center, North Creek nyssranordic.com.**JANUARY****1 New Years Resolution Day Biathlon.** McCauley Mountain Ski Center, Old Forge. nybiathlon.org.**OTHER EVENTS****OCTOBER****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 Swimming Meet.** Moyer Pool, Hartwick College, Oneonta. Paul Windrath: 607-431-4537. adms.org.**NOVEMBER****3 Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.**9-10 ASF Endless Summer & Winter Expo.** Sat 10-5, Sun 10-4. Saratoga Springs City Center. 877-8788. adksports.com.**DECEMBER****1 Discover Scuba.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.**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**NYCROSS.com
2013 Race Series***Grassroots, Fun,
Rider-Centered Racing!***Oct 12-13 – Uncle Sam
GP of Cyclocross**
Prospect Park, Troy**Oct 20 – Saratoga Spa Cyclocross**
Saratoga Race Track, Saratoga Springs**Oct 27 – Wicked Creepy Cyclocross**
Willow Park, Bennington, VT**Nov 2 – Syracuse Grand Prix**
Onondaga Lake Park, Liverpool**Nov 10 – Bethlehem Cup
Cyclocross**
Elm Avenue Park, Bethlehem**Info: NYCROSS.com
Register: BikeReg.com****THE CENTER FOR PREVENTIVE MEDICINE**

Paul Lemanski, MD, FACP • Laurie Burton-Gregg, MS, RD, CDE • Amy Milstein, MS, RD, CDE

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- CARDIOFIT weight reduction program
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North Country Acupuncture, LLC • 518-210-6081

More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.comThe Center for Preventive Medicine • Prime Care Physicians, PLLC
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100**ROCK SOLID FUN****Mobile Rock Climbing Wall Rental**
Bring exciting, safe climbing experiences to your events**(518) 428-6020 • RockSolidFun.com**
Damien Cetnar • Scotia, NY

USATRAK&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

Tuesday, Oct. 15, 7-8:30pm – Stability: Maintaining Fitness and Injury Prevention

Strength/flexibility training • Nutritional needs/changes as we age • Importance of rest

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

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

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

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

PADDLING: CANOE, KAYAK & SUP

OCTOBER

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

ONGOING

Tu We Run the Capital Series: 10/8: Tawasentha Park, Guilderland; 10/15: Central Park, Schenectady; 10/22: Fleet Feet Sports, Albany. 10/26: 8am, Central Park, Schenectady; 10/29: Peebles Island SP, Cohoes. fleetfeetalbany.com.

OCTOBER

- 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 Octoberfest Half Marathon & 10K. 9am. Fire Department, Peru. runoctoberfest.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.
- 12 4th Food Drive 5K Run/Walk. 9am. Robert Moses SP, Massena. Tom Seguin: 315-769-6781.
- 12 Walk to End Alzheimer's. 12pm. Siena College, Loudonville. 867-4999. alzwalknyny.org.
- 13 31st Mohawk Hudson River Marathon & 12th Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Packet Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 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. srun4areason.com.
- 13 3rd Trek for Hope. 10K: 9am. 5K: 10:30am. 1M Kids' Run: 9:15am. Village Park, Granville. 796-1550. thehayneshouseofhope.com.
- 13 Jailbreak Trail Marathon. Half, full & ultra marathons. 8am. Dannemora. 562-2297. jailbreaktrailmarathon.org.
- 13 6th Deerfield Skeleton 5K XC Run. 10am. Plus, 3K run & 1/4M kids' run. Wilderness Park, Deerfield. getentered.com.
- 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. lfymca.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.** 10am. Capitol Building, 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. 9am. Central Park, Schenectady. Kathleen Snyder: 763-1119. maddiesmark.org.
- 19 Spooktacular 5K Pumpkin Run. 8am. Cole's Woods, Glens Falls Family YMCA, Glens Falls. 793-3878. glensfallsymca.org.
- 19 Monster Scramble 5K & 1M Family Run. Lake George. msupstateny.org.
- 19 Wishful Thinking Homecoming 5K Run/Walk. 10:45am. 1M Kids' Race: 10am. Lynch Academy, Amsterdam. Stu Palczak: 791-6373.
- 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.
- 19 Angel Tracks 5K Fun Run. 10am. Partridge Run Gold Course, Canton. Alicia Murphy: 315-386-1102. slccdp.org.
- 20 2nd 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 1st Fleet Feet Sports 10K Trail Race.** 8am. Grafton Lakes SP, Grafton. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 20 Beat Beethoven 5K Run/Walk. 9:30am. Central Park, Schenectady. Christine Mason: 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. In memory of Skip Veeder. 10am. Veeder's Tree Farm, Earlton. eventbrite.com.
- 20 Monster Dash 5K Run/Walk. 12pm. Medicine Horse Farm, Morrisonville. medicinehorsefarm.com.
- 20 Hambletonian Marathon & Good Time Trotters Relay. 8am. Goshen. hambletonianmarathon.com.
- 20 Myer Flyer 5K Run/Walk w/ Kids Mini Miler. 8:30am. Myer ES, Hurley. Rachel Balaban: 845-532-0700.
- 20 Leaf Peeper Half-Marathon. 13.1M. 9:30am. Yaman Park, Cortland. Don Kline: 607-756-2893. cortlandymca.org.
- 20 Empire State Marathon, Half & Relay. 26.2M: 7:30am. 13.1M 8am. NBT Stadium, Syracuse. empirestatemarathon.com.
- 26 6th Anne's Quest 5K Run & 3K Walk. 9:30am. In memory of Anne Rosenthal. Shaker HS, Latham. administration@annesquest.org. annesquest.org.**
- 26 Monster Madness Dash 5K Run. 9am. Plus, 3K walk & kid's fun run. YMCA, Troy. 272-5900. cdymca.org.**
- 26 20th Goblin Gallop 5K. 9am. Plus, 1M kids' fun run. Abraham Wing School, Glens Falls. Lee Pollack: 798-4066. adironackrunners.org.
- 26 Pumpkin Brigade 5K. 10am. Johnsonville. Michelle Daus: 275-2508. bkvr.org.
- 26 4th UlsterCorps Service Sprint 5K + Zombie Escape. 11am. Williams Lake, Rosendale. 845-481-0331. ulstercorps.org.
- 26 Rylie J's Boo & Brew 5K. 3pm. Rylie J's, Geneva. Jen Stanton: 315-651-0205.
- 26 Skeletal Scamper. 9am. Dobisky Community Center, Ogdensburg. 315-713-5163. northernrunner.org.
- 26 15th Great Sacandaga Road Race. 10K. 10am. Sport Island Pub, Northville. Ann Kenyon: 775-1877. fmrrc.org.
- 26 rUNDEAD HVR 5K Trail Run. 8:30am. Anderson Center for Autism, Staatsburg. Teresa Gilli: 845-765-2497. nyso.org.
- 26 4th Rock N Run 5K. 10am. Goshen HS, Goshen. jrfoundation.org.



