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**NOVEMBER  
2013**



● 2012 CARDIAC CLASSIC 5K RUNNERS, JIM, PEG AND SARAH MCTAGUE OF NISKAYUNA, AND CAITLIN MCTAGUE AND DAN JANNIELLO OF ARLINGTON, VA., AT CENTRAL PARK IN SCHENECTADY.  
MARCIE STOFFER/GRANT FULLMAN

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## Turkeys Strut Their Stuff(ing)

By Laura Clark

**Y**ou've "postmaned" all summer long through rain, thunder, heat and deer flies. You've watched your diet, forgone late night gatherings and put in those miles before the cock has crowed. You are ready, hoping to survive the annual fall winnowing that will separate the industrious ants from the frivolous grasshoppers, the doers from the dreamers, the lions from the antelope. This could be you. But it's not. Not completely. In November it's all about the turkeys.

And lest you are tempted to scoff with a derisive turkey joke, know that in the world of running, turkeys are no featherweights. Stretching their wingtips, turkeys can flap survival sprints at speeds of up to 55 miles per hour, while a determined trot will yield a consistent 20 miles per hour. We are talking a 15-something 5K here. And no wonder, because these formidable fowl have had plenty of practice, as the original turkey trots were farm-to-market affairs with only the swiftest poultry eluding their determined drovers.

There are a couple of lessons here... If you get passed by a turkey in full-feathered costume, don't feel incompetent. It is no wonder then that Thanksgiving ranks as the most popular race day in America. After all, who wants to get eaten? Or for that matter accumulate excess fat? Below are highlights from local farm-to-table options.

The 66th annual **Troy Turkey Trot** has a 5K, 10K, Grade School Mile and Turkey Walk. In its premier position as the 12th oldest road race in the nation, it is again sharing its Thanksgiving bounty with turkeys wishing to get in shape and avoid the cleaver, no matter which area race they select. Procrastinators are advised to bookmark their ten-week Couch to 5K/10K program, including a virtual component for those roosting farther away, to jumpstart next year's effort. At Troy's mega-race, herding preening turkeys is every bit as difficult as herding the proverbial cat, so color-coded bibs ensure proper lineup placement.

As was the case with the Freihofer's Run for Women race this year, enhanced security measures will be in place, with only bibbed runners permitted in the starting area. If you are sending your child off for the 5K, expect him to make the final transition to the starting gate alone, or hopefully with a buddy. To increase the fun factor, prizes will be awarded to best Thanksgiving-related and free-range costumes, and businesses are encouraged to form their own corporate teams for additional perks. Visit: [troyturkeytrot.com](http://troyturkeytrot.com).

For the 32nd annual **Cardiac Classic 5K Road Race**, Two-Mile Wellness Walk, and One-Mile Duck Pond Fun Run, you can get inspired by the online slideshow of smiley faces. Prominent among them is Schenectady Fire Chief Michael DellaRocco who proudly arms himself with bib #911. According to the chief, the Cardiac Classic saves lives both through long-range fundraising and short-range response efforts. He recalls the time when a lieutenant experienced a cardiac event at the end of the race, and was saved by a quick-acting paramedic wielding his trusty defibrillator.

Chief DellaRocco comments, "Many of the same runners participate each year and it's nice to see old friends early Thanksgiving morning. Our family always meets at the race before heading out to various extended family obligations, and it's become a nice tradition for us." Go to: [cardiacclassic.org](http://cardiacclassic.org).

For the 12th year now, Saratoga Turkeys have flocked to the **Christopher Dailey Turkey Trot 5K Run/Walk** to honor the memory of Christopher Dailey, a sports-loving eight-year-old. This gathering has become a community event with Christopher's peers, now college students, his family and teachers all uniting to raise funds for new generations of youngsters. According to Maria Dailey, "Many kids are able to go to camps in the summer because of Chris. That is a good thing for sure." This year, the foundation's latest purchase, an

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## AROUND THE REGION

## News Briefs

**US AmCup  
Speedskating Meet**

SARATOGA SPRINGS – Top speedskaters from across the nation will gather at Saratoga's Weibel Avenue Ice Rink on Saturday-Sunday, Nov. 2-3 for the 2013 U.S. America's Cup Short Track Meet. Races begin on Saturday afternoon, with the finals being held from 6-8pm. In addition to the America's Cup, a local ability meet will also be held in the morning. "This will be a fun, competitive weekend featuring Olympic hopefuls and strong local talent," said Paul Ripchik, president of Saratoga Winter Club. This event is one of the high-level events leading up to the Olympic trials, held Dec. 27 through Jan. 5 in Salt Lake City.

Local competitors include nationally ranked Katy Toth, as well Katie Ralston and Stephen Meyer. Former five-time Olympian and current Saratoga coach Amy Peterson Peck will be on hand to coach and cheer on the skating. Saratoga Winter Club has produced numerous Olympians since its founding in 1888, including Moria D'Andrea, Kristen Talbot, David Tamborino and Erin Porter in the 1990s. The SWC's tradition continued as Trevor Marsicano brought home a silver medal from the 2010 Winter Olympics in Vancouver. Go to: saratogawinterclub.com.

**Albany Cranksgiving  
Alleycat Race/Ride**

ALBANY – It's time for the annual Cranksgiving Alleycat. Come out and race or ride your bike and the organizers will donate all the food to Homeless Action Committee. The Albany Cranksgiving Alleycat is on Saturday, Nov. 23, 7pm at Henry Johnson

Monument in Washington Park in downtown Albany. Bring your bike, backpack, bike lock, and about \$25 for shopping.

An Alleycat is a typical bike messenger race. Cranksgiving is a little different. The format is simple. You are given four or five manifests and on those will be a few simple turkey dinner items. You ride to the market and pick up those items. Come back and show your receipt to the person with the manifests to get the next one. Finish will be at local watering hole and the food is donated to the Homeless Action Committee shelter, who will use it to make sure everyone has a warm turkey dinner on Thanksgiving. There will be some goodies at the end to say thanks to everyone. For info, contact J at Steiner's Ski & Bike in Glenmont at (518) 427-2406.

**Fleet Feet Sports 24-Hour  
Fight Against Hunger**

ALBANY – Fleet Feet Sports 24-Hour Fight Against Hunger to benefit the Regional Food Bank of Northeastern New York will take place on Friday, Dec. 6 from 4pm to Saturday, Dec. 7 at 4pm. Join Jim Sweeney and James O'Connor of Fleet Feet Sports as they attempt to break the American record of miles run on a treadmill in a 24-hour period. Come run with them and help raise funds for the Regional Food Bank. 20 for \$20 (20 minutes for \$20) time slots can be reserved beginning Black Friday, Nov. 29 at Fleet Feet Sports in Albany. For more info, call (518) 459-3338 or visit fleetfeetalbany.com.

**ADK Winter  
Mountaineering School**

LAKE GEORGE – The 2014 ADK Winter Mountaineering School program dates have been set for weekend and weeklong sections that will run from Jan. 31 through Feb. 6. The ADK Winter Mountaineering School is non-profit group that has been sponsored for 60 years by the Adirondack Mountain Club. The purpose is to promote enjoyable and successful winter mountaineering and camping through a learn-by-doing approach. The program is held in the Adirondacks. Past participants have included three-season hikers and backpackers looking to expand their skills to include winter hiking, backpacking and mountaineering, as well as more experienced skiers, trip leaders and winter mountaineers who are wishing to refine their skills – or are looking for some excitement and adventure. Their experienced, all-volunteer staff, low student-instructor ratio and pricing, make the school a good value in the Northeast for learning winter skills. They offer day trip, weekend backpacking, and weeklong backpacking options. The deadline for registration is Jan. 15, 2014. Visit winterschool.org.

**365 FIT Now Open**

DELMAR – 365 FIT is a training facility founded by local triathletes looking

for indoor training, and they opened their doors in September. They offer a variety of cycling classes geared for the everyday fitness enthusiast to the weekend warrior. Many of their yoga classes are friendly for beginners and focused on the athlete, a great way to compliment the physical pursuits and balance the mind. 365 FIT offers specialty classes including Chair Yoga, Be Fit Bootcamp and Kickboxing. 365 FIT will periodically offer unique opportunities for pre-natal and children's classes. They also experienced personal trainers to give clients an extra edge. Learn more: 365fit.info.

**The Adirondack Slide Guide  
– Second Edition**

KEENE VALLEY – The Second Edition of The Adirondack Slide Guide: An Aerial View of the High Peaks Region, has arrived and you can get your copy in local outfitters or online. The author, Drew Haas, has expanded upon the original Slide Guide with new aerial photos of landslide scars created by Tropical Storm Irene, which caused widespread damage throughout the Adirondack region in the summer of 2011. This updated edition also adds photos of the Sentinel Range, Wilmington Range and Moose Mountain, among others. Get your copy and start planning for the ski season. Visit: adkbcski.com. 🌲

**FROM THE PUBLISHER & EDITOR****Embracing Changes  
and Challenges**

It's November and the leaves are down, the temps are cooler, and it's time to fall back. While late fall is sometimes tough to embrace, use the change in season to get excited about winter sports and fitness activities. The articles in this issue cover running with turkeys, downhill and cross-country skiing, a family-friendly walk, living the non-medicated life – and our athlete profile swam the English Channel!

Since our last column to you, we made the difficult decision of canceling the Adirondack Sports & Fitness Endless Summer & Winter Expo on Nov. 9-10 at the Saratoga Springs City Center. The show was not coming together as planned for multiple reasons, so rather than not having a strong mix of exhibitors and attendees, we have cancelled it. We appreciate the support of our attendees and exhibitors in previous years. As of this month, we are work on our ninth annual Adirondack Sports & Fitness Summer Expo on March 8-9 at the Saratoga Springs City Center – and we look forward to an awesome event!

Thanks and Happy Thanksgiving!



Darryl and Mona

PRESENTED BY MAYOR JERRY JENNINGS, THE CITY OF ALBANY & ST. PETER'S CARDIAC & VASCULAR CENTER

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ISSUE #157

ADIRONDACK  
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Tu/Th 5:15 or 9:30am  
Sat 6:15 or 7:30am

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# Calendar of Events

## November 2013 - January 2014

Events beyond this range are advertisers in this issue.

NOVEMBER 2013							DECEMBER 2013							JANUARY 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

### BICYCLING ONGOING

- Wed Winter Spin Class w/T3 Coaching. 12/4-2/11. Grey Ghost Bicycles, Glens Falls. [t3coaching.net](http://t3coaching.net).
- Sat HRRRT Time Trial Series: 11/9, 16, 23, 30. 10M. 10am. Charlton Town Hall, Charlton. 847-2419. [hrrtonline.com](http://hrrtonline.com).

### NOVEMBER

- 2 **Stationary Bike Race.** 9am. Teams of 4. Saratoga Regional YMCA, Saratoga Springs. [dakefoundation.org](http://dakefoundation.org).
- 2 **One Year Anniversary Celebration.** 5-8pm. Grey Ghost Bicycles, Glens Falls. 223-0148. [greyghostbicycles.com](http://greyghostbicycles.com).
- 6 **Bicycle Maintenance Seminar.** Tomhannock Bicycles, Pittstown. 663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).
- 16 **Rivers & Lakes Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 16 **Capital District Bicycle Gala.** 7pm. Silent auction, dancing. Edison Club, Niskayuna. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).
- 23 **Albany Cranksaving Alleycat Race/Ride.** 7pm. Henry Johnson Monument, Washington Park, Albany. Bring: Bike, Backpack, Lock, \$25 for food shopping. Donations to Homeless Action Shelter.
- 24 HRRRT Sweat N Ice Ride. 62M/32M. 9am. Charlton Town Hall, Charlton. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).

### DECEMBER

- 13 **Last Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 14 Women's Only Indoor Cycling Time Trial. 11M. Breakaway, North Andover, MA. [breakawaycomputraining.com](http://breakawaycomputraining.com).

### JANUARY

- 11 **First Century.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).

### CROSS-COUNTRY SKIING: RACING & TOURING ONGOING

- Tue **Graymont Night Races:** 1/7-3/4. 2.5K/5K. 5:30pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

### NOVEMBER

- 2 **Garnet Hill Open House.** 11am. Raffles, sales, waxing clinics. Garnet Hill Lodge & Nordic Center, Northville. Daphne Taylor: 251-2444. [garnet-hill.com](http://garnet-hill.com).
- 6 **Youth Ski League Open House & Registration.** 3:30- 6:30pm. Dewey Mountain, Saranac Lake. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- 9 **Volunteer Trail Work Day.** 9:30am-3:30pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- 15-16 **Cross Country Ski & Snowshoe Swap/Sale.** Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- 15-17 **Winter Preview Sale.** Sat: Nordic Wax Clinic, 4-6pm. High Peaks Cyclery, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 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](http://laplandlake.com).
- 24 10th Kingston Roller Ski Race. 5K/10K/2K. 12pm. Kingston. Greg Malia: 845-518-8598. [kingstonnordic.blogspot.com](http://kingstonnordic.blogspot.com).
- 29-12/8 **35th Thanksgiving Ski & Snowshoe Sale.** Cascade XC Center, Lake Placid. 523-9605. [cascadeski.com](http://cascadeski.com).
- 30 **Garnet Hill Open House.** 11am. Raffles, sales, waxing clinics. Garnet Hill Lodge & Nordic Center, Northville. Daphne Taylor: 251-2444. [garnet-hill.com](http://garnet-hill.com).

### DECEMBER

- 8 **Cross-Country Ski.** Leader's Choice. 7-10M. Rich Macha: 346-3180. [adk-albany.org](http://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](http://nyssranordic.com).

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### ALPINE SKIING & SNOWBOARDING ONGOING

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

### NOVEMBER

- 1-3 52nd Albany Ski & Snowboard Expo. Empire State Plaza, Albany. [albanyskiandsnowboardexpo.com](http://albanyskiandsnowboardexpo.com).
- 2 **Warren Miller's "Ticket to Ride" Movie.** 7pm. Skidmore College, Saratoga Springs. Tickets: Alpine Sport Shop. 584-6290. [alpinersportshop.com](http://alpinersportshop.com).
- 15-16 **Warren Miller's "Ticket to Ride" Movie.** 8pm. Palace Theater, Albany. Tickets: Play It Again Sports, Latham. 785-6587. [playitagainsportslatham.com](http://playitagainsportslatham.com).

### DECEMBER

- 5 **Ladies Night at the Mountain.** 5-8pm. Willard Mountain, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 18 **Inside Edge Demo Day.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 19-20 **Bros & Brews.** 5pm. Willard Mountain, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 21 **Rail Jam: Freestyle.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 27-29 **Christmas Holiday Camp.** 9:30am-3:30pm. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 29 **Goldstock's Demo Day.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

### JANUARY

- 1-5 **Holiday Race Camp.** Willard Mountain, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 4-5 **Gail's Bump Camps.** Mogul lessons. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 11 **Walt's Bump Contest.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 11 Rail Jam Series. 2-4pm. Terrain Park, Oak Mountain. [oakmountainski.com](http://oakmountainski.com).
- 18-19 **MLK Holiday Camp.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 20 **USASA Boarder/SkierCross.** Ski Bowl. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 21-26 **Take Your Kids to Gore Week #1.** 19 & under ski free w/paying adult. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 25-26 **Alpine Skiing & Riding Women's Clinic.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 26 Get Out & Backcountry Ski Festival. 10am. Bolton Valley Nordic Center, Bolton Valley, VT. 802-864-5794. [catamountrail.org](http://catamountrail.org).

