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It's Snowshoe Racing Season!

Nationals Return to the Northeast By Laura Clark

Whether you have flirted with the idea of trading icy roads for winter postcard trails, or are someone who loves to run in the snow, this is your winter! The **2014 Dion Snowshoes U.S. National Snowshoe Championships** cycle back to the Northeast region on Friday-Sunday, February 28-March 2, settling at Prospect Mountain Nordic Ski Center in Woodford, Vt., just eight miles outside Bennington.

While nationals are typically highly competitive, attracting the best athletes from across the country, the Snowshoe Nationals are something more. It is not the Super Bowl, the Olympic Trials, or any other "eyes only" high-profile event. Instead, you are welcome to toe the line with highly approachable elite athletes, who will applaud you for your efforts, and treat you as equals in sport.

Simply visit snowshoeracing.com, join the U.S. Snowshoe Association, and then browse the list of qualifying events. Everyone must qualify, but standards are totally attainable. And if you feel a 10K is simply too much of a good thing, you are encouraged to enter the 5K Winter Wonderfest Citizens' Race, and compete on an equal basis for a wide array of raffle prizes. If you are new to the sport or want to sample running snowshoes, Bob Dion will be on hand to fit you with a pair

of his locally crafted Dion Snowshoes (dionsnowshoes.com).

More than an isolated break sandwiched between your weekend to-do list, Nationals is a getaway experience to be savored, even if you live close enough to shuttle back and forth. Bob, who has supported Nationals in its journey from region to region, is excited that Bennington is large enough to support the influx, but homey enough that the townspeople are enthusiastic about the opportunity and will be ready with directions and touristy advice.

With a full schedule of activities planned, race director David Newell's more appropriate title should be ringmaster extraordinaire. As athletes gather on Friday, they are invited to stretch their legs on a self-guided tour of the course. That evening, the Bennington Center for the Arts hosts a welcome reception, with light hors d'oeuvres and a panel discussion featuring top competitors. Rich Busa, 84, of Marlborough, Mass., is a nine-year Nationals veteran who has always been the oldest participant and enjoys catching up with his friends from across the country. The highlight for him is standing on the podium, "Having so many come up and congratulate you and tell them that you are an inspiration. An additional benefit is the hugs you get from the female competitors!"

Saturday is the big day with the Juniors' 5K, followed by

See **SNOWSHOE RACING**, 10 ▶

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AROUND THE REGION

News Briefs

Historic Bridge Reopened for Recreation

NORTHUMBERLAND – The long-awaited reopening of the historic Dix Bridge between Saratoga and Washington counties happened on Nov. 8. The 426-foot steel span, built in 1895, has been closed since the mid-1990s and will be used for year-round recreational purposes such as hiking, biking and snowmobiling.

Federal funding paid for most of the \$2.4 million rehabilitation. "It provides a critical link between the two counties and expands existing trails systems," Northumberland supervisor Bill Peck said. "It's also important from a safety standpoint because previously pedestrians use the narrow NY Route 4 bridge."

The bridge crosses the Hudson River near Hudson Crossing Park, just north of Schuylerville at Champlain Canal Lock 5. The park, on the Saratoga County side, has a natural play garden, paddling access, and a quarter-mile handicap-accessible trail with viewing decks and audio stations that highlight local wildlife and points of interest.

The bridge is now on the National Historic Register, but the site's historical significance dates back long before the bridge was built. In 1777, during the American Revolution, British Gen. John Burgoyne and his troops crossed the Hudson River there in what became known as "Burgoyne's Bridge of Boats." Visit hudsoncrossingpark.org.

**McGregor Closing, Opportunity for Moreau State Park**

WILTON – NYS is shutting down the Mt. McGregor Correctional Facility in July 2014. This presents an exciting recreational opportunity concerning the land around the facility. There is a possibility that the 1187 acres of land, which borders Moreau Lake State Park, could be added to the park. For outdoor enthusiasts, this would be a wonderful addition to the park with excellent areas for trails, incredible views and abundant wildlife. The state is seeking public input and interest concerning the future of this property by Friday, Dec. 20. Here is a link to the request for feedback: properties.esd.ny.gov/mtmcgregorcorrectionalfacility.html.

ADK Winterfest on January 11

LAKE PLACID – Winter Trails Day is a nationwide, family-friendly event, allowing children and adults the opportunity to try snowshoeing and cross-country skiing for free, with the goal of helping participants discover these winter sports and their many benefits. Approximately 11,000 participants in 100 locations nationally will get out on the snow (hopefully!) this winter on January 11 in the 19th annual Winter Trails Day event.

ADK Winterfest will be held at its Heart Lake Program Center from 10am to 8pm in Lake Placid. This event supports ADK's mission of promoting protection and responsible recreational use of the NYS Forest Preserve, and other parks, wild lands, and waters vital to members and chapters. For more info on activities, volunteering or lodging, check out adk.org or call (518) 523-3441.

A Purple Tie Affair is Coming

SARATOGA SPRINGS – The first annual Purple Tie Affair will be held on Saturday, Jan. 18 at the National Museum of Dance in Saratoga Springs. From 7-11pm guests will enjoy food, drinks, a silent auction, and dancing with entertainment by The Accents Band. A multipurpose celebration, proceeds will benefit the Leukemia & Lymphoma Society, while a large focus will highlight corporate teams and individual recruitment for Team in Training, the athletic endurance program that fundraises for LLS cancer research and patient services.



A special feature will be to honor TNT Dynamite athlete, Angelique Papadopoulos (Athlete Profile, January 2009) of Latham. Angelique is a lymphoma survivor who is approaching her five-year cancer-free mark in January. Five years is a huge milestone, at which she will be officially "cured." Throughout the past five years, she not only has been supportive of TNT, but also ran several marathons herself. She recently completed a century bike ride, leaving only a triathlon standing in the way between her and the coveted "Triple Crown" award. Rumor has it that she'll be signing up for a triathlon at A Purple Tie Affair!

A Purple Tie Affair is a collaborative effort of seven TNT alumni and supporters who hope to boost enrollment, while raising money to help find a cure for cancer. This group of individuals, who previously had done little more than a 5K run, combined have completed several endurance events including marathons, centuries and triathlons. For each of them, TNT has been a life-changing experience – one they're eager to encourage others to try.

Tickets can be purchased at purpletieaffair.org. Visit the A Purple Tie Affair Facebook and Instagram pages to see photos of some of the events available for participation. Contact Danny Arnold at (518) 495-2594 or apurpletieaffair@gmail.com.

Kingston Classic, Partners with HITS, Adds 5K, Half and Marathon

KINGSTON – HITS Endurance of Saugerties will help manage the popular Kiwanis Kingston Classic in 2014. The Kiwanis Kingston Classic, presented by HITS Endurance, will continue to offer a 10K distance race, and add a Friends & Family Mile, 5K, Half Marathon and Marathon on Sunday, April 27.

The Kiwanis Club of Kingston took over the Classic in 2010 to grow the event. "I believe we have taken it to the next level, but this gives us the opportunity to make it into the best community event that it can be," said Joe Fay, Kiwanis Club past president. They'll work together to promote the Kingston Classic with participation numbers expected to triple in the first year. Most profits will continue to influence local youth programs and fulfill the Kiwanis Club mission – improving the community one child at a time. With HITS support, the race will attract attention from regional and national runners.

Known locally as Horse Shows in the Sun, HITS was founded by Tom Struzzi and has expanded to manage running and multisport events nationwide as HITS Endurance. The world's leader in hunter/jumper horse shows, HITS ventured into triathlon race production in 2011. Using the same concept of offering multiple races over the course of one weekend, HITS Running Festivals was born in 2013.

As a past participant of the Classic, Tom is excited to see it grow, but is dedicated to keeping it a community-driven event. "This area is our home and we have seen the positive effects that these races can have. We want that to happen in Kingston," he said. Registration is open at active.com with discounted rates through Dec. 31. Visit hitsendurance.com or kiwaniskingstonclassic.org.

FROM THE PUBLISHER & EDITOR**The Season of Giving**

The holidays are upon us! It's the season of giving to your loved ones and appreciating what surrounds you! We are very grateful for the wonderful readers of Adirondack Sports & Fitness and we hope that we're giving back, so that each issue provides inspiration and ideas to keep you fit, active and healthy.

We have a great community of active, adventure-some athletes of all levels, and we feel fortunate to bring everyone together with this magazine and the expos. We thank the advertisers and exhibitors who allow us to do what we do and the loyal readers and attendees who provide their support. For your holiday shopping, please support our advertisers – local businesses and organizations – whose success depends on individual customers like you!

Make the most of winter by experiencing the outdoors... The Snowshoe Running article by Laura Clark, Upstate Playground article by Skip Holmes, and Alpine/Cross-Country Ski Deals article, plus our Calendar of Events highlights opportunities to enjoy winter. Our Athlete Profile, duathlete Tracy Perry, will inspire you to seek your next adventure. And check out the many Race Results that will motivate you to cross-train and start a process of personal renewal!

If you greet the winter's challenges, you will not only survive this harshest, darkest time of year, you'll thrive – and enjoy all that only this season brings!

We hope you have a safe and fun-filled holiday and we'll see you in 2014!



Darryl and Mona

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Publisher/Managing Editor: Darryl Caron

Editor/Marketing Manager: Mona Caron

Contributing Writers:

Laura Clark, Kristen Hislop, Skip Holmes

Contributing Photographers:

Carl Aiken, Brad Herder, Herb Terns, Tim VanOrden

Web Designer: Hillary Mann

Circulation: Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters

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Calendar of Events December 2013 - February 2014

Events beyond this range are advertisers in this issue.

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

ALPINE SKIING & SNOWBOARDING ONGOING

Tu **Adult Night Ski Races: 1/7-2/11.** 6pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

DECEMBER

- 13** **Holiday Fair & Polar Express.** 5-8pm. Oak Mountain, Speculator. oakmountainski.com.
- 14-15** **HPC Telemark & Alpine Touring Demo Days at Whiteface.** Sat: Ski Tour. Sun: Telemark Beginner Clinic: 10:15am; Intermediate: 12:15pm; Advanced: 2:15pm. Alpine Touring Beginner Clinic: 9:30am; Intermediate: 12:30pm; Advanced: 2:30pm. Whiteface, Wilmington. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- 14** Open House. 6-11pm. West Mountain, Queensbury. 636-3699. westmtn.net.
- 18** **Inside Edge Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 19-20** **Bros & Brews.** 5pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.
- 21** **Rail Jam: Freestyle.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 22** HRRT Xmas Madness Mountain Bike Race. 9am. Central Park, Schenectady. hrrtonline.com.
- 27-29** **Christmas Holiday Camp.** 9:30am-3:30pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 29** **Goldstock's Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.

JANUARY

- 1-5** **Holiday Race Camp.** Willard Mountain, Greenwich. 692-7337. willardmountain.com.
- 4** NYSEF Whiteface Open Giant Slalom Race. 8:30am-4pm. Whiteface, Wilmington. whiteface.com.
- 4-5** **Gail's Bump Camps.** Mogul lessons. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11** **Walt's Bump Contest.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11** **Rail Jam Series #1.** 2-4pm. Terrain Park, Oak Mountain, Speculator. oakmountainski.com.
- 11** Jay Peak Rando. Jay Peak Resort, VT. Bryan Smith: 802-327-2154. jaypeakresort.com.
- 18-19** **MLK Holiday Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 20** **USASA Boarder/Skier Cross.** Ski Bowl. Gore Mountain, North Creek. 251-2411. 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.
- 25-26** **Alpine Skiing & Riding Women's Clinic.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 26** Get Out & Backcountry Ski Festival. 10am. Bolton Valley Nordic Center, Bolton Valley, VT. catamounttrail.org.

FEBRUARY

- 1** **Sacandaga Challenge Giant Slalom Race.** Oak Mountain, Speculator. oakmountainski.com.

- 1-2** **Master the Mountain Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 1-2** **Intro to Telemark Skiing Clinic.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 2** **Family Fun Festival & Family Race.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 2** **Super Sunday Skiing & Riding.** 8:30am-4pm. Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 8** **Rail Jam Series #2.** 2-4pm. Terrain Park, Oak Mountain, Speculator. oakmountainski.com.
- 8-9** **Glades & Glory Skiing & Snowboarding Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 14** **Full Moon Party at the Ski Bowl.** Half-price ski bowl tickets. 5pm. Gore, North Creek. 251-2411. goremountain.com.
- 14-16** **Acrobag Weekend.** Willard Mountain, Greenwich. 692-7337. willardmountain.com.
- 15-16** **Presidents' Weekend Holiday Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 17** **USASA Boarder/Skier Cross.** Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.
- 18-20** **Presidents' Week Holiday Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 22-23** **Master the Mountain Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 22** **Saturday Night Rush Hour: Nordic Ski & Snowshoe Races.** Gore, North Creek. 251-2411. goremountain.com.

MARCH

- 1** **Mini-Shredders Jibfest.** Ages 10 & under. 10am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 1-2** **Ladies Snowboard Clinic.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8** **Big Air at Little Gore.** Halfpipe competition at Ski Bowl. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8-9** **Glades & Glory Skiing & Snowboarding Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8-9** **Trees, Steeps & Bumps Telemark Clinic.** 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING, MOUNTAIN BIKING, CYCLOCROSS ONGOING

Wed **Winter Spin Class w/T3 Coaching.** 12/4-2/11. Grey Ghost Bicycles, Glens Falls. t3coaching.net.

JANUARY

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

FEBRUARY

22 **Snowball Express.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

MARCH

8-9 **9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

CROSS-COUNTRY & BACKCOUNTRY SKIING ONGOING

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

DECEMBER

- 15** **NYSEF Season Opener XC Race.** Freestyle. 10K: Open, master & U18. 5K: U16. 4K: Bill Koch League. Olympic Sports Complex, Lake Placid. nyssranordic.org.
- 21** **World Famous Osceola Pie XC Race: Freestyle.** 5K open, J1-2, 2K Bill Koch. 10:30am. Osceola Tug Hill X-C Ski Center, Osceola. Camden Nordic Ski Club. nyssranordic.org.
- 28** Backcountry Ski Tour. 9:30am. Garnet Hill Lodge & Nordic Center, North River. 251-5825. garnet-hill.com.

JANUARY

1 **HURT Mega 6-Hour Relay.** 10am. 3-8 Skiers. Garnet Hill, North River. 585-944-1610. hurtnordicsskiing.com.

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- 4 **Polar Bear JNQ: Freestyle.** 10K/5K. 12pm. Novice Try-It Race: 1pm. McCauley Mountain, Old Forge. 315-369-3240. nysranordic.org.
- 4-5 Wilkinson Cup #1: Polar Bear JNQ. Old Forge. nysranordic.org.
- 5-6 **Pineridge Ski Fest.** 11am, 1pm. Free clinic: 12pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 11 **Winter Trails Day.** 2-4:30pm. Lapland Lake Nordic Ski Center, Northville. 863-4974. laplandlake.com.
- 11 **ADK Winterfest.** 10am. Guided snowshoe hikes, ski clinics, ice skating, lessons, music. Heart Lake, Lake Placid. 523-3441. adk.org.
- 11 Stowe Nordic BKL Mini-Marathon. 5K-22K. 10am. Stowe Mountain XC Center, VT. 802-253-4500. stowenordic.org.
- 11 6th Ladies Nordic Ski Expo. 8am. Trapp Family Lodge Nordic Center, Stowe, VT. 802-864-5794. catamountrail.org.
- 11-12 Wilkinson Cup #2: Harry Eldridge Memorial Race/JNQ. 5K/10K. Freestyle. 9:30am. OSC, Lake Placid. nysef.org.
- 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.
- 16 Full Moon Ski & Snowshoe. 6:30pm. Garnet Hill Lodge & Nordic Center, North River. 251-5825. garnet-hill.com.
- 18 **Full Moon X-C Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 18 Backcountry Ski Tour. 9:30am. Garnet Hill Lodge & Nordic Center, North River. 251-5825. garnet-hill.com.
- 18 Glens Falls Freestyle. 7.5K/5K. 9am. Crandall Park, Glens Falls. Bob Underwood: 656-3127.skireg.com.
- 19 **Historic Snowshoe Hike.** 10:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 19 **Beginner Backcountry Skiing.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 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.
- 25 Challenging XC Ski: Advanced Skiers. 9:30am. Cat & Thomas Mts Preserve, Bolton Landing. 644-9673. lgic.org.
- 26 Higley Hustle XC Ski Race. 2.5K/5K. 10am. Colton. 315-262-2362. higleyflow.org.
- 26 **Saranac Lake 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.
- 1 ADK Vauhti Duathlon. 10K Classic & 10K Skate. 10:30am. Garnet Hill Lodge, North River. 853-1396. skireg.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. 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.
- 15 Great Sacandaga Mini Marathon. 30K/15K. 12pm. Saratoga Biathlon Club, Hadley. Saratoga Biathlon Club: 696-5495. saratogabiathlon.com.
- 16 **Shen Classic XC Race.** 5K/10K. 11am. Saratoga Biathlon Center, Day. Shenendehowa Nordic Club. Eric Hamilton: 371-7548. skireg.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 CF 5K Bill Koch/10K Open.** Dewey, Saranac Lake. 643-0821. deweymountain.com.

