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WEST BRANCH OF  
THE SACANDAGA  
RIVER NEAR  
WHITEHOUSE.

PHOTO BY RICH MACHA

## Skiing and Snowshoeing the Snowy Southern Adirondacks

By Rich Macha

**T**he winter of 2013/14 through the end of January has been an exasperating one for those of us who like to recreate in the snow. In the Capital Region where I live we've had two good snowstorms which were soon followed by rain (major snowstorm number three is happening as I write). The normally snowy High Peaks area of the Adirondacks has seen minimal accumulation of the white fluffy stuff. Thankfully, lake-effect snows and clipper systems have allowed the western and southern Adirondacks to slowly – and occasionally rapidly – increase in snow depth.

By the end of January I've been out on my cross-country skis 29 times and not once did I ski at a groomed area. Many of my outings have been in the backcountry of the southern Adirondacks. Since I meet too many folks who don't know much about that part of the Adirondacks I will follow with an introduction to destinations in Fulton County and southern Hamilton County that might be of interest to backcountry skiers and snowshoers. Towns and villages in this area include Northville, Caroga Lake, Stratford, Piseco, Speculator and Wells.

**Northville-Placid Trail** – The trail portion of the Northville-Placid Trail has traditionally started in Upper Benson, but a new section has been added that passes to the north and east of the Lapland Lake Nordic Vacation Center. You can pick up the new southern end on Benson Road 4.5 miles west of NY

Route 30 – look for a small parking turnout on the north side of the road.

The newly-marked trail goes over a hill and soon drops down to Woods Lake then detours east to a bridge over the inlet. The trail then heads north going over a shoulder of Little Cathead Mountain – snowshoers might want to go off-trail and climb to cliffs with views – before leveling out and crossing the outlet of Grant Lake. The trail then heads west, going over an unnamed hill before crossing Abner Brook, and roughly parallels the brook going southwest. It then passes to the north of the North Branch of the West Stony Creek, before reaching the traditional route from Upper Benson, within sight of the bridge over the creek. This new section is about nine miles long.

Throughout the years the route on the NPT from Upper Benson to Rock Lake has been a popular ski trip route of about ten miles round-trip, with an elevation gain of 700 feet on the way in, resulting in an exhilarating ride back out.

**Chase Lake** – The trail to Chase Lake starts at the end of Pinnacle Road north of Benson Road in Bleeker. Snowmobiles are no longer allowed on this trail. After 1.8 miles the trail forks – go right to a campsite on the lake in 0.8 miles, go straight for a mile to the new lean-to site on the north shore of the lake. The lean-to occupies an attractive site overlooking the small but pretty lake. A loop trip joining the ends of the two forks can be done when the lake ice is safe.

Also starting at the end of Pinnacle Road is a newly-marked trail heading north on an old road along scenic Pinnacle Brook, bypassing a couple of open vleys or beaver meadows before

See **SKIING & SNOWSHOEING**, 12 ▶

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9TH ANNUAL

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**FEB 14: FULL MOON SKI BOWL PARTY**

**FEB 15-16 & FEB 18-20: HOLIDAY CAMPS FOR KIDS**

**FEB 22: SATURDAY NIGHT RUSH HOUR**  
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**FEB 22-23: MASTER THE MOUNTAIN SKI & SNOWBOARD CAMPS**

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Photo courtesy Swift Canoe & Kayak

## AROUND THE REGION **News Briefs**

### Upgrades at Cole's Woods

GLENS FALLS – As our snow shovels acquire new dents and rust spots, you may be looking for new and less back-breaking ways to get outside and enjoy the snow. The ski tracks at the local golf course have been worn down beyond repair, patchy and mottled with the yellow stains of canine visitors. Go ahead and visit our local cross-country centers for superb groomed trails, but don't put those skis and snowshoes back in the basement yet – new opportunities for winter fun are just outside your door.

As reported in the April 2013 issue of *Adirondack Sports and Fitness*, the Cole's Woods Trail System, on Route 9 in Queensbury and Glens Falls, has been undergoing major improvements over the last year. Thanks to a public-private partnership between the city of Glens Falls, town of Queensbury, and citizen groups like the Friends of Cole's Woods and NYS Ski Racing Assn. (NYSSRA-Nordic), the trails behind the Glens Falls Family YMCA are looking better than ever.

Recent upgrades have included trail maintenance, repairs on bridges and flood-damaged sections. A new, free, full-color map showing elements of the trail that will help skiers, snowshoers, and families plan their visit is available online and at Inside Edge in Queensbury. It shows what trails are lit and unlit, levels of difficulty, and finding the new,

well-marked snowshoe trail – with signs handmade by Glens Falls resident, Colton Bishop, 17, which he made as part of an Eagle Scout project.

The snowshoe trails meander through the woods, offering the chance to see the park as never before. Instead of sharing wide, groomed ski trails, snowshoers can traverse singletrack through the woods, enjoying the solitude as it runs along Halfway Brook.

The trail conditions continue to improve, thanks to the efforts of Friends of Cole's Woods members. With a partnership between Friends and NYSSRA-Nordic, fundraising is currently underway to purchase snowmaking equipment to cover a 1.5K loop of trails. With less-than-average winter snowfall, the enhanced grooming technology will provide quality Nordic ski track, which can be enjoyed by advanced skiers and community members alike.

Thanks to individual donations and fundraising efforts by Section II high school Nordic ski coaches, over \$2,000 has already been raised for trail system development. If you're interested in supporting this project, visit [coleswoods.weebly.com](http://coleswoods.weebly.com) or [nyssranordic.org](http://nyssranordic.org) or mail donations to Friends of Coles Woods, PO Box 294, Glens Falls, NY 12801.

-David Paarlberg-Kvam

## FROM THE PUBLISHER & EDITOR

### Happy February!

Enjoy our February issue! We greatly appreciate the enthusiastic support from our advertisers, readers, contributors, vendors and expo exhibitors and attendees. With your loyal support *Adirondack Sports & Fitness* has survived and grown stronger over the past 14 years!

Since the beginning, our mission is to inspire and inform the active lifestyle community in our region, whether you are a frontrunner or taking the scenic route. We strive to continuously improve our magazine, expos and online experience, so please share your comments, support and ideas – they are always welcome at (518) 877-8788 or [info@adksports.com](mailto:info@adksports.com).

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*Darryl and Mona*

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*Circulation:* Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters  
*Graphic Design:* Karen Chapman, Cummings Advertising Art, Clifton Park, NY  
Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 22,000 copies. ©2014 *Adirondack Sports & Fitness, LLC*. All rights reserved.  
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WINTER PROGRAMS

# Calendar of Events

## February - April 2014

Events beyond this range are advertisers in this issue.

FEBRUARY 2014							MARCH 2014							APRIL 2014									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
						1							1			1	2	3	4	5			
2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12			
9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19			
16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26			
23	24	25	26	27	28	23 <sup>30</sup>	24 <sup>31</sup>	25	26	27	28	29	27	28	29	30							

### ALPINE SKIING & SNOWBOARDING

#### FEBRUARY

- 8-9 Glades & Glory Ski/Ride Clinics.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 14 Full Moon Party.** 5pm. Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 14 "Romance on the Rails" Dinner Train.** Snow Train, Saratoga Springs to North Creek. [sncsnowtrain.com](http://sncsnowtrain.com).
- 14-16 AcroBag at Willard Weekend.** Willard, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 15-16, 18-20 Holiday Camps for Kids.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 17 Willard Cup Fun Race #4.** 2pm. Willard, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 17 USASA Boarder/Skier Cross.** Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 18-20 Presidents' Weekend Holiday Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 22-23 Master the Mountain Ski/Ride Clinics.** 8:30am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 22 Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Races.** 5pm. Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 22 First Wilderness Heritage Corridor Trivia Train.** Snow Train, Saratoga Springs to North Creek. [sncsnowtrain.com](http://sncsnowtrain.com).

#### MARCH

- 1 80th Anniversary Gore Snow Train.** Snow Train, Saratoga Springs to North Creek. [sncsnowtrain.com](http://sncsnowtrain.com).
- 1 Mini-Shredders Jibfest.** Ages 10-under. 10am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 1 Willard Cup Fun Race #5.** 10-11am. Willard, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 1-2 Women Only Ski/Snowboard Clinics.** 8:30am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 8 Big Air at Little Gore Halfpipe Competition.** Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 8-9 Glades & Glory Ski/Ride Clinics.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 8-9 Trees, Steeps & Bumps Telemark Clinics.** 8:30am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 15 Ales on Rails St Patrick's Day Warm-Up.** Snow Train, Saratoga Springs to North Creek. [sncsnowtrain.com](http://sncsnowtrain.com).
- 16 Willard Cup Fun Race #6.** 10am. Willard, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 16 "Shamrock" Super Sunday.** Whiteface, Wilmington. 946-2223. [whiteface.com](http://whiteface.com).
- 21-23 Camp Chingachgook Family Ski Weekend.** Sugarbush Resort, VT. 800-53SUGAR. [lakegeorgecamp.org](http://lakegeorgecamp.org).

#### APRIL

- 5, 12 Bunny Hop Express.** Snow Train, Saratoga Springs to North Creek. [sncsnowtrain.com](http://sncsnowtrain.com).
- 6 "Retro" Super Sunday.** Whiteface, Wilmington. 946-2223. [whiteface.com](http://whiteface.com).
- 12 Pond Skimming Contest at Bullfrog Bog.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

### BICYCLING & MOUNTAIN BIKING

#### ONGOING

- Tu/Th Spin Class.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).
- Sat Spin Class.** 9:15am. Spa City Bicycleworks, Saratoga Springs. 587-0071. [spacitybicycleworks.com](http://spacitybicycleworks.com).

#### FEBRUARY

- 11 Colnago Party.** 6pm. Savile Road Custom Bike Shop, Delmar. 439-4766. [savileroad.com](http://savileroad.com).
- 22 Snowball Express Century Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 28 Champlain Thaw CompuTrainer Race #2: Hill Climb.** 6pm. Burlington, VT. [idlefast.com](http://idlefast.com).

#### MARCH

- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 15 Trooper David Brinkerhoff Memorial Race #1.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).
- 22 Trooper David Brinkerhoff Memorial Race #2.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).
- 23 Tour of the Battenkill Spring Preview Ride.** 65M. 10am. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 23 Uncle Sam's Collegiate Cycling Road Race & Team Time Trial.** 8am. Parker School, Pittstown. RPI Cycling. Max Rusch: 860-930-0880. [collegiatecycling.org](http://collegiatecycling.org).
- 29 Trooper David Brinkerhoff Memorial Race #3.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).
- 30 Saratoga 200K Brevet.** 7am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 30 BattenSpring Classic Circuit Race.** 39-65M. 11am. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).

#### APRIL

- 5-6 10th Tour of the Battenkill: Pro/Am Races & Gran Fondo.** 65M. 8am. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 13 Singlespeed-A-Palooza MTB Race.** 25M. 9am. Stewart SE, Montgomery. 845-787-0412. [darkhorsecycles.com](http://darkhorsecycles.com).
- 26-27 Sean's Run/Bike Weekend.** Sat, 10am: 20M bike ride & 8:30am: 50M bike ride. Sun, 12pm: Sean's Run 5K & 11:30am: Meghan's Mile. Chatham HS, Chatham. [seansrun.com](http://seansrun.com).
- 27 Saratoga 300K Brevet.** 7am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 27 H2H MTB Race #1: The Chain Stretcher.** Blue Mtn Reservation, Peekskill. 845-735-4056. [wmba.org](http://wmba.org).

### CROSS-COUNTRY & BACKCOUNTRY SKIING

#### ONGOING

- Tue Graymont Night Races.** 1/7-3/4. 2.5K/5K. 5:30pm. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- Tue Carload Tuesdays.** 9am. Garnet Hill, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).
- Tu/Th Youth Ski League.** 4-5pm. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- Thu Soup-er Seniors Ski/Snowshoe Day.** Non-holiday. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- Fri Friday Night Ski Jam.** 6:30-9pm. Music, food. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- Fri Ladies Ski & Après-Ski.** Tour or lesson. 3:30pm. Garnet Hill, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).
- Sat Finn-tastic Saturdays.** Ski/snowshoe & Finnish dinner. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- Sun Skate & Backcountry Clinics.** Skate: 11am. Backcountry: 1pm. Garnet Hill, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).

