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Be Fit for Life at the

SUMMER EXPO!

If you have Cabin Fever, everything you need for summer sports and recreation is at the ninth annual *Adirondack Sports & Fitness Summer Expo*, presented by Steiner's Ski & Bike. It's happening at the Saratoga Springs City Center on Saturday-Sunday, March 8-9, and admission is free!

Come to the Capital Region's running, cycling, triathlon, paddling, hiking, healthy living and travel show featuring 125 exhibitors, great sales on summer and winter gear, clothing and much more, plus kayak, canoe and SUP demos, seminars, and fun family activities. The show will have prizes and giveaways valued at \$5,000 for races, events, merchandise and services. Door prizes to local 5Ks, half-marathons, triathlons, scuba course, hiking packages, weekend getaways, a kayak and more will be given away over the weekend.

The timing of the Summer Expo is perfect for athletes, weekend warriors, enthusiasts and newbies to pick up gear, information and motivation to plan their adventures. It's the place to kick-start a fitness program. Event reps from the Firecracker 4, Tour de Cure, Mohawk-Hudson River Marathon, Saratoga Lions Duathlon, Ragnar Relay Adirondacks, HITS Kingston Classic and Triathlons, Malta 5K and many more will be on hand with information and registration specials.

The Expo also includes sales with a mix of retailers and organizations selling and marketing their products and services, including presenting sponsor Steiner's Ski & Bike, where you can visit their "store" with winter and summer merchandise 30-50% off. Plus, Mountainman Outdoors (canoes/kayaks/SUPs), The Mountain Goat (footwear/clothing), Fleet Feet Sports (footwear/clothing), Lake George Kayak (kayaks/SUP/clothing), Plaine & Son (bikes), Adirondack Kayak Warehouse (kayaks/SUPs) and many more.

Most outdoor sports and recreation clubs in the area will be represented, including Adirondack Mountain Club, Albany Running Exchange, Capital District Triathlon Club, Hudson-Mohawk Road Runners Club, Saratoga Triathlon Club, Mohawk-Hudson Cycling Club and more.

On-water demos will take place all weekend in the 20x32-foot pool, featuring kayaking, canoeing, and stand-up paddleboarding. Demos and clinics, led by Adirondack Mountain Club and local paddling experts, include capsizing recovery, rescue and rolling, whitewater paddling, and "Try Paddling" sessions for kids.

A variety of seminars and clinics will be led by *Adirondack Sports & Fitness* magazine contributing writers and regional experts. Seminar categories will include running, hiking, biking, paddling, triathlon, outdoor skills, and family-friendly team building activities.

Damien's Rock Wall will challenge kids and adults with their 25-foot rock wall, and many exhibitors will have interactive booths all weekend. The Regional Food Bank of Northeastern NY will be on hand to collect food and monetary donations over the weekend. Attendees with food or monetary donations increase their chances of winning Expo prizes!

The Summer Expo takes place on Saturday-Sunday, March 8-9 at the Saratoga Springs City Center at 522 Broadway. Admission is free. Hours are Saturday from 10am-5pm and Sunday from 10am-4pm. For more info, see the Attendee Guide (inside), visit AdkSports.com, or call us at (518) 877-8788.

Thank you!

Dan and Mena

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TRIATHLON



Tri Clubs

Oh, the Choices You Have!

By Christine McKnight

Thinking of joining a triathlon club? You're in luck. In this area, you have your choice of four multisport clubs, each with its own distinct character – and all of them thriving. Together, they embrace one over-arching goal: to promote a healthy lifestyle and help everyone from newbies to Ironman finishers, be the best they can be.

The Capital District Triathlon Club, 21 years old with almost 300 members, is one of the oldest and largest multisport clubs in the Northeast. The newest is the two-year-old Bethlehem Triathlon Club, with about 140 members. The Adirondack Triathlon Club, founded in 2005, has about 100 members, while the Saratoga Triathlon Club, organized two years later, has about 150 members.

"Triathlon is growing like crazy. What's cool is that our area is able to sustain four good clubs that offer athletes a variety of training and racing opportunities," said Fran Vincent, a founding member of the Bethlehem Triathlon Club. Fran took up triathlon seriously in 2007 and raced to a fifth-place podium finish in her 50-54 age group at the 2013 Ironman World Championships in Kona.

Capital District Triathlon Club (cdtriclub.org)

Members – Most live in the Capital District, but the club also attracts athletes from Columbia and Saratoga counties, southern Vermont and western Massachusetts.

Training – The club may be best known for its popular 12-week summer training series on Tuesday nights at Crystal Cove at Crystal Lake in Averill Park. The sessions feature a half-mile loop swim, followed by a hilly, 18-mile out-and-back bike course and 5K lake run. As many as 200 athletes jump into the water each week, with newbies getting special attention, and their own swim start. The lifeguarded workouts are opened to non-members beginning June 10. Cost: \$10 per session for members, \$20 for nonmembers. Non-Members at \$20 per swimmer will be allowed starting the second Tuesday night, June 11, and for the remainder of the season.

Off-Season – The club offered subsidized bike sessions this year with Elevate Cycles, Tomhannock Bicycles and HRRT, as well as swim sessions with coaches Keith Murray and Nick Deck. Monthly meetings and clinics.

Dues – \$60, which pays for Crystal Cove rental and USA Triathlon certification and

insurance. The club this season is giving each member a CDTC Headsweats visor and transition mat. Members can purchase club apparel at an online store.

Crystal Lake Triathlon – The club's well-known sprint triathlon, on Aug. 16, will be capped again at 300. The course is the same one on which members train each week.

New – In March, CDTC launched a monthly newsletter called "Fast Transitions. It is partnering with Fleet Feet Sports to launch the store's "Tri Something New" program, with Crystal Lake Triathlon as its goal race.

Adirondack Triathlon Club (adktri.org)

Members – About 100, mainly from the Glens Falls, Lake George and Saratoga Springs area. It's a cohesive and welcoming group, and aims to attract not just triathletes, but cyclists, snowshoers, and multisport athletes of all interests.

Training – In-season: Monday night rides from Kensington Avenue School in Glens Falls, and Wednesday night running sessions in Cole's Woods (behind the Glens Falls YMCA), coached by Bob Underwood and emphasizing speed and technique. Off-season: swim clinics and workouts at Glens Falls High School.

Lake George Triathlon Festival – A core of Adirondack Triathlon Club members founded the Lake George Triathlon, now staged by Adirondack Race Management. The festival features not only the Lake George Tri, an Olympic race, but also the Big George, a half-Iron distance. A strong contingent of club members both competes and volunteers.

Dues – \$25, which covers insurance, monthly club meetings, and the club's new Beginner Tri Series. Members can purchase apparel online.

Beginner Tri Series – The club aims to grow its Beginner Tri Series at Haviland's Cove, held Tuesdays in August. Open to everyone, last year it attracted more than 100 aspiring triathletes ranging from five to 70 years old.

Destination Races – Forty-three members are registered to compete at the 70.3 triathlon at Mont Tremblant, Quebec on June 22, 2014. Last year, ATC triathletes won the Division V club competition at the Syracuse 70.3 race.

Saratoga Triathlon Club (saratogatriclub.com)

Members – Membership hovered between 40 and 50 until 2011, when the club moved its Thursday night training sessions from Lake Desolation to Moreau Lake State Park, north of Saratoga Springs. It's now approaching 150. According to club president, Matt McMorris, "I think this is a special group. We train together, of course, but there is a social bonding too – like an extended family."

Training – Moreau Lake sessions feature about a half-mile loop swim, followed by optional, independent bike and run workouts around the park and its environs in the foothills of the Adirondacks. "Bricks" are held at Saratoga National Battlefield on Tuesdays at 5:30pm. Off-season clinics and socials, culminating in a yearend social recognizing athletes in sometimes goofy categories like club fashionista and high-tech tri-geek.

Dues – \$40, which includes a swim cap, race hat or similar item. Members may purchase apparel online. Season-long swim pass is an additional \$40, or \$5 per session. Non-members: \$10 per session.

Hudson Crossing Triathlon – The club considers the Hudson Crossing Triathlon its "home" race, and members turn out in force as competitors and volunteers, though it is not club-organized – it's managed by Green Leaf Racing.

Bethlehem Triathlon Club (bethlehemtriathlon.com)

Members – With 140 to 150 triathletes, Bethlehem Triathlon Club offers a low-key, newbie-friendly atmosphere, and an alternative night and setting for training. Many of its members belong to the Capital District club, too.

Training – Thursday evening sessions at Warner's Lake, near Berne in Albany County, feature a half-mile swim, beautiful 14.5-mile bike and hilly 5K run. With BTC, you get to put your bike on a rack, too. Athletes can swim as long as 1-1/2 hours. Sessions run from the last week in May through early September.

Off-Season – From January through March, the club offers 90-minute spin classes Tuesdays and Thursdays at 365 Fit studio in Delmar, strength and conditioning Tuesdays and Thursdays at No Limit Fitness in Voorheesville, and Wednesday night open swim lanes at Bethlehem Middle School. Plus, monthly educational sessions on topics like transitions and technical bike skills.

Dues – \$85, which covers Warner's Lake training and all off-season training, plus club T-shirts and bumper stickers. Members can purchase apparel online. 🌱

Christine McKnight (trichris@nycap.rr.com) of Gansevoort raced at the Ironman World Championships in Kona last October and belongs to three of the area's triathlon clubs.

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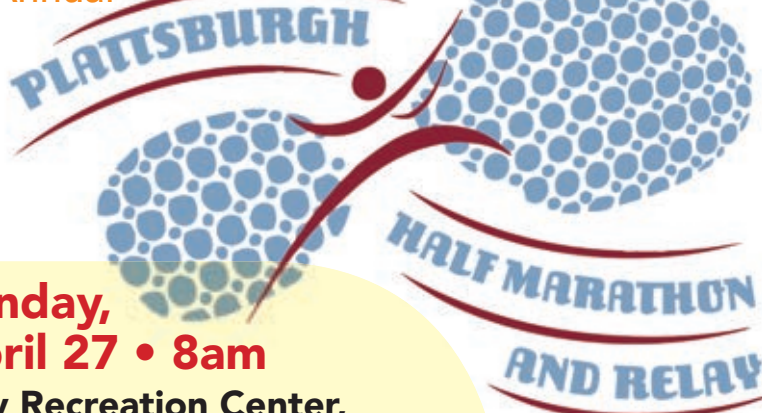
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BACON HILL BONANZA



ST. PATTY'S DAY SPIRIT AT THE SHAMROCK SHUFFLE IN GLENS FALLS.

BRIAN TEAGUE

By Michael Della Rocco

Spring hours are a little longer every day. It's becoming the time of year when many runners are thinking about gaining back that level of fitness and perhaps losing some of the softness we may have acquired during the winter months. Sitting around watching the Winter Olympics may have been entertaining and sometimes exciting, but it's now also time to look ahead to the excitement of the many running events coming our way with the onset of more comfortable weather and the positive mental attitude that seems to arrive every year, with spring.

It may be obvious that there are so many events scheduled that it's difficult, if not impossible, to do them all, and many runners are becoming more selective about the events that they want to travel to or race in. In some cases, it's an event which is a benefit or fundraiser for a favorite cause that attracts our attention. Often, it's a race that has been a personal favorite for years, and sometimes it's a race that we've never done before that we elect to register for. No one has figured out how to be in two (or more) places at the same time, but the following races are each somewhat unique and may help you decide on some excellent ways to participate and begin to enjoy the spring racing season.

Schenectady Firefighters' Run 4 Your Life on March 29 – The Schenectady Firefighters' 5K run/walk is one of the first of the season and has been growing in popularity every year. The competition was the brainchild of race director Brian Demarest, who envisioned a need to draw attention to the large number of firefighter fatalities related to cardiac issues. The race directly benefits the American Heart Association, and its important goal – besides happy runners – is to raise awareness about heart health for everyone. Many people may not know, for example, that in the United States, heart disease is the number one cause of death for women. Now in its fifth year, the Run 4 Your Life has so far raised over \$33,000 for the American Heart Association.

An addition to the race festivities this year will be a Chowder Fest competition, with samples free to registered runners and available for a small fee to families and friends. The 5K event takes place in Schenectady's beautiful Central Park, and a free children's run is also scheduled. Team entries are encouraged. Additionally, there are special categories for individual firefighter and firefighter team entries. Runner feedback on this race has been overwhelmingly positive, and this year promises to be another great race and good time. Further info: schenectadyfirefightersrun4yourlife.com.

Shamrock Shuffle on March 30 – The 28th annual Shamrock Shuffle is one of those races that runners come back to every year. Though St. Patrick's Day will officially be over, runners are allowed to continue the spirit of fun for two weeks, until (and during) the Shamrock Shuffle, so we can all enjoy that holiday a little bit more. Expect to see plenty of emerald green, with participation by both male and female leprechauns. Organized by the Adirondack Runners, the Shamrock Shuffle is also a good choice for folks new to road racing, because everyone has fun – be sure to wear your favorite outfit from St. Paddy's Day. Newbies take note: this is a five-miler, not a 5K, so pace yourselves accordingly. The course is mainly flat, though, and volunteers always do an outstanding job of controlling traffic and keeping runners on course.