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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or [teamintraining.org/uny](http://teamintraining.org/uny)

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## Winter Lecture Series

**DEC 5** - Kristen Hislop, *Develop a Training Plan for 2014*  
**JAN 2** - John Evansky & Derek Peterson, *Cross Training for the Triathlete*  
**FEB 6** - Judy Torel, *Training for Long Distance Tri Events*  
**MAR 6** - Dr. Craig Nelson, *Active Release Technique (ART)*

**Ciccotti Center, 30 Aviation Rd, Colonie**  
6:30-8:30pm - CDTC members free  
Non-members: \$5/session or four for \$15  
Preregister req: Frank Bender•winterseries@cdctrclub.org

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Sat. 10-5  
Sun. 12-5

- 28 Stephens Pond XC Ski.** 6M. Lake Durant Campsite. Phil Seward: 527-1851. adk-albany.org.
- 29 Huyck Preserve Cross-Country Ski.** 8M. Rensselaerville. Rich Macha: 346-3180. adk-albany.org.

### JANUARY

- 1 HURT Mega 6-Hour Relay.** 10am. 3-8 Skiers. Garnet Hill Ski Center, North River. HURT Nordic. 585-944-1610. hurtnordicskiing.com.
- 4-5 Wilkinson Cup #1:** Polar Bear JNQ. Old Forge. nyssranordic.com.
- 11 Winter Trails Day.** 2-4:30pm. Lapland Lake Nordic Ski Center, Northville. 863-4974. laplandlake.com.
- 11 Stowe Nordic BKL Mini-Marathon.** 5K-22K. 10am. Stowe Mountain Cross Country Center, VT. 802-253-4500. stowenordic.org.
- 11 6th Ladies Nordic Ski Expo.** 8am. Lessons, lunch. Trapp Family Lodge Nordic Center, Stowe, VT. 802-864-5794. cata-mountrail.org.
- 11-12 Wilkinson Cup #2:** Harry Eldridge Memorial Race & JNQ. 5K/10K. Free technique. 9:30am. Mt. Van Hoevenberg, Olympic Sports Complex, Lake Placid. nysef.org.
- 18 Full Moon X-C Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 5-6 Pineridge Ski Fest.** 11am, 1pm. Free clinic: 12pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 12 Paintball Biathlon.** 3K/5K ski, snowshoe, run, walk. Youth race: 10:30am. Adult race: 11am. Snowshoe race: 12pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 19 Historic Snowshoe Hike.** 10:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 25 32nd Lake Placid Loppet XC Ski Race.** 50K Loppet Classic: 9am. 25K Kort-Loppet Classic: 9:15am. 50K Loppet Freestyle: 10am. 25K Kort-Loppet Freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. whiteface.com.
- 25 Parent Pages Day.** 11am-4pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 26 Higley Hustle.** 2.5K/5K. 10am. Colton. 315-262-2362. higleyflow.org.
- 26 SL Nordic 5K Freestyle.** 10am. Dewey Mountain, Saranac Lake. 643-0821. deweymountain.com.

### FEBRUARY

- 1 33rd Craftsbury Ski Marathon.** 25K/50K Classic Race. 9am. Highland Lodge, Greensboro to Craftsbury Outdoor Center, Craftsbury Commons, VT. 802-586-7767. craftsbury.com.
- 2 Paintball Biathlon.** 3K/5K ski, snowshoe, run, walk. Youth race: 10:30am. Adult race: 11am. Snowshoe race: 12pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 7 ESG Freestyle Sprint Races.** 1pm. Dewey Mountain, Saranac Lake. 643-0821. deweymountain.com.
- 8-9 Canadian Ski Marathon.** 100M. North America's oldest, longest ski tour: 10 sections. Lachute to Montebello to Gatineau, QC. 877-770-6556. csm-mcs.com.
- 14 Moonlight Snowshoe/Ski.** 6-9pm. Dewey Mountain, Saranac Lake. 643-0821. deweymountain.com.
- 15 Full Moon X-C Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 16 Parent Pages Day.** 11am-4pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 18-21 Children Learn To Ski Week.** Ages 6-12. Lessons: Tue/Wed. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 22 Cookie Clash Ski & Destroy Cystic Fibrosis 5K/10K.** Dewey Mountain, Saranac Lake. 643-0821. deweymountain.com.

### MARCH

- 8 3rd Wood-n-Ski Rendezvous.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 15 Full Moon X-C Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.

## HEALTH & FITNESS

### ONGOING

- 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-Sa Rock Your Fitness Classes: TRX, kettlebell, weights.** 11/25-12/21. M/W/F 5:15 or 6:45am. Tu/Th 5:15 or 9:30am. Sat 6:15 or 7:30am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

## HIKING & CLIMBING

### NOVEMBER

- 16-17 Wilderness First Aid.** Heart Lake Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19 Silent Walk for Thanksgiving.** Grafton Lakes SP, Grafton. Reg: 279-1155. nysparks.com.
- 20 Wetland Hike.** 1-3pm. Moreau Lake SP Nature Center, Gansevoort. Res: 793-0511. nysparks.com.
- 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.

### JANUARY

- 5 Esther Mtn Hike.** 6.6M. Adirondack Mountain Club: 523-3441. adk.org.
- 17 Moonlight Snowshoe/Ski.** 6-9pm. Guided tour: 7pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 18 Tabletop Mtn Hike.** 9.8M. Adirondack Mountain Club: 523-3441. adk.org.
- 18-20 18th Adirondack International Mountaineering Festival.** The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 21 Halcott Mtn. Snowshoe Hike.** 4M. Tim Kase: 766-4264. adk-albany.org.
- 25 Street & Nye Hike.** 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 31-2/3 ADK Winter Mountaineering School.** Day Hiking, Backpacking. Adirondack Mountain Club: 523-3441. Winterschool.org.

### FEBRUARY

- 1 ADK Family Snowshoe Day.** 10am & 1pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 22 Frozen Fire & Lights.** Fern Park, 10am-5pm. Bonfire, treats, sledding, XC skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire. 7pm: Fireworks. Inlet. 315-357-5501. inletny.com.

## MOUNTAIN BIKING & CYCLOCROSS

### ONGOING

- Wed HRRT Wed Night Ride.** 5:15-7pm. Schenectady. 847-2419. 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.

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• 38th ANNUAL •

**Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk**

Start the New Year right with a long run!  
**Wednesday, January 1 at 12 noon**  
Phys Ed Building, University at Albany

Register: Day of race – all welcome!  
HMRRC: Free • Non-Members: \$6

Cheryl & Brian DeBraccio: [cmarathon@aol.com](mailto:cmarathon@aol.com)  
**(518) 273-5552 • www.hmrrc.com**

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](http://Active.com)  
Entry Form: [stgeorgeschoolcp.org](http://stgeorgeschoolcp.org)

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

Benefits St. George's School

**12TH Annual Turkey Trot**

5K Run/Walk

**Thursday, November 28**  
**Thanksgiving Day • 8:30am**

City Hall, Broadway  
Saratoga Springs

Entry Fee: \$22 by 11/21  
\$25 between 11/22-27  
T-Shirt: To all registered by 11/14

Packet pickup/last chance to register  
Wed, Nov 27, 4-8pm at Saratoga Hilton  
**No "Day Of" Registration**

All proceeds benefit Christopher Dailey Foundation

**Register Online: ZippyReg.com**  
[christopherdaileyfoundation.com](http://christopherdaileyfoundation.com)

- 3 Power Cross Race. 10am. Long Branch Park, Liverpool. 315-420-5463. [maxpowercycling.com](http://maxpowercycling.com).
- 10 NYCROSS.com #7: **Bethlehem Cup Cyclocross**. Elm Avenue Park, Bethlehem. [nycross.com](http://nycross.com).
- 10 Dave Panella Memorial Cyclocross Race. 11am. Greene. 607-648-9551. [bikereg.com](http://bikereg.com).
- 16 **Capital District Bicycle Gala**. 7pm. Silent auction, dancing. Edison Club, Niskayuna. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).
- 23 Something Wicked: 6Hrs of Cathedral Pines MTB Race. 9am. Middle Island. 631-566-5045. [somethingwickedevents.com](http://somethingwickedevents.com).
- 23-24 Supercross Cup, UCI Weekend. Anthony Wayne Recreation Area, Stony Point. 631-255-9568. [supercrosscup.com](http://supercrosscup.com).
- 28 HRRT Giving Thanks MTB Race. 8am. Central Park, Schenectady. [hrrtonline.com](http://hrrtonline.com).

- 18 Saratoga Sprint Biathlon. 11am. Saratoga Biathlon Club, Hadley. [nyssranordic.com](http://nyssranordic.com).
- 19 Saratoga Pursuit Biathlon. 11am. Saratoga Biathlon Club, Hadley. [nyssranordic.com](http://nyssranordic.com).

**DECEMBER**

**MULTISPORT: TRIATHLON & DUATHLON**

- 22 HRRT X-MAS Madness MTB Race. 9am. Central Park, Schenectady. [hrrtonline.com](http://hrrtonline.com).

**NOVEMBER**

- 10 1st Brooklyn Triathlon. Olympic & Sprint. Coney Island, Brooklyn. 714-978-1528. [brooklyn-triathlon.com](http://brooklyn-triathlon.com).

**DECEMBER**

- 5 **Capital District Triathlon Club Winter Lecture Series: Develop a Training Plan**. 6:30pm. Ciccotti Center, Colonie. [cdtriclub.org](http://cdtriclub.org).
- 7-8 **HITS Triathlon Series Championship**. All distances. Palm Springs, CA. 845-246-8833. [hitstriathlonseries.com](http://hitstriathlonseries.com).

**JANUARY**

- 2 **Capital District Triathlon Club Winter Lecture Series: Cross Training for Triathletes**. 6:30pm. Ciccotti Center, Colonie. [cdtriclub.org](http://cdtriclub.org).
- 11 **Plaza Fitness Performance Series #1: Injury Pre-screening for Runners & Triathletes**. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).

**FEBRUARY**

- 6 **Capital District Triathlon Club Winter Lecture Series: Training for Long Distance Tri Events**. 6:30pm. Ciccotti Center, Colonie. [cdtriclub.org](http://cdtriclub.org).
- 8 **Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies**. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).

**MARCH**

- 6 **Capital District Triathlon Club Winter Lecture Series: Active Release Technique**. 6:30pm. Ciccotti Center, Colonie. [cdtriclub.org](http://cdtriclub.org).
- 8 **Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes**. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).

**NORDIC: BIATHLON & ORIENTEERING**

- 2 Orienteering Meet. 10am. Five Rivers Environmental Center, Delmar. [empo.us/orienteering.org](http://empo.us/orienteering.org).
- 3 Scout Orienteering. Tawasentha Park, Guelderland. [empo.us/orienteering.org](http://empo.us/orienteering.org).
- 23 Orienteering Meet. 10am. Peebles Island SP, Waterford. [empo.us/orienteering.org](http://empo.us/orienteering.org).

**NOVEMBER**

- 21 Ski-O. Lapland Lake Nordic Center, Northville. [nyssranordic.com](http://nyssranordic.com).
- 31 Ski-O. Garnet Hill XC Center, North Creek [nyssranordic.com](http://nyssranordic.com).

**DECEMBER**

- 1 New Years Resolution Day Biathlon. McCauley Mountain Ski Center, Old Forge. [nybiathlon.org](http://nybiathlon.org).

**JANUARY**

- 1 New Years Resolution Day Biathlon. McCauley Mountain Ski Center, Old Forge. [nybiathlon.org](http://nybiathlon.org).

**OTHER EVENTS ONGOING**

**Jan/Feb Team In Training Info Meetings: 1/15, 12pm, Leukemia & Lymphoma Society Office, Albany. 2/1, 10:30am, Warming Hut, Saratoga Spa SP, Saratoga Springs. LLS: 423-3583. [teamintraining.org/uny](http://teamintraining.org/uny).**

**NOVEMBER**

- 3 **Discover Scuba**. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).

**DECEMBER**

- 1 **Discover Scuba**. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 28 **Long Lake Polar Bear Plunge for Wounded Warrior Project**. 1pm. Town Beach, Long Lake. Reg: 624-3077. [mylonglake.com](http://mylonglake.com).

**JANUARY**

- 1 Polar Plunge New Year's Day Swim. 1pm. Million Dollar Beach, Lake George. Duffy's Tavern: 668-5323. [lakegeorge.com](http://lakegeorge.com).
- 10-11 **Ice Fest Fun**. Long Lake. 624-3077. [mylonglake.com](http://mylonglake.com).
- 11 Happy New Year Swim Meet. Mohonosen HS, Rotterdam. [adms.org](http://adms.org).

**RUNNING, TRAIL RUNNING & WALKING**

**NOVEMBER**

- 2 13th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. [sullivanstriders.org](http://sullivanstriders.org).
- 3 **8th Fall Back 5 Trail Race**. 5M. 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. 584-2000. [saratogastryders.org](http://saratogastryders.org).
- 3 After the Leaves Have Fallen 20K Carriage Trail Run. 11am. Minnewaska SP, New Paltz. [onteorarunners.org](http://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](mailto:fleetfeetalbany@gmail.com).
- 9 **CRNA 5K Trail Run: Notchview State Reservation, Windsor, MA**. Russ Myer: 315-396-9967. [capitalregionnordicalliance.org](http://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](http://saratogacountyny.gov).
- 10 **38th Gazette Stockade-athon 15K Road Race**. 9am. Plus, 1M Duck Run for Kids: 11:30am. Central Park, Schenectady. [stockadeathon.com](http://stockadeathon.com).
- 10 2nd Firefighters Veteran's Day 5K. 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 913-909-6467. [iaff343.org](http://iaff343.org).
- 10 Burn Run 10K/5K. 8am. Sanders Creek Pkwy, East Syracuse. [theburnrun.org](http://theburnrun.org).
- 10 Cooperstown Walk/5K for Kidneys. 11am. Clark Sports Center, Cooperstown. Carol Lafleur: 533-7880. [healthykidneys.org](http://healthykidneys.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](http://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](http://c1ministry.com).
- 16 Operation Santa Run 5K/10K. 11am. 1M Elf Run: 12pm. Hudson Falls MS, Hudson Falls. Wendy Matthews: 798-5794. [adirondackrunners.org](http://adirondackrunners.org).
- 16 Turkey Trot Ogdensburg. 9am. Dobisky Center, Ogdensburg. Kelly Amo: 315-713-5163. [northernrunner.org](http://northernrunner.org).
- 16 NYRR NYC 60K. 8am. Engineers' Gate, Central Park, Manhattan. [nyrr.org](http://nyrr.org).