#### FEBRUARY

- 7 ESG Freestyle Sprint Races.** 1pm. Dewey, Saranac Lake. 643-0821. [deweymountain.com](http://deweymountain.com).
- 8 Lapland Ladies Love to Ski: Classic Lessons.** 9:30am. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 8-9 Olympic Spirit Kick-Off.** Games, scavenger hunt. 9am. Garnet Hill, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).

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Chamber of Commerce/Office of Tourism,  
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ADIRONDACKS

**SPECULATOR REGION**

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

- 8-9 Canadian Ski Marathon. 100M. Lachute to Montebello to Gatineau, QC. 877-770-6556. csm-mcs.com.
- 13 Family Moonlight Ski. 7pm. Bonfire, hot drinks by Shen Nordic Club. Vischer Ferry N.P., Clifton Park. cliftonpark.org.
- 14 **Romancing the Snow.** Ski/snowshoe & candlelit dinner. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 14 **Moonlight Snowshoe/Ski.** 6-9pm. Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 14 **Sweetheart Ski & Snowshoe.** 6:30pm. Tour: 6:45pm. Garnet Hill, North River. 251-2150. garnet-hill.com.
- 15 **Ski Patrol Benefit BBQ.** Support volunteers. Prizes. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 Full Moon XC Ski Party. Cascade, Lake Placid. 523-9605. cascadeski.com.
- 15,22 **Guided Backcountry Tour.** 9:30am. Garnet Hill, North River. 251-2150. garnet-hill.com.
- 15 Great Sacandaga Mini Marathon Ski Race. 30K/15K. 12pm. Saratoga Biathlon, Day. 696-5495. saratogabiathlon.com.
- 15 CRNA XC Ski Race #2. 5K/10K. 10am. Hilltop, Richmond, MA. 861-8020. capitalregionnordicalliance.org.
- 16 **Shen Classic XC Race.** 5K/10K. 11am. Saratoga Biathlon, Day. Eric Hamilton: 371-7548. skireg.com.
- 18-21 **Children Learn to Ski Week.** Lessons: Tue/Wed. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 22 **Cookie Clash 10K & 5K Bill Koch XC Ski Races.** Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 22 **Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Races.** 5pm. Ski Bowl, North Creek. goremountain.com.
- 22 ASTC Raymond Brook Ski Trail "Ride Up, Ski Down." Old Farm Clearing, North Creek. Tony Goodwin: 576-9949. jackrabbithill.org.
- 22 Winona Forest Tourathon: 12.5K/25K/37.5K/50K classical. 8am. CCC Camp, Mannsville. 315-243-5235. winonaforest.com.
- 23 **Olympic Carnival.** 9am. Contests, scavenger hunt, pancakes. Garnet Hill, North River. 251-2150. garnet-hill.com.

### MARCH

- 1 **Lapland Ladies Love to Ski: Skate Lessons.** 9:30am. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 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 for Charity" 5K Family Ski Event. Olympic Sports Complex, Lake Placid. David Paarlberg-Kvam: 585-944-1610. nyssranordic.org.
- 1-2 12th Adirondack Backcountry Ski Festival. Clinics/tours. Keene Valley. 576-2281. mountaineer.com.
- 2 **NYSSRA Ski to End Alzheimer's "Try-It for Charity" 5K Family Ski Event.** 12pm. Olympic Sports Complex, Lake Placid. David Paarlberg-Kvam: 585-944-1610. skireg.com.
- 8 **32nd Lake Placid Loppet XC Ski Race.** 50K classic: 9am. 25K classic: 9:15am. 50K freestyle: 10am. 25K freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. whiteface.com.
- 8 3rd Wood-n-Ski Rendezvous. 5K Race & vintage. Cascade, Lake Placid. 523-9605. cascadeski.com.
- 8 ASTC Avalanche Pass Ski Trough. 13M w/key swap. Tony Goodwin: 576-9949. jackrabbithill.org.
- 9 Catamount Trail Classic. 7am. Bolton Valley Resort to Trapp Family Lodge, Stowe, VT. catamounttrail.org.
- 13 Family Moonlight Ski. 7pm. Bonfire, hot drinks by Shen Nordic Club. Vischer Ferry N.P., Clifton Park. cliftonpark.org.
- 15 **Moonlit & Illuminated Skiing, Tubing, Skating, Dinner.** Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 **Full Moon XC Ski Party.** Cascade, Lake Placid. 523-9605. cascadeski.com.
- 15 **Full Moon Poker Ski & Snowshoe.** 6:30pm. Prizes, drawings. Garnet Hill XC Ski Center, North River. 251-2150. garnet-hill.com.
- 15 CRNA XC Ski Race #3. 5K/10K. 10am. Hilltop, Richmond, MA. 861-8020. capitalregionnordicalliance.org.
- 15,22 **Guided Backcountry Tour.** 9:30am. Garnet Hill, North River. 251-2150. garnet-hill.com.
- 22-23 NYSEF Nordic Kids Festival. Sat: Skate race/sprints. Sun: paintball biathlon. Lake Placid. 523-1900. nysef.org.

### HEALTH & FITNESS

#### ONGOING

- Mo-Sa Rock Your Fitness Classes: TRX, kettlebell, weights.** 2/24-4/4. 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.

#### MARCH

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

### HIKING, SNOWSHOEING & CLIMBING

#### ONGOING

- Tue Snowshoe Frolics: 2/4-25. 1pm. Naturalist-led treks. Adirondack VIC, Newcomb. 582-2000. esf.edu/aic.

#### FEBRUARY

- 8 **Beginner Backcountry Skiing.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 8-9 **Wilderness First Aid Course/WFR Recert.** 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 9 **Tabletop Mtn Hike.** 9.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 15 **Snowshoe by Light of the Moon.** 7pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 Snowshoe/XC Ski to Dome Island on Lake George. 10am & 2pm. 644-9673. lgic.org.
- 15-17 **Intro to Winter Camping.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 16 Jenkins Mountain Snowshoe Scramble. 10am. VIC, Paul Smiths. 716-525-0566. adirondackvic.org.
- 17-19 **Winter Wilderness Adventure/Storytelling Camp.** Age 6-8. 10am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 17-20 **Winter Wilderness Adventure Camp.** Age 9-12. 10am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 19 Family Hike. 1.5M. 9:30am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lgic.org.
- 22 **Street/Nye Hike.** 9M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 23 **Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

#### MARCH

- 1 **Phelps Mtn Hike.** 8.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 2 **Street & Nye Hike.** 9M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 8 **Esther Mtn Hike.** 6.6M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 8-9 **9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 9 **GPS 101.** Heart Lake, Lake Placid or Member Service, Lake George. Adk Mtn Club: 523-3441. adk.org.
- 9-13 **SOLO Wilderness EMT Module w/Clark Hayward.** Ndakinna Center, Greenfield Center. 378-5623. adkwildmed.com.
- 15 **Tabletop Mtn Hike.** 9.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 15 **Snowshoe by Light of the Moon.** 7pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 Owl Prowl Hike. 1.5M. 7:30am. Last Great Shoreline Preserve, Putnam. 644-9673. lgic.org.
- 16 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 29-30 **Wilderness First Aid Course/WFR Recert.** 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 29-30 **Wilderness First Aid.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 30-4/10 **SOLO Wilderness First Responder Full Course.** Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

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of Northeastern New York!**

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**10th Annual**



**Du-It for Sight and Hearing**  
**Sunday, May 25 at 8 a.m.**  
 Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams  
 Race Information and Online Registration:  
**www.saratogalions.com**  
*Micro-mesh T-Shirts To First 300 Registrants*

Premier Sponsor: **SARATOGA CASINO AND RACEWAY**

Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.

5TH ANNUAL

# Jog for Jugs

CASH PRIZES FOR OVERALL WINNERS

**Half-Marathon & 5K Run**  
**Saturday, May 10 • 9am**  
 Duaneburg Town Park, Duaneburg

Register by 4/15 for guaranteed race shirt  
**Register: zippyreg.com**  
**Info: powerhouseathleticsny.com**  
 Jessica Mitchell: (518) 229-5611

41ST ANNUAL



# Tenandeho

WHITE WATER DERBY

**Sunday, April 6 • 12pm**  
**Coons Crossing Rd, Tenandeho Creek**  
**Stillwater to Mechanicville**

Registration: 9-11am, Main St, Mechanicville  
 John Casey: 810-7579 canoejr@msn.com  
 Jim Ernst: 584-2061 jernst12@nycap.rr.com

**March 29**  
**9:30 am**  
**Central Park, Schenectady**  
*Schenectady Firefighters' 5th Annual*

New: Cash Prizes  
 5-Person Team Entries

# RUN 4 YOUR LIFE

**5K Run/Walk**  
**Kids' Fun Run 10:30am (free)**  
 To benefit American Heart Association

**NEW! Chowderfest w/competition!**

\$20 by 3/8, \$25 by 3/25, \$28 race day  
 T-shirt for first 500 registrants

**Register Online: ZippyReg.com**

More Info & Entry Form:  
**schenectadyfirefightersrun4yourlife.com**  
 sfdedem232@yahoo.com  
 Brian Demarest 365-3883

**APRIL**

6-13 **Wilderness First Responder.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

14-16 **Spring Tracking/Adventure Camp.** Ages 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

14-17 **Spring Tracking/Adventure Camp.** Ages 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

26-27 **Wilderness First Aid Course/WFR Recert.** 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

**MULTISPORT: TRIATHLON & DUATHLON**

**ONGOING**

**Tue** **CDTC Crystal Lake Training Series: 6/3-8/25.** Crystal Lake, Averill Park. cdtriclub.org.

**Call** **Triathlon Training Program.** Fleet Feet Sports: 459-3338. Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

**FEBRUARY**

6 **CDTC 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**

2 Ulster YMCA Indoor Triathlon. 15min swim, 20min bike, 20min run. YMCA, Kingston. 845-338-3810. ymcaulster.org.

6 **CDTC Winter Lecture Series: Active Release Techniques 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, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

**APRIL**

26 Spring Dual Against CF. 8:30am. Du: 2M run, 12M bike, 2M run. New Paltz. 845-863-9595.

27 T3 Coaching Duathlon Series #1. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.

27 Treads & Threads Duathlon, Relay & 5K. 9am. Vernon Downs Hotel, Vernon. atcendurance.com.

**MAY**

25 **10th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Casino & Raceway, Saratoga Springs. saratogalions.com.

**JUNE**

21-22 **HITS North Country Triathlon.** Sat: Full/Half. Sun: Olympic/Sprint/Open. Hague. 845-247-7275. hitstriathlonseries.com.

**NORDIC: BIATHLON & ORIENTEERING**

**ONGOING**

Ongoing "Be a Biathlete" Clinics: 2/15-16, 22-23; 3/2, 8-9, 15-16. 1pm. Olympic Sports Complex, Lake Placid. whiteface.com.

**FEBRUARY**

23 **Saratoga Individual Biathlon.** 11am. Saratoga Biathlon Club, Hadley. nyssranordic.org.

**MARCH**

1 **NYS Biathlon & Ski-O Championships.** Olympic Sports Complex, Lake Placid. nyssranordic.org.

8 Snowgain Ski-Orienteering Meet. Berne. empo.us. orienteering.org.

14-16 US Ski-Orienteering Championships. Trapp Family Lodge, Stowe, VT. neskiio.com.

**OTHER EVENTS**

**FEBRUARY**

6-9 34th Empire State Winter Games. Lake Placid. 523-2445. empirestatewintergames.com.

8 Northville Winter Carnival. 10am. Waterfront Park, Northville. 863-4602. adirondacknorthville.com.

14-16 Flurry Festival. Dancing, music workshops/jams, live concerts. City Center & Hilton, Saratoga Springs. flurryfestival.org.

15 **2nd Winter Carnival.** Fireworks, music, dogsled races, MTB slalom. Oak, Speculator. oakmountainski.com.

15-16 **Raquette Lake Winter Carnival.** Raquette Lake. 624-3077. mylonglake.com.

16 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

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

22 **Frozen Fire & Lights.** Fern Park, 10am-5pm. Bonfire, treats, sledding, XC skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire. 7pm: Fireworks. Inlet. 315-357-5501. inletny.com.