The Leprechaun Leap is a 7/8-mile fun run for children under 12. As in previous years, the Shamrock Shuffle benefits the Warren-Washington Counties Special Olympics. More info: adirondackrunners.org.

Salem April Fool's Race on April 6 – It's the 35th anniversary of this race, but still has the flavor of an authentic local event. Runners can decide to do a 10K or a 5K, or maybe both if you're back in time. Runners 14-and-

under can participate in a one-mile run and also do the 5K for one entry fee. Prizes for the 10K and 5K are awarded to first-place finishers in five-year age groups. The course consists of varying terrain, including both flat sections and rolling hills, beginning and ending at Salem High School.

This may be the event that's worth the drive, if you don't live nearby. The course has the feel of a cross-country race, and the Washington County scenery is beautiful. This is definitely one you will return to after you've done it this year. The event is sponsored by Rotary International and *The Mind's Eye* literary magazine. Additional info: aprilfoolsrace.com.

Bacon Hill Bonanza on April 12 – Want some motivation to run fast? First-place finishers in five-year age groups in this race, from 14-and-under to 80-plus, will each win a homemade pie! This is the second year for the Bacon Hill Bonanza 5K race/walk and 10K race, an event that's still growing, but should be on your list of races for 2014. The 10K distance is new for this year, but the course is rolling hills. "Don't worry about the name. You will not be running up Bacon Hill!" states the registration form. The course, just northeast of Saratoga Springs, winds through "some of the most beautiful scenery in northern Saratoga County," and includes some dirt-road sections.

Race proceeds directly benefit steeple repair for the Bacon Hill Church and the Saratoga Center for the Family. The race starts and finishes at the historic Bacon Hill Reformed Church, just northwest of Schuylerville. Details: baconhillbonanza.com.

Survive the Farm 5K Challenge on May 24 – If you are looking for a truly unique 5K, this may be the one for you! According to the event website (which you must check out) the challenge is to "Negotiate and conquer the natural terrain and obstacles set up on

the year-round course constructed at the farm. The course involves five kilometers of rough terrain with a dozen military inspired obstacles including water crossings, mud trenches, cargo nets, barbed wire fencing and much, much more scattered throughout." Have your attention yet?

If you are looking to challenge yourself and you are not afraid of trying something new – or getting dirty – Survive the Farm is just the ticket. Costumes are welcomed and even encouraged. This is obviously not your average, run-of-the-mill 5K. Participants are always enthusiastic in their descriptions of this event. Will this be your year? Check out: survivethefarm.com.

Of course, there are many races and other events in which to participate. It would be wonderful if we could do them all, but it's just not possible. Each one of us has a different personality and different goals. For some, this might be the year to do a sprint triathlon or something else you haven't tried before. For some, it may be the year to work to achieve a 5K personal best. For others, it may be the year to go from a recliner to a 5K. These are all admirable goals, and your selections of races should be based on what you personally wish to accomplish.

These races each provide a unique running experience, and hopefully some motivation to get out and try something new. Remember, if you enjoy what you're doing, it's not work! Pick a place, choose a run, come on out, and have some fun! 🍌

Michael Della Rocco (mjdellarocco@gmail.com) of Schenectady is a member of several local running clubs and was a gold medalist in snowshoe racing at the Empire State Games. He enjoys cycling, participating in area running events and triathlons, and was NYS Champion in the Chief's Division of the Firefighter Combat Challenge.



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.....

Wilmington-Whiteface Race Weekend

1ST ANNUAL

Wilmington Circuit Race
Saturday, May 31

7TH ANNUAL

**Wilmington-Whiteface
Road Race**
Sunday, June 1

Town Youth Park, Wilmington

Challenging circuit and road races
18 categories with women and junior (9-18) races
Part of Graffiti Road Weekly Racing Series

Preregister on
BikeReg.com

Affordable entry fees
Preregister to save
Over \$6,000 in cash, merchandise and medals

Info: **TeamPlacidPlanet.org**
Questions: jameswalker3@yahoo.com

Presented by



Calendar of Events March - May 2014

Events beyond this range are advertisers in this issue.

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

ALPINE SKIING & SNOWBOARDING

MARCH

- 8** Big Air at Little Gore Halfpipe Competition. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 8-9** Glades & Glory Ski/Ride Clinics. Gore, North Creek. 251-2411. goremountain.com.
- 8-9** Trees, Steeps & Bumps Telemark Clinics. 8:30am. Gore, North Creek. 251-2411. 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.
- 15** Ales on Rails St Patrick's Day Warm-Up. Snow Train, Saratoga Springs to North Creek. sncsnowtrain.com.
- 16** Willard Cup Fun Race #6. 10am. Willard, Greenwich. 692-7337. willardmountain.com.
- 16** "Shamrock" Super Sunday. Whiteface, Wilmington. 946-2223. whiteface.com.
- 21-23** Camp Chingachook Family Ski Weekend. Sugarbush, VT. 800-53SUGAR. lakegeorgecamp.org.

APRIL

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

BICYCLING & MOUNTAIN BIKING

ONGOING

- Tu/Th** Spin Class. 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Sat** Spin Class. 9:15am. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacycitybicycleworks.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.
- 15** Trooper David Brinkerhoff Memorial Race #1. 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 19** Brevet Night w/Adk Ultra Cycling. 6pm. Savile Road, Delmar. adkultracycling.com.
- 21** Brevet Night w/Adk Ultra Cycling. 6pm. Rick's Bike Shop, Queensbury. adkultracycling.com.
- 22** Trooper David Brinkerhoff Memorial Race #2. 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 22** "Armstrong Lie" Movie Screening. 7pm. Carey Institute, Rensselaerville. 797-5100. careyconferencecenter.org.
- 23** Tour of the Battenkill Preview Ride. 65M. 10am. Cambridge. 275-6185. 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.
- 29** Trooper David Brinkerhoff Memorial Race #3. 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 30** Saratoga 200K Brevet. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30** BattenSpring Classic Circuit Race. 39-65M. 11am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

- 30 Spring 200K Brevet. 7am. Westfield, MA. newhorizonsbikes.com.

APRIL

- 5** Army Spring Classic. Hill Climb, Circuit, TT, Road Race. 11am. West Point Academy, West Point. usma.edu.
- 5-6** 10th Tour of the Battenkill: Pro/Am Races & Gran Fondo. 65M: 8am. 22M: 10am. Cambridge. tourofthebattenkill.com.
- 12** Early Spring Road Fest. 16-100M. 6am. ShopRite Plaza, Niskayuna. 847-2419. hrrtonline.com.
- 13** Berkshire Brevet Old Saybrook 300K. 6am. Westfield, MA. newhorizonsbikes.com.
- 13** Singlespeed-A-Palooza MTB Race. 25M. 9am. Stewart SE, Montgomery. 845-787-0412. darkhorsecycles.com.
- 20** Easter MTB Ride. 5M loops, Kids egg hunt. 10am. Central Park, Schenectady. 847-2419. hrrtonline.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.
- 27** Saratoga 300K Brevet. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 27** H2H MTB Race 1: The Chain Stretcher. Blue Mtn Reserve, Peekskill. 845-735-4056. wmba.org.

MAY

- 4** 4th Albany Bike Expo. 10am-4pm. Washington Park, Albany. albanybicyclecoalition.com.
- 4** 7th Ramble Around Prattsburgh Enduro Race. MTB/Cross bike. 8M/15M/30M. 1pm. Prattsburgh. active.com.
- 4** Hollenbeck's Spring Classic Road Race. 22-44M. Hollenbeck's Cider Mill, Virgil. 607-342-5456. flicycling.org.
- 10** Hike-a-Bike MTB Race. 10am. Lippman Park/Vernooy Kill SE, Wawarsing. renegadesmtb.com.
- 10** 3rd Putnam Cycling Classic. 62M/100M. Brewster. 212-729-6547. putnamcycling.com.
- 17-25** Adirondack Brevet Week. 200/300/400/600K. Alpine Country Inn, Wilmington. 583-3708. adkultracycling.com.
- 18** Spring Road Fest. 16-100M. 6am. ShopRite Plaza, Niskayuna. HRRRT: 847-2419. hrrtonline.com.
- 24-26** Killington Stage Race. 61-160M. Killington, VT. killington-stagerace.com.
- 31** Wilmington-Whiteface Race Weekend: Wilmington Circuit Race. 12-57M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.

JUNE

- 1** Wilmington-Whiteface Race Weekend: Wilmington Road Race. 12-82M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- 1** ADA Tour de Cure. 10/25/50/62.5/100M. Saratoga Springs HS, Saratoga Springs. American Diabetes Assn. diabetes.org.

AUGUST

- 23** 14th Pat Stratton Memorial Century Ride. 25/50/100M. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

CROSS-COUNTRY & BACKCOUNTRY SKIING

ONGOING

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

MARCH

- 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. jackrabbittrail.org.
- 9** Catamount Trail Classic. 7am. Bolton Valley Resort to Trapp Family Lodge, Stowe, VT. catamounttrail.org.

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uxcski@gmail.com
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Pat Stratton Memorial Century Ride

Best Ride in the Adirondacks!
Saturday, August 23, 8am
Mt. Pisgah Lodge, Saranac Lake
100mi, 50mi, 25mi & kids' ride
Rides for all ages & abilities • Rain date: 8/24
T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
Info: Bob Scheefer (518) 891-5873
adkbuild@roadrunner.com
Benefits Kiwanis Club of Saranac Lake youth programs

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event



Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 16, 8am
Limited to 300 racers and fills fast!
Open to Individuals and Teams
Register early for best price
Register & Info: cdtriclub.org

WELCOME ALL



Members train on Crystal Lake Tri course
Tuesday Training Series: June 3 - Aug 25
Details: www.cdtriclub.org

SKYHIGHadventures

Summer Camp: Swim-Bike-Run & Pump Track Fun!

Multi-Sport Life Triathlon Events

Crystal Lake, Averill Park, Grafton Lakes
Learn to Swim for Adults and Kids! Wednesdays at 6pm

Super Sprint Sunday Triathlon
Sunday, June 15 at 1:00pm • 1/4 mile swim, 7 mile bike, 2 mile run

Sprint Triathlon Series
Thursdays, June 19-July 24 at 6pm • 1/4 mile swim, 12 mile bike, 3 mile run

XTERRA SKYHIGH Triathlon • Saturday, July 19 at 7am

SKYHIGH Kids' Triathlon • Saturday, July 19 at 11am

SKYHIGHadventures.com • USA Triathlon Sanctioned

- 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, 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, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

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

MARCH

- 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, 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. lgsc.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.

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.

MAY

- 2-4 Waterfall Weekend w/Russell Dunn & Barbara Delaney. Trail's End Inn, Keene Valley. 576-9860. trailsendinn.com.
- 8-9 **Wilderness First Aid Course/WFR Recert.** 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 17 **Spring Tracks & Scats Workshop w/James Bruchac.** Adults/teens. 10am-3pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18 **Lost in the Woods!** Wilderness Survival & Navigation Basics. Adults/teens. 9am-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 24-25 **Wilderness First Aid Course (SOLO Certified)/Resert.** Adults/teens. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JUNE

- 15 **Father's Day Family Wilderness Adventure w/James Bruchac.** Ages 6+. 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Tue CDT Crystal Lake Training Series: 6/3-8/25.** Crystal Lake, Averill Park. cdtriclub.org.
- Thu SkyHigh Sprint Tri Series: 6/19-7/24.** .25M swim, 12M bike, 3M run. 6pm. Averill Park. skyhighadventures.com.
- Call Triathlon Training Program.** Fleet Feet Sports: 459-3338. Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

MARCH

- 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.
- 30 **Guilderland YMCA Indoor Triathlon.** Indoor swim, bike, run. 7am. YMCA, Guilderland. cdymca.org.

APRIL

- 26 HRRT Spring Off-Road Duathlon. 5M MTB, 3.2M run, 5M MTB. 10am. Central Park, Schenectady. hrrtonline.com.
- 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 Casino Hotel, Vernon. atcendurance.com.

MAY

- 4 **3rd Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. delmardu.com.
- 4 **T3 Coaching Duathlon Series #2.** 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- 10 Millbrook Duathlon. 1M run, 12M bike, 3M run. 9am. Pulse Cycling, Millbrook. mhrrc.org.
- 11 **T3 Coaching Duathlon Series #3.** 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- 17 The Rat Snake: Reverse Triathlon, 18K Trail Race & Kids Duathlon. Tri: 11.2M trail, 29M bike, 26yd swim. 8am. Gilbert Lake SP, Laurens. 607-432-3715. theratsnake.com.
- 25 **10th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Casino & Raceway, Saratoga Springs. saratogalions.com.
- 25 **Cooperstown Sprint Triathlon.** 0.5M swim, 12M bike, 5K run. Lakefront Park, Cooperstown. 315-404-8130. atcendurance.com.
- 29-6/1 **The Right Fit: Women's Triathlon Camp.** Lake Placid. 315-746-0335. therightfitmultisports.com.