- 22 Winona Forest Tourathon: 12.5K, 25K, 37.5K & Walter Chapman 50K Classical. 8am. CCC Camp, Mannsville. 315-243-5235. winonaforest.com.

MARCH

- 1-2 **NYSSRA Championship Weekend.** XC Ski, Biathlon & Ski-Orienteering racing. Sat: 10am Individual Biathlon Sprint Biathlon Championship. Sat: 1pm Club Championship Relay. Sun: 9am Championship Individual XC Race. Sun: 12pm Championship Ski-O. Sun: 12pm Try-It 5K Event for Charity! Olympic Sports Complex, Lake Placid. nysranordic.org.
- 8 **3rd Wood-n-Ski Rendezvous.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 9 Catamount Trail Classic. 7am. Bolton Valley Resort to Trapp Family Lodge, Stowe, VT. catamountrail.org.
- 15 **Full Moon X-C Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa **Rock Your Fitness Classes: TRX, kettlebell, weights.** 1/6-2/15. M/W/F 5:15 or 6:45am. Tu/Th 5:15 or 9:30am. Sat 6:15 or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.
- Tue **Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

FEBRUARY

- 14-16 **Couple's Fitness & Yoga Retreat.** Classes, lecture, live comedy, gourmet meals, spa treatments. Sagamore Resort, Bolton Landing. yogawellnessretreats.com.

HIKING, SNOWSHOEING, CLIMBING

DECEMBER

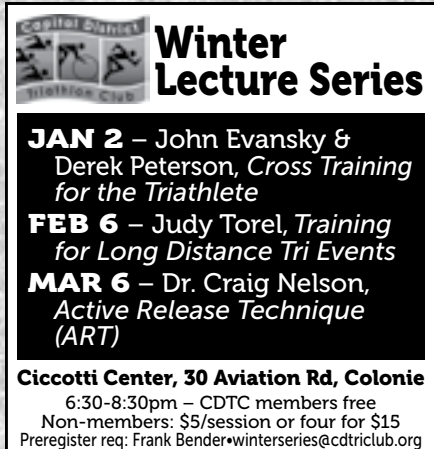
- 21 Saranac Lake Winter 6er Event. 5am. Berkeley Green, Saranac Lake. saranaclake6er.com.

JANUARY

- 4 **Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 5 **Esther Mtn Hike.** 6.6M. Trailhead. ADK: 523-3441. adk.org.
- 11 **ADK Winterfest.** 10am. Guided snowshoe hikes, ski clinics, ice skating, lessons, music. Heart Lake, Lake Placid. 523-3441. adk.org.
- 11 **GPS 101.** Member Services Center, Lake George. ADK: 523-3441. adk.org.
- 11 Amy's Park Hike. 3M. 9:30am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lgic.org.
- 12 **Beginner Winter Skills.** Leave No Trace skills, cold weather illness, injuries, fire building. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 17 **Moonlight Snowshoe/XC Ski.** 6-9pm. Guided tour: 7pm. Pineridge XC Ski Area, East Poestenkill. 283-3652. pineridgexc.com.
- 18 **Tabletop Mtn Hike.** 9.8M. Trailhead. ADK: 523-3441. adk.org.
- 18-20 18th Adirondack International Mountaineering Festival. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 19 **Snowshoe Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 25 **Street & Nye Snowshoe Hike.** 9M. Trailhead. ADK: 523-3441. adk.org.
- 26 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 31-2/3 **ADK Winter Mountaineering School.** Day hiking, backpacking. ADK: 523-3441. winterschool.org.

FEBRUARY

- 1 **ADK Family Snowshoe Day.** 10am & 1pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 1 **Esther Mtn Hike.** 6.6M. Trailhead. ADK: 523-3441. adk.org.



**Winter
Lecture Series**

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@cdtriclub.org

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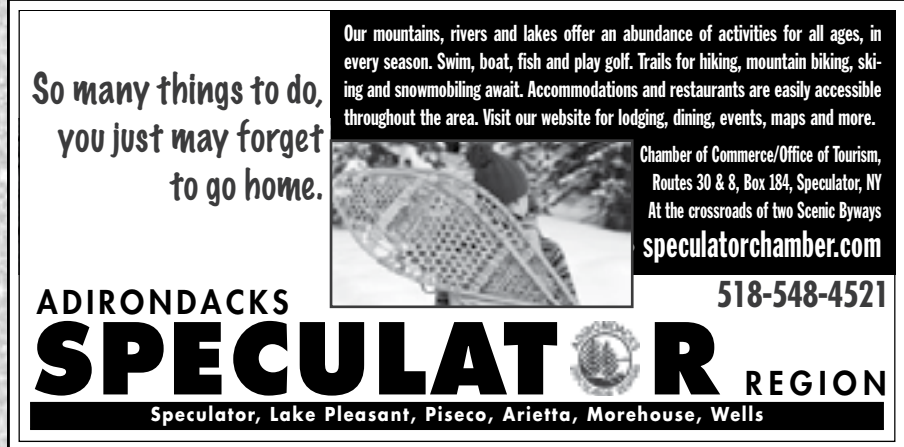
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HMRRRC Winter Series

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, 518-273-5552, or Ed Thomas: et392@math.albany.edu

REGISTER TODAY – LIMITED TO 1,500 RUNNERS

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FIRST NIGHT SARATOGA 5K RUN

Tuesday, December 31 • 5:30pm
 Skidmore College, Saratoga Springs

\$25 by 11/29 • \$30 after 11/29 • Tech long-sleeve shirt
 Finisher medals to all runners – No day of race registration

Register online or entry form: saratoga-arts.org
 Info: (518) 584-4132 or jallen3@nycap.rr.com

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- 8 Beginner Backcountry Skiing.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 9 Tabletop Mtn Hike.** 9.8M. Trailhead. ADK: 523-3441. adk.org.
- 15-17 Intro to Winter Camping.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 19 Family Hike.** 1.5M. 9:30am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lgc.org.
- 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.
- 22 Street & Nye Hike.** 9M. Trailhead. ADK: 523-3441. adk.org.
- 23 Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

MARCH

- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

MULTISPORT: TRIATHLON & DUATHLON

JANUARY

- 2 Capital District Triathlon Club Winter Lecture Series: Cross Training for Triathletes w/John Evansky & Derek Peterson.** 6:30pm. Ciccotti Center, Colonie. cdtriclub.org.
- 11 Plaza Fitness Performance Series #1: Prevent 5 Common Running Injuries.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.

FEBRUARY

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

MARCH

- 6 Capital District Triathlon Club Winter Lecture Series: Active Release Technique w/ Craig Nelson.** 6:30pm. Ciccotti Center, Colonie. cdtriclub.org.
- 8 Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.
- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

NORDIC: BIATHLON & ORIENTEERING

DECEMBER

- 21 Ski-Orienteering Meet.** Lapland Lake Nordic Center, Northville. nyssranordic.org.
- 31 Ski-Orienteering Meet.** Garnet Hill XC Center, North Creek nyssranordic.org.

JANUARY

- 1 New Years Resolution Day Biathlon.** McCauley Mountain Ski Center, Old Forge. nybiathlon.org.
- 11-12 SOLO Wilderness First Aid/WFR Recert.** 8am. Ndakinna, Greenfield Center. Clark Hayward: 378-5623. adkwildmed.com.
- 18 Saratoga Sprint Biathlon.** 11am. Saratoga Biathlon Club, Hadley. nyssranordic.org.
- 19 Saratoga Pursuit Biathlon.** 11am. Saratoga Biathlon Club, Hadley. nyssranordic.org.
- 29-2/1 Wilderness EMT Module.** 8am. Ndakinna Education Ctr, Greenfield Center. Clark Hayward: 378-5623. adkwildmed.com.

OTHER EVENTS

DECEMBER

- 28 Long Lake Polar Bear Plunge for Wounded Warrior Project.** 1pm. Town Beach, Long Lake. Register: 624-3077. mylonglake.com.

JANUARY

- 1 Polar Plunge New Year's Day Swim.** 1pm. Million Dollar Beach, Lake George. Duffy's Tavern: 668-5323. lakegeorge.com.
- 10-11 Ice Fest Fun.** Long Lake. 624-3077. mylonglake.com.
- 11 Happy New Year Swim Meet.** Mohonosen HS, Rotterdam. adms.org.
- 12 Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 12 US Cup Ski Jumping Competition.** 90 meter ski jump. 1-3pm. Olympic Jumping Complex, Lake Placid. whiteface.com.
- 15 Team In Training Info Meeting.** 12pm. Leukemia & Lymphoma Society Office, Albany. Leukemia & Lymphoma Society: 423-3583. teamintraining.org/uny.
- 16 Team In Training Info Meeting.** 6pm. Fleet Feet Sports, Essex Junction, VT. Leukemia & Lymphoma Society: 802-233-0014. teamintraining.org/uny.
- 18 A Purple Tie Affair.** 7pm. Silent auction, food, dancing to support Leukemia & Lymphoma Society. National Museum of Dance, Saratoga Springs. Danny Arnold: 495-2594. purpletieaffair.org.
- 25 Winterfest Grafton Lakes Polar Plunge.** 1pm. Long Pond, Grafton Lakes SP, Grafton. Margaret Phillips: 479-3739. nysparks.com.

FEBRUARY

- 1 Team In Training Info Meeting.** 10:30am. Warming Hut, Saratoga Spa SP, Saratoga Springs. Leukemia & Lymphoma Society: 423-3583. teamintraining.org/uny.
- 1-3 Winter Weekend.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 5 Team In Training Info Meeting.** 5:30pm. Greater Burlington YMCA, Burlington, VT. Leukemia & Lymphoma Society: 802-233-0014. teamintraining.org/uny.
- 15 2nd Winter Carnival.** Fireworks, music, dog sled races, mtn bike slalom. Oak Mountain, Speculator. oakmountain.com.
- 16 Winter Wonderland Family Day.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 16 Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 23 Winter Wonderland Family Day.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

MARCH

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

PADDLING: CANOE, KAYAK & SUP

MARCH

- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

RUNNING, SNOWSHOE RACING, WALKING

DECEMBER

- 14 17th Albany Last Run 5K.** 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 14 We Run the Capital.** 9am. Halfmoon Towpath, Halfmoon. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 14 Old Tyme Christmas 5K Run.** 10am. Downtown, Weedsport. weedsportchamber.org.
- 15 HMRRC Doug Bowden Winter Series Race #1: 15K/3M.** 10am. University at Albany, Albany. hmrrc.com.
- 15 2nd Movement of Silence 5K.** 10am. Niskayuna Town Hall, Niskayuna. Heather Rizzi: 847-2419.
- 21 Holiday Classic 5K.** 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- 27 Kid's Fun on the Run Race.** 1pm. Oak Mountain, Speculator. 548-3606. oakmountain.com.
- 28 We Run the Capital.** 9am. Thacher SP, Voorheesville. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 29 Hilltop Orchard 5K Snowshoe Race.** 10am. Hilltop Orchard, Richmond, MA. WMAC Dion Snowshoe Series. Tom Wright: 567-7201. runwmac.com.

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Fulmont Roadrunners Club's 28th Annual WINTER WIMP FOOT RACE



Saturday, January 11 1:00 pm
 4.4 or 2.2 miles
Snow or Shine!
 Hagaman Fire House,
 126 S. Pawling St, Hagaman
 (just north of Amsterdam)

Info/Entry Form: www.fmrrc.org
Day of race registration: 11am to 12:30pm
 Long-sleeve tees to first 200 registered
Questions? Rick Vertucci 857-9025
 Portion of entry fee to James Dern Memorial Scholarship Fund.



• 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!
 HMRRRC: Free • Non-Members: \$6
 Cheryl & Brian DeBraccio: cmarathon@aol.com
(518) 273-5552 • www.hmrrc.com

TRY SNOWSHOEING

15th annual
Saratoga Winterfest 5K
Sunday, February 2 at 11am
 Saratoga Spa State Park
 Saratoga Springs

11th annual
Camp Saratoga 8K
Saturday, February 8 at 10:30am
 Wilton Wildlife Preserve & Park, Wilton
 U.S. Snowshoe Championship qualifier

Register Online/Entry Form: www.saratogastryders.org
 Fee: \$20 w/shirt or \$25 race day w/shirt if available
 Pre-registered only: Age 65-over & 12-under Free (shirt \$10)
 Pre-register only: \$30 for both races (one shirt) • Runners & walkers welcome!
 Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series
More info: Laura & Jeff Clark • laura@saratogastryders.org or 518-581-7550

- 29 Father Time 5K Snowshoe Run. 10am. Paul Smith's College VIC, Paul Smiths. 716-525-0566. adirondackvic.org.
- 31 **16th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.**
- 31 NYRR Emerald Nuts Midnight Run. 4M. 10pm. Central Park Bandshell, Manhattan. nyrr.org.

JANUARY

- 1 **HMRRC Winter Series #2: 38th Hangover Half Marathon & Bill Hogan 3.5M Run. 12pm. University at Albany, Albany. hmrrc.com.**
- 1 First Run Burlington. 5K. 11am. Kids' Races: 10:30am. UVM Memorial Auditorium, Burlington, VT. runvermont.org.
- 1 Run/Walk for Dignity Virtual Hospice 5K. Run anywhere. facebook.com/RunForDignity.
- 1 Resolution Run 5K. Plus, 2.5M walk & 1K kid's run. 11am. Bicentennial Park, Ticonderoga. 585-8974. lachute.us.
- 1 4th Big A's 5K Run/Walk. 10am. Queensbury MS, Queensbury. adirondackrunners.org.
- 4 **Pittsfield Surprise 5M Snowshoe Race. 10am. Pittsfield, MA. WMAC Dion Racing Series. runwmac.com.**
- 4 Recover from the Holidays. 5K-50K. 9am. Norrie Point, Staatsburg. Charlie Sprauer: 845-635-2936. mhrrc.org.
- 11 **Plaza Fitness Performance Series #1: Prevent 5 Common Running Injuries. 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.**
- 11 **28th FMRRC Winter Wimp Foot Race. 4.4M or 2.2M. 1pm. Fire House, Hagaman. Rick Vertucci: 857-9025. fmrrc.com.**
- 12 **HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany. hmrrc.com.**
- 18 **Hoot Toot & Whistle 3.3M Snowshoe Race. 10am. Readsboro, VT. WMAC Dion Racing Series. runwmac.com.**
- 18 **Full Moon 5K Run/Walk. 9:15pm. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.**
- 18 Cock-A-Doodle-Shoe 5K/10K Snowshoe Race. New Land Trust, Saranac. cockadoodleshoe.com.
- 19 Winona Stone Wall 5K. 10:30am. CCC Camp, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.com.
- 25 **SideHiller 4M Snowshoe Race. 11am. Center Sandwich, NH. WMAC Dion Racing Series. runwmac.com.**
- 26 **Curly's Record Run 4M Snowshoe Race. 11am. Pittsfield, MA. WMAC Dion Racing Series. runwmac.com.**
- 26 **HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.**
- 26 Fred Lebow Manhattan Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.