22 Krazy Downhill Derby. 9am. Cardboard sled race. Dynamite Hill, Chestertown. 494-2722. northwarren.com.

23 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

**MARCH**

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

29 **ChowderFest at Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** All welcome! 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.

**APRIL**

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

15 **Sunmark Charity Golf Classic.** Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.

**PADDLING: CANOE, KAYAK & SUP**

**MARCH**

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

**APRIL**

6 **41st Tenandeho Whitewater Derby.** 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579.

**RUNNING, SNOWSHOE RACING & WALKING**

**ONGOING**

Mon 6th ARE Spring Trail Run Series: 4/7-6/2. 3.5M. 6pm. Tawasentha Park, Guilderland. runalbany.com.

**FEBRUARY**

8 **11th Camp Saratoga 5M Snowshoe Race.** 10:30am. Wilton Wildlife Preserve/Park, Wilton. WMAC Dion Racing Series. Jeff Clark: 581-7550. saratogastryders.org.

8 **Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.

12 **Active Release Techniques w/Keith Donato DC.** 6pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.

13 **Nutrition for Runners w/Judy Torel.** 7:30pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.

15 **We Run the Capital.** 9am. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.

16 **Woodford Whiteout/Prospect 6M Snowshoe Race.** 11am. Woodford, VT. WMAC Dion Series. runwmac.com.

16 **3rd Charlotte Harbor Half-Marathon.** Charlotte Harbor, FL. runcharlotteharbor.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.

22 **Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Race.** 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.

22 **We Run the Capital.** 9am. Oakwood Cemetery, Troy. Fleet Feet Albany: 459-3338. fleetfeetalbany.com.

23 10th Brave the Blizzard 5K Snowshoe Run/Hike. 10am. Guilderland ES, Guilderland. Jeff Andritz: 542-9939. albanyrunningexchange.org.

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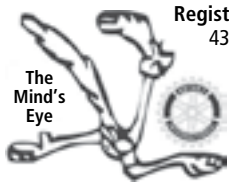
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### 35th Annual Salem APRIL FOOL'S RACE Saturday, April 5

Run in scenic and historic Salem, NY  
Start/finish: Salem High School  
10:00am 1-mile children's race (14 & under)  
10:05am 10K race & 11:00am 5K race/walk  
Application: AprilFoolsRace.com



Registration: Dan Sheldon  
4361 State Route 22  
Salem, NY 12865  
(518) 854-9262  
drshwhf@yahoo.com

All entrants receive April Fool's T-shirt!

2nd Annual  
**Bacon Hill Bonanza**  
5K Race/Walk & 10K Race - New!  
Saturday, April 12, 10am  
Bacon Hill Reformed Church  
560 Rte 32, Schuylerville

Homemade Pies to Age Group Winners!  
Fast, flat course in beautiful farm country  
First 200 receive Cool Dri Performance Shirt  
USATF sanctioned ■ 9:30am: Kids' 1M Fun Run

Register & More Info:  
**baconhillbonanza.com**

Proceeds benefit steeple repair for Bacon Hill Church



28TH ANNUAL

### Shamrock Shuffle

Sunday, March 30 - 11am • 5 Miles  
Glens Falls High School, Glens Falls



Entry Fees/Donations  
\$20 Pre-register (by 3/25)  
\$16 TAR member pre-register (by 3/25)  
\$25 race day

The Leprechaun Leap - 10:00am  
Children's Fun Run (12 & under) • 7/8-mile  
Donation: \$3 • Medallions for all finishers

T-shirts to first 400 entrants • New this year! Chip timing by SISU Racing

Application: www.adirondackrunners.org • Online: www.active.com  
Information: Kevin Sullivan (518)798-9593 or ksullivan@queensburyschool.org  
An Adirondack Runners event to benefit Warren-Washington Counties Special Olympics

- 23 Herby Waterman ORC 5K Race. 10:30am. Middletown CC, Middletown. 845-551-2638. sullivanstriders.org.  
23 Lake Effect Half-Marathon & Moose Mile Fun Run. 9:30am. 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, Woodford, VT. ussnowshoearchampionships.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, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.**  
**8-9 Good Form Running: Clinic, Run & Recovery w/Fleet Feet Sports. Adk Sports & Fitness Summer Expo, Saratoga City Center, Saratoga Springs. 459-3338. fleetfeetalbany.com.**  
9 Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. Town Hall, LaGrange. 845-462-7290. mhrrc.org.  
9 11th Celebrate Life Half-Marathon. 10am. Post Office, Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.  
15 Uncle Marty's Kilt Run 5K. 11:45am. Westfall Village, Sand Lake. 281-4398. unclmarty.webconnex.com.  
15 15th Runnin' of the Green (Island). 4M. 10am. Kids Runs: 11:30am. American Legion, Green Island. hmrrc.com.  
15 1st Horseshoe 5K Run. Ghent Fire House, Ghent. emilyeckstrom.org.  
15 Watertown Shamrock Run. 5K. 10am. Watertown. watertownymca.org.  
**15-16 Track & Field Spike Weekend. Fleet Feet Sports: Albany & Adirondack. Albany & Malta. 459-3338 & 400-1213. Fleetfeetalbany.com.**  
16 26th Shamrock Run. 2M. 12:50pm. Academy Green, Kingston. icchv.org.  
22 3rd Sap Run 5K. 10am. Town Hall, Knox. Dawn Jordan: 872-1390.  
22 34th Doc Lopez Run for Hope. 5K run/1M walk, 10am: Lewis School, Elizabethtown. 13.1M run, 9am: Keene Valley Lodge, Keene Valley. Susan Allott: 962-4898.  
22 2nd Run for the Gold 5K & Kids Run. 10am. Montgomery Nursery School, Montgomery. villageofmontgomeryevents.com.  
23 35th Kaynor's Sap Run. 10K. 12pm. Westford School, Westford, VT. 802-324-0919. gmaa.net.  
23 Shamrock Scramble 5K Race. 9:30am. Wallkill Firehouse, Wallkill. 845-565-1483. mhrrc.org.  
**29 4th Schenectady Firefighters' Run 4 Your Life 5K Run/Walk, Kids Run & ChowderFest. 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.**  
29 4th Ice Breaker Challenge. 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964.  
29 Wurtsboro Mountain 30K Road Run/Relay. 9am. Emma Chase School, Wurtsboro. 845-866-1345. sullivanstriders.org.  
29 1st Shepaug Run-Raiser Trail Race. 10K/50K/50M. 7am. Bridgewater, CT. nyara.org.  
**30 28th Shamrock Shuffle. 5M: 11am. Kids Fun Run: 10am. Glens Falls High School, Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.**  
30 School House to White House 5K Run/Walk. 1pm. Pulaski Fire Hall, Pulaski. 315-427-0708.

#### APRIL

- 5 35th Salem April Fool's Race. 10K race: 10:05am. 5K race/walk: 11am. 1M Kids Race: 10am. Salem HS, Salem. Dan Sheldon: 854-9262. aprilfoolsrace.com.**  
5 28th Fort to Fort 5K/10K. Rome Free Academy, Rome. romanrunners.com.  
5 Robert Parker 5K Run. 10am. Parker School, Wynantskill. parkerschool.org.  
6 26th Delmar Dash 5M. 9am. Bethlehem MS, Delmar. Aaron & Diana Knobloch: 831-6699. hmrrc.com.  
6 1st Twin State 50 Ultra Race. 50K or 50M on dirt/road in VT/NH. 6:30am. Windsor, VT. ultrasignup.com.  
**12 2nd Bacon Hill Bonanza 5K Race/Walk & 10K Race. 10am. Kids 1M Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. 695-6116. baconhillbonanza.com.**  
12 Schoharie 5K Run/Walk. 10am. Schoharie ES, Schoharie. 295-7162. fmrrc.org.  
13 More Magazine Women's Half Marathon. 8am. Central Park, New York. morefitnesshalf.com.

- 19 12th ARE Dodge the Deer 5K. 10am. Kids runs: 9:15am. Schodack Island S.P., Schodack Landing. runalbany.com.  
19 20th Rabbit Ramble 4M Run/2M Walk. 10am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350.  
19 15th Muddy Sneaker 20K Trail Run. 9am. Parish Hill Road, Bristol Springs. roadsarepoison.com.  
21 Boston Marathon. 26.2M. Hopkinton to Boston, MA. baa.org.  
**26 34th Bill Robinson Masters 10K. 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. hmrrc.com.**  
26 Miles of Hope Breast Cancer Foundation 5K & Kids Race. 10am. Tymor Park, LaGrangeville. 845-452-2049. mhrrc.com.  
26 Great Mom's 5K/10K Fun Run. 9am. Maple Ridge Park, Selkirk. Jessica West: 439-1754.  
26 36th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.  
26 Adamant 20 Miler/Two-Person Relay. 10am. Adamant Music School, Adamant, VT. 802-223-2733.  
26 Warrior Run. 5K Obstacle Run. Labrador Mtn, Truxton. warriorrunmountainseries.com.  
**26-27 Sean's Run Weekend. Sat, 10am: 20M bike & 8:30am: 50M bike. Sun, 12pm: Sean's Run 5K/walk & 11:30am: Meghan's Mile youth run/walk. Chatham HS, Chatham. seansrun.com.**  
**27 Kiwanis Kingston Classic. Half-Marathon & Marathon: 7am. 5K: 12pm. 10K: 1pm. 1M: 3pm. Dietz Stadium, Kingston. 845-247-7275. kiwaniskingstonclassic.com. hitsrunning.com.**  
**27 5th Plattsburgh Half-Marathon & Two-Person Relay. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.**  
**27 4th Lake George Half-Marathon & 5K. Fort William Henry, Lake George. runlakegeorgehalf.com.**  
27 Cherry Blossom 5K Race for ALS. 10:15am. Niskayuna. 320-6770. 5kraceforals.com.  
27 Seneca 7. 7-person/77.7M relay. 7am. Seneca Lake, Geneva. seneca7.com.

#### MAY

- 10 3rd Mastodon Challenge 15K Race, 5K Run/Walk & Kids' Fun Run. 8am. Craner Park, Cohoes. Lisa Osorio: 281-3253. mastodonchallenge.com.**  
**10 5th Jog for Jugs Half Marathon & 5K. 9am. Duanesburg Town Park, Duanesburg. powerhouseathleticsny.com.**  
**11 2nd Fleet Feet Sports 10K Classic. 8:30am. Bethlehem HS, Bethlehem. 459-3338. fleetfeetalbany.com.**  
**24 4th Survive the Farm 5K Challenge. 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.**

#### JUNE

- 1 Biggest Loser Run/Walk Half Marathon & 5K. 8am. City Hall, Plattsburgh. biggestloserrunwalk.com.**  
**1 5th Worcester Half-Marathon & 5K. Worcester, MA. runworchesterhalf.com.**  
**8 10th Lake Placid Marathon & Half-Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.**

#### OCTOBER

- 12 Mohawk Hudson River Marathon & Half-Marathon. Registration opens 3/1. 26.2M: Schenectady to Albany. 13.1M: Latham to Albany. mohawkhudsonmarathon.com.**

#### SPEED & ICE SKATING

##### FEBRUARY

- 14-15 Lake Placid Ice Marathon. Olympic Speedskating Oval, Lake Placid. usspeedskating.org.  
22 Learn to Skate. 9:15 & 10am. Empire State Plaza, Albany. 877-659-4377. empirestateplaza.org.

#### SWIMMING

##### FEBRUARY

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

#### MARCH

- 1 Glens Falls Swim Meet. 2pm. Glens Falls HS, Glens Falls. 793-3878. adms.org.

#### APRIL

- 12 4th Duanesburg Masters Swim Meet. 10am. DACC, Delanson. 895-9500. adms.org.

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

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

  
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WINTER SPORTS

# Fun on the Snow and Ice!



SNOW TUBING AT THE OLYMPIC JUMPING COMPLEX.  
© ORDA/DAVE SCHMIDT

By Darryl Caron

**O**ur winters are short. Northeastern New York's first major snowfall was December 15 – only seven weeks ago. And spring is just over a month away so now, with the recent snowfalls and consistent temps, it's the time to have fun on the snow and ice!