DIRTY DOG MUD RUN 2013
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

Thanksgiving Day
NOVEMBER 28, 2013
Central Park, Schenectady

3 2 N D A N N U A L

CARDIAC CLASSIC 5K

PROCEEDS TO BENEFIT ELLIS MEDICINE'S WRIGHT HEART CENTER.

Run. Walk. Join the Tradition.

3 GREAT EVENTS

- 2M Wellness Walk-FREE.....8:00am** (day of event registration until 7:45 am)
- 5K Road Race-Runners Only.....9:00am** (pre-register only, no day of registration)
- 1M Duck Pond Fun Run-FREE..10:00am** (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
Online registration closes:
Tuesday, November 26 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY:
 

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:
Anne's Quest.org

In memory of Anne S. Rosenthal
All proceeds to Anne's Quest Foundation




6th Annual
Run Off That Turkey Trot 5K
Saturday, November 30 • 10am
Altamont Elementary School, Altamont

Out and back thru scenic country/village roads
Running gloves to all preregistered
Door prizes, refreshments, more...
Only 300 entries allowed

Register: active.com
Phil Carducci: (518) 861-6350
holidayclassic@nycap.rr.com
Proceeds benefit Helderberg Running Club

5th Annual
Race Away Stigma 5K Race & Fun Walk
Help "race away" stigma surrounding mental illness

Saturday, Oct. 19 • 10am
Bruno Stadium, HVCC, Troy
\$17 HMRRRC, \$20 non-members
T-shirt, awards, raffles
Larry Ellis 629-7175, Lellis@hvcc.edu
Register online: hvcc.edu/cct



OUR TOWNE BETHLEHEM
TURKEY TROT 2013

Thanksgiving Day
5K Fun Run/Walk
Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the
Bethlehem Food Pantry
Download Mail In form at:
OurTowneBethlehem.com
or Register Online @
Active.com

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

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

MVP 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 people with disabilities and their families

- 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.
- 27 3rd Oktoberfest Costumed Prediction Run/Walk. 10am. Ogdensburg. 315-393-3074. unitedhelpers.org.
- 27 Pumpkins in the Park 5K Run/Walk. 10am. Corning Preserve, Albany. pae-albany-saratoga.com.
- 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

- 2 13th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. sullivanstriders.org.
- 3 **8th Fall Back 5 Trail Race.** 5M. 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. 584-2000. saratogastryders.org.
- 3 After the Leaves Have Fallen 20K Carriage Trail Run. 11am. Minnewaska SP, New Paltz. onteorunners.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.
- 10 2nd Firefighters Veteran's Day 5K. 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 913-909-6467. iaff343.org.
- 10 Burn Run 10K/5K. 8am. Sanders Creek Pkwy, East Syracuse. theburnrun.org.
- 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. Jon Meredith: 728-1451.
- 16 Pre-Turkey Turkey Trot 5K/10K. 9am. Farmer's Market Pavilion, Gloversville. c1ministry.com.
- 16 Operation Santa Run 5K/10K. 11am. 1M Elf Run: 12pm. Hudson Falls MS, Hudson Falls. Wendy Matthews: 798-5794. adirondackrunners.org.
- 16 Turkey Trot Ogdensburg. 9am. Dobisky Center, Ogdensburg. Kelly Amo: 315-713-5163. northernrunner.org.
- 16 NYRR NYC 60K. 8am. Engineers' Gate, Central Park, Manhattan. nyrr.org.
- 23 Turkey Trot 5K. 9am. Beekmantown ES, West Chazy. bcSDK12.org.
- 24 HMRRC Turkey Raffle 1-Hour Run. 10am. Tawasentha Park, Guilderland. Al Maikels: 435-4500. hmrrc.com.
- 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 **32nd Cardiac Classic 5K Race.** 9am. 2M Wellness Walk: 8am. 1M Duck Pond Run: 10am. Central Park, Schenectady. ellishospitalfoundation.org.
- 28 **4th OurTowne Turkey Trot 5K Fun Run/Walk.** 9am. Bethlehem MS, Bethlehem. ourtownebethlehem.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 12th Christopher Dailey Turkey Trot. 5K. City Hall, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.

- 28 Thanksgiving Run/Walk to End Hunger. 5K. Memorial Parkway, Utica. 315-793-0955. uticaroadrunners.org.
- 28 50th Cohoes Turkey Trot. 5K: 9:30am. Kids' Races: 8:30am. City Hall, Cohoes. ci.cohoes.ny.us.
- 28 Thanksgiving Day Run for the Hall 5K. Sports Hall of Fame, Rome. uticaroadrunners.org.
- 28 John Adams Memorial Turkey Trot. 9am. Peru Central School, Peru. perulionsclubnewyork.org.
- 28 Watertown Family YMCA Turkey Day Run. 10am. Watertown. northernrunner.org.
- 28 WMAC Turkey Trot. 5K. 9:30am. PNA Hall, Adams. 413-344-3968. runwmac.com.
- 28 Turkey Trot Races. 25K: 8:30am. 5M: 9am. 2M Fun Run: 9:05am. Freedom Plains. mhrrc.org.
- 28 28th Run for Hunger 5K & 2M Walk: 9am. Kids' Run: 8:50am. Ski Chalet, Memorial Parkway, Utica. uticaroadrunners.org.
- 28 18th Running of the Turkeys 5K Run, Walk & 1K Kids' Run. 9am. Fisher ES, Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 28 37th Turkey Trot 5K. 11am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 28 James Hinchliffe 5K Run/Walk for ALS. 5K. Civic Center, Glens Falls. Dannica Campbell: 480-3202.
- 30 **6th Run Off That Turkey Trot 5K Run/Walk.** 10am. Altamont ES, Altamont. Phil Carducci: 861-6350. active.com.