FEBRUARY

- 1 **Northfield Mtn 5M Snowshoe Race. 9am. Northfield, MA. WMAC Dion Racing Series. runwmac.com.**
- 1 **Polar Cap 4M Run. 10am. Lake George Forum, Lake George. adirondackrunners.org.**
- 1 **Oak Mountain Snowshoe Race 5K & 10K. 10am. Oak Mountain, Speculator. 548-3606. oakmountainski.com.**
- 2 **HMRRC Winter Series #5: 4M, 10M, 20M. 10am. University at Albany, Albany. hmrrc.com.**
- 2 **14th Saratoga Winterfest 5K Snowshoe Race. 11am. Saratoga Spa SP, Saratoga Springs. WMAC Dion Racing Series. 581-7550. saratogastryders.org.**
- 2 Pete Sanfilippo Winter 5M Run. 10am. Baird SP, Pleasant Valley. Keith Melara: 845-891-5631. mhrrc.org.
- 8 **11th Camp Saratoga 5M Snowshoe Race. 10:30am. Wilton Wildlife Preserve, Wilton. WMAC Dion Racing Series. 581-7550. saratogastryders.org.**
- 8 **Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies. 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.**
- 8 Fight for Air Snowshoe Shuffle 5K. 9am. Bolton Valley Nordic Center, Bolton, Vt. 802-876-6860. lungne.org.
- 16 **Woodford Whiteout/Mt Prospect II 6M Snowshoe Race. 11am. Woodford, VT. WMAC Dion Racing Series. runwmac.com.**
- 16 41st HMRRC Winter Marathon & Marathon Relay. 10am. UAlbany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 22 **Moby Dick 7M Snowshoe Race. 9:30am. Lanesborough, MA. WMAC Dion Racing Series. runwmac.com.**

- 23 Herby Waterman ORC 5K Race Series. 10:30am. Middletown CC, Middletown. 845-551-2638. sullivanstriders.org.
- 23 Lake Effect Half-Marathon & Moose Mile Fun Run. 9:30am. Onondaga Lake Park, Onondaga. lakeeffecthalfmarathon.com.
- 28-3/2 **2014 Dion Snowshoes US Nationals Snowshoe Championships. 10K champs, 5K juniors, 5K citizen's race, 1K kids' race, uphill challenge & relay races. Prospect Mountain Nordic Ski Center, Woodford, VT. ussnowshoechampionships.com.**

MARCH

- 8 **Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes. 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.**
- 8-9 **9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.**

APRIL

- 27 **5th Plattsburgh Half Marathon & Two-Person Relay. 13.1M. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.**

JUNE

- 8 **10th Lake Placid Marathon & Half Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.**

SPEEDSKATING & NORDIC SKATING

DECEMBER

- 14-15 Jack Shea Sprints Speedskating Races. 500m/1000m/5000m. 10am. Olympic Speedskating Oval, Lake Placid. Linda Sausa: 302-5028. lakeplacidsspeed.com.

JANUARY

- 11-12 Charles Jewtraw All-Around Speedskating Races. 500m/1000m/1500m/3000m. 10am. Olympic Speedskating Oval, Lake Placid. Linda Sausa: 302-5028. lakeplacidsspeed.com.
- 18 Syracuse SSC 50th Anniversary Short Track Championships. Sunnycrest Park, Syracuse. usspeedskating.org.

FEBRUARY

- 1-2 Irving Jaffee Single Distance. Olympic Speedskating Oval, Lake Placid. usspeedskating.org.
- 14-15 Lake Placid Ice Marathon. Olympic Speedskating Oval, Lake Placid. usspeedskating.org.

SWIMMING

DECEMBER

- 9 **Kevin's Swim School: Registration Opens. 1/19-2/2, 2/16-2/23. 1:10pm. College of St. Rose, Albany. Kevin Kearney: 250-9363. kevinsswimschool.com.**
- 28-29 6th T3 Coaching Swim Clinic w/Kevin Crossman. 8:45am & 10:15am. Glens Falls HS Pool, Glens Falls. t3coaching.net.

JANUARY

- 11 Happy New Year Swim Meet. 2pm. Mohonasen HS, Rotterdam. Bill Mottola: 356-8240. adms.org.
- 19-2/2 **Kevin's Swim School. 1:10pm. College of St. Rose, Albany. Kevin Kearney: 250-9363. kevinsswimschool.com.**
- 26 Nickel City Winter Whiteout Swim Meet. Univ of Buffalo, Buffalo. Dana Shannon: 716-645-3849. usms.org.

FEBRUARY

- 16-23 **Kevin's Swim School. 1:10pm. College of St. Rose, Albany. Kevin Kearney: 250-9363. kevinsswimschool.com.**

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

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Upstate Playground

WINTER SPORTS

By Skip Holmes

Try New Snow and Ice Activities!

It is winter in the great upstate New York region and how do you plan to enjoy it? There are so many ways to participate in the outdoors that you can spend the entire season trying new activities. The alpine and cross-country ski centers in the region have tremendous trails and consistent snow conditions, weather permitting, and most are locally owned and operated, so they're great destinations to visit.

In addition, you can step into a pair of snowshoes and take a hike in a nearby park, or one of the many nature trails in the area. The NYS DEC Five Rivers Environmental Education Center in Delmar offers miles of trails where you can snowshoe or cross-country ski. The state parks (nysparks.com), Thacher, Grafton, Saratoga and Moreau to name a few, also offer many trails for you to snowshoe or ski on as well. The Wilton Wildlife Preserve/Park, Saratoga National Historical Park, and Cole's Woods in Glens Falls are more great locations to try.

If you venture further north, the Adirondacks offers trails that you can snowshoe as day hikes over easy terrain. Most of the summer hiking trails can be accessed in the winter with snowshoes. In fact, snowshoes are required when the snow depth exceeds eight inches in the High Peaks region. Other traction devices such as micro spikes or crampons are important to bring along on a visit to one of the many peaks in the winter. When hiking in the Adirondacks the weather can quickly change and it is important to bring along food, water, compass, maps, additional clothing, and other essential items in case the weather changes. Do not count on using your cell phone to call for assistance since many of the peaks do not have cell coverage. The Adirondack Mountain Club offers winter trips and even their Winter Mountaineering School for those who want a first-class training program.

If hiking with snowshoes is not invigorating enough, then you can enter one of the many snowshoe races that are scheduled this winter. Runners and walkers are welcome on this fun way to compete – see the cover article and Calendar for details.

Many outdoor adventurers have shared their enthusiasm for hiking in the Adirondack winters, and one friend Inge Aiken offered, "The winter inspires me to get out and play because it is too cold to just be outside. In the summer you can just chill outdoors, but you

must keep moving in the winter. Besides it is so beautiful with all the snow! I'm looking forward to another snow-filled winter to hike, run, bike, ski, and even read by the wood stove."

Another friend who enjoys hiking in the winter uses the Catskills as his winter playground. Alan Via, author of ADK's The Catskill 67 guidebook (adk.org) says, "I enjoy the winter mountains as snowshoes allow you to go anywhere. There are no bugs, no humidity, great long distance views, and it's more challenging. You can only remove so much clothing in the summer heat and not be arrested. In winter, you can dress for comfort, and the people you run into are experienced."

If snowshoes seem too much like a Bigfoot experience for you, then you might consider backcountry skiing. With a pair of wider skis and metal edges you can blaze your own trail. One of my favorite trails goes to the Great Camp Santononi Historic Area (dec.ny.gov) in Newcomb. It is an old carriage road that gently rolls along for a ten-mile roundtrip to the camp. The area receives an abundance of snow and enough skiers venture there so that breaking trail is often unnecessary.

Another great cross-country skiing destination is the 33-mile Jackrabbit Trail (jackrabbittrail.org), from Keene to Lake Placid, and then on to Saranac Lake. It does have some challenging terrain but there are sections that suitable for novice level skiers.

Another simple outdoor activity is ice skating. You can take advantage of the numerous outside ice rinks across the region, including the one at the Empire State Plaza (ogs.ny.gov) in Albany.

If you want more adventure, then consider "nordic" skating on many of the wild ponds or lakes once they freeze – that means six or more inches of ice – and are relatively snow-free. You will find skaters on little ponds and lakes of all sizes, from Mirror Lake's plowed loop to wild skating on Lake George and Lake Champlain. Remember that you are on an exposed lake and bring along food, water, extra clothing, a safety device, and use the buddy system should you consider nordic skating.

Speaking of being out on a lake in winter, have you seen the cross-country skiers who have a harness for their dog, and go skijoring in the winter? Your dog gets to pull you along while on your skis. Your dog will need to have some basic training for staying on course and both you and the dog will have a really fun adventure. There are several cross-country



▲ GILLIAN SCOTT OF SCHENECTADY TAKES THE EXPRESS ROUTE FROM SANTANONI GREAT CAMP.

PHOTO BY HERB TERNS

▶ ADIRONDACK WINTER 46ER INGE AIKEN OF EAST GREENBUSH AT THE TOP OF CASCADE MOUNTAIN.

PHOTO BY CARL AIKEN



ski shops that sell the necessary dog harness (see advertisers).

Herb Terns of Schenectady loves winter snowstorms and outdoor adventures, "We're told we should dread nor'easters, but our house is excited by following the track of a storm as it makes its way up the coast. After the storm, with the woods full of powder and beauty to discover, we head out on cross-country skis. Our dog, Rocky, pulling my wife with a skijoring tow line into a pond somewhere. Then on the downhill, I get the dog's pull for added speed and excitement. That's just one of the many joys of winter."

For something different, try ice climbing in the Adirondacks. You can start with a two-hour recreational lesson with a licensed guide service, such as High Peaks Mountain Guides (highpeakscyclery.com). Pick from chimneys, crevices or cliffs in the region, varying from easy roadside access to remote climbs requiring a snowshoe or ski trek to get started.

For many children a day of sledding at the local hill provides plenty of outdoor fun on a plastic sled, toboggan or snow tube. You can also go to downhill ski areas that have established a tubing area, such as Willard Mountain (willardmountain.com) and Oak Mountain (oakmountainski.com). Another location is the Lake Placid Olympic Jumping Center (whiteface.com), where they have a tubing hill that is guaranteed to provide an adrenaline rush. While in Lake Placid you can experience bobsled or skeleton rides at the Olympic Sports Complex. On Mirror Lake the

Lake Placid Toboggan Chute is also a lot of fun (northelba.org). Don't forget the calorie burning fun of building snowmen or having a snowball fight!

If none of the previous suggestions work for you, then go run or bike – on roads or trails, depending on snow or ice. There are many runners and riders who continue to get outside during the winter. With the appropriate clothing you can stay warm on the coldest of days or nights. Accessorize yourself with appropriate reflective gear as well as some flashing LED lights to stay safe – and always run against traffic and bike with traffic. For mountain biking, if you can ride in mud you can ride on either the frozen ground or the not-too-deep snow – using either your bike or today's new fat bikes. A triathlete and Ironman Lake Placid finisher, Sara Madden of Albany, recently told me, "I love running in the snow!"

Winter is an amazing time here in upstate New York, and there are so many possibilities, and places to explore. Embrace winter and all that it offers us – it is a special time of year! 🌲

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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SNOWSHOE RACING *continued from 1*



COURTNEY TEDESCHI OF WESTERLO LEADS KELSEY ALLEN OF COLRAIN, MASS. AT THE 2012 CURLY'S "GLOBAL WARMING" (LITTLE SNOW) WINTER SNOWSHOE IN PITTSFIELD (MASS.) STATE FOREST.

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a separate Women's and Men's 10K, a Kids' 1K, and the citizens' 5K. Maureen Roberts of Saratoga Springs, who competed at the 2010 Nationals in Syracuse, especially enjoys the gender divisions, commenting, "It felt so cool to be in this big race with tons of women, lots of folks cheering, and our very own women's race separate from the guys." David urges contestants to stick around for Sunday's

less conventional events, including an Uphill Challenge where contestants discover their inner Husky by pawing upwards tugging a sled behind them. Equally competitive and spectator friendly are the Relay Races where three-person teams run 2.5K legs. One would expect that a national caliber event, based at a hilly ski resort, would be something more than a beginner's run

through the park. And technical director Tim VanOrden, 2011 U.S. Masters Mountain Runner of the Year and winner of nine U.S. Masters Trail Championships, does not disappoint. Last winter, he orchestrated three races on Prospect Mountain, sampling all permutations of possible routes. None were easy, all involved lots of climbing, great views, and plenty of fun. His expertly designed 10K route flows smoothly from one physical feature to another, and is a great example of melding with the landscape, rather than bending the terrain to fit a preconceived plan. Best of all, Prospect Mountain is a family-style cross-country ski area, where everyone conquers the mountain under their own power. Meaning we will fit right in and not feel like we are intruding on someone else's agenda! For more info, visit usnsnowshoearchampionships.com.

And now onto the Nationals qualifier races... This year, there are more to choose from, including state championship races that are automatic qualifiers. Bearing in mind that snow adds one more vagary to the equation, check the website of the event you are targeting. Unless conditions are dangerous, no-snow races generally morph into trail events, and will still be counted as snowshoe qualifiers. In dubious conditions, the race director has the option to require traction devices so be forewarned and come prepared! Occasionally, both naked sneakers and traction equipment will be permitted to race side-by-side.

In the Adirondacks, the **Cock-A-Doodle-Shoe 5K/10K** is on Saturday, January 18 on New Land Trust's rolling terrain in Saranac, just west of Plattsburgh. While marking the route last year, race director and ace snowshoer, Jeremy Drowne, heard a rooster crow and chose this whimsical name, "Because I wanted people to realize that snowshoeing and our event can be fun." Bob Dion assessed the course as follows: "On a scale of one to 10 it was probably a five for difficulty, but a nine for enjoy-ability." Visit: cockadoodleshoe.com.

Sunday, January 26 brings us **Curly's Record Run 4-Miler** in Pittsfield State Forest in Pittsfield, Mass. Directed by Beth and Brad Herder, the race honors Beth's father, Curly Voll, who owns the downhill record on the breath-taking run to the bottom of the mountain. Naturally, we get to trek

upwards before the fun part begins. Over the years, the Herders, together with local snowmobilers have carved out multiple routes, so if one trail lacks snow cover, there is always another to take its place. Please note that registration is limited and there is no day-of-entry. Go to: berkshiresports.org or runwmac.com.

Join me and my husband Jeff at **Camp Saratoga 8K** at Wilton Wildlife Preserve and Park, just outside of Saratoga Springs, for a challenging mixture of hills, singletrack, and ski trails around this former CCC Scout Camp. Just remember that the final 1K is the most difficult section, requiring you to bypass the finish area on your way onward and upward. Afterwards, relax in the log cabin and feast on the best free lunch you will ever have. Check out: saratogastryders.org or runwmac.com.

Be sure to attend the **Woodford Whiteout 10K** on Sunday, February 16 to test your snowshoes on the Nationals route at Prospect Mountain. Despite possible brown grass conditions in nearby Bennington, Woodford lies at the highest elevation of any town in the state of Vermont, where snow falls in November and remains strong into April. An accurate weather-guesser strategy would be to see updates at prospectmountain.com. Visit: runwmac.com.

Other qualifiers requiring a trek are **Mendon Ponds Winterfest 5K** on January 19 in Rochester (roadsarepoison.com), **Highland Forest 5K/10K** on January 26 near Syracuse (bikeloft.com), **Northfield Mountain 5M** on February 1 in western Massachusetts (runwmac.com), and the **Northern Vermont Snowshoe Challenge 8K** on February 9 at Smugglers' Notch (www.smuggs.com).

Maureen sums up the building local excitement, "It's neat to be in a race of this caliber, especially when it's on our home turf. Knowing you'll be racing against the best makes you want to out to do hill repeats and leg strengthening exercises!" 🌲

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



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ATHLETE PROFILE

Tracy Perry

By Kristen Hislop

Three-hundred races; first woman finisher at The Canadian Iron Duathlon in 2012; Boston Marathon finisher; Team USA member at 2013 Duathlon Worlds in Ottawa; a 3:25 at Mohawk Hudson River Marathon; and first-place in countless regional road races and duathlons. Most athletes would feel accomplished with just one of these titles on their resume. Tracy Perry has them all.

As a kid in Pennsylvania, she was never idle and still isn't. She is always out looking for the next adventure. Tracy wasn't competitive as a kid. It was more important just to be outside and playing. She did love grabbing all the ribbons on field day for the 50-yard dash and high jump. After high school, in the late 80s, her sister convinced her to try Elaine Powers Figure Salon, with leg warmers and bopping aerobics music – she was hooked.

Why participate when you can lead? Tracy became an instructor at multiple gyms spreading her passion for being active. About then, she found a running group that became like family. They trained and raced together, and supported Tracy as she stood on the podium at many races. Once she started there was no stopping or no taking a year off – it is just part of her fiber. She tells her classes today, "Exercise is like brushing your teeth because you get it in every day." At the same time, Tracy knows the importance of recovery days. Your body has to rebuild to transform. Keeping it fun is a must, but she also sets goals annually – either a new race, a new distance or a PR!

Keeping it fun can sometimes be a challenge, unless you are surrounded by a great support system. The Pennsylvania group made race events into vacations. When Tracy first moved to the Capital Region she still went 'home' on weekends to teach classes and train with her 'girls.' It was tough to leave her core team, but eventually she found a great set of friends and training pals in the

RESIDENCE: Clifton Park
AGE: 49
FAMILY: Husband, Jack
OCCUPATION: Telecommunications Software Sales and Spin Instructor
PRIMARY SPORTS: Duathlon, Running

Albany area. Tracy wrote about them after the 2006 Boston Marathon, in an issue of the HMRRC PaceSetter, "Some good friends may come and go, but training pals never stray, and in my heart there shall remain a special place for them each day." Their priceless knowledge, support, and stories helped make long runs and tough races that much easier.