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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

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[Darryl@AdkSports.com](mailto:Darryl@AdkSports.com)  
Media Kit: [AdkSports.com](http://AdkSports.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

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**



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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](mailto:holidayclassic@nycap.rr.com)  
 Proceeds benefit Helderberg Running Club



**HMRRC Winter Series**  
**University at Albany**  
 Dec. 15 – Sun 10am Doug Bowden Winter Series Starter – 3M, 15K  
 Jan. 1 – Wed 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk  
 Jan. 12 – Sun 10am Winter Series #3 – 3M, 10K, 25K  
 Jan. 26 – Sun 10am Winter Series #4 – 3M, 15K, 30K  
 Feb. 2 – Sun 10am Winter Series #5 – 4M, 10M, 20M  
 Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6  
 More info at [www.hmrrc.com](http://www.hmrrc.com), 518-273-5552, or Ed Thomas: [et392@math.albany.edu](mailto:et392@math.albany.edu)

- 23 Mayfield Ski Team Frostbite 5K. 10am. Mayfield HS, Mayfield. [mayfieldcsd.org](http://mayfieldcsd.org).
- 23 Turkey Trot 5K. 9am. Beekmantown ES, West Chazy. [bcsdk12.org](http://bcsdk12.org).
- 24 HMRRC Turkey Raffle 1-Hour Run. 10am. Tawasentha Park, Guilderland. Al Maikels: 435-4500. [hmrrc.com](http://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](http://troyturkeytrot.com).**
- 28 **32nd Cardiac Classic 5K Race. 9am. 2M Wellness Walk: 8am. 1M Duck Pond Run: 10am. Central Park, Schenectady. [ellishospitalfoundation.org](http://ellishospitalfoundation.org).**
- 28 **4th OurTowne Turkey Trot 5K Fun Run/Walk. 9am. Bethlehem MS, Bethlehem. [ourtownebethlehem.com](http://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](http://stgeorgeschoolcp.org).**
- 28 **12th Christopher Dailey Turkey Trot. 5K. 8:30am. City Hall, Saratoga Springs. 581-1328. [christopherdaileyfoundation.com](http://christopherdaileyfoundation.com).**
- 28 Thanksgiving Run/Walk to End Hunger. 5K. Memorial Parkway, Utica. 315-793-0955. [uticaroadrunners.org](http://uticaroadrunners.org).
- 28 50th Cohoes Turkey Trot. 5K: 9:30am. Kids' Races: 8:30am. City Hall, Cohoes. [ci.cohoes.ny.us](http://ci.cohoes.ny.us).
- 28 Thanksgiving Day Run for the Hall 5K. Sports Hall of Fame, Rome. [uticaroadrunners.org](http://uticaroadrunners.org).
- 28 John Adams Memorial Turkey Trot. 9am. Peru Central School, Peru. [perulionsclubnewyork.org](http://perulionsclubnewyork.org).
- 28 Watertown Family YMCA Turkey Day Run. 10am. Watertown. [northernrunner.org](http://northernrunner.org).
- 28 WMAC Turkey Trot. 5K. 9:30am. PNA Hall, Adams. 413-344-3968. [runwmac.com](http://runwmac.com).
- 28 Turkey Trot Races. 25K: 8:30am. 5M: 9am. 2M Fun Run: 9:05am. Freedom Plains. [mhrrc.org](http://mhrrc.org).
- 28 28th Run for Hunger 5K & 2M Walk: 9am. Kids' Run: 8:50am. Ski Chalet, Memorial Parkway, Utica. [uticaroadrunners.org](http://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](http://bkvr.org).
- 28 37th Turkey Trot 5K. 11am. Gutterson Field House, UVM, Burlington, VT. [gmaa.net](http://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](http://active.com).**
- 30 Snowzilla 8K Trail Run. 9am. Pheasant Hill Country Club, Owego. 607-687-7440. [visittioga.com](http://visittioga.com).

**DECEMBER**

- 1 Jingle Jog 7K. 10am. Loughran's Pub, Salisbury Mills. 845-386-2469. [orangerunnersclub.org](http://orangerunnersclub.org).
- 6-7 **24-Hour Fight Against Hunger Treadmill Run. 4pm. Fleet Feet Sports, Albany. [fleetfeetalbany.com](http://fleetfeetalbany.com).**
- 7 10th Reindeer Run 5K & Jr. Reindeer 1M. 9am. SUNY Adirondack, Queensbury. 260-2392. [adirondackrunners.org](http://adirondackrunners.org).
- 7 8th Albany Speedo Sprint. 2pm. Lark Street, Albany. [albanycommunity.org](http://albanycommunity.org).
- 7 Jingle Bell Run/Walk. 5K. 10am. Central Park, Schenectady. Eileen Reardon: 456-1203. [arthritis.org](http://arthritis.org).
- 7 Recover from the Holidays 50K Run. 9am. Norrie Point, Norrie SP, Staatsburg. Charlie Sprauer: 845-635-2936. [mhrrc.org](http://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](http://mhrrc.org).
- 7 Ugly Christmas Sweater 5K Run/Walk. 9am. St. Mary's School, Cortland. [getentered.com](http://getentered.com).
- 8 Let It Snow 5K. 9am. Point Park, Old Forge. [adkchristmasonmain.com](http://adkchristmasonmain.com).
- 8 30th Reindeer Ramble. 5K. 1pm. YMCA of Kingston and Ulster County, Kingston. [ymcaulster.org](http://ymcaulster.org).
- 14 **17th Albany Last Run 5K. 5pm. Albany City Hall, Albany. 434-2032. [albanyevents.org](http://albanyevents.org).**
- 15 **HMRRC/Doug Bowden Winter Series Race #1: 15K/3M. 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).**

- 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](http://oakmountainski.com).
- 29 I Love Woodford 3M Snowshoe Race. 10am. Woodford SP, Bennington, VT. [bkvr.org](http://bkvr.org).
- 29 **Hilltop Farms 5K Snowshoe Race. 10am. Richmond, MA. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 31 **16th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Info: 584-4132. [saratoga-arts.org](http://saratoga-arts.org).**
- 31 NYRR Emerald Nuts Midnight Run. 4M. 10pm. Central Park Bandshell, Manhattan. [nyrr.org](http://nyrr.org).

**JANUARY**

- 1 **HMRRC Winter Series #2: 38th Hangover Half & Bill Hogan 3.5M Run. 12pm. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).**
- 1 FirstRun Burlington. 5K. 11am. Kids' Races: 10:30am. Memorial Auditorium, Burlington, VT. [runvermont.org](http://runvermont.org).
- 1 Resolution Run. 5K, 2.5M Walk, 1K Kids Run. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. [lachute.us](http://lachute.us).
- 4 **Pittsfield Surprise 5M Snowshoe Race. 10am. Pittsfield, MA. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 11 **Plaza Fitness Performance Series #1: Injury Pre-screening for Runners & Triathletes. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).**
- 11 **28th FMRRC Winter Wimp Foot Race. 4.4M or 2.2M. 1pm. Fire House, Hagaman. [fmrrc.com](http://fmrrc.com).**
- 12 **HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).**
- 18 **Hoot Toot & Whistle 3.3M Snowshoe Race. 10am. Readsboro, VT. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 25 **Sid Hiller 4M Snowshoe Race. 11am. Center Sandwich, NH. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 26 **Curly's Record Run 4M Snowshoe Race. 11am. Pittsfield, MA. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 26 **HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).**

**FEBRUARY**

- 1 **Northfield Mtn 5M Snowshoe Race. 9am. Northfield, MA. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 1 Snowshoe Race 5K & 10K. 10am. Oak Mountain, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).
- 2 **HMRRC Winter Series #5: 4M, 10M, 20M. 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).**
- 2 **14th Saratoga Winterfest 5K Snowshoe Race. 11am. Saratoga Spa SP, Saratoga Springs. WMAC Dion Racing Series. 581-7550. [saratogastryders.org](http://saratogastryders.org).**
- 8 **11th Camp Saratoga 5M Snowshoe Race. 10:30am. Wilton Wildlife Preserve, Wilton. WMAC Dion Racing Series. 581-7550. [saratogastryders.org](http://saratogastryders.org).**
- 8 **Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).**
- 15 **Mount Prospect II 6M Snowshoe Race. 11am. Woodford, VT. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**
- 22 **Moby Dick 7M Snowshoe Race. 9:30am. Lanesborough, MA. WMAC Dion Racing Series. [runwmac.com](http://runwmac.com).**

**MARCH**

- 8 **Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes. 8am. Plaza Fitness, Albany. 482-2266. [plazafitness.net](http://plazafitness.net).**

**JUNE**

- 8 **10th Lake Placid Marathon & Half Marathon. 26.2M/13.1M. Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.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](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*

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# Where to Ski this Season

By Jeff Farbaniec

This is the time of year when skiers' anticipation is at its peak. The first flakes of snow have already dusted the higher elevations of the Adirondacks and Vermont's Green Mountains. If you're a die-hard skier, you've lined up your season pass and tuned up your equipment. You wear your pajamas inside-out and you've flushed a tray of ice cubes down the toilet (trust me, it works) to ensure a winter of bountiful snow. Maybe you've even had a bonfire to sacrifice a pair of skis to Ullr, the Norse god of snow and skiing. All that's left now is waiting for the chairlifts to start spinning. Ski areas in the region have been busy too, working on improvements and upgrades all summer and fall. Here's a quick look at what they've been up to.

It's been a busy off-season at **Whiteface** in Wilmington, operated by the state's Olympic Region Development Authority. Improvements include the addition of the Rand's Last Stand glade, their first new trail in five years. The 1,500 foot-long expert glade begins about halfway down Hoyt's High, and will connect to the Summit Chair lift. The Olympic mountain has also added 35 low-energy snow guns that will provide coverage on Easy Street, Broadway and Excelsior, and an energy efficient boom fan snow gun that will be used to cover the Lower Valley trail. Finally, a new Pisten Bully 600 Winch Cat has been added to Whiteface's grooming fleet. Jon Lundin, ORDA's PR coordinator says "We're more than ready to get the skiing and riding season underway. It was a great summer, but it's time for winter and we're excited to show off our off-season work and improve-

ments." Opening day for the skiing and riding season at Whiteface is slated for Friday, Nov. 29. Visit: [whiteface.com](http://whiteface.com).

At **Gore Mountain**, located in North Creek and also operated by ORDA, four new trails will debut this winter. The largest of these is the Boreas Glades, located between the Sagamore trail and Barkeater Glades on Burnt Ridge. Other terrain expansion includes two new glades at the North Creek Ski Bowl, Ridge Runner Glades and Little Gore Glades. And also a re-configuration of the Hedges trail to provide access from the top of the Burnt Ridge Quad chairlift to the Tahawus trail and the North Quad chairlift. Snowmaking improvements include two new tower-mounted fan guns as well as pipe work and other enhancements to the system. A new conveyor lift has been added to the Kids Klub learning facility. And back at the lodge, finishing touches are being put on a new deck for the Tannery Pub and Restaurant. Gore is scheduled to open for the season on Friday, Nov. 29. Go to: [goremountain.com](http://goremountain.com).

Vermont's **Stowe Mountain Resort** is wrapping up a massive two-year investment in snowmaking operations. New equipment and upgrades include 100 HKD tower guns, 3 Super Pole Cat fan guns, and miles of new snowmaking pipe. These snowmaking improvements allow Stowe to operate with greater energy efficiency, increase the potential for more early-season terrain, improve overall snow quality, and allow the mountain to be resurfaced more quickly. Stowe is targeting Saturday, Nov. 23 as its opening date. See: [stowe.com](http://stowe.com).

**Bromley Mountain**, located just outside of Manchester in southern Vermont, is wrapping up base lodge renovations. They have invested in snowmaking improvements this year that include new guns, new pipe, a new air compressor and a new groomer. Bromley has also announced that they will be offering Terrain Based Learning programs this year. This is a new instructional concept that incorporates entry-level terrain park features such as rollers, mini-pipes and bank turns with progressive teaching principles. Projected opening day at Bromley is Friday, November 29. Check out: [bromley.com](http://bromley.com).

Also in Vermont, construction is underway at the base of **Pico Mountain** for the new Andrea Mead Lawrence Lodge, a facility for Vermont Adaptive Ski and Sports and the Pico Ski Education Foundation. Pico expects to open for the season on Saturday, Dec. 14. Visit: [picomountain.com](http://picomountain.com).

Ski areas closer to home have been no less busy during the off-season. Besides offering a lower-cost alternative to the bigger mountains, many of these areas have big league snowmaking operations, diverse terrain, and excellent instructional programs. At **Willard Mountain**, in Easton, crews spent the summer tripling their water storage for snowmaking. There's also a 50% increase in pumping capacity to allow snowmaking crews to expand across the mountain quicker than ever. Willard's well-established learning programs include a \$45 learn-to-ski program that general manager Jeff Fitzgerald calls, "One of the best deals in the ski industry. It's crazy and we lose money on it, but we

need to convert people to the sport to ensure its future growth." The program includes a learning center lift ticket, rentals, and three one-hour lessons that go off at different times through the day, making for a very full day of skiing or snowboarding. Willard will open in mid-December, earlier if Mother Nature allows. Go to: [willardmountain.com](http://willardmountain.com).

**Maple Ski Ridge** in Rotterdam, just outside of Schenectady, is another local mountain with an excellent reputation for their instructional programs. Maple Ridge's convenient location and their flexible two-hour and four-hour passes make it easy to squeeze in a couple hours of skiing on a weeknight or weekend. Maple Ridge expects to open for the season on Saturday, Dec. 14. See: [mapleskiridge.com](http://mapleskiridge.com).

**West Mountain**, in Queensbury, is under new ownership. The new management team has announced expanded operating hours and is offering season passes for sale at a significant discount from last year's rates. Check out: [westmtn.net](http://westmtn.net).

All ski areas are hoping for a snowy winter, but it's possible that none are hoping for snow more than **Hickory Ski Center** in Warrensburg. That's because Hickory relies on natural snow only. A recent lodge renovation, new grooming equipment, and electrical upgrades to improve lift reliability mean that Hickory will be ready when the snow files. Hickory has a reputation for some of the most challenging expert terrain in the East, but there's plenty of terrain for beginner and intermediate skiers too, along with a full-service snow sports school that offers a variety of instructional programs and packages. Visit: [hickoryskicenter.com](http://hickoryskicenter.com).

Skiers should check out **Oak Mountain** in Speculator this winter, a classic Adirondack ski area that offers interesting and varied terrain without the big mountain crowds and prices. Oak, which was reopened under new ownership last year, offers 14 trails, 650 feet of vertical and snowmaking coverage. Go to: [oakmountainski.com](http://oakmountainski.com).

In Old Forge, **McCauley Mountain** boasts 21 trails and 633 feet of vertical. And it doesn't hurt that the area is located in a "snowbelt" area of the central and western Adirondacks, though the mountain is equipped with snowmaking for times when natural snow is harder to come by. See: [mccauleyny.com](http://mccauleyny.com).