JUNE

- 15 **Super Sprint Triathlon.** 0.025M swim, 7M bike, 2M run. 1pm. Grafton Lakes SP, Grafton. skyhighadventures.com.
- 21-22 **HITS North Country Triathlon.** Sat: Full/Half. Sun: Olympic/Sprint/Open. Hague. 845-247-7275. hitstriathlonseries.com.

JULY

- 19 **SkyHigh XTerra Off-Road & Kids Triathlon.** XTerra: 7am. Kids Tri: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.

AUGUST

- 2 **8th Fronhofer Tool Triathlon.** Olympic: Solo, partner, relay. Lake Lauderdale Park, Cambridge. fronhoferooltriathlon.com.
- 16 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 17 **2nd Peasantman Steel Distance Triathlon.** Full (144.6M), half (72.3), half relay, full/half aquabike, Steel Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

NORDIC: BIATHLON & ORIENTEERING

ONGOING

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



Women's Triathlon Camp 'The Adirondack Experience' May 29-June 1 Lake Placid

A Getaway Training Trip

- Hands on swim, bike, run workshops and training
- Training on the Ironman Lake Placid course
- Certified Level 1 & 2 USAT female coaches
- Small, supportive & fun environment

*If yes to the above,
this camp is for you!*

\$695 (discount w/guest):
3 nights' guesthouse
lodging, great meals,
10 hrs of workshops,
training guidance/support,
SUP, hiking & shirt.

Details: therightfitmultisports.com
Or call Karen: 315-746-0335

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Mohawk-Hudson
Cycling Club

T3 Coaching Duathlon Series

Sundays, Apr 27, May 4 & 11 - 8am
SUNY Adirondack, Queensbury

1.5M Run, 8M Bike, 1.5M Run
Race #3 is USAT Sanctioned!
Fun, safe, laid-back racing/training
Limited to 100 entrants/event
\$17.50/event - Must be USAT member

Register: www.t3coaching.net
Kevin Crossman: 518-307-5895
kevin@t3coaching.net

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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

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



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

8TH ANNUAL
CCRC 5K Run/Walk/BBQ
and 1K Kids' Run
Saturday, May 3rd – 3pm
Christ Community Reformed Church
1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles in the community

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run – 4pm
- BBQ chicken dinner included
- Lots of drawing awards
- T-shirt to first 125 entrants
- Sneaker recycling program
- Convenient afternoon start

Form: www.ccrcc-pny.org • Pat Glover: 877-0654 • pjglove@aol.com

NORTH CREEK • NORTH RIVER • RIPARIUS

Saturday, May 3
After Giant Slalom
New: Give downriver racing a try!
Not so Wild Downriver Race
2.5M of moving water for beginner to intermediate canoers and kayakers
Only \$10 plus \$5 ACA insurance

Saturday, May 3 • 10:30am
Giant Slalom & Sprint Races
Awards Celebration at 4 pm at Basil & Wicks in North Creek

Sunday, May 4 • 11am
Downriver Race
North Creek to Riparius
Awards Celebration after race at Riverside Station Park

www.whitewaterderby.com
Gore Mountain Region Chamber of Commerce
518-251-2612

MARCH	
8	Snowgaine Ski-Orienteering Meet. Berne. empo.us.orienteing.org.
14-16	US Ski-Orienteering Championships. Trapp Family Lodge, Stowe, VT. nesio.com.
MAY	
4	Orienteering Meet. 11am-1pm. Five Rivers Environmental Center, Delmar. empo.us.orienteing.org.
18	Orienteering Meet. 11am-1pm. Saratoga Spa SP, Saratoga Springs. empo.us.orienteing.org.
OTHER EVENTS	
MARCH	
20	Mohawk Towpath Byway Summit. For conservation, economic development, heritage, eco-tourism. Century House, Latham. Eric Hamilton: 406-8610. mohawktowpath.org.
28-30	Great Upstate Boat Show. Adirondack Sports Complex, Queensbury. greatupstateboatshow.com.
29	ChowderFest at Schenectady Firefighters' Run 4 Your Life 5K Run/Walk. 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.
29-30	Winter Raptor Fest. Gallup Ridge Farm, Fort Edward. 692-9559. winterraptorfest.com.
APRIL	
4-6	Great Upstate Boat Show. Adirondack Sports Complex, Queensbury. greatupstateboatshow.com.
6	Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
AUGUST	
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	
3-5	Club Days Sale. Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.
6	41st Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579.
13	Little River Ramble. College/Recreational: 2M. Kayak/Marathon: 6M. Boat Launch, Canton. slvpaddlers.org.
26	Kayderosseras Creek Paddle. 10M. Ballston Spa to Saratoga Lake. Charlie Beach: 459-9127. adk-albany.com.
MAY	
2-4	Canton Canoe Weekend. 12-14M. Grasse River, Taylor Park, Canton. slvpaddlers.org.
3-4	Saratoga Paddlefest. Sales, demos. Fish Creek Marina, Saratoga Springs. Mountainman: 584-0600. saratogapaddlefest.com.
3-4	57th Hudson River White Water Derby. Sat, 10:30am: Giant Slalom & Sprint Races. Sat, after GS: Not So Wild Downriver Race. Sun, 11am. Downriver Race from North Creek to Riparius. North Creek. 251-2612. whitewaterderby.com.
6	Evening Paddle. 6:30pm. NYSDEC Launch, Glenville. Pete Devitt: 860-9636. adk-albany.org.
11	Schodack Island Paddle. 9am. Boat, Schodack Island SP, Schodack. Dave Pisaneschi: 459-5969. adk-albany.org.
16-18	Adirondack Paddlefest. Canoe, kayak, SUP sale, clinics, demos. Old Forge. 315-369-6672. mountainmanoutdoors.com.
17	'Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake. macscanoe.com.
RUNNING, SNOWSHOE RACING & WALKING	
ONGOING	
Mon	6th ARE Spring Trail Run Series: 4/7-6/2. 3.5M. 6pm. Tawasentha Park, Guilderland. runalbany.com.
Tue	AdiRUNdack Trail Series: 5/6-27. 5K/20K Challenge. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.
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. Sat: Seminar: 11am; 2M Run: 12pm; Recovery: 12:45pm. Sun: Seminar: 1pm, 2M Run: 2pm; Recovery: 2:45pm. Adk S&F 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.
12	Endurance Nutrition Seminar. 7:30pm. Pre-reg required. Fleet Feet Albany, Colonie. 459-3338. saratogatriclub.com.
15	We Run the Capital. 9am. Fleet Feet Adirondack, Malta. 459-3338. fleetfeetalbany.com.
15	15th Runnin' of the Green (Island). 4M. 10am. Kids Runs: 11:30am. American Legion, Green Island. hmrrc.com.
15	Uncle Marty's Kilt Run 5K. 11:45am. Westfall Village, Sand Lake. 281-4398. unclmarty.webconnex.com.
15	Watertown Shamrock Run. 5K. 10am. Watertown. watertownymca.org.
15-16	Track & Field Spike Weekend. Fleet Feet Sports: Albany & Adk. Albany & Malta. 459-3338 & 400-1213. fleetfeetalbany.com.
16	26th Shamrock Run. 2M. 12:50pm. Academy Green, Kingston. icchv.org.
17	We Run the Capital. 6pm. Congress Park, Saratoga Springs. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
22	We Run the Capital. 9am. Fleet Feet Albany, Colonie. 459-3338. fleetfeetalbany.com.
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. active.com.
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.
24	We Run the Capital. 6pm. Pine Bush Preserve, Albany. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
29	5th 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. albanyrowingcenter.org.
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.
29	We Run the Capital: Brew Pub Run. 6pm. Saratoga Springs. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
29	iRun Local Running Store: Grand Opening. 55 Railroad Place, #325, Saratoga Springs. 949-275-8887. irunlocal.com.
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.
30	Oleksak Lumber Half Marathon. 13.1M/5K. Westfield, MA. 413-562-2301. westfieldhalf.com.
31	We Run the Capital. 6pm. Saratoga Battlefield, Schuylerville. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
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. aprilfoolrace.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.
6	4th West Point Half Marathon. 13.1M. am. Michie Stadium, West Point Academy, West Point. usma.edu.
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	Furry Fun Run 5K. 9:15am. Saratoga Springs. 524-1529. peppertree.org.

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11th Annual St. John's/St. Ann's
SPRING RUN-OFF

Saturday, May 3

FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am 10K 10 am 5K
10 am 1 Mile Family Fun Walk

Fees: 5K & 10K: \$20/person • Family Walk: \$10/adult, \$5/child

Register Online: www.Active.com • Info/Entry Form: www.springrunoff.com
Or call St. John's/St. Ann's Center (518) 472-9091 x14

FOURTH ANNUAL

Saturday, May 17 @ 9am

SMSA School, Church St, Glens Falls

T-shirts to first 150 registered by 5/2
\$20 in advance or \$25 race day
Kids' Half-Mile Dash @ 10am – Free!

Donations appreciated for St. Mary's Food Pantry

smsaschool.org or active.com

Amy Campopiano: kerrybluehustle5k@gmail.com

34th Annual

Bill Robinson Masters
10K Championship

For runners 40 years or older

Saturday, April 26 • 9am
Guilderland High School
Guilderland Center

Register/Form: hmrrc.com
Jim Tierney
869-5597 • runnerjmt@aol.com



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



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



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

March 29
9:30 am
Central Park, Schenectady
Schenectady Firefighters' 5th Annual
 New: Cash Prizes
 5-Person Team Entries!
RUN 4 YOUR LIFE

- 12 Schoharie 5K Run/Walk. 10am. Schoharie ES, Schoharie. 295-7162. fmrrc.org.
- 13 Siena Saints 5K Race for the Red. 10:30am. Siena College, Loudonville. siena.edu.
- 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 SP, Schodack Landing. runalbany.com.**
- 19 20th Rabbit Ramble 4M Run/2M Walk. 10am. Guilderland HS, Guilderland Center. 861-6350. active.com.
- 19 15th Muddy Sneaker 20K Trail Run. 9am. Parish Hill Rd, 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 3rd Girls Running the World 5K. 10am. Central Park, Schenectady. Dee Streeter: 792-0947.
- 26 Taylor's Heroes Xtreme Bootcamp Obstacle Course. 10:30am. Saratoga Regional YMCA, Saratoga Springs. 894-1658. taylorsheroes.org.
- 26 10th DACC 5K Dash. 9am. Kids Run: 8am. DACC, Delanson. Darcie Adams: 895-9500. dacc.info.
- 26 Great Mom's 5K/10K Fun Run. 9am. Maple Ridge Park, Selkirk. Jessica West: 439-1754.
- 26 Miles of Hope Breast Cancer Foundation 5K. 10am. Tymor Park, LaGrangeville. 845-452-2049. mhrrc.com.
- 26 36th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 26 Adamant 20M 2-Person Relay. 10am. Adamant Music School, Adamant, VT. 802-223-2733. cvrunners.org.
- 26 Warrior Run. 5K Obstacle Run. Labrador Mtn, Truxton. warriornmountainseries.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 Dragon's Pride Run 5K & 1M Fun Run. 9am. Saratoga Spa SP, Saratoga Springs. 450-1300. dragonspriderun-5k.com.
- 27 Cherry Blossom 5K Race for ALS. 10:15am. Niskayuna. 320-6770. 5kraceforals.com.
- 27 Save Our Switchbacks 7.5K Run. 9am. Parkway Rec Center, Utica. uticaroadrunners.org.
- 27 Seneca 7. 7-person/77.7M relay. 7am. Seneca Lake, Geneva. seneca7.com.