Denise Nicastro, associate director of ADA's Tour de Cure, hired Tracy ten years ago to teach spin. Denise says, "Tracy is always there and willing to pitch in for our team. She's not ego driven and goes above and beyond for the members." Tracy captivates her spin classes by taking them to her events – mimicking the course. For instance, she'll put together a duathlon training class to get ready for the Mohawk Towpath Byway Duathlon. She says, "It's a great feeling to know you've helped them accomplish something they never thought possible. It's even more awesome when you see them advance to finishing an Ironman – it doesn't get any better than that!"

Dawn Vitti was a spin class participant who tried the Mohawk Towpath Byway Duathlon with Tracy's encouragement. She has now raced every triathlon distance – from sprint to 70.3, run a marathon, and cycled many century rides. "Tracy always inspires and brings out the best in us, and mixes fitness with fun. She always focuses on our needs, encouraging us to attain goals, and supports our best efforts!" Her enthusiasm is absolutely contagious.

Ann Correa had relocated to the Capital District for work and decided to try Tracy's



● TRACY AND KRISTEN AT DUATHLON WORLDS.

5:30am spin. Tracy talked up the duathlon and offered to train interested people over a few Saturdays. Ann bit. She joined Dawn for the duathlon and loved it. It was Tracy who suggested she try a triathlon. Ann says, "If it weren't for Tracy and her selfless passion to introduce new people to duathlon, I never would have befriended all the great people I did during my stint in upstate NY. I am grateful beyond words for that, not to mention finding a new sport that continues to challenge and humble me." Ann has now competed in multiple Ironman races.

Not everyone Tracy has inspired has gone on to long-distance triathlons. Mike McCarthy of Clifton Park is an accomplished runner who often sees Tracy on her early morning training runs. For a while they would just yell a friendly 'Hi' until one day they struck up a conversation. When Mike learned Tracy was training for the Duathlon Worlds in Ottawa, he told her that was his favorite city and home to one of his favorite marathons. From then on, Mike kept up with Tracy's training. Mike said, "Tracy is an accomplished athlete. I

admire her because she is smart enough to work with a coach and reap the payoff." He notes that she knows what to do, but to allow a coach to set new goals took her to another level. He also mentioned, "We need more people like Tracy to inspire others."

Bob Cameron of Clifton Park, a cyclist, started taking Tracy's spin class to train for the Tour de Cure. Bob mentored Tracy's road cycling, and Tracy encouraged him to try running. Bob ran the Philadelphia Marathon in 2005 with Tracy, her girls from Pennsylvania, and her Albany "pit crew." The race went according to plan and Tracy qualified for the Boston Marathon. At Boston, the pit crew accompanied Tracy for a memorable birthday adventure. Tracy motivated Bob to do the Whiteface Uphill Bike Race, and she and the pit crew have cheered him on at three Ironman Lake Placid triathlons.

One of Tracy's best race experiences was the 2013 Apple Duathlon in Sartell, Minn., the qualifying race for Duathlon Worlds. Tracy went back and forth between the two qualifying races and the distance she should shoot for – sprint or standard distance. Jack, Tracy's husband, finally said "Let's go to Minnesota and get this done!" After getting over the fear of having her bike dismantled and shipped, Tracy arrived at the race site ready to go. At that moment, Tracy recognized that she could compete at a higher level.

As always, some of the pit crew headed to Duathlon Worlds in August 2013. Worlds was supposed to be the culmination of Tracy's elite level racing, but then Sweden and Australia were announced for the 2014 and 2015 championships – the allure may be too strong!

Tracy is inspired by all those who surround her, whether it's students, coaches, fellow athletes, paratriathletes, cancer survivors, coworkers, family, friends, the city of Boston, father and son Team Hoyt, and volunteers and support crews who give so much to make the races safe.

Tracy raced for years with Albany-based Team Utopia and had success with her running career. Adding duathlons diluted her road race calendar, and a nagging foot injury slowed her pace a bit, but new orthotics and with tendonitis at bay, so that's changing... Come 2014, Tracy will be racing with the new Adirondack Athletic Club women's team.

Rub elbows with Tracy and you can't help but be inspired. Denise Nicastro sums her up, "Passionate, driven, caring, humble and fun." Pick a local duathlon and you're sure to meet Tracy, who's always ready to offer advice and encouragement, "You gotta do the du! Enjoy yourself and make sure you have FUN du'ing it!" 🌱

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.

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ALPINE & CROSS-COUNTRY SKIING

Events and Deals for Everybody!

By Jeff Farbaniec



ONE OF THE FIRST CHAIRS OF THE 2013-14 SEASON AT OAK MOUNTAIN IN SPECULATOR. OAK MOUNTAIN

Every New Year, I'm amazed at the number of people who make resolutions. Most seem to fall into predictable categories, like weight loss, fitness or personal finance. Mine? Ski more in 2014. I guess that's pretty predictable too, since I'm an avid skier, but it comes with a twist. Instead of just skiing more days, my goal is to add some variety to my skiing: to try some new areas, ski more cross-country and backcountry, maybe even compete in a few events. If you'd like to mix things up a bit too, here are some events and deals to get you started.

In North Creek, **Gore Mountain** has a huge calendar of events for this winter. Highlights include Walt's Bump Contest, which has been moved up to Saturday, Jan. 11 – it's one of the most popular events of the winter. Participants will be judged on style, speed, control, and overall performance in the mogul course on The Arena. There are ski, snowboard and telemark divisions. Look for me in the Old Guy telemark division!

On the Sunday of Martin Luther King holiday weekend, Jan. 19, there will be fireworks and a torchlight parade at dusk. Take Your Kids to Gore Week, when kids 19 and under ski free with a parent, is scheduled for Jan. 21-26.

Gore's Festival for Kids and Family Race is on Sunday, Feb. 2. Kids under 12 ski free

for the day. The Family Fun Race will be held on the Arena carving course, with Mother/Daughter, Mother/Son, Father/Daughter, and Father/Son divisions.

March events at Gore include the Mini Shredders Jibfest on March 1, a freestyle competition for kids ten and under. There will be boxes, rails, and jibs especially for kids. A week later, on March 8, is the Big Air at Little Gore competition for kids and young adults, 21 and under. The event takes place under the lights at the North Creek Ski Bowl at 5pm. And finally, on April 12, you can splash, skim – and hopefully not swim – in the annual Pond Skimming contest on Bullfrog Bog. The Events page on goremountain.com has details for all of the above activities and more.

The world's best freestyle skiers will return to Whiteface and Lake Placid to compete in the **USANA FIS Freestyle World Cup** on Jan. 15-18. Whiteface Mountain will be the site of the moguls' competitions on Wednesday and Thursday, while the Olympic Jumping Complex will host the men's and women's aeriels competitions on Friday and Saturday. The aerial competitions take place in the evening, so you can ski all day at Whiteface and then head over to the jumping complex to watch athletes twist and soar as high as 60 feet in the air before landing! Fireworks will follow the awards ceremony

Saturday night at approximately 9pm. For details, go to whiteface.com.

Lake Placid will also host the 34th annual **Empire State Winter Games** on Feb. 6-9. The winter games bring together nearly 1,000 athletes from across New York to compete in 20 different winter sports. For more information on the sports, schedule and registration, visit: empirestatewintergames.com.

In Wilmington, if you haven't been up to **Whiteface** before, or even if you have, you'll want to know about their Super Sundays. Lift tickets are only \$40 on Jan. 5, Feb. 2 and March 16. Go to whiteface.com.

If you can ski midweek, every non-holiday Wednesday at Gore and Whiteface is a Coca Cola "Why Not Wednesday." Bring any unopened Coca Cola product to the ticket window for a \$42 lift ticket.

As a telemark skier, **Hickory Ski Center** in Warrensburg will be hosting their sixth annual Telemark Festival, which is a must-do for me – but they haven't scheduled it yet for 2014 so keep an eye on their Facebook page. The event includes lift ticket and all TeleFest activities: Tour de Trees, clinics, demos, races and après TeleFest party. If you are an advanced skier seeking some of the best lift-served expert terrain in the East, or if you're a family simply looking to enjoy an afternoon of relaxed skiing without the multi-hundred dollar com-

mitment of the big resorts, you should make a point of checking out Hickory this winter.

In Easton, **Willard Mountain** has scheduled its "AcroBag" Weekend for Feb. 14-16. The AcroBag is a tool to help skiers and riders safely land jumps in a "great big nice pillowy soft air bag." If you haven't skied at Willard, it is only 20 miles east of Saratoga Springs in Washington County, and a good time to visit is for their night lift ticket when you can ski from 4-9pm that's just \$27. Go to willard-mountain.com.

Just minutes from anywhere in the Capital District, **Maple Ski Ridge** in Rotterdam has terrain for beginners and intermediates. There's a full moon on Jan. 18, so join their Full Moon 5K Run/Walk (runreg.com), with lighting and darkness on the marked course that travels up, around and down the ski trails – so wear proper footwear. The finish greets you with fires, hot cocoa and water. Visit mapleskiridge.com.

In Speculator, **Oak Mountain** offers family-friendly skiing on classic Adirondack trails. New Year's will feature a torchlight parade, fireworks and live music. The Rail Jam Series is on Jan. 11, Feb. 8 and March 3. Oak's Sacandaga Challenge, described as a giant slalom race with a twist or two, will be held on Saturday, Feb. 1. Their second annual Winter Carnival is scheduled for Saturday, Feb. 15 featuring torchlight parade, fireworks and live music. Dummy Big Air is on Feb. 22, where you build a dummy, attach it to skis or a board, and send it down the hill and over a jump. The Famous Cardboard Race is on March 1 – you make a racer out of cardboard, with no metal on the bottom, and race it down the mountain! And their Pond Skimming contest may be there best event of the year on March 15. Go to oakmountainski.com.

At **McCauley Mountain** in Old Forge, they provide skiing for all levels along with terrain of a big mountain ski resort without long lift lines or high ticket prices. Every non-holiday Friday all winter is a Crazy Friday with \$12 lift tickets. Visit mccauleyny.com.

At the region's cross-country ski centers, they offer professionally groomed trails for classic and skate skiing (and snowshoeing), nice warming lodges, friendly guests and staff, rentals, lessons and much more. All this at affordable, family-friendly prices! So visit **Lapland Lake** in Northville, **Pineridge** in East Poestenkill, the **Olympic Sports Complex** and **Cascade** in Lake Placid, **Dewey** in Saranac Lake, and **Osceola Tug Hill** in Camden.

This winter's ski season is off to a great start. Use some the suggestions above to make your ski season fun and memorable! 🎿

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

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RACE RESULTS

16TH ANNUAL ALTAMONT 5K RUN & WALK

August 24, 2013 • Bozenkill Park, Altamont

MALE OVERALL			
1 Edmonds, Josh	25	Cooperstown	15:57
2 Murphy, Patrick	16		16:41
3 Irwin, Robert	40	Guilderland	17:29
FEMALE OVERALL			
1 Mortensen, Meghan	28	Rotterdam	19:36
2 Rand, Janne	28	Albany	20:29
3 Miseno-Bowles, Kimberly	43	Amsterdam	20:49
4 Edmonds, Heidi	13	Cooperstown	20:49
MALE AGE GROUP: 1 - 12			
1 Baird, Jeffery	12	Elka Park	22:48
2 Tindale, Micah	9	Altamont	23:57
3 Sericolo, Anthony	12	Altamont	24:12
FEMALE AGE GROUP: 1 - 12			
1 Hanley, Kristen	12	Delanson	29:31
2 Hampston, Katie	11	Voorheesville	31:47
3 Sericolo, Sophia	10	Altamont	31:56
MALE AGE GROUP: 13 - 16			
1 Faraci, James	13	Troy	19:00
2 Ryan, Aidan	16	Albany	19:05
3 Kurtz, Taylor	15	Elka Park	19:26
FEMALE AGE GROUP: 13 - 16			
1 Bequette, Eileen	14	Albany	23:30
2 Erickson, Stephanie	13	Voorheesville	23:33
3 Rice, Anita	15	Voorheesville	24:56
MALE AGE GROUP: 17 - 19			
1 Bequette, Brendan	17	Albany	18:42
2 Singer, Jack	19	Delmar	19:56
3 Shafer, Joshua	17	Guilderland	20:41
FEMALE AGE GROUP: 17 - 19			
1 Mazur, Veronika	17	Schenectady	24:36
2 LaFreniere, Nadine	17		27:59
3 Weingarten, Abigail	19	Warnerville	28:00
MALE AGE GROUP: 20 - 24			
1 Dorwaldt, Tom	22		17:43
2 Pederson, Justin	24	Cobleskill	18:40
3 Poggi, Jonathan	23	Albany	20:00
FEMALE AGE GROUP: 20 - 24			
1 Halsdorf, Julie	23	Albany	21:38
2 Lauterbach, Ada	23	Schenectady	21:43
3 Reynolds, Kate	21	Voorheesville	22:53
MALE AGE GROUP: 25 - 29			
1 Walter, Ryan	29	Voorheesville	18:09
2 Hindley, Ralph	28	Elka Park	18:29
3 Patrie, Joel	29	Scotia	18:35
FEMALE AGE GROUP: 25 - 29			
1 Riley, Marin	Albany		21:32
2 Edmonds, Jamie	26	Cooperstown	23:13
3 Ganey, Celia	29		25:24
MALE AGE GROUP: 30 - 34			
1 Maline, Michael	32		21:29
2 Washco, Michael	34	Menands	22:35
3 Aldi, Steve	34	Burnt Hills	23:51
FEMALE AGE GROUP: 30 - 34			
1 Ernst, Joelle	32	Averill Park	23:24
2 Zielinski, Kristin	33	Altamont	25:24
3 Crow, Alexia	33	Glenmont	25:31
MALE AGE GROUP: 35 - 39			
1 Tromp, David	38	Glenmont	18:24
2 Smith, Todd	39	Voorheesville	19:07
3 O'Connell, Milton	35	Elka Park	21:04
FEMALE AGE GROUP: 35 - 39			
1 Schmid, Stephanie	38	Troy	23:27
2 Keyes, Sarah	38		27:46
3 Tiley, Jeanelle	38	Castleton	27:50
MALE AGE GROUP: 40 - 44			
1 Crow, Darren	42	Glenmont	20:07
2 Erickson, Clifford	42	Voorheesville	20:26
3 Miller, Richard	42	Cobleskill	22:12
FEMALE AGE GROUP: 40 - 44			
1 VanDerwerken, Denise	41	Cobleskill	21:52
2 Heath, Karen	44		27:34
3 Florio, Sue	41		28:01
MALE AGE GROUP: 45 - 49			
1 Borden, Brian	49	Altamont	19:03
2 Banas, Dave	48	Delmar	19:11
3 Longhi, Gary	49	Voorheesville	20:01
FEMALE AGE GROUP: 45 - 49			
1 Colevas, Anne	47		22:02
2 Zito, Maureen	48	Glenmont	28:03
3 Von Havgie, Susan	46	Knox	28:12
MALE AGE GROUP: 50 - 54			
1 Connor, Jack	54	Hudson	20:16
2 Lesiak, Rick	54	Galway	20:21
3 Kanarkiewicz, Bob	54	Delanson	20:31
FEMALE AGE GROUP: 50 - 54			
1 Stevens, Nancy	53	Latham	25:29
2 Colarusso, Joanie	50	Latham	25:38
3 Adams, Elaine	52	Boston, MA	28:24
MALE AGE GROUP: 55 - 59			
1 Roy, David	58	Schoharie	18:52
2 Munson, Rick	56	Prattsville	19:30
3 Vnuk, Steve	57	Delmar	20:40
FEMALE AGE GROUP: 55 - 59			
1 Popovics, Joanne	56	Guilderland	29:05
2 LaPietro, Deb	58		30:10
3 Fahy, Pat	55	Albany	31:43
MALE AGE GROUP: 60 - 64			
1 Roosa, Darwin	63	Altamont	27:48
2 Tannen, Ken	63	Slingerlands	28:06
3 Farquhar, Buzz	61	Rosindale, MA	28:35
FEMALE AGE GROUP: 60 - 64			
1 Ambrosio, Katherine	63	Delmar	27:34
2 Murtagh, Rita	61	Duanesburg	30:21
3 Hein, Gail	61	Altamont	31:07
MALE AGE GROUP: 65 - 69			
1 Glass, Dave	66	Glenville	21:16
2 Miller, Thomas	69	Altamont	26:46
3 D'Alauro, Alfred	66	Altamont	31:08
FEMALE AGE GROUP: 65 - 69			
1 Johnston, Nancy	67	Ballston Lake	33:39
2 Cushman, Penny	69	Albany	34:06
MALE AGE GROUP: 70 - 74			
1 Moore, Jim	73	Niskayuna	26:27
2 Hotaling, Jim	73	Niverville	27:18
3 Knouse, Bob	73	Voorheesville	29:06
MALE AGE GROUP: 75 - 79			
1 Eckhardt, Richard	79	Albany	38:49
2 Eldering, Anthony	79	Altamont	51:25
FEMALE AGE GROUP: 75 - 79			
1 Gundlach, Eileen	76	Howes Cave	41:50
MALE AGE GROUP: 80 & OVER			
1 Kelly, Joe	80	Menands	36:15
2 Gundlach, Richard	81	Howes Cave	38:11
3 McConnell, Walt	82	Bolton Landing	38:38