The wait is almost over and ski season is set to begin in just a few short weeks. In the meantime, a couple more tricks to help make it snow: sleep with a spoon under your pillow and brush your teeth with the opposite hand. Don't ask why, just do it. THINK SNOW! ❄️

Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes *The Saratoga Skier & Hiker* ([saratogaskier.blogspot.com](http://saratogaskier.blogspot.com)), a blog of his primarily Adirondack outdoor adventures.

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## ATHLETE PROFILE



◀ ENGLISH CHANNEL CREW: BOB SINGER, DENNIE SWAN-SCOTT, DAVID AND JUDY DAMMERMAN, DEB ROBERTS AND BETHANY BOSCH.

# David Dammerman

By Kristen Hislop

Swimming across the English Channel is not done on a whim. Fewer than 350 Americans and only 1,400 people worldwide have successfully crossed the Channel, and 90% who start do not finish. It is at least 21 miles long, and often miles longer, without touching a boat or another person. It is bone chillingly cold, and wetsuits are not allowed. It is lonely, mind breaking lonely. It is very dark and oh so bright. A few jellyfish stings hurt, but hearing the pebbles washing over each other in France is pure joy. David Dammerman has done it. On September 25th of this year he swam across the English Channel via a 27-mile route in 10 hours and 38 minutes.

David's journey to the crossing started at age eight, while swimming with his local Y in Connecticut. His swimming continued during his studies at Hamilton College in Clinton under coach Dave Thompson, where David learned a lot about goal setting, and "aggressive goals were boiled down to the things we could control every day, such as improving stroke technique, focusing special effort on the hardest parts of workouts, making good nutritional choices, and getting proper rest." Dan Chambliss, assistant coach and sociology professor, told David, "It's not true that practice makes perfect. Perfect practice makes perfect." In endurance swimming daily choices and practice are paramount.

After a 16-year swimming hiatus, David got back into pool workouts with some friends at the Saratoga YMCA who introduced him to open water swims. In 2009 six of them headed to Hawaii for the Waikiki Rough Water Swim (the 2.4-mile swim that gave birth to the idea of Ironman). That experience, led David to search for longer swims, and then to the idea of a Channel Crossing. When fellow swimmer Bob Singer told him, "If you train for it, I'll take the time off to crew for you. It would be a thrill and an honor to be on the boat." That clinched it.

RESIDENCE: Saratoga Springs

AGE: 44

FAMILY: Wife, Judith Dore; and Son, Eric Dammerman, 18

OCCUPATION: CEO, Great Mountain Investment Associates

PRIMARY SPORT: Swimming

FAVORITE QUOTE: "Nothing great is easy." Capt. Matthew Webb, (first person to swim across the English Channel, - 1875)

David added more workouts with the Glens Falls Masters swimmers, under coach Dennie Swan-Scott, since they also frequented the colder waters of Lake George in the summer. Dennie has a reputation for making swimming fun. For her, swimming with David was fun, and she swam with David enough to learn his stroke and realize that he is like a metronome.

After meeting him at the Glens Falls YMCA, Bob Singer and Deb Roberts, husband and wife Glens Falls Masters swimmers with experience in water safety management, were happy to swim with and kayak for David to ensure his safety. Deb says, "My role in training was to crew for many of his long swims. Through those experiences, we learned what works for him in terms of feeding and how to determine if he was getting cold." David tolerates cold waters well. Deb says the only other person who can handle the cold water as well as David is Bethany Bosch, a fellow distance swimmer from Rutland, Vt. Bethany, who got back into swimming to help a friend train for a triathlon, will be tackling the Channel Crossing in 2014.

Bethany, Dennie, Bob and Deb became the team that David would rely on to help him train and ensure his safe Channel crossing. They would swim Lake George in the early mornings with David, and other times (especially on cold swims) Bob and Deb manned kayaks, while David and Bethany swam. Dennie and David held pace well together,



▲ DAVID STOPS FOR A FEED DURING THE SWIM.



▲ DAVID SWIMMING THE ENGLISH CHANNEL.



◀ TRACK OF DAVID'S CHANNEL SWIM.

so she would push him on longer swims. To make training fun, Bob says Dennie and David would play seal – swimming under them, through them and cavorting around.

With a support team in place, David continued preparing for the challenges of the Channel. Swimming in 60-degree salt water with currents, debris, waves and weather in the dark takes practice. Two hours in the water, six days a week, with over 5,000 yards a pop takes commitment. He would periodically add a set of eight times 2,000 yards with 20 seconds rest to practice feeding, monitoring the pace clock to hone in on a constant pace. Trips to Long Island Sound allowed for salt water access. Early season swims, and a trip to the Cork (Ireland) Distance Training Week camp helped prep for cold water. David says the water was 48 to 50 degrees when he arrived, and he was concerned that he wouldn't be able to get in the water, but he swam for more than two hours, noting that the 50-degree patches of water actually felt warm.

A special feature of the Cork Distance Week is the "Torture Swim" that's designed to prepare swimmers for anything they might encounter in the crossing. "We each swam alone. After swimming in cold water for an hour, a boat crew provided a bottle of water – frozen solid and useless – then told me I was off course and would have to swim hard until I caught the other swimmers. We expected to swim for two or three hours. In the end, we swam four and a half hours with only one liter of water and no calories."

With years of preparation behind him, David and his team traveled to England. Bethany participated in the Torture Swim as well, and knew he was well prepared. Her greatest concern for his crossing was the weather, because it is completely out of the swimmer's control. David's wife Judy stayed ashore and monitored his progress via GPS.

David's swim started at 2am off the white cliffs of Dover on a rocky coast. Choppy waters, a fairly strong tidal flow, and the bright light of the boat provided challenges early in the swim. Dawn brought calmer waters. The boat captain's course took into account David's pace and the tides. David fueled with a custom carbohydrate mix and warm water was added to help keep his core temperature from dropping. Bob told me that his feed stops were literally like clockwork. He would count his strokes and knew his feed time within a minute. Over ten hours they did not have to stop him to feed. The team kept a log of stroke count, feedings, water temperature, floating garbage passed, and the games they played to pass the hours. David's stroke rate stayed at 62 to 63 per minute, which equates to 1:20 to 1:30 for 100 yards. After swimming for ten hours and 38 minutes, he was accompanied to the French shore by a seal. The rocky shore with steep grey cliffs was a challenge to navigate, but he swam in, stood on dry land and waved to the boat, signaling his successful crossing.

David and his team recently spoke to young and masters swimmers at Glens Falls Y showing them some video of his swim, after which he may have a couple more protégées. Bob told me, "I get terrific satisfaction from the achievement of my friends, and knowing that I played a supporting role in their successes. It's one thing to have heroes, but it's another to help them achieve epic successes." They started in hopes of supporting David, but as Dennie says, they all grew closer, AND got to swim.

David took the time to properly prepare and choose a great team for this venture, both of which he credits for his success. Over the next year, he plans to share his experience with Bethany and support her crossing next summer. And while David has much to catch up on, I'm sure there will be some long training swims this summer and a most likely an endurance event. David, Bob and Dennie all invited me to swim with them, and I might just have to take them up on it. This is a world class team and they have fun! 🌲

*Kristen Hislop (hislopdesigns@hotmail.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, and personal trainer whose passion, next to family, is the sport of triathlon. Kristen is also a Hamilton College graduate who swam under Dave Thompson, and loved Dan Chambliss' Sociology of Sport class.*

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## CROSS-COUNTRY SKIING

A Passport to **Adventure**

By Skip Holmes

The winter season is almost upon us. Will it be an epic winter? It just might be if you decide to get out this winter and cross-country (Nordic) ski. If you are one those runners, cyclists, swimmers who is dreading spending another winter on a treadmill, a trainer or in a pool again, then Nordic skiing may give you that opportunity to keep your fitness level up – and provide you with a great way to cross-train this winter! If you have never tried Nordic skiing, it is a great way to enjoy the Northeast winter, or if you are intimidated by the thought of sliding around on two skinny skis, you can also try snowshoeing.

This region offers many locations to Nordic ski. There are ski centers that provide expertly groomed trails, a base lodge to get warm food and beverages, while spending quality post-ski time with friends and family. Many of these ski centers also have a set of snowshoe trails to explore. They all have a ski shop for sales and rentals, and many offer lessons for those who are new to these winter activities.

Nordic skiing has two distinct styles, classic and skate (freestyle). Classic style skiing has been around for many years and is the way many people were introduced to the sport. Skate style skiing is newer and has gained a great deal of popularity. The equipment is different and the skating technique allows one to go faster, but it does require more effort. Classic skiing is done on a set of parallel tracks, while skate skiing uses a wide groomed lane.

Many Nordic ski centers are located within a short drive of upstate population centers. **Pineridge Cross Country Ski Area** in East Poestenkill (east of Troy), is located on the Rensselaer plateau where they often get

snow when there is none in the Albany area. Pineridge offers a family-friendly lodge with rentals, a woodstove to get warm by, and an extensive trail system with some trails lit for night skiing. Visit: [pineridgexc.com](http://pineridgexc.com).

**Lapland Lake Nordic Vacation Center** is located near Northville, and offers over 45 kilometers (km) of groomed trails on rolling terrain, and when the lake freezes over there is even more track to ski on. Olavi Hirvonen, former US Winter Olympian (1960 Squaw Valley), started Lapland Lake over 35 years ago, and he and his wife Ann take great pride in the resort's operation. There is a large lodge, a woodstove to warm you up, along with a snack bar and restaurant for refueling during and after a day of skiing. Sales and rentals are available, along with a friendly staff to help you, and lessons are available. They also offer many special events including Ladies Days where instructors are women, students are women, and you get a full day on the trails. Go to: [laplandlake.com](http://laplandlake.com).

**Garnet Hill Lodge and Cross Country Ski Center** in North River is located up on a mountain near 13th Lake. They have a lodge with overnight accommodations, a great restaurant, and a significant set of trails that traverse the entire area. Ski sales, rentals and lessons are available. They have a shuttle service that will return you to the lodge in case you want to enjoy the downhill terrain without the uphill climb on the way back. See: [garnet-hill.com](http://garnet-hill.com).

Further north you can visit **Mt. Van Hoevenberg at the Olympic Sports Complex**, just east of Lake Placid. They have just remodeled their lodge, purchased a new trail grooming machine, and offer a trail system that ranges from flat loops to some of the most challenging terrain around. Their

lodge offers rentals, lessons, and a snack bar for those with an appetite. Check out: [whiteface.com](http://whiteface.com).

Also just east of Lake Placid you will find the **Cascade Cross-Country Ski Center**. Here you will find a series of groomed trails that interconnect with the Mt. Van Hoevenberg trails, and you can purchase a trail pass that admits you to both areas – and the 33 miles of Jackrabbit Trail. They even have Full Moon Parties with bonfires on Jan. 18, Feb. 15 and March 15. Cascade offers a wide selection of skis and snowshoes for sale and rent, and they have dorm style lodging along with a restaurant. Visit: [cascadeski.com](http://cascadeski.com).

Heading northwest you can find the **Osceola Tug Hill Cross-Country Ski Center** in Camden, which is northwest of Utica. This is the famous Tug Hill plateau area where snowfall totals are in excess of 200 inches each winter. They offer 40 km of groomed trails for classic and skate skiing. Osceola's ski shop has a large inventory for sale and rentals are available there as well. Go to: [uxcski.com](http://uxcski.com).

**Dewey Mountain Recreation Center**, located just outside Saranac Lake, and operated by Adirondack Lakes and Trails Outfitters, offers 16 km of groomed trails with some trails lighted for night skiing on certain evenings. It is on the western terminus of the Jackrabbit Trail system that goes from Keene to Lake Placid, Saranac Lake and Paul Smiths. Dewey has many events including a Friday Night Ski Jam and Tuesday Night Races. See: [deweymountain.com](http://deweymountain.com).

If you already have been involved in Nordic skiing you might want to consider ramping up your activity level and enter one of the many events that are being scheduled for this winter. Many of the Nordic ski centers



LOVING WINTER AT THE 2013 LAKE PLACID LOPPET.

PHOTOS BY JEN HARVEY

host one or more of these events, which are a great way to motivate you to set some training goals for this ski season.

The **New York State Ski Racing Association – Nordic** offers a number of classic, skate ski, biathlon and ski orienteering events at locations across the Adirondacks, Capital Region and central New York. Check out: [nyssranordic.com](http://nyssranordic.com).

One of the most popular Nordic ski marathons is the 32nd annual **Lake Placid Loppet**, which is held on January 25 at the Mt. Van Hoevenberg Olympic Sports Complex. They offer two distances, 25 and 50 km in both classic and freestyle technique. The course consists of approximately 1,760 feet of climbing for each 25 km lap. The event draws participants from all over the US and Canada. For many it is a similar challenge to competing in a running marathon or century cycling event. Visit: [whiteface.com](http://whiteface.com).

Over in Vermont, the popular **Craftsbury Ski Marathon** offers a challenge as well on Feb. 1. It offers a scenic point-to-point 25 and 50 km course for this classic technique event. For more details, go to: [craftsbury.com](http://craftsbury.com).

And if you are looking for an event further north, then set Canada in your sights. The **Canadian Ski Marathon** is a two-day event. It will be held on February 8-9. Each day starts with five sections and the goal is to do as many as you can before the afternoon cutoff. The two-day distance is 160 km over varied terrain. They even offer a classification where you carry your sleeping gear and sleep outside the first night. This event has an incredible atmosphere as over 2,000 people register for it. The event is well-supported and everyone is enthusiastic. I have done this event with friends and keep thinking that I need to go back again. Details: [csm-mcs.com](http://csm-mcs.com).