- 10 8th Road to the Pogue. 6.1M trail run. 8:30am. Woodstock, VT. roadtothepogue.com.
- 11 **2nd Fleet Feet Sports 10K Classic. 8:30am. Kids Mile: 8am. Bethlehem HS, Bethlehem. 459-3338. fleetfeetalbany.com.**
- 11 34th Mother's Day 5K Run. 10am. Central Park, Schenectady. hmrrc.com.
- 11 Kelly's Angels Mother Lovin' Day 5K. 9am. Saratoga Spa SP, Saratoga Springs. facebook.com/kellysangelinc.
- 11 Run the Pace for Mothers 5K Trail Run. 9am. Locust Hill Farm, Hyde Park. 845-334-8131. locusthillfarmllc.com.
- 15 Workforce Team Challenge 3.5M Race. 6:25pm. Empire State Plaza, Albany. cdphpwctc.com.
- 17 **2nd LifeSong's Daffodil Dash 5K Run/Walk. 9am. Town Park, Halfmoon. 406-5157. lifesonginc.org.**
- 17 **1st Our Towne Bethlehem Half Marathon. 13.1M. 10am. Bethlehem MS, Delmar. 598-3434. ourtownebethlehem.com.**
- 17 **4th Kerry Blue Hustle 5K. 9am. Kids Dash: 10am. Church St, Glens Falls. smsaschool.org.**
- 17 NY/VT 5K Champlain Bridge Run. 10am. Crown Point State Historic Site, Crown Point. 597-3754. lachute.us.
- 17 3rd Johnson Jog 5K Race. 9am. Johnson Hall, Johnstown. 762-8712. fmrrc.org.
- 17 4th Freeman Run to the Sun 5K, 10K, Half Marathon. 9am. Watertown. heatherafreemanfoundation.com.
- 17 MHRRC Women's Run 10K/5K. 8am. Dutchess Rail Trail, Poughkeepsie. mhrrc.org.
- 18 4th Shires of Vermont Marathon. 8am. Bennington to Manchester, VT. shiresofvermontmarathon.com.
- 18 5th SPAC Rock & Run 5K/10K & 1K Kids Run. 9am. Saratoga Spa SP, Saratoga Springs. 583-5041. spac.org.
- 18 Steel Rail Half Marathon. 13.1M. Lanesboro, MA. 413-344-4472. berkshirerunningcenter.com.
- 18 6th Hudson Valley 15K & 3rd Food Bank 5K. 9am. Fieldstone Square, Blooming Grove. orangerunnersclub.org.
- 24 **4th Survive the Farm 5K Challenge. 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.**
- 25 26th Vermont City Marathon & Relay. 26.2M. 8am. Burlington, VT. vermontcitymarathon.org.
- 31 **36th Freihofer's Run for Women. 5K: 9:45am. Kids Run: 11am. Junior 3K: 11:30am. Empire State Plaza, Albany. 273-5552. freihoferstrun.com.**
- 31 **Charlton Heritage 5K Run/Walk. 10am. Town Hall, Charlton. Bill Herkenham: 384-0065. charlton5k.org.**

JUNE

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

JULY

- 4 **8th Firecracker 4 4-Mile Road Race. 9am. Run-Your-Colors team competition, music, \$5,000 in prizes. Saratoga City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.**
- 27 **Biggest Loser Run/Walk Half Marathon & 5K. Killington, VT. biggestloserrunwalk.com.**

OCTOBER

- 12 **Mohawk Hudson River Marathon & Half-Marathon. Half: full. Albany. mohawkhudsonmarathon.com.**

SWIMMING

APRIL

- 6 Open Water Swim Clinic w/Ann Swenson. 2pm. YMCA, Saratoga Springs. saratogaregionalymca.org.
- 12 4th Duaneburg Masters Swim Meet. 10am. DACC, Delanson. 895-9500. adms.org.
- 26 3rd Monumental Masters Mini-Meet. 10am. Rec Center, Bennington, VT. adms.org.

MAY

- 4 Open Water Swim Clinic w/Ann Swenson. 2pm. YMCA, Saratoga Springs. saratogaregionalymca.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.

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:
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5.17.14
 10 AM Start at Bethlehem Middle School
 Finish at Four Corners in Delmar
 13.1 miles | 2-Loops through Old Delmar neighborhoods
After race party!
OurTowneBethlehem.com to register

8th Annual
Firecracker 4
4-Mile Road Race
Friday, July 4 • 9am
Run Historic Saratoga Springs, NY
 USATF Certified & Chronotrack B tag timed

Saratoga Springs City Center
 Entertainment along the course
 Freedom Hawk Band at the start/finish
 \$25 by 7/2 or \$35 7/3 and race day
 Dry-fit shirts to all registered runners
 \$5000 in cash prizes
 100s of medals & prizes
www.Firecracker4.com
 Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and Fire/Police/EMS
 USATF Adirondack Team Championship and Grand Prix event
New: Run-Your-Colors!
 Team of runners show promotion of fitness with their shirts. Winning team earns \$1,000 donation to their charity of choice.
 Peter Goutos: pgoutos@casmithllc.com
 Bob Vanderminden: bobjr@telescopecasual.com
 Peter: 518-316-4445 • Bob: 518-744-5646

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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
 drswhf@yahoo.com

 All entrants receive April Fool's T-shirt!

NON-MEDICATED LIFE



Achieving Health through Balance

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 59th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



the amount should be varied and balanced with the choice of appropriate activity and exercise. Moreover, this balance should be cultivated in and with our emotional and spiritual lives as well, because feelings

and beliefs influence such choices. Without such a balance evidenced-based recommendations of diet and exercise become simply a series of dos and don'ts, and may not become incorporated into daily habits as a true lifestyle, which determines long-term success.

Western society has largely succeeded in providing enough food and material goods to its population to avoid widespread starvation, and material hardship. In large part this has been accomplished through assembly-line industrialization, modern agricultural methods, and free market economies that are based on products. Unfortunately, the replacement of scarcity with availability and even excess does nothing to help self-regulate or balance the consumption of food or the use of services or products. For example, in the age of scarcity of food, there was a survival benefit for our ancestors to eat until full and indeed to overeat. However, with scarcity no longer regulating the intake of calories and no natural biological break on appetite, it is much easier to overeat and throw out of balance caloric intake and expenditure.

This imbalance fuels obesity that in turn leads to diabetes and heart disease. In another example, in an age of scarcity before the mining of salt, it was natural for humans to be salt avid and seek out what little salt existed in the natural world. However, once salt became available and was placed in a myriad of products, it became easy to over-consume sodium leading to an imbalance of sodium and electrolytes in the body. This imbalance encourages the development of hypertension that in turn leads to heart disease, heart failure and stroke.

While this may seem logical and even commonsensical, it begs the question of how to achieve balance in our physical, behavioral and spiritual health – with so many conditions and forces contributing to imbalance. I would suggest that a structure for balance begins with conscious choices in our schedules and how we apportion the minutes of our day. I would further suggest that the minutes of our day must be apportioned to the physical, the emotional and the spiritual, to have any hope of sustainability. Thus the person who has no time for exercise cannot achieve balance in the physical realm and will not be able to sustain a lifestyle contributing to physical health.

I will suggest additionally that such an individual will have greater difficulty in achieving fulfillment in the emotional and spiritual realms as well. For example, the average person sitting in a chair consumes 1,700-1,800 calories per day. If this individual were to eat a normal 2,000 calorie per day diet, they would need to burn 300 calories per day to be in energy balance, and not gain weight. Exercise therefore needs to be a daily lifestyle choice – if you eat each day, you must exercise each day, usually around 30-60 minutes to maintain balance. To those who say they do not have the time I suggest that the 30-60 minutes do not need to be contiguous and one may exercise 15 minutes three to four times a day. Finding a spare 15 minutes in our schedule two to three times a day is critical to establishing and balancing a sustainable diet.

Another potential aid in establishing balance is to view any choice from another perspective. Because balance in our physical health involves conscious choices in what we eat, seeing the spiritual implications of our choices may help inform and balance those choices. For example, if we're able to think of our body in spiritual terms as if a temple of the gift of life, then as a temple our body needs to be cared for with reverence and thankfulness. If you hope to make conscious choices consistent with this representation, you have to know what it is you are bringing into the temple and consuming.

Viewed in this way, it may be easier to read labels and see a dietitian to know what is in a product, and that the ingredients are consistent with spiritual and physical health. If you are going to a restaurant, it may be easier to inquire about fat grams and sodium content. If you are cooking, then a mindfulness of the circle of life, and awareness that our existence is a result of the "sacrifice" of an animal or plant, may help bring a spiritual aspect to meal preparation that is lost when we pick out a cellophane-wrapped sirloin steak at the market. Such a spiritual perspective may moderate and balance our consumption of meat. Even the process of giving thanks with a prayer at the dinner table may help us moderate our choices.

Another potential aid in establishing balance in our choice of diet and exercise involves cultivating and moderating behaviors and emotional interactions with others. We are barraged on a daily basis with negativity from rudeness, lack of respect, and lack of common civility. We are barraged with media and advertising intent on convincing us that our fulfillment and happiness is a consequence of what we have bought and own rather than who we are and what we believe. Achieving balance means objectively identifying negativity from others and consciously choosing not to respond in kind. It means avoiding media and advertisers attempts to convince us that they have what we need for health and happiness, when in truth we already have everything we need to achieve both. Achieving balance additionally means establishing and cultivating a structure of family and friends to help support our spiritual and physical choices for health.

In summary, health is achieved through a balance of the physical, emotional and spiritual choices we make. Achieving balance may be helped by establishing a schedule, viewing our choices from another perspective, and establishing a structure of family and friends who encourage healthy choices. It is not achieved from medications, it is not achieved from medical procedures, and it is not achieved by consuming the latest, greatest product that some unscrupulous entrepreneur tries to sell. 🌱

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



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| 4/26-27 | Wilderness First Aid Course (SOLO)/WFR Recertification (adult/teen) |
| 5/8-9 | Wilderness First Aid Course (SOLO)/WFR Recertification (adult/teen) |
| 5/17 | Spring Tracks & Scats Workshop (adult/teen) |
| 5/18 | Wilderness Survival/Navigation Basics (adult/teen) |
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EXHIBITORS BY CATEGORY

RUNNING & WALKING

Adirondack Marathon Distance Festival
Albany Running Exchange/AREEP
ARC Road Races
Bondi Band
Double H Ranch/Camp Challenge Run
Firecracker 4 4M Road Race
Fleet Feet Sports (4)
HITS Endurance/Kiwanis Kingston Classic
Hudson-Mohawk Road Runners Club
iRun Local Running Store
Jog for Jugs Half Marathon & 5K
Komen NE NY Race for the Cure
Lake George Half Marathon
Leukemia & Lymphoma Society/Team in Training
Malta Business & Professional Association 5K
Mastodon Challenge 15K, 5K & Fun Run
Mohawk Hudson River Marathon & Half Marathon
Mohawk Towpath Scenic Byway
Mountain Goat/Ron Houser, Certified Pedorthist (4)
Ragnar Relay Adirondacks
Run 4 Your Life 5K Run/Walk
RUseeN Reflective Apparel (2)
Saratoga Stryders Running Club
Survive the Farm 5K Challenge

BICYCLING & MOUNTAIN BIKING

Adirondack Ultra Cycling
Ididaride! Adirondack Bike Tour/ADK
American Diabetes Association/Tour de Cure
Broadway Bicycle Co (3)
Capital Bicycle Racing Club
Collamer House
CK Cycles
Crankcase
Double H Ranch/Camp Challenge Bike
Feeder Canal Alliance
Garnet Hill Mountain Bike & XC Ski Center
Grey Ghost Bicycles
Leukemia & Lymphoma Society/Team in Training
Mohawk Towpath Scenic Byway
Mohawk-Hudson Cycling Club
Plaine & Son Bike-Ski Warehouse (6)
Saratoga Century Weekend/MHCC
Saratoga Mountain Bike Association
Steiner's Ski & Bike (10)
Tomhannock Bicycles (2)
Warren County Bicycle Organization

TRIATHLON & DUATHLON

Bethlehem Tri Club
Broadway Bicycle Co
Capital District Triathlon Club
Crystal Lake Triathlon/CDTC
Grey Ghost Bicycles
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
Plaza Fitness Performance
Saratoga Lions Duathlon
Saratoga Triathlon Club
SkyHigh Adventures/SHAPE Camps
Steiner's Ski & Bike (10)
Team LUNA Chix Albany Triathlon
Tomhannock Bicycles (2)
XTerra Grafton Lakes Triathlon

KAYAKING, CANOEING, SUP & ROWING

Adirondack Kayak Warehouse (4)
Adirondack Mountain Club (2)
American Traders (2)
Boats By George/Patty's Watersports (2)
David Fisher Upper Hudson Heroes/Watervliet
Feeder Canal Alliance
Hudson River Whitewater Derby/Gore Region
Lake George Kayak Co (4)
Mountainman Outdoor Supply Co (12)
Saratoga & Adirondack PaddleFests/MOSC
Saratoga Rowing Association
Slipstream Watercraft/Canoes
Steiner's Ski & Bike (10)
Watervliet Hudson Shores Park

HIKING, CLIMBING & SKILLS

Adirondack Mountain Club (2)
Damien's Rock Climbing Wall
Friends of Moreau Lake State Park
Leukemia & Lymphoma Society/Team in Training
Mountain Goat/Ron Houser, Certified Pedorthist (4)
Mountainman Outdoor Supply Co (12)
Ndakinna Center
New York State Outdoor Guides Association
SUNY Adirondack-Adventure Sports
YMCA Camp Chingachgook on Lake George