Courtesy of Altamont 5K Race Committee

2ND ANNUAL LAKE GEORGE OPEN WATER SWIM

August 24-25, 2013 • Hague Town Beach Park, Hague

2.5K NON-WETSUIT			
MALE OVERALL			
1 Jeremy Fischer/35-39	37:20	OEVT	
2 Andrew Vogel/18-24	37:34	UNAT	
3 David Uprichard/45-49	40:18	REDT	
FEMALE OVERALL			
1 Heather Bernstein/25-29	40:49	GAS	
2 Ashley Braniecki/25-29	41:32	ADMS	
3 Lauren Maxwell/18-24	42:12	OEVT	
MALE AGE GROUP: 18 - 24			
1 Ryan Brauer	40:27	OEVT	
MALE AGE GROUP: 18 - 24			
1 Lindsey Eby	1:00:23	OEVT	
FEMALE AGE GROUP: 25 - 29			
1 Heather Hill	46:57	OEVT	
2 Ariel Brown	47:33	UNAT	
FEMALE AGE GROUP: 30 - 34			
1 Elinor Martin	42:44	ADMS	
2 Heather Robinson	50:47	OEVT	
3 Shannon Blake	52:52	NEM	
FEMALE AGE GROUP: 35 - 39			
1 Karen Swift	47:07	OEVT	
2 Kendra Garrow	50:05	NEM	
3 Aneka Flamm	55:19	TNYA	
MALE AGE GROUP: 40 - 44			
1 Al Prescott	43:56	NEM	
2 Saad El Boury	1:01:07	UNAT	
FEMALE AGE GROUP: 40 - 44			
1 Stephanie Mencimer	45:21	UNAT	
2 Tiffany McQueen	54:32	UNAT	
3 Amy Shore	47:00	NIAG	
FEMALE AGE GROUP: 45 - 49			
1 Lynn Festa	42:53	NIAG	
2 Megan O'Reilly	1:08:54	TERR	
MALE AGE GROUP: 45 - 49			
1 Scott Kullman	50:22	OEVT	
2 Mike Oehler	57:20	OEVT	
3 Stephen Jones	57:57	UNAT	
MALE AGE GROUP: 50 - 54			
1 David Hirsch	49:31	UNAT	
FEMALE AGE GROUP: 50 - 54			
1 Liz Morrish	49:41	UNAT	
MALE AGE GROUP: 55 - 59			
1 John Lomasney	47:36	BUMS	
2 Marshall Morgan	59:41	NEM	
FEMALE AGE GROUP: 55 - 59			
1 Pia Sanda	1:02:57	ADMS	
2 Sharon Snyder	1:03:10	AGUA	
MALE AGE GROUP: 60 - 64			
1 John Schmidt	45:53	METR	
2 Robert Tieckelmann	46:58	UNAT	
FEMALE AGE GROUP: 60 - 64			
1 Wendy Weill	1:01:31	GSM	
2 Janet Rosenberg	1:14:09	OEVT	
MALE AGE GROUP: 65 - 69			
1 Bob Kolonkowski	48:08	AGUA	
2.5K WETSUIT			
FEMALE OVERALL			
1 Laura Scarpinato/50-54	45:17	UNAT	
2 Kristen Phillips/35-39	46:21	NIAG	
3 Faye Transvalidou/45-49	55:11	OEVT	
MALE OVERALL			
1 John O'Regan/50-54	49:33	OEVT	
2 James Christian/30-34	55:05	OEVT	
3 Omar Wohabe/50-54	55:40	OEVT	
FEMALE AGE GROUP: 40 - 44			
1 Suzanne Wiley	58:58	OEVT	
2 Derek Lewis	1:07:41	OEVT	
3 Diana Steenburg	1:07:46	OEVT	
MALE AGE GROUP: 40 - 44			
1 Harry Stern	59:29	OEVT	
FEMALE AGE GROUP: 55 - 59			
1 Janet Wall	57:19	OEVT	
2 Beth Katzman	1:00:55	OEVT	
3 Donna Lustenhouwer	1:04:32	OEVT	
MALE AGE GROUP: 55 - 59			
1 Steve Meunier	1:01:00	UNAT	
FEMALE AGE GROUP: 60 - 64			
1 Bobbie Leiter	1:03:17	OEVT	
2 Sue Tandy	55:39	NEM	
5K NON-WETSUIT			
MALE OVERALL			
1 Stephen Benvenuto Jr/18-24	1:06:22	OEVT	
2 Stephan Rodiger/40-44	1:12:31	NCYM	
3 Frank McElroy/65-69	1:20:41	GSM	
FEMALE OVERALL			
1 Eileen Mullen/18-24	1:12:54	UNAT	
2 Jayme Torelli/30-34	1:17:05	OEVT	
3 Erin Dougherty/30-34	1:22:50	REDT	
MALE AGE GROUP: 18 - 24			
1 Bryan Robinson	1:47:07	OEVT	
FEMALE AGE GROUP: 18 - 24			
1 Camille DeSisto	1:36:54	OEVT	
FEMALE AGE GROUP: 25 - 29			
1 Kimberly Fry	1:25:47	NEM	
2 Lindsay Messina	1:28:23	REDT	
MALE AGE GROUP: 30 - 34			
1 Robert Fisch	1:25:31	PAA	
2 Luis Berroteran	1:31:54	OEVT	
3 Andrew Robinson	2:04:37	UNAT	
FEMALE AGE GROUP: 30 - 34			
1 Amy Reinink	1:28:25	UNAT	
MALE AGE GROUP: 35 - 39			
1 Jody Fronheiser	1:20:27	OEVT	
2 Brian White	1:20:53	OEVT	
FEMALE AGE GROUP: 35 - 39			
1 Abbey Scott	1:52:07	NEM	
2 Sarah Peters	1:55:10	ADMS	
3 Michelle Robillard	2:21:01	OEVT	
MALE AGE GROUP: 40 - 44			
1 Saad El Boury	2:21:01	UNAT	
FEMALE AGE GROUP: 40 - 44			
1 Susan Stim-VanHouten	1:25:22	NIAG	
2 Denise Veenstra	1:36:56	NEM	
3 Heather Barna	1:37:28	NEM	
MALE AGE GROUP: 45 - 49			
1 Bryan Hayes	2:00:19	OEVT	
2 Scott Schoener	2:03:05	OEVT	
FEMALE AGE GROUP: 45 - 49			
1 Tamara Van Ryn	1:36:29	OEVT	
2 Hope Mao Oehler	1:37:58	UNAT	
3 Ellen Venditti	1:40:43	OEVT	
MALE AGE GROUP: 50 - 54			
1 Marc Connolly	1:43:09	UNAT	
2 Don Allen	1:52:47	OEVT	
3 Ed Gavin	2:21:03	LIEM	
FEMALE AGE GROUP: 50 - 54			
1 Gail Holland	1:26:51	NEM	
2 Stephanie Saucy	1:27:52	OEVT	
3 Liz Kripke	1:37:48	NEM	
MALE AGE GROUP: 55 - 59			
1 Thomas Syzek	1:29:19	SWOM	
2 Keith Lee	2:12:17	SERC	
3 Walter Delacruz	2:15:48	CIBB	
MALE AGE GROUP: 60 - 64			
1 Paul Engineri	1:26:35	BUMS	
2 Richard Benson	1:37:27	XCCEL	
FEMALE AGE GROUP: 60 - 64			
1 Beth Maloney	1:45:02	BERK	
2 Catherine Maloney Falconi	1:53:02	GSM	
MALE AGE GROUP: 65 - 69			
1 Bill Reichle	1:39:07	BERK	
2 Frank Greco	2:01:14	UNAT	
5K WETSUIT			
MALE OVERALL			
1 Richard McKern/40-49	1:12:46	GSM	
2 Jim Ferreira/50-59	1:20:52	OEVT	
3 John Iacoponi/50-59	1:31:38	OEVT	
FEMALE OVERALL			
1 Laura Scarpinato/50-59	1:35:34	UNAT	
2 Caroline Spelman/30-39	1:36:03	OEVT	
3 Rosemary Shea-Cobb/40-49	1:36:16	UNAT	
MALE AGE GROUP: 30 - 39			
1 Sean Burke	1:33:29	OEVT	
2 William Yepes	1:37:29	NEM	
FEMALE AGE GROUP: 30 - 39			
1 Deb Kelly	2:03:22	OEVT	
MALE AGE GROUP: 40 - 49			
1 Marc Mansour	1:34:59	NEM	
MALE AGE GROUP: 50 - 59			
1 Chris Boldiston	1:53:48	OEVT	
FEMALE AGE GROUP: 50 - 59			
1 Janet Davignon	1:46:36	OEVT	
2 Gail Stevancsacz	1:47:49	GSM	
10K NON-WETSUIT			
MALE OVERALL			
1 Daniel Moran/30-34	2:26:38	NEM	
2 Rebekah Johnson	2:45:21	FISH	
3 Eric Smith/40-44	2:49:15	NIAG	
FEMALE OVERALL			
1 Tracy Vogel/18-24	2:41:30	OEVT	
2 Molly Lincoln/18-24	2:50:26	DCAC	
3 Clancy Harrison/35-39	2:54:17	OEVT	
MALE AGE GROUP: 18 - 24			
1 Christopher Berling	3:24:14	OEVT	
FEMALE AGE GROUP: 18 - 24			
1 Emily Hoskinson	2:29:55	OEVT	
FEMALE AGE GROUP: 25 - 29			
1 Rosemary Merkel	3:05:42	OEVT	
2 Devon Dear	3:06:08	NEM	
FEMALE AGE GROUP: 30 - 34			
1 Katie Dickerson	2:59:56	OEVT	
2 Rebekah Johnson	3:14:22	GPAC	
3 Nidia Diaz	3:18:32	UNAT	
FEMALE AGE GROUP: 35 - 39			
1 Michele Walters	2:55:37	DCAC	
2 Abigail Fairman	3:09:04	REDT	
3 Karyn Scherer	3:09:54	NEM	
MALE AGE GROUP: 45 - 49			
1 Tim Flannery	2:50:01	OEVT	
2 Martin Turecky	3:11:11	ADMS	
MALE AGE GROUP: 50 - 54			
1 Douglas Bosley	2:55:57	NEM	
2 Chris DeSisto	3:59:57	NEM	
FEMALE AGE GROUP: 50 - 54			
1 Claire de Boer	3:01:10	UNAT	
10K WETSUIT			
FEMALE OVERALL			
1 Yvette de Boer/50-54	3:01:23	OEVT	
2 Kathy Rooy/45-49	3:56:35	OEVT	
MALE OVERALL			
1 Roland Nelet/30-34	3:31:23	ATOM	
2 Daniel Shub/60-64	3:43:27	NBAC	
3 Marcelo Arruda/45-49	4:12:04	OEVT	
4M POINT-TO-POINT NON-WETSUIT			
FEMALE OVERALL			
1 Dennie Swan-Scott/35-39	1:36:42		
2 Michele Walters/35-39	1:52:44		
3 Rosemary Merkel/25-29	1:59:06		
MALE OVERALL			
1 Brent Wasser/35-39	1:40:28		
2 David Uprichard/45-49	1:49:43		
3 Thomas Syzek/55-59	1:55:54		
FEMALE AGE GROUP: 20 - 29			
1 Ariel Brown	2:05:01		
FEMALE AGE GROUP: 30 - 39			
1 Kendra Garrow	2:14:26		
2 Aneka Flamm	2:23:00		

4TH ANNUAL 5K RUN FOR THE HORSES
August 31, 2013 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-29, FEMALE AGE GROUP: 20-29, MALE AGE GROUP: 30-39, FEMALE AGE GROUP: 30-39

LAKE GEORGE TRIATHLON FESTIVAL continued

MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-59, FEMALE AGE GROUP: 50-59, MALE AGE GROUP: 60-69, FEMALE AGE GROUP: 60-69, MALE AGE GROUP: 70-79, FEMALE AGE GROUP: 70-79, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-89, FEMALE AGE GROUP: 80-89, MALE AGE GROUP: 90-99, FEMALE AGE GROUP: 90-99

1ST ANNUAL OAK RUNNER 10K & 5K TRAIL RUN
August 31, 2013 • Oak Mountain, Speculator

5K TRAIL RUN, MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 13-19, FEMALE AGE GROUP: 13-19, MALE AGE GROUP: 30-39, FEMALE AGE GROUP: 30-39, 10K TRAIL RUN, MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 30-39, FEMALE AGE GROUP: 30-39

LAKE GEORGE TRIATHLON FESTIVAL
August 31-September 1, 2013 • Battlefield Park, Lake George

9TH LAKE GEORGE TRIATHLON, MALE OVERALL, FEMALE OVERALL, ATHENA, CLYDESDALE, MALE AGE GROUP: 1-14, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

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RACE RESULTS

LAKE GEORGE TRIATHLON FESTIVAL *continued*

6 Paul Girard	Mahwah, NJ	5:31:29		
7 James Wengler	Brooklyn	5:31:44		
8 Mark Moriarty	Burlington, CT	5:31:55		
9 David Balestrini	Lake Placid	5:32:49		
10 Matthew Lindemann	East Greenbush	5:36:29		
FEMALE AGE GROUP: 45-49				
1 Susan Leigh	Litchfield, CT	5:50:42		
2 Jill Wilde	Fulton	5:57:04		
3 Lonnie Halusic	Niskayuna	6:01:26		
4 Beth Foederer	Fulton	6:05:14		
5 Stefany Critelli	Niagara Falls	6:28:06		
6 Esther Aronson	Avon, CT	6:32:15		
7 Kathleen Hoke	Cockeysville, MD	6:36:50		
8 Theresa Simaitis	Litchfield, CT	7:01:45		
9 Dawn Borysewicz	Ballston Lake	7:12:58		
MALE AGE GROUP: 50-54				
1 Denis St-Pierre	Lasalle, QC	4:53:31		
2 David Cappello	New York	5:23:24		
3 Roger Mahieu	Torrington, CT	5:23:48		
4 Patrick Powers	Kingston, ON	5:32:00		
5 Gilles Martel	Saint-Antoine Abbey, QC	5:38:54		
6 Jim Dillenberger	Ausable Forks	5:39:15		
7 Michael Gookasian	Ipswich, MA	5:39:54		
8 William Mazza	West Gilgo Beach	5:43:26		
9 Michael Seely	Glenville	5:53:38		
10 Olivier Heu	Outremont, QC	5:54:21		
FEMALE AGE GROUP: 50-54				
1 Dot Martin	Montpelier, VT	5:16:19		
2 Joellen Cameron	Conway, MA	5:18:47		
3 April Critelli	Glenville	6:18:07		
4 Diane Peverly	Averill Park	6:28:25		
5 Anne Vitali	New Hartford, CT	6:36:43		
6 Kathleen Bottillo	East Greenbush	6:39:43		
7 Joanne Shurter	Middletown	6:44:02		
8 Betty Mulvihill	Bethel, CT	6:56:34		
9 Molly English-Bowers	Liverpool	6:59:19		
10 Amy Stark-Allen	Middletown	7:45:42		
MALE AGE GROUP: 55-59				
1 Jeffrey Stark	Westtown	5:33:36		
2 John Kenny	Greenwich	5:36:25		
3 Nelson Aaron	Newburgh	5:48:35		
4 Gabriel Tenenbaum	Monsey	5:50:01		
5 Thomas Hoelzl	Orchard Park	6:29:00		
6 Brian Hart	East Greenbush	6:36:39		
7 Jim Moore	Litchfield, CT	6:39:23		
8 Peter Uzzi	Avon, CT	6:56:39		
9 Larry Brown	Springfield, MA	7:00:29		
FEMALE AGE GROUP: 55-59				
1 Valerie Kilcain	Middletown	6:07:43		
2 Rose Bergeron	Essex, VT	7:57:02		
MALE AGE GROUP: 60-64				
1 John Martin	Montpelier, VT	5:41:19		
2 Tim Kingston	Kingston, ON	5:57:54		
3 Tom Parsons	Weedsport	6:29:32		
4 Jim Grimaldi	Higgenum, CT	7:14:21		