DECEMBER

- 6-7 **24-Hour Fight Against Hunger Treadmill Run.** 4pm. Fleet Feet Sports, Albany. fleetfeetalbany.com.
- 7 10th Reindeer Run 5K & Jr. Reindeer 1M. 9am. SUNY Adirondack, Queensbury. 260-2392. adirondackrunners.org.
- 7 8th Albany Speedo Sprint. 2pm. Lark Street, Albany. albanycommunity.org.
- 7 Jingle Bell Run/Walk. 5K. 10am. Central Park, Schenectady. Eileen Reardon: 456-1203. arthritis.org.
- 7 Recover from the Holidays 50K Run. 9am. Norrie Point, Norrie SP, Staatsburg. Charlie Sprauer: 845-635-2936. mhrrc.org.
- 7 34th Holiday Run. 5M: 11am. 1M Kids' Run: 10:30am. Knights of Columbus, Wappingers Falls. Pete Sanfilippo: 845-297-7950. mhrrc.org.
- 7 Ugly Christmas Sweater 5K Run/Walk. 9am. St. Mary's School, Cortland. getentered.com.
- 8 Let It Snow 5K. 9am. Point Park, Old Forge. adkchristmasonmain.com.
- 8 HMRRC/Doug Bowden Winter Series Race #1: 15K/3M. 10am. University at Albany, Albany. hmrrc.com.
- 8 Reindeer Ramble. 5K. YMCA of Kingston and Ulster County, Kingston. ymcaulster.org.
- 14 **17th Albany Last Run 5K.** 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 21 Holiday Classic 5K. 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350.
- 27 Kid's Fun on the Run Race. 1-2pm. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 29 I Love Woodford 3M Snowshoe Race. 10am. Woodford SP, Bennington, VT. bkvr.org.
- 31 **16th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. Info: 584-4132. saratoga-arts.org.
- 31 NYRR Emerald Nuts Midnight Run. 4M. 10pm. Central Park Bandshell, Manhattan. nyrr.org.

JANUARY

- 1 **HMRRC Winter Series #2: 38th Hangover Half & Bill Hogan 3.5M Run.** 12pm. University at Albany, Albany. hmrrc.com.
- 12 **HMRRC Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. hmrrc.com.

Bold listing = Advertiser in current issue of Adirondack Sports & Fitness.
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Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

Sunday, October 20th

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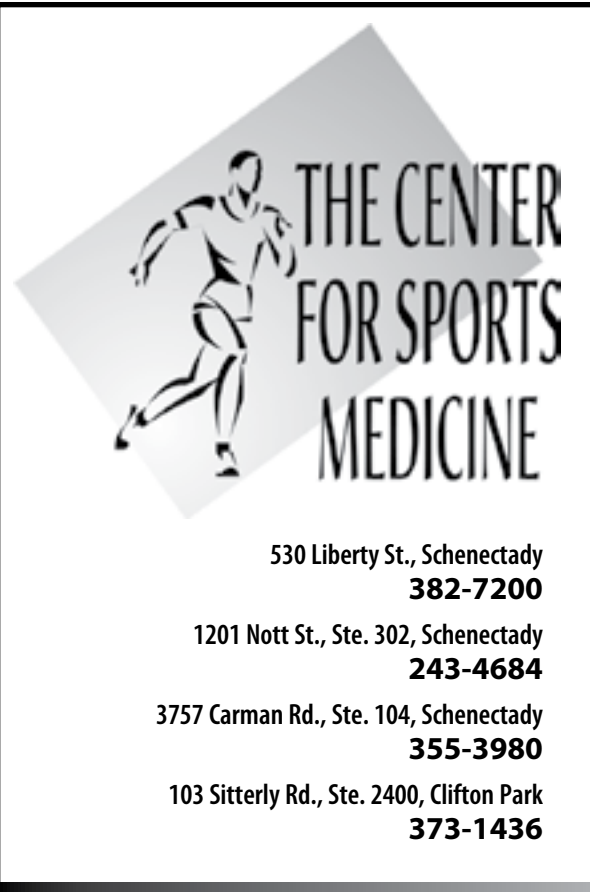
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RUNNING & WALKING

Autumn Harvest of Running

By Laura Clark

- KID'S FUN RUN AT 2012 GREAT PUMPKIN CHALLENGE.
- BEAUTIFUL, CHALLENGING TRAILS AT 2011 FALL BACK 5.
- STOCKADE RUN AT 2006 GAZETTE STOCKADE-ATHON 15K.

As we leave childhood, and the hands of our pre-digital clocks spin round like the spokes on a wheel, even the seasons begin to blur. Winter yields to a soggy spring teetering between frost and mud until all of a sudden we are in a frantic search for our summer gear. But fall harvest is not so easily overlooked. Crisp apples, plump pumpkins, and faster race times await – the product of careful sowing. While many of the autumn events profiled below are ideal for reaping the rewards of hard work, others gleefully beckon us to relax, and simply enjoy this unique season.

Jack-O'-Lanterns – As a librarian, I have observed that children are possibly more excited about Halloween than Christmas. And no wonder – they are in charge and get to select their own unique identity. This anticipation continues through adulthood and makes a run like Saratoga Bridges' 13th annual **Great Pumpkin Challenge** 5K and 10K run/walk such a popular celebration on Saturday, October 19. With an expected sellout crowd of 2,000 participants, consider it an Easter parade, Halloween-style. What makes this event particularly meaningful is that many of the Saratoga Bridges clients volunteer on the day, or donate their considerable artistic talents to craft decorative pumpkins.

The thoughtfully redesigned route allows the increased foot traffic to flow smoothly, and race director Jane Mastaitis is excited that the flat 5K will showcase the beauty of the Saratoga Spa State Park, passing by the reflecting pools, running through SPAC, and back towards the spouting geysers, and the 10K runners then continue past the Columbia Pavilion and onto the old route. Visit saratogabridges.com.

Falling Leaves – While there is a certain amount of nostalgia attached to Oliver Wendell Holmes' "last leaf upon the tree," the second annual **Saratoga Cross Country Classic** 5K cross country race allows us to turn back the hands of time on Sunday, October 20. Come and relive the glory days

of your youth on the Saratoga Spa State Park's historic 5K cross country course, scene of many a fabled high school and college meet. If your family includes teens currently involved in the cross country scene or if you're curious about what cross country running is all about, run this course for new insight into what it feels like to be high school or college racers. Or, challenge yourself to measure up to their time!

The cross country route features three hills and showcases a fair mix of wide roads, fields and singletrack. Go to usatfadir.org for a pictorial tour which will prepare your brain for the challenges your feet will face. USA Track & Field membership is required only if you are interested in competing in the championship division of the event. Bring the kids along for their own 2K and 3K romp through the woods. Plan on arriving early to cheer the USATF race walkers – some of those participants will be "walking" faster than those in the cross country 5K will be running!