HEALTHY LIVING

Adirondack Sports & Fitness Magazine
Advocare
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Capital District YMCA
Girlfriends Getaway Wellness
Weekend-Bolton
Huff N Puff
Nerium International
NYS Controller's Office
Plaza Fitness Performance
Power House Athletics
RAW Fitness
Regional Food Bank of NE NY
Rich Morin's Professional Scuba Centers (2)
Saratoga Hospital/Regional Therapy Center
Seguin's Scuba Center
Sportique Brands Natural Skin Care
Sports Physical Therapy of NY

TRAVEL DESTINATIONS

Adirondack Scenic Railroad
Bolton Landing Chamber of Commerce
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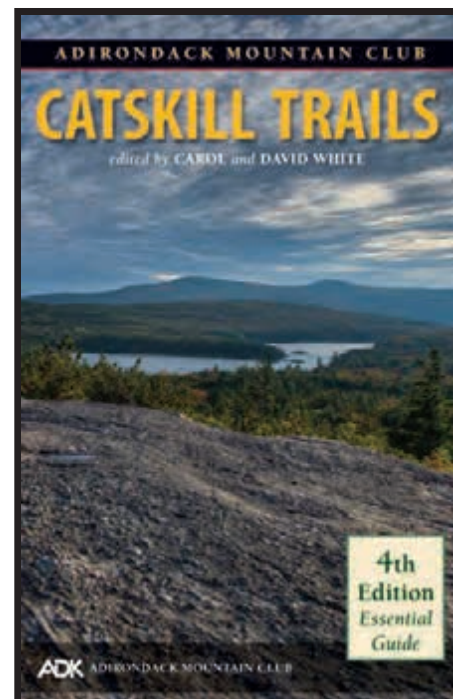
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EXPO SEMINARS & CLINICS



SATURDAY, MARCH 8

11:00-11:45 Good Form Running Clinic – Led by Charles Woodruff and the team at Fleet Feet Sports. Have you ever had a discussion about your running form? Ever wonder what the little things are you can practice to improve your running mechanics? Are you excited to go farther, or faster more comfortably and potentially with less soreness and injury?

If this is you please join in the Good Form Running Clinics at the expo. Come dressed to run, at 11:45 you will take what you learn out to the streets and practice. The Fleet Feet Racing team will provide pace groups for a Good Form fun run. Video taping will be done during the clinic to illustrate form improvement. Following the run join them back at the Fleet Feet tent for a Recovery Zone presentation where they will focus on post-workout recovery techniques. All who attend the group run will receive short-sleeve shirts. Fleet Feet Sports Albany and Adirondack is locally owned and operated by Charles and Arlene Woodruff, who are active participants in the Capital District running community.

12:00-12:45 Bridging the Gap... Women's cycling has headlined cycling magazines and websites heavily for the past few years. While the women's road race at the 2012 Olympics was said to have had more spectators than the men's, women continue to face disparity in the sport. Where does the movement towards equality start? The riders of Zimmer Capital, presented by Foundation firmly believe it starts with our youth. And there is no better time than now to target this population especially since childhood obesity is at an all-time high. By forming a unique team, with actions targeted toward educating and inspiring young girls toward healthy living and physical activity, and promoting messages of equality, the women hope to help advance the sport of cycling for all women. Come hear the Zimmer Capital team members and their Director Sportif, Andrew Ruiz, speak about ways to foster and grow women's cycling. Andy Ruiz has been a top bicycle racer in the Northeast for over 30 years, and has coached and developed many cyclists in the region.

2:00-2:45 Fitness Myths Debunked. Lactic acid is bad. Drink half your bodyweight in water. Spot train to get rid of fat. A lighter bike will make you a faster cyclist. Running in cold weather is bad for you. Compression boosts performance. Ice baths aid recovery. What is true and what is myth? Come find out. Coach Kristen Hislop is a USA Triathlon and USA Cycling coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose motto is "Do. Believe. Achieve."

3:00-3:45 Mammal Tracks of the Northeast. Hands-on animal tracking clinic for hikers, trail runners, mountain bikers and families. Jim Bruchac, director of the Ndakinna Education Center and author of Scats and Tracks of the Northeast and Field Guide to Mammal Tracking.

SUNDAY, MARCH 9

11:00-11:45 Triathlon for Life. The session, led by Fran Vincent and Carl Regenauer, will focus on the things you can do to achieve peak performance AND stay active in the sport throughout your adult life. We will include tips about training, nutrition, recovery, moderation/balance and fun. Fran Vincent is a triathlete, Middle School Health Education teacher, wife, mom and spin instructor. She is a three-time Ironman finisher, 2013 Ironman Lake Placid age group champion, three-time USAT All American, and was recently ranked fourth in the US for her age group. Carl Regenauer is a triathlete, duathlete, runner and electrical engineer. His triathlon focus is Olympic and Sprint distances. For the last three years he's been ranked by USAT in the top ten-percent in his age group.

12:-12:45 Brick Workouts: Transferring quality "brick" workouts into phenomenal race results. USAT Certified Coach, Kevin Crossman will teach you the proper way to execute proper brick workouts and add variety into your training. Having developed many All-American triathletes and podium finishers at all levels, Coach Kevin shares his secrets to creative Brick workouts that will certainly improve your 2014 season! Kevin Crossman of South Glens Falls is a triathlon coach and has ten USAT-sanctioned podium finishes and is a two-time USAT All-American.

1:00-1:45 Good Form Running Clinic – Led by Charles Woodruff and the team at Fleet Feet Sports. Have you ever had a discussion about your running form? Ever wonder what the little things are you can practice to improve your running mechanics? Are you excited to go farther, or faster more comfortably and potentially with less soreness and injury?

If this is you please join in the Good Form Running Clinics at the expo. Come dressed to run, at 11:45 you will take what you learn out to the streets and practice. The Fleet Feet Racing team will provide pace groups for a Good Form fun run. Video taping will be done during the clinic to illustrate form improvement. Following the run join them back at the Fleet Feet tent for a Recovery Zone presentation where they will focus on post-workout recovery techniques. All who attend the group run will receive short-sleeve shirts. Fleet Feet Sports Albany and Adirondack is locally owned and operated by Charles and Arlene Woodruff, who are active participants in the Capital District running community.

2:00-2:45 R.A.I.S.E.-Active Group Lessons for Bullying Prevention and Social Skills. R.A.I.S.E is a series of team building workshops on topics such as social and emotional skill development. Participants develop awareness and practice techniques for taking action to prevent bullying while building a positive, proactive, values-based community. Participate in sample activities that are easily replicated with any group, regardless of age. R.A.I.S.E. is an excellent, practical resource that can be applied as a stand-alone program or one that complements your existing strategy or program and can be brought to area schools and youth groups free of charge this spring. Karie Provanchie Rathbun is a SUNY Adirondack AVS Instructor.

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PRIZES & GIVEAWAYS

BICYCLING

- Crankcase** – The Bike Tote, \$80 value.
Elevate Cycles – Standard Tune-up, \$80 value.
Elevate Cycles – Performance Tune-up, \$150 value.
Mohawk-Hudson Cycling Club – Club Jersey, \$55 value.
Plaine & Son – Specialized Bike Accessory, \$200 value.
Spa City Bicycleworks – Origin Bike Pump, \$70 value.
Spa City Bicycleworks – Pro Bike Tune-up, \$66 value.
Victory Cycleworks – 2-1/2 hour terrain ride on a CompuTrainer, \$60 value. (2)

HEALTHY LIVING

- 365 Fit, Delmar** – Gift Certificate, 3 classes, \$45 value.
Huff N Puff – Renew Your Home Giveaway, \$10,000 value.
Nerium International – Night Cream, \$110 value.
A Peaceful Place – Virginia Touhey LMT, One Myofascial Release Session, \$80 value.
Plaza Fitness Performance – Two Weeks Strength Classes, \$100 value.
Planet Beach – Clifton Park, Gift Certificate, \$50 value.
RAW Fitness – Saratoga Springs, Gift Certificates, \$40 value (2)

HIKING & CLIMBING

- Adirondack Mountain Club** – ADK fleece vest, \$25 value.

KAYAKING, CANOEING, SUP & SCUBA

- Feeder Canal Alliance** – 10-foot Potomac Pathfinder 100, \$200 value.
Lake George Kayak – SUP or Kayak Rental, \$200 value. (2)
Rich Morin's Professional SCUBA Center – Open Water SCUBA Class, \$480 value.
Seguin's SCUBA Center – Open Water Training Certification, \$450 value.

RUNNING

- Firecracker 4 4-Mile Road Race Entry** – Saratoga Springs, July 4, 2014, \$360 value. (12)
Jog for Jug Half-Marathon Entry – Duanesburg, May 10, 2014, \$45 value.
Jog for Jug 5K Entry – Duanesburg, May 10, 2014, \$20 value.
HITS Kiwanis Kingston Classic 10K Entry – Kingston, April 27, 2014, \$55 value.
iRun Local – Men's Under Armour shirt & Camelback Arc Quip Grip water bottle, \$50 value.
iRun Local – Ladies' Under Armour shirt & Camelback Arc Quip Grip water bottle, \$50 value.
Malta BPA 5K Entry – Malta, September 6, 2014, \$30 value.
Mastodon Challenge 15K Entry & Race Shirt, May 10, 2014, \$70 value. (2)
Schenectady Firefighters Run 4 Your Life 5K Entry – Schenectady, March 29, 2014, \$50 value (2)
Schenectady Firefighters ChowderFest Entry – Schenectady, March 29, 2014, \$50 value (2)
Sunny Hill Spring Obstacle Run Entry – Greenville, May 10, 2014, \$75 value.
Survive the Farm 5K Obstacle Run Entry – Easton, May 24, 2014, \$75 value. (2)
Wakely Dam Ultra Marathon Entry – Piseco, July 19, 2014, \$60 value.

TRAVEL

- The Wild Center Admission Passes** – Tupper Lake, \$70 value.

TRIATHLON & DUATHLON

- Crystal Lake Triathlon Entry** – Averill Park, August 16, 2014, \$65 value.
Saratoga Lions Club Duathlon Entry – May 25, 2014, \$55 value.
Team LUNA Chix Training Bag – 2 LUNA shirts, socks, bag, water bottle, hat and bars, \$80 value.
And more – many exhibitors will have additional prizes and giveaways at their booth so be sure to visit!



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EXPO PADDLING POOL DEMOS & CLINICS

SATURDAY, MARCH 8

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.
11:30-12:00 Stand-Up Paddleboarding 101 & SUP Yoga. Tina Fetten & Ike Wolgin, Lake George Kayak Co.
12:00-12:30 Kayak Paddling Strokes & Boat Handling Techniques. John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.
12:30-1:00 Whitewater Kayaking 101 & Playboating Fun. Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.
1:00-2:30 Kid's Kayaking "Try-It" Session. Bring your kids for this fun on-water experience, led by experienced paddlers.
2:30-3:00 Blade, Body & Boat with Charlie Wilson. An on-water intro to paddle physics, biomechanics, and boat control to help you improve efficiency and power in pack canoes. Charlie Wilson is world-renowned as a paddlesport gear designer, boat builder, instructor, author and past president of the American Canoe Association.
3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.