FEMALE AGE GROUP: 60-64				
1 Kathleen Peck	Goshen, CT	5:51:59		
2 Margaret Phillips	East Schodack	6:39:25		
3 Donna Lustenhouwer	Altamont	6:56:08		

FEMALE AGE GROUP: 65-69				
1 Diane Wagner	Elizabethtown	8:22:02		
MALE AGE GROUP: 70-74				
1 Leonard Kershaw	Elizabethtown	7:26:52		

BIG GEORGE HALF RELAY - MALE				
1 Team Eicher	Queensbury	4:33:10		
2 Tom's Team	Granville	4:49:36		
3 Boston Strong	Salem, NH	5:49:38		
4 Sundowner Express	Lake George	5:52:41		

BIG GEORGE HALF RELAY - COED				
1 Suy Gators	Limerick, PA	4:34:25		
2 Rillahan-Swan-Gover	New York	4:37:31		
3 SV-YMCA	Gilbertsville, PA	5:13:14		
4 S O S	Diamond Point	5:25:40		
5 Team Jag	Royersford, PA	6:12:40		

BIG GEORGE HALF RELAY - FEMALE				
1 Aloha Girls	Lake George	6:17:51		

BIG GEORGE AQUABIKE 1.2M Swim, 56M Bike

MALE OVERALL				
1 David Morrissey/50-54	Queensbury	3:15:36		
2 Dave Mitchell/45-49	Phoenixville, PA	3:37:41		
3 Jesse Mellor/60-64	Worcester, MA	3:39:47		

FEMALE OVERALL				
1 Julie Rodgers/45-49	Saratoga Springs	3:43:45		
2 Alison Criscitiello/30-34	Woods Hole, MA	4:04:20		
3 Christine McKnight/65-69	Gansevoort	4:27:30		

FEMALE AGE GROUP: 20-29				
1 Dorene Nakata	Jamaica Plain, MA	4:33:01		

MALE AGE GROUP: 30-39				
1 Jeffrey Hallenbeck	Somerset, NJ	3:41:21		

MALE AGE GROUP: 40-49				
1 Allon Yaron	New York	4:15:28		
2 Michael Keggan	Schenactady	4:36:20		

FEMALE AGE GROUP: 40-49				
1 Elliott Chamberlin-Long	Ellicott City, MD	4:27:47		
2 Sandra Carleton	Woolwich, ME	4:32:43		
3 Catherine Bologna	Rexford	4:35:25		
4 Jennifer Romer	East Greenbush	4:54:16		

FEMALE AGE GROUP: 50-59				
1 Virginia Touhey	Clifton Park	4:35:25		

MALE AGE GROUP: 60-69				
1 Peter Canzone	Saratoga Springs	4:04:12		
2 Win Thomas	North Chittenden, VT	4:04:25		

Courtesy of Adirondack Race Management

2ND ANNUAL 18.12 CHALLENGE & HALF MARATHON September 1, 2013 • Sackets Harbor

18.12-MILE ROAD RACE

MALE OVERALL				
1 Martin Nicholson	26	Syracuse	1:44:48	
2 Blaine Zimmerman	27	Evans Mills	1:53:25	
3 Paul Belmont	35	Watertown	2:01:10	

FEMALE OVERALL				
1 Mary Tramazzo	26	Carthage	2:01:30	
2 Gretchen Oliver	39	Guilfordland	2:04:49	
3 Kristen Quaresimo	28	Albany	2:07:46	

FEMALE AGE GROUP: 15 - 19				
1 Kate Gehrke	18	Belleville	2:39:58	

MALE AGE GROUP: 20 - 24				
1 Jon Terpstra	23	Watertown	2:16:31	
2 Kyle Zehr	24	Castorland	2:42:39	
3 Zane Pointon	22	Martville	3:17:37	

FEMALE AGE GROUP: 20 - 24				
1 Emily Soderquist	24	Watertown	2:35:39	
2 Haley Hudson	24	Adams	2:45:51	
3 Morgan Sanzone	20	Watertown	2:48:47	

MALE AGE GROUP: 25 - 29				
1 Seth Kutil	28	Syracuse	2:05:55	
2 Gavin Tedford	28	Charlestown, MA	2:11:03	
3 Alex Cockayne	25	Adams	2:12:51	

FEMALE AGE GROUP: 25 - 29				
1 Crystal Cockayne	26	Adams	2:17:19	
2 Theresa Brodeur	25	Watertown	2:20:49	
3 Michelle Sileo	26	Fort Drum	2:22:12	

MALE AGE GROUP: 30 - 34				
1 Edward Adamy	34	Black River	2:07:59	
2 Joe Sech	34	Carthage	2:09:19	
3 Kevin Kunak	34	South Windsor, CT	2:22:08	

FEMALE AGE GROUP: 30 - 34				
1 Abbey Eldridge	33	Fort Collins, CO	2:19:03	
2 Lauren Deritter	30	Baldwinsville	2:24:22	
3 Stephanie Eldridge	34	Carthage	2:26:05	

MALE AGE GROUP: 35 - 39				
1 Clifford Jackson	35	Carthage	2:07:35	
2 Jason Olson	38	Clay	2:11:58	
3 Michael Behnkendorf	37	Fort Drum	2:14:00	

FEMALE AGE GROUP: 35 - 39				
1 Cintia Ctibor	37	Evans Mills	2:10:08	
2 Jessica Allison	36	Pine City	2:29:17	
3 Karyn Reinhardt	36	Brookline, MA	2:36:58	

MALE AGE GROUP: 40 - 44				
1 John Dickens	42	Fort Drum	2:14:31	
2 Ian Callan	44	Cornwall, ON	2:15:53	
3 Andrew Warby	42	Quincy, MA	2:19:46	

FEMALE AGE GROUP: 40 - 44				
1 Cheryl Steiner	44	Castorland	2:15:38	
2 Suna Stone-McMasters	44	Canton	2:25:21	
3 Kate Porter	41	Canton	2:38:55	

MALE AGE GROUP: 45 - 49				
1 David Banas	48	Delmar	2:03:50	
2 David Allen	48	Pulaski	2:13:42	
3 Travis Whitley	45	New York	2:22:37	

FEMALE AGE GROUP: 45 - 49				
1 Kimberly Royle	45	Fort Drum	2:18:13	
2 Donna O'Byrne	48	Fayetteville	2:28:36	
3 Connie Vasile	48	Webster	2:32:23	

MALE AGE GROUP: 50 - 54				
1 Bill Kosina	53	Richfield Springs	2:14:11	
2 Brett Boismenu	51	Liverpool	2:18:28	
3 Martin Callan	50	Cornwall, ON	2:23:46	

FEMALE AGE GROUP: 50 - 54				
1 Karyl Sargent	50	Lafayette	2:29:47	
2 Gwen Decker	53	Rodman	2:36:38	
3 Geri Wieseler	52	Carthage	2:44:18	

MALE AGE GROUP: 55 - 59				
1 Kevin Brisson	55	Cicero	2:30:20	
2 William Scott	55	Baldwinsville	2:31:58	
3 Paul Gibbs	59	Adams Center	2:56:44	

FEMALE AGE GROUP: 55 - 59				
1 Diane Covell	57	Watertown	3:09:12	
2 Brendan Tanner	56	Liverpool	3:28:24	

1ST ANNUAL ADK 80K TRAIL RUN & MOUNTAIN BIKE RACES August 31, 2013 • Olympic Sports Complex at MVH, Lake Placid

80K TRAIL RUNNING RACE

MALE OVERALL				
1 Scottie Jacobs	Freeville	8:01:48		
2 Drew Haas	Jay	9:06:50		
3 Carlos Carrasquillo	Hamden, CT	9:12:36		
4 Henry Peck	Lutherville, MD	9:52:43		
5 Christian Wissler	Saranac Lake	10:40:04		
FEMALE OVERALL				
1 Christine Tokarz	Melrose	8:33:31		
MIXED TWO-PERSON TEAM				
1 Zelliott	Keeseeville	9:14:24		
MIXED FOUR-PERSON TEAM				
1 HPC	Lake Placid	8:03:43		
Colin Delaney/Mitch Miller/Karen Delaney/Bill Zeller				
2 HPC Mtn Guides	Lake Placid	8:09:43		
Brian Delaney/John Lazar/Katie Vadasti/Greg Vadasti				
3 North Country School	Lake Placid	8:38:07		
David Hochschartner/Lucy Hochschartner/Melanie Damico/David Damico				
4 4 In It 4 The Fun	Saranac Lake	8:39:17		
Markus Mohrs/Jen Kazmirczak/Kathleen Lanzer/Keith Kogut				

80K MTB & CYCLOCROSS RACE

MALE OVERALL				
1 Matt Boobar	Stratton, VT	4:39:02		
2 Mark Walters	Webster	4:43:21		
3 Patrick Carey	Keene	4:58:06		
4 Cameron Lewis	Queensbury	4:59:45		
5 Terry Blanchet	Castleton	5:08:19		
6 Alexander Elkins	Rochester	5:09:43		
7 Tom Klein	Towson, MD	5:17:27		
8 Matt Hoey	Parkville, MD	5:21:15		
9 John Barnett	Norwich	5:24:36		
10 Brandon Boutelle	Lake Placid	5:38:09		

11 Bob Gramling	Red Hook	5:53:35		
12 Thomas Carney	Parkville, MD	6:02:03		
13 Mike Richter	Greenwich, CT	6:14:56		
14 Eric Fennekohl	Baltimore, MD	6:40:39		
15 Matt Anthony	Mamaronock	6:43:15		
16 Tiernan Smith	Bay Shore	7:28:43		
17 John Ecks	Washington Crossing, PA	7:56:46		
18 Mike Mullen	Clifton Park	9:06:56		

FEMALE OVERALL				
1 Bryna Blanchard	Troy	5:24:24		
2 Tamara Tarbell	Afton	6:35:53		
3 Margaret Thompson	Clinton	6:57:43		

MALE OVERALL - CYCLOCROSS				
1 Dominic Cilento	Parkville, MD	7:07:26		

2ND ANNUAL 18.12 CHALLENGE & HALF MARATHON continued

FEMALE AGE GROUP: 30 - 34			
1	Amanda Root	34	Adams 1:41:13
2	Kate Wehner	33	Charlotte, NC 1:49:16
3	AJ Sullivan	34	Fort Drum 1:49:36
MALE AGE GROUP: 35 - 39			
1	Columbia Warren	36	Ithaca 1:22:57
2	Joe Woodworth	35	Kirkville 1:30:44
3	Gwyn Monnat	36	Carthage 1:31:05
FEMALE AGE GROUP: 35 - 39			
1	Tricia Layton	35	Sackets Harbor 1:43:39
2	Tina Bingel	35	Vestal 1:45:00
3	Theresa Rusho	39	Providence, RI 1:47:05
MALE AGE GROUP: 40 - 44			
1	Darryl Cathcart	41	Kingston, ON 1:45:19
2	David Martin	43	Carthage 1:48:03
3	Brian Murray	44	Sackets Harbor 1:48:30
FEMALE AGE GROUP: 40 - 44			
1	Jennifer Hudson Mosher	41	Watertown 1:45:38
2	Becky Cincebox	41	Pittsford 1:51:44
3	Wendy Carguello	41	Pulaski 1:54:42
MALE AGE GROUP: 45 - 49			
1	Brock Davis	45	Brockville, ON 1:23:53
2	Phillip Banazek	47	Watertown 1:35:39
3	John Moore	48	Syracuse 1:37:47
FEMALE AGE GROUP: 45 - 49			
1	Helena Bozarth	47	Fredericksburg, VA 1:45:06
2	Kathy Morse	49	Watertown 1:52:19
3	Jennifer Moore	46	Fort Drum 1:57:23
MALE AGE GROUP: 50 - 54			
1	Timothy Bardin	51	Queensbury 1:26:36
2	Brian Scott	52	Toronto, ON 1:32:38
3	John Kinnicutt	50	Menands 1:35:16
FEMALE AGE GROUP: 50 - 54			
1	Mary Clark	50	Chaumont 1:55:37
2	Kathleen Hart	54	Ottawa, ON 1:57:35
3	Allison Spagnoletti	53	State Road, NC 2:08:42
MALE AGE GROUP: 55 - 59			
1	Gerald Schneeberger	56	Clayton 1:58:34
2	Jim Finnerty	55	Watertown 2:03:57
3	William Lent	55	Rhinebeck 2:27:17
FEMALE AGE GROUP: 55 - 59			
1	Katherine Allott	58	Potsdam 1:58:26
2	Sherry Gilbert	56	Dexter 2:02:26
3	Janet Quinn	57	Sackets Harbor 2:11:50
MALE AGE GROUP: 60 - 64			
1	Jim Henneberger	63	Tampa, FL 1:38:34
2	Patrick Purdy	62	Sackets Harbor 2:02:39
3	Michael Kenney	61	Fort Lauderdale, FL 2:07:03
FEMALE AGE GROUP: 60 - 64			
1	Sheila Lafave	61	Williamstown, ON 2:23:47
2	Karen Tataryn	62	Ottawa, ON 2:30:19
3	Jean Doell	63	Calcium 2:45:54
MALE AGE GROUP: 65 - 69			
1	Ed Branagan	68	Gaithersburg, MD 2:10:54
2	Bob Larock	67	Morristown 3:00:48
3	Ed Van Marter	66	Liverpool 3:01:35
FEMALE AGE GROUP: 65 - 69			
1	Naovarat Branagan	65	Gaithersburg, MD 2:23:53
MALE AGE GROUP: 70 - 74			
1	David Bruce	70	Orlando, FL 2:23:47

Courtesy of 18.12 Challenge Race Committee

31ST ANNUAL ADIRONDACK CANOE CLASSIC - THE 90-MILER continued

C-2 AMATEUR, C-2 STOCK MEN			
TWO-PERSON CANOE AMATEUR MEN OPEN			
1	Patrick Madden, Eric Seyse	Scotia	14:14:53
2	Jeffrey Moore, Tyler Webb	Blossvale	14:41:17
3	Danney Stacey, Ahonwakerane Stacey	Ontario, CAN	17:49:26
TWO-PERSON CANOE AMATEUR MEN MASTERS			
1	Steve Stoddard, Dana Leet	Corry, PA, Smethport, PA	15:31:26
2	Ken Gerg, Laverne Young	Emporium, PA, Niceville, FL	15:37:29
TWO-PERSON CANOE AMATEUR MIXED			
1	Brian Stitt, Ann Flower Seyse	Ballston Lake, Scotia	15:53:18
TWO-PERSON CANOE AMATEUR WOMEN			
1	Annie Emanuels, Clair Stover	Hamilton College	18:14:16
TWO-PERSON CANOE STOCK MEN OPEN			
1	Dylan Kirk, Ben Jacques	Paul Smith's College	14:01:18
2	Royal McDonnell, Kyle Dash	Paul Smiths	14:15:22
3	Mike Trump, Matt Trump	York, PA	14:50:45
TWO-PERSON CANOE STOCK MEN MASTERS			
1	Ed Wagner, John Potter	Auburn, Port Byron	14:19:03
2	Ben Hanson, David Drum	Big Flats, Hammondsport	14:40:43
3	Bruce Codington, Mike Primmer	Sidney, Oneonta	14:41:56
TWO-PERSON CANOE STOCK MEN VETERANS			
1	Alessandro Giambartolomei, Richard Neugebauer	Skaneateles	15:22:51
2	Doug Archibald, Gordon Warnica	Nova Scotia, CAN	15:28:23
3	Jack Semler, Tom Conroy	Williamsville, Buffalo	16:04:34
C-2 STOCK WOMEN & MIXED, UNLIMITED KAYAKS, K-2			
TWO-PERSON CANOE MIXED OPEN			
1	Julie Hinadill, Robert Zimmerman	Boonville, Old Forge	15:42:34
2	Ethan Townsend, Jennifer Townsend	Canton	16:25:56
3	Mike Collyer, Kate Gesel	Athens	16:47:20
TWO-PERSON CANOE MIXED MASTERS			
1	Roy Keats, Susan Knapik	Schenectady, Amsterdam	15:16:26
2	Mark Kopta, Lauraellen Martin	Clymer	15:18:22
3	Jim Minnie, Sandy Waters	Saranac Lake, Albany	16:56:10
TWO-PERSON CANOE STOCK WOMEN			
1	Sara Lindsay, Melinda Frazer	Lake Placid	17:12:35
2	Ashley Evans, Lydia Kieffer	Paul Smith's College, Caribou, ME	17:44:50
TWO-PERSON CANOE WOMEN MASTERS			
1	Blanche Town, Diana Billingsley	Canton, Lake Clear	15:41:17
2	Donna Walsh, Cary Hall	Saranac Lake, Lake Placid	15:44:06
3	Heather Wheeler, Heather Beauchamp	Potsdam	15:53:30
UNLIMITED KAYAK			
1	Jacob Vandorp	Ontario, CAN	13:06:33
2	David Ware	Manlius	14:54:18
3	Larry Thomas	Saratoga Springs	14:59:50
TWO-PERSON KAYAK MEN MASTERS			
1	Scott Stenberg, Tom Ileraradi	Moravia, Skaneateles	13:57:30
TWO-PERSON KAYAK MIXED			
1	Gary Ballina, Karen Rupert	Elizabethtown, PA, Thomasville, PA	13:35:20
2	Eileen Visser, Matthew Skeels	Potsdam, Canton	13:38:24
3	Tom Kime, Karen Lee Kime	Geneva	14:39:19
TWO-PERSON KAYAK WOMEN			
1	Nina Sennett, Nancy Pinchak	Auburn	16:28:06