*Skip Holmes (serottaskip@gmail.com) of Delmar teaches building systems and sustainable design at RPI. He leads indoor spinning classes, is president of Mohawk-Hudson Cycling Club, and member of Capital Bicycle Racing Club. He can be found biking, kayaking, hiking or XC skiing. He has a couple of podium finishes at Lake Placid Loppet.*

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<b>MALE OVERALL</b>								
1 James Preite	52	22:11	1 Noah Wiese	20:35	1 Jim Preite	49	22:02	
2 David Hall	50	23:11	2 Jim Priete	22:18	2 Dave Hall	50	22:02	
3 Scott Bradley	58	23:29	3 Tom Ducatte	24:17	3 Scott Bradley	58	22:36	
4 Thomas Kushi	45	29:21	4 Scott Bradley	24:36	4 Nick Mezzadonna	47	26:09	
5 Ed Alibozek Jr	73	29:42	5 John Parisella	26:53	5 Edward Saharezewski	59	33:16	
6 Ed Alibozek	50	29:46	6 John Winch	28:53	6 Mike Calautti	35	33:41	
7 Patrick McGrath	48	29:48			7 Nicholas Janowski	11	33:46	
8 John Aldrich	54	32:04			8 Zack Calautti	9	33:59	
9 Bruce Kirchner	56	32:39			9 Zachary Bartels	26	36:37	
10 David Lemieux	48	39:20						
11 Konrad Karolczuk	60	39:28						
<b>FEMALE OVERALL</b>								
1 Carmel Kushi	44	24:05	1 Michelle Lagonia	25:08	1 Carmel Kushi	44	22:42	
2 Becca Hall	21	28:49	2 Katie Knovski	29:32	2 Elizabeth Collins	36	22:50	
3 Claudine Preite	53	30:17	3 Eileen Manyahan	31:18	3 Nikki Avila	24	24:49	
4 Amanda Repka	29	30:20	4 Claudine Priete	32:06	4 Taryn Vanaskie	32	26:10	
5 Erin Kirchner	34	32:38	5 Amanda Repka	32:15	5 Michelle Lagonia	47	33:44	
6 Valerie Bird	54	34:16	6 Karin Bradley	33:28	6 Karin Bradley	56	33:46	
7 Karin Bradley	56	35:30	7 Susan Hawkes-Teeter	35:50	7 Julie Pugliese	11	33:47	
8 Jacqueline Lemieux	46	36:29			8 Claudine Preite	46	33:57	
					9 Rachel Verbecki	25	36:48	
					10 Lauren Therrien	33	37:18	

## 4TH PECK'S LAKE CHALLENGE SPRINT TRIATHLON August 3, 2013 • Peck's Lake, Gloversville

0.5M SWIM, 9M BIKE, 3M RUN			FEMALE AGE GROUP: 26 - 35			FEMALE AGE GROUP: 46 - 55		
<b>MALE OVERALL</b>								
1 Jason Smoak/18-25	1:06:40		1 Nicole Hannon	1:29:25	1 Terri Jordan	1:22:07		
2 Chris Heckman/18-25	1:08:17		2 Holly Chaknis	1:37:05	2 Carolyn Wilk	1:25:53		
3 Eric Askeew/46-55	1:09:05		3 Christine McClear	1:55:34	3 Kathryn Perry	1:28:37		
			4 Tricia Best	1:56:13	4 Ella Caiola	1:39:45		
			5 Melissa Collis	1:57:58	5 Isabella Stone	1:41:22		
<b>FEMALE OVERALL</b>								
1 Amy Reynolds/36-45	1:16:30							
2 Jennifer Sweeney/36-45	1:16:41							
3 Erika Merrel/26-35	1:21:02							
<b>MALE AGE GROUP: 18 - 25</b>								
1 Philip Piombino	1:09:28							
2 Nick Cirillo	1:12:16							
3 Trevor McConnell	1:12:29							
4 Connor Grant-Knight	1:15:40							
5 Stanley Pajak	1:30:43							
<b>FEMALE AGE GROUP: 36 - 45</b>								
1 Amy Lebel	1:30:15							
2 Alexa Pajak	1:30:43							
3 Rosie Nowhitney	1:38:44							
4 Colleen Steward	1:39:12							
5 Katherine Buyes	1:39:13							
<b>MALE AGE GROUP: 46 - 55</b>								
1 Dan Casey	1:12:18							
2 Andrew Groff	1:16:13							
3 Joseph Spencer	1:22:52							
4 Doug Kussius	1:23:09							

## 10TH GEAR UP FOR LYME: MOUNT EQUINOX UPHILL BIKE CLIMB August 3, 2013 • Mount Equinox Skyline Drive Toll Road, Manchester, VT

5.4 MILES, 3248-FT UP, 12% GRADE				FEMALE OVERALL			
<b>MALE OVERALL</b>							
1 Gerry Clapper	52	Avon, CT	40:36	1 Silke Wunderwald	42	Hopkinton, RI	45:18
2 Ian Clarke	15	Killington, VT	40:47	2 Nancy Labbe-Giguere	31	Belmont, MA	50:19
3 Erik Vandendries	48	Chestnut Hill, MA	41:55	3 Madeleine Marecki	29	Pleasantville	52:22 continued

## 10TH GEAR UP FOR LYME: MOUNT EQUINOX UPHILL BIKE CLIMB continued

<b>MALE AGE GROUP: 1 - 19</b>				<b>MALE AGE GROUP: 50 - 59</b>			
1 James Hayes	18	Wakefield, RI	42:16	1 Douglas Jansen	51	Pelham, NH	43:37
<b>FEMALE AGE GROUP: 1 - 19</b>							
1 Gabrielle Vandendries	14	Chestnut Hill, MA	1:00:22	2 Brett Rutledge	51	Westboro, MA	46:26
<b>MALE AGE GROUP: 20 - 29</b>							
1 Joshua Altschuler	20	North Falmouth, MA	44:17	3 Michael Johnson	47:16	Honesdale, PA	47:16
2 Isaac Old	26	White River Jct., VT	47:28	<b>FEMALE AGE GROUP: 50 - 59</b>			
3 Alec Babala	22	Nashua, NH	49:27	1 Mary Hynes Johanson	58	Belmont, MA	53:03
<b>MALE AGE GROUP: 30 - 39</b>							
1 Jason De Lorme	37	Natick, MA	44:27	2 Susan Lynch	54	Medfield, MA	55:57
2 Patrick Campbell	33	Fayston, VT	45:59	3 Susan Lucek	53	Tolland, CT	57:04
3 Erkki Mackey	34	Salisbury, VT	46:21	<b>MALE AGE GROUP: 60 - 69</b>			
<b>MALE AGE GROUP: 40 - 49</b>							
1 Kevin Bessett	47	Richmond, VT	46:58	1 Mark McCarthy	64	Fairport	45:54
2 Robert Schneider	41	Richmond, VT	47:05	2 Michael McCusker	64	Buckland, MA	48:14
3 William Dunkerley	49	Newton, NH	47:18	3 David Sutkowy	60	Manlius	49:00
<b>FEMALE AGE GROUP: 40 - 49</b>							
1 Kellie Tabor-Hann	44	Middletown, RI	1:04:09	<b>FEMALE AGE GROUP: 60 - 69</b>			
2 Linda Pierce	43	Vernon, CT	1:10:36	1 Amy Verner	67	Manchester Center, VT	1:40:23
				<b>MALE AGE GROUP: 70 - 79</b>			
				1 Kenneth Cestone	76	Bennington, VT	55:30

## 19TH INDIAN LADDER TRAIL RUNS August 4, 2013 • Thacher State Park, Voorheesville

15K TRAIL RACE				MALE AGE GROUP: 40 - 44			
<b>MALE OVERALL</b>							
1 Jaime Julia	28	Amsterdam	53:45	1 Richard Hamlin	40	Albany	1:09:07
2 Jeremy Drowne	35	West Chazy	56:12	2 Patrick Lynsky	41	Troy	1:15:05
3 Derek Struck	18	Altamont	57:00	3 Brian Dillenbeck	42	Alplaus	1:16:03
<b>FEMALE OVERALL</b>							
1 Teal Reeves	31	Glenville	1:10:20	<b>FEMALE AGE GROUP: 40 - 44</b>			
2 Jana Trenk	23	Scarsdale	1:11:32	1 Tammy Sweeney	42	Tewksbury, MA	1:24:29
3 Hilary Mislan	26	Albany	1:14:59	2 Heather Machabee	43	Delmar	1:26:55
<b>MALE AGE GROUP: 1 - 14</b>							
1 James Hogan	12	Loudonville	2:40:15	3 Jennifer Ferriss	41	Saratoga Springs	1:27:23
<b>MALE AGE GROUP: 15 - 19</b>							
1 Steve Booker	17	Delmar	58:40	<b>MALE AGE GROUP: 45 - 49</b>			
2 Matt Crawford	19	Delmar	1:01:42	1 Paul Partridge	49	Delmar	1:03:40
3 Chris Shaw	19	Delmar	1:01:43	2 David Banas	48	Delmar	1:05:12
<b>FEMALE AGE GROUP: 15 - 19</b>							
1 Talia Zisman	19	Slingerlands	1:16:19	3 Tom Kracker	49	Delmar	1:05:17
2 Alyssa Jourdin	15	Albany	1:25:01	<b>FEMALE AGE GROUP: 45 - 49</b>			
3 Emily Burns	16	Slingerlands	1:25:01	1 Christine Varley	49	Albany	1:16:40
<b>MALE AGE GROUP: 20 - 24</b>							
1 Nick Webster	24	Latham	58:34	2 Deanna Hitchcock	46	Scotia	1:25:21
2 Samson Dikeman	24	Albany	1:00:38	3 Karen Cusato	45	Guilderland	1:49:35
3 Eamonn Coughlin	20	Castleton	1:02:18	<b>MALE AGE GROUP: 50 - 54</b>			
<b>FEMALE AGE GROUP: 20 - 24</b>							
1 Marisa Poletto	24	Schenectady	1:15:09	1 Michael Bruhn	53	Latham	1:02:58
2 Nanditha Badami	24	Schenectady	1:19:39	2 Christian Lietzau	50	Delmar	1:05:18
3 Michelle Davis	24	Schenectady	1:23:13	3 Bart Trudeau	50	Guilderland	1:08:50
<b>MALE AGE GROUP: 25 - 29</b>							
1 John Kenworthy	25	Clifton Park	1:02:16	<b>FEMALE AGE GROUP: 50 - 54</b>			
2 Mark Whalen	29	Chappaqua	1:13:44	1 Aileen Muller	51	Castleton	1:37:58
3 Ben Baker	27	Green Island	1:23:14	2 Christina Trees	52	Albany	1:42:16
<b>FEMALE AGE GROUP: 25 - 29</b>							
1 Amanda Barone	29	Ballston Spa	1:24:39	3 Chris Abowd	50	Glenmont	1:44:24
2 Madeline Haas	26	Albany	1:33:08	<b>MALE AGE GROUP: 55 - 59</b>			
3 Sarah Meyer	25	Albany	1:34:30	1 Mark Warner	55	Slingerlands	1:13:56
<b>MALE AGE GROUP: 30 - 34</b>							
1 Josh Merlis	31	Albany	57:35	2 Steve Conant	55	Glenmont	1:15:08
2 Damien Rock	32	Lexington, KY	1:04:33	3 John Parisella	55	Schenectady	1:15:44
3 Jeffrey Andritz	32	Altamont	1:14:06	<b>MALE AGE GROUP: 60 - 64</b>			
<b>FEMALE AGE GROUP: 30 - 34</b>							
1 Kim Didrich	33	Rensselaer	1:30:59	1 Carl Matuszek	61	Chatham	1:07:42
2 Jessica Mokhiber	33	Albany	1:31:57	2 Dennis Filmore	61	Ballston Spa	1:17:40
3 Kelly Bowie	34	Castleton	1:31:59	3 Rich Tanchyk	61	Saratoga Springs	1:23:38
<b>MALE AGE GROUP: 35 - 39</b>							
1 Peter Flynn	36	Delmar	1:00:22	<b>MALE AGE GROUP: 65 - 69</b>			
2 Jake Stookey	37	Clifton Park	1:04:58	1 Douglas Fox	68	Loudonville	1:34:12
3 Gaven Richard	39	Albany	1:06:54	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 35 - 39</b>							
1 Erin Rock	35	Lexington, KY	1:15:06	1 Susan Wong	65	Glenmont	1:30:36
2 Olivia Eves	37	Arkansas City, KS	1:16:22	2 Laura Clark	66	Saratoga Springs	2:00:19
3 Alanna Almstead	36	Valatie	1:25:03	<b>MALE AGE GROUP: 70 - 79</b>			
				1 Raymond Lee Jr	71	Halfmoon	1:47:57

3.5M TRAIL RACE			
<b>MALE OVERALL</b>			
1 Steve Booker	17	Delmar	19:54
2 Jaime Julia	28	Amsterdam	19:55
3 Josh Merlis	31	Albany	21:43
<b>FEMALE OVERALL</b>			
1 Kaylee Scott	16	Rensselaer	24:12
2 Patricia Butcher	52	Hawthorne, NJ	26:55
3 Hilary Mislan	26	Albany	27:00 continued

# 66th TROY TURKEY TROT



**USA TRACK & FIELD ADIRONDACK**  
10K Championship & Grand Prix Finale Event

## Online registration closes Nov. 25th The Premier Trot.

Whatever your speed, the Troy Turkey Trot – the nation's 12th oldest road race – is a great way to jump start your Thanksgiving festivities.

Registration is now open for our 5K, 10K, Grade School Mile and Turkey Walk. *Event upgrades this year include:*

- Upgraded tech shirts for all events
- Finishers' medals for 10K, 5K and Grade School Mile
- A return to the traditional "out and back" course configuration for the 10K
- Colored start sections for the 5K to ensure a safe start and safe flow of runners
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Costume" and "Best Non-Thanksgiving Costume"

- Benefitting the Regional Food Bank of Northeastern New York and CYO Center
- Help the less fortunate. Bring a non-perishable food item to the Troy Atrium.
- Ample free event parking available.

For more information and to register, visit [www.TroyTurkeyTrot.com](http://www.TroyTurkeyTrot.com), or call 518.273.5552. And be sure to "like" us on Facebook for all the latest news and information!

19TH INDIAN LADDER TRAIL RUNS continued

Table with 3 columns: Rank, Name, Time. Includes 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.

5TH YMCA CAMP CHINGACHGOOK CHALLENGE August 10, 2013 • YMCA Camp Chingachgook, Kattskill Bay

Table with 3 columns: Rank, Name, Time. Includes Male Overall, Female Overall, 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, 10K Race, 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.

35TH LANE 10K LAKE RUN

August 4, 2013 • Lake Pleasant to Speculator

Table with 3 columns: Rank, Name, Time. Includes Male Overall, Female Overall, Male Age Group 15-19, Female Age Group 15-19, Male Age Group 20-29, Female Age Group 20-29, Male Age Group 30-39, Female Age Group 30-39.

BUSINESS DIRECTORY

Celtic Treasures advertisement: For the warmth of an Irish Christmas visit Celtic Treasures. 456 Broadway, Saratoga Springs, NY 12866. Website: www.celtictreasures.com. Extended Holiday Hours. Imported Crystal, China, Woolens & More!

THE INN at COOPERSTOWN advertisement: 16 CHESTNUT ST, COOPERSTOWN. Cooperstown is a fantastic area for riding with beautiful scenery and peaceful rural roads. Your "home base" for cycling getaways from self-guided rides to fully supported tours. Bicycle clubhouse available to all guests with secure storage and cool amenities. 607.547.5756 • tiny.cc/bikecoop for extra discount for ASF readers

Adirondack ADK Mountain Club advertisement: Are you into it? Adirondack ADK Mountain Club. Hiking, Climbing, Paddling, Biking, Backpacking, Camping, Outdoor Adventure, The Adirondacks, The Catskills. Don't Delay, Join Today! 1-800-395-8080 www.adk.org Get into it!