SUNDAY, MARCH 9

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RUNNING & WALKING

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Albany Running Exchange – One of the most active running and social organizations in the area. Membership is open to all ages and abilities for only \$10 per year, and provides access to races, merchandise discounts and other runners just like you! Albany • 518-320-8648 • runalbany.com

ARC Road Races: ARC 5K Challenge, ARC in the Park 5K & Great Pumpkin Challenge – The Saratoga, Schenectady and Rensselaer ARC's will be promoting their 5K and 10K races with the ARC 5K Challenge in Schenectady on Aug 8; ARC in the Park 5K in Rensselaer on Sept 20; and the Great Pumpkin Challenge 5K/10K in Saratoga Springs on Oct 18. 518-587-0723 • saratogabridges.org

Bondi Band – We'll have headbands (sweat wicking, fashion, skinny & braided), hats, arm and wrist bands, ponyties, compression socks and sleeves. Lewiston, ME • 785-766-7907 • bondiband.com

Double H Ranch – Visit our booth for information on our Double H Ranch Camp Challenge Ride and Camp Challenge Run on September 6. Lake Luzerne • 518-696-5921 • doublehbranch.org

Firecracker 4 Road Race/FC4, Inc. – The eighth annual Firecracker 4-mile race is Friday, July 4th. Be cheered by residents and serenaded by musicians on your trek through historic Saratoga Springs. Over \$4,000 in prize money, a robust vendor village, extreme goody bags, dry fit tees and a fun start! Saratoga Springs • 518-316-4445 • firecracker4.com

Fleet Feet Sports – Visit our booth for running apparel, footwear and accessories. We'll have Good Form Running Clinics and group runs daily from our booth. Plus, Addaday therapy/recovery products and clinics. Albany • 518-459-3338 • Malta • 518-400-1213 • fleetfeetalbany.com

HITS Endurance & Kiwanis Kingston Classic – From the Mile to the Marathon, the 32 annual Kiwanis Kingston Classic now offers "a distance

for everyone!" Register to race in Kingston on April 27 and meet Olympic silver medalist and NYC Marathon champion Meb Keflezighi! Saugerties • 845-247-7275 • hitsrunning.com

Hudson-Mohawk Road Runners Club – We are a not-for-profit running club in the Capital District holding over 30 events throughout the year, including the Mohawk Hudson River Marathon & Half, Stockade-athon, the winter race series, and a summer track series. Come run with us! Albany • 518-377-1836 • hmrrc.com

iRun Local – We are a new running specialty store with running shoes, gear, apparel, and accessories. Our brands include Under Armour, Puma, Newton, Craft USA, Karhu, Camelbak, Pearl Izumi, Innov8 and more. We'll open mid-March on Congress Street. Saratoga Springs • 949-275-8887 • irunlocal.com

Komen NENY Race for the Cure – Find out about the 20th annual Race for the Cure on October 4 in Albany; learn about breast health and breast cancer, purchase pink ribbon merchandise to support the cause. Albany • 518-250-5379 • komenneny.org

Malta 5K – The fifth annual Malta BPA 5K presented by Global Foundries is on September 6 and is the only race that brings participants through Malta's two tech parks and onto the Global Foundries campus. Malta • 518-472-4807 • malta5k.com

Mastodon Challenge 15K, 5K & Kids Fun Run – For the 145th anniversary of its founding, the City of Cohoes has established two footraces as part of the Cohoes Heritage Festival. The races will be held on May 10. Visit our booth for discounts on race registrations and giveaways and samples. Cohoes • 518-233-2116 • mastodonchallenge.com

Power House Athletics & Jog for Jugs Half Marathon/5K – Project HEAL and Power House Athletics work in conjunction to organize Jog for Jugs, AAU basketball, personal training, nutrition advice and more. PHA gear, protein powder and race entries are a few products we'll have at the expo. Albany • 518-209-4190 • powerhouseathleticsny.com

Ragnar Relay – Visit our booth for information on the Ragnar Relay Series and Ragnar Relay Adirondacks. The 200-mile overnight running relay makes testing your limits a team sport. Kaysville, UT • 804-499-5024 • ragnarrelay.com



RUseeN Reflective Apparel – We will be selling and promoting reflective shirts, vests, jackets, and other reflective accessories. Shillington, PA • 610-777-1288 • ruseen.com

Saratoga Stryders – Come run with us. The Saratoga Stryders have workouts and recreational runs and walks for all abilities. Join us Wednesdays or Saturdays throughout the year or participate in our summer trail run series. Saratoga Springs • saratogastryders.org

Schenectady Firefighters' Run for Your Life 5K – We'll be promoting our fifth annual 5K run/walk on March 29 to benefit American Heart Association to raise awareness about the leading cause of death to firefighters: cardiovascular disease. New this year is the Chowderfest with free samples to runners. Schenectady • 518-365-3883 • schenectadyfirefightersrun4yourlife.com

Survive the Farm 5K – We'll be promoting our 5K obstacle challenge mud run on May 24 at our farm in Easton. We also have a 1K kids' obstacle course and barbeque. Easton • 518-791-7856 • survivethefarm.com

Team in Training: Leukemia & Lymphoma Society – Team in Training is a relentless fundraising team of inspired volunteers driving the LLS's vision of a world without blood cancers supported through the endurance sports community. Albany • 518-438-3583 • teamintraining.org/uny

BICYCLING & MOUNTAIN BIKING

Adirondack Ultra Cycling – We organize long distance bicycle rides and races in the Adirondack and Saratoga regions of Upstate New York. We'll sell merchandise for the long distance cyclist, such as lights, reflective gear, clothing and accessories. Schuylerville • 518-583-3708 • adkultracycling.com

American Diabetes Association: Tour de Cure – Get ready to take the ride of your life with Saratoga Springs' Tour de Cure on June 1 and help 23.6 million Americans with diabetes. Choose from five great routes - 10, 25, 50, 62.5, 100 miles, or an indoor 3-hour Spinathon! Albany • 518-218-1755 • diabetes.org

Capital Bicycle Racing Club – We promote four road races and three time trials each racing season, and have a reputation for well-run, safe events. CBRC's mission is to advance bicycle racing and riding in the Capital Region. 518-966-4198 • cbrc.cc

CK Cycles – A family owned and run business, at CK our focus is you and your needs. CK is also proud to sponsor of R-Cubed, a local running and riding group focused on fun and being healthy. Call or stop in to see us. Albany • 518-459-3272 • rcubedrunriderace.com

Crankcase – Crankcase is the perfect just-in-case solution when transporting your bike in the car or storing your bike indoors. The Crankcase keeps grease and grime from "making their mark" on your car. Queensbury • 518-428-2827 • coveryourcranks.com

Garnet Hill Lodge & Adventure Center – We're a destination resort in the traditional Great Camp style and offers fine food, lodging and adventures from mild to wild! Activities include XC skiing, snowshoeing, mountain biking, hiking, birding, paddling, geocaching and more. Get your 2014-15 XC ski passes now at a great rate. North Creek • 518-251-2444 • garnet-hill.com

Grey Ghost Bicycles – More than a bike shop – we're the start of a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional fit. Stop by

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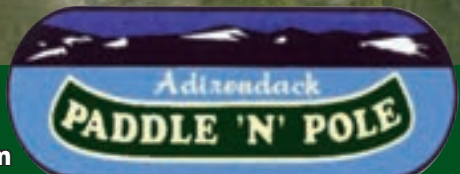
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Falls • 518-223-0148 • greyghostbicycles.com

Mohawk-Hudson Cycling Club – We are upstate New York's largest recreational bicycling organization. The club currently has 700 members – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. 518-466-1182 • webmhcc.org

Mohawk Towpath Scenic Byway – As one travels between Waterford, Cohoes and Schenectady you unlock the story of the Mohawk River, Eric Canal, the waterway west and the part our communities played in the westward expansion of the country. Clifton Park • 518-371-7548 • mohawktowpath.org

Plaine & Son Ski & Bike, Broadway Bicycle Co., Collamer House – We'll promote our bicycles, fit services, Specialized and Trek brands, bicycling clothing and accessories and introduce our new location, Collamer House, in Malta. Schenectady • Albany • Malta • 518-346-14332 • plaineandson.com • broadwaybicycleco.com

Saratoga Mountain Bike Association – SMBA is a Capital Region based mountain bike advocacy club that provides riding opportunities, trail construction and maintenance and cycling-based events at affiliated properties. Saratoga Springs • 715-781-5385 • saratogamt.org

Steiner's Ski & Bike – Visit our "store" at the Summer Expo where we'll have big discounts for summer and winter gear. The summer sale includes all 2013 road bikes at 20-40% off, cycling jerseys at 30-50% off, gloves at 50% off, Men's Carbon road shoes at 50% off and adult helmets for \$29.99. Brands are Specialized, Trek, Raleigh, TYR, Pearl Izumi. The winter sale includes skis and boots at 50% off. Ski accessories and ski wear at 30-50% off! Brands include Rossignol, Fischer, K2, Line, Nordica, Lange, North Face, Karbon, Kiltel, Patagonia, Smith,

Scott, Oakley, Glenmont, Hudson, Valatie • 518-427-2406 • steinersskibike.com

Tomhannock Bicycles – Visit our booth for triathlon, road and mountain bikes plus accessories and apparel. Pittstown • 518-663-0083 • tomhannockbicycles.com

Warren County Bicycle Organization – Visit our booth to learn about fun bicycling activities in Warren County at the southern edge of the Adirondacks. We'll have guides and safety information available too. Queensbury • 518-480-4859 • bikewarrenco.org

HEALTHY LIVING

Adirondack Sports & Fitness – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes to races, events, products and services – valued at over \$5,000. Clifton Park • 518-877-8788 • adksports.com

Advocare – Advocare is a premier health and wellness company offering world class products for energy, weight loss, nutrition, sports performance. Safe and tested products, used and endorsed by NCAA, Olympic and professional athletes. Poestenkill • 518-365-7058 • advocare.com/131215764

Arbonne International – Arbonne offers the only line of products that are completely botanically based. Our products meet dietary needs at every stage of life. Clifton Park • 518-321-4591 • sheila@myarbonne.com

Huff 'N Puff – We provide start-to-finish solutions for window, door and gutter replacement in the Albany and Hudson Valley regions. We are the exclusive dealer of Renewal by Andersen windows and doors and Gutter Helmet gutter protections systems. Schenectady • 518-356-3026 • huffnpuffinc.com

Nerium International – Nerium AD has been proven to reduce the appearance of fine lines, wrinkles, discoloration, uneven skin texture, enlarged pores and loose skin. Look 10 years younger. Wilton • 518-281-4127 • laurieomal.nerium.com

NYS Office of the State Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. Albany • 518-408-4154 • osc.state.ny.us

Plaza Fitness Performance – The quest for an optimal life has inspired us to create Plaza Fitness Performance. We offer strength classes and performance programming. Albany • 518-424-3724 • plazafitness.net

RAW Fitness – We'll be promoting our new fitness classes, specifically Boxilates (boxing and Pilates mixed). We will be promoting our women-only weekend wellness retreats starting in April 2014 in Blue Mountain Lake. Learn yoga and Pilates around the bonfire! Saratoga Springs • 518-810-1728 • facebook.com/rawfitnesssaratoga

Regional Food Bank of NENY – We'll have literature telling the Regional Food Bank story. At the expo, we will solicit non-perishable food and monetary donations upon entrance to the expo. Latham • 518-786-3691 • regionalfoodbank.net

Saratoga Hospital: Regional Therapy Center – The Regional Therapy Center offers outpatient physical, occupational and speech therapy as well as aquatic therapy. Meet with our therapists to learn how we can help you! Saratoga Springs • 518-583-8459 • saratogahospital.org

Sportique Brands – The first brand of all natural skin care specifically catering to cyclists, skiers, paddlers, runners and their families. You'll love our vegetable-based chamois cream, elements protective cream, shea butter moisturizers –

all purely botanical, no parabens, not animal tested, no colors, harsh chemicals or synthetic preservatives. Kinderhook • 518-758-6678 • sportiquebrands.com

Sports Physical Therapy of NY – In every aspect of our company, we try to go above-and-beyond – whether it's helping patients recover from pain or injury, creating a place where employees can flourish, or giving back to our communities. Saratoga Springs • 518-583-7537 • sptny.com

SUNY Adirondack: Adventure Sports – We offer programs in adventure sports leadership and management. Opportunities include back country living, canoeing, whitewater paddlesports, rock climbing, challenge course facilitation and management, snowsports, wilderness first responder and more. Queensbury • 518-743-2200 • sunyacc.edu

HIKING & CLIMBING

Adirondack Mountain Club – The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. Lake George • 518-668-4447 • adk.org

The Mountain Goat – We will be selling a variety of footwear for hiking, running and casual use. Ron Houser, certified pedorthist and owner of The Mountain Goat, will be on hand to share his expertise in pedorthics. Manchester Center, VT • 802-362-5159 • mountaingoat.com

NYS Outdoor Guides Association – Staffed by member NYS licensed guides, we will present information about the activities and businesses of our member guides and about New York State guiding in general. 315-429-9324 • nysoga.org

continues on 18 ▶

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Damien's Rock Wall – We'll have our rock wall for kids and adults to climb at the expo. We rent our mobile wall for parties and events. Scotia • 518-428-6020 • rocksolidfun.com

YMCA Camp Chingachgook – A premier summer camp on the east shore of Lake George. We offer a variety of year round programs including overnight camp, day camp, teen adventure trips, women's and family programs. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

KAYAKING, CANOEING, SUP & SCUBA

Adirondack Kayak Warehouse – We are the largest kayak and SUP dealer in the Capital District featuring Hobie, Old Town, Elie, Volo, Bote, Bic, Jimmy Styx, Wilderness Systems, Perception, and Necky brands. See us for special deals at the show! Amsterdam • 518-843-3232 • adkkayakwarehouse.com

American Traders – We build composite and wood canoes. New for 2014, premium E-fusion, Kevlar-Epoxy lightweight canoes. From 15-foot Prospector to 17'4" Canadian Tripper models. Also the finest quality classic wood/canvas and wood/epoxy models and accessories. Free delivery for all show purchases. Brattleboro, VT • 802-254-1300 • amtraders.com

Boats by George & Patty's Watersports – Patty's Watersports will be offering a wide range of stand up paddleboards from Naish, Doyle and Bote. Water sports equipment from O'Brien include tubes, wakeboards and kneeboards. Lake George • 518-793-5452 • pattyswatersports.com