Halloween Nightmare Before Christmas – If your taste inclines toward the macabre, head out to Thatcher State Park for the ninth annual **Hairy Gorilla Half Marathon and Squirrelly Six Mile** trail race on Sunday, October 27. Deemed the "best costume race in America" by *Runner's World*, the Albany Running Exchange is now out to capture the imaginary "most decorated trail race in America" component. Expect left-overs from a chainsaw massacre, as well as piano-playing vampires, banana-craving Gorillas and feisty Squirrels. Preregistered runners have their own personalized gravestone planted along the course. In fact, my best case scenario goal this year is to locate and abscond with my namesake, a feat that I have yet to accomplish.

The six-mile route, although squirrelly, is appropriate for beginning trail runners, while those who continue on to confront the gorillas will find the journey considerably more hairy. For humans unable to subsist solely on a diet of healthy bananas, race director Josh

Merlis promises an expansive potluck, complete with scary edibles leaning more towards the forbidden reaches of the food pyramid. Check out: hairygorillahalf.com.

The Dreaded Time Change – Few phrases have the power to strike fear into the heart of an intrepid runner more than "spring ahead, fall back." For who wants to fall back into descending darkness pierced by glaring headlights? Turn your dread into celebration at Saratoga Spa State Park's **Fall Back 5** five-mile trail race on Sunday, November 3.

While sections of the route hearken back to the Saratoga cross country course, this is a true trail race etching singletrack routes through forests, fields and wetlands, complete with two large hills and a bonus sprint past the Island Spouter spring and up the quad-busting staircase. You will discover that the state park is so much more than roads and the cross country course, and you'll also add some exciting trails to your workout inventory. Make sure you stick around to trade adventure tales with fellow athletes and try your luck at one of the unique post-race raffles – and proceeds support future trail development. For details, call the park office at 584-2000, or visit saratogastryders.org to download an application or to register online.

The Last Leaf – Chase the final leaves as they fall to the ground during the 38th running of the **Gazette Stockade-athon 15K** road race on Sunday, November 10. Although this distance has become an endangered species, we are fortunate that here in the Northeast we have the opportunity to participate in the oldest major 15K footrace in the United States. Christened after Schenectady's historic Stockade district, one of the few places in the country where a residential community has thrived for over 300 years, the route is a virtual tour of colonial and early American history.

Swag will include a practical Brooks day pack bag and discounted Brooks race shirts will be available for purchase. With over 2,000 anticipated athletes, you will not be running alone, but neither will you be park-

ing alone so athletes are encouraged to car-pool and arrive early. Afterwards, stay warm at the pavilion fireplace, enjoy pizza and hot soup, as well as Vince Juliano's who's who commentary at the awards ceremony. Got to: stockadeathon.com.

Reaping the Harvest – You may have endured track intervals and training runs in relentless summer heat. Now is the time to reap your reward at the sixth annual **Shenendehowa Veterans Day Dash** 5K run/walk on Monday, November 11. This flat, extremely fast course around the Shenendehowa campus, starting and finishing at the high school track, also has the added benefit of being totally traffic free on this holiday. No dodging cars or breathing in gas fumes, the only obstacles will be the fellow runners you strive to pass. Marines and National Guard servicemen will be there to encourage you and your quest will be jump-started by genuine cannon fire. Expect roughly 400 runners of all ages and paces. This includes a sizeable sports team presence, with the largest team receiving a monetary donation for their booster club. Hopefully, the young bloods racing to the finish will propel you to a satisfying year-ending PR. Proceeds benefit Patriot Hills veterans' facility, Shen Track Booster Club, and Clifton Park Track Club. Check out: shenrunners.com.

Enjoying some of these events will put you in the proper frame of mind for the annual turkey invasion, with pre-, day-of and post-Thanksgiving celebrations – and of course, the snowshoe season to follow! 🍂

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

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ATHLETE PROFILE

Kristen Hislop

RESIDENCE: Clifton Park
AGE: 49
FAMILY: Husband, Reid; Sons, Alex (12) and Jack (10)
PRIMARY SPORTS: Triathlon and Running
SECONDARY SPORTS: Tennis and Skiing

▲ FINISHING THE 2013 IRONMAN LAKE PLACID TRIATHLON IN 12:29:15.

◀ HISLOP FAMILY AFTER THE 2013 CRYSTAL LAKE TRIATHLON.

By Bob Cameron

If you're a regular reader of *Adirondack Sports & Fitness*, or local triathlon and running blogs, or hung around for the awards ceremony at races you probably know her name. Kristen Hislop is a wife, mother, triathlete, runner, coach, personal trainer, mentor, educator, LUNA Chix and more. How does that evolution occur?

Evolution of a Triathlete – Most triathletes don't start off doing all three sports, we evolve after enjoying one of the three. For Kristen, swimming was her first sport. Growing up on Long Island, Kristen's father had a sailboat and would take Kristen and her sister out on the water. Her father did not swim, so their mother required the girls to know how to swim. Her swim instructor convinced her mother to allow the girls to swim with the YMCA team, starting a career with YMCA and Amateur Athletic Union swim meets at age nine continuing through college. The sailing stuck too and provided a fantastic vehicle for mental training at a competitive level. Sailing Instructor on Long Island Sound stills holds best job status for Kristen, next to coaching triathletes.

A couple of years on the track team in high school and college started Kristen's running career. Upon graduation from Hamilton College in Clinton she migrated to New York City. As a new graduate she couldn't afford a gym membership, and without pool access, running became her primary sport. She and her roommate, Martha, joined the New York Road Runners club and began participating in their classes and running races. One memorable event during this period occurred at a NYRR class in Central Park as the roomies were preparing for the L'eggs Mini Marathon 10K. New York City Marathon founder Fred Lebow was teaching their class that day. He came running up to them and asked about their goals for the race. They said they didn't really have any outside of crossing the line. Fred told them, "Don't let anyone pass you in the last mile of this race" and that has become a mantra for every race.

While in New York, working at the Federal Reserve Bank, Kristen joined the New York Health & Racquet Club, and started swimming again.

In 1991, after five years in NYC she ven-

tured off to Boulder, Colo., for her MBA. While attending school it was easier to commute via mountain bike, and as one would expect of Colorado, there was good access to riding trails. So mountain biking joined the fold.

While working at a restaurant during graduate school, a group of her coworkers and her decided to try a local triathlon. It consisted of an indoor pool swim, a road ride and a run. Kristen said she made lots of rookie mistakes, like not gearing down, dropping a chain, and getting covered in grease, but she was hooked.