SHULMAN HOWARD & MCPHERSON LLP advertisement: 17 OLD ROUTE 66 AVERILL PARK NEW YORK 12018. 518-674-3766 518-674-3805 FAX: 518-674-3964. REAL ESTATE • WILLS & TRUSTS • ESTATES • BANKRUPTCY LAND USE & ZONING • CORPORATIONS • TRAFFIC COURT & DWI. MORE THAN 75 YEARS OF EXPERIENCE

True North Yoga advertisement: Get centered in the Adirondacks! Hatha, Flow, Gentle and Chair Yoga Classes Workshops, intensives and private sessions. 1073 Route 9 (Main St), Schroon Lake (518) 810-7871. Class schedule: TrueNorthYogaOnline.com

FATEAGUE FOTOS advertisement: Event Photography By Brian Teague. PHOTOS FOR ALL OCCASIONS. Sports Scenic Photo Restoration Slide Shows Special Events. Professional service and reasonable rates. 518-232-6558 fateaguefotos@yahoo.com

PlacidPlanet BICYCLES advertisement: All 2013 Bikes ON SALE! THE BEST NAMES IN BICYCLES. Cervelo • BMC • Kona • Cannondale Trek • Scott • Santa Cruz • Felt. Great Selection and Expert Service! 2242 Saranac Ave, Lake Placid - Open Daily (518) 523-4128 • PlacidPlanet.com

Ron Houser, C. Ped. advertisement: ABC Board Certified Pedorthist. Evaluation ~ Casting ~ Manufacturing. Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity. Located @ The Mountain Goat, Manchester Center, VT (802) 362-5159 - mgocat@comcast.net

# RACE RESULTS

## 5TH YMCA CAMP CHINGACHGOOK CHALLENGE *continued*

FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 45 - 49		
1 Amanda Trosen	29	Altamont 53:22	1 Maryanne MacKenzie	45	Queensbury 49:38
2 Kimberly Harris	27	Albany 57:10	2 Lori Vink	48	Delmar 50:15
3 Brittany Mangione	29	Clifton Park 58:43	3 Barbara Hamel	45	Gansevoort 58:15
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 50 - 54		
1 John Donohue	34	Ticonderoga 55:42	1 Michael Smith	50	Argyle 43:20
2 Richard Graham	31	Hudson Falls 55:51	2 Steve Vandixhorn	51	Fort Edward 45:03
3 Edward Davidson	30	Mechanicville 56:18	3 Stuart Mesinger	54	South Glens Falls 47:01
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54		
1 Michele Siconolfi	32	Cherry Hill, NJ 51:34	1 Marcy Dreimiller	53	South Glens Falls 53:20
2 Rebecca Evansky	33	Hudson Falls 52:47	2 Stacey Mandelbaum	52	Queensbury 57:54
3 Becky Duca	34	Clifton Park 52:48	3 Druclilla Maxwell	54	Hudson 1:01:16
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 55 - 59		
1 John Evansky	35	Hudson Falls 44:45	1 Brian Browne	55	Delmar 59:29
2 Chris White	36	Albany 44:54	1 Deborah Harris	59	New Bern, NC 1:13:01
3 Matt Zappen	37	Albany 45:28	2 Kathleen Dalton	56	Troy 1:14:47
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 55 - 59		
1 Amanda Sheehan	38	Niskayuna 54:46	1 Al Aldi	63	Glenville 58:41
2 Deirdre Donohue	39	Ticonderoga 55:43	1 Iris McDonald	60	Succasunna, NJ 1:01:20
3 Jenna Nafus	35	Glenville 59:48	2 Melody Keenan	60	Hadley 1:47:40
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 60 - 64		
1 Joel Gordon	41	Queensbury 45:24	1 David Dibelius	66	Lake George 1:01:01
2 Bryan Funk	41	Hudson 47:07			
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69		
1 Tara Curtin	40	Geneva 57:50	1 David Dibelius	66	Lake George 1:01:01
2 Gina Heid	42	Ballston Spa 58:02			
3 Chrissy Fess	42	Clifton Park 58:50			
MALE AGE GROUP: 45 - 49					
1 Todd Rowe	45	Rotterdam 46:52			
2 Christian Hanchett	48	Queensbury 47:27			
3 Todd Fess	46	Webster 1:00:01			

*Courtesy of Capital District YMCA*

## MOVE IT FOR THE MUSIC 5K RUN

August 10, 2013 • Luzerne Music Center, Lake Luzerne

FEMALE OVERALL		MALE OVERALL	
1 Gabrielle LeBihan	21:00	8 Sally Goodheart	33:03
2 Kerry Muenchow	26:13	9 Mary Rzepczynski	33:14
3 Daneille Belen	29:35	10 Hannah Mandel	34:25
4 Laura Arcate	29:50	1 Brian McNealey	21:21
5 Debra Vunk	31:20	2 Jeremy Middleman	22:24
6 Andie Chao	31:29	3 Abraham Feder	22:37
7 Tiffany Wee	31:29	4 Glenn Fischbach	23:40

*Courtesy of Luzerne Music Center*

## 1ST SARATOGA CASINO AND RACEWAY MONDAY NIGHT MILE

August 11, 2013 • Saratoga Casino and Raceway, Saratoga Springs

MALE OVERALL			FEMALE AGE GROUP: 30 - 39		
1 Greg Kiley	24	Saratoga Springs 4:31	1 Kim Zimbal	32	Saratoga Springs 6:26
2 Eric MacKnight	24	Ballston Lake 4:34	2 Sarah Yurschak	38	Greenwich 6:47
3 Shaun Donegan	27	Saratoga Springs 4:51	3 Kathy Meitl	30	Saratoga Springs 7:10
FEMALE OVERALL			MALE AGE GROUP: 40 - 49		
1 Mary Rommer	14	Wells Bridge 5:39	1 John Stadlander	47	Clifton Park 5:06
2 Payton Czupil	14	Watervliet 6:00	2 Rodney Paine	45	Saratoga Springs 5:38
3 Erin Rock	35	Lexington, KY 6:13	3 Seth Dunn	42	Saratoga Springs 5:39
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 49		
1 Wilson Fresh	10	Saratoga Springs 6:39	1 Jennifer Ferris	41	Saratoga Springs 7:06
2 TJ Tracy	12	Saratoga Springs 6:46	2 Debbie Zelker	43	Ballston Spa 7:22
3 Christian Mercado	11	Saratoga Springs 7:25	3 Judith Dore	43	Saratoga Springs 7:31
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 50 - 59		
1 Isabel Pecora	9	Gansevoort 7:49	1 Derrick Staley	54	Ballston Lake 5:02
2 Emilie De Groff	8	Loudonville 7:56	2 Samuel Mercado	50	Saratoga Springs 5:44
3 Emily Pecora	10	Gansevoort 8:00	3 Mark Nunze	56	Ballston Lake 5:54
MALE AGE GROUP: 15 - 17			FEMALE AGE GROUP: 50 - 59		
1 Brenden Parillo	15	Victory Mills 5:43	1 Patricia Butcher	52	Hawthorne, NJ 6:28
FEMALE AGE GROUP: 18 - 19			MALE AGE GROUP: 60 - 69		
1 Erin Czupil	19	Watervliet 6:54	1 Daniel Brown	67	Ballston Spa 8:09
1 Jeff Goupil	25	Ballston Lake 5:05	2 Joseph Miranda	64	Ballston Spa 8:10
2 Jared Blatsioris	26	Ballston Spa 5:10	3 James Callahan	68	Saratoga Springs 8:37
3 Andrew LaRosa	25	Saratoga Springs 5:42			
FEMALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 60 - 69		
1 Kaitlin O'Sullivan	24	Gansevoort 6:13	1 Martha DeGrazia	62	Slingerlands 7:46
2 Christine Elliott	25	Saratoga Springs 6:14	2 Laura Clark	66	Saratoga Springs 10:20
3 Angela Villamoua	24	Saratoga Springs 7:10	3 Nancy Johnston	67	Ballston Spa 10:37
MALE AGE GROUP: 30 - 39			MALE AGE GROUP: 70 - 79		
1 Mark Holcomb	30	Saratoga Springs 5:15	1 Donald Gallagher	70	Albany 9:28
2 Nick Esler	30	Saratoga Springs 5:18			
3 Russell Lidberg	31	Saratoga Springs 5:28			

*Courtesy of Saratoga Springs History Museum*

## CRYSTAL LAKE TRIATHLON

August 17, 2013 • Crystal Cove, Averill Park

0.5M SWIM, 18M BIKE, 3M RUN					
MALE OVERALL		MALE AGE GROUP: 1 - 14			
1 Marcus Debergh	30	Malta 1:18:57	1 Sean Harrington	14	Averill Park 1:40:03
2 Craig Tynan	43	Schenectady 1:20:56			
3 Brett Schlesier	20	Johnstown 1:23:04			
FEMALE OVERALL		FEMALE AGE GROUP: 1 - 14			
1 Allison Yoho	29	Clifton Park 1:34:05	1 Emily Haworth	14	Wynantskill 2:09:13
2 Isabelle Dickens	36	South Glens Fa 1:34:12	2 Ruby Slyer	9	Averill Park 3:09:00
3 Kristen Hislop	48	Clifton Park 1:34:23			

*continued*

## CRYSTAL LAKE TRIATHLON *continued*

FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 40 - 44		
1 Julia Slyer	17	Averill Park 1:35:35	1 Mary Schanz	43	Ridgefield, CT 1:41:48
2 Caroline Slyer	15	Averill Park 1:46:01	2 Elizabeth Benjamin	41	New Baltimore 1:44:42
3 Julianne Deguardi	17	Ballston Spa 1:48:47	3 Aixa Toledo	41	Glenmont 1:50:55
4 Sarah McTague	16	Averill Park 1:49:48	4 Antoniette Rose	40	Clifton Park 1:51:12
5 Brooke Adams	19	Charlton 1:56:29	5 Christl Mueller	43	Averill Park 1:55:13
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 45 - 49		
1 Christopher Heckman	20	Ballston Spa 1:37:33	1 Tomo Miyama	48	Valatie 1:28:01
2 Jonathan Lazzara	23	Rensselaer 1:53:35	2 Christopher Hogan	48	Delmar 1:32:14
3 Caleb Gleason	22	Watervliet 1:53:54	3 John Slyer	48	Averill Park 1:33:35
4 Noah Rubin	20	Slingerlands 2:03:34	4 Don Welsh	49	Albany 1:35:50
5 Brian Reed	20	Slingerlands 2:15:48	5 Kevin Whitehead	47	Clifton Park 1:37:52
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 45 - 49		
1 Moira Hilt	21	Colonie 1:40:51	1 Sybil Carven	47	Kittery Point, ME 1:51:05
2 Meghan Yi	22	Ellicott City, MD 1:47:36	2 Terri Artese	47	Scotia 1:52:32
3 Fiona Recchia	20	Latham 1:56:59	3 Tracey Meek	45	Glenmont 1:58:28
4 Amanda Vitullo	23	Schenectady 1:57:49	4 Gretchen Shyne	49	Selkirk 2:10:16
5 Katherine Kurtessis	23	Albany 1:58:27	5 Rebecca Phillips	45	Schenectady 2:15:23
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54		
1 Liam McCarthy	27	Albany 1:24:13	1 Matthew Alpern	50	Latham 1:34:23
2 Robert Ordish	28	Glenmont 1:27:48	2 Gary Moynihan	50	Windsor, MA 1:39:14
3 Eric Shannon	29	North Adams, MA 1:31:52	3 Scott Goodwill	50	Ballston Lake 1:40:17
4 Ryan White	25	Albany 1:34:28	4 Christopher Buckley	52	Burnt Hills 1:40:29
5 Brian Gyory	29	Malta 1:41:07	5 Jonathan Masters	50	Albany 1:41:33
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54		
1 Shylah Weber	25	Rensselaer 1:37:21	1 Lise Hafner	51	Loudonville 1:50:05
2 Amanda Barone	29	Ballston Spa 1:50:08	2 Amy Perillo	53	Guilderland 1:57:56
3 Brett Harris	28	Albany 1:53:31	3 Lisa Valentine	52	Middle Grove 1:58:20
4 Rachel Rhyman	29	Hudson 2:01:45	4 Joanne Paska	54	Fort Edward 2:10:32
5 Angel Whitbeck	29	Gansevoort 2:01:58	5 Mayumi Tsutsui	54	Rensselaer 2:17:49
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59		
1 Aaron Major	34	Troy 1:25:21	1 George Baird	57	Rensselaer 1:36:34
2 Bryan Grygus	30	Clifton Park 1:31:14	2 John Kenny	55	Greenwich 1:36:58
3 Andrew Groff	34	Rensselaer 1:40:08	3 Steve Vnuk	57	Delmar 1:44:42
4 Jared Eicher	34	Scotia 1:43:16	4 Danny Arnold	55	Clifton Park 1:53:11
5 Greg Rashford	34	Niskayuna 1:43:21	5 George Smith	58	Averill Park 1:55:23
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59		
1 Karly Decker	33	Slingerlands 1:49:21	1 Anne Wehry	55	Lenox, MA 2:30:05
2 Jenny Debellis	34	Colonie 1:55:23	2 Karen Meyers	55	Wynantskill 3:06:07
3 Amelia Waters	30	Clifton Park 2:06:48			
4 Lara Lilly	34	Glenmont 2:07:30			
5 Erica Hogan	33	Albany 2:15:47			
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64		
1 Steven Nicoll	39	Menands 1:36:26	1 Rick Morse	63	Malta 1:46:50
2 Javier Londono	37	Kinderhook 1:38:34	2 Michael McNally	63	Queensbury 1:53:26
3 Ben Ellis	38	Saratoga Sprin 1:38:37	3 William Haggett	61	Rensselaer 2:03:28
4 Randy Kubasiak	38	Averill Park 1:40:24	4 David Olsen	61	Niskayuna 2:06:01
5 Adam Stallmer	38	Waterford 1:42:19	5 Ira Baumgarten	61	Averill Park 2:16:12
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 60 - 64		
1 Jennifer Reiss	36	Endicott 1:37:30	1 Suzanne Nealon	63	Troy 2:22:24
2 Debra Wechter	38	Dalton, MA 1:40:02	2 Marjorie Safran	63	Pittsfield, MA 2:33:14
3 Jennifer Den	35	Rensselaer 1:43:30			
4 Rebekah Tolley	37	Troy 1:44:23			
5 Erin Gregory	37	Clifton Park 1:48:48			
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69		
1 Alan Slaminko	43	Ridgefield, CT 1:29:44	1 Douglas Kabat	67	Niskayuna 1:58:56
2 David Travis	41	East Greenbush 1:31:04	2 Paul Murray	69	Albany 2:01:44
3 Craig Weidman	42	Selkirk 1:36:46			
4 Matthew Lindemann	44	East Greenbush 1:38:56			
5 Neil Sergott	41	Clifton Park 1:41:05			