Feeder Canal Alliance – Stop by our booth to learn more about biking, hiking and paddling the 7-mile long Glens Falls Feeder Canal and Towpath Trail with its connection to many other trails and waterways. Glens Falls • 518-792-5363 • feeder canal.org

Lake George Kayak Co. – A full service kayak, canoe, stand up paddleboard and small boat center located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where Everyday Day is Demo Day. Clothing, footwear and gear for every adventure – Patagonia, Horny Toad, Isis, Outdoor Research, Marmot, Chaco, and much more located in our fully restored 1890's boathouse on the water, next to our rental/demo shop. Not just kayaks. Great clothing! Bolton Landing • 518-644-9366 • lakegeorgekayak.com

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and SUP dealer is now in Saratoga Springs. Visit our booth and look for great deals on all your paddling and outdoor needs and get a preview of our upcoming Saratoga Paddlefest. We'll have great deals on boats and also up to 50% off footwear and outerwear. Visit our stores at 490 Broadway and 251 Stafford Bridge Rd on Fish Creek. Saratoga Springs • Broadway: 518-584-3500 • Fish Creek: 518-584-0600 • mountainmanoutdoors.com

Rich Morin's Professional Scuba Centers – Learn more about our snorkel and scuba diving courses and equipment, triathlon wetsuits, fowl weather clothing, dive lessons and travel. Glens Falls • 518-761-0533 • richmorin'sproscubacenters.com

Saratoga Rowing Association – We'll have two rowing machines available to try the sport along with information on our adult and junior rowing programs. We will also have an erg challenge: row 1000 meters and receive a t-shirt. Saratoga Springs • 518-587-6697 • saratogarowing.com

Seguin's Scuba Center – We are the oldest dive center and the newest PADI dive center in the Capital Region. We are a scuba diving rental store offering lessons, certification and equipment. Albany • 518-456-8146 • seguinsscuba-center.com

Slipstream Watercraft – Canoes, kayaks, accessories – we specialize in ultra-light weight canoes that are less than 10 pounds. Fort Johnson • 518-423-8827 • slipstreamwatercraft.com

TRIATHLON & DUATHLON

Bethlehem Tri Club – We're a group of all level multi-sport athletes who socialize, train and race together in a motivating and professional environment. Weekend warriors to Ironman competitors, we educate, empower and inspires athletes to live and train at their best! Delmar • 518-598-3434 • bethlehemtriclub.com

Capital District Triathlon Club – Visit our booth for information on our 2014 season, membership, social gatherings, Tuesday night training sessions, Crystal Lake Triathlon and training program for those who want to try a triathlon. 518-428-1516 • cdtriclub.org

Peasantman Steel Distance Triathlon – Learn more about the inaugural Peasantman Steel Distance Triathlon on August 17 located in

the Finger Lakes. The course provides beautiful scenery to enhance the racing experience. Choose from the full distance (144.6 mi), the half (72.3 mi) or the half relay. This is a great low cost alternative to other more expensive races. Penn Yan • 315-670-7191 • peasantman.com

Saratoga Lions Duathlon – The Saratoga Lions Club hosts an annual duathlon on May 25 at the Saratoga Casino & Raceway. This is a run/bike/run timed race, which can be done by individuals, 2-person and 3-person teams and corporate 3-person teams. Saratoga Springs • 518-788-7570 • saratogalions.com

Saratoga Triathlon Club – We'll have information about our club and the sport of triathlon. We offer swims, clinics, workouts and camaraderie. Saratoga Springs • 518-860-5698 • saratogatriclub.com

SkyHigh Adventures – Visit our booth to learn more about the SkyHigh Youth MultiSport Summer Camp, MultiSport Life Triathlon Club, XTerra and Kids Triathlon, Super Sprint Series and the Father's Day Sprint. Averill Park • 518-281-6480 • skyhighadventures.com

Team LUNA Chix Triathlon – We are a volunteer group committed to getting women active and raising money for the Breast Cancer Fund. Come learn about our Tour de Cure team, clinics for run/bike/swim, and summer workouts around the Capital Region. Clifton Park • 518-280-9679 • teamlunachix.com/albany_triathlon

TRAVEL DESTINATIONS

Adirondack Scenic Railroad – Hike and rail, bike and rail, river and rail or just relax and enjoy the ride! Take the train and enjoy the time together while taking in the scenery or relaxing after a day of exploration! Thendara • 315-724-0700 • adirondackrr.com

Bolton Landing Chamber of Commerce – We'll be promoting Bolton Landing, our members and upcoming events, including the Girlfriend's Wellness Weekend on May 9-11 in Bolton Landing. Bolton Landing • 518-644-3831 • boltonchamber.com

Friends of Moreau Lake State Park – We'll have displays of animals (taxidermy), info about the park, and activities offered. We'll have hats, maps and memberships for sale. Gansevoort • 518-928-1238 • friendsofmoreaulake.org

Fulton County Tourism – We'll have information on events in Fulton County such as the Peck's Lake Triathlon, Triple Crown 5K and other 5K events plus hiking trail maps. Gloversville • 518-725-0641 • 44lakes.com

Gore Mountain Region Chamber – We'll promote visitor info from the Gore Region, events and our member businesses. North Creek • 518-251-2612 • gorechamber.com

Gore Mountain – Gore is Saratoga Springs' home mountain offering 2,537' vertical that spans nine sides of four peaks. 2014/2015 season passes are on sale now. Ask us about our new activities available this spring, summer and fall. North Creek • 518-251-2411 • goremountain.com

Town of Inlet – Discover Inlet! Hiking, biking, fishing, birding, camping, kayaking, canoeing, golfing, horseback riding, skiing, snowshoeing, sledding, snowmobiling and more outdoor activities. Inlet • 315-357-5501 • inletny.com

Silverleaf Resorts – We will be promoting our resort in the Berkshires. Latham • 518-785-4083 • silverleafresorts.com

Vacation Getaways – Sign up for a Florida vacation package with Universal Studios. One winner is chosen at the event. All others will be offered discounted packages. Tampa, FL • 813-928-5325

City of Watervliet & David Fisher Upper Hudson Heroes – We're promoting our Hudson Shores Park, historical sites, summer programs and kayaking for disabled vets. Watervliet • 518-337-9115 • watervliet.com

The Wild Center – We're a new kind of museum designed by the same company that designed the air and space museum in Washington, DC. It has live exhibits and live animals, including otters, birds, fish and amphibians. Tupper Lake • 518-359-7800 • wildcenter.org

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Sat - 6:15 or 7:30am

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2381 Route 9, Malta

TRX | INSIDE

6TH ANNUAL ANNE'S QUEST 5K RUN continued

Table with 4 columns: Rank, Name, Time, Location. Categories include Female Age Group (35-39, 40-44), Male Age Group (40-44, 45-49, 50-54), and overall winners.

MONSTER MADNESS DASH 5K RUN

October 26, 2013 • Troy Family YMCA, Troy

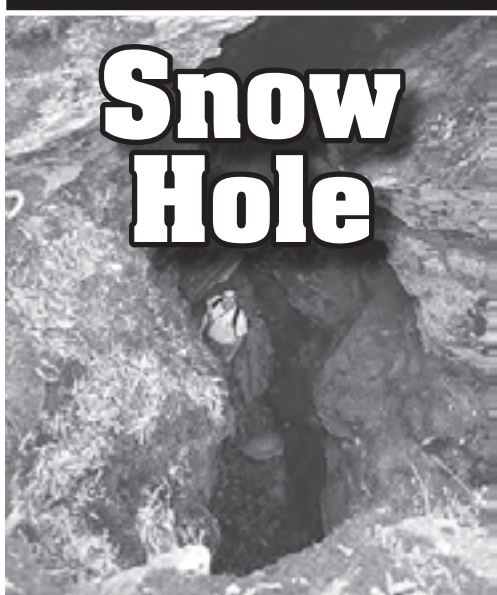
Table with 4 columns: Rank, Name, Time, Location. Categories include Male Overall, Female Overall, Male Age Group (1-9, 10-14, 15-19, 20-29), and Female Age Group (1-9, 10-14, 15-19, 20-29).

HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE TRAIL RACES

October 27, 2013 • Thacher State Park, Voorheesville

Large table with 4 columns: Rank, Name, Time, Location. Categories include Male Overall (13.1 Miles), Female Overall, Male Age Group (1-14, 15-19, 20-24, 25-29, 30-34, 35-39), and Female Age Group (1-14, 15-19, 20-24, 25-29, 30-34, 35-39).

HIKING & SNOWSHOEING



Snow Hole

By Russell Dunn

Can there be a better name for a winter hike than Snow Hole? The hike to Snow Hole is typically a winter's wonderland from December into February...

Snow Hole is an enormous fracture in the earth, measuring ten to 20 feet wide and over 30 feet long, that can be climbed down into to a depth of at least 30 feet as long as one exercises a modicum of caution...

ing coldness on the hottest summer days. The hole was first described by Professor Chester Dewey of Williams College in 1819...

The hike along the Taconic Crest trail to Snow Hole affords fabulous views of the Little Hoosic Valley to the west from several outcroppings of pyellite called the "white rocks..."

Arriving at Snow Hole is like the proverbial frosting on the cake after tromping along the top of the Taconic Crest trail and its breathtaking views...

Getting There: From Petersburg at the junction of NY Routes 2 and 22, then drive east on Route 2 for 5.7 miles and park in the area to your right at the top of the mountain pass...

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

Advertisement for Godfrey Financial Associates. Title: Time for a Second Opinion on Your Finances? Includes photo of Kathleen Godfrey, President Registered Investment Advisor, and contact information: www.godfreyfinancial.com (518) 220-9381.

Advertisement for Integrated Technology Resources. Title: Announcing Website Services! Includes text: If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process. Contact: 26F Congress St 209, Saratoga Springs • (518) 796-6951. 10% off special for Adirondack Sports & Fitness magazine readers.

Advertisement for Saratoga Photobooth Company. Title: Take Your Photo. Includes photo of people at a photobooth and contact information: 518.584.6473 | www.SaratogaPhotobooth.com. 51 Caroline Street, Saratoga Springs, New York.

FIRST PERSON

Reflections on Sochi

By Annelies Cook
(Athlete Profile, Jan. 2014)

Mom and Dad and hug them after that first race was the most special moment of all the Olympics.

Daily life at the Olympics depended a lot on where you were situated, I stayed at the Endurance Village for athletes almost the entire three weeks, and it was just the cross-country skiers and biathletes. My experience was quite different from many of the tales circulating popular news sources.

Being an athlete in the Endurance Village meant that I was about two hours from the Black Sea coast via bus, train and gondola. There was no easy way to get anywhere. We didn't even go to the Opening Ceremony because it was going to be at least a five-hour traveling experience, along with standing around for an indeterminant amount of time. As such, I was quite isolated from much of the "Olympic" action and excitement that other athlete's experienced. It wasn't until my last day that I got to visit the Olympic park and see the big stadiums, the Olympic flame, and all the special perks that are available to athletes such as the USA House.

While there were many complaints about poor housing from reporters, we were quite lucky and the Endurance Village was very nice. All of the structures in our village were permanent structures to be later converted into a fancy resort. I was astounded when I did a tour and realized that we had a complete underground basketball court, disco, game room and strength room! When I had the opportunity to visit the Olympic Village on the coast it was clear that we were in a

much better living situation up high on the mountain.

Our biathlon venue was also massive. The stadium was so large it seems like it could be converted into an airport in the future and we were often joking about planes landing there. Biathlon is the most popular winter sport in Russia, so we felt like superstars there. It was perhaps one of the most difficult courses that I have ever raced on with steep long uphill, and corkscrew downhill that claimed a number of biathletes in the three weeks. The 4,800-foot elevation was also a force to be reckoned. In the last leg of our best-ever relay finish, I died so hard and was so completely flooded with lactic acid that I could barely stand up on my skis coming into the finishing stretch.

While we were very proud to achieve seventh place in the women's team relay, the best-ever finish for the USA, it was a perfect example of how high with excitement you could feel while simultaneously feeling very strong disappointment. We all felt thrilled with the result, but a podium was so tantalizingly close that we could taste it and only a few small mistakes held us back. We all played the race over and over in our heads knowing where we could have done better.

In the Olympics, everyone wants so badly to do well because it is one of the only times the entire world is paying attention. There is an incredible amount of excitement and hype, and that means the expectations are higher on the part of every athlete, every staff and every country. Realistically, however, only a few athletes reach the goals that they have set. You can only have one gold medalist in each competition. It is harder to shake off disappointing results as well, because you don't get to leave and go to a new competition at the end of the week to reset. So the emotional toll of the Olympics was much higher than I could have anticipated, both in good ways and in bad ways.

With such a massive biathlon stadium, Sochi is now set up to host World Cups for

many years, but it is certainly a question of whether or not that will happen. The amount of Olympic development that was accomplished in the past few years was unbelievable. Structures that were mere skeletons when I competed at the World Cup last winter were full-blown hotels this year. That being said, it really bothered me to witness the massive amount of natural destruction that occurred in the name of the Winter Olympics.