The athletic community in Boulder is also where Kristen met her husband Reid. They started doing triathlons together, and later decided to run the 1999 Napa Marathon so his parents and sister could come meet them. They got engaged at mile 23 and she brags he still did his first marathon under four hours!

Over time the races got more challenging and she got faster. Kristen had her sights on Ironman. Two false starts over the years included being hit by a car during an Ironman Florida training ride in 1999. This past summer she completed her first Ironman in Lake Placid.

When asked what was the most memorable event or race, she admits "That's a tough question because there are pieces of so many races that were big." That said, some that stick out include the challenge and accomplishment of climbing up Olde Stage Road – a 15% grade – in the Boulder Peak Triathlon; completing the challenging Saturn Tri in Monument, Colo., with some of the steepest climbs she's done; various Danskin Triathlons around the country where she's met many athletes; and of course the huge physical and mental accomplishment of Ironman in July.

Evolution of a Coach – Upon moving back east to Clifton Park, Kristen became active with the Southern Saratoga YMCA. In 2008, the Y was kicking off a training program to prepare people for their Anyone Can Tri sprint event, which is a very similar event to Kristen's first triathlon in Boulder. Kristen joined in with a group of seasoned triathletes to help coach.

In 2009, the Leukemia & Lymphoma Society's Team in Training program was going through a coaching transition and new coach Beth Grzybowski asked Kristen to join her to

coach a group for the Memphis Triathlon. Kristen says, "It was an awesome experience and I continued on. I have met some of the greatest, most caring athletes through TNT."

It was during this time that I first met Kristen. Beth recruited me and another friend to help the TNT group with basic bike maintenance. I had just started doing triathlons myself and was soaking up the experience Kristen was sharing with the group.

In addition to getting hooked on competing in triathlons, Kristen also got hooked on coaching. In addition to the Y and TNT programs, people were still looking for training help. Kristen saw the opportunity to expand her coaching and completed the USA Triathlon coaching certification program. She says of the program, "Like any good certification program you need to renew every two years and stay up-to-date with continuing education classes. There are some incredible resources among the USAT coaches and we are able to share issues and expertise." Today, what started out as her jewelry-making business, Hislop Designs, is becoming a go-to coaching resource, and was recently renamed Hislop Coaching. Kristen works with all levels of athletes to set and achieve their goals.

When asked what she likes about coaching, she says, "I love helping people plan out their seasons and create fun and attainable goals. I really love getting the emails post-race or watching the faces as they cross the finish line knowing another goal was met." She uses Tracy Perry of Clifton Park as an example, "She is a fantastic athlete who has had great running success in her career. When she added duathlons she was winning everything in the area. I suggested we look a little bigger, like a national level event and maybe beyond. In August of 2013, she competed in the Duathlon Worlds in Ottawa, Ontario. I was able to be there and experience the event with her. That was fun!" Tracy couldn't agree more, "After competing in nearly 300 events, many of my most memorable were made possible because of Kristen. If not for her, I would have never had the opportunity to participate in the ITU (Age Group) World Duathlon Championships in Ottawa."

Evolution of a LUNA Chix – While at the

Leeds School of Business at University of Colorado-Boulder from 2000-2007, she taught a required class which brought in CEOs to speak to freshmen. The executives would visit and spend the day with a group of upperclassman who had to write a chapter of the class textbook on the CEO, their company and industry. Sheryl O'Loughlin, then CEO of Clif Bar & Company (creator of LUNA bars), was one of the visitors. Kristen learned a lot about the company, founder's philosophies, and corporate personality from the student's research. After having her first son, Kristen applied for their LUNA Mom's program, and participated with the Boulder LUNA Chix Mountain Bike team.

Another year of 'stretches' for Kristen was in 2009. She applied for Tri Sports sponsorship and was accepted. She also applied for and received a LUNA Chix team chapter. The LUNA Chix Albany Triathlon Team has evolved into a great asset in the local athlete community. Kristen has a lot of passion for the work she's doing with the LUNA Chix.

Kristen says, "Our team has changed and grown over the past few years, and it's a huge volunteer commitment. We are basically brand ambassadors for LUNA. Our goal is to get women running, cycling, swimming, and potentially putting it all together. Part of our charter is to raise money for the Breast Cancer Fund. One of our teammates lost her mom to breast cancer and another is a survivor. We are all very committed to the cause and support the Breast Cancer Fund's focus on prevention. We host free workouts each month as well as clinics where they charge to raise dollars for BCF. We have had great success with our swim clinics both in the pool and in open water. Women love our yoga clinics as well. We feel successful if we can get more women in the Capital District out exercising and having fun."

Kristen continued, "I was lucky to find my way along in athletics. I went from swimming to running to cycling, and put it all together. I love to research anything, so understanding how to put together a season or plan for a race was not difficult. I had years of swim workouts under my belt and track practices that gave me plenty of ideas. Not all women are so lucky. They might have participated in a sport in high school, but now find it hard to continue or find a team. Our LUNA team can help introduce them to life-long sports where they can participate at any level. We don't all "podium" and we certainly are not expecting women to come in with sport knowledge. Our team LOVES imparting what we know. Spreading the passion is what it is all about." In July 2013, Clif Bar named Kristen the LUNA Athlete of the Month.

Looking back, the evolution makes sense – stick with the things you love. Kristen shows a lot energy and willingness to share, educate and help. Thanks Coach K. 🌱

Bob Cameron (racame@nycap.rr.com) of Clifton Park is a process control engineer who enjoys triathlons, cycling, running, archery and hunting.

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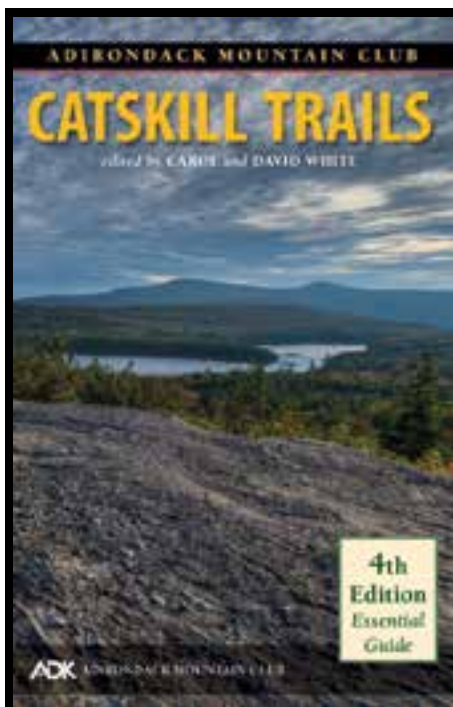
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HIKING & BACKPACKING