In winter, many locals and visitors ignore the winter naysayers and celebrate winter with snow destinations, activities and events. Winter is a great time to get family and friends outside. Whether you cruise the wintry trails by ski, sled, snowshoe or dog sled, we have it all. With affordable lift tickets, trail passes, rentals, and a great variety of events, planning your next winter day or weekend trip has never been easier. It's no fun being cooped up inside all winter. Get out of your home, office or gym, and try some of these ideas for winter outdoor adventures.

**Skiing & Snowboarding** – With dozens of ski resorts and hundreds of combined ski trails, it is no wonder that New York boasts some of the best skiing and riding, welcom-

ing families, friends or groups. Go enjoy a day at Whiteface, Gore, Willard, Maple Ski Ridge or Oak, and experience everything from gentle slopes to challenging steeps. Be sure to check out their websites for midweek and March savings, ski lessons, learning camps, vacation planning, and special events – and snocountry.com for new snowfall reports. Remember your local ski shop or outfitter for mid-season sales on gear, clothing and accessories, ski demos for test drive, and ski tune-up specials!

**Cross-Country Skiing** – With many Nordic centers and hundreds of kilometers of groomed cross-country ski trails across our region – and countless miles of backcountry ski tours, what better way to get out this winter? Whether you are looking for a peaceful trail winding along frozen rivers and fields or a day of adventure, visit the Olympic Sports Complex (Mt. Van Hoevenberg), Lapland Lake, Garnet Hill, Osceola Tug Hill, Dewey, Pineridge or Cascade. Or, try backcountry skiing with a ski center or guide service that

offers rentals, lessons and guided tours. The Adirondack Mountain Club also offers introductory workshops.

**Snowshoeing** – If you can walk, you can snowshoe through the beautiful state parks and preserves or hike the Adirondack backcountry. If you have never been and would like to try, contact Adirondack Paddle N Pole, High Peaks Cyclery, St. Regis Canoe Outfitters for snowshoe excursions that provide you with the equipment and instruction. Garnet Hill, Lapland Lake, Pineridge and Dewey offer full moon skiing and hiking on February 15 and March 15 (weather permitting), for a true nighttime winter adventure.

**Ice Climbing** – Have you always wanted to try ice climbing but don't know how or didn't have the right equipment? High Peaks

Cyclery's mountain guides have clinics and trips for climbers of all levels of experience and ability. Introductory, one-day courses offer ice climbing equipment and safety as well as practical experience for climbing moderately angled snow and ice terrain. The best part is they provide all the technical gear needed for your first traverse, so what are you waiting for!

**Skating** – Whether you enjoy indoor or outdoor skating, we have it all. Enjoy outdoor skating at the Saratoga Spa State Park, Empire State Plaza, Olympic Speedskating Oval, and Mirror Lake now has a two-mile plowed skating loop. For indoor skating hours as well as rentals and lessons, contact almost any hockey rink near you. And, of course, there are many rinks at town and city parks in the region.

**Tubing or Sledding** – For those who just can't get enough time on the slopes or would rather go down the hill sitting down, try tubing at Willard, Gore, or at the Olympic Ski Jumping Complex. No need to trek your tube up the slope, there are lifts (or in Lake Placid, trucks) for that! Tubers can enjoy a day or night, of leisurely outdoor recreation that is sure to be fun for the whole family.

With the President's Week holiday, there are plenty of winter activities to enjoy. For races and festivals, see the Calendar of Events listings in this issue. The snow and ice will be gone eventually, so enjoy it now! ❄️

**the Snow Train**  
Gather your friends and get your ticket to winter fun in the Adirondacks!  
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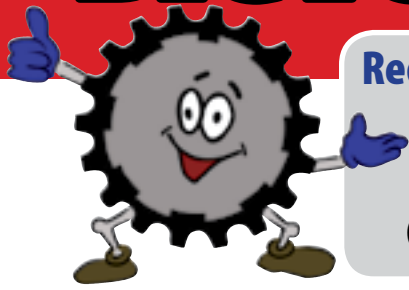
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3rd Annual  
**Mastodon Challenge**  
**15K Race, 5K Run/Walk & Kids' Fun Run**



**Saturday, May 10**

Craner Park near Fallsview Park  
N. Mohawk St, Cohoes  
15K Run 9am • 5K Run 9:15am  
Kids' Fun Run 8am

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**Register by March 1 to save!**

**Info: [www.MastodonChallenge.com](http://www.MastodonChallenge.com)**

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## ATHLETE PROFILE

By Kristen Hislop

**\$100,000 Winner:**  
**175 Pounds Lost – “I lost a whole person and not a little one.”**

“Chance favors only the prepared mind.” – Louis Pasteur. The 15th season of NBC’s “The Biggest Loser” touted the theme “second chances.” Each contestant’s goal was to reclaim their health and move toward a new future. Tumi Oguntala applied for the show in May 2013. She applied knowing if she had the chance to focus on just her health, she could find success. After a wake-up call mammogram, she confided in her boss her desire to go for this second chance. He was thrilled and told her it was the best news he heard all year. Tumi decided to put herself in the limelight for this journey. At the Biggest Loser Ranch she learned everyone had come from a traumatic situation with emotional baggage and a unique personality. Tumi’s focus on reclaiming her life kept her away from some drama and the watchful eye of the camera. Journaling her learning, she has walked away with a lifetime of knowledge.

Tumi shared more about what got her to 319 pounds. Raised in Somerset, NJ, she was always taller, bigger and according to her, not athletic. She did play field hockey, but when her Mom was diagnosed with Hodgkin’s lymphoma, her priority was to be with her and not participating in after school activities. Losing her mother meant that as a teen she lost out on the coaching and mentorship her Mom would have provided. Not having been part of many teams, she didn’t have the confidence to try sports again. Tumi’s struggle with weight continued after finishing her MBA. She says inconsistent exercise, emotional eating, and yo-yo dieting led to her weight gain. On the professional side of her life, she has been very successful, but the confidence to excel outside of work just wasn’t there. Jillian Michaels, trainer for The Biggest Loser had a different view, choosing Tumi for the white team seeing the confidence Tumi couldn’t yet feel.

Workouts on the ranch were eight to ten



# Tumi Oguntala



TUMI AND TRAINER JILLIAN MICHAELS AT THE BIGGEST LOSER RANCH.

**RESIDENCE:** Clifton Park  
**AGE:** 41  
**FIANCÉ:** Jim  
**OCCUPATION:** Brand Strategist at Palio+Ignite, Saratoga Springs  
**PRIMARY SPORT:** Running

hours a day starting in July 2013. Using a BodyMedia monitor allowed Tumi to predict her weight, both on and off the ranch. It tracks activity, nutrition and sleep. She was on Jillian’s team which meant they focused a lot on bodyweight exercises. Having a mantra makes grueling workouts more bearable. In her trainer voice, Jillian would say, “When you know why you’re doing something, you can tolerate any how” – a version of a quote from Friedrich Nietzsche. Tumi’s internal mantras were, “This is what it feels like to carve an athlete out of a 319-pound woman,” and “This is what it feels like to be a winner.”

There is plenty of support on the ranch. Dr. Robert Huizenga performs all the medical tests and made sure that Tumi understood that African Americans build muscle 3% faster. This meant that towards the end of the contest she had to back down on the weights, since it really can make a difference at weigh-ins. Nutritionist Cheryl Forberg was available, but it was really up to the contestants to decide what they ate. Cheryl provided cookbooks and nutrition counseling.

While the show does not focus as much on nutrition as it does on the workouts Tumi knows that nutrition is 80-90% of the equation. When I asked Tumi what is in her refrigerator today, she said organic food with clean and simple ingredients. She tends to thrive on a lower carbohydrate diet with plenty of lean

protein and lots of greens. Jillian coached Tumi on how to eat and exercise since she had her thyroid removed years ago. The fact that her fiancé, Jim, is a diabetic led her to take some nutrition courses. As she progresses with her newfound passion, running, she’ll focus more on fueling for endurance.

Tumi really took to running on “The Biggest Loser.” She adds, “You quickly find out that running has the highest caloric burn of any activity on the ranch.” She truly believes no fitness journey is complete without running. “Running is probably the most mental exercise you’ll ever do.” Anyone who has completed or even just tried to start a couch to 5K program will agree. Tumi has gone from the couch to running half marathons over the course of filming. The plan was to do the Surf City Marathon in Huntington Beach, Calif., on February 2, 2014, but her focus had to be on winning the \$100,000 prize.

It has been a nine month journey to get where she is today, starting with the casting call last May, to the February 4th finale and as the winner of the “At-Home” competition, after she was voted off the show in their 11th week. The other contestants voted her off because they felt she was a threat to win the whole thing. Tumi is back at work after taking several months off from her job and has added new goals – marriage and starting a family!

Isolation from family and friends during taping resulted in big surprises. Tumi’s younger sister, a track athlete, was pleasantly shocked by her weight loss. When people are telling you how great you look, a little splurge can be tempting, but Tumi tells herself “Every defeat of the ego is a victory for the soul.”

There is no celebration yet, since her journey is not yet done. Her goal is a ‘finale’ every year in the form of a marathon. Now that the show is over, she plans to add yoga, spinning, and strength training to her running fitness regime. Today every health risk factor she had before the show is gone – a true testament to good nutrition and exercise!

Talking with Tumi was inspiring; she is SO humble and thankful. When not running with friends, she listens to motivational tapes by Dr. Kelly McGonigal of Stanford University. The latest was on willpower where she talks about being a friend and mentor to yourself, rather than equating self-control with self-criticism. Tumi could write the book! If only I could have typed faster to get all her wonderful quotes, such as, “My Garmin makes the world my treadmill, there are no boundaries.”

For those who watched the season finale, you’ll remember she gave a ‘shout out’ to a friend in the audience. Tiffany Morgan, a Clifton Park fitness instructor and marathon runner, played a vital part in Tumi’s work at home. In the early mornings, Tiffany was running with and motivating Tumi along her journey at home. I first met Tumi at the Stockade-athon 15K in November, where she was getting ready to run with Tiffany. The motivation and inspiration is a two-way street with these two, as they’ll be signing up together for Tumi’s first marathon. Tiffany says working with Tumi has been “the highlight of my fitness career!”

As we finished, we talked about the future and paying it forward. Her willingness to share and inspire must be captured... Until then, recite Tumi’s words as your mantra, “Don’t stop trying, every step you take, you are building your belief.” 🌱

Kristen Hislop ([hislopdesigns@hotmail.com](mailto: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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Anthony Demetriou, MS, SFG II, FMS

**SAT. 4/12/14, 8 AM** **CONDITIONING PROGRAMS FOR ENDURANCE ATHLETES**

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**SKIING & SNOWSHOEING** *cont. from 1*



A GLACIAL ERRATIC ON THE NEW SECTION OF THE NORTHVILLE-PLACID TRAIL IN BENSON. PHOTO BY RICH MACHA

down then you can loop back past Otter Lake.

From the same trailhead, a designated ski trail goes 2.3 miles to Stewart and Indian Lakes, and is good for intermediate skiers.

**The Powley-Piseco Road**

Over 12 miles of this road is a seasonal unplowed dirt road, which receives grooming for snowmobil-

ing. North of Stratford the road is plowed past the bridge over the East Canada Creek at Oregon. From there you can ski or snowshoe on the snowmobile trail with nice views of the East Canada. After traveling 1.9 miles from the bridge at Oregon, you cross Brayhouse Brook and you can follow a path to the right, and go a short distance upstream along the East Canada to The Potholes, a scenic falls – the potholes in the rock are best seen in the summer. I skied for five hours here on Martin Luther King Day and saw no snowmobiles although the groomer did go by in each direction.

To the west of NY Route 10 between Canada Lake and Piseco are some snowmobile trails that are often used by skiers and snowshoers going to Good Luck, Spectacle, Dry and Dexter lakes as well as Good Luck Mountain's cliffs.

**The Northville-Placid Trail south from Piseco** – Heading south of NY Route 8, the NPT soon crosses the outlet of Buckhorn Lake on a good bridge, and I am always tempted to go a short distance off-trail to get a glimpse of the lake. After 2.8 miles the outlet of Priests Vly is reached, and crossing it might be a challenge if there has been a recent thaw. The lean-to at the 3.7-mile mark is a nice spot for lunch or you can continue another 0.3 miles to the suspension bridge over Hamilton Lake Stream. Although there is much rolling terrain you'll find more ups than downs on the return to Route 8.