Courtesy of Mac's Canoe Livery & Adirondack Watershed Alliance

31ST ANNUAL ADIRONDACK CANOE CLASSIC - THE 90-MILER

September 6-8, 2014 • Old Forge to Long Lake to Saranac Lake

OPEN TOURING

TOP 20 FINISHERS			
1	R Donaldson, H Donaldson, J Donaldson, Erica Harvard, MA		14:27:16
2	J Mattingly, L Turturro, M Rusch, D Henika Theresa, Watertown, Redwood, Clayton		14:50:14
3	Soern Petersen, Claude Roux Ontario, CAN, Quebec, CAN		15:11:49
4	J Mally, R Nelson, J Williams, B Schoen Old Forge		15:15:33
5	Andy Hughes, Ed Evans New Hartford, CT, East Syracuse		15:20:18
6	L Sweeney, B Finn, T Tracey, R Hamlin Suffield, CT, Berlin, MA, Remsen		15:22:05
7	Bruce Kennedy, Tom Necrason Plattsburgh, Saranac Lake		15:31:03
8	E Mallery, C Mallery, R Bilsback, D Bilsback Webster		15:32:17
9	James Schoonover, Jonathan Fowler Sneads Ferry, NC, Wrightsville Beach, NC		15:36:35
10	B Beauchamp, L Call, E Price, R Brink Potsdam, Cape Vincent, Burlington, VT		15:38:48
11	Mark Canter, Mike Szajer Phoenix, AZ, Cicero		15:41:07
12	Sandy Tetrault, Pierre Tetrault Old Forge		15:41:14
13	George Bellerose Weybridge, VT		15:48:43
14	E Rorapugh, B Guy, S Likely, M Norton Pittsford		15:51:05
15	S Sweeney, B Sweeney, M Miller, P Hogan Calias, Williamsport, PA		15:52:06
16	Morgan Hoven Clifton Springs		15:56:58
17	K Petronis, M Petronis, R Markwith, A Markwith Saratoga Springs, Bronx		15:57:10
18	M Maguire, D Vallee, P Maguire, M Maguire Lake Clear, Malone		15:59:04
19	E Litwin, B Litwin, S Gratz, A Afanasenko Sussex, NJ, Hopatcong, NJ, Buford, GA, Scituate, MA		16:04:39
20	Tom Abernatha, Bull Lund Tully		16:09:22

SUPER VETERANS			
1	Norman Goldstein, Bill Pollock Tully, Quebec, CAN		17:31:30
2	Jack Lamarre, Nanci Lamarre Bakersville, NC		18:47:31
3	Robert Davis, Robert Pierson Pittsford, Scottsville		21:26:08

GUIDEBOATS

ONE-PERSON GUIDEBOAT			
1	Gerhard Munger Rochester, Lowville		15:48:00
2	Benjamin Rochon Quebec, CAN		16:13:06
3	Phil DeCaro Rye		18:07:25

TWO-PERSON GUIDEBOAT			
1	John Vuolo, Marcello Toricelli S. Salem, Kent		15:41:45
2	Michael Dunn, Randy Blakeman Rochester, Ballston Spa		15:45:47
3	Curtis Reynolds, Tyler Ellithorpe Lake Clear		16:14:09

TWO-PERSON GUIDEBOAT WOMEN			
1	Liza-J Bobseine, Polly Bobseine Sag Harbor, Cattaraugus		16:29:29
2	Beth Burchill, Jennifer Okonuk Rochester, Middleburgh		16:39:57
3	Shelly Gibson, Stacie Smith Irmo, SC		22:15:08

TWO-PERSON GUIDEBOAT MIXED			
1	Rod Ives, Cyndi Ives Erieville, Ann Arbor, MI		18:16:53
2	Chuck Laman, Leslee Boissy Central Square		20:13:55

VOYAGEUR CANOES			
1	Dog Breath Rexford		12:23:06
2	Hamilton College Team Clinton		14:33:12
3	Northern Forest Canoe Trail Waitsfield, VT		14:58:42

C-2 FAMILY, C-2 RECREATION, SOLO RECREATION

TWO-PERSON CANOE FAMILY			
1	Glen Vandewinckel, Annie Ripton Webster		18:20:16
2	Walter Goldschmidts, Anniqne Goldschmidts Lloyd Harbor		18:53:00

TWO-PERSON CANOE RECREATION			
1	Mike Cerasaro, Justin Andrews Paul Smith's College		16:02:49
2	Jim Mattingly, Marvin Mattingly Theresa		16:42:45

SOLO CANOE RECREATION MEN			
1	Joe Moore Lake Placid		15:01:00
2	Eddie Gibbs Ray Brook		15:02:59
3	John Marona Granby, CT		16:06:00

SOLO CANOE RECREATION WOMEN			
1	Kerry Shea Burlington, VT		17:54:33
2	Devon Messecar Waltham, MA		18:08:12

C-1 STOCK, C-1 AMATEUR, TOURING KAYAK

ONE-PERSON CANOE STOCK MEN			
1	Mike Carter Schuylkill Haven, PA		16:34:29
2	Daniel Tickner Old Forge		18:54:43

ONE-PERSON CANOE STOCK MEN VETERANS			
1	Marvin Doran Ontario, CAN		17:50:17

TOURING KAYAK WOMEN			
1	Michelle Weiler Pittsford		16:46:22

TOURING KAYAK MEN			
1	Todd Furstoss Rochester		14:08:19
2	Shawn Urban Ontario, CAN		14:59:02
3	Eric Young Mooers Falls		17:06:15

TOURING KAYAK MEN VETERANS			
1	Roger Gocking Saranac Lake		14:10:31
2	Robert Burke Katonah		18:32:27

C-4 STOCK

FOUR-PERSON CANOE MIXED			
1	M Schlimmer, A Gillespie, M Rudnitsky, D Donovan Quebec, CAN, Webster, Wanakena		12:13:06
2	H Reynolds, M Gillespie, P Olney, M Olney Rochester, Westerville		12:25:11

3	G Wesley, G Aprea, A Limberg, P Heed Pittsfield, MA, Austerlitz, Wisconsin, Westmoreland, NH		12:28:52
4	S Jennings, B Donovan, C Donovan, S Carriere Pittsfield, MA, Wanakena, Saskatchewan, CAN		12:34:10
5	T Stout, P Gruber, S Martin, F Kopta Corsica, Irvine		12:45:27

FOUR-PERSON CANOE OPEN			
1	M Rimer, A Triebold, N Walton, S Lajoie Grayling, MI, Eaton Rapids, MI, Quebec, CAN		11:06:29
2	B Barton, R Barton, T Triebold, M Davis Homer, MI, Spring Harbor, MI		11:56:46
3	E Werner, J Firkin, P Boteler, L Harrison Philadelphia, PA, Alexandria, VA, Denville, NJ, St Petersburg, FL		12:15:39
4	M Clout, D Hunter, P McConville, M Winter Ontario, CAN, Lake Placid, Paul Smiths, Bloomingdale		12:26:08
5	G Newman, K Domas, J Santor, D Thomas Canton, Rainbow Lake, Watertown		12:29:10

FOUR-PERSON CANOE STOCK MEN			
1	G Pratt, C Billingsley, N Hindley, C Bruno Amsterdam, Lake Clear, Honesdale, PA, Saylorsburg, PA		13:05:30
2	M Cook, S Burke, Z Handler, D Grant Saranac Lake, Lake Placid		13:15:23
3	M Skivington, T Henning, P Ross, K Streb Scottsville, Marion, Ontario, CAN, Rochester		13:15:24
4	W Frielinghaus, N Underwood, K Curry, R Likely Queensbury, Blue Mountain Lake, Pittsford		13:20:43
5	M Malley, J Goss, C Yarnell, K Kaunzinger Essex, VT, Colchester, VT, Alburgh, VT, Rancho Cordova, CA		13:37:26

FOUR-PERSON CANOE STOCK WOMEN			
1	McDonnell, Evans Paul Smiths, Onchiota		15:10:03
2	J Jeanes, C Culbertson, A Juul, L Bainey Devon, PA, Exeter, NH, Philadelphia, PA, Austin, PA		15:34:49
3	H Allen, C Gregory, R Greene, L Chamberlin Hamilton College		16:28:43

continued

4TH ANNUAL MALTA BPA 5K RACE

September 7, 2013 • HVCC TEC-SMART Campus, Malta

MALE OVERALL			
1	Aaron Lozier	25	Clifton Park 15:49
2	Seamus Nally	26	Fort Collins, CO 15:53
3	Eamon Dempsey	33	Delmar 15:55
FEMALE OVERALL			
1	Meaghan Nally	21	Fort Collins, CO 17:41
2	Crystal Perno	32	Clifton Park 18:57
3	Jennifer Bennice	34	Ballston Lake 19:59
MALE AGE GROUP: 1 - 14			
1	Michael Poirier	12	Ballston Spa 21:08
2	Wilson Fresh	10	Saratoga Springs 21:22
3	Andrew Wade	9	Malta 21:40
FEMALE AGE GROUP: 1 - 14			
1	Autumn Soukup	11	Saratoga Springs 26:08
2	Julia Shanahan	13	Clifton Park 26:38
3	Bridget Shanahan	13	Clifton Park 26:38
MALE AGE GROUP: 15 - 19			
1	Dimetri Santoro	15	Latham 22:46
2	Matthew Anderson	18	Cohoes 29:23
3	Vincent D'Avanzo	15	White Plains 29:52
FEMALE AGE GROUP: 15 - 19			
1	Meghan Liuzzo	15	Malta 24:05
2	Mallory Wolfe	18	Schenectady 24:37
3	Mikayla Holmes	15	Averill Park 27:12
MALE AGE GROUP: 20 - 24			
1	Jean-Paul Reddinger	23	Troy 18:11
2	Rob Sobkovich	23	Amsterdam 19:23
3	Murphy Potter	24	Saratoga Springs 22:37
FEMALE AGE GROUP: 20 - 24			
1	Vi Pham	23	Saratoga Springs 20:22
2	Kate Shirlous	23	Saratoga Springs 22:19
3	Caitlin Joyce	23	Mechanicville 27:04
MALE AGE GROUP: 25 - 29			
1	Jeff Goupil	26	Ballston Lake 16:39
2	Jon Peffley	25	Saratoga Springs 17:22
3	Jared Blatsioris	26	Ballston Spa 18:02
FEMALE AGE GROUP: 25 - 29			
1	Diana Tillotson	29	Newfield 21:12
2	Tracey Lanese	27	Ballston Spa 21:14
3	Stacie Jaeger	28	Saratoga Springs 21:31
MALE AGE GROUP: 30 - 34			
1	Russell Lidberg	31	Saratoga Springs 18:08
2	Jeff Cornick	34	Ballston Spa 19:07
3	Ryan Legere	30	Clifton Park 19:27
FEMALE AGE GROUP: 30 - 34			
1	Sandy Tesse	34	Ballston Spa 23:46
2	Nichole Demarco	31	Saratoga Springs 24:06
3	Dana Wivczar	32	Malta 24:37
MALE AGE GROUP: 35 - 39			
1	Kevin Reedy	38	Albany 20:00
2	Matt Zappen	37	Albany 20:33
3	Michael Letzring	36	Schuylerville 20:35
FEMALE AGE GROUP: 35 - 39			
1	Melissa Willis		

RACE RESULTS

1ST ANNUAL YOUTH MAKE A DIFFERENCE 5K RUN/WALK *continued*

MALE AGE GROUP: 1 - 14			
1 Dylan Laporta	12	Wynantskill	23:11
2 Colin Hansen	10	Wynantskill	23:45
3 Alec Hansen	8	Wynantskill	23:51
FEMALE AGE GROUP: 1 - 14			
1 Lauren Cox	9	Troy	27:20
2 Alexandra Daily	13	Wynantskill	27:59
3 Julia Skiba	9	Troy	29:55
MALE AGE GROUP: 15 - 19			
1 Ben Harper	19	Cohoes	21:16
2 Deronn Pool	18	Wynantskill	22:26
3 Collin Malone	16	Wynantskill	22:38
FEMALE AGE GROUP: 15 - 19			
1 Maureen Obrien	15	Poestenkill	22:55
2 Lauren Elder	16	Wynantskill	25:17
3 Jessica Elder	16	Wynantskill	25:20
MALE AGE GROUP: 20 - 24			
1 Anthony Testo	23	Wynantskill	28:14
2 Scott Fane	22	Troy	31:28
3 David Jabour	21	Troy	33:49
FEMALE AGE GROUP: 20 - 24			
1 Hilary Edmonds	24	Voorhessville	21:01
2 Julie Halsdorf	23	Albany	21:49
3 Jenna Cortese	23	Schenectady	25:23
MALE AGE GROUP: 25 - 29			
1 Ryan French	28	Rensselaer	21:16
2 Ryan Hannigan	29	Rensselaer	22:23
3 Robert Difiore	28	Wynantskill	23:30
FEMALE AGE GROUP: 25 - 29			
1 Kara Siciliano	26	Averill Park	21:16
2 Jamie Wlazlo	25	Wynantskill	24:04
3 Sierra Conklin	26	Wynantskill	26:03
MALE AGE GROUP: 30 - 34			
1 Gerard Colling	32	Wynantskill	20:55
2 Dj Leibach	32	Watervliet	21:52
3 Matthew Flannery	34	Wynantskill	23:13
FEMALE AGE GROUP: 30 - 34			
1 Veronica Schiavone	31	Albany	25:39
2 Kristin Wing	32	Nassau	27:41
3 Kelly Baker	31	Troy	28:16
MALE AGE GROUP: 35 - 39			
1 Ian Morrison	36	Wynantskill	20:43
2 Michael Ruppe	39	Troy	22:22
3 Christopher Allen	35	Wynantskill	23:22
FEMALE AGE GROUP: 35 - 39			
1 Michele Benyo	36	Castleton	23:50
2 Candice Panichi	38	Glenmont	23:59
3 Sarah Flannery	35	Wynantskill	25:47

MALE AGE GROUP: 40 - 44			
1 Tim Flannery	42	Wynantskill	22:42
2 Dj Hansen	40	Wynantskill	24:01
3 Chuck Douglas	42	Petersburgh	24:03
FEMALE AGE GROUP: 40 - 44			
1 Melissa Maguire	40	Loudonville	21:14
2 Felice Devine	43	Wynantskill	21:37
3 Regina McGarvey	43	Castleton	22:20
MALE AGE GROUP: 45 - 49			
1 Tom Mack	48	Wynantskill	21:55
2 John Akots	48	Wynantskill	23:41
3 Tom Denham	46	Delmar	24:47
FEMALE AGE GROUP: 45 - 49			
1 Joanne Enzien	48	Troy	25:50
2 Dana Barsalow	48	Averill Park	29:14
3 Kirstein Dorvito	45	Wynantskill	29:49
MALE AGE GROUP: 50 - 54			
1 Jerry Collins	54	Troy	23:18
2 Matt Bell	50	Wynantskill	23:33
3 Paul Dimura	53	Wynantskill	25:27
FEMALE AGE GROUP: 50 - 54			
1 Daniele Cherniak	51	Cohoes	21:10
2 Wendy Rescott	53	West Sand Lake	22:28
3 Lori Francesconi	52	Waterford	27:40
MALE AGE GROUP: 55 - 59			
1 Martin Patrick	59	East Greenbush	21:25
2 Tom Debenero	56	Averill Park	21:30
3 Dave Heyward	59	Wynantskill	28:33
FEMALE AGE GROUP: 55 - 59			
1 Jill Mehan	58	Troy	26:52
2 Deborah Baranowski	56	Wynantskill	26:58
3 Jill Faraci	55	Troy	29:38
MALE AGE GROUP: 60 - 64			
1 Mike Fazioli	62	Wynantskill	21:36
2 Jim Faraci	60	Troy	25:28
3 Jon Leach	61	Wynantskill	26:35
FEMALE AGE GROUP: 60 - 64			
1 Jacqueline Tremont	62	Averill Park	33:19
2 Bonnie Brown	63	Troy	45:53
MALE AGE GROUP: 65 - 69			
1 Charlie Matlock	68	Averill Park	39:22
2 Garry Brown	65	Troy	45:05
FEMALE AGE GROUP: 65 - 69			
1 Stasia Turbiesz	65	Averill Park	34:48
2 Elaine Cronin	68	Troy	37:34