Rocky Peak Ridge and Giant Mountain Traverse

By Spencer Morrissey

Giant Mountain, or Giant of the Valley, is possibly one of the most sought after peaks in the Adirondack Park and why not, it's got a really cool name. But what many who seek out this mountain don't realize there is one of the finest Adirondack hikes just a ridge over. Rocky Peak Ridge is the hinted peak, which is also one of the highest points in the Adirondacks at 4,420 feet in elevation, making it on the 46er list of High Peaks. To access Rocky Peak Ridge there are a couple of options. One is to hike one of the trails up Giant and then the 1.1-mile spur trail from just below the summit of Giant and return. The other is to start from the hamlet of New Russia on NY Route 9, south of Elizabethtown, and use the long ridge trail to reach the Rocky Peak Ridge summit, and then use the spur trail to summit Giant, and exit to a second car located at NY Route 73 near Chapel Pond.

For this outstanding fall traverse we will be doing just that. We will visit the entire ridge, and spot a second car to join a friend on his 45th (Rocky Peak Ridge) and 46th (Giant Mountain) High Peak. This was to be my fourth complete traverse over this ridge, and it never gets old. My buddy Nate Allen, a fellow SUNY ESF Ranger School graduate, was to be the finisher today.

We started out the day with overcast skies with the possibility of cold rain and near freezing temperatures. As the hike unfolded we made decent time at a pace that was surprisingly faster than I had anticipated. The trail was wet from rain the previous day making it also on the slippery side. Before we knew it, we were at the intersection for Blueberry Cobbles. This is part of the main trail but at this point there is a bypass trail that stays below the actual top of the cobbles. We could have bypassed the cobbles to save on elevation and time, but it is fall and we wanted to soak up as much of the colors as we could, just in case the rain came in. The views along the cobbles were fantastic and it gave us our first sight of the long ridge with many mountains to climb along the way.

Next was Mason Mountain, which is not named on many maps, but is there nonetheless. Mason is a decent little climb with some steep sections and more interesting views. Mason was our first real break, but a short one, as the temperatures and slight breeze quickly chilled us into motion.

From Mason we began our descent into a shallow col before we started our aggressive climb up Bald Peak, which is another outstanding Adirondack peak worthy of a trip in itself. The final approach to the summit is over an open, slightly rocky and sandy climb. The views slowed us down to a crawl as the camera came back out. The Bald Peak to Rocky Peak Ridge trail is one of my favorite segments in the Adirondacks and surely to be everyone else's as well. The colors were starting to pop and the views of the hardwoods below us were deep reds and oranges. This would prove to be one of the last weeks of the leaf-peeping season where the colors could be enjoyed. At this point the cameras remained out and they never went back into the pack until our finishing descent of the day.

Along the ridge there is a balanced boulder that's a popular photo opportunity. It seems like each person that passes by thinks they can push the ten-ton boulder over the edge or get that epic shot of holding it back from rolling – either way it's a pictorial memory in everyone's photo album. After another climb, we were at the top of Rocky Peak, where we met up with two hikers whose confusion about the map seemed obvious, so we asked the question, "Where you headed?" They thought they were on Rocky Peak Ridge, which is a common mistake, and I had to be the bearer of bad news. They were actually on

Rocky Peak, which shouldn't be confused with Rocky Peak Ridge, the higher of the two points along the ridge. We didn't hang around long before we descended to the shore of Marie Louise Pond.

At Marie Louise Pond, the water level is so shallow it could be walked through, if it were not for the fragrant muck on the bottom. We opted to follow the trail around the north side of the pond to the base of the ridge, and start our final ascent to Rocky Peak Ridge. At the top, we celebrated Nate's 45th High Peak in fashion, by huddling behind a rock lip out of the wind. I was not looking forward to the long descent, and relentless climb of Giant that was ahead of us, but we headed right out.

We hiked the 1.1-mile spur trail up to the Giant trail in good time, and summited Giant with the clouds just overhead. We had a view under the clouds and into the valley, but the peaks above us were buried in thick dark clouds. This was number 46 for Nate and we had a great time celebrating his accomplishment!

The next 0.6-mile went by fast to the intersection with the ridge trail, and then we followed the Roaring Brook Falls trail, which took us to our second car at the base of Roaring Brook

Falls. From here the pace slowed as the terrain became more unforgiving and rough. We made the long descent to the top of Roaring Brook Falls, where we took in our last colorful views of the day, before our final descent. This last section was steep and could be slippery with the loose rocks, I was sure to take a fall and I did. Not a big deal, it's all part of the game and nothing more to show of it than a scrape or a bruise.

It was a great day with hardly a drop of rain and I would do that hike again in any season. In the fall with fabulous colors; in winter a blanket of white, in spring with wildflower blossoms; and in summer with blueberries that line the trail along the ridge – you just can't go wrong. Go see for yourself! 🌲

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

MARY LOUISE POND AND ROCKY PEAK RIDGE.
PHOTO BY SPENCER MORRISSEY



NATIONAL GEOGRAPHIC

15TH ANNUAL IRONMAN LAKE PLACID TRIATHLON *continued*

Table of race results for the 15th Annual Ironman Lake Placid Triathlon. Includes categories for Female Age Group (30-34, 35-39), Male Age Group (35-39, 40-44, 45-49), and Female Age Group (35-39).

15TH ANNUAL IRONMAN LAKE PLACID TRIATHLON *continued*

Table of race results for the 15th Annual Ironman Lake Placid Triathlon. Includes categories for Female Age Group (50-54), Male Age Group (55-59), and Male Age Group (60-64).

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PADDLING *continued from 1*



WHITE PINE "WOLF TREES" ALONG POLLIWOG POND SHOW THE EFFECTS OF PREVAILING WINDS. PHOTO BY ALAN MAPES

sic paddle trip for the area and involves two short portages. We start at the campsite on Rollins Pond, but non-campers can launch on Floodwood Pond, right next to the St. Regis Canoe Outfitters shop on Floodwood Road. From the campsite, we wind our way through the small creek to Floodwood, taking care through the short rocky stretch. Some people opt to walk their kayaks through this area – maneuvering skills like draws and bow rudders come in handy if you float through. Keeping to the right hand shore, we glide down the length of Floodwood, past several primitive campsites along the shores. These sites are no charge, first come-first served. Each of these marked water-side sites usually has a

largest lake in the Adirondack Park. Upper Saranac alone has 37 miles of shoreline – I am sure that a paddler starting from a campsite at Rollins could slip her/his boat into the water and paddle at least 60 miles without a portage.