**Whitehouse** – There is one road that punches its way into the heart of the Silver Lake Wilderness, and that is the West River Road, which goes west of Wells. From the end of plowing it is two miles of easy skiing or snowshoeing along the continuation of the dirt road to the summer parking area at Whitehouse. No houses remain there, but two stone fireplaces can be found. The West Branch of the Sacandaga River is in view and a short trail leads to a register on the NPT. From here, you can choose to take the NPT north to the Hamilton Lake Stream bridge and lean-to, or go south to Mud Lake which does not see many winter visitors. The adventurous winter traveler might want to follow unmarked paths upstream toward the gorge on the West Branch. Whichever route you choose, do go a short distance south to a long suspension

bridge over the attractive West Branch, which almost always has some open water here.

**Rockwood State Forest** – Although not in the Adirondack Park, Rockwood State Forest adjoins the Adirondack Blue Line just south of Caroga Lake, and is just a few miles from Johnstown along NY Route 29. Rockwood has over five miles of designated ski trails on wide woods roads, and often has good snow conditions when there is little snow in the Mohawk Valley. The fact that it is only a 50-minute drive from my house allows me to revisit the area several times over the course of the winter.

I have just highlighted several trips in the southern Adirondacks but there is much more to explore. I highly recommend the guidebook *Discover the Southern Adirondacks* by Barbara McMartin and Bill Ingersoll. The Adirondack Mountain Club's *Southern Region* guidebook is also a great reference. The *National Geographic Trails Illustrated Map #744 Northville/Raquette Lake* is the only map you will need if you are staying on marked trails.

I've skied in this area often into late April, so it looks like there's still a lot of time left for some winter fun! 📌

*Rich Macha is owner of Adirondack Paddle'n' Pole in Colonie, a store specializing in canoeing, kayaking and cross-country skiing – visit onewithwater.com for more of Rich's winter trip reports.*

turning west, and climbing to remote County Line Lake. The first couple of miles along an old woods road make for some good intermediate skiing. Continuing to the lake is best for snowshoers or advanced skiers. I've done a fair amount of off-trail exploration in this area of the Shaker Mountain Wild Forest, and the adjacent Silver Lake Wilderness Area.

**Kane Mountain** – Kane Mountain is a small mountain a little north of Canada Lake with three trails leading to a fire tower. The trail from the east gains 600 feet in under a mile. The climb should be easy for snowshoers, while skiers might want to use climbing skins. The descent via this route is just for advanced skiers. After enjoying the views from the fire tower (be careful if the steps are icy), intermediate skiers can take the trail to the north, which takes a more moderate route



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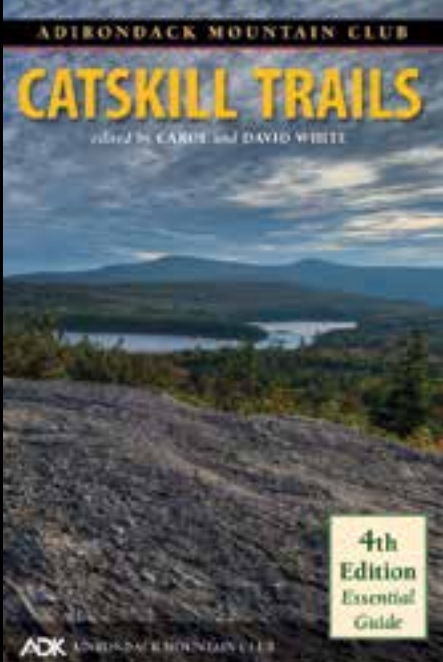
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By Jennifer Ferriss

Are you sick of complaining about the cold? Living in the Northeast you have an obligation to accept the weather since you did choose to live here and you decided to stay the course of the winter, instead of migrating south. As runners you may opt to train indoors on the treadmill or indoor track in lieu of purchasing merino wool, synthetics, traction and down to layer up and run the icy roads and sidewalks. For indoor runners with cabin fever, in just about 12 weeks, spring races with temperatures in the 50s and higher will provide you with perfect running weather.

Even if you hibernated since the holidays and the Polar Vortex made it easier for you to keep your slippers on instead of lacing up your shoes, there is plenty of time to train for some great medium to long distance hilly races in the region. Since most running plans include cross-training, your first four weeks can be done indoors, while the miles on the treadmill are low; then in March you can lace up your shoes, and add a few light layers to greet 30 to 50 degree daytime highs.

Still too cold, fair-weather snowbird? You need to start thinking like the arctic snowbird, the snowy owl that invaded New York this winter. According to Hinterland Who's Who (hww.ca/en) our temperatures are typical for this feathered friend, which can tolerate minus 22 degrees Fahrenheit, while maintaining their core body temperature of 104 degrees. To distract you during your training runs, think about the warmer climes of spring that await you at the starting line of any of these regional races. There are plenty to choose from whether you stay close to home, or take flight to a different town.

The **Kingston Kiwanis Classic** on April 27, has expanded this year from just a 10K to being presented by HITS Endurance (the HITS Triathlon people, based in Saugerties), and now runners can experience "a distance for everyone!" as they race through one of the Hudson Valley's most historic cities. The mile, 5K, 10K and half are an out-and-back, and the marathon is a continuous loop with a



short out-and-back at mile nine. The course takes you on country roads and a rail trail. Top US marathoner, Meb Keflezighi, is a race ambassador who will be at the pasta party and race. Last year Kingston saw temperatures in the mid-40s with low humidity and a slight breeze. Will perfect running weather strike again?

If the Catskill region is not in your wingspan, maybe the Champlain Valley is for you. On April 27 the **Plattsburgh Half Marathon and Relay** will kick off its fifth annual event on a scenic, USATF certified course with chip timing. Run through the city of Plattsburgh, along the shore of Lake Champlain, past historic sites and museums to be rewarded at the end with a finisher medal, post-race massage and party. Proceeds benefit TeamFox, Michael J. Fox's community fundraising program for Parkinson's Research. Photos of last year's race show unzipped jackets, shorts and arm sleeves, and everything in between.

Looking for a race in between Kingston and Plattsburgh? Try Lake George for some southern Adirondack views, cannon fire and steamboat whistles. The fourth annual **Lake George Half Marathon and 5K Run/Walk**,

also on April 27, will take you out and back over hill and dale. The half marathon follows NY Route 9N up and down the west side of the lake. Views of hotels and summer homes, with a glimpse of the eastern shore mountains, will distract during the gradual ups and downs of the course. The 5K provides breathtaking views of the lake from the Million Dollar Beach area. If history repeats itself, you can leave the layers in your car for after the race.

It is hard to believe that a few weeks can make a difference in the weather. Running pants and jackets are for warm-up and cool-down only at the **Mastodon Challenge 15K Race and 5K Run/Walk** on May 10 in Cohoes. The third annual race is a USATF certified tour of the city of Cohoes with a variety of neighborhoods, parks, and bike paths that highlight the history, recreations, and cultural best of the city. Following the old Erie Canal, you should not expect a flat course; a long gradual hill takes you from mile two to Berkley Park about the halfway point of the race. Can you survive? The Mastodon didn't!

If you prefer long and windy roads the **Jog for Jugs Half Marathon and 5K Run** on May 10 in Duanesburg might be the race

you are looking for. The fifth annual race is on a bucolic and challenging out-and-back course. There are plenty of aid stations to help rehydrate your body. If you thought the downhill were long and fast on the way out, remember, that what goes down, must come up on the way back. The proceeds from the race benefit Project Heal, which helps breast cancer survivors and their families.

The fourth annual **Shires of Vermont Marathon** on May 18 is a point-to-point race beginning in Bennington and ending in Manchester, Vt. Following secondary roads in southern Vermont including eight miles of hard packed dirt, runners will have some challenging hills on the roads between the Green and Taconic mountains. The race is well-supported with aid stations approximately every two miles to help beat the heat. The last six miles are relatively flat as you run from the quaint shire of Arlington to the fieldstone walls of Hildene Meadows.

Keep the 2014 Winter Olympics in Sochi fresh in your mind for the tenth annual **Lake Placid Marathon and Half Marathon**. Envision the glory of the 1980 Olympians as they toed the line at the Olympic Speedskating Oval, the start of the footrace on June 8. Racers will run through the village, around Mirror Lake then over to the North Elba Show Grounds. Runners can take a moment to catch their breath on this flat section and glimpse the 90- and 120-meter ski jump towers, where local Olympians practiced, dwarfed by the impressive Adirondack High Peaks. Be prepared for one final hill before you cross the finish.

"I'd say that I had spring fever, but I know it isn't spring." – Frank Sinatra, *It Might as Well Be Spring*. 🌱

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs discovered trail running in her late 30s when she met Laura Clark at the library where they both work. A sprinter and jumper in high school, who never ran farther than her event, currently relishes the hours spent hiking and running up and down mountains in the region.



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# RACE RESULTS

## 1ST ANNUAL FLASHLIGHT 5K RUN September 28, 2013 • Battlefield Park, Lake George

MALE OVERALL			
1	Karkoski, Matthew	51	18:40
2	Struzzer, Tom	12	18:42
3	Norton Jr, Neal	29	20:09
FEMALE OVERALL			
1	Gow, Christina	39	21:14
2	Mislan, Hilary	26	21:15
3	Metivier, Jennifer	42	21:47
MALE AGE GROUP: 9 & UNDER			
1	Jones, Andrew	9	23:58
2	Stedman, Julian	8	27:58
3	Hengerer, Nathan	8	29:16
FEMALE AGE GROUP: 9 & UNDER			
1	Zelinski, Stephania	9	29:26
2	Skiba, Julia	9	29:58
3	Casciani, Ashley	9	31:05
MALE AGE GROUP: 10 - 19			
1	Peace, Nathan	17	21:07
2	Cook, Caleb	16	22:33
3	Hansen, Kyle	13	22:42
FEMALE AGE GROUP: 10 - 19			
1	Sullivan, Kiley	19	21:49
2	Johnston, Jessie	16	23:03
3	Linendoll, Megan	13	23:25
MALE AGE GROUP: 20 - 29			
1	May, Alex	22	22:06
2	Dillenberger, Alex	27	22:16
3	Lu, Yao Wei	25	23:48
FEMALE AGE GROUP: 20 - 29			
1	Carruthers, Chelsea	21	21:49
2	May, Alyssa	24	22:49
3	Haas, Madeline	26	23:38
MALE AGE GROUP: 30 - 39			
1	Porter, Greg	33	21:04
2	Moss, David	34	24:17
3	Fairbanks, Dan	35	28:20
FEMALE AGE GROUP: 30 - 39			
1	Brown, Billie	37	24:49
2	Wheeler, Kristine	35	26:22
3	Cummings, Katy	33	26:37
MALE AGE GROUP: 40 - 49			
1	Endieveri, Michael	45	20:18
2	Hansen, Tom	44	21:35
3	Rath, Ryan	42	22:14
FEMALE AGE GROUP: 40 - 49			
1	Keely, Susan	48	22:01
2	Karkoski, Heidi	47	23:31
3	Johnson, Kim	46	23:33
MALE AGE GROUP: 50 - 59			
1	Dillenberger, James	50	20:38
2	Lamundo, Nick	55	21:29
3	May, Kevin	53	22:23
FEMALE AGE GROUP: 50 - 59			
1	Butcher, Patricia	52	22:08
2	Pohl, Nicolette	51	22:35
3	Carruthers, Robin	50	28:14
MALE AGE GROUP: 60 - 69			
1	Wronski, Edward	65	28:21
2	Roemer, Guy	61	44:11
FEMALE AGE GROUP: 60 - 69			
1	Wronski, Catherine	63	30:01
2	Krueger, Mary Jane	63	37:13
3	Krzysik, Stephani	60	44:10
MALE AGE GROUP: 70 & OVER			
1	George, Kenneth	72	46:32