While there is talk of the Olympics coming back to Lake Placid someday, it would be utterly impossible to create the infrastructure expected, and it would be the worst environmental disaster possible. It made me think about my role as an athlete, and what it means to countries and cultures to have the Olympics, in contrast to the environmental costs. I think that a better balance must be found. There were also many residents who were displaced from their homes for us and that is very disturbing.

For athletes, the coming together of all the different winter athletes in the world is one of the biggest things that separate the Olympics from our normal World Cup schedule. In a way, the Olympics was the most connected I felt to home all year because people paid attention to our sport and were so supportive. There were also thousands of volunteers from around the world who were always positive and helpful, and it was gratifying to see how much being at the Olympics meant to them.

My biathlon teammates and I created a music video to a song called "Happy" by Pharrell Williams. We approached volunteers, workers, fans, coaches, staff and athletes, and asked them to dance for us. It broke down barriers in a unique way and embodied what the Olympics are truly about – an enormous cultural celebration of athletics and togetherness. 🌲

Annelies Cook (annelies.cook@gmail.com) lives in Saranac Lake. To watch the video: [youtube.com/watch?v=YkHOTQsveLc](https://www.youtube.com/watch?v=YkHOTQsveLc).

ANNELIES, ANCHOR LEG IN USA'S BEST-EVER SEVENTH PLACE WOMEN'S RELAY.

I am only now beginning to process what the Winter Olympics meant to me. It was a much different feeling than I anticipated – much more special than I could have ever imagined because of how many people from home and around the world it touched. I never expected the immense outpouring of support from all my friends, family and community. It was also much harder than I thought it would with the lower lows that accompany elevated expectations.

I was taken very much by surprise at what an emotional experience it was to compete in biathlon at my first Olympics. Contrary to what most people might think, when I was named to the Olympic team I felt relief more than the ecstatic feeling I had anticipated, so it really shocked me to find myself getting weepy during the warm-up for my first competition and I had to laugh at myself for it. I was terrified that something would happen at the last-minute to prevent me from racing somehow. Knowing my parents were there was so incredible and to be able to find my

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BICYCLING

Early Season Riding

Tips for a Successful Season

By Mike Meslar

MARCH RACING AT CBRC'S
TROOPER DAVID BRINKERHOFF
MEMORIAL RACE SERIES IN COXSACKIE.
PHOTO BY MIKE MESLAR

Spring cycling in upstate New York leaves much to be desired at times. Cold temperatures, wet, sandy, salted roads, and many cloudy days can lead to an uncomfortable ride. And hours spent on the indoor trainer or rollers during the extreme cold and snowy conditions can be tedious. Yet most travail and use this time to get ready for the warm sunny days of summer and those long endurance rides to come. Whether for physical fitness, club/event rides or bike/tri races, we all endeavor to be ready for the season.

Some of the common errors cyclists make each season pertain to riding in cold weather conditions, building an aerobic base, adding miles, recovery, bike maintenance and purchase.

COLD WEATHER RIDING

Throughout my experience in dealing with all levels of athletes from couch potato to professional, one thing that remains clear is everyone has individual needs and experiences. Most significant is each person's physical, emotional or intellectual reaction under various circumstances.

There is however one basic physiological principal to remember. The human body has problems tolerating core temperatures a few degrees above or below 98.6 degrees. The body will use whatever energy it needs to maintain an acceptable core temperature. In very hot and cold conditions, the body's physiological reserves are often reduced, as resources normally available to working muscles are redistributed to help regulate core temperature. These adjustments can significantly alter an athlete's response to a given training or competitive load and must be considered when planning each phase of the cycling season. Failure to do so may result in a variety of outcomes ranging from minor impairments in performance to seri-

ous medical events. The desire to perform in very hot or cold conditions must be regularly checked against your safety and health.

Clothing should be worn in layers and be water wicking. Cotton should be avoided. A light vest and rain jacket that can be easily carried in a jersey pocket should be readily available. Booties, arm warmers, leg warmers, and an insulating cap under the helmet are all helpful accessories. All cyclists should be wearing tights, leg warmers or knee warmers when it is below 70 degrees outside. Riding at these temperatures with bare legs exposes the knees to a variety of problems.

During my younger days back when I felt invincible it was not uncommon to see me riding in shorts if the temperature was above 50 degrees. However, I always noticed how stiff my knees and leg muscles were when I stepped off the bike. My knee caps felt like ice, my legs moved with the agility of rigor mortis, and my muscles felt tired and sore. I thought it was from a good workout. What I did not realize was that I was subjecting myself to a variety of potential problems such as tendonitis or other problems with connective tissues of the knee.

Fortunately I never had any problems with my knees. I did however spend many hours with my legs submerged in ice buckets up to my knees to treat Achilles tendonitis because of cold weather riding. Needless to say, my feet and all of my joints became a priority. As the temperature reaches 70 degrees, remove layers as needed and store them in your jersey pockets.

BUILD AN AEROBIC BASE

Anytime you perform intervals, speed work, mountain climbs or race too soon, you expose yourself to overtraining injuries and a compromised immune system. Depending on your level of conditioning it can take anywhere from three-to-eight weeks of aerobic

conditioning to establish a base. I cannot stress enough – take time to build an aerobic base! Bicyclists that continually get sick, have joint problems or suffer setbacks, usually have these experiences because they have not established their base foundation.

During the '80s and '90s, "periodization" training became an effective tool for the endurance athlete. Establish your base and then work on specialized training. When I work with novice cyclists or experienced competitive racers I go back to the basics in the off-season. During preseason training, we reestablish their aerobic engine and strengthen and recondition their muscles and connective tissues. I train their bodies to effectively keep producing energy, and work on increasing power at VO2 Max, and the amount of time they can sustain that power. This enables the cyclist to better handle the inevitable surges and pace changes that push them over their lactate threshold during training, racing, centuries, and local group rides.

INCREASING MILEAGE

Adding miles too fast leads to potential complications. Increase your mileage gradually, especially if you have not consistently established your aerobic base. Acclimate yourself to the road. If you averaged one hour on the trainer, then your first ride on the road should be for no more than one-and-a-half hours. At the most, you do not want to ride more than twice the amount of average trainer miles. For example, if your average trainer miles were 15, then consider riding up to 20 to 30 miles as your first ride.

REST AND RECOVERY

After 35 years of athletics and cycling, it has become evident to me that most endurance athletes underutilize or totally ignore recovery as a tool for effective training. As a cyclist or triathlete, have you ever felt burned

out, had no energy or experienced a lack of interest come July or August? That's classic overtraining and not taking time to smell the roses so to speak. We all need rest, especially active rest. Rest and recovery should be given as high a priority as workouts and nutrition. Recovery assists adaptation to training, with the exception of actual participation in the exercise session. Examples of recovery techniques are massage, nutrition (before, during and after), stretching, recovery exercises and rides. The more time for recovery, the better!

I have seen many cyclists burn out by the middle of July. They lose power, average speed and kick. In most cases it was because of a lack of easy days. You do not have to break records every time you turn the crank. I tell them take it easy for a while. Don't stop riding, keep the heart rate down, and ride at an easy cadence. There is more to it than this, but you get the picture. With recovery now built into the schedule, eventually these riders come back to form, and enjoy the rest of the season. Here are some of the more common phrases I hear when they return: "I never knew that loop was so beautiful," or "Was that house always there?" Once you get used to recovery you learn to love it, and it allows and prepares you to look forward to the hard efforts to come.

Don't forget that mental recovery is just as important. Give yourself a break from the rat race. Meditations, yoga, quiet time, hanging outdoors with Mother Nature are all excellent forms of release.

BIKE MAINTENANCE AND PURCHASE

Before the first ride outside make sure to have your bike tuned-up and inspected by a professional mechanic at your local bike shop. The last thing you want to experience is a malfunction on the road, especially on a cold day. It is not fun repairing a flat or mechanical problem in cold weather. For your own safety and enjoyment, make your spring riding a good experience.

When considering a new bicycle purchase, the best time to buy is before or early in the season, because you need to acclimate to your new ride and fit. The months of March, April and May offer the ability to test ride most bikes. Inventory levels are at their best so more choices are available. A shop professional will also have more time to fine-tune you and your bike, so all is ready when the season is in full swing.

As you break out that metallic steed and travel into the unknown, may the wind be at your back and your ride filled with joy! 🌱

Mike Meslar (miguel@spa.net) of Saratoga Springs is certified with the National Academy of Sports Medicine as a training consultant and performance enhancement specialist bringing sport-specific expertise to clients. He is the founder of Echo Kartos, a training organization based on reclaiming one's personal power in all areas of life.

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Last Chance Walk In: On Saturday, April 26 at Chatham Fairgrounds, 7:30 AM for 50-mile ride, 9:00 AM for 20-mile ride.

Course Maps, Directions & Updates
SeansRun.com
and on Facebook at [Seans Rides](https://www.facebook.com/SeansRides)

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THE SCHEDULE

Saturday, April 26th

50-Mile County Tour

7:30 AM – Welcome Desk Opens, Last Chance Walk-In Registration, Check In & pick up Sean'sRide shirt – Chatham Fairgrounds near Route 66 entrance (next to Price Chopper)

8:30 AM – Ride departs Chatham Fairground from Route 66/Hudson Ave entrance

20-Mile Ride

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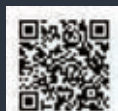
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ICE SKATING



Mirror Lake Ice Offers Winter Playground

By Cathy Painter

Host of the 1932 and 1980 Winter Olympics, home to many North Country Olympians, and ongoing training center for the most elite of elite athletes, the village of Lake Placid has been a draw to competitors of the highest potential. This year the centerpiece of the town, Mirror Lake, offers the old northeastern tradition of outdoor, unstructured ice skating – for everyone!

The village of Lake Placid just became a lot more welcoming to families, health enthusiasts, and anyone who likes to go outside and play in the wintertime. With the simple addition of a cleared and maintained two-mile ice skating oval around the circumference of Mirror Lake, locals and tourists are enjoying casual skating under the backdrop of the Adirondack High Peaks. Cross-country skiers have created a path alongside the skating trail, and walkers are hugging the trail's shoulder. Everyone on the lake is smiling.

Beth Mannix, of Queensbury, is one of those people. She trails her son as he skates along the path maneuvering his hockey stick. She explains that there are only a few outdoor skating areas in her town – and congested at that – “but they’re not like this,” she exclaims as she sweeps her arm across the frosty mountainous horizon, “so it is worth the drive to come here where we can skate on an expansive trail in the outdoors and be able to downhill ski in the same weekend.”

Tobi Spino, from Westchester County, also brought her children on the ice to skate. “I am more of a newbie up here and I, of course, thought the trail was not only awesome, but a yearly thing. My husband, who has been coming here for years, told me it was the first time they created it. I was shocked! It is visually so beautiful, but also so wonderful for everyone to enjoy, on skates or on foot.” She hopes the trail will be on the lake next winter.

It isn't just the visitors who are taking advantage of the cleared ice trail. Tim Weaver, director of admissions at Northwood School in Lake Placid, expresses his delight. “We are all loving it!” he spreads his arms and with exuberance and says, “...and wondering why it hasn't always been this way.”

John Rosenthal, another Lake Placid local, is a serious Nordic skater. He pays attention to a Yahoo user group, vt nordicskater.com to chase new, wild ice, wherever it may be, for daylong expeditions. He feels his quality of life has been improved by the introduction of the maintained ice trail in his neighborhood, so he can count on getting his preferred wintertime aerobic exercise on work days, or days when there is no fresh unspoiled ice elsewhere. John explains, “I go out in the morning, get my workout while enjoying the magnificent scenery. Skating is great exercise and is just plain fun.”

If the forecasts are correct for March,



■ BETH MANNIX AND HER SON WITH HIS HOCKEY STICK.
■ DOGSLEDDING ON THE LAKE.
■ TOBI SPINO AND HER KIDS.
■ SKIERS NEAR THE COTTAGE CAFÉ.

PHOTOS BY CATHY PAINTER

skaters of all ages – beginners, hockey players, and competitive athletes alike – will enjoy the ice on Mirror Lake for weeks to come! ❄️

Cathy Painter (catherine.painter@icloud.com) is a freelance writer and photographer who lives in Queensbury.

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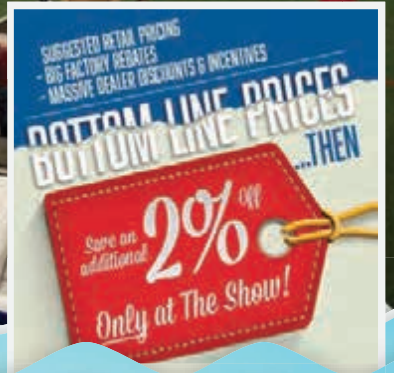


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