If you are willing to portage, or carry your boat between ponds ("carry" is the Adirondack term, both noun and verb), it opens up a whole wider world in the Floodwood area. In recent years, we have been paddling kayaks 14 feet and longer – not easy to carry. I will concentrate on paddling without the benefit (curse?) of much portaging.

Rollins Pond Loop – This is the clas-

fire ring and an outhouse.

At the eastern end of the pond, we find the opening of Fish Creek and enter, watching out for some shallow rocks. Fish Creek is shallow and winding, but plenty wide enough for easy passage. You often meet a fair amount of traffic here, since the area is such a paddler's paradise. We see all sorts of human-powered watercraft along the route – canoes, kayaks of all sorts, standup paddleboards, and sometimes an Adirondack guideboat, complete with a happy dog getting a nice ride.

At the end of the creek, we come out onto Little Square Pond. A circuit of the

shoreline is worthwhile here. A common loon often greets us as we exit the narrow part of the creek. Heading downstream from Little Square, we find the entrance to Copperas Pond on the right. This smaller pond usually has loons present, as well. At the western end of Copperas, the portage trail leads to Whey Pond, and a second portage takes you back to Rollins Pond at the boat launch and rental area of the campground. Motors are allowed on Rollins and Floodwood, not on Fish Creek or the smaller ponds. We seldom see anyone using a power boat, though, and Rollins is limited to 25hp motors and Floodwood has a hand launch only, which serves to limit boat size.

On a day when we don't feel like portaging, there is a good alternative route. Instead of portaging from Copperas and doing the circular route, we will explore the shore of that pond and return to the creek, continuing downstream to Fish Creek Campground. Then we'll turn around and retrace our route back to Floodwood and Rollins.

Follensby Clear Pond, Spider Creek and Upper Saranac Lake – Follensby Clear is one of our all-time favorites. The term "pond" is a confusing one in the Adirondacks. Some ponds are fairly large lakes, as with this one. This fall, we put in at the southern of the two public launches along NY Route 30. Follensby is a great paddle if you trace the shoreline around the whole pond. Loons are a given, and though small motors are allowed, few people will be using them.

This time, we exited the pond right away, heading to the right from the launch and through a large culvert taking us back under the main road. This put us on Spider Creek, a beautiful small stream that winds for a few hundred yards, and into the lower of the Fish Creek Ponds. Keeping to the left shore, we crossed the pond and into a river-like passage to the big lake, Upper Saranac.

With 37 miles of shoreline, Upper Saranac is the sixth-biggest in the Adirondack Park. Investigating the whole lake would take two or three days. On this trip, our destina-

tion was state-owned shoreline along Buck Island and Saginaw Bay, due east from our entry point on the lake. Fall colors were near peak, but the day was cloudy and windy until mid-afternoon, when the sun broke out for a while. Our able sea kayaks were good craft for the wind and waves – all three of us were in homemade wooden boats.

Polliwog Pond – A third favorite paddle in this area starts near the beginning of Floodwood Road, just off Route 30. Polliwog Pond, like most of the ponds along the road, is surrounded completely by state land. The shoreline has a few designated campsites accessed by water, and there are some no-charge sites for car camping along the road.

We've paddled the shoreline circuit of Polliwog every year for the past six or eight. Loons are always present, and we occasionally find an osprey or bald eagle. The pond has three lobes, each with a bit different feel and character. The color this year in late September was a plus. The huge white pine trees along the shore are another feature that I always enjoy here. These are "wolf trees," much taller than their forest neighbors, stretching far up into the winds. Each has a unique profile, bent by the prevailing winds, showing a curved top and branches that sweep downwind.

There are wilder, more adventurous paddling trips galore in the wilderness St. Regis Canoe Area just to the north, but these three routes fulfill our need for interesting woods and waters, seeing loons up close, and a low-stain type of paddling. For more information on paddling in the Floodwood area, check out the "Adirondack Paddler's Guide" and "Adirondack Paddler's Map" by Dave Cilley, or visit his website canoeoutfitters.com. 🌲

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

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BICYCLING & MOUNTAIN BIKING

A Well-Fitted Bike is Important

By Liz Lukowski

Whether you're touring through rolling countryside, pedaling along the bike path, exploring wooded mountain bike trails, or even testing your metal in a race; cycling can make you feel SO good. That feeling can go from good to not-so-good if you're on an ill-fitting bike. Riding a bike that doesn't fit you well can be uncomfortable, hurt, or worse trigger an injury.

If you're shopping for a new bike or if you already have the bike you want, one of the best things you can do to ensure you'll enjoy the ride is to have a proper bike fit by a professional bike fitter. Note: Bike fitting is different from bike sizing – starting with the correct size bike is a start, but it doesn't guarantee fit.

Now ultimately, we'd all love a custom bike that's made to our exact specifications, but obviously this isn't a viable option for everyone. The good news is that bikes can be adjusted in many ways to achieve a set-up that's right for you. Saddles and handlebars can be changed out or simply moved up and down, tilted, pushed forward or back. Bike shoe cleats can be adjusted and shims or wedges can be added to the bottom of cleats. There are countless modifications that can be made and your individual needs can be identified with the help of a professional bike fitter.

There are a few general groups of people that would be especially well-served to get a professional bike fit: new cyclists who don't yet know what to expect as far as fit and feel of a bike; people suffering from persistent pain on the bike or who have injuries; and competitive cyclists who are interested in optimizing their training and racing.

My bike fit experience – I scheduled a fit with Steven LeBoyer, owner and bike fitter at **Savile Road in Delmar**. I walked into the shop and excitedly eyed the size cycle (an adjustable bike fitting device), the shelves of test saddles, and the various video cameras. I was anxious to slip into my bike shoes on and hop on the size cycle, when Steven explained that the first thing we would do was sit down and chat.