Courtesy of Adirondack Race Management

## NICK'S RUN TO BE HEALED 5K continued

MALE AGE GROUP: 55 - 59			
1	Bob Wilson	55	24:06
2	Douglas Tucker	58	24:18
3	Jim Hyland	56	28:04
FEMALE AGE GROUP: 55 - 59			
1	AnneMarie Knizek	55	26:56
2	Lucille Campito	57	28:06
3	Bernie Melancon	56	34:27
MALE AGE GROUP: 60 - 64			
1	Paul Pelagalli	60	26:12
2	Martin Wolfson	63	29:11
3	Dan Kelly	61	31:23
FEMALE AGE GROUP: 60 - 64			
1	Maria Sherman	64	34:45
2	Cathy Taylor	64	44:17
MALE AGE GROUP: 65 - 69			
1	Bruce Hosley	66	31:58
FEMALE AGE GROUP: 65 - 69			
1	Judith Cox	66	34:40

Courtesy of Nick's Fight to be Healed Foundation

## 10TH ANNUAL CROSSINGS 5K CHALLENGE RUN September 29, 2013 • Rudy Ciccotti Family Recreation Center, Colonie

MALE OVERALL			
1	Andrew Reed	42	18:07
2	Ram Longman	22	19:03
3	Rick Munson	56	19:11
FEMALE OVERALL			
1	Leah Jachym	34	21:06
2	Melissa Willis	38	21:25
3	Camryn Iftiger	14	21:51
MALE AGE GROUP: 1 - 14			
1	Bryan Flores	12	21:26
2	Nathan Shader	10	23:14
3	Jack Mateja	9	24:04
FEMALE AGE GROUP: 1 - 14			
1	Shayna Lenney	12	22:00
2	Courtney Iftiger	14	22:11
3	April Pierson	14	24:07
MALE AGE GROUP: 15 - 19			
1	Alexander Bouchard	19	20:02
2	Sam Spicer	16	23:14
3	Alex Ritmo	19	23:45
FEMALE AGE GROUP: 15 - 19			
1	Cally Rifenburgh	17	22:13
2	Catherine Wesoloski	16	24:29
3	Kelly Topal	16	26:56
MALE AGE GROUP: 20 - 24			
1	Francisco Hernandez	22	19:53
2	Joseph Perrotto	23	24:04
3	Jack O'Connor	20	25:44
FEMALE AGE GROUP: 20 - 24			
1	Elizabeth Burke	24	23:36
2	Katelyn Mennella	23	24:17
3	Celia Foster	23	25:42
MALE AGE GROUP: 25 - 29			
1	Marc Iannaccone	25	22:34
2	Chris Orapello	28	22:52
3	Armando Hernandez	28	25:08
FEMALE AGE GROUP: 25 - 29			
1	Amanda Welch	26	25:08
2	Sarah Bowman	27	25:38
3	Ralaine Bordwell	29	26:35
MALE AGE GROUP: 30 - 34			
1	Andrew Bordwell	31	20:31
2	Ryan Nix	34	20:36
3	Ian Coan	32	20:40
FEMALE AGE GROUP: 30 - 34			
1	Alicia Britton	32	23:06
2	Jennifer Salvi	34	25:51
3	Erin Dolen	32	25:59
MALE AGE GROUP: 35 - 39			
1	Todd Drake	37	20:59
2	Joshua O'Connor	38	21:01
3	John Willis	39	21:25
FEMALE AGE GROUP: 35 - 39			
1	Danielle Fasso-Pest	38	22:01
2	Gen Chornyak	39	24:42
3	Lindsay Pensabene	35	25:14
MALE AGE GROUP: 40 - 44			
1	Nick Whaley	33	18:58
2	Mark Frontera	33	19:32
3	Paul Pipino	31	24:14
FEMALE AGE GROUP: 40 - 44			
1	Sarah Redick	34	23:01
2	Danielle Maslowsky	34	23:02
3	Rebecca Grosso	33	27:43
MALE AGE GROUP: 45 - 49			
1	Sean Madden	39	17:52
2	Matt Zappen	37	20:42
3	Raymond Lipani	39	20:52
FEMALE AGE GROUP: 45 - 49			
1	Leigh Gilson	39	25:25
2	Angie Silpignino	38	25:26
3	Stephanie Pacinella	39	26:25
MALE AGE GROUP: 50 - 54			
1	Jeff Loukas	42	19:35
2	Greg Ethier	40	19:44
3	Matt Abatto	40	20:10
FEMALE AGE GROUP: 50 - 54			
1	Virginia Larner	41	22:59
2	Hope Powell	43	25:54
3	Monika Standa	44	26:09
MALE AGE GROUP: 55 - 59			
1	John Graf	48	19:06
2	Victor Pugliano	47	20:18
3	Joseph Murphy	46	20:20
FEMALE AGE GROUP: 55 - 59			
1	Robin Murray	45	21:44
2	Fran Matson	47	24:57
3	Cristi Shuhart	48	25:18
MALE AGE GROUP: 60 - 64			
1	Thomas Rest	53	21:30
2	Mike Martin	50	21:52
3	Kevin Morrissey	51	22:06
FEMALE AGE GROUP: 60 - 64			
1	Patricia Butcher	52	22:08
2	Eileen Trainor	52	23:48
3	Ginny Torncello	50	25:16

continued

Courtesy of Colonie Youth Center

## NICK'S RUN TO BE HEALED 5K September 29, 2013 • Clifton Commons, Clifton Park

MALE OVERALL			
1	Justin Van Epps	17	16:15
2	Kaushik Pilar	16	16:53
3	Jeffery Greer	32	17:51
FEMALE OVERALL			
1	Anne Benson	48	19:14
2	Heather Martin	42	21:07
3	DiNallo Emily	13	21:44
MALE AGE GROUP: 1 - 14			
1	Jeremy Pacios	14	19:20
2	Matthew Van der Vee	14	21:15
3	Sean Kohler	13	21:54
FEMALE AGE GROUP: 1 - 14			
1	Jillian Casey	13	22:42
2	Vanessa Wainwright	12	23:10
3	Amanda Motyka	12	23:19
MALE AGE GROUP: 15 - 19			
1	Anthony Erno	16	18:45
2	Liam O'Brien	16	19:00
3	Nicolas O'Brien	16	19:09
FEMALE AGE GROUP: 15 - 19			
1	Samantha Devlin	19	29:23
2	Theresa Almeida	15	31:33
3	Jazmin Sepulveda	15	31:53
MALE AGE GROUP: 20 - 24			
1	Mark Wehner	23	20:29
2	Nolan Yowell	21	24:49
3	Connor Burton	20	25:59
FEMALE AGE GROUP: 20 - 24			
1	Jenna Pember	24	24:11
2	Erin Norris	23	25:52
3	Melanie Chapman	23	26:48
MALE AGE GROUP: 25 - 29			
1	Dan Lemonds	25	21:47
2	Ping Wong	25	22:35
3	Nick Buonanno	25	31:21
FEMALE AGE GROUP: 25 - 29			
1	Kate Stockwell	27	23:10
2	Maria Eggleston	28	23:51
3	Michelle Buonanno	28	24:29
MALE AGE GROUP: 30 - 34			
1	Nick Whaley	33	18:58
2	Mark Frontera	33	19:32
3	Paul Pipino	31	24:14
FEMALE AGE GROUP: 30 - 34			
1	Sarah Redick	34	23:01
2	Danielle Maslowsky	34	23:02
3	Rebecca Grosso	33	27:43
MALE AGE GROUP: 35 - 39			
1	Sean Madden	39	17:52
2	Matt Zappen	37	20:42
3	Raymond Lipani	39	20:52
FEMALE AGE GROUP: 35 - 39			
1	Leigh Gilson	39	25:25
2	Angie Silpignino	38	25:26
3	Stephanie Pacinella	39	26:25
MALE AGE GROUP: 40 - 44			
1	Jeff Loukas	42	19:35
2	Greg Ethier	40	19:44
3	Matt Abatto	40	20:10
FEMALE AGE GROUP: 40 - 44			
1	Virginia Larner	41	22:59
2	Hope Powell	43	25:54
3	Monika Standa	44	26:09
MALE AGE GROUP: 45 - 49			
1	John Graf	48	19:06
2	Victor Pugliano	47	20:18
3	Joseph Murphy	46	20:20
FEMALE AGE GROUP: 45 - 49			
1	Robin Murray	45	21:44
2	Fran Matson	47	24:57
3	Cristi Shuhart	48	25:18
MALE AGE GROUP: 50 - 54			
1	Thomas Rest	53	21:30
2	Mike Martin	50	21:52
3	Kevin Morrissey	51	22:06
FEMALE AGE GROUP: 50 - 54			
1	Patricia Butcher	52	22:08
2	Eileen Trainor	52	23:48
3	Ginny Torncello	50	25:16

continued

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19TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K
October 5, 2013 • Empire State Plaza, Albany

Table with columns for gender, age group, rank, name, and time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, etc.

19TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY 5K APPLE RUN continued

Table with columns for gender, age group, rank, name, and time. Includes categories like MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 60-64, etc.

1ST ANNUAL RUN FOR THE RED 5K
October 5, 2013 • Olympic Speedskating Oval, Lake Placid

Table with columns for gender, age group, rank, name, and time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 30-39, etc.

19TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY 5K APPLE RUN
October 5, 2013 • O'Rourke Middle School, Burnt Hills

Table with columns for gender, age group, rank, name, and time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, etc.

7TH ANNUAL FALLING LEAVES 5K
October 12, 2013 • William Kelley Park, Ballston Spa

Table with columns for gender, age group, rank, name, and time. Includes categories like FEMALE OVERALL, MALE OVERALL, FEMALE AGE GROUP: 30-39, etc.

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### 31ST ANNUAL MOHAWK HUDSON RIVER MARATHON & 12TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