*Courtesy of Capital District Triathlon Club*

## 11TH JAILHOUSE ROCK 5K RACE

August 17, 2013 • Brookside Museum, Ballston Spa

MALE OVERALL		FEMALE AGE GROUP: 25 - 29			
1 Craig Coon	25	Saratoga Springs 15:15	1 Samantha McBee	27	Saratoga Springs 22:01
2 Mike Roda	37	Albany 15:21	2 Katelynn Bures	26	Albany 25:32
3 Shaun Donegan	27	Saratoga Springs 15:49	3 Jennifer Sheffer	26	Troy 25:34
FEMALE OVERALL		MALE AGE GROUP: 30 - 34			
1 Meghan Mortensen	28	Rotterdam 18:19	1 Rosario Gallo	31	Queensbury 18:50
2 Colleen Coon	22	Plattsburgh 18:59	2 Gary Robusto	34	Albany 24:07
3 Lisa Daniello	27	Saratoga Springs 19:06	3 Chris McNulty	34	Ballston Spa 24:08
MALE AGE GROUP: 1 - 14		FEMALE AGE GROUP: 30 - 34			
1 Andrew Wade	9	Malta 20:35	1 Jennifer Bennice	34	Ballston Lake 20:00
2 Peter Hansen	12	Ballston Spa 20:53	2 Courtney LaBarge	34	Cobleskill 21:52
3 Zach Pinto	14	Ballston Spa 22:23	3 Brittney Taylor	31	Syracuse 23:25
FEMALE AGE GROUP: 1 - 14		MALE AGE GROUP: 35 - 39			
1 Payton Czupil	14	Watervliet 20:07	1 Joe Genter	38	Schenectady 18:51
2 Hannah Fogarty	13	Ballston Spa 23:29	2 Daniel Gracey	36	Albany 19:28
3 Shea McNamara	10	Ballston Spa 23:55	3 Andrew Muller	37	Wilton 20:00
MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 35 - 39			
1 Christopher Murphy	18	Scotia 17:28	1 Deanne Webster	37	Albany 20:52
2 Jack Vite	16	Clifton Park 17:36	2 Allison Bradley	37	Albany 21:37
3 Tyler Leicht	16	Malta 17:51	3 Elizabeth Lollins	36	Saratoga Springs 22:00
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 40 - 44			
1 Estela Smith	15	Ballston Spa 20:15	1 Bill Borgos	44	Queensbury 19:41
2 Hope Danison	17	Ballston Spa 23:41	2 Scott Reynolds	42	Porters Corners 20:31
3 Molly Constantine	18	Ballston Spa 24:34	3 Danny Anderson	41	Burnt Hills 21:43
MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 40 - 44			
1 Josh Myers	22	Ballston Spa 17:07	1 Kimberly Miseno-Bowles	43	Amsterdam 20:10
2 Adam Coolong	21	Ballston Spa 17:48	2 Regina McGarvey	43	Castleton 21:42
3 Rob Sobkovich	23	Amsterdam 19:31	3 Faye Reynolds	40	Porters Corners 21:46
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 45 - 49			
1 Victoria Catharine	21	Burnt Hills 23:57	1 Keith Guilfoyle	46	Ballston Spa 17:09
2 Caitlin Martino	24	Watervliet 26:30	2 Jon Rocco	46	Colonie 17:23
3 Rachel Wilner	22	Ballston Lake 29:27	3 Joseph Cotrofeld	49	Ballston Spa 18:39
MALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 45 - 49			
1 Brad Lewis	26	Troy 15:57	1 Connie Smith	45	Ballston Lake 21:47
2 Michael Goodwin	26	Saratoga Springs 19:12	2 Kathleen Miller	47	Ballston Spa 29:15
3 Caleb Glickman	26	Ballston Spa 20:56	3 Mary Ann Spiezio	45	Greenwich 29:32

*continued*

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11TH JAILHOUSE ROCK 5K RACE *continued*

## MALE AGE GROUP: 50 - 54

1 Samuel Mercado Jr	50	Saratoga Springs	19:01
2 Ed Johnson	52	Edston	20:48
3 Anthony Lupio	50	Ballston Spa	21:14

## FEMALE AGE GROUP: 50 - 54

1 Janice Phoenix	52	Schenectady	22:02
2 Kelly Bertrand	50	Saratoga Springs	26:24
3 Mary Whalin	50	Ballston Spa	27:38

## MALE AGE GROUP: 55 - 59

1 John Parisella	55	Schenectady	20:42
2 Dan Owens	57	Ballston Spa	21:45
3 John Webber	58	Ballston Spa	22:18

## FEMALE AGE GROUP: 55 - 59

1 Maureen Fitzgerald	55	Clifton Park	22:59
2 Patti Dietrich	56	Greenville	25:49
3 Hollys Kozlowski	58	Valley Falls	27:17

## MALE AGE GROUP: 60 - 64

1 Dennis Fillmore	61	Ballston Spa	20:27
2 Paul Forbes	62	Guilfordland	21:27
3 David Dietrich	62	Greenville	22:10

## FEMALE AGE GROUP: 60 - 64

1 Debra Brown	63	Ballston Spa	30:38
2 Linda Plante	64	Middle Grove	33:28
3 Valerie Marre	60	Albany	33:51

## MALE AGE GROUP: 65 - 69

1 Daniel Brown	67	Ballston Spa	25:43
2 Richard Theissen	69	Round Lake	26:42
3 Joseph Miranda	65	Ballston Spa	27:27

## MALE AGE GROUP: 70 - 74

1 Greg Benson	71	East Nassau	29:19
1 Richard Schumacher	80	Hoosick Falls	34:52
2 Walt McCoanell	82	Bolton Landing	36:14
3 Bob McFarland	80	Schenectady	36:19

Courtesy of Brookside Museum

## SOUTHERN SARATOGA YMCA 5K RUN

August 18, 2013 • Southern Saratoga YMCA, Clifton Park

## MALE OVERALL

1 Christopher Herbs	20	Rexford	17:26
2 Rick Zachgo	43	Rexford	18:31
3 Norris Pearson	47	Troy	19:07

## FEMALE OVERALL

1 Jordan Casey	16	Ballston Lake	20:21
2 Mary Buck	49	Mechanicville	21:09
3 Lisa Nieradka	48	Clifton Park	21:15

## MALE AGE GROUP: 10 - 14

1 Ethan Brunell	12	Clifton Park	21:00
2 Aidan Chaffin	14	Scotia	23:57
3 Jack Casey	11	Ballston Lake	26:28

## FEMALE AGE GROUP: 10 - 14

1 Jillian Casey	13	Ballston Lake	23:41
1 Benjamin Matz	15	Latham	19:42
1 Elizabeth Wos	19	Rensselaer	33:10

## MALE AGE GROUP: 15 - 19

1 Christopher Wos	21	Rensselaer	22:35
2 Joseph Perrotto	23	Schenectady	25:22
1 Kerry Archer	22		25:05

## FEMALE AGE GROUP: 15 - 19

2 Emelia Carlingo	20	Hopewell Junction	28:25
1 Sajid Mahmood	29	Clifton Park	23:56
1 Daniel Jeror	27	Alplaus	25:22

## MALE AGE GROUP: 20 - 24

1 Juliana O'Grady	26	Ballston Lake	28:58
2 Chelsea DeSalvatore	27	Clifton Park	32:49
1 Matthew Fryer	33	Clifton Park	20:18

## FEMALE AGE GROUP: 20 - 24

2 Cary Luken	31	Cohoes	25:32
1 Aleutina Baranova	34		29:01
2 Gina Fisher	34	Cohoes	29:25

## MALE AGE GROUP: 25 - 29

3 Amy Marsh	30	Clifton Park	39:40
1 Brendan Barry	39	Clifton Park	19:10
2 Greg Ethier	39	Cohoes	19:37

## FEMALE AGE GROUP: 25 - 29

3 Keith Beck	38	Clifton Park	21:01
1 Andrea McGuire	35	Clifton Park	26:34
2 Bridget Reilly	35	Mechanicville	29:16

## MALE AGE GROUP: 30 - 34

3 Heather Brunell	39	Clifton Park	29:23
1 Stephen Grove/25		UNAT	50:27
2 Ryan Mahoney/28		NEM	52:13

## FEMALE AGE GROUP: 30 - 34

3 Robert Testa/27		NIAG	53:03
1 John Testa/31		CONN	51:34
2 Brad Pray/32		UNAT	57:11

## MALE AGE GROUP: 35 - 39

3 Hao Pan/34		AGUA	1:00:35
1 Brent Wasser/35		FISH	47:14
2 Michael Leake/35		NEM	47:34

## FEMALE AGE GROUP: 35 - 39

3 Robert Lorenz/39		NIAG	50:40
1 Jon Wilkinson/42		FXCM	48:38
2 Eric Smith/42		NIAG	49:28

## MALE AGE GROUP: 40 - 44

3 Marc Gershel/41		UNAT	55:22
1 Daniel McIntosh/48		NEM	48:59
2 Willy Grimmke/47		ADMS	49:43

## FEMALE AGE GROUP: 40 - 44

3 James Potocki/49		NIAG	53:08
4 Martin Turecky/47		ADMS	53:29
6 Keith Vogel/47		ADMS	55:56

## MALE AGE GROUP: 45 - 49

7 Ron Montes/46		ADMS	1:01:23
1 Craig Travers/50		UNAT	44:25
2 Jeffrey Stuart/52		CONN	45:30

## FEMALE AGE GROUP: 45 - 49

3 David Cole/54		UNAT	47:39
6 Joseph Riordan/54		ADMS	51:52
1 Larry Wood/59		TXLA	47:21

## MALE AGE GROUP: 50 - 54

2 Chris Olson/57		CONN	48:39
3 Robert Webber/57		NIAG	49:03
5 Dan Wall/57		ADMS	49:52

## FEMALE AGE GROUP: 50 - 54

8 Michael Komoroske/59		ADMS	1:07:53
1 Michael McCaffrey/60		TOC	44:34
2 Bruce Gianniny/62		NIAG	53:20

## MALE AGE GROUP: 55 - 59

3 Terry Laughlin/62		ADMS	53:25
6 Robert Singer/64		ADMS	1:05:25
1 Bruce Mohl/67		T2NM	50:10

## FEMALE AGE GROUP: 55 - 59

2 Jay Platt/66		PAFC	54:43
3 Dane Griffin/65		CFM	56:16
5 Dan Winfield/68		ADMS	1:01:52

## MALE AGE GROUP: 60 - 64

1 Don McIntosh/70		NEM	56:35
2 Douglas Koop/72		ADMS	1:11:11
3 Jim Chivers/74		BUIMS	1:49:11

## FEMALE AGE GROUP: 60 - 64

1 Patrick Quinn/82		ADMS	1:41:33
1 Stephen Pepe		Pleasant Valley	1:11:22
2 Adam Zanski		Beacon	1:25:51

## MALE AGE GROUP: 65 - 69

3 Ricky Agnies		Red Hook	1:29:26
1 Andrea Margiotta		Poughquag	1:19:53
2 Jennifer Hess		Brewster	1:38:08

## FEMALE AGE GROUP: 65 - 69

3 Amy Raskind		Kent, CT	1:47:07
1 Edward McCue		Verbank	1:09:52
2 Jeff Lintz		Middletown	1:14:38

## MALE AGE GROUP: 70 - 74

3 Eugene Diver		New York	1:55:23
1 Doreen Nelligan		Poughquag	1:31:22
2 Kathy Minnerly		Poughquag	1:55:34

## FEMALE AGE GROUP: 70 - 74

1 John Stevenson		New Canaan, CT	1:17:19
2 Gary Lewis		Copake	1:19:11
3 Miles Braffett		New York	1:27:55

## MALE AGE GROUP: 75 - 79

1 Jason Toth/35-39		Rhinebeck	56:39
2 Bruce Cadenhead/45-49		Dobbs Ferry	59:16
3 Edward Fishman/40-44		Wassaic	1:03:16

## FEMALE AGE GROUP: 75 - 79

1 Kierann Toth/30-34		Rhinebeck	1:06:43
2 Linda Bigelow/50-54		Verbank	1:15:36
3 Laura Stephen/50-54		Brooklyn	1:19:36

## MALE AGE GROUP: 80 - 84

1 Michael Panzer		Poughkeepsie	1:42:48
1 Caitlyn Minihane		Hyde Park	1:32:27
1 Victoria Kemp		Poughkeepsie	1:33:27

## FEMALE AGE GROUP: 80 - 84

1 Stephen Kemp		Poughkeepsie	1:33:27
1 Stephen Pepe		Pleasant Valley	1:11:22
2 Adam Zanski		Beacon	1:25:51

## MALE AGE GROUP: 85 - 89

3 Ricky Agnies		Red Hook	1:29:26
1 Danielle Lindner		New Paltz	1:23:10
2 Jennifer Minihane		Hyde Park	1:28:44

## FEMALE AGE GROUP: 85 - 89

1 Orin Strauchler		New Paltz	1:22:58
1 Sherry Hoffman		Kent Lakes	1:41:43
2 Esther Brunner		Brooklyn	1:53:38

## MALE AGE GROUP: 90 - 94

1 Jonathan Delmore		New Milford, CT	1:04:30
2 David Denard		Pine Plains	1:29:25
3 Howland Gordon		Stamford, CT	1:30:55

## FEMALE AGE GROUP: 90 - 94

1 Andrea Margiotta		Poughquag	1:19:53
2 Jennifer Hess		Brewster	1:38:08
3 Amy Raskind		Kent, CT	1:47:07

## MALE AGE GROUP: 95 - 99

1 Edward McCue		Verbank	1:09:52
2 Jeff Lintz		Middletown	1:14:38
3 Eugene Diver		New York	1:55:23

## FEMALE AGE GROUP: 95 - 99

1 Doreen Nelligan		Poughquag	1:31:22
2 Kathy Minnerly		Poughquag	1:55:34
1 John Stevenson		New Canaan, CT	1:17:19

## MALE AGE GROUP: 100 - 104

2 Gary Lewis		Copake	1:19:11
3 Miles Braffett		New York	1:27:55

## FEMALE AGE GROUP: 100 - 104

1 Sharon Crabill		Hopewell Junction	1:25:19
2 Peggy Lewis		Copake	1:49:49
1 Glenn Herbert		Kinderhook	1:09:30

## MALE AGE GROUP: 105 - 109

2 Steven Bernadete		Amenia	1:12:56
3 David Beckwith		Poughkeepsie	1:22:34
1 Angela Panzer		Poughkeepsie	2:03:24

## FEMALE AGE GROUP: 105 - 109

1 Richard Brotherton		Brooklyn	1:16:24
1 Dominic Tocco/50-54		Walterford	1:05:12
2 David Kell/25-29		Shelton, CT	1:07:07

## MALE AGE GROUP: 110 - 114

3 William Klotz/40-44		Bedford Hills	1:09:09
1 Rachel Guillot/25-29		Rensselaer	1:14:16
2 Molly Geuss/25-29		Rhinebeck	1:18:15

## FEMALE AGE GROUP: 110 - 114

3 Christine Streisfeld/45-49		Katonah	1:31:07
1 Brian Pecchia		Pleasant Valley	1:13:51
1 Christopher Regan		Wappingers Falls	1:21:59

## MALE AGE GROUP: 115 - 119

1 Kristin Dujardin		Fishkill	1:34:30
1 Matthew Haun		Hopewell Junction	1:12:03
2 Nelson Ramirez		Glendale	1:25:46

## FEMALE AGE GROUP: 115 - 119

1 Johnny McDaniell		Middletown	1:16:43
2 Armi DeGuzman		Poughkeepsie	1:27:03
3 John Velez		Poughkeepsie	1:30:12

## MALE AGE GROUP: 120 - 124

1 Julie Boyles		Pine Plains	1:36:01
2 Michelle Buechele		Poughkeepsie	1:37:22
1 George Riggs		Cortlandt Manor	1:18:52

## FEMALE AGE GROUP: 120 - 124

2 Richard Stauber		Waccabuc	1:23:15
3 Alfonso Naranjo		Beacon	1:23:51
1 Jo Bernhardt		Margaretville	1:38:14

## MALE AGE GROUP: 125 - 129

1 Don Gavin		Kings Park	1:12:41
2 Richard Berges		Montrose	1:31:22
1 Ellie Gavin		Kings Park	1:34:51

## FEMALE AGE GROUP: 125 - 129

1 Michael Murtagh		Scotia	20:20
2 Patrick Culligan		Round Lake	20:25
3 Ray Gamino		Clifton Park	21:10

## MALE AGE GROUP: 130 - 134

1 Jennifer Rowe		Troy	24:09
2 Lori Francesconi		Waterford	26:06
3 Diane Bolton		Nashville, TN	29:08

## FEMALE AGE GROUP: 130 - 134

1 George Baranuskas		Scotia	20:15
2 Brian Hassett		Clifton Park	25:53
3 Albert Smith		Clifton Park	31:22

## HIKING

# Shenantaha Creek Park

By Russell Dunn

If you're looking for a short walk a little bit off the beaten path, something perhaps even a little quirky, then Shenantaha Creek Park is the family-friendly hike for you.