Pre-Fit Interview – We talked for the next 20 minutes or so and discussed what kind of riding I did, what my goals were as a cyclist, and if I had any current fit or medical issues. I told him that my primary focus on the bike is road riding and cyclocross racing. I talked about a recent shoulder surgery, and frequent toe and finger numbness during longer rides. I mentioned that I was uncomfortable on my current saddle. I was there to get

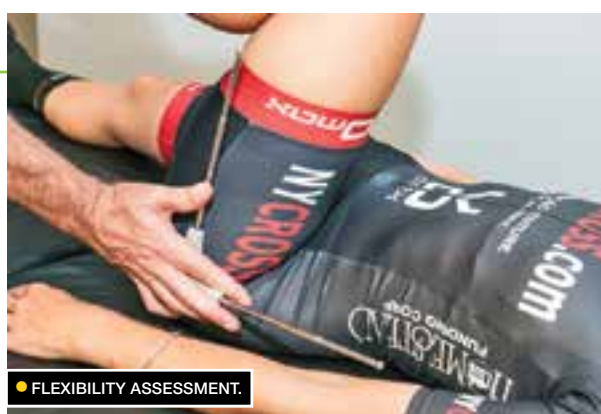
fit for my cyclocross race bike, so while I want to be comfortable, I also wanted to maximize performance during a race that is relatively short in duration. The pre-fit interview is an important part of the process because your unique story will affect the way the bike should be set up for you.

Body Measurements – The pre-fit interview completed, we moved into the fit studio section of the shop. We started with a flexibility and range of motion assessment and some basic measurements including inseam and shoulder width. He also measured my feet, which was surprising to me, but he explained, "The foot is important as the power transfer point."

One thing that the bike fitter is looking for during this part of the process is asymmetries in the cyclist. A fitter with a trained eye may identify an asymmetry with the cyclist simply standing in front of them. Asymmetries are more common than not and can be caused by slight differences in limb lengths or other biomechanical differences from one side of the body to the other.

Size Cycle – This part of the fit was the most fun! Steven set the size cycle to a baseline position based on the earlier observations. I pedaled with the video cameras rolling. I had a CompuTrainer (a type of bike computer) in front of me displaying power, cadence and speed. I had stickers on various locations on my body that were used as reference points. Using motion capture software, Steven, could draw angles at various points in my pedal stroke by connecting the reference points. We watched the short video clips together and Steven evaluated my position and movement on the bike from the various camera directions. All the while making tiny adjustments to the size cycle, observing the changes and how they felt.

Bike Adjustments – Once we were happy with the adjustments on the size cycle, Steven adjusted my bike accordingly. The most notable adjustment was that he raised my saddle 2.5 centimeters, which should optimize my pedal stroke according to the assessment. He tilted my saddle forward



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● STEVEN LEBOYER MEASURES HANDLEBARS.

PHOTOS BY DANNY GOODWIN

ever-so slightly so my sit bones had more contact with it. He replaced my handlebars with narrower ones, and tilted them towards me so the shifter/brake hoods are higher for improved handling. We made quite a few changes, but overall nothing felt drastic.

Riding and Follow-Up – I left the shop overzealous and immediately did a hard ride – a race actually. This was a mistake as I should have eased myself into the new position. Luckily I only suffered a little muscle pain in one leg which dissipated the next day. I have noticed that I seem to be able to get more power out of each pedal stroke with my seat post set higher and the issues I had with my saddle comfort have been reduced. My narrower handlebars feel more comfortable and I feel like I can drive the bike more aggressively with the new hood placement. I have a record of these exact measurements, but I haven't looked at them yet because for now I'm too busy riding around on my newly fit bike!

A few things that may help you make the most of your fitting:

What to Wear – Come with bike clothes and your bike shoes, and your bike if you'll be riding it on a trainer. If you use clipless

pedals, bring the cleated shoes and pedals you plan to use on the bike. The idea is to simulate how you typically ride.

Be Prepared, Be Involved – You will be asked how you currently feel on your bike including any pain or discomfort you may have when riding, what type of riding you do, and what your riding goals are. Think about what concerns you want to bring up before you arrive. With all the measurements, angles, equipment, and choices it may start to feel overwhelming. Remember, this is the reason you're having a professional handle it! Don't be afraid to ask questions, ask for explanations and give feedback.

Leave With – A copy of your measurements and recommendations. If the bike fitter doesn't offer this up; request it. Also leave with a plan for trying out your new set-up. Learn from my mistake and take it easy at first. Your bike fitter should be open to you coming back for a follow-up.

Bike Fitters – There are a lot of bike fitting systems out there. These systems, including Serotta, Retul, BikeFit, Guru, and Wobble Naught have fitters certified in their program. There are also many great professional bike fitters who use their own individual methods. To find the right bike fitter for you, talk to cyclists and coaches who you trust, inquire at local shops, and be sure to ask for references.

The price of a professional fit generally ranges from \$125 to \$450, and seems to vary depending on the method, the time it will take, and the experience of the fitter.

It doesn't matter if you are an experienced athlete or a novice recreational cyclist, a well-fitted bike is important for not only comfort, but for maximizing riding efficiency. When you are comfortable and efficient riding your bike, your performance and enjoyment will ultimately be enhanced. 🙌

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Liz Lukowski (lzlukowski@gmail.com) of Albany works as an engineering geologist for the NYS DEC. She is a UCI Elite cyclocross racer for NYCross.com.

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The Gazette Stockade-athon 15K

Celebrates 38 Years

Join us on Sunday, November 10th, 2013 • 9:00am



Photos: Pat Hendrick Photography

Storm the Stockade - A classic loop course of Schenectady's historic neighborhoods and parks.
The oldest major 15k road race in the USA



An HMRRRC premier event

- Stockade-athon 15K — Sunday, Nov. 10 in Central Park, Schenectady, New York
- 15K USATF & HMRRRC Grand Prix Event
- USATF - Regional Competition — Open, Masters, Age-Graded, & Team Divisions
- \$5,500 Cash Prizes — presented by Fleet Feet Sports
- \$1,500 Cash Prizes for USATF Teams

1-mile Duck Pond Run for Children — 11:30 am

REGISTRATION INFORMATION: *On-line* Registration Closes 11/05/13

Walk-up Registration available 11/06/13 through 11/08/13 from 4pm to 7pm at Fleet Feet Sports Albany

Early Packet Pick-Up: Saturday 11/09 at Gazette Building - 9:30am to 1:00pm; **Race Day Packet Pickup:** Central Park Schenectady - 7:00am to 8:30am; **No Day of Race Registration**

RUNNER PERKS: Brooks "day pack" with race logo to first 2000 registered runners • **Hot and Cold refreshments** in an impressive post race feast • **B'Tag Chips** with accurate net times and 5K and 10K splits • **Additional race clothing accessories for sale at discounted rates.**

Testimonials:

"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."

2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

Said Central MA masters mainstay Sidney Letendre:
"Thanks for really one of the greatest races ever. I loved the pavilion with the fire and the whole set up of food was really great. I don't think there was one detail that was left undone. So thank you for a fine day."

Visit Website for event details and how to register
www.stockadeathon.com

THE GAZETTE
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