8 Robert Etien	39	Schenectady	3:05:18	20 Tom Kracker	49	Albany	3:24:31
10 Jim Eaton	38	Castleton	3:08:55	23 Chris Duwe	49	Albany	3:29:33
13 James Kehoe	35	Saratoga Springs	3:11:57	24 Stuart Palczak	49	Amsterdam	3:30:17
16 Kevin Rahner	39	Niskayuna	3:14:36	25 Todd McAuley	45	Schenectady	3:30:19
19 Chris Yarsevich	35	Saratoga Springs	3:19:52	27 Michael Gibbons	45	Delmar	3:32:47
20 Greg McIntyre	39	Clifton Park	3:20:45	28 Roy Headwell	46	Cambridge	3:33:56
22 Kevin Reedy	38	Albany	3:24:14	29 Richard Homenick	49	Schenectady	3:35:03
24 Joseph Genter	39	Schenectady	3:27:01	30 Bill Krisher	48	Scotia	3:40:31
25 Matthew Lindow	36	West Sand Lake	3:27:10	31 Todd Bisallon	45	Mechanicville	3:41:18
29 Ryan Buff	38	Latham	3:30:19	33 Rick Vertucci	49	Amsterdam	3:42:53
30 Daniel Forgett	35	Albany	3:30:55	34 Steve Nicolaus	45	Ballston Spa	3:43:36
31 Steven Nicoll	39	Menands	3:32:10	36 Victor Pugliano	47	Waterford	3:44:22
35 Chris Roggie	35	Castorland	3:39:17	39 Paul Moore	48	Scotia	3:46:50
36 Adam Stallmer	38	Waterford	3:39:35	41 Robert Rapoport	49	Delmar	3:48:24
37 Matthew Oehlschlaeger	35	Clifton Park	3:40:14	<b>FEMALE AGE GROUP: 45 - 49</b>			
39 Alex Ciota	38	Ballston Spa	3:41:56	1 Christine Varley	49	Albany	3:24:17
42 Brian Busher	36	Troy	3:47:17	2 Yoshiko Jo	48	Swarthmore, PA	3:30:47
43 Keith Beck	38	Clifton Park	3:49:01	3 Karen Faber	46	Bowie, MD	3:34:19
<b>FEMALE AGE GROUP: 35 - 39</b>							
1 Anne Kubasiak	36	Averill Park	3:13:22	8 Catherine Cappelletti	48	Chatham	3:47:07
2 Annie Laperle	35	Candiac, QC	3:15:15	10 Leizbeth Vallejo-Sander	45	Slingerlands	3:48:50
3 Patricia Carreiro	35	New Bedford, MA	3:15:52	11 Hilary Eutzy	46	Valatie	3:50:09
5 Michelle Lavigne	38	Albany	3:19:52	12 Cheryl Feder	49	Malta	3:51:52
6 Tara Lavonas	38	Latham	3:23:42	14 Kathleen Kemp	49	Niskayuna	3:54:44
9 Deanne Webster	37	Albany	3:32:07	16 Jennifer McDonald	46	Potsdam	3:58:38
17 Allison Bradley	38	Albany	3:39:44	17 Karen McCormack	45	Glenham	3:59:11
24 Darci Miller	35	Johnstown	3:47:52	19 Christine Chung	46	Glenmont	4:00:48
26 Mary-France Manno	39	Albany	3:48:09	20 Diane Montes Harris	45	Troy	4:02:13
28 Rebecca Dee	37	Averill Park	3:50:07	21 Linda Shepard	49	Peru	4:05:04
29 Danielle Giroux	37	Waterford	3:50:56	22 Kathleen Dougherty	49	Troy	4:05:31
30 Stefanie Pitts	39	Schenectady	3:51:20	25 Karen Brady	48	Castleton-on-Hudson	4:09:09
32 Sarah Reed	36	Saratoga Springs	3:52:08	33 Miriam Hardin	46	Albany	4:28:31
33 Stephanie Marden	36	Hyde Park	3:52:14	34 Laurie Walsh	47	Albany	4:29:24
34 Stephanie Revell	35	Poughkeepsie	3:53:39	35 Kathleen O'Brien	47	Glens Falls	4:31:48
36 Stacey Muscato	36	Castleton	3:54:47	37 Lisa Swedick	47	Johnstown	4:35:21
37 Kristina Hubert	35	Red Hook	3:55:32	38 Brenda Fish	47	Castleton	4:37:00
39 Darcy Baldwin	38	Ballston Spa	3:58:40	39 Theresa Rousseau	47	Clifton Park	4:39:36
40 Elizabeth Young	36	Troy	3:59:15	40 Elisa Ball	45	Kingston	4:41:19
41 Valerie Venezia	39	Albany	4:03:11	41 Denise Thorn	49	Loudonville	4:43:56
42 Melissa Feltnan	36	Earlton	4:03:32	<b>MALE AGE GROUP: 50 - 54</b>			
43 Liz Carr	38	Clifton Park	4:03:43	1 Eric Zaltas	51	Montclair, NJ	2:59:53
45 Christine Bunkoff	37	Watervliet	4:05:03	2 Glen Fretzer	50	Montclair, NJ	3:03:23
<b>MALE AGE GROUP: 40 - 44</b>							
1 Randall Cannell	41	Broadalbin	2:49:37	3 Christian Lietzau	50	Delmar	3:03:58
2 Frank Horn	43	Albany	2:50:49	4 John Noonan	54	Ballston Spa	3:04:53
3 Dan Pierson	44	Oriskany	2:55:05	5 Michael Morrissey	50	Queensbury	3:05:08
4 George Habeeb	41	Mechanicville	3:01:23	6 Craig Dubois	50	Sprakers	3:07:33
7 Tim Harrigan	40	Niskayuna	3:08:00	10 Jon Gurney	50	Saratoga Springs	3:25:12
10 Andrew Reed	42	Niskayuna	3:10:08	11 Mark Canary	53	Broadalbin	3:25:21
16 Robert Bauer	41	Marcy	3:15:33	14 Frank Mueller	54	Glenville	3:29:59
19 Daniel Phelan	41	Loudonville	3:19:39	15 John Sestito	50	Johnstown	3:31:32
22 Rick Zachgo	43	Rexford	3:23:14	16 Robert Cameron	50	Clifton Park	3:33:08
24 Martin Turnidge	42	Delmar	3:24:41	18 Jacob Reider	50	Slingerlands	3:34:50
26 Greg Ethier	40	Cohoes	3:26:18	20 Russ Hoyer	53	Voorheesville	3:36:02
29 Brian Dillenbeck	43	Alplaus	3:32:00	21 Andrew Sponable	50	Latham	3:38:00
30 Dave Travis	41	East Greenbush	3:32:02	26 Chris Salvato	50	Scotia	3:43:47
31 Russell Thielke	44	Clifton Park	3:32:16	29 Daniel Esper	53	Slingerlands	3:46:43
32 Lotti Sayahi	42	Voorheesville	3:32:25	30 Paul Ryan	54	Niskayuna	3:47:21
34 Christopher Rajchel	40	Mechanicville	3:33:49	32 James Grandy	53	Ballston Spa	3:51:05
36 Hector Roig	43	Clifton Park	3:35:33	35 Michael Bromm	53	Valley Falls	3:54:03
37 Mark Rushton	43	Rome	3:35:58	36 Dan Barnes	54	Niskayuna	3:54:59
38 Derek Lewis	41	Loudonville	3:36:44	37 David Pratt	54	Latham	3:57:25
42 Lance Sullenberger	42	Loudonville	3:40:36	39 Peter Fish	54	Castleton	4:00:23
43 Christian Gee	41	Mechanicville	3:42:13	42 Todd Gray	51	Voorheesville	4:02:02
44 Richard Reno	43	Burnt Hills	3:42:39	<b>FEMALE AGE GROUP: 50 - 54</b>			
46 Dean Turcotte	40	Ballston Lake	3:43:30	1 Lauri Wilson	51	Charlottesville, VA	3:35:31
<b>FEMALE AGE GROUP: 40 - 44</b>							
1 Jennifer Jankowski	44	Kingston	3:14:58	2 Mary White	54	Syracuse	3:44:26
2 Julie Hilson	42	Bovina Center	3:27:49	3 Nancy Taormina	54	Albany	3:53:52
3 Christine Luff	40	Montvale, NJ	3:28:38	8 Kathleen Bottillo	50	East Greenbush	4:15:11
4 Stacia Smith	43	Niskayuna	3:28:56	9 Pamela Fess	54	Whitesboro	4:16:27
7 Jill Koziol	40	Buskirk	3:34:28	10 Kathleen Arthur	52	Glenville	4:19:08
11 Valerie Shepersky	40	Albany	3:42:33	12 Christine Feeney	54	Niskayuna	4:29:03
15 Alison Lynch	41	Albany	3:45:45	14 Debbie Tierney	54	Troy	4:36:19
16 Wendie Bishop	44	Morrisonville	3:48:48	15 Rebecca O'Connell	51	New Paltz	4:44:36
23 Colleen Smith	43	Glenville	3:54:58	16 Pamela Hart	51	East Greenbush	4:45:10
26 Julie Keating	43	Kinderhook	3:56:05	19 Donna Griffith	50	Glenmont	4:54:47
27 Claudia Greco	40	Clifton Park	3:58:57	20 Lorie Cross	52	Cohoes	4:57:26
28 Kristen Cullen	44	Hopewell Junction	3:58:58	22 Barb Schreuer	53	Saratoga Springs	5:05:16
31 Christina Friedman	44	Niskayuna	4:02:52	23 Mary Signorelli	51	Castleton	5:08:05
34 Brandi Falcone	40	Albany	4:08:41	24 Mary Montealeone	53	Oneida	5:10:03
37 Michele Lake	42	Johnstown	4:11:37	25 Andrea Rowe	53	Glenville	5:10:19
38 Sarah McLean	42	Schenectady	4:12:12	27 Jude Dinan	54	Troy	5:14:11
39 Heather Loukmas	40	Clifton Park	4:13:32	28 Leanne Macey	50	Champlain	5:16:35
40 Jennifer Sweeney	42	Gloversville	4:14:01	<b>MALE AGE GROUP: 55 - 59</b>			
41 Caroline Pannhorst	41	Clifton Park	4:15:08	1 Kevin Dollard	58	Hopewell Junction	3:01:50
42 Regina McGarvey	43	Castleton	4:15:38	2 Allan Parel	56	Silver Spring, MD	3:19:54
43 Margaret McMahan	40	Clifton Park	4:18:20	3 Paul Vinsell	55	Saratoga Springs	3:26:44
45 Gina Cunningham	43	Saratoga Springs	4:20:13	8 Tim Russell	57	Glens Falls	3:40:27
48 Theresa Rockwell	41	Ballston Lake	4:21:52	17 Kirk Fasking	55	Lake Placid	3:58:30
<b>MALE AGE GROUP: 45 - 49</b>							
1 Harold Porcher	49	Montclair, NJ	2:55:59	18 Dan Owens	57	Ballston Spa	3:59:12
2 John Stadtlender	48	Clifton Park	2:56:29	19 Chester Tumidajewicz	59	Amsterdam	4:00:36
3 Bob Radliff	49	Stillwater	2:57:13	22 Rik Scarce	55	Averill Park	4:09:04
8 David Padula	48	Niskayuna	3:14:07	25 Matt Melsert	59	Burnt Hills	4:16:46
9 Paul Guilmette	49	Niskayuna	3:14:17	26 Kevin McCarthy	56	Gilbertsville	4:16:55
10 Mike Howard	48	Canton	3:14:33	28 Jack Wands	59	Cohoes	4:20:47
11 David Banas	48	Delmar	3:14:47	29 Danny Arnold	56	Clifton Park	4:22:09
14 Tony Fletcher	49	Mount Tremper	3:19:50	30 Patrick McNeil	55	Norwich	4:29:01
16 John Slyer	48	Averill Park	3:21:18	32 Michael Schettine	57	Delanson	4:29:28
				34 Vitus Chow	56	Waterford	4:35:31
				36 James Girmindl	57	Niverville	4:36:28
				39 James Allen	55	Waterford	4:45:31
				40 David Leith	58	West Charlton	4:45:38
							<i>continued</i>