Most people who visit the park stay within its open spaces where the ballfield and playgrounds are located, or walk, jog or bike along the paved multi-purpose trail. But if you walk past the playground area to the edge of the fields and then into the woods and down to Ballston Creek you will find that it's here where the really interesting parts are reached – the convergence of geology and history. Two historical markers at the edge of the woods tell the story of what lies ahead.

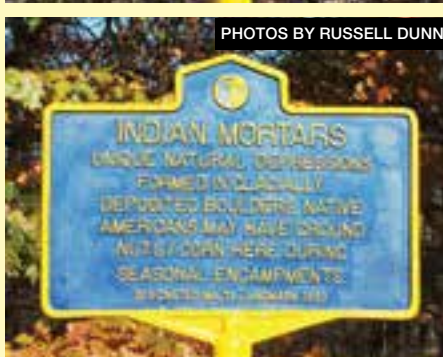
One sign draws your attention to the Indian Mortars – a collection of moderate size boulders with circular depressions worn into their upper surfaces. They are reminiscent of the potholes on Moss Island in Little Falls, the Canajoharie Pothole in Canajoharie, and the Indian Kettles at Lake George, but on a more modest scale. The potholes are believed to be natural in origin, chiseled out by eddies of swirling water than once spun the stones and pebbles around in a much larger river than the one encountered today.

Native Americans may have used these potholes as vessels for grinding corn and produce – hence, the name Indian Mortars. You will encounter a number of potholed rocks in a vast field of small boulders, but you will have to look closely and attentively for them, for they are easily passed by.

The second historical marker points the way to an old flaxseed oil mill ruin that has been reduced to a heap of rocks. The ruins, next to Ballston Creek, are the surviving remnants of a late-1700 mill that was erected by a settler named Jonah Starr. He used the surging waters of Ballston Creek to power an overshot waterwheel. In the mid-1800s, the mill was acquired by Samuel Clark and family, and from then on became known as the Clark & Lindley Oil Mill.

Centuries before Jonah Starr was born, the site was occupied by Mohicans and Mohawks, who used nearby Kayaderosseras Creek as a water-trail for traveling between the Mohawk Valley and the St. Lawrence Valley. In between these two destinations, the area encompassing Ballston Creek became a seasonal encampment. Here, Native Americans ground up corn and nuts, and also hunted game when it was plentiful.

What's particularly nice is that the red-blazed Malta Trail leading away from the historical marker takes you along a pretty trail that parallels Ballston Creek. After 0.3-mile



PHOTOS BY RUSSELL DUNN

the trail divides. Bear right, and the trail leads back up into the park.

If you continue left along the Malta Trail instead of returning to the park you will be rewarded with striking views of Ballston Creek, where 25-foot-high banks switch back and forth from one side of the creek to the other. Ballston Creek is significant, for it is part of a river-lake system, including Ballston Lake, Round Lake and the Anthony Kill, which once diverted the Mohawk River into the Hudson River at Mechanicville before a new channel opened up in Rexford and pirated the Mohawk River into Waterford.

You can also walk east from the parking lot along the paved, multipurpose trail for 0.2-mile to view a pretty, elongated 20-foot-high cascade off in a ravine to your right. A little walk, a little history, and a little geology – how better to spend a little bit of time on a little day hike!

To get there: From the Northway (I-87), get off at Exit 12, and drive west on Rt. 67 for 1.5 miles. Turn left onto East Line Road (Rt. 82), and proceed south for 0.5-mile. Then turn left into Shenantaha Creek Park and drive east on Solotruck Lane for less than 0.3-mile to a parking area. From the parking area follow a paved walkway north that quickly passes between pavilions A and B and then by a playground area to your right. Once you are beyond the playground, head straight across the field towards the woods, and then bear right, following the edge of the woods east. In a moment you will come upon two historical markers at the perimeter of the woods. The trail system begins at this point. 🌲

*Russell Dunn (bdelaney@nycap.rr.com) is coauthor with Barbara Delaney of Trails with Tales: History Hikes through the Capital Region, Saratoga, Berkshires, Catskills & Hudson Valley and Adirondack Trails with Tales: History Hikes through the Adirondack Park and Lake George, Lake Champlain & Mohawk Valley Regions.*

RUNNING *continued from 1*

RUNNERS START THE 2012 TROY TURKEY TROT.

MARTY KERINS/CHRIS SHIELDS

adaptive crew boat for Saratoga Rowing will be displayed at the Saratoga Hilton during packet pickup.

Billed as “moderately challenging,” the route around the Skidmore College campus features an uphill first-mile appetizer, a palate-cleansing steep downhill, and a main course of unrelenting rollers. Turkeys who take a conservative approach early on will savor the dessert of a just-right slanted downhill to the finish. Those sporting a wish-bone mentality will discover themselves painfully jumping from the frying pan into the fire. See: christopherdaileyfoundation.com.

Some turkeys, however, prefer a simpler, down-home lifestyle, and opt for Bethlehem's fourth annual **Our Towne Turkey Trot 5K Fun Run/Walk**, where “the only time that will matter is the good time that you'll have.” Taking the old school approach, kitchen timers and butterball pop-ups are frowned upon, and runners are encouraged to experience the full joy of the moment. For those who must know, there is a digital display clock at the finish, but with no internet race results, there is the unprecedented opportunity to engage in some creative preening and crowing.

Turkeys in the know avoid the flock mentality by attending the early packet pickup and procrastination registration, where ShopRite (the vegetarian section) will sponsor an amazing fireworks display guaranteed to get the adrenaline pumping. Still, this is not a total strut in the park, as the flat but twisty route requires some fancy footwork to navigate. Check out: ourtownebethlehem.com.

Clifton Park turkeys can once more save their energy for their own local race rather than burning up valuable flight time searching for a place to roost. The second annual **St. George's School Turkey Trot 5K Family Run/Walk** has a deliberately flat course designed to help everyone achieve success, and earn an extra serving of pumpkin pie.

In this vein, parents on their way home from work can take advantage of the evening

packet pickup from 5-7pm at St. George's School and Episcopal Church, ensuring precious extra minutes to get their brood ready for the morning's excursion. After the 5K, there's also a Kids' Fun Run on race day. Visit: stgeorgeschoolcp.org.

Guilt being a major part of our Puritan ethic, Altamont's sixth annual **Run Off That Turkey Trot 5K**, provides the over-indulgent an opportunity to wipe the plate clean, or perhaps an excuse to build a left-over Dagwood. While some prefer the county fair multiple blue ribbon approach, others prefer a singleton experience, eschewing Thanksgiving Day's “hurry up and run and then check off the next item on the shopping list” philosophy.

With entrants hovering slightly over the 300 limit, there is plenty of room to stretch your legs, avoid the usual barnyard chaos, and focus on your race, not your dinner. Still, turkeys are warned that pre-race push-ups away from the holiday dining table are advised, as the newly certified course is no after dinner stroll, with plenty of rolling hills to test resolve. Once more, preregistered runners will receive practical knit gloves, to ward against the cold and avoid potential expanding waistline embarrassment. Go to: active.com.

Whether your goal is a guilt-free dinner experience, a community or family celebration, an opportunity to test your wings, or simply a free pass on kitchen duties, you really need to trot in sync with the rest of the United States! I have always regretted the few times I decided I was simply too busy or too lazy to make the effort, feeling somehow incomplete and unfulfilled, a vague unease that no amount of stuffing could compensate. 🌲

*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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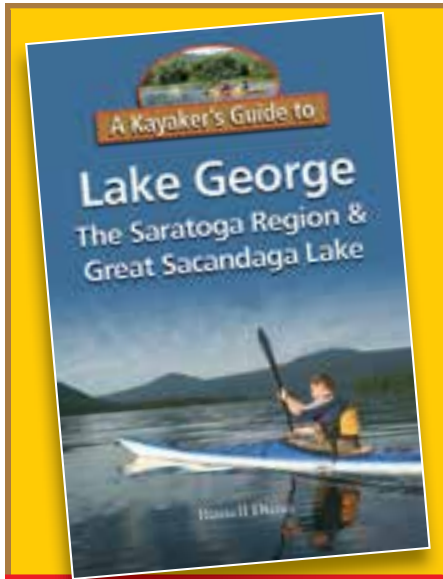
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## NON-MEDICATED LIFE



# Benefits of Consuming Fish and Fish Oil

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 57th 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.



rated fat, and is high in a special type of polyunsaturated fats called n-3 PUFA or more simply omega-3 fat. The omega-3 fats in fish include EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), and have effects on both blood fats

and cardiovascular risk.

Consuming foods high in saturated fat results in an increase in LDL or "bad" cholesterol in the blood, which increases the risk for cholesterol plaque formation; such plaque is a necessary prerequisite for nearly all heart attacks or strokes. Consuming fish in place of meat will therefore usually decrease LDL cholesterol in the blood, and modestly lower triglycerides, as well as modestly raise HDL. Omega-3 fats in higher dose achieved with supplementation may also decrease triglycerides 30% to 45%, will increase the HDL or "good" cholesterol by about three to nine percent, and will decrease a measure of all "bad" blood fats, called non-HDL cholesterol, by about 15%. For those with very high triglycerides (greater than 500), in whom triglyceride levels actually suppress LDL formation, correction of the triglycerides with high dose fish oil supplementation can be shown to paradoxically raise LDL back to non-suppressed levels. This paradoxical raising of LDL is accepted because the risk of pancreatitis – that may be life-threatening – increases markedly for those with triglycerides great than 500.

The effects of omega-3 fats on cardiovas-

cular risk are complex. Omega-3 fats have been shown to modestly decrease blood pressure in those under 45 years old by three to four millimeters of mercury (mmHg) systolic, or "upper number" blood pressure, and two to three mmHg diastolic, or "lower number" blood pressure. Omega-3 fats decrease blood clotting tendency and may decrease heart arrhythmias. The evidence for benefit from clinical trials is mixed, with most studies suggesting that the consumption of fish or fish oil reduces coronary heart disease mortality, the risk for fatal heart attack, and the risk for sudden cardiac death in those with established heart disease – and also to a lesser extent in those without established heart disease.

In the Gizzi-Prevenzione Trial individuals were randomized to placebo or 1,000 milligrams (mg) of fish oils within three months of a heart attack. Compared to placebo, there was a 20% reduction in the risk of subsequent death, a 30% reduction in the risk of cardiovascular death, and a 45% reduction in sudden death, presumptively from arrhythmia. In the Lyon Diet Heart Study consumption of a high omega-3 Mediterranean diet reduced fatal heart attack and cardiovascular death by 70%. In 2012, a large meta-analysis – which is a study comparing multiple randomized trials of similar although not identical design – showed significant reductions in fatal heart attack, sudden death, and total mortality with benefit obtained whether the omega-3 fats were obtained from supplements. By contrast, the Risk and Prevention Study with 13,513 patients having multiple cardiovascular risk factors, or known cardiovascular disease, found no reduction in coronary heart disease death when omega-3 supplements were compared to placebo.

If the mixed results of clinical trials raise the concern of possibly smaller benefit than previously believed, the safety of consuming fish and fish oil supplements would still lead you to recommend them. Recently, however, the publication of a follow up case controlled cohort study based on the results of the SELENIUM and vitamin E Cancer pre-

vention Trial (SELECT), has raised concern of a possible causal relationship between blood levels of omega-3 fats and prostate cancer. In this study the higher blood levels of EPA and DHA were associated with the higher risk for prostate cancer. An association, however, does not prove causality and further studies are needed with randomized, prospective, placebo controlled design.

Until such studies are completed an individualized assessment of risk and benefit is in order and should be discussed with your physician or cardiologist. For those with known coronary artery disease, the American Heart Association recommends daily consumption of 1,000 mg of EPA and DHA, which can be obtained from four ounces of a fatty fish such as sardines, mackerel, salmon or herring. Alternatively, fish oil supplements containing 1,000 mg per day of EPA and DHA may be used on days when fish is not consumed. For those without evidence of cardiovascular disease, AHA recommends the consumption of two fatty fish meals per week.

In summary, fish and fish oil contain omega-3 fats which alter blood cholesterol levels in a beneficial way and reduce the risk of total death, heart attack death and sudden death especially in those with established cardiovascular disease. There is evidence of benefit as well in those without established cardiovascular disease, but this evidence is less robust, and the benefit of treatment should be weighed against potential risk. If such an approach is used, omega-3 fats may allow one to avoid a strict reliance on the proverbial bottle of pills to address one of most significant health problems of Western society. 🌱

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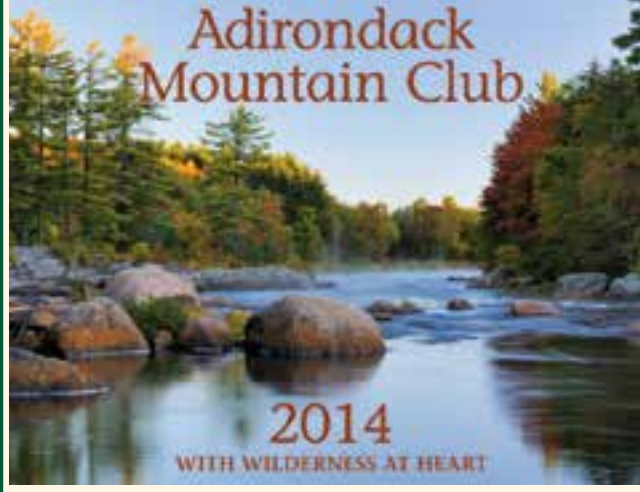
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