Courtesy of Town of North Greenbush

3RD ANNUAL MOREAU LAKE RACES: TRAIL RUN, AQUATHON & SWIMS September 8, 2013 • Moreau Lake State Park, Gansevoort

15K TRAIL RACE			
MALE OVERALL			
1 Jake Stookey	37	Clifton Park	1:27:11
2 Keith Gruchacz	28	Bridgewater, NJ	1:42:30
3 Tim Ingall	54	Lansing	1:44:31
FEMALE OVERALL			
1 Kim Fisher	46	Stony Creek	2:03:39
2 Casey Dwyer	33	Glens Falls	2:08:20
3 Gabriella Frittelli	47	Gansevoort	2:13:17
MALE AGE GROUP: 20 - 29			
1 Hunter Godeck	25	Saratoga Springs	2:40:33
2 Brian Mick	25	Shelburne, VT	2:41:18
3 Matt Harrison	29	Albany	4:02:15
FEMALE AGE GROUP: 20 - 29			
1 Hannah Trees	22	Albany	2:18:58
2 Angie Thomas	24	Saratoga Springs	2:40:42
3 Megan Boyak	28	Clifton Park	3:06:36
MALE AGE GROUP: 30 - 39			
1 Kenneth Ploughman	38	Cohoes	1:45:10
2 Brian Northan	38	Guilderland	1:47:00
FEMALE AGE GROUP: 30 - 39			
1 Jessica Hageman	37	Guilderland	2:14:05
2 Alexis Crank	30	Albany	4:02:15
MALE AGE GROUP: 40 - 49			
1 Bill Hoffman	46	Clifton Park	1:52:25
2 Bob Radloff	49	Stillwater	1:57:42
3 Richard Loud	48	Ballston Spa	2:05:56
FEMALE AGE GROUP: 40 - 49			
1 Sarah Vogel	43	Slingerlands	2:32:30
2 Jennifer Ferriss	41	Saratoga Springs	3:06:38
MALE AGE GROUP: 50 - 59			
1 Jeffrey Farbanec	57	Saratoga Springs	2:00:06
2 David Hickey	50	Middle Grove	2:48:48
FEMALE AGE GROUP: 50 - 59			
1 Chris Abowd	50	Glenmont	2:53:13
2 Christina Trees	52	Albany	3:04:31
3 Andrea Peterson	54	Saratoga Springs	3:07:00
MALE AGE GROUP: 60 - 69			
1 Charlie Brockett	67		2:54:33
2 Jack Chapman	60	Ballston Spa	3:03:36
FEMALE AGE GROUP: 60 - 69			
1 Laura Clark	66	Saratoga Springs	3:19:51

AQUATHON - 1.5K SWIM, 5K RUN			
MALE OVERALL			
1 Alan Finder		Albany	57:02
2 Macauley Kolonko		Warners	1:04:03
3 Jamie Lovette		Ithaca	1:05:36

3K OPEN WATER SWIM			
MALE OVERALL			
1 Gerard Gould/50-59		Fayetteville	52:18
2 Dan Wall/50-59		Nassau	52:46
3 Tocher Mitchell/60-69		Shelburne, VT	1:01:06
FEMALE OVERALL			
1 Lynn Festa/40-49		Fayetteville	54:41
2 Margaret Wells/40-49		Fayetteville	54:46
3 Erin McKinley/20-29		Princeton	58:07
FEMALE AGE GROUP: 20 - 29			
1 Allison Smoak		Gansevoort	59:32
FEMALE AGE GROUP: 30 - 39			
1 Amy Reinink		Saratoga Springs	1:00:54
2 Kim Middleton		Delmar	1:22:07
MALE AGE GROUP: 30 - 39			
1 Richard Shanley		Falls Village	1:13:00
2 Chris Thompson		Ballston Spa	1:34:09
FEMALE AGE GROUP: 40 - 49			
1 Karen Ingall		Lansing	1:16:30
FEMALE AGE GROUP: 50 - 59			
1 Janet Davignon		Schenectady	1:17:53
2 Lauri Francis		Syracuse	1:31:39
3 Pia Sanda		Slingerlands	1:35:29
4 Susan Browne		Albany	1:49:45

1.5K OPEN WATER SWIM			
MALE OVERALL			
1 Jim Butler/30-39		Fort Edward	31:16
2 Richard Shanley/30-39		Falls Village	34:45
3 Scott Kullman/40-49		Latham	40:04
FEMALE OVERALL			
1 Heather Hill/20-29		Glenmont	34:46
2 Lindsey Eby/20-29		Clifton Park	47:11
3 Caitlin Brooks/20-29		Albany	53:41

Courtesy of Green Leaf Racing

36TH WHITEFACE MOUNTAIN UPHILL FOOT RACE

September 14, 2013 • Whiteface Veteran's Memorial Highway, Wilmington

8M, 3500FT ELEVATION GAIN			
MALE OVERALL			
1 Jacob Malcomb	26	Canton	1:02:44
2 Jeremy Drowne	36	West Chazy	1:03:20
3 John Spinney	38	Waterbury, VT	1:05:17
FEMALE OVERALL			
1 Erin Rasco	25	Cadyville	1:17:57
2 Cassie Sellars	36	Plattsburgh	1:21:23
3 Louise Voghel	59	St-Armand, QC	1:23:48
FEMALE AGE GROUP: 1 - 19			
1 Jennifer Dahl	16	Rigaud, QC	2:05:41
MALE AGE GROUP: 20 - 24			
1 David Lewis	22	Utica	01:19:21
2 Nikolas Krausbar	21	Ottawa, ON	1:30:20
3 Greg Tarsa	24	Bomoseen, VT	1:32:35
MALE AGE GROUP: 25 - 29			
1 Phil Slesinski	25	Ticonderoga	1:28:29
2 Andrew Pickreign	26	Saranac Lake	1:29:05
3 Everett Rubin	27	Lake Placid	1:37:31
FEMALE AGE GROUP: 25 - 29			
1 Heather Martin	28	Cadyville	1:44:35
2 Brittany Muscarella	26	Snyder	1:55:39
MALE AGE GROUP: 30 - 34			
1 Jan Wellford	32	Keene	1:08:47
2 Phil Lynch	33	Saranac	1:11:35
3 Joseph Sullivan	34	Schenectady	1:12:44
FEMALE AGE GROUP: 30 - 34			
1 Allison Burckley	30	Ballston Spa	1:32:57
2 Cheryl Sargeant	34	Averill Park	1:47:38
MALE AGE GROUP: 35 - 39			
1 Jeff Dengate	36	Jersey City, NJ	1:10:45
2 Kyle Smith	36	New Russia	1:23:09
3 Preston Sellers	39	Plattsburgh	1:35:55
FEMALE AGE GROUP: 35 - 39			
1 Sara Madden	36	Albany	1:30:25
2 Casey Dwyer	34	Glens Falls	1:35:13
3 Jess Darney Buehler	38	Elizabethown	1:46:24
MALE AGE GROUP: 40 - 44			
1 Patrice Beaulieu	41	Sainte-Anne-de-Bell	1:13:21
2 Brian Edwards	44	Massena	1:27:54
3 Scott Brightwell	44	Peru	1:33:31
FEMALE AGE GROUP: 40 - 44			
1 Nicole Loscalzo	40	Wells, VT	1:29:25
2 Nadine Colpron	41	Montreal, QC	2:01:21
3 Nicola Kelly	44	Builth Wells, WAL	2:01:54

MALE AGE GROUP: 45 - 49			
1 William Mileski	46	Ledyard, CT	1:22:21
2 Kevin Champagne	45	Plattsburgh	1:24:14
3 Tom Plimpton	48	Peru	1:25:40
FEMALE AGE GROUP: 45 - 49			
1 Mary Norelli	46	Franklin Lakes, NJ	1:33:34
2 Laurel Shortell	47	Northampton, MA	2:06:37
3 Michelle Golonka	46	Delmar	2:09:44
MALE AGE GROUP: 50 - 54			
1 Stanley Hatch	52	Cadyville	1:16:41
2 Matthew Karkoski	51	Ticonderoga	1:17:14
3 Jeffrey Farbanec	51	Saratoga Springs	1:27:53
FEMALE AGE GROUP: 50 - 54			
1 Colette Van Kerckvoorde	53	Lee, MA	1:36:21
2 Rita Lewis	54	Utica	2:02:16
3 Nanette Atherton	52	South Burlington, VT	2:11:03
MALE AGE GROUP: 55 - 59			
1 Bob Tysen	57	Lake Placid	1:14:33
2 Neil Wheelwright	56	Burlington, VT	1:33:04
3 Michael Burleigh	58	Saranac	1:35:32
FEMALE AGE GROUP: 55 - 59			
1 Nancie Battaglia	59	Lake Placid	1:49:39
2 Jennifer Wolfjen	56	Endicott	1:56:04
3 Debra Stanton	57	Lake Placid	1:56:56
MALE AGE GROUP: 60 - 64			
1 Bruce Wilkins	60	Fairport	1:20:42
2 James Foster	62	Chittenango	1:22:29
3 Dennis Gilyard	62	Endicott	1:37:04
FEMALE AGE GROUP: 60 - 64			
1 Ingrid Bashaw	64	Peru	1:50:27
2 Barbara Ryan	60	Lake Placid	2:06:06
3 Wendy Makepeace	62	Maples	2:06:15
MALE AGE GROUP: 65 - 69			
1 Dale Rodgers	65	Westford, VT	1:37:52
2 Kenneth Dolecki	68	Oakland, NJ	1:48:10
3 Fred Ross III	67	Vernon, VT	1:53:04
MALE AGE GROUP: 70 - 74			
1 Peter Ruben	73	Holland Patent	1:58:48
2 Vincent Connors	72	Newton, NJ	2:09:44

Courtesy of Whiteface Business & Tourism Center

8TH ANNUAL SARATOGA PALIO: MELANIE MEROLA O'DONNELL RACE

September 15, 2013 • Hampton Inn & Suites, Saratoga Springs

HALF MARATHON - 13.1M			
MALE OVERALL			
1 Eric Macknight	24	Ballston Lake	1:07:41
2 Michael Roda	37	Albany	1:11:10
3 Thomas O'Grady	28	Latham	1:12:35
FEMALE OVERALL			
1 Megan Hogan	25	Saratoga Springs	1:16:35
2 Karen Bertasso	29	Fort Collins, CO	1:21:21
3 Dana Bush	34	Saratoga Springs	1:23:04
MALE AGE GROUP: 1 - 14			
1 Kevin Cronin	13	Greenfield Center	1:39:20
2 Declan Hines	14	Saratoga Springs	1:46:23
3 Seamus Tomb	13	North Creek	1:57:25
MALE AGE GROUP: 15 - 19			
1 Ryan Beierle	18	Lake Ronkonkoma	1:27:52
2 Conor Newton	15	Clifton Park	1:33:48
3 Michael Miles	19	Troy	1:43:47
4 Edward Madigan	19	Melrose	1:49:47
5 Waleed Ijaz	18	Clifton Park	2:03:27
FEMALE AGE GROUP: 15 - 19			
1 Margaret McDonough	18	Niskayuna	1:47:18
2 Olivia Fryt	19	Midland, TX	1:50:20
3 Belle Hettie	19	Delmar	1:53:04
4 Jamie Horrigan	19	Hopkinton, MA	1:53:49
5 Bonnie Deyo	19	East Greenbush	1:53:56
MALE AGE GROUP: 20 - 24			
1 Richard Messineo	24	Nassau	1:15:09
2 Peter Nulsen	23	Saratoga Springs	1:26:14
3 Rob Sobkowich	23	Amsterdam	1:28:03
4 Christopher Neumann	20	Marblehead, MA	1:36:42
5 Nathan Porter	24	East Greenbush	1:37:38
FEMALE AGE GROUP: 20 - 24			
1 Keri McEntee	24	Queensbury	1:25:23
2 Kuniko Hunter	20	Chester, VT	1:38:16
3 Maureen Hill	23	Amherst, MA	1:39:38
4 Katherine Boy	20	Troy	1:39:48
5 Erin Lennox	20	Rochester	1:40:27
MALE AGE GROUP: 25 - 29			
1 Kevin Treadway	25	Albany	1:13:16
2 Aaron Lozier	25	Clifton Park	1:15:13
3 Shaun Donegan	27	Saratoga Springs	1:16:30
4 Michael Hamilton	26	Oneonta	1:17:22
5 Vinny Reilly	27	Eldred	1:22:24
FEMALE AGE GROUP: 25 - 29			
1 Lisa D'Aniello	27	Saratoga Springs	1:29:33
2 Lindsay Choppy	29	Troy	1:30:14
3 Janne Rand	28	Lake Placid	1:30:19
4 Stacie Jaeger	28	Saratoga Springs	1:35:43

8TH ANNUAL SARATOGA PALIO: MELANIE MEROLA O'DONNELL RACE continued

Table listing race results for the 8th Annual Saratoga Palio. Columns include race name, rank, name, age group, time, and location. Races include Male Age Group (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74), Female Age Group (40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74), and Overall (5K Run/Walk, Male/Female Overall).

37TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON September 15, 2013 • Tanglewood, Lenox, MA

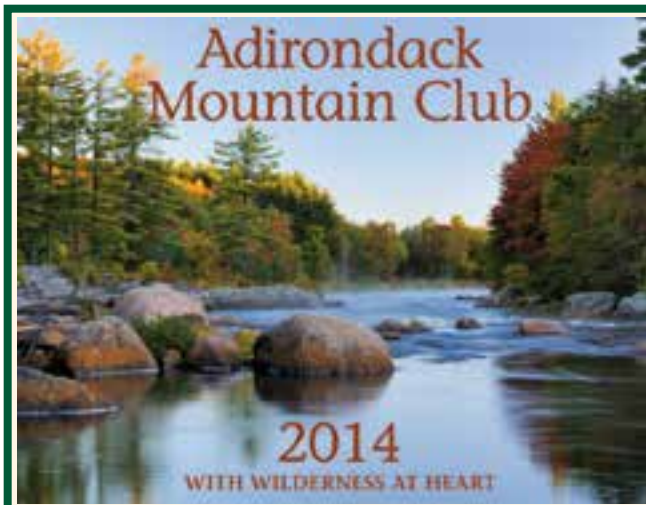
Table listing triathlon results. Columns include race name, rank, name, age group, and time. Races include 27M Bike, 5M Canoe/Kayak/Paddleboard, 10K Run, All Berkshire Canoe, Grandmasters 60 & Over Canoe, Mixed 39 & Under Canoe, Mixed 40 & Over Canoe, All Female Canoe, and Masters 50 & Over Canoe.

37TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON continued

Table listing triathlon results (continued). Columns include race name, rank, name, age group, and time. Races include 2 Person Female Canoe, Ironman Canoe, Ironwoman Canoe, Veteran 70 & Over Canoe, 20 & Under Canoe, Family Canoe, Corporate/Organization Canoe, 3 Female & 1 Male Canoe, Ironman 60 & Over Canoe, Kayak All Berkshire, Kayak Males 39 & Under, Kayak All Female, and 4 Person Canoe.

Advertisement for The Fallen Arch. Features a runner in a blue shirt and black leggings. Text includes 'The Fallen Arch', '2537 Main St, Lake Placid • (518) 523-5310 • TheFallenArch.com', and 'Your Complete Running Store in the Adirondacks'. Logos for Newton, Injinji, TYR, Foot, and Pearl Izumi are at the bottom.

Advertisement for Valentine's Day Weekend at The Sagamore Resort. Features a couple in a yoga pose forming a heart. Text includes 'A CHRISTMAS and VALENTINE'S DAY GIFT all in one!', 'COUPLE'S FITNESS & YOGA RETREAT', 'Friday-Sunday, February 14-16', 'The Sagamore Resort on Lake George, Bolton Landing', and 'Valentine's Day Weekend at The Sagamore Resort'. Contact info for yogawellnessretreats.com is provided.



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