### 31ST ANNUAL MOHAWK HUDSON RIVER MARATHON & 12TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

43 Mark Marshall	55	Latham	4:54:47	7 James Christian	30	Albany	1:45:44
45 Daniel Underwood	58	Hudson Falls	4:58:37	8 Brien Ross	34	Gilboa	1:53:00
46 Brad Workman	59	Mechanicville	5:03:35	9 Jeremy McNamara	34	Albany	1:54:21
47 John Sheehy	56	Menands	5:28:36	10 Dale Berlin	31	Kinderhook	1:54:52
<b>FEMALE AGE GROUP: 55 - 59</b>							
1 Maureen Fitzgerald	55	Clifton Park	3:47:01	11 James O'Connor	34	Cohoes	1:55:02
2 Kim Law	56	East Greenbush	4:02:32	12 Jason Olszowy	31	Scotia	1:56:22
3 Susan Weisser	56	Ballston Spa	4:05:26	13 John Pitera	31	Albany	1:58:00
6 Kimberly Watson	55	Glenmont	4:16:31	14 James Silva	32	Schenectady	2:07:10
12 Denise Alper	56	Albany	5:21:52	<b>FEMALE AGE GROUP: 30 - 34</b>			
13 Karen Wilson	57	Colonie	5:22:59	1 Diana Tobon-Knobloch	32	Guilderland	1:29:45
14 Elizabeth Argotsinger	59	Gloversville	5:26:04	2 Shelly Binsfeld	34	Clifton Park	1:35:00
<b>MALE AGE GROUP: 60 - 64</b>							
1 Aldo Bellon	64	Laval, QC	3:37:26	3 Briannan Bintz	32	Cumberland, RI	1:39:29
2 Robert Somerville	60	Wynantskill	3:41:36	4 Rebecca Cioffi	32	Averill Park	1:43:08
3 Tom McGuire	61	Slingerlands	3:42:23	6 Kari Deer	34	Slingerlands	1:44:02
5 Kevin Donohue	62	Troy	3:54:56	7 Kellie Gaddis	31	Niskayuna	1:44:19
7 Seamus Hodgkinson	64	Delmar	3:59:05	8 Heather Diorio	34	Schenectady	1:45:04
8 Rich Tanchyk	61	Saratoga Springs	4:06:24	9 Sharon Shaughnessy	31	Albany	1:47:10
9 Jim Faraci	60	Troy	4:13:03	10 Kaila Morgante	30	Clifton Park	1:49:13
12 John Casey	63	Troy	4:48:23	11 Sarah Stroock	31	Middleburgh	1:49:48
<b>FEMALE AGE GROUP: 60 - 64</b>							
1 Joan Celentano	60	Schenectady	3:55:13	12 Leigh O'Connor	31	Cohoes	1:51:34
2 Susan Niefield	61	Rexford	4:28:35	13 Joelle Ernst	33	Averill Park	1:52:23
3 Judy Lynch	64	Castleton	4:37:48	14 Nicole Barcomb	31	Glenmont	1:53:30
4 Catherine Soloyana	60	Wynantskill	4:58:44	<b>MALE AGE GROUP: 35 - 39</b>			
<b>MALE AGE GROUP: 65 - 69</b>							
1 Alexander Popovics	65	Schenectady	4:09:48	1 Jeff Andrews	37	Delmar	1:23:48
2 Gabriel Hickey	65	Bethpage	4:13:39	2 Paul Vella	37	Lunenburg, MA	1:26:59
3 Michael Drake	65	Tottenham, ON	4:16:08	3 Todd Smith	37	Voorheesville	1:28:13
4 James Thomas	67	Castleton	4:39:08	4 Aaron Knobloch	39	Guilderland	1:29:43
6 Thomas Kollar	67	Schenectady	5:03:22	5 JC Derrick	38	Troy	1:36:33
<b>FEMALE AGE GROUP: 65 - 69</b>							
1 Susan Wong	65	Glenmont	4:31:13	7 Raymond Lipani	39	Clifton Park	1:39:53
<b>MALE AGE GROUP: 70 - 74</b>							
1 Edward Bown	72	Broadalbin	3:52:02	8 Brian Watts	39	Clifton Park	1:41:37
<b>FEMALE AGE GROUP: 70 - 74</b>							
1 Mary Dunbar	71	Cleveland Heights, OH	4:54:49	9 Kevin Kogut	35	Glenville	1:42:35
<b>FEMALE AGE GROUP: 75 - 79</b>							
1 Jack Hanley	77	Babylon	4:13:39	10 Eric Warnke	39	Albany	1:43:07
2 Kermit Cadrette	75	Rome	5:08:41	12 William Salvi	35	Watervliet	1:45:50
				13 Rory Swaine	38	Albany	1:51:31
				14 Matthew Whelan	36	Schenectady	1:58:31
				15 Andy Black	38	Glenmont	1:58:48
<b>HALF MARATHON - 13.1 MILES</b>							
<b>Top 5 Overall, Top 3 Age Group &amp; Top 10 Regional Finishers</b>							
<b>MALE OVERALL</b>							
1 Mike Fisher	29	Brookline, MA	1:09:39	<b>FEMALE OVERALL</b>			
2 David Saunders	28	New York	1:09:59	1 Genna Hartung	22	Morrisonville	1:22:06
3 Louis Serafini	22	Brookline, MA	1:11:34	2 Renee Tolan	38	Clifton Park	1:24:42
4 Kyle Stanton	22	Columbia, MD	1:12:55	3 Melinda Courage	39	Urbandale, IA	1:25:15
5 Bradley Lewis	26	Troy	1:14:39	4 Nicole Soblosky	26	Albany	1:26:33
<b>MALE AGE GROUP: 15 - 19</b>							
1 Sydney Smith	13	Niskayuna	1:59:53	5 Erin Corcoran	39	Schenectady	1:27:55
<b>FEMALE AGE GROUP: 15 - 19</b>							
1 Matthew Regan	17	Averill Park	2:09:10	<b>FEMALE AGE GROUP: 1 - 14</b>			
<b>MALE AGE GROUP: 20 - 24</b>							
1 Andrew Jones	24	Troy	1:38:45	1 Dev Gingrich	19	Albany	1:38:16
2 Mark Jensen	21	Loudonville	2:09:05	2 Rachel Andonie	19	Clifton Park	1:55:06
3 Andy Siciliano	24	New York	2:10:54	3 Megan Regan	17	Averill Park	2:21:46
<b>FEMALE AGE GROUP: 20 - 24</b>							
1 Allison Connor	23	Hudson	1:33:44	4 Elaine Montes	18	Troy	2:28:22
2 Alison O'Brien	23	Rensselaer	1:41:54	<b>MALE AGE GROUP: 25 - 29</b>			
3 Gina Angrisano	23	Wynantskill	1:47:21	1 Bryant Turner	26	Cheshire, MA	1:34:53
4 Julie Nabozny	23	Valatie	1:52:16	2 Dallas Ford	26	Mechanicville	1:40:51
5 Samantha Simmons	24	Mechanicville	1:53:32	3 Robert Magee	29	Albany	1:42:18
6 Samantha Croci							

# RACE RESULTS

## 31ST ANNUAL MOHAWK HUDSON RIVER MARATHON & 12TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

13 Kurt Lozier	54 Loudonville	1:46:27	8 Karen Dott	57 Colonie	2:03:52
14 Chris Terzian	52 Albany	1:46:36	10 Becky Thayer	56 Watervliet	2:07:14
15 Steve Black	53 Delanson	1:49:02	11 Gail Egan	57 Albany	2:08:51
16 William Marinello	54 Slingerlands	1:49:40	12 Philly Heffner	57 Albany	2:09:55
19 Dan Kuhner	50 North Chatham	1:56:11	13 Joan Bleikamp	59 Greenwich	2:11:36
20 Rick Eckhardt	54 Albany	1:57:43	15 Barbara Connolly	55 Delmar	2:15:38
<b>FEMALE AGE GROUP: 50 - 54</b>					
1 Mary Buck	50 Mechanicville	1:35:00	16 Karen Valero	57 Niskayuna	2:18:13
2 Carol Healey	53 Troy	1:38:05	17 Sharon Close	59 Wynantskill	2:19:18
3 Sharon Siegel	51 Voorheesville	1:40:54	<b>MALE AGE GROUP: 60 - 64</b>		
4 Kirsten Leblanc	50 Broadalbin	1:52:23	1 Paul Forbes	63 Colonie	1:38:32
6 Patty Ellis	50 Slingerlands	1:52:59	2 George Baranauskas	60 Scotia	1:40:52
9 Melissa Cookfair	50 Delmar	1:55:51	3 Brian Rogers	60 Belmont, MA	1:44:18
10 Lauren Herbs	51 Rexford	1:57:53	5 Curt Woodcock	60 Johnstown	1:51:11
11 Suzanne Casabella	50 Coxsackie	1:58:18	6 Charles Terry	61 Albany	1:55:14
12 Diane Peverly	53 Averil Park	1:59:01	7 David Rowell	61 Albany	1:56:39
13 Liz Gingrich	50 Albany	1:59:17	9 Ed Swanson	64 Ballston Lake	2:09:18
14 Larisa Colotiniuc-Hod	50 Latham	2:00:23	10 Theodore Close	62 Wynantskill	2:19:18
15 Judy Pawlick	50 Gansevoort	2:00:27	11 Joseph Liotta	64 Green Island	2:21:08
17 Cindy Jensen	54 Loudonville	2:01:16	12 David Durkin	64 Rensselaer	2:21:58
<b>MALE AGE GROUP: 55 - 59</b>					
1 Marc Thibodeau	57 Montreal-West, QC	1:29:55	13 Andrew McCullough	61 Slingerlands	2:22:21
2 Steve Miura	56 Hopewell Junction	1:33:06	14 John Shoemaker	64 Scotia	2:28:02
3 Steve Vnuk	57 Delmar	1:34:14	15 Richard Daley	63 Schenectady	2:43:44
5 Bill Martin	59 Watervliet	1:43:01	<b>FEMALE AGE GROUP: 60 - 64</b>		
6 Joe Benoit	56 Glenmont	1:43:55	1 Marilyn Huot	60 St. Lambert, QC	1:40:55
11 Lawrence Sanders	58 Rensselaer	1:48:45	2 Erika Oesterle	62 Stamford	1:49:13
12 Randal Paquin	56 Rexford	1:50:44	3 Helen Glenn	60 Dollard des Ormeaux, QC	2:01:56
13 Dave Cole	56 Schenectady	1:53:24	4 Donna Choiniere	60 Albany	2:02:57
15 Dennis Gallilher	57 Cohoes	1:59:55	5 Cynthia Finnegan	60 Niskayuna	2:03:12
16 Pete Carroll	58 Albany	2:02:20	6 Carole Bieber	62 Slingerlands	2:06:23
18 Jeff Cohn	56 Schenectady	2:08:25	7 Debby Goedeke	60 Delmar	2:07:13
19 Gerard Falotico	59 Saratoga Springs	2:11:42	9 Diana Graziano	61 Clifton Park	2:09:17
20 Keith Servis	57 Clifton Park	2:13:59	10 Debra Kelley	60 Albany	2:10:54
<b>FEMALE AGE GROUP: 55 - 59</b>					
1 Maria Anderson	58 Tampa, FL	1:38:03	11 Katherine Ambrosio	63 Delmar	2:14:33
2 Catherine Hartung	55 Morrisonville	1:38:38	12 Maureen McLeod	60 Delmar	2:18:47
3 Joyce Goodrich	55 Glenville	1:51:13	13 Darlene Cardillo	60 Delmar	2:24:32
4 Susan Burns	58 Rensselaer	1:52:15	14 Debra Brown	64 Ballston Spa	2:37:53
7 Laurie Braim	56 Saratoga Springs	2:00:50	<b>MALE AGE GROUP: 65 - 69</b>		
			1 Robert Vandenbergh	67 Deansboro	1:43:47
			2 Bob Ellison	65 Slingerlands	1:48:58
			3 Jim Cochran	65 Rensselaer	2:04:09

## 31ST ANNUAL MOHAWK HUDSON RIVER MARATHON & 12TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

4 Peter Newkirk	66 Albany	2:08:03	<b>MALE AGE GROUP: 70 - 74</b>		
5 Daniel Brown	67 Ballston Spa	2:08:10	1 Jim Moore	73 Niskayuna	2:02:01
7 James Nicholas	69 Schenectady	2:21:58	2 Mark-Richar Butt	71 Delmar	2:25:16
8 Ron Robinson	65 Johnstown	2:31:43	3 Ron Nadeau	73 Cohoes	2:58:48
9 Jim Whelan	67 Slingerlands	2:55:15	<b>FEMALE AGE GROUP: 70 - 74</b>		
<b>FEMALE AGE GROUP: 65 - 69</b>					
1 Karen Spinozzi	65 Kingston	2:01:59	1 Marva Nadeau	71 Cohoes	3:05:19
2 Denise Billenko	65 Roxboro, QC	2:39:55	<b>MALE AGE GROUP: 75 - 79</b>		
3 Sandra Dovberg	66 Albany	2:43:41	1 Daniel Wellner	79 New York	2:53:07
			2 John Nylis	76 Delmar	3:11:24

*Courtesy of Hudson-Mohawk Road Runners Club*

# INSIDE EDGE

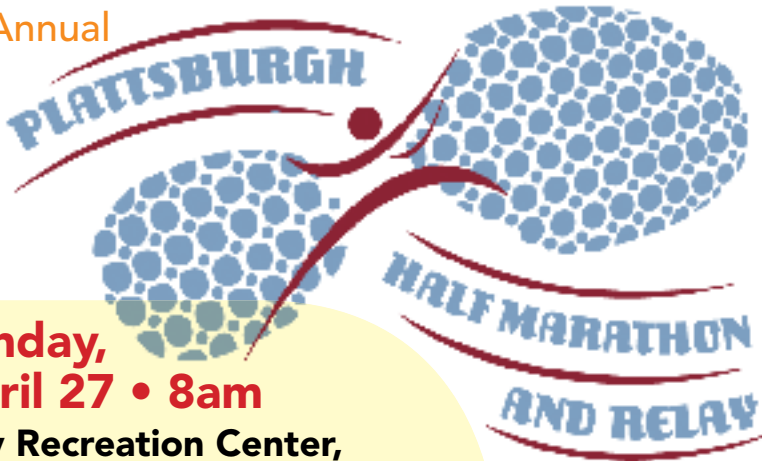
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Lake George Half Marathon  
Leukemia & Lymphoma Society/  
Team in Training  
Malta Business & Professional  
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Mastodon Challenge 15K, 5K & Fun Run  
Mohawk Hudson River Marathon & Half  
Marathon  
Mohawk Towpath Scenic Byway  
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Pedorthist (4)  
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Grey Ghost Bicycles  
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HITS Triathlon Series  
Lake George Triathlon Festival  
Leukemia & Lymphoma Society/  
Team in Training  
Mohawk Towpath Byway Duathlon  
Peasantman Triathlon  
Plaine and Son Bike-Ski Warehouse

Saratoga Lions Duathlon  
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